

found in dreams ...



Helen Habershon
clarinet

John Lenzhan
piano

found in dreams ...

1	Après un rêve (Gabriel Fauré, arr. John Lenehan)	2:52
2	Yesterday's Dreams (Helen Habershon)	2:17
3	Dreaming of Summer (John Lenehan)	2:08
4	Träumerei ('Dreaming') (Robert Schumann, arr. John Lenehan) (No. 7 from <i>Kinderszenen</i> (<i>Scenes from Childhood</i> , Op. 15))	2:28
5	Whisperings of Love (Helen Habershon)	2:08
6	Deep River (Traditional; arr. John Lenehan)	2:15
7	Beau Soir (Claude Debussy)	2:09
8	Contentment at Dusk (Helen Habershon)	2:19
9	I'll Love You Forever (Helen Habershon)	2:58
10	Canto Popolare (Sir Edward Elgar)	3:00
11	Deep Reflections (John Lenehan)	1:48
12	Carol, No. 3 from <i>Five Bagatelles</i> (Gerald Finzi)	2:13
13	Forlana, No. 4 from <i>Five Bagatelles</i> (Gerald Finzi)	3:09
14	Intermezzo in A major, Op. 118 No. 2 (Johannes Brahms)	5:49
15	Allegretto Grazioso (Johannes Brahms) (3 rd movement from the Clarinet Sonata in F minor, Op. 120 No. 1)	4:45
16	Love Never Ends (Helen Habershon)	3:12
17	Goin' Home (Antonín Dvořák; arr. John Lenehan) (3 rd movement, Largo, from Symphony No. 9 in E minor)	3:30
18	Sonatina for Clarinet and Piano – Con Brio (Joseph Horowitz)	4:25
19	Found in a Dream (Helen Habershon)	3:39

Total playing time: 57:12

Helen Habershon clarinet ♦ John Lenehan piano

the inspiration ...

In *Found in Dreams*, Helen has once again collaborated with John Lenehan and they offer a wonderfully diverse collection of repertoire. This includes beautiful arrangements of some of their favourite pieces, a couple of short movements of outstanding clarinet repertoire by Brahms and Finzi and some delightful new compositions of their own. As well as his beautifully crafted arrangements, John has also written two lovely pieces to add to Helen's.

Throughout history, mankind has been intrigued by the idea of dreams and Helen is no exception. Here are her thoughts on the inspiration and program of this album:

'It's interesting that all happenings begin as an idea and in order to get an idea one has to be in a receptive place. When creating I find myself in a kind of timeless space, rather like a daydream. I love the freedom of dreams, anything can happen. There are no boundaries and we are free to explore with no limits.

The theme of dreams evolved quite naturally as we put the pieces together for this album. Playing through John's wonderful arrangements I found myself falling in love with them all. To me they are rare jewels which, through their sheer beauty and inherent wisdom evoke a reassurance that the human soul is capable of great heights of sensitivity; unconditional love, kindness and compassion, much needed in these challenging times. They each tell us with heartfelt emotion of mankind's searching for the meaning of existence and perhaps the elusive aspiration of achieving everlasting happiness. Somehow they help us to understand that there is hope, unconditional love does exist and that it is achievable in our lives.

Some of my own pieces also explore the state of love. 'Love Never Ends' begins by searching for this hope and finally it arrives as the sun comes out from the clouds.

'Contentment at Dusk' is deeply reflective and reassuring. I've often felt that dusk itself is a time when all the animals and birds feel safe. It exudes a feeling of softness, gentleness most welcome in our present times. 'Whisperings of Love' was inspired by a friend losing her husband. Thinking about this I suddenly had a strong understanding that despite this obvious sadness their love continues as a tangible reality. 'I'll Love you Forever' is a lullaby expressing the magical power of innocence and kindness.

As with many composers on this album, my own writing is deeply inspired by our natural world. In these times where constant screen activity and instant results are the norm for many and technology is dominating our lives more and more, I feel there has never been more of a need for finding time to be in nature; make a conscious effort to switch off sometimes and take time to reflect, allowing ourselves to dream and finding a way to stillness; silence.

We only have to take our example from children. They love to play and daydream, which is well known to be a very important part of their development where they learn to think and consider for themselves.

John's two delightful pieces, *Dreaming of Summer* and *Deep Reflections* are a perfect addition to this album and I'm sure they will become a much loved addition to the clarinet repertoire.

