New Horizons' Band Camp History
Lucette Fortier – President, NHIMA Board of Directors

In 1994, 24 people attended the first New Horizons (NH) band camp in Snowmass, CO. Since that time, music camps are now a staple of the New Horizons organization.

Some camps are one-time events while others are annual or bi-annual. Camps have been held in Australia, Hawaii, Canada and the U.S.; those in the U.S. have stretched from Olympia, WA to Las Cruces, NM, to Georgia and to Maine. New Horizons hosts 8-10 music camps each year.

The Chautauqua camp in NY is recognized as the grandfather of all New Horizons' camps; it offers 3 world-class auditoriums, a cafeteria that serves as a natural gathering place for all participants, many smaller ensemble and practice rooms, and a dorm.

New Horizons' music groups are encouraged to consider hosting, perhaps along with a second New Horizons group, small 2-3 day camps.

There is financial assistance available through a grant ($1,000 - $2,000) for groups that agree to the simple guidelines set forth by your NH's Board of Directors. Additionally, there is seed money ($5,000) available for New Horizons' groups hosting a first-time 5-6 day camp. The guidelines for applying for seed money are available via the New Horizons website: www.newhorizonsmusic.org

NHIMA Sponsors Camperships
Barbara Belbeck – NHIMA Communications Committee Chairperson

Melinda Jacob, a flute player with the University of Dayton New Horizons Band, believed in the positive effects of attending a music camp. Through Melinda’s generous bequest, in 2012 the New Horizons International Music Association (NHIMA) Board of Directors offered first time campers a one-time stipend of $250. From the applications received, ten winners were drawn in lottery fashion.

About 50% of the respondents to the follow-up survey indicated that they would not have attended the camp without winning a campership. A full 100% of campership recipients indicated they would be very excited to attend another NH music camp and would highly recommend fellow band members to do so likewise.

Note: The NHIMA Board of Directors will continue the campership program in 2014, increasing the number of camperships awarded by lottery to 20.
The Ottawa New Horizons Band welcomed members of the Potsdam, NY, and Toronto, ON, bands during Ottawa’s famous Tulip Festival in May 2013. There was little time to admire the flowers, though, as a full schedule of events kept everyone musically busy and fulfilled.

Close to 30 musicians from Toronto and 19 from Potsdam joined about 80 musicians from several different Ottawa New Horizons Bands to participate in clinics and joint music making. Some drove up to five hours to attend. Band directors from all three locations, along with several outside clinicians, helped pull the music together. Although many hands helped, Ottawa New Horizons’ Cathy Wilcox was the super organizer. A pot-luck dinner topped off the event, and made sure that everyone went home with both musical and gastronomic fond memories.

The legendary cellist Pablo Casals was asked why he continued to practice at age 90. “Because I think I’m making progress,” he replied.
The scene: Grand houses with large porches capable of holding a small ensemble; an audience strolling the neighborhood streets stopping to listen to their choice of musical performances at any of 22 venues; chairs placed on soft lawns shaded by mature leafy oaks and maples; a beautiful warm Sunday afternoon in early June...This is a porch party, the third annual Grand Porch Party of Waterloo, Ontario!

On Sunday, June 9, 2013, a percussion ensemble from the Grand River New Horizons Music, performed on one of these stately porch party venues. Other porches featured some of our other band musicians in a clarinet trio, a horn trio and a ukulele group.

To prepare for the Grand Porch Party, the percussion group, Suzanne Pals (drum set and cymbal), Audrey Fyfe (triangle, tambourine, cymbal and stone), and Marg Schiffer (glockenspiel, woodblock and finger cymbals), rehearsed weekly starting in early April in private homes, capping off practice sessions with soul-warming tea and cookies as the snow flew outside. After several weeks of playing led by Suzanne, we selected our short program repertoire.

We opened the program with three selections from Movie Trios for All arranged by Michael Story and published by Alfred followed by “Short March for Percussion” which provided a dissonant contrast to the more mellow opening numbers and challenging us with more complex rhythmic motifs. Our next entertaining selection, “Stew for Three” by Wally Barnett published by Belwin-Mills, is noted for its contrasting timbres which interweave through patterns of intricate rhythms. Our program closed with “Wood, Skin and Rock” by Moses Mark Howden published by Almitra, an experimental piece whose instrumentation consisted of clapping by Suzanne, rock playing by Audrey, and tenor drum and finger cymbals by Marg.

As a program finale, we solicited audience participation in a drum circle led by Audrey who remarked that, “...we are all musicians at heart...”. Young and old, the audience selected rhythm instruments from a large wooden tub and spent a few minutes improvising with us in the warm summer afternoon.

