

HeartStrings SoundPost

HEARTSTRINGS STUDIO

HeartStrings Studio, Inc. ≈ River Falls Academy
439 W Maple, Suite 212, River Falls, WI 54022

HeartStrings Office: 715-425-7645 ext. 2214 ≈ Joan's Room: 715-425-0170

JANUARY 2008

IMPORTANT DATES

- December 17-22** No groups this week
Private lessons will meet
- December 24-31** Christmas/Holiday Break
Studio Closed
No lessons or groups
- January 1-5** Studio Closed
No lessons or groups
- January 7** Lessons and group classes resume
- February 2** Parent Board Spaghetti Supper
- February 10** HeartStrings Solo Recitals 2PM
and 3:30PM

UPCOMING FAMILY EVENTS IN THE COMMUNITY

Sunday, February 3, 2008 at 3:00 p.m.
St. Matthew's Catholic Church, 490 Hall Ave., St. Paul

Sunday, February 10, 2008 at 3:00 p.m.
St. Joseph's Catholic Church, 1310 Main St., Hopkins

Join us for this free one-hour Family Concert! Familiar favorites include the Leo Arnaud brass fanfare that has become known around the world as the "Olympic Theme," film music by John Williams, including music from *Star Wars* and *Harry Potter* and a suite of music from *Pirates of the Caribbean*. Randall Davidson's *The Young Lutheran's Guide to the Orchestra* features narrator Vern Sutton reading the hilarious "informative" text by Minnesota's own Garrison Keillor. Bring the whole family, and tell the kids to invite their friends for this captivating afternoon of symphonic music.

WELCOME BRIAN BARNES

HeartStrings is pleased to welcome Brian Barnes to the studio. Brian has 15 years experience teaching private lessons and workshops on guitar and mandolin and has been performing for 30 years. His professional career has taken him across the globe playing a variety of musical styles and instruments. Please visit the **INSTRUCTORS** page on the website to learn more about Brian. We are excited to have him at the studio!



SAW RETREAT

Just a reminder that the registration deadline for the Suzuki Retreat is December 15. This is a tremendously beneficial event for any student.

The retreat takes place January 11-13 in Madison, WI. Besides the useful classes and programs offered there will also be the unique opportunity of recording the Star-Spangled Banner for submission to the Milwaukee Brewers as an audition for playing at the opening of one of next year's games.

Contacting Your Teacher

Joan's studio line
715.425.0170

Other teachers at the studio
715.425.7645 ext. 2214



At HeartStrings Studio,
we guide students to
acquire the language
and love of music:

to build **self-respect,**
self-confidence, and
self-discipline,

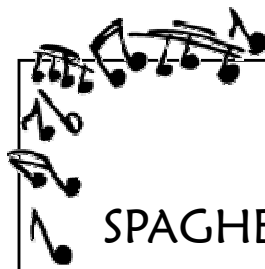
to **foster pure hearts**
and the capacity to
experience, express and
inspire joy,

through their
development as
musicians and their
growth as humans.



HEARTSTRINGS
STUDIO

NOTES FROM JOAN



SPAGHETTI SUPPER

The Parent Board Spaghetti Supper Fundraiser is February 2! Please plan to join us for a fun night of music and food. Many hands make light work and we are looking for volunteers to step up and help. This event is an important part of our program and your efforts show all of our students your commitment to music education and growth. Be a part of the best bash in town.

REMINDERS

Supervising young students and siblings:

If you have very young ones who come to lessons, please be sure to keep them in the room with you, or if you study with Mr. Jon, be sure that they stay in room 212. The Academy Building has a policy that we must keep all children with their families or activities. They cannot be in the hallways unsupervised.

Children (age 4 and younger) need to have help from an adult to use the hand sanitizer and the water cooler.

Thank you for your help keeping our learning environment safe.

Sick kids:

A gentle reminder about our policy of not bringing your child to group class or lessons if they are ill. We realize that sometimes it is often a tough call. Thank you to those of you who have been respectful of this policy.

Please be sure to let your instructor know if your child will not be attending group class for any reason.



COOL CHRISTMAS GIFTS– IT'S NOT TOO LATE!

Our new guitar teacher, Brian Barnes, is married to a wonderful artist, Sheralyn Barnes, who often features violin images in her work.

<http://www.cafepress.com/bluemoment> for Sheralyn's designs on clothing and other items.

<http://www.bluemomentfinearts.com> for the more fine art versions of her work, including prints, illustrations, and a gallery of her paintings



Listening recommendation for student gifts or just to build your listening library:

Violin or Viola Concertos

Sonatas for Violin and Piano

Symphonies

String Quartets, String Trios, Piano Trios (violin, cello and piano)

Unaccompanied works for Violin or Cello by Bach. The cello suites have been recorded by Yoyo Ma and include some of our "Suzuki Pieces."

I am being purposefully vague. There are so many different composers that I do not want to limit your choices! Trust that you will be safe to buy anything by composers you have heard the names of: Bach, Beethoven, Mozart, etc. If you are unsure and would like to listen before you buy or just experiment in your listening, consider checking out music from the public library. If you have a library card to any local library, you can browse or search the many options at www.more.lib.wi.us.

