

WELCOME! From Beth Turco, Director of Suzuki

Greetings to Suzuki families! It's exciting to get started with a fresh year of lessons, group classes, recitals and special events. We had an inspiring kick-off event for parents on Sept. 5 with nationally renowned Suzuki teacher and lecturer, Edmund Sprunger, who spoke on "Resistance: What it isn't, What it IS, and What to Do About It!" Over 150 parents were in attendance!

One strategy for success that Mr. Sprunger recommended is to "cover the bases." That is, make sure the Suzuki basics are in place:

1. Listening to the recording is the MOST IMPORTANT factor. It is the EASIEST way to learn pieces quickly, and fuels interest in practicing
2. Practice every day—there is no substitute for regular practice. JUST DO IT!
3. Attend group classes – learning from peers is a great motivator
4. Work in small steps and don't push ahead
5. Go at the pace that the teacher recommends. Carefully following instructions from the teacher is the most certain road to progress.

Let's make a renewed commitment to these Suzuki basics today to ensure a successful year for all!

Our next kick-off event is the Suzuki Welcome Recital on Friday, September 21 at 6:00 pm, in Antonello Hall, featuring students of all ages and instruments. Bring the whole family and stay for the reception following in the US Bank Lobby, provided by the MacPhail Suzuki Association. Come and greet old friends and make some new ones!

Also new this year are few key changes in our Suzuki faculty:

- Julia Clearman is leaving MacPhail to pursue a Doctor of Psychology degree in clinical psychology at Wheaton College in Chicago, Illinois.
- Benjamin Downs is joining the Suzuki piano faculty to teach individual Suzuki lessons in Minneapolis and Chanhassen and Suzuki piano group classes in Minneapolis.
- Mischa Santora is resigning as conductor of the Suzuki Chamber Orchestra to take a position as conductor of the Boston Ballet Orchestra.
- David Leung will conduct the Suzuki Chamber Orchestra in addition to continuing as conductor of the Camerata Orchestra.

We are sad to say goodbye to Ms. Clearman and Mr. Santora; they have both made major contributions to our program. I'm confident that Dr. Downs and Mr. Leung will provide smooth transitions and will offer new perspectives to our Suzuki experience.

The Suzuki faculty and I welcome you to the 2018 – 2019 year and hope you and your child enjoy a year of excellent lessons, fun activities and musical growth!

Summary from Sept. 5 Ed Sprunger Parent Session: “Resistance: What it Isn’t, What it Is, and What to do about it.”

The purpose of this talk was to help parents reflect on what generates frustration and resistance during practicing. When parents start their children with Suzuki lessons, they don’t imagine challenging practice sessions that end in tears or raised voices, yet most Suzuki parents experience this. Parents might think they are alone in having a child who gets frustrated or might be embarrassed about it, yet frustration is part of learning. It does not mean that things are wrong or that your child isn’t meant to study music.

Kids are not good at managing frustration. They are trying to figure it out but while doing so, they can generate a lot of bad behavior. Children can find it hard to accept direction from a parent. Sometimes it seems like kids in lessons or practice sessions are treated like a car going in to be fixed. Instead of correcting, we should focus on developing skills and frustration tolerance. Kids need their parents’ minds, or problem-solving skills to help them. The objectives are to: Build – Grow – Develop (not Fix).

A child’s experience in the world can be compared to an immigrant adapting to a new country, language and set of cultural norms. They need to figure out how things work in their new world. They are constructing themselves for the outside world and for their own inner world. Resistance can happen when children want to avoid the work of building or figuring things out. The first step is to empathize; you can help them identify their struggles with words, such as:

- “Maybe you wish this could be easy right away.”
- “You want to get it right.”
- “Maybe you are afraid it will take forever to learn this.”
- “Maybe you’re afraid I will get mad or be disappointed if you can’t do it.”
- “Maybe you’re afraid that it is hard for you and easy for others.”

It’s also helpful to remember the 4 stages of independence:

1. FOR – parent does things for the child
2. WITH – parent does things with the child
3. STAND BY – parent stands by and admires child’s capacities
4. ALONE – child does things alone with memories of previous stages to support them

Children move through these stages in a zigzag. It is not a linear progression. Kids are trying to find their own orbit. They want to know how they can have their own mind and still be connected to a parent. Kids want the world to be magical and it’s the parent’s fault of it isn’t magical. Remember that resistance is not about the parent –the parent just happens to be there.

