



(Banner by Sven Kramer)

Welcome to our new readers. Please feel free to contribute to the newsletter in any way that is Russ related. Thank you to our contributors this month.

Instead of one main question, we have used a few quick questions this month. If you can think of any more such questions, fun, quirky if you like, please send them in.

There is a new Facebook group called Russ Ballard Fans Around The World. This is a fan group rather than an official page, but is somewhere you can share all thing Russ.

Sue

## THIS MONTH

Russ: *"So, here we are again...Newsletter time - I'm beginning to realise I should keep a diary....it would be easy to remind myself of what I've been*

doing the past month. To be honest, It seems that my life is waking, studio, around five; breakfast, seven – ish; morning tea, ten – ish; lunch..usually at one;....about two thirty I'll have a run for forty minutes - The run is the best 'Pick me up' of the day....it's easy, after sitting, writing and recording every day, to become tired, then it's easy to lose the desire to 'Get Up and Go' - But if you can focus on the after effect - heart rate up, blood circulating and that feeling of "it's doing me good" - and importantly ... you can have that extra glass tonight without worrying. For me, the best thing of all is the endorphin rush, that's the key, to feel good factor.

My good friend, Sada Vidoo came over again with her manager, Alan Whitehead....If you're not aware of Sada, well, once you see her, you won't forget her. She looks like a Human doll and sings with the energy and passion of the best Artists. She's making an E.P. and asked Christian and myself if we could produce the songs. Alan is a man I should have met before, however, this year was our first meeting. You might remember him, he was a musician, a drummer, he used to drum for Marmalade...I told Alan that I had a funny day and night with Marmalade. It was 1972 in Hamburg, We recorded a TV show together - I was with Argent and we got along really well with Marmalade and all of us being young, healthy and young Rock and Rollers, looking for action...where better than The Reeperbahn? Our Agent, Maurice Jones was with us and Maurice, being an Aston Villa fan, was celebrating the fact that Villa had just won the First Division Football Championship. I remember us all ending up in a Sex Club and it was hilarious....Marmalade were funny guys and sat in the front row calling to the girls on stage as they cavorted and cartwheeled naked across the stage, while dear Maurice, in a drunken, happy stupor, just kept shouting, 'Champions, Champions'. - I know what you're thinking, 'How Vulgar' and Yes of course you're right, but it was fun....Anyway, after telling Alan this story, it turned out that at that time he'd just left Marmalade and that's why we didn't meet until a few weeks ago....As we all sat in our local Italian Restaurant, Alan talked about his passion, which appears to be a similar journey to mine....what most people would call... 'The Search for Oneself'. Others call it The Spiritual Journey - Whatever! - He's written a book. It's called 'Don't Shoot The Messenger' - Good it is too.

*I had a meeting with BMG Rights - They are my Publishers...During the conversation, they talked fondly of a Singer/Writer they have called Beck Goldsmith. They played me some songs she's written and they're very good...Well, to 'Cut to the chase' as they say - I'm writing with her this week...I'll let you know how it goes, next month.*

*So, another thing that occupies much of my life is football - [which I love] - These days my Grandchildren are my Football Focus. Sadly, they play in different teams, so, one weekend I'll watch Archie, next weekend it will be Emilio, then Lennie. They're all very enthusiastic and talented. It's certainly a 'buzz' watching them develop....I know it might appear a contradiction, however, I'll mention it - I think I'll make this my - 'Thought For The Month' -"*

## THOUGHT FOR THE MONTH

*"Competition - As I said, I used to play football and I still love the game but without competition there's no game. The problem is...In Life 'Competition' often leads to confrontation and War....It's a case of 'My Tribe is better than yours'....My team, My country, My town and so often, My Religion is better than yours....It is a problem. Let's hope we can keep it in mind and realise...We are Humans living on the same Planet...We have so much in common...Wherever you live on Earth, Europe, Africa, Asia etc...No one likes going to the Dentist...We're all fearful, sometimes...We all Laugh and cry sometimes...Princess Diana died and we all felt the loss - It was the same when Nelson Mandela died and, recently, - Muhammed Ali...I believe we are related as Humans...So, Competition, although it's great fun, has to be played while remembering that it's a game and you know...Messi doesn't always win.*

*I hope you all have a great June....Peace and Love, Russ x"*

## GOOD NEWS

What have many of you been waiting for? A hard copy CD - It's Good To Be Here? Well, fantastic news.....it is now available for pre-order! What is more, it has three extra tracks. You can find it at UMU Music. Try here <http://umumusic.com/russ-ballard.html> Please note that UMU had a glitch with their new website which meant the price was wrong. If you have already seen it at the wrong price, it has now been corrected.

## QUICK QUESTIONS

What is your earliest memory?

*"My earliest memory....probably being in a pram outside our home in Waltham Cross, when it started to rain and my Mother pushing the pram in to the house."*

What is your worst habit?

*"I count my steps as I run everyday - I don't know if it's a bad habit but I do make my Trainer laugh when I tell him how many steps each piece of terrain we cover...I think it's almost like a meditation."*

Who would play you in a movie?

*"I think probably a comedian...Rowan Atkinson?"*

What have you got in your pocket?

*"I have a Glucosamine vitamin pill, a Calcium pill and four Blue Green vitamin pills....all I meant to take this morning."*

## YOUR STORIES

From Markus Linton

As most of the readers know, Russ is responsible for a lot of hits, especially in the 1970ies. My favourite band was Hello – when I heard that stamping sound of “New York Groove”, I was really captivated (I was almost 10 years old). I also adored the next single “Star Studded Sham”, written by Russ and a Nr. 17 in spring 1976. Of course, I have never seen the band live because I was just too young. In 1997 I saw Hello in Cologne joining an “Oldie Festival” as we call it in German. The only person from the former group was singer Bob Bradbury.

However, some weeks ago (exactly 10 days after my 50th birthday) my wife and I joined a club concert of Hello's guitar player Vic Faulkner at Hilden near Cologne – what a fantastic coincidence. During a break I took the opportunity to have an autograph and talk to him: about the 'glam years', his relationship to the others and of course about Russ. Vic not only seemed to know him, he really appreciates him and his music. However, after Hello broke up in 1979, the members went separate ways (Keith Marshall was very successful in Germany with "Only crying" reaching Nr. 5 in the charts). This year there will be a sort of 'reunification' – they will meet again for the first time for 35 years!

Living in Spain (Andalusia) Vic made an album in 2010 called "Hombre" which is available via Amazon. More about him and his music:

[www.vicfaulknermedia.com](http://www.vicfaulknermedia.com).

He even wrote a book about his glamorous life in the 1970ies ("My Teenage Soundtrack")!

Best wishes,

Markus, Hennef/Germany

## RECORDED BY OTHERS

As mentioned by Markus - Hello and Star Studded Sham.

<https://youtu.be/GBtZgLerfMs>

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