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# Get The BEAT

## January - February 2023

### NEWS & UPDATES

## ALL REGULAR PROGRAMS RESUME JANUARY 10<sup>th</sup>, 2023!

### THANKS TO OUR SUPPORTERS

We have some exceptional contributions to highlight from 2022:

#### THANK YOU PAT REID, LOBBY ATTENDANT

Pat has recently retired from her role as FOM Music Society's Lobby Attendant. She was a long term supporter of our Community Concerts and a singer in the Moodswing Orchestra and Minds At Work. We want to recognize and celebrate her contributions



to this organization. She put so much care and thoughtfulness into everything she did, including setting up equipment and ensuring everything was running smoothly at concerts and programs. She was a welcoming presence in the Lobby on Thursdays, and everyone

appreciated her top notch coffee. Thank you so much Pat! Most of all, we will miss your singing.

#### THANK YOU TO VOLUNTEER, JADE CHICORELLI

We want to offer our sincere thanks and appreciation to Jade, for her work as FOM's Volunteer Photographer this Fall. Jade joined us as a volunteer through UVic's Working in Community course, and has helped us to update our image library with some fantastic new photos of our musicians and groups in action. You can look forward to a refreshed image gallery on our website coming soon!

#### THANK YOU TO ALL OF OUR DONORS

Much gratitude to everyone who contributed to our Annual Campaign in December. Your donations will help us continue supporting good mental health through a diverse array of music programs. Special word of thanks to Bhavantu Sound and Starlight Pop Chorus for organizing very successful fundraisers on our behalf. We are grateful for the community support that was given towards our Annual Christmas Special Event by Island Culinary Services, Save-On Foods, London Drugs and our many volunteers. Thanks go out to our volunteers and the general public for supporting us at DVBA's Lights of Wonder Giving Booth on Dec 26<sup>th</sup>, 27<sup>th</sup>, and 28<sup>th</sup>.

### NEW MONDAY CONCERTS AT MONTHLY MOVIES!

We are partnering with PSR Collaborative's Monthly Movies. We'll be offering a concert with FOM's performance groups paired with the the feature film. The concerts will run from 6:00-6:45pm and the movie starts at 7pm. See the Program Calendar on the reverse side to find out which groups are scheduled to perform.

### FOM MUSICIAN FEATURE

#### Music and Resilience

~ By River Chandler

Music has been part of my life for as long as I can remember; singing in British Music Hall as a young child; singing in choirs; acting, singing and dancing in musical theatre; and playing in the school band. I picked up (and put down) my guitar over the years, playing songs for small children in early learning settings, and learning a few folk songs. Eight years ago, my queer, Jewish friends invited me to join their band, the Klezbians, to play Jewish and klezmer tunes for a range of audiences. I signed up for lessons and began to play rhythm guitar with the band. Four years ago, I decided that I wanted to play jazz. I started lessons with Avram McCagherty and attended a couple of jazz camps.

After enjoying playing in combos at jazz camp this past summer, I realized that I wanted to play jazz regularly in a band. I mentioned it to a jazz camp instructor who encouraged me to check out Friends of Music (FOM), and then to Avram, who invited me to join the Eclectics this fall.

Playing in the Eclectics is a wonderful experience! Learning and playing several new songs each week stretches me as a musician, which is a delightful challenge. The talented musicians and singers are welcoming and easygoing.

What I wasn't expecting was the positive impact of FOM on my journey of recovering my mental health after a very difficult year. I am deeply grateful for this gift. I looked at articles and quotes about the healing power of music as I reflected on my experience, and this quote by Bryce Anderson spoke to me: "I've found that no matter what life throws at me, music softens the blow."

