



Stay Connected

Musical Connections News June '20

Update from Liz and Nic, Quench Arts

Hello again Musical Connections members! Hope that you are all doing okay and are making the most of the loosening of the lockdown guidance to enjoy the sunshine and a few socially distanced visits to the local park? Please find below the most recent Musical Connections newsletter and activities to help keep you musically active and keep those creative juices flowing!



With this newsletter you will find the following activities (*links to all videos are on the back page*):

- A video from James Stanley focussed on keyboard skills, which he's put together for you in place of the Musical Connections special interest session that he was due to run on 5th May.
- A video and worksheet from Nicola McAteer in place of the Musical Connections group session that was due to run on 20th May
- An interactive musical task from Steve Ison, the Musical Connections Music Support Worker, which is explained below, if you'd like to take part.

We've included some contributions from both Danny and Bernie in the members' area. Please do get in touch if you have anything that you'd like to contribute to next newsletter. Also in this newsletter are some more examples of from our Daily Distraction activities that have appeared on our social media accounts. You will notice that on our Tuesday Tunes we've chosen tracks to mark the sad and untimely passing of two previous Musical Connections members: Lance Hardware, who many of you will know as a fantastic bass player who attended one of the last Musical Connections residential weekends, and David Goley, who was an MC member many years ago before going on to support with Brainstorm and Arts All Over The Place. Both will be greatly missed in our creative circles and we send our thoughts and well wishes to family and friends.

Thanks to everyone who contributed their own musical recording contributions to the backing track that James put together for the last newsletter. We are still in the process of mixing these all together but will share the final track on the Quench Arts SoundCloud page and in the next newsletter when it's finished. Thanks also to those who voted on which MC track to use for the video that Steve is going to put together. The track chosen was Musical Connections, by Basil Clarke, so Steve will start getting to work on producing the video now, using past Musical Connections material/photos, etc.



Remember, both Liz and Nic are happy to give you a call or text to keep in touch if you'd like this and Steve is still working 1 day a week in his Music Support Worker role providing phone calls and online sessions to people who've expressed an interest. We can also put you in touch with other members if you don't have their contact details (providing the other person agrees!), so that you can keep in contact by phone/email with any friends made during the project. If you want to know more, get in touch with us on email us at (info@quench-arts.co.uk) or by phone (07716 362 478 / 0121 288 3858).

GOOD NEWS: We have managed to get more funding for MC until April 2021! :-)) Thanks to the Coronavirus Mental Health Response Fund, managed by MIND with funds from the Dept of Health and Social Care for all of their support!

Musical Connections is still here for you and we are so looking forward to seeing you all once face-to-face music sessions can restart. Until then, or the next newsletter, all the best. *Liz and Nic*

Steve's Bit - MC Collaborative Track



Hi. Hope everyone's still doing ok and enjoying the sunshine? I've been having fun working with some of you on Zoom and catching up with others on the phone. Liz and Nic have asked me to think of some other creative ways to keep MC members involved. One idea is that I am going to try to put together a piece of music that you can all contribute to. This might be by singing a lyric, playing some rhythms using kitchen utensils, or even playing an instrument that I'll record over the phone/Zoom! This is definitely an experiment so we will see how this goes!

Have a listen to this track on SoundCloud: <https://tinyurl.com/MCBackingTrack>. You will hear some chords that I have written to help get this started. There are 3 sections:

- 1, Em/A (x4)
2. Am/D/G (x3) C
3. Em/A/C/G (x3) C

And this is how the chords run completely through the song:

Em/A (x4)
Am/D/G (x3) C
Em/A (x4)
Am/D/G (x3) C
Em/A/C/G (x3) C
Em/A (x4)
Am/D/G (x3) C
Em/A/C/G (x3) CEm



If you have any lyrical ideas to add to this you can email these to Liz and Nic at info@quench-arts.co.uk or post these to FREEPOST QUENCH ARTS (no other words needed on the envelope). You can also send in your own recordings of any melodic or instrumental ideas you have for the track, either as video or audio recordings. What I suggest is that you listen to the chords I've recorded on headphones from a CD player or laptop and then make a recording of your own idea using your phone. Liz and Nic will pass on anything they receive to me so that I can piece all the ideas together, or you can give me a call and I'll take down your lyrical and melodic ideas down the phone or via Zoom!

