



# Joyful Notes

June 2020

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

## JUST THE WAY YOU ARE



In September 1977, Billy Joel released his fifth album *The Stranger*, with the lead single 'Just the Way You Are'.

That song brought Joel his first gold single in the US as well as a Grammy for Song of the Year in 1979. The second verse of this song sang like this:

*I wouldn't leave you in times of trouble  
We never could have come this far  
I took the good times; I'll take the bad times  
I'll take you just the way you are*

There are no better words to describe the members and sponsors of NHBCOS in these times of trouble. This edition of *Joyful Notes* is dedicated to our musicians and sponsors without whom we never could have come this far.

In this issue, read stories by members of how they are getting by with life. What's keeping them going? What is their new normal? What do they do to adapt? We also invited our sponsors to respond with what they need to rebuild their business and what can we say in the newsletter that will help send business their way. Please support the sponsors listed on page 8 in any way you are able.

You may have heard by now that the FNHBCOS Board decided there will be no more NHBCOS gatherings at least until the beginning of our Fall Semester, August 24. Watch your email, our Facebook page and [www.nhbcos.org](http://www.nhbcos.org) for additional updates over the coming month.

Thank you for your continued support and keeping NHBCOS alive and well – we like you “just the way you are”!



## SPOTLIGHT ON: JIM HINES



Jim Hines, trumpet player in NHBCOS Concert Band and Symphonic Band, describes himself as a Wyoming transplant from Cheyenne.

His first experience with an instrument was in the 7th grade when he wanted to play the trumpet. As it turned out, so did every other kid and the band director decided he should play the baritone horn. Jim says he was a “90-pound weakling” at that point in his life and his baritone seemed to weigh more than he did. But being Jim, he played in the band all the way through high school. His fondest memories were of summer band and marching in the Cheyenne Frontier Days Parade. He wasn't sure he was really very good at playing but it was fun and hangin' out with the band geeks was always cool. Playing at high school football games during half-time with the Cheyenne frigid temperatures was also “cool” but not fun.

After high school graduation, music took a backseat in Jim's life. He joined the Navy, learned basic electronics, spent a tour as an aircrewman working the skies over Vietnam, worked for then retired from Hewlett-Packard after 35 years, met his wife - he and Jane have been married for 51 years! - and helped to raise three children.

In 2003, Jim noticed an ad in the paper for seniors who might be interested in starting or returning to music with the New Horizons Band of Colorado Springs. Jane talked him into checking it out; but he thought she just wanted to get him out of the house. He grew from “the whole note section” (Bronze Band) to the Silver Band (Concert Band) and upgraded to a new Silver Bach Stradivarius trumpet.

*(continued on page 6)*



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Issue 2020-06. *Joyful Notes* is the monthly newsletter of New Horizons Band of Colorado Springs. Please send comments, suggestions or cancelations to Sudy([sudy1949@gmail.com](mailto:sudy1949@gmail.com)) or Sunny([terpin54@gmail.com](mailto:terpin54@gmail.com)). All current and past issues available online at: [www.nhbcos.org/newsletter](http://www.nhbcos.org/newsletter).



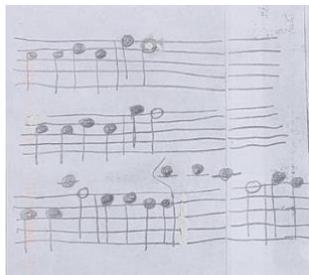
**Marcia Lee with Corat Moran**

COVID-19 has not kept us housebound. We walk a wonderful trail in our neighborhood most days, and when we don't do the trail, we go for a hike in one of our fabulous parks. This photo was taken in Ute Valley Park - a park we recently discovered. We've hiked at the Calhan Paint Mines and go to Fox Run Regional Park quite often. Hiking has provided a nice break from all the practicing we've been doing. 😊 Although we cannot stop and talk to people on the trails or pet their dogs, we find most other hikers are very respectful and make an effort to keep the social distancing rules we've been advised to follow. As the weather improves and virus restrictions are lightened, we'll be able to hike in some of the other great areas we enjoy: Seven Bridges, Dome Rock and Pancake Rocks.



