DINIEGIRASS DINIEGIRALINDONNIEG

MAY/JUNE 1982

Volume 8 Number 3



Headlining the 7th Annual Grass Valley Summer Festival is Bill Harrell and the Virginians

Complete details about the festival and ticket information are included in this issue

California Bluegrass Association

Bluegrass Breakdown is published bimonthly at 4212 - 25th Street, San Francisco, California, 94114 by the California Bluegrass Association. The CBA is a non-profit organization founded in 1975 by Carl Pagter and is dedicated to the furtherance of Bluegrass, Old Time, and Gospel music. Membership in the CBA costs \$8.50 per year and includes a subscription to the Bluegrass Breakdown. A spouse's membership may be added for an additional \$2.50 and children between 16 and 18 years for an additional \$2.50. All children under the age of 16 may be included for an additional \$1.00. Band memberships are available to bands with three or more people for \$5.00 per band member. Subscription to the Bluegrass Breakdown is \$6.00 per year. Make checks payable to the California Bluegrass Association and mail along with the membership application located on the inside of the back cover to the address below. Second Class postage is paid in San Francisco, California and at additional mailing offices, Bluegrass Breakdown (USPS 314-350). Postmaster, please send address changes to:

Bluegrass Breakdown 735 College Street Woodland, CA 95695

Board meetings are usually held the second Sunday of each month and all members are invited and encouraged to attend.

Thanks

Thanks for help on this issue go to Jerry Barush, Ray Edlund, Karen Quick, Sandy Rothman, Eric West, Barbara (Stein) Whitaker, and Pete Wise for their fine contributions. Many thanks to my daughters who helped with the layout and mailing.

Next Issue Deadlines

Deadline for copy for the July/August issue will be June 22, with mailing deadline of June 28. That issue will be a little late in order to provide full coverage of the June festival and complete details of the September festival.

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Board Meeting Summary

Board of Directors: Mark Hogan (MH), Mike Johnson (MJ), Carl Pagter (CP), Don Powell (DP), Kathy Tyler (KT), Butch Waller (BW), Karen Walter (KW), Francion Mason (FM), and Ray Edlund (RE).

Meeting of March 14, 1982

Present: BW, MH, MJ, RE, DP, FM, KW Absent: KT, CP

Others present: Jim Armentrout, Ennis Elliott, Esther Anderson, Judith Powell

Kathy Schoggins named secretary.

Board discussed problem of compensation for a musician who is in more than one band. MH moves that if a person plays in a second band they be paid ½ a share, and that that be the maximum paid. BW seconds, approved by the board.

Board unanimously votes to not participate in the Larry Hahn proposal for Feb. 1983.

Chairman reported on the search for a CBA office. She and MJ had found space above the Fifth String in Berkeley. MH moves to rent, subject to CP's approval of the contract. Second by RE. Motion carried. DP moves to utilize T-bill interest towards the rental. MJ seconds. Motion carried.

Ray Edlund reported on the work being done to produce record album from the festivals. Projection is for first album to be ready for sale in June, 1984.

Band selection committee for September 1982 festival is nominated. Chosen are Robbie Macdonald, Barbara Stein, Ennis Elliott, Esther Anderson and Mike Stith. Aletrnates are Les Mason and Mark Hogan.

The June t-shirt design is introduced and approved by the Board.

Board of Directors/Officers

*Ray Edlund 33501 S. Hwy. 1 Gualala, CA 95445 (707) 884-3195

*Mark Hogan 7300 Boris Court #7 Rohnert Park, CA 94928 (707) 795-9471

*Mike Johnson, Treasurer 9025 Alcosta Blvd., #233 San Ramon, CA 94583 (415) 828-1389

*Francion Mason 312 Ethan Court San Ramon, CA 94583 (415) 828-9016

*Carl Pagter, Legal Advisor 1809 Meadow Lane Walnut Creek, CA 94595 (415) 938-4221

*Don Powell Breakdown Editor 735 College Street Woodland, CA 95695 (916) 662-5691 Kathleen Schoggins, Secretary 39936 Michelle Street Fremont, CA 94538 (415) 656-6156

*Kathy Tyler Membership Vice President 35493 Newark Blvd., Apt. C Newark, CA 94560 (415) 792-3183

*Butch Waller, President 1285 Filbert San Francisco, CA 94109 (415) 776-6713

*Karen Walter, Chairman 4212 - 25th Street San Francisco, CA 94114 (415) 826-3159

*Member of the Board of Directors

Special Events

- May 5 Fiddle Contest at the Saddlerack nightclub in San Jose. Grand prize is a cruise to Mexico for two. Weekly prizes: \$200. gift certificate to Ranchland Saddlery Westernwear, 2nd place finisher a \$100. gift certificate. 1310 Auzerais Ave., San Jose. (408) 286-3393. See advertisement in this issue for details.
- May 8 100th Birthday celebration of the Autoharp 7:30-10:30 p.m., \$2.50, Lipman Intermediate School, 1 Solano St., Brisbane. (415) 467-1700 - Autoharpololic Magazine, 190 Santa Clara, Brisbane, CA 94005
- May 8-9 Calico Spring Festival Bluegrass Hootenanny 9 a.m. May 8 - 6 p.m. May 9. Fiddle, banjo, guitar & band contest (714) 254-2122. Saturday night concert featuring Tyners & Train 45, Yankee Bluegrass, Julie Wingfield and the Fearsome Foursome Cloggers. \$3 per car; camping \$5 per night.
- May 12 Fiddle Contest at the Saddlerack. 9 p.m., 1310 Auzerais Ave., San Jose, CA 95126 (408) 286-3393.
- May 15 4th Annual Country/Bluegrass Festival, Alameda County Fairgrounds, Pleasanton. Features Lone Star, Charlie McCoy & the Hee Haw Band, Bill White, Foggy Mountain Cloggers. Noon-5 p.m., Adults - \$4.00, Seniors and kids (12 - 5) - \$1.50; 5 and under - free.
- May 15 Bluegrass Western Music Festival, Western Gateway Park, Penn Valley, CA. 10 a.m. - 5 p.m. Featuring Backwoods Boys, Cousin Cricket, Berry Pickers, Camelia Cloggers, Gold Country Squares, Rough n' Ready Squares, hay wagon and stagecoach rides. \$5. (children under 12 free) (916) 432-3362.
- May 19 Fiddle Contest, Saddlerack nightclub, 1310 Auzerais Ave., San Jose (408) 286-3393.
- May 22 30th Anniversary California Home of the Aged Deaf Bluegrass Festival and Bazzar, Arcadia, CA, Thrifty Shopping Center, 11 a.m. - 4 p.m.
- May 23 16th Semi-Annual Pennisula Bluegrass Jubilee, Lincoln Park (Corner Foothill Expressway and Main Street), Los Altos. Free - come and pick awhile. (Alcoholic beverages not allowed in park)
- May 22-23 2nd Annual Bluegrass Jamboree, Valley Center Community Hall, Valley Center, CA (halfway between riverside & San Diego on Route 395). Tyners & Train 45, Pacific-ly Bluegrass, Late for Supper, Newgrass, Footloose Cloggers, \$4.75 (10 and under 70 and over Free) (714) 749-0321 or 749-1489
- May 26 Final night of the fiddle contest at the Saddlerack Grand prize of a cruise to Mexico for two awarded. 1310 Auzerais Ave., San Jose, (408) 286-3393.
- May 30 Fiddletown Fiddler's Contest, Amador County Fairgrounds, Plymouth. Gates open at 9:30 a.m. cost is \$3.50 for adults, \$1 for children under 12 and \$1.75 for senior citizens. Camping and RV space is \$5 per night - reserve with Amador County Fair-

grounds at (209) 245-6921.