Quench ran a similar activity with a call out on social media, with their Plugin project team demonstrating by a video how this could work. That video can be seen here: <https://tinyurl.com/PluginJewels>

And the track created can be heard here: https://soundcloud.com/quench_arts/sets/social-media-collaborative

I'm sure MC members can be equally, if not more creative! I'll look forward to hearing your contributions. Take care. Steve :-)

Member Contributions

Some jokes from Danny, via social media:

Who is 25 Cent? 50 Cents half brother.



Liam Gallagher is in a restaurant. The waiter brings Liam a bowl of soup and says to Liam you've got a roll with it.

My favourite band are the Bee Gees. I can't speak highly enough of them.

I'm in a band called the Hinges. We support the Doors.

What's the difference between a fish and a guitar? You can't tuna a fish.



Who is One Pack? Tupac's half brother.

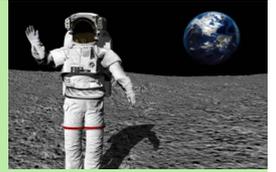
I was in the desert. I saw Liam and Noel Gallagher. I was seeing an Oasis.



What was Erol Brown's favourite drink? Hot Chocolate.

I'm in a band called OCDC we play all our hits in alphabetical order.

I'm ashamed I've got a Police record. It's called Walking on the Moon.



Bernie's Poems



WHAT MUSIC MEANS TO ME

Music is the core of my soul
It makes me value life
The essence of my spirit is lightened when I produce a song
I'm thankful to God for His gift to me
Making my voice sound like a bird
And His presence is near
The joy of my soul makes singing unbelievable
BUT This is Real!
What a beautiful feeling it is
Just to realise that my dream has come true
In making my own music come Alive

LIFE ITSELF

I think of life as a plan of God
I watch and wait
And my spirit is renewed
like an eagle who has a sense of belonging.
I wonder what life will be
I ponder and I know
He is there with me
He guides me
He protects me
He is my help my all
I need to give Him the Praises
He deserves
Because He lives within Me



THE SUNSHINE

I look up to the sky
And shinning back at me
Is the sun
I feel my spirit lifted already
And the sun shines back at me
The sky is blue and looks dazzling
As the sun beams down
The grass looks colourful
Entwined with the daffodils and daisies
What a joy it is to see such nature
On this glorious day called Summer



By Bernie Beckford

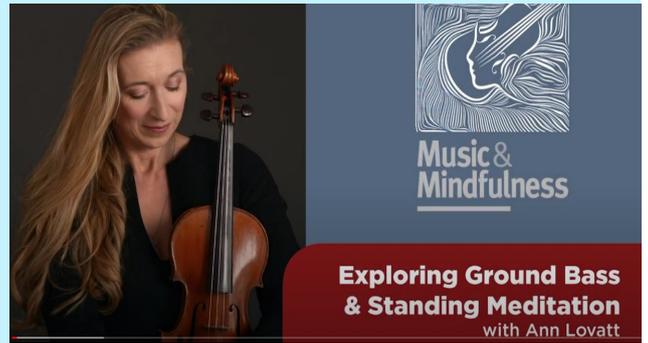
Daily Distractions Activities: Some Examples

Monday Meditation

Following on from the theme of Nicola's group session activities included with this newsletter, we found this video which looks really interesting, learning about connections between music, mindfulness and meditation. We hope that you have a relaxing day!

