

Kate Sattler Musician, Composer, Organizer, Social Entrepreneur

- Solo recording artist
- Choral music composer
- Founder of chamber choir for emerging composers
- Radio show/podcast creator & host

Experienced Creative Director, Event Producer, Program & Curriculum Designer, Administrator

Solo Recording Artist (“Sweet Freeze”)

2018 – present

Multi-instrumentalist, composer, singer, and producer, releasing music under the name Sweet Freeze. Known for atmospheric, textured lofi music using layered melodies, hushed vocals, and found sounds. SweetFreezeMusic.com

Recorded Works - all written, performed, recorded, and mixed by Kate Sattler unless otherwise noted

Albums

- **flood the engine**.....August 2021
EP about intimacy struggles after sexual assault and Complex-PTSD, including emotional dysregulation, harmful coping strategies, facing fears to heal, and seeking self-worth.
- **Half Life**.....October 2020
Album pairing themes of ecological disaster with personal trauma and trauma-responses.
A remix of one of the tracks by ate21 was subsequently added to the Bandcamp version of the album.
- **Permission**.....October 2018
Album exploring a variety of personal and political themes: abolition, immigration, sexuality, grief, anxiety, suicidal ideation, and more. *Mixed by Portland engineer Gino Mari, produced by Kate Sattler.*

Singles

- **Pissing**, cover of a Low song, shared by the band on social media with: “Broken, ethereal. I love it.”
- **I Don’t Deserve Silence**, collaboration with musician Time Rival to be released by Triplicate Records.

Interviews, Reviews, Related Content

- Featured guest on an episode of *Tapes from a Padded Envelope* podcast (UK)
- Positive reviews by *Divide & Conquer* and *On the Fringes of Sound* (US)
- Prominently featured in “If Trees Were Lone Women” experiential installation by Clare Archibald (UK)
- Music selected for multiple experimental/ambient music programs: radio, dj sets, playlists, podcasts
- Produced low-budget music videos created independently or by Dogfood Media
- Produced all album art (photography and graphic design)

Choral Music Composer

2011 - 2014 (years active)

Self-taught choral music composer.

Performances - all a cappella

- **O Antiphons, First Readings Project** – public performance.....2013
16 members of nationally renowned choirs (e.g., Cantus, Rose Ensemble) sang 3 of my 7 O Antiphons.
- **Yet a Little While Is the Light with You, Minneapolis Children’s Choir** – film score.....2013
Non-lyrical score for a PSA on racial justice in education that ran in movie theaters, online, and on tv as part of a broader advocacy campaign. Sung by 70 Minneapolis public school students of all ages.
- **L’Infinito, American Composers Forum Salon** – public performance.....2012
Text by Giacomo Leopardi (1798-1837). Performed by a quartet of independent singers.

Founder & Executive Director, Foris Choir

2018 – present (on hiatus due to COVID)

Founded and lead a Portland-based chamber choir to spotlight emerging composers through beautiful performances and by creating a welcoming space for them to engage with one another and with experienced singers as they develop their craft. Designed to raise awareness of and counter exclusionary practices that are the norm in choral music programming, Foris solicits scores through an inclusive, artist-centered, no-cost submission process. The majority of featured composers haven't previously heard their work performed, which is an essential experience for artistic growth. ForisChoir.org

Concerts

- **Passages**.....August 2019
A paid ticketed concert at TaborSpace, attended by 100 people featuring music in a wide range of styles, sung by a gender- and racially/ethnically-inclusive choir of 24 people, with some elements of audience participation. Two first-time conductors led the choir.
- **Illumina**.....December 2018
A free concert at an ADA-accessible venue attended by 75 people and performed by a choir of 12 singers. The majority of featured composers identified as female, 15% as non-binary, 43% as people of color, 60% as LGBTQIA; 60-80% had experienced poverty/low-incomes; and 15% had a disability.
- **Untitled/TBD**.....TBD
Repertoire, concert, conductors, and schedule were established for the 2020 season, but deferred due to COVID. Project funding was awarded, but won't be drawn down until in-person singing is safe for all.

Additional Programming

- **Salons:** Structured sessions (in person and online) for emerging composers – alongside singers, composers, and conductors – to troubleshoot artistic and practical challenges in their music or career development and receive feedback on choral works-in-progress.
- **Conductor Residencies:** Offering emerging conductors a first chance to lead a choir from rehearsal through performance. Participants receive coaching and mentoring and help shape future programming.
- **Singer Experience:** Choir rehearsals are designed to be welcoming and inclusive and follow a collaboratively developed set of operating principles. A singer advocate role was formally added in 2020.
- **Incubating Ideas:** A proposal was submitted, but the grant stream paused, for a season of Foris dedicated to dismantling the cisgendered, exclusionary SATB choir set up to explore more inclusive choral approaches.

Creator & Host, Songs that Shaped Me

2022 – present

Created, host, and produce *Songs that Shaped Me*, a monthly radio show/podcast telling life stories through music. I interview diverse artists working in a variety of media about music that's influenced their lives and creative pursuits. It highlights the role and impact of music on identity, imagination, connection, awareness, healing, loss, transformation, and more. The show airs on CAMP Radio, the station for the Camp Art Residency in France. SongsThatShapedMe.com

Sample Critical Feedback

"a fascinating and intriguing musician"

Sweet Freeze (solo recording artist)

- *"It's amazing how music so cold, minimalistic and barebones can deliver so much emotional intensity and delicate beauty." "I really fell in love with the way Sattler built her ideas." "Although I don't think these songs are religious there is also this feeling that these are hymns." "Gorgeous...haunting...hypnotic." "I absolutely loved it. To be honest I was pretty emotional by the end; found it to be a helpful listening experience. Such beautiful work!"*

Foris Choir

- *"Foris is doing great things for Portland singers and emerging composers." "We're especially blessed to have a variety of local choirs and chamber groups commissioning and performing music by Oregon composers – consider Fear No Music, Resonance Ensemble, Oregon Repertory Singers, Foris Choir, and Third Angle New Music." – Oregon ArtsWatch*

Choral music composition

- *"Evocative." "Magical." "A unique and specific compositional language that no one else speaks."*