Percussionists Plays at Porch Party
Marg Schiffer - Grand River New Horizons Music

Dexter Community Band is Growing
Dr. E.R. Lord - Dexter Community Band, Dexter, ME

Word is spreading about the Dexter Community Band in Maine, now in its third year. It is a safe place for members with ranging musical experience to play. Established by the Carl R. Cuthbert Community Band Foundation, the group offers instrumental loan and repair with instruction. The music library is growing, to include simple, advanced, and adapted arrangements. It has a collection of pieces by Dexter-born composer H.J. Crosby and these works are being engraved on the computer for restoration and preservation. The band recently premiered the performance of his piece "Liberty Forever".

The audience continues to grow at performances which include winter and spring concerts, summer concerts in the park, at holiday tree lighting ceremonies, and at an assisted living facility.

Dexter had the honor of opening with the National Anthem at R.B. Hall Days in Augusta in collaboration with several other bands. The band features wind, brass, and percussion ensembles, and recently welcomed an accordion player and guitarist. The band has a touring small brass ensemble and members of the low brass participated in "A Tuba Christmas" event at Freeport.

This year-round band allows busy community members to participate as they are able throughout the year. Summer welcomes the return of college students and snowbirds that wintered in warmer climates. For more information, visit the band’s website:

www.cuthbert-foundation.org

November comes
And November goes,
With the last red berries
And the first white snows.

With night coming early,
And dawn coming late,
And ice in the bucket
And frost by the gate.

The fires burn
And the kettles sing,
And earth sinks to rest
Until next spring.”
~ Clyde Watson
On March 24, 2013 the Peterborough New Horizons Bands and the Lakeshore New Horizons Band gathered together to usher in spring with a joint afternoon concert. About 30 of the 150 Peterborough members embarked on the 45 minute trip to join the Lakeshore group at the Wheelhouse Community Centre on the shores of Lake Ontario.

Following individual group rehearsals, the bands formed one group and what a sound with 80 players! The Lakeshore New Horizons Band, under the leadership of Lynda Shewchuk, were very hospitable and had everything set up and ready to go. We thought our audience would be about 10 family members who had accompanied us for the afternoon but, we were pleasantly surprised when the hall filled up with about 200 people.

The Peterborough “noon hour” band played first under Gord Thompson’s excellent leadership followed by Director Shewchuks’ Lakeshore group. To end the program, both bands combined and played “Loch Lomond”, “Mancini Magic”, and “I Vow to Thee My Country” by Gustav Holtz; an instant standing ovation arose from the crowd.

With the music finished and instruments stowed, we sat down and enjoyed a huge buffet lunch. There was a lot of talk about repeating the visit next year with Lakeshore coming up to Peterborough.

EngAGE Website

Editor’s Note:
I recently discovered a Website called “EngAGE” which is all about active aging. The mission of EngAGE is... “to make aging a beginning.” By providing life-enhancing programs to low- and moderate-income seniors living in affordable apartment communities, they are given the opportunity to continue to grow intellectually, creatively and emotionally. Programming focuses on the combination of mind, body and spirit to promote active engagement and independent living, and to provide seniors with a purpose in life.”

The programs offered at these communities focus on: wellness, creativity, lifelong learning, community, across generations, events, Experience Talks Radio Show, and Senior Olympics.

The Engage Website: www.engagedaging.org/

I have two very interesting sections: the “Blog” and the “Experience Talks” (see the links under the Get EngAGED section.

I signed up for the Blog and receive very interesting daily articles. Some stories covered: various 80 and 90 year old musicians & artists, the oldest active U.S. Park Service employee, a 93 year old woman who still works as a “Rosie the Riveter”, Late Bloomer Women Who Succeeded Later in Life, the world’s aging population, and many more.

I recommend trying out the Blog; you’ll find some amazing people and ideas!

Recycling Music Among New Horizons Groups

Ron Berry - Vice President, NHIMA Board of Directors

Is it time to cull your music library? Are your file drawers groaning each time you pull them open? Why not put those used scores and parts to good use and assist other New Horizons music groups?

NHIMA is coordinating a music swap or ‘garage sale.’ The intent is to make sheet music available to New Horizons groups, particularly start-up groups with limited budgets, at very low cost (no cost would be even better). Those dusty charts helped your group get started, but now you have moved onward and upward—please consider giving ‘younger’ groups the opportunity to breathe new life into your cast-offs.

So here’s the plan:
1. You make a list of the music you want to remove from your library, listing:
   • Title
   • Composer/arranger
   • Grade level, if available
2. Email address of the contact person
3. Email the list to the NHIMA Recycled Music Library Representative listed at:
   www.newhorizonsmusic.org/nhima/contact_information.html
4. We will compile the lists and then distribute to new start-up groups, and broadcast once or twice a year to the general membership via iContact.
5. Interested groups will contact you directly to request which music they would like to receive. We will recommend that, at a minimum, the requesting group compensate for shipping costs.
6. The rest is up to you.

