

Now Here's a Guy that Loves Fun!



When your editor first discovered the Northern Bluegrass Circle way back in 2016, I had the privilege of meeting Grant Symons. Grant is a warm hearted, fun loving, prince of a man that shares his joy of life and some really corny jokes with those of us lucky enough to have gotten to know him.

Grant has served as a club board member for all of the years that I have known him, he has been a Director at Large and for the longest time was our Concert Director. When you arrive at the club on a Wednesday evening, you will most certainly find Grant at the front door after setting up the tables and chairs for the jam. He'll take your donation - and any chocolate you might have!

Grant is the type of fellow that loves community and the opportunities that we share to get together for many activities. Grant is an avid sportsman, he loves skiing and cycling and participates in many events involving those sports. Grant is a person that avoids the spotlight. He has the personality that brings warmth to our bluegrass events. I'll apologize here for placing you on the front page, but you simply deserve it. Thank you Grant!

Deepest thanks from the entire club to our outgoing volunteer board member Darrel Roth as Concert Director.

Let's welcome the new board members to their various roles Mark McHale (welcome back!), Maria Rodrigues & Karen Trace.

The Annual General Meeting is the place where the nominations and elections are held and your board begins service for the next year until the following AGM. Some of our board members are in excess of 20 years of service! If you're thinking of trying it on for size, do!

As you see them on the stairs:

- | | |
|--------------------------------|---------------------|
| <i>Carolyn Hotte</i> | <i>Mark McHale</i> |
| <i>Maria Rodrigues</i> | <i>Daryl Reneau</i> |
| <i>Grant Symons</i> | |
| <i>missing Karen Trace</i> | <i>Cam Yule</i> |
| <i>missing Anna Somerville</i> | <i>Greg Winter</i> |
| <i>Maureen Winter</i> | <i>Kayla Hotte</i> |
| <i>Rob Baker</i> | <i>Terry Ruddy</i> |



“The NBCMS is a non-profit music society that promises to promote, present and preserve Bluegrass Music.”





The Annual General Meeting was held on February 8th, 2023. Before the meeting got underway, Matt and Kayla Hotte put on a little concert for the very appreciative audience. I've seen them perform countless times and I look forward to the next! They're two great musicians that have grown their skills right here - starting at very young ages with the Northern Bluegrass Circle. They have unique and timeless harmonies, so be sure to put their next show on your list of things to do.

They played a full set in the hour that they had and perhaps they might have said near the end that the meeting could wait, they had a couple more they wanted to play!

Their set list included:

East Tennessee Blues

I'll Never Love No One Else But My Darlin'

Coming On Strong -Joe Val

Blue and So Down Hearted -Roy Acuff

Lonesome Old River Is My Home

Please Don't Wait For Me Darlin'

Little Cabin Home On The Hill

Lonesome Moonlight Waltz

Nothing Ever Gonna Ease My Mind

Found a Bluebird On A Little Mountainside

Why Do You Leave Me Honey Babe

Mr. Terry Ruddy (on your right) serves as our Front of House Director (he looks after coffee, water, tea, and snacks) and he is also our Casino Chairperson.

The next opportunity the Northern Bluegrass Circle has to host a casino is likely the first quarter of 2024. The casinos are fun events to work, there's often jamming that goes on in the back room and there's always fun and frivolity in the front rooms! When Terry starts to build his volunteer lists give some thought to signing up for the single opportunity that funds most of our club's activities for the subsequent 2 year period until the next casino.

Thank you very much Terry for the work you do with organizing and operating the Casino. Your club is very grateful - the bulk of the monies used to operate this fantastic club come from the Casino funds that we raise largely due to your efforts.

Casino revenues are used to pay rent at the hall, hire bands for concerts, purchase some equipment, operate our website. It's safe to say that without the Casino revenue, the club likely would have folded long ago as the challenge to replace that substantial amount of revenue for operations should be easily recognized.



Some Doggone Good Times!

