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Jessica McCutchen
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C.A.L.M.

By

Jessica Mc Cutchen, Western Washington University

Accepted in Partial Completion
of the Requirements for the Degree
Master of Music

ADVISORY COMMITTEE

Chair, Dr.Leslie Sommer

Dr. Bruce Hamilton

Dr. Charles Halka

GRADUATE SCHOOL

David L. Patrick, Interim Dean

Master's Thesis

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Signature:

Date: 5/21/2020

C.A.L.M.

for wind ensemble

Jessica McCutchen
2020

Instrumentation

Piccolo
Flute 1,2
Oboe
English horn
Basson 1,2
B♭ Clarinet1,2,3
B♭ Bass clarinet
B♭ Soprano saxophone
E♭ Alto Saxophone
B♭ Tenor Saxophone
E♭ Baritone Saxophone

B♭ Trumpet 1,2,3
F Horn 1,2,3,4
Trombone 1,2,3
Bass trombone

Percussion 1
- timpani
- triangle
- bass drum

Percussion 2
- vibraphone
- triangle
- bass drum
- floor toms

Percussion 3
- snare
- suspended cymbal
- leaves **

Percussion 4
- glockenspiel
- chimes
- bass drum

Piano

** Percussionist is to gather leaves [half gallon recommended]. If there are no leaves, crumple up paper, or use an assortment of wood shakers and pod rattles to mimic the sound of wind rustling leaves.

Performance notes -
The opening section is roughly timed and is broken out into three mini subsections - each indicated by brackets. The first subsection (A) is silent.
(B)The winds and brass are to mimic wind by blowing through their instruments.This is supposed to mimic the sound of wind creeping through the forest. The wind should start in the back of the ensemble, transition to the front, and fade out in the back.
(C) This section is similar to B, but the percussion adds leaves.
Leaves and wind should continue into measure 8 at the will of the performers. These sounds should get more sparse as instruments come in.

The Inspiration:

In June of 2018, my mother was diagnosed with cancer. During that summer, we travelled all across Oregon to experience all the beauty it had to offer. She showed me all of her favorite places to hunt for rocks, we told stories, and caught up from years of missed moments. The night before I moved to Bellingham to be a part of the music program at WWU, I told my mom that it wasn't too late and how I wanted to stay home to help her. Despite many attempts, she refused my offer. She said she didn't want to hold me back and told me to go off and follow my dreams. If there is anything you should know about my mom is how stubborn she is. You stand no chance in a debate with her.

The night I watched her drive away was probably one of the hardest nights I've experienced. I spent the school year resenting it for preventing me from being with her. For a year, I hated music.

On May 7th, 2019, I woke up to a text from my mother telling us all that she was cancer free. Surgery and months of chemo and radiation cured her. In thinking of ways I could celebrate her bravery, strength, and beauty, I settled on composing a piece of music for her. In this piece, her name, Christy, is repeated throughout. Her birthday, August 31 is woven in. Nocturne in E Flat by Chopin is her favorite piece of classical music, so I took elements from that to make one of the main themes. The beginning highlights our time spent together in the woods. The haunting, but beautiful sound of wind breaking through the trees. At the climax of the piece, all the elements I used come together to paint a picture of who she is as a whole. The piece ends with solo piano. This was to reflect on the nights we had growing up and her daily request to play her to sleep every night.

As for the name of the piece, it came from a text about halfway through her treatment. We asked her how she was doing and she responded:

"I am Christy Ann LeBrun McCutchen, I am C.A.L.M. and feeling good."

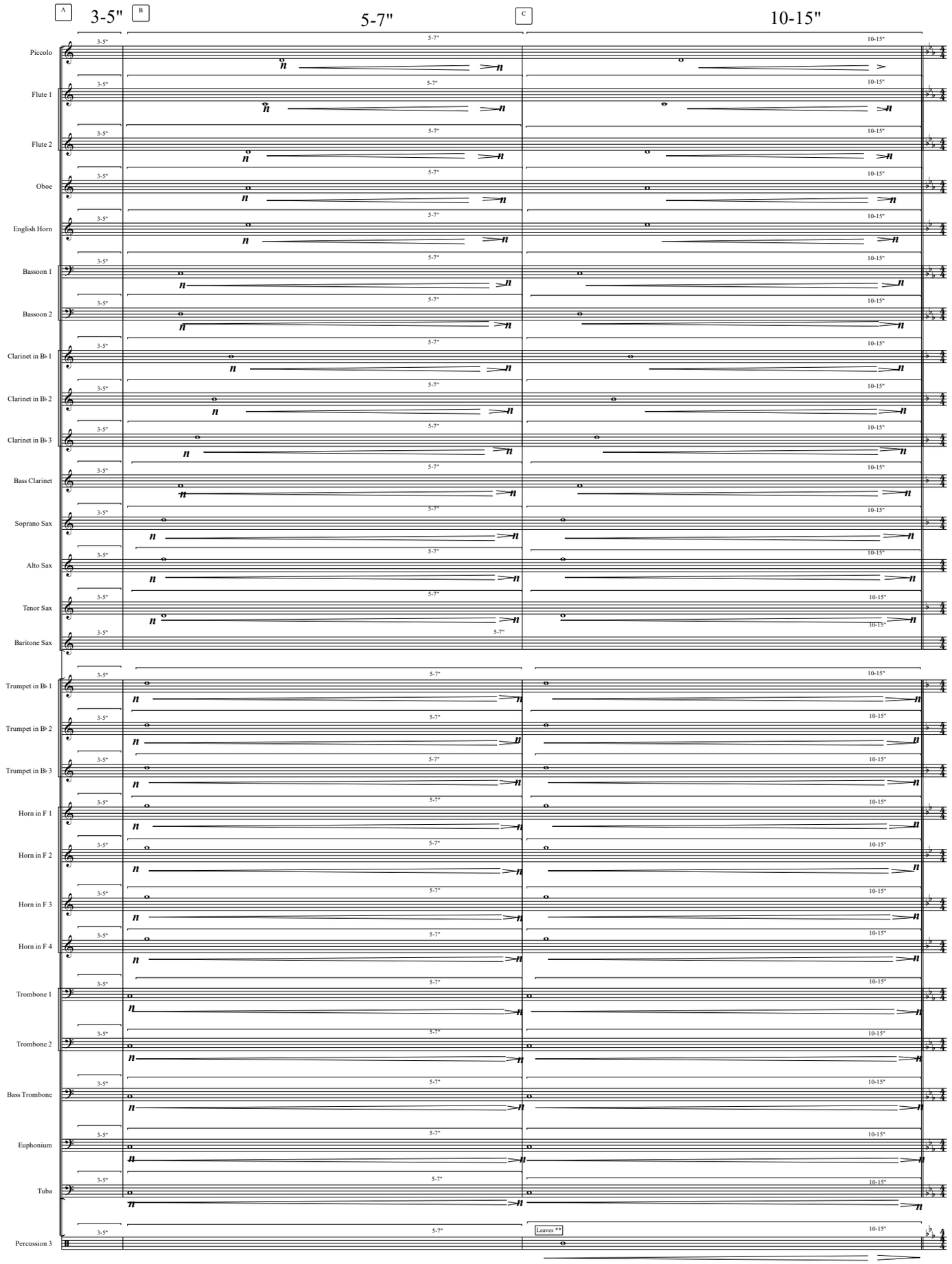
I want to thank my mom for everything she has done for my sisters and I. She pushed us to chase our dreams and taught us to believe in ourselves. She taught us to find the humor in a tough situation because laughter heals us. She taught us that we can find beauty in everything, we just might have to search for it.

Transposed score

C.A.L.M.

for the bravest person I know - my mother.
*"I am **C**hristy **A**nn **L**e brun **M**c Cutchen, I am CALM and I'm feeling good"*

Jessica Mc Cutchen



6 **Freely (♩ = ca.76)**

Picc.
Fl. 1 — *No vibrato* — *pp*
Fl. 2 — *No vibrato* — *pp*
Ob.
E. Hn. — solo — *mp*
Bsn. 1
Bsn. 2
B♭ Cl. 1 — *mp*
B♭ Cl. 2 — *mp*
B♭ Cl. 3 — *pp*
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.

6

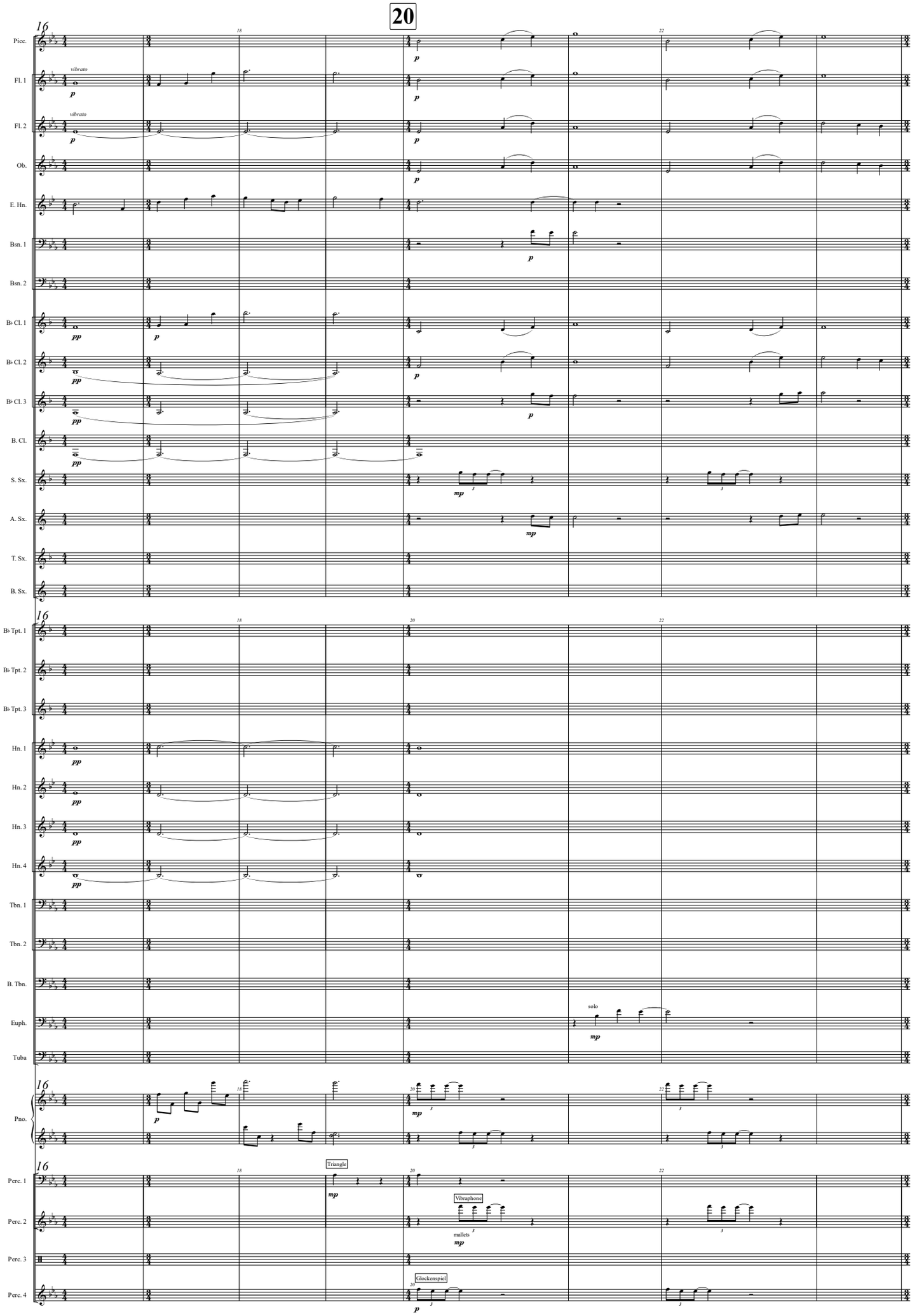
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba

