

Musician Profile: Flutist, Piccoloist & Educator

Dr. Regina Helcher Yost



Tell us a little bit about yourself and your life as a musician.

I'm a professional flutist. Currently I live in Charleston, SC where my full-time job is in the Charleston Symphony where I play Second Flute/Piccolo. I am also the core Second Flute/Piccolo of the Savannah Philharmonic, core flutist in Chamber Music Charleston, Adjunct Professor of Flute and Music Appreciation at Charleston Southern University, and I have around 20 flutists in my private flute studio. Since Charleston, SC is the #1 wedding destination city in the country, I also have my own wedding music business called "Charleston Flutist, LLC" (www.charlestonflutist.com).

I was born in Cincinnati, Ohio. I received my BM in flute performance from the Cincinnati Conservatory of Music, a Master of Music Education from the University of Florida, and a Doctor of Music Education from Liberty University. I also spent one year working on a Master of Music in flute performance at Indiana University but left because I won a job in the Hawaii Symphony. I have also been a full-time member of the St. Louis Symphony, Hawaii Symphony, and the Knoxville Symphony. I have been a Guest musician with the Vienna Philharmonic, Minnesota Orchestra, Dallas Symphony, Atlanta Symphony, Detroit Symphony, Indianapolis Symphony Orchestra, and the Jacksonville Symphony.

I am very passionate about the Alexander Technique, Body Mapping, the benefits of kinesthetic movement, and also about commissioning new works for the piccolo. I've been commissioning new works for the piccolo for many years. A few of the ones you will probably know are the "Sonata for

Piccolo and Piano" by Mike Mower and the "Sonata for Piccolo and Piano" by Amanda Harberg. I try to commission a new piccolo work every year.

What projects are you involved with now that particularly excite you?

Commissioning another new piccolo work, of course. I just received my newest commission titled "Venezuelan Rhapsody" by Raimundo Pineda and will professionally video record it for YouTube in August.

What's on your music stand lately?

Lots of orchestral music I'm practicing for the Charleston Symphony, Savannah Philharmonic, and Hilton Head Symphony. The entire movie score of Jurassic Park, Rachmaninoff Symphonic Dances, Peter and the Wolf, Verdi's Requiem, Carnegie Hall Children's show music, Dvorak 8, Dvorak 7, etc... I also love to practice Taffanel and Gaubert, and both "Coffee Notes" and "A Consequences of Sequences" by Paul Edmund Davies.

What pieces are you learning?

There are a lot of piccolo solos I want to learn as soon as the Charleston Symphony goes on its summer break. One piece is "Kay El'leM" for piccolo and piano by Jan Huylebroeck and the "Nth Degree" by Matt Smith. I really love these pieces!

What music have you played recently or recordings have you listened to that you'd like to share with GPFS members?

I performed the Au-dela du Temps by Yuko Uebayashi with flutist Ysmael Reves and pianist Heyji Seo at Colorado State University last September when I was a Guest Artist at Colorado State University. I really love this piece! The colors and intricate writing of Uebayashi is so fascinating and engaging. Here is a link to our YouTube video: <https://youtu.be/SRGBVK313H4?si=a4RMZdromkzMku4w>



Who is your favorite flutist?

I have so many favorite flutists. I adore Lorna McGhee's playing an awful lot. I'm really into the Alexander Technique and her playing envelops its pedagogy.

Why are you a member of GPFS?

I joined to perform and teach at the GPFS Flute Fair!

What kind of flute(s) do you play?

I play on a 10K Gold Brannen flute with a Gold Drelinger headjoint with a platinum air reed. I play on a Braun piccolo that has a low C and gold-plated keys. I also use Lefreques.

Favorite book you've read or movie you've seen lately?

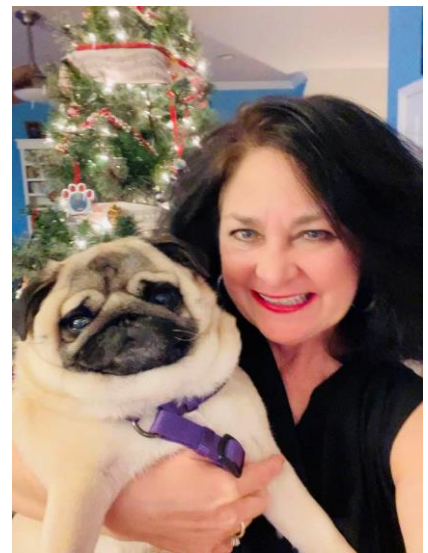
I'm actually obsessed with watching the PBS series "All Creatures Great and Small". I love the scenery and I love how wholesome this show is ... plus, I love animals.

What do you like to do when you are not making music?

My husband and I love to cook. I'm actually a fantastic baker too! I've been trained in professional cake decorating and wedding cakes. I've made a few wedding cakes for my friends.

I'm also obsessed with hiking! I have hiked many mountains in Colorado that has an elevation over 14,000 feet ... so many I have lost count. I love the west! This year for my birthday we are going hiking.

I also love playing with my pug dog Satchmo (named after Louis Armstrong because I love to listen to jazz!).



What else would you like to share with GPFS members?

I am so excited to be performing and teaching at the upcoming GPFS Flute Fair! I absolutely cannot wait to travel to Portland! I love the west coast ... it feels like home to me. :)

- www.reginahelcheryost.com
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“Music enhances the education of our children by helping them to make connections and broadening the depth with which they think and feel. If we are to hope for a society of culturally literate people, music must be a vital part of our children’s education.”

Yo-Yo Ma

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“Music can change the world.” — Ludwig van Beethoven

“Music is the divine way to tell beautiful, poetic things to the heart.” — Pablo Casals



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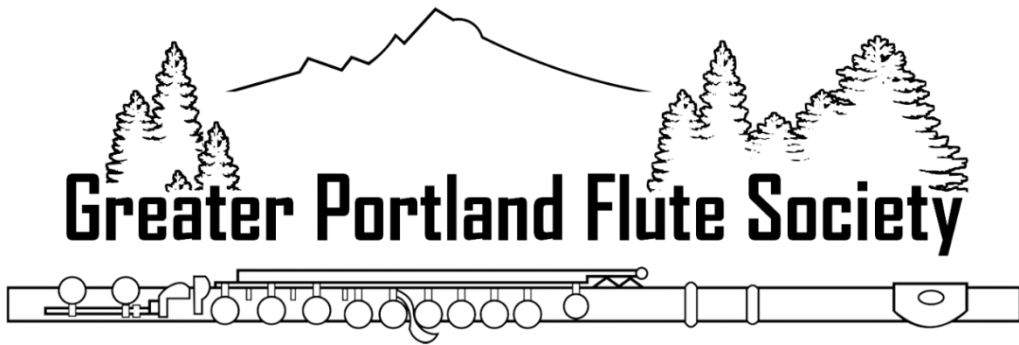
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