

When Life Gives You Lemons... Make Music

These are challenging times and many are focusing on how much more they can accomplish. Many are focusing on just getting out of bed. I fall in between the two and want to share some tips for all types.

**It doesn't matter how slow you go as long as you don't stop.
Confucius**

REPERTOIRE

Buy four new different style pieces:
Celtic, Religious, Classical and Pop

Starting new pieces can often give you a new excitement for practicing/performing.

Go through your music to see what you have.

Organize it in categories:

Keep/Donate

Artist/Genre/Level

Current/Next in line/Down the road

FINISHING TOUCHES

Revisit pieces that you have played and play with all the dynamics, expression and at the correct tempos.

Complete Songs that you have almost finished paying attention to all of the little details.

ARRANGING

Sit at your harp and just play for the joy of it!

Become familiar with Chord Symbols and play from lead sheets.

Become familiar with Left hand Patterns.

"Hangin' with the Harp" - Virginia Harp Center
RobbinGordonCartier.com

Repertoire Suggestions

Celtic/Early Music

B:	Scottish Harper Level 1 Early Music for the Harp	Stephanie Curio Deborah Friou
B/I:	Wild Mountain Thyme A Scottish Tunebook	Janet Whitman Sue Richards
I:	Celtic Harp Solos Sea & Sky	Kim Robertson Sunita Staneslow

Classical

B:	Classics at Your Fingertips, Vols. 1-5 Favorite Classics for 22 strings harp	Julietta Rabens Suzanne Balderston
B/I:	Basically Bach Classical Music for the Harp	Rhett Barnwell Deborah Friou
I:	Classics on Request, Vols. 1-3 Scarlatti Sonatas	Barbara Brundage McDonald/Wood

Soothing Solos

B:	Harp Solos Vol. 1 (Moonlight, Choral, Etude)	McDonald/Wood
B/I:	Elegy Elegy Upon the Willows Solace	Kathy Bundock Moore Brook Brodie Stephanie Curcio
B/I/A:	The Nightingale (3 versions)	Deborah Henson-Conant

Religious/Meditative

B:	Hymns & Wedding Music 22 Favorite Hymns	Sylvia Woods Mary Radspinner
B/I:	Psalms of David Seven Old Hymn Favorites	Sunita Staneslow Louise Trotter
I:	Serenade for the Soul Forest Pathways	Rhett Barnwell Dewey Owens

Pop

B:	Four Love Songs, Vols 1-2 Groovy Harping Together	Suzanne Balderston Rosetty
B/I:	The Beatles for Folk Harp Billy Joel for Harp	Maeve Gilchrist Emily Brecker
I:	Tea at the Waldorf, Vols. 1-2 Around the Clock	Ray Pool Pearl Chertok

Exercise

Rhythm and Hand Separation Exercises/Etudes Book One	Maeve Gilchrist
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Arranging

The Creative Harpist Music Theory & Arranging Techniques Lead Sheet Basics Book I, II, III	Louise Trotter Sylvia Woods Angi Bemiss
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Not motivated to make music today.... Make Muffins!!!!

Lemon Poppy Seed Muffins

Recipe is from "The Two Peas & Their Pod Cookbook"

Prep Time

10 minutes

Cook Time

20 minutes

Total Time

30 minutes

Servings

12 muffins

Calories

273 kcal

Ingredients

For the Muffins:

- 2/3 cup sugar
- Grated zest and juice of 1 lemon
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup sour cream or plain Greek yogurt
- 2 large eggs
- 1 teaspoon pure vanilla extract
- 1/2 cup unsalted butter melted and cooled
- 2 tablespoons poppy seeds

For the Icing:

- 1 cup confectioners' sugar sifted
- 2-3 tablespoons fresh lemon juice

Instructions

- 1 To Make the Muffins: Center a rack in the oven and preheat the oven to 400 degrees F. Butter or spray the 12 molds in a regular-size muffin pan or fit the molds with paper muffin cups.
- 2 In a large bowl, rub the sugar and the lemon zest together with your fingertips until the sugar is moist and the fragrance of the lemon is strong. Whisk in the flour, baking powder, baking soda and salt. In a small bowl, whisk the sour cream or Greek yogurt, eggs, vanilla, lemon juice and melted butter together until well blended.
- 3 Pour the liquid ingredients over the dry ingredients and gently stir to blend. Don't over mix. Stir in the poppy seeds. Divide the batter evenly among the muffin cups.
- 4 Bake for 18 to 20 minutes, or until the tops are golden and a thin knife inserted into the center of the muffins comes out clean. Transfer the pan to a rack and cool for 5 minutes before carefully removing each muffin from its mold. Cool the muffins completely on the rack before icing them.

To Make the Icing: Put the confectioners' sugar in a small bowl and add about 1 1/2 tablespoons of the lemon juice. Stir with a spoon to moisten the sugar, then add enough additional lemon juice, a dribble at a time, to get an icing that is thin enough to drizzle from the tip of the spoon. Drizzle glaze over the muffins. Serve.