

Channel Cities Jazz Club
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Jazz NEWS



Volume XVIII Issue VII

21 July 2019

The Channel Cities Jazz Club
Presents For Your Dancing & Listening Pleasure



GROOVIN EASY SWING BAND

Sunday 21 July 2019 1-4:30 PM

The Golden China

760 S. Seaward Ave, Ventura, Ca
www.channelcitiesjazzclub.com

Donations: \$10 Members
\$15 Non-members

Continuous Entertainment, Great Dance Floor
No Host Bar, Great Restaurant and Free Parking
Featuring True American Jazz & Swing
Qualified Musicians Welcome for Open Jam
Sessions Before the Feature Band

PRESIDENT'S CORNER



I hope everyone had a beautiful celebration of Father's Day. As I prepare the newsletters; often times something catches my eye and gives me an emotional lift. In the last newsletter on the Words of Wisdom page, there was a quote; "Love your children for who they are, not for what you want them to be".

This had an especially significant meaning because I have a fifty-two year daughter who acts like a teenager. Perhaps others have a similar situation with an offspring. This simple quote gave me great solace and peace concerning my daughter.

In case you failed to take note on the cover page, we are moving to Golden China for our future events. This venue will offer a different menu as well as some of our old favorites.

Our jammers were fewer than normal, as was our audience, but when Cool Blue hit the stage, things came to life; more people started entering and there were dancers everywhere. I had to hold onto Gloria to keep her from dancing on the table.

Overall, it was a beautiful day and a good time was had by all. See you at Golden China on Sunday 21 July, at 1PM.

SEEN A DOCTOR LATELY?

Remember these simple things every doctor will ask up on your visit and jot down the answers before your visit

Onset. When did the symptoms start, and what were you doing at the time? Was the onset gradual, sudden, or a worsening of a chronic complaint?

Place. Where does it hurt?

Quality. What type of discomfort is it? Sharp, stabbing, dull, achy, cramping, pulling, squeezing, or something else?

Radiation. Does the pain radiate to another part of the body?

Severity. How severe is your pain on a scale of 1 to 10, with 1 being no pain; 5, moderate pain; and 10 the worst possible pain?

Time and triggers. How long have you had the symptom? How often does it occur, what is its duration, and does its intensity fluctuate? Is it more common at a certain time of day? Does something bring it on or make it worse? Is it present at rest or only with movement? Is it affected by activities such as walking, eating, getting out of bed, or climbing stairs?

Keep a symptom diary. Track each event, what you are doing and where and what you are eating.. Many restaurants use monosodium glutamate (MSG), which adversely affects many people. The weather can also affect people with migraines, the change in barometric pressure can increase the severity.

Maintaining a diary will help the doctor track the issues you have and provide a better opportunity to resolve them. As we age our memory just isn't what it used to be and the diary will prove very useful.

CHANNEL CITIES JAZZ CLUB

Board of Directors

Jim Holbrook and Gloria Brown
Phil Seiflein and Susan LaCroix
Tom Harmon and Joe Brown
Tom Weaver

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Receptionist	Terry Iozzia	(805) 443-4514

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Larry & Dianne Jones	Chuck & Edna Cecil	Ann Tompkins
Gerald Fontes	Tom & Tena Weaver	GM Warkans
Dawn Russum	Henry Johnsen	Star Padilla
Chet & Myrna Wing	Tom Harmon	Lenny & Susan LaCroix
Susan Reynolds	Diz Mullins	June Cisternino
Don McAllister	Sam Hobel	Phil Seiflein
Pete & Rebecca Percy	Jim & Jess Holbrook	

Sponsors

William Dunhour	Donald Mills	Yolanda McCune
Sal & Ann Mollo	John Slais	Fred Stapp
Jerry Warkans	Nick Renna	Eilene Gieser
Joe & Gloria Brown	Jim Strickland	Stella Jordan

THIS MONTH'S FEATURED BAND

GROOVIN EASY SWING BAND

Even though Sam Arouesty is no longer with us, we continue with the tradition of the great Big Band sounds of Groovin Easy, rehearsing weekly and carrying on in his spirit.

We are based out of Leisure Village retirement community in Camarillo and sponsored by the LV Musician's Club. We have been fortunate enough to maintain and recruit the best musicians in Los Angeles and Ventura County.

