

Volume

Volunteering Music & Events

We're set for another 9 days of top music with **Hot City Sounds 2009**. Over 130 bands will be taking part, and BBC Norfolk Introducing will be there throughout bringing you all the latest news and sounds from the Festival.

Throughout the week on BBC Radio Norfolk we'll have interviews with bands and music features highlighting who's hot to see.

We're also putting on two special BBC Norfolk Introducing programmes, one on launch night on Friday 3rd July and the second a week later on Friday 10th. On the 10th we'll be putting on an acoustic gig in the new Curve venue in The Forum, broadcasting live from it into the BBC Norfolk Introducing studios. Joining us will be I am Error, Indiegirls, The Lost Levels, Jess Morgan and Rory McVicar. An amazing acoustic line up for just £3.00. Tickets are on sale at The Norwich Arts Centre, so come along and take part - or listen in between 7 and 10pm on-air or online at www.bbc.co.uk/norfolk.

Also, to celebrate Hot City Sounds, from Friday 3rd July the BBC Norfolk Introducing studios can be seen and heard live on the BBC Big Screen outside the Chapelfield Shopping Centre in Norwich.

Finally, BBC Norfolk Introducing has an amazing line-up for the stage in Chapelfield Gardens on Saturday 11th July. This free gig is part of the Lord Mayor's Procession, organised by Norwich City Council. On the line-up is Sean Seraphim, Jess Morgan, The Barlights, Vegas Fame Index and Blighters. Come and listen and say hello too.

For all the Hot City Sounds details check out www.myspace.com/hotcitysounds - and listen to BBC Norfolk Introducing on Fridays at 7pm - and look out for all our special features on bbc.co.uk/norfolk.

Hot City Sounds

This year's event is soon to be under way, but how's it all going? Volume caught up with Kingsley Harris, the man behind the event who told us it's going even better than expected. "There's been a big response to the Festival from the bands and that reflects in the great line-ups we have."

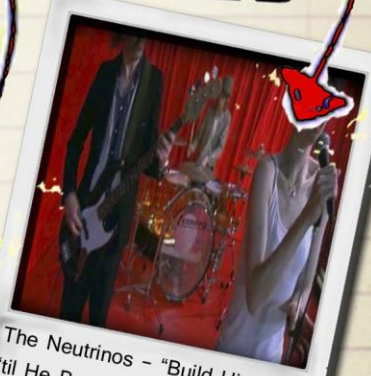
Things are coming together nicely, he said - it just needs the icing on the cake. "All we need now is the audiences to come and enjoy the gigs, for it to be another cracking year."

BBC Norfolk Music Video Festival

So we've been taking in videos, putting them into an amazing setting - now we're ready to roll. The BBC Norfolk Music Video Festival features some great local music videos alongside videos from around the world, including Australia, Ireland and Germany. The Festival takes place in Fusion at the Forum - the new massive HD screen. Take time out, Monday to Saturday, 10am till 5pm to chill out with some fabulous music and watch some great videos. We've got exclusive first showings of films from The Neutrinos, Rory McVicar and The Loyal Few. There's some stunning photography, lots of humour and some serious posing too! It's all absolutely free - and this is one of only a handful of events like this in the country, yet it's happening right here in Norwich. There are some 40 videos and the show lasts about a couple of hours, so stay for five minutes, stay all day, come back whenever you're passing - but do make sure you get here, it's Fab!



The Brownies - "Dance Romance"



The Neutrinos - "Build Him 'til He Breaks"



Bearsuit HCS 08
Photo Andi Sapey



Girl in a Thunderbolt HCS 08
Photo Andi Sapey

**VOLUNTARY
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national youth volunteering programme

V Inspiring
a million
more young
volunteers

BBC NORFOLK
introducing...

**Agents
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Change**

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Volunteering Music & Events

Hair Traffic Control

After 2 years as a 3 piece, Dan, Ed and Chris - better known as Hair Traffic Control - are still going strong. Their catchy guitar riffs, sometimes reminiscent of French band Phoenix along with a hint of Blink 182, make for a very interesting mix.

The guys told us "We came to our sound just through chance really. We play together and that is what we produce. It's just an end product. It's not really preconceived, the direction we're going to go in, it just kind of happens."

You'll find them playing at Hot City Sounds on Monday 6th July at the B2, or you can check them out online at myspace.com/hairtrafficcontrol.

By Nick Haverson



Hair Traffic Control:
B2, 6th July

Kill It Kid

With a sound akin to that of Anthony and the Johnsons, with some dirty guitars thrown in for good measure, Kill It Kid are a Blues band that bring something a little different to the table.

Guitarist and singer Chris told us, "The songs in the album we've just done, they're almost story songs, kind of drawing from the great American song book."

The band is also made up of Adam on Bass, Mark on Drums, Richard who plays Violin, as well as Vocals and Piano by Steff.

To hear some of their tracks and for more details on the band you can check them out at myspace.com/killitkid. They play Hot City Sounds 9th July at The Waterfront.

