New Horizons News
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Band Camp Draws Adults from Across Country
Jill Callison – Argus Leader Reporter – June 2, 2015 article reprinted with permission

Alma Tonsager didn’t realize how much she had missed playing trumpet until the Sioux Falls woman walked into a local New Horizons Band rehearsal. She still was so unsure about resuming music that she left her horn in her car.


Tonsager came up with another excuse. "I don’t have any valve oil," she said. Griffith brushed that off, informing her that he had plenty and would be glad to share.

That’s how Tonsager started in the New Horizons Band, which was created to bring people ages 50 and older back to music after what often is several decades away or to help teach musical instruments to people who never picked one up before.

Roy Ernst, who founded the New Horizons Band program in the 1980s, is in Sioux Falls this week, one of about 60 musicians who will perform in concert Saturday after a weeklong band camp on the Augustana College campus. It’s the first New Horizons Band camp offered in Sioux Falls.

It drew 67 participants – one of about 60 musicians who will perform in concerts or going to music camps.”

Ernst said he started New Horizons because he saw too many people living in the past, talking about what they used to do. Ask what they were doing in the present, and the answer would be "Not so much."

Playing in a band changes that, he said. "These connections in life are important to everyone, especially to retired people," Ernst said. "Some connections are diminishing. They're losing friends and some kids have moved away. Relationships we really counted on aren't there. The satisfaction we got from careers isn't there anymore. Music is such a healthy and fulfilling activity, especially in the senior adult years."

Jim Cubberly was 52 when he started playing trumpet. He always had wanted to play an instrument but never accomplished it in his youth. Then, he saw a newspaper article announcing a New Horizons band was forming in his hometown of Tecumseh, Mich.

"I thought, look at this, they're going to teach me how to play," said Cubberly, now 69. "So they did, and I've been playing ever since."

Paul Schilf, a band conductor at Augustana and a camp director, uses his music education students to assist the local New Horizons Band, which is based on the college campus.

"We use it as a teaching opportunity and a unique teaching opportunity," he said. "It's a good opportunity for our kids to help old kids because I believe the older kids have a great time and are just like kids at heart."

The weeklong camp also offers a day trip to the National Music Museum in Vermillion. Participants will play in smaller ensembles, too, or take a class on instrument repair, world drumming and movie music.

Tonsager helped bring the camp in Sioux Falls as a way to share the city, the state and the local band. She played trumpet from grade school through early college years, and while church choir was a part of her adult life, something was missing.

She learned what that was when she walked into her first New Horizons rehearsal.

"I knew I was missing something, but I didn't know what it was," Tonsager said.
My Story

Lynn Barnett - Sharing Significant Music®TM | New Horizons Band Durham West | Toronto East, Ontario, Canada

2015 is a special anniversary year for me – one year since joining New Horizons Band (NHB) and five years since undergoing a craniotomy to remove a large brain tumour.

My “brain tumour” story began on the side of the highway, where I had pulled over because of extreme nausea, blurred vision and numbness in my right arm and leg. The Emergency Medical Services took me to a local hospital where later that evening my family and I were told the devastating news that I had a brain tumour.

The next day I was taken to Sunnybrook Hospital, where a Neurosurgeon told us that surgery was required. I was put on medication to reduce the swelling in my brain, and surgery was scheduled. Thanks to the talented and skilled neurosurgeon and his team, I was home two days following surgery, with a very positive outlook for recovery.

It’s known that after suffering a brain injury or surgery, it is important to undertake activities that will assist the brain to heal. Learning new skills and doing “routine” activities differently (like taking a different route to the store, or brushing your teeth with the opposite hand), the brain starts to create new pathways, healing tissue and nerves. And, research shows that playing music is one of the most beneficial exercises for the brain.

When I heard that NHB was starting a program in my area, I knew that this was the opportunity of a lifetime – a chance to be a member of a band (which I had always wanted to do), a chance to learn a new instrument (and exercise my brain) and an opportunity to make new friends and have fun!

New Horizons has given me all of this. While it is fun and personally rewarding to learn a new instrument, it can be frustrating and sometimes difficult – but I always keep in mind that as a member of NHB, “your best is good enough”. Five years ago as I was lying outside the operating room, trying to stay positive, wondering what life would be like after the brain surgery; I had no idea that I would soon be making joyful music with a group of wonderful, talented friends who inspire and encourage me every week. I am grateful for this opportunity, and thankful for health, friends and music!

Getting to Know Your Fellow Musicians

Helen Heitz - New Horizons Band of Dayton, Ohio, Photo by Dottie Wise

Russ Gilmore of Dayton’s NHB shared an interesting idea as to how fellow musicians can learn about each other.

He states, “There are 60 - 65 members in our group and each week we highlight one member with a document we call, ‘My Gig My Story’. We print and hand out a copy to each member during practice then place each copy in a notebook on our information table. Given the number of weeks we practice each year as well as turnover, this activity should continue indefinitely”. Here is one such story from March 2015.

My Gig, My Story: Lenora Martindale

Lenora Martindale is a Dayton native who played percussion instruments from fourth grade through high school. In 1944, she and her husband, Kenny, moved to West Milton, where they had a store. Lenora also worked as an aide to mentally handicapped children at Riverside School in Troy for 30 years. Lenora has been in the UD New Horizons Music Program for 15 years. However, she is almost a year short of being a charter member. After retiring, Kenny wanted to participate in music. Lenora saw a notice about New Horizons in the newspaper and called Dr. Linda Hartley. Linda asked her what instrument she could play. As it turned out, Lenora joined the band and Kenny did not. Instead, Kenny is Lenora’s greatest fan. Lenora said she loves to meet and be with fellow concert band members. She especially enjoys learning all the music and new things such as playing the cymbals. Those things keep Lenora coming back to the UDNMP. Lenora’s hobby, besides band and music, is photography. For many years she had a 4-H group for children with Down syndrome. She taught the children photography. Every week they would meet and take pictures and then develop the film in Lenora’s darkroom. They entered some of the photographs in county fairs. Lenora says she wishes digital photography had existed back then; it would have made things a lot easier! When asked to name something about herself that most people in the band don’t know, Lenora cited her love for little children, especially the handicapped. If Lenora had to choose a theme song for herself, it would be Maurice Ravel’s Boléro. Her daughter took figure skating lessons, and one of the other girls in a competition skated to Boléro. Lenora loves how percussion plays such a big part in “Boléro”. 
On September 10, 2015, our band celebrated its 20th anniversary with an evening at the Center for Active Seniors, Inc. (CASI). We had a great audience who enjoyed our introduction of members from the various stages of the band’s development – there are still four, plus our director, Bob Gaston, who have been with the band from the very first rehearsal.