**Joy Jones**

Rebel, my flute, and I took this photo wearing masks as a fun way to remind everyone in the NHBCOS to be safe. During this time our bands can't meet, I am spending much time with my horses. Rebel in this picture is 31 years old and retired from riding. He and I have ridden many miles of trails. I have been riding as an adult for the last 25 years. For about half that time, twelve years, I have been in the bands. When riding a horse or playing the flute with the band, I am always happy. Best wishes to all the band members to stay well.



**Carol Schmitz**

The day in April when this photo was taken was the birthday of my friend, Susie Lowry. I organized a let's-show-up-and-sing-happy-birthday gathering for her. You will laugh at my first attempt at composing; I had no idea of what key or even if I stayed in one key! Pretty funny. Pictured in this photo, left to right, Linn Trochim, Susie Lowry, me, and Susan Sleight. This little group never misses an NHBCOS concert, even when we were playing at Canon Elementary School park.



**Ron Beck**

*Ron practicing his Social Distancing. On April 30, I received this note from Ron:*

“This morning in my driveway I did a short concert on my sax for neighbors. One of my neighbors works for Fox Channel 21 local news and he sent out a photographer who filmed and interviewed me. I tried to get some publicity for NHBBCOS by mentioning our group several times. Who knows if those comments will survive the editing? Fox says they intend to broadcast a clip tonight sometime in the 9-10 pm news hour. Perhaps you can alert ALL NHB folks to watch.”

*A recording of Ron’s 15 minutes of fame can be found on Fox21 News site here:*

<https://tinyurl.com/y9agbejh>



**Lynn Flack**

Twenty years ago, I learned about the ancient custom of Pysanky (Ukrainian Easter eggs) while attending a women’s group at church geared for moms with young children. In March my son and daughter-in-law came from Chicago and decided to shelter in place with us as they both are able to work remotely during the pandemic. We thought it would be a great family activity for each of us to decorate pysanky after all these years. Our Eclectus parrot “Millie” became involved when she laid an egg right before Easter. The smallest egg in the picture is hers and I think she’s a little bewildered by the design. Millie has been great company for me especially during this time of quarantine. She likes to cuddle and ask questions such as “How are you” or “Whatcha doin’”. When anyone is talking on the phone, she will repeat “OK, OK” over and over until we are done talking. Millie is approximately 20 years old.



**Jill Weatherby**

I have lots of activities that I enjoy but my favourite is probably drawing and painting. I like to paint animals and have at times worked in clay and enamel, always with an animal theme. You asked how long have I been painting - I can’t remember not drawing or painting. I lose myself for hours and I am happy.



**Sue Ader**

Pre COVID-19 times certainly seem like a “previous life”. I miss participating in activities which included other friends (although I meet with a few on Zoom); I miss volunteering for our Temple, coordinating volunteers to provide a meal for homeless families through IHN, playing mahjong, going to the Y, and of course participating in band. I have continued flute lessons virtually and have enjoyed playing new music that I didn’t have time for when band was in session. We walk daily and see our family virtually each week. It has been wonderful being together with our daughter and son-in-law who live in San Francisco, as well as our son and grand-children in Greeley. Being together, even though it is virtual, has been a positive family experience. I also get together with my sisters in NJ and Massachusetts weekly and occasionally go to my sister’s exercise classes she teaches on Zoom. The best part of this pandemic is not having to set an alarm to be anywhere and not having to make a decision about what to wear! I started working on jigsaw puzzles about 6 months ago and I’m addicted. I have only done 500-piece puzzles, but am starting a 1000-piece puzzle. I find it both relaxing and also frustrating at times. I am happy to be home but am starting to miss being with people and feel fearful about going anywhere. We have limited our outings to grocery stores. A restaurant meal sounds good right now!



**Jeff Ader**

We’re missing band a lot and I’m really missing all my other musical groups as well. Instead of going to the dojo to teach, I commute to the basement every day to teach an online class. Teaching Karate online can be frustrating at times but it’s also fun and interesting. I not only have my Colorado Springs students but am often joined by blackbelts from Maine to California and from Australia, Argentina, South Korea and India. These are folks looking for advanced instruction so it’s fun and challenging.

