How many New Horizons Bands have resident composers? We are lucky enough to have one in our group... John Benton! John is a longtime percussionist, who just recently expanded his musical credentials by becoming a composer of band music. John, a larger than life presence in the band (he stands 6’7” literally), has written several scores over the past few years which have been performed by local bands.

John grew up in Fort Collins and graduated from Colorado State University with a BA degree in Speech/Drama and a teaching endorsement in K-12 Music and Secondary Speech/ Drama/ English. He has always loved music and the arts. His favorite percussion instrument is Timpani, although he wishes they were made taller! He has also played French horn, English handbells, and Baritone horn.

John taught music and theater for many years and performed in various choirs and bands including the Fort Collins Symphony, the Longmont Symphony, and the Grand Junction Centennial Band. He is currently a percussionist with the Loveland Concert Band and the Foothills Pops Band as well as in our New Horizons Band and is also a choir member of the First United Methodist Church in Fort Collins.

He first dabbled at writing music back in 1967 as a senior in high school when he wrote an arrangement of “Cinco de Mayo” by Herb Alpert for the Fort Collins High School Pep Band. John recalls, “It was the coolest thing ever to hear it played!”

Years later when his daughter was in the Children’s Choir at church, a musical piece was needed to include the Children’s Choir with the Adult Choir. John wrote a procession on the hymn, “Hosanna, Loud Hosanna”.

The recent improvements in music software (John uses Sibelius 7) rekindled his interest in composing and he now has authored several band scores.

John’s first band composition was “New Horizons Concert March” and our band performed this during one of our concerts. Other scores followed and here are some titles and what prompted his musical themes:

- “Adjutant’s Call March” is based on the bugle call from the Civil War.
- “Kansas Morning”, a beautiful melodic piece, was created using John’s impressions of waking up early on his grandparents’ farm. You can hear birds, John Deer tractor, and hymn tunes throughout the piece.
- John wrote the melody of the “Perfect Pickle Polka” to actually fit lyrics. The title refers to an Andy Griffith Show episode where Aunt Bea makes terrible pickles. Andy replaces them with “perfect pickles” from the grocery store.
- “Variations on a French Carol”, adapted from Noel X by Louis-Claude D’Aquint, was commissioned for our band member, Gail McNeil.
- “Deep Winter Christmas” combines Holst’s “In the Bleak Midwinter”, parts of Dvorak’s “New World Symphony”, movement 2, and “Jesu, Joy of Man’s Desiring”.
- Part of his fascination with clocks resulted in his “Westminster Musical Clock” composition. There are many clocks, 2-against-3 rhythms, cuckoos, dings, and the Big Ben theme song. He thought about the Hary Janos Suite by Kodaly as he wrote it.
- His most recent piece, “Stephen Foster Frolic”, is a compilation of several Stephen Foster melodies.

John would be honored to have other New Horizons Bands perform any of his pieces at no charge, with the stipulation that his name remains on the music as composer and/or arranger, and that copies are not made and passed out to other bands. He will release additional copies, as required. Contact John at: bentonj1950@gmail.com
Guest Soloists and Conductors
Roy Ernst, Ph.D. – NHIMA Founder

Would you like to make your programs more interesting, build relationships with important musicians in your community, and increase the size of your audience? You can do all of that by inviting guest conductors or soloists on a regular basis.

Some guest conductors to consider are the conductors of the community groups, university groups and local school groups. Recognize the guest’s contribution to the community with a statement in the program and with your comments to the audience. You will have a friendly new relationship with that person and probably many people in his/her group.

Even professional conductors can be invited to conduct part of a rehearsal. The conductor of the Rochester Philharmonic conducts a rehearsal of the New Horizons groups at least once a year, as does Jeff Tyzik, who conducts pop concerts for many professional orchestras around the United States.

Don't be afraid to ask. Just say, "I would like our New Horizons musicians to have a chance to know you better. It would be great if you could just stop in and say a few words or conduct a piece or two." The New Horizons musicians love it and it is also a win for the conductor because an important part of his work is building relationships with the community and building audiences.

Featuring a soloist on a program adds a lot of interest to the program and it can also develop new relationships. You may have a person in your own group who would be comfortable as a soloist. Other good sources are university faculty members, members of your local professional orchestra, and high school students. Talk to your local high school directors to see if they have a really outstanding student who could be featured as a soloist.

If they do, you can be sure that your audience will include many students from that school. The same is true for university faculty. University faculty members are expected to perform community service, so you will be doing a professor a favor by presenting him/her as a soloist.

It is very important to pick a solo that is well within the comfort range for both the soloist and the ensemble. Ask the soloist for some possibilities and check the JW Pepper website to see if there are some choices that you would like to recommend.

Performing an accompaniment is challenging and rewarding. The conductor and the ensemble need to respond quickly to any tempo or dynamic change that the soloist makes. The ensemble must also play softly enough so that the soloist can be easily heard, but loud enough to give support and vitality. Reduce the number of players if needed. Consider using a microphone, especially for a flute, clarinet or oboe soloist.

So, why not consider adding a local musician or conductor as a featured soloist in your next concert; the benefits are many.

Fireworks in Our Brains?
Julie Degone - New Horizons Band of Northern New York, Potsdam, NY

Does making music make us smarter or keep our brain from deteriorating as we age? Since Dr. Roy Ernst started the New Horizons program in 1991, we have become increasingly aware of the benefits of music, enhanced memory functions being an important benefit.

Australian music educator, Anita Collins, presented her research to the TED people and they produced this fascinating video. (See the sidebar for a link to Ms. Collins’ 5-minute animated video showing what happens to the brain when you learn and practice music.)

“TED is a non-profit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics – from business to global issues.”

“…Independently runs TEDx events help share ideas in communities around the world.”

(www.TED.com)

You can read more about Anita Collins and her research at:
www.anitacollinsmusic.com/neuroandmused/
TED-Ed video link:
A group of amateur musicians -- with varying to no musical training -- formed more than just a New Horizons Band at Indiana State University's Community School of the Arts. "Looking around the room, these are people who started as strangers. Now, they have a whole roomful of friends. That's the cool thing about something like this that you don't find anywhere," said Norm Hanson, director of New Horizons.

