



# Lakeshore New Horizons Newsletter

Volume 13

June 2016

## Special Events in our Band

### Concerts

#### LAKESHORE WINDS BAND

Sunday May 29<sup>th</sup>, Exchange with  
PNHB  
Living Hope Church Peterborough.  
3:00 pm

Tuesday, June 14<sup>th</sup>, Concerts in the  
Park, Newcastle Town Hall, 7:00 pm

#### HARMONY LAKESHORE BAND

Wednesday June 15<sup>h</sup>, Harmony Hill  
Retirement Residence Estates,  
Oshawa, 2:00 pm

Wednesday June 22<sup>nd</sup>, Wilmot Creek  
Auditorium, with New Ventures  
Band of Cobourg, 7:00 pm

#### Show Band

Thursday May 26<sup>th</sup>, Maranatha  
Church, Bowmanville, 7:00 pm

Monday June 6<sup>th</sup>, The Seasons  
Retirement Residence, 2:00 pm

Tuesday June 14<sup>th</sup>, Newcastle  
Concert in Park



## From Our Music Director – Lynda Shewchuk

Another great year! Our bands seem to get better each year. As usual, I am so impressed with what you have accomplished. We are so lucky to have such hard working dedicated players in our bands.

The Bach to Basics class was small but mighty this year. A very dedicated group that finished all of book 1 and about a dozen pages in book 2, all before the April session. This is the first year that we were able to merge the Basics class with the Harmony Lakeshore band at the beginning of April. These players will perform in both Harmony concerts in June this year. They will be performing about forty-five minutes of band music, a tremendous accomplishment!

Harmony Lakeshore will be participating in a band exchange with the Mezzo Band of the New Ventures of Cobourg. Our combined concert at the Wheelhouse on June 22 will be fun for all. I am particularly looking forward to performing the four combined pieces with about 85 musicians!

We are also performing at Harmony Hill, a newly opened retirement residence in Oshawa.

Our Lakeshore Winds just completed a band exchange with the Sunshine Band of Peterborough New Horizons. As usual our hosts made us feel most welcome. We had a nice time performing for them and attending a tremendous pot luck supper.

Our final concert will be at the Newcastle band stand, located at the town hall. It is the first time for us performing here and we are pleased to have this opportunity. We are the opening concert of the Newcastle Concerts in the Park series on June 14. If there is rain, we will be playing inside the town hall, a charming heritage building.

I encourage players to keep playing over the summer. If you are interested, you may participate in Peterborough's summer program which takes place Monday mornings. Loraine sent out an email about this. A few of our players did this last year and found it enjoyable. It would be particularly good for the Bach to Basics players in order to maintain their playing level.

I would like to thank our executive members, Linda and Bob Richardson, Ron and Loraine Christianson, John Fletcher, Gerry Cowley and Elliott Tremeer for all that they do to keep Lakeshore New Horizons running smoothly through the the year.



### *From LNHB Executive President – Ron Christianson*

I also want to thank the Executive for their hard work throughout the year. Lynda has done her usual magic and prepared our band for another successful concert season to which I thank Elliott who has also done a great job working with the Show Band. Considering the short practice time we get a lot of progress has been made and I know the residents at Seasons and Maranatha Church enjoyed the concerts that the Show Band performed for them.

I have always enjoyed performing with other bands so our exchanges with Peterborough New Horizons and The New Ventures Band of Cobourg this year ere very welcome. I think this is a a great way to share music and certainly hope we can continue in the future.

I especially enjoyed our the Lakeshore Winds Christmas concert at Trinity United Church with their choir, it was a great success and enjoyed by all. Hopefully we can do that again.

Thanks go out to the band members who regularly help out when needed whether it be at concerts or band practices every bit helps make us the success that we are. Thanks to Margaret for the 50/50, I finally won a pot!

A new Bach to Basics class will begin in September so If you know anyone who might be interested in our program let them know, word of mouth is the best way to spread the word.

Don't forget Peterborough's summer band program. Have a fun summer and see you all in September.

### *Meet Your Fellow Band Members*

#### **Tanis Manahan - Trumpet Monday, Wednesday and Show Band**



Music has always been a part of my life. As a child I would listen to the Boston Pops every Sunday, and eagerly took in all the musicals I could watch. Artists in our younger family included Al Hirt, Frank Sinatra, Herb Albert and the Tijuana Brass and a lot of Louis Armstrong and Glenn Miller. My mother was a talented soprano who loved to sing along to any genre, so literally a day did not go by without song. The first instrument I played was the bass drum in grade school. Throughout high school I was the drummer for both the school and pit bands. My music teacher was a Holocaust Survivor by virtue of being a concert violinist. For him, music was life and his passion was infectious - his door was always open. He encouraged us to try new instruments, so I picked up the trumpet and alto sax and the trumpet became my favourite. I hadn't played since 1979 when I came across the New Horizons e-link in the local paper and here I find myself, thoroughly enjoying this opportunity. Outside of music I enjoy golf, gardening (sometimes they're one in the same) and all the Toronto sports teams.

My working life has been spent in veterinary medicine as a Registered Veterinary Technician. I honed my skills at The Ontario Veterinary College and have spent most of my time in emergency and 24-hour practice, with a brief detour into bovine embryo transfer. I am currently the Hospital Administrator at the Animal Emergency Clinic in Whitby where I am finishing my career. What has stood out for me is the progress I have experienced in animal medicine paralleled to human medicine over the past 35+ years. On the home front my partner and I have an 11 year old Welsh Springer Spaniel and a 16 year old cat who keep us busy with their geriatric needs.

