

# Stay Connected

## Musical Connections News April '20

### Update from Liz and Nic, Quench Arts

Hello All!

As promised we are writing to keep in touch with you and hopefully spread a bit of creative inspiration your way. Hope you are all keeping well and making use of your one outside exercise excursion per day. We are both enjoying walking our dogs around our different locations and listening to the birdsong, which seems to be in full voice and louder than ever without so much traffic noise! Liz's dog, Rufus, is going to be 12 in May and is enjoying her undivided attention in lockdown. Nic's dog, Bertie is much younger (Nic was inspired by Rufus) and always has the potential to make an inappropriate squeal in the background if she is on the phone!! Photos below!



Rufus Viggers



Bertie Briggs

Feel free to let us know what's motivating you to get outside and enjoy the fresh air too. MC member Bernie has written 2 lovely poems (see next page), one of which is about some beautiful swans she observed at a nearby lake.

With this newsletter you will find some creative activities from Arjun Jethwa and James Stanley. Arjun was the Musical Connections Support Artist in Erdington and his activity is based on the 'World Music' Special Interest session that he was due to run on the 7<sup>th</sup> April. James was the lead Musical Connections artist at the Lyndon Centre in Solihull and his activity is a substitute for the group session that he was scheduled to run on the 21<sup>st</sup> April. We hope that you enjoy taking part and please do send us any lyrics or music that you create to keep us inspired too – it'll be nice to know that the activities are useful! Also, with your permission, we'd love to share anything you create with other members in the next newsletter and/or online but will always ask your permission first to do so.

Remember, Steve is still working 1 day a week in his Music Support Worker role and will be providing phone calls or online sessions to people who've expressed an

interest. If you want to know more, get in touch with us on email us at ([info@quench-arts.co.uk](mailto:info@quench-arts.co.uk)) or by phone (07716 362 478 / 0121 288 3858).

We've included a few of our recent Daily Distraction activities from our social media sites in this newsletter in case you missed them or want to enjoy them again. We'll keep sending some of these activities out in each newsletter for those who don't have access to the internet but, for those of you who do, activities are added daily. As a reminder, our social media sites are:

[twitter.com/quench\\_arts](https://twitter.com/quench_arts)

[facebook.com/Quench.Arts](https://facebook.com/Quench.Arts)

<https://www.youtube.com/channel/UC36A3flw3PkPMdz7CgDRddQ>

[https://www.youtube.com/playlist?list=PL-dyAzLiX80AGq6wiY0gajl3\\_FJLUANuM](https://www.youtube.com/playlist?list=PL-dyAzLiX80AGq6wiY0gajl3_FJLUANuM)

<https://www.facebook.com/MusConnections/>

Please do keep in touch and know that Musical Connections is still here for you. We'd love to hear from you and find out what you've been up to musically.

Take care and keep smiling!

Liz and Nic



### Steve's Bit



Hi. Hope everyone's doing ok at this difficult time. It's been good so far (and strange!) doing video sessions on Zoom with some of you on the Thursday I work. If anyone wants to do a session on Zoom with me who hasn't yet, get in touch, download the Zoom app and let Nic & Liz know you've read and agree to the conditions.

Personally, I've been trying to make the most of this time by working on my songwriting and trying to complete (at least) one new song a week. I have an agreement with my ex and lovely best friend Colette who does the same. Each Saturday evening we then get together online (she lives in Cornwall) & we play the new songs we've written to each other. It's a good incentive to work on our music and we're both really enjoying doing this. I've also been listening obsessively to 60s music by The Kinks who I've found really inspiring and who have made me realise (in a good way) how much I've got to learn as a songwriter! Take care. Steve :)

### Musical Connections Video - We Want Your Vote!

Steve is also planning on making a **video** for a Musical Connections track and we need your help with this! **We want you to vote for which track this should be!** We've chosen some MC classics with a good message and that might work well with other contributions.

