



Stay Connected

Musical Connections News Aug 2020



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Update from Liz & Nic, Quench Arts

Hi lovely Musical Connections members,

Hope you are all having a good month. We have found it WAY too hot at times - it's hard to concentrate on work when it's boiling – but some of the thunderstorms have been pretty spectacular!

You may remember in the last newsletter we explained that the new funding that we have for Musical Connections covers:

- Taking on 20 new members to the project who can have one to one sessions
- Keeping Steve (Music Support Worker) on to work with existing members on one to one and small group work for 1 day per week (usually Thursdays)
- Offering current members 4 online/telephone mini sessions (lasting 15 minutes)
- Providing monthly group activities (at the moment this is through videos and worksheets until it is safe to meet up in groups)

STEVE ISON

Musical Connections
Music Support Worker

07421 826554

QUENCH ARTS

Liz Viggers/ Nic Briggs
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Keep In Touch!

Remember, both Liz and Nic are happy to give you a call or text to stay in touch. We can also put you in contact with other members if you don't have their details (providing the other person agrees!)

Steve Ison is still working one day a week in his Music Support Worker role, providing online sessions and telephone calls to those who have expressed an interest. There are also musical tasks for people in these newsletters that you can get involved with.

Daily Distractions

Have you checked out our daily distraction activities on Facebook and Twitter? If you are online, have a look at:

www.facebook.com/quench.arts.3

www.twitter.com/quench_arts

This past month we have started to contact some past MC members to see whether they want to get back involved in the project and MC Artist James has begun to run some mini 15 minute sessions with existing members.



Over the coming weeks we are spending time at ACMC doing a deep clean and putting things like Covid19 signage and hand sanitisers in place. It's a big job trying to get it all ready but we are very much hoping that some activities will take place again at ACMC in the autumn which is why we are starting to get it prepared.

What we'd like to know from YOU is how you would like to take part over the next few months. We want to know whether you would want to attend face to face sessions if they were to start up again. Don't worry if you don't want to at the moment, we will continue to provide some online Zoom sessions, videos and worksheets, but it would be good to start getting an idea about who would be interested in coming to ACMC.

IF YOU ARE INTERESTED IN FACE TO FACE SESSIONS, you must complete the form attached with this newsletter and return it to us either by email (info@quench-arts.co.uk) or in the post to FREEPOST QUENCH ARTS (just those 3 words needed on the envelope, no stamp needed). This is so that we can best assess any risk to yourself and others. If we don't get the form, we will be unable to let you in the building so it's really important to do it. Once we are able and ready to then run sessions at ACMC, we'll send you some further instructions and guidance.

IF YOU DON'T WANT FACE TO FACE SESSIONS AT THE MOMENT, that's fine. You can still fill in the form and let us know what you would like to see happen with Musical Connections.

Any questions or worries about the form, please contact us

With this newsletter you have a wonderful new video from Paul which even features a quiz! We hope you enjoy having a read, watching the video and having a look at some of the Daily Distraction activities we have been sharing on social media. We are stopping the daily distractions at the end of August but we will continue to share interesting things with you in the future newsletters!

Take care and hopefully we will see you soon!
Nic & Liz

STEVE'S BIT

I hope everyone is doing ok and still able to enjoy listening to or creating music. With the recent sunny weather I've been enjoying songs and artists that give me that happy summer feeling..Summer Breeze by The Isley Brothers is a song I've always loved. In fact, the mood in it is so joyful and uplifting, I used to play it in my head for a while when I felt a bit down and the vibe it created was usually able to shift my mood towards something more positive! The Beatles and The Kinks is 60s music I also love to listen to when the weather's fine and the sun is in the sky.

