

Listening to Music

What the MUSIC you LOVE says about YOU



Presented by Susan Rogers, PhD

Saturday, February 10, 2024

3:30 PM

Performing Arts Center

Brewster, MA



Arts Empowering Life

Arts Empowering Life (AEL) is a nonprofit Arts foundation based on Cape Cod, MA, dedicated to the pursuit of beauty, truth, and faith in the Arts, sharing inspiration and education with people across many nationalities, cultures, and traditions. AEL incorporates both performing ensembles and visual artists who have toured in twenty-six countries and throughout the United States performing at the highest levels, leading workshops, and fostering cultural exchanges.

They have performed in venues ranging from regional high school football fields in downtown Chicago, to cultural exchanges at Inkamana Abbey in South Africa, to performing at Rockefeller Center in New York City; the Parliament House in Sydney, Australia; Siena Cathedral and San Marco in Italy; and the Hall of Columns in Moscow. AEL has a rich history of reaching out to America's youth through the arts in the form of workshops, camps, and the Youth Performers Outreach Program, which offers free tickets to all events for children and students. Performing ensembles include Gloriæ Dei Cantores, the founding ensemble of Arts Empowering Life; Elements Theatre Company; Organists of the St. Cecilia Organ at the Church of the Transfiguration; Gabriel V Brass Ensemble; the Wind Ensemble; Gaudete Baroque Ensemble; and Chara Percussion Ensemble. **artsempoweringlife.org**

*Photography and recording of this lecture are prohibited.
Please turn off all cell phones, watches, and electronic devices.
This afternoon's lecture is being livestreamed.*

Performing Arts Center

After thirty years of sustained artistic growth, Arts Empowering Life has put its roots down with a new, innovative, multi-purpose Arts facility. The building was conceived in 2019 to meet the growing needs of the various groups and programs of Arts Empowering Life. It was constructed during the worldwide pandemic and is a testimony to determination and teamwork, as hundreds of volunteers worked alongside experts in commercial building trades to create the structure you see today. Numerous unique design features are based on the natural elements of Fire, Earth, Air, and Water. The exterior wood cladding is Shou Sugi Ban, an ancient Japanese technique of preserving wood with fire. This texture is combined with a firm earthbound foundation of stone, all set in place by volunteers, and surrounded by extensive plantings of native species. The tower houses a wind turbine visually expressing the element of air, and providing sustainable power. Rain gardens surround the structure, and inside, a water feature is planned that will cascade from the height of the tower structure.

The Performing Arts Center houses three first-floor, flexible spaces for individual and group instruction and rehearsals, and a large space which accommodates entire theater sets, ensembles, and performances. The second floor has an overwatch balcony, a conference/kitchen area, a solarium, a deck, and an additional rehearsal space. Built to combine function with beauty, this building provides both the young and the established artist with a creative space for education, rehearsal, and inspirational work.

**To make a gift to help complete the building, visit
performingartscentercapecod.org**

The Music of Listening is the Music of You

Susan Rogers, PhD
Berklee College of Music, Boston

Musical taste forms over a lifetime of listening. Music excites our neural reward system through several channels, including the way that we move, what we see in the external world or in our mind's eye, and the memories that it conjures up. Dancing or singing at a social event, the soundtrack of cherished movie scenes, and memories of music played during good times link sounds and feelings to music's features. Brain regions that process music, emotions, and memories communicate to form unique "listener profiles" for every music lover, shaping the brain to get better and faster at recognizing the music that you personally love the best.

Music is different from other artforms because it depends on time. This is the key distinction between musical pleasure and the joy of seeing a gorgeous sunset or tasting an amazing food. Tension and release in music compositions let us make predictions about the peak moments ahead, and let us savor enjoyment as it unfolds. Each correct prediction at any given moment in music leads to a new prediction along with renewed anticipation for what is coming.

As music plays our enjoyment is enhanced as we move the spotlight of attention onto any of its features. Neuroscience has found that there are at least seven dimensions of music that can release dopamine and result in a pleasant feeling. Four of these are musical features and three are aesthetic pathways to an emotion. They are:

- Melody
- Lyrics
- Rhythm
- Timbre
- Novelty
- Realism
- Authenticity

Melody and harmony mimic the way that we use our voices to signal what we are feeling and how we would like others to behave.

