



Joyful Notes

March 2020

Latest News from New Horizons Band of Colorado Springs (NHBCOS)



To be removed from the mailing list for this newsletter, or to provide your input, comments, and suggestions please send email to:

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INDYGIVE RESULTS

As you may know, the IndyGive campaign is our most important fundraiser. It keeps our doors open, allows us to buy the latest and greatest music, and allows us to continue as a sustainable organization. Tuition fees pay for our conductors; everything else comes from fundraising.

We ended the 2019 campaign with \$26,605, the highest return in 6 years of IndyGive fundraisers! And we added 15 new contributors this year!

We sincerely thank you for your support. We couldn't continue to play without you!

IN THEORY

Stories of Music Theory in Real Life

The **Picardy third**, also known as Picardy cadence, or “happy third”, is a practice from the 16th century and the Baroque era ending a musical composition with a major chord, when the rest of the composition is in a minor key, thus giving the composition a happier sense of finality. Listen to the Concert Band performance of *English Folk Song Suite, 2nd movement* at the March 29 Spring Concert. You'll be *happy* you did.

“**Who’s a toe tapper?!**” If you are keeping beat in your head during a performance by tapping your foot, you may not be in the same beat as the Conductor. “Stop tapping your feet and *watch me!*” – Matt Wessner, Concert Band conductor during rehearsal of “*October*” for the Fall, 2019 Concert.

“**It’s like a club sandwich!**”, says Kathi Hinckley, NHBCOS Orchestra musician. Each stanza of “*Rondeau*” consists of two parts, 'A/a' and 'B/b.' The letters show a repeat of the rhyme scheme and the music. Using these letters, we can diagram the form of this piece recently performed by the Orchestra as *AB aA ab AB* – the perfect music club sandwich!



SPOTLIGHT ON: SUDY HILL & SUNNY KURTH

Ever wonder how all those programs get printed or venue contracts get put together or music gets ordered...even how the lights stay on? It’s not magic...it’s hard work. This month’s spotlight is on the glue that holds everything together: Executive Assistants **Sudy Hill** and **Sunny Kurth**.



Most of you know Sudy as flute and piccolo player in Symphonic Band and part of the percussion section in Concert Band, but did you know that she is also

a quilter, a gourmet cook, and Prince of Peace Church treasurer? Sudy retired last year as Director of Operations at Air Academy Associates, which provides leadership training around the world. You may also know Sudy’s husband, John as our Grill Master at summer concerts. What you may not know is that John is also a musician! He would be a member of both Concert and Symphonic Bands if they had a part for kazoo...



Sunny began banging on drums at age 3, but then seriously played from middle school through college. After a 35-year hiatus, in 2008, she joined Symphonic Band

on tuba (which she learned in high school), switching to percussion 1½ years later. Sunny retired as a public school sign-language interpreter and was hired as EA for Concert Band. In her spare time, Sunny enjoys reading, star gazing, hiking, backpacking, camping, skiing, bicycling and lake kayaking.



NEW BOARD OF DIRECTORS ELECTED

It was with some sadness that the Board of Directors said goodbye to several board members in October. The Board comprising these members saw us through some challenging times during the past several years. They did a formidable job, and all of us can thank them that we still have a viable organization where we can continue to enjoy playing music.

Retiring Board Members:

- Pama Beatty
- Dave Murray
- Kris Johnson
- Charlotte Baker
- Charles Lamoreaux

Newly Elected Board Members:

- Wayne Griffin
- Mike Lewis
- Pam Northen
- Marty Slivka
- Scott Trucksess

Dennis Atkinson, Val Bardis, Tim McDevitt, Dick Prud'homme, Sudy Hill and Sunny Kurth continue on the new Board.

New Officers:

- Dennis Atkinson, President
- Val Bardis, Vice President
- Tim McDevitt, Treasurer
- Scott Trucksess, Secretary



It's really easy to sign up for King Soopers Rewards and designate NHB COS as your non-profit of choice. Every time you buy that quart of milk or box of K-cups, NHB COS gets a percentage of your total sale. Contact Sudy or Sunny or any Board Member to show you how to register.

NHB COS REVIVES ED NUCCIO'S RECITAL

Some of you may recall that in Ed Nuccio's day, he provided a recital venue for those who wished to perform either solo or in various sized groups. This allowed folks who just like to play together on their own to have a place to perform. Or, perhaps you have never considered playing with your friends outside of your current formal Ensemble (Band, Orchestra, etc.), but now that you think of it...why not?

