



Mustard's Retreat Brings "Music to Cure what Ails You" to March 25 Concert

INTERVIEW BY KATY OBERLE

David Tamulevich and Libby Glover – who perform together as Mustard's Retreat – think folk music and the community that comes together around it offer hope. They see the audience as family, and celebrate their common ground through laughter, tears, and song.

Both want audiences to feel at home, safe and honored. See them perform at **8pm on March 25** for the Americana/Folk Concert Series.

Katy Oberle: Mustard's Retreat has quite a legacy, dating back to 1975. Can you talk about the group's origins and how its membership has shifted in different ways over the years?

David Tamulevich: Michael Hough and I met as short order cooks in Ann Arbor in Spring 1974, and started playing music together occasionally that Summer. In the Fall he got a job as a bass player with his brother-in-law. That New Year's Eve some friends and I were at the Old Heidelberg Restaurant here in Ann Arbor. There was a guy on stage playing, and my friends said. . . "You could do that!! Audition!!!." So, the first week of January I did. Libby was the bartender, and the boss asked her what she thought. I'll let her finish...

[See Mustard's Retreat, pg 4](#)

If it has found a useful and essential place in people's lives, it is Folk music - John Gorkae

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Rhiannon Giddens at The Southern Theater with the ProMusica Chamber Orchestra & Our Post-Concert Chat with Her

BY: DON CAUDY AND AMY WEINHOLD

On January 19, 2023, Don and Amy attended Rhiannon Giddens' concert with ProMusica at The Southern Theater. The concert was excellent! Five stars! If you don't know who Rhiannon Giddens is, you should. She is a very gifted, multi-instrumentalist, and an ethnomusicologist. Her website, rhiannongiddens.com, summarizes a portion of her history.

In short, she's a two-time Grammy award winner and has been nominated for 8 Grammys. Her first Grammy came with the band Carolina Chocolate Drops which she co-founded. Her second and most recent Grammy came in 2022 when she won the Grammy for Best Folk Album for "They're Calling Me Home" which she recorded with her partner, Francesco Turrisi.

After the concert, Don and Amy were taken backstage to meet Rhiannon. The following is a small part of that conversation.

Don Caudy: The concert tonight sounded great! We were close enough to hear it acoustically and didn't need the amplification.

Rhiannon Giddens: Thank you so much!

Rhiannon is from Greensboro, NC, born on 2/21/1977. She grew up listening to her

*Rhiannon Giddens,
Courtesy of Ebru Yildiz,
Nonesuch Records*



mom and her sister talk about their culture, heritage, and the struggles of slavery. She had tired of listening to it as a child and wanted to "run away from it and go sing opera."

Rhiannon: Then I graduated college and started asking myself "what am I doing?"

On that journey of self-discovery, she found the banjo through contra dancing. And the banjo brought her back to her roots. She realized that she hadn't appreciated what she was learning. She realized the importance of the culture and stories that surrounded her childhood. She found the "last black fiddler of the old tradition" and with an accomplished sigh said "there's a whole story." Indeed there is.

Amy Weinhold: You can tell because each one of these songs has a reason. Just like you said on stage about Purchaser's Option, that you saw an ad about selling a slave that inspired you to write about that experience. That led you to doing a lot of research, I'm sure.

Rhiannon: "Yeah, I've read a lot of books, a lot of books," as she nods and smiles, and you can just watch her body feel all of that

knowledge, spirit, and empathy for what she's gleaned over the years. "I flushed a lot of that (history) out. I did a piece for Audible called "To Balance on Bridges," and there's some pieces of music that me and Francesco did that is not available anywhere else like some versions of my songs, and it kind of explains why I am doing this. You know, it answers that whole question. It was a cool opportunity. It's like an audio bio."

She's a ferocious reader and researcher. She has a genuine personal passion for her history. Rhiannon is of multiracial ancestry. Her father is European-American and her mother is a descendent of African and Native American tribes including the Lumbee, Occaneechi, and Seminole. She has the ability to put just two simple sentences together and yet describe the tragic 400-year history of slavery, encapsulating the depths of those hardships and the triumphs, into such incredibly beautiful, rhythmic, soul-searching music and instrumentation. Her voice is an amazing instrument that she plays very well. Telling a story with every word is her talent. There are no filler words here.