Now, I’ve got to get started on my own file weeding! Thank you for your help.
Playing Music Keeps Your Hearing Sharp
Nedra Floyd-Pautler, MA (Journalism), MA (Audiology), The Hearing Lab

Playing a musical instrument combats age-related hearing and memory loss and could become a new component of the Baby Boomers’ health regimen — auditory fitness.

Neuroscientist Nina Kraus, PhD, and her team at Northwestern University’s Auditory Neuroscience Laboratory showed that music training changes the function and biology of the brain in critical ways.

“Musical experience protects against age-related degradation in neural timing,” she said, and demonstrates that the brain is resilient throughout life.

Her lab found that learning and continuing to play a musical instrument throughout life increases the speed and precision of neurons used for understanding speech. It also counteracts the normal slowing in neural timing that makes comprehending speech more difficult as we age, even without hearing loss. Precise neural timing, the ability to identify landmarks, like when a sound begins and ends, is a terrific aid in facing our most challenging listening task at any age — hearing speech in noisy environments.

Being a professional musician isn’t necessary. The musicians in the study started young, before age nine, and continued to practice, perform or teach music for at least 20 minutes three times a week, but many were hobbyists. Non-musicians in the study had fewer than three years of musical training.

The musician’s advantage is in particular situations—such as understanding speech in noise. Lifelong musical training, it appears, exercises the entire auditory pathway, enabling a sharper representation of the sounds that give meaning to speech.

“Older musician’s nervous systems respond to rapidly occurring sounds, like consonants, faster than their non-musician peers; they respond nearly as quickly as young adults,” Kraus said. “This tells me that lifelong musical experience is analogous to a long-term auditory training program.” (Consonants impart considerable meaning to speech sounds so hearing them is a definite advantage.)

Listening to music and speech are different experiences but share some important attributes. Both require:

- Auditory working memory (the ability to hold in your memory and think about the sound you just heard);
- Selective attention skills (the ability to focus on important sounds and ignore others, and
- Syntax processing (grasping the rules that bind sounds together into meaningful messages).

Musicians develop auditory skills that enable them to notice minute changes in pitch, timing and timbre. The result: Musicians are quicker at identifying sound patterns as words when learning new languages, have better auditory memory, vocabulary and even better fine motor skills. They read better and are biologically better at responding to emotional sounds like a baby’s cry. They have improved verbal memory, but not visual memory.

Repetition, concentration and more repetition appear essential. And repeatedly lying on the couch listening to Bob Dylan or Mozart won’t do it. Your brain has to be active to make changes at the subcortical level needed to boost your auditory skills, Kraus says.

Until recently the hearing process was thought of as sound waves traveling into the ear and being translated into electrical pulses that are picked up and understood in the brain. Kraus has shown that, instead of hearing being a one-way path from the ear to the brain, it’s a busy two-way street.

The brain’s auditory cortex sends messages back to the auditory brainstem based on our experiences and this back-and-forth dialogue strengthens hearing and auditory learning. Musical training enhances one’s ability to draw meaning from sound by strengthening and refining the feedback system, called the cortico-fugal network.

Kraus considers musical training an important underpinning to all learning.
To make a difference in the New Horizons musicians’ lives and honour the memory of a family member, a friend or a fellow New Horizons participant, you can make a memorial gift at the NHIMA web site under Donations:

http://www.newhorizonsmusic.org/

To talk directly with someone about making a gift, contact Nancy Trudell, NHIMA Board member (Development) at: ntrudellmt@aol.com or 406-422-5854.

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**Remembering Dick Prettyman**

Lucette Fortier – President, NHIMA Board of Directors

The New Horizons Organization lost a devoted member when Richard "Dick" Prettyman passed away on July 28, 2013. He was 76 years of age. Dick was a former NHIMA Board of Directors President (2012) and left behind a wonderful legacy. He created programs to increase the number of bands and to introduce NHIMA to more people.

Dick played trumpet, taking it up again after many years of not playing while working for IBM and raising four children. His jovial personality, beautiful flugelhorn improvisations and jitterbug dancing will be missed. Dick attended many music camps with his wife, Sharon. Sharon, a master quilter, passed away earlier this year.

If you wish to donate to a “Friends of Dick and Sharon Prettyman Memorial Fund”, please go to our website: http://www.newhorizonsmusic.org and click on “Donation” on the menu bar along the left side of your screen; then click donation again when the pop up box appears.

**To donate by check:** Click on the “PDF” icon (left center of screen), which will take you to a printable form with mailing instructions.