- June 5-6 7th Annual Jack Ramsey Bluegrass Music Festival, Porterville at Chuck's Hidden Lakes. Shows start at 12 p.m. Saturday, 10 a.m. Sunday. Featuring Joy County, Newgrass, The Ramsey's, Lost Highway Roy Burgess & Tennessee Valley Boys, Bits & Pieces, Spring Mountain Harmony, The Mathiews Family, Mountain View Cloggers. 2 day advance \$10, Sat. \$6 Sun. \$5, 12 and under-70 and over free. KOA campground nearby.
- June 6 3rd Annual Pleasanton Cornroast and Bluegrass Festival featuring Wild Rye. Alameda County Fairgrounds at Pleasanton.
- June 6 2nd Annual River City Festival Helvitia Park (on highway 16 between Sacramento and Woodland. South Loomis Quickstep, Jack Sadlier, Wild Bunch,
- Tom Phillips, Gilda Tasset and Kathy Melberg; Camellia City Cloggers, Foggy Mountain Cloggers. (916) 487-9761.
- June 12-13 3rd Annual Calaveras Fiddler's Jamboree, Railroad Flat, CA. (209) 293-7371. Saturday 11 a.m. events also include: kids' games, bingo, liar's contest, arts & crafts fair, Saturday night dance. Taylor Park in Railroad Flat.
- June 18-19-20 7th Annual Grass Valley Summer Bluegrass Festival. See advertisement on pages 10-11 of this issue for complete information.
- June 19-20 Huck Finn Jubilee, Mojave Narrows Regional Park, Victorville, Sat. 10 a.m.-9 p.m.; Sunday 10 a.m.-6 p.m. \$3 per person, two day - \$5. Camping \$5 per unit. Banjo contest, bluegrass clogging, country and mountain music. (714) 245-2226.
- June 21-26 National Oldtime Fiddler's Contest, Weiser, Idaho. Tickets on sale now (208) 549-0452. A week of the very best fiddling.
- July 9-10 7th Annual Salt Flats Hoedown, Salinas Community Center, Salinas. (408) 422-1926 after 5:30 p.m. for complete information.
- July 24 2nd Annual Long Beach Bluegrass Festival, Veterans Stadium, Long Beach. Featuring Yankee Bluegrass, Lone Star Swing Band, High Window Boys, Hot Off the Press, The Bluegrass Band, The Constables, Blue Skies, Southland, Footloose Cloggers. (213) 599-3913 \$6. advance; \$7 at gate. Seniors over 65 and children under 12 with adults - free.
- Sept. 16-19 11th Annual Walnut Valley Festival, Win-Field, Kansas Fairgrounds. (316) 221-3250.
- Sept. 17-18-19 -4th Grass Valley Fall Bluegrass Festival, Nevada County Fairgrounds, Grass Valley. More information at the summer festival and in the July/ August issue of Bluegrass Breakdown.

Special Events listings wanted

Send your notices of events and happenings to Editor, Bluegrass Breakdown, 735 College Street, Woodland, CA 95695.

Three





4_{TH} ANNUAL Adults - \$4.00 Seniors & 12 & under - \$1.50 5 and under - Free COUNTRY/BLUEGRASS FESTIVAL STARRING

CHARLIE MCCOY AND



WITH VOCALIST LANEY HICKS
AND FEATURING

SATURDAY, MAY 15

NOON

LONE STAR

ALAMEDA COUNTY

FAIRGROUNDS

PLEASANTON BERNAL AVE. EXIT



Bill White

FOGGY MOUNTAIN CLOGGERS

PRESENTED BY:

LONE STAR BEER & BREUNERS with

CHEVRON, USA-RICHMOND REFINERY

MR & MRS WALTER CURLEY

(In case of rain will be held indoors)



Charlie Me Cay



Lone Star



Bill White



FOGGY Mountain Clossers

BENEFITING CHILDREN'S HOSPITAL MEDICAL CENTER OF NORTHERN CALIFORNIA

California Bluegrass Association Financial Statement

The balance of the Restricted Savings Account on December 31, 1980 was \$9.931.46. By authorization of the Board of Directors, the Treasurer made deposits to this account at the end of each calandar quarter, which was equal to 10% of the treasury balance at that time. A T-Bill was also set up as part of the restricted account for \$10,000.00 which came out of the restricted savings account. Deposits to the restricted account totaled \$1,926.92 and the interest earned on the accounts totaled \$1,336.72.

In addition to the assets shown in the financial statements, the California Bluegrass Association owns two typewriters, eight walkie talkie units, two cassette recorders, and one calculator. The typewriters and the cassette recorders and calculator were expensed in the year of purchase to the General and Administrative account (equipment), and therefore, the are not shown as assets. The Walkie Talkie units were amoritized over three successive Grass Valley festivals, and are also not shown as an asset.

I certify that the foregoing financial statements and comments were prepared, without an audit, from the books and records of the Association which are kept at 9025 Alcosta Blvd. #233, San Ramon, California 94583.

Mike Johnson Treasurer

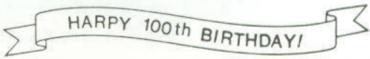
Send check or money order to: THE AUTOHARPOHOLIC

(415) 467-1700

Dept. 8 190 Santa Clara St. Brisbane, CA 94005

THE AUTOHARPOHOLIC Magazine is a quarterly publication for all Autoharp enthusiasts. In addition to feature articles, regular departments include interviews, reviews of records, books and films, helpful hints, "how to...," questions and answers, letters, concert schedules, announcements, product information, a beginners column. and, of course, music (with tablature) for both chromatic and diatonic Autoharps.

Subscriptions are \$10 per year (\$12.50 in Canada, \$15 foreign).



1982 is the 100th anniversary of the Autoharp's original patent. A special celebration will be held on May 8th, 7:30-10:30 p.m. at Lipman Intermediate School in Brisbane, CA. The evening will feature a film of the late Kilby Snow and an "open mike." Cost is \$2.50. For more information, send a SASE to The Autoharpoholic Magazine.

California Bluegrass Association Annual Financial Statement to the membership ME STATEMENT 12/31/81 CASH FLOW STATEMENT 12/31/81

INCOME STATEMENT 12/31/81

| Revenues Cost of Operations | | |
|---|----------------|--|
| GUST OF UDERALIDIS | \$ | 6,655.50 (11,719.78) |
| av av abarmaroug | | (11)(17)(0) |
| Operations Margin | \$ | (5,064.28) |
| OTHER INCOME: | | |
| Events | \$ | 81,387.25 |
| Interest | | 1,697,71 |
| Contributions | _ | 205.60 |
| Total Other Income | e \$ | 83,290.56 |
| OTHER COSTS & EXPENSE | S: | |
| Events | \$ | (73,492.22) |
| Contributions | | (400.00)* |
| Total Other Costs | | |
| and Expenses | \$ | (73,892.22) |
| NET INCOME | \$ | 4,334.06 |
| | | |
| further bluegrass musi The CBA extends it's t the people who made co the year. | ic on thank | n the radio. |
| further bluegrass musi The CBA extends it's t the people who made co | ic on thank | n the radio. |
| | ic on thank | n the radio. |
| Further bluegrass must the CBA extends it's t the people who made co the year. BALANCE SHEET 12/31/80 ASSETS: Cash | ic on thank | n the radio. |
| Further bluegrass must the CBA extends it's the people who made country year. BALANCE SHEET 12/31/80 | thank | n the radio. ks to all of ibutions durin |
| further bluegrass must the CBA extends it's t the people who made co the year. BALANCE SHEET 12/31/80 ASSETS: Cash | thank | n the radio. ks to all of ibutions during the during t |
| The CBA extends it's the people who made country BALANCE SHEET 12/31/80 ASSETS: Cash Inventory TOTAL ASSETS | thankontr | 21,269.89 1,542.00 22,811.89 |
| Further bluegrass must the CBA extends it's t the people who made co the year. BALANCE SHEET 12/31/80 ASSETS: Cash Inventory TOTAL ASSETS LIABILITIES/MEMBERSHIP | thankontr: | 21,269.89 1,542.00 22,811.89 |
| The CBA extends it's the people who made conthe year. BALANCE SHEET 12/31/80 ASSETS: Cash Inventory TOTAL ASSETS | thankontr: | 21,269.89 1,542.00 22,811.89 |
| The CBA extends it's the people who made conthe year. BALANCE SHEET 12/31/80 ASSETS: Cash Inventory TOTAL ASSETS | thankontr | 21,269.89 1,542.00 22,811.89 JITY: (22,811.89) |

| 12/ 51/01 | |
|--|--------------------------|
| CASH RECEIVED FROM: | |
| Events | \$81,205.25 |
| Membership Dues | 6,397.50 |
| Breakdown Ads | 126.00 |
| Breakdown Sales | 132.00 |
| Contributions | 205.60 |
| Interest | |
| Sales | 1,697.71 |
| Dares | 8,500.00 |
| TOTAL CASH RECEIVED | \$98,264.06 |
| CASH EXPENDED FOR: | |
| Events | \$64,034.57 |
| Breakdown | 7,177.40 |
| Other General & Admin. | 3,555.10 |
| Officer's/Director's | 506.53 |
| Government Fees | 480.75 |
| Contributions | 400.00 |
| Other-Inventory | 1,542.00 |
| Sales | 11,255.65 |
| Insurance | |
| Insurance | 3,990.00 |
| TOTAL CASH EXPENDED | \$96,942.00 |
| NET OPERATING CASH FLOW | 1,322.06 |
| Increase in Cash Beginning Cash Balance | \$ 1,322.06 19,947.83 |
| Ending Cash Balance | \$21,269.89 |
| | |
| Checking Account | \$ 507.00 |
| Savings Account | 3,994.42 |
| Restricted Savings | 6,766.47 |
| Petty Cash | 2.00 |
| T-Bill | 10,000.00 |
| TOTAL CASH ON HAND | \$21,269.89 |
| SHARES DISTRIBU | JTED |
| Total Revenues (Events) | \$81,205.25 |
| Total Expensed (Events) | 39,224.81 |
| NET TO BE SHARED | \$41,980.44 |
| SHARES: | 12 |
| CBA | \$ 8,436.21 |
| Performers | 33,544.23 |
| TOTAL SHARES | * 1.4 **** |
| DISBURSED | \$41,980.44 |
| | Seven |

Grass Valley is just around the corner

Bill Harrell and the Virginians, "widely regarded as one of the countries premier bluegrass performers," headlines the 7th Annual Grass Valley Summer Festival, June 18-20 at the Nevada County Fairgrounds in Grass Valley.

