



NEWS & VIEWS



Please visit us on the Internet at www.gatewayharmonicaclub.org

WHAT'S HAPPENING

by Mary Ann Love

PICNIC ON MARKIVEES' MOUNTAIN

On Saturday, June 20, GHC members gathered at **Carroll Markivee's** home in Eureka, MO to enjoy fun, music and friendship. The day was warm (very) but the rain stayed away for the day. Barbeque ribs were generously provided by Carroll and everyone else brought pot luck.



all and GHC thanks Carroll Markivee and his daughter, Pam, for hosting another great picnic.

BUCKEYE HARMONICA FESTIVAL

Three GHC members (**Ron Beer**, **Frank Davis** and **Joe Fey**) and one GHC spouse (**Judy Beer**) attended the Buckeye State Harmonica Club's "33rd and Most Likely Final Buckeye Harmonica Festival" in Columbus, OH. The festival was held at the Holiday Inn Worthington/Columbus on June 11-13. About 120 harmonica enthusiasts joined in the fun and in commemoration of Buckeye HC's many years of service to their members and friends.

One highlight was a "Remembering Buckeye" session on Saturday afternoon honoring the many leaders and members who have contributed to the vitality and warmth of the Buckeye HC. Special tribute went to recently deceased leaders **Richard Smith** and **Jack Ely**, with heartfelt testimonials from BHC members, spouses and friends.

The three days flew by too quickly, with interesting and helpful seminars, casual jamming and a great lineup of headliner acts, including the Harmonica Junction, the Windy City Harmonica Trio, Jimi Lee and Friends,

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The deck was decorated with colorful tables and open mic followed several group numbers. A great time was had by

THE GHC NEWS AND VIEWS 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 Church, 9125 Manchester, Brentwood, MO.

Inquiries about membership should be directed to:

Jessie Hirsch, Treasurer
47 Orchard Lane
Kirkwood, MO 63122
(314) 821-8651
e-mail: lov24get@aol.com

For information about club activities, contact:

Bill Dulin, President
4985 Seibert Ave.
St. Louis, MO 63123
(314) 752-9909
e-mail: imafosi@att.net

To schedule a club performance, contact:

Charlie Pratte
1547 Azalea Drive
Webster Groves, MO 63119
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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!!!

Birthday greetings are extended to the following members of the GHC family who are celebrating birthdays in July and August:



July		August	
Dorothy Welsch	7/7	Bob Norton	8/3
Mike Patzius	7/21	Bud Anders	8/4
Tom Sutterfield	7/24	Betty Ford	8/13
Mary Heininger	7/24	Bob Davis	8/13
Buddy Hirsch	7/25	Rich Krueger	8/15
Tony Wilbraham	7/26	Jackie Pratte	8/18
Sam Hardy	7/27	Bob Sandefur	8/20
Bernice Norton	7/27	Ria Meagher	8/20
Mary Ann Love	7/28	Sue Fey	8/25
Carroll Markivee	7/30	Lillian Krueger	8/27
Jessie Hirsch	7/31	Sheela Joy-Chittina	8/27
		Jack Cook	8/30

Editor's Note: Please notify us if your or your spouse's birthday is missing or incorrect. We welcome publication of any members special highlight dates!

WHAT'S HAPPENING *(from page 1)*

Harmonucleosis, the Hoosier Harmonicas, the Harmonica Hotshots, Sandy German, the Sgro Brothers, P.T. Gazell and Chris Bauer. Carolbeth True was also on hand, working with local musicians to provide excellent backup for a number of the headliners.

Although the promotion for the Buckeye Harmonica Festival indicated that 2009 would probably be its last year, many of the attendees urged BHC, if at all possible, to continue this fine tradition. Our special thanks to **Doreen Scurlock**, who made us aware of the festival, and to the committee that pulled it all together.

SPAH 2009 CONVENTION

Registration and reservations to the **S**ociety for the **P**reservation and **A**dvancement of the **H**armonica should be made before July 31 to get the best price breaks. Packets have been mailed to SPAH members, but the information may also be found online at www.spah.org

then go to the "Convention 2009" page and follow the prompts.