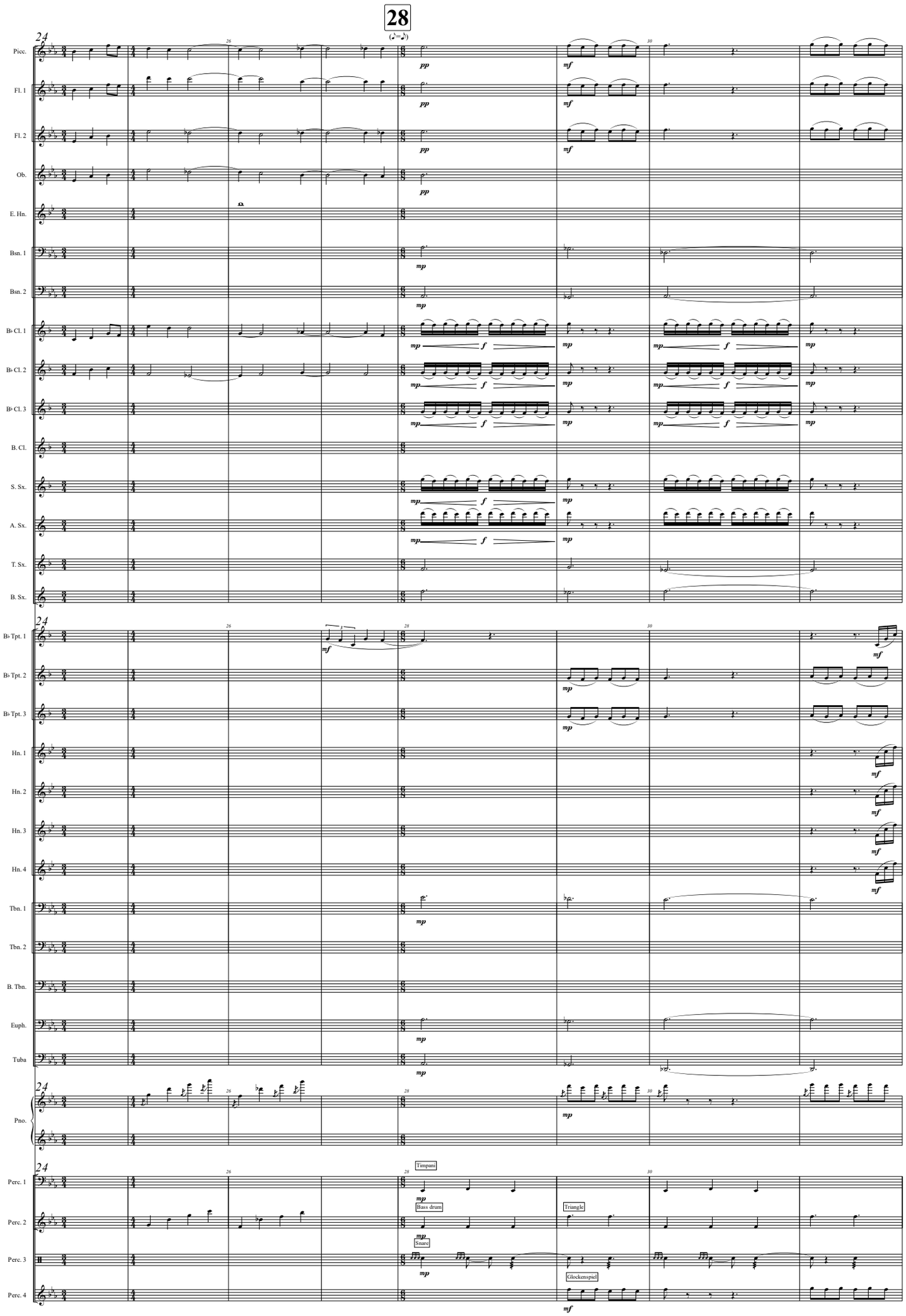
6

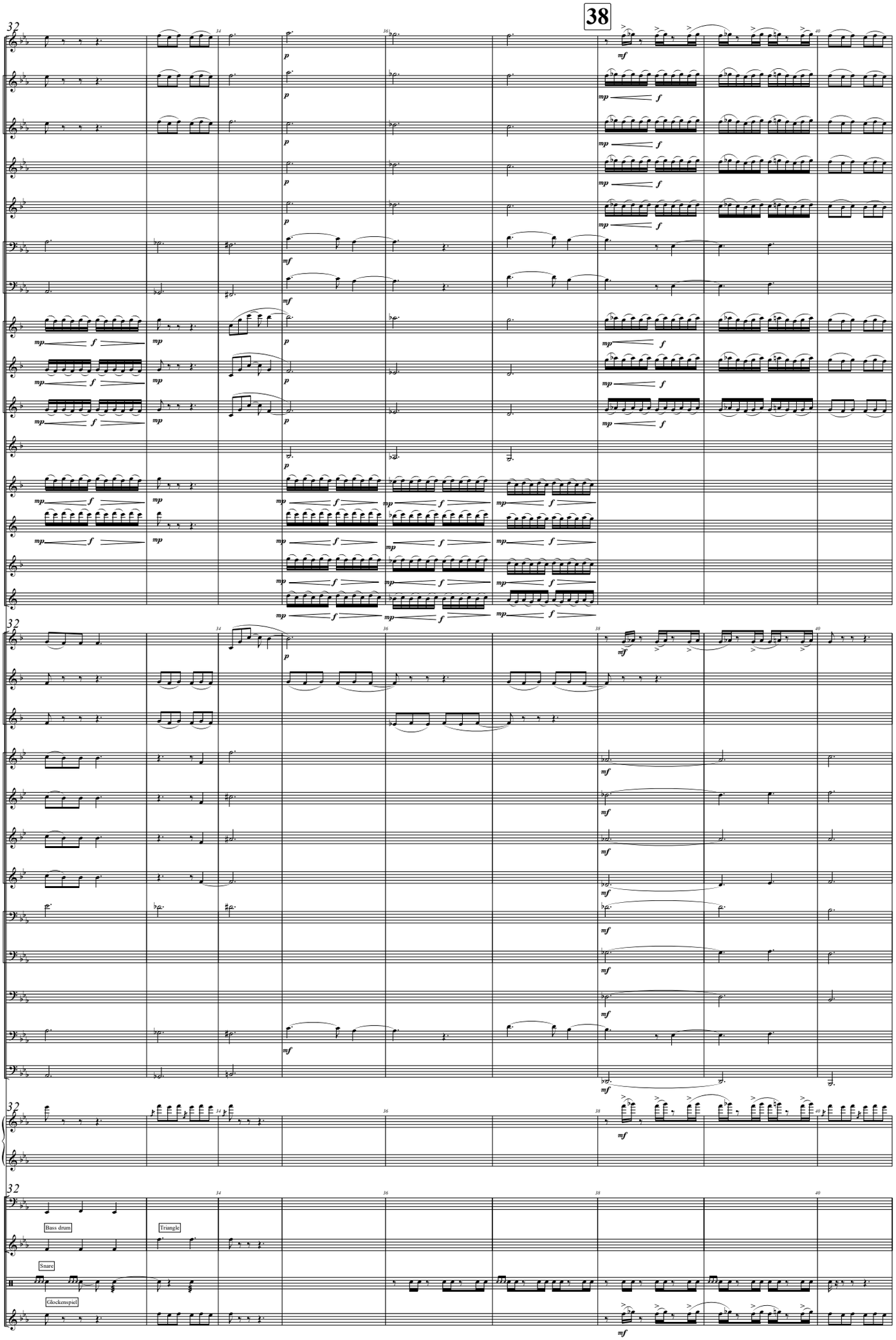
Pno.