Harrell will be joined by five out-of-area bands - The Hurricane Ridge Runners from Seattle, Washington; Sawtooth Mt. Boys from Corvallis, Oregon; and Pacific-ly Bluegrass, Damascus Road and Lost Highway from southern California. This continues DBA's commitment to bring outstanding talent from other areas to perform with Northern California's best.

Performing from Northern California are the New Done Gone Band, Overlook Mt. Boys, Tonto Basin Band, Arkansas Shieks, Blue Flame String Band, Vern Williams Band, and Bill White.

Dancing, as usual, will be the area's top cloggers, the Foggy Mountain Cloggers of San Ramon.

Members are urged to get tickets early, as the Board has reduced the number of tickets to be sold by 500 in order to have a smaller, more enjoyable festival. The festival grounds will open at 7:30 a.m. on Friday, June 18 for campers and festival-goers and the music will start at 6 p.m.



Overlook Mountain Boys



Vern Williams Band



Bill White

Tear Down/Clean-up Volunteers Needed For Grass Valley

Thanks to the membership, plenty of volunteers have signed up to come early to the festival to set-up, but we are in dire need of volunteers to stay Sunday night and help with the tear down and clean-up.

The festival will close at 5 p.m. and all campers will have to leave shortly, except for those volunteers who wish to help with the tear down. If you would like to help the Association, call Mark Hogan at (707) 795-9471 or write him at 7300 Boris Court #7, Rohnert Park, CA 94928.

HELP!



Sawtooth Mountain Boys



New Done Gone Band





Damascus Road

AT THE SADDLERACK

Biggest California Nightclub

FIDDLE CONTEST

every wednesday night 9:00 April 21 - May 26.



CRUISE TO MEXICO FOR TWO

* WEEKLY PRIZES: \$200.00 gift certicate

to Ranchland Saddlery Westernwear \$100.00 Gift certificate to 2nd place finishers

1310 Anzerais Ave., San Jose, Ca. 95126 Business No. 286-3393

Take Hiwav 280 to Meridian Ave. in San Jose. Go north on Meridian 1/4 mile to Auzerais Ave.





Attend

California's Premier Bluegrass Event

The 7th Annual Grass Valley Summer Bluegrass Festival

12 of the best Bluegrass bands in the United States including -

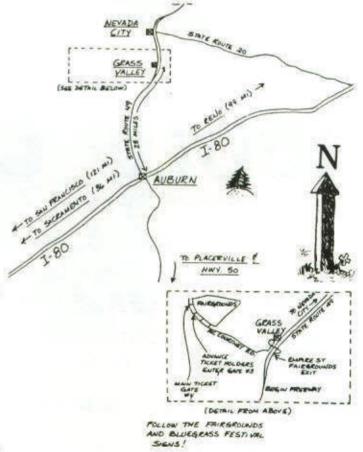
Bill Harrell and the Virginians

Nevada County Fairgrounds Grass Valley, California June 18-19-20

Music begins at 6 p.m. on Friday: 10 a.m. on Saturday & Sunday Music ends at 10:30 p.m. on Friday: 11 p.m. on Saturday: 5 p.m. Sunday

Advance general admission & daily tickets available at all Fifth String locations (San Francisco, Berkeley, and Sacramento). Foggy Mt. Music-Grass Valley, the Nevada County Chamber of Commerce-Grass Valley or by contacting - Mike Johnson, 9025 Alcosta Blvd., #233, San Ramon. CA 94583 (415) 828-1389. Send a self-addressed, stamped envelope for tickets by mail.

Sponsored by California Bluegrass Association



The California Bluegrass Association presents:

7th Annual GRASS VALLEY SUMMER BLUEGRASS FESTIVAL

Featuring: BILL HARRELL and the VIRGINIANS

Pacific-ly Bluegrass • Sawtooth Mt. Boys

Lost Highway • New Done Gone Band • Hurricane Ridge Runners

Overlook Mt. Boys • Tonto Basin Band • Arkansas Shieks

Blue Flame String Band • Damascus Road • Vern Williams Band

Bill White • Foggy Mt. Cloggers

✓ Friday, Saturday & Sunday, JUNE 18, 19, 20 ✓
NEVADA COUNTY FAIRGROUNDS, Grass Valley, California
TICKET INFORMATION

| CBA member adult | Friday only \$6.50 | Saturday only \$9.50 | Sunday only \$7.50 | Friday & Sat. \$16. | Saturday & Sun \$17. | 3-Day at gate \$23.50 | 3-Day advance \$14. |
|------------------|--------------------|----------------------------|--------------------------|---------------------------|----------------------------|-----------------------------|---------------------------|
| General Public | 00 F0 | 40 00 | | | | 222 22 | 17.17.12.12 |
| Adult | \$6.50 | \$9.50 | \$7.50 | \$16. | \$17. | \$23.50 | \$19. |

NOTE THAT DISCOUNTS ARE AVAILABLE ONLY ON 3-DAY ADVANCE TICKETS.

We strongly encourage you to get your tickets in advance and avoid disappointment of a sell-out at the gate.

No Dogs Will Be Permitted at the Festival

Advance Tickets: Limited Tickets available

Send a check or money order made payable to CALIFORNIA BLUEGRASS ASSOCIATION TO: Mike Johnson - 9025 Alcosta Blvd., #233, San Ramon, CA 94583 (415) 828-1389

PLEASE INCLUDE A STAMPED, SELF-ADDRESSED ENVELOPE - Deadline for mail-order tickets is June 10, 1982
NO TICKETS WILL BE HELD AT THE GATE.

CAMPING: Camping in the rough; hook-ups are available on a first-come, first-served basis. There is no additional charge for camping DURING the festival. Camping area opens at 7:30 a.m. Friday.

SEATING: On the ground. Bring blankets, lawn chairs, etc., if you wish.

FACILITIES: Rest rooms with sinks, plus portable facilities throughout the fairgrounds. Hotels and motels throughout the area - MAKE RESERVATIONS EARLY!!

FOOD: There will be food concessions at the festival, or you may prepare your own meals (NO OPEN CAMPFIRES! Offthe-ground campstoves or hibachi-type cooking only!) There are also a number of good eating places close by in Nevada City and Grass Valley.

For additional information or to sign-up to help set-up or take down call the festival coordinators:

Don Powell (H) (916) 662-5691 or (w) (916) 662-2906

Mark Hogan (707) 795-9471



FIELD GUIDE TO WESTERN BANDS

ALMOST FORGOTTEN STRING BAND (408) 370-3660 [San Jose]

Thursdays - Hadi's Pizza, San Jose

June 12 - Woodhaven Folk Club, Saratoga

ARKANSAS SHEIKS (707) 763-5447 [Petaluma]

May 28 - Ashkenaz, Berkeley

June 18-20 - Grass Valley Summer Bluegrass Festival

June 25 - Ashkenaz, Berkeley

BACKWOOD BAND (702) 849-0276 [Reno]

May 7 - Airport Gardens, Reno

May 15 - Western Gateway Park, Penn Valley, CA

BLUE FLAME STRING BAND (415) 387-9648 [San Francisco]

June 12 - Wild Blue Yonder, Fresno

June 13 - Feedback Theater, Raymond

June 18-20 - Grass Valley Summer Bluegrass Festival

June 25 - Freight & Salvage, Berkeley

June 26 - Paul's Saloon, San Francisco

BLUESTEIN FAMILY (209) 229-9807 [Fresno]

BOOT HILL (707) 938-1326 [Sonoma]

BUFFALO BUTTER BAND (707) 485-0258 [Redwood Valley]

