

# Volume



Hi all – it's just a few weeks now till the start of the BBC Norfolk Music Video Festival 2010 – the UK's only dedicated music video festival. Great news is that we have had some amazing videos sent in from all around the country. Acts such as Slow Club, The Wave Pictures, Lone Wolf, The Twilight Sad, F\*\*k Buttons, Louise Golbey, Kids Love Lies, Kill it Kid, Tuung – and many more. The best videos of the best new and emerging acts.

From Norfolk, many bands and film makers have been working really hard to bring us exclusives just for the event – and we know we'll have videos from The Kabeedies, These Ghosts, Alto45, Keith Brown, The Lost Levels, Violet Violet, Fever Fever, Dumbfoundus – and many more.

And it's not just the videos – we've got some great events lined up too. Adam Buxton and a special BUG music video night in The Forum, The Lost Levels and Call Me Jolene in concert, three acoustic gigs in The Library, special talks in The Curve, a free showing of Sigur Ross's film Heima – and a free afternoon of music in Chapelfield Gardens to round it all off on Saturday 10th July.

*The BBC Norfolk Music Video Festival takes place in Fusion at The Forum in Norwich. It runs for two weeks, Monday to Saturday, 10 am to 5pm – from 28th June to 10th July. Entry is FREE.*

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**On Page 4, we ask bands playing at Chapelfield Gardens (10.6.10) how they'd fare as TOP TRUMPS cards.**

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**Page 9 offers you the chance to get painted BLUE as part of a festival.**

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**Page 10 tells you 2 amazing added extras we have during the Festival: an entirely new BUG (16.6.10), and a special showing of Sigur Ros' HEIMA (5.7.10).**

**There's obviously more (the missing page numbers are a hint) but I'll stop there. READ ON!**

## JUNE 2010

CALL ME JOLENE (FEATURING MARTIN ROSSITER):  
SUPPORTING THE LOST LEVELS

Amongst the many events alongside our Music Video Festival – the gig by Call Me Jolene, supporting The Lost Levels, is one of the real gems. BBC Norfolk Introducing has long been big fans of The Levels, but bringing in Call Me Jolene is a real coup.

You may not know the name, but amongst band members Nathan Hacking, Tommy Hynes and front woman Sophie Pointer – is one Martin Rossiter. Rossiter was lead singer of Britpop favourites Gene and has kept a loyal following amongst fans for many years.

Call Me Jolene is so new that the gig with us in The Curve is one of just a handful performed so far. The track Last Song, the only one of the band's currently available to listen to on their myspace, suggests an intriguing change of direction from the man with several top twenty hits in both singles and album charts to his name.

From the pages of the NME to the stages at Glastonbury and beyond, Gene were heralded as a sparkling talent for a decade. This is your chance to see how Martin Rossiter has developed his music alongside the other members of new band Call Me Jolene.

The Lost Levels, supported by Call Me Jolene. Saturday 19th June in The Curve at The Forum in Norwich.

Tickets £8-00 available from the UEA box office at [www.ueaticketbookings.co.uk/events](http://www.ueaticketbookings.co.uk/events).

Listen to BBC Norfolk Introducing for news of special Silent Disco tickets as well!

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**THE NORFOLK AND NORWICH MILLENIUM LIBRARY ACOUSTIC SESSIONS**  
**WEDNESDAY 30TH JUNE 12 noon - 1pm**  
**FRIDAY 2ND JULY 7pm - 8pm**  
 (featured live on BBC Norfolk Introducing, BBC Radio Norfolk)  
**THURSDAY 8TH JULY 5.30 - 6.30pm**

**FREE ENTRY**

**Other acts confirmed  
 across the three sessions  
 include:**  
**2Hot2Sweat, Caomhe,  
 Uncle Stash, These Ghosts  
 and Rory McVicar.**



**MILLY HIRST:**

**2ND JULY SESSION, 7-8pm**

It was the voice of mad seas, the great roar, That shattered  
 your child's heart, too human and too soft; It was a handsome  
 pale knight, a poor madman, Who one April morning sat  
 mute at your knees'.  
 (Ophelia - Hamlet)

So says musician guitarist artist and general enthusiast Milly  
 Hirst of her own considerable talent. Milly has a fine voice  
 and an amazing ability to effortlessly sustain one note and  
 then just as effortlessly slide into another. Milly told us that  
 her

strongest influences come from sitting in her living room  
 listening to her parents' records which included Joni  
 Mitchell, Crosby Stills & Nash, Joan Baez, Neil Young.

These, combined with classic folk guitar influences such as  
 Nick Drake and Fairport Convention, are used to truly  
 magical effect in her own music.

Characteristically modest when asked to describe her sound,  
 she replied;

"It's flattering when your sound is compared to lots of other  
 musicians but ultimately you want people to hear it and  
 think of you. My favourite voices are ones that aren't  
 technically brilliant but convey a lot of emotion, hopefully a  
 bit of that comes across."

Waxing Moon was featured on BBC Norfolk Introducing  
 recently - and you can watch the interview and session she  
 did with us at BBC Introducing on [bbc.co.uk/norfolk](http://bbc.co.uk/norfolk)

Milly is also about to embark on some recording this summer  
 so there should be an album on the way by the end of the  
 year. She will be appearing at our own acoustic sessions in  
 the Forum Library on Friday 2nd July between 7pm and 8pm,

"The music scene here is wonderful and I'm really enjoying  
 playing around Norwich, but there should be a few dates in  
 other parts of the country coming up which is an exciting  
 step. I'm beginning to collaborate with other musicians  
 which is something I've always wanted to do, I'm looking  
 forward to seeing where it all takes me."

Paul Watson

**TAKEDA: 2ND JULY SESSION 7-8pm**

Library Acoustics - they're good. The sshh silence of a library leaves a  
 gap that is beautifully filled by music. And Takeda, who are playing  
 on Friday 2nd July, are ideal for it. Their music - for those of you  
 who do not know - is likeable to a combination of longing and  
 strength; A Million Years kindles the image of an individual with a  
 Wuthering Heights history filling their backdrop.

Takeda are playing at the Friday session that will also be featured on  
 the BBC Norfolk Introducing show. Beth - drums etc, Phil - Bass etc,  
 and Josh - guitar etc, answered a few of our questions so we know  
 what to expect.

