



Winter/Spring 2014

2013/2014 NHMA

Officers:

President:

Nancy Gaidos

Vice President:

Sharon Witkowski

Treasurer:

Patricia Fitzgerald

Recording Secretary:

Kim Murphy

Corresponding Secretary:

Sharon Tanzler

Standing Committee Chairs:

Membership:

Faith Truppi

Publicity:

Maria Bambridge

Newsletter:

Maria Bambridge

Lynne Thompson

Fund-Raising/Raffle:

Sharon Witkowski

Ad-Hoc Committee Chairs:

Band Operations Liaison

Monte Blew

3rd Quarter Snack

Kim Murphy

Hospitality

Sharon Tanzler

Banquets:

Kathy Edelsberg

Band Uniforms:

Kim Murphy

Webmaster:

Lynne Thompson

To contact any Committee members, see Page 2

Letter from the President

Here we are at the half way point of the 2013-2014 school year! There have been many events this past half year for the students and faculty of the music department, and the NHMA was able to assist in many ways due to our dedicated members and generous volunteers.

Beginning with Marching Band, volunteers helped with Band Camp, uniform distribution, 3rd Quarter snacks, instrument movement, as well as support during all parades and competitions. Our hospitality crew put on a wonderful Freshman Tea, an opportunity for freshman or new parents to meet other music department families, and also hear from faculty members about their plans for the school year. Parents were also treated to brand new pieces already rehearsed by the freshman band and choir students!

Homemade delicious desserts provided by volunteers were enjoyed by all after the Winter Concerts I and II, and the Marching Band Banquet was a huge success, with delicious food and beautiful 'Wicked' decorations.

Next up is the always entertaining Winter Musical in February, followed by the Prism Concert in March. This year's Musical production is "Damn Yankee's". Following in May are the Spring Concerts with receptions and the Music Department Awards Banquet. Before we know it, the year will be over! Our seniors will graduate, and once again we will start our preparations for the next year of talented music students. Spring is a great time to join in on NHMA meetings and meet the committee members and volunteers. We always have openings to fill as parents also graduate or move on. Once you see how the NHMA works, there may be a place where you feel comfortable contributing next year! We always welcome new faces with new ideas!

This has been a wonderful year in the music department. The NHMA's membership is stronger than ever, a sign of commitment by all music families at North, to encourage and enrich all music students. Through membership dollars as well as running and contributing to fundraisers, it is our membership that allows the NHMA to continue to supply services and scholarships to all music students. Thank you for your continued support! We would love to see you at our next meeting on March 11 at 7:00 PM. All NHMA meetings are on the second Tuesday of every month in music room 123. Hope to see you there!

Sincerely,

Nancy Gaidos

Nancy Gaidos, President, NHMA

Contact us at: NHMusicAssociation@gmail.com
Visit us at: <http://www.nhvweb.net/nhhs/musicassociation>

Music Department News

The “Golden Lions” Marching Band capped off a very entertaining Fall performance season with its traditional march through downtown Clinton as part of the town’s annual Christmas Parade. The band will make two more appearances this year, one at Hunterdon’s 300th anniversary parade in Flemington on March 22, and a final appearance in May as part of the Flemington Memorial Day Parade. At the recently held Marching Band Banquet a number of band members were recognized for outstanding performances:

2013 “Golden Lions” Marching Band Award Recipients

Top Freshman Marchers.....**Olivia Adams, Julia Lombardo**
 Top Sophomore Marchers..... **Cameron Calv, Celine LaBelle**
 Top Junior Marcher..... **Andrew Burden**
 Top Senior Marcher **Emma Roberts**
 Most Improved Band Member(s) **Evan Greenfield**
 Spirit Award**Sarah Looney**
 Sabre Award.....**Camille Hoglund**
 Director’s Award **Lindsay DeMarco**
 **Joe Gaidos**
**Katherine Talian**
 Section of the Year Award..... **Low Brass, Benjamin Sharp, Section Leader**
 Pride of the Lions Award..... **Taylor Knoble**
 Service Award**Paige Greenfield**
 **Lindsay Holt**

Instrumentalists accepted into Region II Honors Band and Orchestra:

