



# The Chorister

Volume 3, Issue 10

May 1, 2017

## Singing Locally, Giving Globally!

- Intergenerational singing community of all ability and experience levels
- Excellence in choral artistry
- Noted guest conductors, clinicians, soloists, & instrumentalists
- Eclectic array of music including choral standards, commissioned pieces, and major contemporary works interspersed with folksongs, jazz, world music, and sacred selections
- Substantive Community Service

## YouTube Us!

### ARTISTIC STAFF

#### Director

Martha Banghart

#### Assistant Director

Wayne Perry

#### Youth Choir Director

Julia Culotta

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### BOARD OFFICERS

#### President

Pete McCallum

#### Vice President

Patrick Dickerson

#### Treasurer

Suzanne Zantop

#### Secretary

Meredith Leroy

\*

### NEWSLETTER

#### EDITOR

Liz Phelan

## Calendar

**Tues. May 2** End of year wrap-up dinner at Bethel, 6:30 p.m.

**Tues. May 9** DCYC Concert—Bethel Presbyterian, 3:00 p.m.

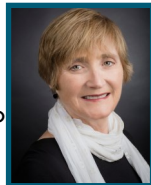
**Thurs. May 11**, Chamber Choir—Brightview Avondell 7:00 p.m.

**Tues. May 16**, DCYC Open House at Bethel, 5:00 p.m.

## Director's Notes

As we near the end of our 10th anniversary season, I can't help but reflect upon the people I have had the privilege to work with. I knew at our first September rehearsal that the singers were up for the challenges of the diverse and unfamiliar repertoire. The formation of the Deer Creek Youth Choir was a huge, but I had faith that it was the correct decision considering Julie at the helm. The Development Committee under Cris's enthusiastic and organized leadership, staged an amazing anniversary Inform and Inspire event at Silo Hill, which spread our message to an expanded donor base. "Behold New Joy" was performed for a record audience who witnessed the debut of the DCYC and the new professional look of the Chorale.

Reconvening in January, the



Artistic Director  
Marty Banghart

chorale welcomed 10 new singers and intense rehearsals began focusing on demanding music, all with a common theme of music and memory. One of the highlights was our commissioned piece being introduced by the composer himself. Our guest clinician, Terry, polished off the pieces in preparation for the arrival of Bruce, our guest conductor.

And behind the scenes was our dedicated Chamber Choir who gave many outreach concerts bringing the joy of the choral art to varied audiences, the latest being at Chestnut Grove Presbyterian Church. Add to that our dedicated Board members and Marketing Committee working tirelessly to keep us fiscally sound and "in the news."

As I write this article, the culminating concert which has been three years in the making, is

finally upon us. Rehearsals began on April 27<sup>th</sup> commencing a weekend full of passionate music making. The glory of seeing 146 singers of all ages come together under four conductors; working with guest soloists, instrumentalists and two composers; and building awareness of the epidemic proportions of Alzheimer's disease stirs the imagination. All this makes for an unforgettable moment in the life of the DCC organization.

I thank everyone for your hard work, your dedication to the project, and your belief in me. Together we are doing an important service to our community as we bring joy, love, hope, and discovery to our audiences and beyond. Here's to another 10 years of defining what a unique, compassionate, and talented choral organization looks and sounds like!!!!

## Board Update

It has been my utmost honor and pleasure to serve as the President of the Deer Creek Chorale for the past three years. Even more so, I truly enjoyed the opportunity to serve during our 10th anniversary season, and all of the celebrations that occurred were wonderful. Being able to be a part of the Deer Creek Chorale with the active involvement of our first two presidents, **Kris Foster** and **Steph Davis**, was an awe-inspiring experience. Our organization owes so much to these outstanding two individuals who provided excellent leadership during the first seven formative years. Their

specific talents and skill sets contributed greatly to the successful development and growth of the Deer Creek Chorale.

**Patrick Dickerson**, our next president, possesses many important strengths that will enable him to lead our organization with tremendous distinction. He truly is the "best and right fit" as the next leader who will be a resounding success.

