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| **President’s Message:**  *Greetings from*  *Laura Sanborn Kuhlman, ARS President*  <mailto:LauraKuhlmanARS@gmail.com> |  |

Recently I began teaching recorder to a wonderful woman by the name of Eleanor. While discussing our lesson schedule, she told me our lessons might slow down a bit during the winter months because she loves to downhill ski at Mt. Hood, just outside of Portland. Did I tell you Eleanor just turned 80?!  She began playing the recorder because she wanted to learn to play a musical instrument and she wanted a hobby where she is always learning, always setting goals. This is a woman that age cannot define. Eleanor may not move her fingers as fast as the best but her heart is in the game. I’m not sure who is teaching whom sometimes!

Inside the pages of this magazine, you will find an article covering some of the issues of aging and the effects of aging on playing the recorder. I am sure there is something there most of us can relate to. We welcome your responses and encourage you to send us some of your own experiences that may help others overcome obstacles and enable them to continue making music. This is yet another benefit of being part of the recorder community - sharing with and encouraging one another.

As our year of celebrating the ARS is 75!, we all continue to look forward to the future and strengthening the bonds between our members and the national organization. As a board, we are continuing the quest to build on our foundation for the next generation. As a member, I am looking for ways to give back to my recorder community, promoting the benefits of ARS membership and encouraging others to take up the recorder.

There is a kid inside all of us and it is never more present than when we are making music together. Make this a year of “paying it forward”. Give of your time and talents because the reward is greater than the gift.