See the video here:

<https://tinyurl.com/MusicMindful>



Professional Violinist Ann Lovatt takes you on an exploration of the connections between Music, Mindfulness and Meditation. Each of this series of 7 videos enables you to deeply relax whilst also learning about aspects of music you may not be familiar with and how they relate and connect to your body, mind and general wellbeing.

Tuesday Tunes

On the suggestion of the Musical Connections Members' Advisory Group, on Tuesdays we've been sharing a different song from Quench Arts' SoundCloud account every week. We try and rotate our choices from the different projects that we run. Over the last couple of weeks we've had some sad news to share and have chosen tracks in recognition of each member. Here are our posts from those weeks, with photos we included on the next few pages.

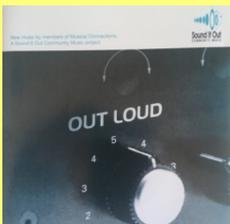
28th April: This week we have a very emotional track to share. A few days ago, we heard the very sad news that Musical Connections member, **Lance Hardware**, had passed away unexpectedly due to heart and bowel complications. Lance was a very popular member of Musical Connections and made many friends through the project. A dependable reggae bassist, he would often step in and play on other participants' tracks, as well as having a go at other instruments and singing.

We will miss him very much :-(. **Feelin' The Summer** is a track he wrote, supported by Steve Ison (Music Support Worker). Please give it a listen in his memory.

<https://soundcloud.com/que.../lance-hardware-feelin-the-summer>

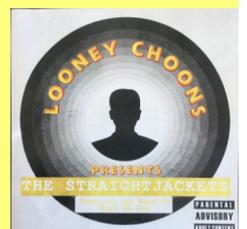


12th May: This week we have a poignant track to share. Last week, we heard the very sad news that former Musical Connections member, **Dave Goley**, had passed away. Dave was a member of the project when it was run by Sound It Out Community Music and although he hasn't attended the project sessions for a long while, he supported signposting stalls at many MC concerts through his work with Arts All Over The Place.



In his memory, we want to share a lovely piece of music that Dave wrote in Musical Connections way back in 2001 called **Blown Away**. In this song, Dave is playing guitar, Rosie Nield is on vocals, Pete Churchill is on guitar and backing vocals and Steve Ison is on bass. Please give it a listen in his memory. Our thoughts are with all of Dave's family and friends. https://soundcloud.com/quench_arts/2-david-goley-blown-away

2nd June: For our Tuesday Tune on this date, we shared a powerful piece called **Evening News** by **Mr Frenik** from our Hear Me Now project from a few years ago, in recognition of #BlackLivesMatter and the current situation in Amercia. We also took the opportunity to stand with the creative sector on #BlackOutTuesday to state that Quench Arts wholeheartedly believe that Black Lives Matter. We're committed to being an organisation that is inclusive, anti-racist and free of prejudice and intolerance in any form. We strive to continue to learn how we can do better as individuals and organisationally, and encourage others to do the same. https://soundcloud.com/quench_arts/01-evening-news-mr-frenik





In Memoriam, by Danny Harris

About two months ago we heard the sad news that an MC legend and friend had sadly passed away. Lance Hardware was a talented singer, bass player and all round great guy.

I first met Lance in 2010 in a psychiatric hospital in Birmingham. We became friends very quickly. Lance was in the hospital service users' band which performed at events at the hospital for patients and staff. I got discharged from the psychiatric hospital in 2011. I kept in touch with Lance regularly until his discharge. When Lance came out of the psychiatric hospital we would hang out regularly and speak on the phone regularly. We both liked football, music, cinema, eating out, shopping, the internet and going to gigs where we both saw the very first live performance of the Strangest Feeling.

I joined MC in 2010. I told Lance about MC; he seemed keen to join MC and he eventually did. Me and Lance went to group sessions at MC, music on the roof at Pete Churchill's house, to MC live concerts where we both performed and we joined a music course run by Paul Carroll. We also attended Brainstorm regularly, an open mic night run by Pete Churchill. Lance performed some of his songs there which always went down well. My all time favourite song by Lance is 'I Can Feel The Love'.

