



The REEDER

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NEWS & VIEWS by Mary Ann Love

GATEWAY HARMONICA CLUB OFFICERS 2006-2007



Pictured above are GHC's officers who were elected last year for terms ending in December 2007. They are (from left) Buddy Hirsch, Treasurer; Christine Pondo, Secretary; Mary Ann Love, President; and Bill Dulin, Vice President.

We would like to take this opportunity to thank each member for their participation and cooperation in club matters and wish everyone good health, safety, happiness and other blessings in the coming year.

The club was established in 1987 and for the 10-year anniversary, a pictorial was published. We would like to prepare a 20-year anniversary commemoration in 2007 with updates for new and additional members. We hope to include pictures and biographies in the publication. If you have not had your picture taken, please see Ernie Roberts. If anyone has not had their harmonica biography featured in the newsletter over the past years, we welcome your story to be included. If you need assistance or any support in writing your story, just contact the editor. We are excited about this new harmonica members' directory and hope everyone will work together to create this memory of your harmonica club experiences and friends.

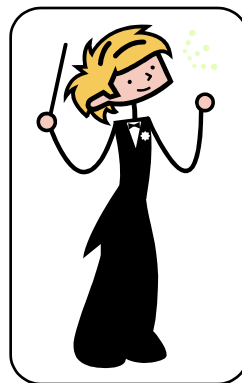
CHARITABLE DONATIONS:

At year's end the Treasury funds available for donations amounted to \$2,000.00 for St. Louis benevolent organizations. The following each received \$400: Shriners Hospital, Cardinal Glennon Hospital for Children, Salvation Army, 100 Neediest Cases, and the Rock Hill Baptist Church (who provide a very centralized and nice meeting

place for our group). Another \$2,000 has been donated throughout the year. Thanks to all the club members who make these donations possible.

THANK YOU NOTE

Thanks to all the ladies for the wonderful Christmas party following the December business meeting. This get-together is always a fun and festive event for members and spouses. Thanks to Teresa Stieven for taking the lead and to all the ladies for pitching in. We had a great time!



FOLLOW THE LEADER

Kudos to Louise Cook for pinch hitting as band director several times when others were not available. As many of you already know, but for those who do not, Louise is a very qualified musician and has been director of music at her church choir for many years. (When asked how many years, she said 150!) She is also an accomplished pianist, and plays the organ and keyboard, as well as the bass guitar. Louise has

studied blues harmonica with Sandy Weltman (one of the outstanding blues and jazz artists in the area) and is happy to share her knowledge with members at group sessions before our regular practices. Thank you, Louise!

GET WELL

Keep the following members and spouses in your thoughts and prayers.

Joyce Barber, Kathleen Cenatiempo, Peg Davis, Henry Gerfen, Lil Krueger, Bob Provart.

Sharon Davis had foot surgery.

Andy Cassimatis is at home again following a stay at a convalescent home.

CONDOLENCES

Our sympathy goes out to Bill Dulin on the loss of his sister, Beth, in Oklahoma in early December.

DUES ARE DUE:

Dues are \$10.00 per year, which covers meeting rooms, sheet music, practice sessions, newsletters and camaraderie.

THE GHC REEDER is a bimonthly publication of the Gateway Harmonica Club, Inc. of St. Louis, Missouri, a nonprofit organization dedicated to the preservation and advancement of the harmonica. The club meets weekly on Tuesdays at 7:00 PM at the Rock Hill Baptist Church, 9125 Manchester, Brentwood, MO.

Inquiries about membership should be directed to:

Buddy Hirsch, Treasurer
47 Orchard Lane
Kirkwood, MO 63122
(314) 821-8651
e-mail: BuddyHarmonica@aol.com

For information about club activities, contact:

Mary Ann Love, President
1162 Villa Flora Dr.
O'Fallon, MO 63366-4443
(636)-379-7707
e-mail: maryannlove@charter.net

To schedule a club performance, contact:

Charlie Pratte
1547 Azalea Drive
Webster Groves, MO 63119
(314) 961-7764
email: CAPJR68@aol.com

All other correspondence should be directed to:

Chris Pondo
Recording & Corresponding Secretary
1166 Waldorf Dr.
St. Louis, MO 63137
(314) 868-9557

Information about the club's activities is also available on the World Wide Web at:

www.gatewayharmonicaclub.org

Happy Birthday!!!

