

A portrait of a woman with blonde, wavy hair and blue eyes, smiling. She is wearing a dark, patterned top with gold accents and gold hoop earrings. The background is a soft, out-of-focus grey.

Lara Deutsch
Flute & Piccolo





Press 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 a ten-concert tour of the Northern United Kingdom, as well as recitals for the Under the Spire Festival, the Waterside Summer Music Series, the Scotia Festival of Music, New Classical FM's Zoomer Hall series, the National Arts Centre (NAC) & Facebook's #CanadaPerforms initiative, Newport Classical (Rhode Island, USA), the Orchestre symphonique de Montréal's Virée Classique, Chamberfest, Music & Beyond, 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, and harpist Emily Belvedere, with whom she founded Duo Kalysta. She has recorded three chamber music albums on the Leaf Music Label: *Origins* (2019, Duo Kalysta), *Night Light* (2022, with Philip Chiu), and *Wanderlust* (2023, with Adam Cicchillitti).

Lara is currently based in the Ottawa-Montreal area, where she has performed extensively 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 symphony orchestras of Toronto, Kitchener-Waterloo, and Kingston, and the McGill Symphony Orchestra, among others.

Whenever possible, Lara enjoys performing for young audiences through educational outreach concerts. She is similarly dedicated to sharing her transformative experiences working with Olympic mental performance coach Jean-François Ménard, having hosted workshops internationally for performers of all ages. In 2020, she joined the music faculty at Carleton University as a performance instructor and, as of 2023, now serves on the faculty of the Breno Italy International Music Academy.

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.

Lara Deutsch is determined to change what it means to be a classical musician in the 21st century.

The moment she walks onstage, full of natural exuberance, warmth and with an infectious smile, she makes you an active part of the adventure. Lara rejects classical formality in favour of musical spontaneity, offering concerts designed to take you on a dynamic narrative journey.

Lara grew up in suburban Ottawa listening to the Backstreet Boys and Claude Debussy. At three she started piano lessons; at six she was studying flute.

She was an ace student in high school and her teachers encouraged her to study medicine. But music was her passion, with a healing power all its own.

Since completing two degrees at McGill University in Montreal, Lara has been a busy freelancer with a mantel full of major awards: first prize from l'Orchestre symphonique de Montréal's Manulife Competition and the Prix Goyer, along with the grand prize at the Canadian Music Competition and the National Arts Centre's Orchestra Bursary Competition. She's been named a "Rising Star" by BBC Music Magazine and one of the 30 best musicians under 30 by the CBC.

Lara has played with every major orchestra in the country and regularly collaborates with pianists Philip Chiu and Frédéric Lacroix, guitarist Adam Cicchillitti and harpist Emily Belvedere. Among her proudest achievements are three albums, two of which were named to Top 20 lists by CBC Music.

She credits training with a mental performance coach for much of her success. Jean François Ménard, who has coached Cirque du Soleil, Olympic athletes and major corporations all over the world, taught her how to take nervous energy and turn it into excitement, to aim for excellence instead of perfection and to feel comfortable taking artistic risks.

Mental skills training is as important as practicing scales, she believes. In addition to being on faculty at Carleton University, Lara offers workshops around the world to share her own experience with young musicians.

"If you're a musician, winning a job or competition often comes down to who does well in a two-minute audition," she says. "Olympic athletes train their entire lives for a two-minute race. You need to be able to do your best in a moment of great intensity and stress. That takes practice."

Ultimately, Lara sees music as a gift that connects people, across generations, borders and backgrounds.

"Music can help us to recognize that we are not alone," she says. "I love to be a part of that process — touching the heart, even for a moment, of everyone in the audience."

Lara performs on a 14k gold Haynes flute, generously loaned by Canimex Inc. of Drummondville, Québec. *Biography written by Denise Ball.*



Audience Biography



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

— Scott Tresham
Senior Producer, CBC Music

Press

["SMCQ: The best 'Candlelight concert' ever." \(Pan M 360\)](#)

[Classical Music UK - "Artist Managers: Stories Matter"](#)

[CBC's In Concert: Wanderlust - Record of the Week \(December 2022\)](#)

[ORMTA's Ask an Expert](#)

[From the OSM Competition to a Professional Career: Interview](#)

[Radio Interview on CBC's "All in a Day"](#)

[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](#)



Discography



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

Named one of "Our 20 Favourite Canadian Classical Albums of 2019" by CBC Music

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

"Hear Duo Kalysta if you can, either in concert or this way."

