



Joyful Notes

May 2020

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



MAGIC 8-BALL

Many of us might remember the sage advice we received

from Mattel’s Magic 8-Ball in the 50s and 60s. “Does she love me?” *Most likely.* “Will I survive Monday’s math test?” *Signs point to yes.* “Will that music scholarship come in for me even though I haven’t practiced?” *Outlook not so good.*

What I wouldn’t give for one of those today! The FNHBCOS Board of Directors met recently via phone conference to discuss the coronavirus impacts on our organization. We discussed the facts, as we know them today and the short-term impacts. No fortune-telling. How was Prince of Peace Church managing? What is our current financial condition? Personnel matters. Member suggestions and special invitations. What we did not discuss was the safety, health and well-being of our musicians, Conductors and their families and audience members. We all knew this was our top priority in any decision we made. *Without a doubt.*

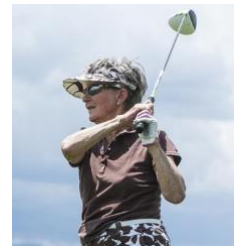
For the short-term, the Board decided to cancel the Summer Semester rehearsals and concert *as currently scheduled in the month of May.* When we meet again in another few weeks, we may consider other options that are safe and allow everyone to adapt to a shorter session. It will depend on all of the facts at the time we meet.

We will continue to monitor the situation and keep you informed, either on Facebook or www.nhbcos.org.

“Will the coronavirus ever end?” *You may rely on it.* “Will NHBCOS make it through this crisis?” *It is decidedly so!*



SPOTLIGHT ON: JAN UNGER



At the young age of 88, Jan Unger, cellist in the NHBCOS Orchestra, is the “most senior member” in the organization.

Her earliest musical recollection is her mother taking Jan to Carnegie Hall to the Saturday morning children’s concerts. Growing up in New Jersey, she took lessons and played through high school and college orchestras. She graduated from UNC-Greensboro with a BS degree and taught physical education for 4 years. Then came marriage to Les and together they raised 3 children. When the children were young, Jan gave up the cello and started the women’s golf program at Rutgers University, coaching there for over 20 years. Fast forward some 55 years. Jan was visiting a cousin who plays the cello, when her interest was piqued. Returning to Colorado, she arranged to rent and take lessons. Jan has since found a wonderful teacher and bought her own cello. About 5 years ago, Jan attended a band concert at Cheyenne Mountain HS where she learned of a new NHBCOS string orchestra being formed. The Orchestra started with 6 members and has grown to 25. Jan says she is so blessed to be a part of this orchestra and looks forward to Mondays with her friends. She thanks Ingri Fowler, Conductor, for “putting up with my playing” and for all that she does for the group. Jan’s hobbies include golf, bowling, reading, writing poetry, dog sitting, and playing duets with her 98-year old sister who plays the viola. Her advice to those who want to live longer: keep active both physically and mentally and keep playing music!!

Joyful Notes is the monthly newsletter of New Horizons Band of Colorado Springs. Please send email to Sudy (sudy1949@gmail.com) or Sunny (terpin54@gmail.com) to provide input, comments, suggestions or if you wish to be removed from the newsletter mailing list. *Issue 2020-05.* All current and past issues available at www.nhbcos.org/newsletter.

WE SAY GOODBYE, YOU SAY HELLO



It is with mixed feelings that we say goodbye next month to Pam and Paul Northen, longtime NHCOS members. They will be saying hello to Columbia, South Carolina this summer to get to a lower altitude. Although they will greatly miss making music with wonderful friends in NHCOS, they plan to join the Congaree New Horizons Band and the Columbia Community Band. Our loss, South Carolina's gain!