Designed for adults, ages 25 years and up, the New Horizons Band is for people with little or no musical background who want to learn to read music, play an instrument and join others who are taking the same steps.

Patricia Bitts, 76, played the clarinet from third grade through marching band at Hymera High School.

"Like many young women, she gave up her love for playing after getting married and having a family. "...We always had music in our life. But I just didn't know how you could, as an adult, could get into a band; I just ... didn't see anywhere or any way to do it."

That is until she read a newspaper article about the New Horizons Band being formed locally. Now, for Bitts, it's like riding a bike. "It's always a thrill to me," said Bitts, a business administration graduate of Indiana State. "When I practice at home, I can hardly put it down. I play for like an hour and a half at a time, till my lip hurts so much that I can't keep playing. I don't know why I let it go for so long."

Her husband, Robert Johnson, had never played an instrument before joining New Horizons. He grew up in the Northwoods of Wisconsin and as a grade-schooler, rode the school bus home and couldn't participate in extra-curricular activities, she said.

"When I first started, I wasn't sure I could get a sound out of the thing that sounded like any kind of musical sound," Johnson, 78, said. "It was pretty hard. I'm finally getting some sounds that sound like music. I'm happy. I'm progressing. I'm improving."

Bitts says Johnson, who spent his career working as a chemist, practices even more than she does at home. They're so dedicated to the band that while they're gone this winter, they've found a New Horizons group to join.

"We're going to Mesa, Ariz., so I got online and I found a New Horizons band out there," Bitts said. "I've written to ask if we can join that band while we're gone, so we can keep up with it."

While New Horizons band members may have limited experience playing an instrument, (Norm) Hanson brings with him nearly 30 years as a high school band director. He also leads the jazz ensemble and string orchestra at Rose-Hulman Institute of Technology and plays in the Terre Haute Symphony and bands around the area.

"Really, music is all I've ever been good at -- besides throwing runners out at second base, but clearly I'm not playing in the major leagues," Hanson said. "My dad was a college music professor and professional musician up around Chicago and the Muncie area. It's been a part of my life since forever."

Talking to him is a little like listening to a jazz jam session-verbal one-liners resemble a series of improvised musical chords and meters. The upbeat tempo makes the practice sessions enjoyable.

"Norm is fun. He makes it fun and they praise you-they don't complain if you do it wrong or something. So it's a positive thing," Johnson said.

In addition to new friends and new (or renewed) hobbies, New Horizons offers health benefits. Band members are taught to breathe intentionally and from the diaphragm.

"You lose lung capacity as you get older. I think it's more a matter of learning to control the breathing than ... about increasing lung capacity," said Johnson.

Research has shown playing music is the brain's equivalent to a full-body workout and that the brain improves structurally through the rigors of musical training-no matter your age.

"When you're doing something like this, it's the ultimate in multi-tasking," Hanson said. "You gotta keep your place, you gotta remember what button to push, you remember to breathe so you can play. The person next to you is playing something different, so you gotta play your part while he's playing his and not get distracted by that and keep your spot in the music, watching the director, all that."

Johnson admits joining New Horizons was intimidating. "My kids are really good, and you know, I didn't want to sound like a total fool or something," he said.

But Johnson and Bitts aren't afraid to learn new things. At the age of 60, they started taking ballroom dance lessons. It's where they met as widowers, and now it's how they pass the cold-weather months together.

"Every winter, we go to Texas or Arizona to dance," he said. "So we've done something new before. You don't want to do the same thing all your life, you know? You want to do something different."
This past fall, the Hagerstown NHB was featured at the Wings & Wheels Expo sponsored by the Hagerstown Aviation Museum, at the Hagerstown Regional Airport. The Museum is dedicated to preserving the history of aviation and aircraft made by Fairchild, a WW II aircraft manufacturer. We knew our repertoire included two historic numbers, but we learned from Tom Riford, a local volunteer announcer for the day’s concert, that they were especially significant to Hagerstown’s history.

Our country celebrated the 200th anniversary of the Star Spangled Banner in 2014, and we learned it was first published in book form in Hagerstown by the Gruber Printing Company. Gruber opened his publishing business in 1795 so it was a well-established firm when Francis Scott Key’s poem, “Defence of Fort M’Henry”, was included in a book of national patriotic songs in 1814. Key’s poem was set to music by his brother-in-law, Judge Joseph H. Nicholson, who adapted the words to an English composer’s song. The popular song later was renamed “The Star-Spangled Banner” and became our National Anthem when President Herbert Hoover signed the legislation into law on March 3, 1931.

The second historically significant piece we played was “Pegasus March” written by Dr. Peter Buys, a long-time director of the Hagerstown Municipal Band and a Sousa band member. He wrote “Pegasus March” in 1952 and dedicated it to Fairchild Aircraft, a Hagerstown company formed in 1925 as the Kreider-Reisner Flying Service. The company was renamed Fairchild in 1929 when Sherman Fairchild bought a controlling interest. The company went on to become a major manufacturer of military aircraft during WW II and continued building military and civilian aircraft after the war. Pegasus, the Greek mythological, divine, winged stallion was a symbol of Fairchild and was included in the company logo. The symbol and name are used by the Hagerstown Aviation Museum, too, in recognition of the large role Fairchild played in our country’s aviation history.

John Seburn, President of the Museum, and our director, Chris Bonebrake, diligently looked through the Peter Buys Collection in the archives of the local public library until they found a handwritten copy of “Pegasus March”. John Seburn made a high-resolution scan of the music for us to play at this concert which he believes is the first public performance of the march! Members of the Aviation Museum and Hagerstown Regional Airport leaders agreed after they heard us play “Pegasus March” that it will be their organizations’ theme march.

In addition to these two numbers of local historical significance, we played a range of patriotic music and marches including the “Colonel Bogey March”, “Fife and Drum Muster-1812”, “Hail Columbia”, “Salute to the Armed Forces”, “Aces High March”, “Red’s White and Blue March”, and “Miss Liberty”.

