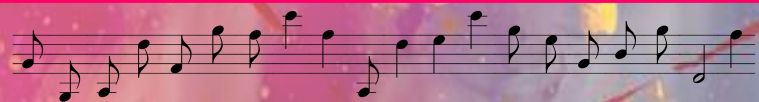




Get The **BEAT**

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

MARCH / APRIL 2020



OPEN MIC NIGHTS EVERY SUNDAY 6-8PM

Open to all, and lots of opportunity to jam with other musicians. We make space for a variety of contributions, not just musical performances. We also welcome comedy, poetry and spoken word art!

Winter of Hope at Friends of Music

The winds, temperatures and streets
are colder and bolder.

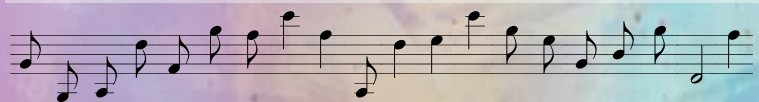
The bad vibes and negativity
run off you're shoulder
like a toxic boulder.

Come to Friends of Music,
a refuge for the sensitive,
musically and artistically inclined.
Come let your spirit and music flow,
where all the past traumas are gone!

I sure loved cutting music CD's
with the great gang at Christmas time,
years ago.

Come where you will find
a musical home
of hope, love and encouragement
all the way.

**Spoken Word Art
By Mark Idczak**



FOM MUSIC SOCIETY ANNUAL GENERAL MEETING

WHERE: EMP Theatre at 2382 Trent St.

WHEN: April 16th, 2020 ~ Doors open at 6pm

The FOM Music Society Annual General Meeting is a chance for members to enjoy a slideshow of "2019" in review, celebrate our volunteers and elect your Board of Directors. This year there will again be musical performances by Friends of Music groups. The meeting is expected to Adjourn by 8:30 pm, leaving lots of time to socialize. **Voting Memberships are available through the 'Get Involved' tab of the website.**

Other Announcements:

CALL FOR SINGERS! Got vocal skills? The Fundamentals Group is looking for a few more singers to join the group. Stop by and check them out on Wednesdays from 1-3pm. They are a drop-in sing-along group backed up by a rhythm section, with concert pitched instruments also welcome.

CALL FOR WRITERS! Seeking contributors to future Issues of the Beat Newsletter. We'd love to hear about your personal journey with music, your style and preferred instrument(s), how you got involved with Friends of Music and what you love about being a part of this society. OR anything else you might want to share, be it a poem, piece of spoken word art, song or photo; we would welcome those too. Please get in touch with Vanessa (new admin assistant) to sign up for a future issue at admin@friendsofmusic.ca

WELCOMING OUR NEW ADMINISTRATIVE ASSISTANT

Vanessa MacDonald came on board with Friends of Music at the Beginning of January and she's excited to be helping out as Janet's new Admin sidekick in the office. Feel free to stop the office to say hello and introduce yourself.

She has been doing administrative work for several years and has a strong creative background, with a passion for photography and numerous other forms of artistic expression. She greatly values being of service within the community, and has always wanted to work for a non-profit, so this seemed like the perfect fit.

While Vanessa has no formal musical training or background, she has been involved in drop-in musical groups for the last 6 years. She loves hand-drumming and Kirtan (and Indian tradition of devotional singing and chanting). She knows first-hand the positive benefit that music can have to uplift the spirit and it has brought a deep sense of joy into her life. She looks forward to getting to know more of you and may take part in some of the groups offered at FOM.

