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# Get The BEAT

## SEPTEMBER - OCTOBER 2020

### FOM MUSICIAN FEATURE:

#### "Too Young to be Old"

Funny how the time goes when you don't know  
what you're doing, or what for.  
Scared you're gonna wake up some day  
and find it's all gone.

So you struggle just to get through each day, and  
you pray and you hope that,  
some day, you just might believe,  
that dreams can come true.

That everything you've ever wanted,  
is right there in front of you.  
You're just too blind,  
to open up your eyes and see it.

Am I just getting old,  
or am I too young,  
to see what's in front of me?

Think I'm a little wiser,  
feeling a little stronger.  
But sometimes I feel so weak,  
afraid to let go.  
Of this fear that keeps me running,  
keeps me hiding, from myself.  
Searching in the dark for the light of day.

Am I just getting old,  
or am I too young,  
to see what's in front of me?

Everything you've ever wanted,  
is right there inside of you.  
You're just too blind to see it.  
So open up your mind,  
to what's inside of you.  
You just got to believe,  
that your dreams can come true.

Am I just getting old,  
or am I too young,  
to see what's in front of me?

~ Song By Heather Jarden



To catch more of Heather's Music,  
Visit FOM's Open Mic group on Facebook.  
Just type in the search bar:

### 'SUNDAY OPEN JAM @ FRIENDS OF MUSIC'

We welcome submissions to Featured here in The  
Beat Newsletter. Please get in touch with  
Vanessa at [fommusicsociety2@gmail.com](mailto:fommusicsociety2@gmail.com)

### FALL PROGRAMS UPDATE:

With our COVID-19 safety plan in place, we will be continuing with our usual programs and lessons in-person, at the Eric Martin Theatre this Fall. Any future concerts will be performed outdoors to small, socially distanced audiences. Check out the calendar on the reverse side, for the Fall schedule.

The programs will be blended with a Zoom option, for those unable to attend in person, due to health concerns. Contact [info@friendsofmusic.ca](mailto:info@friendsofmusic.ca) for a Zoom link.

The health and safety protocol remains the same. We've set up the theatre to maintain physical distancing of 2 meters with seating in the theatre rather than on the stage.

As an additional precaution, we want to encourage you to wear masks to in-person groups, if you are able to. This is an additional layer of precaution to prevent transmission of COVID-19. We have received a kind donation of cloth masks, which we will be able to distribute in September for those who are in need. Disposable masks are also available.

If you have any questions or concerns about health and safety, please get in touch with us.

**It's up to all of us to keep each other safe and healthy.**

### FILL OUT OUR SURVEY ONLINE!



Scan the QR Code  
to go to the survey

We'd love to get your feedback on our programs, so please help us by filling out our annual survey. We have emailed out the link with the Newsletter, so you can fill it out online, or when you come by in person. This survey is voluntary and will be completely anonymous.

### MEMBERSHIP REMINDER

If you have not renewed your FOM Membership yet, we recommend doing that as soon as possible. We have updated our membership forms on the FOM website. You can mail it in to us (we had included postage paid envelopes in the AGM mailout), or drop off your membership form next time you are at Eric Martin Theatre. The Membership form can be found by going to our website:

<http://www.friendsofmusic.ca/get-involved/>  
You will find the link to the membership form in PDF at the bottom of the 'Get Involved' page.



# FRIENDS OF MUSIC CALENDAR OF EVENTS

## SEPTEMBER 2020

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		1	2	3	4	5
6 LABOUR DAY LONG WEEKEND!	7 LABOUR DAY OFFICE CLOSED	8 Learn Ukulele 4-5 pm Ukulelians 5:00-6:30 pm Moodswing Chorus 7-9 pm	9 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3 pm Eclectics 3:30-5:30 pm	10 Jazz Improv 1-2 pm Moodswing Orchestra Rehearsal 7:00-8:30 PM	11 Haywires 2-4 Minds at Work 4-6pm	12
13 Recovery Rock Band 2-4pm Guitar 4:00-5:30 OPEN MIC 6-8 pm	14 Board Meeting 6:30 pm	15 Learn Ukulele 4-5pm Ukulelians 5:00-6:30 pm Moodswing Chorus 7-9 pm	16 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3 pm Eclectics 3:30-5:30 pm	17 Jazz Improv 1-2 pm Moodswing Orchestra Rehearsal 7:00-8:30 PM	18 Haywires 2-4 Minds at Work 4-6pm	19
20 Recovery Rock Band 2-4pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	21	22 Learn Ukulele 4-5 pm Ukulelians 5:00-6:30 pm Moodswing Chorus 7-9 pm	23 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3pm Eclectics 3:30-5:30 pm	24 Jazz Improv 1-2 pm Moodswing Orchestra Rehearsal 7:00-8:30 PM	25 Haywires 2-4 Minds at Work 4-6pm	26
27 Recovery Rock Band 2-4 pm Guitar 4:00-5:30 OPEN MIC 6-8 pm	28	29 Learn Ukulele 4-5 pm Ukulelians 5:00-6:30 pm Moodswing Chorus 7-9 pm	30 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3pm Eclectics 3:30-5:30 pm			

## OCTOBER 2020

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1 Jazz Improv 1-2pm Moodswing Orchestra Rehearsal 7:00-8:30 PM	2 Haywires 2-4 Minds at Work 4-6pm	3
4 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	5 Board Meeting 6:30 pm	6 Learn Ukulele 4-5 pm Ukulelians 5:00-6:30 pm Moodswing Chorus 7-9 pm	7 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3 Eclectics 3:30-5:30 pm	8 Jazz Improv 1-2 pm Moodswing Orchestra Rehearsal 7:00-8:30 PM	9 Haywires 2-4 Minds at Work 4-6pm	10
11 THANKSGIVING LONG WEEKEND!	12  Office Closed	13 Learn Ukulele 4-5 pm Ukulelians 5:00-6:30 pm Moodswing Chorus 7-9 pm	14 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3pm Eclectics 3:30-5:30 pm	15 Jazz Improv 1-2 pm Moodswing Orchestra Rehearsal 7:00-8:30 pm	16 Haywires 2-4 Minds at Work 4-6pm	17
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## SUMMER CONCERT HIGHLIGHTS 2020!

We had 30 awesome physically-distanced concerts in July and August! Thanks to everybody who participated and helped with set-up. These concerts were greatly appreciated by our audiences at each of the mental health housing sites.



**DONATE TO FRIENDS OF MUSIC SOCIETY USING OUR VIRTUAL DONATION BOX:**

Just point your cell phone at the QR Code to be connected to our donation page at CanadaHelps.FOM Music Society gratefully acknowledges the support of the Province of British Columbia, The Victoria Foundation Mary Elizabeth Hemeon Memorial Fund, Anonymous Donors, and all of our many friends