

# Weekly Newsletter

Caitlin Berger Flute Studio

May 9, 2023

## Upcoming Events

**Les Printemps slaves**  
**concert**

May 10 @ 8 PM (free!)

**No Flute Lessons**

May 22 to June 6

## Announcements

- Congratulations** on two super successful recital nights!!! It was a pleasure to listen to all of you shine :)
- You can find the **recital links** and your individual **performance videos** on MMS (Folder "Studio Recitals").
- Please let me know ASAP if you will need time off in the **summer** as well as your **availability**. I need to know **before May 22**.

## Artist Spotlight

**Keiko Devaux**

She is a Canadian composer based in Montreal. She studied piano in British Columbia as a child. In university, she studied composition and has 3 degrees. Her style of writing is contemporary and she incorporates electroacoustic sounds into her pieces. Her music has been performed all over the world, including France, Germany, and Israel. In 2022, she won a Juno Award for Classical composition of the year. Learn more about her [here](#).



## Listening Recommendations

Click the title to watch the video!

Camille Saint-Saëns' Romance pour Flûte et Piano, Op. 37

Keiko Devaux's Dust

Camille Pépin's Les Eaux célestes

## Advice Corner

This week's advice comes from flutist **Alison Hoffman**. She reflects on the right or wrong kind of hard in the music field.

"When is something the right or wrong kind of hard? Is this a valuable challenge? Are you growing? Is it rewarding? Will this bring you closer to your goals? Does it feel aligned?"

It is causing more pain than growth? Are you following someone else's compass instead of your own? Is it necessary? Does it feel misaligned?"

Just because something is 'hard' doesn't mean it's bad, something you're not capable of, or not worth doing. And just because it's something you're already doing, doesn't mean it's necessary to trudge through without intention.

It's okay to experience unpleasant parts of the process. And it's okay to recognize when the unpleasantness is not rooted in a goal that feels aligned."

## Inspiring Quote

"I do what is helpful for me. I trust myself to make the decisions that are right for my wellbeing and my progress."

*-Jalayne M.*