The convention will be held August 11-15, 2009 at the Radisson Hotel in Sacramento, California. Workshops, seminars, jam sessions, stores, spectacular shows, tours and a Ladies Breakfast are all offered. It is always a fun and learning experience. Plan to attend if possible.

WELCOME NEW MEMBERS:

Paul Babb
2633 Sunrise Drive
Eureka, MO 63025
636-938-9968

Terry A. Smith
Box 22
Maryville, IL 62062
618-781-3039

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WHAT'S HAPPENING *(from page 2)*

CONGRATULATIONS!

Betty Ford is going to celebrate her **90th Birthday** on August 13. Her family and many friends have planned to commemorate this happy occasion with a get-together on Sunday, August 23.

The GHC family is invited to join the festivities at 3:00 p.m. at Our Lady of the Presentation Church Hall at Brown & Tudor Avenues in St. John, Missouri. We have played gigs at this location several times, but if you need further directions, they may be found on the gig schedule or please call any club officer.

GHC will play some of Betty's favorite songs and refreshments will be served. Plan to attend. Betty has been a loyal club member for over 15 years.

CONDOLENCES

We received word from **Doreen Scurlock**, who is a Life Member of our club as well as the Buckeye State Harmonica Club, that **Jack Ely** passed away. Jack was a longtime friend of GHC. For many years he was the central figure in the Buckeye Harmonica Festival until the recent illness that made him unable to continue. He was also a member of the Harpers Bizarre harmonica quartet and an officer of SPAH for a number of years. Those of us who knew him will miss him much.

HEALTH REPORT

We wish the following members a successful and speedy recovery from their various confinements:

Ernie Roberts continues chemotherapy and also continues attending GHC events with a very positive attitude.

LAST CHANCE FOR DIRECTORY UPDATE

Jessie Hirsch has prepared an updated membership roster for distribution in a week or so. If anyone has a recent e-mail change, or cell phone number, the time to add is now. Please check your information and notify if there are any corrections or changes. This directory is not scheduled for re-issue for another two years.

Thanks so much to Jessie for preparing and printing this directory. Jessie (GHC Treasurer) has a very busy life and we appreciate all the time she dedicates to the club.

P.S. The same for her sidekick, Buddy! Actually, the same should be said for a lot of our members who use their time to attend gigs, practice, meetings, conventions, correspondence and telephone messaging. There is always a lot of behind-the-scenes activity we take for granted.

Thanks to all our members for making our club a success. We depend on YOU!

Jean Markivee has taken residence in Marymount Manor in Eureka to continue her battle against Alzheimers disease.

Leo Kluesner has been to club meeting lately and honored us with a well played tune. His wife, **Mary Carol**, has received a hip replacement. We wish them both well.

Frank Muriel has recently had double hernia surgery and is recovering following complications.

Ed Heininger continues improvement with back healing. He surprised us with a visit to the club meeting on June 30.

On May 26 **Sid Wolff's** grandson accompanied him to the practice session. We had not seen Sid for awhile following his health problems, and he informed us that a valve surgery is scheduled.

Frank Davis cancelled the scheduled surgery on his shoulders for tendon damage. He is feeling better and takes daily swimming exercises at the YMCA.

Bill Davis had a tractor accident on his farm but thankfully walked away with only bruises.

Let us keep them all in our thoughts and daily devotions.

May you always have Love to share, Health to Spare and Friends that Care.

ALL THAT JAZZ !

Two folks were inspired to play *Up A Lazy River* at open mic - thanks to the newsletter series about jazz by **Carroll Markivee** over the last several issues. **Chris Pondo** said jazz was new to her, but she gave a great effort. She began by telling about a new Disney movie called "UP" and had prepared two UP songs: *Up a Lazy River* and also *Cuddle Up a Little Closer*. It was fun to see all the people who knew some of the words of these old classics and filled in with hums. The other was **Frank Davis**. He said he had practiced it and was going to play it anyway - and Frank always does a nice job. His version was also jazzy.

We Get Letters . . .

June 22, 2009

Dear Gateway Harmonica Club,

Thank you all so much for the wonderful picnic and music at my Dad's home this past Saturday! I truly appreciated the kind support you gave to both of us.

Pam (Jean & Carroll's daughter)

Editors Note: GHC should be thanking Pam and Carroll for the nice party - Thank you!