I have also been working on recording some 6- and 8-part trumpet arrangements, given to me by a friend, and trying to make them sound good. This has also been quite a challenge.

The rest of my time is spent working with non-profits. I am the President of Temple Beit Torah, which is very time consuming. I am also on the BoD of the Pikes Peak Interfaith Coalition and the interfaith build of the Pikes Peak Habitat for Humanity and serve as an international director for the All Okinawa Matsumura Seito Karate and Kobudo Association. So, let me just say, “I’m not bored”. Life has been different but fulfilling. Hope to see you all soon.



**Wayne and Susie Griffin**

*Wayne and Susie Griffin recently celebrated their 50<sup>th</sup> anniversary. This photo shows them practicing Social Distancing with their daughter, son-in-law and grandchildren. Uh, Wayne – I don't see daughter, son-in-law or grandchildren in the photo. 😏*

Now that freezing temperatures are behind us, Susie and I try to go somewhere at least once a month. We have a small, 17' Casita Travel Trailer that is perfect for two. The last two years we have taken long trips (6 weeks last summer). This summer we're staying in Colorado! I will be de-winterizing the "rig" next week!

Durango, Ouray, Rocky Mountain National Park and Mueller State Park are some of our favorite destinations. We are having a family gathering in Granby the end of June.

Camping is the new Social Distancing solution! Campsites are at least 6 feet apart, usually much farther apart. You don't have to socialize with anyone if you don't want to, and distancing in the campground is easy. We're self-contained, so public bathrooms are not an issue. I just read this morning that RV rentals are up 650%! No planes or hotels – priceless!

If anything, the pandemic has enhanced our joy of camping. A great way to travel and very low risk.



**Pama Beatty**

**Owner of Beatty & Company, Tax and Accounting and NHBCOS Corporate Sponsor**

Considered an essential business we have been fortunate to work throughout the shelter-in-place orders. We have many family members and friends in the medical profession who have been on the front line of this. Bekah (nurse) has been the last person many of these people have seen. We have listened to them and followed what they have asked us to do to protect not only ourselves but clients. Sit down appts were cancelled through May; phone and virtual appts replaced them. We wear masks and gloves when clients come in for pick-ups or to drop off. Everything is disinfected upon their departure. We leave the door open to minimize touch on handles. Business is definitely slower bringing my 12-14 hour days back to 8 with only 4 days off since Jan 6th. My heart goes out to so many business owners who are struggling and may close. Many on unemployment are actually making the same or a bit more than when they were working which helps those families survive.

Our concerns now are the fallout if everything is opened back up. Safety of people should be the first and foremost priority. I feel that the tough decisions the FNHCOS Board has made in the best interest of our bands and members are the safest for all.

**Rev. David E. Cruson**  
**Pastor Dave of Prince of Peace**  
**Lutheran Church and**  
**NHBCOS Corporate Sponsor**



Dear New Horizons Band Members and Friends,  
God's grace and peace to you-

First of all, I MISS YOU! I miss your presence in the church, I miss your organized chairs in the east sanctuary and fellowship hall, and most importantly, I miss your music.

On behalf of Prince of Peace Lutheran Church, I thank you for our continued partnership. We are blessed by you. Your financial contributions to the band have helped us keep up with our building bills. We appreciate the support.

I check in on the band office and storage space regularly. In fact, the bug guy was here yesterday. Everything seems to be just fine, yet the instruments are waiting to be used.

We are currently planning to hold our first service on June 7th, but that may be pushed back after a meeting with our Bishop and church leaders. We will know more in the coming days and will keep you advised.

Certainly, your health is the most important thing to me. So, continue to be the wonderful examples you always have been.

See you soon, just not too soon...

Sincerely,  
Dave Cruson  
Pastor, Prince of Peace Lutheran Church

## **Julie Ryder**

**Owner of CODA Real Estate and NHBCOS Corporate Sponsor**

What do you do with a Pandemic...reinvent oneself, of course!

