

The Reeder



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

NEWS AND VIEWS – by Jay Hotze



A from Helen – March 2020

Greetings one and all. This has become a very busy time for GHC as we are once again hosting the International SPAH Convention at the Sheraton Westport Chalet in August. Registration has begun for the event. Please plan on attending and lending a hand where needed. We had such positive comments when we hosted the convention in 2018.

Congratulations are in order for Jay and Buddy. Jay has been asked to serve as Secretary of SPAH. This is quite an honor as he will be helping with many functions of SPAH. Buddy has been requested to teach three sessions at the convention. Way to go, Jay and Buddy!!!

HELP WANTED

GHC will be hosting the Spouse Breakfast on Saturday morning August 15th. As chairperson of the event, I would appreciate your help in providing some things for our gift bags and attendance prizes. We need to have **80 bags, one for each attendee**. Several people have already been very generous in providing some lovely gifts. I am a very thrifty shopper and previously obtained some lovely items at garage/yard sales. We also need things to put in the Welcome Bags – tissues, pens, wipes, etc. I'll be glad to shop for you should you not have time. I can stretch your dollar. See me if you have any questions. Perhaps you work for a company that can provide something. All donations are gladly accepted.

FOR SALE: I have one XL GHC sweatshirt for sale, price \$40.00.

JUST A REMINDER. There are several people who have not submitted their membership dues to Jessie. Checks made payable to GHC can be sent to Jessie Hirsch, 47 Orchard Lane, St Louis, Missouri 63122.

FYI – Last year GHC had 61 Gigs! Recently \$1000 was sent to each of the following: Shriners Hospital for Children, Cardinal Glennon Children's Hospital, St. Louis Children's Hospital, Salvation Army, 100 Neediest Cases, and the Rock Church.

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 Rd., Brentwood, MO.

Inquiries about membership should be directed to:

Jessie Hirsch, Treasurer
 email: treasurer@gatewayharmonicaclub.org

For information about club activities or additions or corrections to the *Reeder*, contact:

Jay Hotze, President and *Reeder* Editor
 SPAH Secretary
 email: president@gatewayharmonicaclub.org
 or editor@gatewayharmonicaclub.org

For information about club activities or music, contact:

Bill Dulin, Vice President
 email: vicepresident@gatewayharmonicaclub.org

To schedule a club performance, contact:

Jim Melchers
 email: booking@gatewayharmonicaclub.org

All other correspondence should be directed to:

Audria Gebhardt,
 Recording & Corresponding Secretary
 email: secretary@gatewayharmonicaclub.org

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



HAPPY BIRTHDAY!

MARCH

Joyce Chittinappily	2
Glenda Warren	3
Tim Heppermann	11
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Pat Hotze	17
Ann Samuels	22
Leta Provart	25
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Ann Rutledge	27
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APRIL

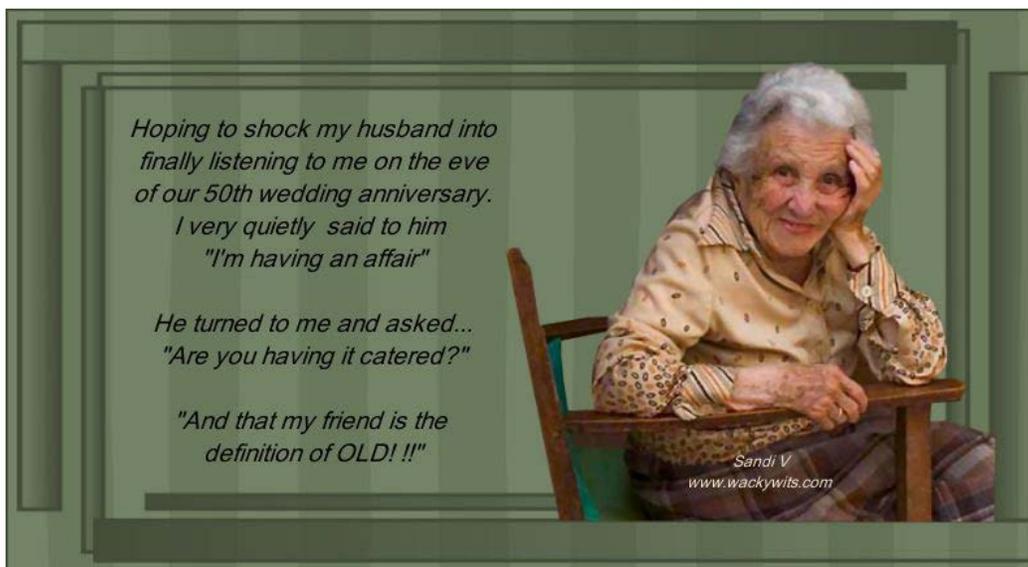
Robert Brand	3
Sal Miano	4
Jean Gerfen	13
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Happy Birthday and Congratulations to all!

