

**Inside this issue:**

President's Page	2
NJIO News Briefs	2,3,6
Music and Stress	3
Director's Report	4
P.D.Q. Bach Benefit Concert Information	5
NJIO Summer Session	6
Members' Corner	7
NJIO Calendar	8

NJIO Notes is published 3 times a year for both members and the general community to keep abreast of NJIO activities and plans. To be added or dropped from the NJIO Notes mailing list please contact us at: [newsletter@njio.org](mailto:newsletter@njio.org).

**NJIO's Spring Concert to be Held Friday, April 29th**

NJIO's free Spring Concert will be held at Cranford High School on Friday, April 29 at 7:30 p.m. The program includes performances by all three NJIO orchestras: Nouveau, Symphony, and Chamber. As a special bonus for this concert, a quartet composed of NJIO mentors will also perform.

"The Spring Concert features music reflecting a wide range of emotions by the composers," says Music Director Todd Van Beveren. "The sentiments range from humorous in the *Marriage of Figaro* to serious and uplifting in

Mendelssohn's *Fifth Symphony* to strong and powerful in Wagner's *March of the Meistersingers*. *In the Hall of the Mountain King* from Peer Gynt Suites provides an intense climax to the program. The challenge for the orchestra is to adapt to these dramatic changes throughout the concert."

In addition to these pieces, the concert will feature Verdi's *Nabucco*, Mozart's *Eine Kleine Nachtmusik* performed by the Chamber Orchestra and Mozart's *Divertimento #1 in D major (K136)* performed by the mentor quartet.

**New Jersey Symphony Members Come to Coach NJIO**

On April 7th, six members of the New Jersey Symphony Orchestra will visit NJIO and lead sectionals, as part of NJSO's REACH program. Funding for this session was made possible by the grant from the Frank and Lydia Bergen Foundation which NJIO has used to establish its mentor program.

The coaches are well known to NJSO

aficionados: Charles Baker, principal trombonist; Martin Andersen, viola; John Connelly, violin; Kelly Hall-Tompkins, one of New York City's most in-demand violinists; Paul Harris, principal bassist, and Carolyn Pollak, principal oboist.

NJIO members are eagerly anticipating this rehearsal.

**About NJIO**

The New Jersey Intergenerational Orchestra, NJIO, is in its eleventh year. NJIO's mission is to *Bridge the Generations Through Music* by providing an educational and entertaining music program both for its members and its various audiences.

Only NJIO offers musicians of all ages the opportunity to play music in a unique intergenerational environment. Students, adults, and senior citizens, with the guidance and assistance of music professionals, come together to produce enjoyable programs for the community.



NJIO 2005 Winter Concert

**NJIO is searching for a small and affordable office space in the Union County area.**

**Please contact Susan Peterson at [info@njio.org](mailto:info@njio.org) or 908-656-0097 with any leads or suggestions**

**The NJIO Audit Committee needs individuals with accounting or financial backgrounds to join the committee.**

**Please contact Alan Campell to find out more [info@njio.org](mailto:info@njio.org) or 908-656-0097**

## President's Page — by Alan Campell

It seems as though NJIO is on a roll this year. Two enthusiastically received winter concerts, an excellent group of new members, the expansion to a Symphony Orchestra, and the upgrading of NJIO's musical capability and repertoire are just some of the highlights so far this year.

Coming up shortly are a mentoring session with members of the New Jersey Symphony Orchestra, a challenging Spring Concert at Cranford High School, a trip to New York City for a performance at the Plaza at Lincoln Center, and a rare opportunity to perform with the world-renowned composer and musical satirist, Peter Schickele, in an NJIO benefit concert featuring the music of P.D.Q. Bach. Then its on to the NJIO Summer Program. Whew!

And NJIO Music Director, Todd van Beveren, and the NJIO Board are working on some exciting new opportunities for next season.