We performed music from the early days, some marches (we HAD to have them), music to honor those who have left us and several peppy, toe-tapping numbers. We also made sure to include a big band piece and a few show tunes. The evening ended with a celebration cake and, of course, a lot of homemade treats. Everyone agreed that the concert was a great success and we’re all looking forward to the journey to our next big milestone.

Last year was a banner year for New Horizons Burlington. With membership growing, we added an early morning session just for beginners, and then gradually absorbed them into the larger, more advanced group. Using the grant we gratefully received from the New Horizons International Music Association, we were able to buy new music including Christmas carol books. We entertained several hospitals and retirement centres and held a Christmas sing-a-long for family and friends at our rehearsal location, the Music Centre.

Early in January, a reporter from the Hamilton Spectator wrote a full-page article about our group which resulted in many more calls from people wanting to join.

Our invite to play at the Burlington Sound of Music festival in June, where we joined forces with another community band, “The Top Hats”, was certainly a highlight of the year as this was our first public performance! Many of our members never dreamed they would be able to accomplish this; an exciting and rewarding afternoon for sure!

We finished off the year with another smaller concert for family and friends followed by a celebration lunch.

Over the summer, interest in our group continued to build and we look forward to more new members when rehearsals resume in the Fall. We have a performance lined up for a Christmas luncheon and hope many other opportunities arise this year.

Six of our members planned on attending the New Horizons Band Camp in Chautauqua, New York in October and we’re anxious to hear the stories they will bring back with them.

We now have a Website created by Mike Turner, our euphonium player. Please visit us at: www.newhorizonsburlington.com as we continue to grow!

We’re excited to announce that within the next few months, a new Blog feature will be added to the NHIMA Home Page. Your blog will feature timely and diverse content provided by all of us. All members will be encouraged to share helpful hints, interesting events and personal thoughts about all things related to New Horizons and music in general.

We are an extremely diverse group united by a common love of music. Our varying experience and knowledge should lead to a fascinating collection of articles.

We want this to be an active forum, with you writing your stories as they happen and submitting them right away. You won’t have to worry about missing an interesting story or musical tip as you will receive an automatic notification of new items as they occur.

These stories will replace the Newsletter as it is now presented. You will still see features on individuals and group news items, only now you won’t need to wait for a publication deadline as it will be readily posted in the blog.

Implementation details such as Blog start date, article length, format submitted, where to submit it to, etc. will be sent separately via “IContact”.

~ Frank Needham
President, NHIMA Board of Directors
No Summer Slowdown for Sioux City NHB
Marv Crim – New Horizons Band, Sioux City, IA

The New Horizons Band was again quite busy this summer playing at various venues throughout Siouxland. Band members are working on new music for their repertoire including: (rock selections) “Twist and Shout”, “Hey! Baby!”, “The Jazz Police”, “Hootenanny”, “Rock, Roll and Remember”, “Saxes Will Rock” and (traditional selections) “A Saint-sational Trio”, “An American Spectacular”, “Salute to Louis Armstrong”, and “The Stars and Stripes”. As we move into Fall, our rehearsals are focused on famous football marches and highlighting October Fest with our plethora of toe tapping polkas.

To get ready for the holidays, we will soon be playing some old favorites like “White Christmas”, “Sleigh Ride”, in addition to new music “All I Want for Christmas Is You” and “Snow Day Celebration”. Our group continues to grow from just seven people in 2010 to 30 members! We enjoy playing a variety of music that will uplift our listening audience.

South Puget Sound NHB Supports Food Bank
Dwight Bergquist-Moody – President, South Puget Sound New Horizons Band in Olympia, WA

On June 19, 2015, the South Puget Sound New Horizons Band in Olympia, WA gave a benefit concert for the Thurston County Food Bank. Under the direction of Vic Jowders, the 60-member band played “Amparito Roca”, “Phantom of the Opera”, “A Bit of Beguine”, “At a Dixieland Jazz Funeral”, “King Cotton March”, “Follow the River”, and “On the Square”.

Band members listen as Robert Coit, Food Bank Executive Director presents community needs to the audience during fundraiser

Robert Coit, Executive Director of the Food Bank gave a very moving presentation of the needs in our community. The audience and band members contributed over $2400.00 to the Food Bank.

It was a very rewarding evening helping this marvelous organization.
Twelve members of the Naples New Horizons Band along with spouses, coolers and food, travelled to the AARP Conference in Miami via bus on May 14, 2015. It was an exciting morning with everyone feeling like kids again off on a big adventure.

The goal of the group’s performance at the Miami Convention Center would show that any community could have a fun, rewarding group combining novice and experienced players. Pam Cannon summarized the presentation like this:

“I believe enough people were able to hear us to realize that if you have the spirit and the will, it is never too late to play in a band.”

During the two sets played by the band, Roy Ernst spoke about New Horizons and also interviewed band members to see what participation in this group has meant to each one personally. It was apparent that the audience was quite impressed by the youthful vitality of our group, despite the gray hair...or lack thereof!

Between the two sets, band members visited various booths, including the Cabot Cheese display (our sponsor’s booth) picking up souvenirs and free handouts along the way. Some members even joined in the Zumba exercise group to work off some of the cheese samples!

Everyone appreciated the representative from Cabot Cheese who was not only helpful and enthusiastic about our group, but even took up the baton for Seventy-Six Trombones. It seemed particularly appropriate that a company which stresses family and aging as an art would be the designated sponsor for our group. We are a family of music-makers who know something about aging well.

Like the trip down, the return trip was another gastronomic experience with gourmet sandwiches prepared by band members Barb Canton and Shirley Carnine serving different delicious desserts. Everyone seemed to be experiencing a “glow”. Was that pride in a job “well done” or that the coolers had been opened? Probably it was a bit of both.

Everyone had a great time! The energy level of the group was electric. Carol Carper summed up the day this way:

“What was the best part of the day? The food was great, the music was fun, the experience was wonderful, and the camaraderie….PRICELESS!”

