

## SPECIAL FEATURE on JANET HORVATH

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born 13th July 1952 (Toronto, Canada)

*cellist, orchestral front desk player, chamber musician, writer of articles on music and musicians, conference speaker and invited guest to seminars, an expert in the area of the medical problems of performing artists {daughter of cellist George (György) Horvath}*

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I am very happy to write about a colleague who is such a generous and amiable person, one that makes the music profession much more of a delight to be working in! Yes, I introduce you to a truly multi-talented lady...

**Janet Horvath**, the Minnesota Orchestra's associate principal cello from 1980 to 2012, is a lifelong performing classical musician, soloist, and speaker. She has appeared as soloist with orchestra, and has performed in recital and chamber music throughout the United States, Canada, Europe, and Asia. *"Ms. Horvath's outgoing musical personality and passionate intensity flavors every aspect of her musicianship, and draws from her instrument a tone, which has the texture and feeling of rich golden honey..."*

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She was born into a musical family. Her father was a cellist whose career spanned several years with the Budapest Symphony and thirty-eight years with the Toronto Symphony Orchestra. Her mother was an inspired piano teacher. Music therefore permeated their home, especially as her father first taught her the cello!

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She earned her master's degree in music performance from Indiana University studying with Janos Starker (she has written a wonderful article too on these experiences). Since leaving the orchestra, Janet has focused on her writing and in November of 2017, she completed her MFA in creative writing from Hamline University, Saint Paul, MN. Horvath is the author of "Playing (less) Hurt - An Injury Prevention Guide for Musicians" published by Amadeus Press (Hal Leonard Performing Arts Publishing Group), and is considered a pioneer and authority in the area of the medical problems of performing artists. Initially self-published, her book won a gold medal at the 2009 IPPY awards and is still in print.

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Recent essays include 'A Musician Afraid of Sound' published in The Atlantic, October 2015, and 'Sound of the Cello', published June 2017 in the Minnesota Orchestra's monthly program book and online. Her nonfiction has appeared in the Minneapolis Star Tribune (December 2015 and 2011) and in national and international music publications, including Musical America, Chamber Music America, Strings Magazine, The Brass Herald and Strad Magazine among others. A contributing writer for the online classical music e-magazine "Interlude.HK", she has written over 250 feature articles about music and musicians.

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After more than thirty years as a performer, and as an arts and injury prevention advocate, Janet is well-known among both amateur and professional musicians, teachers and students, and health care providers. Her seminars have been well received by orchestras including the San Francisco Symphony, Utah Symphony, Indianapolis Symphony, and Boston Symphony Orchestra, and at colleges, conservatories, and conferences from coast to coast. Her appearances on national radio and television include Terry Gross' Fresh Air on NPR, The Woman's Connection and Athletics and the Arts.

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The recipient of the 2001 Richard J. Lederman Lecture Award presented by the Performing Arts Medical Association, she has lectured at the prestigious Medical Problems of Musicians and Dancers Symposium in Aspen, Colorado. Janet is in demand for her injury prevention roundtables and has been involved in leading discussions with doctors, insurance companies, professional, amateur, and student musicians, managers of orchestras, and directors of schools regarding prevention of playing injuries. These lectures and master classes include a variety of injury prevention strategies, including good practice and warm-up habits, on-stage tricks to alleviate tension, Do's and Don'ts, injury susceptibility, ergonomics, orthotics and props that are available to us, and rehabilitation strategies. Recently, hearing issues have come to the fore. Decibels can be dangerous. Janet has been at the forefront of exposing the risks and raising awareness of hearing injuries that can occur due to noise and loud music.

All in all an amazing lady!

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