— Gorman, *American Record Guide*

Named one of "20 albums we can't wait to hear in 2022" by CBC Music

Society, musical conventions, and tastes inevitably change and develop over time, but the shared human experiences that artists draw upon do not. The two overarching ideas that we used as inspiration for this album are 'dreams' and 'journeys'. While 'dreamy music' is often associated with 'relaxation' and 'easy-listening'... well, don't be fooled, this music has wickedly fast and thrilling sounds that capture the chaotic nature of dreams as well! We loved having the creative opportunity to use this dreamy thread in tying together the wide range of music (spanning 196 years) that you are about to hear. Having returned to many of our favourites, this recording project is also a meaningful celebration of our growth as artists and as friends. We're so glad you could join us on this journey.

Buy or stream

"Deutsch and Chiu are among the finest performers of the new Canadian generation, capable of impetuosity but subscribing to a sense of measure and balance. They are also impeccable technicians as well as being highly sensitive musicians."

— Cardin, *PAN M 360*





The Whole Note - Review

Wanderlust was born from a concert program we developed during the pandemic, a time when we were unable to travel very far from our front doors, let alone explore new places. Given the magical capacity of music to transport us elsewhere—if even briefly—we wanted to take our listeners on a musical voyage instead. Much of what you'll hear on this album is inspired by folk music from around the world, naturally suited to the flute and the guitar, which are so deeply rooted in many global folk music traditions. We've loved every part of the journey that led up to this release, and we hope it leads you to discover new music that you love, too.

[Buy or stream](#)

"This aptly named travelogue recording, treats the music of Argentina, Romania, Japan and elsewhere with the equity of aplomb and care it deserves, foregrounding beauty while ensuring that nothing is lost in translation."

— Scott, *The Whole Note*

"....Deutsch elicits some of the most uninhibited, visceral tones I have ever heard from a flute... Her often bold interpretation is matched by Cicchillitti's intrepid, powerful strumming, and the duo traverses quieter passages with sensitivity."

— McCutcheon, *American Record Guide*



Video

Lara Deutsch & Philip Chiu, piano

[Night Light - Visual Album](#)

[Night Light - Trailer](#)

[Recital at Classical FM's Zoomer Hall](#)

[Takashi Yoshimatsu - Digital Bird Suite](#)

Lara Deutsch & Adam Cicchillitti, guitar

[Wanderlust - Trailer](#)

[Jason Noble - Folk Suite](#)

[Frédéric Chopin - Mazurka in A-minor, Op. 17, No. 4](#)

Duo Kalysta

[Origins - Trailer](#)

[Claude Debussy - Clair de Lune](#)

[Astor Piazzolla - Histoire du Tango \(Cafe 1930\)](#)

[Georges Bizet - Entr'acte from Carmen](#)

Trio Kalysta

[Visual Album](#)

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")

JOHN CORIGLIANO (b. 1938): *Voyage* (1971, 8")

MICHAEL DAUGHERTY (b.1954): *Trail of Tears* (2010, 25")

CHRISTOS HATZIS (b. 1953): *Departures* (2011, 30")

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")

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 (1969-2023): *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")

PETERIS VASKS (b. 1946): Flute Concerto (2009, 30")

Concert Programs

Titans of the 20th Century

Lara Deutsch, flute

Philip Chiu, 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")

I. Allegretto malinconico

II. Cantilena

III. Presto giocoso

AARON COPLAND (1900-1990):

Duo for Flute and Piano (1971, 14")

I. Flowing

II. Poetic, somewhat mournful

III. Lively, with bounce

INTERMISSION

SRUL IRVING GLICK (1934-2002):

Sonata for Flute and Piano (1983, 17")

I. Fast, Lightly with Fluidity

II. Fast

SERGEI PROKOFIEV (1891-1953):

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

I. Moderato

II. Scherzo: Presto

III. Andante

IV. Allegro con brio



Love Stories

Lara Deutsch, flute
Philip Chiu, 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")
I. Allegro
II. Intermezzo: Allegro vivace
III. Andante tranquillo
IV. Finale: Allegro molto agitato ed appassionato, quasi presto

