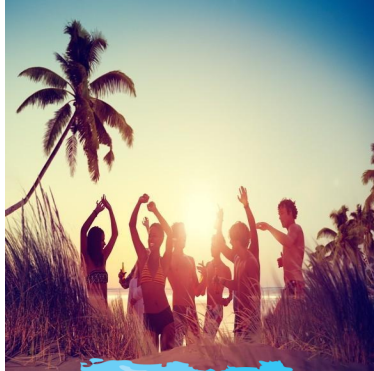
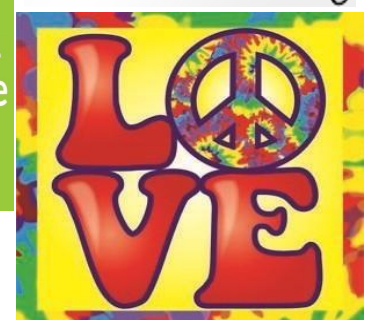




String & Sing Jam

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String and Sing Jam: A Healthy Arts Project

Introduction

The **String and Sing Jam** is part of the **Healthy Arts Project (.com)**, offering a vibrant and inclusive alternative to traditional gatherings. It promotes a fun, substance-free celebration of health, community, and creativity while emphasizing the joy of the arts.

This initiative supports **Healthy People and a Healthy Planet** by fostering a culture of wellness and connection. It encompasses activities like **Drum and Dance**, **Fun Fitness**, and **Healthy Unrefined Potlucks**, all ideally held in natural settings. With weekly gatherings, the community comes together to celebrate life through music, art, and additional activities like **bicycle parties** and **snorkeling adventures**.



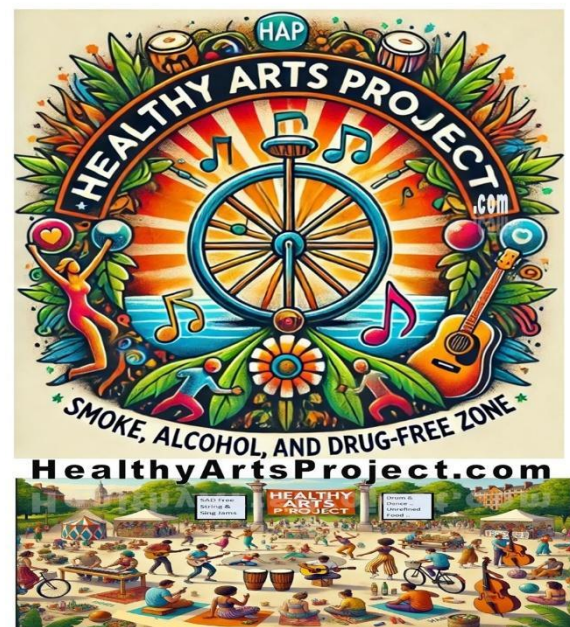
What We Stand For

- **Celebrating Healthy People and a Healthy Planet** through shared arts and joyful activities.
- Providing a **Superior Alternative** to substance use and abuse.
- Creating a **S.A.D.-free environment**: no **Smoke, Alcohol, Drugs**, and promoting alternatives to the **Standard American Diet**.
- Hosting **Positive, Purposeful Parties** that empower, inspire, and energize participants.
- Offering a **solution** to challenges like obesity, opioid addiction, mental health issues, stress, and more.

○

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Online Lessons Available:

Free and advanced options by subscription ...

Here is an example for a Guitar and another for an Ukulele...

I was researching free guitar and ukulele classes for beginners and noticed that many programs provide basic instruction for free, often paired with a paid subscription for intermediate and advanced lessons. Below are some examples I found. While there may be better, more affordable, or easier options available, this is what I've discovered so far.

Why It's a Good Alternative:

- **Extensive Free Resources:** The YouTube channel offers a wealth of free tutorials for all skill levels, making it accessible to everyone.
- **Interactive and Fun:** The instructor's engaging style keeps lessons light-hearted and enjoyable.
- **Optional Paid Content:** For those who want more advanced lessons or personalized help, the Patreon membership offers excellent value.