Amy: I am amazed at how you write such beautiful words for such tragic events. So, how do you come up with your songs? Do you cocoon yourself or collaborate with others?

“... an electrifying artist who brings alive the memories of forgotten predecessors, white and black.” – Smithsonian Magazine

Rhiannon: Yeah, I collaborate with others. The spiritual ones kind of come out when they want to come out. I have kids so it could be when I'm cooking or walking or whatever and they just suggest themselves.

I asked her how many kids she has, and she has two from her prior marriage to an Irish traditional musician. Being from Ireland, she wanted her children to know that part of their family culture, so they moved to Limerick, Ireland. After they separated, Rhiannon began a relationship with her Italian musical partner Francesco Turrisi and has been with him for 5 years.

Along the way, she became the founding member of the Grammy-winning country, blues, and old-time music band the Carolina Chocolate Drops, where she was the lead singer, fiddle player, and banjo player. She also plays viola. She played with the likes of Bob Dylan "back in the day," and has so many accomplishments that there are too many to list for her short 46 years. Go to the Wikipedia entry for her and you shall see how she has intricately woven herself into the fabric of folk music. "The Wall Street Journal said the album (Tomorrow Is My Turn) "confirms the arrival of a significant talent whose voice and distinctive approach communicates the simmering emotion at the core of the songs." My personal favorite is the Freedom Highway album; just magical. Pitchfork has an excellent review of this album.

I asked her if there is a spiritual reason that she doesn't wear shoes on stage (or

[See Rhiannon, pg. 5](#)

Mustard's Retreat, from pg 1

Libby Glover: A shy cute guy showed up for audition, raw but real. Before long I was up on stage singin' with him in my dirndl. . .

David: We became a trio (myself, Libby & Michael) and took the name Mustard's Retreat in May 1975. Libby moved away to the West Coast, and Michael and I were a duo until the end of 1975 when she came back. We played as a trio for about 3 years until Libby moved away [again] to points south at some point, and Michael and I continued on as a duo until 2016. Michael retired in February 2019; Libby and I have been performing as a duo ever since.

Katy: How did you choose your group's name, "Mustard's Retreat?"

David: Well, we wanted a name for the group in May 1975 and came up with many possibilities but couldn't agree on one. Mustard's Retreat was the name of a tune I had written from a guitar lick that a friend, Nancy Mustard, had showed me. I thought I would name the tune after her so that is where the Mustard's comes from. The Retreat was taken from an old fiddle tune, Bonaparte's Retreat, and voila, Mustard's Retreat was born! I just tossed that name out to Libby and Michael. It was quirky and original, so we all said yes to it. We never thought we'd still be performing in 2023 with the same name! But it has served us well and we've found that it is memorable.

Libby: David's instrumental song for the band's name won out over 'Libby and the All-nighters'.



Libby Glover and David Tameluvich

Katy: How do you describe your music?

David: We came of age at a very, we think, fortuitous time. Folk music was a big element of popular music in the late 50s early 60s; we also learned it in school. The confluence of folk and singer/songwriter became a template for us. We care about content and feel grounded in the common tradition of folk music. . . . We appreciate great songwriting, and sing songs that move us. That is what we want to give to an audience: songs that make a difference and mean something to them, and us . . . The show and the songs are fun, poignant, thought provoking, heart warming . . . memorable . . . and singable. We love to have audiences swing along with us.

Libby: . . . harmony . . . message . . . impact . . . and magic. Peace and Love will win every time!

Katy: Can you share what you mean when you refer to your career and touring as "Defiantly Hopeful."

David: . . . the essence of folk music; that it IS defiantly hopeful . . . in the face of what life throws at all of us . . .



Rhiannon Giddens, from pg 4



Rhiannon Giddens, Amy Weinhold and Don Caudy

anywhere, really). She said that it keeps her grounded. I expressed that I find her music very spiritual and with a heartfelt appreciation, she said that that's all she

can ask for. "Everything else, you know . . . whatever, all the accolades blah, blah, blah, but people are finding in it what I find in it, and that's good."

Don: You did such a great job. I heard you do "American Tune". The first time I heard you do it was on the Grammy Salute with Paul Simon. I have to tell you that brought tears to my eyes. I sobbed.

