

# FIELD FINDINGS

Trout: A Musical Field Journal



Start Date

Name

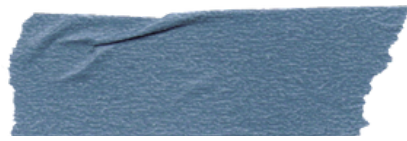
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Dedicated to the eternal  
connection of



music with our

**P L A N E T**



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# MUSICAL HEADWATERS

is a Musica Sierra initiative that commissions new works of music inspired by the Sierra Valley to bridge nature-based education with the visual and performing arts and deepen children's social and emotional connection to the earth.

Musica Sierra's annual Headwaters residency brings the country's most innovative musicians and composers to the Sierra Valley to compose and perform original works inspired by the Sierras. These new musical works, written for children, bridge nature-based education with the visual and performing arts to promote land stewardship, honor cultural heritage, elevate local artistry, and deepen civic pride in the region. The resident musicians spend a week in the pristine headwaters of the Middle Fork of the Feather River, performing, educating, and inspiring the local youth to become stewards of the earth through the classical arts.

## Visual and Performing Arts (VAPA)

Musical Headwaters' original compositions are freely available to parents, students, and educational institutions to enhance all Nature-Based or natural science curricula through the inclusion of the Visual and Performing Arts and Project Based Learning.

## Member Institutions

The Sierra County Arts Council

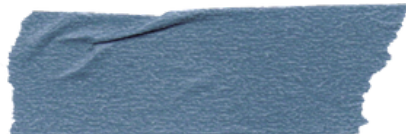
Feather River Land Trust, Learning Landscape.

Sierra-Plumas Joint Unified School District (SPJUSD)

Plumas Unified School District (PUSD)

Plumas Arts





# ACKNOWLEDGEMENTS



## Music

*Jonathan Woody, composer  
Kara Dugan, soprano*

## Musica Sierra

*Lindsay McIntosh  
Owen McIntosh*



## Illustrator

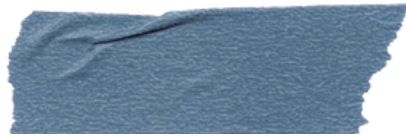
*Max Conway*



## Content

*Owen McIntosh  
Emily Meyer*





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Before we get started, write down a few ways you feel that music and the planet are connected.

# Lil' Baby Trout Fry



Oh, you're just a baby,  
lil' baby trout fry,  
with stones all around you,  
with water rushin' by;  
your momma has left you enough to get by, just stay out of trouble,  
lil' baby trout fry!

Ooh, lil' baby trout fry,  
ooh, lil' baby trout fry!  
Ooh, lil' baby trout fry,  
just stay out of trouble, lil' baby trout fry!

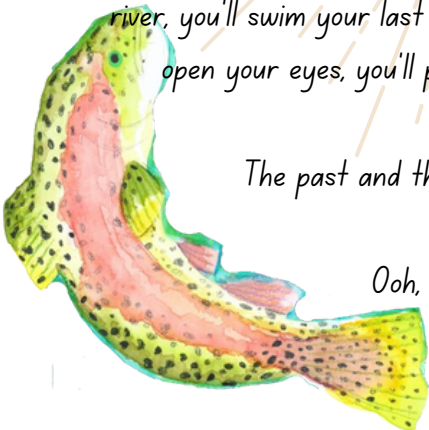
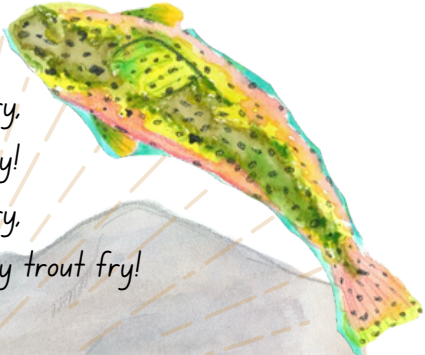
You're out on your own now, lil' baby trout fry, the world's full of wonder, but also surprise! Just stick to the plan, and you'll come out alright, your home is the river, lil' baby trout fry!

Ooh, lil' baby trout fry...

Almost twenty summers have passed flowing by... someday up the river, you'll swim your last fry; the same spot where you once blinked open your eyes, you'll pass on the future, lil' baby trout fry!

The past and the future, little baby trout fry!

Ooh, lil' baby trout fry...



Draw a river and create patterns in the current.



Create a rhythm pattern of short and fast sounds.  
Use a lines and space to dictate slow and fast.



# The Bear

My home is in the mountains,  
my footsteps in the snow;  
when winter comes a-callin',  
to hibernate I go;  
when spring awakens blue-eyes,  
again I greet the sky,  
to roam across the footpaths,  
the mighty bear am I...