By Nick Haverson



Kill it Kid:
Waterfront, 9th July

SCRAPS is female multi-instrumental folkpop trio Rachael, Isabelle and Anna, who have been described as a mix between Kinga Dawson and Frank Zappa (by Isabelle's Dad). We caught up with two of the ladies and asked them questions three.

Scraps?

Rachael: My granny collects these little pictures and they're called 'Scraps' because you stick them in 'Scrap-books'.

How got started?

Isabelle: We started as a busking band around Norwich and the book she was just talking about had all the songs we busked in it.

Favourite song

Rachael: The songs that I'm most pleased with is a new one which we've recorded called 'Spoon Me'.

Isabelle: That one is my favourite too because spooning is my favourite past-time.

Scraps first EP is out soon on Bare Feet Records. They also play HOT CITY SOUNDS at NAC Bar on the 6th of July. You can also find them at www.myspace.com/mightyscraps.

By Leon Bell



Scraps:
Norwich Arts Centre Bar,
6th July

Singer and guitarist Ian, guitarist Jason, singer Gillian, bassist Keiren and drummer Matt are THE FOSTER KIDS and they write melodramatic pop songs.

How formed:

Gillian: I think I met Ian at the Arts Centre at various gigs and he knew Jason from other projects. We've been performing together 3 years now.

Your sound:

Jason: On our myspace site (www.myspace.com/meetthefosterkids) a lot of people say we sound like Belle and Sebastian or the Beautiful South.

Ian: We draw inspiration from our every day exciting lives. Families, friends and things. You have to disguise the sources of course.

Favourite Song:

Jason: My favourite song of ours is 'Streets', which we play at all the gigs.

The Foster Kids are playing HOT CITY SOUNDS on the 11th of July at the B2. Their new album 'At Home With the Foo Fighters' is available from itunes and www.thefosterkids.co.uk.

By Leon Bell



The Foster Kids:
B2, 11th July

Volunteering Music & Events

Danielle Clarke – BBC Norfolk Introducing Street Team, Volume Writer, Voices Admin... (whatever we can get!)

"I'd been thinking for a while about volunteering in a media related job. I'd had a search around local stations and no luck, and then I found BBC Voices! They were delighted to take me on, and I was so excited about starting.

I've been here a few weeks and I love every minute of it!

I am given jobs to do throughout the day and week. Recently I had to distribute leaflets about the music video festival to local businesses and write reviews for Volume.

I've wanted to be involved in radio since I was 11. I am here because I'm climbing the ladder up to my dream career. I will volunteer as long as it takes to learn the skills I need to make that first step up.

BBC Voices offer lots of opportunities for young people looking to volunteer for the BBC.

Get in contact by e-mailing norfolkintroducing@bbc.co.uk."



Danielle Clarke

Harri Howard

there for the same expression through someone else. For me, it's all about getting involved. I'm a strong believer that if you have a passion for something, you should do it. A year later and I was volunteering at Future Radio, where I now have my own show and interview bands such as Scroobius Pip, The Cheek, The Gallows, and Pete & The Pirates.

However, introducing people to new music wasn't enough; I wanted to get more involved in the local music scene - that's when I also decided to start volunteering at BBC Voices. Making the community aware of how much talent is offered in the City of Norwich is very important to me, whatever the genre. BBC Norfolk Introducing helps promote those bands and get the community involved in the local scene, one which I can now proudly say I am part of."

TAWNY OWL AND THE BIRDS OF PREY are a Norfolk music collective. We snared Tawny Owl A.K.A. Jack Ramm and fed him dormice (A Roman delicacy) so he would answer our questions.

Who or what are 'The Birds of Prey'?

Jack: The Birds of Prey have only been around since January. When I was writing the songs back in the day when I was 15 it was always for a full band. The Birds bring so many things to the table, their instruments and their voices but also a kind of spirit. A certain je ne sais quoi.

Inspirations:

Jack: We draw our influence from lots of places. Our essence, as a band, is cinematic. We really love movies: big blockbusters and 'B movies'. Musically we like Scott Walker, The Temptations and 'Motown' artists. Sonic Youth, liars, Animal Collective and Fifties pop. All sorts.

Live shows:

Jack: Our performances are pretty intense. We wear masks and cover ourselves with fake blood. We try and get people involved. There are quite a lot of us and we either wear masks or face paint. We're quite frenetic live as well and we improvise a lot so you'll always see a different show.

Favourite song:

Jack: We're most pleased with Ghost Writer in terms of recording and I feel quite happy with that one lyrically and structurally as well. I think that works as a single.

Tawny and the Birds play at HOT CITY SOUNDS on the 9th of July at The Waterfront. Their new single Ghost Writer/Cinema is out on the 8th of June. Check them out at www.myspace.com/tawnyowlband.

By Leon Bell



Tawny Owl and the Birds of Prey...



Hot City Sounds, 9th July...



The Waterfront!

Hiflyer - "Chasing Rainbows"

This song is one of the most powerful chill-out tunes I've heard in a while. Elle the lead singer has an amazing voice, my back tingles once she starts singing.