FRIENDS OF MUSIC SOCIETY CALENDAR OF EVENTS

MARCH 2020

| Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|--|----------------------------------|---|---|---|---|------|
| 1 Mental Pride Rock Band 2-4 pm Guitar 4:30-5:30 pm OPEN MIC 6-8PM | 2 7:00 PM Board Meeting | 3 Jazz Improv 11-12 Eclectics at Trillium 2-3 pm Learn Ukulele 4-5 pm Ukulelians 5:00-6:30 pm Moodswing Chorus 7-9 pm | 4 Each One Teach One 10am Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3PM Eclectics 3:30-5:30 pm | 5 Community Concert MINDS AT WORK 6:30 – 7:15 Moodswing Orchestra Rehearsal 7:30-9:30 PM | 6 Haywires 2-4 Minds at Work 4-6pm | 7 |
| 8 Mental Pride Rock Band 2-4 pm Guitar 4:40-5:30pm OPEN MIC 6-8 pm | 9 | 10 Jazz Improv 11-12 Ukulele sub: Learn Ukulele 4-5 pm Ukulelians 5:00-6:30 pm Moodswing Chorus 7-9 pm | 11 Each One Teach One 10am Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 – 3 pm Eclectics 3:30-5:30 pm | 12 Community Concert MONTEREY BAND 6:30 – 7:15 Moodswing Orchestra Rehearsal 7:30-9:30 PM | 13 Haywires 2-4 Minds at Work 4-6pm | 14 |
| 15 Mental Pride Rock Band 2-4pm Guitar 4:30-5:30 OPEN MIC 6-8 pm | 16 | 17 Jazz Improv 11-12 Learn Ukulele 4-5pm Ukulelians 5:00-6:30 pm Moodswing Chorus 7-9 pm | 18 Each One Teach One 10am Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3 pm Eclectics 3:30-5:30 pm | 19 Community Concert ECLECTICS 6:30-7:15 pm Moodswing Orchestra Rehearsal 7:30-9:30 PM | 20 Haywires 2-4 Minds at Work 4-6pm | 21 |
| 22 Mental Pride Rock Band 2-4pm Guitar 4:30-5:30pm OPEN MIC 6-8 pm | 23 | 24 Jazz Improv 11-12 Learn Ukulele 4-5 pm Ukulelians 5:00-6:30 pm Moodswing Chorus 7-9 pm | 25 Each One Teach One 10am Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3pm Eclectics 3:30-5:30 pm | 26 Community Concert HAYWIRES 6:30 - 7:15 PM Moodswing Orchestra Rehearsal 7:30-9:30 PM | 27 Haywires 2-4 Minds at Work 4-6pm | 28 |
| 29 Mental Pride Rock Band 2-4 pm Guitar 4:30-5:30 OPEN MIC 6-8 pm | 30 | 31 Jazz Improv 11-12 Learn Ukulele 4-5 pm Ukulelians 5:00-6:30 pm Moodswing Chorus 7-9 pm | Note: Joe Hatherill subbing for Nick on on MARCH 11 th and 18 th | Note: Ken Hall subbing For Eclectics April 8 th & 15 th | | |

APRIL 2020

| Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|--|----------------------------------|--|---|--|---|------|
| | | | 1 Each One Teach One 10am Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3PM Eclectics 3:30-5:30 pm | 2 Community Concert UKULELIANS 6:30 – 7:15 Moodswing Orchestra Rehearsal 7:30-9:30 PM | 3 Haywires 2-4 Minds at Work 4-6pm | 4 |
| 5 Mental Pride Rock Band 2-4 pm Guitar 4:40-5:30pm OPEN MIC 6-8 pm | 6 7:00 PM Board Meeting | 7 Jazz Improv 11-12 Learn Ukulele 4-5 pm Ukulelians 5:00-6:30 pm Moodswing Chorus 7-9 pm | 8 Each One Teach One 10am Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 – 3 Eclectics 3:30-5:30 pm | 9 Community Concert MOODSWING Orchestra 6:30 – 7:15 Moodswing Orchestra Rehearsal 7:30-9:30 PM | 10 GOOD FRIDAY NO PROGRAMS | 11 |
| 12 NO PROGRAMS TODAY | 13 EASTER Monday | 14 Jazz Improv 11-12 Learn Ukulele 4-5 pm Ukulelians 5:00-6:30 pm Moodswing Chorus 7-9 pm | 15 Each One Teach One 10am Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3pm Eclectics 3:30-5:30 pm | 16 FOM ANNUAL GENERAL MEETING 6 pm | 17 Haywires 2-4 Minds at Work 4-6pm | 18 |
| 19 Mental Pride Rock Band 2-4pm Guitar 4:30-5:30pm OPEN MIC 6-8 pm | 20 | 21 Jazz Improv 11-12 Learn Ukulele 4-5 pm Ukulelians 5:00-6:30 pm Moodswing Chorus 7-9 pm | 22 Each One Teach One 10am Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1-3pm Eclectics 3:30-5:30 pm | 23 Community Concert MOODSWING CHORUS 6:30 - 7:15 PM Moodswing Orchestra Rehearsal 7:30-9:30 PM | 24 Haywires 2-4 Minds at Work 4-6pm | 25 |
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****All Thursday Community Concerts start at 6:30 pm – Doors open at 6pm with coffee served**

~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.



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. Every contribution helps us to continue offering our great programs!