- All members of the group must be members of NHB COS. The only exception is that you will be allowed to bring an outside accompanist where appropriate.
- All soloists/groups need to have a quick audition with Matt Wessner, who will not only vet performances but may offer some helpful constructive advice. (If desired, he is willing to work with singles or groups outside of normal rehearsal time – arrangements to be made directly with Matt.)
- Initially, and based on a 1-hour recital with 12 participants, each performance would be limited to about 3 minutes, one piece only. Depending upon the numbers responding, this may be altered (longer piece, more than one piece, longer recital) at the discretion of the Recital Committee.
- All performers are responsible for obtaining their own music, although the NHB COS library is available for loans. We can provide the name of someone who can re-arrange for specific, (perhaps unusual) instrument combinations, if necessary, and for a fee.
- All performers are responsible for arranging their own rehearsal time outside of Prince of Peace Church.
- The recital is scheduled for Wednesday, March 11, 6:30 p.m.

SPRING SEMESTER WELL UNDERWAY

Fall concerts, the holiday season, and perhaps our snowy weather... or *not*, are now behind us, our instruments are tuned and shined and we are halfway through the 2020 Spring Semester. Everyone's excited to get back to work in anticipation of our Spring Concerts (see Calendar on next page for schedules).

If you have registered, but have yet to pay your tuition, Sudy or Sunny are more than eager to accept your checks (as soon as possible, please)!



MARK YOUR CALENDARS...

See current details on Event Calendar at www.nhbcos.org

March 7	Concert Band sectionals (Woodwinds 9:00 – 9:45 a.m., Trombones & Low Brass 9:45 – 10:30 a.m.)
March 8	Daylight Saving Time Begins – Spring Forward
March 9	Concert Band sectionals (Percussion 11:15 a.m. – Noon)
March 11	NHBCOS Recital; 6:30 p.m. Prince of Peace Church (Also, birthday of Lawrence Welk, b: 1903)
March 21	First day of Spring!
March 23	Kicks Concert at Ent Center for the Arts 7:00 p.m.
March 29	Concert & Symphonic Spring Concert at Ent Center 4:00 p.m.
March 30	Orchestra & Purple Mountain Clarinets Spring Concert at Prince of Peace Church 7:00 p.m.
May 4	Summer 2020 Session begins (no Prep Orchestra or Purple Mountain Clarinets)
Dec 12, 5:00 p.m. – 8:00 p.m.	NHBCOS Holiday and Donor Appreciation Party at Tap Traders (3104 N Nevada Ave #100, Colorado Springs, CO 80907) with All In Jazz. Details forthcoming but the date, time and venue are confirmed. Add it to your calendars today!

MUSIC AND HEALTH – you knew there was a reason you love doing this...

- **It's heart healthy.** Research has shown that blood flows more easily when music is played. It can also reduce heart rate, lower blood pressure, decrease cortisol (stress hormone) levels and increase serotonin and endorphin levels in the blood.
- **It elevates mood.** Music can boost the brain's production of the hormone dopamine. This increased dopamine production helps relieve feelings of anxiety and depression. Music is processed directly by the amygdala, which is the part of the brain involved in mood and emotions.
- **It reduces stress.** Research has found that listening to music can relieve stress by triggering biochemical stress reducers.
- **It relieves symptoms of depression.** When you're feeling down in the dumps, music can help pick you up - much like exercise.
- **It stimulates memories.** There is no cure for Alzheimer's disease or dementia but music therapy has been shown to relieve some of its symptoms. Music therapy can relax an agitated patient, improve the mood and open communication in patients.
- **It manages pain.** By reducing stress levels and providing a strong competing stimulus to the pain signals that enter the brain, music therapy can assist in pain management.
- **It eases pain.** Music can meaningfully reduce the perceived intensity of pain, especially in geriatric care, intensive care or palliative medicine.
- **It helps people eat less.** Playing soft music in the background (and dimming the lights) during a meal can help people slow down while eating and ultimately consume less food in one sitting.
- **It increases workout endurance.** Listening to those top workout tracks can boost physical performance and increase endurance during a tough exercise session.

BUSINESS SPONSORS AND PARTNERS

We can't close the first issue of the NHBCOS Newsletter, *Joyful Notes*, without dedicating a page to all of the Business Sponsors and Partners who have given to us so generously throughout the last year. It is because of each of these organizations that we are able to keep the music alive!

