

Jazz NEWS



Volume XIV Issue X

2016 October 16

The Channel Cities Jazz Club

A 501 (c)(3) Corporation

Presents For Your Dancing & Listening Pleasure



**Sam Arouesty's
Groovin Easy Big Band**
Sunday October 16, 2016
1:00 - 4:30 PM
Pacific Corinthian Yacht Club
2600 South Harbor Blvd, Oxnard
Jazz Club (805) 487-3062
www.channelcitiesjazzclub.org

Donations: \$7.00 Members. \$10.00 Non-Members

**Continuous Entertainment, Great Dance Floor,
No Host Bar, Great Restaurant and Free Parking**

Featuring True American Swing and Jazz

**Qualified Musicians Welcome for Open Jam
Sessions Before the Feature Band**

CHANNEL CITIES JAZZ CLUB

Board of Directors

3-Year term— Tom Weaver and Jim Holbrook

2-Year Term— Phil Seiflein and Connie Bailey

1-Year Term— Henry (Hank) Johnson and Tom Harmon

Officers

President	Henry Johnson	(805) 487-3062
Vice President	Phil Seiflein	(805) 766-1261
Secretary	Gloria Brown	(805) 330-5659
Treasurer	Tom Harmon	(805) 368-6415

Contact Information

Music Director	Tena Weaver	(805) 701-2041
Sound Manager	Tom Weaver	(805) 300-9103
Jam Session Leader	Mark Pallock	(818) 378-1926
Scholarship/Jazz Camp	Jim Holbrook	(805) 485-1688
Newsletter Editor	Joe Brown	(805) 330-5659
Membership	Tom Harmon	(805) 368-6415
Fundraiser	Phil Seiflein	(805) 766-1261
Raffle	Charlette Regnard	(805) 340-5226
Public Relations	Phil Seiflein	(805) 766-1261
Webmaster	Michael Gordon	(903) 244-3644
Photography	George Barry	(805) 415-4847
Videographer/Jam Session	Mark Pallock	(805) 378-1926
Greeter	Connie Bailey	(805) 985-3076
Historian/Special Projects	Jim Holbrook	(805) 485-1688

Patrons

Larry & Dianne Jones	Rafe Hernandez	Yvonne Alexander
Chuck & Edna Cecil	Ann Tompkins	Gerald Fontes
Tom & Tena Weaver	Yolanda McCune	Dawn Russum
Henry Johnsen	Jim Strickland	Chet & Myrna Wing
Mary Ann O'Laughlin	Diz Mullins	Phil Seiflein
June Cisternino	Don McAllister	Sam Hobel
Casimir CPA	Eilene Gieser & Star Padilla	

Sponsors

William Dunhour	Tom Harmon	Donald Mills
Sal & Ann Mollo	John Slais	Fred Stapp
Jerr Warkans	Jim & Jess Holbrook	

New Members

Dee & David Pies	Eileen Lederer	Judy Duerr	Phillip Storey
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This Month's Feature Band

We welcome Sam Arouesty and his Groovin' Easy Swing Band, as our featured entertainment for October.

This talented group of Ventura County musicians play the wonderful music of the Great American songbook with a style and energy that will delight both dancers and listeners. They will perform for us after the Jammers; so get your significant other ready and put on your dancing shoes...we are going to have a ball!

DANCE—DANCE—DANCE

According to Dr. Komaroff (Star) Dancing has both physical and mental benefits. We dance to express joy, celebrate life events, and as a form of exercise. It turns out that the combination of music and dance may have benefits beyond exercise alone.

The evidence for the health benefits of exercise is unquestionable. Regular activity builds muscle and bone, reduces fat, increases aerobic capability and lowers blood pressure. It also improves the ratio of "good" to "bad" cholesterol.

Dance has physical and cognitive benefits that may exceed those of other forms of exercise. It has been shown to improve balance, gait and quality of life in people with movement disorders like Parkinson's disease. Several studies show that mastering dance movements and patterns improves memory and problem solving skills more than walking does.

Then there's the fact that dance is a way of celebrating, and we all need to celebrate from time to time. When you celebrate along with many friends on the dance floor, you compound the power of celebration. Come join us on the dance floor every Third Sunday 1 to 4 pm at the Pacific Corinthian Yacht Club for good Jazz and swing music.

AUGUST 2016 RAFFLE DONORS

Hank Johnsen

Terry Iozzia

Jess & Jim Holbrook

Dawn Russum

Stella Jordan

Diz Mullins

Jim Strickland

Connie Bailey

Chuck Cecil

Tom Harmon

Bobbie Knapp

Linda Spellman

Joe & Gloria Brown

Chet & Myrna Wing

Great prizes this month...Keep them coming. Everyone is invited to bring something for the prize table, without your help....there can be no raffle.

At our monthly business meetings the club officers and board directors are always faced with the challenge of keeping our spending within our means, (monthly income) and we cut corners wherever possible. One of our major costs are incurred by renting space at the Yacht Club, and the raffle sales goes a long way to help cover the costs.

2016 Board and Officer Meeting Dates

Union Bank Building

400 Esplanade Drive

Oxnard, Ca @ 3:PM

October 5th

November 9th

December 7th

TAKE THIS QUIZ

HOW TO TELL IF YOUR SPOUSE/SIGNIFICANT OTHER / COMPANION NEED A CHECKUP

Does he look forward to lunch with friends but forget to go?
Yes or No

Does she have trouble following a well-worn recipe?
Yes or No

Does he often rely on notes or a phone to remember things?
Yes or No

Does she have trouble remembering the date or the season?
Yes or No

Does he think someone is out to get him-other than the IRS?
Yes or No

MORE THAN ONE YES: Ask a physician to check your partner's mental functioning.

