



2328 Trent Street Victoria BC, V8R 4Z3

Phone: (250) 592-5114

[info@friendsofmusic.ca](mailto:info@friendsofmusic.ca) [www.friendsofmusic.ca](http://www.friendsofmusic.ca)

# Get The BEAT

SEPTEMBER-OCTOBER 2021

## WELCOME BACK!

We're excited to get back to making music together, after a short break for August! All of our regular Programs will resume on September 7<sup>th</sup>, and will be held in the EMP Theatre at 2328 Trent St. (Please use the Fort Street entrance). We will proceed with the same health and safety protocols, until further notice. We are still required to wear the VIHA provided masks while inside at EMP, as well as to continue with covid screening, physical distancing and taking breaks for food and drinks outside. Classes will continue to be offered in blended format (over Zoom and in person) or possibly outdoors. If anything changes, we'll send an update via email to all members and post the information on the Home Page of our website, under the Health & Safety updates section: <http://www.friendsofmusic.ca/>

## IMPORTANT DATES & UPDATES

### ECLECTICS - Schedule Changes

Starting September 9<sup>th</sup>, the Eclectics will be meeting on Thursdays from 10:45-12:15. Eclectics are not scheduled to meet on Sept 16<sup>th</sup>. Let us know how you like this new time.

### UKULELE LESSONS/UKULELIANS - Schedule Changes

For the month of September, ukulele is scheduled only on Sept 14<sup>th</sup>. These "missed" classes were made up in June & July. They will return to a regular weekly schedule by October.

### CHRISTMAS PARTY - THURS DECEMBER 9<sup>th</sup>

We are hoping to get back to our regular Christmas party at the Da Vinci Centre, this year. It will be contingent upon public health restrictions continuing to ease. Pencil it in and we will update again in the next Newsletter.

## BEGINNER BAND PROGRAM STARTS UP SEPT 8<sup>TH</sup>, 2021

**EVERY WEDNESDAY 11-11:55am**  
**NEW PARTICIPANTS WELCOME!**

Those who are starting a new instrument from scratch are strongly advised to begin in September and then progress through the year with their fellow students. Previously experienced musicians are welcome at any time, either to pick up a new instrument or brush up on their skills. Those who are progressing faster can move up to Skills Bands, at noon on Wed., or one of our other performance groups.

## FOM MEMBER FEATURE



### EMMA POOLE

My music journey started back in September 2009 at the age of 11, where I started to learn the clarinet in school for fun. Jump ahead to January 2018; after taking a break from music to focus on school, I met Janet while I was playing in a marching band. She asked me if I was interested to join Friends of Music in May 2018. I joined after the Victoria Day long weekend, and I did not regret that decision. I am playing clarinet in the Moodswing Orchestra and ukulele in the Ukulelians.

Looking back while growing up, I see how music played an important role in my life. After receiving a diagnosis of moderate anxiety and depression, it was music that has carried me through to a place where I was able to make my life more manageable. Over the summer, I have realized how music has been a vital part of my recovery for my mental illnesses. Being a member of FOM has given me the ability to find the balance in my hectic life that I have with school and work; I am a nursing student at Camosun College, and am on the path of becoming a RN. In addition, I have met some amazing people and lifelong friends. Music has saved my life; I hope to keep integrating music in my life and continuing to enjoy the benefits of playing and performing with others.