**HOW DO YOU FEEL ABOUT PLAYING IN A LIBRARY?**

Josh: It should have a nice free and easy feel. Sometimes live  
 performances can feel a bit sort of stuffy, you know?

Phil: So long as I'm not shushed at I don't mind. I enjoy playing  
 anywhere.

Beth: I'm not sure that I will be able to concentrate with all the books  
 around. If I go missing you know what I'll be doing!!!

**WHAT CHANGES ARE YOU GOING TO MAKE - IF ANY - FOR  
 DOING AN ACOUSTIC GIG IN THIS SETTING?**

Josh: Well we'll probably just lose the amps, maybe a few drums &  
 possibly Phil too. :P

Phil: Yeah, I might just end up watching!!!

Beth: I think I might be kicked off the drums and put on the organ!

**WHY DO YOU GUYS VISIT THE LIBRARY?**

Josh: To borrow books. I only ever use the library for books. Call me  
 old fashioned if you will! Because I am.

Phil: TO PLAY GIGS.

Beth: To take out massive piles of books and forget to take any back  
 for ages!! (I think I might be banned from mine!)

**FAVOURITE BOOKS?**

Josh: My favourite author is Kurt Vonnegut for obvious reasons. My  
 favourite book of his is probably Mother Night, but they're all  
 excellent. I'm currently reading Hocus Pocus by him. I like Richard  
 Yates too, especially Revolutionary Road. But don't bother with the  
 film.

Phil: I'd have to say White Fang by Jack London. I just got  
 completely sucked into it. Read it 3 times now.

Beth: I am afraid I am a typical girl, I love the Brontes (except Emily)  
 and Daphne du Maurier. I love any kind of murder mystery and  
 anything old fashioned. I just don't like modern books.

Takeda are releasing their EP 'Hufsa' on September 6th (on Dustbowl  
 Records). Check out their myspace for other gigs:  
<http://www.myspace.com/takeda>.

Also there's a great interview and session with BBC Norfolk  
 Introducing at  
<http://vids.myspace.com/index.cfm?fuseaction=vids.channel&ContributorID=31679226>.

Jax Burgoyne



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# vinvolvednorfolk

## VOLUNTARY NORFOLK

VoluME mag works very closely with Voluntary Norfolk. They give us our Volunteer Opportunities, most of which can also be found on [www.do-it.org](http://www.do-it.org).

We have a lot to thank Voluntary Norfolk for – which includes the Vinvolved team who deal with those younger people in our community (16-25s).

Contact Voluntary Norfolk at: 83-87 Pottergate, Norwich, NR2 1DZ  
Tel: +44 (0)1603 614474 Email: [admin@voluntarynorfolk.org.uk](mailto:admin@voluntarynorfolk.org.uk)

### INTERN @ THE RED CROSS:

#### YOUTH ACTION AND CONSULTATION TEAM (YACT) PROJECT DEVELOPMENT COORDINATOR

If you are between 16 and 25, you could be spending the next few months getting almost every bit of experience you could ever need in your working life – or almost.

And doing it for a good cause.

The Red Cross are looking for an intern to spend approximately 30 hours per week of the next 13-20 weeks, including the odd weekend or evening, working with their YACT and V Projects Coordinator, to develop the Youth Action and Consultation Team across East Anglia.

Emily Lown, Youth Development Manager at Voluntary Norfolk, said, "This is a fantastic opportunity and will give the successful candidate an insight into the work of the British Red Cross. The training and job role will be a great experience and I would urge any young person interested to apply as soon as possible to make sure this opportunity doesn't pass by."

She added, "The role will give a young person loads of skills both personal and professional to enable them to achieve in the future in whatever they choose to do. I think the role will help with most careers and wish all who are applying the best of luck"

The intern will build and develop the team, helping them integrate into the other services and raise awareness of what the YACT does. They will need to keep in regular contact with the group and consult with them on how to develop the project. They will also need to undertake research and arrange training, team building activities, set up and attend YACT meetings across East Anglia, give talks and develop publications in order to promote the team, and more. So absolutely loads of responsibility and experience.

If that isn't enough, the intern will also have access to the Red Cross' in-house training and other development opportunities, and will get insight into the workings of what is the world's largest humanitarian organisation.

When people trudge through their doors, weary with a life that just is not giving them a job, or anything particularly fun to do, enough of a social life – in fact a life that is very much beige, grey and taupe – Voluntary Norfolk signs them up and then feeds them Skittles (taste the rainbow) of Volunteering. (In their favourite shades.)

Not only that, but the Voluntary Norfolk team works with employers, encouraging them to let volunteers through their doors and then give them something decent to do!

They are friendly and helpful, so if you have a career in mind but need some experience or have some time to kill or, rather, bring to life give them a call.  
(Or email, drop in, or join their new Facebook fan page – search for Vinvolved Norfolk.)

So, onto the specifics...



The Red Cross say they are looking for someone who is enthusiastic, innovative and creative, flexible in approach, able to work as a team but also on their own, with good listening and communicating skills, leadership abilities and also the ability to encourage others to step forward.

A driving license and vehicle would be good but are not essential. Strong IT skills, in particular internet usage and the ability to use Microsoft programs are important of course, particularly for developing the promotion side of the job.

If you've already got experience in developing projects, speaking to groups, doing community/voluntary work, representing others' views and developing posters/writing articles then you'll be a head above the rest of the applicants.

The deadline for this opportunity is 6th June. For more information on this role contact Isobel Brownie on 07595278617 or email [ibrownie@redcross.org.uk](mailto:ibrownie@redcross.org.uk).

Jax Burgoyne

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# CHAPELFIELD GARDENS MUSIC FESTIVAL

with BBC Norfolk Introducing

## SATURDAY 10TH JULY 12.30-4pm FREE ENTRY

### BROOKE SHARKEY



**MEMBERS?** Brooke Sharkey.  
**AMOUNT OF SONGS?** 30 written and recorded songs.  
**AMOUNT OF GIGS?** 100's.  
**AMOUNT OF DEDICATED FANS?** Dedicated fans? I'm not cool enough to be honest.  
**INFLUENCES?** Contemporary folk artists, people I bump into at festivals at 2-3am.  
**SPEED?** Oooh sloooowissssh.  
**PITCH?** The right one I hope.  
**EAR BLEEDING VOLUME?** 1 and a half.  
**TIGHTNESS OF TROUSERS?** Not cool enough for trousers...I'm a skirt girl.  
**SPECIAL POWER?** Come to a live gig n see.  
**JEDI SKILLS?** I have a strange thumb....

