

## **Helve Sastok**

Grade 2/3 Piano / Composition

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. She has used her varied skills in her positions as teacher, church music director, conductor, piano soloist and accompanist, pipe organist, violinist and guitarist.

As an adjudicator, Helve is comfortable working with all levels of students. She has a positive and energetic adjudication style that draws in the participant as well as the audience. She is able to quickly solve musical problems. She is able to make all ages of students feel comfortable and experience the joy of music. Her own passion for music is evident in her lively and humorous manner in dealing with students.

Helve's wholistic style of teaching has resulted in her students achieving First Class Honours (with Distinction) in piano examinations with the Royal Conservatory of Music (RCM). Her students have often placed first and won scholarships 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.

Helve has a Master of Music degree in composition and a Bachelor of Music degree (with Distinction) in composition/performance from the University of Alberta. As well, she has earned two piano performance diplomas. By attending master classes and international seminars, she demonstrates her dedication to lifelong learning. 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.

Helve's compositions have been performed across Canada and in Europe. Many of her compositions have been released on CD.

For further information, please visit her website at [helvesastok.wixsite.com/home](http://helvesastok.wixsite.com/home)