Several New Horizon Bands publish local newsletters for their members. If you are interested in reading more about the Naples group in Florida, email Director Dr. Ken Carper at: k.carper@comcast.net

**Tri-County NHB Celebrates 10th Year**

Diana Jonen – Director, Tri-County New Horizons Band, Saukville, WI

Tri-County NHB, covering a large area north of Milwaukee, Wisconsin, celebrated the completion of its 10th year in December 2014! The band members surprised their directors, Diana Jonen and Karen Wachholz, with a framed photo of the band, a certificate of appreciation, and a personal letter of encouragement from Dr. Roy Ernst. It’s great to know that the band means so much to everyone, and we hope it can continue for many years to come. On this anniversary, we also pause to remember the band’s co-founder, the late Tom Miller, and thank him for his vision.

**Directors Diana Jonen and Karen Wachholz**

Here, the Tri-County NHB performed a Halloween concert. If you look carefully at the Sousaphone, you’ll see a spider made its home there!
Now in their sixth year, the Energy City String Orchestra and Symphonic Band took their audience on a whirlwind tour, “Around the World in 80 Measures.” Under the baton of Artistic Director Terry Tullos, the fall program attracted over 300 persons to The Well in Houston, Texas.

The tour opened with the String Orchestra performing an arrangement of Jerry Brubaker’s “National Anthems Around the World”, national anthem refrains from Great Britain, France, Germany, Spain, Canada, and the USA. Banners from each nation decorated the stage, and two large video screens synced visual cues to each anthem. The string group continued with the mesmerizing refrain from Maurice Ravel’s “Bolero” and ended with lively “Variations on an Irish Tune” based on Thomas Moore’s “The Minstrel Boy”.

The Symphonic Band set a fast pace with several dance arrangements including: Reinhold Gliere’s “Variations on a Russian Sailors Dance,” Aram Khatchaturian’s “Sabre Dance,” and Jose Padilla’s Paso Doble, “El Relicario.” Brightly colored bead necklaces were tossed out to the audience for the “Carnaval in Sao Paulo” as band members donned festive hats and masks. Familiar selections from an “Italian Holiday” arrangement (“La Donna E. Mobile,” “Tarantella,” and “O Solo Mio”) ended the musical tour.

Terry Tullos and Pat Weeks, President of the Energy City New Horizon Board, invited those who might be interested in joining the groups. The spring semester is now underway, with Tuesday morning and Thursday evening rehearsals. The program provides opportunities to perform and practice in instrumental chamber groups with instructors Keith Craik (violins), Coral Olsen (cellos), Karen Robertson (flutes), Stewart Olsen (trumpets), and Carolyn Ayers (clarinets). For more information email Terry Tullos at: terrytullos@mdumc.org.

The Memorial Drive United Methodist Church hosts the Energy City program through ArtsNow!, a newly expanded arts facility adjacent to The Well at 13186 Memorial Drive. The center includes classrooms, practice rooms and staging areas for musical productions.

Selections from the performance provided by Dusty Dickerson may be heard at: www.YouTube.com/radioman46.

The US Department of Transportation has recently updated rules for travelers carrying instruments on commercial airline. You can review the new rules and tips on travel with an instrument at: www.dot.gov/airconsumer/air-travel-musical-instruments.

To learn music is to learn a whole new language.
In November 2014, three saxophonists from New Horizons Band of Cape Cod traveled to Dinant, Belgium to play at the 200th anniversary celebration of the birth of Adolphe Sax. The Cape Cod saxophonists included Joan Waldron (tenor sax), Linda Hladek and Pat Hannon who both play alto sax, and Pat’s husband, Marty, who served as their music stand.

Belgium is proud of its native son, the inventor of the saxophone. To honor him, the country held events throughout his bicentennial year under the banner of Sax200. In Brussels there were musical competitions and the Musical Instruments Museum (MIM) dedicated an entire floor to Sax’s work. The New Horizons members from Cape Cod went to Dinant to join with hundreds of saxophones playing “Happy Birthday to You” in the streets of Adolphe Sax’s hometown on his birthday.

The Meuse River cuts through Dinant, and the bridge crossing it was lined with colorful, 12’ saxophones designed and donated to Dinant for Sax200 by countries of the European Union. Not far from the bridge is 37 Rue Sax. This was the home where Sax was born and where his instrument shop was located. The original structure has been replaced, but the building is still called La Maison de Monsieur Sax (Mr. Sax’s House).

On the sidewalk in front of the house is a bench with a statue of the seated Sax holding a saxophone. Adolphe appears welcoming and relaxed and he has left room on the bench for visitors to sit next to him. It is doubtful any saxophonist leaves Dinant without a photo of themselves sitting with Monsieur Sax.

Adolphe Sax’s 200th birthday was on November 6, 2014. That evening saxophonists and spectators of all ages gathered in the center of Dinant for the festivities. There were hundreds of saxophones: altos, tenors, baritones and sopranos. The organizers positioned volunteers in the crowd to make sure anyone who wanted to play found a spot to stand and had music to read. They made sure everyone felt welcomed. The conductor for the evening was Alain Crispin who composed and/or arranged all the pieces played. It was a musical stroll through town with music performed at four locations. Students from the Dinant Music Academy and professional musicians played at the first three locations. Visitors played at the final stop.

One of the most touching moments of the evening occurred just before the music students began to play. A middle-aged man holding a saxophone who was either a music teacher or a father, leaned over to a young man about 12 years old who was also holding a sax and said, “Don’t worry. Just play.” (That is very close to, “Your best is good enough.”)

Everyone had the opportunity to play at the fourth location which was in front of La Maison de Monsieur Sax. Right there with Adolphe watching and listening from his bench, hundreds of saxes burst into song with, “When the Saints Go Marching In” and “Happy Birthday to You.”

There are so many memories of this wonderful event, too numerous to include them all. We recall the German man who had wrapped Christmas lights around his alto saxophone. There was Marty Hannon, human music stand with sheet music duct taped to his back for the NHBCB saxophonists; and the many balloons with LED lights inside that were released after the final notes were played while everyone held their saxes aloft. There was the unforgettable sound of the Belgians playing, “La Petite Fleur.” But the most memorable of all, was just the pleasure of playing music with other people!

