



THE RAM'S HORN

The Newsletter for the Lake Mary Marching Rams, Lake Mary, Florida

Director of Bands: David Norona

Editor: Dr. Sonia Bhatia

www.marchingrams.org

August 2009

From Kris Ebert, Chaperone Coordinator

Band Camp 2009 proved to be a tremendous success for the Marching Rams! Parent Chaperones helped in a variety of ways. Tending to heat exhaustion, serving dinner, fitting uniforms, transporting balloons, taking pictures, the list continues on. On behalf of the Marching Rams I want to say **"THANK YOU"** to everyone who helped out during that week. Your support and dedication was greatly appreciated. Without each and every single one of you, we truly could not have done it!

A special note of "Thanks" to Caci MacDonald for the time that she spent putting together our new medical bag, adding supplies, affixing labels for each pocket, and completely organizing it. It looks better than it has in years! Also to Suzanne & Peter Sheres for the 25 chaperone badges—they look simply wonderful, Sonia Bhatia for the ice scoops for our ice coolers, Hap Ebert for the spray misters that were put up on the fence for the kids to "cool off", and the wonderful idea given by Mike Kula for the two-gallon-jug misters that the chaperones used to mist the kids. The kids simply loved being sprayed down on their water breaks.

If for some reason you were not able to attend the Chaperone Training Session and want to chaperone, please contact me.

We will arrange for "private tutoring."

kebert@marchingrams.org 321-689-4740

As we enter into the Marching Season, our jobs are not complete. There are many more activities that will require our assistance. I am thrilled to know that we have such a wonderful group of dedicated parents and I am looking forward to an exciting year ahead.

From Miriam Rodriguez, Band Booster President

Greetings everyone!

While many students were rushing to get in their last-minute summer vacations by hitting the beaches, traveling to see relatives or relaxing by the pool, our Marching Rams students returned to school last week. Our season kicked off Monday August the 3rd with leadership and Rookie Camp. The last two weeks of Leadership, Rookie and Band Camp were a success. The students spent many hours learning new music, dancing routines and getting to know each other. Mr. Norona and the instructors worked very hard getting the students ready for the 2009 marching season. Parents saw a preview the last day of camp and we are all very excited. Special thanks to Mrs. Ebert, Mr. and Mrs. Sheres and Mrs. Garcia, who made sure we had chaperones available all the time, the kids were fed, and measured for uniforms.

September promises to be an exciting month full of all of our favorite things, school work, practices, performances and fundraising. We will have our annual apple sale this month. Students will be able to sell apples individually to friends and family first. After that all students will be required to participate in the apple canvassing through Lake Mary neighborhoods. Please keep in mind that we will not be able to canvass in gated communities. If you live in a gated community please take the opportunity to sell to your neighbors during the individual sale. Signup sheets will be posted on the band room for the students and parents volunteers.

As parents, it is great to have the opportunity to participate, thanks to our children, in one of the best band programs in Florida. But even with an outstanding music program and exceptional instructors, the program cannot be successful without supportive parent volunteers. Ever since I have been part of this program we have always been successful when everyone pitches in with one duty, activity, or fund raiser. Please get involved and support our program.

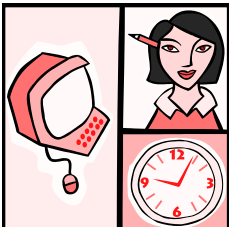
GO RAMS!

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**The Apples
are coming!**



Letter from the Editor by Dr. Sonia Bhatia

Greetings families and students,

Time for school to start, and the Marching Rams already have 5-8 days of band camp under their belt and many additional shorter rehearsals. In the hot sun no less! Having seen them in action during band camp, I am filled with respect for their dedication and hard work.

We've got a wonderful group of Rookies, and the vets bring a lot of experience with them. It has been fun seeing them learn and bond into One band during these past few weeks, and I know the chaperones have appreciated their good manners and friendly smiles.

Now onto the real fun — performances!

