

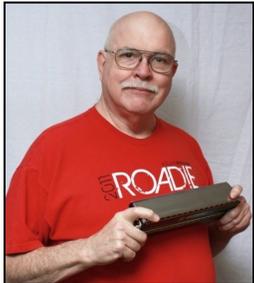


# HARMONICA HIGHLIGHTS

NOVEMBER 2016

[www.milehighharmonicclub.com](http://www.milehighharmonicclub.com)

## Notes from the Prez



*Dick Paige*

*MHHC President*

And now.....  
The news.

Our Christmas party will be on December 11 at 1:00pm. Bring main dishes, side dishes and deserts. The club is furnishing drinks as usual. Open mic begins after eating until 3:30. Set-up help is appreciated.



Our annual election will start the Christmas party. You may nominate any willing person for any of the 4 offices and are encouraged to run yourself. The current officers, Scott Paulding, John Murphy, Lloyd Johnson and myself, have decided to run for re-election.

Please remember to get out and VOTE on November 8th if you haven't already voted.

An open mic night is being arranged if anyone will call me back. Probably the week after the election. Watch your e-mail for the event. I had expected to be able to announce it now, but.....

Study up and bring your one or two favorite TV themes for the last meeting in January.

Hope to see you at the next meeting on November 13th!

*Dick Paige*



## NOVEMBER CLUB SCHEDULE

**November 13, 1:30 p.m.**  
**Club Meeting**  
**Historic Grant Avenue**  
**216 S. Grant Street, Denver**

**November 27, 1:30 p.m.**  
**Club Meeting**  
**Historic Grant Avenue**  
**216 S. Grant Street, Denver**

## 2016 Officers

President.....Dick Paige 720-220-1931  
[gwabi2@hotmail.com](mailto:gwabi2@hotmail.com)  
Vice President .....Scott Paulding 303-237-8774  
Secretary.....John Murphy 303-671-0123  
Treasurer.....Lloyd Johnson 303-366-2422  
Member-At-Large.....Forrest Ernst 303-782-5387  
Newsletter Editor.....Nancy Bale 303-829-6465

## MHHC Meeting October 9, 2016

(15) Members Present

(2) Guests: Bryan Auerbach and Bob Anders

**Business Meeting:** President Dick Page moderated a discussion about the MHHC website regarding access of MP3 files. Our webmaster will be contacted to determine practicality and cost of upgrades.

A member requested we pursue public Open Mic sessions. It was agreed that location suggestions be emailed to Dick Paige for follow up.

### Open Mic

Lloyd Johnson:	"I'll Find Romance"
Lloyd Williams:	"Silver Threads among the Gold"
John Murphy:	"Mr. Sandman"
Lou Acosta and Chris Wallace:	"Memories of You" & "Mr. Bo Jangles"
Roger and Nancy Bale (on Melodica):	"Poor Wayfaring Stranger" & "Lazy River"
Lee Taylor and Freddy Alexander:	"I'll Fly Away" & "I'm An Old Cowhand"
Freddy Alexander:	"Stay With You" & "Play Me"
Bryan Auerbach:	"Happy Birthday"
Le Roy De Vries:	"Farther Along"
Scott Paulding:	"Oh Lisdoonvarna"
Bill Kawamura	"Autumn Leaves" & September Song"



Shout out to Freddy Alexander: Member John Murphy forgot to take his small boom box home after the Oct 09 meeting. He called Heritage Grant early Monday but they did not have it. John cared less about the equipment than the CD inside that has many of his favorite songs. As it turned out, Freddy alertly took the boom box home with him and narrowed down a short list of members that might have left it behind. He proceeded to call the members until John answered with a sigh of relief. Freddy delivered the equipment to John's home on Tuesday. Thank you Freddy.

