



## November 2014 Newsletter

# WELCOME

Maa Sa Akhi is delighted to extend a warm “Welcome Back” to our returning students. We missed you!

We would also like to extend a hearty “Welcome” to our new students:

- Briel Edwards
- Napece Hines
- Taj and Trent Johnson
- America Mendez
- Nicauri Perez
- Danae St. Clair
- Yvonne Thomas
- Victoria Wallace

Also, a special “Welcome Back” to some our most conscientious members, Claudia and her daughter, Tamar Jaundoo, who recently returned from Haiti. We’re looking forward to great things from Tamar!

We are excited to have an invigorating and educational year of excellence.

## Introducing Our Fantastic Teaching Staff



**Mut Hefen**, director and teacher at Maa Sa Akhi, is also a very active composer. Her latest song cycle, "Going to the Top" was recorded in the studio with Maa Sa Akhi students and celebrity vocal coach Mr. Ankh Ra.

Mut Hefen holds a B.A. in Music Composition from Adrian College. She has been teaching, piano, singing, guitar, percussion, recorder, music and movement and theory to students of all ages for over 50 years.

### Dates To Remember:

**November 4 –**  
Election Day  
(Classes will be held)

**November 11 –**  
Veteran's Day  
(Classes will be held)

**November 25-30 –**  
Thanksgiving Break  
(No classes)

### Mini Recital Week

**Tues. 11/11 – Sat. 11/15**  
Get Ready to Practice and  
Perform for your Peers!

### Orientation Week

**Tues. 11/18 - Sat. 11/22**  
A MUST for adult  
students and all parents.  
Bring questions &  
suggestions.  
PRIZE for 1<sup>st</sup> three on  
time attendees

Maa Sa Akhi is proud to announce that **MR. ANKHRA** WILL be doing Monthly Master Vocal workshops on Wednesday evenings.

**Mr. Ankh Ra** has always been passionate about empowering his vocal students. As a master vocal coach on MTV's Making the Band 4, he constantly strived to be a supportive and encouraging force that would inspire the singers with his own vocal excellence and creativity.



It was clear from a young age that **Fred Alston** was very musically talented. After his bassoon soloing with the Philadelphia Orchestra at age 16, Alston attended Indiana University on a full scholarship.

Mr. Alston considers it a special honor to have studied music interpretation with the renowned cellist Janos Starker and to have played with The Marlboro Music Festival Orchestra under the direction of another great cellist, Pablo Casals.

Composer/historian/pianist Fred Alston has also appeared on the Oprah Winfrey Show, in addition to having written a number of books on general music theory, keyboard harmony and rhythm.

**Mr. Ron Jackson** is a man of many musical titles. In addition to composing, arranging and producing music, Ron has performed and recorded in over 20 countries as a bandleader and ensemble performer.

Considered one of the most versatile guitarists in the world, Mr. Jackson is adept in styles such as African, Rock, R+B, Brazilian, Pop, Country, Calypso, Reggae, Soul, Funk, and Classical, but his greatest passion has always been jazz.



Music has always captivated **Yahoteh Kokayi**. He was only 6 years old when he began playing the Djembe, a west African drum and creating short melodies on the piano. Two short years later, Mr. Kokayi became enchanted with the drum set and he's remained hooked ever since.

Yahoteh Kokayi credits the bulk of his musical growth to his training with Benny Russell, the late Enos Payne, Adam Bernstein and his mentor the late Andrei Strobert.

# Money, Money, Money!

This year our major fundraiser is better than ever because as you help Maa Sa Akhi to raise funds, you will also be **building your own finances!** Maa Sa Akhi now has **our own on line shopping mall** with thousands of everyday products, priced to save money for shoppers and help build a stable financial base for our school. This means scholarship and grant funds will continue to be available for deserving students and for families having financial difficulties.

So far we have had two fundraising meetings and there's lots of excitement going on for those who attended. Within the next week, we'll inform our general family body of our next meeting and opportunity to participate. Please keep an ear out and get ready to make wonderful things happen with us.