The Deer Creek Chorale is blessed to have such an extremely competent, devoted, hard-working, and passionate



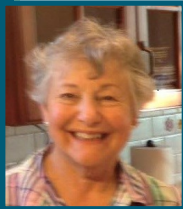
Board President  
Pete McCallum

musical staff. **Marty** and **Wayne** are a team that is nonpareil. Their musical selection is both impeccable and visionary. Since joining the Deer Creek Chorale in the spring of 2011 I have seen a noticeable growth in the complexity and scope of the music we perform.

The addition of the Deer Creek Youth Choir under the direction of **Julie Culotta** has added immeasurably to our organization's artistic impact and legacy. Of course, the accom-

(Continued on page 4)

## Spotlight On... Soprano Mary Sue Shaw



Mary Sue Shaw

Soprano **Mary Sue Shaw** is a charter member of the DCC! She remembers when the original 12 members rehearsed at John Carroll's auxiliary building before moving to the new facility at North Harford High School, and then to the DCC's eventual rehearsal space at Bethel.

In addition to singing with the DCC, Mary Sue is a member of her Stewartsville, PA church choir. Her all-time favorite DCC concert piece is the *Mozart Requiem*, performed in the early days of the organization. She hopes it will be done again before she retires. Other current favorites are the

three Daniel McDavitt commissioned pieces. She especially enjoys "My Childhood Home" and thinks Abraham Lincoln would be proud. Beyond the DCC she really appreciates listening to opera and classical musical.

Special people in Mary Sue's life include her husband of 51 years, Glenn, and their children and grandchildren. When not singing or making music Mary Sue and Glenn can be found retired at their Shaw Orchards home on the Mason-Dixon Line. They donated the fruit from their orchard, and cooking facilities, to make the In-form and Inspire take-home jam favors.

Those who know her would tell you that Mary Sue is energetic, cheerful, optimistic, and very helpful and gener-

ous. Favorite foods for her include strawberries, sweet cherries, and fresh apricots. Hmm....

For fun Mary Sue sews doll clothes for her grandchildren, and loves jigsaw puzzles and a good book. She also really enjoys watching birds, especially her eight nesting boxes of bluebirds that she monitors.

Mary Sue loves to travel! She and Glenn have enjoyed several European river cruises lately, and traveled to the Maritime Provinces and New England this past fall. In total she has visited most of the United States and 12 countries in Europe.

The DCC is delighted to have Mary Sue as a founding member of our DCC family!



### Our Community Outreach Focus!

## Alzheimer's—Music is Making a Difference!

Researchers now know that music can have a great positive impact on people suffering from Alzheimer's and other forms of dementia. Using this research, one organization is making great inroads into the care of people with dementia who live in group or nursing homes due to the severity of their condition. **MUSIC & MEMORY** is a non-profit organization that brings personalized music into the lives of the elderly or infirm through digital music technology, vastly improving quality of life.

The MUSIC & MEMORY program

trains nursing home staff and other elder care professionals, as well as family caregivers, how to create and provide personalized playlists using iPods and related digital audio systems that enable those struggling with Alzheimer's, dementia, and other cognitive and physical challenges to reconnect with the world through music-triggered memories.

By providing access and education, and by creating a network of MUSIC & MEMORY certified organizations, they aim to make this form of personalized therapeutic music a

standard of care throughout the health care industry. A video, *Alive Inside: A Story of Music and Memory*, documents the outstanding work they are doing in this field.

Locally here in Maryland, twenty-eight organizations and long-care facilities are certified in creating this personalized music program for residents in their care. See [musicandmemory.org](http://musicandmemory.org) for a listing of participating facilities and for further information about this ground-breaking organization.



