

“Music’s Magical Healing Power: Here, There, and Everywhere,” by Corey Montell Whipple (phone interview), and written version by Janice Foy, Ph.D. For UCLA’s “The Paper Mixtape,” 2016

From historical writings that have survived through the ages, it is music that was the therapeutic tool used by the ancient Chinese, Hindus, Persians, Egyptians, and the Greeks. In Rome, the temple priests and the physicians used music therapy up to the point of their Christianization. In the thirteenth century, Arabs had music rooms in their hospitals; medieval physicians had minstrels play for their convalescing patients; and would you believe, there was an orchestra near a Naples mental institution in the late nineteenth century which took full use of the curative capacity of musicians? So what has been going on since these ancient times? Dr. Janice Foy hopes to give you some idea on the importance of the healing aspects of music through her many experiences and research.

Dr. Foy’s eclectic background in music will be briefly explored to see how it influenced her to look more closely into music’s magical healing power. Dr. Foy, an ethnomusicologist, has been on this musical journey for as long as she can remember. From a ‘cellist, pianist, and tap dancer as a child, to the leader of her new ensemble, Joyful Spirits, her passion for music has kept her at peace, knowing the effects that music can have on her fans, as well as on society. In fact, she was awarded a Certificate of Commendation in 1997 from L.A. City Hall, by Joel Wachs, for her “Outstanding contributions to society in the field of music.” This included not only the greater Los Angeles American communities, but various ethnic communities such as the Croatians, Armenians, Persians, Arabs, Romanians, Germans, Chinese, Polonia, Koreans, Filipinos, and more recently, the Taiwanese. Talk about synchronicity - right around the time of the Chinese New Year 2016, Janice received an email from her Taiwanese friend Agnes Chin, a Gu Zheng artist she had performed with at UCLA in February of 1982, almost 34 years to the day! She sent Janice photos of that event and then Dr. Foy asked Agnes to play with her at CSUN’s 2016 New Year event, but she was not available. Within just a week, Janice met Steve Chiu, a new member of Symphony 47, (an orchestra she helped to start in 2011), who happened to play the Erhu, in addition to being a violinist. Bingo! She asked Steve if he could help her celebrate CSUN’s dinner event, and in less than 3 days he had arranged a Taiwan Ballads’ Suite for Erhu and ‘Cello. Even though Steve wove into the traditional mix of well known folksongs some jazz rhythms, those listening consisted of mixed generations and they thought the duo was terrific! Through the music, the generations were able to come together despite the fact it happened in the “year of the monkey!”

Now going back a few years . . . Dr. Foy, the sole professional musician in her family, (although her dad sang in his church choir and was also their soloist), developed her passion for music as a child dancer entertaining sailors on leave, composing, winning piano competitions, and performing with her Jr. High Quartet for dignitaries in Olympia, Washington. Her childhood saw her as very shy and serious, but now, she is quite the opposite! Janice enjoys bringing happiness to others, even without an instrument.

Having fine character attributes such as humor, generosity, patience, and of course creativity, Dr. Foy makes for a great person to connect with, in any setting. Janice transfers all these qualities through her music due to her strong belief in the great power music possesses. One exciting project that Dr. Foy did recently was with the amazing flamenco dancer Jani Quintero. Janice and Jani created, "Flamenco Fire," a duo that was picked by Dr. Jacqueline DjeDje to entertain guests and faculty that came to celebrate the 50th anniversary of UCLA's Ethnomusicology Department in 2010, at the Wilshire Grand Hotel. What an honor that was for the Duo and they both thank Dr. Jacqueline DjeDje for that opportunity! The memory of that momentous evening will live on forever!