January

Frank Muriel 1/03
Carmen Woodring 1/03
Teresa Stieven 1/04
Alfred Perry 1/05
Cleta Hessel 1/05
Ed Heininger 1/08
Pauline Guelbert 1/10
Chuck Turner 1/12
John Bottchen 1/15
Tom Komadina 1/24
Johanna Sutterfield 1/28

February

Amanda Warren 2/08
Ernie Roberts 2/21
Von Rhey Ford 2/24
Sidney Wolff 2/26
Sandy Bonfiglio 2/27

Editors Note: Please notify us if you or your spouse's birthday is missed or incorrect.

WELCOME TO NEW MEMBER:

Larry Radford
7201 Springdale
Cedar Hill, MO 63016
(636) 274-0969
email: larryhikebike@aol.com
Spouse: Annie

CHRISTMAS GREETINGS TO GHC FROM E-MAILS RECEIVED:

From Mike Maschek
"Merry Christmas and Happy New Year to You and All."
From Herb Eck, SPAH Vice President:
"Have a Joyful Christmas and Keep In Touch."

A GOOD MAN IS HARD TO FIND

Sid Wolff is our In-House Emeritus Story Teller and when he is able to attend the practice sessions, can usually find some song to tie into his Story of the Evening. Sid must have a brilliant memory to remember all his stories, but on one occasion could not come up with the words of the following song. However, the title was all Sid needed to get him going (and going, and going...) Bruce Springsteen had a different version of the same title, but I think Brenda Lee's (by E. Green) was more probably the song that Sid had in mind. –



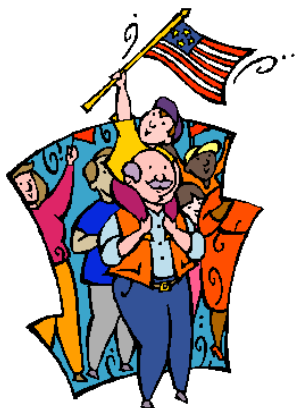
A good man is hard to find,
You always get the other kind
Just when you think that he's your pal,
You look for him and find
Him fooling 'round some other gal
Then you rave, you even crave,
To see him lying in his grave.
So if your man is nice,
You better take my advice
Hug him in the morning,
Kiss him every night,
Give him plenty loving,
Treat him right
Cause a good man nowadays is hard to find.

Thanks, Sid, we always welcome and find your entertainment a diversion from the ordinary! Editor

HAIL TO THE CHIEF!

by Mary Ann Love, President of Gateway Harmonica Club

Sometimes my son, Joe, who is an avid reader, will want to share and point out different passages or articles that he thinks I may find of interest. Often it is something we had recently seen or discussed. You know the old adage, once it comes up, it comes up again. For whatever reason, he pointed out the following paragraphs from the book, *The Camel Club*, by David Baldacci. I immediately started to laugh because strains of Hail To The Chief can sometimes be heard whenever I approach the microphone to play at open mic (depending on who is in the audience – I think I know the instigator!). This has been happening since I had the honor of becoming president of the club. Read on and have a history lesson as well as a laugh for yourself.



“The presidential limo motorcade was arriving and the president exited. He would wave, shake hands, pat some backs, give some hugs and then be escorted to the bullet- and bomb-proofed podium as “Hail to the Chief” was played.

The reason the song was used when a U.S. president entered a room originated with President James Polk’s wife, who was furious that her diminutive, homely husband was often totally ignored when making an entrance. Thus, Sarah Polk ordered that the song be played whenever her husband came into a room. All presidents since have followed this imperious woman’s lead.

However, the origin of the song itself is even more amusing. Set to the words of Sir Walter Scott’s epic poem *The Lady of the Lake*, it described the demise of a Scottish chieftain who was betrayed and then put to death by his archenemy, King James V. Ironically enough, the song that was used to herald the coming of the president of the United States actually chronicled the assassination of a head of state. In the last part of Canto Five, the poem summed up a query that all would-be politicians should give serious thought to “O who would wish to be thy king?” “Not me, not me.”

NEW YEAR’S RESOLUTIONS

By Ann Landers

Let this coming year be better than all the others.

Vow to do some of the things you’ve always wanted to do but couldn’t find the time.

Call up a forgotten friend.

Drop an old grudge, and replace it with some pleasant memories.

Vow not to make a promise you don’t think you can keep.

Walk tall, and smile more.

You’ll look ten years younger.

Don’t be afraid to say, ‘I love you.’ Say it again. They are the sweetest words in the world.”