## Past Service—Sharing the Gift of Reading

In the years following the 1994 horrific slaughter of 800,000 people in Rwanda, Africa, relief efforts sought to bring an end to the genocide, shore up the fledgling democratic government in nearby Burundi, and rebuild



the decimated housing and schools. To assist with that effort, over 450 "**Books for Burundi**" were donated by Deer Creek Chorale members during a January outreach. Donations included children's favorite titles, easy readers,

textbooks, hymnals, reference books, biographies, adult nonfiction, and novels. Beneficiaries in Africa included the bookless rural "School of Hope" for minority pygmy students; a Friends "Peace and Reconciliation" library in Kigali; and a Friends School Library in Rwanda.

## End-of-Year Dinner..Yum!

The annual DCC membership dinner will be held on **Tuesday, May 2<sup>nd</sup> from 6:30-8:30 p.m.** In addition to Dublin Market's fabulous fried chicken, members bring the side dishes. Sopranos are

asked to bring sides and sweets, altos provide appetizers, tenors bring table ware, and basses contribute beverages. If you haven't already done so, please let **Meredith Leroy** know that

you are coming and what you will be bringing. DCYC members and parents, please let **Julie Culotta** know if you are coming as soon as possible so that she can relay the information to Meredith!



## DCYC News...

As we look to the end of Deer Creek Youth Choir's first season, it's hard to imagine that one year ago, this was all just a dream. **Marty Banghart**, DCC Artistic Director, always dreamed of including the youth into our Deer Creek choral community. And we are so grateful that she did. It has been a true honor and privilege to conduct and help mold these 18 founding members into a dynamic, committed and talented ensemble. We are proud of all we have accomplished in this first year, and we are even more excited of all that is to come for DCYC.

We were truly blessed to participate in the **2017 Maryland Young Voices Festival** at the Cathedral of the Incarnation. It was a thrilling day, indeed a mountain-top choral experience for many of our young singers. Our guest conductor and clinician, **Evan Bruno** of the Chicago Children's Choir, was extremely enthusiastic and brought new life and thoughtful interpretation to the festival

music. The Cathedral of the Incarnation was the perfect space for our activities throughout the day and sanctuary was packed for a beautiful concert. The children especially loved our post-lunch icebreakers in the beautiful courtyard on the church grounds! DCYC is looking to host the 2018 Festival, and we are very excited to have the opportunity to bring this fantastic event to Harford County!

Our **DCYC Spring Concert, "Sing to Me,"** is right around the corner! We hope you will all join us for this special performance at Bethel Presbyterian Church on **Tuesday, May 9th at 7:30 p.m.** We are so proud of all our DCYC singers have accomplished in this first year and we can't wait to share this concert with you! Tickets are \$10 for adults and \$5 for students (recommended for children 5 and older). We hope you will join us as we celebrate the end of



DCYC Director  
Julie Culotta

DCYC's first year!

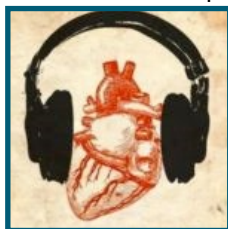
While we are still anticipating the final few concerts and events of our year, we are already looking ahead to our 2017-2018 Season. We are eager to invite new students who are passionate about singing and sharing their musical gifts with our community to join our organization. We will hold a **DCYC Open House on Tuesday,**

**May 16th from 5:00-6:15 p.m.** Interested singers currently in grades 3 through 6 and their parents are encouraged to attend for the entire time, and an RSVP form is available on our website.

Additionally, **auditions for new singers** will take place on **June 6th and 13th** and more dates later this summer. We are so grateful to everyone who has supported Deer Creek Youth choir in our first year and helped to make this dream a reality. Keep on spreading the word!

## Can Music Help Prevent Disease?

This year's focus on Alzheimer's has shown a correlation between music and memory, but research shows it has other healthful benefits. Neuroscientists tell us that listening to music stimulates release of dopamine that can make us feel good or elated. Listening to music also lights up other areas of the brain, suggesting more widespread effects and potential uses for music. Music has been shown to impact our health and well-being in the following five areas:



**Music reduces stress and anxiety.** Research has shown that music can prevent stress-related increases in heart rate and blood pressure, and can decrease cortisol levels. In a study involving surgery patients, the stress-reducing effects of music were shown to be more powerful than the effect of an orally-administered anxiety drug.

