

hush and listen

Hope for Universal Sound Healing

Think of a place where you could go and just be. No need to talk about your troubles – give yourself a night off from your worries. A night to lighten your load and let your responsibilities sleep. A night to be still and get in touch with that part of you that spirals deep inside.

That gentle part of you that automatically responds to rhythm – that knows music as the universal language.

Leave your ego at home and bring your hungry soul to be nourished with song, poetry, dance and laughter.

A place where everyone comes together naturally, the musicians interact with the audience and the audience sings along.

Everyone you meet is like an old friend and you feel right at home.

It's an Open-Mike like no other. The performers are incredibly gifted and they give from deep within.

Come see for yourself, get on stage, or hush and listen.

This review is written to thank the brave and wonderful souls who come with open hearts to bring their fun and exciting talent to the Open-Mike stage at The Grapevine Cafe every Friday night from 8-11pm.

I feel very blessed to witness such a powerful potpourri of talent all in one place on the same night. I look forward to someday seeing each of you share your art with the rest of the world, it is waiting for you.

– Terry Rader

Master MC – Uncle Walt.

When Uncle Walt hits the stage, the crowd begins to hush. You see, Uncle Walt, well, he's the man, he kinda calls the shots and gives everyone a hand. Uncle Walt is quite the host, he makes sure all the musicians are treated fairly and everyone is having a good time. He works the crowd and keeps everyone on their toes, this man will have nothing to do with dead air! And once he grabs that mike, listen to what I'm telling you now, everyone knows. It's time to remember to tell everyone: "I Heard It At The Grapevine." So here you go, Uncle Walt, this one's for you, just like I heard it.

Uncle Walt usually waits til last to play but this time he stayed put and went first. You see, the talent that comes to these Open-Mikes is growing and I think he wanted to be sure he had his say. So, he saddled up his guitar and jumped right in to singing *Mercy, Mercy, Mercy* and have mercy, he had us all singing along. He continued the sing-alongs with *A Whiter Shade of Pale* and *Lay, Lady, Lay*. He sings with his heart and ignites the fun-fire in everyone.

uncle walt

talent: singer/songwriter
instruments: guitar/trumpet
doing it: 35 years
fave musician/influences: john prine, van morrison
message: "follow your joy"

The Cecil brothers rock the house every week!

Hot! That's the best way I know to describe these two guys and they get hotter each week. Todd and David Cecil came on stage next with their friend, Ron, who was visiting

ronald f. sural, jr
talent: fiddle player
instruments: fiddle/guitar
doing it: 8 years
fave musician/influences: stuart duncan
message: "magic"

from out of town. With his great fiddle, he joined in with Matthew on the box drum (see page 2). The two Cecil brothers

don't look much alike, they don't sound much alike, but the one thing they do a lot alike is something you gotta experience! They play together, taking turns doing sets. David began with a variety of very unique singing styles, you'll want to listen very closely, his lyrics tell great stories you don't want to miss. He is an awesome guitar player and he'll get your toes tapping as he slaps his guitar with his hand with the song: *Cold Turkey*, I think everyone can relate to the lyrics: "...get behind me, cold turkey, don't make me have to choose, 'cause you know I'm bound to lose, cold turkey..." He did two other songs: *Grist and Sawmill* and *Trials & Tribulations of an Unfortunate Barfly on Tuesday Evening Around 3am*. His voice gets real misty and soft on this one and then they all start jamming, very energizing like a Spanish ballad. David told me that he'll

be leaving for Scotland this summer, he feels that folk music is more welcome there.

david cecil

talent: songwriter/singer
instruments: guitar
doing it: 11 years
fave musician/influences: john prine
cd: david ray cecil
quote: "live inside it"

He quoted a relative from years ago: "*Greensboro is always on the verge of change, it's always just about to happen.*" I think he's a big part of the change that's happening right now. So have fun in Scotland David, and bring even more change back with you! And then Todd took the stage. Wow! This

todd cecil

talent: singer/songwriter/poet
instruments: guitar, mandolin, harmonica
doing it: 20 years
fave musician/influences: ry cooder
cd: working on it!
message: "fear no art"

guy really knows his way around the mandolin and harmonica, but when he picks up that guitar, look out, he'll make you cry for more. He starts

out rocking the place with *Don't Let Me Go*. David is tearing up the washboard with spoons in the same way Todd tore up the mandolin when he backed up David. Ron is bearing down on his fiddle with Matthew beating on the drum box! You gotta be there to dig it, it's huge fun. He continued with *Dancers*, this song makes you want to stomp your feet, get up and dance and a few folks did just that – with wild abandon! Some of us string-lovers couldn't budge from our seats as we were spell-bound watching Todd's magical fingers. I had shivers running up and down my spine and into my happy feet, it was just so intense! John Pavlik got so excited, he had to add to the intensity with more strings, so he jumped up and grabbed his guitar and joined in on bass for *Memphis*. Todd sings: "...my baby's leaving me for Memphis..." Don't worry, Todd, the sisters are lining up even as I write this.

