



The Pints Band Brings Irish Merriment to Nov 19 Concert

INTERVIEW BY BILL COHEN

The Pints band mixes traditional Celtic tunes and Americana with passion and good humor. Its all about the music and the craic. The band will appear at **8pm on November 19** for the Americana/Folk Concert Series held at the Mennonite Church.

Bill Cohen: Your band first focusses on Celtic/Irish music. Give us a little background on that genre and tell us why you all love that kind of music so much.

Ed Tatum: I think we all just fell into it really. We all grew up playing different types of music, and then at some point we heard the Irish folk songs and pub tunes. Catchy tunes, with clever lyrics and good humor, as well as poignant songs of love, loss, and betrayal. As you listen more carefully, it really pulls you in. The tunes are mesmerizing. Then you start playing it, and all of a sudden you realize a certain progression will sound like a lot of the non-Celtic tunes we grew up playing.

For example, a number of the fiddle tunes will have passing chords and timings that mimic the signature riff of the Grateful Dead's "Friend of the Devil".

[See Pints..pg 3](#)

I'd really rather put songs on people's lips than in their ears. -Pete Seeger

A Different Strummer Newsletter Highlights

THE PINTS INTERVIEW
PG 1

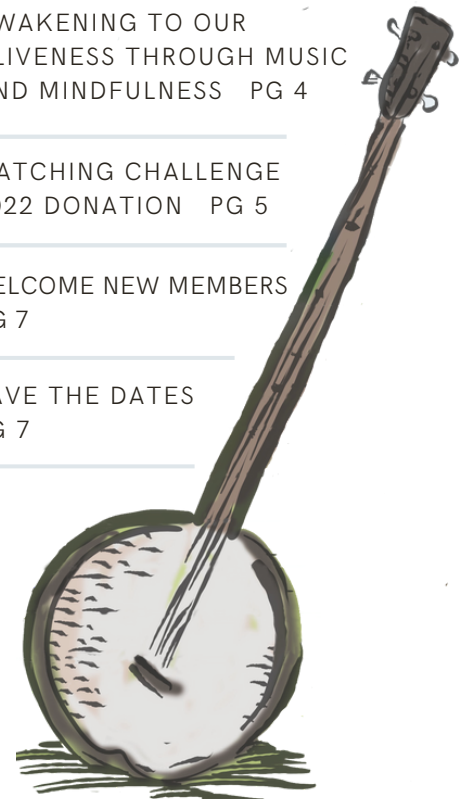
CFMS LOSES ONE OF ITS
FAVORITES PG 2

AWAKENING TO OUR
ALIVENESS THROUGH MUSIC
AND MINDFULNESS PG 4

MATCHING CHALLENGE
2022 DONATION PG 5

WELCOME NEW MEMBERS
PG 7

SAVE THE DATES
PG 7



Columbus Folk Music Society Loses One of Its Favorites

BY PETE INSABELLA



Karen Stephens

In September of this year, Karen Stephens lost her three-year battle with cancer.

Karen had been a major contributor to CFMS' folk music outreach, performing with the Worthington Squares and other combos for more than 10 years.

"I brought a songsheet for 'Hangman' by Peter Paul & Mary to one of our Farmers Market jams. I was sitting next to Karen and asked her if she'd sing the last 'saving' verse. She wasn't familiar with the song. I told her that, after hearing three repetitive verses before she would sing, she'd pick it up easily. She smiled, laughed, gulped, and said 'Yes!'. And then, of course, she sang it perfectly. And with joy." Mike Zajano

"I remember Karen's hospitality when she hosted a jam at her home. It was great fun." Ruth Ann Farthing

Karen performed with The Worthington Squares and other combos for more than 10 years.

Denny Stephens, her husband of 41 years said this: "Karen has been a treasure and loved by all who know her. She was smart, talented, and funny. She had many interests, but of course music was her passion."

Karen and Denny were members of the Northwest United Methodist Church in Columbus for 36 years and during that time Karen contributed significantly to the music ministry of the Church.

Steven Ing, also a member of the Church and a Worthington Squares charter member, said: "Karen used her voice with great effect as a stalwart member of the church choir. She was quick witted and made everyone around her feel at ease."