**Music has a unique ability to help with pain management.** In a 2013 study, sixty people with fibromyalgia were randomly assigned to listen to music daily for four-weeks. In comparison to a control group, the group that listened to music experienced significant pain reduction and fewer symptoms of depression.

In another study, researchers found that hernia patients who listened to music after surgery required significantly less morphine to manage their pain.

In another recent study, spine-surgery patients were instructed to listen to music on the evening before their surgery and until the second day after their surgery. When measured on pain levels post-surgery, the music-listening group had significantly less pain than a control group who didn't listen to music.

**Music may improve immune functioning.** Wilkes University researchers looked at how music affects the levels of IgA - an important immune system antibody. In that study, undergrad students exposed to soothing music had significantly greater increases in IgA, suggesting that exposure to music might improve innate immunity.

Another study from Massachusetts General Hospital found that listening to Mozart's piano sonatas helped relax critically ill patients by lowering stress hormone levels, and the music also decreased blood levels of interleukin-6 - a protein linked to higher mortality rates, diabetes, and heart problems.

**Music may aid memory.** Music enjoyment elicits dopamine release, and dopamine has been tied to motivation, which in turn affects learning and memory. In a study published last year, adult students studying Hungarian had significantly more recall of the unfamiliar language when studying it by singing phrases than when using other learning methods.

In a 2008 experiment, stroke patients who listened to daily self-selected music improved significantly more than a control group, when tested on mood, quality of life, verbal memory, focused attention, and several cognitive measures; and they were also less depressed and confused.

Studies like these have encouraged a movement to incorporate music into patient care for dementia patients, in part promoted by organizations like MUSIC & MEMORY. (See *Alzheimer's Article* on p. 2)

**Music helps us exercise.** Research shows that participants who listened to motivational music while exercising increased the length of workouts, used oxygen more efficiently, and felt better afterward.

For more info about these studies visit the Greater Good Science Center at UC Berkeley at [www.greatergood.berkeley.edu](http://www.greatergood.berkeley.edu).

# What's The Buzz?



## Birthdays and Celebrations

We have seven birthdays to celebrate this month. **Wendy Scheinberg** starts the month with her birthday on **May 2<sup>nd</sup>**. **Donald McGonigle** and **Julia Schwaninger** both celebrate on **May 7<sup>th</sup>**, followed by **Pam Mathews** on **May 10<sup>th</sup>**, **Melanie Hemling** on **May 19<sup>th</sup>**, **Ruth Stevenson** on **May 22<sup>nd</sup>**, and then **Lauren Woodburn** on **May 27<sup>th</sup>**. We hope everyone has a truly special day!

## Happy Anniversary!

Happy anniversary to **Dan** and **Liz Phelan** who celebrate their 38<sup>th</sup> anniversary on **May 5<sup>th</sup>**. They went all the way through eight years of elementary school together in the same school, but never met until they were in the same geography class in college. Imagine their surprise when they found that they had spent eight school years just a few classrooms away from one another!



## Congrats Grad!!

**Don** and **Beth McGonigle's** daughter **Colleen**, a former DCC chorister, will be graduating with honors from Bucknell University on **May 21<sup>st</sup>**, and will be at the Peabody Conservatory next year in their master's program for voice performance. It is great to hear such good news about one of our own. Congrats and best wishes to Colleen!



## Do You Have a Fireplace? Free Wood!



Chorister **Colleen Case** has four or five cords of seasoned firewood that is ready to burn. It is in rounds of red oak that just need to be split. The wood is free to anyone who can haul it away. For more information contact Colleen at 410-458-4105.

