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Get The BEAT

September-October 2022

NEWS & UPDATES

REGULAR PROGRAMS RESUME SEPTEMBER 6TH, 2022

(After Labour Day Long Weekend)

**WE ARE HAPPY TO WELCOME BACK ALL OF
 OUR WIND INSTRUMENT PLAYERS IN-PERSON!**

Welcome back friends!

As many of you know, we start up our regular programs in early September. This is the best time of year to start fresh in some of our Music Lessons and beginner friendly Drop-ins. Why not try out something new and see if you like it!

COVID-19 Health & Safety update: We will still be greeting everyone at the door and continuing with COVID-19 screening and masking-up. Wind instrument players may remove their mask, only while they are playing, with everyone else physically-distanced and masked. See our website or the welcome package letter, for all current COVID-19 health & safety protocols. *These protocols are subject to change at any time.

UKULELE LESSONS & UKULELIANS

From Sept 27th - October 20th - Please be advised that both of these groups will temporarily move to Thursdays, for 4 consecutive weeks, and will start one hour earlier than usual.

For those learning Ukulele from scratch, September is the best time to start Ukulele Lessons. Some instruments are available on loan.

Ukulele Lessons: 3:00-4:00pm

Ukulelians: 4:00-5:30pm

LET'S GROOVE! DRUM & PERCUSSION CLASS

with Lauri Lyster

Tuesday's 1:00-3:00pm

We know many of you enjoyed Lauri Lyster's awesome Drum & Percussion Workshop over the summer. Well, drum roll please... we've brought it back by popular demand! We're excited to announce that we're offering a Drum & Percussion class for all skill levels as part of our regular programming for the Fall.

Program Details: Let's Groove! This drop-in drum & percussion class will help you find your inner drummer. We will play various hand drums and percussion instruments and learn a few African and Latin rhythms. Playing together and listening to create a fun groove is an awesome way to tune the mind-body connection. No experience required! Drummers of all skill levels are welcome. Instruments provided. Bring your own Djembe if you have one.

BEGINNER BAND

PROGRAM STARTS UP SEPT 7TH, 2022

EVERY WEDNESDAY 11:00-11:55am - with Nick La Riviere

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 Band, at noon on Wednesdays, or to one of our other performance groups.

CONGRATS & THANKS

Let's take a moment to celebrate some achievements and exceptional contributions of our volunteers, staff and members!

THANK YOU TO VOLUNTEER, SAHIL VIRK



We want to offer our sincere thanks and appreciation to Sahil Virk, for his time and gracious support to FOM Music Society. He joined us a volunteer from February-June through Uvic's Community Engaged

Learning program, and became a regular helper and friendly presence at our Sunday Open Mic. See our 'FOM Stories' page for Sahil's story:

<https://friendsofmusic.ca/stories/>

MENTAL HEALTH FIRST AID CERTIFICATION

Congratulations to our staff members, Janet Pryer and Vanessa MacDonald, for completing their Mental Health First Aid Certification through the Mental Health Commission of Canada. We want to thank our funders, The Federation of Community Social Services of BC, for assisting us through their Community Social Service Training Fund. Janet and Vanessa are now trained to recognize the range of changes that may be a sign of declining mental well-being or crisis, and know how to offer and provide help, and guide a person towards appropriate treatments and supports.

PEER SUPPORT TRAINING

FOM Music Society secured 3 seats with Mental Health Recovery Partner's (MHRP) Peer Support training program. We are so proud to offer our congratulations to our own Jameel and Chey



(featured left) for enrolling in Peer Support training program over the summer.

Round of applause!

