



The Reeder



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

NEWS AND VIEWS -by Mary Ann Love

CONGRATULATIONS

Congratulations to **Roberto and Sonia Pangilinan** on their wedding July 30, 2011 at the Kirkwood Recreation Center. It was the privilege of the Gateway Harmonica Club to be invited to perform - and we have rarely enjoyed such exuberant appreciation. The two were united in a most impressive ceremony including many family members and friends. The bride was radiant in her splendid gown. The traditional Barong Tagalog Shirt worn by men at Filipino weddings was very prominent. The color theme varied from shades of lavender to purple as displayed by the ladies of the wedding entourage. The color theme was carried throughout the event with flower arrangements, table centerpieces, wedding cake highlights and even shaded chocolate for the guests. Numerous dishes were prepared and served; there was singing and dancing and happiness all around! It was a most joyful occasion. May Bob and Sonia enjoy a long and blissful life together!

MEMBERS HEALTH CONCERNS

Ron Beer has returned home and is receiving home health care and therapy to strengthen his legs.

Bill Nesselin and **Rosemary** have their ups and downs and want to come back to the club soon.

Louise Cook is slowly regaining her strength and says hello and thanks for all the cards and calls.

Betty Ford keeps asking Louise when they can attend GHC meetings again.

Ed Heininger suffered a fractured hip from a fall. He had surgery with rod and screws to repair the damage and was transferred to a nursing facility for recovery and therapy.

Bob Norton had feet operations to have pins inserted to straighten his toes.

We have heard from **Henry and Jean Gerfen** and they are doing well.



Sonia and I would like to say Thank You to GHC for playing at our wedding on July 30, 2011. Our families and friends enjoyed the music GHC played. Many of our friends are amazed that the harmonica instruments made in different shapes and sizes can play such beautiful music. Again, Thank you!
 Sincerely, Bob and Sonia

Joe Fey seems to be holding his own and was able to attend the Pangilinan wedding. It was great to see him and Sue!

Sesto and Teresa Stieven were also in attendance. Greetings to **Bob and Doreen Scurlock** in Ohio. Sadly, they had to cancel their trip to SPAH with Bob in the hospital. We wish him a speedy recovery!

Pauline Guelbert was walking with **Guy Vaccaro** and when Guy fell. Pauline went down also and suffered bruises and is weak from immune system breakdown.

WELCOME NEW MEMBER ★

Donna Hall has become our newest member. She has been taking lessons at the club and is very outgoing and friendly. Please make Donna welcome!

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 Church, 9125 Manchester, Brentwood, MO.

Inquiries about membership should be directed to:
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For information about club activities, contact:
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To schedule a club performance, contact:
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Information about the club's activities is also available on the World Wide Web at:
www.gatewayharmonicaclub.org

We are the music makers.
 And we are the dreamers of dreams.
 Wandering by lone sea-breakers.
 And sitting by desolate streams.
 World-losers and world forsakers
 On whom the pale moon gleams:
 Yet we are the movers and shakers
 Of the world forever, it seems.
 For each age is a dream that is dying,
 Or one that is coming to birth
 Showing the old, the new world's worth.

- Arthur O'Shaughnessy – Ode

Friends are like balloons: once you let them go,
 you might not get them back.



Happy Birthday!!!

SEPTEMBER

Greg Hommert	9/1
Anita Sandefur	9/4
Rosemary Nesslein	9/7
Charles Pratte	9/9
Terry Smith	9/9
Jim Melchers	9/17
Frank Davis	9/25 ^{80th}
Geza Dombi	9/25
Julie Melchers	9/29
Jerry Bonfiglio	9/29

OCTOBER

Norma Uhl	10/6
Thelma Dombi	10/10
Ron Beer	10/18
Bill Dulin	10/30



Happy Birthday & Congratulations to all!

May you live as long as you want and never want as long as you live. - Irish Blessing

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!

All are invited to share their travel experiences or other subject matters of general interest.

Chris Pondo will present a concert of Polish music including piano, singing and harmonica on Saturday, October 8, at 3:00 p.m. at Steinberg Piano Gallery on Dorsett Rd. near Hwy. 270. All are invited!