May I - May Day Jamboree, Potter Valley

May 16 - Skunk Railroad, Willits & Ft. Bragg

May 22 - Seagull Inn, Mendocino

CAFFREY FAMILY (415) 564-1464 [San Francisco]

CAMELLIA CITY CLOGGERS (916) 991-4371 [Sacramento]

CHARLIE'S BAND (Sawplayer Charlie Blacklock (415) 523-4649 [Alameda]

COUNTRY HAM (415) 938-4221 [Walnut Creek]

DAMASCUS ROAD (714) 359-8872 [Riverside]

May 22 - Easter Seals Bluegrass Festival, Glen Helen Regional Park, San Bernardino

May 29-30 - Gizela, Arizona Bluegrass Festival

June 5-6 - Great American Bluegrass Festival, Chino

June 18-20 - Grass Valley Summer Bluegrass Festival

DAY LATE & A DOLLAR SHORT (707) 526-3907 [Santa Rosa]

May 1-2 - Dry Creek Winery, Healdsburg

8TH AVENUE STRING BAND (916) 872-8536 [Chico]

Friday's - DejaVu Mining Co., Chico

May 1 - La Salle's, Chico

May 8 - Lassen College Bluegrass Mini-Festival, Susanville

May 8 - Red River Pub, Westwood

June 4-6 - Reno Crafts Fair, Reno

FICKLE HILL (707) 822-6264 [Arcata]

FOGGY MOUNTAIN CLOGGERS (415) 828-9016 [San

June 18-20 - Grass Valley Summer Bluegrass Festival

GOOD OL' PERSONS (415) 474-5368 [San Francisco]

Wednesdays - Paul's Saloon, San Francisco

Twelve

Thursdays - Red Vest Pizza, El Cerrito

GRANT STREET STRING BAND (415) 548-3021 [East Bayl

May 1 - Y'All Come Back Saloon, Pleasanton

May 8 - Paul's Saloon, San Francisco

May 29 - Freight & Salvage, Berkeley

June 12 - Paul's Saloon, San Francisco

June 26 - Freight & Salvage, Berkeley

HIGH COUNTRY (415) 776-6713 [San Francisco]

Tuesdays and Fridays (except 5/8-18) - Paul's Saloon, SF

Wednesdays - Red Vest Pizza, El Cerrito

May 22 - Concord Pavilion with Rose Maddox

June 9 - Fanfare Week Bluegrass Show, Nashville Fairgrounds, Nashville, Tennessee

June 10 - Village Music, St. Louis, MO

June 12-13 - Beanblossom, Indiana [Bill Monroe Festival]

June 16-17 - Holstein's, Chicago, IL

HIGH WINDOW BOYS (714) 626-3782 [Claremont]

HURRICANE RIDGE RUNNERS (206) 322-5112 [Seattle]

June 18-20 - Grass Valley Summer Bluegrass Festival

LEATHERMAN FAMILY (408) 268-6984 [San Jose]

LIVING IN THE PAST (408) 358-1524 [San Jose]

Wednesdays - Mother Lode, Cupertino

LONE STAR (415) 752-8035 [San Francisco]

LOST HIGHWAY (714) 996-9177 [San Bernardino]

June 4-5-6 - Ventura Fair

June 16 - Freight & Salvage, Berkeley

June 18-20 - Grass Valley Summer Bluegrass Festival

NEW DONE GONE BAND (707) 592-1038 [San Carlos]

Thursdays (thru 5-27) - Landmark Saloon, Penngrove

Fridays - Red Vest Pizza, El Cerrito

May 1 - Landmark Saloon, Penngrove

May 22 - Little Waldorf, Reno

May 29 - Paul's Saloon, San Francisco

June 18-20 - Grass Valley Summer Bluegrass Festival

OVERLOOK MOUNTAIN BOYS (408) 354-9359 [San Jose]

June 6 - River City Bluegrass Festival, Sacramento

June 18-20 - Grass Valley Summer Bluegrass Festival

PACIFIC-LY BLUEGRASS (714) 443-1932 [Lakeside]

June 18-20 - Grass Valley Summer Bluegrass Festival

RAY PARK (916) 622-2494 [Placerville]

PICK OF THE LITTER (415) 849-4023 [San Francisco]

Thursdays - Paul's Saloon

Saturdays - Red Vest Pizza, El Cerrito

RAIN TREE COUNTY BOYS (213) 633-2132 [Norwalk]

SAGEBRUSH AND OAK (408) 842-1619 [Gilroy]

SAWTOOTH MOUNTAIN BOYS (503) 838-4095 [Cor-

vallis, Oregon]

June 18-20 - Grass Valley Summer Bluegrass Festival

SHUBB-WILSON TRIO (415) 654-0924 [Berkeley]

May 8 - Freight & Salvage, Berkeley

SIDESADDLE (415) 969-2189 [San Jose]

Fridays and Saturdays - Winchester Wagon House, San Jose

May 14 - Salinas Valley Fair, King City

SOUTH LOOMIS QUICKSTEP (916) 487-9761 [Sacramento]

June 6 - River City Bluegrass Festival, Sacramento

SPRING MOUNTAIN HARMONY (209) 784-8268 [Porterville]

Sundays - The Factory, Exeter

SQUIDS (415) 621-0865 [San Francisco]

STEVE & GWEN AND THEIR BLUEGRASS BAND (916) 253-2640 [Janesville]

STONEY CREEK (209) 722-9232 [Merced]
Tuesdays - Michael's Restaurant & Saloon, Merced

SWINGADEROS (415) 582-1829 [East Bay]

TALL TIMBER (206) 682-6351 [Seattle]

THREE SPEED (415) 934-4688 [Bay Area]

TONTO BASIN BAND (415) 967-4306 [Bay Area] June 18-20 - Grass Valley Summer Bluegrass Festival

TOUCH OF GRASS (415) 328-2130 [Bay Area]

TRAIN 45 (714) 726-3498 [Vista]

UNION CREEK (707) 429-2616 [Fairfield]

UPTOWN RAMBLERS (415) 282-9225 [San Francisco]

FRANK WAKEFIELD BAND (415) 655-8639 [Oakland]

BILL WHITE (415) 530-7192 [Oakland] June 18-20 - Grass Valley

VERN WILLIAMS BAND (209) 772-1357 [Valley Springs] June 18-20 - Grass Valley Summer Bluegrass Festival

WESTERN PACIFIC (408) 427-3531 [Santa Cruz]

WILD RYE (415) 443-0250 [Livermore]

June 6 - Pleasanton Cornroost and Bluegrass Festival

WINDY GAP (707) 923-2603 [Humboldt]

Notice To All Bands

If you would like to have your band considered for upcoming CBA events (including Grass Valley festivals), it would help to send some information on your band, and a cassette tape of about five (5) songs/tunes that would be representative of your material and personnel. The tape does not have to be a high quality studio demo - it could be taped in your living room on a portable cassette recorder (of course, if you have a better quality tape, send that one). Try to keep and up-to-date cassette and band roster with CBAbands have been eliminated from consideration because not everyone on the committee had heard them.

Send the information and tape to:

California Bluegrass Association

P.O. Box 11287

San Francisco, CA 94101-7287

Attn: Band Selection Committee

Send Field Guide information to: Karen Quick, 23149 Old Santa Cruz Highway, Los Gatos, CA 95030.

The band selection committee will shortly select the bands for the September festival.

Letters

CBA thanked for gift

Dear California Bluegrass Association,

On behalf of everyone here at KKUP, I would like to thank you for your generous contribution to our cause providing alternative radio to the San Jose-Santa Cruz-Monterery Bay areas. Bluegrass music in particular is something which very few stations in our area lend any air time to, but because we feel it to be a "grassroots" form of American music, KKUP's programming schedule currently includes three shows devoted exclusively to bluegrass.

Your contribution arrived in a very timely era. We have recently moved our transmitter to Loma Prieta peak, and are now gearing up to increase our power from 10 watts to 200 watts. Given the choice transmitter location and the twenty-fold power increase, we will soon double our coverage, and greatly improve our signal in areas where reception has been hazy in the past. With your help, we were able to purchase a used transmitter from another station in San Francisco, and we hope to put it to work in time for our tenth anniversary on the air in May of this year.

in addition to our varied musical programming, we also air many community affairs programs, and provide a series of public service announcements every two hours during the day. We would welcome receiving press releases and flyers from your organization so that we can help to publicize your events. Please address them to the attention of "Community Calendar."

Once again, our heartfelt thanks go out to you.

Yours in community spirit, Jose Montes de Oca General Manager

Bill White Thanks CBA

The Rose Maddox benefit was a great success. By the good work of Karen Walter and Robbie Macdonald and all of the wonderful bands that donated their time.