Out of the following songs (on the next page), please let us know which **ONE** song you would like to see as a video. You can vote by email ([info@quench-arts.co.uk](mailto:info@quench-arts.co.uk)) or by text (to 07716 362 478). **Deadline to vote is 7<sup>th</sup> May.**

- 1) Basil Clarke, Musical Connections (from 2020 Vision CD, 2016)  
<https://tinyurl.com/BasilMC>
- 2) Danny Harris, Thank You For The Music (from 2020 Vision CD, 2016)  
<https://tinyurl.com/DannyHMC>
- 3) Paul Lawrence/Simon Baker, Fly Away (from 2020 Vision CD, 2016)  
<https://tinyurl.com/MCFlyAway>
- 4) Breaking Free (group residency song from 2017)  
<https://tinyurl.com/MCBreakingFree>
- 5) Love Potion, June 2019 (Yardley Hub Group Track, June 2019)  
<https://tinyurl.com/MCLovePotion>

## Member Contributions

### Where We Are Now

*By Bernie Beckford (Musical Connections member) 31/3/2020*

This virus came so suddenly to us all  
It came unaware to mankind  
But now it's here - for a while!  
We hope and pray that this is the case  
Each day is different  
But rest assured  
If we work together  
From the shopkeeper to the customer  
From mum to child  
From anyone to anywhere  
We will beat this terrible disease.  
I know having Hope will conquer all  
That's my belief  
We will learn to be better human beings  
in the end  
This challenge will not beat us -  
That's for sure  
Just wait and see.



### Swans at Bay

*Bernie Beckford (Musical Connections member) 10/4/2020*



I can see 5 swans in front of me  
Where I am standing at Brookvale Lake  
Then there were 6 swans in my view ahead  
I can see one of them happily flapping  
Their wings in the glistening water  
It sounds like the swan  
Is bustling along to its destination  
How beautiful it is to see  
Nature's view in the glorious sunshine  
It's a joy to be able to stop and watch them  
As I walk gently by.



## Daily Distractions Activities: Some Examples

### Monday Meditation

#### Birdsong:

It's very relaxing sitting or standing outside listening to birds singing. It's amazing the different pitches and rhythms that different birds produce. The RSPB has a Sounds of Spring activity to identify which bird sings which song. Which can you hear? 🐦🐦

 giving nature a home

# Listen up for bird song

Here's how you can recognise and remember the song of six bird species that are singing around you in spring and early summer. Go to the RSPB website to hear each song. Simply Google "RSPB" and the name of each bird.

**1** Great tit



This bird sounds like it's at school, because it keeps singing "tea-cher, tea-cher".

**2** Chiffchaff



It's tiny, but it's migrated all the way here from Africa. You'll hear it among trees and bushes singing a random mix of "chiff" and "chaff".

**3** Robin



The robin in the garden can whistle higher than we can. Its whistling song rises at the end, as if it was asking a question.

**4** Blackbird



The blackbird has the nearest song to what we would call a real tune. Some people say it sounds fluty. Listen for it at dawn and dusk.

**5** Collared dove



Listen for the three-note call – "cu-coo-cu".

**6** Woodpigeon



This call is a lot like that of the collared dove, but it always has five notes – "cu coo cu, cu-cu".

**Action**  
Write and tell us what bird sounds you have heard.**Wild Challenge**

## Wildlife Yoga:

Take some time out to look after yourself. Why not try this fun wildlife based yoga put together by The Wildlife Trusts. Not sure we will risk the snail though!!



## 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 but, so far, MC tracks include 'Housework' by Nigel, 'Piece of Hope' by Helen, 'Be Safe, Be Happy' by Tehseen, 'Daffodils' by Dean, 'Thank You For the Music' by Danny, 'Beautiful Girl' by Tom and Basil, 'Musical Connections' by Basil, 'Lord Help Me' by Paul L and 'No.1 Fan' by ADHD, plus tracks from group sessions held.

## Wednesday (Music Leader Spotlight)

On Wednesdays we tend to have a spotlight on one of the Quench Arts music leaders. So far from Musical Connections we've focused on Steve, Sarah, Paul, Michelle and Josh and given links to all the different bands that they are in.

## 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 Musical Connections songwriting task that we sent out with the last newsletter.



