



Dr. Valerie Long's academic background includes undergraduate degrees in Music and Music Education from Memorial University in Newfoundland. She received her Master's of Music in Choral Music Education and a Doctorate in Philosophy in Curriculum and Instruction from the University of Wisconsin-Madison. Among her many and varied musical activities, Valerie directs and accompanies the 100-voice Holy Heart of Mary Alumnae Choir. This choir performs and travels extensively (including six European tours) and is celebrating fifteen years sharing music with audiences locally and abroad. Information regarding a new initiative to foster community singing "Let's Make a Choir" may be found on their website <http://www.heartnotes.net>.

Valerie also directs the all-female choir Les Ms., who are dedicated to bringing the love of choral singing to the community at large. Les Ms. has raised over \$110,000 for the Dr. H. Bliss Cancer Care Centre through their efforts with choral concerts entitled Les Ms. and Friends Sing for Care.

Valerie has received an array of awards for her contribution to the arts. In 2008, she was awarded Music Educator of the Year, from the Music Industry in Newfoundland and Labrador. In 2010, she received the Founder's Award for achievement in the arts from Holy Heart of Mary High School. In 2012, Valerie received the Torch Bearer's Award from World Harmony Run, a global initiative recognizing her commitment to the importance of bringing harmony into her community and into the world. In 2013, she was presented with the Queen's Diamond Jubilee Medal from the Government of Nfld. and Labrador.

An accomplished musical director/pianist, with numerous musical theatre productions to her credit, Dr. Long has earned a reputation for being an engaging and highly respected choral director, music educator, festival adjudicator and clinician. Her unique style of accompanying while directing is celebrated by choristers and audience members alike.