Bob Lipetz, a CFMS Board member and a Worthington Squares regular, contributed: "Karen had one of the sweetest, purest voices I ever heard. I loved it when she sang Rainbow Connection. She also had the sweetest heart, organizing group social events for the Squares."

And Randi and Bill Cohen commented, "Whenever we saw Karen, she was smiling. Probably because she was surrounded by music. Whether it was at a jam, the yearly folk festival, or a picnic she and Denny hosted at their house, Karen exuded happiness."

Karen Stephens will indeed be missed.



The Pints performing at Dublin Irish Festival

Pints, from pg 1

Bill: The Pints also mix some Americana and Appalachian music into your performances, and you say that those music styles are related to Irish music. How?

Ed: As you spend time listening, you can hear similar patterns and themes from the Celtic genre in our bluegrass and folk music. And this makes sense, as you trace the immigration patterns of the western Europeans coming to America. There were lots of the Irish, and Scot-Irish, arriving in Pennsylvania, and then rolling down the Shenandoah valley to the Appalachian mountains. It's only natural our Americana and folk would evolve from this.

Taking it a bit further, this music migrated down to Alabama and Mississippi and mixing with the music from Africa and the Caribbean gave rise to the delta blues eagerly consumed by the British in the early 1960s that lead to the "British Invasion" of the Beatles, Rolling Stones, and the Who. Full circle!

Bill: The Pints feature some veteran musicians. Tell us a bit about each one, their role in the band, and their musical careers.

Ed: The Pints formed in late 2019 and were promptly sidetracked by the pandemic. But for some videos, distanced rehearsals, and the 2021 Dublin Irish Festival, we really didn't get moving until St. Patrick's 2022. Since then, we have played ten shows in six different venues, in the Columbus area and in northern Michigan.

I can't tell you how fortunate I am to play with such a talented group.

Matthew Peyton Dixon has been performing and writing music professionally since the age of 16. He is currently working with Denison University and The Ohio State University dance departments as well as playing percussion with many different local and national artists. He has accompanied and composed dance at the University of North Texas and Texas Woman's University. He has also been a resident accompanist at the world famous American Dance Festival since 2016 and has played for the Joffrey Ballet and David Dorfman dance intensives. Matthew has composed over 40 works for dance, has 7 solo albums, many album recordings with bands, toured extensively throughout the U.S., and has 4 volumes of poetry.

Jeff Kanel has been playing violin since the age of seven. Suzuki trained, he played through high school, focused on classical repertoire, eventually playing with the Cleveland Symphony Youth Orchestra in the late '80s. And, while Jeff always enjoyed classical music, he was enthralled with a Tommy Makem performance at an Irish festival. The unique ornamentation and lilt of Irish tunes had stuck with him ever since.

See Pints pg 6

Awakening to Our Aliveness Through Music & Mindfulness



BY CFMS MEMBER KATY OBERLE

Mindfulness means paying loving attention to one's present moment experience. The practices of music and mindfulness have much in common; both require dedication, consistency, focus, deep listening, patience, and non-judgment.

Non-judgment doesn't mean non-discernment. As musicians, it's important to discern whether one lyric works better than another, or whether we've made the best chord choice, because we want to produce the highest quality piece we can for our audience. This is different from being judgmental, however; the moment

we get self-critical is the moment creativity and flow exit stage left.

When we harshly compare ourselves and our music to other musicians and their music, we become less guided by our own intuition. This tends to result in us creating inauthentic-sounding products, even though the music itself may be technically excellent.

Through engaging in mindfulness*, we can increase our self-awareness about what actually feels authentic to us *in the moment*, and we can then create music from this mindful, heart-centered place.

The music we mindfully make can feel very vulnerable to share, *precisely because* it comes from our heart. My go-to coping skill is closing off my heart to protect it, so it takes a lot of bravery for me to open up and share my music with others. I relate to singer Anna Nalick's lyric, "These words are my diary screaming out loud".

It ultimately doesn't matter if we share our music, as long as we make it. Because making music that reflects the joyous highs and sorrowful lows of the human experience – of *our* experiences – is a creative form of mindfulness that, like formal meditation, has loads of benefits for our mental, emotional, physical, and spiritual health.

