



Lara Deutsch  
Flute & Piccolo







# Biography

Named one of 2020's "Rising Stars" by BBC Music Magazine, flutist Lara Deutsch is a versatile soloist, chamber musician, and orchestral player known for her engaging warmth and ability to connect with audiences. Recipient of the \$125,000 Prix Goyer for 2019-2020, Lara was also a first prize winner of the Orchestre symphonique de Montréal's 2014 Manulife Competition, at which she was awarded a total of seven prizes. Additionally, she was the Grand Prize Winner of both the National Arts Centre Orchestra Bursary Competition (2014) and the Canadian Music Competition (2010), as well as a laureate of the Concours Prix d'Europe (2016).

An avid chamber musician, Lara's recent performance highlights include recitals for the National Arts Centre (NAC) & Facebook's #CanadaPerforms initiative, CBC Radio's CBC/McGill Series, the Orchestre symphonique de Montréal's Virée Classique, Ottawa's Music & Beyond Festival, and the Allegra Chamber Music series, of which she was Artist-in-Residence for the 2019-2020 season. Among her favourite collaborators are pianists Philip Chiu and Frédéric Lacroix, guitarist Adam Cicchillitti, oboist Anna Petersen, and most prolifically, harpist Emily Belvedere, with whom she founded [Duo Kalysta](#). In September 2019, Duo Kalysta's debut album, *Origins*, was released on the Leaf Music label and was named one of the Favourite 20 Canadian Classical Albums of 2019 by CBC Music.

Lara is currently based in the Ottawa-Montreal area, where she performs regularly with the NAC Orchestra, the Orchestre symphonique de Montréal, and the Ottawa Symphony Orchestra. Additionally, she has performed with the Vancouver Symphony Orchestra (of which she acted as Assistant Principal Flute & Piccolo for the 2016-17 season), the Toronto Symphony Orchestra, the Thirteen Strings Chamber Orchestra, the McGill Symphony Orchestra, and the National Youth Orchestra of Canada, among others.

Whenever possible, Lara enjoys performing for young audiences through educational outreach concerts, principally as a member of the NAC's Ayorama Wind Quintet. She is similarly dedicated to sharing her transformative experiences working with Olympic mental performance coach Jean-François Ménard, having hosted workshops for performers of all ages across Québec and Ontario.

Lara performs on a 14k gold Haynes flute, generously loaned by Canimex Inc. of Drummondville, Québec. She is incredibly grateful for the support of Mécénat Musica, the Canada Council for the Arts, and FACTOR in her ongoing projects, as well as for the years of invaluable guidance from her principal teachers and mentors: Denis Bluteau, Tim Hutchins, Camille Churchfield, and Cathy Baerg. She is represented by Latitude 45 Arts.





*Deutsch revealed new worlds of colour and meaning  
in every single note ... an astonishing artist.*

Scott Tresham  
Senior Producer, CBC Music



# Press

[Rising Stars Feature \(BBC Music Magazine\)](#)

[Ottawa's Lara Deutsch wins \\$125,000 Prix Goyer \(ARTSFILE\)](#)

[Lara Deutsch: Eyes on the Prize \(La Scena Musicale\)](#)

[Living a musical life: One step at a time with Lara Deutsch \(ARTSFILE\)](#)

[30 hot Canadian classical musicians under 30, 2015 Edition](#)







# Album (2019)

[Named one of "Our 20 Favourite Canadian Classical Albums of 2019" by CBC Music](#)



Featuring guest artists Alexander Read (violin), Marina Thibeault (viola), and Carmen Bruno (cello)

Duo Kalysta writes of this new release: *The title of this album, Origins, is meaningful to us on many levels. It's our debut album, recorded in Montreal where we first met in 2012. It reflects our Canadian origins by including music by two of our favorite Canadian composers. It is inspired by the heritage of our instruments, as the traditions of both flute and harp were greatly influenced by French music. And it marks the beginning of our journey towards more recording projects, repertoire commissions, and new collaborations. We hope you enjoy listening to this album as much as we loved making it.*

[Buy or Stream](#)

[www.duokalysta.com](http://www.duokalysta.com)



# Reviews

“ This is music to savor... Bravo. Duo Kalysta and friends breathe life into these works with a joy and care that ring true.”

*Cappelgate Classical-Modern Music Review*

“ The chamber arrangement of André Jolivet's *Chant de Linos* concludes the album with the requisite mad skills.”

*Robert Rowat, CBC Music*

“ Hear them if you can, either in concert or this way.”