The Doggone Brothers performed for a grateful audience of around 50 persons on the Pleasantview stage on October 20th, 2022. This is a two piece band that features Mike Hepher on guitar and mandolin and Clayton Parsons on clawhammer banjo and guitar. It's exciting to host live music once again! We capitalized on their tour schedule to bring them to our stage (actually we were on their way home!) They brought Bluegrass and Old Time to sprinkle liberally on the appreciative crowd while sharing their warm and friendly humour filled stage show with those in attendance.

The concerts that are presented are on a Wednesday evening and are usually an hour or so long. The performers usually play an encore and then stick around to join the jam that follows.

Mike and Clay, despite having driven for about 10 hours earlier that day, performed a show and then stuck around to jam for a couple of hours with a slightly smaller than usual circle of players.

Clay and Mike shared a funny story at their show of the time when they played the Last Chance Saloon in Wayne, Alberta. They had each invited their brothers to the show and they had never previously met.

By the time the show was over, their brothers were fast friends and were discussing the future of their looming t-shirt business as they had branded themselves the Doggone Brothers Doggone Brothers!

Visit their website for bios and cool stuff.
www.doggonebrothers.com



Blueberry 2022



The Blueberry Music Festival on the August Long Weekend was a blast, we saw exciting performances on a beautiful hot and cold sunny weekend on several stages along with cool workshops and good food and great people and fantastic jams and some new to us and some new performers that graced the stage with their band. As in many years past, for our club and all of us, it has been an honour to be a supporter of this Festival both financially and with volunteers. Thank you to everyone that is an organizer, a volunteer, a fan, a promoter, a performer, a camper, a jammer, and a vendor! We'll look forward to seeing you at the coming Blueberry Music Festival.



We had the incredible opportunity to meet and enjoy the heart and soul musicianship of these two gracious gentlemen from the States on August 1st, 2022. Trey Hensley & Rob Ickes visited Edmonton to put on a concert at the Edmonton Folk Music Festival and by chance they were able to play a few tunes for a very limited but keen group of musical friends at a home in a beautiful old sleepy residential neighbourhood in Edmonton. They blew the ears off most of us with their incredible riffs and solos amid a rich blend of Classic Country, Americana, Blues and Bluegrass tunes. They even played a sassy bluesy little version of Stevie Ray Vaughn's Pride & Joy. That show was one of a kind from two princes of acoustic music.



Two of the reigning legends of roots acoustic music live and in person...

Trey Hensley picks a mean guitar that is part Tony Rice, part Jimi Hendrix, part Doc Watson, part Buddy Guy, part Stevie Ray Vaughn, part Django Reinhardt, part Tommy Emmanuel, part Chet Atkins... have I left anyone out... just give him a listen, you'll see what I mean.

Rob Ickes is a Dobro (Reso) guitar legend -15 time IBMA Dobro Player of the Year and Nashville session musician. The sounds he wields may make your soul cry.

These two push the highest standards in acoustic music.

Performing a magnificent show was Calvin Vollrath's Country Swing Band with Rick Morgenstern on piano, Daniel Gervais and Calvin on fiddle, Ron Danylyk on drums, Don Marcotte on backseat bass (he was actually in the backseat of his van) and Marc Ladouceur on electric guitar, along with many special guests -the Myhre's 'Brothers' dueling fiddles, Deanne Carter vocals, Bill Bailie vocals, Brianna Lazard fiddle, and Doug Innis clarinet.

Northern Bluegrass members were invited to attend the Save the Fiddler's Roost Fundraiser that was held on April 9, 2022. The Northern Bluegrass Circle is a proud supporter of the Fiddler's Roost. In fact, we made a donation toward this cause on March 2, 2022, a month before this show.



January Jam Camp



Going to Jam Camp is a bit like revisiting your childhood... remember the days of going to kid's camp? There is an energy and enthusiasm that settles in even before arrival at Jam Camp. The Jam vibe is obvious especially to new attendees as one feels the youthful energy and sees the smiles on faces that you know and don't yet know.

Anna Somerville is our Workshop Director and has done a splendid job of generating new ideas focussed on organizing gatherings around musically themed functions that are intended to benefit our members socially and musically. Well done Anna!

The photo on the left is Anna welcoming guests to Jam Camp. That smiling face doesn't look like she's passing along the 'rules' but there's a few of those simple little things in that welcome speech too... like some focus on jam etiquette and the variety of jams that one will encounter during the short and delightful opportunity at Jam Camp.

