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THE TRI-CITY NEWS
Tots trade Dora for Dvorak

By Janis Warren - The Tri-City News

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Researchers say mothers-to-be who listen to classical music are less likely to be stressed during their pregnancies.

Maybe that's why twin sisters Linda Sebenius and Lisa Allison see a few expectant moms at their musical education events for kids. "They say the baby in utero can also hear the music," Sebenius said.

But don't think the pair's shows are relaxing. In fact, the two encourage parents and their young kids to get physical to the sounds by moving their arms, clapping, bouncing to the beat and swaying to the rhythm in their seats or in the aisles.

Because the age of their audiences is varied — from newborns to eight-year-olds and their caregivers — "we know there are a lot of different needs and levels," Sebenius said, "so the main thing is to get them to learn through movement, and to be stimulated."

"We call them Move-along, Sing-along shows," she said.

For example, at this Saturday's entertainment at the Terry Fox Theatre in Port Coquitlam, which focuses on the work of Antonin Dvorak, Sebenius and Allison — along with a VSO quartet — will talk about the Czech composer's family that he left behind to pursue his career. They will read imaginary letters to his daughters and discuss his travels overseas.

"There's a lot of content that's historical and appropriate for young children, things that they can relate to," said Sebenius, who has three sons.

Best of all, what the kids learn during the 40-minute presentations can be taken home and "they can carry on that experience. We call our productions 'Let Your Music Shine with Lisa and Linda' because we want them to feel good and plant that seed to have something shine with them always. It's very positive."

• Tiny Tots: Magical Melody Train Ride will have two shows at the Terry Fox Theatre in Port Coquitlam on March 14: 10 a.m. and 11:30 a.m. Tickets at \$15 for adults and \$7 for children are available by calling 604-876-3434 or visit www.vancouver-symphony.ca.

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ABOUT LISA AND LINDA

Lisa Allison has a Masters of Arts in Music Education and co-ordinates the staging, set design and costuming for Let Your Music Shine. As well, Allison is the footage coordinator and lead editor for Music Shine Media video productions. Allison is a voice/performance coach and director of LGMUSIC Voice Studio, and an elementary music specialist for the Lake Washington School District.

Linda Sebenius has a Bachelor of Music Theory/Composition and is the lead orchestrator and arranger for Let Your Music Shine. Sebenius' compositions were featured in the 2003 and 2005 New Works/New Hope concerts to benefit Gilda's Club. She also scores music for film and won a 1999 Nell Shipman award for the short film "Pendemonium."



Twin sisters and music educators Linda Sebenius and Lisa Allison will teach young children about the classical composer Antonin Dvorak in a 40-minute VSO performance, called Tiny Tots: Magical Melody Train Ride, in Port Coquitlam on Saturday. PHOTO COURTESY OF VSO

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