### Villages’ Sunshine Stroller Band Performs at AARP

Lucette Fortier – The Villages NH Concert Band, The Villages, FL

The Villages’ Sunshine Stroller Band had 13 of its 50 to 60 players travel by bus to perform at the AARP Convention in Miami, FL in May. They performed twice, wearing their usual outrageous, fun costumes.

Band Director Ward Green got the crowd involved in singing, dancing, and doing aerobics to the familiar tunes played by the band.

**The Villages’ “Sunshine Strollers” performed twice, wearing their usual outrageous costumes.**

*(Photo provided by Lucette Fortier)*

### The University of Miami New Horizons Band also performed at the AARP Convention in Miami, FL

Lucette Adds: “The Villages’ Sunshine Stroller Band Director Ward Green teaches a class on “What it Takes to Make Your Own Stroller Band”. He taught this at the Holland, MI Band Camp this summer and it was a big hit for the participants and the audience!”
Hear It on the Radio! Nostalgia in Energy City
Anna Fay Williams – Energy City New Horizons Music, Houston, TX

Gather ‘round your radio...out on the porch where the crickets compete in the choruses.

The NHIMA Energy City Concert Band and String Orchestra will take you down nostalgia’s path Sunday, Nov. 22, 2015 at The Well, 13186 Memorial Drive, Houston. Artistic Director Terry Tullos promises an afternoon of Big Band music to tickle anyone’s feet and a DJ to narrate the program.

Under Terry’s direction for the last six years, the New Horizons program includes several performing groups—the Symphonic Band; a string orchestra; three ensembles (string, saxophone and clarinet); a Dixieland Band, and the Big Band. The ensembles are drawn from the Symphonic Band members (near 60 members) and the string orchestra (almost 20 members).

Community Performances
The New Horizon program continues to enrich the Houston music community with a variety of Big Band performances. The concerts are family events, open and free to the public with potluck spreads. At the Valentine’s and St. Patrick’s Day programs, audience members took to the dance floor. The brass section gave a pre-concert performance at “Phantom of the Organ,” an annual Halloween concert with virtuoso organist Stephen Distad in the Memorial Drive United Methodist Church (MDUMC) sanctuary. The growing repertoire includes many popular and contemporary composers from the last five decades: Cole Porter, Stevie Wonder, Antonio Jobim, Richard Rodgers, and Burt Bacharach, among others. The classical influence of Bach, Gounod, Mussorgsky and Chopin emerged in the Spring 2015 concert featuring “The Classics from Cartoons and Television.”

Director Tullos accepts invitations for community performances and encourages members to pursue their own efforts. An informal group practiced

chamber music over the summer break and performed during September at the Bayland Community Center.

Smaller Ensembles for the Holidays
The call for smaller ensembles emerged several years ago with requests of our host at the MDUMC. Tullos, who also conducts the orchestral program at the church, facilitated these arrangements with the MDUMC Women’s Group, Prime Timers and Bridge Builders Sunday School classes, and the Caring Forever Dinners. An advanced string quartet performed classical selections during the Christmas season, including Beethoven’s “Ode to Joy,” Handel’s “Royal Fireworks,” and Mozart’s Serenade and Dance. The Dixieland Band enlivened the Mardi gras celebrations at The Well with rifts on traditional blues numbers and marches.

The smaller ensembles performing for other community organizations have included the Advanced String Ensemble at the Clarewood House Retirement Community, the Dixieland Band at the Emeritus Senior Living Center, and the Big Band at the City Centre Plaza.

The Arts Now! Center
The bands, orchestra and ensembles rehearse in the new Arts Now! Center. The MDUMC Center includes a room dedicated to band rehearsals with archival storage for scores and soundproof rooms for lessons and small ensemble practice sessions. An invitation is always issued for newcomers to join the program, whether they want to resume playing an instrument, learn a new one or improve their performance skills. Participation in the program has drawn individuals from a wide range of ages and with varying musical skills.

For further information contact Terry Tullos, terrytullos@mdumc.org.

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Energy City Symphonic Band trumpet section (L to R) - Kerry Maglitto, Kim Hlava, Robert Valerius, Glen Dorow, Conductor Terry Tullos, Bob Temple, Randy John, Stewart Olsen and Tom Joullian. (Photo by Kerry Maglitto)

Energy City String Ensemble performs for the Prime Timers at Memorial Drive United Methodist Church. (L to R) - Keith Craik, Carl McAliley and June Hopson (violinists) with Coral Olsen (cello). (Not pictured - Conductor Terry Tullos and pianist Yoko Kuromaro) (Photo by Stewart Olsen)

Dixieland Blast - Mardi gras performers (L to R) - Steve Bretzke (drums), Ed Vanderbuilt (bass guitar), Dusty Dickenson (trombone), Stewart Olsen (cornet), and John Rhebergen (clarinet). (Pianist Tony Custer is not pictured.) (Photo by Stewart Olsen)

Energy City Band and string orchestra members performed chamber music in September at the Bayland Community Center, Pasadena, TX. (L to R) - Keith Craik, Michelle Vu, Ann Hollenbeck, Carl McAliley, June Hopson, Ingrid Wade, Jim Wright, and Ron Kerbow. (Photo by Stewart Olsen)
Sharing Significant Music®

Ennio A. Paola – Director, Sharing Significant Music® | New Horizons Band Pickering, Ontario, Canada (Reprinted with permission of author, Fall 2015 Renaissance Magazine)

Although I have received awards in music and art through the Canadian Teachers’ Federation and the town of Pickering, and have composition credentials in projects involving National Geographic and the Art Gallery of Ontario to name a few, perhaps most inspiring and most rewarding, is serving as resident composer and director to our local ensemble of New Horizons Band International.

On a regular basis, imagination and creativity are fuelled by the dynamics brought forth by members of the group who assist in transforming personal stories and individual goals into a single “ageless spirit” partnership, as a healthy exchange between composer/conductor and learner/performer.

While many attend to be part of a group, learn a musical instrument, play a concert, others may be out for something to do, socialize, make a connection with their past, or make new friends. All wonderful goals to gain more purpose, enhance experiences, and add greater hope towards a more meaningful way of life.