Guitar Online

1. Justin Guitar <https://www.justinguitar.com>
2. Andy Guitar <https://www.andyguitar.co.uk>
3. Fender Play <https://www.fender.com/play>
4. Guitar Tricks <https://www.guitartricks.com>.
5. YouTube - Marty Music <https://www.youtube.com/user/martyzsongs>
6. TrueFire <https://www.truefire.com>

Ukulele Online Instructions:

1. The Ukulele Teacher <https://www.youtube.com/user/TheUkuleleTeacher>
2. Bernadette Teaches Music <https://www.youtube.com/c/BernadetteTeachesMusic>
3. Uke Like The Pros <https://www.ukelikethepros.com>
4. Ukulele Underground <https://ukuleleunderground.com>
5. Cynthia Lin Music <https://www.youtube.com/c/cynthialinmusic>
6. Kala Brand Music - Learn to Play



Features of a Good Songbook:

1. **Readability**
 - o Large, easy-to-read print.
2. **Chords and Tabs**
 - o Chords integrated throughout the lyrics.
 - o Tablature (tabs) for ukulele and guitar included.
 - o Tabs displayed on the sides of the page.
3. **Format**
 - o Songs designed to fit on a single page.
 - o Available in PDF format for easy downloading and sharing.
4. **Accessibility**
 - o Compatible with iPads and tablets.
 - o Public domain and free for users.



My Personal Favorite Songbook:

- **Website:** <https://ozbcoz.com/songbooks>
huge free downloadable PDF instruments choices right/ left handed ...

Additional Songbooks:

1. **Poole Ukes Songbooks:** <https://pooleukes.wixsite.com/pups/songbooks>
2. **Ukutabs** <https://ukutabs.com>
3. **Ultimate Guitar** <https://www.ultimate-guitar.com>
4. **Doctor Uke** <https://www.doctoruke.com>
5. **Ukulele Underground** <https://ukuleleunderground.com>
6. **Ukulele Hunt** <https://ukulelehunt.com>
<https://www.musical-u.com/learn/ukulele-songbooks/>

For Motivation and Practice consider joining a local Ukulele Groups / Guitar Meetup..

How to Find a Local Ukulele or Guitar Group

1. **Online Search:** Use platforms like Meetup, Facebook Groups, or Eventbrite to find local gatherings.
2. **Music Stores:** Ask about jam sessions or check bulletin boards.
3. **Community Centers & Libraries:** Many host or advertise music meetups.
4. **Music Schools:** Look for group classes or jam sessions.
5. **Coffee Shops:** Check for open mic nights or music events.
6. **Ask Around:** Tap into your network or post on Craigslist, Reddit, or Nextdoor.

Benefits of Group Practice

1. **Skill Growth:** Learn new techniques and improve timing.
2. **New Repertoire:** Discover diverse musical styles.
3. **Motivation:** Regular meetings encourage practice.
4. **Confidence:** Playing in groups reduces stage fright.
5. **Community:** Build friendships and find networking opportunities.
6. **Stress Relief:** Jamming is fun and therapeutic.



Do Groups Provide Songbooks?

- Many groups share physical or digital songbooks or stick to popular songs. If not, members often bring their own music or contribute to a shared list.

Joining a group is a great way to grow and enjoy music!

<https://www.fleamarketmusic.com/directory/default.asp>

<https://www.konaukulele.com>

<https://www.orindaukulele.com>

<https://www.humbleukulele.com>

<https://www.santacruzukulele.com>

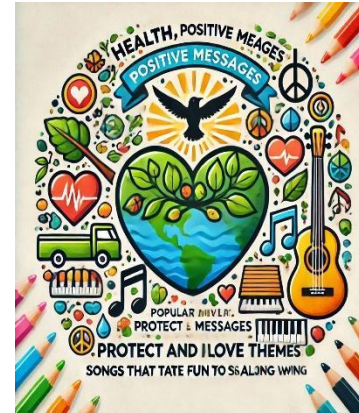
Songbooks can be created and sent to members with the following themes:

- **Health**
- **Positive Messages**
- **Protect the Environment**
- **Peace and Love Themes**
- **Popular and Easy-to-Play Songs**
- **Songs That Are Fun to Sing Along With**

These songbooks could provide a source of inspiration and connection for those who want to play and share music that promotes well-being and unity.