## EVENTS

### An Afternoon at Carnegie Hall

It was a wonderful experience seeing the people singing and playing piano with strong and smooth rhythms. Some parts pazzazed me because the music was loud, then soft and then loud again. Also some performances had comedy – like the singer was acting. I hope someday many more people will come to see this amazing talent and maybe I will perform there. I got the opportunity to meet the performers, and get autographs. I especially liked Anna Chelest, the accompanist for a number of singers. I hope to be like her someday.

-DaMario Quiones, Student

As a parent, I was very honored and proud that I was able to take my son, DaMario, to see these great talents. I was so moved to see them, especially the pianists. I am honored to help inspire my son to be like these talents. Carnegie Hall is so famous. It's very tranquil. The architecture is spectacular and magnificent, almost surreal. While performers sang their pieces, I could hear every melody, every note – it touches your soul. I'm very glad I saw the vocal competition winners - worldwide famous prodigies showcasing their talent, inspiring my son to strive for their level of excellence. I would love for all parents to take their children to Carnegie Hall so they can also be inspired to bring out their wonderful talents.

-Diamond Lee, Parent

### Lenox Baptist Church Exhibit & Trade Fair

The exhibit and trade fair was a gathering of entrepreneurs, some from Caton Mall and some home based who gathered to promote their crafts, which included rare hair products, pressure point foot massages, furniture re-upholstering, herbal remedies, catering, teas and even a fashion show!

Each merchant explained their products. The fair exposed their crafts and allowed them to gain support from the community. The highlight of the event was Adriana Dorner, DaMario Quiones and Charlize Hill who are Maa Sa Akhi students. They did a wonderful job representing our excellence. Attendees

interacted with each other and were exposed to many new things which was very enlightening.

-Nathalie Dorner,  
Parent

# ANNOUNCEMENTS

## REMIND 101

Please sign up for REMIND 101 at our front desk. REMIND 101 allows us to keep in touch with each family via text to your cell phone. If you can't get to a computer to receive a text, REMIND 101 will get the same message to you via your cell phone. Please sign up ASAP. Thanks So Much!

## \$25 AWARD!!!

As a token of our appreciation, Maa Sa Akhi is offering \$25 to each person who introduces a new registrant to the Maa Sa Akhi community!

## Apples

Ser-t Hepausura is making snacks! We'd like to thank Mrs. Nancy Renaud and student Zion Bey for bringing freshly picked apples for Ser-t to use to make these delicious snacks. We truly appreciate your generosity!

## WANTED!

- ❖ **Enthusiastic violin teacher needed ASAP.** Great for recent college graduates or serious music students in college. Hours – part time/flexible and salary is negotiable. Previous teaching experience a plus.
- ❖ **Computer Technician.** Must be adept with BOTH MACs and PCs. Previous computer tech experience a plus. Great for college graduates or computer science college students. Hours – part time/flexible and salary is negotiable.

If YOU know anyone who meets these criteria, please point them in this direction.

Thank You.

## Energy and Health This Winter

This year, seemingly more than ever, it's extremely important that we make health a priority.

The vitality of our immune system is of particular concern, especially going into the winter. Here are a few tips we might want to consider to help us all stay in top shape so we are able to keep our weekly music lesson appointments and enjoy the progress we are truly capable of.

1. Drink lots of water (eight 8 oz. Glasses of filtered is recommended in many studies) .
2. Decrease sweet drinks even fruit juice.
3. Increase fruits and veggies such as celery and carrot sticks instead of candy, chips

and other junk snacks.

4. Decrease excess added salt, especially in winter.
5. Bake, broil, steam more and fry less.
6. Increase physical exercise daily. Walking is great!
7. Replace negative emotions – fear, anger, sadness, etc. with joy, love. Laughter is healing.
8. Get that nightly 8 – 10 hours of sleep.
9. Cow's milk is for baby cows. Especially people of color don't have enzymes for dairy. Many people find non dairy (soy, almond, coconut, etc.) milk,

cheese, yogurt are very satisfying). Asthma and other lung issues have been linked to dairy consumption.

10. Finally, regular supplementation of vitamin C, B complex, multiple vitamin/mineral and herbs like echinacea can help keep the immune system strong. Oscillocosinum, taken at first sign of flu is a natural homeopathic supplement that has helped many to avoid bouts of the flu.