Though Janice has many talents, some of her most profound work has come from her role as a 'cellist and a pianist. Dr. Foy has participated in many symphony orchestras, chamber groups, and jazz ensembles. Great opportunities have arisen out of Symphony 47 as their Principal 'cellist, orchestral liaison and Board member. Her work in general has given her opportunities to collaborate with some of music's greatest artists including Yo Yo Ma, Ray Charles, Herbie Hancock, and more recently, Arnold Steinhardt, the first violinist from the Guarneri Quartet. Janice did studio work and recordings for Seinfeld, Rush Hour 3, Friends, Alias, Ghost, Born on the Fourth of July, plus her New American Quartet was featured in the Canadian documentary, "Empire of the Word," in 2009. Dr. Foy traveled to Croatia for research, in addition to concertizing there, and then went with her New American Quartet on a 10 day tour of England, in the late 1990's. Prior to his death in October 1991, one of Croatia's most revered composers, Boris Papandopulo, wrote a solo "Rhapsody" for Janice, in 1987. She looks forward to performing the world premiere of this piece she treasures so much. Perhaps she could do it at UCLA?? After all, that is where she completed her dissertation on the "Croatian Sacred Musical Tradition in Los Angeles: History, Style and Meaning," in 1990 - just before Croatia gained her Statehood on June 25, 1991. Her last trip to Croatia in 2000 was to perform goodwill concerts for those who had suffered immeasurably during the war to gain their independence. Janice distinctly remembers the silence that happened even though people were departing from a church service, as she played some solo Bach music, to help ease their suffering but offer joyful hope for their future. When it comes to Bach's music, plants, as well as humans, responded very favorably, in addition to the music of Ravi Shankar and even jazz! According to Dorothy Retallack and her scientific colleagues who did this testing with music and plants, the overriding common factor was their roots in religion - rhythms were more improvised, even for Bach, who had to 'improvise' on given hymn tunes. It seems that the types of low or high frequencies that occurred and how the cells respond to that, could very well be the important 'healing' agents, both for plants and for humans. Try to buy that 'cure' in your neighborhood pharmacy!

While having had many successful events, Janice deeply expressed her intentions behind her work. Often times, in these spaces with other musicians, she poses the question, "What are you doing this for?" Many often respond that they have bills to pay and need to have their "steady income" for security. However, Janice gets involved in

the music because it is something she loves to do, and with this approach a price for her work is not always attached. Dr. Foy stated that she is “having fun and not working.” Her music is something she loves to do, and that is what truly inspires her to continue. Dr. Foy has fond memories of programs she gave at the Jules Stein Institute, the Semel Neuropsychiatric Institute and the Braille Institute, with members from her Bravo! L.A. organization. The most impact that music seemed to have was on the young students at the Lowman Special Education Center for developmentally challenged children. With her colleagues, harpist Heather Jenkins (special needs expert), and singer Jan Abell, they presented an entertaining program to the point that when they had to ‘wrap it up,’ the children started to cry because they didn’t want the musicians to leave. Dr. Foy said, “I just could not believe how much our music impacted the students - particularly those who had extreme physical problems (in their wheel chairs) or who had various speech impairments.” Imagine the consequences for these kids if the musicians had played loud jarring music - much of what we hear today in shopping malls, banks, concert halls, and sometimes even in churches! According to Sufi Master Hazrat Inayat Khan, the human body (muscles, blood circulation and nerves), is moved by the power of vibration. Cancerous cells are capable of being destabilized by sung scales (the most effective), and acoustical instruments, within a 21 minute frame, according to studies by Fabien Maman, a French composer/bio-energeticist who teamed up with biologist Helene Grimal. Every human molecule has a particular corresponding frequency. Even the Japanese measured how music affected surgery patients - the nineteenth century hospital orchestras helped to create higher alpha brain waves which generated more relaxed states and less plasma levels of cortisol and endorphin. Those without exposure to the great music before surgery had more stress hormone levels and thus, more of a lowered immune system. Could this be the “reason” for our government to support our symphony orchestras????
HmMMM . . .

