

Artist Credits:

Piano written and played by: Jennifer DeFrayne

- Fire Island:** Piano - Jennifer DeFrayne, Percussion - Jeff Haynes, EWI - Premik Russell Tubbs, Bass Guitar - Michael Manning
- Be Who You Are:** Piano - Jennifer DeFrayne, Percussion - Jeff Haynes, Violin - Sara Milonovich, English Horn - Jill Haley
- Sisu:** Piano - Jennifer DeFrayne, Violin - Sara Milonovich, EWI - Premik Russell Tubbs, Bass Guitar - Michael Manning
- Beyond:** Piano - Jennifer DeFrayne, Ambient Guitar - Jeff Pearce, Flugel Horn - Jeff Oster
- Gathering:** Piano - Jennifer DeFrayne, English Horn - Jill Haley, Percussion - Jeff Haynes, Bass Guitar & EBow - Michael Manning
- Palo Santo:** Piano - Jennifer DeFrayne, EWI - Premik Russell Tubbs, Vocals - Sara Milonovich, Percussion - Jeff Haynes
- Roots:** Piano - Jennifer DeFrayne, Percussion - Jeff Haynes, Sax - Premik Russell Tubbs, Vocals - Sara Milonovich
- Stepping Stones:** Piano - Jennifer DeFrayne, Percussion - Jeff Haynes, Violin - Sara Milonovich
- Equanimity:** Piano - Jennifer DeFrayne, Violin & Vocals - Sara Milonovich, English Horn - Jill Haley
- Internal Light:** Piano - Jennifer DeFrayne, Violin & Vocals - Sara Milonovich, Percussion - Jeff Haynes, Bass Guitar - Michael Manning
- Renew:** Piano - Jennifer DeFrayne, English Horn - Jill Haley
- Perseverance:** Piano - Jennifer DeFrayne, Percussion - Jeff Haynes, Violin - Sara Milonovich, English Horn & Oboe - Jill Haley

INSIDE LEFT



TRAY GOES HERE

Produced by Jennifer DeFrayne and Corin Nelsen
jenniferdefrayne.com, corinnelsen.com

Recorded, Mixed and Mastered by Corin Nelsen - SynchroSonic Productions

Thank you to all of the musicians who contributed their amazing talents to this album! You all have such an amazing gift, and I am truly honored to have been able to work with all of you. Because of your musical talents, this album became everything I had envisioned, and more, and I am forever grateful! Each of you brought layers of beauty, clarity, and emotion to the music that I cannot describe in words...

Thank you so very much to:

Jeff Haynes - Percussion - jeffhaynesmusic.com
Premik Russell Tubbs - EWI & Sax - premik.com
Sara Milonovich - Violin & Vocals - daisycutter.net
Jill Haley - English Horn & Oboe - jillhaley.com
Michael Manning - Bass Guitar & EBow - manning.com
Jeff Pearce - Ambient Guitar - jeffpearcemusic.com
Jeff Oster - Flugel Horn - jeffoster.com

THANK YOU!!!

To our parents, children, family, and friends for your support in the making of this album, Deanna Nowak, thank you for your friendship, spirit and inspiration for the song "Stepping Stones". To Nicole Carlini for styling and to Jennifer Coker for my photos - jennifercokerphotography.com

To Greg & Cathy Young for the use of your recording space at Maple Hill Farm, your incredible generosity and warm hospitality - spreadmusicw.org

Graphic Design and mistakes by Jennifer DeFrayne and Corin Nelsen

INSIDE RIGHT

Sisu ~ Pronunciation: (si-soo) or (see-soo)

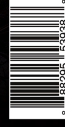
Sisu is a uniquely Finnish quality and is used to characterize the Finnish spirit. It is a mindset that enables an individual to reach beyond their present limitations, take action against all odds and transform struggles into success.

Sisu is a universal capacity which we all share - Perseverance - Courage - Grit - Endurance - Determination - Fortitude - Bravery - Spirit - Resilience - Inner Strength!

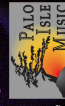
I am of Finnish heritage, my maiden name is Palosari, a strong Finnish name that translates to English as 'Fire (Palo) Island (saari)', and is the title of the first song. Each song and title on the album is in one way or another inspired by the spirit of Sisu. Here are some of my inspirations and meanings for each song.

- Fire Island:** Translation of my Finnish maiden name, Palosari, to English is Fire Island
- Be Who You Are:** Embraces your inner strengths and follow your passion...
- Sisu:** Be determined to accomplish your goals, be brave, never give up...
- Beyond:** When you think you can't... use your grit to move past, and beyond...
- Gathering:** Have courage to find strength in others...
- Palo Santo:** Cleanse your space and self with incense...
- Roots:** Know your roots, honor your heritage, and move confidently into the future with spirit.
- Stepping Stones:** Every accomplishment takes many steps, resilience, and stamina.
- Equanimity:** In times of stress, strength and fortitude will bring you balance and composure.
- Internal Light:** We all have an internal light... let it shine, share it, it can help others in so many ways...
- Renew:** Find ways to help yourself and others embrace life's beautiful changes...
- Perseverance:** If you strive to persevere, and do, that is Sisu!

Jennifer DeFrayne	Sisu	Palo Isle Music 1001
1. Fire Island	5:49	
2. Be Who You Are	4:19	
3. Sisu	7:17	
4. Beyond	5:19	
5. Gathering	3:55	
6. Palo Santo	6:21	
7. Roots	3:38	
8. Stepping Stones	5:02	
9. Equanimity	4:41	
10. Internal Light	3:23	
11. Renew	3:41	
12. Perseverance	5:25	
Total Time:	58:52	



www.jenniferdefrayne.com
PRODUCED BY Jennifer DeFrayne and Corin Nelsen
COPYRIGHT SUBSISTS IN ALL THESE RECORDINGS
PUBLISHING: Palo Isle Music-ASCAP © 2017 Jennifer DeFrayne



Jennifer DeFrayne **Sisu**

Piano with Instrumentation

EXTRA PANEL

BACK COVER

FRONT COVER