



Helve Sastok is a creative, innovative, published and performed composer, educator, adjudicator and multi-instrumentalist. Her many musical interests and abilities have resulted in a diverse career. Helve uses her varied skills in her positions as teacher, church music director, conductor, piano soloist and accompanist, pipe organist, violinist, and guitarist.

As a composition or a piano adjudicator, Helve is comfortable working with all levels of students. She has a positive and energetic adjudication style that draws in the participant as well as the audience. She is able to quickly solve musical problems and make all ages of students experience the joy of music.

Helve has a Master of Music degree in composition and a Bachelor of Music degree (With Distinction) in composition/performance from the University of Alberta. As well, she has earned two piano performance diplomas. Her professional memberships include Associate Composer of the Canadian Music Centre, the Canadian League of Composers, as well as the Canadian Federation of Music Teachers' Association, Alberta Registered Music Teachers' Association, and the Alberta Piano Teachers' Association.

Helve's compositions have been performed across Canada and in Europe. Her compositions have been released on CD: her electroacoustic piece *Shooting Stars on Beat* (2019), a performance of her graphic score *Southwest Soundscapes* on Agglomeration (2016), her electro-acoustic composition *Sailing the High 'C'* on Cult Figures (Centrediscs/Centredisques – 2008), her piano solo *Elegy* on Glossa (1999), and *Duologue* for cello and piano on Brief Confessions (1997).

For further information, please visit her website at helvesastok.wixsite.com/home