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Get The BEAT

JULY-AUGUST 2024

SUMMER PROGRAMS

Welcome to a fun-filled summer at FOM Music Society! It's time to mix things up with new musical adventures for everyone to try.

Jazz Ukulele with Avram McCagherty

Wednesday JULY 10th, from - 10:00-12:00pm

This 2-hour workshop, will appeal to the more advanced ukulele player or any ukulele player, looking for a bit of a challenge. We'll be playing common Jazz Standards, to give you the opportunity to play around with some of the more sophisticated chords. (Not an improv class)

Slow Pitch Ukulele with Avram McCagherty

Wednesday July 17th, 24th only - 10:30 am-12:00pm

(Performances Wed July 31, 12:30-1:15 at 1475 Fort St.

& Fri Aug 9th 12:30-1:15 - at 1230 Styles St.)

This group will take folks from the comfort of beginner ukulele lessons and transition you into confident, performing Ukulelians. It is open to beginner or intermediate ukulele players, as well as supportive performing Ukulelians, who are looking for a chill performance experience, and can help our new players knock it out of the park! The play-list will draw from the repertoire usually used at Beginner Ukulele Lessons. We will massage and polish some of these easier, laid back, gems to perform at two local BBQs. Musicians are welcome to take part in the BBQ!

GROUP KEYBOARD LESSONS with Joe Hatherill

Wednesdays July 10th, 17th, 24th, & 31st - 1:00pm-3:00pm

It is never too late to learn to play the piano! Take the first steps, this summer and find out just how fun it can be. This summer we'll bypass the method books and get to the fun stuff. If you find that playing the piano is your passion, then you will find a way to keep it going. Absolutely no musical experience required. If you do have musical experience, it will come in handy.

SUMMER TUNE UP with Nick La Riviere

Thursdays from 1:00-3:00pm

Thurs July 4th from 1-3pm Back to the Sixties

Thurs July 11th from 1-3pm Sing-a-long with Elvis

Thurs July 18th from 1-3pm Sing-a-long to the Beatles

Thurs July 25th from 1-3pm FOM goes Country

This group includes a non-auditioned chorus and a rhythm section. Singers, drummers, guitarists, bass players, piano players & really, any instrumentalist or singers are welcome, whether you play what's written or play by ear. This is a low-key group that welcomes all skill levels.

BECOME THE PERFORMER YOU DREAM TO BE with Kara Flanagan

& Accompanist Jon Ziffle Fridays from 12:00-2:00pm

What kind of performer do you dream to be? Acting gives you a skillset to create behaviors, intentions, and actions that can help transform your onstage performance. *What is acting?* Acting is the art of expressing the human experience onstage, using the actor's body and voice as the instrument. During this summer course, you will learn acting techniques to help you create a more confident stage presence and curb your stage fright.

FOM MEMBER'S FEATURE



April 28, I entered the 10 km Times Colonist Run. I had so much fun! Yes fun! My time did not matter as I just entered the run to enjoy the event. Most of you know I am not an athlete, but I did finish the run. This made me feel so proud and happy.

I really liked all the people cheering all along the route. I especially enjoyed the Friends of Music playing and cheering at the 9km mark.

I am going to enter the Royal Victoria Marathon in on October 10th, 2024. I will not be running the full marathon, but I will be running in the 8km run on Oct 13th. Come and join me as I and others will be raising funds for the Friends of Music. There are several options for a run, full marathon, half marathon, 8km, 5km, or the Thrifty Foods kids run.

I am hoping to better my time and earn funds for Friends of Music. I hope you will join me and others at this fun event.

~Terri Beaton



Join Terri Beaton, in supporting FOM Music Society as an official charity in the Victoria Marathon! Now is the time to get involved and begin training for the race on October 12th & 13th weekend. By choosing to run or walk on our behalf, you help us raise awareness and donations for our cause, that support music programs for mental health. We welcome supporters in every capacity; whether you join one of our teams, form your own, volunteer at the event, spread the word far and wide, or rally your friends and family to run, walk and donate. **Consider joining one of our established teams - THE ROCK'N RACERS FOR FOM**

led by our enthusiastic Executive Director, Janet Pryer. More teams are welcome! To donate, join a team, or start your own, visit our official Race Roster page.