There are 30 songs from the 1990s featured in this picture. See if you can find them all! We will post the answers in the comments later this eve. Enjoy 😊 Credit: Doodlemoose Designs. Answers on back page!



## Music Emoji Quiz

Name all 20 bands and soloists. Some emojis 'spell' out the names of the bands and solo artists, others give clues about the 20 music acts. The answers are on the last page. Credit Nikki Spiers, Femail.

1 🌴👤👤👤👤👤

2 🇬🇧👉

3 🐝 Gs

4 👤👤👤👤👤🗣️

5 🏜️ + 💧

6 A 🖥️

7 ❄️🎵🎵

8 🚗 d 🐝

9 💪💪 n 🌹🌹

10 🏠 👂 a

11 👑👤

12 📺 😐

13 😇😇😇😇

14 🦅🦅🦅🦅

15 👤 😜

16 1st 📖 in +

17 🌊 A

18 🚔🚔🚔

19 🍚 👤👤👤

20 🐘 🏃 🛎️

## 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 as quite a bit is being shared on the main TV channels anyway, such as highlights from the 'One World: Together At Home' concert on the BBC.

### ONE WORLD: TOGETHER AT HOME

Join Global Citizen, the World Health Organization, Lady Gaga, Taylor Swift, Billie Eilish, Lizzo, and many more artists and healthcare experts as we raise funds for global COVID-19 response efforts. Learn more at [GlobalCitizen.org/TogetherAtHome](https://www.globalcitizen.org/en/connect/togetherathome/).

<https://www.globalcitizen.org/en/connect/togetherathome/>

### CIRQUE DU SOLEIL:

At the moment, the Cirque du Soleil are screening free 1 hour versions of some of their shows on YouTube. Check them out here:

<https://tinyurl.com/y83lf752>

#### ROYAL ALBERT HALL AT HOME:

The Royal Albert Hall are streaming various concerts/shows for free. Lots of varied concerts are planned for the next month. Check them out!

<https://www.royalalberthall.com/tickets/series/royal-albert-home/>

#### THE NATIONAL THEATRE:

There's lots of ways to 'visit' the theatre even if you can't in person at the moment. The National Theatre is streaming a show every week

<https://www.nationaltheatre.org.uk/nt-at-home>

#### AUDIBLE:

If you want a break from the screen, Audible have some free audio books you can access. There's lots for young people and also classics to have a listen to.

<https://stories.audible.com/start-listen>

#### THE SOCIAL DISTANCING FESTIVAL:

There's lots of places you can still visit and see online even if you can't go in person.

This weekend we would suggest you look at: The Social Distancing Festival.

This website is collating loads of concerts you can see online from the comfort of your own home.

<https://www.socialdistancingfestival.com/>

#### TIM'S TWITTER LISTENING PARTY:

Tim Burgess (lead singer of The Charlatans) is hosting listening parties on Twitter every night. Basically, this is a chance for everyone to listen to the same album at the same time. What's really good about this is that he's getting people from the bands to run some Q&As, so you get to interact with people from the album that you are listening to.

<https://tinyurl.com/y7ogs7du>

## 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, this week we asked people to name any piece of music/track/band that they liked that other people may not have heard before. Here are some of the responses:

**Liz** - My choice is going to be **George Russell's Living Time Orchestra**. George was known for his Lydian Chromatic Concept of Tonal Organisation and has written a weighty theory book on the matter. I can't recommend it as the cheapest version I've ever seen is around £600 on eBay!! However, it explains the interesting tonalities in his work. In true jazz terms....nice!!! This track is 'Event II' from his 'It's About Time' album. <https://tinyurl.com/y9fzo4ov>







**Nic** - I've chosen **Chichester Psalms** by **Leonard Bernstein** (of *West Side Story* fame). I had never heard of this piece of music until I sang it in a choir at university. I love the irregular time signatures and lush harmonies. Although very different to *West Side Story*, I can hear some similarities.