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A long term relationship depends on a short memory.

HARMONICAS FOR HEALTH

Pulmonary Rehab Program

by Ron Beer

April 29, 2009

Back in February, our Web-meister received a message from Shirley Schultz, Pulmonary Rehab Coordinator at Belleville (Illinois) Memorial Hospital enquiring about the availability of someone in our club prepared to teach harmonica to twenty or thirty patients she treats for breathing challenges. Wow!

Shirley first met the Gateway Group at Queeny Park in 1993, playing with Richard Hayman and the St. Louis Symphony. She contacted the club and had them play for her rehab organization. The Memorial Hospital enjoyed the program, sparking an invitation to play at the hospital.



Move ahead sixteen years, and, prompted by stories of harp therapy from Texas hospitals, Shirley found our Web site, and off we went.

I replied to Shirley's request which, from February, was nearly two months distant from her target date of April 29, and e-mailed Buddy Wakefield and Victor Yun. Both replied and shared ideas for a program.



The big event was held in O'Fallon, Illinois at Memorial Health Education Center. The crowd, well behaved, took to their harps with enthusiasm as we waltzed through three breathing exercises, one of which should be done twice daily for about ten minutes each time, then switched to playing the "C" major scale, followed by *Twinkle, Twinkle, Mary's Lamb*, and *Michael, Row the Boat Ashore*. Four of Shirley's staff, and Shirley herself, participated in this event, and the plan is to have the staff encourage the patients on some regular basis.



The attentiveness of the group was gratifying, and various questions were handled by **Joe Fey**, **Rich Krueger**, and **Ernie Roberts**. It was clear that Shirley's staff operate with a great deal of caring under her direction.

A note from Shirley implies that to her patients this was the best meeting ever! Shirley also mentioned perhaps doing another session next year. Sounds good to me!

It was a good experience. Thanks to Joe, Rich and Ernie for their participation.

Shirley Schultz, the Pulmonary Rehab Coordinator at the Belleville Memorial Hospital has notified us that the program was so well received and she has requested an additional session to be slated for October. If anyone would like to help in this venture, please contact Ron Beer or Joe Fey.



HARMONICAS AND HEALTH: OBSERVATIONS FROM AN M.D.

By Ron Beer

Buckeye was a good trip, and typically offered things to contemplate. At last year's SPAH, in the Harmonicas For Health seminar a scientific element crept in. Dr. John Schaman participated on the panel of experienced harp enthusiasts who endorsed the idea of what harmonicas can do for one's health.

Dr. Schaman introduced his on-going project called H.E.L.P. (harp exercise for lung program) which employs clinical research methodology to scientifically validate the use of harmonica as an accepted therapeutic option.

Less than two years ago Dr. Schaman took up the diatonic, and can be seen and heard doing blues on You Tube. Whereas several teaching entities have incorporated some medical professional input for their programs, it took Dr. Schaman very little time to recognize the need to articulate with measurable processes just how much, or what if any real improvement was occurring. At his Cardiac respiratory clinic in Breslau, Ontario, he explored the variables and shifts in physiology and played with the exercises as well as having his patients learn melodies. They loved it. But! He arranged two groups, one who played and one who waited to play. After six months a switch occurred. The first players were reluctant to give up the process while the second group was eager to start.

His findings on effectiveness gave a nod to exercise as the truly useful action. Exercise can be gentle offering no benefit, or can be accelerated offering a real challenge from which comes change, growth.

"All therapies," stated Dr. Schaman, "have potential side effects. The side effect of this program is that the patient might become a musician." Dr. Schaman's session at Buckeye gave some insight to the upgrade potential of harp therapy.

HARMONICA CLASSES

If you know of anyone interested in learning to play the harmonica, the next scheduled classes are as follows:

- At present we have a small Beginner Diatonic coaching group working out at Rock Church at 6:00 PM on Tuesday evenings.
- Our next three-session Beginner Diatonic Class will be held at Meramec Community College on Wednesdays November 4, 11 and 18.

Start-up of our next Beginner Chromatic class has been delayed pending a revision of our textbook.

For further info on training opportunities and needs, please see Ron Beer or Joe Fey.