### CONSOLE WARS



**MEMBERS?** 5  
**AMOUNT OF SONGS?** 40  
**AMOUNT OF GIGS?** 15  
**AMOUNT OF DEDICATED FANS?** We have about 4 but they would give their life for us.  
**INFLUENCES?** Bruce Springsteen, The National, Kate Bush, The Cure  
**SPEED?** 69 mph  
**PITCH?** 69 octaves above middle C  
**EAR BLEEDING VOLUME?** 6.9  
**TIGHTNESS OF TROUSERS?** Painted on.  
**SPECIAL POWER?** We can go invisible when it's dark, Solar powered.  
**JEDI SKILLS?** Good at waving our lightsabers about.

### THE KABEEDIES



**MEMBERS?** 4  
**AMOUNT OF SONGS?** 20 maybe....  
**AMOUNT OF GIGS?** 300 ish...  
**AMOUNT OF DEDICATED FANS?** 4  
**INFLUENCES?** Velvet Underground, Vampire Weekend, Talking Heads, Chuck Berry.  
**SPEED?** Super Nice.  
**PITCH?** Medium to Rare.  
**EAR BLEEDING VOLUME?** - 5.  
**TIGHTNESS OF TROUSERS?** 10.  
**SPECIAL POWER?** Fire Extinguisher Attack: L1, R2, X, Circle, Square.  
**JEDI SKILLS?** Evan levitating over the drum kit and taking out Fab.

## THE DEETS: CHAPELFIELD GARDENS MUSIC FESTIVAL

with BBC Norfolk Introducing

They were all the rage in the 70s – and even now the formation of a supergroup is a momentous happening in the world of pop. It may not be the remnants of Cream or The Beatles that we're talking about here but The Deets is definitely a kind of Norfolk-Suffolk supergroup and we like to think that staging their infectious sounds at The Chapelfield Gardens Music Festival is something of a coup for BBC Norfolk Introducing.

Personnel first: Shannon Hope, drummer with Glory Glory; Jason, ex-Secret Hairdresser, Planet Beet radio shows and Old School recording studios; Mary and Tory from The Indiegirls. Joined by Mark Thorby on bass, Cath Evans on drums. You could hardly call the band prolific giggers (one) – and not even abundant in the album department (one). But there's something about the songs they've amassed that makes this band worth more than a one-time listen.

That one and only album – A Night In With The Deets. Eleven songs, written by Jason and recorded in one night by him. Playing all the instruments. On his own (with a little help from his sister Tash). Then he wanted to play them to others, at which point Jason realised he needed some help.

"Shannon did her work experience at my recording studio, years ago, when I was based in Bury St Edmunds," Jason told us. "Cath teaches drums at Access To Music and I met her at a party, where she was drumming on a tiny child's toy drumset. I knew at that moment that she was the drummer for me."

"Mark sometimes helps me in the studio when I'm recording bands and said if I ever needed a bassist, then playing in The Deets would be his dream job. I ended up needing a bassist, and he was in! We're also both in a band with Mary and Tory called Madames et Monsieurs. Mary and Tory both play guitar in The Deets. And everyone sings apart from Mary, though we're working on getting her singing too."

The sound harks back to the sixties with pure pop mixed with a bit of danger from the new century added. Jason cites his influences as, "Kaleidoscope, mid 70s stuff like The Raspberries, Todd Rundgren, Afrika Bambaataa & The Soulsonic Force, The Style Council, A-ha, Tracey Ullman, The Pale Saints, My Bloody Valentine, Heavenly - and Norwich bands like Kaito."

As for the song writing Jason said, "Two of the best Deets songs came from dreams I had. In one, The Monkees had re-formed, and I was watching their new music video on MTV. They were driving a metallic gold mini-cooper through a shopping mall in America. Morrissey was their new lead singer, and he was dancing around on the top of the mini, waving flowers around. The song they were singing was Forget Love/Quit Soul, which I think you've played on the show."

"The other dream I can remember had mid 70s Californian all-girl punk group The Runaways skateboarding down an underpass in Thetford (where I'm from), in unison, singing a song called Rock'n'Roll Rejection, which is on the A Night In With The Deets CD. That's why that song sounds a bit like The Runaways song, Cherry Bomb."

You can see why we like them! Check out the band yourself on their myspace, then come and dance to them at our BBC Norfolk Introducing gig at the Chapelfield Gardens Music Festival on Saturday 10th July. Free Entry!

Yes, we know it's World Cup Final Day – but that's not till the evening – and we're talking 12-30 to 4pm for our gig.

Also appearing – an amazing line-up of The Kabedies, Console Wars, The Great Shakes, Avosetta and singer song-writer Brooke Sharkey.

[www.myspace.com/gimmethedeets](http://www.myspace.com/gimmethedeets)

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# CHAPELFIELD GARDENS MUSIC FESTIVAL

with **BBC Norfolk Introducing**  
**SATURDAY 10TH JULY 12.30-4pm FREE ENTRY**

BROOKE SHARKEY



The amazing voice of Brooke Sharkey was first heard as backing vocalist for her father Geoff, at the tender age of 16. But that voice could not stay in the background for long and now she is fully formed as a solo artist, with one album under her belt and a new EP coming out in July. And how's this for a classy launch night: Brooke will unveil the EP to the music press in one of the pods on the London Eye, followed by a gig on The Tamesis floating restaurant nearby.

Spending part of her childhood in the UK and part in France, means the bilingual Brooke easily slips between English and French in her songs, using whichever language best conveys the feeling and emotions she wants to get across. The melodic sounds of her guitar and the bilingual lyrics are just perfect for a lazy summer afternoon. For those of you who don't know her, here's the basics:

#### WHERE ARE YOU FROM?

I was brought up in London, Norwich and France but was born in Eastbourne....such a simple question that always ends up complex. How would you describe your sound? Any influences? My sound could be described as heart felt, reggae-soul influenced folk. I am more influenced by songs other than artists....so many songs from France, UK and US.

#### HOW DO YOU WRITE YOUR MUSIC?

I write in pretty places like on swings, next to the sea, in parks, near rivers, on bridges but also in other places like my bedroom in the winter, on trains, in tents, on benches. I take lyrics from an abundance of songs and write all over, so that every word has a memory (that sounds a bit cheesy doesn't it?).