March 2020 was the month life changed. The NHBCOS recital was the last time I played in a public venue. The music came to an abrupt stop as did my business. Real estate was busy due to the Spring season, but, by the end of March and April the *Stay at Home* order brought the industry to a halt. Realtors had to abide to the social distancing requirements, no showings, no open houses, no home inspections, and closings were moved to the parking lot. I found myself with folks who needed to sell their home, or buy a home, with no way for me to legally provide service to them. March and April gave me time to think. Now was the time to be streamlined...I left RE/MAX and opened my own real estate firm, CODA Real Estate. The name CODA is inspired from the musical term, "A musical section that concludes an entire piece of a major movement." Like...selling a home concludes a major chapter in a person's life and I'm there to guide them through the process. It seemed to fit! Going forward, masks, disinfectant, and six feet distance will be in place, but music and work continues with great enthusiasm!

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## **SPOTLIGHT ON: JIM HINES**

(continued from page 1)

Jim eventually also joined the Symphonic Band with encouragement and help from the section leader and the other trumpet players. Almost everything he ever learned about how to properly read and play music came from our director, Ed Nuccio.

Jim says that playing music has been extremely rewarding. He gets to play with people of a like mind, who share similar experiences and it allows for great social conversation and interaction. Also, Jim believes that playing music lifts his spirit more than anything else. It's simply a "feel good" experience that everyone seems to enjoy. Lastly, it's an achievement that he can proudly talk about with others. When Jim mentions that he plays the trumpet ("I never said I was an expert."), the reaction more often than not is, "I wish I could do something like that" or "I always wanted to be able to read music." They think it's out of their reach but Jim always encourages them to try it.

What Jim didn't mention was that he has been the Guy Who Makes the Coffee for both Concert Band and Symphonic Band, and he is rarely seen as he sneaks the trash out after every rehearsal. He is one of the most reliable and hard-working cool band geeks we have the pleasure of knowing in NHBCOS!



**MARK YOUR CALENDARS** See times and other details on calendar at [www.nhbcos.org](http://www.nhbcos.org) and [www.daysoftheyear.com](http://www.daysoftheyear.com)

Monday	Practice – scales, sound production, technical exercises
Tuesday	Practice – long tones, technical etudes, listen to music you enjoy for at least an hour. Tune out all other noise.
Wednesday	Practice – scales, long tones, articulation etudes
Thursday	Practice and actively listen to music by musicians you admire (listening to music being the thing you are doing and not a secondary task). Observe why you like these musicians and set a goal to play more like them
Friday	Practice something non-technical from your repertoire
Saturday	Practice sight-reading some new piece of music
Sunday	Practice living a day of rest and free from news. Read a book. Talk to a friend, or a stranger. Write a letter. Count your blessings. Set a goal for next week.
June – All Month	Care for Your Grandparents Month
June 1	Say Something Nice Day
June 7	Chocolate Ice Cream Day
June 14	Flag Day
June 19	Juneteenth
June 21	World Music Day
June 25	Global Beatles Day
June 27	Armed Forces Day
Dec 12 5:00 p.m. to 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.



**Jaque Peterson**  
Owner of *Exciting Windows!* and NHBCOS Corporate Sponsor

I turned my drapery workroom into a face mask factory, making over 700 of them which I gave away to doctors, nursing homes, homeless camps and homeless shelters. I also made several surgical caps for a hospital in Houston. No photos to prove it but I also get to practice for 2-3 hours nearly every day! I am LOVING this break from stress.





**BUSINESS SPONSORS AND PARTNERS**

Please thank our Business Sponsors and Partners who continue to give to NHBCOS so generously throughout the last year. It is because of each of these organizations that we are able to keep the music alive!



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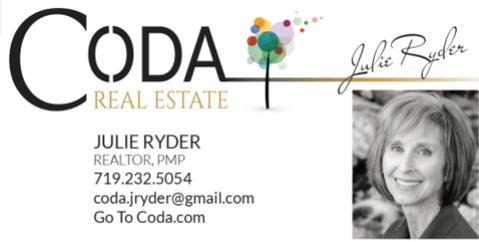
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