Planning Group Continues to Move Forward

Director Ennio Paola of the Sharing Significant Music TM| New Horizons Band in Pickering, Ontario continues to move his group forward with a planned companion site in neighboring Scarborough, ON via their partnership with “Chartwell Retirement Residences (Guildwood)”. They hope to add additional members on April 8, 2015 when registration begins.
In December, the Peterborough New Horizons Band’s (PHNB) small ensemble, the "FUN"damentals, played before an enthusiastic audience of students at Highland Heights Public School. Under the direction of Mark Hiscox, they performed popular musical selections and holiday favorites.

In November, some of the members from the ensemble mentored Grades 7 and 8 music students of teacher Karen Brown. The mentors helped students with a variety of skills such as correct counting, proper posture, and breathing techniques. Following a morning concert, the ensemble joined with Ms. Brown’s music students to celebrate the success of the students by playing some songs together. The mentorship program is an exciting and rewarding partnership. Students said, "It was a great experience because the mentors helped us improve our playing in many different ways; it was helpful and fun; now I’m a better player; we learned a lot faster in our smaller groups."

Flute mentor, Christine Annett, shared these thoughts, "I see the tutoring program that we have started as a small contribution to help students learn the value of music in their lives and hopefully, to inspire some to want to go on with the study of music. I also see the program as a way of advocating to preserve music in our schools. I can’t help them all or fix the system, but maybe I can make a difference starting with just one student." Sax mentor, Sue Clifton commented, "Tutoring the beginner students is an interesting experience. They have numerous questions about both the instrument and the music. In a small lesson setting, there is actually time to give individual attention. I can see their confidence improving in just the few months that we’ve been connected to the program."

The PNHB hopes to continue their mentoring partnership with Highland Heights in 2015.

By Kay Wert Minardi - University of Dayton New Horizons Music Program, Dayton, OH

Small Ensembles Expand Musical Horizons in Dayton

The University of Dayton New Horizons Music Program (UDNHMP) now rounds out their 50-member concert band and 20-member jazz band, with two smaller ensembles, an “Oompah” Band and a Flute Choir.

In September 2011, Linda Watkins (baritone) asked some concert band members if they would like to play German “oompah” music. An oboist, a clarinetist, two trumpeters, a tenor saxophonist and three baritone players came forth and met after concert band rehearsals. This largely self-directed group played various polkas, marches and waltzes.

Kay Wert Minardi (trumpet) persuaded her newly retired husband to join the Concert and Oompah bands in fall 2012. Two concert band trombonists joined the group, veteran clarinetist Dottie Wise joined both the concert and oompah bands, and Johnny Titcombe switched from baritone to trumpet to help balance the ensemble’s sound. The group landed a few gigs, mostly at libraries and senior centers.

In late 2012, UDNHMP Director Linda Hartley hired Ohio Valley British Brass Band cornetist Seth Moore to coach the Oompah Band. Moore’s direction helped the group raise its level of play.

Today’s 5-member group which added John Kotecki (trombone) and Mark Minardi (tuba), practice on its own for two hours a week and another hour with its coach. Gigs now include banquets, schools, bookstores, and UDNHMP concerts.

Camaraderie, laughter and upbeat music are what bring them back week after week.

Wise said, “I enjoy the happy, lively music. The clarinet part is really fun to play. It has lots of notes, and I like that.”

They agree they wouldn’t be where they are without their coach. They also note that playing in the ensemble has improved their playing in the concert band.

The UDNHMP Flute Choir, a much newer ensemble, was originally formed in 2010 but because of fluctuating personnel and instrumentation, was disbanded. However, with renewed people and instrumentation, the Flute Choir was re-established.

The group’s members are: Jane Balquiedra (alto), Suzanne Edwards, Betsy Jameson Ingram, and Julie Koogler (bass), Mary McKittrick, and Mike O’Brien. The group’s instructor, Christina Condon, is an outstanding flutist who has performed with James Galloway.

The group’s first performance was in the UDNHMP’s 2014 spring concert. Since then, it has played at nursing homes and an intergenerational concert, and hopes to land more gigs.

The choir’s repertoire includes: classical, contemporary, religious and Japanese music. O’Brien also has composed some music the group plays. Condon edits his pieces, and the musicians collaborate on naming the compositions.

Koogler drives an hour each way every week to play C flute in the concert band and bass flute in the flute choir. The veteran musician (clarinet and violin) has played flute for only five years. She said, “An hour is not too much to drive. I just love to play the flute!”

“Christina spends about 10 minutes each practice with us on tuning. It has made a huge difference in concert band!” ~ Suzanne Edwards

“I play better in Concert Band because the Oompah Band performs more often. Performing focuses you on being better.” ~ Kay Wert Minardi

Peterborough NHBs - Students + Mentors = Success!

Bev Bresee - Peterborough New Horizons Bands, Peterborough, Ontario, Canada
NHB in Guelph, Ontario, Canada
Rob O’Flanagan – Reporter, The Guelph Mercury, Guelph, Ontario (Reprinted)

GUELPH — Maybe you think you missed the boat on playing a musical instrument, or let your former musical gifts lay dormant too long, never to be rejuvenated. Think again.

On Thursday, a group of about 30 musicians, most seniors, proved it is never too late to take up or get back into music.

The New Horizons Band Guelph performed a more than one-hour program of classical and jazz numbers at the Guelph Youth Music Centre. The music sounded accomplished, despite the fact that many of the members have only been playing their brass, woodwind or percussion instruments for less than a year. Many have returned to music after decades of letting it slide.

Martin Shelley and his wife, Mary, played music together in their high school band. That was a long time ago. They returned to music in recent times.

"We haven't really played much since high school," said Shelley, who plays trumpet and trombone. "It's tough keeping it up. You raise kids, and all the other things in life that you do. And it's not a lot of fun just playing by yourself."

He said returning to music after 40 years is challenging, but he called the process of relearning both stimulating and invigorating.

"And there is a real sense of community making music together," he added.

Brent Rowan is the music director for the program, which started nine years ago. Some of the original members are still with the group, but they were 65 at the time they joined, and were just starting out in music, he said.

"It's mainly for retired people, because we run it Thursday mornings," Rowan said. "What it gives them is a social experience and a learning experience with music. There are all of these studies that show music is good for our overall health and wellness, good for mind and body."

Participants have a lot of fun making music, he said, something that was evident in the broad smiles and shared sense of pride in the group during the performance. About 50 audience members attended.