Health Matters

Lift your spirits – with chocolate!

If you've always wanted a good excuse to indulge in rich chocolate, now it's just what the doctor ordered.

Chocolate is a wonderful mood booster, according to an assistant professor in the science department at Housatonic Community College in Bridgeport, CT

Resist colds – with yogurt

Researchers in Sweden have discovered that you can make yourself 2½ times less likely to catch cold from now on simply by eating yogurt.

Cut your risk of colon cancer – with Brazil Nuts!

Eating just one Brazil nut a day could save you from colon cancer. Brazil nuts are high in selenium, and doctors at the U. of Arizona found that men with high levels of selenium are six times less likely to develop colon cancer.

Slash Prostate Cancer Risk by 82%

Eating just one serving of watermelon or pink grapefruit a day can reduce a man's risk of developing prostate cancer by 82 percent. (Yes, you read that right – 82 percent!)

Celery has been used for centuries in Asia as a folk remedy for high blood pressure. In the U.S., it took one man with high blood pressure and persistence to persuade researchers at the U. of Chicago Medical Center to put this remedy to the scientific test. It worked like a charm! Within a week his blood pressure plunged from 158/96 to 118/82.

Slash your cholesterol – with cinnamon!

Sprinkle cinnamon on your morning coffee, or toast, or oatmeal. A half teaspoon of cinnamon each day could cut your triglycerides and total cholesterol by 12 to 30 percent while it boosts your body's ability to store blood sugar, reports the Nutrient Requirements and Functions Laboratory at the USDA's Beltsville Human Nutrition Research Center in Maryland.

Calm arthritis pain with Oranges –

Foods rich in vitamin C – such as oranges, cantaloupe, broccoli, strawberries, and peppers, are fantastic for relieving arthritis pain.

Eat more berries – to help keep you cancer free.

Berries are bursting with ellagic acid, which has scientifically proven to be a potent cancer-stopping compound. Ellagic acid detoxifies carcinogens and stimulates the activity of enzymes that fight cancer growth.

Snack on Delicious roasted nuts –

In a major study, researchers found that people who snack on nuts at least four times a week cut their risk of fatal heart attacks almost in half!

The six-cherry remedy for gout

If you or a loved one suffers from the excruciating pain of gout, here's the most effective folk remedy we know – It dates back to the 1950s, to a Texas doctor who was so crippled by a gouty big toe, he was forced to use a wheelchair. He reported in a Texas medical journal that a diet including six cherries a day soon had him up and walking. He added that his physician tried the cherry diet on 12 patients and had equally spectacular results.



DO YOU REMEMBER?

The following proverbs and maxims form the time you were growing up?

“Early to bed, early to rise, makes a man healthy, wealthy and wise!”

“The early bird gets the worm!”

“An apple a day keeps the doctor away!”

“Growl all day and you will feel dog-tired all night!”

“If at first you don't succeed, try, try again!”

“The devil finds work for idle hands to do!”

“Children are meant to be seen and not heard!”

“Little pictures have big ears!”

“A penny saved is a penny earned!”

“Grab all the gusto you can get!”

“Looks like a Stroh's Light night!”

“In essentials unity; in non-essentials, liberty: in all things, charity!”

“Where the Scriptures speak, we speak; where the Scriptures are silent, we are silent!”



This page submitted by Rev. Arpad de Kallos



SPAH 2011 August 9-13 - Virginia Beach, Virginia - Put On The Ritz - Report by Jessie Hirsch

A fair number of people attending the SPAH Convention from the St. Louis Gateway Harmonica Club included: Ernie & Marie Roberts, Audria Gebhardt, Bill Dulin, Frank Davis and his friend Madeline, and Kaleena & Linda Hutchins.

Upon arriving at the Holiday Inn in Virginia Beach, we felt right at home as there were numerous harmonica enthusiasts right in the lobby playing all their favorite tunes on all types of harps, such as the diatonic, chromatic, bass, chord, and several I have never seen before.

Anyone wanting to join in was more than welcomed. They made you feel right at home. If you felt like you did not belong, that feeling soon evaporated as you tried to keep up with their repertoire of songs. No need for apologizing for not playing perfect. You felt comfortable because of all the good company.