I'm doing well enough since open heart surgery January 18. I walk several miles a day, do my house chores and play some on my harmonica.

After a few days home from the hospital, I had some good friends from CBA drop in to visit me - Karen Walter. Robbie Macdonald, Kathy Tyler, Ray Edlund - that's better medicine than all of the pills the doctor has me taking. I'm getting stronger each day.

I'm looking forward to Grass Valley in June, to be around the festival and all of the wonderful people will be great for a good recovery from the past surgery. I'm hoping I will be up to par so I can be a part of the great festival.

Thanks to all, A friend to all, Bill White



A Talk With The Master - Bill Monroe

(In the last issue, the first part of the following interview with Bill Monroe, conducted by Ray Edlund and Butch Waller at the San Mateo concert last October, was run. In this concluding part Bill discusses his latest record and work.)

Butch: "On My Last Days in Earth" a lot of people would say that strings don't belong in bluegrass music. Could you

speak to that?

Bill: They were so far in the background that they didn't hurt anything. The mandolin was up front, and so I won't let them take over. That's being in control in it, keeping it like it should be. They brought in the sounds of mother nature, the wind, the ocean, the birds - seagulls, you know, and the sound of the harmony, the sound of the fiddles, and, Butch, the symphony there in Nashville - they were in on that to. They would do their part. I was down there when they was fillin, you know, and they'd go through that, then they'd come out there and sit down and cry. It was so sad. The number was tuneful.

Butch: Did you lay your part down first and then they

overdubbed?

Bill: Yes sir, yes sir. They wrote their parts. They play with multiple music so they didn't have any trouble

following the notes and everything.

Ray: Bill, do you think you are going to start taking it a little easier now. You have been on the road for 50 years and people know your music all over the country, of course, they want to see you, but do you think you are going to kick

back and not travel so much, not work so hard?

Bill: I had in my mind to do that you know, but seems like now they want to book me more you know. Somebody wants me to come and play for them all the time to where I don't have a lot of time off. We're with the Buddy Lee Attractions, you know, and dates are coming in from all over the country and I love to travel and love to work. I don't like to let any day get by if I don't do something. Of course, the time will come when you are going to have to stop, slow down. That will be it. Right now I would hate to stay in Nashville, knowing that Butch Waller was wanting to see me out here, and Ray was wanting to see me. I wouldn't get to come to California, this country. That would really hurt me. Cause I love to come out here and see my friends and fans. So, I don't want to stop now.

Ray: Say, Bill, who is your favorite lead singer, if you can narrow it down to one or two guys throughout the years of the Bluegrass Boys? Who's your favorite guitar picker?

Bill: Well, Ray, they was all good men. They was in different years, you know. The year they would be working with me, it would be hard for anyone to beat them. Just like when Lester was with me, you couldn't of beat Lester. When Jimmy Martin came along with me, Lester couldn't of beat Jimmy Martin. When Ed Mayfield was with me, neither one could have beat Ed Mayfield, because with the bluegrass music and our way of doing it, if you had a good lead singer that can sing high enough now, and he's in there and he's being backed by the Bluegrass Boys and all that, he's hard to beat.



And Carter Stanley was a fine man with me. Pete Rowan was fine, you couldn't beat Pete when he was with me. And I think when James, my sone, was with me, we done some fine singing together. He played a great part. And so, they all had their years and it would be hard to say there was just one good man, because there was more than one good man.

Ray: A lot of times when you're singing Bill, you actually sing the lead with your tenor and the others follow behind

you, that's a little bit unusual in your music?

Bill: My oldest brother said that I done that, but to keep it right up where it belongs it might sound like the tenor was strong or carrying it, but it was to pull on the lead singer and make him come one.

Butch: You would lead the song but not sing the lead

Bill: That's right.

Ray: What are your plans for the future? Are you going

to do any fox hunting over the winter, Bill?

Bill: Ray, my hounds is ready and I have ten fox hounds and I work in Nashville at the Grand Ole Opry on Friday and Saturday, around Monday night or Tuesday night I turn them out and then again around Thursday or Friday. Turn them loose a couple of times a week. Of course, in the fall the land is damp and they can scent that fox all over the country, so there will be a lot of fine running this fall and this winter.

Ray: Bill, I certainly want to thank you for taking time out and talking with us and it's always a pleasure to have you here in California. I sure am glad that you came this time.

Bill: Well, Ray, I am glad to talk with you. It's pretty hard to get me started but after you get me started why its...

Ray: I don't want to quit really, but ...

Bill: I'm glad to do it with you, and I'm proud of all you folks out here for helping me with bluegrass and telling the folks about it and letting them know about it.

Ray: We couldn't have done it without you.

Bill: And I would like to say hello to all of my friends and fans out here and I wish them all the best.

Traditional Music and Traditional Food

by Sandy Rothman

During the first week of March 1981, Bill Monroe, the 'Father of Blue Grass Music' and the mandolin genius who singlehandedly forged a cohesive new style from the old time American music, was admitted into Nashville Memorial Hospital. On Monday the 9th he was operated on. Immediately I thought of the brownish patch of skin I had been noticing for several years on the side of his face, in the temple area near the left sideburn. I had wondered if it was a 'sugar burn,' a discharge of toxic waste triggered by the intake of refined sugars, and had worried about the possibility that his typical American diet, rich in fats and sweets, might eventually result in some form of serious illness.

In ancient Oriental medicine, practiced for thousands of years and still effective today, techniques of visual diagnosis have been carefully developed over the centuries. Look at any Bill Monroe album of the fifties or sixties; good examples are I'll Meet You in Church Sunday Morning (DL 4537), released in the sixties, or Mr. Blue Grass (DL 4080), from the previous decade. Notice Bill's left temple - no brown spot. Now look at a more recent picture; a clear example is the cover of Bill Monroe Sings Body and Soul (MCA 2251) from the seventies. The brown patch is obvious, and it has become enlarged since then. You might say this has nothing to do with Bill's health, that he's strong as an ox, and that Chinese diagnosis doesn't apply to Americans anyway. I can't prove that the sugar burn spot actually came from an overindulgence in sugary foods and animal products, even though I think so, and I definitely cannot prove that it indicated health problems. But it is only reasonable to conclude that diet at least contributes to disease, and the fact remains that Bill has undergone major surgery - meaning that the illness has been developing over a period of time, perhaps twenty years.

Fortunately, Bill Monroe is extremely strong at the age of 70. He recovered well from a successful operation, and there is every reason to believe he will be back on the road for years to come, hitting the stage with his power and originality that none can match. Between concert tours he will be hard at work on his Tennessee farm, mending fences and taking care of the animals. There is also every reason to believe he might be back in the same restaurants and truck-stops, cating the standard American diet once again.

The most prevalent forms of degenerative disease in the United States today are clearly meat and sugar induced. Fats, especially from meat and dairy products, combine with the expansiveness of simple sugars to spread and localize fatty deposits all through the body. The lack of natural fiber from vegetables, whole brown rice, wheat, and other grains (the 'lost foods' of the modern diet) insures poor absorption of nutrients and discourages good elimination of poisons. In some people, often the less active, toxic deposits localize higher in the body, around the heart, arteries, lungs, or brain; in more active people the accumulations tend to harden in lower places – the intestines or lower organs. If the

dietary intake is consistently toxic enough, and poisons are not eliminated through good exercise or are accumulating faster than the system can expel them, it's possible arterial blockage or a malignancy can develop.

Just think – at Nashville Memorial they took Bill to the operating table; according to reliable reports, the surgery went well. Bill has such an iron constitution that working on him was probably easy and routine. The stitches were out in no time, and soon he was back home on the farm. But the standard recuperative diet in hospitals following surgery, according to an informed medical professional, tends to be something like beef broth and jello. Meat and sugar? First they operate for something that was probably caused or aggravated by meat and sugar, then they immediately begin feeding the patient, right there in the institution of healing, the very foods that probably contributed to the formation of the disease. Can this be real? Is it a dream, or just one of the strange paradoxes we live with and accept?

That's how it is with things we're used to, things we have been taking for granted since childhood. That's how it is with the food we eat. Try telling a friend, "You seem a little hyperactive or tense today... you eat a lot of contractive foods; why not try more of the gentle things like whole grains, vegetables – less meat, sugar, dairy products..." Your friendship will survive if it's strong. But in general, people are not too receptive to hearing anything new or different from what is routine and taken for granted.

"Paradox: A statement that is self-contradictory in fact and, hence, false." "Contradiction: A condition in which things tend to be contrary to each other; inconsistency, discrepancy." (Webster's dictionary.) People are interested in being healthy, but they continue to eat foods that collect up in the body until sickness surely comes. "Everyone loves Blue Grass music," but you don't hear it played on the radio. Accepting such contradictions becomes a way of life.