The Open-Mike nights would not be possible without Hope McLean who came to us from Jamaica. She is the sweet owner of the vegetarian restaurant, The Grapevine. She serves lunch and dinner Mon.-Sat. – you can walk in and have a hot meal from the buffet or wait for a custom meal while you check out all the tantalizing desserts. She has a fresh fruit/veggie bar for juices and smoothies, and stocks a variety of drinks, herbal teas, beers and bottled water for us diehards. So, come dine at The Grapevine and give Hope your community support. And come to Open-Mike on Friday nights and feed the stillness in your soul.

Matthew holds the beat.

Matthew is the Grapevine's-Master-One-Man-Percussion-Ensemble. He keeps the rhythm flowing along gently or intensely, whatever is appropriate. He never drowns anyone out and keeps perfect time, whether he's playing his tambourine or bongos or the drum set or his wooden box drum that he sits on. And sometimes he's doing the drum box with one hand and the tambourine with the other!

Matthew's solo drumming calls gently to wake up the rhythm that dwells deep inside each and every one of us, he is the quiet sound healer.

matthew bahr

talent: percussion
instruments: wood box drum/ tambourine/drum set
doing it: 20+ years (off/on)
fave musician/influences: michael hedges, john bonham, joseph campbell
message: "let imagination lead, reality will follow you"

John Paul McNeil and friends.

John Paul fills the stage with his friends, Renee Henry, Uncle Walt, John Pavlik, Joel Landau and Todd. He wears his guitar like an old friend and starts the set with *Rollin' House*. He sings a few songs from his CD that was dedicated to Chief Two Trees and Patch Addams. He pours his heart into the words, a song about the Greenbriar River

john paul mcneil

talent: songwriter/singer/ wholistic PA
instruments: guitar/bass/ banjo/mandolin
doing it: since college
cd: medicine moon
message: "the mountains and vallies sing so sweet, pure, and strong, that Eden comes back like a long lost song"

in West Virginia. Such beautiful harmony with Renee and Walt singing along and playing guitars. John sits in with his bass and Joel joins in with his guitar and Todd sweetens the mix with his mandolin.

Joel does a very peaceful and humble solo on guitar, but we know he's just holding back til he's ready to show us what he's really got. The set continues with

joel landau

talent: musician/songwriter
instruments: guitar/harmonica/ mandolin
doing it: 31 years w/guitar
fave musician/influences: ry cooder, beatles, david bromberg,
tape: group: Pomegrante Rose
"Such is the Garden"
message: "we can play and sing together – we can love and live together"

The Old Newport Waltz, JP said he wrote about the mountains in Blacksburg, Va, he tells us "Get on with your life and love it all." The words are: "Sing like the mountains in springtime, sing with the deep rolling river... A couple gets swept away with it all and waltz

Anna sings Day-O!

Anna is a brave young lady who gets up to grace us with a fun song now and then. Uncle Walt accompanies her on guitar and being the great host that he is, gets the crowd pumped up and singing along. "Day-o! Dayooooooooooooooooooooooooooooo! Daylight come and me wanna go home!" Well, we sing these words along with Anna but everyone knows that's the last thing on our minds. We don't want it to end, we're having so much fun. Everyone's tapping their feet and clapping along and making silly faces as they sing this song. And the night is still young and full of surprises, a few that we have not even experienced yet. So, Anna gets us laughing and singing and having fun. But no, you can't make us, Day-o! We don't wanna go home!

dreamily around the room as everyone drinks in their playfulness. His last song was influenced by Patch Addams. He asked Patch what he saw in the future for medicine, Patch

john pavlik

talent: bass player
instruments: bass/keyboards
doing it: 20+ years
fave musician/influences: i like all types
quote: "go and come straight from the heart. make your choice. live in love, not fear. it really works"

said: "I'm not sure but I hope it looks more like a woman!" I have to agree with Patch on that one, it's time that technology stepped back in this anti-antibiotic era and shared the floor with the women who know the old ways of healing with plants and energy simply because they work, and without all those nasty side effects. Folks are getting smarter and they want what is really safe for them, it is time to bring allopathic and wholistic medicine together to heal all of mankind in order to heal Mother Earth. John Paul's last song: *Sisters* was dedicated to Gail Goodin, a glorious healer in our midst. I am grateful for the friendship and the power this woman has shown me. I highly recommend her beautiful services to everyone, especially if you are feeling stuck and you want to move forward, she can help you find your truth or the courage to search deeper for it. The song's chorus is quite beautiful: "...Sister, may your hands be healing, may your heart be open wide, send your prayers and your laughter reeling, deep inside." This song touches the herbalist in me very deeply, so I'll stop right here because that's another whole "wholistic" newsletter.