Andrew Burden, Julia Lombardo and Tim Gallagher

Contact the Committee

Nancy Gaidos ngaidos@comcast.net **Patricia Fitzgerald** tresses@comcast.net **Sharon Witkowski** psaj2010@comcast.net **Faith Truppi** faithtruppi@yahoo.com **Kim Murphy** kimba05@comcast.net **Maria Bambridge** mbambridge11@gmail.com **Lynne Thompson** lthompson92@gmail.com **Kathy Edelsberg** acedels@gmail.com **Sharon Tanzler** smtanzler@earthlink.net **Monte Blew** mblewnj@comcast.net



Dr Bergacs speaks at the Marching Band Banquet.



Marching Band at Clinton Christmas Parade



Music students performing at the Marching Band Banquet

Music Department News

FROM KATIE MEO

We are very busy this season with Musical Rehearsals and Prism Concert preparation. Our vocal students are singing the National Anthem at basketball games, fencing meets, and wrestling matches.

A number of vocalists were accepted into All State Chorus and Choir:

2013-14 NJ All State Chorus:

Heather Birmingham Soprano I

Lauren Medina Soprano I

Cameron Caly Tenor 2

Jessie DauAlto I

NJ All-State Women's Choir:

Brielle Burns Soprano I

Thuy Blumenfield.....Alto I



The Boys of Show Choir



The Girls of Show Choir



Miss Meo leads the Chamber Choir at the North Winter Concert"

"If Music Be the Food of Love, Play On"
--William Shakespeare



Concert Choir with Mr. Hopta

Gary Gilbert Scholarships

The Gary Gilbert Memorial Scholarship is given each spring to members of the NHHS student body to pursue opportunities and experiences which encourage a life-long involvement in music. The scholarship is open to NHHS freshmen, sophomores and juniors who are interested in supplementing their high school musical studies with outside music programs, such as college summer music programs for high school students, summer music camps, etc.

The deadline for applying for summer 2014 is April 30. Scholarship recipients will be recognized at the Spring Music Banquet. For additional details and the application form, see the NHMA page on the NHHS website. The application can also be obtained from any North music teacher.

JOIN THE MUSIC ASSOCIATION

Go to: www.nhvweb.net/nhhs/musicassociation/

Click the link for the form; Open the file, ; type in your info; print it, include payment; Mail it to:



NHMA
PO BOX 214
ANNANDALE, NJ 08801



We'd love to see you at our meetings!

Come on out and join us. Meetings are held on the 2nd Tuesday of each month:

March 11th • April 8th • May 6th



About Fundraising

The NHMA uses its fundraising dollars directly for students and their activities. Because our mission is to promote and encourage students in all areas of the music program, our support varies widely.

It includes providing food, drink, decorations, and paper goods for banquets and receptions, as well as refreshments during activities and performances. We have helped contribute to band items, student awards and other special needs. The NHMA has also assisted in the funding of choir and band ensemble performance and competition trips.

We are also proud to provide two different types of scholarships for music students every year. The first consists of six \$500 scholarships awarded to graduating seniors. The second is the Gary Gilbert Scholarship, available to underclassman to supplement tuition in music education outside of the classroom.

Please help support our outstanding music students and participate in our fundraisers. With your help, we hope to continue to provide all of these services in the years to come. If you have any questions about fundraising or would like to help, please contact:
NHMA President Nancy Gaidos at
ngaidos@comcast.net

THANK YOU!

Many thanks to the following local businesses who have offered us donations and/or discounts:

ShopRite Pizza Como • Celebration Station •
Applebee's • Country Griddle • Bishop's
Market • Silver Oaks Learning Center •
Tirpok's Dry Cleaning • The Art of Framing

Please remember to patronize them!

CALENDAR OF EVENTS

DAY/DATE	EVENT	LOCATION/TIME
February 28, 29, and March 1 st Thursday, Friday, and Saturday	Musical Theater Production: "DAMN Yankees"	NH Theater 7 PM
Thursday, March 20th	Prism Concert	NH Gym 8 PM
Saturday, March 22nd	Hunterdon 300 th Anniversary Parade	Flemington 4PM
April 10-12	Spring Theater Production	NH Theater
May 8	Spring Concert 1	NH Theater 7 PM
May 15	Spring Concert II	NH Theater 7 PM
May 21st	Music Department Awards Banquet	Cafeteria 6:30 PM
Monday, May 26th	Memorial Day Parade	Flemington AM

The above schedule is also on the 'Music Department' portion of the NHHS website.