#### MEMORABLE MOMENTS IN YOUR CAREER SO FAR...

Memorable...many...loads...nearly everything I do in life has a connection with music. The best ones are the little things, not the major shows although that's what people want to hear. It's the little things like busking in the summer or when someone drops a lovely message in your case saying 'you made my day please don't stop'. Its people letting you know that what you are doing is positive and has some sort of effect on the world. One experience that was amazing was busking around Europe last summer with £50 in my pocket, alone. I think that changed me.

#### WHAT SONG ARE YOU MOST PLEASED WITH?

My favourite isn't out yet but next to that is Les Amoureux which will be on my EP released on 8th July.

#### FUTURE PLANS? LONG TERM AIMS?

I will be writing, playing, travelling, collaborating in what ever way life throws at me.

[www.myspace.com/brookesharkiii](http://www.myspace.com/brookesharkiii)

Vicki Siddall



#### CONSOLE WARS

Listening to BBC Norfolk Introducing in the last few weeks you would have heard the exclusive first play of the new single by the lovely Console Wars, White Horse. The boys have been working hard since they reached the semi final of the Next Big Thing in 2009. They have even recorded 9 tracks live for Breakthru Radio in New York. With gaining success and the launch of their single at a special gig in The Curve at The Forum in Norwich on Friday June 4th, we felt it was time for a few more questions.

#### DESCRIBE YOUR MUSIC IN FIVE WORDS.

Super Bowl Half Time Show.

#### CAN YOU TELL US ABOUT YOUR NEW SINGLE?

It's a big ballsy pop song, with a solo.

#### HOW DO YOU COME ABOUT WRITING YOUR MUSIC?

We listen to Bruce Springsteen together and have a few beers. And then Stephen goes off to his room by himself and writes a song.

#### BEST PERFORMANCE SO FAR?

Next Big Thing Semi final, 2009.

#### CURRENT AND FUTURE PLANS?

Single launch on the June 4th, available to download from the 7th. We're moving to London at the end of the summer where we will keep gigging and hope someone likes us enough to give us money to do this for a job.

Don't forget Console Wars are also on our BBC Norfolk Introducing mega line-up at the Chapelfield Gardens Music Festival on Saturday 10th July, 12-30pm to 4pm.

[www.myspace.com/consolewarsband](http://www.myspace.com/consolewarsband)

Vicki Siddall

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## OXJAM 2010: TIME TO GET STARTED!

Do you want to get experience in event organising?  
Stewarding? Or get another performance under your belt?  
AND help raise money for a great charity at the same time?

Oxjam fills October with a myriad of music events. Of all sizes and all across the UK, these events raise money for this poverty-fighting charity. They also give the gig-goers somewhere to go - and look great on the CVs of those involved.

Event Organisers are key. They are the ones who get things started, organised, and finished – followed through. To get involved as an Organiser you need to sign up and create an Oxjam Profile. Once you've registered you then can access loads of useful resources including web banners, posters, flyers, tips and of course some guidelines. And you can contact your regional team or the central Oxjam team ([oxjam@oxfam.org.uk](mailto:oxjam@oxfam.org.uk)) if you want more advice.

An added extra this year is that Oxjam have roped in a major national promoter to provide training days in June and July in Bristol, London, Glasgow and Leeds. These experts are running sessions on securing your venue, technical production, marketing, promotion and fundraising. The places are filling up fast, though, and they're happening soon. To register your interest pick a training day near you (see below), fill in the form and hope that it isn't too late.

However if the places are all filled do not be put off – you have the website and the local and national teams to help, plus your own skills an initiative. Do it!

### How do I register my interest?

1. Pick a training day near you: the nearest to Norfolk is: London, Islington: Saturday 12th June: 10 - 4pm

2. Fill in the form at:

[http://www.oxfam.org.uk/get\\_involved/fundraise/oxjam/index.php](http://www.oxfam.org.uk/get_involved/fundraise/oxjam/index.php)

Jax Burgoyne



# OX-

# Go to

# vinvolvednorfolk

# and volunteer

# NOW!

Contact Voluntary Norfolk at:  
83-87 Pottergate, Norwich, NR2 1DZ  
Tel: +44 (0)1603 614474  
Email: [admin@voluntarynorfolk.org.uk](mailto:admin@voluntarynorfolk.org.uk)

## HELP OUT IN YOUR LOCAL SCOPE SHOP

NANSA (Norfolk and Norwich Scope Association) is an independent charity, affiliated to SCOPE, working across the Norfolk region.

The charity works to promote the care, welfare, interest, treatment, education, employment and advancement of people with cerebral palsy and associated disabilities in Norwich and wider Norfolk.

NANSA offers a broad programme of services, including education courses and social groups. The charity works with adults, young people and families.

The charity has five retail shops across Norwich: based at Earlham House, Hall Road, Aylsham Road, Furze Road and Reepham Road in Hellesdon. The shops raise vital funds for NANSA's activities.

Volunteers are needed to help with a variety of roles within the shops. These include till work, sorting donations, steaming clothes, labelling items and assisting on the shop floor with customers.

You will need to be a friendly and enthusiastic volunteer. However, you will receive full training on how to use the till and operate the NANSA shops.

You can volunteer any day from Monday to Friday, at any of the shops across the city.

To find out more about volunteering in a NANSA shop, contact Debbie Whitehead on 01603 414 109 – or e-mail [charityshops@nansa.org.uk](mailto:charityshops@nansa.org.uk).

To find out more about the NANSA services, visit [www.nansa.org.uk](http://www.nansa.org.uk).

Robert Jackman

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**Because our theme this month is the BBC NORFOLK MUSIC VIDEO FESTIVAL, we asked our presenters about the ir favourite MVs, including from last year's festival. And we asked My Visor's Keith for a few tips on how to make a good one.**

## ADRIAN COOKE

1. The Hives – Hate To Say I Told You So. Largely a performance video – and totally captures the essence of the band
  2. Aphex Twin – Come To Daddy. Directed by the genius that is Chris Cunningham. Creative and terrifying.
  3. Squarepusher – Come On My Selector. Another Chris Cunningham one. Just as essential.
  4. David Bowie – Ashes to Ashes. Very dated, but still looks brilliant.
- All the above are essential viewing for anyone with remotest interest in music videos. Check them all out on You Tube now!

And best video from last year's festival? Bearsuit and Wigan Casino. I liked their outfits!