NEW YEARS ARE A CHANCE FOR A BEGINNING-

By William Byrd

New years are a chance for a beginning

Even when there hasn’t been an end.

Wheels turn in an interminable bend,

Yet, marked in one spot, seem to wobble spinning.

Each year we hope to do a little better

Although we know that really nothing’s changed.

Reason thinks that everything’s arranged,

So we must dream if we would fate unfetter.

BLACKIE SCHACKNER’S THOUGHTS ON SLIDE LUBRICANTS

Submitted by Bill Dulin

About lubricants -- I suppose I’ve tried about every logical type there is...space age, as well as trombone stuff...When I was consulting for and helping Richard Farrell, we imported all kinds of stuff to make the slides work better. They either tasted lousy, they got gummy, attracted dust and similar miserable results. So what did I use ??? PLAIN WATER! Yep! ordinary H₂O!!!!

Why??? Because water lacks viscosity as compared to any other lubricant... it slides smoother and faster (assuming the slides are reasonably polished). Also slides stick because of dried saliva... oil does not affect dried saliva..but water dissolves it !!..... and water is always available...So take it from an old pro’...try a few drops.

MAKING MUSIC IS “LIKE CHOCOLATE TO THE BRAIN”

Lately more attention has been focused on the positive aspects of growing older and inspiring adults older than 50 to improve their well-being. Experts agree that one of the healthiest activities for an older adult is recreational music making, a hobby that challenges and conditions both mind and body.

“Any activity that optimally uses both the right and left hemispheres is like chocolate to the brain,” says healthy aging guru Dr. Gene Cohen, author of *The Mature Mind* and the subject of a profile in the September/October edition of “Making Music” magazine. “A creative activity such as playing music is a good example of what mature minds find fulfilling.”

It’s no wonder older Americans are taking piano lessons, joining community bands, and picking up their guitars in ever increasing numbers. They are discovering that music making



not only is a boon to their health but that it’s a great way to meet people, and even a perfect excuse to get away.

“Making music is a great opportunity to travel and catch up with musical buddies” says Judy Schmitt, 59, of Atlanta, Georgia, a research coordinator at Emory University. “I’ve made too many great friends and had too many positive experiences to stop making music now!” Adds Dr. Mary Mielt, a physician from East Haddam, Connecticut, “Making music is really unlike anything else I do in my life. It’s

not pressured, and it’s tangible – I get real benefits from it.” “People are not only living longer, they want to remain healthy and active for as long as possible. Plus, there is an increasing focus in the medical community on the need to keep the brain as healthy as the body. This focus is as much about making the empty nest and retirement years fun and worthwhile as it is about preventing debilitating dementias such as Alzheimer’s disease. Music making has the potential to do both.

This article was condensed from a clipping of a publication, but the source was not identified.

WHY MUSIC MAY BE THE BEST MEDICINE

After surgery your first inclination might be to ask the doctor to up your pain-killers, but new research suggests turning up the music instead. Patients who listened to music reported lower pain intensity and an 18 percent drop in painkiller reliance compared with those who didn’t according to a review of 14 studies from the British journal *The Cochrane Library*. “Pathways that start in the brain release endorphins that inhibit pain transmission, acting like our own personal morphine, and music may activate them,” explains review author M. Soledad Cepeda, M.D., Ph.D., a visiting professor of anesthesiology at Tufts-New England Medical Center, in Boston. The degree of pain relief was equal regardless of music genre, meaning rock and rollers and easy listeners share the same benefit, even if they don’t get to make their own selections in recovery.

K. Emily Bond (Reprinted from the September 2006 Ladies Home Journal Health News)

“Happiness is a thing to be practiced,
like the violin.”

(or the harmonica!)

John Lubbock

HARMONICA MUSIC FOR CHRISTMAS

By Joe Fey

Not for the first time, one of my sons has sought and found some harmonica-related music items to put in Dear Old Dad’s Christmas stocking. These gifts are always appreciated and are put to good use.

This year one of these was a copy of Kim Field’s excellent book, *“Harmonicas, Harps and Heavy Breathers: the Evolution of the People’s Instrument,”* (Cooper Square Press, 2000). This is an updated edition of the book I originally bought in the early 90s at the SPAH Convention in Memphis. I enjoyed it then and have looked back at it from time to time to refresh my memories of players of yesteryear and the eras they helped to create. This new edition now includes “an afterword, an updated discography, a new listing of Internet resources, and twenty-eight textual emendations.” I’ll happily reread it in the pleasant light of what I have heard and learned since my first reading.