I would like to thank all of NJIO's supporters for their assistance this year. Special thanks go to the Union County Division of Cultural and Heritage Affairs and Susan Coen and Paula Long who administer the grant from the New Jersey State Council on the Arts and

provide us much support and guidance. Also special thanks to Superintendent Feinsod and the Cranford Public Schools. Both of these supporters have been with us since the beginning 11 years ago. More recently Target Stores, the Frank and Lydia Bergen Foundation and the Lillian P. Schenck foundation have been significant supporters of our programs.

But just as important are the many individuals and businesses who have supported NJIO financially with donations and advertising. And finally, the cadre of volunteers and our small administrative staff who work tirelessly to promote the NJIO mission of *Bridging the Generations Through Music*.

We invite you to show your support for NJIO by attending our free Spring Concert in Cranford on Friday, April 29. Then join us for a fun-filled evening and help out in the process at the NJIO Benefit Concert and Gala with Peter Schickele and the music of P.D.Q. Bach on Saturday, May 21. All proceeds of the benefit go to NJIO.

Finally, if you have not yet become a Friend of NJIO for this season, please consider joining at this time. You will find a Friends envelope enclosed.

## NJIO to Perform at the Plaza at Lincoln Center May 3

NJIO has been invited once again to perform at the Plaza at Lincoln Center.

The concert will be held on Tuesday, May 3rd from 12:15 p.m. to 1:15 p.m. The Orchestra will perform selections

from the Spring Concert.

This performance is a wonderful opportunity to showcase NJIO in a venue outside of New Jersey. All are welcome to come see NJIO at work in the Big Apple.

## Please Tell Us What You Think

We welcome your feedback about the newsletter or any aspect of NJIO. Please e-mail us at [newsletter@njio.org](mailto:newsletter@njio.org) or drop us a note at PO Box 432, Cranford, NJ, 07016.

## Feeling Stressed Out? Pick Up A Musical Instrument To Relax: Fascinating Results from a New Study

A groundbreaking study published in the February 2005 issue of the international research journal *Medical Science Monitor* shows for the first time that recreational music making can reverse multiple components of the human stress response on the DNA level. The study was supported by the Musical Marketing Group of Yamaha Corporation.

While the connection between music and stress reduction has certainly been established before, it has never been done at the genomic level. In the study, participants were subjected to stress for about one hour in the form of a complex, challenging puzzle exercise. Researchers were able to detect individualized genomic stress induction signatures in the participants' blood samples.

The participants were then divided into 3 groups: the unlucky ones had to

continue working on the puzzle exercise; another group could relax and read newspapers or magazines; the third group participated in a group based keyboard learning program. The findings demonstrated that active participation in a keyboard program was far more effective at reversing stress signatures than simply relaxing and reading.

George Stefano, Ph.D. and Director of the Neuroscience Research Institute at SUNY noted that "the study ... adds considerable insight into earlier studies demonstrating positive health outcomes that come from listening to music."

Principal investigator, Dr. Barry Bittman is "personally convinced that recreational music making as a rational stress reduction activity now deserves consideration as a healthy lifestyle strategy along with nutrition and exercise."



Conductor Todd Van Beveren holding a stress reduction session at the Summit Winter Concert

## Winter Concert Highlights

After the Blizzard of 2005 forced NJIO to postpone its first winter concert, the weather cooperated the following two weekends. Over 500 people attended the concerts in Cranford and Summit and were rewarded with rousing performances.

The concert featured the Nouveau, Symphony, and Chamber Orchestras. Selections included *Shaker Hymn*, *Gloria* (Vivaldi), *Overture* and *Pastoral Symphony* from the Messiah (Handel), *Jesu, Joy of Man's Desiring* (Bach), *Trepak* from the Nutcracker Suite (Tchaikovsky), *Farandole* (Bizet), *St. Anthony's Chorale* (Haydn) and *Hornpipe* from Water Music (Handel).

Union County Freeholder Bette Jane Kowalski opened the afternoon in

Cranford. In her remarks, Ms. Kowalski introduced NJIO's conductor and Music Director, Todd Van Beveren, noting: "Todd brings a perfect mix of experience and enthusiasm to NJIO. He has enabled the orchestra to expand beyond its string orchestra roots into a fuller symphonic ensemble."