"They are very dedicated," said Rowan, a jazz saxophonist. "Some are coming back to it after 40 years of being away. Some actually have some musical experience, but there are quite a few people that join with no musical background whatever. And they just have a great time."

Sessions of the New Horizons Band Guelph run Thursdays from 9:15 a.m. to noon. The winter session starts the third week of January and the spring session starts the third week of April. There is also a fall session that starts the third week of September.

There are three levels of experience, and instruction is available in brass, woodwind, and percussion. Inquire through music@nhbguelph.com or call 519-823-8893. Visit the group’s website at: www.nhbguelph.com.

Music for Life: The Story of New Horizons
By Bruce Burritt – Director, Eastman – Rochester New Horizons Band, Rochester, NY

Eight years ago, Peggy Hall, a member of the Rochester New Horizons Orchestra had a vision—she wanted to see the story of New Horizons told in a television documentary. That first resulted in "Chordially Yours," a DVD made available on the New Horizons website. Then she was joined by three other New Horizons members—Kathy Weber, Howard Holmes, and Elaine Miller—to take on a new mission, a documentary to be produced by WXXI, Rochester's public television station. They worked for years to raise funds to produce the documentary. Their dream was finally realized on December 4, 2014, when Music for Life: The Story of New Horizons was premiered on channel WXXI. It culminated a week of celebrations and parties in Rochester.

The documentary was used as part of the annual fundraising campaign by WXXI. An email message about the premiere was sent to New Horizons members so that they could watch it on streaming video. WXXI set a record for the number of people watching streaming video and had “one of the best fund raising events in a long time.” Station officials were delighted as people called in from all around the US and Canada. New Horizons members, including Roy Ernst, could be seen taking calls. Sixteen people called in to join New Horizons the next day.

Music for Life will be distributed by American Public Television to PBS stations in the US during the first week of May. Ask your members to contact the program director of your local station during that time to tell them that you would like to have it shown.
As we all know, the brain is a very complex organ. Doctors have told me it is the one organ in the body we truly do not yet fully understand. We know how to treat and repair heart problems, liver diseases, and most other organ concerns. However, the brain remains a mystery. The medical profession has told me repeatedly, “We just don’t know how to treat and heal the many facets of malfunctions within the brain.” Thus begins my story.

On September 6, 2012, I experienced a cardiac arrest. This condition occurs when the heart is beating at an uncontrolled rapid rate, in my case over 300 beats per minute. Doctors call it ventricular fibrillation where the heart muscle is not pumping and blood oxygen does not reach vital organs, including the brain. I was told this type of heart arrest is normally instant death. Only 5% of the patients will survive. The doctors informed me later I was without a pulse for over 30 minutes. I was dead.

I was placed in the Intensive Care Unit for 18 days in a medically induced coma. On the eighth day I regained consciousness, and it appeared at this point, I was going to live. The big question was how extensive was the brain damage. The answer would not be known for a number of weeks.

When I was released from Intensive Care, I was placed in rehab therapy for one week. The simplest day-to-day functions were beyond my mental and physical abilities. For example, I could not write my name nor did I know the name of the President of the United States. Mentally, I had big problems. With gradual improvements, a week later I was allowed to go home.

Prior to my heart arrest, I was a five-year member of the New Horizons Band of Summit and Stark Counties. I am a clarinetist. I have the guidance of my husband, Jim, a wonderful musician with three degrees in clarinet. What a marvelous advantage for me.

Five days after returning home from rehab, Jim suggested we resume our clarinet lessons. With his patient encouragement, we started at the beginning with the first lesson in the First Year Elementary Book, on the first note. This introductory lesson lasted about 10-minutes. The second day was only several minutes longer, with an additional note or two. Each progressive day, the lessons became a minute or two longer, adding another note or two along the way. After about three weeks, I had relearned simple elementary tunes. I was relearning what I once knew, but I still had a long way to go. Indeed, my brain was beginning to heal!

As I mentioned at the beginning, my physicians have all stated the brain is a very complex organ. We truly do not know how the brain heals. However, we do know through countless studies and research, music plays a vital role in brain development. Hooray for New Horizons Band, Jim Adkins-our Director, the teaching talents of my patient husband, and the phenomenal support from the National Association Of Music Merchants (NAMM) who have made this program possible.

As you can see, two years after this journey began, I am a mentally perfect 68-year-old aspiring clarinetist. My repertoire has grown by leaps and bounds, along with my friendships in the New Horizon Band.

### NHB in Waukesha, WI Plans Spring Concerts

The New Horizons Band in Waukesha, are readying for three spring performances. The first is on April 8th at St. Johns On the Lake Senior Living Center in Milwaukee. The Waukesha New Horizons Brass will perform in concert with The Spring City Brass Quintet and the Windy Hill Brass Quintet on the campus of the University of Wisconsin Waukesha on April 17th.

On April 24th, the Concert Band will share the stage with the University of Wisconsin Waukesha Symphonic Band also on the campus of the U of W, Waukesha.

The band performs two to three times per semester during the school year and 5 - 6 times during the summer months including at the Wisconsin State Fair! The brass also does 2 - 3 gigs during the Christmas holidays.

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**Editor’s Note:**

Pat’s ability to re-learn following her heart arrest, involves the brain’s plasticity. It was once believed that when a person reached adulthood, the brain’s sensory pathways were set or fixed. Numerous studies continue in this area and seem to indicate that learning music, because it involves an intense multisensory motor experience, helps preserve cognitive abilities as we age. In Pat’s case, she was able to re-learn many things and she continues her musical journey with much success!

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CBS Sunday Morning on 3/15/15 aired, “It’s never too late to be a late bloomer”. Forbes Magazine editor, Rich Karlgaard reported, “…the recent research shows how ‘enormously plastic’ the human brain really is. We retain the capability of learning new things quite late along our lifetime.”
The Oak Hammock Chamber Players
Michael Plaut, Ph.D. – Oak Hammock Chamber Players, Gainesville, FL

A few times throughout the year, the Communications Committee will notify you with important news. The iContact message is a mass mailing with just one click. The messages are usually set in some graphics and colour to stand out from regular e-mails.

The sender of the e-mail will be noted as “NHIMA”. The subject line may say for example, “New Horizons: Information about the Holland Music Camp”, or something specific like that.