Examples of Folk Acoustic Songs:

1. **Blowin' in the Wind** – Bob Dylan
2. **The Times They Are A-Changin'** – Bob Dylan
3. **If I Had a Hammer** – Pete Seeger
4. **This Land Is Your Land** – Woody Guthrie
5. **The Sound of Silence** – Simon & Garfunkel
6. **Where Have All the Flowers Gone** – Pete Seeger
7. **Take Me Home, Country Roads** – John Denver
8. **America the Beautiful** – Katharine Lee Bates
9. **Leaving on a Jet Plane** – John Denver
10. **The Circle Game** – Joni Mitchell
11. **Turn! Turn! Turn! (To Everything There Is a Season)** – The Byrds
12. **Blowin' in the Wind** – Peter, Paul, and Mary
13. **Morning Has Broken** – Cat Stevens
14. **If I Had a Boat** – Lyle Lovett
15. **I Will Survive** – Gloria Gaynor
16. **The House of the Rising Sun** – Traditional
17. **I'm My Own Grandpa** – Lonzo & Oscar
18. **Scarborough Fair** – Simon & Garfunkel
19. **The 59th Street Bridge Song (Feelin' Groovy)** – Simon & Garfunkel
20. **Green Green Grass of Home** – Tom Jones
21. **Wildflowers** – Tom Petty
22. **Hey, That's No Way to Say Goodbye** – Leonard Cohen
23. **Suzanne** – Leonard Cohen
24. **Rocky Mountain High** – John Denver
25. **Don't Think Twice, It's All Right** – Bob Dylan
26. **Puff the Magic Dragon** – Peter, Paul and Mary
27. **Teach Your Children** – Crosby, Stills, Nash & Young



These songs represent a mix of peace, love, environmental themes, and folk traditions that are easy to play, sing, and share.

Essential items in your jam session setup, along with options:

1. Ukulele or Guitar Kits

- o Ukulele: Soprano or Tenor: \$30 - \$300 (e.g., Makala or Kala for budget, Lanikai or Kamaka for premium)
- o Guitar: \$100 - \$1,000+ (Yamaha, Fender, or Ibanez for budget, Taylor or Martin for premium)



With Case, Tuner, Shoulder Strap, Capo,

Chord Chart

- o Free online or printable, printed books: \$5 - \$20



2. iPad or Tablet .. used or new

- o iPad (with iOS support for updates): \$129 - \$1,000+
- o Samsung Galaxy Tab: \$50 - \$600

3. Tablet Music Stand

- o \$15 - \$30 (Amazon Basics, K&M)

4. Camping Chair

\$20 - \$60 (Coleman, REI, Amazon)

Sun Hat

\$10 - \$50 (Columbia, REI, Amazon)

Water

Free (reusable bottle) or \$1 - \$5 for bottled water

Downloaded Songbooks

Free or \$5 - \$30 (varies based on source, e.g., Ultimate Guitar, Hal Leonard)



These prices depend on brand and quality choices. Consider both budget-friendly and premium options based on your needs.

Healthy Arts Project: Acoustic Music Jam Protocols

General Guidelines

1. Welcoming Atmosphere:

- o All skill levels are encouraged, from beginners to seasoned musicians.
- o Foster a positive, **judgment-free, sad-free, smoke-free, alcohol-free, and drug-free** environment for creativity.

2. Instrument Focus:

- o Only acoustic instruments (e.g., guitar, ukulele, banjo, fiddle, harmonica, light percussion).
- o No amplified instruments or microphones to preserve the jam's organic sound.

3. Circle Structure:

- o Seating arranged in a circle for visibility, equality, and collaboration.
- o **Clockwise Rotation:** Each participant leads a song, announcing:
 - Song title, key, and whether solos are included.
 - Stick to suggested solo parts, avoiding extended playtime.
- o Participants can pass their turn if desired.