I have been very fortunate to sing and write songs with Lance before he sadly passed away. I have some of Lance's recordings on different CDs which I enjoy listening to. Lance was a very good friend, a talented bass player, musician, a good time keeper, generous and friendly. I helped Lance move into a flat after he left mental health supported accommodation. I will miss Lance like I know a lot of people will. I will miss meeting up with Lance, visiting him at home, Lance visiting me at home, Lance's cooking (he was a trained chef), meeting up with Lance in general, speaking to him on the phone and his music.

I will never forget you, Bruv. One Love. I hope to see you in Heaven one day. Amen. 1969-2020
R.I.P.

By Danny Harris.



DAVE



THANKYOU
FOR THE
MUSIC



MAY 2020 — RIP DAVE GOLEY

Dave — you were a member of Musical Connections for many years and we shall miss your gentleness, your quiet humour, your creativity and your care of others.

You maintained many loyal and supportive friendships from those days and were always very understanding of those going through difficult times.

In recent years you have helped to host Brainstorm week in, week out. We will all remember your patience, the efforts you made to affirm people, your attempts to shut them up if they were going on for too long 😊 and your welcome of those there for the first time.

We give thanks for your life & shall treasure our memories of you — Rest in peace, friend.

To/ Marie & all of David's family.

Too difficult to gather signatures at the moment, but this comes from all of us at Musical Connections and Brainstorm.

We will undoubtedly do something all together to celebrate David's life through music, poetry drama and all the forms of creativity he loved when the time is right.

In the meantime we extend our very best wishes to you all at this difficult time of unexpected loss.

With love, Pete & all at Musical Connections / Brainstorm



Wednesday (Music Leader Spotlight)

On Wednesdays we tend to have a spotlight on one of the Quench Arts music leaders. Over the last month or so we've chosen Katie and Nicola to highlight from Musical Connections:



MUSIC LEADER SPOTLIGHT: Katie Stevens. Now is the perfect time to explore the amazing talent of our music leaders and it will give you chance to discover some new music along the way.

We've had the pleasure of working with Katie for so many years. Initially, she volunteered on our Musical Connections project. Now, she is a Lead Music Leader on our Plugin and Musical Connections projects and has worked on Wavelength too as a shadow artist. Katie is a multi-talented multi-instrumentalist and super nice person. It's hard to keep track of the many groups she performs in. Here are just a few Bonfire Radicals, The Katies, Umseteum, The Destroyers and Kiriki Club. For more details, head to her website! www.katiestevensclarinet.com/

MUSIC LEADER SPOTLIGHT: Nicola McAteer. Now is the perfect time to explore the amazing talent of our music leaders and it will give you chance to discover some new music along the way.

We have had the privilege of working with Nicola McAteer since she joined our Musical Connections team in 2013 and she's also worked on our Musical Wonderland project. Nicola is an AMAZING cellist. In fact, we could listen to her play all day long. She plays other instruments too but, most of all, she's a lovely human being who is always so supportive of what we do.

As mentioned previously, she's in The Strangest Feeling with the other Musical Connections Lead Artists (Paul, Steve and Pete) but today we are going to highlight another of her groups, Emerald Strings, a Midlands based string quartet. Go check them out! www.emeraldstrings.co.uk/



Thursday Share

On Thursdays we try to share things from other organisations or some of our video musical tasks from projects that we think others might enjoy. For example, we recently shared the Plugin 'Jewels' video that Steve mentioned in his section above. We have also posted videos on some different songwriting techniques such as the **Third Eye** technique (imagining you are someone else) and one called **Rhyme and Reason** (how to structure lyrical rhymes).

Friday Fun

Lyrics Quiz As requested by Sarah earlier this week, here is a 'Guess the song from the lyric' quiz! We've put this together with a bit of help from Ready Made Pub Quiz but also with our own contributions. The answers are on the last page.