Although Janice is driven by her music, and continues to accumulate successful productions, she has definitely experienced lows. Dr. Foy, like many musicians, is always her biggest advertiser, so with that, the process of funding for projects, as well as earning stable funds, can sometimes come as a challenge. She has even been told that “her big break is coming!” Along with that, Dr. Foy has come across some projects that were not a good fit. She does not tolerate “disrespect” from fellow musical collaborators. In the case of directors/conductors, more often than not, she has experienced situations where the ego of the conductor towards the musicians was not a comfortable situation. If this causes undue stress, then the best thing to do is to ‘bow out,’ otherwise the stress will not allow for the highest possible artistic performance. Dr. Foy stated, “If music is made incorrectly with negative vibes, it will come out that way.” Without the musicians, these conductors will be “conducting themselves in front of a mirror!” As was said before, the human body is moved by the power of vibration. What effect does a “disrespectful attitude” have, and how does that “vibrate” on one’s body? From personal experience, it definitely does affect Dr. Foy’s performing mode and certainly shuts down her creative skills. Janice values all people, and is for anyone that has the same passion and skills in music. Despite the challenges in her

field, she continues to diligently seek out new and exciting opportunities of collaboration for the sake of bringing music to all, around the globe. What about bringing or hearing music from the spheres? Would you believe that NASA connected with Dr. Jeffrey Thompson, Director of the Center for Neuroacoustic Research, Calif. Institute for Human Science, to tell him that his mix of electronically disguised bird, dolphin, human voice and ocean wave sounds were eerily similar to Voyager I and II spacecraft recordings from deep space? It is true that Thompson's planetary tests concluded that Jupiter sounds were like high-pitched dolphin cries and that the rings of Saturn sounded like Tibetan singing bowls. Conclusion: we are all connected!

Two heartfelt performances that Dr. Foy will always remember occurred in the Skid row area of Los Angeles. When she was with the American Chamber Symphony, under Maestro Nelson Nirenberg a few decades ago, one afternoon concert venue was at the Winegart Center. This is a rehabilitation center for drug addicts, alcoholics, and homeless individuals. Prior to performing, the Maestro took questions from the audience. To the amazement of all on stage, no one was really able to answer their questions satisfactorily, so they plunged right into the music hoping their glorious sounds would be the answers! (That worked!!) Dr. Foy also played piano in the Korean Happy Band and when it was in an area of Skid row called Julian Park, Dr. Foy was amazed when individuals on the street would just walk into the band then sit down with their instruments to play with them. That experience left such an impact on Janice that the band members almost had to carry her to her car because she didn't want to leave seeing how 'happy' the Happy Band made them. On a more spiritual level while playing in the Sherman Oaks Hospital, Dr. Foy remembers clearly the unique moments when some voice within her would suggest playing the "Ave Maria" or "How Great Thou Art," totally out of the blue. Without fail, every time she finished playing works in a more sacred vein, a person would run out of a hospital room saying, "My mom just passed. The music was so soothing to everyone. Thank you so much." Janice knew then that a higher force was definitely always present, no matter where she would play. Hallelujah!

Due to Dr. Foy's experience and education in music, having earned a Ph.D. from UCLA in Ethnomusicology, she has the ability to teach and to do research. Janice takes an interest in educating young people, as she has had several after school string programs in addition to having done many school assembly concerts in the Los Angeles and Glendale Unified School Districts. One example of an assembly program really stood out for Janice. It was a very rainy day in Glendale and Dr. Foy brought her Glendale Sym. Orchestra's string septet to a school on their roster. As usual, she began the program introducing each instrument with the help of puppets to keep the children engaged while she spoke. All of a sudden, a man walks over to her and whispers, "Put the puppet down." Dr. Foy just looked at him and thought, "OK. Let's see what happens and who in the heck are you to tell me what to do during a show? How rude!" Janice flung the poor conductor puppet to the ground and immediately, within a breath of air that she took, a child raised his hand and he said, "This is boring. I want the puppet back!" Luckily the teacher let the young boy protest and Janice

immediately responded by picking up the Maestro off the ground (haha, the puppet), and everyone clapped as Dr. Foy returned to her inspired kiddie show!! Obviously, a more fun and engaging style was a plus, as opposed to a more strict approach in trying to educate children in Classical music. The youth really benefit from introductions to great music and to various musical instruments, when it is done in a fun and engaging way.