The thrill of learning

So imagine having the opportunity to witness one’s joy at picking up a musical instrument for the very first time. Or consider the thrill of being the catalyst in turning back the hands of time after many years by returning to music — where music is not a spectator sport, but a challenging, hands-on based experience with a focus on keeping minds active/motor skills engaged within a friendly group environment. Such a golden opportunity awaits mature adults via their participation in a New Horizons Band — where “your best is good enough” and where local members explore, develop and pursue their own musical D.R.E.A.M. (Do Respect Everything About Music).

Each week, many hands from various work experiences, backgrounds, traditions and tastes assemble to learn a musical instrument of choice and become actively engaged in the collective art of music-making. Sounds from woodwinds, brass and percussion instantly lift up spirits — as musicians come together as one, to enjoy instructional time for fun and to relive the thrill of playing in harmony under one baton. Melodies, ranging from waltzes, marches, lullabies, to a variety of jazz stylings circulate the room … smiles broaden, years melt away, and new friendships are made, reinforcing the importance memories hold in developing a curriculum designed to maximize the “focus effect” of unfamiliar tunes, in familiar forms and styles.

Though personal hit parade lists may vary, music at this level can, and does, possess the power to recall life’s most notable occasions — a birth, a marriage, seasonal holidays, special occasions, or the passing of a loved one. It may also be found in the company of a tear, a smile, a film, a dance, but can best be realized when shared in ensemble, as a proponent of a life well lived, from one “ageless spirit” to another and from one generation to the next.

Aspiring Trumpeter Has Come a Long Way

Don Bedwell- New Horizons Band of Cincinnati, Cincinnati, OH

When heart problems forced Bob Mueller to retire from the Cincinnati Fire Department in 2004 at the age of 53, he conceived a bucket list that included learning to play the trumpet. It seemed like an unlikely goal, but not for a man whose father was a professional singer and his grandfather a trumpet player — and whose schooling hadn’t offered instrumental opportunities.

After he reluctantly retired from the fire department, Mueller and other family members started a landscaping company that they operated for seven years. Only after he sold that business did he focus on the elusive musical goal again by joining the New Horizons Band of Cincinnati.

“It’s been one of the highlights of my life,” says Mueller, now in his fourth year with the band. “It’s been extremely rewarding.”

Once he learned about the local New Horizons band – part of an international network of more than 300 such organizations – the now-66-year-old bought a “student model” beginners’ trumpet from Buddy Rodgers Music for $200, and began private lessons.

“I couldn’t play a note,” he says of his early efforts. “And it’s been difficult, especially playing at faster tempos. But I’ve come a long way since I joined the band.”

In fact, he comes farther to reach the twice weekly rehearsals than anyone in the band. His home in Lawrenceburg, Ind., is nearly 80 miles round trip from St. Barnabas Episcopal Church in Montgomery where the band rehearses.

Mueller says has wife of 42 years, Sharon, “has been really supportive.” She even drives to the Montgomery where the band rehearses.

“She sings in the church choir,” he explains.

Join or Renew

Why should YOU join NHIMA?

Because you will:
* earn discounts for music camp
* support our informative website;
* receive a membership directory;
* help maintain a centralized organization for existing and new groups; and most importantly,
* keep the New Horizons vision alive for future generations.

For information about becoming a new member or to renew your current membership, email Lori Schuett (Chair of Membership Committee) at: lorick@cogeco.ca

While NHIMA welcomes group membership, which has its own set of benefits, only individual membership in NHIMA qualifies one for a discount registration fee to a music camp.

* Ennio, a retired teacher, District 24, Scarborough and East York, wrote this article for the retired teacher’s publication.
Connecticut NH Band Partners with Students
Robin Andreoli – New Horizons Band of the Connecticut Valley-Shore, Centerbrook, CT

The New Horizons Band of Community Music School in Centerbrook, CT is excited to begin the second leg of a partnership with students in the John Winthrop Middle School (JWMS) band. New Horizons Band director Patricia Hurley reached out to Laura Traver, director of the JWMS band, last year to see if she’d be interested in having the two groups perform together. Laura and her students were overwhelmingly enthusiastic about the idea and the two groups began planning for a joint performance at the JWMS spring concert.

The New Horizons Band’s 17 members attended several rehearsals at the middle school in preparation for the May 14th concert at which they would perform “Crosswinds March” by James Swearingen, among other pieces.

“The students were so welcoming of our band members,” said director Patricia Hurley. “Our members worked side-by-side with the students and it was a remarkable mentoring experience for all.”

The partnership continues as each group will soon begin rehearsing for the JWMS winter concert on December 10, 2015. Additionally, the New Horizons Band of Community Music School will perform at the

Acton Public Library in Old Saybrook, CT on December 12th and at the Community Music School Holiday Concert on December 13th.

Not the Boston Pops, but…
Pat Hannon – Cape Cod New Horizons Band, South Yarmouth, MA

The famous “Hatch Shell” on the Charles River Esplanade in Boston, MA

Have you ever watched the PBS broadcast of the July 4th Boston Pops concert and imagined yourself playing in the famous “Hatch Shell”? Have you wondered what the sound is like inside that structure? Though most of us will never play in a professional setting like that, we would all like to experience it firsthand. This past summer two members of the New Horizons Band of Cape Cod had that opportunity.

Harvard University, as part of its community commitment, invites musicians of all ages and skill levels to participate in their Summer Pops Band. In return, musicians promise to attend all weekly rehearsals and to play in two concerts, one of which takes place in the “Hatch Shell”!

When rehearsals began at the end of June, Ginny Lewis and Pat Hannon began weekly 200 mile round trip treks from Cape Cod to Cambridge. They were determined to play their saxophones inside the Shell.

One of the best parts of playing in the Summer Pops Band was making music with other people. It was a great blend of participants: Harvard students, professional musicians and community band members. Harvard Band Director, Mark Olson made every week fun and challenging. The Sanders Theatre at Harvard provided an elegant rehearsal location with excellent lighting and acoustics for the weekly practices. The two concerts were the reward for all that hard work.

The first concert was performed in the Harvard Yard (yes, the famous “I pahked my cah in the Hahvad Yahd”). The band played to an appreciative audience of students, faculty and visitors passing through the quad.