It was also unthinkable for me to not include a handful of my all-time favourite standard repertoire, Finzi's Carol and Forlana from his *5 Bagatelles* and Brahms' *Allegretto Grazioso* from his wonderful Sonata no 1 in F minor. As I adore the last movement of the Horowitz Sonatina, I thought it would be a nice excuse for a party near the end of the album!

It seemed appropriate to end with 'Found in a Dream'. It is an example of the sheer unknowing of the dream state as it unfolds and the seemingly abstract way it dictates the story. Originally written for clarinet and strings, here we have our arrangement with clarinet and piano.'

Helen is proud to include here a couple of poems by her father William Saunders (1926-2007) also inspired by nature. A deep thinker, he was greatly concerned with our need to respect and live in harmony with our beautiful natural world.

Yesterday's Dreams

by W.A.F. Saunders

I saw a flock of golden birds at dusk
arrowing their way towards the
western sky
across a blood drenched ocean
Where all tomorrow's hopes burned
red with the dying sun.

I saw a shoal of silver fish deep
down in a crystal sea
Shimmer like a flicker
Of lightning

A whiplash of movement
Amongst the sleeping wrecks
Of yesterday's dreams.

The Land of Happiness

by W.A.F. Saunders

As I ran out
across the endless years
of my childhood,
I held the hand of happiness
for she ran with me
through the friendly fields,
beside the chattering streams,
down endless lanes.
Their hedges swathed
In leaves of spring or autumn,
In summer time woods
up high climbed trees,
and as I ran
I knew no law,
I knew no sin,
no self-doubt.
Then, in my youngest days,
the days of my childhood.

Dreamlike Vision

by H.L. Habershon

To see a cloud reflected in the
river - a dreamlike vision,
a rippling, windblown dance of the
reality of the fantasy
which dominates our real
existence.

A happy moment of
timeless foreverness.

A moment of inexplicable
lightness of living - an
atmosphere which is always
present

alone in the real, real dimension
but mixed with the darkness,
the tedious, the unaware of this,
the humans' lot on
planet earth.

The sun warms my body, my soul
and my spirits.

I smile without pre-thought just as
the river and its surrounding
beauty.

And the cloud winks at me
still reflected in the river --
a dreamlike vision expressing the
reality of the fantasy.

'I hope this album will enable the listener to take time off from the constant
goings on of their lives and dream with the music'.

Helen L. Habershon, 2021

the musicians ...

Helen Habershon

As a composer and clarinettist with a distinguished performance history, music has always been a part of Helen's life. Strongly encouraged by her very talented mother, she began playing the recorder at the age of 4 and went on to the clarinet at age 10. By now she was also composing and winning composition prizes at local music competitions and playing regularly with her flautist twin sister, Cathrine, with whom she later went on to perform together as the 'Saunders Twins and Friends' with much international success.

Having continued to focus on performance, Helen won scholarships and exhibitions to Dartington College of Arts, the Royal College of Music, where she studied with the legendary Sydney Fell, and the IHEM in Switzerland where she had the fortune of receiving tutelage from some of the world's leading musicians.

Helen also won the notice of Gervase de Peyer who singled her out, heralding her as the next Thea King after she played at one of his masterclasses at the Dartington Summer School. He took her on as his only student and she feels fortunate to have had the opportunity to study with him alongside Syd, describing her lessons with them both as truly inspirational.

After Switzerland and a spell as principal clarinettist of the Academy of the BBC under Norman Del Mar, his favoured principal, Helen was appointed principal clarinettist of the Gulbenkian Orchestra at the age of 22. Helen has performed as a soloist in prestigious venues in many countries in Europe, and a highlight was a concerto with her twin sister at the Lincoln Center with the New York Chamber Symphony Orchestra under Gerard Schwarz. She has appeared on television (including Sir Michael Parkinson) and radio on many occasions and has performed alongside icons such as Sir Cliff Richard and Vanessa Redgrave.

Having established a career as an international clarinettist, a twist of fate resulted in her going back to serious composition. Unable to play the clarinet for a couple of months due to two broken wrists she was allowed to play the piano. As a result she found herself hooked and the music began to flow from her pencil!

Her first three albums, 'Found in the Rain' (2009), 'Found in the Sunlight' (2014) and 'Found in Winter' (2018) were all immediately taken up by global Classic FM as 'Album of the Month' and 'Albums of the Week' respectively. They are played worldwide and have also enjoyed much success in the United States. The tracks *Found in the Rain* and *Far Out in the Ocean*, are well known to many Classic FM listeners. The former was selected by Georgia Mann for her playlist on Essential Classics on BBC Radio 3 and the latter was a jingle on Anne-Marie Minhall's request programme.