Name the song and the band/composer

1. "And all at once I lost my breath, and all at once was scared to death, and all at once I owned the earth and sky."
2. "Hey you with the pretty face, welcome to the human race"
3. "One of these mornings you're gonna rise up singing, then you'll spread your wings and you'll take to the sky"
4. "I work all night, I work all day to pay the bills I have to pay."

5. "Midnight, one more night without sleeping, watchin' till that morning comes creeping."
6. "Oh we were born within an hour of each other. Our mothers said we could be sister and brother."
7. "You try to scream, but terror takes the sound before you make it."
8. "The race is on to get out of the bottom, the top is high so your roots are forgotten."
9. "I guess it's funnier from where you're standing, 'cause from over here I missed the joke."
10. "She's got a smile that it seems to me reminds me of childhood memories."
11. "At work I just take time and all through my coffee break time..."
12. "If you say run, I'll run with you. If you say hide, we'll hide."
13. "Say you don't need no diamond rings and I'll be satisfied."
14. "Top to toe in tailbacks, oh, I got red lights on the run."
15. "I want a perfect body, I want a perfect soul. I want you to notice..."
16. "What keeps the planet spinning, uh, the force from beginning."
17. "Some'll win, some will lose, some are born to sing the blues."
18. "One, don't pick up the phone, you know he's only calling 'cause he's drunk and alone."
19. "Somewhere 'cross the desert, somewhere in the early hour."
20. "Jealousy, turning saints into the sea."

FIND THE BANDS: In the picture below are 75 (yes, 75!) bands. Some are definitely more obscure than others! See if you can find them all. The answers are on the last page.
Credit: Virgin Digital



Weekend Wanderings (Saturdays)

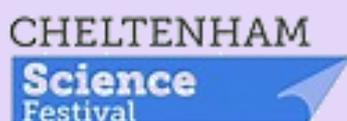
This is where we highlight some of the various ways that arts organisations and venues are engaging with their audiences online. If you've got access to the internet you can look at some of the examples given below online. Some 'smart TVs' allow you to watch YouTube through them, as do the Amazon Firesticks, Chromecast and Now TV sticks that you can stick into your TV. But don't worry if you haven't got any of these - quite a bit is being shared on the main TV channels.



NATIONAL ARCHIVES. Have you ever fancied looking into family military history? Or having a look at the Domesday Book records? The National Archives are giving free access to its content for 30 days. Head here:

<https://www.nationalarchives.gov.uk/about/news/digital-downloads/>

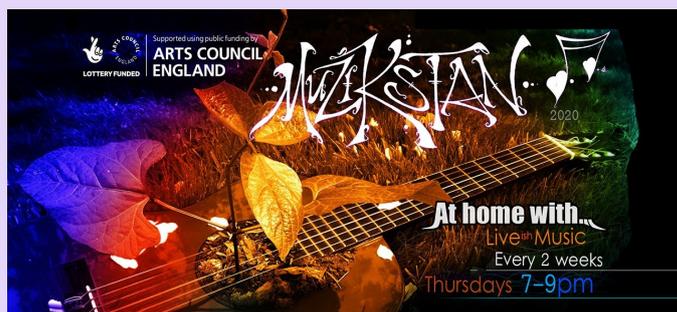
BIRMINGHAM MUSEUMS. If you are missing visiting museums & galleries, you can 'visit' the Birmingham Museums from your own home through their virtual tours! www.birminghammuseums.org.uk/bringing-our-museums-to-you



CHELTENHAM SCIENCE FESTIVAL: Starting today, Cheltenham Science Festival is online with LOADS of brilliant stuff to watch and learn about for free. Head here for details:

<https://tinyurl.com/ScienceChelt>

MUZIKSTAN: Every 2nd Thursday, 7-9pm on the Muzikstan Facebook page is a performance by some fantastic diverse artists (including the lovely Katie Stevens). You can watch the live stream on Thursdays or check out the video material another time here: www.facebook.com/Muzikstan/



CALLOUT FOR CONTRIBUTIONS: Sunday Xpress in Isolation Mode, June 14, 2020, 6 – 9pm

This is an open call-out for the second in the series of Sunday Xpress in Isolation Mode, broadcast via Centrala's YouTube page. The deadline for submissions is 14th of June, with the transmission to follow shortly after.