On July 26, 2015, more than 100 well-rehearsed musicians walked into the Hatch Shell, unpacked their instruments just as thousands of famous and not-so famous musicians before them had done, and climbed the stairs to the stage for the final concert. What a feeling, to sit behind a music stand and look out at the grassy Esplanade along the Charles River. The only thing better than the view from the stage was experiencing the rich sound that rolled off the curved, wooden ceiling, out to the audience sitting in lawn chairs.

The Hatch Shell concert was one more part of the journey we take when we decide to learn to play a musical instrument. It begins with those first squeaky notes and continues throughout our lives, if we are lucky. It is a different trip for everyone. This event was one of Ginny and Pat’s, “your best is good enough” adventures. What a rush!
The Apsley Firefly Band in Apsley, Ontario,
Harlene Annett – Apsley Firefly New Horizons Band, Apsley, Ontario, Canada

The Apsley Firefly Band is a unique New Horizons Bands as it only meets in the summer. Formed in 2004 in the living room of Sandy Zimmerman and Joe MacNab in the village of Apsley, it has expanded into a vibrant band of about 35 members who meet from June to August each year. Members include: permanent Apsley residents, seasonal cottagers from the nearby lakes, some from the Stoney Lake area, and a group from the Peterborough New Horizons Bands who want to keep playing all summer.

As new members joined, the group moved practices to a larger location in Trinity United Church where free space was provided. To show their appreciation, the band put on a concert and dinner in the church hall in August and gave the proceeds to the church. The event sold out fast so with a growing wait list, the concert was moved to a larger location.

Other band activities included playing on a flat bed truck trailer in Canada Day Parades in Apsley. Practices were moved to the Wilson Park Community Centre in the tiny centre of Woodview a few miles south of Apsley. The band’s conductors (Gord Thompson and Murray Carr) have been best friends since age five!

For the past three summers the big concert and dinner has been a sellout. The band’s repertoire is audience friendly and the band loves it when the audience gets up and dances! Proceeds are now divided between the church and the Apsley Public School music program.

Dick Doherty, WWII Army Vet and First Chair Clarinetist
Kathy Schoentag and Director Bill Callen - Pikes Peak New Horizons Band, Colorado Springs, CO

Bill Callen, Director of Pikes Peak New Horizons Band in Colorado Springs, CO, is proud to introduce you to Dick Doherty, their first chair clarinetist in the band. Dick was born August 28, 1920 in Chicago, IL. He received his Bachelor of Music Education, with a clarinet minor from Oberlin College in Ohio in 1944.

Dick, a World War II Army veteran, began his Army tour in June 1943 and served in the South Pacific (New Guinea). He also served on two islands in the Philippines. He was one of the first Americans to land on Japan on VJ Day and was quartered on a ship that was docked next to the USS Missouri when the Japanese Instrument of Surrender was signed on Sep. 2, 1945 by General of the Army Douglas MacArthur, Japanese Foreign Minister Mamoru Shigemitsu and other officials. He missed witnessing the historic event because he was busy playing a card game at the time!

He returned home from the war in 1946 and married Katherine (Kay), his wonderful wife of 65 years that same year. They had two children - Josie (now lives with Dick), and Charles who teaches nursing at a college in Northern California. At Kay’s funeral in February 2011, Dick played her favorite clarinet piece.

Dick went through a Sears’ executive training program at the Chicago headquarters and was a national buyer for nine years. He quit to become a self-employed manufacturer’s representative, establishing his own successful business and eventually retiring in 1990. He moved to Colorado Springs, Colorado in 1982.

Dick has played his clarinet consistently since the 1930s and has played in several bands, amateur symphonies and orchestras.

Among his other non-musical hobbies, he also enjoys astronomy, hiking and mountain climbing. Dick climbed half of Colorado’s 54 “14ers” (mountains over 14,000 feet). He has also hiked all 500 miles of the “Colorado Trail” which stretches from Durango to Denver through the spectacular Colorado Rocky Mountains, completing it at age 77.

We are so proud to have Dick in our band – he shows us that we can play our instruments for a long time to come.

For more information about the Pikes Peak New Horizons Band, contact Bill Callen at: (719) 598-2373 or visit: www.PPIOM.org (Pikes Peak Institute of Music).
HJ Crosby Community Band Hosts First Band Camp
Rick Wing – HJ Crosby Community Band of Dexter, Maine, Dexter, ME

“Nestled on the shores of Lake Wassookeag, from the Penobscot Indians meaning “shining water,” the Town of Dexter reflects rural Maine at its best, quiet, quaint, and picturesque, the perfect backdrop for a weekend of music, music ringing through the autumn magic that is Dexter.”

The Harold J. Crosby Community Band of Dexter, Maine, is proud to announce the inaugural year of the HJ Crosby Community Band Camp, set for September 16, 17, & 18, 2016. This annual camp features the music of our namesake, Dexter native Harold Josiah Crosby, and other Maine composers and arrangers such as Heywood S. Jones and Ed Madden. The band will be under the direction of guest conductors, including Dale Huff, a long-standing member of the Crosby Band and retired director of Maine High School bands, and other Northern Conservatory Alumni.

The camp in Dexter, Maine, a quaint town in Northern Penobscot County in central Maine, is easily accessible from Interstate 95. Dexter welcomes guests and musicians of all ages and playing abilities.

Rehearsals will be at the Ridge View Community School, a new facility large enough to handle an anticipated 50-70 member band. Practices will begin on Friday evening, September 16th, continue on Saturday, and culminate in a free public concert Sunday afternoon on the 18th.

Ample housing is available through hotels, campgrounds, and Bed and Breakfasts. A short drive may be required, but what a great way to start your day, travelling through the colors of Maine! The village Green, a popular setting in this small community. The evening concert was free to the public, although donations were accepted which were, in turn, given to the Sisters schools for support of their band music programs.

HJ Crosby Band members and community friends will be glad to host those needing lodging, as long as arrangements are made in advance with pre-registration. Because the days will be full, local groups will provide catered meals and snacks.

A camp highlight will be the opportunity for a Fall Foliage tour. Those taking the tour will travel by bus to Greenville, Maine, and Moosehead Lake. The tour will continue with a three-hour cruise on Moosehead Lake aboard the “Katahdin,” a historical and retro-fitted steamship from a bygone era (www.katahdincruises.com). There will be an additional fee to cover the cost of transportation, the Katahdin Cruise, and lunch, a taste of Northern Maine, “Mooseburgers.”

