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# GET THE BEAT

JAN / FEB 2019

*LIKE us on Facebook FOM Music Society or Sunday Open Jam @ Friends of Music*

## Looking Back

Here are some excerpts taken from Barbara Bawlf's Summer 1998 article entitled, "Friends of Music: Partners in Song", which was published in BC's Mental Health Journal, "Visions". Barbara noted that, "One of the most beneficial aspects of the Friends of Music is that there is total integration of consumers and non-consumers in the organization. Unless some-one wishes to disclose they have an illness, nobody knows who does or doesn't." This is still true today. She went on to say, "The society was founded in 1989 by John Farry, a social worker with the Mental Health Centre. Farry saw a need to involve mental health consumers, who were also musicians, in some form of recreation where their talents could be recognized and utilized. He also thought it would be helpful to invite other members of the community to participate in a musical enterprise, forming a partnership. The first project was Moodswing, a band which played swing and big band tunes. A choir by the same name was later formed, as well as a rock band (Pink Freud) and a day program where residents of boarding homes could learn musical skills." The complete article can be viewed in the office at Friends of Music, next time you're here.

## Looking Forward

FOM Music Society was incorporated as a BC Society on September 6th 1989. That makes 2019 the year we celebrate our 30th Anniversary. Together, we will make this a memorable year for Friends of Music. Plans are in the works for the 30th Anniversary Party. We're also working on having an entry in the Victoria Day Parade. Happy 30th, FOM!

### Important Dates for your 2019 Calendar

**April 11/19 - FOM Music Society AGM 6:30pm**

*Saturday Oct 5/19 - Banding Together to Celebrate FOM's 30th Anniversary*

**Thurs Dec 12/19 - FOM Christmas Dinner**

## PLAN YOUR WEEK with FRIENDS OF MUSIC

from	To	Tuesday	Wednesday	Thursday	Friday	Sunday
10:00 AM	11:00 AM	Jazz Improv	Each-One-Teach-One as requested			<b>NOTE:</b> no Guitar or Open Mic on
11:00 AM	Noon		Beginner Band Lessons			long weekends
Noon	1:00 PM		Skills Band			
1:00 PM	2:00 PM		Fundamentals			
2:00 PM	3:00 PM				Haywires Country Band	
3:00 PM	4:00 PM		Eclectics			
4:00 PM	5:00 PM	Beginner Ukulele Lessons 4:00 pm - 4:45pm	3:15 pm - 5:15 PM			
5:00 PM	6:00 PM	Ukulelians 5:00 PM to 6:30 PM			Minds at Work	Guitar Lessons (4:30 - 5:30)
6:00 PM	6:30 PM			Community Concert 6:30- 7:15		OPEN MIC
7:00 AM	7:30 PM					6:00PM - 8:00PM Doors open at 5:30
7:30	9:00 PM	Moodswing Chorus 7:00 PM to 9:00 PM		Moodswing Orchestra 7:30 PM to 9:00 PM		

## Who's subbing for who? Who's back? 'and when?

- Guitar Lessons** Jenna Trill will sub for Steve Fissel from January 13th to February 10th. We'll see Steve Jan 6th & Feb 24th. (no guitar Feb 17)
- Moodswing Chorus** We welcome back Anne Schaefer for the Chorus' first rehearsal of 2019 on January 9th and onwards. Thanks go out to Shanna Dance for taking on the Chorus, as a sub, from September 2018 and right through the December concert Schedule.
- Beginner Band, Skills Band and Fundamentals.** On January 23rd and January 30th, Dr. Jack Edwards will sub for Nick La Riviere in Beginner Band, Skills Band and Fundamentals. You may remember Jack as a past music director of the Moodswing Chorus. He currently teaches woodwind instruments at the Victoria Conservatory and leads a 36 piece adult-beginner concert band for GVCB.ca

# Friends of Music Society Calendar of Events

## January 2019

All Thursday Community Concerts start at 6:30 pm (Doors open at 6pm - Coffee served at 6pm!)