**To donate by credit/debit card:** Click on the “Donation to NHIMA” button (bottom left of screen) and follow the instructions.

Please contact Bill Gates, NHIMA’s Treasurer (wgates18@comcast.net) if you have questions. Monies donated will be used to help others to attend the music camps that Dick so loved.

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**Full Schedule for NHB of Lawrence Kansas**

John Towner – Director and Bob Woltersberger - Assistant

As the NHB of Lawrence Kansas prepares for a new season, we reflect on the previous busy year and special highlights.

Our sponsor, The Douglas County Senior Services, celebrated their 40th Anniversary. To commemorate the celebration, we performed in October and our director wrote an “Anniversary March” for the special occasion.

A magazine published an article which featured the band and other important people in the local area.

Our September to May concert season highlighted performances at retirement homes and care facilities and also at a local high school. We have excellent soloists and clarinet and sax quartets. Several of our members also performed for the Music Club in May.

Our membership is 30-35 with our oldest player at 95 years young and our youngest at 51. We rehearse or play a concert from 4:00-5:00 on Fridays.
Michigan State University Hosts NHB Mini-Camp
Charlie Culton - MSU/Community Music School NHB, East Lansing, MI

On March 23, 2013, the Michigan State University Community Music School hosted the Michigan New Horizons Band Mini-Camp at their campus in East Lansing, MI. NHBs from East Lansing, Port Huron, Grand Rapids, Flint, Detroit, Saline, and Waterford took part in this half day event.

This event featured several workshops for band members to attend. Classes included: German Band, Jazz, Vocal music, Concert Band 1 (designated for players with limited experience) and Concert Band 2 (for players at the intermediate or advanced level).

The end of the mini-camp culminated with performances by both Concert Bands 1 and 2.

This highly successful event (which was organized by Patti Kroth, Director, MSU/CMS NHB) brought together NHB musicians from across Michigan to learn and further broaden their musical experiences.

PNHB’s Green Band 2013: “Largest Ever!”
Lorna Verhulst- Peterborough NHB, Ontario

According to Sal Castiglione, conductor of the Peterborough New Horizons Green Band, this year’s edition is not only the “largest ever” but 30 out of the 45 rookie musicians have “never played an instrument before.” Listening to them play at what is only their second rehearsal, you would never believe that they have just started. Even at this early date, the quality of their sound is remarkable.

Every year Sal and the Green Band coaches, contact new members during the summer and give them an introduction to a few basics. They show them how to put the instrument together, how to hold it, and how to produce the first sound. Their preliminary preparation is clearly evident from observing the band’s first couple of sessions.

This year’s Green Band is special, but not just for their size. Last spring PNHB received a $57,700 Ontario Trillium Foundation grant. Most of the money was designated for the purchase of new instruments, especially those that would otherwise be too expensive for members to rent or purchase. Several of the new Green Band members are now playing on instruments acquired by PNHB over the summer.

“...or purchase. Several of the new Green Band members are now playing on instruments acquired by PNHB over the summer.

Valerie Kavanagh, Clarinet

Director Castiglione conducts new Green Band members

“I am sooooo impressed. From the first time I met Sal, he made me feel so comfortable. I did not know one note, how to hold the instrument or how to get a note out of it. I know I need all the help in the world, but I couldn’t be in a better place to learn. I believe that I have found a wonderful opportunity for seniors. It’s great for the brain to try to keep up and get pleasure out of it. There’s no pressure, and if you make a mistake you just correct it when you can, and that has already applied to me. I’m on my way to a wonderful future. Who knows where I might end up?”

Sal Castiglione, Conductor, Peterborough NH Green Band

Jack Sisson, Baritone

“I have been enjoying getting back to band music the past 2 weeks. For me, I think New Horizons is a great opportunity to learn to play a musical instrument that I have never played before. Where else can you pick up an instrument for the first time and be playing in a 40 piece band the following week!”
SHA-TAW-KWA (Chautauqua) 2013
Written by Carol Zeh - Akron, Ohio
'Twas the night before ending another band camp,
The sun shines all day - but our rooms:
Cold and damp.
The food - it was great, but I give you fair warning:
Put your toast in at night
So it's done in the morning.
Our Kate takes the podium energetic and smiley,
(Did you know she's in love with a man named
John Riley?)
And we all love our Laura with "direction ironic"
She's one-third rehearsal,
Two-thirds stand-up comic.
A "sawak" from the far side and it's a sure bet:
Either chickens in labor
Or third clarinets.
And from a trombonist, this choice it is born:
"Would I rather have a root canal
Or sit by French horns?"
And, then from behind there arose such a
clatter --
(It's only the drummers,
So what does it matter?)
With their bells and their whistles
All bangin' and fussin'
Done over and over: it's called re-percussion.
Then some went to chorus with Susan as mentor
She plugged in male voices with menopausal tenors.
The group playing bluegrass gave us
"Culture relief"
But they were not authentic:
They all had front teeth.
And those damn ukuleles! Could they be any
bolder?
They sang dirty songs
With a dog on their shoulder!
After 5 intense days of taking our places,
Only strings and the drummers
Have lips on their faces.
So we all learned a lot! Roy and Company rocked ya --
You have over a year to learn to spell
Chautauqua.
Then on Thursday morning as we drive out of
sight,
New Horizons to all!
May your home bands shine bright!
Music Hath Charms
Meg Nielsen – Madison New Horizons Band, Madison, WI