This camp is sponsored by the Carl R. Cuthbert Community Band Foundation, a 501(c) nonprofit, dedicated to “promoting music education…with performance opportunities for any ages at any stage of musical experience and competence.” While there are no fees for attending this camp, the Foundation is asking for donations to help defray the costs of this event. The Community Band Foundation wants it to be known that NO ONE will be refused registration for any monetary reasons – we believe in sharing and want to share our love of music and the beauty of playing music together in Maine’s autumn season with anyone who wants to join us. There are no costs to musicians and their guests, except those arranging their own housing.

Our hope is that you will join us by the “shining waters” of Lake Wassookeag in the fall of 2016, playing the music of Maine.

Cascade Horizon Band Raises Money for School
Tom Worcester - Cascade Horizon Band, Bend OR

Village Green, a popular setting in this small community. The evening concert was free to the public, although donations were accepted which were, in turn, given to the Sisters schools for support of their band music programs.

Cascade Horizon Band, now quite possibly Oregon’s largest senior organization, was started in 2003 by Director Sue Steiger with 12 players. The band performed in Sisters several times, usually on the Sisters High School stage. The band’s current roster consists of 67 musicians, six of which are from the Sisters area. Consistently encouraged by Sue to higher levels of performance, the band plays a variety of music including marches, Broadway show pieces, new compositions and classic favorites.

What started as a one-time evening concert in the nearby city of Sisters will become an annual performance for Bend Oregon’s Cascade Horizon Band. The Cascade Horizon Band, directed by Sue Steiger, performed on August 5th in the Sisters

Additional information and a registration form for the HJ Crosby Community Band Camp are available on the Cuthbert Community Band Foundation’s Website at: www.cuthbert-foundation.org/home/Band-Camp or by phone (207- 924-6235) or email: crosbycommunityband@gmail.com.
Saline NHB Founding Director Changes

Dr. Joseph Labuta announced that he is stepping down from that role but will continue to play in the band, serve as an Associate Director, and become an instructor for the new "Greenhorn Band". The Board announced that Associate Director Robert Albritton will be the new Music Director of the band.

Dr. Labuta said, “It has been a terrific eleven-year ride as Music Director, Principal Conductor, and (hopefully) teacher of the Saline New Horizons Band. However, the time has come to pass the baton, both literally and figuratively, bring in new ideas and new energy, and move vigorously into the future. Since founding the Band in 2004, Mary and I have been dedicated to its leadership and will remain dedicated band members, Mary as a clarinetist and I as an Associate Conductor and trumpet player.

We hope to help revitalize the Beginning/Intermediate Band program, thereby returning to the original New Horizons concept of providing older adults an opportunity to learn to play an instrument, or to relearn an instrument played years ago, or, for those who now play, to study a new instrument; all for the joy of making music together at everyone’s appropriate performance level.

This “second retirement” frees Mary and me to travel, pursue musical and other interests, and relax some in my old age. Presently, I am working on the revised, 7th edition of my conducting textbook, Basic Conducting Techniques, for Routledge, my new publisher, recording and performing with the Brian Delaney Quartet (BDQ), playing "Jazz Chair" with the Saline Big Band, and preparing for cataract surgery. Retirement?

The Band Board, the Associate Conductors and I solidly support Mr. Albritton for Music Director. Band members respect him and respond well to his conducting, musicianship and personality. They, too, support him for this position. We all look forward enthusiastically to continued progress under his strong leadership."

A native of Atlanta, Georgia, Robert Albritton graduated from Tennessee State University in 1965 with a Bachelor in Music Education. His first position was Band and Choral Director in Lebanon, Tennessee followed by Band and Orchestra Director in Cary, Indiana. In 1970 he enrolled in the Masters program at the University of Michigan, playing tuba in the Symphony Band under Dr. William Revelli. He completed a Masters degree in the spring of ’71 and toured Europe with the band that summer. He then went on to complete one year in the U of M doctoral program.

Robert took a position with the Ann Arbor Public Schools in 1972 teaching beginning band and orchestra instruments at the elementary school level, followed by directing the bands at Slauson Junior High School. His proven style and teaching methods led to the offer of Director of Bands at Pioneer High School in 1982. He was Pioneer’s longest serving Director of Bands and Music Department Chair. Under his tutelage, the bands participated annually in district festivals and consistently received the highest ratings. Under his guidance, the Pioneer Music Department received its first Grammy award in 2001.

The Pioneer Symphony Band was chosen to perform at the 39th Annual International Midwest Band and Orchestra Clinic in Chicago (1985), as well as the 42nd Annual (1987) and 52nd Annual (1997) Midwestern Conference in School Vocal and Instrumental Music in Ann Arbor. The Concert and Symphony Bands received top honors at music festivals in cities throughout the Eastern U.S. and Canada including Chicago, Boston, Toronto, and New York. In the spring of 2001, the Symphony Band was honored with an invitation to visit China, performing well-received concerts in Beijing and Tianjin.

Robert resides in Ann Arbor with his wife, Sarah. As often as possible he enjoys time with his son, Robert, his daughter-in-law, Renee, and his 3-year-old grandson, Marcus, who live in Chicago. He remains active in the music field by playing his instrument locally, leading clinics and judging music festivals.

Robert said, "Obviously I follow a giant in the establishment and development of the New Horizons Band. Joe Labuta has brought together people who are thrilled to reunite themselves with their earlier love of playing their instruments and those who want to try learning a new one. I believe we should continue the tradition that Dr Labuta has established. I look forward to gathering more members from the community who share the values of the New Horizon Band organization. I hope to learn from the participants their musical goals and work to achieve those goals with them. One of our strongest attributes is the camaraderie we share. This is an important element of our group and one that we should nurture."
We’re at it…Again!
Linda Johnson – President, New Horizons Band of Northern Colorado, Fort Collins, CO

History will repeat itself on May 29, 2016 when once again, the New Horizons Band of Northern Colorado will open just its second ever music camp at Colorado State University in Fort Collins, CO. There will be a similar cast of characters managing the camp along with familiar instructors and a new one! (One of the camp’s instructors is featured in this accompanying photo…hmm, who might that be?)

We've added new course offerings: Polka Band, Intermediate Jazz Band, Movement/Dance, and Intro to Orchestral Strings. We are also bringing back several favorites including: Bottle Band and Choir! The two levels of concert bands with the associated Woodwind, Brass, and Percussion Sectionals, will round out the 21 class offerings.