Show Choir and Chamber Choir at Bethlehem Presbyterian Church

“Music is the divine way to tell beautiful, poetic things to the heart.” – Pablo Casals

50/50 Raffle at “DAMN Yankees”

Support NHMA services and scholarships by purchasing a 50/50 raffle ticket! Separate raffles with a different winner drawn each night. Sold before show and at intermission. A winner is drawn after intermission, and the winner is posted in lobby. You must be present after the show to collect your winnings.

Raffle tickets will be available for purchase at all performances of “DAMN Yankees”

Tickets are 10 for \$5, or 30 for \$10
Must be 18 years of age or older to purchase



Mark Your Calendars!
Don't Miss These Musical
Events!

DAMN Yankees

THE HOME-RUN BROADWAY MUSICAL

North Hunterdon High School Theatre Organization presents the 1950's classic **DAMN Yankees!**

Performance dates: Thursday, Friday, & Saturday, Feb. 27th, 28th, & March 1st - 7:00 PM North Hunterdon High School Theatre

Tickets are \$15 for adults and \$10 for students and senior citizens.

To reserve tickets, go to this address and download ticket order form:

<http://www.nhvweb.net/nhhs/music/theatre/>

Mail by 2/20. Tickets are also available at NHHS during lunch hours (10 AM - 1 PM) at the Rt. 31 entrance. They can also be purchased at the door.

Theatre Coordinator - Mr. Perry Andrews
 Director - Mrs. Mary Meo
 Orchestra Conductor - Mr. Vincent Angeline
 Vocal Director - Ms. Katie Meo
 Crew Directors - Ms. Allison Arth & Ms. Lauren Sheldon
 Choreographer - Ms. Theresa Soda
 Costumes - Ms. Regina Cavo

North Hunterdon High School Music Department
 Proudly Presents the...

12th Annual

PRISM Concert

a seamless montage of musical offerings

Thursday
 March 20th
 2014
 8:00 pm

NHHS Gymnasium

\$12.00 Adults • \$7.00 Students
 • WHEELCHAIR ACCESSIBLE & Seniors
 Proceeds will benefit NHHS Music Association

for tickets call (908) 713-4160

TICKETS NOW AVAILABLE FOR PURCHASE ONLINE
USING THIS LINK: <http://bpt.me/583731>

Now order Prism tickets securely
ONLINE with your credit card using
Brown Paper Tickets!

Use this link: <http://bpt.me/583731>



Our Joe Corbi Fundraiser is Ongoing!

Do you like the idea of a having your freezer stocked with delicious, high-quality treats—from gourmet pizza kits, grilled-cheese pretzels and ready-to-bake cookie dough to decadent fully-baked desserts perfect for holiday entertaining? Well, with our Joe Corbi fundraiser you can have all that, and support the NHMA at the same time! Order as much and as often as you desire, all year long. it's easy—just visit www.joecorbidirect.com and click "online ordering." Shopping for yummy Joe Corbi eats is fun and convenient, and your order will be shipped right to your doorstep. Mangia! The NHMA thanks you...*and your family will too!* Group id number: 22NORHHS (for us to get credit)

Please consider volunteering with the North Hunterdon Music Association!

There are many ways you can contribute, in particular, we will have open positions on the committee as parents graduate along with their seniors. Please consider attending one of our meetings this Spring, or contact Nancy Gaidos at ngaidos@comcast.net for information on how you can become a part of this wonderful organization. You can also visit the Music Association page on the NHHS Web site: www.nhvweb.net/nhhs/musicassociation/

Bake Sale at Bishop's Market

The Music Association will be hosting a Bake Sale at Bishop's Market in Whitehouse Station on



Saturday • May 10th • 2014
10 am – 2 pm



Members of the North Hunterdon Bands and Choirs will be on hand outside of the market to provide musical offerings to support the sale. (Volunteer musicians receive service hours for their time) We encourage **all** music families to contribute baked goods (individually bagged) to the sale. Come out on May 10th and indulge in some goodies in support of the music programs at North Hunterdon! Bishop's Market is located on Rt 22 (Eastbound) 908 534-9666. If you **cannot** contribute, please mail a donation to NHMA, Box 214, Anndandale, NJ 08801 *For additional information, please contact Lynne Thompson at thompsonlynn92@gmail.com*



Music Ensembles



Mr Angeline recognizes Seniors during Wind Ensemble performance.