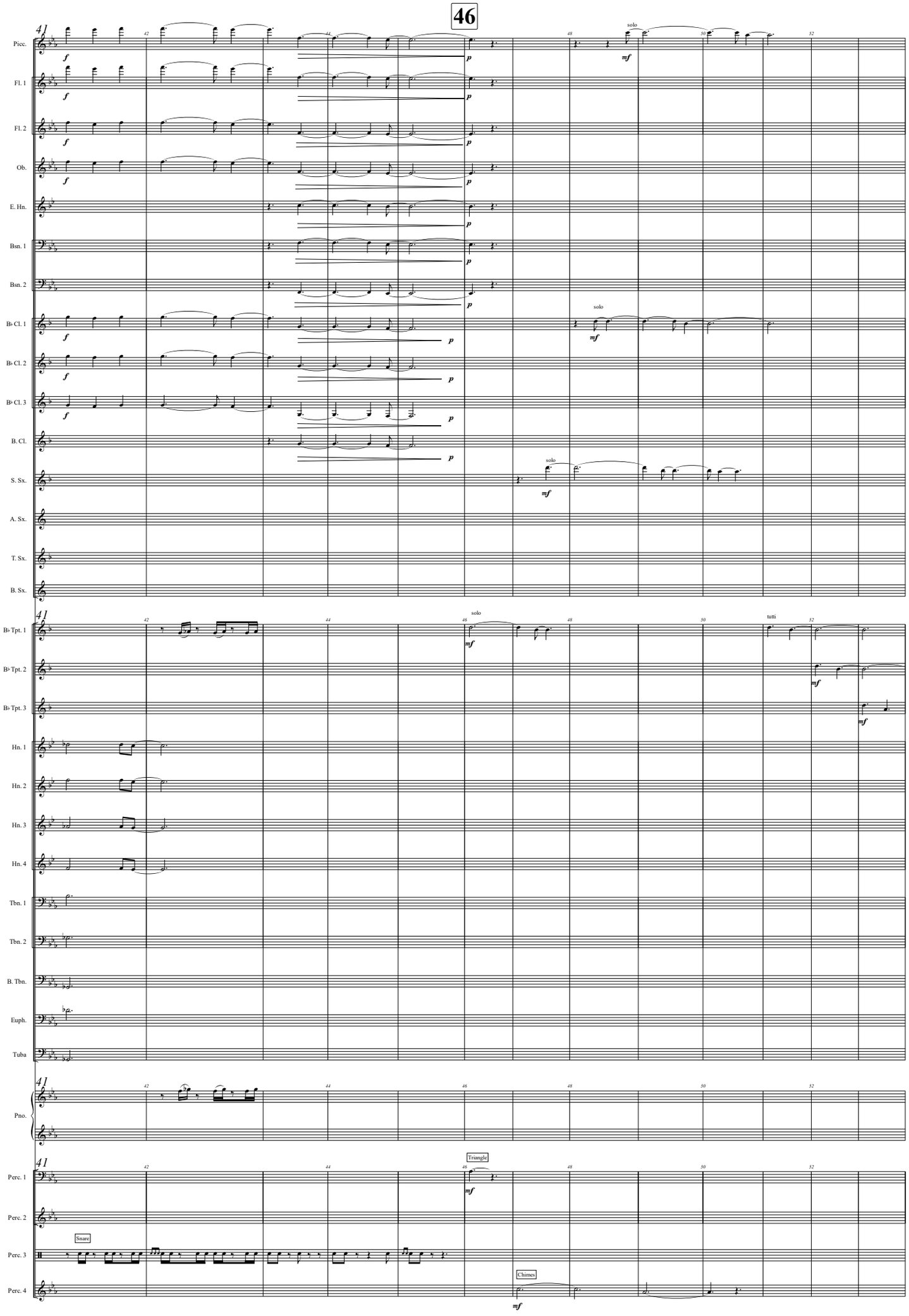
6

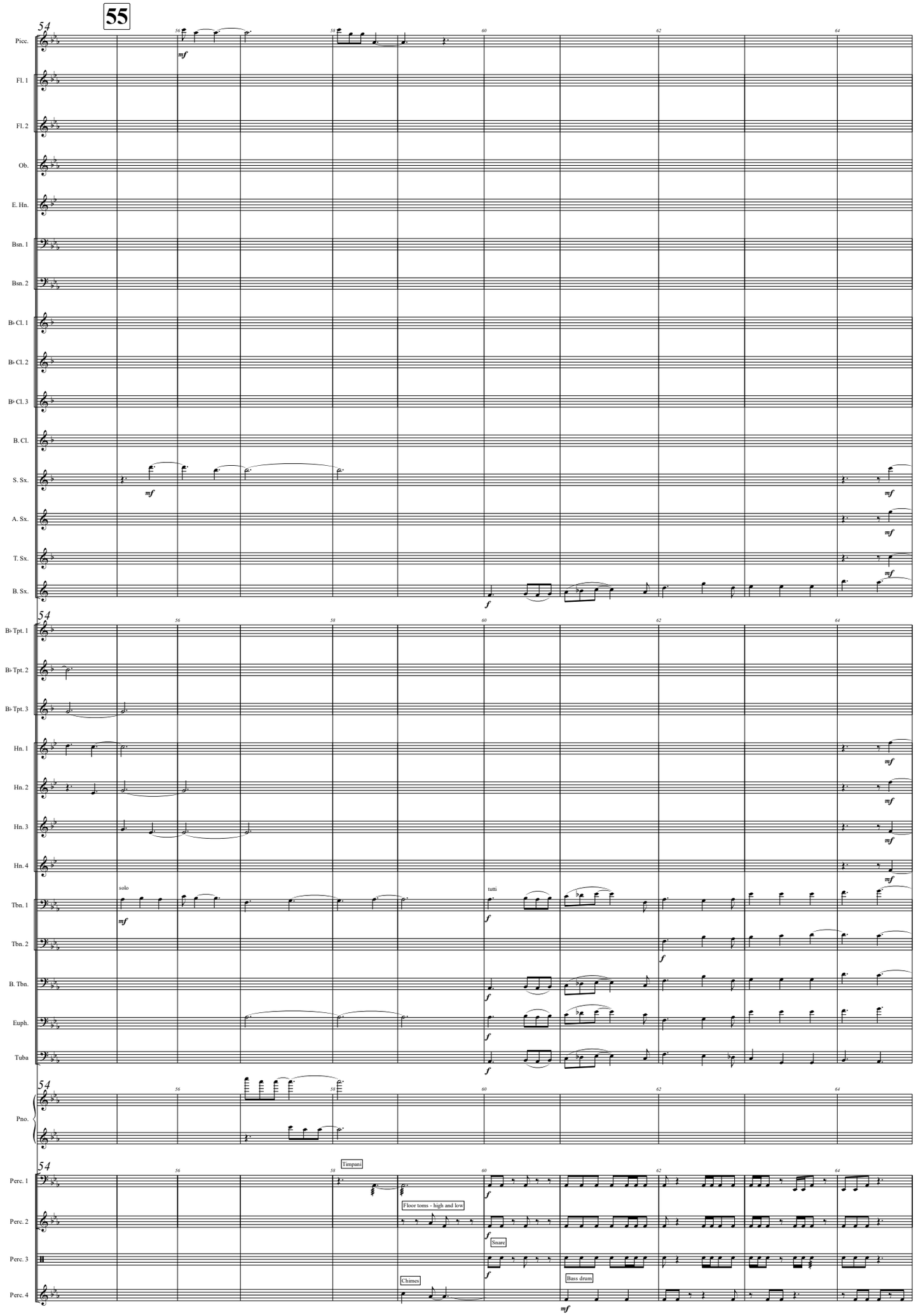
Perc. 1
Perc. 2 — Vibraphone — bowed
Perc. 3
Perc. 4 — Glockenspiel — *mp*

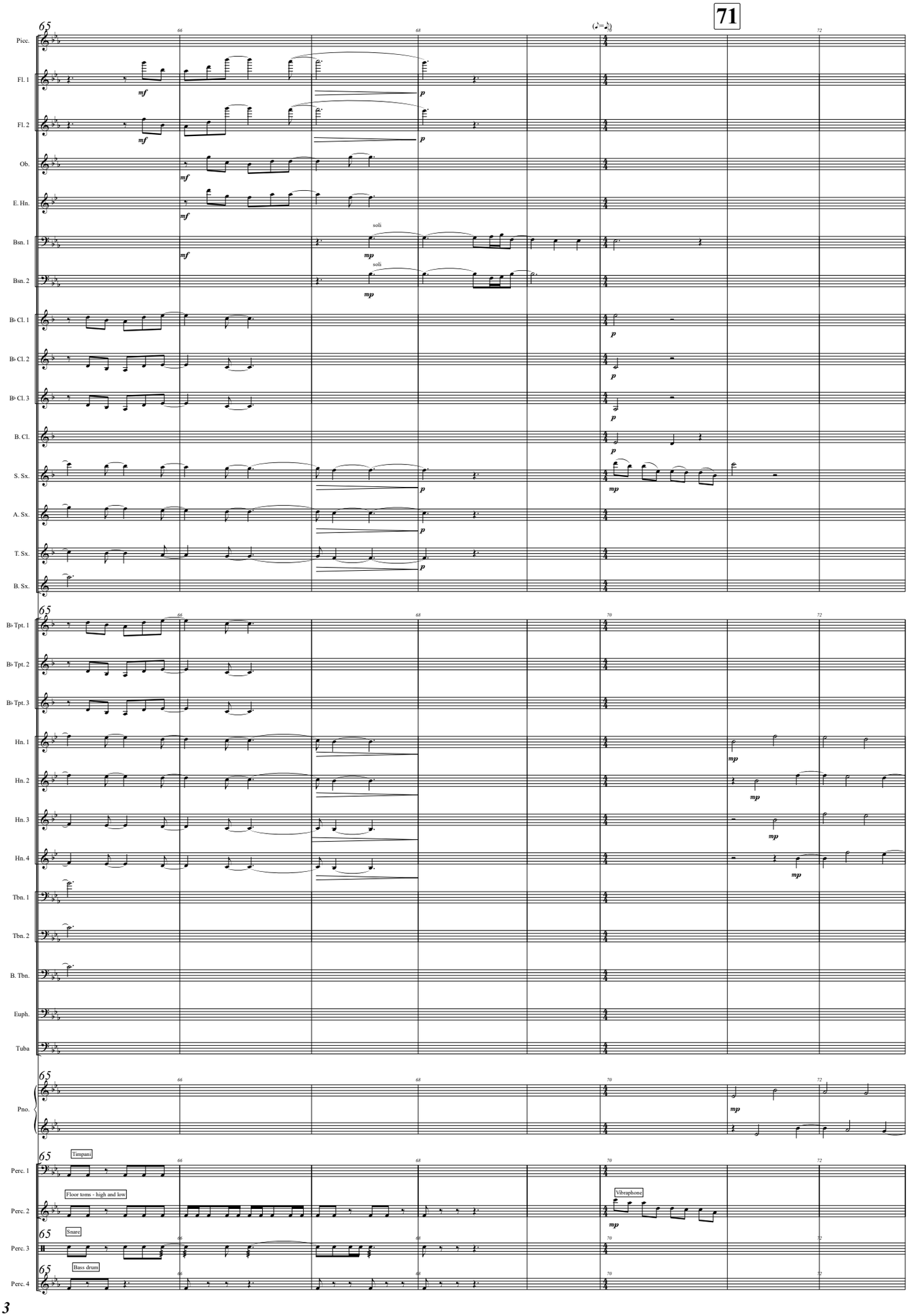

20
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
Pno.
Perc. 1
Perc. 2
Perc. 3
Perc. 4
vibrato
solo
Triangle
Vibraphone
mallets
Glockenspiel