An icebreaker, Small Group Social, and performances by both concert bands are also on the camp agenda.

We will again offer an end-of-camp day trip to Estes Park and Rocky Mountain National Park. An extra night stay on campus will be available for those who want to participate in the day trip to the mountains or for those who simply would like to spend an extra night and take in the shopping, restaurant and music scene of Old Town Fort Collins, one of the two towns that inspired Walt Disney to model Main Street Disneyland after.

Registration opens January 1, 2016 and closes on April 1st or whenever the camp fills up. So, register early to hold your space!

With Trombone strapped on the back, Camp Director Glenn Shull’s mode of transportation to and from teaching at Poudre High School during the Energy Crisis in the 1970s was a Honda 175. (If you needed a reminder when the Energy Crisis was, just check out Glenn’s shoes…a fashion statement from the 1970s.)

Music Apps for the IPAD
Mary Gillard – Director, Western University New Horizons Adult Band, London, Ontario, Canada

Mary Guillard, Conductor for both the Intermediate and Advanced Bands shared a few interesting music Apps for the IPAD:

**Guitar Toolkit** - $3.49 - Even though this is a great app for guitarists, I have found it to have the best metronome and tuner - indispensable tools.

**Tenuto** - $3.99 - This is an excellent app for practicing theory skills such as note naming, key signature, interval and chord identification. musictheory.net provides excellent free theory lessons.

**Music Journal** - free or $7.99 - This is a highly motivating app that times your practice sessions and allows you to make notes about each piece and have separate metronome settings.

**Better Ears** - free or $14.99 - Helps you grow your musical skills and enhance your hearing capabilities. There are already ten different exercises included, starting from interval recognition all the way to chord progressions - perfect for beginners and music-masters alike!

**Scales & Modes** - $2.99 – This is an interactive visual and audio reference for the diatonic scales and modes that are fundamental in music theory. View major and minor modes on the musical staff, see fingerings for both keyboard and guitar, and listen to the scales note by note, in any key.
They say music is a thing of the soul, and that once it wedges itself into one’s core, it rarely goes away, even though it may lie dormant for decades... as it was with Bob Probert. Bob is 83 years old and anchors the last chair of the trumpet section of the New Horizons Concert Band.

Bob started taking piano lessons so long ago that he can’t exactly remember how old he was, but thinks he was six. He continued with the piano lessons through adolescence and later started playing the trumpet in high school. For three years, the teenage Bob played first chair trumpet in the Valdosta, GA High School Band and then played his first quarter of college in the Georgia Tech Band. Because of the demands college placed on the young scholar, however, he put down his trumpet in favor of his studies. The trumpet was to remain unused and closeted for the next five decades.

Life went on and time passed and Bob entered the autumn of his life. That “music thing”, however, that once claimed him as a child, began to make itself felt again. Bob wanted to play his trumpet. Still in the closet, he dusted off his old student-model Conn trumpet from his high school and college days and started trying to remember what he needed to do to make beautiful music again. He had never really forgotten the notes and fingerings, and could still play, but he nevertheless started taking lessons to help bridge the gap of his half century absence.

He says despite the lessons, practice and rehearsals, he simply cannot return to the finger dexterity and breathing power that his younger self once mastered. Remembering his earlier high school days at the first chair, he says he’d like to move on up in the New Horizon’s trumpet section - but it isn’t happening. It doesn’t really matter. He’s playing the trumpet, and enjoying it. He belongs to a band that needs every part, including his. The music would be incomplete without the third trumpet part, so he is a necessary component, even if he is not occupying the elusive first chair.

But every now and then, when playing along with the band, something supremely extraordinary happens. In a fleeting sense of perfection, everything comes together as it should - the beat is strong, the notes are right, the harmonies are lush, and the band is in tune - and a brief moment of euphoria takes over, like being swept up by some powerful narcotic, and it allows Bob to transcend the impediments of age. He is part of something magic, something powerful and fulfilling, something hard to explain to the non-musician. But it’s that something that keeps Bob playing.

Is Playing a Musical Instrument Good for Your Health?

Fred Cicetti – LiveScience.com – October 21, 2013 article excerpts reprinted with permission

According to a study published by the American Psychological Association, playing an instrument as a child keeps the mind sharper as we age.

The study, done at the University of Kansas Medical Center, recruited 70 healthy adults ages 60 to 83, who were divided into groups based on their levels of musical experience. The musicians performed better on several cognitive tests than individuals who had never studied an instrument or learned how to read music. The brain functions measured by the tests tend to decline with age. [7 Ways the Mind and Body Change With Age]

“Musical activity throughout life may serve as a challenging cognitive exercise, making your brain fitter and more capable of accommodating the challenges of aging,” said lead researcher Brenda Hanna-Pladdy. “Since studying an instrument requires years of practice and learning, it may create alternate connections in the brain that could compensate for cognitive declines as we get older.”

There are benefits to starting an instrument in your later years, too.

“Music-making is linked to a number of benefits for older adults,” said Suzanne Hanser, chair of the music therapy department at the Berklee College of Music in Boston. “Research shows that making music can lower blood pressure, decrease heart rate, reduce stress, and lessen anxiety and depression. There is also increasing evidence that making music enhances the immunological response, which enables us to fight viruses,” Hanser said.

Antoinette Follett, editor-in-chief of “Making Music” magazine said, “…there is an increasing focus in the medical community on the need to keep the brain as healthy as the body. This focus is as much about making the empty nest and retirement years fun and worthwhile as it about preventing debilitating dementias such as Alzheimer’s disease. Music making has the potential to do both.”

Therapists have been using music to promote memory and a sense of self in the treatment of older adults with dementia.
Big Band Music in Clarington, Ontario
Hilary Baisley – Clarington New Horizons Bands, Clarington, Ontario, Canada

“We swing for the love of the music.”

Clarington New Horizons Swing Band, one of the Clarington New Horizons Band’s ensembles, was born in 2011. Under the direction of Fred Mildon, a lifetime musician who played and toured with the big bands of yesteryear, the band has grown into two big bands each playing the standard big band arrangements. There is also a seven-piece Dixieland group and a quintet.

We further expanded into a “Little Big Band” providing big band sound but with fewer musicians. By having several diverse groups, we’re able to play for any occasion tailored to the size of the venue.