Oh, how I love the smell of slide grease in the morning! How I adore the rhythmic click of fingers on instrument keys, the sound of brass players blowing warm air through their horns like snorting battle steeds and buzzing “the raspberries” to rest their tired lips! Even a tepid drizzle of saliva blasted blastantly through a spit valve warms my heart.

All this because I’ve played the French Horn since junior high. I wanted to play flute, but was actively recruited for what I didn’t even know existed at the time, but what I now consider to be the high priestess, the most glorious, the most mellifluous of musical instruments, whose warm, sonorous brassy tones pour forth in sweetness like honey from the comb. Ah, but, I digress.

Down through the years, I have enjoyed playing the horn. And, while I stupidly sold my beautiful Holten-Farkas to buy furniture for our first house, I have since been reunited with the instrument.

Most recently, I joined the Madison New Horizons Band (or Late Harvest as my sister-in-law jokingly calls it). New Horizons is a band for older adults. There are hundreds of such bands scattered across the US and Canada. The Madison version meets every Wednesday at 6:30 p.m. in the McFarland High School band room, and is followed in the summer months by the McFarland Community Band at 7:30 p.m.

I am not an accomplished musician like my husband, who directs both the New Horizons Band and the Community Band, but I am – even at this “late harvest” stage of life – still ridiculously in love with the sound of the French horn, even when it’s played by me. So, when Glenn was invited to be one of two directors at a New Horizons Band Camp at Hope College in Holland, MI, in July, I packed up my suitcase, grabbed my horn and became a band camper.

Before I knew it, I was warming up in a rehearsal hall with 65 other musicians from Ohio, Indiana, Michigan, Wisconsin and Canada. One clarinetist was 92. She had come with her 60-something daughter to play in the band. A tuba player brought his grandson, and both played tuba together. New Horizons is an organization that welcomes people of all ages and ability levels.

And it welcomes them to one of the best forms of mental exercise the brain can have – at any age. Music is a discipline that engages body, mind and spirit. When you play (or sing) the mind is processing three to six notes per second, translating information to the fingers, being conscious of rhythm, key signatures, phrasing. Add to that the finesse of dynamics – playing loud or soft, with feeling and emotion. The musician must watch, listen, think and feel. Among other things, music is the art of working together, of being united in spirit. Music has, throughout the centuries, been used to express the entire spectrum of human emotions: grief, joy, pain, longing, love, joy, celebration. Music has been composed to commemorate wartime victories and to proclaim nationalistic themes. It has also been written in times of trouble to inspire and uplift, to impart hope.

For example, the symphonic poem Finlandia, written by Jean Sibelius in 1899 was composed for a celebration, but its movements depicted episodes from Finnish history. The oppressed people of Finland recognized the piece as a nationalistic protest against increasing censorship from the Russian Empire, which had overrun the country at that time.

And, remember how the majestic first four notes of Beethoven’s Fifth Symphony were used during WWII (dot, dot, dot, dash = the letter “v”) as a symbol for victory?

And, in every rehearsal, there comes a holy, magical, mystical moment (depending on your philosophy of life) when the director raises his baton, everyone takes a deep breath and the band plays its first note together.

That moment is holy, magical and mystical to me because any time a group breathes together, exciting things can happen – whether it’s a beautiful musical experience or a peaceful protest.

Music is more than a discipline, more than an art, it is a potent force.

It’s no wonder, then, that a stalwart group of Wonsinites continue to sing inside our capitol building in Madison every weekday at noon. To do otherwise would be to agree to the freedoms already lost within our state – all within a very short time.

Sure, it would be easy to get a permit. But, who’s to say that compliance to the recent law governing assembly within the capitol will not lead to the enactment of other laws further limiting and where people can gather to speak or to sing?

Weren’t freedoms just as quietly stripped away in Germany during the 1930s when most of the Western world was busy dealing with the Depression? Wasn’t that when the heavenly music of Mendelssohn was banned because the composer was Jewish and the bellicose music of Wagner was brought center stage?