Like the previous issue, we've got lots of info and dates for you in this newsletter. I hope you'll keep track of it all :-)

Until next time,
Sonia

From Jennifer Skaggs, Color Guard instructor

Greetings from the Flag Spinners! The LMHS Color Guard has been extremely productive since June. We have been working on equipment fundamentals, marching fundamentals, stretch techniques, and getting those stand tunes perfect for the upcoming football season! For the first song in the half time show, our audiences will have the privilege of seeing most of our Veteran members and even a Rookie member spin rifles. The girls have been practicing diligently to get these routines down and are doing an awesome job. The rest of the Color Guard will be using flags for the first song to help emphasize the visual concept of the song. So much hard work and dedication has gone **into the first number...I can't wait to have it all come together for the half-time show!**

Between now and mid-October, we will continue to work on show music & choreography, as well as getting prepared for FBA, Prism, and Solo & Ensemble. Winter Guard season will start a month earlier for us this school year as we are planning to enter back into our local Indoor Circuit, FFCC. The Color Guard will be hosting their Second Annual Spin-A-Thon in September to help raise money for our circuit dues. More information coming soon on that!



Band Camp was an absolute success for all of our Marching Rams! The Band looks & sounds **AWESOME!!** Let's continue to keep up the hard work and dedication even after the school year begins. See you all on the practice field!



Hey Rams!

The Marionettes just got through a very intense dance camp which worked out great because it helped us work on our technique and we really bonded with each other. We received many awards and the following seniors received the opportunity to try-out and make it into All Stars: Daniela Garcia, Ifia Stainrod, Justine Espinal, and Nathalia Lozano. Next we had a very successful week at band camp full of sweat and hard work. Not only did we work on our marching maneuvers and our half time show but we also learned our routine for pep-rallies. Additionally, we had an opportunity to work on kick technique and kick conditioning to start getting ready for NATIONALS. We are ready to fully start this marching season and are ecstatic for the upcoming football games, halftime shows and not to mention the awesome pep-rallies.

Love,
Daniela Garcia
Marionette Co-Captain



Water balloon fight at band camp. See it all on the Band Camp DVD!



A very successful start to Marching Season!

By David Norona, Director of Bands

Greetings Marching Rams!

I write this just after we have completed another successful band camp. I am very proud of all of the students for working very hard through the entire week. So much has been accomplished during Band Camp and I am especially pleased with the enthusiasm of our newest members. We have the entire school year and many more rehearsals to go and there is already a lot to be proud of.

As our school year begins I would like to remind you about the extremely helpful calendar on www.marchingrams.org. I update this calendar daily and it is a fantastic resource for all involved with the LMHS Band Program. You can use it to see what is coming up next week, next month, and even next year. When possible, event times and locations are also included and can be viewed by clicking on the event.

Please take the time to familiarize yourself with the 2009 – 2010 Band Handbook. Many policies and procedures have changed this year and while I know you are inundated with other school documents to read and complete, being familiar with the Band Handbook can answer many questions and prevent confusion during the school year.

Some important upcoming events include varsity football games (Friday nights through 11/13), FSU Band Day (9/12), All-State Band Auditions (9/19), Middle School Band Night (10/9), and our Apple Sale Fundraiser (In September w/delivery in October). Please come out and support our students at as many of these events as you can. We are very excited for our many performance opportunities and would love to have as many LMHS supporters in attendance as possible.

Have a great school year!



Contact information:

David Norona, Director of Bands:

David_Norona@scps.k12.fl.us

Stephanie Kersten- Wright, Instructor for Marionettes:

marionettecoach@yahoo.com

Jennifer Skaggs: Instructor for Colorguard:

flagdrag2er@hotmail.com

L-R: Drum major Omar Nossair, Band Captain Joe Jackson, Mr. Norona, Drum Major Matt Tavera

Donation of shade tent needed



After seasons of faithful service, our current chaperone shade tent has been forced into retirement. Something about "collapsing if it is taken down one more time." A replacement is needed quickly — this is where the chaperones provide TLC to students who are overcome by the heat or need to rest. It also provides shelter to the chaperones who might otherwise become overcome by the heat themselves and then where would we be??

If you are able to donate a shade tent or donate some money towards one, it would be GREATLY appreciated by our students AND our chaperones. Please contact Kris Ebert. Thank you!

Save these Dates!

Sept 1-15: Individual Apples Sales. All profits from these sales benefit the student directly.

Apple Sale Fundraiser: Mandatory for all students to participate in 2 of these 4 dates:
Sat. Sept 19 and Sat. Sept 26: Working in groups, drop off order forms at the front doors in selected neighborhoods. Lots of parent drivers needed — contact Kris Ebert.

Mon/Tues Oct 19-20: Drop off orders of apples at residences. Lots of parents needed to package the orders and drive the students.



Sept 1: Deadline to order DVDs of this year at a 33% discount. See order form on Multimedia page of band website, details below.

Thurs. Sept 17: LMHS Open House

Sat. Sept 19: All-State Auditions. Location TBA.