ALL NO'S: Your spouse's memory is fine. If things change, get him or her to a doctor right away.

4 FOODS THAT INCREASE BRAIN HEALTH

ASPARAGUS: FULL OF VITAMIN A

SHRIMP: CONTAINS OMEGA-3 FATTY ACID DHAs

SPLIT PEAS: RICH IN FOLIC ACID

WALNUTS: FILLED WITH ALPHA-LINOLENIC ACID





Members Corner

Because changes occur, call in advance to verify that the band is playing.

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

Second Sunday each month Simi Valley Jazz Club, Simi Senior Center, 3900 Avenida Simi, Simi Valley 1PM(805) 527-5905

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

Swing Shift. Fourth Sunday each month 5-8PM at the Sportsman Restaurant, 4426 Central Ave. Camarillo (805) 988-9777

Harry Selvin Orchestra Every first Monday, 7-10PM, Palm Garden Hotel, 495 N. Ventu Park RD, Newbury Park (805) 716-4200

Buzz Maddox Octet with vocalist Al Alexio, Sundays 6:30-9PM at Victorio's, 10901 Victory Blvd., N Hollywood 91606 (818) 762-9000

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

LJ and the Boyz (Larry Jones 5 pc band), Third Friday each month, 7-10:PM, Squashed Grapes 2351 E. Main St, Ventura, Modern Jazz, (805) 643-7300

Ed lafata & "The Unforgettable Big Band), First & third Saurdays, Goebels Adult Community Center, 1385 E. Janss Rd, Thousand Oaks, Ballroom, Latin & Swing.

THE AMERICAN RAG IS NOW

THE SNYCOPATED TIMES Exploring the world of Hot Jazz and Swing, \$3 an issue/\$30 a year; \$55 for 2 years USA. Canada \$52 yr & \$120 for 2 years. Outside the USA & Canada, subscriptions are \$120 a year.

TOM WEAVER

Visit Tom at the Hong Kong Inn every 2nd & 4th Sundays from 6-8PM. 435 E. Thompson Blvd, Ventura (805) 300-9103

Channel Cities Jazz Club
P.O. Box 1333
Oxnard , Ca 93031
(805) 487-3062

DUES RENEWAL TIME
ANNUAL MEMBERSHIP

Musician	\$20
Single	\$25
Couple	\$35
Sponsor	\$50
Patrons	\$100

- Dues include the monthly newsletters

Free dance lessons (805) 381-2744

Jimmy McConnell Big Band

Every Saturday 6-9PM, Mavericks Flat, 4224 S Crenshaw Blvb, LA, Ca 90008. Reservations (323) 295-4179 or (318) 523-0557.

TO HAVE YOUR GIG PUBLISHED, JUST CONTACT OUR NEWSLETTER PUBLISHER AND PROVIDE THE INFORMATION BY THE 25TH OF THE MONTH PRECEDING THE EVENT. SEND THE INFORMATION TO FLY-BOY49J@GMAIL.COM AND WE WILL DO OUR BEST TO INCLUDE YOUR GIG IN THE NEWSLETTER

Our sincere thanks to Vaca Flowers, 105 Walnut St, Oxnard, (805) 465-1243, who provided the beautiful Mother's Day Corsages on the Mother's Day Dance at the Yacht Club



SLOW DOWN

Have you ever watched kids on a merry-go-round, or listened to the rain slapping on the ground? Ever followed a butterfly's flight, or gazed at the sun into the fading night? You better slow down, don't dance so fast, time is short, the music won't last.

Do you run through each day on the fly? When you ask "how are you" do you hear the reply? When the day is done, do you lie in your bed with the next hundred chores running through your head; you'd better slow down, don't dance so fast, time is short, the music won't last.

Ever told your child, we'll do it tomorrow, and in your haste, not see his sorrow. Ever lost touch, let a good friendship die cause you never had time to call and say Hi? You better slow down, don't dance so fast, time is short the music won't last.

When you run so fast to get somewhere you miss half the fun of getting there. When you worry and hurry through the day, it is like a un-opened gift thrown away. Life is not a race, do take it slower, hear the music before the song is over.

SEPTEMBER JAMMERS

Piano – Rob Correll, Nick Bridgman, Danny Bergen,
John Slais

Drums – Margie Palmer, Tom Weaver

Trumpet/Fluegelhorn - Diz Mullins, Danny Bergen

Bass – Ed Ransford

Trombone – Sarah Byrd.

Reeds – Jim Richardson

Vocals - Tom Weaver

CCJC UPCOMING 2016 FEATURE BANDS

October– Sam Arouesty's Grovin'Easy Big Band

November– Larry Cossid's Studio C

December– Buzz Maddox' Big Band

WHAT'S NEW ?

LAWN BOWLING!! The first time I heard that term, my response was "What the hell is that? That was in August 2007, since that time I have learned to love the game.

It's a low impact sport which seems very comfortable to seniors, come join me for free lessons at 350 north "C" street, Monday, Wednesday, or Friday at the Wilson Senior Center or check out the website at Oxnard-lbc.com. It's the most fun you can have with your clothes on!Joe

Channel Cities Jazz Club
PO Box 51333
Oxnard, CA 93031
(805) 701-1242



Its Dues Renewal Time

Annual Membership

Musician \$20.00

Single \$25.00

Couple \$35.00

Sponsor \$50.00

Patrons \$100.00

***Your dues include the monthly newsletter**

ADDRESS CORRECTION REQUESTED