## Another Busy Month

Chorister **Amber McCaferty** has a busy spring planned. On **May 6<sup>th</sup>** she is going on a school field trip to New York to see *Wick-*

*ed the Musical!* Then she has three performances at C. Milton Wright – a piano concert on **May 9<sup>th</sup>**, a jazz band concert on **May 11<sup>th</sup>**, and a chorus concert on **May 16<sup>th</sup>**. The jazz band and chorus concerts are open to the public and begin at 7:00 p.m. She has also just finished hosting a bake sale showcasing her love of baking. Yum!



## Alzheimer's Score Reminder

If you haven't already done so, please be sure to return your borrowed copy of *Alzheimer's Stories* to Donna Gotsch at the End-of-Year wrap-up dinner meeting on **May 2<sup>nd</sup>**. Remember to erase all markings and return it in its original condition. They must be returned to the University of Maine.



## Carnegie Hall—It's Not Too late!

It's not too late to join the large group for a fabulous opportunity to sing at Carnegie Hall with **Marty** conducting. Contact **Meredith** or **Suzanne** for more info.

# Miriam's Gunpowder Gardens

**Miriam Long** is excited about sharing some good news about her obsession: Miriam's Gunpowder Gardens. The April-May issue of *Harford's Heart* magazine (free in lots of local stores and libraries) is featuring a short article on Miriam's Gunpowder Gardens! She's delighted to have the word spread about this beautiful and special place. For those of you who haven't been there yet, they have over 30,000 plants, ornamental shrubs, and trees on 3/4 of an acre on the Little Gunpowder River in Joppa, MD.



Miriam and her husband began the garden in 1995, and it has slowly grown over the years. In 2008 they started having open houses, and then became the only sharing garden in the state of Maryland. Since their perennials multiply and get crowded, they have tours where they show folks what flowers are available for dividing, the guests mark the ones they'd like with a numbered flag, and then dig them up and take them home for FREE!

Miriam would love to have more visitors.

They are now open on **Saturdays** and give tours at **9 a.m., 11 a.m., and 1 p.m.** Chit-chatting time is at **3 p.m.** The address is 6 Gunpowder Drive, Joppa, MD, 21085; phone # 410-538-4445; and e-mail address is [clifnmim@gmail.com](mailto:clifnmim@gmail.com). Photos of the gardens may be seen at [miriamsgunpowdergardens.tumblr.com](http://miriamsgunpowdergardens.tumblr.com). The gardens will be closed on July 22<sup>nd</sup> and 29<sup>th</sup> while Miriam is in Barcelona, Spain singing Verdi's *Requiem* with the Jonathon Griffith Singers. Take advantage of the lovely spring weather and stop by for a visit and tour!

# Board Update (Con't)

(Continued from page 1)

panists **Shisa** and **Amanda** are stellar. The collective positive impact of all these outstanding musicians on the quality of our performances and the stature of our reputation is profound.

The individuals who serve as a team on the Board of Directors deserve immense praise. They are completely devoted to providing superb leadership that enables

the Deer Creek Chorale to be a dynamic, vibrant organization. Each Board member is tirelessly committed and hard-working. I can't say enough about how much encouragement and support they have given me during the last three years.

Finally, our choristers are magnificent. It is a fulfilling and joyous experience to rehearse and perform with you. Your commitment, energy, focus, love of music, and abil-

ity to "pull it all together" during performances are astounding. I feel blessed to have the opportunity to sing with you.

It has been said that those who lead are allowed to do so by those they serve. As a result, true leadership is a privilege not a right. Thank you for graciously allowing me to serve as your president—this has been a joyous personal growth and transformative experience.

**Mother's Day Roots** Early Greek and Roman festivals honored maternal goddesses. In 1600's England, "Mothering Sunday" took place on the 4th Sunday of Lent. Pre-Civil War, **Ann Jarvis** began "Mothers' Day Work Clubs" to teach local women how to properly care for their children. In 1870 **Julia Ward** ("Battle Hymn of the Republic") suggested a day of peace to stand against the Civil War. On **May 8th, 1914** President **Woodrow Wilson** designated the second Sunday in May as Mother's Day.