FRIENDS OF MUSIC CALENDAR OF EVENTS

SEPTEMBER 2022

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1	2	3
4 LABOUR DAY LONG WEEKEND NO PROGRAMS	5 LABOUR DAY STAT HOLIDAY OFFICE CLOSED	6 Let's Groove Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	7 Beginner Band 11-11:55* Skills Band 12-12:55* Fundamentals 1 - 3* *Joe Hatherill subs on the 7th	8 Eclectics 10:45-12:15 Jazz Improv 1-2pm *Community Concert HAYWIRES 6:30-7:15pm Orchestra 7:30-9:00 PM	9 Haywires 1-3 Minds at Work 3-5pm	10
11 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	12 Finance MTG 5:30pm BOARD MTG 6:00pm	13 Let's Groove Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	14 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	15 Eclectics 10:45-12:15 Jazz Improv 1-2pm *Community Concert UKULELIANS 6:30-7:15pm Orchestra 7:30-9:00 PM	16 Haywires 1-3 Minds at Work 3-5pm	17
18 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	19	20 Let's Groove Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	21 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	22 Eclectics 10:45-12:15 Jazz Improv 1-2pm *Community Concert ROCK BAND 6:30-7:15pm Orchestra 7:30-9:00 PM	23 Haywires 1-3 Minds at Work 3-5pm	24
25 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	26	27 Let's Groove Drum & Percussion Class 1-3pm Ukulele groups move to Thursday for 4 weeks Moodswing Chorus 7-9 pm	28 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	29 Eclectics 10:45-12:15 Jazz Improv 1-2pm Learn Ukulele 3-4 pm UKULELIANS 4:00-5:30pm *Community Concert M. CHORUS 6:30-7:15pm Orchestra 7:30-9:00 PM	30 Haywires 1-3 Minds at Work 3-5pm	

OCTOBER 2022

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
						1
2 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	3 Finance MTG 5:30pm BOARD MTG 6:00pm	4 Let's Groove Drum & Percussion Class 1-3pm Moodswing Chorus 7-9 pm	5 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	6 Eclectics 10:45-12:15 Jazz Improv 1-2pm Learn Ukulele 3-4 pm UKULELIANS 4:00-5:30pm *Community Concert M.ORCHESTRA 6:30-7:15pm Orchestra 7:30-9:00 PM	7 Haywires 1-3 Minds at Work 3-5pm	8 LONG WEEKEND
9 THANKSGIVING LONG WEEKEND NO PROGRAMS	10 STAT THANKSGIVING MONDAY	11 Let's Groove Drum & Percussion Class 1-3pm Moodswing Chorus 7-9 pm	12 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	13 Eclectics 10:45-12:15 Jazz Improv 1-2pm Learn Ukulele 3-4 pm UKULELIANS 4:00-5:30pm *Community Concert ECLECTICS 6:30-7:15pm Orchestra 7:30-9:00 PM	14 UKULELIANS CONCERT AT 3:30pm @ THE CRIDGE Haywires 1-3 Minds at Work 3-5pm	15
16 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	17	18 Let's Groove Drum & Percussion Class 1-3pm Moodswing Chorus 7-9 pm	19 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	20 Eclectics 10:45-12:15 Jazz Improv 1-2pm Learn Ukulele 3-4 pm UKULELIANS 4:00-5:30pm *Community Concert MINDS@WORK 6:30-7:15pm Orchestra 7:30-9:00 PM	21 Haywires 1-3 Minds at Work 3-5pm	22
23 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm MINDS @ WORK CONCERT VIC EVENT CENTRE 7pm	24	25 Let's Groove Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	26 Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	27 Eclectics 10:45-12:15 Jazz Improv 1-2pm *Community Concert MINDS AT WORK HALLOWEEN CONCERT 6:30-7:15pm Orchestra 7:30-9:00 PM	28 Haywires 1-3 Minds at Work 3-5pm Recovery Rock Band @ Seven Oaks 1:30pm	29
30 Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	31 HALLOWEEN	*All Community Concerts are held at indoors at the Eric Martin Pavilion Theatre				



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 BC, the Victoria Foundation Mary Elizabeth Hemeon Memorial Fund, Sara Spencer Foundation, Capital Regional District Arts and Culture, Anonymous Donors, and all of our many friends.