## October 23, 2016

### Open mic

Lee Taylor, Bob Savery, Gorge Evans:	"Lemon Tree," "Old Man River," "Colonel Boogie March"
Ken Moyer, Tim Winkleman, Roger Bale:	"Green Door," "Walking My Baby Back Home"
Bob Savery:	"Musette"
Dave Warrick:	"Walk With Me"
Bill Kawamura, Bernie Lopez:	"La Paloma"
Jim Kummer:	"City of New Orleans"
Chris Doughty:	"The Lady in Crepe"
Forrest Ernst:	"What's He Doing in My World?"
Ken Moyer, LeRoy DeVries, Lee Taylor:	"Pennsylvania Waltz"



Scott Paulding:	"Don't Mean A Thing If You Ain't Got That Swing"
Freddie Alexander:	"Guantanamo"
John Gallager:	"Danny Boy," "Rights of Man"
Lloyd Johnson:	"I got It Bad"
Lou Acosta:	"This Magic Moment"
Group:	"I'll Fly Away," "I'm An Old Cowhand"

Anyone wishing to be considered for club offices, please contact one of the officers.

## Harmonicas for Health

In the November 1, *Wall Street Journal*, there was an article on the benefits of playing the harmonica. Sumathi Reddy visited the Pulmonary Rehabilitation Program at the University of Michigan, Ann Arbor, to learn what they are doing to help people with chronic lung conditions and breathing difficulties.



A group of patients with lung problems (except for one woman who is 100 years old and they figure at her age she can go anywhere she wants) meet once a week for harmonica class, for social time and to help improve the lung functions. One of the benefits of playing the harmonica is that it helps the player to breathe deeper. While there is no scientific proof that playing the harmonica improves lung function, it is one of the few instruments where breathe is both inhaled and exhaled mimicking the breathing exercises used in pulmonary rehab.

Ms. Reddy conducted interviews with participants and found stories of how the classes have helped them stave off more serious conditions:

"Carl Flink, an 81-year-old retired engineer with congestive heart failure, says he was developing a lung condition about 12 years ago. He says he was on the verge of going on oxygen, but after coming to the harmonica class regularly, he says he hasn't had any problems."

They play the C and G diatonic harmonicas. They play tunes like "Amazing Grace," Annie's Song," "Battle Hymn of the Republic" and "Polly Wolly Doodle" which elicits groans for its difficulty—13 consecutive inhaleds."

There are a number of other harmonica groups in the country for rehab patients, including one at UC Health in Aurora, Colorado, where the Harmonicats play. The COPD Foundation launched a Harmonicas for Health Initiative in February, which has helped 25 treatment centers start classes this year.

Ms. Reddy closed out her column with an interview with Max Manning, 68, who says playing the harmonica was especially helpful before he had a lung transplant in 2013 and was down to 9% lung capacity. "After the Harmonica group I just look forward to the next group and the next week," he said.

<http://www.copdfoundation.org/Learn-More/Pulmonary-Rehabilitation/Harmonicas-for-Health.aspx>.

(continued)

The National Organization of the Society for the Preservation and Advancement of the Harmonica (SPAHA) has for several years promoted the benefits of playing the harmonica to improve lung functions. At every SPAHA convention since 2004, this group has had informational materials and classes on using the harmonica to improve your health.

Dana and Mary Lou Keller bring their Pulmonary Harmonica, a specially constructed and tuned instrument, to SPAHA conventions. They hold seminars to demonstrate the benefits of using it.

*Ms. Sumathi Reddy writes a weekly consumer health column, called "Your Health," which is published every Tuesday in the Personal Journal Section of the Wall Street Journal. You can read some of her columns by going to her website <http://www.wsj.com/news/author/7366>.*

## **surfin' the web**

*Here are some harmonica related websites that you might find useful:*

### **FORUMS**

[www.harp-L.org](http://www.harp-L.org) (Primarily diatonic discussion)

[www.slidemeister.org](http://www.slidemeister.org) (Exclusively chromatic discussion)

[www.HarmonicaClub.com](http://www.HarmonicaClub.com)

### **DEALERS**

[www.newharmonica.com](http://www.newharmonica.com)

[www.rockinronsmusicsd.com](http://www.rockinronsmusicsd.com)

[www.harpdepot.com](http://www.harpdepot.com)

[www.coast2coastmusic.com](http://www.coast2coastmusic.com)