Jams go on throughout the day, afternoon, evening and as late as the enthusiasm will fuel the jam into the night!



Jam Camp is a place for everyone. Beginners can find others that are keen to build on the jam experience with the variety of instruments that one would hope to encounter, while building repertoire at a pace that is enjoyable and musical.

Intermediate players can challenge themselves by roaming around to play with other groups or becoming the anchor in a constantly evolving group that exposes one to new tunes and jam standards with the variety of musicianship that each new player brings to the circle.

Advanced players have the opportunity to connect with other advanced players especially those that are from afar and not often seen in one's usual jam settings.

Winter Jam Camp continued

Most years, our Workshop Director, the innovative Anna Somerville, organizes a few jam focussed events that provide very rewarding opportunities for participants to find their friends and a space to enjoy a peer or a friend based jam or two... We had a year off from jam camp thanks to the COVID illness situation that was affecting so many and the threat to our public health care system plus the fact that the older population was being hit so hard with the serious outcomes of this disease, the 2021 Winter Jam was cancelled. So the first actual events since 2020 was a spring 2022 jam camp then a fall Jam Camp enjoyed by some 50 or so musicians that gathered in 4 separate locations at Camp He Ho Ha to play some marvellous acoustic music with each other.

There was a Bluegrass Jam, a Country Swing Jam, a Folk Music Jam, and an Old Tyme Jam -what great opportunities for sharing music with friends. Folks were free to move around to enjoy the different musical flavours (we were raising a litter of puppies and then helping my Mom get set up in Arizona!). As with every event at Camp He Ho Ha, the hospitality is something to be appreciated. The jamming locations are held in spacious and comfortable rooms. The fall 2022 accommodations were in two person rooms, and participants were cared for with wonderful meals that were shared in a bright and warm dining hall.

The most recent jamming event was held January 20th - 22nd at the Gull Lake Centre. The Gull Lake Centre is a sprawling and well developed church camp location that Anna arranged for us to try out. The venue is great for our purposes, providing everyone the opportunity to be located in close proximity with comfortable and private or semi-private rooms. The jamming locations at the venue are separated enough to allow for uninterrupted simultaneous jams to take place. There is a central auditorium and dining room that allowed for us to share meals and observe stage performances.

Guests at this Jam Camp expressed their gratitude for reduced travel time from southern Alberta as compared to the usual, more northerly camp location. The gratitude for the ability to get together was universally felt. This was a very welcome event at the depths of the winter blahs (blues) that some are feeling at this time of year. Thank you everyone that made this such a great community event!



Winter Jam Camp continued

What is Jam Camp All About: Thoughts from a first timer

While I've been part of the Northern Bluegrass Circle for a few years now, I had my first opportunity to attend a jam camp in January at the Gull Lake Centre. I thought I'd like to share my perspective on the experience - just in case there are some jammers out there that are holding out on attending jam camps hosted by NBCMS, or other active clubs. There are many reasons a musician might be reluctant to sign-up for a weekend and perhaps this little insight might inspire you to "give it a go!"

So, firstly - hats off to Anna Somerville, the workshop director for Northern Circle. She has a keen way of determining the pulse of what our bluegrass community wants - and then makes that happen. This is evident in her drive to create online workshops during the time of COVID, and now facilitating not one, but two (maybe 3) opportunities for jammers to come together in a camp format in a calendar year. Anna provides timely details, inviting emails and does all the legwork with the facilities that host the camps. Meals are abundant, with consideration given to those with special dietary needs. Signing up is easy too - as NBCMS has online registration through the website for credit cards but the club also accepts cheques or money orders.

