

Hello everyone!

I hope you all enjoyed your holiday last week!

### **CI Music Hour Recap 11/17/22**

Two weeks ago we welcomed music therapist, Daniel Goldschmidt. Daniel founded a music therapy practice called [Etude LLC](#), which offers services to individuals of all ages and identities. The program works to center anti-racism, equity, and othered identities.

Daniel led our group in a music therapy-like session in order to demonstrate what their work can look like. We started by each introducing ourselves, our pronouns, and a word to describe how we were feeling. We then each shared something that made us feel frustrated recently. Daniel followed this exercise by introducing a simple blues riff on the guitar and guiding us in identifying a common theme for the frustrations that we shared. We decided upon the "Not enough time blues," as our common theme. Next, Daniel beautifully put our words into our collective song, and sang about each of our experiences that we shared with the group. Different members of the group also had the opportunity to sing or improvise over Daniel while they played the guitar.

Thank you to Daniel for leading us in a very engaging music-making session and for all of the music hour members who shared, listened, sang, and played!

### **Today's CI Music Hour!**

Today at 12:30 pm PT, Logan Hone will join us again to share all about the saxophone! Logan's bio can be found below:

Logan is a multi-instrumentalist musician, educator, and all around music lover. He teaches woodwinds and ensembles at Neighborhood Music School and also directs an all-ages, all-skill-levels Community Band at Hermon Park (you are invited!). He has created over 20 albums of creative, original music and has contributed saxophone and flute, among other instruments, to countless recordings, concerts, and dance parties.

Here is the Zoom link for today:

<https://usc.zoom.us/j/547797159?pwd=Tk52c1JzZDFoRUhFNmFDNUUyeHJtUT09>

If it asks for a password, it is "Music."

See you all soon!