The second gift is a compilation CD, *“Inspiration: 22 Great Harmonica Performances.”* selected by J.J. Milteau. The performers represent many musical categories. Some of them like Toots Thielemans, Sonny Terry, Stevie Wonder, Sonny Boy Williamson, Borrah Minevitch and the Rascals, Charlie McCoy, Little Walter, Larry Adler and Deford Bailey are “household” names to me, but even those I don’t know I will get to know a little as I listen to their excellent tracks. I’ve played the entire CD once and have already become a fan of some great “new” harmonica artists.

KANSAS*by Ron Beer*

I want to thank Bill Dulin and Audria Gebhardt for their interesting tales regarding Kansas. Since Judy and I do the St. Louis – Denver run annually, I felt that a different perspective is justified. We have found Kansas extremely interesting, and visiting with a few locals has added justification to our enthusiasm.

Kansas, called the Sunflower State, is big, but NOT FLAT. There is a flat spot near Salina, and some rising but apparently level land around Goodland near the western border with Colorado. Actually, the elevation of Kansas from east to west is extensive: 680 feet above sea level in the southeastern county of Montgomery, and rising to about 4000 feet above sea level at the Colorado border.

Well-traversed by streams and rivers, the resulting valleys contribute to the landscape, both through elevation and the presence of cottonwood, willow and other trees. In addition, the sky is magnificent, clear or cloudy, and very visible due to exposed horizons.

Just for fun, there are three major east-west land divisions visible as one travels along Highway I-70; each has its own topographical specialization, within which is quite a lot of diversity. From the Missouri border the highway runs first through a glaciated region – that is, land once occupied by ice, having rounded hills, broad valleys, lots of wooded areas, and in places glacial deposits (rock and debris of varying sorts). This region extends about 75 miles before giving way to the next division: the Flint Hills. (Judy is sure heaven must look just like the Flint Hills!) This is a north-south oriented band of chert or flint rock – quite hard, and very hilly. It is ideally suited for pasture land, the rock being too close to the surface to allow plowing, and it has been used virtually exclusively for this purpose for generations. The valleys, however, are quite fertile, and crops and garden veggies are grown there. The Flint Hills region extends for about 80 miles east to west, and covers the entire state of Kansas from north to south, reaching

well into Nebraska to the north. The region is covered with bluestem grasses and offers exciting vistas of green peppered with cattle and horses. Some of our country's best examples of virgin tallgrass prairie are found in the Flint Hills, and a side trip to the Tallgrass Prairie National Preserve is a most worthwhile detour. It's significant that William Least-Heat Moon (you may remember him as the author of [Blue Highways](#)) has written an entire book of over 600 pages about just one county in the Flint Hills. Its title is [Prairie Erth](#), and it's fascinating!

Moving (reluctantly) westward from the Flint Hills, one next encounters the High Plains region. The High Plains occupy the western two-thirds of Kansas. Not flat, but level in a couple of areas, the elevation of this region is about 1500 feet above sea level at its eastern edge, rising to 4000 feet at the western border of Kansas, as referenced earlier. The High

Plains are about 280 miles from east to west and are planted with various crops, primarily wheat but also including beautiful, extensive fields of sunflowers. This region receives diminishing amounts of rainfall the further west one travels, and irrigation has been employed to keep fields watered. Large crop-spraying devices are also found throughout the area now. Salina, located around the center of the state, is in this region. It is home to the Cargill-Salina grain elevator, which has a capacity of 32 million bushels. Hays, further west, is home to the original Boot Hill graveyard, and also to the quite new Sternberg Museum of Natural History (within sight of I-70, well-advertised, and an excellent facility). Also well worth a visit is Fort Hays, just a mile or two south of the highway.

For those who are determined to look for flat, we recommend a short strip near Salina and a somewhat larger segment around Goodland, about seven miles from the Colorado border.

We look forward to our annual pilgrimage, both to renew acquaintance with specially-remembered spots and also to embrace some facility, event or historical landmark new to us. Try it; you just may find it fun!



“Yesterday is a cancelled check;
Tomorrow is a promissory note;
Today is the only cash you have,
So spend it wisely.”

Kim Lyons

ACTUAL ANNOUNCEMENTS TAKEN FROM CHURCH BULLETINS*Submitted by Geza Dombi*

Don't let worry kill you – let the church help.

Thursday night: Potluck supper. Prayer and medication to follow.