Parents need to tolerate children being frustrated and help them find strategies for dealing it during practice such as:

1. Commit to the Suzuki basics (see welcome article for the 5 basics)
2. Have a clear understanding that the purpose of practice is to make it easier; it’s not just about fixing things. Practice review and focus on what is easy. Think of a swimmer during swim practice; they repeated what is going well and build on it with the repetition of swimming many laps
3. Use games to engage children in practice; they may not buy in to what we’re asking for, so we need to make it compelling for them.
4. Remember that slow practice is difficult, yet essential. Acknowledge the struggle.
5. Be responsible for the quality of your actions, but remember, the quality of a child’s playing is NOT a reflection of your parenting skills!
6. The biggest job for parents is to get the practice started each day. Let the child do what they can on their own. Sometimes just letting them play will help smooth over rough spots. Correction is not always needed.

MACPHAIL CENTER FOR MUSIC

Suzuki Department Welcome Recital

Friday, September 21, 2018

6:00 pm, Antonello Hall

We invite you to attend the Suzuki Welcome Recital on Friday, September 21 at 6:00, in Antonello Hall, featuring students of all ages and instruments. A reception will follow in the US Bank Lobby, provided by the MacPhail Suzuki Association. Plan to come and greet old friends and make some new ones!

The recital will feature students of all ages and instruments.

**Performers:**

Cello: Ryan Bohn and Ally Hsieh

Flute: Annabelle Larkin

Guitar: Lukas Murdych

Piano: Lucy Dunne, Roshni Flannery, Gabriella Geer, Sophia Nguyen and Audrey Tustison

Viola: Ben Larkin

Violin: Eleanor Clay, Evan Hsieh, Mako Sanborn and Lucy Zhang

MacPhail

UPCOMING EVENTS:

Friday, September 21:
Suzuki Program Welcome Recital
6:00 pm, Antonello Hall

Friday, October 5:
All Instrument Department Recital
6:00 pm, Antonello Hall

Sunday, October 7:
Seniors' Concert Auditions
1-3 pm, MacPhail Minneapolis

Friday, October 12:
All Instrument Department Recital
6:00 pm, Antonello Hall

THE BUDDY PROGRAM

The Buddy Program is a practicing program between students in MacPhail's Suzuki Talent Education department. We connect students who are established on their instruments and who enjoy working with other kids!

The Buddy Program is open to all instrument groups!

Mentees: Age minimum: 6 years old
Level Minimum: Folk Songs polished
Mentors: Age minimum: 12 years old
Level minimum: Book 4

Interested? Check out our new website and sign-up!
<http://www.macphail.org/for-youth/suzuki-talent-education/macphail-suzuki-buddy-program/>

New Buddy pairs will be formed in October 2018 for 2018-2019.

Submit artwork, photos and stories from summer institutes, practice tips, funny stories, instrument jokes to be included in a future issue of the Gavotte Newsletter:

LaRusso.Kamini@macphail.org

SUZUKI PROGRAM INFORMATION

Where can I find information about the Suzuki Department Online?

<https://www.macphail.org/for-youth/suzuki-talent-education/current-students/>

Suzuki Department Calendar of Events

Group Class Calendars and Updates:
Guitar, Harp, Cello, Viola, Violin and Piano
Orchestra and Suzuki Early Childhood Education

Buddy Program Info and Sign-Up

MSA Information

New Parent Class

New Parent Class

De La Salle High School,
11:00 am - 12:15 pm,
Room D 104

Enter the building under the clock tower.
Parking is free!

Saturdays:
September 29 (11:00-1:00 pm)
October 6, 13
November 3, 10 and 17

This class is for new practice parents who joined our program in the summer and fall of 2018.

QUESTIONS?

Who do I contact with questions about ?

Guitar Groups: Jean Seils
seils.jean@macphail.org

Harp Groups: Emily Gerard or Nikki Lemire
emgerard@me.com
lemire.nikki@macphail.org

Piano Groups: Susan Sophocleus
sophocleus.susan@macphail.org

String Groups: Heather VanderLey
vanderley.heather@macphail.org

General Department Information:
Kamini LaRusso, larusso.kamini@macphail.org

Suzuki Program Issues and Concerns:
Beth Turco, turco.beth@macphail.org

10 PERFORMANCE CLUB

10 Performance Club

Have you ever noticed the large glass panels on the 4th floor of MacPhail Minneapolis with students names and pieces on it? You can be on this too by completing the following guidelines with the help of your studio teacher:

- Confirm with your teacher that your piece is polished and ready for performance.
- Perform the same piece 10 times.
- Perform in front of a live audience.
- Perform at a live event.

Your studio teacher will help you decide if the event counts as a performance. To be included on the 2015 board, start setting up performances now! Remember - professionals perform the same piece in several places all over the world. The 10 Performances can be completed in any length of time. We publish names on the panel for those students who have completed 10 Performances by December 31, 2018.