Rhiannon: I'll tell you a secret. I cried in the dress rehearsal. It's such an amazing song.

Before Rhiannon was whisked away by the manager, Don shared with her that we are part of the Columbus Folk Music Society which she thought was wonderful. What a great experience. **Thank you, Rhiannon.**

Enjoy the Folk Festival Even More by Volunteering!

BY RANDI COHEN

If you're coming to this year's folk festival May 6-7, please consider volunteering for a few hours to help the festival run smoothly. It's fun, it's energizing and it'll make you feel great!

Like last year, we are going to need a TON of people to help. Well, maybe not a TON, but oodles and oodles! We'll have the beer garden and we need people posted at each of the music tents, in arts and crafts, instrument petting zoo, etc. We need people willing to help others feel at home, drive golf carts, guard instruments, and help people find seats in the music tents, etc. None of the work is strenuous except helping to set up and tear down. If you have volunteered with us before, you know



it can be really fun to be a part of this. If you have not volunteered with us before, well, it's about time to try (you do not need to be a CFMS member)! And you'll be joining a vibrant community of our volunteers. We even host a post-event volunteer party!

If you are interested in volunteering and/or if you have a friend who wants to volunteer, for the Festival this May 6th & 7th at Highbanks Metro Park, please email Randi at: randi@randicohen.com.

Worthington Square Jammers and GrowIN Bring Music and Important Connection to Seniors

BY LAUREN FEYH (CO-FOUNDER OF GROWIN) AND STEVEN ING, MD

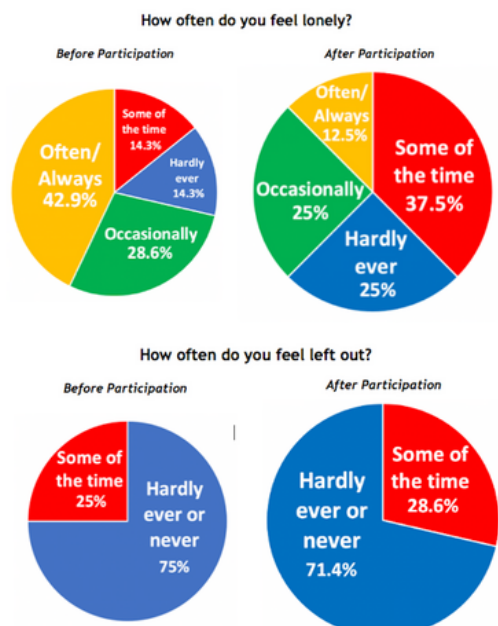
Editor's Note: The Worthington Square Jammers have long provided music for seniors in nursing homes, and willingly pivoted to online jams for residents beginning in 2021. In 2022, a collaboration was formed with GrowIN to further this outreach. GrowIN was launched in March 2021 as a passionate vision by Co-Founders Lauren Feyh and Shannon Erskine. The non-profit GrowIN continues to thrive and provides programming and education around nutrition, wellness and the arts. Programs include: Exercise & Wellness, Crafting Series, and Worthington [Squares] Jam Sessions to name just a few, but key to the programs is connecting various age groups together and fostering a sense of connection.

The COVID-19 pandemic has brought on many negative health effects on people of all ages, in particular, nursing home residents who were isolated and not able to interact with their loved ones in-person. What an effect on mental health this has wrought! The Worthington Jammers have played in nursing homes for years but adapted to do jams virtually during the pandemic. They partnered with Franklin Park Conservatory (FPC) and GrowIN – Intergenerational Community Programming (GrowIN) to pilot a program held at the FPC Children's Garden from June-September 2022. Jammers played to a virtual audience from residents of three Columbus-area nursing homes, as well as in-person to preschool/school-aged children, parents, and grandparents.

Limited mobility, dexterity, cognition, and immunocompromised status are barriers preventing folks from enjoying life activities

they could participate in during prior times. GrowIN aims to deliver modifiable and enriching programs to help participants of all ages engage in meaningful activities and to build relationships that bridge the age gap. GrowIN also provides training to staff, residents, families, etc. to access technologies that help older adults in resident communities to engage in virtual, hybrid, and in person events.