Leading up to the Jam Camp, registrants get detailed emails with what to bring and what to expect from the weekend. While Anna creates a schedule, it is flexible and she is open to feedback. Couples and friends can sign up to share private dorm rooms, being sure to bring along comfortable bedding/pillows/towels from home. I was happy to have outdoor clothing so that I could get a walk or two in while at Gull Lake - and even enjoyed a snowshoe excursion. The Gull Lake Centre had designated places that jammers could congregate. The Fiddlers had a spot, the Bluegrass/Folkies had a room - and there was even a place for Swingers! But as you walked down the hallways - many smaller jams could be found in rooms, corridors, kitchens and foyers. Need a break from jamming? Wander around and listen. I didn't lug my base everywhere, but I did join a jam just to sing a favourite song. You can jam from sun-up till the wee hours, or pop in some earplugs and call it a night.

There are many reasons why I will attend NBCMS jam camps, time and time again - and it comes down to the music, the people and the collaboration.

The people are fabulous. There are a range of players, traveling from across the province, and even a few from BC. This dynamic brings a friendly, open atmosphere - an opportunity to find "new to you" songs and to forge new connections and relationships with like-minded people.

It is a growth opportunity - the chance to play, learn, share and interact through music.

It is a retreat. Delicious meals, fun, laughter - and playing music is good for the soul.

So, if you haven't already - sign up to attend a Northern Bluegrass Circle Jam Camp. You will be happy you did!

Maureen Winter

Treasurer, NBCMS



Silver Skate Festival 2023

The Silver Skate Festival is the longest running Winter Festival in Edmonton and it's known for hosting live music while paying tribute to artisans, local culture and sport in the traditions of Dutch winter festivals.

One of the hottest local Bluegrass bands of late is the River City Playboys. This band was formed in 2018 when Silver Skate Musical Director Darrek Anderson contacted Marc Ladouceur to ask if he could bring a Bluegrass band to the Silver Skate stage. Marc contacted some old and new friends and voila, the River City Playboys became a thing.

This band has performed on special occasions over the past many years and now that COVID is less threatening for us all, we should expect to see perhaps more performance opportunities ahead, including at the Blueberry Festival 2023!

They are talented fellas, one time in the audience - and you will agree. They are also able to swap instruments and still sound almost as good!



The River City Playboys performing at the Silver Skate Festival February 12th & the closing show on February 19th. The band from left to right: Byron Myhre fiddle, Zach Daniel Robertson bass, Matt Hotte guitar, Curtis Appleton banjo and Marc Ladouceur mandolin.



Usually when John Reischman and the Jaybirds take the stage it's as part of a major event, so it was fantastic to see them play the Silver Skate Festival at Hawrelak Park on February 19th. They included a very popular tune that is usually kicked off by Augie and regularly jammed by the Northern Bluegrass Circle - "Salt Spring" written by John Reischman himself.

The band from left to right: Gregory J. Spatz fiddle, Nick Hornbuckle banjo, John Reischman mandolin, Trisha Gagnon bass, and Patrick Sauber guitar.

Festivals 2023

This year I'm getting excited to look ahead to the warmer weather and sunshine, as I'm sure most of you are likely doing as well. I remember the excitement that I had looking ahead to the Festivals and trying to think of what I'd be able to do to enjoy all those opportunities. What a year it would be to just tour around and take them all in!

As you consider the time ahead, pat yourself on the back for surviving another legitimate winter and take a look at the festivals that various organizing committees have put together for the summer ahead.



The Kluane Mountain Bluegrass Festival runs June 9 - 11th, 2023. The event will likely be at the start of 24 hour daylight so other than falling flat on one's face, there will likely be few cues that jamming should wind down...

Lineup announced thus far:

- Slocan Ramblers
- Amanda Cook Band
- Barrel Boys
- Liam Purcell & Cane Mill Road
- Small Glories

-stay tuned as more details emerge by keeping an eye on their website at www.yukonbluegrass.com

COWICHAN VALLEY BLUEGRASS FESTIVAL

Located at the Laketown Ranch outside of Cowichan, BC on Vancouver Island, and brought to you by the veteran festival organizers of the former Sooke Bluegrass Festival. The organizers are fine folks that know a thing or two about hosting music festivals. This will be the 3rd festival they've hosted in conjunction with Laketown Ranch which is a very nice albeit occasionally hot & sunny location for a festival. Be sure to read the FAQs on their website.

This year's festival is the first of the summer events that focusses on Bluegrass and Old Tyme music. The Festival is live June 16th - 18th, 2023 so if you're driving from Whitehorse, you don't have a lot of time to fool around...