FRIENDS OF MUSIC PROGRAM CALENDAR

JULY 2024

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1 CANADA DAY Office Closed	2	3 Eclectics 10:45-12:15 Dress Rehearsal 10:30-12:00pm	4 Summer Tune Up 1:00-3:00pm	5 Acting For Musicians 12:00-2pm	6
7	8 Monthly Movies Eclectics 6:00-6:45	9	10 Jazz Ukulele 10:00am-12:00pm Group Keyboard Lessons 1:00-3:00pm	11 Summer Tune Up 1:00-3:00pm	12 Acting For Musicians 12:00-2pm	13
14	15	16	17 Slow Pitch Ukulele 10:30am-12:00pm Group Keyboard Lessons 1:00-3:00pm	18 Summer Tune Up 1:00-3:00pm	19 Acting For Musicians 12:00-2pm	20
21	22	23	24 Slow Pitch Ukulele 10:30am-12:00pm Group Keyboard Lessons 1:00-3:00pm	25 Summer Tune Up 1:00-3:00pm	26 Acting For Musicians 12:00-2pm	27
28	29	30	31 Ukulele Performance 12:30am-1:15pm @1475 Fort St. Group Keyboard Lessons 1:00-3:00pm			

AUGUST 2024

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1	2	3
4	5	6	7	8	9 Ukulele Performance 12:30-1:15 & Styles St.	10
11	12 Monthly Movie Jazz Improv 6:00-6:45	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

PROGRAM PREVIEW

SEPTEMBER 2024

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1	2	3 Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	4 Beginner Band 11-11:55 Skills Band 12-12:55 Jazz Improv 1 - 3 Recovery Rock Band 5-7pm	5 Eclectics 10:45-12:15 Fundamentals 1-3pm *Community Concerts Returning Oct 31st Orchestra 7:30-9:00 PM	6 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	7
8 Guitar 4:00-5:30pm OPEN MIC 6-8 pm	9 Finance MTG 6:00pm BOARD MTG 6:30pm	10 Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	11 Beginner Band 11-11:55 Skills Band 12-12:55 Jazz Improv 1 - 3 Recovery Rock Band 5-7pm	12 Eclectics 10:45-12:15 Fundamentals 1-3pm *Community Concerts Returning Oct 31st Orchestra 7:30-9:00 PM	13 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	14
15 Guitar 4:00-5:30pm OPEN MIC 6-8 pm	16 Monthly Movies Recovery Rock Band 6:00-6:45	17 Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	18 Beginner Band 11-11:55 Skills Band 12-12:55 Jazz Improv 1 - 3 *No Rock Band today*	19 Eclectics 10:45-12:15 Fundamentals 1-3pm *Community Concert Returning Oct 31st Orchestra 7:30-9:00 PM	20 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	21
22 Guitar 4:00-5:30pm OPEN MIC 6-8 pm	23	24 Drum & Percussion Class 1-3pm Learn Ukulele 4-5 pm UKULELIANS 5:00-6:30pm Moodswing Chorus 7-9 pm	25 Beginner Band 11-11:55 Skills Band 12-12:55 Jazz Improv 1 - 3 Recovery Rock Band 5-7pm	26 Eclectics 10:45-12:15 Fundamentals 1-3pm *Community Concert Returning Oct 31st Orchestra 7:30-9:00 PM	27 Haywires 1:30-3:30 Minds @ Work 3:30-5:30	28
29 Guitar 4:00-5:30pm OPEN MIC 6-8 pm	30 (OFFICE CLOSED) NATIONAL DAY FOR TRUTH AND RECONCILIATION	OUR REGULAR PROGRAMS RE-START IN SEPTEMBER! FULL DETAILS OF OUR FALL PROGRAMS WILL BE ANNOUNCED IN THE SEPT-OCT 2024 NEWSLETTER				



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