We were fortunate to be seated next to Bud Bobolink at dinner and we found out that we had a mutual friend and a member of our Gateway Harmonica Club, Richard Krueger. Bud and Richard went to the same school in Chicago. What a small world. And this was just the first day. After traveling and layovers, I called it an early day so that I could attend the Judy Simpson "Hermonicas" rehearsal. I have been doing this for the past 4 years and each year I love it even more. Judy is an absolute Saint to be inspired to take on a collection of women (and some men) that is

expected to learn three songs in three days (3 hours) and be ready to perform the third night. WOW. But Judy has such patience that makes everyone feel they can do it. AND by Friday night, we did our best not to let her down. This year, she was extremely happy to have added two newcomers to the group, namely Audria Gebhardt and Bill Dulin. As I become more comfortable with the bass, I find it extremely exciting to play with new musicians and even my friends from St. Louis.

After the morning classes, Buddy and I attended the Al Smith class at 3 – 5 pm. Al writes most of the Gateway's arrangements. Each year, he gives us the full score of all the music that he arranged for SPAH. Both Al and Judy are such a great team that it is the highlight of my trip. Al & Judy were called upon to perform at the Friday Night show. They have so much talent and when you see them perform, you know you are in great company.

They always get a standing ovation.

Al Smith was highlighted in the *Harmonica Happenings* magazine this month. He also received the Pete Pedersen "Lifetime Achievement" Award at the Saturday night banquet.

The show this year was superb. Buddy Greene, Stan Harper, and a group from Germany called the Harmonicamento were performers. Before the awards were presented, Tom Stryker, President of SPAH, mentioned that they all missed seeing Joe Fey and wished him a complete recovery.

Report by Buddy Hirsch

Every day was full of seminars from morning to night. Every hour we had to make a choice of two or more interesting events. The Seminars were all led by experienced musicians, and many work for Nashville Studios. There was Buddy Greene, Bud Bobolink, Al & Judy Smith, and this year, I got to sit with and talk to Pat Bergeson. Pat was discovered by Chet Atkins, who helped him make the move to Nashville to work with the greats. Every evening, after continuous performances during the day, we moved to the main ballroom for more performances from 7 to 10 p.m. And, if that doesn't wear your brain down, there were Blues and Jazz jams from 10:30 p.m. to 2:30 a.m. accompanied by keyboard, bass & drums. All are invited to join in.

All in all, when we leave for home, we know that one week wasn't enough. Another SPAH, another great event to take with us down the road on our HARMONICA JOURNEY.

Report by Bill Dulin

Another SPAH convention has come and gone. It was number nine for me. They seem to get better but maybe it's because they all have their own character. The open mic stage was in the foyer of the hotel and all of the rooms were on the same floor. Marv Monroe was in charge of open mic and did a great job. The Nostalgics from Phoenix usually run it but two of the trio couldn't make it. It was very sad not to see Marv's brother Roger, who we lost last spring. They were always together at SPAH and Roger was missed very much. I think everyone that wanted to go to play at open mic. I played a couple of times by myself and once with Audria and she played a time or two by herself.

There were at least 50 seminars to choose from, including one that I presented on making backing tracks using a computer. I had about 20 people attending and they seem to be really interested in what I had to offer. I wouldn't mind doing it again next year.

I also helped Gene Hanson in the SPAH store, though not as much as in the past. I took three harmonicas to sell and sold two of them. SPAH retains 20 percent of the sale price.

The Harmonicas is a group of lady harmonica players recruited from attendees by Judy Smith. After three one-hour practice sessions they are part of the Friday night show. The idea is to show what people who read music can accomplish in a

short time. In the past the practice sessions have been very early in the morning and Audria had not participated because she likes to stay up late with the blues jammers. This year Judy changed the time to 10 o'clock. (I think she changed it to get Audria to participate) Judy couldn't find enough lady players so she also recruited some guys including Buddy Hirsch and a chord player and me. We were given the music for three songs. Audria and I had missed the Wednesday practice so we only had two practices before the performance. One song was in C, one in F and one in G. It was a challenge but we sounded pretty good on Friday night.