## HARRIET HOWARD

1. Deaf Havana – Friends Like These. This sums up how summer days are best spent.
2. Crystal Castles – Knights. These kids represent how you feel when you're at one of Crystal Castles' shows.
3. Hot Chip – I Feel Better. The cleverest video I've seen in a long time. Everybody likes a bit of mockery of pop boy bands and I love how this video shows their effect on today's music industry. Oh, and it features Moby?! Can it be much better?!
4. Peter Gabriel – Sledgehammer. I used to be scared of this video when I was younger. Now I think it's amazing. The attention to detail when making this video is fantastic and extremely clever. Why was I not born in the 80's?!

Last year's BBC Norfolk Music Video Festival entry? Your Elbow, from Le Tetsuo, because it was fun and creative!

## SOPHIE LITTLE

1. The Pistolas – Take it With a Kiss. It was the first time the line between local and national band was blurred for me. I watched it on repeat for a year.
2. Lady Gaga – Telephone. It's like being beaten up with audio visual delights. I hated her until I saw this.
3. Queens of the Stone Age – Go With the Flow by Queens of the Stone Age. Never have silhouettes looked so sexy.
4. Be Your Own Pet – The Kelly Affair. Because I'd happily get eaten by a drag queen if I got to go to a party like that.

Last year's favourite was Your Elbow by Le Tetsuo because the surprise dance routine in the middle is like a tropical dream.

## THINKING OF MAKING A MUSIC VIDEO?

Music videos are a great way to enhance your music and get your sounds across to a wider audience. A great way to have fun too! But believe us, there are some real pitfalls to avoid! BBC Norfolk Introducing was really impressed to receive an entry from Keith Brown that was self-conceived, self filmed and edited in just one day!

We thought it was a great way of proving that with a bit of ingenuity and keeping it simple, you can get a great result for little or no cost.

You can see the video for 'Face Value' yourself at [www.myspace.com/keithbrownsongs](http://www.myspace.com/keithbrownsongs) - and these are:

### KEITH'S TOP TIPS FOR WOULD-BE VIDEO MAKERS!

#### Before you start

Ideas are important! Make sure you have a good visual idea that suits the song. Write a storyboard. It'll help to ensure you have enough ideas to fill out the song and will be handy to refer to you when you start filming.

Get a good quality camera. You don't have to spend a lot of money to come up

with some good results and you can always tweak the colours/contrast/effects later when you come to splice and edit it. An HD camera is not essential, but it will look much better on Youtube etc. There are some good HD cameras for under £150

Get a tripod! You can get one for less than £15 and it'll save you trying to balance your camera on a chair/nearby object. Failing that, a mic stand and some gaffer tape worked for me!

#### Filming

Lighting is very important. The results you will get with a digital camera will be much better if the subject is well lit. Use lamps, if indoors, with strong bulbs in! If outdoors, film when it's bright!

Make notes about the shots you've filmed. If you're organised, you'll save a lot of time sifting through footage when you edit your video.

Pay a lot of attention to camera angles.

Remember that if you're using a digital camera and are intending to crop the picture later, you will lose pixels/quality so try and get it right at the source.

#### Editing

Get some good editing software that's easy to use. Try a few before you buy, and use the one that you find easiest to use, as most of them will have the same features!

Think carefully about how you want it to look.

Experiment with changing shots in different ways, using fades etc. Use what suits the song (for example fades might work better for slower songs). There are some websites that host royalty free stock footage. On some, you can download clips absolutely free.

#### Finally

If using digital, once you've finished editing, render it in to a bunch of different high quality formats (e.g. mpg/wmv/avi etc.) and test each one. Use the one that's most pleasing to the eye AND the ear.

Want help making a video? BBC Voices offers free one-day filming and editing sessions for beginners. For details email [bbcvoices@bbc.co.uk](mailto:bbcvoices@bbc.co.uk).

Thinking of making a video? WAIT! Come and hear what Caroline Bottomley has to say first! She's the Chief Executive of RADAR Music Videos – a website that specialises in putting video makers and performers together – as well as showcasing the best new videos around.

Caroline will be giving a talk for video makers and performers on Thursday 8th July, from 3-30pm to 5pm. Entry is free, but places are limited and must be booked in advance by sending your details and number of seats required to [norfolkintroducing@bbc.co.uk](mailto:norfolkintroducing@bbc.co.uk)



**BBC NORFOLK MUSIC VIDEO FESTIVAL:  
28TH JUNE - 10TH JULY, MON-SAT, 10AM-5PM  
FUSION, THE FORUM, NORWICH**

**FREE  
ENTRY**

**Many local acts made and entered videos into the Festival -  
and that this page is about two acts and their video making**

### THESE GHOSTS - 'LUNA' VIDEO

Pure and clear cut with flashes of vibrancy running through it - reflection of the track. "The video is for our debut single Luna," the boys told us, "released on NRONERECORDS on 28th June." That's the launch date of the BBC Norfolk Music Video Festival too!

The guys told us more about it.

"The video was made for us by Director and Cameraman Steven Hall - Harry's Dad! Over the years he's worked as a Cameraman/Clapper boy with bands and artistes as diverse as: Coldplay, Paul McCartney, The Human League, Run DMC and The Stranglers."

Pretty impressive! - and you can tell there's experience involved, particularly in the filming.

"The concept was devised by the band and the Director over a period of about four weeks," they said, "with various ideas too'ing and fro'ing via e-mails.

"We also shot some tests using various effects that developed into the globe idea." The globe swings backwards and forwards, repeatedly eclipsing the band. "This expanded into the light trails and vaguely planetary theme that continues throughout the film," they said. "The footage for this was actually shot by Harry during a drive around the M25 motorway (he was a passenger!)." (Good - safety is paramount.)

"The chorus was much more conventional, being more lively and shot in an all white coved studio in contrast to the black globe set."

The film took 1 day to shoot. "Luna was played about twenty times that day," they said, "using the click track that you can hear at the start." After that it took another 2 weeks to finish the job, "The bulk of which involved the visual effects of the light trails and chorus."

The final bill, they said, was £300.00, "With the true cost being covered by favours from friends in the industry." (And family.) "It's been really nice watching ideas on paper develop into a full blown HD video. We'd be lying if we said we hadn't spent a lot of the day trying to work out where the white cove started and finished. We also ate lots of lovely food thanks to the catering department!"