4. Song Selection:

- o Focus on well-known, easy-to-follow vocal songs in genres like folk, country, bluegrass, Celtic, and classic rock.
- o Provide a shared songbook or digital chord sheets.
- o Solo performances should be outside the group jam to maintain inclusivity.

5. Group Etiquette:

- o Watch over, protect, and respect each other's equipment and belongings.
- o Help with **setup and breakdown** of the space.
- o Keep wandering children and pets away from instruments and equipment.
- o Clean up after oneself and **take garbage with you**.

6. What to Bring:

- o Your own **chair, music stand, and iPad or downloaded music** from your first group session.
- o **Water and unrefined, organic food snacks** to share.

7. Registration:

- o Sign up with the **Healthy Arts Project (HAP)** to support the group's mission and maintain community standards.



By adhering to these guidelines, the group creates a safe, inclusive, and enjoyable environment for all participants!

From Couch to Jam Circle: A Beginner's Rhythm for Strings, Drums, and Vocals

Want to ease into music-making and join drum circles, vocal jams, or string sessions? You don't need to be a pro—just consistent. Use this simple “repetition bounce” method for ukulele, guitar, vocals, and drumming to build comfort and skill.

String Jams: Ukulele & Guitar

Keep your instrument handy for short, frequent practice sessions—during commercials or quick breaks.

- **Days 1–3:** Learn 3 chords
Ukulele: C, G7, F
Guitar: C, G, D
 Play 1 slow set daily, placing fingers carefully. Relax and accept awkwardness.
- **Days 4–6:** Add 3 new chords, practice old ones as well
Ukulele: G, A, Am
Guitar: A, E, Em
 Practice 3 sets daily, slowly and clearly.
- **Days 7–10:** Add 3 more chords (e.g., Dm, E7, B7), continue 3 sets daily focusing on smooth transitions.
 By day 10, you'll have 9 essential chords and a rhythm of daily practice.

Vocal Warmups: Build Strength and Confidence

Treat your voice like an instrument:

- Practice gentle scales (Do-Re-Mi...) 2–5 minutes daily.
- Breathe deeply, release slowly.
- Let your voice crack; it's normal.
- Gradually expand range and power.
- Combine humming with strumming to improve rhythm and memory.

Drumming: Practice With What You Have

No drum? Use your lap, pillow, or muffled djembe.

- Start with simple rhythms:
 - 2-beat (left-right)
 - 4-beat heartbeat pulse
 - African 6/8 (1-2-3, 1-2-3)
- Practice slowly in short bursts throughout the day for natural absorption.

Final Thoughts: Trust the Process

Short, consistent, patient practice with rest beats long sessions. By two weeks, you'll strum, tap, or sing with ease—ready to joyfully join any jam. Music is about participation, not perfection. Start where you are, go slow, and have fun.

The Healthy Arts Project: A Movement of Playful Purpose

Inspired by early Burning Man, the Healthy Arts Project began with small jams, shared meals, and creative joy. It's now a growing movement celebrating healthy people and a thriving planet through the arts.

We gather in smoke-, alcohol-, and drug-free spaces, fostering connection and wellness through:

- 🎵 Singing, toning & string jams
- 🥁 Drum circles & rhythm play
- 🚲 Bicycle parties & outdoor movement
- 🧘 Stretching, breathwork & embodiment
- 🍇 Unrefined food shares & healthy potlucks
- 🎨 Health-themed participatory art & creativity

Our Vision:

Weekly gatherings everywhere offering alternatives to bar culture, where high states come from connection, rhythm, breath, nature, and expression—not substances.

We know that:

High states, stress relief, nature communion, and community support are innate spiritual needs. We create spaces to activate these naturally.

Call for Collaborators:

We need creators for:

- ✨ Facilitating events
- 📷 Photography & videography
- 📱 Social media & storytelling
- 🛠️ Setup, cleanup, tech, logistics
- ❤️ Holding space with heart

If you have time, energy, and a love for healing play, join us. Together, let's co-create a culture where art, joy, and wellness thrive—where music and movement heal, and being fully alive is the true party.