I have to mention the Sardo brothers. I met Tony and Phil at the SPAH in Dallas in 2003. That was also their first SPAH together although Phil attend the 2002 SPAH in Cincinnati. Tony plays guitar and harmonica with a rack and Phil plays chromatic along with him. They usually play in the lobby. They play in the key of C and always have a lot of people playing along with them. They were part of the main show on Wednesday night. Their wives come too. Carol is married to Tony, She doesn't like to fly so they drove all the way from Los Angeles. Phil's wife is Ginny. Audria and I have become very close friends with them. We usually go out to dinner but this year we just couldn't find the time. Tony and Carol left for home on Sunday, driving. Audria and I took Phil and Ginny to the Amtrak station in Newport News (about 30 miles from the hotel). They were taking the train to Boston to visit relatives. We stopped for lunch at a terrific Italian restaurant, so we had our annual "dinner" with them but without Tony and Carol.

Mustn't forget my Stan Harper story. I first met Stan a few years ago when I was working in the SPAH store with Gene. He sat down and told some great stories about some of the celebrities he had played with, including Bob Hope. Stan will be 89 or 90 this year. I saw Stan Wednesday night and said hello. He was glad to see me but he was fretting because he had forgotten his pipe tobacco. He didn't have transportation so I volunteered to get him some. He gave me the brand name and I got some for him Thursday morning.

The Sgro brothers were to be one of the headliners for the Saturday night show. Dom had fallen and hurt his head and they were unable to

make it. They performed here in St. Louis at the SPAH in 2004 and were terrific. Buddy Greene also performed on Saturday night. You might remember his performance at Carnegie Hall playing the William Tell Overture on a diatonic harmonica

<http://www.youtube.com/watch?v=pJB1j5PFsQg> .

On Monday we drove down to the Wright Brothers memorial at Kill Devil Hills, North Carolina. I have been a long time Wright Brothers fan. We also went to the beach while we were there.

At the annual SPAH meeting we learned that elections for president will be held in April and the new president will take over at the next SPAH. Dave Jones will be the new membership director

replacing Roger Bale. L. J. and Elizabeth Atkinson are planning to step down after the 50th SPAH in 2013.

SPAH's 50th anniversary in 2013 will be held in the central part of the US. If St. Louis is selected, we will need all of the volunteers we can get. It will be a "regular" SPAH with emphasis on bringing in big name performers.

Seeing the friends you haven't seen for a year and meeting new ones, seeing new performers and ones that you have seen before but never grow tired of makes SPAH special. I wouldn't miss it. Tom Stryker, current president, set a goal of 1,000 members before his term is over. There are now over 900.

HOW I SPENT MY SUMMER

During the month of August, I did two performances that I really enjoyed and felt that my audience also enjoyed.

On August 4th, in the Chicago area, I did a show for the Brookfield Jazz Society. This group of jazz lovers meets once each week to attend jazz presentations put on by live musicians, or presenters of interests within the realm of jazz.

My presentation was on George Gershwin and his association with the harmonicist, Larry Adler. I played along with four songs from the CD album "The Glory of Gershwin," in which Larry Adler was a part of each song. At the end of my presentation, I played Gershwin's "Rhapsody In Blue," as this piece was composed by George Gershwin as part of a Paul Whiteman jazz concert.

Larry Adler was known for his rendition of "Rhapsody in Blue." I played this piece using harmonica only, with no accompaniment. I am not a jazz player, but I did my best to be jazzy.

The presentation went very well. I was pleased and everyone seemed to also be pleased.

On August 21st, I played as an interlude at a Sunday church service. The piece that I played was composed by Ludwig Van Beethoven. It was "The Piano Sonata No. 14 in C# minor, Quasi Una Fantasia, Op 27, No. 2." This selection is more popularly known as "Moonlight Sonata."

This is the second time that I have played at this church and I was pleased to be invited back. This Beethoven piece was very well received. I played along with a piano recording, and composed my own harmonica part to go with this beautiful piano piece.

I feel that some people were made more aware of the capabilities of the harmonica. I hope to make a lot of more people aware of this in the future.



Rich Krueger

CHRISTMAS IN JULY GET-TOGETHER



BOB & SONIA PANGILINAN WEDDING



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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