Dr. Foy also values proper technique, the training of fundamental musical knowledge, and believes this would go on to produce the best quality of music. Often she has had to 're-train' a string player, but the way that she proceeds with this unexpected obstacle is to make the situation enjoyable, and the student's goals within reach. She encourages her students to write their own music and to get opportunities to play with other musicians, whenever possible. Not only does Dr. Foy incorporate classical musical styles, but she wants her students to experience music from other countries, and also other musical styles. One of her more interesting student/teacher situations was when she was called to coach the famous actor Samuel L. Jackson, in the summer of 2001, for his role as a 'cello playing cop in the movie, "No Good Deed." Despite the fact she was coaching this famous actor, Mr. Jackson was very humble and managed to squeeze his sessions in-between his pilates and golfing. He told her that she "was a gem of a 'cello coach" and that he "hoped to make her feel proud." (Yes, he did!)

Janice expressed her constant interest to volunteer. She has ventured into hospitals, senior centers and special needs venues so that the music she plays will create joy for all. Dr. Foy remembers a very touching situation in which she was moving around the Sherman Oaks Hospital with her 'cello. An elderly gentleman hooked up to a portable breathing machine would follow her around as she played. He seemed to know most of the music, and when she finished playing he said, "I would like you to meet my family." So she stayed a few hours and watched TV with them until she had to leave. Hoping to connect again, she took the man's name and learned he was a doctor with throat cancer, from second hand smoke. In a few months, she tried to reconnect with him at the Hospital but unfortunately, he had passed away in the meantime. Dr. Foy will never forget those moments she experienced and she hopes that the music they heard helped to fill their hearts and souls in a soothing way. Through research that Janice did in 1998-99, and with an NEH Affiliate Research Grant for her: "Chicken Soup for the Ears, the Mozart Effect," in 2000, she was able to give luncheon talks to Kaiser staff members and to the public, in different venues, with musical examples performed by her New American Quartet, at the invitation of Dr. Morris Maizels, her Kaiser Permanente doctor, at that time. Brain scans have shown that music can rehabilitate the mind when exposed to good music. Also in her research, Dr. Foy read where plants appeared to have died when exposed to bad music, such as acid rock. One could equate this with the negative effects that a bad diet has on the body. With all that said, music is a powerful weapon that can affect anyone, and everyone. A very touching moment came from a patient who had attended a Metastatic Cancer Luncheon event sponsored by 'Komen for the Cure.' A lady ran up to Dr. Foy and said,

“the music you played today would be so great to hear while I am having my cancer treatments. It really soothed my soul and calmed me down.” That nearly knocked Janice off her ‘cello chair - if that wasn’t a true testimonial then she doesn’t know what else one could say in support of the positive effects good music provides. As was said before, who can really say what the power of musical acoustics can really accomplish and perhaps what was held in such high esteem back in ancient times might be the next Dr. Oz topic (haha), or perhaps may make a comeback into our society as a major science for future study!

Janice is still progressing in her musical journey. She values life and knows the effects music has on any life. As a UCLA student in Ethnomusicology in the 1980’s, Janice had the distinct privilege of meeting Anne Bodenheimer, a graduate of the University of Paris, France in Law, and who was the Coordinator of the Visiting Fulbright Scholars Program for Southern California, back then. Janice was delighted when Anne would invite her to play music for their distinguished dinner events, and the camaraderie at those events was just fantastic. Once Anne retired, they still tried to keep in touch and eventually Janice learned that Anne’s husband had died. So Janice would visit Anne and bring her ‘cello to offer her some soothing music. Dr. Foy learned that Anne was a survivor of 2 Nazi camps, and by mistake endured more days of imprisonment, but now with Nazi women, at the time when all the Jews had been released from the camps. Her entire story is in the USC Shoah Foundation. How did she survive this impossible situation? Anne said that at the request of the Dutch soldiers, she played tunes on a piano from sheet music, that was provided. In Anne’s words, she said that, “the music signaled who she is - not a Nazi.” Janice recently celebrated Anne’s 102 birthday with a ‘cello and piano concert in her home. Mazel Tov to Anne! What a remarkable woman.