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

The editor welcomes all newsletter submissions but has the right to reject submissions, in full or in part. All comments on content are welcome.



MORE HARMONICA AND THE INTERNET

By BW Honeycutt

In this final installment of articles I want simply to pass on a hodge-podge of sites that may be of value to you, whatever level of harmonica player you may be. If you have sites that you find useful that have not been listed thus far, please send them to me (harpin4fun@gmail.com) – I may never be a great player but I want to be an informed one!

<http://www.angelfire.com/music/HarpOn/theory1.html>

I did not grow up learning music so this one is special to me. In my desire to move beyond playing tabs, I find this site useful in learning the basics of music theory and reading music. I particularly like the weekly layout of lessons so that each week I am both building on previous material and learning something new. There is information here for both chromatic and diatonic players, as well as links to other sites dealing with music theory.

<https://www.harmonicaacademy.com/categories/20090106>

If you enjoy jazz harmonica, here is a page filled with information, links, biographies of players and audio of some the finest jazz harmonica available.

<https://www.harmonica.com/harmonica-tabs-songs-28144.html>

Haprtabs.com isn't the only place to find tabs. If you especially like the sounds of the 60's and 70's, there are hundreds of tabs here – listed alphabetically by artist!

<http://winslowyerxa.com/articles/hip-the-harmonica-information-publication/harmonica-tab-fonts/>

If you tire of attempting to tab a song by hand, Winslow Yerxa has for purchase a couple of inexpensive programs that allow you to use your PC keyboard to tab songs. There is a different program for diatonic and chromatic, both visually showing blow and draw as well as diatonic bends. I have not personally used these but Winslow swears by them!

<http://www.angelfire.com/music/HarpOn/templebooks.html>

A wonderful listing of books pertaining to the harmonica; author, title, publisher and publication date are included to help in locating that elusive hard-to-find book.

<https://www.ronimusic.com/amslowin.htm>

If you desire to learn a song piece by piece, this may be the software for you. According to the website, with this you can, "Change the speed of the music - from 20% (one fifth speed) to 200% (double speed) without changing the pitch. Wrong key? Change the pitch in semi-tones - at full or changed speed." It is available for Windows, Mac, Android or iPhone.

Hope you found something useful in this series of articles to encourage you to keep on harping!

The article below was found by your Editor on the internet. Every attempt has been made to provide full attribution and maintain the article in full. I felt that it was well worth sharing with our readers.

17 SURPRISING HEALTH BENEFITS OF PLAYING AN INSTRUMENT

Some music enthusiasts love the challenge of sitting down at the piano or picking up their violin to learn a song. [Or picking up your harmonica! Ed.] That's because they understand learning to play music brings a wide array of beneficial traits that extend beyond the music room! When musicians learn to read, play and perform music, they gain mental, cognitive and emotional health benefits that will last throughout their lifetime.

Learn below about the surprising health benefits of playing an instrument, thanks to our friends at TakeLessons!

Physical Benefits of Music

Deep Breathing – Most of the time our breathing is very shallow, but activities, like singing or playing a wind instrument, require deep breathing from the diaphragm. This strengthens your lungs and respiratory system. Playing the harmonica can even help with pulmonary disease!

Immune Response – When we learn to play an instrument, we often become inspired to create our own music. According to an article by Live Science, making music “enhances the immunological response, which enables us to fight viruses.”

Stress Relief – Playing music puts your energy and focus on positive activity, which can help alleviate stress. Those reduced stress levels can help get your blood pressure and heart rate down to a healthy level.

Fine Hearing – Learning music refines your hearing skills by training you to isolate sounds as they occur. Studies have even shown that musicians are better at picking out specific voices and sounds in a noisy environment.

Exercise – Playing an instrument naturally leads to increased physical activity. Whether you're playing the piano, guitar, strings, or a wind instrument, you're using your arm and back muscles to play and/or hold up your instrument. And if you play the drums, you even get to do some cardio!