Joseph Gluck, retired member of the New Jersey Symphony and NJIO Board Member, shared his observations about changes he has seen at NJIO saying: "The ensemble was tighter; the energy level was stronger; and the joy of accomplishment seemed pervasive throughout the concert."

The loud ovations at the end of each concert indicated that the audience



Freeholder Bette Jane Kowalski (left) with NJIO President Alan Campell and Director Susan Peterson at the Cranford Winter Concert.

## Director's Report — from Susan Peterson

### NJIO Spring Concert

Friday, April 29th  
Cranford High School  
7:30 p.m.

**FREE ADMISSION**



Good seats still available for the P.D.Q. Bach/NJIO Benefit Concert. See page 5 for details.

Congratulations to our members for a successful Winter Concert. Despite having to reschedule the Summit concert due to snow, the audience for the concert was quite appreciative. Kudos to Todd and all our mentors for bringing us to a new musical level.

Preparations are in full swing for our concert on April 29 at Cranford High school, and based on how rehearsals are going, this event is not to be missed!

Meanwhile, we are planning our Gala Benefit with Peter Schickele and the music of P.D.Q. Bach on May 21<sup>st</sup>. It's difficult for me to express how thrilled I am that Mr. Schickele has agreed to support our orchestra. I hope that as many of you as possible will be able to attend. I speak from personal experience when I say that a P.D.Q. Bach concert can be a life-altering event.

In 1986 a former out-of-town boyfriend called and wanted to know if he could come visit me in New York City over Christmas. He said he would take me to a concert at Carnegie Hall and promised we would have a good time. Being on great terms with him and never having been to Carnegie Hall, how could I refuse? That Christmas, we were treated to "Oedipus Tex," a Dramatic Oratorio in One Cathartic Act, by P.D.Q. Bach. That event totally hooked me in and the former boyfriend had so much fun on the visit that he decided to move from Cleveland to the Big Apple.

Fast forward two years to 1998 and several P.D.Q. Bach concerts later – the former boyfriend (Lloyd Peterson, NJIO keyboard player) and I are now engaged. In search of the perfect wedding gift, I write Professor Schickele a letter saying I would pay any price to commission a discovery of a P.D.Q. Bach piece that can be played at my wedding, never expecting anything to come of it. To my

great surprise, an envelope arrived containing "P.D.Q. and Betty Sue," a two-part round by P.D.Q. Bach, which Professor Schickele said had just been discovered. Coincidentally, the round proved that P.D.Q. Bach knew people named Lloyd and Susan whose lives amazingly paralleled ours. The surprise premiere of the piece was performed at our wedding reception, and I will never be able to give my husband a greater gift.

Following that amazing gift from Mr. Schickele, which included an invitation to come backstage after a concert and meet him in person, we had several occasions to do just that – and not just at P.D.Q. Bach concerts. We became friends with Peter and his wife and eventually, we were asked to administer Peter's web site, [www.schickele.com](http://www.schickele.com). Through Peter, we have been blessed to have the friendship of his regular singers, David Düsing and Michèle Eaton.

My entire relationship with classical music can also be credited to knowing Peter Schickele and the works of P.D.Q. Bach. Prior to that first concert, my primary exposure to classical music was Bugs Bunny cartoons. Peter was genuinely touched when I told him recently that when I attended that first P.D.Q. Bach concert, I knew next to nothing about orchestras – now I'm an administrator for one.

I couldn't be prouder of NJIO and what it stands for – the philosophy that making music together is essential to a good life, a philosophy shared by Peter Schickele. I thank him for sharing his music and talent with NJIO this year.

The P.D.Q. Bach Benefit Concert will be a highlight of the NJIO's eleven year history and a personal highlight as well. Please join us on May 21<sup>st</sup>. I guarantee you'll have a wonderful time. And just maybe your life will be changed as well!