Checkout their website at www.cowichanbluegrass.com

Performers listed thus far:

- John Reischman & The Jaybirds
- Michael Daves & Jacob Jolliff
- The Po' Ramblin' Boys
- AJ Lee & Blue Summit
- Under the Rocks
- Golden Shoals
- Veranda
- The Doggone Brothers
- Paul Silveria
- more to be announced via their website

Festivals 2023



Shady Grove Bluegrass Festival will be live from the Sundre Pro Rodeo Grounds July 14th - 16th, 2023 bringing you a weekend of camping, jamming, workshops and performances.

Lineup thus far includes:

- The Barrel Boys
- John Reischman & Old Acoustic
- Under the Rocks
- Over the Moon

As of this printing, and like all the other Festivals, lineups are constantly being tweaked until showtime. Shady Grove is doing a staged reveal for their performers so subscribe to Foothill Bluegrass Music Society's newsletter or stay tuned to their website for each stage when a couple of performers are identified with bios that will get you itchin' to sample their music ahead of the festival.

Visit their website www.foothillsbluegrass.com



Blueberry 2023

The innovative organizers of Blueberry brought home the 2019 IBMA Event of the Year title then pioneered the unofficial community building event of the year in 2021 with the 20 in 20 online workshops garnering them another IBMA Event of the Year title for 2021!

How exciting to be this close to the magic of good ol' positive thinking and innovation in an inclusive musical format that we love. The Northern Bluegrass Circle is a proud sponsor of Blueberry. As a club we made a large donation to Blueberry about 5 years ago. That donation was intended to cover 5 years worth of sponsorship. So, your board is tasked with determining the present donation as a proud sponsor would.

In the past 5 years the Northern Bluegrass Circle (Music Society) has funded the NBCMS stage, provided the NBCMS tent for jamming and hosted jams often following a band. The club has also been a source of volunteers to a significant degree.

This year promises to be even more of a 'return to normal' and we're excited to be part of Blueberry 2023. If you use Spotify to stream music, check out the Blueberry Playlist!





Blueberry 2023

Performers Lineup thus far:

- AJ Lee & Blue Summit
<https://www.bluesummitmusic.com/>
- Becky Buller Band <https://beckybuller.com/>
- Bill and the Belles <https://billandthebelles.com/>
- Chris Jones & the Night Drivers
<https://chrisjonesgrass.com/home>
- Po' Ramblin' Boys
<https://www.theporamblinboys.com/>
- Jessie & the Gents
<https://www.jessieandthegents.com/>
- The Gift: Words & Music of Ian Tyson
<http://www.ibookshows.com/artists/the-gift-a-tribute-to-ian-tyson/>
both John Wort Hannam & Stewart MacDougall are part of The Gift but will also be doing their own sets
- John Wort Hannam <https://www.johnworthannam.com/>
- Stewart MacDougall <http://www.troubleclef.ca/not.htm>
- Passin' Through
<https://www.facebook.com/Passin-Through-105292899128749>
- The Lost Prospectors <https://www.thelostprospectors.ca/>
- River City Playboys

Wondering if the Blueberry Music Festival is worth attending?
Check out the line-up offerings on their websites and have a listen!

Me a VIP? ...make it so!

The Blueberry VIP Pass is the newest hot deal in the Blueberry experience. A Blueberry 3 day festival VIP Pass includes access to the Performers Lounge where you get to hang out and enjoy performer jams that pop up from time to time, private concerts on Friday & Saturday night, dinners on Fri/Sat/Sun evenings, lunch on Sat/ Sun. Coffee & Snacks all weekend and cash bar. There's balcony access with lounge table seating overlooking the outdoor festival stage and grounds. A turn key festival experience for sure.
Friday Concert: Chris Jones & the Night Drivers
Saturday Concert: The Ned Luberecki Duo featuring Becky Buller (This is the only time they are performing at the festival)