Looking fa-a-a-ar ahead into the future:

The Band Banquet has been reserved for Friday, May 28. This is the weekend before Memorial Day. Please save this date to attend our wonderful end-of-the-year celebration.

Pre-order Band DVDs now and save \$\$ by Ray Shedden, Historian

This year, we will be offering 3 sets of DVDs: Band Camp, Marching Season and Concert Season. Each set contains two DVDs: a **video DVD** for TV or computer viewing and a **photo DVD** for use with your computer. The Video DVD features video footage behind-the-scenes and in performance of the Marching Rams — Marionettes, instrumentalists and Colorguard. The Photo DVD contains thousands of pictures (many more than available on the website and in much higher resolution) and are perfect for printing, for gifts, use on MySpace or Facebook, etc



Order by Sept 1 and each set is only \$10. These will be priced at \$15 each after Sept 1. Use the order form on the www.marchingrams.org website in the Multimedia area to pre-order your DVDs. Print it, fill it out, send in the money to the band room indicating what it for, and save!

Last Year's 2008-2009 DVD Sets are still Available!

A few DVD sets from last year are still available. Use the 2008-2009 order form on the www.marchingrams.org website in the Multimedia area to order your boxed DVD keepsake sets while they are still available.

The website continues to be the #1 source for Marching Rams news! As we enter this busy season please check the website often. Mr. Norona as well as the Boosters will utilize it frequently. Currently, you can

find "Our Favorite Things" posted on the website! We will be adding more soon! Also, watch out for new features including Senior Spotlights! Please email any suggestions to nrodriguez@marchingrams.org!

It's been a very busy summer for the Marching Rams. Marching in that hot summer heat for one week straight is very impressive. The students did an amazing job. This will be our best year yet.

As we start marching into the school season I'd like to first thank those parents that sent in their registration forms early. This helped quite a bit to reduce the large lines on orientation. For those of you that had to wait in line after orientation I'd like to thank you for your patience. Hopefully it wasn't too long.

I have been busy counting and depositing lots of checks and cash and getting the band students accounts in order. **By now, everyone should have paid the \$50 August payment. The next payment is due September 1.**

We have also had our first fundraiser, the Entertainment books. These are the easiest way for your child to earn money for their fair share account. Each student receives a full 50% of the sales price (\$12.50 for each book.) Selling just 5 books will put \$62.50 in their account! Remember, the more they sell, the less you have to pay.

Students/parents may elect to simply pay the fee or they may use the fundraising activities provided by the Boosters to help pay them. After the fee is paid, any additional funds earned by students through fundraising will go to their own account and can be used to pur-

An Update by Laurie Nossair, Treasurer

chase other student needs such as additional gloves or ponchos. These additional funds stay with the student from year to year until they graduate. The funds can then be transferred to a younger sibling in the band.

Other general fund activities such as awards or senior tickets for the banquet are funded by activities all students are required to participate in such as Quarter Day and Apple Sales.

Your student's account will be posted on the LMHS Marching Rams web site. It will be updated monthly for you to see what's been posted. If you have any questions about the balances, please contact me at your earliest convenience.

All Returned Checks will be assessed an additional \$17 to cover bank fees. All future payments will then need to be made in either cash or money order.

Thanks for all of your help and support.

If you have questions
please contact
Laurie Nossair
321-945-9152

lnossair@marchingrams.org

Marching Band Fees

Due on first Tuesday of each month

Color Guard/Marionettes \$195

August 4	\$50
September 1	\$50 due
October 6	\$50 due
November 3	\$45 due

Instrumentalists \$210

August 4	\$50
September 1	\$50 due
October 6	\$55 due
November 3	\$55 due

Information for the Payment Envelope

Please include the following information on the front of envelope:

1. Date of payment
2. Student's name
3. What section they are in (sax, clarinet, drumline, Marionettes, color guard etc)
4. What you are paying (Fair Share, accessories, instrument rentals, etc)
5. The amount enclosed
6. Whether you are paying by cash or check, and check number.

Update about uniforms for instrumentalists by Diana Garcia

We are up to a great start this school year. All instrumentalists were fitted in their uniforms during the week of band camp thanks to the help of "Great Mothers". The students were all excited about trying on their uniforms even after marching all day in the extreme summer heat. Buckets, hats and accessories are being distributed after practices for the students to take home.