This pilot program helped older adults feel more connected by virtually visiting the natural environment of FPC, enjoying some old tunes, interacting with musicians, and seeing kids enjoying themselves. We surveyed the nursing home residents before and after the jam using the loneliness/social isolation measure from the Generations United Intergenerational Program Evaluation Tool Kit. Residents felt LESS lonely and LESS left out after the jams.





Welcome NEW Members

Chris Hahnel
Seanna Johnson
Rona Rosen
David & Julie Sapper
Ed Black

**...and Welcome Back
RENEWING Members!**



Save the Date!

Concert Series

Mustard's Retreat

Saturday, March 25, 8pm

Open Mic: 7pm, Open Jam: 6pm

Donation: \$15 / \$10 for members

Venue: Columbus Mennonite Church,
35 Oakland Park Ave, Cols, OH

Zoom Jam Sessions

Offered to nursing homes Thursdays
10am -12 noon. If you wish to
participate, please contact Jane at:
vanaukj@gmail.com

In-Person Jams

Mondays 6-8pm at 4th Ave
Christian Church, 296 W. 4th Ave.

Saturdays 9:30-11:30am at
Whetstone Community Center, 2nd
floor, 3923 N. High St. Free learning
jams.

NEWSLETTER TEAM

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GrowIN, from pg 6

Worthington Jammers at FPC event

Between each of the four monthly jams and following completion of the program, we met with various participants (in-person and virtually) to discover how to best improve the program. It was clear that engaging with participants virtually was a challenge! We are excited to host more in-person activities as the threat of COVID-19 continues to decrease.

We are inviting others to get involved too by providing tech support at nursing homes and at FPC (Franklin Park Conservatory), photographing activities, interviewing kids, etc. If you are interested or have questions, please contact Steve Ing (ironchefsing@yahoo.com) or Lauren Feyh (growin.inquiry@gmail.com) to help "connect" our world even further.

The CFMS is also partnering with GrowIN to connect some upcoming May Central Ohio Folk Festival events to residents in nursing homes.

GENERAL INFO ABOUT THE FESTIVAL HERE:

www.columbusfolkmusicsociety.org/festival.html



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Date _____ ☐ New ☐ Renew Preferred Newsletter Format: ☐ Digital ☐ Hard Copy

Name(s) / Band Name (if applic) _____

Address _____ City _____ State _____ Zip _____

General Age Range – Born: ☐ 1930s-40s ☐ 1950s-60s ☐ 1970s-80s ☐ 1990s-2010s

Phone _____ (Cell) _____ If Band, website _____

E-mail Address _____ Additional e-mail (if a household or band) _____

We are also a growing, vibrant community of volunteers; the awesome force behind our work! Please ☒ at least 1 box.

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> May folk festival | <input type="checkbox"/> General Help | <input type="checkbox"/> Organizational Skills | <input type="checkbox"/> Social Media |
| <input type="checkbox"/> CFMS concert events | <input type="checkbox"/> Graphic Design | <input type="checkbox"/> Professional Musician | <input type="checkbox"/> Web Design |
| <input type="checkbox"/> Cooking / Baking | <input type="checkbox"/> Leadership Skills | <input type="checkbox"/> Professional Instructor | <input type="checkbox"/> Writing / Newsletter |
| <input type="checkbox"/> Data Management | <input type="checkbox"/> Legal | Instruments: _____ | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Fundraising | <input type="checkbox"/> Musician | <input type="checkbox"/> Publicity | <input type="checkbox"/> None |

MEMBERSHIP RENEWALS ARE DUE ANNUALLY ON DECEMBER 31. ☒ one of the membership levels listed below.

- | | | | |
|--|---|--|--|
| <input type="checkbox"/> Individual \$20 | <input type="checkbox"/> Band \$25 | <input type="checkbox"/> Sponsor \$100 | <input type="checkbox"/> Silver \$250 |
| <input type="checkbox"/> Household \$25 | <input type="checkbox"/> Good Friend \$50 | <input type="checkbox"/> Patron \$200 | <input type="checkbox"/> Life Member \$500 |

To join/renew by credit card, visit CFMS' website: columbusfolkmusicsociety.org (About Us/Join)

OR click here: <https://tinyurl.com/CFMS-Join>

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