A recent December message notified you of the upcoming “Music for Life” Documentary. Other examples from the month of November 2014 included an advertisement for a Webmaster and an invitation to our NH organizations asking if any group would like to sponsor a band camp.

We use our database as the source for the members’ e-mails. If you are not receiving these messages, make sure they are not being blocked or treated as Spam.

You can update your information by going to our website:
http://newhorizonsmusic.org/online-forms
and/or provide the information when you renew your membership. If you do not have e-mail, ask a friend to pass along any of our messages.

iContact provides a tracking system so that we can see how many people have opened the message. On average, about 60% open these mailings. We would love to see it at 100%!

A primary goal of NHIMA is to keep our membership informed especially of important upcoming events and happenings in our wonderful organization. Our iContact system allows us to do this in a direct and immediate manner.

So keep an eye out for these e-mails. You may find great information on campership opportunities, upcoming music camps and registration dates, band tours, where to get a good music deals, etc.

Let us know if you have some important news to share. Perhaps you’ve scheduled an upcoming master class or workshop? Send your information to me at:
lorick@cogeco.ca

Happy Playing!

The Oak Hammock Chamber Players perform their holiday concert in December

Gary Langford, Professor of Music Emeritus at the University of Florida, conducted the group’s first formal concert last June. Among Gary’s many responsibilities at the University were director of marching, concert and jazz bands. He has won numerous teaching awards and performs as a trumpeter in many settings. He is music director and conductor of both the Alachua County Youth Orchestra and the Gainesville Community Band. He is also a popular Institute for Learning in Retirement instructor at Oak Hammock.

A Variety of Music for 2015!
Marv Crim – New Horizons Band, Sioux City, IA

Rehearsals are well underway for the New Horizons Band of Sioux City as they prepare for its spring, summer, and, before too long, fall concerts around Siouxland. Some of the new music includes: “El Capitan”, “Don’t Cry For Me Argentina”, “Courage March”, “Tiptoe Through the Tulips”, “Rock, Roll and Remember”, “Sousa Palooza”, “Fidgety Feet”, “Hootenanny”, and “Solamente Una Vez”. The band looks forward to these new musical challenges and to playing at a variety of locations in and around Sioux City!

The New Horizons Band of Sioux City poses for a group picture during their Christmas performance at the Sunrise Community Center.

Happy Playing!
Zooming @50 Plus – Diary of a Greenie

Reprinted from Peterborough This Week by Carol Mutton*

I am Sue Scharer’s stand-in “Greenie” for the next few months as she basks in the sunny south. Lucky her but also lucky me!

Sue has written delightful pieces on being a newbie with Peterborough New Horizons Bands and her most recent about our Christmas concert experience. She related how she pushed through the jitters and held off on that rum and coke until after the concert?

Sue is learning to play the clarinet while I’m trying the alto saxophone. I chose that instrument because I love the smooth, toasty sax sound. As well, my husband Wayne, who plays the tenor sax in the Allegro band, just happened to have an old Conn alto with great tone hanging around.

That’s the beauty of the band. You can learn a completely new musical instrument or continue with an instrument you played back in your youth.

I can’t believe how much I look forward to every Monday morning when we practice. Up until January, we were practicing twice a week. Now we have a new routine, once a week but with double the fun — two conductors instead of one.

Our dear and patient Sal Castiglione is back but he’s not alone — Mark Hiscox conducts the second hour. You’ve probably heard of the Hiscox family, one of the most musically talented families in the Kawarthas*

Some of us were tentative and rusty at the first practice after the holidays but it didn’t take long to get back into the swing of things, despite some faltering fingering and the odd squeak.

I had the benefit of practising for our family talent show on Boxing Day. Wayne and I played a duet, which saw us diligently rehearse between wrapping and preparing for Christmas dinner. Let’s just say the small audience was both pleased and forgiving, as family tends to be.

I’ve never played in a band before. My musical experience is limited to three years of piano as an obstinate 12 year old resisting the practice routine and finally giving up against my mother’s wisdom “You’ll be sorry,” she said.

I was sorry later as an adult. I have returned to the piano but that’s on hold. Pianos and keyboards are not part of this band’s sound and, besides, I want to concentrate on my newfound love of the sax.

Yes, I’ve fallen hard for the band. As I told my piano teacher, “Well, it just happened. We started out as friends but before I knew it…”

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* Editor’s notes:
Carol Mutton has been in the Peterborough NHB Green Band since last September.

The Kawarthas are an area comprised of land, lakes and rivers about 1 ½ hours east of Toronto.

CMS Musicians Enjoy Varied Program
Patricia Hurley – Director, New Horizons Band of the Connecticut Valley-Shore, Centerbrook, CT

We are in our fifth year under the auspices of the Community Music School (CMS) of Centerbrook. As the Founder of the school, currently celebrating our 30th anniversary, I was happy to return to the school after a 38 year career as a public school band director to inaugurate our chapter of the New Horizons (NH) organization. We have 14 enthusiastic members, including one gentleman who is 90 years old. A clarinetist who played in an Army band during WW II, he decided that the saxophone was easier with his arthritic hands. Several of our musicians are members of local choral organizations, including a barbershop quartet. They often add a vocal complement to our band performances.

The brass section formed a quintet and we perform a varied repertoire, including 17th century music and jazz numbers. We are about to add a woodwind ensemble. Band members often perform at the school’s annual Adult Recital as soloists, vocalists, and ensembles. We perform for local retirement homes and libraries, as well as an annual Holiday Concert and a June gazebo concert with the CMS Jazz Ensemble.

In April, we will repeat our exchange concert with the Groton New Horizons Band at the Senior Center in Old Saybrook. We also have been invited to perform a side-by-side concert with the local middle school 7th grade band in May. In June, we will include middle school students for Summer Band which is a week of intensive rehearsals culminating in a gazebo concert. Students feel comfortable playing alongside seniors and often collaborate on musical questions.

The CMS newsletter publishes a profile of a NH Band member in each issue. These members have led some very interesting lives, and are continuing to grow with their participation in New Horizons.