It's been great being able to use Zoom to connect with some of you musically. Over the last month I've been listening to great new songs coming from Ernon, Peter Macdonald, Kieran Hall and Gary Morris. With my role it's so inspiring and satisfying to be able to hear the way so many of you have grown and developed as songwriters and performers. Clare Smith and Bernie have also written excellent new songs from poems they've created that I've helped shape into full songs with guitar. As well as listening to him perform, the amazingly talented Andy Wickett has a management deal and an album coming out and he's been discussing this with me too. Yvette doesn't have access to Zoom, but she's been able to sing her songs down the phone which I can support live with my guitar.



So, even though we can't all meet in person as yet, I'm happy I can still enjoy listening to and making music with MC members!

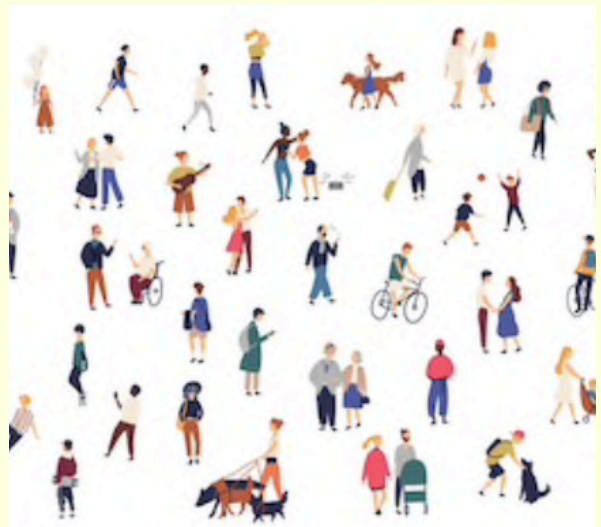
All the best,
Steve :)

Members Area

Different People

We aim to have a balanced life
But that isn't always possible.
Some people have a busy life
And some people know how to relax
But one must remember
To aim to rest, chill and enjoy life.
Aiming to be at Peace with oneself,
To be at one with our individual Maker
And life will be fulfilled
In more ways than one.

By Bernie Beckford
Written 27th July 2020



Danny Harris' Top Ten Favourite Female Singers

- | | |
|------------------------------------|--------------------|
| 10) Eliza May | 5) Karen Carpenter |
| 9) Kelly Rowland | 4) Tina Turner |
| 8) Deanna Hibberd (One of our own) | 3) Hannah Trigwell |
| 7) Martha Reeves | 2) Madonna |
| 6) Diana Ross | 1) Jacqui Abbott |



Time has a different meaning to everyone.
We can think how time has flown,
We ponder on those thoughts
Tranquility we search for
"Peace of mind"
Time is a healer one can say
And happiness can follow each time we pray.
Being patient is a virtue
And in time we can achieve
Peace, Happiness and Fulfilment
When we Praise God.

By Bernie Beckford
Written July 2020

Danny's Top Ten Music Jokes

1. There's a new band called The Blank Cheques. They're currently unsigned.
2. I was in a band called The Prevention - we were told we were better than the cure.
3. Q. Why did Noel Gallagher cross the road? A. Because the Beatles did.
4. I'm leaving my girlfriend because of her obsession with The Temptations. Or is it just my imagination?
5. I went to London's Royal Albert Hall once, but it was full of pushchairs. It was the Last Night of the Prams.
6. Q. What sings, gnaws trees and drives girls wild? A. Justin Beaver.



7. Q. What do you call an accordionist's girlfriend? A. His latest squeeze.
8. Q. What do you get when you drop a piano down a mine shaft? A. A flat miner.
9. Q. Why did they build a roof at Wimbledon? A. To stop Cliff Richard singing when it rains.
10. Have you heard about the new tribute band OCDC? They play all their hits, but in alphabetical order.

Daily Distractions

Here are some examples of our Daily Distractions over the last few weeks:

Monday Meditations:

Check out the Eden Project's Community Action Response at

www.edenprojectcommunities.com/community-action-response

It's a great resource for helping yourself and others during the Covid-19 crisis and beyond focusing on 4 areas:

1. Be kind
2. Connect
3. Support
4. Share

COMMUNITY ACTION RESPONSE

BE KIND, CONSIDERATE AND THINK OF OTHERS
We're all in this together - shop thoughtfully and think of other people when you need to be out and about. Spread a little joy and kindness as you go, even a smile can brighten someone's day.