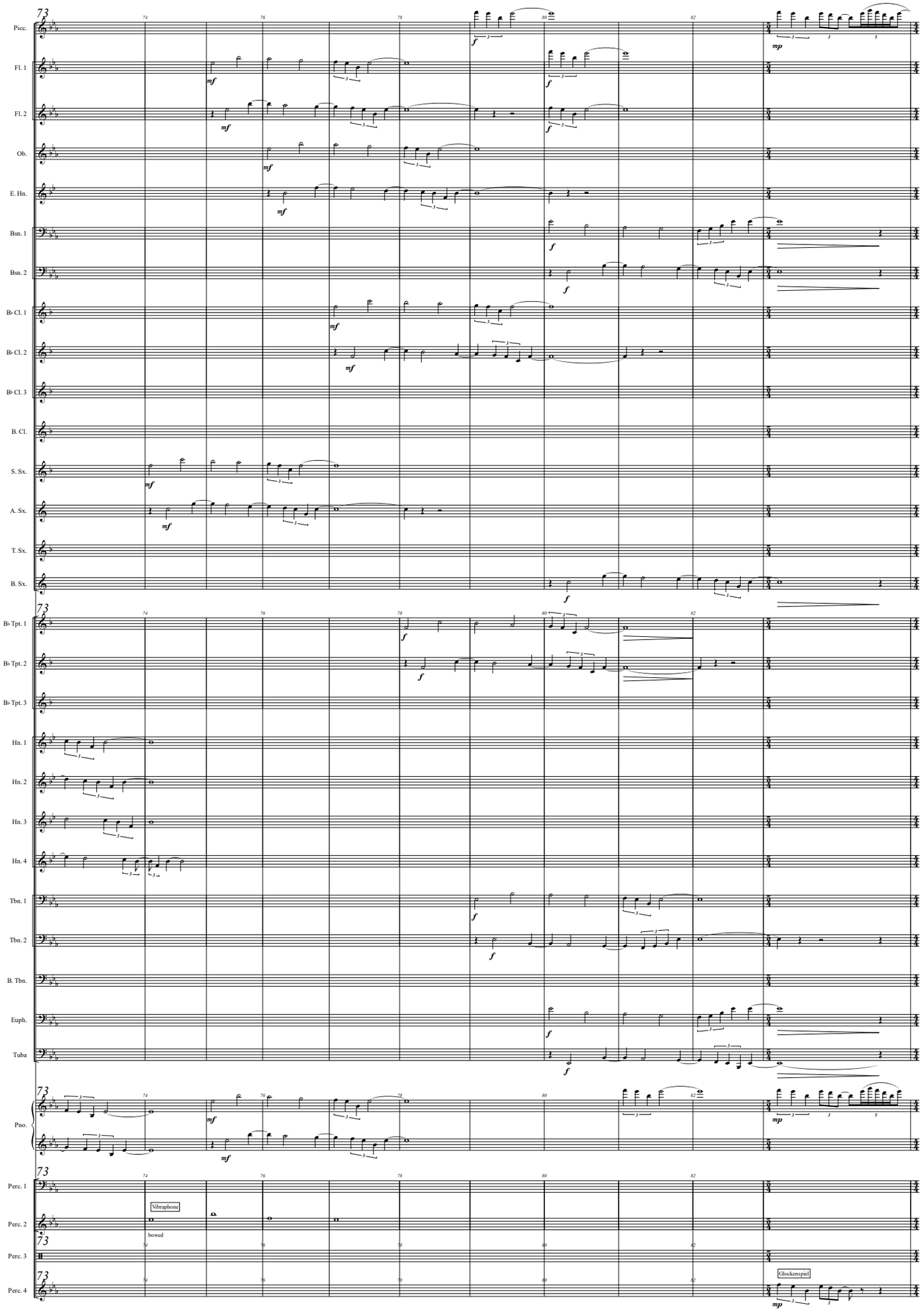

28
(♪=♪)
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
Pno.
Perc. 1
Perc. 2
Perc. 3
Perc. 4
Timpani
Bass drum
Snare
Triangle
Glockenspiel

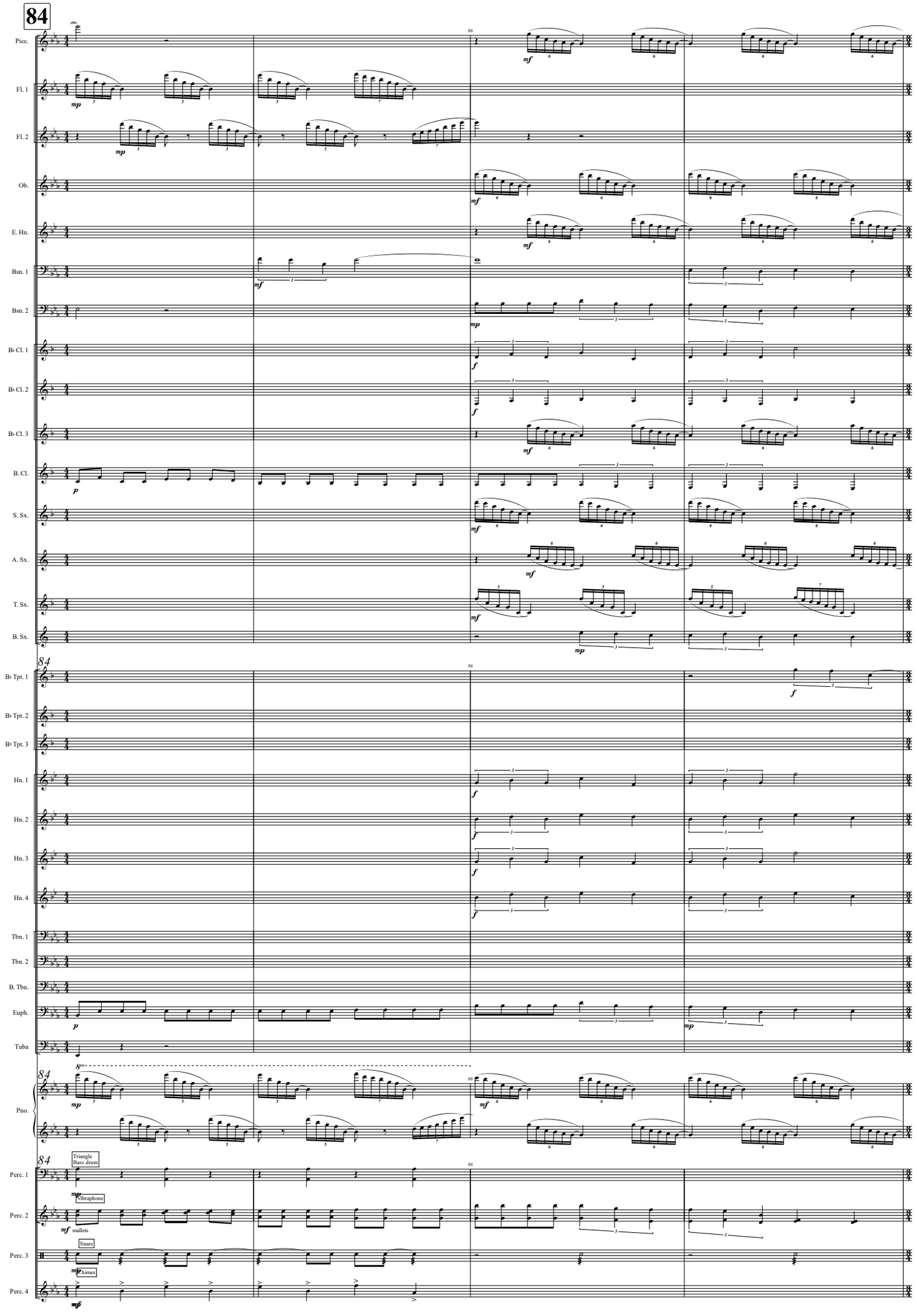

38
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
Pno.
Perc. 1
Perc. 2
Perc. 3
Perc. 4
Bass drum
Triangle
Snare
Glockenspiel

