

# LENORA ZENZALAI HELM & THE ZENZALAI PROJECT

**Ensemble members:**  
Lenora Helm--vocalist, composer  
Brandon McCune - piano  
Miriam Sullivan--acoustic and electric bass  
Nasheet Waits--drums  
Guest artist  
Antonio Hart--flute, alto and soprano sax

**Title of the commissioned work:** Journeywoman: A Work in Progress

## **Instrumentation:**

Voice, piano, acoustic bass, drums, alto saxophone, soprano saxophone, flute.  
(Can be accompanied by local or student, faculty or guest musicians (i.e, during a residency) on trumpet, cello, tenor sax and bass clarinet, additional voices and spoken word artist in addition to ensemble instrumentation.)

## **Composer's Statement:**

Journeywoman: A Work In Progress is an hour plus five-part jazz suite for voice and ensemble. The music celebrates and illustrates human evolution embodied in an archetypal woman, Journeywoman, and her life walk through birth, youth, adolescence, adulthood and death. Women represent the giving of life; birthing, creation, and in doing so, inherit a myriad number of gifts and challenges for identity, individuality and self-expression. This journey is often not seen for the tremendous impact it has on society or its representation as a microcosm of the macrocosm. The subtitle, "A Work In Progress", refers to the ongoing development in this journey, and does not speak to an incomplete nature or ongoing development of the music"

**Length of the work:** 75 Minutes  
**Recording:** Available. Please contact the artist directly.

## **Stated Technical Requirements:**

"One Vocal mic, 1 Grand piano, 2 piano mics, 1 mic for sax, 4 microphones for instruments, 3 monitors, one Gallen Krueger bass amp, 1 Gretsch Yamaha or Sonor drum set, (18-inch bass drum - no hole in bass drum head, 12, 13 and 14-inch tom toms, 4 cymbal stands, one high stand, one snare drum and snare drum stand, bass drum pedal, drum throne, area floor rug for drum kit, all drums should have double-sided coated ambassador heads)."

## **Contact Information:**

**Composer:** Lenora Zenzalai Helm  
**Booking contact person:** Lenora Zenzalai Helm  
**Phone:** 212-969-8756  
**Cell phone:** 917-826-7979  
**Email:** zenzalai@aol.com  
**Website:** www.lenorazenzalaihelm.com