CONNECT AND REACH OUT TO YOUR COMMUNITY
Feeling connected is critical for our health and wellbeing so join an online group, share phone numbers and stay in touch. Be a positive part of your community conversations.

SUPPORT EACH OTHER AND BE NEIGHBOURLY
Look out for those around you - social isolation and loneliness are key concerns for all ages and anyone can become vulnerable. Sometimes it's the simple things that really make a difference.

SHARE RESOURCES, ADVICE AND ACCURATE INFORMATION
Share what you can - a spare too roll, a listening ear, supplies to the foodbank or charitable donations - it all helps! Signpost people to accurate advice and information to help keep your community safe.

Produced in association with Community Action Response partner organisations to encourage and support community action

eden project **COMMUNITIES**

COMMUNITY FUND

Watching nature is very relaxing, whether it's in your local park or online. **All About Birds** has various live cams where you can watch birds in their natural habitat and also has games and information about recognising birdsong. Check it out here: allaboutbirds.org

Tuesday Tunes:

This month we shared 'Please be Here Right Now' by Hafizul, and 'The Colours on the Screen' by Aroush from our Plugin inpatient project and 'Picturesque Views' by Mayci, from our Wavelength youth project. If you have internet access you can check them out here.

https://soundcloud.com/quench_arts/09-please-be-here-right-now-hafizul

https://soundcloud.com/quench_arts/10-picturesque-views-mayci

https://soundcloud.com/quench_arts/17-the-colours-on-the-screen-aroush

Tutorials:

This month we've been sharing some great music tutorials on mind mapping for songwriting, improvising using a drone, and making a beat.

Check them out here:

<https://youtu.be/UGIY5I7O5fc>

<https://youtu.be/mEeR1fcJmCE>

<https://youtu.be/wkyMv2gUGEq>

Friday Fun:

Logo Quiz: In this picture are a number of famous logos. Can you name them? The answers are on page 9!



Guess the Band/Artist: Guess the band/artist from the picture clue. The answers are on the next page!

www.quizmasters.biz

CRYPTIC MUSIC 01

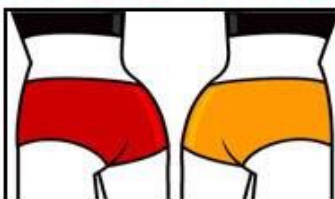
www.quizmasters.biz



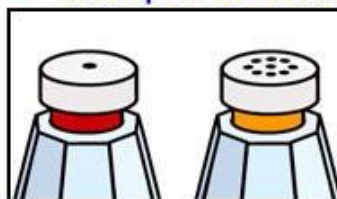
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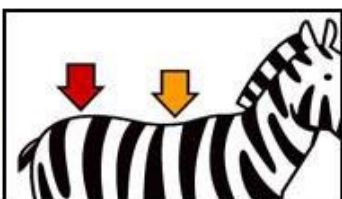
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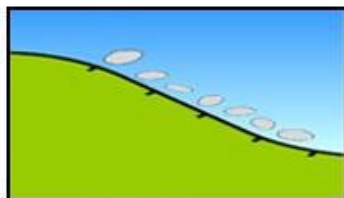
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11



12

Weekend Wanderings:

This month we've been enjoying the Edinburgh Free Fringe Festival and A Weekend In Outer Space as well as 'visiting' local places virtually such as Warwick Castle and also doing activities with Wolverhampton Art Gallery. If you would like to see them from your computer, here are the links:

https://my.matterport.com/show/?m=HCmSPZ4meT4&fbclid=IwAR1IF8suR_Y-IT1pC1yT3ALWMP3bDI6TLQXUY-CRnmYcLhQttTGN2U33kc

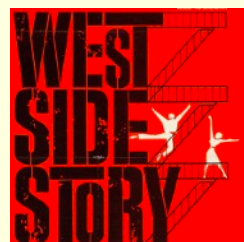
<https://www.wolverhamptonart.org.uk/family-friendly/family-friendly-free-online-resources>

Sunday Soundtrack:

Every Sunday we thought we'd ask for song suggestions on a given theme so that people can widen their musical horizons. Liz and Nic's choices are here - what are yours?

