



## LOS ANGELES SHERIFF'S DEPARTMENT BAND

By Dawn Anderson

Los Angeles Sheriff's Department Band

### A TRADITION OF SERVICE THROUGH MUSIC

**G**reetings! We hope that 2019 has been good to you. Our mantra for this year is: Come play with us! We want to encourage all deputies, retired or active, who are musicians to come to a rehearsal. We invite you to join us as we serve the community and the Department's musical needs. We rehearse on Wednesday evenings at the Sherman Block Building. Please contact us at the email address at the end of this article.

I would like to highlight one of the smallest instruments in the band and their players. The flute is regarded as one of the oldest instruments of all time and is certainly the oldest wind instrument existing since the Stone Age. Because of the longevity of the flute, the design has undergone many changes, including the number of keys, the length and the number of parts. The flute originally was considered a solo instrument. However, throughout the ages, along with the development of other instruments whose players began to perform in groups, the flute had to change so that its high-pitched sound could be heard. To accomplish this, flute makers in the late 1700s made the flute longer so that the flute's range could include lower notes that improved the intonation.

Theobald Boehm is considered to have made the best and most important changes to the flute in its entire history. He manufactured a flute that had

larger finger holes that were spaced to produce an exceptionally large and fine tone. In the mid-1800s his radical design of the flute included padded cups to cover the larger holes. This flute, with only very minor changes, is the same instrument that flute players perform on today. Boehm is considered the father of the modern flute and it is a tribute to his genius that his flute remains unchanged today.

Nicole Peterson is one of our many fine flutists whom I am pleased to bring to the forefront in

this article. She is a native Angeleno who began her flute lessons at a young age while attending Parkman Junior High School in Woodland Hills. Her first choice in instruments, though, was the oboe, but the oboe was not available and she was encouraged to start learning the flute. Nicole graduated from UCLA with a B.A. in Italian literature and her studies took her to Europe. When studying at the Universita di Bologna in Italy for a year, she played flute in the school orchestra. Her school's orchestra performed an all-Beethoven concert that took them all the way to Grenoble, France.

Nicole has a rich and varied musical past, having studied musical performance at Pierce College. She played in the Pierce College wind ensemble, studying under Steve Piazza as well as learning improvisation with the Pierce Jazz Improvisational Workshop. Nicole had the pleasure of soloing for a labyrinth meditation walk at the Prince of Peace Church in Woodland Hills. She is very proud to have also participated by playing her flute during Gudwara at the Guru Ram Das Ashram in Los Angeles. Nicole's daytime job is that of a Kundalini yoga teacher. She claims that playing the flute calms her mind and keeps her grounded: "It is very therapeutic." Playing the flute has taken her many places and she has made marvelous friendships, including the lasting friends she has made playing with the LASD Band. Nicole states that playing with the LASD Band gives her a sense of community pride. Thanks, Nicole, for



sharing your talent and encouraging spirit with the LASD Band.

Paulette Westphal comes to us by way of Newport News, Virginia, though she lived most of her young life in Hampton, Virginia. From an early age, she was interested in music; she began singing at the tender age of 3 in church choirs and began piano lessons at age 6. Paulette continued to hone her musical craft by singing and playing instruments throughout her formative years. Influenced by her cousin, who played flute, Paulette began to learn to play this tiny instrument. High school completed, she continued her education in music at the University of North Carolina, Chapel Hill, specializing in secondary instrumental music. Though Paulette specializes in playing the flute and piccolo (an even smaller instrument), she has learned the fundamentals of all instruments during her studies at UNC. She also recalls that playing in the pep band got her into all the basketball games, well-rested and for free, while her student friends had to wait in long lines in the middle of the night to pay for their tickets. It was a great perk! In 1968, while she was playing in the basketball pep band, the team made it to the NCAA Finals, which gave her an opportunity to visit Los Angeles, where UCLA and UNC vied for the championship (UCLA won). Paulette earned her master's degree in adult education and human resource development.