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		1 New Year's Day Office Closed	2	3	4	5
6 Guitar 4:30-5:30pm with Steve Fissel Open Mic 6-8 pm	7 7:00 PM Board Meeting	8 Jazz Improv 10-11 Learn Ukulele 4-5 Ukulelians 5:00-6:30 pm Chorus 7-9 pm	9 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3pm Eclectics 3:15-5:15 pm	10 Community Concert 6:30-7:15 Jazz Trio with Jon Van Ziffle, Trav Short and Tyson Eidse Moodswing Orchestra Rehearsal 7:30-9:30 PM	11 Haywires 2-4 Minds at Work 4-6pm	12
13 Guitar 4:30-5:30pm Open Mic 6-8 pm	14 7:00 PM Board Meeting	15 Jazz Improv 10-11 Learn Ukulele 4-5 Ukulelians 5:00-6:30 pm Chorus 7-9 pm	16 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3pm Eclectics 3:15-5:15 pm	17 Community Concert Eclectics 6:30-7:15 pm Moodswing Orchestra Rehearsal 7:30-9:30 PM	18 Haywires 2-4 Minds at Work 4-6pm	19
20 Guitar 4:30-5:30pm Open Mic 6-8 pm	21	22 Jazz Improv 10-11 Learn Ukulele 4-5 Ukulelians 5:00-6:30 pm Chorus 7-9 pm	23 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3pm Eclectics 3:15-5:15 pm	24 Community Concert Haywires 6:30-7:15 Moodswing Orchestra Rehearsal 7:30-9:30 PM	25 Haywires 2-4 Minds at Work 4-6pm	26
27 Guitar 4:30-5:30pm Open Mic 6-8 pm	28	29 Jazz Improv 10-11 Learn Ukulele 4-5 Ukulelians 5:00-6:30 pm Chorus 7-9 pm	30 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3pm Eclectics 3:15-5:15 pm	31 Community Concert Minds at Work 6:30-7:15 Moodswing Orchestra Rehearsal 7:30-9:30 PM		

## February 2019

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1 Haywires 2-4 Minds at Work 4-6pm	2
3 Guitar 4:30-5:30pm Open Mic 6-8 pm	4	5 Jazz Improv 10-11 Learn Ukulele 4-5 Ukulelians 5:00-6:30 pm Chorus 7-9 pm	6 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3PM Eclectics 3:15-5:15 pm	7 Community Concert with the Eclectics 6:30-7:15 Moodswing Orchestra Rehearsal 7:30-9:30 PM	8 Haywires 2-4 Minds at Work 4-6pm	9
10 Guitar 4:30-5:30pm Open Mic 6-8 pm	11 7:00 PM Board Meeting	12 Jazz Improv 10-11 Learn Ukulele 4-5 Ukulelians 5:00-6:30 pm Chorus 7-9 pm	13 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3pm Eclectics 3:15-5:15 pm	14 Community Concert with the Ukulelians 6:30-7:15 Moodswing Orchestra Rehearsal 7:30-9:30 PM	15 Haywires 2-4 Minds at Work 4-6pm	16
17	18 Family Day Office Closed	19 Jazz Improv 10-11 Learn Ukulele 4-5 Ukulelians 5:00-6:30 pm Chorus 7-9 pm	20 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3pm Eclectics 3:15-5:15 pm	21 Community Concert with Moodswing Orchestra 6:30-7:15 Moodswing Orchestra Rehearsal 7:30-9:30 PM	22 Haywires 2-4 Minds at Work 4-6pm	23
24 Guitar 4:30-5:30pm Open Mic 6-8 pm	25	26 Jazz Improv 10-11 Learn Ukulele 4-5 Ukulelians 5:00-6:30 pm Chorus 7-9 pm	27 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3pm Eclectics 3:15-5:15 pm	28 Community Concert with Moodswing Chorus 6:30-7:15 Moodswing Orchestra Rehearsal 7:30-9:30 PM		

For all weekend and evening programs and concerts, please use the Fort Street entrance.

The newly renovated Victoria Mental Health Lobby is now opened Monday to Friday during the day. Please let the receptionist know you're coming to Friends of Music and you will be buzzed through to our stage door entrance.