I especially love to see the different musicians buddying up and playing together. You find them practicing over the kitchen sink, in the gal's restroom, possibly in the guy's restroom, but I haven't checked it out yet. They even go outside in the cold to join forces. One of these amazing duos are Michael and Phil, who play Celtic jigs and reels. I feel like I'm being taken on a journey back through time with their music. Michael plays the flute with sounds that ring true to loosen the ancestral hinges of my heart and opens me to experience these beautiful melodies. Phil plays the drum in a way I have never seen before. He keeps a rhythm going that gets my feet hopping under the table, I feel like getting up and dancing a jig all over the room, out the door and into the woods where my heart sings amongst the trees and plants. We missed you guys this weekend and will look forward to your next appearance.

And speaking of sisters - these gals are red-hot!

These ladies made quite a debut appearance at The Grapevine. They are very unique in how they sing and they each have a stage presence and self-expression of their own. And when they come together, they are even more incredible. Rhiannon did a song by Billie Jo Nash from the Asheville area, *Sleeping*, which she sang in a very soft, sweet voice: "sleeping together ...all my fears disappear... hush, feel the beating of my heart, hush, this is where the music starts..." Her sister, Lalenja joined her and they sang *Waterfall* together: "Sometimes it takes a

rhiannon giddens

talent: singer
instruments: guitar
doing it: singing all my life
fave musician/influences: sting, etc. folk, appalachian, gospel, celtic
message: "just live and love, that's enough"

rainy day to let you know everything is going to be alright...when you open up your life to the living, all things come flowing in on you, spill some over...spilling over...I'm in the waterfall..."

Then they jumped right into *Round Boogie*: "...rhythmic voodoo...can't hold a candle to jazz..." Wow, these women can do scat and get your head moving like a chicken and your feet tapping and your body swaying: "...it's got my soul... my self-control..." They finished with *Andi's Song*: *she is like the tiger...she'll wrestle the moon from the tides...* I hope they bring these treasures back!

lalenja harrington

talent: writer/singer
instruments: her voice
doing it: 9 years writing and singing all of my life
fave musician/influences: blues, Etta james, tracey chapman, joni mitchell
message: "live life in health"

Carrot on a Stick.

Billy Jones brings his published poetry from his book, *"Carrot on a Stick"*: "Oh, yeah, I'm still crazy after all these years. I still get my heart broke and end up in tears. But the pain's not a stab, it's more like a prick, so I've not spent my time chasing a carrot on a stick." His readings may come across as funny but when you listen between the lines, you may find some old wounds that call for healing. Billy wants to help people find their self-worth and he does this by sharing his life's lessons.

billy jones

talent: writer/poetry/short stories./songs/etc...
instruments: not in public
doing it: 5 years
fave musician/influences: too many to list
book: carrot on a stick
message: "work so that you may live, don't live to work"

Thank you, God.

When Allen sings, "Thank you, God", his passion burns right through in this song: "Thank you for the experience of life, we know there is no debt to be paid... we know your love is with us everyday..." In another song, he sings a truth so sweetly: *Until you feel the silence you'll continue to roam, there's more in a quiet moment than you'll ever know...* He also did some Nashville twangin' heart-achin' tunes with: *Darling, You're Mine* and *Brokenheart Blues*. Thank you, Allen.

allan stanley

talent: singer/songwriter
instruments: guitar
doing it: takes the 5th
fave musician/influences: hank williams, jimmy rogers, the beatles
message: "thank you God"

Will you still love me tomorrow?

David and Lorraine sang duets, just a verse or two apart in sweet melodies that put sails on my heartstrings. Their rendition of *Will You Still Love Me Tomorrow* makes you wish you were lying on a rug in front of a roaring fireplace with your lover's arms wrapped tightly around you. They continued with *Marvelous Joy, Walk in Peace* and *In My Life*.

david giddens

talent: singer/musician
instruments: guitar/piano
doing it: 35 years
fave musician/influences: jt, pp&m, beatles, jim croce/cat stevens.
message: "walk in peace and stand in love"

His incredible voice would boom up and then become gentle, a very wonderful companion and complement to Lorraine's soft, sweet voice. She kinda summed up the whole purpose of this newsletter by saying: "Creativity and Music begin out of silence - a stillness inside". This is what I hope others can experience at The Grapevine, that stillness inside.

lorraine shackelford

talent: singer/actress
instruments: her voice
doing it: 42 years singing and 30 years acting
fave musician/influences: beatles, streisand, csny, joni mitchell, doc watson, billie holiday, etc...
message: "music is the language of the soul"

You can count on Renee to stir things up and light up the night.