When we share our music, those benefits can ripple out to others. There have been so many times in my life when musicians and their songs have saved me by compassionately, creatively reflecting what I was feeling and thinking in the moment. Perhaps Joni Mitchell, the Indigo Girls, and James Taylor wouldn't

“ The best concerts don't last forever, but neither do our hardest moments. By riding life's waves with equanimity and self-compassion, we can be present to it all, which is the gift of being alive. ”

DRIFTWOOD

Katy Oberle



consider themselves to be mindfulness teachers, but I would. *Which musicians and/or songs have been (or still are!) mindfulness teachers for you?*

I'll share one more way that mindfulness has served my life, and my music, well. Mindfulness has taught me the lesson of impermanence. The best concerts don't last forever, but neither do our hardest moments. By riding life's waves with equanimity and self-compassion, we can be present to it all, which is the gift of being alive. Here's a lyric from my song "Driftwood" (the title song from my 2022 EP**) that was inspired by this teaching:

*I'll get by as I ride the tide
No reason why it has to feel fine always,
I've got time and spaces wide
And I will find my way someday, someday.*

* There are hundreds of books on mindfulness, but here are a couple classics and one on music and mindfulness:

[Mindfulness for Beginners](#) (Jon Kabat-Zinn)

[The Miracle of Mindfulness](#) (Thich Nhat Hanh)

[In Tune: Music as the Bridge to Mindfulness](#) (Richard Wolf)

** You can find my music on all streaming platforms, and you can learn more about my creative mindfulness offerings/services at www.katyoberlecreative.com.

Matching Challenge: Your 2022 Year-End Donation Doubled!

As an organization we seek to bring you engaging and captivating folk music performances and other opportunities every year. Our annual festival at the beginning of May is just one of those experiences!

For the past six years, an anonymous donor has come forward with an offer to match all donations to CFMS beyond those of regular membership dues, received before December 31, up to a total of \$1,000. That means if we are able to raise \$1,000, it will be matched by our generous donor to a grand total of \$2,000!

Donations may be made in several ways:

- By credit card via our website (you need not have a PayPal account to donate):
www.columbusfolkmusicsociety.org/contact-donate.html
- Via the Columbus Foundation's Giving Store: columbusfoundation.org/the-giving-store/nonprofit-directory-listing/ColumbusFolkMusicSocietyInc/6505
- Or by check payable to Columbus Folk Music Society and mailed to: CFMS, PO Box 20735, Columbus, OH 43220.

Please write "matching challenge" on your check or online donation note.

We thank you in advance for your consideration!

Pints, from pg 3

Fast forward 25 years . . . Jeff dusted off his violin, determined that he would finally play Irish music. Jeff began performing locally with native Irish talent in Ballybeg Banter. It was during this period that he also learned mandolin, guitar, and bit of bodhran.

Heidi White has played and sung music most of her life. She started her first band in the 4th grade and hasn't stopped playing since. She has worked as an acoustic single and duo and has sung and played keys with a few rock bands.

Bluegrass music got Heidi back to her choral music roots. She began playing bass and singing as an original member of Grassahol. Heidi still plays bluegrass with some of her former bandmates in Wood Pickers and Timbrewolves.

After persistent begging from the band and encouragement from other musician friends, Heidi took the opportunity to join The Pints in 2022 and started a crash course in Irish music.

Ed Tatum As for me, I guess one morning you wake up and you're a "veteran musician"! I haven't really thought about it that much, but yes, I've been playing music for fun for over 50 years. I have been in various rock bands since high school and into adulthood. I began playing the Irish pub tunes when a buddy asked a group of us to play a St. Patrick's show at a retirement community. That gig led to a sixteen year run of every Thursday night performances at Rare Olde Times in Richmond, Virginia, with Uisce Beatha.

Since Erin and I moved to Columbus in 2015 I have been active in participating

and performing with the Columbus Folk Music Society as well as the Irish music community. Matthew and I began playing together in 2017 and, with Jeff, formed The Pints in 2019. We decided to get serious and convinced Heidi to join us!

Bill: CFMS followers often say they enjoy folk music because it often sparks emotions. What kind of feelings and emotions does your band try to evoke – in your audiences and in yourselves?

Ed: Joy! Our main focus is to have fun. We want our audience to enjoy themselves and we always have a great time playing! I think that's the point really. If we can invoke a thoughtful moment, that's a benefit too.