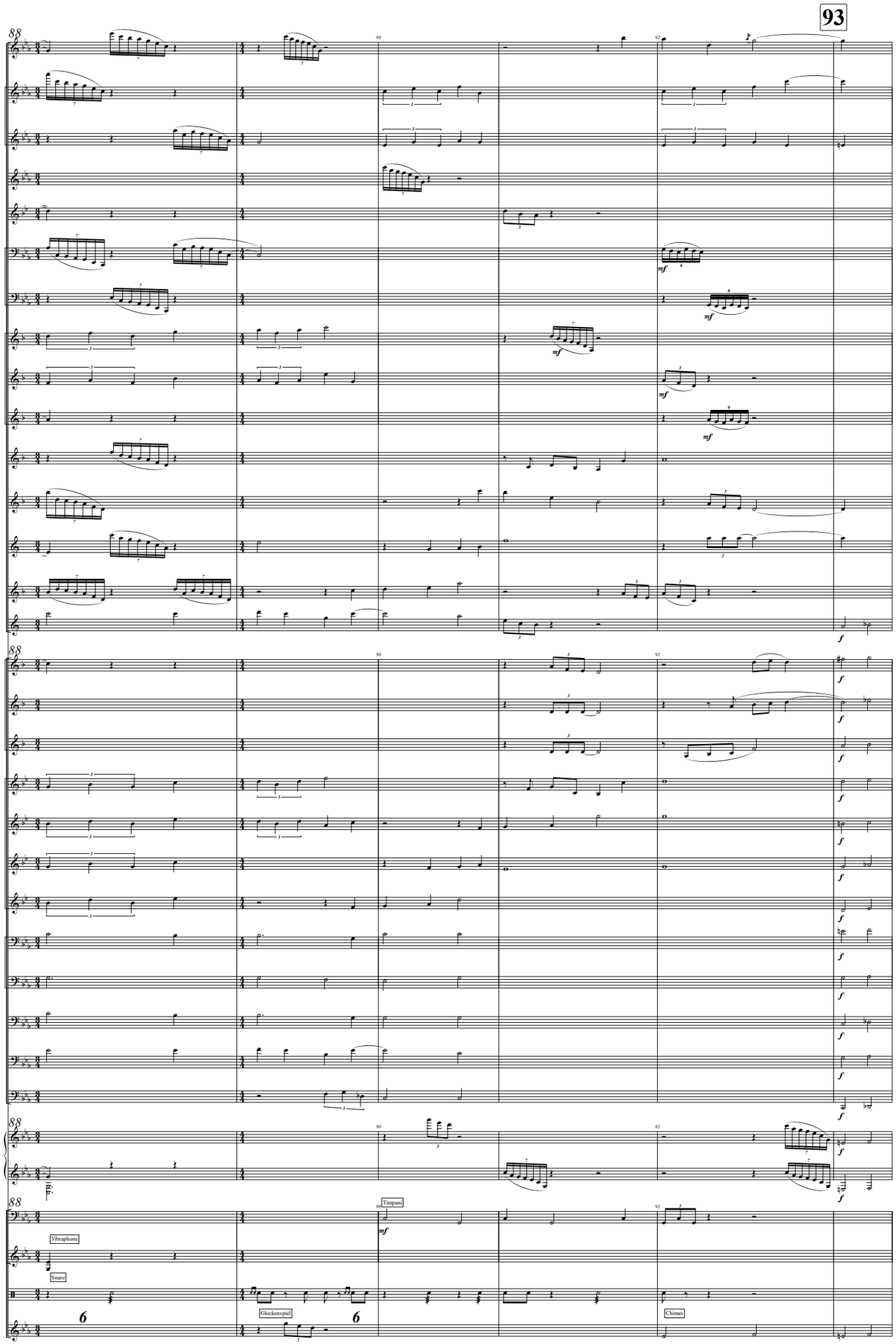

46
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
Pno.
Perc. 1
Perc. 2
Perc. 3
Perc. 4
solo
tutti
Triangle
Snare
Chimes
41
42
44
46
48
50
52
f
p
mf

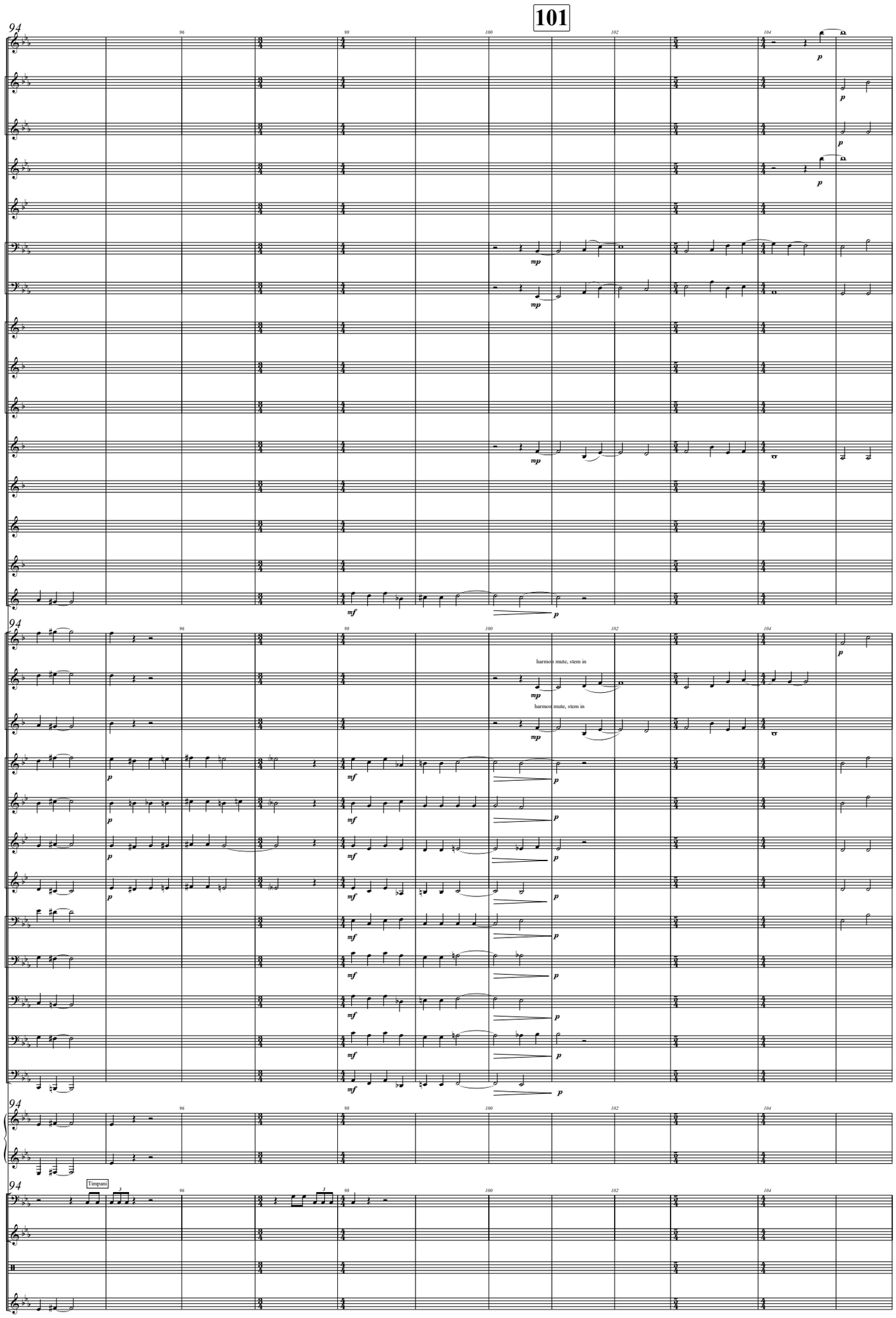

55
54
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
Pno.
Perc. 1
Perc. 2
Perc. 3
Perc. 4
mf
f
solo
tutti
Timpani
Floor toms - high and low
Snare
Chimes
Bass drum

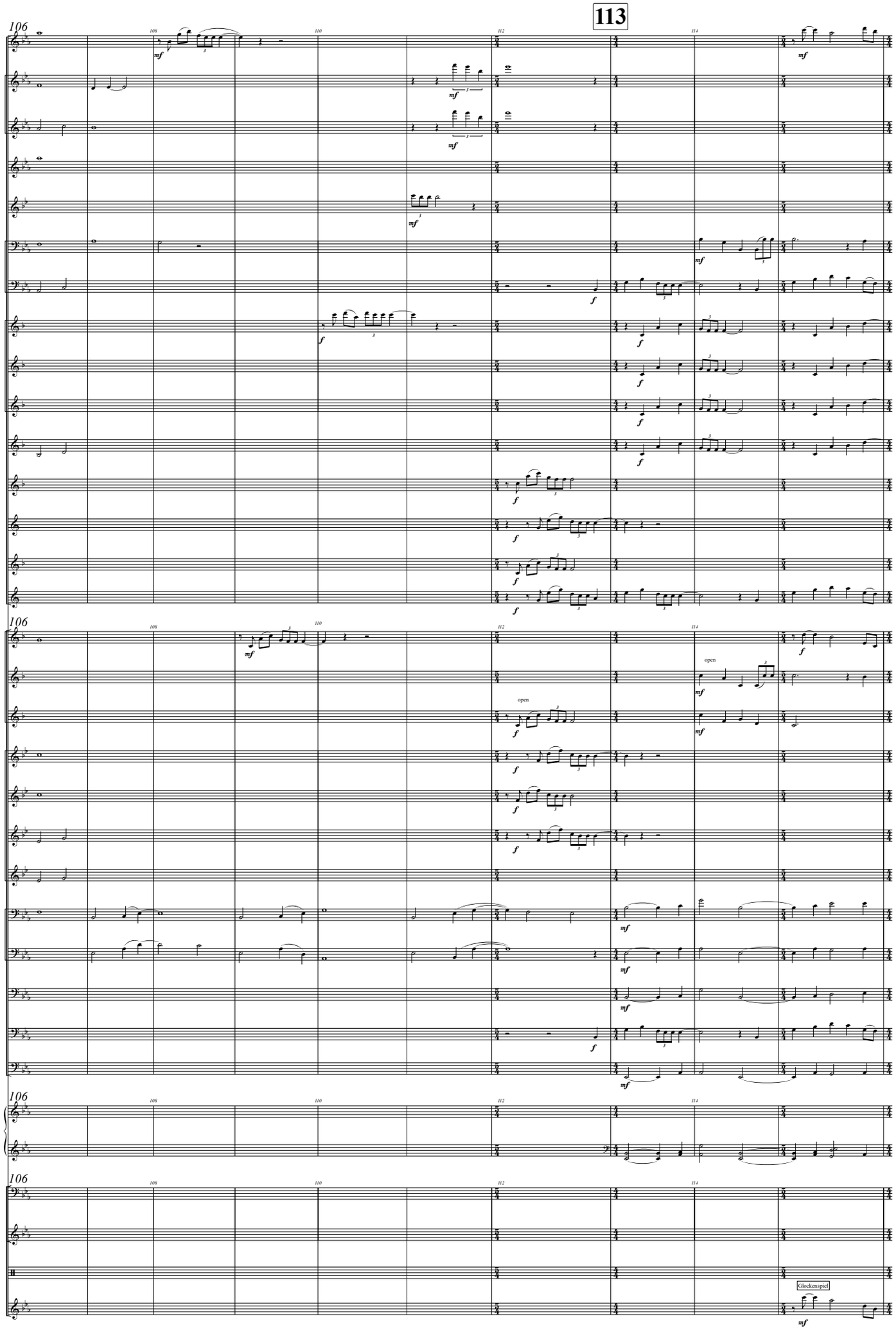

71
65
66
68
70
72
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
Pno.
Perc. 1
Perc. 2
Perc. 3
Perc. 4
Timpani
Floor toms - high and low
Snare
Bass drum
Vibraphone
soli
mf
mp
p