Due to the success of the first Sunday Xpress in Isolation Mode film, there is going to be another, and

there have already been submissions including short film, opera, poetry and double A sides from the best of the West Midlands underground. But of course, they would like more!

Send in video files of performances in bedrooms, sheds, gardens, front and back rooms, wherever as long as you're social-isolating – sticking to that Sunday Xpress freedom of expression and diverse programming ethos that people have grown to love over the years. And it doesn't have to be something new – you can send existing material, promo videos, short films, anything. They will be compiled into a suitable running order, and compered by the wonderful Brendan Higgins, pre-recorded from his sitting room in Yardley. **Submissions to jameskennedycentral@yahoo.co.uk - WeTransfer files or YouTube links gladly received. Videos off phones should ideally be filmed landscape (holding the phone on it's side).**



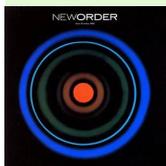
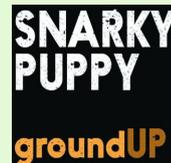
Sunday Soundtrack

Sunday Soundtrack

Every Sunday we ask for song suggestions on a given theme so people can widen their musical horizons by having recommendations of what to add to their musical playlists. As an example, we recently asked people to name any track/band that they like that features a colour in the title/name. We had 43 comments so here are a selection!

Liz: My choice is Snarky Puppy's Thing of Gold. I've seen this band a few times and they are amazing live - such energy!!!

<https://tinyurl.com/SnarkyGold>



Nic: My choice this week is New Order's Blue Monday. I really like how the intro builds up with all those synthy sounds! You never get intros that long these days! At the time it was released, it sounded futuristic! Looking back, it sounds very 80s!

<https://tinyurl.com/NOBlueMon>

Paul N: Metallica, Fade To Black

<https://tinyurl.com/MetFadeBlack>



Vic E (non MC member): Doves, Black and White Town

<https://tinyurl.com/DovesBW>

Anton H: It Bites - All In Red. One of the best live bands I have ever seen, many times. And I have a signed snare drum from Francis Dunnery. guitarist and lead vocals.

<https://tinyurl.com/ItBitesRed>



Susan H: Black, Wonderful Life. Colin Vearncombe, Sadly no longer with us. Lovely song

<https://tinyurl.com/BlackWonderful>

Sea Legs Puppets (non MC member): Joni Mitchell - Blue

<https://tinyurl.com/JoniMit>

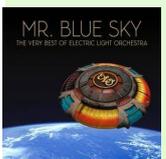


Cheryl C: Pink Floyd, Dark Side Of The Moon. Couldn't choose 1 track, they're all amazing!

<https://tinyurl.com/PFDarkSideMoon>

Danny H: The Beatles, Yellow Submarine

<https://tinyurl.com/BeatYellowSub>



Tony H: ELO, Mr Blue Sky

<https://tinyurl.com/ELOMrBSky>

Anton H: Goodbye Blue Monday, City Boy. This band from BIRMINGHAM were around 1974 to 1982 and i went to many gigs. Bham town hall/ Odeon to name a few, and other midlands veues Maybe better known for there song 5705. Oh what great memory's.

