

## **Helen Clark: Making Music is for the Soul**

We moved from Montreal to Calgary in 1980. The band director at my first school here asked me to help with her students at a four-day band camp. Picture this: camp food, long nights, bunk beds, giggling girls, junk food. Our students' progress was minimal. But on the third day, a guest director from Crescent Heights High School infected these young musicians with his enthusiasm and knowledge and after four one-hour rehearsals; they were playing as a band better than they had ever managed to dream. I was thrilled.

When a friend of mine told me about this new music organization that would teach beginners, I was intrigued. I've been a 'Greenie' twice now, once playing the clarinet and the second time with the trombone. I even ventured into the Jazz genre for a time.

Important WW moments? I have three:

- 1) After many tries, I finally learned how to put the clarinet together properly.
- 2) We finally have disposed of the crowded filing cabinets in the Office. Now we have a wonderful expansive system for the music library. Thank you, Jackie Trowbridge.
- 3) We were a nervous group of Green Band members on the stage at Jack Singer Hall, ready for our first Christmas Concert performance. Just before we were to be introduced, a loud familiar voice came from the audience saying "Hi Mom". It could have been a message for any of the moms on stage, but I knew it was for me. I waved back.

Many years ago, in an AIBF (Alberta International Band Festival) clinic, an adjudicator said to us, "Eating good food is for the body; problem-solving is for the brain; exercising is for the heart, but making music is for the soul."

Thank you, Westwinds.....