<https://tinyurl.com/yadnalgw>

**Paul N** - **Behemoth** - 'O Father O Satan O Sun!' <https://tinyurl.com/y79mkjyf>



**Amaranthe** – 365  
<https://tinyurl.com/yysyeovf>



**Vic Evans (non MC member)** - **Milky Chance** - *Stolen Dance* <https://tinyurl.com/nekpxaz>



**Viola Beach** – *Swings and Waterslides*

<https://tinyurl.com/yrcdm298>

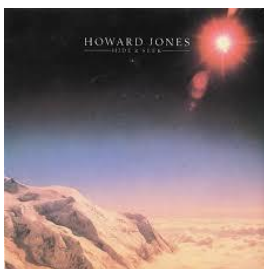
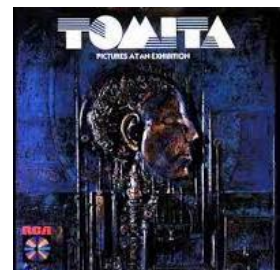
(Unfortunately this band died in an accident before they really took off. I love the whole album and it's rare that I listen to one all the way through.)

**Mary Wells (non MC member)** -

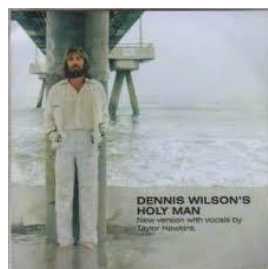
A bit late for Easter, but this always cheers me up: 🐣

**Isao Tomita**- *Ballet of the Chicks in their Shells*

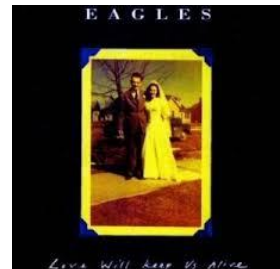
<https://tinyurl.com/y87dpxw8>



**Anton House** -  
**Howard Jones** – *Hide & Seek*  
<https://tinyurl.com/hsb6ex7>



**Steve Ison** –  
**Dennis Wilson** – *Holy Man*  
<https://tinyurl.com/y94p3a82>



**Susan House** -  
**Eagles** – *Love Will Keep Us Alive*  
<https://tinyurl.com/y7pgncdt>

**Ollly Potts (non MC member)** -

I'm all about BC Camplight. His latest album 'Shortly After Take Off' is out this week. This track 'I Only Drink When I'm Drunk' is great fun! Check out those crazy gear changes!

<https://tinyurl.com/yd8tlkyy>





### **Sid Peacock (non MC member) -**

This will liveen you up:

Mwana Moyi - Niwel Tsumbu and Eamonn Cagney

<https://tinyurl.com/ybfw3gql>

### **Attached Audio**

- Track 1: Bansuri Track 1, Meditations (to go with Arjun's session)
- Track 2: Bansuri Track 2, Fill in the Gaps (to go with Arjun's session)
- Track 3: The backing track for your group session task (to go with James's group session)

### **Daily Distraction Friday Fun Answers**

#### **90s Quiz**

Torn  
Waterfalls  
Two Princes  
Gangsta's Paradise  
Iris  
Around the World  
Wonderwall  
Losing my Religion  
Vogue  
Buddy Holly  
Basket Case  
November Rain  
Under the Bridge  
Don't Speak  
Genie in a Bottle  
Baby Got Back  
Rhythm is a Dancer  
Barbie Girl  
Enter Sandman  
Bed of Roses  
Black Hole Sun  
Runaway Train  
All the Small Things  
Bittersweet Symphony  
Relight my Fire  
Diamonds and Pearls  
Disco 2000  
Why Does it Always Rain on Me  
Friday I'm in Love  
Killing Me Softly

#### **Emoji Quiz**

##### **Emoji Quiz Answers**

- 1 The Beach Boys
- 2 Britney
- 3 The Bee Gees
- 4 Girls Aloud
- 5 Oasis
- 6 Adele
- 7 Coldplay
- 8 Cardi B
- 9 Guns and Roses
- 10 Shakira
- 11 Queen
- 12 Radiohead
- 13 All Saints
- 14 The Eagles
- 15 Lady Gaga
- 16 Genesis
- 17 Sia
- 18 The Police
- 19 Sugababes
- 20 Ellie Goulding