

2328 Trent Street Victoria BC, V8R 4Z3 (250) 592-5114
info@friendsofmusic.ca www.friendsofmusic.ca

Get The **BEAT**

[INTERIM] **APRIL - JUNE 2020**

CONGRATULATIONS TO OUR VOLUNTEER OF THE YEAR!

This year we'd like to give this special honor to David Sloane, who sings and plays the guitar in Jazz Improv, Guitar Lessons and Open Mic. He volunteers weekly, to set up the lobby for the Open Mic participants. He puts out snacks, makes coffee, helps takes attendance, and is very welcoming to the Open Mic participants. This is the type of regular, dependable contributions that make it possible for FOM Music Society to do as much as we do. Thanks David for all of your contributions!



"I appreciate having been given the opportunity to volunteer for the Friends of Music. Sharing time with other musicians has enhanced my life and helped me on my own musical journey. Thanks to everyone for making it a fun experience."

~ David Sloane

SUBMISSIONS WELCOME!

If you were inspired by our Member Feature and would like to write or submit your art for a future issue of The Beat Newsletter, please get in touch! Open to all, and we're looking for stories about your personal journey with Music, poetry, spoken word art, short stories, Lyrics, cartoons, drawings etc...

SHARE YOUR CREATIVITY WITH OTHERS!!



FOM MEMBER FEATURE:

...For I wrestle not.

My journey in music is the place I go, for Love. One year ago, I was admitted into a Mental Health, and addictions treatment center, for a fifty five day lock-down. I was sent there, for PTSD, and Anger related issues. I learned early, as a young soldier never to show emotion. Burying them deeply within the soul, Anger soon birthed, and grew, being my protection.

Upon my treatment center release, I enrolled, in the Psychosocial Mental Wellness day program on the sixth floor, of Eric Martin Pavilion medical building. Entering a new building, or program, I gravitate to the cork message boards, always curious, for hidden gems. Wham-o Folks! My eyes were vastly drawn to the colourful FOM Music Society posters. Drawing me closer, I felt a warmth from within, a fire being fanned. Thus my beginning, of involvement in Friends of Music.

Studying music, and learning "Instrument Handling Drills" with FOM helps me to be kind, and patient in self exploration. Through FOM, I will know Love, and the reason I am to command the Clarinet. The Clarinet and Mandolin are my weapons, of Love.

Drawing, Writing, and Music, these three are one...Me. Where one leads, the others follow. Never separate, from each other. Always eager, to one another. FOM Music Society is not a thing, it's Being! A living breathing body. I'm filled with joy! Being a member, of the body, brings me in a state, of humbleness... Therefore in music, I begin expressing my light. "Freely I have received...Freely I give."

Writing and Artwork by
 ~By David Diamond



INTERIM WEEK-AT-A-GLANCE APRIL – JUNE 2020

DAY:	TIME:	GROUP:
SUN	2:00 - 4:00	MENTAL PRIDE ROCK BAND
	4:00 - 5:30	GUITAR LESSONS
	6:00 – 8:00	*OPEN MIC*
MON		
TUES	11:00 – 12:00	JAZZ IMPROV
	3:00 – 3:45	LEARN UKULELE
	4:00 – 5:30	UKULELIANS
	7:00 – 9:00	MOODSWING CHORUS
WED	11:00 – 12:30	BEGINNER & SKILLS BAND
	1:00 – 2:00	FUNDAMENTALS
	3:30 – 5:30	ECLECTICS
THURS	7:30 – 9:00	MOODSWING Ochestra REHEARSALS
FRI	2:00 – 4:00	HAYWIRES
	4:00 – 6:00	MINDS AT WORK
SAT		

OPEN MIC UPDATE!

Since we can't meet in-person, Open Mic will now be hosted through Facebook. To participate, go to the Facebook search bar and type in:

'SUNDAY OPEN JAM @ FRIENDS OF MUSIC'

Hit 'Request To Join' button and you're in!

This group is an open share, where members can post pre-recorded videos of their performances OR can start live watch parties for all members to enjoy. Show us what you've been working on lately!

We also want to invite everyone to start following our regular **FOM Music Society** Facebook page. In the coming weeks, we will be posting daily musical inspirations, resources and other uplifting content



OUR TOP TIPS FOR STAYING MUSICAL & MOTIVATED:

It can be a real challenge for many of us to have to spend so much time at home, especially if we'd much rather be out enjoying concerts and jamming with our friends, in-person. But we want to help everyone stay healthy and happy whilst observing physical distancing, so we've compiled a list of musical activities that you can do from your own home. Don't forget to check out the FOM Music Society Facebook page, for more ideas and musical resources to keep you engaged.

HERE'S OUR TOP 10 SUGGESTIONS!

- 1. Jam with FOM groups virtually, via Zoom conference!** Many of our regular groups will continue to run, but in a new virtual format. It may take some time to adjust to, but this is a good way to see your friends and continue learning and practicing with your favorite FOM groups. We can offer support to anyone who needs help getting set up. Just get in touch with us at info@friendsofmusic.ca and include your phone number so we can call you.
- 2. Write A Song** – Experiment with writing lyrics for a new song, or try composing a new tune. It doesn't need to be perfect. Sometimes just getting a few words onto paper is a good first step, and let it evolve from there.
- 3. Clean or tune-up your instrument** – This can be a good opportunity to give your instrument a little TLC. Why not learn to re-string that guitar or ukulele? Or polish up your brass instrument?
- 4. Attend a live stream concert or a Facebook 'Watch Party'** – Visit your favorite artist's Facebook page, as many musicians are doing live streamed concerts. Check out the National Arts Centre's line up of live concerts, which are all free to attend: <https://nac-cna.ca/en/candaperforms> Or tune in to the Sunday Open Jam, for FOM performances
- 5. Head to a local park and play your instrument outdoors** – If you're feeling cramped inside, going out into nature can really lift your spirits. So, why not get some sunshine and fresh air and bring your instrument along with you? Be sure to maintain proper 2 meters of physical distance from others while you are out.
- 6. Create a video of your own performance to share with others** – You don't need fancy video equipment, just a cellphone with video recording feature, will do just fine. Many musicians are creating videos and sharing their performances via social media. We welcome sharing in our Facebook group 'SUNDAY OPEN JAM @ FRIENDS OF MUSIC'
- 7. Discover new music and artists** – If you don't feel like playing, then tune in to the radio, or go to your favorite streaming site (many are free for a basic account – like Spotify for ex). Music streaming programs will build playlists for you based on your musical interests, and can match you up with new artists to check out.
- 8. Groove to your favorite tunes** – Any time is a good time to bust-a-move in your living room, kitchen or bedroom. Dancing along to your favorite jam is a fun way to get some exercise indoors and naturally boost your mood.
- 9. Watch a feel-good music Documentary or Musical** – For example, there's a great documentary about Woodstock on CBC.ca. Or rent some all-time classics like 'Singing in the Rain' or 'Mamma Mia'.
- 10. Practice, practice, practice!** Set aside a time to practice playing your favorite instrument. Rehearse some of the songs you're learning through FOM groups, or if you're feeling ambitious, pick a new song you want to learn and start practicing it regularly.