*Gorman, American Record Guide*

[Our 20 Favourite Canadian classical albums of 2019 \(CBC Music\)](#)

[GappleGate Classical-Modern Music Review](#)

[La Scena Musicale](#)

[The WholeNote Magazine](#)

[Toronto Concert Reviews](#)





# Repertoire with Orchestra

## WITH CHAMBER & STRING ORCHESTRA:

**CPE BACH** (1714-1788): Concerto in D minor, Wq. 22 (1747, 22")

**LEONARD BERNSTEIN** (1918-1990): Halil (1981, 16")

**ERNEST BLOCH** (1880-1959): Suite Modale (1957, 14")

**ANDRE JOLIVET** (1905-1974): Concerto for Flute and String Orchestra (1949, 13")

**FRANK MARTIN** (1890-1974): Ballade (1941, 8")

**JEFFREY RYAN** (b. 1962): Cruithne (2004, 20")

**TORU TAKEMITSU** (1930-1996): Toward the Sea for alto flute, harp, and string orchestra (1981, 12")

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## WITH SYMPHONY ORCHESTRA:

**FRANCOIS BORNE** (1840-1920): Fantaisie Brillante on Bizet's Carmen (1900, 11")

**FRANCOIS DEVIENNE** (1759-1803): Concerto No. 7 in e minor (1787, 18")

**JACQUES IBERT** (1890-1963): Concerto for Flute and Orchestra (1933, 20")

**ARAM KHACHATURIAN** (1903-1978) Concerto in D minor (1940, trans. 1968, 40")

**LOWELL LIEBERMANN** (b. 1961): Concerto for Flute and Orchestra, Op. 39 (1992, 25")

**JOCELYN MORLOCK** (b. 1969): Ornithomancy (2013, 15")

**W.A MOZART** (1756-1791): Concerto for Flute and Harp, K. 299 (1778, 30")

**W.A MOZART** (1756-1791): Flute Concerto No. 1 in G Major, K. 313 (1778, 28")

**CARL NIELSEN** (1865-1931): Concerto for Flute and Orchestra, FS 119 (1926, 20")

**CARL REINECKE** (1824-1910): Concerto in D Major, Op. 283 (1908, 21")



# Concert Programs

## Titans of the 20th Century

### Flute & Piano

This program of substantial 20th-century works for flute and piano embraces the true spirit of conversation in chamber music, each one featuring masterfully composed interplay that brings the two instruments together to create new sounds and colours.

**FRANCIS POULENC** (1899-1963):

Sonata for flute and piano, FP 164 (1957, 12")

- ♦ Allegretto malincolico
- ♦ Cantilena
- ♦ Presto giocoso

**AARON COPLAND** (1900-1990):

Duo for Flute and Piano (1971, 14")

- ♦ Flowing
- ♦ Poetic, somewhat mournful
- ♦ Lively, with bounce

#### INTERMISSION

**SRUL IRVING GLICK** (1934-2002):

Sonata for Flute and Piano (1983, 17")

- ♦ Fast, Lightly with Fluidity
- ♦ Fast

**SERGEI PROKOFIEV** (1891-1953):

Sonata for Flute and Piano in D major, Op. 94 (1943, 20")

- ♦ Moderato
- ♦ Scherzo: Presto
- ♦ Andante
- ♦ Allegro con brio

## Love Stories

### Flute & Piano

This program features repertoire written to express life's most complicated emotion: love. Often unrequited, love has played a central role in the creation of each of these works, whether inspired by poetry, mythology, or the experiences of the composers themselves.

**CARL REINECKE** (1824-1910):

Sonata for Flute and Piano, "Undine", Op. 167 (1882, 17")

- ♦ Allegro
- ♦ Intermezzo: Allegro vivace
- ♦ Andante tranquillo
- ♦ Finale: Allegro molto agitato ed appassionato, quasi presto

**JOCELYN MORLOCK** (b. 1969):

I conversed with you in a dream (2006, 13")

- ♦ I conversed with you in a dream (I)
- ♦ Mingled with all kinds of colours
- ♦ A delicate fire
- ♦ I conversed with you in a dream (II)

#### INTERMISSION

**ROBERT SCHUMANN** (1810-1856):

Three Romances for Flute and Piano, Op. 94 (1849, 12")

- ♦ Nicht schnell
- ♦ Einfach, innig
- ♦ Nicht schnell

**FRANZ SCHUBERT** (1797-1828):

Introduction and Variations on "Trockne Blumen", D. 802 (1824, 20")



# Sky Songs

## Flute & Piano

This program highlights the expressive timbre of the flute and its natural vocal qualities, drawing melodies from songs of hardship, lament, and the unique sounds of birdsong.