JOCELYN MORLOCK (b. 1969):
I conversed with you in a dream (2006, 13")
I. I conversed with you in a dream (I)
II. Mingled with all kinds of colours
III. A delicate fire
IV. I conversed with you in a dream (II)

INTERMISSION

ROBERT SCHUMANN (1810-1856):
Three Romances for Flute and Piano, Op. 94 (1849, 12")
I. Nicht schnell
II. Einfach, innig
III. Nicht schnell

FRANZ SCHUBERT (1797-1828):
Introduction and Variations on "Trockne Blumen", D. 802 (1824, 20")

Sky Songs

Lara Deutsch, flute
Philip Chiu, 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

Lara Deutsch, flute

Emily Belvedere, 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), trans. Robert Aussel & 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

Lara Deutsch, flute

Adam Cicchillitti, 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), arr. Cicchillitti:
Romanian Folk Dances (1915, 7")

Jocul cu băță
Brâul
Pe loc
Buciumeana
Poarga Românească
Măruntel

PHILLIP HOUGHTON (1954-2017)
From the Dreaming (1997, 14")

I. Cave Painting
II. Wildflower
III. Gecko

FREDERIC CHOPIN (1810-1849) arr. Cicchillitti:
Mazurka in B-flat major, Op. 7 No. 1 (1830, 2.5")
Mazurka in A minor, Op. 17, No. 4 (1833, 4.5")

GABRIELA ORTIZ (b. 1964):
5 pa'2 (1995, 11")

No. 1, Rítmico
No. 2, Dialogando
No. 3, Suave
No. 4, Jícamo
No. 5, Rápido

JOHN ARMSTRONG (b. 1952):
Vistas (1982, 12")

Horizon
Dance of the Shadows
Sunset

OSVALDO GOLIJOV (b. 1960):
Fish Tale (1998, 10")

JASON NOBLE (b. 1980):
Folk Suite, arr. for Flute and Guitar (2019, 6")

I. Overture
II. Air
III. Ceilidh
IV. Ballad
V. Jig
VI. Reel

Garden of Joys and Sorrows

TRIO KALYSTA

Lara Deutsch, flute

Marina Thibeault, viola

Emily Belvedere, harp

This program is a tribute to our friend and colleague Jocelyn Morlock, whose untimely passing in March 2023 sent shockwaves throughout the Canadian classical music community. Weeks before her passing, she completed one of her final compositions, a commission for our trio entitled "The uses of solitude." Like much of her music, this piece addresses a deeply personal and emotional topic: the feelings of isolation and loneliness with which many struggled during the COVID-19 pandemic. In spite of this challenging theme, the piece culminates in a powerful expression of joy, re-connection, and love. Jocelyn's work is coupled with works by one of her mentees (Luis Ramirez) and one of her inspirations (Sofia Gubaidulina). This program blends new/old, joy/grief, and light/dark, with Jocelyn's memory at the centre of it all.

LUIS RAMIREZ (b. 1992)

**Volador* (2023, 6")

R. MURRAY SCHAFER (1933-2021)

Trio for Flute, Viola and Harp (2011, 15")

SOFIA GUBAIDULINA (b.1931)

The Garden of Joys and Sorrows (1981, 18")

CLAUDE DEBUSSY (1862-1918), arr. Jocelyn Morlock

Ballade (1890, 7")

JOCELYN MORLOCK (1969-2023)

**The uses of solitude* (2023, 19")

*denotes Trio Kalysta commission



How I Learned to Think & Train Like an Olympian

Mental Skills for Musicians



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.



Testimonials

"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

"Lara's presentation helped me to accept myself, to accept where I'm at with my pieces, and to do my best. I don't really know how to explain it any other way."

— Undergraduate Student, University of Regina

"Lara Deutsch gave a brilliant Zoom presentation on mental preparation for musicians. It was superbly organized and broken down into the key elements of mental preparation for auditions and optimal performances. Drawing on her vast experience as a top-notch, professional flutist and her work with her mentor, Olympic mental coach Jean-François Ménard, Lara led us through her presentation called "How to Think and Train Like an Olympian." As she explained the various techniques and ideas, Lara shared relevant experiences of her life as a performing artist in high pressure situations such as solo competitions and orchestral auditions. We were riveted for the entire 90 minutes. I highly recommend engaging Lara for your college of music or conservatory. The mental tools she provides are practical, inspirational, and effective."

— Abbie Conant, University of Music, Trossingen, Germany

General Information

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