Blue Grass fans have come to realize it doesn't work to try and actively present this regional style to the mass listening audience. Even packaged with a contemporary image and fancy arrangements, it's hard to sell it like other modern musical products. For musicians, time has shown that the best angle is to keep polishing the music and try to get it heard wherever people are interested. Bill Monroe proved that; when the Grand Ole Opry was ready for his sound in 1939, he was there with it. Dedicated listeners keep buying records and going to shows, supporting the music, and maybe one day a friend or neighbor gets a little interested. Take one out to see Bill in person, and you may have a new follower. Ever try to force an 'easy listening' fan to love the lonesome mountain sound? Even though some may think this music is great, others will see it as primitive, repetitive, offensive, or laughable. We have to accept this.

In following a traditional music such as Blue Grass or old time string band music (or any natural acoustic music such

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as classical, jazz, or religious), we more or less reject, as our 'musical staple,' much of the modern popular music we hear around us all the time. Instead, we cast a vote in favor of something plain, old-fashioned, basic, and time-honored. We say drums, electric bass, and electronic keyboards are all right, but for that special down-to-earth satisfaction we need the pure strains of fiddles, mandolin, banjo, guitar, bass and vocal harmonies to relax with. For us, this nourishes our sense of simplicity, our cultural traditions and heritage, and our musical sensibilities. At the same time, if we follow a simple diet using natural unprocessed foods - those raw materials given by God in greatest abundance since the beginning of time, transformed into delicious meals not in factories but in our own kitchens - we also cast a vote for the more traditional life. But what happens if we like traditional music but not traditional foods? We have a contradiction.

Since we never think about the obvious, may be this question just never comes up. But why should this contradiction, this opposition, be? Why is there such a shift in values? It logically follows that if I listen to modern, commercial, slick electronic or 'plastic' music, I should eat synthetic, refined, modern foods. If I like down-to-earth stuff such as string band or Blue Grass music, I should also enjoy natural, earthy, unadulterated food and drink. Well - this just isn't the case. The contradiction does exist, and Blue Grass does not equal brown rice. Followers of natural musics are not necessarily followers of natural diets. Isn't that strange? One listens to new-wave rock and eats miso soup, brown rice, and vegetables. Another listens to Blue Grass and eats sweets, refined foods, plenty of meat, and modern junk foods. Maybe it's because opposites attract. In the Orient they say 'vang attracts vin and vin attracts yang.' So, tradition is attracted by progress. The primitive is lured by the civilized. Farm-bred Opry singers wear the costumes of the concrete cowboy, and lovers of down-home country music go for super-processed foods. But is this always to be? They also say that 'in the extreme, vin becomes vang and vang becomes vin.' That means it will eventually swing back, and old-fashioned things will be popular again.

Does anyone think that what Bill Monroe's uncle Pen, the old fiddler who taught him to play, atc for his daily staple foods had anything to do with his vitality or his music? It's clear that the Monroe ancestry is very strong, and today Bill follows a hard schedule of physical activity that helps him maintain his ancestral constitution. The forebears of Pendleton Vandiver in Scotland didn't buy their dinners at the supermarket. They were raised on thick grain porridges, hearty oats and rye, root crops, green vegetables, and small quantities of animal foods; emigrating into the States, this was followed by the rough and hearty foods of the American pioneers and the native Americans - right up until our industrial advertising campaigns began to encourage the modern school of nutrition, a movement which along with the environment has plainly given rise to the endless victims of chronic and degenerative illness. Sometimes, progress is not really progress. The long, slow-but-sure method of doing almost anything often ends up being the best; it has been time-tested and found to win in the long run.

As old-time music has endured, so has old-time nutrition.

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The same foods are on the earth now as in Biblical times. Those primitive, rough-hewn foods built the blood of our forefathers, and refined foods can't hold a candle to the endurance and longevity they afforded. Certain modern improvements have been fine, just as the mandolin beat that Monroe put into the old music gave it new life. But progressing very far beyond that, we lose everything: God-given whole foods are stripped of vital nutrients or ignored altogether, and Blue Grass loses touch with tradition.

Listen to some of the original Blue Grass music made in the forties - 'Blue Grass Breakdown,' 'Why Did You Wander, 'Shine, Halleligah, Shine.' Tremendous energy and vitality come rushing through these recordings. Even into the fifties there was a special excitement - 'Raw Hide,' White House Blues, 'Roanoke.' Of course the musicians had their youth, and the music itself was young. But there was something else there too. Then, go back twenty years earlier and listen to the boundless enthusiasm of the old-time bands - The Skillet Lickers and other string bands of the era. Even more energy. Listen to the exuberant music of people living close to the soil and having a wonderful time . . . maybe with a little corn whiskey mixed in. In all this music there is one thing shining through that is rare today; pure energy, free and untroubled as a mountain breeze, undistracted as a freshwater stream.

But even then, the people making this music were getting plenty of the new refined foods that would later strip away their robust health. White flour products, sugar, commercial salt lacking mineral content, dairy foods with dangerous additives - all sold into the new culture by industry under the banner of health. But the blood of these people, their native constitution, was only a few years away from that hardy breed, the American pioneers. And these were still the days before heavy chemical adulteration hit the food (as well as the music) industry, before the meat and dairy councils brainwashed the average family into thinking their basic diet of grains and fresh farm produce with a little 'side meat' was nutritionally insufficient. The farm diet was far from incomplete. It raised independent, hardworking, healthy men and women. But the sad power of advertising and 'progress' brought decline first to the quality of food, then health and we got on the sure road away from natural well-being, beginning a 'health depression' that now leaves us shocked at our own condition.

Somewhere between corn, beans, unrefined cereals, cooked greens, salads and pickles, occasional homegrown animal products . . . and the empty foods of today's modern diet, great Blue Grass and country music was made. You can hear it on old recordings, and you don't hear it much anymore. The quality of traditional music has something to do with the quality of the traditional foods that satisfied the tastes and built the blood and gave vibrant health to the carriers of the music. When the quality of the traditional American diet fell, the music changed too. Some, earthrooted to musical commitment, didn't change. Fighting against the pressure of commercial music and modern times, they also were, unknowingly, battling the flow of commercial and unnatural substances through their veins. How long can it last? Even a strong man like Bill Monroe can't resist.

Bone, tissue, mineral and alkaline reserves are weakened. Hormone- and steroid-laced animal fats build up and harden, bringing arterial and cellular degeneration. Is the fiber of a nation being broken from the inside?

There are always the remnants of traditional ancestral diets, elements that persist and keep turning up amid the current products of today. At a country homeplace deep in the mountains you might still find good home-baked cornbread on the table next to some store-bought ('light') bread. or maybe fresh cooked beans, corn, or greens from the garden served right alongside desserts made with the popular refined flours and sugar. Some things never change. Beans and cornbread are still loved and respected by countryraised folks who stick by it the way Nashville still boasts Bill Monroe and Roy Acuff, preservers of a bit of real tradition along with the ultra-modern new sounds of the Opry. Some mountain people are what you would call naturally macrobiotic; like all traditional or ethnic people they live close to the land and nourish themselves by its wealth. Often, meat is in the smallest proportion at the table since grains and vegetables are provided in greater abundance and with more economy per acre than livestock.

A lot of people ask, "It we don't eat what the supermarkets are full of, what can we eat? What else is there?" It's a little like thinking we'll have to give up our love for Blue Grass or classical music since there isn't any on the radio to listen to. Absolutely not. We find a way to hear it. An out-of-the-way little mail order service, a specialized record shop or magazine. This music has been around since the days of our great-grandfathers, and just because we can't find it on the AM dial doesn't mean it disappeared. By the same token, just because at the supermarket we can't find the foods our grandfathers ate, the hearty stuff that built the bones that held the fiddles they played, does that mean we'll just have to eat what we find there? No. We look for that little natural food shop or that mail-order company where we can buy the real thing. It can be done.

Sometimes the question comes up, why all this worry about health? The physical body isn't everything, we leave it behind anyway, so why be so concerned about its condition? The answer is yes, we leave it behind – but why not leave it at least as healthy as we found it? We keep it in good shape so we can feel light and flexible all the days of our life, enjoying a high-quality existence free from the discomforts, physical and psychological, that can plague us and restrict our freedom. I would be kidding if I said I had no interest in longevity – that I wouldn't like to see our 'national Blue Grass treasures' (Bill Monroe, Ralph Stanley, Jim and Jesse McReynolds, Jimmy Martin, Earl Scruggs, Mac Wiseman, Don Reno, the Osborne Brothers, and so many others) live just as long as possible in strong health and happiness.

