

All lectures are scheduled to last 90 minutes and are located in Chautauqua Hall.

Understanding Music in Context

10:30 a.m., Monday: What is Music? with Ross Feller, PhD

Since 1952, the definition of music has radically shifted to one that jointly involves composers, performers and listeners. But, what exactly is music? This is a non-trivial question in the wake of John Cage's famous silent piece "4'33". Do composers, performers and listeners define music differently? What happens in post-1952 music to break down the barriers between these three groups? Is music universal? Are some aspects shared by all cultures? Or, is it a simple question of taste? Can we form a definition of music that is not beholden to commercial forces that collude to have us experience music in highly restrictive ways in order to entice us into consumption? This lecture will attempt to answer these questions and explain how music has redefined itself and its relationship to extra musical devices such as noise. Musical examples will be supplied to illustrate various points.

Ross Feller earned his Bachelor of Music Composition at American Conservatory of Music. He continued on to earn his Masters of Music in composition and Doctor of Musical Arts in composition and theory at the University of Illinois. For four years, he was an assistant professor of theory and composition at Georgia College and State University, and then taught music composition at Oberlin College. Feller is currently a professor of music at Kenyon College where he teaches courses such as counterpoint, basic musicianship and computer music. He is serving as editor of the forthcoming book, *A Brian Ferneyhough Festschrift in Celebration of his Seventieth Birthday*, which will be published as a special edition of the *Contemporary Music Review*. Feller has extensive experience performing in acoustic ensembles and acoustic chamber works, as well as solo acoustic works in the U.S., Canada and Europe.



1:30 p.m., Monday: Making a Case for Musical Innovation with Ross Feller, PhD

What does it mean to understand music? Relate to it? Perform it? Analyze it? Sing it in the shower? Be affected by it? What is musical context? How are musical contexts experienced or perceived? The issue of whether music is a language will be discussed and how signs are used to represent musical things. This lecture will demonstrate how composers use unlikely mixtures and overload musical signs to produce instances of musical innovation. Musical examples will be heard from a wide range of the Western musical canon, including works by Ludwig van Beethoven, Igor Stravinsky,

Conlon Nancarrow, Ruth Crawford, John Cage, Carla Bley and Frank Zappa.

10:30 a.m., Tuesday: Listening with a Heart with Ross Feller, PhD

This lecture begins with an exploration of aesthetic and historical contexts illustrated with a variety of musical examples. After a brief run-down of Western musical aesthetics from ancient Greece to the present, the concept of emotion in music will be explored. The speaker will take the audience on a listening tour of a variety of work, locating salient as well as subtle elements. For each example these questions will be asked: What does the music tell us about form, approach and aesthetics? How can music represent things without program or liner notes, i.e., outside of spoken and written language?

1:30 p.m., Tuesday: A Live Musical Demo with Ross Feller, PhD

The best way to explain how music works, or engage with it, is to perform it or hear it performed live. In this lecture, the speaker will perform and speak about his original work, including a piece for saxophone with electronics. Compositional, improvisational and performance decisions and processes will be discussed. How are they similar? What sets them apart? Additionally, the challenges of composing and improvising solos, chamber music, music for large ensembles, and electronic and computer music will be explored.

Health & Wellness

10:30 a.m., Wednesday: Introduction to Health Coaching: Tools for Effective Goal Setting & Success with Sarah Torok-Gerard, PhD, CHC

This lecture will discuss concepts and theories related to motivation, self-regulation, goal setting and change psychology. It will also introduce participants to the emerging field of health coaching by explaining the profession's role in facilitating sustainable behavioral changes. Participants will have an opportunity to identify and discuss their own goals and reflect on a plan to follow.

Sarah Torok-Gerard graduated from Mercyhurst College with a bachelor's degree in psychology. She went on to earn a master's degree and PhD in educational psychology from the University at Albany, State University of New York. She is currently an associate professor and Chair of the Department of Psychology & Neuroscience at the University of Mount Union. There, she has been teaching courses in human development, psychology of gender, psychology of prejudice, educational psychology and the history of psychology for the last 11 years and has served as Department Chair for the last six. In 2013, after completing her first sabbatical on motivational orientations and self-regulatory behaviors in ultra-endurance runners (which included her own journey to running her first ultra-marathon), she became interested in sport and health psychology, as well as the emerging field of health coaching. She is NCCA certified as a health coach through the American Council on Exercise (ACE). She has also earned continuing education credits in understanding and motivating midlife and older adults and effective counseling techniques. Torok-Gerard is currently pursuing specialty certifications as a behavior change specialist and nutritional counselor.