Posture – Any good music teacher will correct your posture during lessons. This can help you get into the habit of sitting up straight and having proper alignment even when you're not playing. These are all great ways to alleviate neck and back pain.

Mental Benefits of Music

Mental Performance – Playing music is like doing a workout for every part of your brain. It helps improve your mental performance and memory. There's even evidence that music can help a patient's brain recover from a stroke, as well as slow the onset of dementia and Alzheimer's disease.

Coordination – Using your fingers, hands, and feet in a rhythmic manner for a sustained amount of time, while also being conscious of playing the correct tones, can be a challenge for even the most coordinated people. Over time though, playing music refines your motor skills that go beyond the hand-eye.

Time Management – Learning an instrument requires practice, of course! But more specifically, it requires consistency and routine. Figuring out how to fit practice into your busy schedule and really stick to it helps you develop better time management and organization skills.

Reading Skills – Reading music helps strengthen your ability to process information by creating new connections between the synapses in your brain. As a result, reading and absorbing information from other sources becomes a lot easier.

Listening Skills – Learning music doesn't just improve your ability to hear details; it also makes you better at listening. Whether you're practicing on your own or playing with other people, you have to listen for timing, expression, and whether you're in tune. This can make you a better listener even in everyday conversations as well.

Concentration – Focus is a necessary part of learning an instrument. Improving your musical skills forces you to use all the parts of your brain involved in concentration, making you better able to concentrate in other life situations. This is another reason why music is beneficial for those with disorders like ADD.

Mathematics – Learning music is all about pattern recognition, which is mathematical in itself. But even more than that, learning about how music is divided into equal measures and beats, and how those beats are broken up, can help improve your math skills!

Emotional Benefits of Music

Self Expression – Whether you're writing your own piece of music or playing someone else's, music allows you to express yourself in new ways. You also get to be creative when choosing your own unique style and genre.

Therapy – Playing music can help with stress, insomnia, and depression because it acts as an outlet for difficult emotions. It can be a form of self-soothing in tough situations, and a healthy distraction from a stressful day.

Achievement – There's nothing like the feeling of finally mastering one of your favorite songs! Setting a goal, putting in the work, and eventually reaching that goal gives you a strong sense of achievement. It will improve your confidence in other areas of life in the process.

New Friends – Whether you use music as an icebreaker when meeting new people, or as a way to actually meet new people – playing in a choir, band, or orchestra, for example – music is a great way to make new friends.

If you'd like to learn more about the benefits of music in your life, check out the available music lessons from our friends at TakeLessons Live. And don't forget, Musicnotes has over 300,000 sheet music arrangements waiting for you when you're ready to rock!

Visit our Facebook page to discuss this article.

Disclosure of Material Connection: Some of the links in the post above may be "affiliate links." This means if you click on the link and make a purchase, Musicnotes will receive an affiliate commission. We are disclosing this in accordance with the Federal Trade Commissions 16 CFR, Part 255: "Guides Concerning the Use of Endorsements and Testimonials in Advertising."

A little humor to help you forget about viruses and stock market fluctuations.

A Kentucky State Trooper was patrolling late at night off the main highway.

He sees a couple in a car, with the interior light brightly glowing.

He carefully approaches the car to get a closer look. Then he sees a young man behind the wheel, reading a computer magazine.

He immediately notices a young woman in the rear seat, filing her fingernails.

Puzzled by this surprising situation, the trooper walks to the car and gently raps on the driver's window.

The young man lowers his window. 'Uh, yes, Officer?'

The trooper asks: 'What are you doing?'

The young man says: 'I'm reading a magazine.'

Pointing towards the young woman in the back seat the trooper says:

'And her, what is she doing?'

The young man shrugs: 'Sir, I believe she's filing her fingernails.'

The trooper asks: 'What's your age, young man?'

The young man says: 'I'm 22, sir.'

The trooper asks: 'And her.... what's her age?'

The young man looks at his watch and replies:

'She'll be 18 in 11 minutes, sir.'

A STUNNING SENIOR MOMENT



A self-important college freshman walking along the beach took it upon himself to explain to a senior citizen resting on the steps why it was impossible for the older generation to understand his generation. "You grew up in a different world, actually an almost primitive one" the student said loud enough for others to hear. "The young people of today grew up with television, jet planes, space travel, man walking on the moon. We have nuclear energy, ships and cell phones, computers with light speed....and many more." After a brief silence, the senior citizen responded as follows.