Dr. Foy’s music comes to the ‘rescue’ for even her own mother. In December of 2013, Janice brought her ‘cello to the Northridge Hospital to offer her mom some afternoon musical treats, during her recovery. The smile on her mother’s face is what Janice was hoping to see. As soon as Dr. Foy finished her “musical treatment” with tunes from the ’40’s and ’50’s, she finally saw the smile on her mom’s face. Her musical interlude worked - dad even quietly yelled “bravo” in the background! They still talk about her mini concert to this day! One of the Foys’ good friends, Beatrice Lightman, was in a coma at the Sherman Oaks Hospital, a few years ago, so Janice thought she could help by playing her ‘cello very softly by her bedside, next to Beatrice’s son and husband Mike (unfortunately, now deceased). Beatrice had such a stellar background which included being one of the founders of the State of Israel. Janice found out later on that Bea, as she was known, actually came out of her coma one hour after Janice had left, and Bea began to speak to her husband for about one hour more. Apparently the music had awakened her out of the coma and she wanted to talk some more before she left the earth. That was a miracle! Was it the music that brought her out of the coma for those parting remarks - divine intervention - or both? Speaking of intervention, Dr Foy has always wondered how in the heck she was put at the “right

place at the right time.”

Being at the “right place at the right time,” which was in San Pedro on a Sunday, to hear a colleague in concert at a church, was to prove to be so important to Dr. Foy and her colleagues. After the concert, Janice followed everyone to the reception area. For some reason, she decided to sit down at a table where she knew not one soul yet she felt compelled to sit next to a beautifully dressed black woman who immediately smiled at her. For some reason, Dr. Foy asked her right away, “what is your name?” She responded, “Hope Foye.” Janice paused for what seemed to be an eternity when she heard “Foye” - “how could this be?” Janice said to herself. When this woman heard Janice say, “my name is Janice Foy” then she also was taken aback. They both broke out in laughter over the “coincidence!” Dr. Foy found out Hope’s last name has an “e” at the end, unlike Janice’s, and that she is a singer. Hope was happy to know that Janice is a ‘cellist and before Janice knew it, Hope had invited her to see her documentary, “Red Hope?: The Blacklisting of Hope Foye,” about her life as a blacklisted singer in America during the McCarthy era. Wow!!! To cut to the chase, Janice realized how important music was to Hope Foye for her “mental survival” during such a horrific period in our nation. In the words of Hope, she says that “music is a gift” and that was apparent to her very early on at the age of 9. In fact, she sang a lullaby for a Salvation Army church program to thank them for the doll she received for Christmas, back in Middletown, Connecticut. Janice and Hope both decided to collaborate, and Janice said they gave a stunning program of music for 8 ‘celli. With her Cellissimo! L.A. group accompanying Hope singing the music of Villa Lobos, they performed at the Mayme A. Clayton Library and Museum, in August of 2013, nearly 50 years to the day when Hope had sung with Pablo Casals’ ‘cello ensemble! Yes, music brought them together despite the incredible odds of this happening, and they both ‘hope’ to do another exciting collaboration again, very soon.

Dr. Foy continues to better lives through her musical influence, and encourages this same activism as she believes music will definitely heal humankind. In 2015, Janice performed at the Center for Early Education in West Hollywood with their guitarist/ teacher Robin Geselowitz (a fellow Bruin), and violinist Jenny Levin, where children mesmerized the audience singing and doing sign language for Susan Salidor’s “Peace in my Fingers” and Debbie Friedman’s “Not by Might, Not by Power.” The late Debbie Friedman’s song says that “by spirit alone shall we all live in peace.” This sentiment connects to one of Dr. Foy’s most intense global peace moments. Following the 9/11 attacks, Janice was invited to play a Command performance in 2003, before the Saudi Arabian Ambassador to the U.S., HRH Prince Bandar bin Sultan and his entourage in Los Angeles, as a member of the Middle Eastern group Mesto, under Maestro Dr. Nabil Azzam. Following her solo ‘cello performance of “Echo Serenade,” by Ennio Bolognini, Prince Bandar said to her, “You have succeeded where I have failed as a politician.” Perhaps musicians should break barriers where diplomats have not been able to - where peace and calm is necessary, for the good of humanity. Hmmm . . . now that is ‘music’ (our soul food). . . for thought! Please visit <http://www.bravo-la.com> and check it occasionally for updates. Feel free to email me at info@bravo-la.com Thank you

Mr. Whipple for bringing out all my inspirational moments for your article! I look forward to contributing to this great magazine in the future. G o B r u i n s!!