Many of our performances center around retirement and long term care homes in the region and the residents love the music.

It takes them back to a time when they were dancing and romancing. We also play for municipal events and occasional special events such as a recent 100th birthday party that we played.

In our trumpet section, 92 year old Keith Wilson, a former band leader, still produces arrangements for the bands. He is also a composer and recently wrote, “Our New Horizon is Here”. He would be pleased to have the New Horizons International Music Association adopt it as its anthem or for inclusion into its archives.

Rehearsals for the new season are underway and we look forward to many performances; we even have a booking in December 2016!

Iowa City NHB Enjoys Berry Season Year ‘Round!
Nancy C. Wombacher & Jeanette Carter – Iowa City New Horizons Band, Iowa City, IA

In the US, the alto horn is colloquially known as the “peck horn”, supposedly because these instruments were employed in band music to “peck away at” the upbeats. This name is mentioned in “The Music Man”.

Q: What’s the difference between a Musician and a 14 inch Pizza?
A: A 14 inch Pizza can feed a family of four.

The Trumpet Section in the Silver Swing Band with Glo Berry (right)

In every successful group, whether church, family, school or “other,” there is one person whose dedication and commitment shine like a beacon. In the Iowa City New Horizons Band (ICNHB), for the past 20 years, that person has been (and still is) Glorine Berry, known to all as “Glo”, our last remaining charter member.

Glo has served on various committees, plays a variety of instruments in many groups. Her farmhouse closets are FULL of instruments, both woodwind and brass. Although her primary instrument is currently horn, she can frequently be found with a cornet, peck horn, a baritone and in the past, played clarinet (including bass clarinet) in various groups until, like many of us, arthritis interfered with the ability to play woodwind at the level she demanded of herself.

Glo, a founding member of The Polka Dots who began over 20 years ago, has tracked the 400+ performances during that time. She schedules performances, after coordinating the schedules of the group’s musicians.

She organized a horn, trumpet and tuba trio which grew to a full-fledged brass quintet, the Old Post Office Brass. This group played at the 2003 Annual AARP Convention in Chicago.

When the Silver Swing “big band” was organized, Glo was recruited to join due to a shortage of trumpets. Glo is also a member of the ICNHB horn ensemble, the Post Horns. She buys and arranges much of their music and schedules performances. She sometimes gets bored playing just what is written so she’ll often add and play obbligato to accompany a piece. The dictionary defines “obbligato” as “a musical line that is indispensable in performance—so important it cannot be omitted.” All our horns agree: Glo is our obbligato!

In addition to being a musician, Glo is a farm wife, still mowing acres of lawn around the buildings where she and her husband have farmed for years. She shares her home with a cat or two that have simply arrived and decided to stay, or that friends “gifted” to her.

Glo’s interests and knowledge are varied and widespread. She is as much at home engulfed in the strains of classical music as she is in burning tree limbs she has cut. She can easily move from a rider lawn mower, to first chair horn player in a classical piece of music, to principal peck horn in the Polka Dots.

The Iowa City New Horizons Band is so fortunate to be able to enjoy “Berry” season all year long.

The Polka Dots with Glo Berry on clarinet in 2004

Keith Wilson, 92 year old trumpet player, arranger, and composer is an active musician in the Clarington, Ontario “Swingtime Big Band”
The Montreal New Horizons Band (MNHB) had an incredible first year with a doubling of the number of musicians and created an enhanced organizational structure. Through the tireless efforts of Audrey-Kristel Barbeau (Musical Director) and David Peretz-Larochelle (Assistant Director), the band has grown from one beginner band with approximately 25 members to the addition of an intermediate band with a total number of musicians exceeding 50 members. The band registered as a non-profit organization and elected a full slate of executives. Under the able leadership of Marie-Claude Collette (President), the Board created a series of by-laws, defined band protocol as well as researched and applied for grants to support the band's mission.

Because of Audrey's association with McGill University's Schulich School of Music (she is a PhD candidate and course lecturer), the MNHB and individual band members have participated in the school's activities. For example, the band performed its end of semester concert at Pollack Hall - the school's premier concert stage. Band members are also invited to practice twice weekly with the McGill Lab Band which is comprised of music education students preparing for their careers as instrumental music teachers and high school band leaders. And it doesn't stop there. Members can also participate in Professor Liza Lorenzino's class on Methods in Music Education which provides an exceptional opportunity to learn new music, meet the music teachers of the future and most rewarding for us seniors just simply sit and talk to today's young people. But wait there's more. Audrey also invited band members to audit her McGill course on Basic Materials of Western Music. When presented with all these enriching learning opportunities, particularly as a senior adult, music becomes an integral part of life.

In May, our Assistant Director and percussionist, David, led several members in a drum circle workshop. The workshop not only provided an opportunity to learn some drumming fundamentals but also to hone rhythm and beat techniques which every musician, beginner or advanced, can benefit.

The band has recently started to explore jazz but more specifically swing music. We added "Satin Doll" to our repertoire and to better understand some of the musical nuances of this genre, we invited Willard Riley, Musical and Artistic Director of the Hudson Big Swing Band, to lead us through a jazz workshop.

As musicians, we concentrate on playing the music 'as written' in the sheet music. Band members were given an opportunity to step outside that musical box and participate in an improvisation workshop through exercises orchestrated by Gretchen Schwarz last spring and by Irene Fehr this fall.

Perhaps the most notable event for the years was an exchange with the Ottawa New Horizons Band where a series of clinics were held on topics such as: Fundamentals - ways to increase the range of dynamics and articulation through controlled breathing; From Good to Great - focusing on individual attention to phrasing, listening for balance and following the conductor for musical nuances; and finally How Do You Play this "Ting" - a clinic on percussion. We plan on repeating the experience this fall, this time in Potsdam, NY.

Published Notes

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Articles must be no more than 600 words. Always send photo(s) to accompany the article, if possible. Be sure to provide a caption for each photo, identifying the people or activity. You can also send just a photo with caption in lieu of a full story. Send stories, pictures and comments to: Linda Johnson, Editor, NHIMAnews@gmail.com, 5929 Palmer Court, Fort Collins, CO 80528, 970-226-0188

Our next deadline is March 1, 2016, but feel free to send articles and/or queries before then.
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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