LEARN TO BREATHE RIGHT

Most people breathe the way they dance – they think they know what they're doing, but they really don't have a clue about how to do it right. Stop right now for a second and focus on your breathing. Now look down. See anything moving? Probably not. That's because most people typically take very short, shallow breaths, - the kind that simply come from your chest. For you to really improve your lung function, you need to practice taking deep, whole breaths.

Remember what makes the lungs move? Your diaphragm. That's the muscle that pulls your lungs down, so your lungs expand and you can really circulate oxygen down throughout the whole lung.

Imagine your lungs filling up with air. As your diaphragm pulls your chest cavity down, your belly button should be moving away from your spine as you fill your lungs. Your chest will also widen as you inhale.

When your lungs feel fuller than a sumo wrestler's lunch box, exhale slowly - taking about seven seconds to let all the air out. You can pull your belly button toward your spine to force all the air out of your lungs.

Okay, so now you know how to breathe deep, but what's the benefit? What will deep breathing get you, besides stares on the subway? A lot, actually. Another benefit is that it helps improve the drainage of your lymphatic system, which removes toxins from your body. Of course, it also helps in stress relief. Shifting to slower breathing in times of tension can help calm you and allow you to perform, whether mentally or physically, at higher levels. Recommendation: take ten deep breaths in the morning, ten at night, and as many as you need when shooting free throws or after chasing your toddler down the cereal aisle.

Quick Quiz

- Q. Name the person who normally consumes six quarts per minute.
- Frat guy on his twenty-first birthday
 - Owner of car with three hundred thousand miles on it
 - A Starbucks addict
 - You

The correct answer is D, but it has nothing to do with lager or lattes. It has to do with how much air you take in with each breath – that's enough air to fill 10 million balloons in a lifetime.

Submitted by Arpad de Kallos

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"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." — Dr. Seuss

MUSICAL TRAINING FOR BETTER BRAIN FUNCTION CHILDHOOD MUSIC STUDIES LEAD TO IMPROVED PROBLEM-SOLVING SKILLS LATER IN LIFE

Author unknown. Source: Bradley Folley, PhD, Clinical Neuropsychology Fellow, Vanderbilt University, Nashville, TN

My daughters might be annoyed when I tell them about a recent study from Vanderbilt University that gives me yet more reason for frequent reminders to practice their musical instruments every day. Researchers found that musicians scored higher on both IQ tests and standardized tests of verbal fluency than non-musicians. The study also showed that trained musicians have a cognitive advantage over non-musicians and are particularly adept at something called *divergent thinking*.

"Divergent thinking" was a new term to me -- but as it turns out, not a new idea. Bradley Folley, PhD, one of the Vanderbilt researchers, explained that it refers to "thinking outside the box," or the ability to come up with novel solutions to open-ended questions. To illustrate the concept, he told me about an earlier study he had done, in which subjects were given a needle and thread and asked to find a creative way to use them. *One subject replied:* "If you're really poor and want to get married, you could use the thread and tie it up into a ring and use the needle to write 'will you marry me?' in the sand at the beach."

These findings add to the body of evidence that musical training enhances brain function in numerous ways.

STUDY NOTES: In the Vanderbilt study, researchers compared 20 students majoring in classical music with a matched group of non-musicians from an introductory psychology course. There were nine women and 11 men in the classical music group, while the non-musicians were 11 women and nine men. The groups represented two extremes -- the musicians had been playing and studying an instrument for more than eight years, with daily practice averaging 2½ hours a day, while the non-musicians had no music training beyond regular curricular exposure to music from kindergarten to high school. Subjects were given two tests. The first was the Remote Associates Test, which requires divergent and convergent thinking. Participants are given three stimulus words and are asked to find another word associated with all three words in the set. *Example:* For the words "blue," "cake" and "cottage" the correct answer would be "cheese." For the second test, to measure divergent thinking, students were asked to come up with uses for stimulus objects alone or in combination with other objects. *Result:* The musicians had higher scores on both measures.

The Vanderbilt study also showed an association between music training and higher IQ, though that does raise the "chicken versus egg" question of whether music training elevates IQ scores or if those with higher IQ scores are just more likely to study music. An obvious next question is, "does music help boost brain function throughout life?" Dr. Folley told me that this hasn't been measured yet but he believes the hypothesis is a good one. So now I am thinking of retrieving my flute and committing to regular daily practices along with my daughters -- not only would it be good family time, but it might be a great brain-sharpening strategy for me as well.