After college, Paulette taught junior high school band and orchestra for several years in both Virginia and Maryland. Then, deciding to stay home with her children, she moved her attention musically



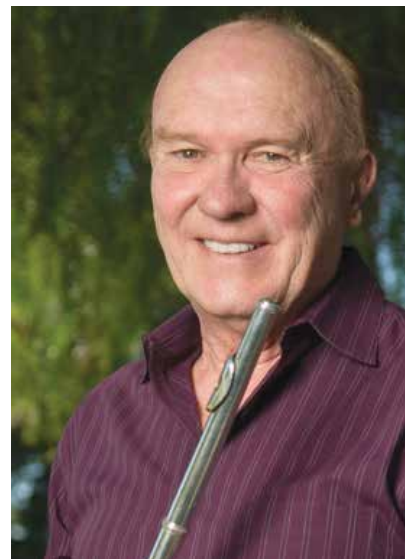
to community organizations. Her musical experiences include playing the flute, assistant directing and directing in community bands in Virginia and North Carolina. In addition, she was the pit orchestra conductor of a community theater group in northern Virginia.



Moving to Southern California in 1997, Paulette continued her community involvement, playing in several Southland bands. She also continued to study conducting and had the opportunity to learn from the late Dr. Frederick Fennell of the Eastman School of Music. Paulette is now the conductor of the Burbank Community Band, having had the baton passed to her by the late Dr. Donald Holcomb, who once claimed he left the Burbank Band in the most capable care of Paulette. On the rare occasion that our Conductor Dan Glass and our Assistant Conductor Jim Thompson are not available, they know that a rehearsal or gig will still be performed under her baton. Paulette says that playing the flute "saves my sanity, keeps my brain learning and promotes enduring friendships." The LASD Band is proud to have a member of your caliber. Thank you for your enduring friendship!

Another fine addition to our flute section comes to us by way of Chicago, Illinois. Jim Radon started his musical lessons on the saxophone while he was in the fourth grade. He was drawn to all the woodwinds, studying the clarinet and finally settling on the flute. He chose the flute as a vehicle in which to study classical music.

Jim Radon holds degrees in music from DePaul University and Roosevelt University, both in Chicago. He has a rich performing history with concerts in Chicago; New York (Carnegie Hall); Richmond, Virginia; Washington, D.C.; and various locations in Canada. His performances also included ones before American Presidents Johnson and Nixon. Jim served as an educator, teaching and influencing young adults in colleges throughout the United States. He says that playing the flute and learning music has given him the opportunity to make a living doing what he loves. Thanks, Jim, for sharing your talent with us!



Zoe Helmstädter was born in Whittier. Her family moved to North Carolina soon after, but returned to SoCal about the time Zoe entered sixth grade. She was not drawn to the flute until she realized that her mother was a flutist. Then she made it her own instrument as well. She began her lessons in the sixth grade and continues today as she studies music education as a third-year college student. She hopes to make a career of teaching and performing. She met her husband, Ruben, in her very first musical class in college. She heard him play the piano and then



asked him to be her accompanist. They both play in the LASD Band. Playing the flute is her passion; it keeps her grounded and lifts her spirits during the difficulties of life. "Playing the flute brings me joy," she says. We wish you the very best on your musical quest and we are so very happy to be a part of your journey. Thanks for bringing joy and enthusiasm to the LASD Band.

In closing, I would like to say that even though their instrument is small, our flute players have large personalities and huge musical experiences, and add a tremendous amount of sound and character to our performances.

Come play with us! Join the LASD Band and meet new and interesting people. The LASD Band will lift your spirits, give you a sense of community pride and help bridge the gap between the Department and the people we serve.

If you play an instrument or previously played an instrument, it may be time to dust it off and join the LASD Band. If you would like to have one of our bands perform for an event, either the dance band or concert band (subject to Department guidelines), please contact me at Dawn. [LASDBand@gmail.com](mailto:LASDBand@gmail.com). ☆