

Life Is a Symphony

Meet Sheffra Spiridopoulos...

French horn and CEO

Sheffra lives in Milford, MA, with her trombonist husband, Greg, and three year-old daughter, Audrey. Growing up in Oklahoma, Sheffra helped her uncle herd cattle on horseback. Nowadays her managerial skills are put to good use as family CEO, balancing motherhood and career. She teaches horn at Rhode Island College and plays regularly with the Portland Symphony, in addition to the VSO.

Childhood dream: to be a basketball star

Pet peeve: dishonesty

Comfort food: pasta in nearly every permutation

At some point Sheffra may make an executive decision to carry out her secret ambition to spend a year living in the remote woods of Maine. For now her top agenda items are driving less and enjoying more time with her family – over spaghetti.