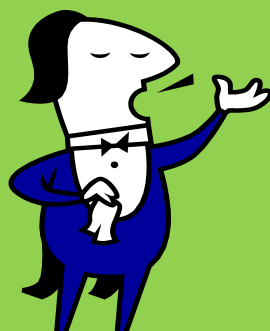
Show Choir Performs Under the Direction of Ms



Mr Andrews with the Jazz Band



Winter Concert Finale with all Groups



New research finds musical training appears to sharpen our ability to detect our own mistakes, and rapidly make needed adjustments.

•Tom Jacobs

We all want to stay sharp-witted as we age, which explains the recent proliferation of brain games and puzzles. But newly published research suggests a low-tech way of retaining our mental agility: Learn to play a musical instrument.

According to this research, people who spend many hours in the practice room not only process information unusually efficiently, but they also do a superior job of not letting occasional errors derail them.

These findings “suggest that playing a musical instrument might improve the ability to monitor our behavior and adjust our responses effectively when needed,” writes a research team led by cognitive neuroscientist Ines Jentzsch of the University of St. Andrews. “As these processes are amongst the first to be affected by cognitive aging, our evidence could promote musical activity as a realistic intervention to slow or even prevent (one type of) age-related decline.”

Music study could be “a realistic intervention method to slow or even prevent age-related decline in frontal brain functioning.”

In the journal *Neuropsychologica*, the researchers describe an experiment featuring 36 young adults. They were divided into four groups: Musicians who had accumulated at least 5,000 hours of practice; those who had clocked 2,000 to 5,000 hours; the lightweights (or newcomers to music) who had practiced for 200 to 2,000 hours; and non-musicians.

After answering a series of questions, all the participants took part in two standard cognitive tests: a Stroop task, in which they were asked to respond to words written in the color blue (even if the letters spelled out “red”); and a Simon task, in which they were instructed to respond with their right hand if they saw a red shape, and with their left hand if they saw a blue shape—even if the shapes popped up on the opposite side of the screen.

As they performed these tricky tasks, their brains were continuously monitored via EEG recording.

The results: People with more musical training responded faster than those with little or no training, with no loss in accuracy. “This result suggests that higher levels of musical training might result in more efficient information processing in general,” the researchers write.

In addition, “higher levels of musical practice were also associated with a better engagement of cognitive control processes, as indicated by more efficient error and conflict detection,” the researchers report. Participants who had spent more quality time with their instruments had “a better ability to detect errors and conflicts, and a reduced reactivity to these detected problems.”

“Together,” the researchers conclude, “the present findings suggest that playing a musical instrument might improve the ability to monitor our behavior, and adjust our responses effectively when needed.”

Jentzsch and her colleagues note that this shouldn’t be too surprising, in that a musician learns to be constantly cognizant of his or her performance, “but not to be overly affected by mistakes.”

In other words, if you hit a wrong note, it’s important to be immediately aware of what you did wrong, but it’s just as important to not hesitate or second-guess yourself. You quickly take stock of what happened and move on—a skill the musicians in the study applied to these two tests, and one players can presumably apply to an assortment of everyday challenges.

The researchers caution that they haven’t established “a causal link between musical activity and the effectiveness of frontal brain functions.” They concede it’s possible that people who generally perform well on cognitive tasks might be more likely to take up an instrument.

That said, they note that participants in their study “were drawn from our university population (students or employees) with a comparable educational background.”

They also point out that their participants were amateur musicians. Even those who logged the most practice time did not approach the hours put in by a longtime professional.

