

SONIC WALLPAPER

GUITAR INSTRUCTOR : RYAN LEMAY

YOGA INSTRUCTOR: TASHA LEROUX-STETSON

KIWANIS CLUB

LACONIA POLICE DEPARTMENT

LACONIA COMMUNITY CENTER

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What Is It ?

Sonic Wallpaper is a donation-based program that offers guitar and yoga lessons.

The guitar lessons are split up into two , one hour long classes;

Beginner 1:

For brand new guitar players and younger participants (we have 3/4 scale guitars available)

Class from 6:00 p.m. to 7:00 p.m.

Beginner 2:

For those that have been playing for a bit or those that have already taken beginner 1 class.

Class from 7:00 p.m. to 8:00 p.m.

The first night all participants come for the combined two hour first class and then are assigned into one of the two groups.

The program is set up in ten week sessions and has open enrollment for the first four classes, after that anyone that wishes to participate will have to wait until the next session, as it is very hard to get them caught up to those that have been attending for the first four classes. There is a two week break between each ten week session.

Suggested minimum age for guitar lessons is eight years old, but some exceptions may be made.

Yoga lessons, instructed by **Tasha LeRoux-Stetson** of SĀDHANĀ YOGA STUDIO will be from 6:00 p.m. until 7:00 p.m. and are open enrollment for the duration of each session and have no age requirements. However, children under eight years of age should be accompanied by a parent/guardian .

Guitar and Yoga lessons will both be conducted at Laconia Community Center on Wednesday nights.

We encourage participants that are able, make donations in any amount that they are comfortable with, in order to keep the program going. If a participant is unable to make donations, we still encourage them to come. All donations are private and confidential, and 100% of donations go back into the program.

There are no salaries and all people that help to keep the program running do so at their own expense and are not compensated monetarily.

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Sometimes it just takes one person to redirect another and change the course that they are on.

I think that it is fair to say that most people can recall a time in their life when someone stepped in and made a huge difference in their life.

One person who listens, one person who helps.... One person who cares.

For me, that one person was my high school math teacher Ms. Bean. She was fair and treated everyone equally. She listened and showed genuine care for her students and it didn't go unnoticed or unappreciated.

There are many stories where we all sit back and think, "it might have only taken one caring person to prevent that tragedy" ... But how many of us step up to be that person ?

My hope is that this program will not only continue to grow, but will inspire others to step up as well when they see that one person truly can make a difference..

That being said, there is strength in numbers and it is going to take more than one person to keep this program going and we will need the support of the community.

That is why we need to partner with Laconia Police Department to help foster a community that has good relations between the local police and the public.

They are also in a very good position to help get people into the program that may benefit from it. Sometimes there are good kids in bad situations that could really use a positive role model and mentor.

Don't tell the kids, but I sneak life lessons into the classes. There is one class titled "the art of messing up" , where I teach them how to mess up... properly.

Yes, there is a right and wrong way to mess up. We all do it, so we might as well get good at it.

The basic lesson is how to keep going when you mess up without missing a beat. There is an art to it and it can be applied directly to life as well. There are other examples of life lessons being "snuck" into the guitar lessons that can be found in the curriculum. (available upon request)

The classes also teach the value of working hard at something, as well as responsibility, discipline and respect.

We are getting ready to go into our third session and I can tell you that the program has already made an impact on those that are participating at the Franklin location (Toad Hall). We are getting incredible feedback from parents that their kids are not only having a great time while learning, but have also showed a positive change in their attitudes and outlook. This is what keeps the program running when the work gets a little overwhelming.

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Okay, that all sounds great, so what do you need from us ?

I'm glad you asked !! And the short answer is; not much.

The program has been self-sustaining through it's first two sessions and has even been able to generate a little bit of money.

So I will address each entity independently as to how each can help the program continue to thrive and grow.

Kiwanis Club :

The program needs a 501 non-profit organization to channel funds in and out of. We take in checks from local businesses and they seem more willing to contribute when their donation is tax deductible.

Excess funds above and beyond what it takes to keep the program going can be used by the Kiwanis Club, with the hope that some funds will go to programs at Laconia Police Department and the Laconia Community Center whenever possible.

The Kiwanis Club can also help to spread the word about the program and provide names of businesses and/or individuals that may be interested in donating or supporting the program.

Laconia Police Department:

It can be argued that no one is in a better position to get the people into the program that need it most than local police officers.

Our hope is that officers from LPD can refer people into the program that would benefit from it.

It would also be great public relations if there was an officer on site during the program if possible. (Each Wednesday from 6:00 p.m. until 8:00 p.m.)

The hope would be that the partnership will be symbiotic and programs at LPD can receive some of the funds generated by the program.

Laconia Community Center:

Mainly, we just need a venue to conduct the guitar and yoga classes and store the in-house guitars on site if possible. The Community Center may also be in a position to promote the program throughout the community.

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I would like to thank all of you for your time and consideration and welcome any questions that you may have !

Ryan M. Lemay
thenewprophets@gmail.com

C: (603) 731- 8442

List of current sponsors:

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Local Outbreak @ IPM Nation
ipmnation.com

Sonic Wallpaper has been featured on Local Outbreak on The Planet 100.1 FM (www.ipmnation.com), on radio ads, and in The Laconia Citizen.