*"You're right son. We didn't have those things when we were young....so we invented them. Now, you arrogant little sh*t what are you doing for the next generation? The applause was amazing!"*

Song Name: Crying In The Chapel By: The Orioles, Elvis Presley
 Posted By: WaltP Difficulty: Any
 Key: C Genre: Pop
 Harp Type: Chromatic
 Created: 2009-09-11 18:09:20 Modified: 0000-00-00 00:00:00

Song: CRYING IN THE CHAPEL
 By: Arthur Glenn
 The Orioles, Elvis Presley

5 5 -5 6 7 -7 8 -9 -9
 You saw me cry-ing in the chap-el.
 -9 -9 10 -9 9 -7 9 9
 The tears I shed were tears of joy
 7 7 -7 9 -7 7 6 -5 -5
 I know the mean-ing of con-tent-ment
 -5 5 -5 6 5 -3 5 5
 Now I am hap-py with the lord

5 -5 6 7 -7 8 -9 -9
 Just a plain and sim-ple chap-el
 -9 -9 10 -9 9 -7 9 9
 Where hum-ble peo-ple go to pray
 7 7 -7 8 -7 7 6 -5 -5
 I pray the Lord that I'll grow strong-er
 5 -5 6 5 -3 5 5
 As I live from day to day

5 -7 -7 -7 7*
 I've searched and I've searched
 -7 7 -7 7 -6*
 But I could-n't find
 6 6 6 6
 No way on earth
 6 6 -5 5 -5
 To gain peace of mind

5 -5 6 7 -7 8 -9 -9
 Now I'm hap-py in the chap-el
 -9 -9 10 -9 9 -7 8 8
 Where peo-ple are of one ac-cord
 7-7 8 -7 7 6 -5 -5
 We gath-er in the chap-el
 5 -5 6 5 -3 5 5
 Just to sing and praise the Lord

NOTE: Usually Harptabs assumes you are playing a 12-hole chromatic but with this tabbed version you will get closer to the music if you use a 16-hole and still count from the left. (It will play an octave lower.)

Ev'ry sinner looks for something
 That will put his heart at ease
 There is only one true answer
 He must get down on his knees

Meet your neighbor in the chapel
 Join with him in tears of joy
 You'll know the meaning of contentment
 Then you'll be happy with the Lord

You'll search and you'll search
 But you'll never find
 No way on earth
 To gain peace of mind

Take your troubles to the chapel
 Get down on your knees and pray
 Your burdens will be lighter
 And you'll surely find the way

WEEKLY EVENTS

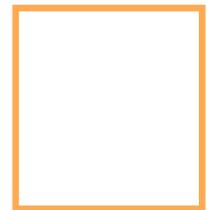
- Tuesday evening meetings at The Rock Church, 9125 Manchester Rd., St. Louis, MO 63144:
- 6:00 PM – Blues Group, led by Ed Cenatiempo and Audria Gebhardt – Everyone welcome
- 6:00 PM – Beginner/Intermediate Practice, led by Buddy Hirsch – Open to anyone
- 7:00 PM – First Tuesday of month: Business Meeting – Everyone welcome
- 7:00 PM – All other Tuesdays: Band Rehearsal – Everyone welcome
- 8:00 PM – Open Mic – Everyone Welcome

PERFORMANCES, CLASSES AND SPECIAL EVENTS

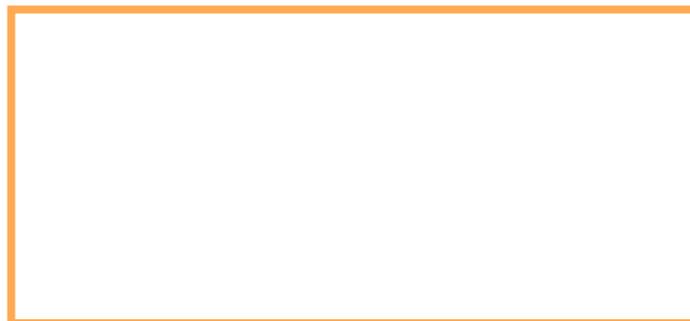
A list of the club’s upcoming performances, classes and special events is distributed each month at the business meeting. For the most up-to-date calendar of all GHC performances, classes and special events, go to www.gatewayharmonicaclub.org/calendar.htm, which takes you to our online calendar. You 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.☑.

GATEWAY HARMONICA CLUB
47 Orchard Lane
Kirkwood, MO 63122



MARCH



APRIL