A Track From A Musical

Liz - I'm actually going to choose the Prologue from West Side Story. As a brass player this has got to be top of the list in terms of musicals to be asked to play for! https://www.youtube.com/watch?v=bxoC5Oyf_ss

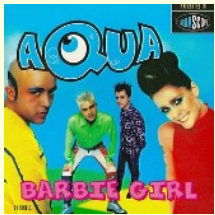




Nic – This week, my choice is One Day More from Les Misérables. This is my favourite musical and this song comes at the end of Act 1. I love it because it includes snippets of other songs from the musical sung by lots of the cast. It's guaranteed to make the hairs stand up on the back of my neck. <https://www.youtube.com/watch?v=IddP8AAIGTQ>

Music That You Find Irritating

Nic – My choice for this is Crazy Frog by Axel F. When it was released (15 years ago!) it was played constantly everywhere so you couldn't escape from it!! <https://www.youtube.com/watch?v=k85mRPqvMbE>



Liz - Mine has to be Barbie Girl by Aqua. I mean, as much as we can all appreciate the skills in writing a real ear worm in a commercial style (even if you hate it), in my opinion this is just, well....YUK!!

<https://www.youtube.com/watch?v=ZyhrYis509A>

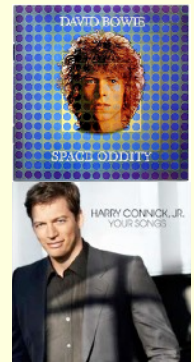
Music That Is About Space/The Universe

Liz - I'm going to choose the classic Space Oddity by David Bowie.

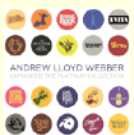
https://www.youtube.com/watch?v=tRMZ_5WYmCg

Nic - My choice this week is Harry Connick Jr's version of Fly Me to the Moon - love his voice!

<https://www.youtube.com/watch?v=Q6muK4CbNAI>



Music That Features a Violin



Liz - I'm going to choose Paganini's Theme and Variations. I love the energy of this!

<https://youtu.be/1wpeyYFKIik>



Nic - My choice this week is The Verve's Bittersweet Symphony. Just love it!

<https://www.youtube.com/watch?v=1lyu1KKwC74>

Friday Fun Answers:

Band Picture Answers:

- | | |
|----------------------------------|--------------------------|
| 1. Dollar | 7. The Weather Girls |
| 2. The Chemical Brothers | 8. Elton John & Kiki Dee |
| 3. The Cheeky Girls | 9. The Rolling Stones |
| 4. Salt n Pepa | 10. Madonna |
| 5. The Carpenters or Men at Work | 11. The Pet Shop Boys |
| 6. The White Stripes | 12. Professor Green |

Logo Quiz answers!

						
BP	New York Yankees	Heinz	Microsoft	Helly Hansen	Gatorade	
						
Nokia	Monster	Ghostbusters	Morrisons	Alton Towers	United Nations	DC Comics
						
TGI Fridays	American Airlines	Halifax	BBC Three	The Avengers	MGM	P & O
						
Castrol Oil	Esso	Wendy's	Cartoon Network	Red Bull	Motorola	Logitech
						
Mazda	Harley-Davidson	Holiday Inn	First Travel	Starbucks	Tourist Information	WWF

Video Link (or DVD listing if via post)

Video of MC Virtual Session:

Paul Carroll's Group Session
(see worksheet too)

<https://tinyurl.com/MCGroupAug20>

DON'T FORGET to take part in your virtual Musical Connections sessions by watching the videos. They are **BRILLIANT** fun and really informative!



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