Visit Blueberry online at www.blueberrybluegrass.com



Blueberry 2023

The Northern Bluegrass Acoustic Workshop Clinics



Harmony Singing - Chris & Sally Jones (Chris Jones & the Night Drivers)
 Mandolin - Mark Stoffel (Chris Jones & the Night Drivers)
 Bass: Marshall Wilborn (Chris Jones & the Night Drivers)
 Beginner Banjo - Grace Van't Hof (Chris Jones & the Night Drivers)
 Beginner Clawhammer Banjo - Becky Buller (Becky Buller Band)
 Guitar - Jacob Groopman (Becky Buller Band)
 Intermediate/Advanced Banjo - Ned Luberecki (Becky Buller Band)

Fiddle - Kalia Yeagle (Bill & the Belles)
 Old-Timey Guitar - Kris Truelson (Bill & the Belles)

More details and registration coming **SOON**.

The Northern Bluegrass Circle is a proud sponsor of the NBCMS Stage on Legacy Street at the Stony Plain Pioneer Museum. Come and experience it. It's a magical place.

We will also be hosting 3 jams over the weekend. Thursday night, Saturday and Sunday morning. The jam hosts will be announced once they are confirmed.

The Northern Bluegrass Circle is excited to be able to provide you with access to a variety of workshops while you are out at Blueberry. Your club has taken on the role of host for the workshops that are the Northern Bluegrass Acoustic Workshop Clinics

Friday August 4

10:00 - 12:00 pm (lunch break) 1:00 - 2:30 pm

Blueberry Music Festival, Stony Plain, AB

\$55 Two Workshop Sessions only

\$100 Two Sessions Friday Festival access included in this price.

Add on \$20 VIP Concert **FESTIVAL TICKET HOLDERS ONLY** can purchase a ticket for a Private Concert Friday night with Chris Jones & the night Drivers in the Performers Lounge.

Workshops are a great opportunity to share the music of your instrument in ways that the masters of craft and students bring to the sessions. They're instrument specific of course, but remember, there's also a session on harmony singing and I don't know if I should admit it but I spent a wonderful weekend in Don Share's Harmony Workshop at Camp HeHoHa in 2018 and now I am a graduate! Despite what you might think of my singing, the class is high on the worthwhile list.

Festivals 2023



Lineup thus far:

- The Well Drinkers
- Happy Trails Prospector
- Martha Spencer & The Wonderland Band
- The Barrelmen
- JJ Guy & Cathy Sproule
- The Bix Mix Boys
- Hummingbird Crossing
- Steph Cameron

Northern Lights Bluegrass and Old Time Music Society hosts an all ages Music Camp prior to its annual Music Festival. Multi-skill level classes are taught in various acoustic instruments found within the Bluegrass and Old Time genres, such as banjo, fiddle, mandolin, bass, guitar, dobro, voice and even an introductory class for children's music. Special interest workshops or 'mini-workshops' on various topics will be offered throughout the week on a drop-in basis. Of course there are also lots of jams, both organized and spontaneous! All classes are taught by the festival's main stage performers. Participants are to choose one class and remain with their instructor for the duration of the camp week.

Music camp immersion within a community of awesome people is a powerful experience that will tap into your emotions and make you feel alive! Website: www.northernlightsbluegrass.com

For 2 magical weeks in late August (August 20th - September 1st) NimbleFingers Bluegrass & Old Tyme hosts 2 back to back weeks of instructional workshops with a festival smack dab in the middle on August 26th.

For each of the 5 day periods on either side of August 26th students will attend classes, workshops, jams, a square dance or a country dance, or both, band scrambles, student concerts, performer concerts. The venue is the Sorrento Centre and old, respected and very well established location well known for hosting larger events.

This will be the 34th year that NimbleFingers has operated in some form, it started out as the BC Bluegrass Workshop.

This is a special experience that is saturated with sharing, openness, enthusiasm, courage, and excitement.