# NJIO

New Jersey Intergenerational Orchestra  
Presents a Gala Benefit Concert with

## Professor Peter Schickele & the Music of P.D.Q. Bach

May 21, 2005, 7:30pm

**For Tickets Call 908-737-SHOW (7469)**



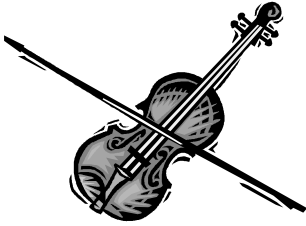
Tickets: \$20-\$45  
Wilkins Theatre  
@Kean University  
1000 Morris Avenue  
Union, NJ 07083

Works on the program include:  
*A Little Nightmare Music*,  
*Twelve Quite Heavenly Songs*,  
*Fuga Meshuga* and  
more by P.D.Q. Bach

Tickets for the "Meet the  
Artists" reception following  
the concert on sale  
exclusively through NJIO.  
For more information:  
[www.njio.org](http://www.njio.org) or  
908-656-0097



## NJIO Hosts Summer String Program Open to Community



Music Director and Conductor Todd Van Beveren will once again lead NJIO's summer string music program. The program consists of two, 4 week sessions June 16 to July 7 and July 14 to August 4. The sessions will be held in an air conditioned space at the Calvary Church in Summit from 7 p.m. to 9 p.m.

The purpose of NJIO's summer program is to provide musicians the opportunity to maintain their skills over the summer in a friendly, relaxed environment. The format will be that of a reading orchestra in which participants are exposed to a variety of classical music repertoire. The program does not include performances.

The summer program is open to all string musicians who can play at the NJIO

Symphony Orchestra level and above. For about the first hour the music will be appropriate for all levels. For the second half of each session, the music level will be more advanced, but everyone is invited to stay.

The cost of the program is \$100 for all eight sessions or \$60 for either the first or second session. If space is available, participants may reschedule a missed evening in the first session in the second session.

Due to space limitations the sessions are limited to about 30 participants. We also regret that we cannot accommodate winds or brass in the summer program.

Registration forms are available on the NJIO Web site, [www.njio.org](http://www.njio.org), or by contacting Susan Peterson, 908-656-0097.

## NJIO Music Advisory Committee meets



Board Member Joe Gluck, recently retired violinist from the NJSO, hosted the first meeting of the NJIO Music Advisory Committee. The purpose of the committee is to provide independent feedback about the orchestra and its operation to the Music Director and the Board. The Committee meets about twice a year.

Sanchita Dasmahapatra, Chamber Orchestra

Concertmistress, attended the meeting and had several excellent suggestions which will be reviewed by the Board in April. Thank you Joe and Sanchita.

There are still openings on the committee for anyone with an interest in sharing their thoughts about NJIO and its music. Please contact Joe Gluck, at 973-762-1416 if you have an interest in serving.



## NJIO receives Schenck Fund Grant

Presentation of a symbolic check to NJIO from the Lillian P. Schenck Fund. The grant is used to fund the NJIO Outreach program which brings music to various segments of the community unable to attend NJIO concerts.

Pictured from left: Pep Logan, Schenck Fund Trustee; Jack Prewitt, NJIO Trustee; Claudia LaTorre, VP, PNC Bank; Virginia Hazzard, NJIO Trustee; Ben Tomm, NJIO Chairman; and Tom Gregor, President, PNC Bank of Northern New Jersey.

**NJIO Members' Corner** — Many strong relationships are formed at NJIO and we take a personal interest in all of our members. This column provides news about our members and former members. Please e-mail us at [newsletter@njio.org](mailto:newsletter@njio.org) if you have news to share.

**Russell Jackson** and **Sam Berse**, NJIO bassoonists, were offered a place in the New York City Opera's "Opera in a Nutshell" workshop. Russell and Sam will prepare and perform excerpts from the opera *Madama Butterfly* with professional opera singers during an intense one day workshop at the New York State Theater in Lincoln Center. Russell is a freshman at Union County Magnet High School in Scotch Plains and Sam is an 8th grader in Westfield.



Congratulations to **Maria Gabryszewska**, an NJIO first violinist for several years and an eighth grader from Linden, who was recently selected for All-State Orchestra. Maria also performs as a soprano with the Little Opera Company of New Jersey based in Westfield. Maria and mother Irene have a wonderful opportunity on June 6 to perform at Carnegie Hall in Carl Maria von Weber's *Der Freischutz*. See Maria for details. Closer to home you can hear her perform on May 14th at Union County College in Donizetti's *L'Elisir d'Amore (The Elixir of Love)*.