“Music hath charms to soothe the wild beast,” Shakespeare once wrote. But, music also has power to move us to action, to comfort and bring hope, to remind and restore ideas and ideals.

And, if we’re going to have people dueling in our capitol building, I think we’d all rather that it’s with music than with guns.

Editor's Note: This article is a reprint from the McFarland Thistle weekly newspaper of Aug. 15, 2013. It talks about the joy of making music and then morphs into a political commentary. Meg’s husband, Glenn, Director of the Madison NHB, provided some background: “Last year, when Gov. Walker made collective bargaining illegal, protesters met every noon at the state capitol rotunda to sing protest songs. Our esteemed governor then passed a law that you needed a permit to assemble there and limited it to 20 people. The protesters have met every day since then without a permit and are arrested daily.”
Community Involvement for Detroit NH Program

Jill Woodward – MSU-Detroit Community Music School New Horizons Band, Detroit, MI

Now in its 4th year, the Detroit New Horizons (NH) program includes two beginning-intermediate level bands, an advanced concert band, and a jazz band. Detroit’s NH Band is uniquely multi-generational, with players ranging in age from 18 to 80. Program director, Ed Quick, an award-winning bandleader and teacher who retired after 30 years in the Detroit Public Schools, is assisted by Pamela Michael, who teams with Quick, and Carl Stone, who runs the jazz band. Detroit NH is sponsored by the Michigan State University Community Music School (CMS) at the MSU Detroit Center.

The band regularly collaborates with local musicians, composers, and every spring they do a joint performance with the Detroit School of Arts music department. They also perform for the midtown Detroit’s Noel Night in early December, an event that attracted an exuberant performance by the kindergarten and first grade musical campers of the Elvis Presley hit, “Hound Dog.”

Director Ed Quick and the NHB Summer Band with Crescendo Detroit

“Life is a lot like jazz… its best when you improvise.”
~ George Gershwin

Sight-reading Improvement Tips from Roy

Linda L. Johnson - Editor, New Horizons News

Roy Ernst, New Horizons Music Founder, was recently asked about the best learning methods for seniors. Many of us who put down our instrument for decades or decided in our 50s or later to learn an instrument often find we are too critical of ourselves and are plagued with impatience. What can we do to improve more quickly? How do we improve our sight-reading abilities? Here are some tips that Roy passed along regarding sight-reading improvement:

1. “Get back from the music a little and try to see a whole measure or more at a time. Your brain takes pictures of the music—click, click, click. You want to get a bigger picture each time. You can only sight read music that is well within your comfort zone.

2. You should be able to use a counting system to figure out rhythms, but then you should play rhythms by just knowing the sound. For example, you can probably play eighth notes without counting them. You need to expand your vocabulary of patterns you can play this way. You only need about 30 patterns to be able to play most music.

3. Don’t stop when you make a mistake. Keep the beat and start the next measure on one. Or, keep your place and watch a couple of measures go by and then enter in the right place.

4. Practice reading without your instrument. Keep a beat with your foot and say rhythm syllables or just “doo” for every note.”

Editor’s Note: It’s always good to listen to recordings of music you are working on. Roy suggested going to the JWPepper website at: JWPepper.com. Select band music and then enter the composition you are looking for in the search field. For some of the music, there will be the word “listen” or an n icon of a speaker. Click on that and listen. There is no charge. You may be able to find some music to listen to on YouTube or in the iTunes store.

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If anyone has other tips that have worked for you, please email me at: ljohncv@gmail.com and I’ll include them in future newsletters.

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First Northern Colorado Camp a Success!
Linda L. Johnson – NHB of Northern Colorado

It couldn’t have been more perfect weather the week of our first band camp. Registration went smoothly—volunteers and signs were in place, tote bags, music, name tags, t-shirts, maps, etc. were organized ahead of time allowing for easy distribution. A golf cart and driver helped campers get to and from the parking area to the registration building and for use during the camp.

A one-hour orientation and welcome meeting immediately followed registration. Campers got the “lay of the land” and a brief overview of the schedule for the camp before heading to dinner in the Colorado State University’s Rams Hall Dining facility.

The camp featured morning, afternoon, and evening music sessions with refreshments interspersed throughout the day. We established a Band Camp Central which our volunteers staffed during class sessions. Band Camp Central was a great place for campers to sit and relax between class sessions, reserve golf cart rides, get information, or leave their instruments while eating their meals.

Wednesday evening featured a Social and Small Group performances including: Dixieland bands, Advanced Jazz Band, Flute Ensemble, Bottle Band, Recorders, Percussion Ensemble, and Woodwinds. A looping slide show featured favorite scenes from the camp’s first three days.

