

Entertainers of the Month Ted and Vivian

You learn a lot about people when you listen to the songs that mean something to them.

For this diverse duo of local entertainers Ted Hyde (AKA Grateful Ted) and partner Vivian Ricard, old songs take on a new meaning. Grateful Ted has been entertaining in the Keys

and the two hit it off. The beautiful Vivian is extremely versatile. She plays acoustic guitar, flute, recorder, bongos, saxophone and sings vocals. It blends perfectly with Ted's repertoire of 200-plus songs. Together they find it easy to be musically creative.

What you hear is what



longer than most. Over the years he has had the opportunity to play with some of the best. He can go from a solo act to leading a full band as easily as we change hats, each act taking on a personality of its own. After his good friend "Fiddlin' Red" passed away a few years back, it seemed like Ted would never find another partner that could spark the magic that makes a great duo... until now.

Vivian Ricard left her home town of Quebec a few years back to travel the USA and play her music. Last fall her travels led her to the Keys, where she decided to stay, "I was caught like a fish," she says of her love for our islands. Soon after landing on "the rock" she met Ted Hyde

is actually being played, as they both have an intense dislike for canned background music. You can hear them play at various venues throughout the Keys, including the Ocean Reef Club. Stop by Shipwrecks on Wednesday nights, Sharkey's Pub on Sundays, or the Mandalay on Mondays. They are also available for private parties. For more info, email GratefulTedKeyLargo@yahoo.com

You are sure to be entertained with their mixture of all styles including Blues, Reggae, Folk, Rock, Country and Island Music. They create their own special ambience that lends to the atmosphere where ever they play. Its fun, its spontaneous and there is love in the music.

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Upper Keys Mac User Group Meeting

OS X Mountain Lion

Beginner's Circle

Come at 6:30 for Help for Mac Beginners: Bring your laptop and your questions; for a half-hour prior to the main meeting we'll have experienced folks available to help!

FREE ^{7PM} Thursday July 12

Key Largo Library Community Room, MM 101.4 Oceanside Tradewinds Plaza

Free and open to the public!

All Interested Parties Welcome! • Q & A Refreshments • Free Info • Meet Other Mac enthusiasts!

The Upper Keys Macintosh Users Group is a non-profit organization promoting the use and enjoyment of personal computers through networking, information & education. This forum is offered as a free public service.

Upper Keys Macintosh Users Group
For more info call Sue at 451-4601

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The Benefits of Singing Harmonizing with the Universe

The act of singing is one of the easiest ways of raising the vibration of your body as you harmonize with the universe.

Singing is an act of vibration. It takes music from the realm of the unformed--whether that is in your mind or from that magical space of inspiration--and moves it from within to without. From the first breath singing moves the energy in a circular way inside your body.

As the breath fills your lungs, it brushes against the second and third chakras--the centers of creation and honoring self and others. Instead of merely exhaling, pushing the air past the fourth and fifth chakras where heart chakra and the center of will and intention reside, singing engages both the heart and mind.

Sound vibrations from vocal chords resonate in the sinus cavities, filling the head with motion and sound while the brain lights up with the processing of the mathematics of music.

This marriage of activities brings the third eye into play and opens the door for inspiration from the crown chakra before sending the sound out into the world.

Once the vibration begins, it is sustained with each note, moving throughout your body and the space around you. This can help you to harmonize your frequency with the world and with the divine.

The use of the voice can bring about catharsis, a

cleansing from the expression of emotion, which is why we feel better after singing certain types of songs.

All of this occurs even if we are not conscious of what we are singing, but when we really connect with an intention, the power of the voice and music together are powerful tools in creation.

Even if you are not a singer by nature or talent, you are not left out. If you have a voice, it is your birthright to celebrate life with song. It doesn't matter if you don't feel you have a nice voice.

Chanting or humming, singing solo or with others, your voice is yours to enjoy.

Whether you sing along to the radio or use vocalization as part of your meditation time, singing and harmonizing are healing activities that bring your body's vibrations into alignment with the universe.

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