



10 things cool things about Nadège Foofat

1. What's the most unusual place you've ever conducted a performance?

I had the wonderful opportunity to conduct the Toledo Symphony Orchestra in a series of run-out community performances a few years ago. Unfortunately, my short stature had not been communicated to the stagehands beforehand, and because of the layout of the church and a large central dais, the only way the winds and brass could see me was if I stood on a chair in between the string sections. All I can say is I'm happy I had training in gymnastics, because balancing on a chair while conducting was nerve wracking!!

2. If you hadn't pursued a career in music, what do you think you'd be doing now?

I've always had a lot of interests outside of music! I think I'd probably be some kind of architect or engineer if I wasn't a musician. I love discovering how things work and also enjoy figuring out how to make things more beautiful and efficient. While I was studying for my Master's degree at Yale, I was very lucky to be able to study some architecture at the School of Architecture, and learned that the field, like ours in music, has limitless avenues to explore.

3. If you could have dinner with any historical figure, living or dead, who would it be and why?

This would be a close tie between Jasmin Paris, who was the first woman this past year to finish the Barkley Marathons and is also a Senior Lecturer at the Royal School of Veterinary Studies at the University of Edinburgh and mother of two, and Sifan Hassan, the great runner and former refugee from the Netherlands, who just won three medals in the 2024 Summer Olympics, including gold medal for the Marathon.

4. Who would play you in a biopic about your life?

I don't have an answer for this, but I would choose the great Canadian Film Maker, Sarah Polley, as Director!

5. Who is your favourite Canadian artist, outside of classical music?

I'm going to have to say my mother, Dulcie Foo Fat! She is a Canadian landscape painter, and I was incredibly lucky to grow up seeing what true devotion to a life in the arts looks like. When my husband and I were married, she gifted us a beautiful painting that hangs in our living room in Virginia. The painting is a groundscape of the Canadian Rockies during winter, and the snow is so realistic, it feels like you could just reach out and touch it. It's a nice reminder of home.

6. **What's the best piece of advice you've ever received, and who gave it to you?**

When I was just starting out in my career, my former brother-in-law (who is a painter) told me to accept every professional opportunity that presented itself. I think that was a fantastic piece of advice for a young musician.

7. **What's a hobby or pastime you enjoy that might surprise people?**

I am part of a fantastic running community, and I am working toward qualifying for the Boston Marathon this Fall. This past weekend, I just completed my first ultra-marathon, running over 50 Kilometers and placing second in the long-distance challenge!

8. **If you could instantly master any skill outside of conducting, what would it be?**

Playing the guitar would be a really handy skill to have, and also pretty cool!

9. **What sport, and what team, do you cheer for?**

Any Canadian team during the Olympics! The Calgary Flames in honor of my late father. Every female runner out there making it happen. All gymnastics... Gosh there's just too many options!

10. **What's your guilty pleasure?**

Coffee Häagen-Dazs!