Please be advised that buckets and hats should be stored away from heat, moisture and dust. **After all games, please make sure to either remove the lid from the bucket or remove the hat from the bucket to let the sweat dry out.** If the hat is left inside a closed bucket, it will get a bad odor, grow mold, get stained and will be permanently damaged. Do not use any type of cleaner or detergent to clean the hats. Just wipe down sweat or any dirt with a damp cloth.

If your poncho is wet, please air it out when you get home. Also do not put any water and trash in your bucket. Remember the buckets are used ONLY to store the hats, dry ponchos and music. NOTHING ELSE.

A BIG THANK YOU to all the mothers that helped me with uniform fittings and adjustments. Your help not only made the whole fitting process go smoothly but also helped make your son or daughter LOOK GREAT this season.

From Suzanne and Peter Sheres, Co-Chairs of Hospitality

Thank you to all the chaperones who helped with band camp dinners: from setting up, to serving and cleaning up. Kudos to leadership also, for the great job you did supporting us. Words cannot express how helpful everyone was. As Peter and I are newly transitioned to this position, we had big shoes to fill, replacing the previous chair of hospitality, Erin Rios. The support we received during band camp helped us immensely with this transition.

We look forward to our next big hospitality event, which will be Senior Night in October. Any dividend help is appreciated for future events. If you are able to assist, please inform Chaperone Coordinator, Kris Ebert.

Wishing a fantastic 2009-2010 season from Marching Rams!!!

Our Concession Stand during Home Football Games by Karen Arnon

The school provides the Marching Rams with a small concession outpost during home football games. We staff it and earn a percentage, and are now filling the slots. You would arrive at 6:30 pm in your red band shirt and be done after the 3rd quarter. It is fun, easy and you can watch the Marching Rams in action! We need at least 3 volunteers per game. If you are available to assist, please inform Chaperone Coordinator Kris Ebert.



Go Rams!

Upcoming Fundraisers

Apple Sales (the edible kind):
Sept 1-15: Individual sales

Each student must participate in two of these 4 dates:
Sept 19 & 26: Group Canvassing in neighborhoods
Oct 19 & 20: Apple Delivery.

Certificates for Honey-Baked Hams:
Oct 20: Sales packets distributed
Nov 10: Orders Due
Nov 18: Certificates delivered.

Food drive: Nov 19, Fall concert.

Quarter Days: (Mandatory)
Feb 6-7. Locations TBA

Silent Auction:
Dec 16 at Prism Concert.

Candy Sales:
Jan 11, 2010
Jan 26: Money/Candy due

Cookie Dough:
March 9-23
Distribution date TBA

Fundraising is in full swing
by Teri Bernard, Fundraising Chair

I am so excited! We have over 180 students involved in the Marching Rams this year. During the week of Summer Band camp we began our first fundraiser for the year. On August 11th each student received five Entertainment Books. Section Leaders distributed all the books to the members of their sections. Excellent Work Section Leaders!! Collection of unsold books and money will be on August 25th BEFORE rehearsal. Again, Section Leaders are stepping up to help manage the collection of unsold books and money.

Reminder: If Entertainment books are not returned, student will be responsible for the cost of purchasing all of the E-Books they signed out at the beginning of this fundraiser. If any money that is turned in late, students will not get any credit to their Fair Share Account.

Thank you to all the parents who volunteered their time on August 25th organizing the unsold books to be collected and counting the money that we will turned into our treasurer. Your help is very much appreciated!!

Our next fundraiser is the Annual Apple Sale. We are in need of many volunteers to be drivers for our students as they are out canvassing our community. We also need volunteers to unload, count, organize orders and deliver apples. Remember this fundraiser is mandatory for all students — they must participate in 2 of the 4 dates.

After we finish up our Annual Apple Fundraiser we move forward to our Honey Baked Ham Gift Certificates Fundraiser. We will be distributing the Honey Baked Ham Fundraiser packets on October 20th.

We are off to a great fundraising season and it has been wonderful to see so many familiar faces from last year and also many new band parents this year.

Please call or email me if you have any questions or thoughts of fundraising activities we can add to our schedule. I need many volunteers during this school year to help organize fundraisers, stuff packets, count money, etc. Volunteering your time helping with the fundraising is a great way to meet the other band parents and make some wonderful friends.

For more information please contact
Teri Barnard 407-314-1641
tbarnard@marchingrams.org

Fair Share please

It costs tens of thousands of dollars to run the marching program, and the budget is based on everyone paying their Fair Share. If your family is having financial difficulty paying on schedule, please speak to Mr. Norona asap. You can make arrangements to work out an individualized payment plan. This conversation is confidential between Mr. Norona, the Band Booster President and the Band Treasurer.

