

UNCOOL – ARTISTS IN RESIDENCE  
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## **SARIS**

**SARA SCHOENBECK** bassoon  
**HARRIS EISENSTADT** drums

17<sup>th</sup> august 2017 21:00 BAR CAFFÈ PEDENOSSO  
Piazza San Martino, 1 - 23038 PEDENOSSO – Comune di Valdidentro (SO)

19<sup>th</sup> august 2017 17:00 CASA HASLER POSCHIAVO  
Via da la Pesa 234, CH-7742 Poschiavo

Free admission

## **SARIS**

Saris, the duo of bassoonist Sara Schoenbeck and drummer Harris Eisenstadt, has performed at festivals and concert series in the USA, Canada, and Europe since 2000.

Longtime, integral members of Brooklyn's creative music community, with formative years before then spent in Los Angeles, Schoenbeck and Eisenstadt draw on their unique individual trajectories to create a duo sound that occupies a sonic world unlike any other. Saris plays compositions and improvisations by both members and pieces by some of their favorite composers.

### ***What does music mean for you?***

*Harris:* Music means life-work to me.

*Sara:* I have thought about this question a lot over the years as music means so many different things depending on how I approach it. For me it means my job, my love, my thorn in my side, my joy, my interest, my work, my inspiration, my cause for great security and insecurity.

### ***What is music?***

*Harris:* Music is audible and inaudible frequencies sounded in time.

*Sara:* Music is an amazing tool of healing and great motivator of emotion. It is felt by people in the animal part of their brain (the temporal lobe), not the frontal lobe. It bridges thoughts and feelings to instinctual movement and impulse very much like dance does. It can inspire memories that one might think inaccessible. Depending on the music it can inspire intricate theory and thought. For me, mostly it is a way to express emotions that lay inside me that I find difficult to express in words. It is a way to share an inner part of myself that I normally have a difficult time accessing.

### ***What made you a musician?***

*Harris:* I realized around nineteen that I loved how it felt to make music by myself and with others, to study music, and to perform music. I realized that I'd become a musician, and would be a musician for the rest of my life.

*Sara:* I used to say music is the only thing I did not flake out on. In some respects this is true. I used to state this to be sardonic and negative about myself proving what a slacker I am. Actually, I do think that I find true enjoyment in playing a wind instrument. I love the physicality of it, the totality of it. Playing a wind instrument uses every part of myself; my brain, emotions, wind, arms, torso, face, all of me. It is hard to not love something that is so totally engaging.

### ***Did music change your life for the better?***

*Harris:* Absolutely!

*Sara:* In the United States one could say that being a musician is a ludicrous career choice which is a sad comment on our society here. But yes, music has made my life full, challenging and interesting. My job can mean many different things from sitting still and focusing for a long time, stretching my skill level beyond my expectations, teaching and mentoring other musicians, meeting and playing with fantastic humans in many different places as well as accessing patience within myself. It creates discipline in a person, teaches a body to learn how to work with others, be an individual and learn how to blend in. It takes guts to play but also when everything is going right I feel like it is the most natural thing a body could do.