Did you know that there is a 63 year old Mandolin orchestra in New Jersey? Second Violinist, **Russ Kelner** is a member of the Bloomfield Mandolin Orchestra. You can catch a special performance on June 5<sup>th</sup> at Bloomfield's Sacred Heart Church at 3:15 p.m. The BMO will combine with the Long Island Mandolin and Guitar Orchestra and tenor Tom Smargiassi, III to perform selections written or transcribed specifically for the mandolin orchestra. See Russ for details or visit the website <http://nj.mandolins.home.att.net>.

**Linda McNamara** is playing with the Summit Symphony, where Trustee **Joe Gluck** serves as Concertmaster. NJIO 6th grade violinist, **Jeremy Zipf**, will be leaving soon as he has been accepted at the American Boychoir School in Princeton. A wonderful opportunity but we will miss you Jeremy.

A favorite of NJIO's cello section, mentor **Martin Steinberg**, is performing this year with the Park Avenue Chamber Symphony in New York. This group's mission is to support non-profit organizations by raising funds for them through performances. They recently raised \$60,000 to combat multiple sclerosis with a concert at Carnegie Hall. You can see Marty and the Park Avenue Chamber Symphony in action on June 17<sup>th</sup> and 18<sup>th</sup> at the Saint Jean Baptiste Church (Lexington Avenue at 76th Street) or at Avery Fisher Hall on June 21<sup>st</sup> with an all Mozart program. For ticket information visit the web site [www.chambersymphony.org](http://www.chambersymphony.org). Marty, whose day job is an editor for the Associated Press, wrote an article which was published by AP and picked up by the *New York Times*, the *Star-Ledger* and other papers. "Date with Destiny – A Debut at Carnegie Hall" is an enjoyable piece about Marty's emotions playing in one of the world's most renowned concert halls for the first time. You can find a copy on the web site above.



Board Member **Joe Gluck** and his wife Mary Babiarz (the Stirling Duo) are holding their 13<sup>th</sup> annual Chamber Music Workshop Weekend in the Pocono Mountains from June 17<sup>th</sup> to June 19<sup>th</sup>. The program brings together amateur players in a relaxed, non-competitive environment in sessions led by Joe and Mary and artist members of the NJSO. Attendance is limited so check their web site for availability, [www.thestirlingduo.com](http://www.thestirlingduo.com), or call 973-762-1416 .



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## Bridging The Generations Through Music

Mailing Label Here

Funding for NJIO has been made possible in part by the New Jersey State Council on the Arts, Department of State, partner agency of the National Endowment of the Arts, through a grant administered by the Union County Division of Cultural and Heritage Affairs and by the Cranford Public Schools.

<b>NJIO Dates to Remember</b>	
Details Inside	
<p><b>April 29</b>     <b>Spring Concert — 7:30 p.m.</b> Cranford High School FREE ADMISSION</p>	<p><b>May 26</b>     <b>Master Class and NJIO Awards Night</b> Location to be announced</p>
<p><b>May 3</b>     <b>Lunchtime Concert on the Plaza at Lincoln Center, New York.</b> <b>12:15 p.m</b></p>	<p><b>June 16 - July 28</b>     <b>NJIO Summer Program</b> A reading program for strings which will sample a variety of musical repertoire. Registration details on NJIO Web Site</p>
<p><b>May 21</b>     <b>P.D.Q. Bach Benefit Concert — 7:30 p.m.</b> Wilkins Theatre, Kean University Tickets \$20 — \$45</p> <p><b>Meet the Artists Reception</b> Immediately following the Concert Kean Hall, Kean University Limited Tickets available for purchase (908) 656-0097</p>	<p><b>Sept 22</b>     <b>Tentative Date for beginning of the 2005 — 2006 Season.</b> Details will be posted on the NJIO Web Site when available.</p>