Personally, I would like to see more bands cooking and eating their meals together. (That's another contradiction, since 'meal' refers to a grain dish but grain now plays the smallest part of an average American meal.) This may seem like a very quaint and impractical idea, especially in our era of fast foods and pancake houses, but I think it's possible. I recently heard that John Denver's entourage included an experienced macrobiotic cook (East West Journal, August

1981 and January 1982). Much in the same way that families pull together behind the positive force of breaking (and baking) bread together, bands could help create an inner unity that would be hard to destroy. (See 'A Conversation With Steve Howe,' Issue #43 of Vegetarian Times, and 'An Interview With Dirk Benedict' in the April 1981 issue of East West Journal.) Eating fresh, wholesome natural foods, groups could stay together longer, play stronger music, have more endurance for the entertainer's life, and live longer. It has been proven that eating meals together is in itself a unifying act, no matter what the food. Combine this with a return to the traditional diet of our forefathers and you have a solid foundation for survival – a personal insurance policy that will keep you out of the doctor's office, free from medications, and in radiant health.

"Go in through the narrow gate; because broad and spacious is the road leading off into destruction, and many are the ones going through it. Whereas narrow is the gate and cramped the road leading off into life, and few are the ones finding it." These could be the lyrics of a Monroe gospel song or the words of the Japanese philosopher George Ohsawa, but they are from Matthew 7:13-14. Should the 'narrow way' be taken as a prescription for a life without pleasure, or a diet excluding all those delightful things that are 'bad' for us? I don't think so. It should be understood in a more general way. If we establish a good order to our daily intake, placing the age-old basics (whole grains, cooked and raw vegetables, fermented foods, beans, soups, local fruits) as the staples of our diet, then we have a solid background for branching off and occasionally enjoying special foods and beverages.

Even if you want to continue with red meat and sugar, at least you will be better off by supplementing this with some grains and vegetables. Many people have found that just adding a complex carbohydrate in the form of a whole grain to their standard diet, along with a good variety of vegetables, gives them a lot more energy and vitality. Something like brown rice is delicious and it offers a 'slow-burning' energy source. To the bloodstream, eating refined grain products can be compared to burning pine instead of oak for wood heat.

A few days before hearing of Bill Monroe's operation I attended a lecture in San Francisco by the president of Philadelphia's Methodist Hospital. This man, a respected medical doctor, is recommending traditional foods for the control and prevention of cancer. Filled with cancer himself three years ago, his bone scans are now completely and miraculously clear. (See 'The M.D. Who Cured Himself of Cancer,' March 1981 issue of East West Journal.) The only treatment was a change in diet and attitude. He represents a great reconciliation, a wonderful paradox, and a new light for the natural foods movement.



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Concert Of Fiddle Champions Set For May 23; Book planned

American String Music Heritage plans a Concert of Champions for May 23 at 7:30 p.m. at the San Jose City College Theater to raise funds to record an album of Virg Evans' fiddling. The concert will feature three state fiddle champions, Virg Evans, Paul Shelasky and John Stout.

Cost for the evening is \$5, and ticket information can be

secured by calling (408) 353-3952, Joe Weed.

Also being planned by American String Music Heritage, a non-profit organization, is a book of fiddle tunes as played by California's current top fiddlers. The book, currently being complied, is scheduled for printing this year.

According to Weed, included in the book will be tunes

played by many of California's state champions, as well as the work of many other fine California fiddlers.

Advertising Rates

Current rates for placing an advertisement in the Bluegrass Breakdown are as follows:

Full page -- \$40.00 Half page -- \$25.00 Quarter page -- \$15.00

The size of the image area for a full page ad is 71/4 by 93/4; half page - 5 by 71/2; quarter page 31/2 by 5. Art work should be very clear black and white layout and all photos should be screened.

The current rates for classified ads are based on 3½ inches of typed copy and are as follows: \$3.00 for the first three lines and 50¢ for each additional line. Make checks payable to the California Bluegrass Association and send check and ad to:

Don Powell Bluegrass Breakdown Editor 735 College Street Woodland, CA 95695



The

American String Music Heritage Proudly Presents

CONCERT OF CHAMPIONS



VIRG EVANS
PAUL SHELASKY
JOHN STOUT
1970 1972 1973
1974 1975 1981
STATE FIDDLE CHAMPIONS

SUNDAY, MAY 23, 7:30 P.M. San Jose City College Theatre Moorpark Ave, San Jose Tickets \$5. Info:353-3952

FIDDLERS!

The American String Music Heritage, a nonprofit organization, is now compiling fiddle tunes as played by California's current top fiddlers, to be published in a book in 1982. Included will be tunes played by many of California's State Champions, as well as the work of many other fine California fiddlers.

If you would like to have some of your fiddling considered for inclusion in the book, please call Joe Weed at (408) 353-3952 or write The American String Music Heritage, Box 554, Los Gatos, CA 95031-0554.

The book will include from one to three tunes by each fiddler, transcribed by Joe Weed. There will be short biographical notes about each fiddler and a few words about each tune.

The best way to submit tunes for inclusion in the book is to make a good quality home cassette recording with fiddle and guitar. Please submit only noncopyrighted tunes, i.e. traditional fiddle tunes or tunes which you have composed.

Fiddletown Sets Annual Fiddling Contest For May

The Fiddletown Fiddlers' Contest is set for May 30 at the Amador County Fairgrounds in Plymouth.

The festival for fiddlers will feature competition in junior-junior, junior, senior, ladies, mens, open and accompanist divisions offering trophies and cash awards. Weiser rules apply regulating a four-minute time limit for three tunes including hoedowns and waltzes.

A special feature of the 1982 contest is flat top guitar picking competition with trophies and cash awards in two divisions.

Entry fee for all contestants is \$5 except no charge for junior-junior fiddling and a \$10 fee for the open fiddling division. Entries will be taken until the contest beings at 10 a.m. May 30.

For a complete list of rules, entry blanks or for more information, write the Fiddletown Goes To The Fair Committee, P.O. Box 114, Fiddletown, 95629 or call (209) 245-3916 or (209) 245-6186.

Library of Congress releases new record on Appalachians

Children of the Heav'nly King, a new two-record phonograph album from the Library of Congress, presents a cross section of the religious expression of the Central Blue Ridge, a region in theAppalachian Mountains in western North Carolina and Virginia. Selections on the album include hymn singing, prayers, and sermons from church services, performances of gospel music by local trios and quarters, a baptismal service in a creek, and stories of religous conversion or a call to the ministry.

The recordings were chosen from a collection of tapes created by the Blue Ridge Parkway Folklife Project in 1978, a study conducted by the Library's American Folklife Center in cooperation with the National Park Service. The album was edited by Charles K. Wolfe, professor of English at Middle Tennessee State University in Murfreesboro, who has been in recent years a close student of gospel singing.

Children of the Heav'nly King (AFC L 69-70) is available for \$14 from the Library of Congress, Motion Picture, Broadcasting and Recorded Sound Division, Washington, D.C. 20540.



The Blue Flame Stringband



Hurricane Ridgerunners

Pacific-ly Bluegrass





(Note: To help with the furtherance of bluegrass music, the CBA board has voted to have a column on Northern Nevada Bluegrass Association activities and events in the Breakdown.)

by CHRIS BAYER

Weave your way thru the flashing jackpot lights, skirt the pit with its bullish bosses, bump into the little old lady with her dixie cup of nickles. Line up with the well cressed tourists. Thru doors guarded by well formed girls in min dresses, guided by the major domos you go to your plush red seat. But a stack of obligatory drinks. The lights dim and there's Bill Monroe.

Bill Monroe? In a casino? Well, it happened last year at the Sahara Tahoe. While still the exception, bluegrass in casinos is part of the future, like it or not. So now, I'll tell

you what's going on in Reno.

The Northern Nevada Bluegrass Association has held monthly potlucks since 1979 for local pickers and fans. An economics professor at the University of Nevada, Dr. Mike Reed, broadcasts "Life's Other Side" on KUNR FM 88.7 every Saturday from 3 to 5 p.m.

Bluegrass bands regularly appear at the Depression Deli on East Fourth Street, at concerts sponsored by the University (Ralph Stanley, two years ago(, or at concerts sponsored by private promoters such as Alternative Music Productions.

Locally, there's Tim and Linda Gorelangton playing bluegrass, folk, and original acoustic songs; Dennis Steiner playing hammer dulcimer and banjo often with the Hoch family, known as the truckee River String Band; and Buzzards Roost Band with a David Grismonish progressive sound; Wild Creek playing traditional bluegrass; and the Backwood Band leaning towards old time country music with many original tunes.