On this album, 'Found in Dreams', Helen once again collaborates with John Lenehan. It is a diverse mix of what she describes as some of her very favourite pieces including beautiful arrangements by John, some delightful new compositions by them both and a few select movements of outstanding standard clarinet repertoire from Brahms and Finzi. This prompted them to make another album with both the Brahms F minor Sonata and Finzi's 5 Bagatelles in full (Divine Art DDA 25226, to be released in May 2022).

Helen is deeply influenced and inspired by nature and this can be easily recognised in much of her music. When she was 8 years old she remembers looking out of her bedroom window on to a wood and hearing her first tune which she knows to this day. This has been a regular occurrence and she feels very blessed to be the recipient of what she feels can only be described as a magical source of inspiration. Another example was in Brittany in 2003. Whilst swimming in the sea she noticed that all around her was sea, sky and a sandy beach and that it could have been a million years ago. In that moment she heard a tune which was to become 'A Million Years Ago.'

Helen cares deeply about 'our beautiful planet' and in 2016 she was appointed 'Composer in Residence' for the very exciting Ice Warrior program with polar explorer and keynote speaker Jim McNeill, with an invitation to join an expedition to the North Pole, postponed now until 2023! Despite their totally different backgrounds of musician and explorer they decided to collaborate by giving inspirational talks on the theme of music and nature which

have been enthusiastically received. Helen has written 'Farewell Ice' for the project, inspired by the Arctic. Her music is also featured at Jim's icon interview series at HQS Wellington, London. She is also currently working at an audio book with her own story and music.

Helen would like to thank her family and friends for their wonderful support and encouragement. Also, a very special mention to 'Help Musicians' for their invaluable support. In her own words: 'They have helped me and so many other musicians in challenging times and are a much cherished institution.'

John Lenehan

With more than 70 albums to his credit, reflecting an enormous variety of genres and styles, John Lenehan ranks as one of the most versatile pianists on the classical scene today. Praised by the New York Times for his "great flair and virtuosity" and the (London) Times – "a masterly recital", John Lenehan has appeared in concerts throughout the World from Abu Dhabi to Zurich and from Aberdeen to Zimbabwe. As a soloist he has appeared with orchestras such as the London Symphony at the Barbican and the Royal Philharmonic in the Royal Albert Hall. John Lenehan has also collaborated with some of the leading instrumentalists of our time and is recognised as an outstanding and versatile chamber musician.

His many recordings include piano recitals and concertos as well as duo sonatas, chamber music and jazz. His four-disc survey of John Ireland's piano music received great critical acclaim including a Gramophone award. His other solo recordings include three discs for Sony Classical of minimalist piano works and a disc of Erik Satie (for Classic FM). Most recently he has recorded concertos by Mozart (K.467) and Beethoven (Emperor) with the National Symphony Orchestra.

John Lenehan also composes, with works published by Faber, Novello and Schotts. His Fantasy on Tchaikovsky's Nutcracker has recently been recorded by the Budapest Symphony Orchestra. He has written and arranged for a long list of soloists and orchestras including Nicola Benedetti, Leonidas Kavakos, Nigel Kennedy, Tasmin Little, Ksenija Sidorova (at the last night of the Proms 2021) and Yuja Wang. John also presents film and music programmes, reviving the art of the improvising pianist – the most recent being "The Roaring Twenties."



‘FOUND IN WINTER’ (Divine Art DDA 25191)

Helen Habershon (clarinet)

John Lenehan (piano)

with

John Anderson (oboe)

Andrew Fuller (cello)

London Primavera

Conducted by Anthony Halstead

“Flowing and melodic...
attractively appealing” – *Planet Hugill*

“Charming and uncomplicated. All of
the players do an excellent job.” –
Fanfare



THE NEXT ALBUM:
TO BE RELEASED ON 13 MAY, 2022

Gerald Finzi:

Five Bagatelles for Clarinet and Piano

Johannes Brahms:

Clarinet Sonata in F minor, Op. 120 No. 1

Intermezzo in A major, Op. 118 No. 2

Intermezzo in B minor, Op. 119 No. 1

*Meine Lieder, Op. 106 No. 4 **

*Wie Melodien zieht es mir, Op. 105 No. 1 **

**arranged by John Lenehan*

'Found in Dreams' was recorded at St George's Headstone, Pinner View, Harrow, London,
on 1-3 May, 2021

Engineered and produced by Michael Ponder

Mastering: Adaq Khan

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Helen Habershon

found in dreams

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John Lengan