

# Helve Sastok

## PIANO

Helve Sastok is a creative and innovative published and performed composer, educator, adjudicator and multi-instrumentalist. Her many musical interests and abilities have resulted in a diverse career. Her passion for music is evident in her lively and humorous manner in dealing with students. She



focuses on both the technical and emotional aspects equally to foster a life long love of music. As a result, many of her students have gone on to graduate studies and have had careers in the music field.

She teaches piano, composition, and theory subjects. Her students have achieved First Class Honors with Distinction examination results with The Royal Conservatory of Music. In addition, they have often placed first and won awards at local and provincial level competitions. Helve has also been involved as a composer and educator with The Artist in Schools Residency Program throughout Alberta. She has been an Artist with the Learning Through The Arts program through the RCM. Workshops given in various centres have been well received. Her week long summer music camps have been in demand. As well, she uses her varied skills in her positions as church music director, conductor, accompanist, pipe organist, violinist and guitarist.

Helve has a Master of Music and a Bachelor of Music degree (with Distinction) in composition from the University of Alberta, as well as two piano performance diplomas. She is an Associate Composer of the Canadian Music Centre, a member of the Canadian League of Composers, as well as the Alberta Registered Music Teachers Association and the Alberta Piano Teachers Association.

Sastok's compositions have been performed across Canada and in Europe with the most recent performance being a multimedia presentation of her piece, 'Shooting Stars' in Edmonton and in Europe. Three of her pieces have been released on CD: 'Duologue' on Brief Confessions (1997), 'Elegy' on Glossa (1999), and her electro-acoustic composition 'Sailing the High 'C"' on Cult Figures Centrediscs/Centredisques (2008). A performance of her graphic score 'Southwest Soundscapes' was released in 2016 on the CD Agglomeration.