One week or double your pleasure and stay the whole time! Check their website and try it on for size, and try everything there, from Bluegrass Karaoke to square dancing to band scrambles to late jams. Make sure you leave free from wondering what it would have been like if you only attended.... www.nimblefingers.com



- Lineup thus far:*
- Never Come Down
 - Missy Raines & Allegheny
 - Lonesome Ace Stringband
 - Matt & Kayla Hotte
 - John Reischman
 - Eryn Marshall & Carl Jones
 - Eli West
 - Copper Island Bluegrass Collective
 - Ashley Watkins & Andrew Small

MESSAGE FROM YOUR EDITOR:



On behalf of our club, I am delighted to welcome Darcy Whiteside back to his role as Host, Teacher, Band Leader, Influencer, or perhaps Inspirer, and Director of Fun Times for all those that wish to join in. Darcy's Bluegrass 101 is a crazy good way to discover tunes and get some inside stories and often insight to the musicians within the bands. We slow jam the tune, then ramp it up, we sing in harmony within voice groups then with the others as the group jams the song. Hopefully by the end we've either got it, or got one to add to the list for focus ahead, or got one for the later pile. The group is fun and motivated for the program, come check it out! Darcy's Bluegrass 101 will be hosted the first Wednesday of the month at Pleasantview Hall.

Awhile back, I had to take a break from playing as a result of an injury of my fretting thumb that I believe I got from overuse. It happened suddenly, it wasn't really painful but I was aware that something had changed. Later I got a hard lump at the base of my thumb and it was quite achy. I took 6 months off and fixed the initial injury but the underlying problem wasn't really fixed. The good news is regular physio care is helping me to heal this problem. I'm getting some deep IMS needling and some shallow acupuncture needling of my lower arm, hand and especially into the base of my thumb PLUS I've got some really helpful exercises that I've been doing and I'm finding that the lump is softening up, my thumb is moving more normally and nearly pain free. Even playing for longer sessions isn't a challenge like it was. If you are suffering from some nagging pain, get some physio!

A Little Message from your friendly Board -Northern Bluegrass Circle...Did you know!

Every year, your membership with the NBCMS, as well as providing opportunities for relationships and connections to friends, jamming and music, gives back to our very own community. This year some significant donations and support have been provided to organizations in/around the Edmonton area. Here they are:

- Mustard Seed
- Golden Oldies Music Assn. (Fiddler's Roost)
- Hope Mission
- Dead Ends Live Music Festival

So, if you haven't yet bought your 2023 club membership, now is a good time.



CKUA's The Bluegrass Hour -hosted by our very own Darcy Whiteside plays a classic mix of Bluegrass and Old Time music spanning approximately 60 years of the genres. "I try to introduce bands from all over the world... stuff you've never heard before but hopefully will enjoy."

Darcy brings a variety of music coupled with an insightful focus on some of the history of this passion inspiring music.

The Bluegrass Hour can be heard Sundays 12 - 1 p.m. and Mondays 4 - 5 a.m. at 94.9 in Edmonton and area.

- Calgary 93.7
- Red Deer 107.7
- Edson 103.7 Hinton 102.5
- Whitecourt 107.1 Grande Prairie 100.9 Spirit River 99.5
- Peace River 96.9
- Athabasca 98.3 Fort McMurray 96.7 Lloydminster 97.5
- Canmore Bow Valley 104.3
- Drumheller Hanna 91.3 Medicine Hat 97.3 Lethbridge 99.3

FRIENDS OF BLUEGRASS



Myhre's Music

The NBCMS members enjoy a special and long standing relationship with a local music store... A cornerstone of acoustic and roots music in Edmonton... a family owned and operated store with family values that has served the Edmonton area since 1967! Myhre's Music has been a great supporter and promoter of the Northern Bluegrass Circle Music Society, for which we say THANKS!

Staff in the photo are left to right: Lydia Myhre, Catherine Robertson fiddle and violin luthier, daughter Haley, Byron Myhre, Alfie Myhre, Bob Potoniec, missing Thomas Slaymaker guitar luthier, George Back, and son Tanner Myhre.

Classified Ads

Thanks Contributors!

-Carolyn Hotte

-Maureen Winter

-Anna Somerville

-Thanks to the Internet for photos and all the truths I could find...

-written by Greg Winter, edited by the lovely and talented EX-Principal Maureen Winter

-if you have an item you'd like to publish in the newsletter, please let Greg know by e-mail to: winski.greg.winter@gmail.com

each issue requires confirmation of your desire to re-publish your item.