The fact that practicing was associated with improved cognitive functioning even for these non-professionals suggests music study could be “a realistic intervention method to slow or even prevent age-related decline in frontal brain functioning,” they write.

So if you want to be sharp, start practicing those B sharps.



Staff writer Tom Jacobs is a veteran journalist with more than 20 years experience at daily newspapers.

He has served as a staff writer for *The Los Angeles Daily News* and the *Santa Barbara News-Press*. His work has also appeared in *The Los Angeles Times*, *Chicago Tribune*, and *Ventura County Star*.

Don't Forget!!!

**MAKE SURE YOU HAVE YOUR MARCHING BAND UNIFORM
CLEANED BEFORE RETURNING IT !**

**Uniform Dry Cleaning is discounted at all Tirpok Locations
“at their cost”**



***Please thank them with your
patronage!***

EAT OUT and Help Support the NHMA at the Same Time!

Enjoy a meal out and help the **NHMA**?

That's right, just eat at the Country Griddle at either of their locations (Flemington or Clinton) and 10% of your bill will be donated to the **NHMA**!

Please give this coupon to your server with your bill!

Thank you for your continued support! -
North Hunterdon Music Association

Enjoy a meal out and help the **NHMA**?

That's right, just eat at the Country Griddle at either of their locations (Flemington or Clinton) and 10% of your bill will be donated to the **NHMA**!

Please give this coupon to your server with your bill!

Thank you for your continued support! -
North Hunterdon Music Association

Enjoy a meal out and help the **NHMA**?

That's right, just eat at the Country Griddle at either of their locations (Flemington or Clinton) and 10% of your bill will be donated to the **NHMA**!

Please give this coupon to your server with your bill!

Thank you for your continued support! -
North Hunterdon Music Association

Enjoy a meal out and help the **NHMA**?

That's right, just eat at the Country Griddle at either of their locations (Flemington or Clinton) and 10% of your bill will be donated to the **NHMA**!

Please give this coupon to your server with your bill!

Thank you for your continued support! -
North Hunterdon Music Association

Enjoy a meal out and help the **NHMA**?

That's right, just eat at the Country Griddle at either of their locations (Flemington or Clinton) and 10% of your bill will be donated to the **NHMA**!

Please give this coupon to your server with your bill!

Thank you for your continued support! -
North Hunterdon Music Association

Enjoy a meal out and help the **NHMA**?

That's right, just eat at the Country Griddle at either of their locations (Flemington or Clinton) and 10% of your bill will be donated to the **NHMA**!

Please give this coupon to your server with your bill!

Thank you for your continued support! -
North Hunterdon Music Association



NHMA Magnets

NHMA is proud to offer its very own Music Department car magnet.

Magnets can be purchased for a donation of \$5 each.

All proceeds go to the NHMA General Fund

Number of Magnets _____ @\$5.00 total _____

Make checks payable to: NMHA

Mail your order to: NHMA, Box 214, Annandale, NJ 08801

THANKS TO OUR SPONSORS!

Thank you to these Generous Patrons Who Sponsored Our Stadium Seats. Please Be Sure to Patronize Them!

Clinton Station Diner (908)713-0012 Open 24-Hours	Touch Of Class Cleaners (908)735-7768 20 Walmart Plaza, Clinton	Frank's Italian Restaurant (908)735-9293 67 Walmart Plaza, Clinton
Basil Bandwagon Natural Market (908)735-3822 (908)788-5737 Sustainable and Organic Goods	Mauricio Landscaping (609)635-2251 Email: migda@hotmail.com	EmPower Fitness (908)303-0199 Ballet bar training & personal training
Just Subs III (908)735-7373 39 Old Highway 22, Clinton	Elite Meat (908)200-7350 Taste the Difference 23 Old Route 22, Clinton	

“If a composer could say what he had to say in words he would not bother trying to say it in music.” ~Gustav Mahler

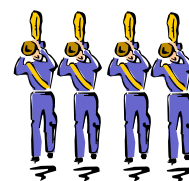




Marching Band 2013



Marching Band performs "at Homecoming Halftime Show



Marching Band on the field at
Band Festival in Phillipsburg



Marching Band in Columbus Day Parade NYC