# FRIENDS OF MUSIC CALENDAR OF EVENTS

## SEPTEMBER 2021

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			1	2	3	4
5	6	7	8	9	10	11
LABOUR DAY LONG WEEKEND	LABOUR DAY	No Ukulele Groups Moodswing Chorus 7-9 pm	Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	Eclectics 10:45-12:15 Jazz Improv 1-2pm Moodswing Orchestra Rehearsal 7:00-8:30 PM	Haywires 2-4 Minds at Work 4-6pm	
12	13	14	15	16	17	18
Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	HAYWIRES Concert* 1pm BOARD MTG 7PM	Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	NO ECLECTICS Jazz Improv 1-2pm Moodswing Orchestra Rehearsal 7:00-8:30 PM	Haywires 2-4 Minds at Work 4-6pm	
19	20	21	22	23	24	25
Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	UKULELIANS CONCERT* @ 1pm	No Ukulele Groups Moodswing Chorus 7-9 pm	Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	Eclectics 10:45-12:15 pm Jazz Improv 1-2pm Moodswing Orchestra Rehearsal 7:00-8:30 PM	Haywires 2-4 Minds at Work 4-6pm	
26	27	28	29	30	CAMERON BANDSHELL IS FINALLY AVAILABLE FOR US TO BOOK OUR SPECIAL EVENT! <b>JOIN US FROM 1-3pm on Saturday October 9<sup>th</sup>. Musical groups TBA</b> For more info see our website Home Page and announcements will be made in our rehearsals.	
Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	CHORUS CONCERT* @ 1pm	MOODSWING ORCHESTRA CONCERT* @ SHEL MARIE 2 pm No Ukulele Groups Moodswing Chorus 7-9 pm	Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	Eclectics 10:45-12:15 pm Jazz Improv 1-2pm Moodswing Orchestra Rehearsal 7:00-8:30 PM		

## OCTOBER 2021

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1	2
3	4	5	6	7	8	9
Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	ECLECTICS CONCERT* @ 1pm BOARD MTG 7PM	Learn Ukulele 4-5 pm UKULELIANS - 5:00-6:30pm Moodswing Chorus 7-9 pm	Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3 pm	Eclectics 10:45-12:15 Jazz Improv 1-2pm Moodswing Orchestra Rehearsal 7:00-8:30 PM	Haywires 2-4 Minds at Work 4-6pm	EVENT Concert in the Park Cameron Bandshell
10	11	12	13	14	15	16
THANKSGIVING LONG WEEKEND NO PROGRAMS	THANKSGIVING LONG WEEKEND	UKULELIANS CONCERT* @ 2pm Learn Ukulele 4-5 pm UKULELIANS - 5:00-6:30pm	Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	Eclectics 10:45-12:15 Jazz Improv 1-2pm Moodswing Orchestra Rehearsal 7:00-8:30 PM	Haywires 2-4 Minds at Work 4-6pm	
17	18	19	20	21	22	23
Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm		Learn Ukulele 4-5 pm UKULELIANS - 5:00-6:30pm Moodswing Chorus 7-9 pm	Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	Eclectics 10:45-12:15 Jazz Improv 1-2pm Moodswing Orchestra Rehearsal 7:00-8:30 PM	Recovery Rock Band CONCERT* @ 1pm Haywires 2-4 Minds at Work 4-6pm	
24	25	26	27	28	29	30
Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm		Learn Ukulele 4-5 pm UKULELIANS - 5:00-6:30pm Moodswing Chorus 7-9 pm	Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3 M@W CONCERT* 1:30	Eclectics 10:45-12:15 Jazz Improv 1-2pm Moodswing Orchestra Rehearsal 7:00-8:30 PM	Haywires 2-4 Minds at Work 4-6pm	
31 HALLOWEEN!!	*CONCERT LOCATIONS: Please note that the concerts are only for residents of each mental health housing site. The location will be given to performers by email, or at the rehearsal.					
Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm						

**TO OUR SUPPORTERS IN THE PUBLIC SERVICE:**  
Thank you to all who chose to support FOM Music Society in 2020 through PECSF, the **PROV. EMPLOYEES COMMUNITY SERVICES FUND**  
We hope you'll choose us again for 2021!  
FRIENDS OF MUSIC SOC - I.D. NO: DC2534  
GREATER VICTORIA REGION  
CHARITY # 132855735RR0001

HELP SPREAD THE WORD - POSTERS AVAILABLE



The Ukulelians rehearsing outdoors on the EMP front lawn!



### 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.