MOVIE REVIEWS

By Christine Pondo

I enjoyed two DVD's lately. "Cadillac Records" is about the beginning of the Blues in 1950's Chicago at the Leonard Chess Recording Studio. We learn about Muddy Waters, Little Walter, Chuck Berry and Etta James and hear a lot of great music.

"Lightning in a Bottle" is a documentary of the Blues showing current artists like B.B. King and Bonnie Raitt.

*Experience is something you don't get until
after you needed it.*

*The secret of success is to start from scratch
and then keep on scratching.*

*It's nice to be important:
it's important to be nice.*



LET'S FACE IT, ENGLISH IS A CRAZY LANGUAGE!

There is no egg in eggplant or ham in hamburger; neither apple nor pine in pineapple.

When a house burns up, it burns down.

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites?

You fill in a form by filling it out and an alarm clock goes off by going on.

Why do we have noses that run and feet that smell?

In what other language do people recite at a play and play at a recital?

If teachers taught, why didn't preachers praught?

A vegetarian eats vegetables, what does a humanitarian eat?

Why is it that writers write but fingers don't fing, grocers don't groce, and hammers don't ham?

Submitted by Pauline M. Guelbert

CREATIVE PUNS FOR EDUCATED MINDS

Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'

I wondered why the baseball kept getting bigger. Then it hit me.

A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'

A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was, a nurse said 'No change yet.'

A chicken crossing the road is poultry in motion.

The short fortune-teller who escaped from prison was a small medium at large.

The man who survived mustard gas and pepper spray is now a seasoned veteran.

A backward poet writes inverse.

In a democracy it's your vote that counts. In feudalism it's your count that votes.

When cannibals ate a missionary, they got a taste of religion.

Don't join dangerous cults: Practice safe sects!

THE JOY OF THE HARMONICA

Harmonicas are compact, cheap, easy to learn to play and intimate.

The harmonica has enabled musical dummies like me to reap the benefits of music without having to invest lots of money and time. Since they are so compact I can carry one in my shirt pocket everywhere I go. Since they are relatively inexpensive, I do not have to get upset if I lose it or it gets ripped off. Since it is rather quiet I do not have to fear what the neighbors will think when I play it. But the harmonica's greatest benefit is that it allows me to experience the pleasure of music.

Music is my drug. It is my therapy. Music calms my spirit when I am uptight. Music lifts my spirit when I am down. I carry an iPod with me to work and listen to music all day long. But the blessings received from being a spectator to music are nothing compared to being a performer. The harmonica enables me to create the music. My ability to enter into music on my iPod is rather shallow. It is not nearly as effective on my spirit as when I actually perform music on my harmonica.

The joy of the harmonica is not found in the applause from the audience.

It is found in a quiet solo played along a flowing stream.

Jack, Harmonica Country

<http://www.harmonicacountry.com>

Submitted by Ernie Roberts

**MYTH OR FACT?**

You yawn because you are tired.

Actually, that's part of it. But the technical reason you yawn is because your body senses a dip in the oxygen level in the blood, so your body wants to yawn to take in more oxygen and get it back into the bloodstream.

What we don't understand is why yawning is contagious.

GHC GIGS, CLASSES AND SPECIAL EVENTS

WEEKLY EVENTS

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

6:00 PM - Blues Group, led by Louise Cook and Ed Cenatiempo — 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, CLASSES AND SPECIAL EVENTS

A list of the club's upcoming performances, classes and special events is distributed each month at the business meeting. For the most up-to-date calendar of all GHC performances, classes and special events, go to www.gatewayharmonicaclub.org/calendar, which takes you to our **online calendar**. You can view the calendar in Week, Month or Agenda (list) format by clicking on the tab of your choice. To move the display backward or forward in any view, click ◀ or ▶ in the upper left-hand corner of the calendar.

Gigs and special events are shown in RED, classes in BLUE. To the right of the tabs, there is a small ▼ symbol that you can click to open a drop-down checklist if you wish to display only a specific category or categories by checking selected boxes .



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