I think the core of folk is evoking feelings based on basic values and experiences. The loss of love, the lonesomeness of separation from loved ones, a fight for freedom and justice, are some examples. Other songs play on our need for merriment and good humor. The essence of evoking an emotion is making it relevant and relatable. The Irish experience is rich in hardship, personal fortitude, and good humor. As is our strong folk tradition. Fertile ground for a reflective and meaningful experience!

But also, we seek to be each audience members' day-after earworm for a riff or tune from the night before! We want you to feel the music.

Hear The Pints perform "Irish & American Pub music" Saturday, November 19 at 8pm at Columbus Mennonite Church, 35 Oakland Park.



Welcome NEW Members

Lori Beals Julie & Jeff Reiswig
William Ganz Dick & Sheri
Zickie Glinski Shemensi
Casey Redmond Alyce Stoops

RENEWING Members - Welcome back!
Please see Editor's Notes.



Save the Date!

Concert Series

The Pints

Sat, Nov 19 at 8pm

Open Mic: 7pm (pre-signup)

Venue: Columbus Mennonite Church
35 Oakland Park Ave, Cols, OH
Donation at door: \$15 / \$10 for
CFMS members.

Zoom Jam Sessions

Mons & Tues, 10am-noon

Thurs, Nursing Home, contact Jane

Sats, 9:30-11:30 am

To get the current link to the
sessions, contact Jane at:

vanaukj@gmail.com

In-Person Jams

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

Thursdays 11:30am-12:30 pm at
Gillie Community Senior Center,
4625 Morse Centre Dr. Play for
folk coming in for lunch.

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

NEWSLETTER TEAM

Editor (interim): Diane Boston

Regular Writers: Pete Insabella, Bill Cohen

Layout: Sherry Hubbard

Distribution: Pete Insabella

CFMS Event Photos: Linda McDonald

EDITOR'S NOTES



Renewing Members: "Look for a thank-you e-mail acknowledging your recent membership sign-up or renewal. We are grateful to you for your continued support! We had 36 renewals and five new memberships in September and to-date, 39 renewals and seven new memberships in October. Rather than list the many names of you who have renewed, we wanted to allow our newsletter to bring you more story content instead!" *Randi Cohen, Membership Coordinator (2022-23)*

Marian Harris Article: Our October newsletter promised an article in our November newsletter about Marian Harris, one of our other new board members. Please look for that article in the December newsletter issue.

Another Concert Favorite

Bill Cohen's annual Gratitude Concert
Fri, Nov 25 at 7-8:30pm. At Maple Grove
Methodist Church, 7 W. Henderson, Cols

Songs linked to John Denver, Phil Ochs, Don McLean, Weavers, PP & M, and others will focus on what we're thankful for — friends, family, freedom, nature, & music. Donations welcome.

Thanksgiving Day Jam: Consider contributing your talents by playing music during a Thanksgiving Dinner outreach on the Westside: St. Aloysious Church, 2165 W. Broad St. For times, email: vanaukj@gmail.com



The Columbus Folk Music Society

P.O. Box 20735

Columbus, OH 43220

VMB: 614-470-3963



www.campusprinting.net

info@campusprinting.net

(614) 261-7991

BECOME A MEMBER OF THE COLUMBUS FOLK MUSIC SOCIETY

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

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

Address _____ City _____ State _____ Zip _____

Phone _____ (Cell) _____ Year of Birth _____ 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"/> Writing / Newsletter |
| <input type="checkbox"/> CFMS concert events | <input type="checkbox"/> Graphic Design | <input type="checkbox"/> Professional Musician | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Cooking / Baking | <input type="checkbox"/> Leadership Skills | <input type="checkbox"/> Publicity | <input type="checkbox"/> None |
| <input type="checkbox"/> Data Management | <input type="checkbox"/> Legal | <input type="checkbox"/> Social Media | |
| <input type="checkbox"/> Fundraising | <input type="checkbox"/> Musician | <input type="checkbox"/> Web Design | |

MEMBERSHIP RENEWALS ARE DUE ANNUALLY ON SEPTEMBER 30. ☒ 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: columbusfolkmusicociety.org (About Us/Join)

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

To join/renew by cash or check, please mail completed membership form with payment to: *Columbus Folk Music Society, PO Box 20735, Columbus, OH 43220*. Membership amounts may be tax-deductible.

My place of work matches donations: ☐