**ERNST VON DOHNÁNYI** (1877-1960):

Aria for flute and piano, Op. 48/1 (1958, 6")

**OLIVER MESSIAEN** (1908-1992):

Le Merle noir (1952, 6")

**JACQUES HETU** (1938-2010):

Aria, Op. 27 (1977, 6")

**BÉLA BARTÓK** (1881-1945), trans. Paul Arma:

Suite Paysanne Hongroise for flute and piano (1920, 12")

- ♦ Chants populaires tristes
- ♦ Scherzo
- ♦ Vieilles danses

### INTERMISSION

**TAKASHI YOSHIMATSU** (b. 1953):

Digital Bird Suite for Flute and Piano, Op. 15 (1982, 17")

- ♦ Birdphobia
- ♦ A Bird in the Twilight
- ♦ Twitter Machine
- ♦ A Bird at Noon
- ♦ Bird Circuit

**ANDRE JOLIVET** (1904-1974): Chant de Linos (1944, 12")







## *Sounds & Scenery*

### Flute & Harp

In Sounds & Scenery, Duo Kalysta will perform works directly inspired by scenes in nature and art, as well as share the unique stories behind them.

**CLAUDE DEBUSSY** (1862-1918), arr. Judy Loman,  
ed. Nora Shulman:  
*Prélude à l'après-midi d'un faune* (1894, 11")

**R. MURRAY SCHAFER** (b.1933), trans. Lorna McGhee:  
*Wild Bird* (1997, 10")

**RAVI SHANKAR** (1920-2012), ed. Pierre-André Valade:  
*L'Aube Enchantée sur le Raga "Todi"* (1990, 12")

### INTERMISSION

**JOCELYN MORLOCK** (b. 1969):  
*Vespertine for flute and harp* (2005, 10")

- ♦ *Twilight*
- ♦ *Verdigris*

**ASTOR PIAZZOLLA** (1921-1992), arr. K. Vehmanen:  
*Histoire du Tango* (1986, 17")

- ♦ *Bordel 1900*
- ♦ *Café 1930*
- ♦ *Nightclub 1960*



# Wanderlust

## Flute & Guitar

Evoking musical portraits of 20th-century life around the world, this program conjures images of natural landscapes, historical events, and folklore across the continents.

**BÉLA BARTÓK** (1881-1945):

Romanian Folk Dances (1915, 7")

- ♦ Jocul cu băță
- ♦ Brâul
- ♦ Pe loc
- ♦ Buciumeana
- ♦ Poarga Românească
- ♦ Mărunțel

**TORU TAKEMITSU** (1930-1996):

Toward the Sea (1981, 12")

- ♦ The Night
- ♦ Moby Dick
- ♦ Cape Cod

**ASTOR PIAZZOLLA** (1921-1992):

Histoire du Tango (1986, 17")

- ♦ Bordel 1900
- ♦ Café 1930
- ♦ Nightclub 1960

**RAVI SHANKAR** (1920-2012), ed. Pierre-André Valade:

L'Aube Enchantée sur le Raga "Todi" (1990, 12")





# How I Learned to Think & Train Like an Olympian

## MENTAL SKILLS FOR MUSICIANS

*"Lara has extensive knowledge in the realm of performance psychology and has given several informative workshops for the woodwind department at the University of Ottawa School of Music. The way she has integrated high-performance strategies into her own career as a performer is inspiring, and her ideas on the application of sport-based techniques for musicians has had a significant and lasting impact on my students and me."*

Charles "Chip" Hamann  
Principal Oboe, National Arts Centre  
Orchestra Adjunct Professor,  
University of Ottawa School of Music



### GENERAL SUMMARY:

Like athletes who spend a lifetime training for an Olympic race, musicians spend years practicing for auditions which sometimes last only minutes. However, most of us focus completely on musical preparation for these opportunities, even though the ability to perform at our best in high-stakes situations is largely a result of mental strength. In this 60-minute presentation, I share how I've learned to optimize my performance through my work with renowned Olympic mental coach, [Jean-François Ménard](#). This work has been life-changing for me and, as such, I am a passionate advocate for mental skills coaching in conjunction with all performing arts training.

### TOPICS COVERED:

The subconscious impact of language on our self-talk

- Negation vs. positive reframing
- Understanding the relationship between language and emotions

Optimizing preparation

- Practicing the way you want to perform
- Goal setting and tracking
- Perfection vs. excellence mindsets

Pre-performance routines

- Mindful breathing
- Techniques for creating a familiar, comfortable environment
- Controlling focus

Q&A, as well as suggested reading & viewing

*This presentation is adaptable for performers of all ages and levels. It can also be adapted for those with careers in non-musical fields. Please contact us for more information.*



# General Information

## BOOKING:

Latitude 45 Arts

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 [LaraCDeutsch](#)

 [Youtube](#)

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