

# A Note from the Director.....Carmen Narveson

“How are you?” “Oh.....very busy!” In this day and age, it is a way of life for most of us.

The members of our Chatfield Brass Band are all ages and professions. They are wonderful, active people- parents, grandparents, caregivers, travelers, volunteers- all in addition to their jobs. My challenge as the director is to answer the question, why did they join our band? – and, my REAL challenge is to find ways to help them achieve their **goal in the busyness of their lives.**



My conclusions are not rocket science. Band members want to play their instruments, be a part of a community of musicians, and share the joy of making music together. When they come to rehearsal, we make it worth their time. We work hard during rehearsals- by the end of the night their lips, their brains, and their bodies are all tired.

I love all of the above. But what I REALLY love is that when rehearsal begins my bandies clear their busy minds and focus on playing music, having fun, and best of all- getting those goosebumps when the group achieves a musical high! Studies have shown that adult involvement in music groups has a positive effect on mental health, physical health, and socialization. One of my members calls it her “weekly therapy session”. Finding ways to express ourselves is extremely important in our busy, wild lives. It helps us find meaning and keeps us grounded.



I am grateful that the Chatfield Brass Band and Lending Library has continued to be a strong, viable organization for almost fifty years. The constant support of the community, the work of the board of directors and the dedication of the musicians has strengthened the band and its mission. We look forward to the future as we continue to provide opportunities for busy musicians to play and contribute to the quality of life in the Chatfield area.



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