More images by Sheralyn Barnes



SAM WORKSHOP

Several of our HeartStrings parents attended the SAM (Suzuki Association of Minnesota) workshop in October. Here is what they had to say about the experience. Edmund Sprunger wrote a book called Helping Parents Practice: Ideas for Making it Easier (Yes Publishing - <http://yespublishing.com/>)

From Lisa Petersen:

I found the workshop on Saturday to be very affirming of my experiences in practicing with my children. Music is an important part of our family's education, but in my awareness, the meaning of our lessons and practices has evolved into something far deeper and more beautiful than the sounds that can come out of any instrument. My residual thoughts after the workshop have revolved around my relationships with my children. As those of us who work with or have children know, working on relationship issues with a child cannot simply be a matter of having a good talk. It is a matter of small acts throughout each day which build trust, confidence, and self esteem. It takes time. Practicing gives me a very special time to deliberately do this each day with my children.

Dr. Sprunger spoke about practice time each day as being an arena in which we work with the child. I think of this 'arena' that he spoke of to be a place where I am able to work on specific relationship issues with my children. Each child brings his or her own very different issues into the arena, and the issues that I bring into it are different with each of my children. Granted, some of these issues are specific to the discipline of studying the instrument, but I think many of them are specific to good and other not so good relationship issues between me and my children. For me, the most painful screeches from a violin are preferable to a practice session gone wrong! As any child-conscious parent does, when I reach a personal limitation and inadvertently negatively influence my children, I feel plenty of guilt and think carefully on what to say in the present and how to react differently in the future. The arena that Dr. Sprunger described gives me a place and time where daily I can consciously and deliberately work on bettering myself in the context of my parent-child relationships. I view this arena as a time each day where I have a new opportunity to be close to my children in cooperative work. I err plenty in life, but I take comfort in knowing that I can consistently reenter this arena with my children and work to heal what may be hurt simply through the process of accepting them as they work, and sometimes struggle, to learn to play the violin.

From Shelly Putzier:

I found Ed Sprunger to be sort of like a calm, reassuring coach - after hearing him speak I felt enthused to get back into the game and try even harder. It seems that the difficulties I face as a parent are not unique to me - we are all in this together! How wonderful to hear that others have faced the same challenges and have continued to struggle along, believing in the cause. I had read the book first, so for me it wasn't so much that I learned new information - it just brought to life what he wrote in the book. One thing I found helpful was his suggestion that the reason a child is resistant to a parent but not to the teacher is because the child cares more about what the parent thinks. He/she cannot bear to disappoint the parent. That point of view helped me to not take it so personally, to see the vulnerability of the child, and to then respond in a more supportive way. This seemed to help with cooperation and morale (for both of us).

(Continued on page 5)

*And the night shall be filled
with music,*

*And the cares that infest the day
Shall fold their tents like nomads,*

And as silently steal away.

~Henry Wadsworth Longfellow

THE PEG BOX CLASSIFIEDS

Do you have a violin or black concert clothing to sell? Are you looking to buy? Have you found a great deal on something you think we'd all like to hear about? Put it in the Peg Box Classifieds.

FREE

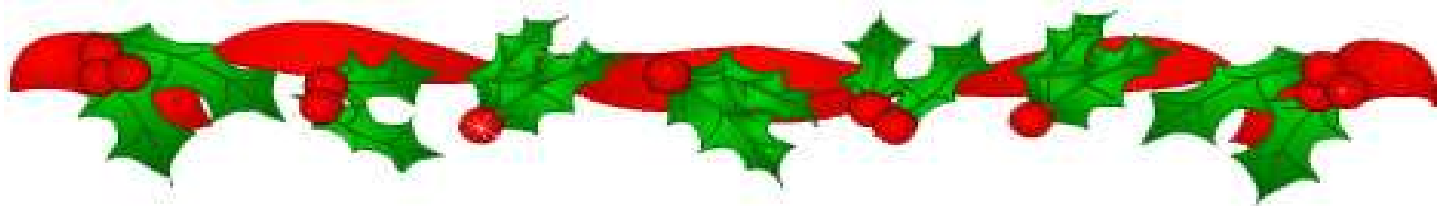
There is a pair of black boys paints at the studio - size 14 Husky. Excellent condition - free.

Contact Joan 715.425.0170

PARTS WANTED

If anyone has any spare parts - chinrests, shoulder sponges, shoulder rests, etc. that you no longer use, we are always willing to recycle them to our other students.

Thank you! Joan



SAM WORKSHOP

(continued from page 4)

From Perri Kilcoyne:

I found it really helpful to get the "big" picture of Suzuki philosophy from him on Saturday. His book is very detailed and tactical but his talk was "big picture". I think the best thing I heard is that every student needs a parent who is present and devoted and that's all. In other words, we don't have to be a "teacher" but really a supporter of our children's efforts to practice and then while they practice. I also really liked what he said about it being teamwork, and that we each do our part, and that sometimes when a child complains about practicing, she/he is merely doing her part. As we have learned just recently in our family, the most successful practicing is done on a very regular basis, so the child has a consistent and dependable schedule. It takes away about 95% of the "pain" of getting a child to practice. That way, they can complain and get it out, and then they still know this is the time they practice. I sort of liken it to wearing a uniform to school. It is understood that they wear a uniform, they can complain about it, but in the end, they still wear the uniform.