Check out <http://www.myspace.com/wearetheseghosts> and [www.stevenhallfilmmandtv.com](http://www.stevenhallfilmmandtv.com), and the BBC Norfolk Music Video Festival for the video on the giant screens in Fusion.

Jax Burgoyne



*Videos by Michael Page*

Of course music videos with scantily clad gyrating ladies can be a good thing - take the Eric Prydz, Call on Me video - but their dominance of the TMF/The Hits screens goes too far: it is practically complete.

Michael Page has an uncanny ability to make a great music video without women in bikinis (not that I think he should rule it out) and his video for Mat Riviere's Evening Drive is a case in point. It has, for me, all the exquisite timing of the Eric Prydz video, but with a difference.

"I wanted to do shadow puppets and use internet scavenged images," Michael said. "After a couple of listens my housemates and I decided that ants walking and slaving away at their anty tasks might be a nice link in with the drudge lyrics.

"I added the bird killing the ants at the end, partly just for childish fun and partly to add an extra dollop of futility and despair to the pie."

With FYH there is again this perfect timing and the quality of the images, perhaps more than their content, also fits with the track. The 'electricity' (well it's not really that) flickers with the beat, and a distant look to the images echoes the distant ominous feel of the song.

Michael's take was, "It was going to be love story between two cats with dialogue in subtitles but this looked rubbish. Some of the stuff of nature looked nice and seemed to fit so I shot some more and included some of my keyboards.

"Mat wanted stock footage in it, which although I like the look of, I felt a bit uncomfortable with, so I side-stepped the guilt by putting a TV in a bush and filming it back off the screen.

"Adding Mat in the corner was a bit of an after thought and is, visually, a forbidden maneuver! Also, he looks a bit like one of those signing people in the corner of Hollyoaks' Omnibus. Both these factors are a plus and fit with the lo-fi thrown together aesthetic."

It's all pretty darn good and well worth looking at: both these videos, Michael said, took a couple of months to make - part time - and this shows.

You can find them on Mat Riviere's myspace, [www.myspace.com/matriviere](http://www.myspace.com/matriviere), and Evening Drive will be on the big screens as part of the BBC Norfolk Music Video Festival.

Jax Burgoyne

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## GO BLUE FOR THE OUT THERE FESTIVAL IN 'BIVOUAC'

The Out There International Festival of Street Arts and Circus is the East of England's biggest free Festival. And this year you could be taking part, rather than just watching it! They are looking for help with marketing, customer care and stewarding.

Or you could even act alongside the French street-arts company Generik Vapeur – as long as you don't mind being painted blue!

The Festival takes place from Saturday 18th - Sunday 19th September in St. George's Park in Great Yarmouth. Laurie Miller-Zutshi, Creative Learning Officer at SeaChange Arts, predicts, "Two days of the very best international street arts and circus entertainment." Marseille-based street-arts group Generik Vapeur will present their weird and wonderful piece 'Bivouac' at the Festival on Saturday 18th September.

This will be the first time the 25-year-old show has ever been performed in England.

Generik Vapeur are, "Innovative, riotous, and spectacular," said Laurie, and, "Guaranteed to draw an audience wherever they are."

SeaChange Arts is currently holding auditions for 10 lucky volunteers to perform alongside Generik Vapeur in Bivouac.



This will involve travelling through the streets, performing a collective routine using oil drums as a large lorry follows behind playing loud French rock music. There will also be flares and pyrotechnics throughout, with blue men abseiling from buildings.

"It is definitely a once in a lifetime opportunity!" said Laurie, "Everyone in the performance is painted blue to create a sense of otherness between the performers and the human race."

Volunteers must be, "Aged 16+, physically fit, available to rehearse in the evenings during the week beginning Sunday 12th September, as well as the (actual) performance on 18th September.

"A background in drama and performance is useful but not essential." Laurie added, "We are very keen to involve people who are interested in dance and sports, as well as having a mixture of ages and backgrounds; knowing basic French is a bonus (but not) essential. The most important thing is to be enthusiastic and up for a challenge!"

Group auditions will be held in Great Yarmouth on Friday 4th June from 2pm onwards.

To book an audition slot or find out more, contact Laurie Miller-Zutshi on 01493 846 550, or email: [creativelearning@seachangearts.org.uk](mailto:creativelearning@seachangearts.org.uk), or text 07530 735 491.

For further general information, visit <http://www.outtherefestival.com>  
Mark Sims



## DEVELOP YOUR ROUTES - EXPAND YOUR HORIZONS

Strong Roots is a therapeutic horticultural project in Norwich. It is based on four adjoining allotments, which are being developed into a shared garden.

The project is aimed at people who are socially disadvantaged, giving the chance to develop their gardening skills, as well as promoting good physical and mental health and minimising social isolation.

Following a pilot scheme which worked with young people recovering from mental illness, the Strong Roots project is expanding – looking to help ex-offenders, adults with learning difficulties and Norfolk-based refugees.

The project is seeking volunteers to work with the participants, helping them expand the allotments. There is a minimum commitment of two and a half hours each week.

Strong Roots is ideal for non-judgemental people, who feel they can work in a group with vulnerable and disadvantaged people.

Volunteers are needed to help on site, including clearing, planting and weeding. You will also help to ensure everything is stored away, and work with the co-ordinators in planning the sessions.

You will also set a positive example for the people coming along to Strong Roots – playing a key mentoring role in their development.

Additionally, volunteers can help off-site, by assisting with the promotion of Strong Roots and helping with presentations and reports.

Volunteering opportunities are open throughout the week, with the project currently offering five sessions a week. The allotments are based by The Avenues in Norwich.

To find out more about volunteering with Strong Roots, visit the project's website at [www.strongroots.org.uk](http://www.strongroots.org.uk) – or e-mail [info@strongroots.org.uk](mailto:info@strongroots.org.uk).

Robert Jackman



**BBC NORFOLK MUSIC VIDEO FESTIVAL:**  
**BUG - 16TH JUNE, 8PM, THE FORUM, £14 UEA BOX OFFICE**  
**SIGUR ROS, HEIMA - 5TH JULY, 5.30PM, FREE ENTRY**



**GET YOUR TICKETS FOR A SPECIAL BREED OF BUG:  
 ADAM BUXTON'S BUG NIGHT**

Wednesday 16th June, 8pm, The Forum.  
 Tickets £14 from the UEA Box Office  
<http://www.ueaticketbookings.co.uk/events/bug---the-forum--16-06-10-.aspx> or call 01603 508050.)