We surprised Roy Ernst at the Social with a 75th birthday recognition and cake; and two special guests crashed the party...Roy’s daughter and granddaughter from Arizona! The entire evening was such a fun time!

The camp culminated with the Choir, Intermediate and Advanced Concert band performances on Thursday morning. It was amazing to hear the high caliber musical performances that these groups provided with just 3 ½ days of rehearsals!

About 30 campers selected the after camp excursion to Estes Park and Rocky Mountain National Park, and received a wonderful tour with commentary provided by Barbara Shull, camp instructor and longtime resident of Colorado. Sadly, the area they toured was hard hit by the recent floods and it will take years to rebuild the homes and roads that were destroyed. However, the communities have really come together and the goal is to get the major roadways open before the snow flies!

We were thrilled with the outcome of our first camp with 116 participants from all across the U.S. and Canada! The year-long planning effort and great group of committee members and “game day” volunteers made it all happen!
Helena New Horizons Band Rapidly Grows
Nancy A. Trudell – Director, Helena NH Concert Band, Helena, MT

The Helena New Horizons Concert Band was formed on February 27th with twelve members. Since that time it has grown to over 50 musicians with various backgrounds. There are retired music teachers, professional musicians, those who haven’t played in many years and several who are learning an instrument for the first time. The Band plays two major concerts and two smaller "Friends and Family" concerts each year.

Several small groups have formed as a result of the Band. There is a Flute Choir, a Clarinet Trio, and a Saxophone Group that play during concerts or for special occasions. For example, members of the band have played at nursing homes, and recently about fifteen played at a residential facility for children. The group performed several numbers for the children, and then gave the children time to see all of the instruments and even get to play many of them. It was a very rewarding time for Band members.

Red-Dot Envelope Important for Emergency
Ron Berry – Director, New Horizons Band of Northern New York

Our band has adopted an emergency information system to aid first-responders in the event one of our members collapses or becomes ill or injured during rehearsal or a concert. Yes, it can and does happen!

Each member is issued a blank emergency information form and an envelope with a stick-on red dot (hence, our nickname, the red-dot envelope). The form asks for name, age, medications, allergies, primary care doc, preferred hospital, chronic conditions, etc. The member fills out the form, puts in envelope and seals, then stores envelope in his/her music folder (I stapled mine to the inside of the front cover) so that it is always available in case of emergency.

This is voluntary (though chocolate is occasionally offered as a reward for having the envelope) and completely confidential—the member retains custody of the form, not the band. But we always know where it is should an emergency arise. And, yes, we have located the emergency defibrillators in our rehearsal building—have you?

An example form adopted by New York State which we used as a model for our much simplified form can be found at:
http://www.compassionandsupport.org/index.php/for_professionals/molst/molst_form
"Give My Regards to Broadway"
Marv Crim – New Horizons Band, Sioux City, IA

The summer was busy for our New Horizons Band with many performances around the Sioux land area. We enjoyed playing for the Northeast Community College in a three-part series during the months of June, July, and August.

We also participated in the annual Rivercade/Chris Larson Park activities and at the Betty Strong Theater in the Lewis & Clark Center. Our repertoire included traditional marches, Ragtime/Dixieland, Broadway themes, rock and roll, ballads, swing, and even some notable toe tapping polkas! The audience was also treated to some of Dr. Lou’s corny puns! (drum shots please!)

The band is now busily preparing for the upcoming holiday season. We are working on several new pieces including such melodies like, “Grown-Up Christmas List,” “A Winter’s Night,” “The Toy Trumpet” and a tune Eartha Kitt made famous in the 1950s, “Santa Baby”!

The Band has about 29 active players and is always looking for more members to enjoy music and camaraderie. We have a lot of fun!!

Happy Holidays from NHB of Sioux City!

Fenton Director is Folgers Jingle Contest Finalist
Julie Hussar – Fenton Community Orchestra, Fenton, MI

Andrew D. Perkins, Director of our Fenton Community Orchestra, was one of the top 10 finalists in the Folgers coffee jingle contest; how amazing! Click on the link in the box below to see video clips of Andrew describing what music means to him and hear his Folgers jingle.

“I think music is a way of describing part of our existence; it’s a lens through which you can look at your life.”

~ Andrew D. Perkins

What Talent!
Deborah Weber – New Horizons Band of Sonoma County, Santa Rosa, CA

The New Horizons Band of Sonoma County recently celebrated its 14th year of existence. The band has grown from a dozen members to more than 70 musicians.

Traditionally, the band marks the end of the Spring Concert season with a potluck luncheon at a band member's residence. This year, as members began discussing our end of season festivities, it was suggested that the potluck take place at our rehearsal site and that our smaller Swing Band perform. That great suggestion led to further discussion about other possible musical performances, and soon a committee formed to prepare for our "Inaugural Talent Showcase and Potluck".