Many of us play in other swing bands and we collectively use our experience to recreate and perform the swing music favorites you have come to expect from a Feature Band.

We are pleased to be back and play for you again and look forward to entertaining you Sunday Afternoon with our music.

Musicians include, Saxes: Ed Etayo, Claire Curry, Jimmy Calire, Tom Romero and Tom Stipulkosky.

Trumpets: Don Isley, Russ Nester, Jim Bailey and Rafe Hernandez.

Trombones: David Marx, Alan Walker, Evelyn Stevens and Don Casebolt.

Rhythm: Mike Schmok, Rhonda Giannelli, Gary Lenk and Larry Perpoli.

June 2019 Raffle Donors

~Joe & Gloria Brown	~Whole Foods Mkt
~Jess & Jim Holbrook	~Margie Palmer
~Terry Iozzia	~Sal & Ann Mollo
~Simi Valley Jazz Club	~G & H Simpson
~Pizza Man Dan's	~Vivien Mason
~Chet & Myrna Wing	~Bobbie Knapp
~Valley Jazz Club	

The "June Raffle Table" had some very beautiful Orchids and the wine continues to flow; which helped celebrate the occasion. There were free passes to other Jazz Clubs, which is a great idea to increase attendance and promote local Jazz Clubs. Thank You for your continued support and generous donations.

2019 Board & Officer Meeting Dates

Union Bank Building
576 Mills Road
Ventura, Ca
@ 3:00 PM

July 9th
August 13th
September 10th
October 8th

PLEASE NOTE THE DATE CHANGE FOR MEETINGS

WORDS OF WISDOM

A jackass can kick a barn door down, but it takes a carpenter to build one

One line of wisdom can change your life more than volumes of books

Do not get in the way of who you are

Adversity tests whether you are what you thought you were

Stop thinking about things that worry you

Enjoy the things that go great together...like cookies and milk, peanut butter and jelly, pizza and beer

Being tired is a state of mind

Don't try to fine-tune somebody else's view

Kindness is loving people more than they deserve

Worry and dread are a waste of time

Never underestimate the power of a woman

A person can do himself more harm than others can do him

Good health and good sense are two of life's greatest blessings

Members Corner

Changes occur, call to verify the information

First Sunday each month Valley Jazz Club - Elks - 20925 Osborne St., Canoga Park, 1 PM (818) 347-4149

Second Sunday each month

Simi Valley Jazz Club, Simi Senior Center, 3900 Avenida Simi, Simi Valley, 1 PM. (805) 791-9903

Last Sunday each month

Basin Street Regulars-Pismo Beach Vet's Hall 780 Bello St, Pismo Beach 11 AM-4:30 PM (805) 481-7840

Swing Shift

Fourth Sunday each month 5:00-8:00 P.M. at the Sportsman Restaurant, 4426 Central Avenue, Camarillo (805) 988 9777

Harry Selvin Orchestra

Every first Monday 7:00-10:00 PM at the Palm Garden Hotel, 495 N Ventu Park Rd, Newbury Park (805) 716-4200

Buzz Maddox Octet with vocalist Al Alexio

Sundays 6:30-9:00 PM at Victorio's 10901 Victory Blvd., N Hollywood 91606 (818) 762-9000

Ulysses Jasz Band

Every Saturday 7:30-10:30 PM at James Joyce Pub, 513 State St. Santa Barbara (805) 962-6288

Vivien Mason

Saturday, July 6th 7-10PM at The 1901 Speakeasy, located in Heritage Square behind La Dolce Vita, in Downtown Oxnard, with Bevan Manson on Piano & Santini on Bass

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JUNE JAMMERS

Piano – Nick Bridgman

Drums - Margie Palmer, Mark Pallock, Tony Antini & Fred Stapp

Bass-Ed Randford

Trumpet/Flugelhorn- Tony Gracia & Diz Mullins

Reeds– Henry Nava

Vocals– Freda Ramey & Vivien Mason

CCJC'S UPCOMING 2019 FEATURE BANDS

July~ Groovin' Easy

August~ Larry Cossid's Studio C

September~ Terry Cano Jazz Band

JAZZ CLUB NEWSLETTERS

If you have a gig or event that needs advertisement in the area, let me know by the 15th of the month before the event and I will do my best to include the information in our newsletter.

CORPORATE SPONSORS