Adam Buxton of Adam and Joe fame (for those of you old enough to remember) – BBC 6 Music presenter, comedian, writer, video director and music video enthusiast.

If you have never been to an Adam Buxton night then you are in for a real treat. Adam regularly sells out The Playhouse, and has just done so for a BUG show he's putting on there (also in June).

And now he's putting on this special, newly designed show, specifically for the BBC Norfolk Music Video Festival.

Adam exposes the cream/caviar/champagne of music videos to the big screen, making his audience realise that these 3 minute epics are far more than Cava, and he also gives us some comedy with it – pulling out, as Sam put it last issue, “a selection of some superb, strange and demented nuggets you might have missed.”

He is creating this show just for our festival, so if you've got tickets for The Playhouse gig, you'll need this too.

And if you missed out on The Playhouse, well this'll more than do – not only will there be the usual Buxton comic genius, you'll also be getting a preview-premiere of the BBC Norfolk Music Video Festival 2010 in Fusion.

Don't forget it, don't miss it.

Jax Burgoyne

Don't know what BUG is all about ?  
 Go to <http://www.bugvideos.co.uk/>



**SIGUR ROS - HEIMA: AN AMAZING FREE NIGHT**

Heima means “at home” in English.

However, in Icelandic it gains a much more poetic and interpretive ring.

When acclaimed musical innovators Sigur Ros returned home after their massively successful album Takk and a world tour, they came back to a place that is distinctive and unlike anywhere else in the world.

So they did something unique to match - playing intimate gigs and shows all around their homeland in tiny fishing villages, underneath mountains, in abandoned oil drums and in caves...and they filmed it.

Truly remarkable, the film dramatises a landscape formed by immense seismic activity and moving music.

The BBC Norfolk Music Video Festival 2010 is proud to announce that this film will be screened on Fusion on Monday the 5th July at 5:30pm.

Entry is free and open, so wander in for as little or as long as you like.

Rendered on Europe's largest digital screen, this will be spectacular.

heima.co.uk  
 bbc.co.uk/norfolk

Sam Hill





**BBC NORFOLK MUSIC VIDEO FESTIVAL:**  
**28TH JUNE - 10TH JULY, MON-SAT, 10AM-5PM**  
**FUSION, THE FORUM, NORWICH**

**FREE ENTRY**



### THE BARLIGHTS NEW MUSIC VIDEO: A GOOD NIGHT'S SLEEP

The Barlights' latest venture has seen them on board a retired steam train surrounded by ghosts, and accompanied by camera crews from local company Lambda Films and BBC Norfolk Introducing internet video show.

Why, you ask? Well, as if you hadn't guessed from the title, they were busily filming the video for a new song, A Good Night's Sleep.

The storyline follows the boys onto a modern day train, though all is not quite as it first appears: the band finds themselves on board a steam train filled with havoc-wreaking ghosts.

A few of the Introducing team had to be drafted in to help as extras here, so keep an eye out for anyone looking mildly out of place!

Graham, the band's lead singer, told me, "The best bit about making a video is the moment where the random ideas we have for a premise are first seen to have worked. We are yet awaiting this moment...fingers crossed!"



It took only a day and a half to get all the footage needed, but the editing process, as always, is taking a bit more time to complete.

It shouldn't be too much longer though, as the video is to be entered into the BBC Norfolk Music Video Festival, being shown in Fusion at the Forum from the 28th June.

The Making Of, as filmed by the Introducing team, will be included in the third episode of the BBC Norfolk Introducing video show, likely to be available in late June or early July at [bbc.co.uk/norfolk](http://bbc.co.uk/norfolk).

Nicola Green



### MONSTER IN TOWN!

They promised us a video for their latest single – and Fever Fever have delivered, good to their word, an entry to this year's BBC Norfolk Music Video Festival.

As video Director Will Whittam said, "Monster - by the effervescent musical feast: Fever Fever!"

The video involves pendulums and, Will said, "Evil Dead" style demons," and the track's slightly maddened (frantic, but without the fear) speed certainly fits with the band.

It is another example of money-saving type video-making, with assistance from people who care enough about the band to want to help out. Will said, "Begging, borrowing, making and favour pulling has made this video an inexpensive production."

One area where saving a dollar wasn't so good, said Will, was finding out the camera rig was too heavy for the rope holding it. Luckily this was noticed before anyone was crushed by falling riggery, "Another had to be made on set within half an hour of shooting," said Will.

The video took, "From Concept to Completion, around four weeks," said Will. Fever Fever said, "We finished our bits in record time because we had a gig to play in London that evening so it was a rush, but a good rush! We had a lot of fun although it is quite strange miming to your own song in a serious manner. Looking forward to seeing it on the big screen so to speak!"

Check out Monster at this year's video Festival.

Jax Burgoyne

## HELP RECORD THE LIFE STORIES OF OLDER PEOPLE

WISE Archive is a web-based archive which records and preserves the life stories of individual UK citizens, in order to recognise and celebrate the contribution they have made to society.

So far, the project has recorded the life stories of many people over 50 years old right across Norfolk – including retired staff from Jarrold stores and residents of Fakenham and Mile Cross.

The project is supported by the National Archives, and recently received a personal endorsement from veteran parliamentarian Tony Benn.

WISE Archive is now looking for volunteers to interview older people about their working lives. The interviews will be recorded with a digital recorder, which will be provided by WISE Archive.

You will receive full-training, covering topics such as interview skills and how to use the recording equipment. You will also have your travel expenses paid, as it may be that you have to travel to reach the interviews.

The vacancy is ideal for someone with an interest in history or journalism, and who would like to learn more about social history within the region.

You can read more about the project, and read some of the stories, at the WISE Archive website – [www.wisearchive.co.uk](http://www.wisearchive.co.uk).

Among those on the website are stories from people who worked at The Beeches, now known as Gressenhall Museum, between 1948 and 1974 – and the story of a former WWII spy.

To find out more about volunteering for WISE Archive, visit [www.do-it.org.uk](http://www.do-it.org.uk), or contact Voluntary Norfolk on 01603 614474.