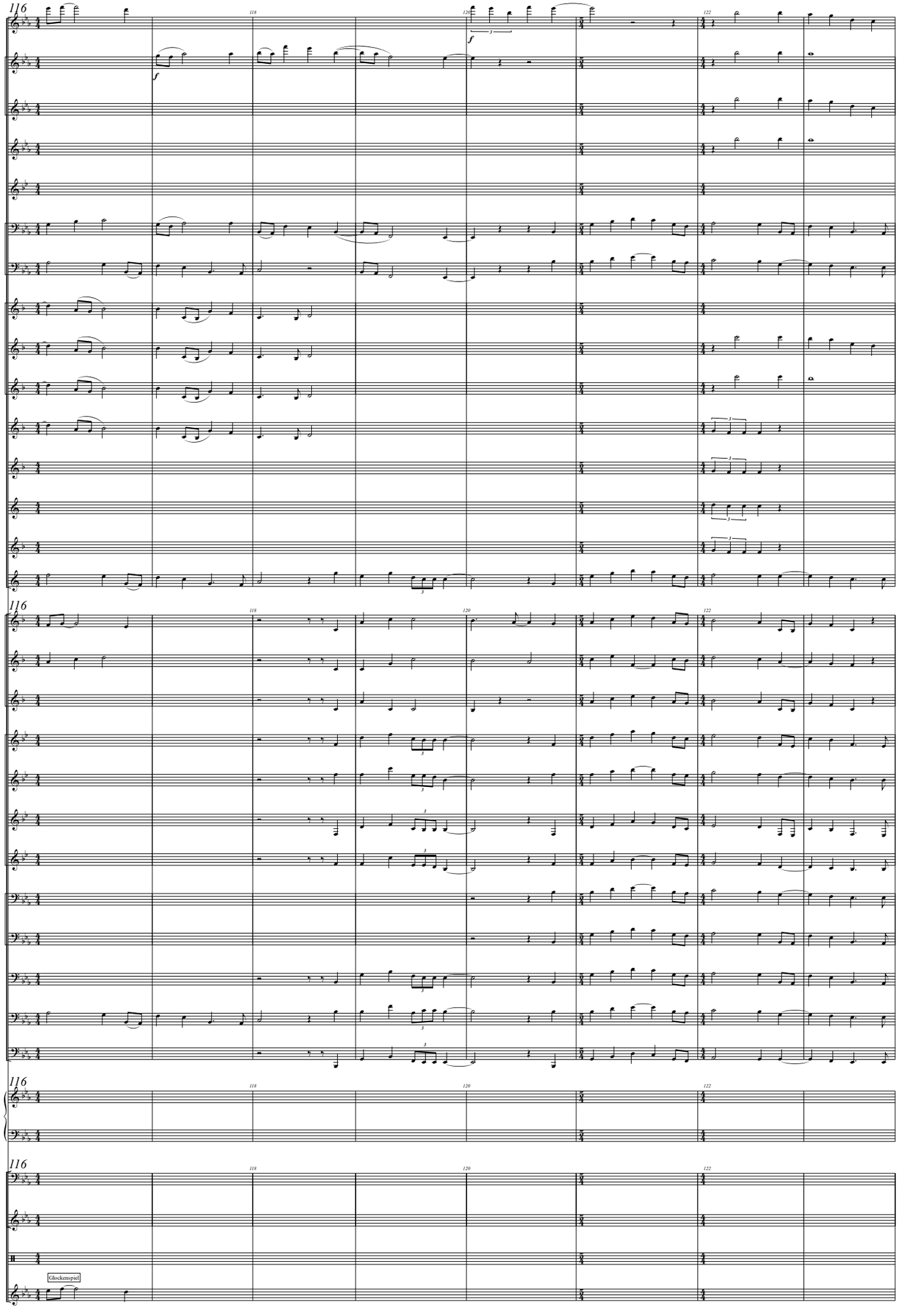

73
74
76
78
80
82
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
Pno.
Perc. 1
Perc. 2
Perc. 3
Perc. 4
Vibraphone
bowed
Glockenspiel
mf
f
mp

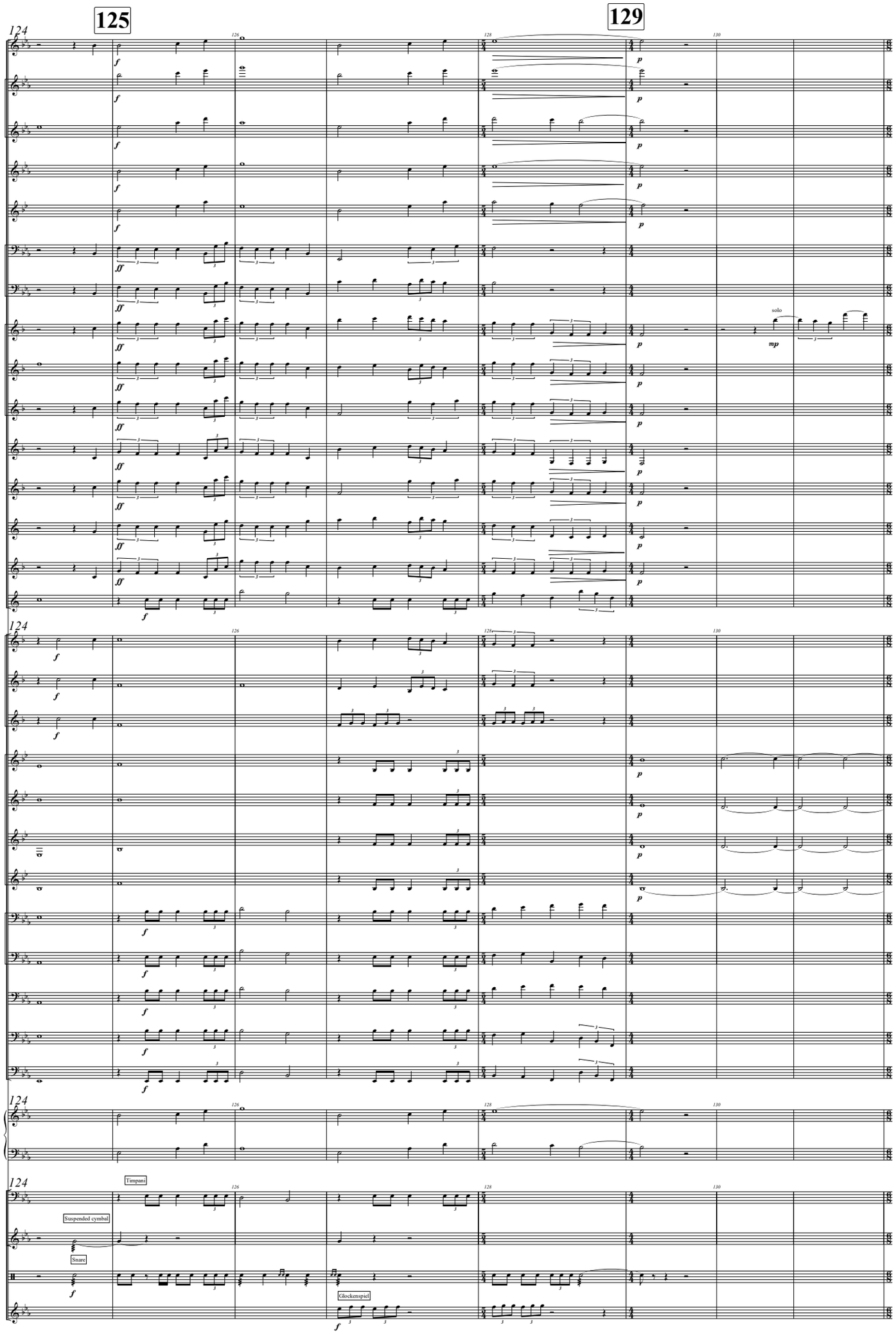

84
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
Pno.
Perc. 1
Perc. 2
Perc. 3
Perc. 4
Triangle
Bass drum
Vibraphone
mallets
Snare
Chimes