<https://tinyurl.com/ByeBlueMon>



Link for Backing Track

<https://tinyurl.com/MCBackingTrack>: Steve's backing track (for your musical contributions)

Links for Musical Connections Videos

<https://tinyurl.com/MCKeyboardSkills>: Keyboard skills video (from James Stanley's special interest session)

<https://tinyurl.com/MCMindful>: Mindful Music group session task (from Nicola McAteer - see worksheet too)

Daily Distraction Friday Fun Answers

Find The Bands Answers:

1. The Cars	21. The Pixies	41. Yellowman	61. Green Day
2. Blondie	22. Guns N' Roses	42. The Killers	62. Spoon
3. Pink	23. Smashing Pumpkins	43. White Stripes	63. Eagles
4. Cranberries	24. The Lemonheads	44. Korn	64. Dead Kennedys
5. Eminem	25. Scorpions	45. U2	65. Great White
6. Pavement	26. Crowded House	46. The Rolling Stones	66. The Postal Service
7. Scissor Sisters	27. Cornershop	47. KISS	67. Cowboy Junkies
8. The Police	28. The Cult	48. Black Flag	68. Cake
9. The Roots	29. The Doors	49. Black Crowes	69. Pet Shop Boys
10. Iron Maiden	30. Twisted Sister	50. Bee Gees	70. The Carpenters
11. Queen	31. 50 Cent	51. Alice in Chains	71. 311
12. Prince	32. Talking Heads	52. Blind Melon	72. Jane's Addiction
13. Led Zeppelin	33. Cypress Hill	53. Phish	73. D12
14. eels	34. Seal	54. The Beach Boys	74. Go-Go's
15. White Zombie	35. Madonna	55. Red Hot Chili Peppers	75. The Vines
16. B-52s	36. Deep Purple	56. Whitesnake	
17. Sex Pistols	37. Skinny Puppy	57. Jewel	
18. Radiohead	38. Ratt	58. Dinosaur Jr	
19. Blur	39. Hole	59. matchbox twenty	
20. Gorillaz	40. Garbage	60. Nine Inch Nails	

Lyrics Quiz Answers:

1. *Have You Met Miss Jones*, Richard Rodgers music, Lorenz Hart lyrics (as sung by Frank Sinatra/Ella Fitzgerald/Robbie Williams, etc)
2. *Mr Blue Sky*, Electric Light Orchestra
3. *Summertime*, George Gershwin (as sung by Ella Fitzgerald)
4. *Money, Money, Money* - Abba
5. *Green Door* – Shakin' Stevens
6. *Disco 2000* – Pulp
7. *Thriller* – Michael Jackson
8. *Spice Girls – Who Do You Think You Are?*
9. *Emeli Sandé - Clown*
10. *Guns N' Roses - Sweet Child O' Mine*
11. *I Say a Little Prayer* – Aretha Franklin
12. *Let's Dance* – David Bowie
13. *Can't Buy Me Love* – The Beatles
14. *Driving Home for Christmas* – Chris Rea
15. *Creep* – Radiohead
16. *Get Lucky* – Daft Punk
17. *Don't Stop Believin'* – Journey
18. *New Rules* – Dua Lipa
19. *Blue Savannah* - Erasure
20. *Mr Brightside* – The Killers

Film Quiz Answers:

- | | |
|----------------------------------|---------------------------------|
| 1. Independence Day | 16. Speed |
| 2. Lion King | 17. Fight Club |
| 3. Wayne's World | 18. Forrest Gump |
| 4. Thelma and Louise | 19. Shawshank Redemption |
| 5. Titanic | 20. The Van |
| 6. Point Break | 21. Happy Gilmore |
| 7. Jurassic Park | 22. Sister Act |
| 8. Blair Witch Project | 23. Toy Story |
| 9. Silence of the Lambs | 24. Four Weddings and a Funeral |
| 10. Home Alone | 25. Mrs Doubtfire |
| 11. Edward Scissorhands | 26. It |
| 12. Robin Hood Prince of Thieves | 27. The Piano |
| 13. Trainspotting | 28. Ghost |
| 14. The Matrix | 29. Space Jam |
| 15. Terminator | 30. The Thin Red Line |