Robert Jackman



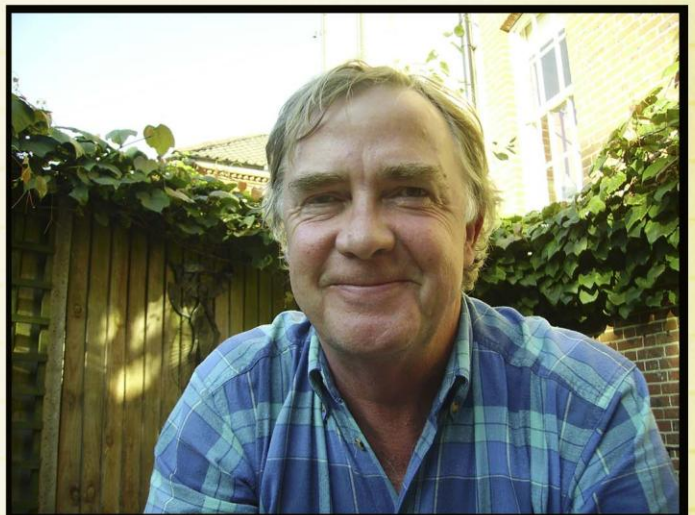
John Harben helps out with the Men's International group, he has been there for 7 months and teaches English one on one and with groups. "I might do something formal like examine a newspaper article for grammar and vocabulary, or something less formal like doing a crossword or listening to a song while reading the lyrics." Asking what qualities are needed for a volunteer John said that, "You have to have some real empathy with the predicament of the stranger, but beyond that you have to be really interested in people, have a sense of humour and be patient".

For anyone considering becoming a volunteer Faith believes, "It is a great opportunity to meet and interact with people from all over the world, learn a thing or two about their culture and appreciate it. You also get an insight into challenges refugees and asylum seekers face when they come into the UK."

If you would like to help out but feel you don't acquire the right skills, the organisation is also looking for a treasurer to oversee the financial management of the organisation, researchers to explore the links between East Anglia and Japan and a fundraiser to help upkeep the organisation.

Contact Voluntary Norfolk or check out [do-it.org](http://do-it.org) if you're interested in any of the above positions.

Hannah Johnson



## vinvolvednorfolk

### INTERFACE LEARNING ASSOCIATION

Interface Learning aims to promote cross-cultural integration through informal and creative activities. It builds up communication between people from different social and cultural backgrounds.

Faith Adu who volunteers there at least twice a week found out about the organisation after visiting the Norfolk Voluntary Centre, "Together with other volunteers, I coordinate the women's International Friendship group meetings, help set up the sewing group meetings and act as a translator for some of the clients."

Interface Learning would like more volunteers like Faith to help with friendship groups, whether it is one to one language support, helping with the cooking or setting up of craft work sessions. These are 10am-1pm Tuesdays term time at North City Children's Centre or Fridays 9.30am-1.30pm, East City Children's Centre, Cavell Road Primary School in Lakenham.

# VOLUNTEERING OPPORTUNITIES

To get involved  
contact me,  
Will Mills, on  
01603 614474  
or  
william.mills@  
voluntarynorfolk  
.org.uk



## GORLESTON - CLIFF TOP FESTIVAL

Gorleston in Gear will be holding their 13th annual Cliff Top Festival on Saturday 31st July and Sunday 1st August.

They require a range of volunteers to take part over the two days but also welcome additional helpers in the weeks running up to the event.

Volunteers beforehand would be involved with administrative tasks.

Those volunteering on the day will be helping prepare the site (Putting up fences etc); stewarding; providing other helpers with drinks and food; and marshalling the fireworks display on Sunday evening.

This is a great chance for those interested in event management to get a feel for how it all works.



## THETFORD - THE BENJAMIN FOUNDATION Web Developer / Media Officer

Are you good with website development, plus can communicate effectively and get your message across?

The Benjamin Foundation is looking for volunteers to help develop their website, and write articles and press releases.

You must have good IT skills, and, ideally, related qualifications.

*For more opportunities go to [www.do-it.org](http://www.do-it.org).*

## HIGH SHERINGHAM - NATIONAL TRUST

Spring is upon us which means Sheringham Park National Trust has lots of jobs that need doing.

These range from helping in the shop and café to getting out amongst the rhododendrons and tackling many gardening and horticultural jobs.

There are some specific group volunteering sessions but opportunities are also available at times to suit you.

If the outdoor life is your thing, then there will be an opportunity for you at Sheringham Park.

## EAST ANGLIAN CHILDREN'S HOSPICES (E.A.C.H)

E.A.C.H is looking for volunteers across Norfolk to help with fundraising.

This could include picking up collection boxes, attending fundraising events, joining our Friends Group and coming up with ideas for gaining support for the charity.

**vinvolvednorfolk**

## WEST NORFOLK - ROCK AGAINST RACISM

If you have a flare for music - the x factor - Rock against Racism needs you.

The gig is at Lynn Sport and they are currently looking for individuals or groups to perform at the event.

This can be singing, music or dj-ing.

*Remember  
to sign up  
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# THE BBC NORFOLK MUSIC FESTIVAL

2010

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[bbc.co.uk/norfolk](http://bbc.co.uk/norfolk)

**28TH JUNE- 10TH JULY**

**FUSION AT THE FORUM**  
**NORWICH**  
monday - saturday  
10am to 5pm

## **BUG**

wednesday 16th june

*Adam Buxton's cult music video show*

The Forum 8:30pm £14

[ueaticketbookings.co.uk](http://ueaticketbookings.co.uk)

## **The Lost Levels**

with special guests *Call Me Jolene*  
featuring Martin Rossiter

saturday 19th june

The Curve 7pm £8

[ueaticketbookings.co.uk](http://ueaticketbookings.co.uk)

## **The Norfolk & Norwich Millennium Library Acoustic Sessions**

30th june, 2nd july & 8th july

*Acoustic music in UK's busiest library*

30th june 12pm - 1pm

2nd july 7pm - 8pm

8th july 5:30pm - 6:30pm

**Free Entry**

## **Heima: a film by Sigur Ros**

monday 5th july

*Special screening of Sigur Ros's  
breathtaking land and soundscapes*

Fusion 5:30pm - 7pm

Open Event

**Free Entry**

## **Chapelfield Gardens Music Festival** saturday 10th july

*BBC Norfolk Introducing presents*

*The Kabeedies, The Great Shakes,  
Console Wars and The Deets*

12:30pm - 4pm Chapelfield Gardens

**Free Entry**

# THE FLYPOST