Several of our musicians attended the NH Band Camp at the New England Music Camp (NEMC) for the past two summers. Several of us will return to attend the newly named Adult Band Camp at NEMC. I am thrilled to be one of the Directors for Symphonic Band as well as the trumpet instructor at this camp.
The Polka Dots, a small ensemble composed of members of the Iowa City New Horizons Band, marked its 400th performance in November 2014. The Polka Dots formed in 1996 when members of the band were encouraged to form small ensemble groups. From the five original members, the group has increased in size and has had numerous members over the last 19 years. The group regularly plays polkas and marches in an adult day care center and nursing care facility. They also perform for other community organizations and events. Every performance is ended with the playing of “Beer Barrel Polka,” with singing led by Jerry Musser, trumpet.

In January, the Iowa City NHB, celebrating its 20th anniversary (see story on page 15), noted the Polka Dots’ achievement at a band potluck.

Polka Dots at their 400th performance at Pathways Adult Care Center

A slide show chronicling the history of the Polka Dots featured various band members who performed with the group since its beginning. Two of the five original members continue to play with the group; Katie Belgum, trumpet, and Glo Berry, alto horn (originally a clarinet player). Glo organizes performances and faithfully records each in a notebook, while Kathie is always ready to suggest the next tune during performances. Glo and Kathie were presented with a calendar marking the 400th performance with pictures of the group over its 19 years.

The Polka Dots have already begun their march toward their 500th performance. Both players and audience members agree that when this group rolls out the barrel, everyone has a barrel of fun!

The New Horizons Band of Northern New York has been devoted to playing at Maplewood Health Care & Rehabilitation Center in Canton, NY once a month since September 2013. Maplewood Health Care & Rehabilitation Center provides a diversified community of care for seniors living in the North Country.

Small groups from New Horizons of NNY, ranging in size from three or four to as many as 12 members, perform pieces that range in style from folk songs, marches and classical arrangements to klezmer and jazz. We try to incorporate songs that many residents will recognize, while providing an opportunity for residents to learn about instruments and different genres of music.

We share our love of music, and in return we get smiles, handshakes and a sense that we have brightened their day. Check out the opportunities in your own communities where you can take your instrument, a music stand and some sheets of music and provide a ray of sunshine - a retirement community, a daycare, or a residential alternative for seniors and persons with disabilities.

Did you know?
A klezmer is a Jewish instrumentalist especially of traditional eastern European music or the music played by klezmorim.
Music In Our Schools Month (March) is celebrating its 30th anniversary. This annual event is sponsored by the National Association of Music Educators (NAME).

To celebrate this event, The New Horizons Bands of The Villages (BOTV) joined together with our Villages Middle School and High School Bands and performed a joint concert; a recurring event for the past seven years. Ticket sales went directly to the school bands to help them with instrument maintenance and purchasing programs. The concert, as always, was a sellout, with 300 people in attendance. In addition to the ticket sales, The BOTV donated an additional $4,000 making the total $5,500.

One combined band consisting of members of all three of the BOTV (about 130 adults) performed along with the middle and high school bands. Each group individually played several selections and then the entire group of about 250 participants, played the National Anthem and The Golden Eagle March.

We encourage other New Horizons music groups to celebrate this event with your local school bands, orchestras and choral groups. (If you missed doing it this year, it’s never too early to start planning next year’s event.)

The benefits of high quality music education offered in our schools are often underrated or go entirely unnoticed. We can help highlight these benefits by promoting music for students at every opportunity, not only during the Music In Our Schools month, but each and every month throughout the year.

Morris County, NJ Forms NHB Band

Jane Greenwald – New Horizons Band of Morris County, Denville, NJ

The New Horizons Band of Morris County was formed in December 2015 under the helm of Director Dave Mende and Assistant Director Richard DeCicco. Thanks to the guidance of the NHIMA Board of Directors and the instructional materials they provided, our band is up and running. The Board’s support, guidance, and encouragement, helped our organization tremendously during the formative stages.

Our 23 member band now happily meets every Tuesday morning in a lovely lakeside location in Denville, NJ. The Chamber Ensemble rehearses after the full rehearsal, while the Wind and Brass Ensembles meet alternating weeks on Friday mornings.

Both conductors are retired school music teachers and due to their experience have already enabled the band to perform even challenging pieces which incorporate dynamics and musical feeling.

The public relations committee gained exciting press for the new band which we hope will expand our membership. Additional committees are responsible for other operational aspects of the band.

We are excited to continue the tradition of playing music in a warm and supportive and fun environment. We have truly become a family of musicians.
The Beat Goes On in Toronto…5 Years Later

Michael Schwantes – Long & McQuade Bloor New Horizons Band, Toronto, Ontario

In September 2010, 20 adults first gathered in Toronto for the inaugural session of New Horizons. Since then, the band has grown to 160 members with four directors. Our sponsor, Long & McQuade, still supports us with rehearsal space, instrument rentals, and the business acumen of manager Bruce Chapman.

Bruce, in the music business for over 30 years, has always wanted to support a New Horizons Band and found the right person to lead it when Dan Kapp retired. Dan continues as the driving force and musical director. His wife, Lisa, a flute player and percussionist, is the head librarian, membership committee chairperson and general fixer of all things.

In September 2011 and February 2012, two new entry level bands were started. The evening band was headed by Dr. Robert Mee, a Music Ph.D. who had studied with Dr. Roy Ernst. Then in September 2013, the band was divided into entry, intermediate and advanced classes. A jazz big band class also began in September 2013 led by Anthony Rice who is a working professional conductor, and arranger.

Our first road trip was in May 2014 to Ottawa where we played in a day-long mini-camp with the Ottawa and Potsdam branches of New Horizons. The travelling bug was planted and every summer at least 20 members attend New Horizons’ summer camps in the U.S.A and Canada.

During the 2014 academic year a film crew followed us around. They are in the final stages of producing a documentary on our group for TV Ontario on the subject of music and its effects on aging. Once the documentary is released we plan to host a red carpet night at a local theatre.

On Remembrance Day in November 2014, the Advanced Band performed at the Salvation Army building in west Toronto. The band played a tribute to the Canadian military services. Interspersed between the songs were readings by the members of letters from a World War I veteran to his wife. The backdrop consisted of still shots from the Great War in Europe projected onto the wall behind the players. A local music magazine complimented us on our tasteful, respectful and romantic depiction of a long gone doughboy’s reminiscences. Our creative director out did himself on this project!

