

# Weekly Newsletter

Caitlin Berger's Flute Studio

February 4, 2025

## Upcoming Events

### OCM: Échos lointains d'Afrique

Thurs. Feb 6 @ 7:30 pm

### Studio Class Event

Sat. March 8 @ 7 pm

Sun. March 9 @ 10:30 am

Please **REGISTER** on the MMS calendar for your chosen day!

## Announcements

Our next **Studio Class** is coming up in a month! It will be a research project presentation that you will have to **prepare in advance**. The details of this research project are included in today's email and you can always find it on MMS (Online Resources --> Studio Events --> March 2025 Research Project).

The **deadline** to submit your chosen piece is February 22 so get started soon please! :)

## Theme of the Week

### **Drop Your Flute!**

When we play, our tummy comes towards us until we have no more air left, which creates a lot of pressure. To release the pressure and breathe, we drop our jaw downwards. But an even better way of thinking of this is let your flute fall downwards with your jaw, to ensure you're not opening upwards to breathe. Of course, never let your flute *actually* fall off your face :)



## Listening Recommendation

Click the title to watch the video!

[Nicole Chamberlain's Death Whistle for Solo Piccolo](#)

## Advice Corner

This week's advice comes from bassoonist **Cory Barger**. She believes [you can't expect to give great performances if you treat yourself like crap in the practice room all the time.](#)

"We all want to have high standards - to be able to go on stage with confidence and totally nail it! But if you are cruel to yourself while you're practicing, you're going to have a hard time building your confidence.

If you don't deal with the negative emotions that come up in the practice room, and just try to force yourself to get better by pushing harder... the doubt you have about yourself will get magnified on stage."

## Inspiring Quote

**If you are going to compare, then compare yourself to prior versions of yourself.**

- Brad Stulberg