Grapevine Cafe & Juice Bar

435-B Dolley Madison Road
Greensboro, NC 27410
336.856.0070
Mon-Sat 11:30am-9pm

Be sure to visit next door
at Joel's Health Food store:

Joel's Natural Foods and Supplements

435-C Dolley Madison Road
Greensboro, NC 27410
336.856.6500
Mon-Fri 10am-9pm
Sat 10-8pm
Sun 1-6pm

Happy Trails 'til Friday night!

What can I say, there is just nothing that this woman doesn't do very, very well. Renee brings humor and light with her guitar to the stage and then she puts on a performance you won't soon forget. This lady can sing – each time I think I've heard all of her voices, she surprises me with another one. She begins with *Fairy Dust*: “I've been down this road so many times, still I wanna believe...is it love or just a little bit of fairy dust..can lies be replaced with trust.. Oh, so tender, she makes you believe it can be more. *The Voice* will give your eyes a sweet and serious misting. *Ready for the Storm* is so tender, her

Sweet, celtic blessings.

When Katherine takes the stage, everyone knows to be quiet for her voice is so true, it rings deep within your skin down through and into the very marrow of your bones. She seized our attention with *Danny Boy* and then surprised us with a sweet rendition of John Denver's *You Fill Up My Senses*. I felt a great warmth move into my heart with *Clohinne Winds*: “...a storm was raging in my head, woke to find you by my bed...I arose to follow where you led...” Her songs remind me of a time far away, a time that is returning, a time to relish in the joy of spirit. Katherine also surprises us each week with her humor. She is so humble and she has such incredible potential for greatness.

I have visions of this gifted woman in a huge auditorium surrounded by thousands of people, singing her heart out.

katherine nall

talent: gangin'
instruments: voice
doing it: 3-4 years
fave musician/influences: loreena mckennitt, all celtic
message: “something doesn't have to be profound to be beautiful”

harp's magical notes, somewhat haunting, yet lovely at the same time, bittersweet harmony that gives you

renee henry

talent: song healer
instruments: harp/guitar/piano
doing it: all my life
cd: Renee Henry & Farm Jazz
message: “let your light shine”

strength to know you can hold your own through anything. Then she pops up big, big fun with *What's Up* (4 Non-Blondes). She truly is a blessed song healer and I am grateful every time I get to see her perform. Her singalongs get everyone joining in. I love her cd and can't wait for the next one she's working on, so hurry up, Renee, we're waiting!

No more war!

Ralph gets on stage with his guitar, Todd with his harmonica and Matthew on drums. He sings: *Happy Meals at Mickey D's* and then he gives us a deeper meditative look with *No More War*. A message of truth from a Vietnam vet who feels that this generation should speak out to end all war, he plays this like a Spanish ballad, a story that screams the truth, he has a deep, thunderous voice that will penetrate right through any illusions you want to hide behind. “...No more hunger.. no more fears....” Then Todd pulls your heart-strings a little tighter with a beautiful solo on his harmonica. Ralph finishes the set with the first song he ever wrote that he actually finished: *The Man That I Would Be*: “I search within for I will find the man that I will have me be...” I think he has definitely found his passion.

ralph baldwin

talent: singer/musician
instruments: guitar/drums
doing it: 46 years
fave musician/influences: todd Cecil (amen), walt denny
message: “eternity is now, and we have ascended”

The night ends with happy feet and clappin' hands all 'round.

Did we save the best for last? Well, there is no “best” at The Grapevine, it's all great on this wonderful, heaping sample platter. But these two guys certainly brought a new and different kind of energy to the stage. Willie on mandolin and Jonathan on fiddle cranked out some jigs and reels to set any dancer's feet on fire. And a few blazed around the dance floor while others sat and clapped and rocked in place. These guys just

willie repley

talent: music mostly
instruments: mandolin/flute, whistle/trumpet,etc...
doing it: several odd years
fave musician/influences: friends mostly
message: “dance...dance”

about brought down the house. Did I say high energy, I could hardly believe the words coming out of Willie's mouth,

his lips were moving so fast. His flute was simply magnificent, he finished the set with his mandolin with Jonathan still on fire with his fiddle, they left us all wild-eyed and revved up. It was hard to go home and fall asleep after that grand finale. Whew! Let's do it again next Friday!

jonathan thielen

talent: musician
instruments: fiddle
doing it: about 1 year
fave musician/influences: becky tracey, natalie mc.
message: “dance!”