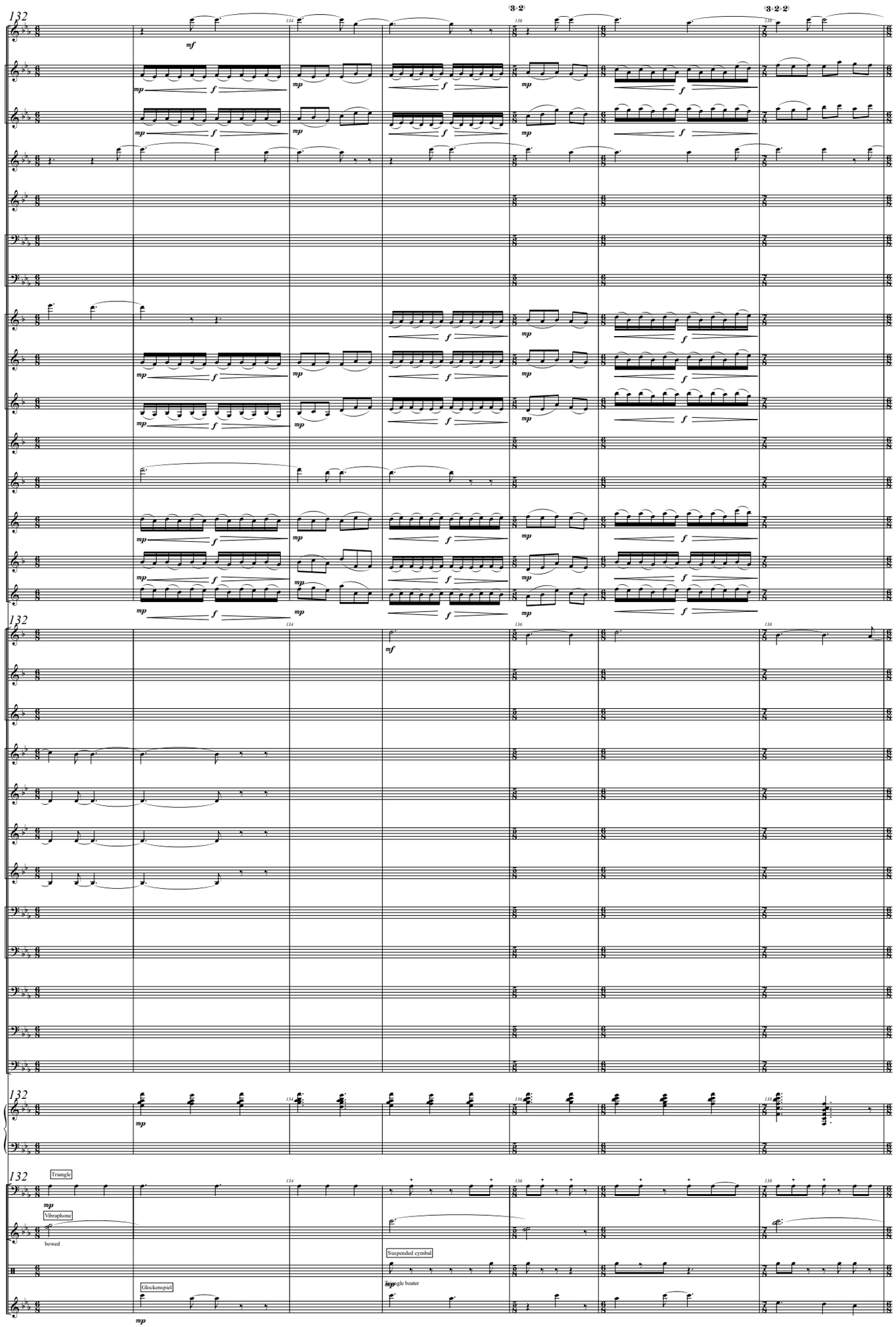

93
88
90
92
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
Pno.
Timpani
Perc. 1
Perc. 2
Perc. 3
Perc. 4
Vibraphone
Snare
Glockenspiel
Chimes
mf
f

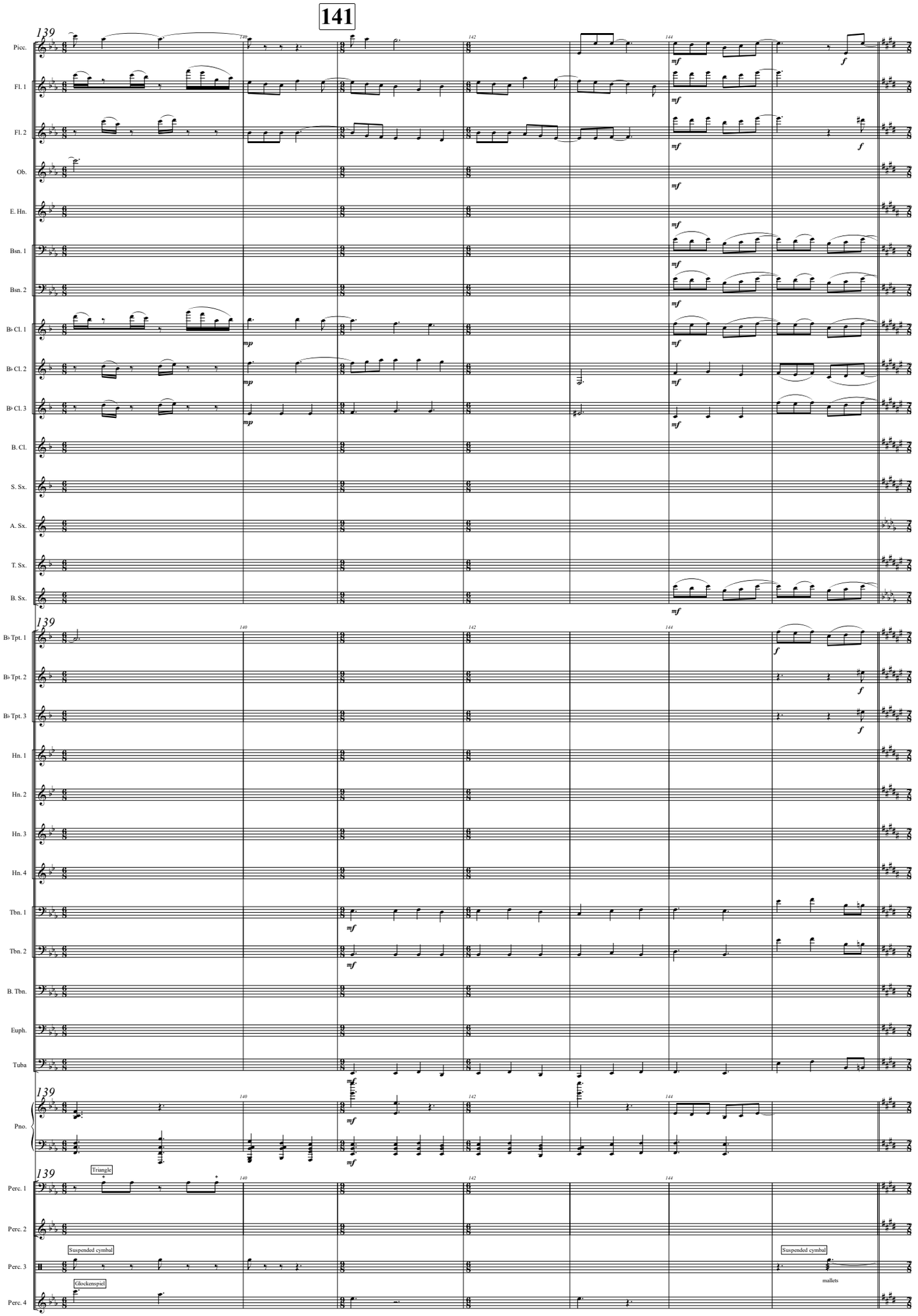

101
94
96
98
100
102
104
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
harmon mute, stem in
harmon mute, stem in
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
Pno.
Timpani
Perc. 1
Perc. 2
Perc. 3
Perc. 4

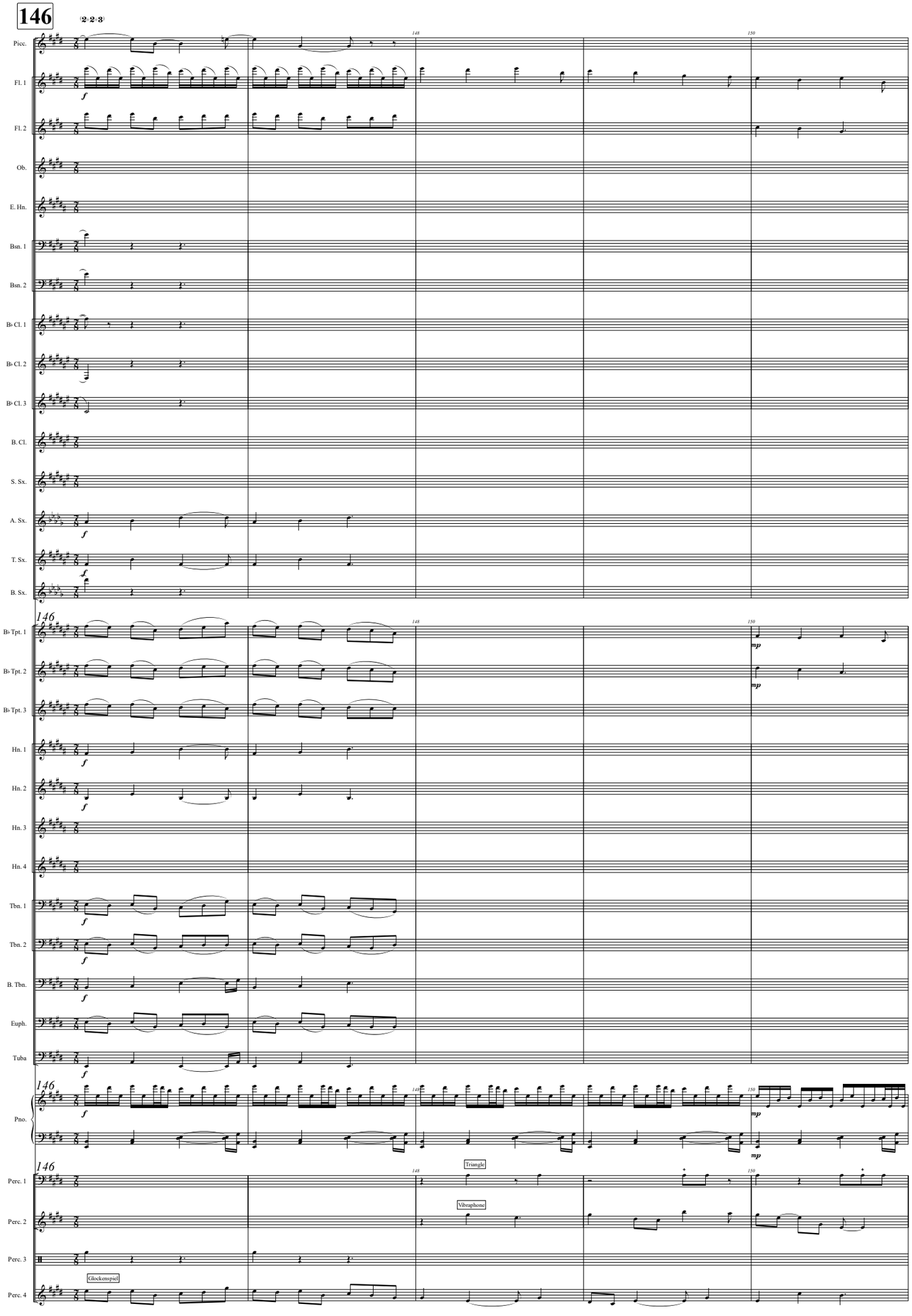

113
106
108
110
112
114
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
Pno.
Perc. 1
Perc. 2
Perc. 3
Perc. 4
open
Glockenspiel