**Peter Tunney – Percussion**  
**Monday, Wednesday and Show Band**

Hi Everybody. I have been asked to submit some info on myself for the current newsletter. If you are nodding off reading this I will understand. First of all let me say that this music experience with you people has been a huge highlight at this time of my life. If someone 10 or more years ago had suggested that I would be involved in music I would have bent over laughing. As you can appreciate I do find it challenging but with many kind words of encouragement I am still here with you all.

I was born and raised in Markham which at the time was just a small village north of Toronto. My parents who are both gone now never moved so I considered my younger years as pretty stable. My grade school was located across the park from my parents home with outdoor rinks in the winter and outdoor tennis, pools and baseball in the summer. Pretty nice eh? Forgot to mention that I failed music and art in Grade 8 and was led to believe I was the only one.

I spent 6 years to finish 5 years of high school and went on to graduate from the University of Western ON in 1975 with a degree in Economics.

I have been with my beautiful, and very patient wife Marjorie for 41 years and have 2 children, Heather and Scott who both live locally in the Oshawa, Bowmanville area. We have two step grandsons who are 23 and 20 years old and 1 grandson Jack who is 16 months.



I Spent most of career in what they call the Vehicle Sales and Service Marketing Dept. of General Motors of Canada and retired from there in 2006. Prior to retiring I earned my Financial Planning designations which has allowed me to pursue a second career. I am a huge proponent of education. I remind younger people that "once education is earned no one can ever take it away from you".

When I turned 60 a few years ago the thought of playing music was on my "bucket list". So it was through my next door neighbour Ed Hughes that I was introduced to New Horizons and as mentioned earlier have thoroughly enjoyed the experience and especially the people.

Currently my days are filled with my financial practice, my family including my going concern grandson, my grand dog Brindi, band and practice, education courses and exercise whenever possible.

Before I sign off here there is one other detail that I want you all to be aware of because in the most part you have your backs to the percussion area. We have a lot of fun back there and Murray has no problem throwing me under the bus.

Cheers Everybody.



**The Annual General Meeting Monday September 26<sup>th</sup>, 2016**

Elections will take place place for the following positions on the Executive

President  
Director 1  
Secretary

If you would like to serve in one of these positions please let us know. If you would like information regarding these positions you can talk to any of the Executive or send us an e mail at [lakeshorenhbandgmail.com](mailto:lakeshorenhbandgmail.com)

**Lakeshore Winds and The Sunshine Band Peterborough New Horizons  
Sunday May 29<sup>th</sup>, 2016**



Dont forget to check out the New Horizons International Web Site, there are lots of interesting articles and information about other New Horizons Groups.  
[newhorizonsmusic.org](http://newhorizonsmusic.org)

And remember our web site  
[Lakeshorenhbands.org](http://Lakeshorenhbands.org)

**There you will find our concerts with maps. Photographs and updates the newsletters, buy and sell page and lots more.**

**Thanks again to Carolynn Rogers our web guru for maintaining the site for us.**





## Tales from Band Practice

### Fundraising



Don't forget if you go to Boston Pizza write Lakeshore New Horizons Band on the back of your bill and deposit in the box near the door. The Band will receive 10% of the food total....great fundraiser

### 2016 Fall Session

#### Lakeshore Winds

Mon. September 12th  
Mon. December 12th

#### Lakeshore Harmony

Wed. September 14th  
Wed. December 14th

#### Bach To Basics

Wed. September 21st  
Wed. December 14th

#### Show Band

Monday September 12th



*The Lakeshore Band Executive Would Like to Wish  
You All a Safe and Enjoyable Summer  
See You in September*

### Contact Information

Lynda Shewchuk  
905-623-5927

[kokopelli\\_123@hotmail.com](mailto:kokopelli_123@hotmail.com)

Ron Christianson  
905-623-8778

[christianson0000@rogers.com](mailto:christianson0000@rogers.com)

General Band e mail  
[lakeshorenhband@gmail.com](mailto:lakeshorenhband@gmail.com)

We're on the Web

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Lakeshore New Horizons Bands

Newsletter by  
Loraine Christianson

### HOW MANY IF ANY OF THESE MOVIES OF SUMMER DO YOU REMEMBER?

Summer of '42, (1971) Gary Grimes  
The Long Hot Summer (1958) Paul Newman  
Summer Wishes, Winter Dreams (1973) Joanne Woodward  
A Summer's Tale (1989) Melvil Poupard  
Cold Summer of 1953 (1987) Anatoly Papinov)  
Corvette Summer (1978) Mark Hamill  
Summer Holiday (1963) Cliff Richard  
Summertime (1955) Katherine Hepburn  
One Crazy Summer (1986) Demi Moore  
Summer Stock (1950) Judy Garland





## In The News

### Got high blood pressure? Listen up!

To music that is. In the March 2015 Reader's Digest it was reported that medical research has validated something we've all known for a long time... Listening to music has a calming effect. According to RD, in at least one study, it was found that listening to music for around a half-hour a day for about a month can have a significant positive effect on blood pressure. How significant? The researchers recorded a reduction of 12mm Hg in systolic blood pressure (the top number) and a 5 mm Hg decrease in the bottom number (diastolic pressure). This favorably compares to the benefits of taking a strong blood pressure medication.

The short article went on to say that the calming effect of music is so powerful that it was actually more effective at reducing stress for folks heading into cardiac surgery than a sedative. Moreover, a group who listened to music after their surgery "fared better than patients who received the sedative."

One theory is that music directly acts on the body's autonomic nervous system... the system that controls heart rate and blood pressure. Score another win for music! (Pun intended.)