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Hello Neighbor,

We will be offering guitar and yoga lessons that are available to the public on a donation based entry , every Wednesday from 6pm to 8pm.

Our goal is to promote music and arts as an outreach to underprivileged or at-risk youth, although the program is available to anyone.

Currently, we are trying to raise funds for equipment for those that can't afford it.

We are working with **Manchester Music Mill**, and they have graciously put together a “starter package” that consists of;

- **A new Alvarez Acoustic Guitar**
- **A clip-on tuner**
- **A capo**
- **Two sets of extra strings**
- **A dozen picks**
- **And a gig bag**

These items that are needed to get the students up and running represent a **value of over \$350.00** and **Manchester Music Mill** has agreed to make them available to the program for **\$100.00 !!!**

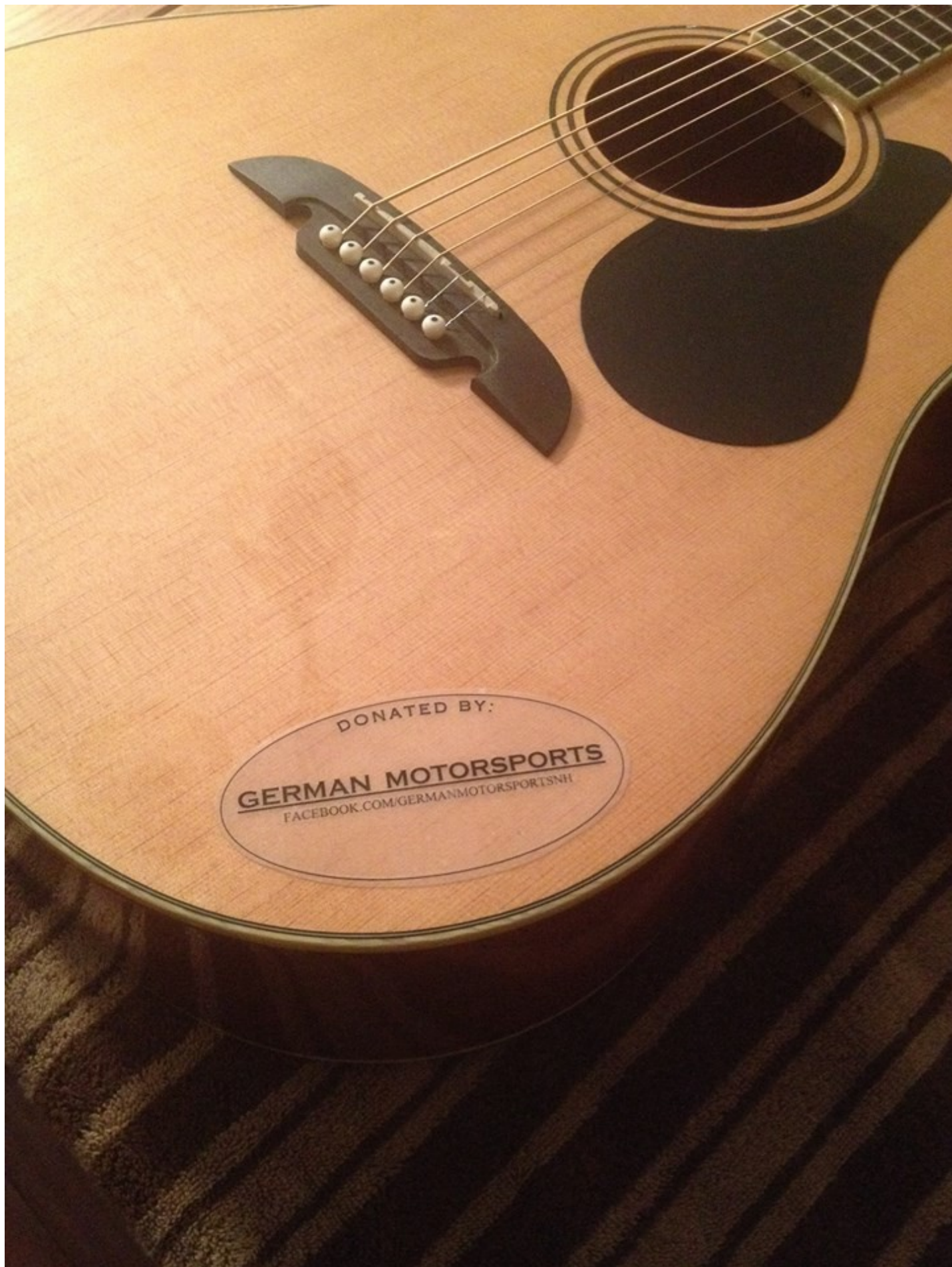
So we are asking that anyone that would like to show support for the program “sponsor” a guitar.

With each \$100 donation we can add another guitar to the program with your logo and information on it. We will also mention you as a program sponsor in any media used to promote the program, including print, radio, and social media.

Please consider supporting this great program by donating !!!

Please contact Ryan Lemay at: thenewprophets@gmail.com to donate or for more information.

Thank you for your time and consideration,
Your friends at The Sonic Wallpaper program



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