Paul, raised in a military home (his dad was an Army chaplain), has lived many places (Germany, Japan, a number of US states), but still considers himself a Virginian, or at the very least, a Southerner. He is a retired Army officer, serving in active duty as a member of the Army Field Band and Chorus, then in the Virginia Army Reserve and North Carolina National Guard as a Bandmaster, while at the same time teaching band and chorus in middle and high schools in Virginia and North Carolina for over 38 years and serving as a church Minister of Music. He has a master's degree in Music Education. Paul lost Helen, his wife of 47 years, to cancer in 2010. He and Pam married in late 2011. He has been playing tuba for most of his life, joining NHCOS under Ed Nuccio. He has played with various brass quintets and the Woodland Park Wind Symphony (WPWS) since moving to Colorado in 2002. He also plays gigs around town with the High Country Brass Quintet, formed in 2018 with Tom Fellows, Jeff Ader, Kelly Garwood, and Sam Smith.

Pam hails from New Jersey. She retired as a Military Master Planning Project Manager from HDR, Inc. in 2018. Pam considers herself a writer and artist rather than a musician, but she was recruited by Paul to play in WPWS when they ran short of percussionists. She helped out in our Symphonic Band for a season and now plays in Concert Band. She loves playing timpani (and has been known to throw sticks around during her enthusiasm of a performance) and learning from Sunny Kurth and her mentor in WPWS, Gary Allen. Pam has also been a vital member of the FNHCOS Board of Directors for the last 6 months, bringing us the first draft of this very newsletter and re-launching the NHCOS Recital program in March of this year. Her energy and contributions will be greatly missed.

Pam and Paul have three grown children (Eddie and Lisa on Paul's side, and Cristiana on Pam's) and seven grandchildren. They want to point out that they will have a guest room ready for anyone venturing to that part of the world! Best of luck and good health to you both, Pam and Paul. We will miss your smiling faces in Colorado.

KEEP YOUR BRAIN YOUNG WITH MUSIC

If you want to firm up your body, head to the gym. If you want to exercise your brain, listen to music.

"There are few things that stimulate the brain the way music does," says one Johns Hopkins otolaryngologist. "If you want to keep your brain engaged throughout the aging process, listening to or playing music is a great tool. It provides a total brain workout."

Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory.

You can read more at:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/keep-your-brain-young-with-music>



MARK YOUR CALENDARS See times and other details on calendar at www.nhbcos.org and 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.
May 1	National Tuba Day
May 3	World Laughter Day
May 4	Star Wars Day (May the 4 th Be With You)
May 10	Mother’s Day
May 13	Apple Pie Day
May 16	World Fiddle Day
May 24	National Brother’s Day
May 25	Memorial 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. Add it to your calendars today!

THE WORD IS (OR SOON WILL BE) OUT

In February, the FNHBCOS Board of Directors approved an advertising contract with radio stations KCME & JAZZ 93.5 to promote NHBCOS concerts at the Ent Center and Rehearsals. The first ads were to air in mid-March on JAZZ 93.5 to drive attendance to our March 23 Kicks Band concert and on KCME to support the March 29 Concert Band and Symphonic Band concerts. Fortunately, the radio stations have been great to work with and we are now planning on this advertising to drive ticket sales to our November concerts. Please notice that they are now one of our Corporate Sponsors (see page 4) and you won’t be disappointed if you spend time listening to both stations in the coming weeks. You can find them at 88.7 FM (KCME) and 93.5 FM (Jazz 93.5). You can also stream them online at www.kcme.org and www.jazz935.org.

MUSIC FOR LIFE

The Story of New Horizons – from New Horizons International Music Association (NHIMA)

Peter Webster from the Eastman NHB, Rochester, suggested that NHIMA members would like to (re)visit the Eastman New Horizons documentary to keep us occupied while at home.

It is the documentary “*Music for Life - The Story of New Horizons*” by Rochester, NY’s Public TV station WXXI. This is the story of the Eastman New Horizons groups done in 2014 and includes commentary from Roy Ernst. Peter commented: “We had a lot of fun making it 5 years ago”.

Here is the link to the version without the PBS Pledge breaks:

<https://www.pbs.org/video/music-for-life-the-story-of-new-horizons-brm0sf/>



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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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