In addition, the student is highly encouraged to participate in every fundraiser offered by the band. Several of these benefit the student's individual account, and can cover almost the entire annual fee.

We do not want any student to discontinue band because they cannot afford it. With a little initiative and planning, we can work it out together, starting with speaking privately with Mr. Norona immediately.

With every student paying their Fair Share, the band can afford to offer Seniors free admission to the Band Bandquet, and offer \$10 off to underclassmen. If the funds are not in the account, we can't afford to offer this discount. So you see, if we all take responsibility for our Fair Share of the fees, everyone benefits.



Band Leadership during 2 full days of training before Rookie Days

Pop Quiz

Getting ready for the school year, how closely did you read the information in this newsletter? Take the quick below and find out. Answers on the right.

1. What are the recommendations for keeping the hat and bucket clean and mold free?
2. What are the requirements for participating in the mandatory Apple fundraiser? ___ out of ___ days.
3. If you want to save 33% on this years video-photo DVD sets, what is the deadline for ordering from the band's Multimedia webpage?
4. True/False: Before marching practice, a Marching Ram should load up on Dorritos and soda.
5. True/False: Parents should contact Kris Ebert at (321) 689-4740 or kebert@marchingrams.org if they want to volunteer with the band in any way.



- Where to find answers:
- | | |
|----------------------------|--------------------------|
| 1. Hat and bucket: page 5 | 3. Pre-order DVDs page 4 |
| 2. Apple fundraiser page 6 | 4. Nutrition page 8 |
| 5. Chaperones page 1 | |



Straight Talk about Nutrition for the Marching Ram

By Suzanne Sheres, MMSc, RD, LD/N

Pediatric Clinical Dietitian

TIPS FOR HEALTHY EATING AND BUILDING ENDURANCE

Good nutrition for the day, starts with not skipping meals.

Breakfast is an essential meal of the day. Include a good protein source, and complex carbohydrates (high fiber, low sugar). Don't start the day with coffee and donuts. The caffeine may wake you up initially and the sugar in donuts will give you an initial energy surge, but then an hour later blood sugars and energy level will rebound downward.

Good breakfast choices include oatmeal, whole grain cereals, low fat milk, yogurt, eggs, low fat ham or turkey, peanut butter, fruit, granola, nuts and cheese.

Lunch is just as important. Eating chips or soda will not sustain you for the rest of the day. Choose food from all food groups (milk, grains/bread, meat, vegetable, fruit and fat group)

Good choices: whole wheat bread, turkey or ham or tuna or peanut butter, low fat milk, carrot sticks and low fat ranch dressing, trail mix, celery or banana or apple with peanut butter, cheese and crackers, yogurt)

****What to eat before practice****

During marching band season, is essential that you bring a nutritious snack from home to eat before practice on Thursdays. Your lunch was 3-4 hours ago, and you will need energy to sustain you while you march, march, march.

In addition to the large water container for the field, please bring a snack that contains "complex car-

bohydrates" and protein. E.g. peanut butter sandwich made with whole grain bread, apples and peanut butter; trail mix, nutrient dense protein/low-sugar sports bars (Extend, Cliff, Pria, Glucerna, Kellogg's Fiber Plus)

Avoid anything containing empty calories like chips, energy drinks containing caffeine, sugared sports beverages and soda. These contain "simple sugars" that will give you temporary energy followed by a crash in your blood sugar levels.

Caffeine and some herbs also have the same effect. Also avoid high fat/fried foods before a marching or sports workout (french fries or onions are not a good choices). High fat foods will slow you down, are harder to digest and decrease energy level.

Make sure you eat healthily before the 6 pm practices on Tuesday as well!

Give your body the right kind of fuel to power you all the way through practice!

Suggested websites for advice on healthy nutrition:

www.mypyramid.gov,

www.eatright.org.

www.kidnetics.org

And don't forget to put on sunscreen!

The rays of the sun continue to be very strong in the early evening hours, and you continue to need protection to avoid long-term damage.

Yes:

Complex carbohydrates (high fiber, low sugar) + protein
Oatmeal
Whole grain cereals
Lowfat/nonfat milk, yogurt, cheese
Eggs
Lowfat ham or turkey
Peanut butter
Fruit
Granola
Nuts
Trail mix
Veggies with low-fat ranch
Apple/banana/celery with peanut butter

No:

Skipping breakfast
Coffee and donuts
Chips
Soda
Caffeine
Fried foods (French fries, onion rings)

Go Rams!