Remember in prayer the many who are sick of our church and community.

For those of you who have children and don't know it – we have a nursery downstairs.

The rosebud on the altar this morning is to announce the birth of David Alan Belzer, the son of Rev. and Mrs. Julius Belzer.

This afternoon there will be a meeting in the South and North ends of the church. Children will be baptized at both ends.

Tuesday at 4:00 pm there will be an ice cream social. All ladies giving milk will please come early.

Wednesday, the Ladies Liturgy Society will meet. Mrs. Jones will sing, "Put Me in My Little Bed" accompanied by the pastor.



Thursday at 5:00 pm there will be a meeting of the Little Mothers Club – All wishing to become little mothers, please see the minister in his study.

This being Easter Sunday, we will ask Mrs. Lewis to come forward and lay an egg on the altar.

The service will close with "Little Drops of Water." One of the ladies will start quietly and the rest of the congregation will join in.

Next Sunday a special collection will be taken to defray the cost of the new carpet. All those wishing to do something on the new carpet will come forward and do so.

The ladies of the church have cast off clothing of every kind and may be seen in the church basement Friday.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practice.

GEORGE CARLIN'S VIEWS ON AGING

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

"How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life ... you become 21. Even the words sound like a ceremony ... YOU BECOME 21. YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're Just a sour-dumpling. What's wrong? What's changed?

You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 and your dreams are gone.

But wait!!! You MAKE it to 60. You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.

You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday!

You get into your 80s and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the 90s, you start going backwards; "I Was JUST 92."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!"

May you all make it to a healthy 100 and a half!!

"I don't know the key to success,
But the key to failure is trying to please everybody."
Bill Cosby

GHC Events Calendar

WEEKLY EVENTS

Tuesday evening meetings at Rock Hill Baptist Church, 9125 Manchester, St. Louis, MO 63144:

6:30 PM - Blues Group, led by Louise Cook — Everyone welcome

7:00 PM - First Tuesday of month: Business Meeting — Everyone welcome

All other Tuesdays: Band Rehearsal — Everyone welcome

8:00 PM - Open Mic — Everyone welcome

PERFORMANCES AND SPECIAL EVENTS

A schedule of upcoming Gateway Harmonica Club performances and special events is distributed bimonthly at our business meeting. For the most current schedule, including maps and customized driving directions, go to www.gatewayharmonicaclub.org/calendar

DON'T FORGET TO PAY YOUR 2007 GHC DUES

Gateway Harmonica Club annual dues for Regular Members are \$10.00. Associate Member dues are \$5.00. Dues are due in January. Please bring your dues payment to the club meeting in January or mail them to Buddy Hirsch, Treasurer, 47 Orchard Lane, Kirkwood, MO 63122, .

Whether you bring your dues to the meeting or send them by mail, **please pay by check, payable to Gateway Harmonica Club, Inc.**

ARE YOU A MEMBER OF SPAH?

If you're not already a member of SPAH, the Society for the Preservation and Enhancement of the Harmonica, have you considered joining? SPAH has done and continues to do a wonderful job in support of our favorite instrument. Members receive SPAH's excellent quarterly newsletter, Harmonica Happenings, which contains a wide range of information of interest to all harmonica players from beginner to professional. Members also pay lower registration fees for the annual convention. Those who attend the convention get acquainted with players from all over the world and hear the very best in harmonica performances of all musical styles. Most important, members support the ongoing work of SPAH in promoting greater visibility and recognition of the instrument and its players. So JOIN TODAY!!!

NEW MEMBER SPAH APPLICATION		
Name	Birth Date	Phone ()
Address	Occupation	
City/State/ZIP	Country	
E-Mail		

Enclose \$40 (\$55 for Family) U.S. funds only, made payable to SPAH, Inc. (subsequent years \$35 or \$50).
Mail to Membership Director, SPAH, Inc., P.O. Box 865, Troy, MI 48099-0865

HOW TO STAY YOUNG

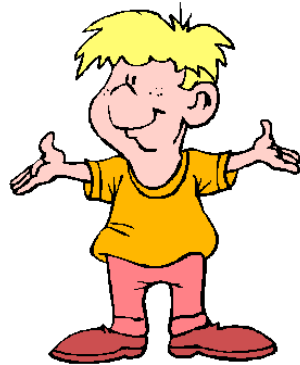
1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay "them "

2. Keep only cheerful friends. The grouches pull you down.

3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath.



6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.

7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.

10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