My mother gives me shelter  
and sends me on my way;  
the river feeds my hunger,  
by water's edge I play;  
my brother on his two legs  
encroaches by and by,  
but here I stand, as always,  
the mighty bear am I...



The wisdom of the ancients,  
the spirit of the land;  
as bear I look upon them,  
protector as I stand;  
my spirit is the forest,  
and even when I die,

I'll keep my watch o'er valleys bloom,  
the mighty bear am I!



Oh, I am the bear!  
Oh, I am the bear!

I'll keep my watch o'er valleys bloom...



The Bear talks about this being it's home and it's mother giving shelter. How does human activity affect the natural Earth process? What are some solutions to lower human impact? List one way we can lessen our impact today and use your imagination to create a new way to help our Earth.

What natural element represents your spirit and why. Mountains, rivers, trees, wind etc.

## Child of the Sierras

When I was born, my mother put the river in my eyes,  
my father built a mountain and he sent me forth to roam...  
whenever I get lonely I can look up at the skies;  
when the trout are in the river, then I know that I'll be home.

Oh, I'm a child,  
a child of the Sierras and I'm proud to make it known!  
Oh, I'm a child,  
and when I see the river, then I know I'll make it home!

Adventure is a part of me, the land is in my blood,  
the story of the little trout is kinda like my own,  
from fry to parr to fingerling, through stones and sticks and mud,  
when trout are in the river, then I know I'll make it home!



Oh, I'm a child...  
when trout are in the river, then I know I've made it home!

I learn about the river,  
because it's up to me  
to cherish what we're given,  
to keep our valley free!



From morning when I see the mountains bathed in eastern glow,  
to sunset when the ponderosas shimmer, capped in chrome;  
fly-fishing during summer's sun, or hot springs in the snow  
the trout in Feather River's how I know that I'm at home!


Oh, I'm a child...  
and when I see the river, then I know that I'm at home!

When I see Feather River, then I know that I'm at home!



What is a watershed? What  
sounds from the watershed  
remind you of home?

Name 5 things that can help  
reduce humans impact on the  
land.



# Water is Life

One hundred centuries ago,  
we came in from the cold...  
we pulled ourselves together  
and we watched ourselves get old...

We gave birth to the riverlands,  
once inhospitable  
the life we give, the love we live,  
is unconditional...

*buzzing with life*

The flowers nod their heads to us,  
the birds sing out hello...

the trout who share their time with us,  
sustain your works below...

Look after us  
if you would please,  
return our ancient love...  
even as the world you made  
is falling from above...



Where there is water,  
there is life!



Can water be used to generate energy? Create a device that can convert energy from water to another energy source.



What signs can rocks show us  
about how the landscape has  
changed over time.



Now that we've completed these songs and exercises, how did the ways you feel that music and the planet are connected change or stay the same?

# BIOGRAPHIES

## *Lindsay McIntosh*

founder, and executive director of Musica Sierra is a proud resident of Sierra County. A Truckee native, historical oboist, and arts entrepreneur McIntosh is a recent graduate of the esteemed Juilliard School of Music; McIntosh was on a full scholarship in the Historical Performance program and has appeared under world-renowned conductors such as William Christy, Masaaki Suzuki, Jordi Savall, Richard Egarr, and Monica Huggett. In 2013, while in her second year of graduate studies at the Juilliard School, McIntosh discovered her passion for leadership and creative programming. As a result, McIntosh founded New Vintage Baroque – an adventurous period instrument ensemble dedicated to creating 21st-century repertoire for early instruments. Relocating in 2018 from New York City to Loyalton, Ca, McIntosh was given an opportunity to start her own performing arts organization to serve her underserved rural community, which lacked any performing arts education and enrichment. Since Musica Sierra's launch in 2019, this performing arts organization has served over 800+ students, commissioned four new works as part of Musical Headwaters, produced over 47+ interactive performances featuring world-class musicians from all over the world, produced two albums, and offers eight music education programs serving ages 0–99.

## *Owen McIntosh*

Described by the New York Times as a "lovely, tender high tenor" in one concert and "appropriately brash" in another, three-time Grammy nominee and Gramophone Award-winning tenor Owen McIntosh is widely known for the color and creativity he brings to the stage as a soloist and chamber musician. Having performed for fifteen years, McIntosh now dedicates his time to his family as well as inspiring the next generation of musicians through music education with an emphasis on healthy singing, musicianship, and music literacy. As a member of the voice faculty at UNR and music teacher at Truckee Elementary School, Mr. McIntosh's dream is to one day bring music education back to the level of importance of all the other liberal arts pillars, providing the youth once again with a complete education experience.

Musica Sierra 2023