# FRIENDS OF MUSIC CALENDAR OF EVENTS

## JANUARY 2023

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
<b>1</b> NEW YEAR'S DAY STAT HOLIDAY	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> Monthly Movies Concert UKULELIANS 6:00-6:45pm	<b>10</b> Let's Groove Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	<b>11</b> Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	<b>12</b> Eclectics 10:45-12:15 Jazz Improv 1-3pm *Community Concert HAYWIRES 6:30-7:15pm Orchestra 7:30-9:00 PM	<b>13</b> Haywires 1:30-3:30 Minds @ Work 3:30-5:30	<b>14</b>
<b>15</b> Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>16</b> Finance MTG 6:30pm BOARD MTG 7pm	<b>17</b> Let's Groove Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	<b>18</b> Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	<b>19</b> Eclectics 10:45-12:15 Jazz Improv 1-3pm *Community Concert JAZZ IMPROV 6:30-7:15pm Orchestra 7:30-9:00 PM	<b>20</b> Haywires 1:30-3:30 Minds @ Work 3:30-5:30	<b>21</b>
<b>22</b> Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>23</b>	<b>24</b> Let's Groove Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	<b>25</b> Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	<b>26</b> Eclectics 10:45-12:15 Jazz Improv 1-3pm *Community Concert ECLECTICS 6:30-7:15pm Orchestra 7:30-9:00 PM	<b>27</b> Haywires 1:30-3:30 Minds @ Work 3:30-5:30	<b>28</b>
<b>29</b> Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>30</b>	<b>31</b> Let's Groove Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm				

## FEBRUARY 2023

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			<b>1</b> Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	<b>2</b> Eclectics 10:45-12:15 Jazz Improv 1-3pm *Community Concert ROCK BAND 6:30-7:15pm Orchestra 7:30-9:00 PM	<b>3</b> Haywires 1:30-3:30 Minds @ Work 3:30-5:30	<b>4</b>
<b>5</b> Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>6</b> Finance MTG 6:30pm BOARD MTG 7pm	<b>7</b> Let's Groove Drum & Percussion Class 1-3pm* Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	<b>8</b> Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	<b>9</b> Eclectics 10:45-12:15 Jazz Improv 1-3pm *Community Concert ORCHESTRA 6:30-7:15pm Orchestra 7:30-9:00 PM	<b>10</b> Haywires 1:30-3:30 Minds @ Work 3:30-5:30	<b>11</b>
<b>12</b> Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>13</b> Monthly Movies Concert M. CHORUS 6:00-6:45pm	<b>14</b> Let's Groove Drum & Percussion Class 1-3pm* Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	<b>15</b> Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	<b>16</b> Eclectics 10:45-12:15 Jazz Improv 1-3pm *Community Concert JAZZ IMPROV 6:30-7:15pm Orchestra 7:30-9:00 PM	<b>17</b> Haywires 1:30-3:30 Minds @ Work 3:30-5:30	<b>18</b>
<b>19</b> LONG WEEKEND NO PROGRAMS	<b>20</b> FAMILY DAY OFFICE CLOSED	<b>21</b> Let's Groove Drum & Percussion Class 1-3pm* Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	<b>22</b> Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	<b>23</b> Eclectics 10:45-12:15 Jazz Improv 1-3pm *Community Concert MINDS AT WORK 6:30-7:15pm Orchestra 7:30-9:00 PM	<b>24</b> Haywires 1:30-3:30 Minds @ Work 3:30-5:30	<b>25</b>
<b>26</b> Recovery Rock Band 2-4 pm Guitar 4:00-5:30pm OPEN MIC 6-8 pm	<b>27</b>	<b>28</b> Let's Groove Drum & Percussion Class 1-3pm* Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	<b>1</b> Beginner Band 11-11:55 Skills Band 12-12:55 Fundamentals 1 - 3	<b>2</b> Eclectics 10:45-12:15 Jazz Improv 1-3pm *Community Concert UKULELIANS 6:30-7:15pm Orchestra 7:30-9:00 PM	<b>3</b> Haywires 1:30-3:30 Minds @ Work 3:30-5:30	<b>4</b>

\*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, Island Health, 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.