



HARMONICA HIGHLIGHTS

MAY 2023

www.milehighharmonicaclub.com

Notes from the Prez



Scott Paulding
MHHC President

THE NEWS

SCOTT

Yay for May! Our club meetings continue to be fun and well attended. We are also regularly seeing new faces and acquiring new members. The diverse and entertaining music shared by everyone is always inspirational.

I will continue to offer reminders about the upcoming SPAH (Society for the Preservation and Advancement of the Harmonica) convention. Registration for the event has recently been opened. If you've never attended, please talk to any of our members to see what it's all about. It'll take place August 15th to the 19th in St. Louis. For online info see spah.org.

If you're free any given Thursday this month, please consider visiting club member, Freddie Alexander at Piccino Wood Oven Pizza in Littleton. Mixing up guitar, harmonica and vocals, he puts on a very entertaining show.



MEETINGS

May 14, 2023, 1:30 p.m.
Club Meeting
Historic Grant Avenue
216 S. Grant Street, Denver

May 28, 2023, 1:30 p.m.
Club Meeting
Historic Grant Avenue
216 S. Grant Street, Denver

MEMORIAL DAY



2023 Officers

President.....Scott Paulding 303-810-4655 (C)
Vice PresidentGreg Coffey 303-472-6146
Secretary.....Freddy Alexander 720-298-9445
Treasurer.....Ed Martin 303-770-2587
Member-At-Large.....Lloyd Williams 303-404-2219
Newsletter Editor.....Nancy Bale 303-829-6465
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Open Mic

Open Mic Performances 4/9/23

Eric Belsey	“Jesu, Joy of Man’s Desire”, “The Red Haired Boy”
Les Reitman	“Swing Low Sweet Chariot”
Shawn Massa	“Somewhere over the Rainbow”, “Time”
Freddie Alexander, Lee Taylor, and Dick Paige	“May the Circle be Unbroken”
Bill Kawamura	“Tammy”
Dave Neilson	“Sukiyaki”
Ed Martin	“Are You Lonesome Tonight?”, “Last Date”
Lee Taylor	“Lover Come Back to Me”, “Ruby”
Marlene Littel	“Amazing Grace”
Scott Paulding	“Big Sandy River”

Open Mic Performances 4/23/23

Roger Bale, Lee Taylor, Gayla Michelin, Tim Winkelman	“Shanty in Old Shanty Town”, Hot Toddy”
Lloyd Williams	“God Bless America”
Eric Belsey	“Heart of Gold”, “Space Cowboy”
Scott Paulding	“Shortnen bread Rock”
Clay Kirkland	“I’m So Lonesome I could Cry”, “Jesu, Joy of Man’s Desire”, “You Gotta Help Me Baby
Shawn Massa	“Moondance”
Freddie Alexander	“Tennessee Whiskey”

Freddie and Shawn	“Freddie and Shawn’s Special Blues!”
Lou Acosta	“The Rose”
Ed Martin	“Raindrops Keep Falling on My Head”
LeRoy DeVries	“Victory in Jesus”
Bill Kawamura	“America the Beautiful”
Gayla Michelin	“To Sir With Love”
Roger Bale	“Sophisticated Lady”
Ken Moyer	“Josephine”

Harmonica Musings

Have you ever heard of a condition called “*Stage Fright*”? Of course, you have and many of us to some degree suffer from it. It’s the inability to focus on some specific task while being in front of an audience. What essentially is a manifestation of the “fight or flight” instinct has a useful evolutionary purpose but there’s no real good reason for it to kick in when you’re just going to play harmonica or talk on stage.

There are a number of useful strategies to keep your lizard brain from engaging and inhibiting your ability to perform. The number one thing experts say to do is “practice, practice, practice”. If you are sufficiently prepared (through practice) you are much more likely to succeed. Still, those scary people are still staring at you and judging you! ...No, they’re not! Try practicing in front of a mirror. Look at yourself and the imaginary people all around you. Purposely, while you’re playing, think about other things with the goal of still getting through your song effectively. Imagining things that could potentially make you anxious, greatly improves your confidence when you’re finally performing.

A few other helpful hints include trying slow deep breathing exercises before you get up on stage. This oxygenates your brain and often relaxes you. Some silly mental imagery also sometimes works. If everyone in the audience is naked, then you certainly have no reason to be embarrassed. Thinking about the crowd as a bunch of diaper wearing babies is stupid but funny. Who couldn’t perform in front of a bunch of children?

There are a lot of other techniques to employ but ultimately maybe you should try saying, “Oh screw it! I’m just going to have fun!”