We keep regular group social events including a bowling party, a film day, attending other performances, and of course, our exquisite coffee breaks. This year we are also working on a five year commemorative year book.

There is a story that Bing Crosby practiced with a well known big band in the 1930s and the band tried to trip him up with off-beats and syncopations. After the first run through, Mr. Crosby said, “It does not matter what you do, I always look for the downbeat.” Now, 80 years later and the directors of New Horizons Toronto are saying the same thing to mature adults who have reconnected or are introduced to the power of music. And so the (down) beat goes on in the New Horizons Band of Toronto and we look forward to our next five years.

U of Dayton NHB premieres “Magyar Keverék”

Russ Gilmore – Secretary NHIMA Board of Directors & Chair Development Committee, Member of University of Dayton New Horizons Music Program, Dayton, OH

On April 24, 2014, the University of Dayton New Horizons Band performed the world premiere of Magyar Keverék by composer Catherine McMichael, commissioned by the New Horizons International Music Association (NHIMA) in memory of Melinda Jacob, a longtime, devoted member of the University of Dayton New Horizons Music program. McMichael became a fast friend of New Horizons during the NHIMA Holland, Michigan camp in the summer of 2013. One of Catherine’s compositions was performed during this camp and she was present to work with the band.

This special connection now extends through the University of Dayton New Horizons Band as we prepared Magyar Keverék. Through our rehearsals we felt closer to our friend Melinda and privileged to know her better through McMichael’s new composition. With the assistance of Melinda’s band buddies, we were able to convey some of Melinda’s special qualities, such as her Hungarian heritage, and her love of the flute. We found this new composition challenging, fun, and one of those tuneful pieces that gets stuck in your head all day long (and that’s a good thing!). It is our hope that Magyar Keverék will be performed by many other concert bands of all ages.

In addition to the full complement of University of Dayton New Horizons Concert Band members, the former President of New Horizons International Music Association, Ron Berry, former Board member Jon Cryer and other New Horizons Band members from the U.S. and Canada joined us. This performance included a repertoire of other pieces which Dr. Hartley and several music majors at University of Dayton conducted.
The Iowa City New Horizons Band

The Iowa City New Horizons Band, founded by Dr. Don Coffman (Professor of Music Education at The University of Iowa), with the assistance of Dr. Myron Welch (Director of Bands at The University of Iowa), Steve West (West Music Company), the Iowa City/Johnson County Senior Center, and Dr. Roy Ernst (Founder of New Horizons), held their first rehearsal in January 1995. To commemorate that significant milestone, we celebrated throughout 2014-2015.

We started the celebration with a festive cake for the first rehearsal of the Spring 2014 semester. But due to unpredictable weather, the cake was resurrected from the freezer a short while later due to a delayed first rehearsal.

We honored three of our Charter members: Barb Kuncl, Duane Means, and Glorine Berry. Duane played percussion in both the Concert Band and the Silver Swing Band into his early nineties! Glo is still going strong; she plays French horn in the Concert Band, the Horn Choir, and the Old Post Office Brass quintet, cornet in Silver Swing, alto horn in the Polkadots, and baritone in the Intermediate Concert Band in addition to playing with several community bands!

The celebration continued with publication of a Band Directory. What a great resource this turned out to be. (We ever discovered that Charlie was born in Budapest and Robert grew up in the Texas Panhandle!) Commemorative music bags were designed and purchased for all band members, too.

Our director, Dr. Erin Wehr (Assistant Professor of Music Education at The University of Iowa), gave us a challenging Spring program. In May, we played at the Iowa Bandmasters Association annual conference in Des Moines and accompanied the University of Iowa Brass Quintet on two pieces. The first, “The King Dances” by Joseph Blaha, changes time signatures quite often. The second, “Five Concord Diversions” by James Curnow proved just as challenging. This latter piece was rehearsed and performed with our own Jerry Zinn as the guest conductor.

In June we invited our long-time director and founder, Don Coffman back to Iowa City for a week of music we called “Camp Coffman”. Food, music, and memories were again, our theme.

Our second special summer concert was performed in an outstanding new venue, the nearby Coralville Center for the Performing Arts.

In the Fall of 2014, Erin decided to recognize our fine tuba section by featuring them on several pieces during our concert. They were featured on “Hark the Herald Tubas Sing”, “Tuba Tiger Rag”, and “Them Basses”. Gary McCurdy (Iowa’s Tubador), was invited to play two tuba solos with the band. The first of these, “Emmett’s Lullaby” by G. E. Holmes, was written as a tribute to Iowan, William Bell.*

The second tuba solo, “Blues for Bill”, was written by Gary McCurdy as a tribute to Bell’s interest in jazz. The euphonium section was ecstatic over the choice of that last piece for this concert, “Second Suite in F for Military Band” by Gustav Holst.

As we begin our twenty-first year, we continue to celebrate our love of music and the friendships that it forges.

“Iowa City NHB Celebrates 20 Years!

Jon Cryer – Former NHIMA Board Member and Iowa City New Horizons Band Member, Iowa City, IA

The Iowa City New Horizons Band

“William Bell, an Iowan born on Dec. 25, 1902, was a, "... premier player and teacher of the tuba in America during the first half of the 20th century." (Excerpt from Wikipedia)

Arturo Toscanini called Bill Bell the world’s, “greatest tubist.” Bell performed with the professional bands of Goldman and Sousa and with the Cincinnati and NBC Orchestras.

From 1943 to 1961, Bell was a member of the New York Philharmonic Orchestra and also taught at the Cincinnati Conservatory, Julliard School, Manhattan School, and Indiana University.

Bell is buried in Perry, Iowa, where tuba and euphonium players gather every year on the first Saturday of November to play a concert and pay homage to Bill Bell and his legacy. After the concert they gather at Bell’s grave site and play an arrangement of the Bell’s favorite Bach chorale, “Komm süßer Tod”.

The Iowa City New Horizons Band in concert at the Coralville Center for the Performing Arts

Former Director, Don Coffman, returned to Iowa City NHB to celebrate their anniversary

Charter Members

Band Directory offered insights into interesting member “factoids”
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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