On Saturday May I, the National Old Time Fiddlers Association will be putting on a concert at the Reno Little Theatre, 690 N. Sierra. Last February they began a caravan of horses and RV's in Mexico. They're planning to be in Canada in August having put on concerts all along their route to promote the old time fiddle and raise money for their non-profit organization. Tickets are \$5 at the door. Show starts at 9 p.m.

On the weekend of June 26-27, a fiddle contest is being

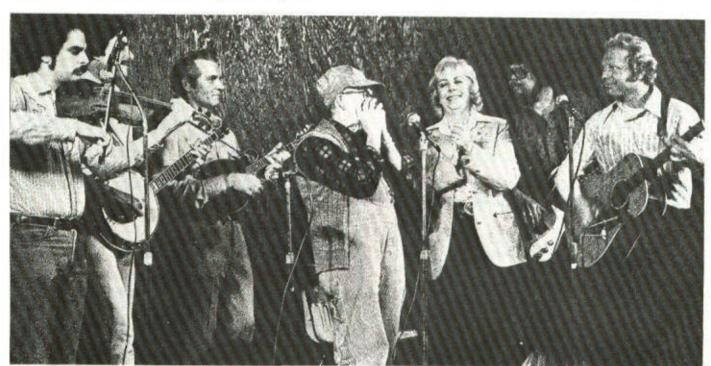
planned in conjunction with the Reno Rodeo.

Alternative Music Productions will be bringing Newgrass Revival to Reno in July, also Leon Redbone in June.

If it sounds like a lot is going on in Reno, there is. There wasn't five years ago. This blossuming can be attributed to a combination of a few hard working individuals and an increasingly appreciative local audience.

There is currently a movement in Reno towards greater aesthetic attractiveness. Which is to say the powers that be are remodeling the downtown area plus building a huge Sierra Arts building. If this really reflects a change in both local and visitor demand, it can be hoped that the nature of Reno's boomlet in bluegrass will continue and grow.

For information on events in Reno join the Northern Nevada Bluegrass Association by sending \$5.00 to Judy Donaldson, 739 Washington, Reno, Nevada, 89503.



Rose Maddox listens as Bill White plays a tune for her at the recent benefit. Over \$2200 was raised to help Rose with her recent medical bills.

Photo by Gene Tortora Twenty-One



Compiled by Barbara Stein If you know of any other radio shows on the west coast that would be of interest to our readers, please send as much information as possible--especially the name and address of the station--to:

California Bluegrass Association P.O. Box 11287 San Francisco, Ca. 94101-7287 Attn/ Editor

BAY AREA STATIONS

KCSM 91.1 FM Phone: 415-574-6427 1700 West Hillsdale Blvd. San Mateo, Ca. 94402

Sundays, 2-5 pm: "Bay Area Bluegrass"
A variety of bluegrass music. The last Sunday of every month is devoted to old time and other forms of traditional music. Alternating hosts: Pete Lude', David Radlaur, and Barbara Stein.

KPFA 94.1 FM Phone: 415-848-6767 2207 Shattuck Ave. 3erkeley, Ca. 94704

Fridays, 3-5 pm: "Pig in a Pen" with Ray Edlund. A fine presentation of bluegrass and old time music. On alternate Fridays: "Panhandle Country" with Tom Diamant--western swing, blues, and bluegrass.

Sundays, 11 am-1 pm: A variety of blues Tex-Mex, Cajun, etc. with Chris Strachwitz.

KFAT 94.5 FM Phone: 408-847-0330 P.O. Box 2033 Gilroy, Ca. 95020

Sundays, 6-8 pm: "Cousin Al's Bluegrass Show" with your genial host, Cousin Al Knoth. Also occasional bluegrass within the regular format. KALW 91.7 FM Phone: 415-648-1177 2905 21st Street San Francisco, Ca. 94110

Saturdays, 3-5 pm: National Public Radio presents "A Prairie Home Companion." This show is broadcast live from the World Trade Center in St. Paul, Minn. Garrison Keillor, a wild and crazy kind of guy, features good quality acoustic music (swing, old time, bluegrass, ragtime, etc.) in a format reminiscent of early radio shows. A very entertaining program.

KKUP 91.5 FM Phone: 408-253-0303 P.O. Box 547 Cupertino, Ca.

Saturdays, 3-6 pm: "High and Lonesome," bluegrass with Rick Nagle. Sundays, 9-12 pm: "Cupertino Barn Dance" with Stompin' Steve Hathaway--cowboy and country music.

Mondays, 6-9 pm: The "Quickstep" with Karen Quick.

Wednesdays, 2-6 pm: Bluegrass with "Freewheeling Fred."

STATIONS OUTSIDE THE BAY AREA

KAZU 90.3 FM Phone: 408-375-3082 P.O. Box 206 Pacific Grove, Ca. 93950

Monday, 9-12 am: "Monday Morning Folk Show" with J.T. Mason. Tuesday, 9-12 am: "Folk Music Around the World."

Twenty-Two

Wednesday, 9-12 am: "Pickin' in the wind" with Peter Figen.

Fridays, 9-12 am: "Singing Stone"- traditional and contemporary folk music with Rick Wolter.

KDVS 91 FM Phone: 916-752-0728 14 Lower Freeborn UC Davis Davis, Ca. 95616

Saturdays, 9:15-12:15 am: Saturday morning folk show featuring folk, bluegrass, country, and live music. Hosted by Pete Hellmuth, Rich Ellis, and Steven White.

KHSU 90.5 FM Phone: 707-826-4805 Humbolt State University Arcata, Ca. 95521

Fridays, 9-12 am: Bluegrass show.
Thursdays, 10 pm-1 am: Folk music with
Boug the Jitterbug.
Tuesdays, 1-4 pm: Folk and international
music with Doug the Jitterbug.

KUOP 91.3 FM 3601 Pacific Ave. Stockton, Ca. 95211

Saturdays, 6-12 am: Saturday morning folk and bluegrass with Michael Bryant.

Saturdays, 7-9 pm: "A Prairie Home Companion"-see description under KALW.

KUNR 88.7 FM University of Nevada Reno, Nevada

Saturdays, 3:05-5 pm: "Life's Other Side" with Mike Reed. Occasionally live performances of bluegrass and other acoustic music.

KVMR 89.5 FM Phone: 916-265-9555 Pk.O. Box 328 Nevada City 95959

Saturdays, 10-12 am: Bluegrass with Ken Crow. Saturdays, 12 am-2 pm: Country Show with Tim Brown and Frank Burch.

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BLUEGRASS BREAKDOWN P.O. BOX 11287 SAN FRANCISCO, CA 94101-7287

KCSM-FM Schedule

"Bay Area Bluegrass" is a weekly show on KCSM-FM featuring the best in bluegrass and old-timey music, both old and new. It's on for three hours each Sunday afternoon beginning at 2 p.m. (91.1 on the FM dial).

Pete Lude and Barbara Whitaker take turns as your host on alternate weeks, except for the last Sunday of the month which is set aside for old-timey and other country music with host Dave Radlauer.

Here's the rundown for upcoming weeks:

May 2 - Barbara Whitaker is your host. Special feature: the hot trio from Southern California, Dan Clary, Byron Berline & John Hickman, recorded live in concert beginning at 3 p.m.

May 9 - Pete Lude' is your host, with a very special three-hour concert from Washington, D.C. featuring the Osborne Brothers, the Country Gazette & Doyle Lawson & Quicksilver.

May 16 - Barbara is back with 3 hours of the best in bluegrass, new releases, and a special look at singing styles in bluegrass.

May 23 - Beside the usual fare of hot music, Pete Lude' will take a close look at bluegrass banjo styles and outstanding instrumentalists.

May 30 - Dave Radlauer examines the early family bands and brother duets in bluegrass and country music.

June 6 - Barbara returns to the airwaves with a look at traditional bluegrass gospel music, by such artists as Bill Monroe, Carl Story, Flatt & Scruggs and more.

June 13 - Pete is your host. Special feature:

Hot Rize, the hot band from Colorado
featuring Peter Wernick on banjo and
Tim O'Brien on mandolin and fiddle, in
concert at the Great American Music
Hall. An exclusive KCSM recording!

June 20 - Dave Radlauer presents a potpourri of bluegrass gems from early rare recordings of Bill Monroe to the latest in new releases.

June 27 - Dave is back with a special show featuring patriotic bluegrass and early country music from all corners of the USA. An Independence Day treat!

The "Bay Area Bluegrass" staff welcomes comments and suggestions from listeners. You can write to them at:

> Bay Area Bluegrass KCSM-FM 1700 W. Hillsdale Blvd. San Mateo, CA 94402

You can also call in your request during the show at (415) 574-6427.

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