Lyrics activate a sense of self-congruence for bonding to artists whose music seems to reflect some aspect of our own self-image.

Rhythm suggests how to move and synchronize our bodies with the performers or others when we dance.

Timbre is the sonic identity of musical instruments and voices; it begins forming in infancy with the sound of our caregivers' voices.

Novelty and familiarity influence the music we love by tapping into an appetite for thrill seeking and risk taking.

Realism and abstraction control the extent to which we can visualize instruments and performers.

Authenticity is a subjective sense of the emotions expressed by performers and the sincerity in their delivery.

Music lovers have “sweet spots” in their listener profile—a Goldilocks zone where music’s features seem just right. This makes the listener profile as individual as our taste in food, fashion, entertainment, and hobbies. Like these, music is designed to be functional. The music that you love best is “the music of you.”

SUSAN ROGERS

Susan Rogers holds a doctoral degree in experimental psychology from McGill University (2010). Prior to her science career, Susan was a multiplatinum-earning record producer, engineer, mixer, and audio technician. She is best known for her work with Prince (1983–1987) but production/engineering credits also include David Byrne, Barenaked Ladies, Geggy Tah, Nil Lara, Robben Ford, Tricky, Michael Penn, and Jeff Black. In 2021 she became the first female recipient of the Music Producer’s Guild Award for Outstanding Contributions to U.K. Music. She recently retired from Berklee College of Music, Boston, where she taught psychoacoustics and record production in the department of Music Production & Engineering. Her book on music listening for W. W. Norton is titled *This Is What It Sounds Like: What the Music You Love Says About You*.

Arts & Entertainment Lecture Series

Delve into a diverse array of subjects, from the rich history of the trumpet to the intricate nuances of baroque performance practice.

Presented by esteemed experts and enthusiasts, each lecture is a gateway to expand your knowledge, ignite your imagination, and deepen your appreciation for the arts. Join us in celebrating the power of creativity and culture as we explore, learn, and connect.

Here's what's coming next...

Gloriæ Dei Cantores Lenten Concert

Friday, March 8 & Saturday, March 9, 7:30 PM

Church of the Transfiguration, Rock Harbor, Orleans

Upcoming Lectures

95 Years of Music to Speak to Our Time: *Building Bridges through Music*

Presented by Dr. Samuel Adler

Livestream Only, 3:30 PM

Part 2 - March 2: The Seventh Army Band to the Texas Years

Part 3 - April 27: The Eastman and Julliard Years

Part 4 - September 28: Music Concepts & Philosophy—For Future Musicians

Low Brass Master Class & Trombone Recital:

Where Words Leave Off, Music Begins

Saturday, March 16 - Workshops: 10–Noon, Lecture: 3:30 p.m.

Mark Kellogg, DMA - Director of the Eastman Brass Guild

Improvisation for Young and Old

Saturday, April 13 - Workshop 10–Noon, Lecture: 3:30 p.m.

Christopher Azzara, PhD - Professor, Eastman School of Music

The Seventh Symphony of Dmitri Shostakovich:

A Powerful Story of Hope in Troubled Times

Saturday, May 18 - 3:30 p.m.

M. T. Anderson - New York Times best-selling author

An Evening of Sonic Exploration:

The Musical Fusion of Marimba, Art, Electronics, and Voice

Saturday, June 29

Maria Finkelmeier - Percussionist, Digital Media Artist

Celebrate Percussion!

Hands on Drum & Keyboard Workshop and Concert

Saturday, July 27

Ian Hale - Associate Director of the UMass Minuteman Marching Band

508-240-2400 | artsempoweringlife.org

All events are subject to change.



A new offering at the Performing Arts Center

Players of all ages and abilities are welcome to join

Weekly Rehearsals | Tuesdays 5–7 PM

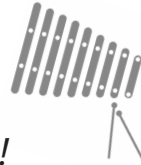
Walk-ins welcome; No Audition required

Please bring your own instrument.

For more information call: 508-237-3529



SCAN FOR INFO



Join us this Summer!

Performing Arts Camp

July 9–August 14, 2024



Performing Arts Center Brewster, MA



Theatre, Percussion, Brass & Woodwinds, Strings

Ages K–12 | 9am–2pm | Lunch and snacks provided

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