1:30 p.m., Wednesday: Introduction to Functional Nutrition & Fitness with Sarah Torok-Gerard, PhD, CHC

The first part of this lecture will focus on different macronutrients and micronutrients and how much the average person should be consuming according to current dietary guidelines. Participants will learn how to decode nutritional labels on food products, as not all calories are the same. Participants will then be shown how to assess their own flexibility and be given some basic stretching movements to improve their overall mobility and balance. Comfortable clothing should be worn.

10:30 a.m., Thursday: The Second Half of Life: Making Your Later Half Your Greater Half with Carmen Accetta, MA

This lecture presents a far more hopeful message about the quality of an individual's elder years than current culture predicts. It shows how the challenges of the second half of life are, also, opportunities for transformation: for remaking meaning and purpose and for responding to the soul's deep longing. It reveals how first half modes that were once effective become a hindrance in the second half and delineate the shifts necessary for continued growth and vitality in our later years. It introduces a process that, as one writer said, enables older people to become "spiritually radiant, physically vital and socially responsible elders of the tribe."

Carmen Accetta is a semi-retired psychotherapist from Pittsburgh. He holds a Bachelor of Education and Master of Science in Education (counseling) from Duquesne University. He completed four years of post-graduate work in Methods of Gestalt Therapy at the Gestalt Institute of Cleveland with specializations in working with individuals and working with physical processes. Accetta has been an educator, counselor and psychotherapist for more than 50 years. He taught in the Pittsburgh Public Schools for 18 years and spent five years in the business world. He made a career shift in his mid-40s to become a psychotherapist. After 10 years as a drug and alcohol therapist, Accetta started a private practice, which he has operated for the last 21 years. In the past three years, he began to shift the focus of his practice to second half of life work while maintaining a small therapy practice. He now lectures on the second half of life and conducts a personal growth group for people who want to continue to grow in their elder years. He is in the early stages of developing a blog on the second half of life, which will enable interested "second halves" to access information and specific help without having to come to his location.

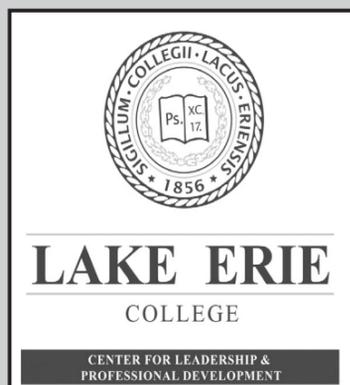
1:30 p.m., Thursday: The Second Half of Life: A Season for Spiritual Growth & Service with Carmen Accetta, MA

A short summary of key points from the morning lecture will provide a frame for the afternoon lecture, which will discuss how the opportunity for spiritual growth can increase even as our physical abilities and general health show the natural decreases of aging. The importance of elders giving back to society from their accumulated experience and wisdom of a lifetime will also be highlighted. An emphasis will be placed on how growth in the second half of life positions elders to make unique contributions in addressing significant issues and problems from as close as within their families and neighborhood all the way up to the world community.

Professional Development Graduate Credit

Lakeside Chautauqua is once again partnering with Lake Erie College to offer professional development graduate credit based on participation in educational and cultural arts programs at Lakeside. This opportunity is designed for educators needing to renew teaching licenses and/or gain professional development credit.

Requirements for the course include attendance at lectures, educational programs and cultural events, as well as completion of event summaries/critiques and an outside project. All assignments can be submitted online. The deadline for submission of course assignments is Saturday, Aug. 5. The cost is \$180 for this one-credit course. Participants may only complete one course per Chautauqua season and



must register for the course prior to attendance at the first Chautauqua program used for contact hours. The last day to register is Sunday, July 30. After registering, course materials will be emailed with directions for completion. Contact Professor Sally Schuler at schuler05@gmail.com or (440) 826-9736 for registration directions or to ask questions about the program.

A Look Ahead: Week 3 Lecture Highlights

Responding to Adversity

Monday, July 3:

1:30 p.m. Overcoming Life Challenges for Optimum Safety, Economy & Peace of Mind with Rosemarie Rossetti, PhD

The Human Face

Wednesday, July 5:

10:30 a.m. How Well Do You Recognize Other People... & What if You Couldn't? with Mark Roth

1:30 p.m. The Power of Beauty & the Penalty of Looking Different with Mark Roth

Thursday, July 6:

10:30 a.m. The Face as the Window of our Emotions with Mark Roth

1:30 p.m. Face & Race: How We Identify People Outside Our Own Ethnic Group with Mark Roth

Special Workshop

10:30 a.m., Friday, July 7: Summer Food Trends with Chef Stacy Maple (Pre-registration & fee required)