We discovered that many members play a variety of instruments in other groups so the Talent Showcase was a perfect opportunity to perform for each other in smaller ensembles. It allowed members to hear and appreciate the talent within our organization and we heard a great deal of new, and some unusual, music.

The program ranged from classical, to traditional Japanese children's songs, to vaudeville, and on to Dixieland, and Swing. All the performers were members of the New Horizons Band or member’s spouses, and the audience consisted of band members and assorted "groupies".

Those who attended the event discovered that there is a great deal of unique talent within our band. Band members who may not have the opportunity to solo in the full band were highlighted in their ensembles. Some surprises included a vocal rendition of "To Keep My Love Alive" by Rodgers and Hart, and an introduction to the Japanese Shakuhachi and some lovely Japanese children's songs.

The three-member committee programmed the 10 acts, arranged for both video and still photos of the event, and coordinated the potluck luncheon.

In addition to enjoying the extraordinary talent among our members, it was also an opportunity to empty out the music folders, which was greatly appreciated by our band librarian.

If you are looking at a fun way to end a season, we suggest you look at the talent within your organization.

Important Membership Renewal News - New Membership Types!

Starting January 1, 2013, NHIMA created new membership types for Individual and Couple Members who want to receive printed editions of our NHIMA newsletter in addition to the electronic editions.

These memberships cost $2 more than the regular memberships ($12 vs. $10 for individuals, $17 vs. $15 for couples). By creating these new membership types, NHIMA can continue to offer printed editions for those who want them while keeping overall membership costs low by preventing the unnecessary printing and mailing of newsletters to those who don’t.

For current members, your renewal materials will list your suggested membership type based on what you have received in the past. If you want to change your membership type, you may do so when you send in your dues or renew online.

Double check what you want and renew today! For more details, go to:

http://www.newhorizonsmusic.org/nhima/membership_individual_couple.html
Was it the making of a heart attack? Probably. Was it because we were in uncharted waters, doing something so bold and brave? Of course! Maybe it was the white shirts of the security guards in the shopping center. Perhaps it was that we hadn’t asked permission. And maybe it was the feeling of jumping off into the abyss by walking to the center of the mall, hoping, yet knowing already, that the band would show up to perform exactly as we had rehearsed.

The timing was everything. The preparation extraordinary. The collective efforts imaginative, collaborative, and fun. All of the pieces of the puzzle came together in a flash as members of West Michigan New Horizons Music Ensembles (WMNHME) performed in the middle of a busy regional mall’s two-story atrium. Months of planning went into this four minute performance of “The Lord of the Dance” that delighted and surprised numerous shoppers, bystanders and our organization’s supporters.

All ideas start as a fragment in an evolving process. Think of it as a circle from the concept to completion, coming in phases, mixed with an element of surprise and in a moment energized by heart-pounding excitement.

The circle began even before the final note of “The Lord of the Dance” at Camp Chautauqua 2012 when Roy Ernst flew out of his seat, declaring, “You’ve got to do that for a flash mob! It would be great! You need to find the biggest public venue available, get in, play and walk away.” And so we did.

Part of this circle was drawing our members into the process by memorizing or making other arrangements to read their music. We engaged a draftsman to replicate the space so that we could choreograph the entrances and exits of all musicians. Engaging a team of videographers to capture the sights, sounds, and enthusiasm of the moment was required. A team of helpers passed out literature on our upcoming concert. We displayed a professional poster with our organization’s name and logo. Two last critical elements remained: a mandatory dress rehearsal in a comparable space an oath of secrecy, sworn from concept to conclusion—for the six months of planning leading up to St. Patrick’s Day. And then we rehearsed.

The idea that began with Roy and was seized and embraced by WMNHME, was driven by one thing: the music. The piece was easily adapted by creating a vamp to allow for timing as musicians moved into their spaces. As elements of melody were added, the excitement grew. Midway through as the audience surrounding us raised their voices in cheers, I knew for certain that every ounce of effort was worth it. The world stopped and there was nothing but the music, the players and the rhythmic drive to the end. In that one perfect moment, it was ours.

Check out our website and click the video link to see our YouTube video:

http://www.westmichigannewhorizons.org
Support Our Business Members

Since the founding of the first New Horizons Band in 1991, Dr. Ernst’s continuous organizing efforts have attracted the interest of businesses in the music field. Our Board of Directors seeks to cultivate business memberships alongside the individuals who support the organization. Business memberships in NHIMA enrich the environment for New Horizons players by bringing us tried and true instrument techniques, useful products, study methods, printed music, and all sorts of ancillary support goods and services. All of the companies below are listed on NHIMA’s Web site. NHIMA would like to thank these business members for their participation!

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