116
118
120
122
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
Pno.
Perc. 1
Perc. 2
Perc. 3
Perc. 4
Glockenspiel

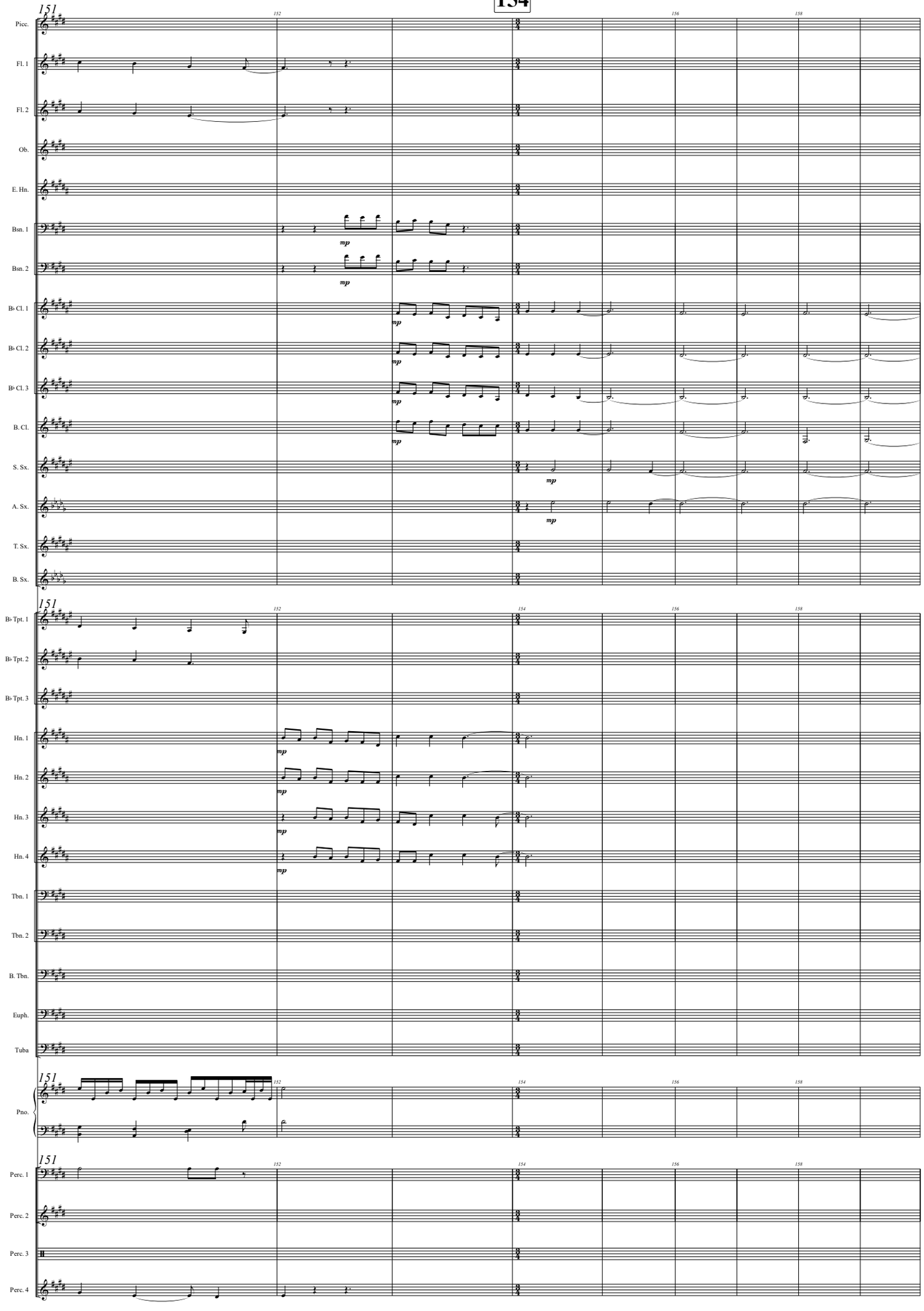

125
129
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
Pno.
Perc. 1
Perc. 2
Perc. 3
Perc. 4
solo
Timpani
Suspended cymbal
Snare
Glockenspiel

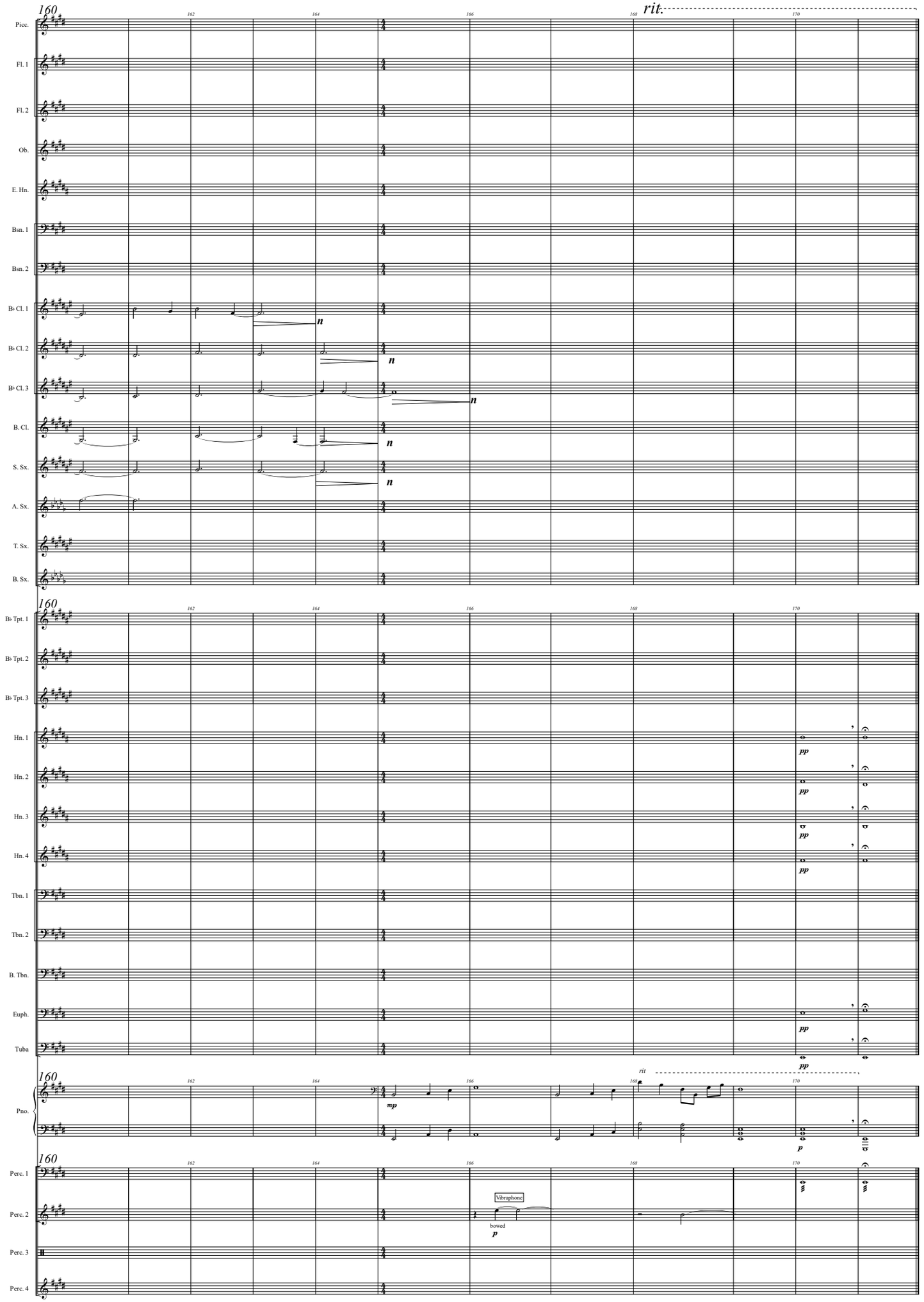

132
134
136
138
(3·2)
(3·2·2)
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
Pno.
Perc. 1
Perc. 2
Perc. 3
Perc. 4
Triangle
Vibraphone
bowed
Suspended cymbal
jingle beater
Glockenspiel
mp
mf
f


141
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
Pno.
Perc. 1
Perc. 2
Perc. 3
Perc. 4
Triangle
Suspended cymbal
Glockenspiel
Suspended cymbal
mallets


146
(2+2+3)
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
146
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
146
Pno.
146
Perc. 1
Perc. 2
Perc. 3
Perc. 4
Glockenspiel
Triangle
Vibraphone
148
150

154


151
152
154
156
158
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
Pno.
Perc. 1
Perc. 2
Perc. 3
Perc. 4
mp


160
rit.
Picc.
Fl. 1
Fl. 2
Ob.
E. Hn.
Bsn. 1
Bsn. 2
B♭ Cl. 1
B♭ Cl. 2
B♭ Cl. 3
B. Cl.
S. Sx.
A. Sx.
T. Sx.
B. Sx.
B♭ Tpt. 1
B♭ Tpt. 2
B♭ Tpt. 3
Hn. 1
Hn. 2
Hn. 3
Hn. 4
Tbn. 1
Tbn. 2
B. Tbn.
Euph.
Tuba
Pno.
Perc. 1
Perc. 2
Perc. 3
Perc. 4
Vibraphone
bowed
pp
mp
p