It's a really relaxing song – in fact I've never heard a song so stunning.

The video is set on a beach with the band playing on the sand and rocks. I liked this idea – it was original and it must've been fun to shoot!

Hiflyer, originally from Bristol, are very talented indeed, I've already downloaded their single from I-tunes – released on 24th December 08 – and it's in the favourites on my playlist. The album is out in October.

I strongly recommend you to check out this single if you want your heartstrings pulled.

By Danielle Clarke

Volunteering Music & Events Volume



Hiflyer - "Chasing Rainbows"



The Neutrinos - 'Build Him 'til He Breaks'

By Jack Dearlove

Dinky Loop - "Kiss ya Better"

This is a peaceful chill-out track. It unwinds you, makes you feel good. "Kiss ya better" - the name says it all, it's summery, it's happy, and it's cultural!

The video shows people kissing. Many different people, different shapes/ sizes/ races/ and sexes. The message is you don't have to be someone "important" to get kissed better and feel good: everyone has this right!

It's so sweet, and it really does make you feel "better" – if this was the band's aim they certainly succeeded.

By Danielle Clarke



Dinky Loop - "Kiss ya Better"

The Neutrinos - 'Build Him 'til He Breaks'

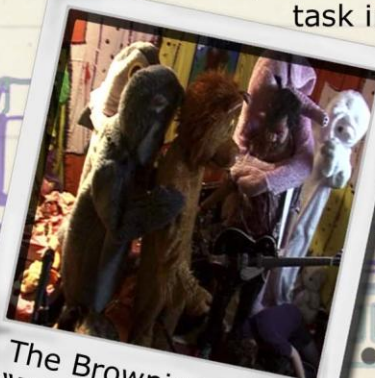
The highlight of this video is, I think, attempting to work out exactly what Karen from The Neutrinos is planning on doing with the various pieces of machinery, electrical equipment and weaponry that make an appearance throughout. Backed up with a blood red background I can only assume that it's not something nice and friendly, involving baking a cake or wrapping a present. With a pumping bassline, superb vocals and sadistic undertones this is easily one of The Neutrinos' best videos, although please can you send suggestions on the back of a postcard if you can work out what's actually going on.

The Brownies - "Dance Romance"

Large lions and pink elephants rarely mix, but apparently if you throw in one of the best tracks I've heard this year then the suddenly everything seems to fall into place. The video, filmed in Ealing Studios, brilliantly reflects The Brownies' natural punky attitude with their amazingly fun delivery (note the man-sized fish attempting to eat several of the band members) and really brings the song to life, as if that was a difficult task in the first place.

Watch out world, The Brownies are coming!

By Jack Dearlove



The Brownies - "Dance Romance"

Is there anything you want to say...? You could say it here. Please contact us with article ideas, fliers, cartoons and press releases: volumemag@live.co.uk.

Jess Morgan, is releasing her single/EP, with the lead tracks 'Crosses' and 'Pamela' at the BBC Norfolk Introducing gig at The Curve on the 10th of July. She is, in fact, getting the most music miles from Hot City Sounds, also playing at the Norwich Arts Centre on the 6th, the B2 on the 9th, and Chapelfield on the 11th.

Jess recently returned from touring in Norway. While out there she learned how little it takes to put on an amazing night of music. This is the VoluME-edit. The full story is going up on the Norfolk Introducing website.

HOUSE CONCERTS - good times, good times

It actually takes little more than a good group of music-lovers, some cushions and a few refreshments to put on a spectacular show in the comfort of your own home.

A frill-free house-concert capped off my tour - in my host's tiny one bedroom flat. Performers had the luxury of a comfy sofa to perch on while guests made do with floor cushions and a borrowed mattress.



Crosses/Pamela Single/EP launching The Curve Gig 10th July



Norwich Arts Centre 6th July, B2 9th July, and Chapelfield 11th July.

It was a liberating experience - performing to an audience without microphones in your face or the unavoidable affectedness that comes with being on stage.

Music as an art-form has become incredibly devalued in recent times. Finding a paid gig these days is like trying to find Willy Wonka's 5th Golden ticket. Greedy would-be promoters are the only ones who reap any kind of benefit from live music - just for setting up a cheap mic and a tin-can PA in a dingy bar.

www.myspace.com/jessmorganacoustic



BBC Norfolk Music Video Festival, 29th June - 11th July: 'Your Elbow'.



Hot City Sounds, Norwich Arts Centre 3 July: with The Kabeedies.

Le Tetsuo

Watch and listen, then listen and watch:

Echoing horror-movie guitar shrieks.

Deliberate dissonance

that hurts your stomach - music that goes away from the easy and takes you with it. Very good. They call it, "delightful noise pop" and have said of themselves that they "grab the attention of countless gig goers, dancing shoes first". 'Your Elbow' does that visually and aurally.

The video to Your Elbow - title track of their EP, out now on Parlour Records - is unsettling and brilliant. Shot by Barry Jean Murphy, like Lady Gaga's video to 'Just Dance' it shows the darker side of a drunken party, but this video is physical.

The band enters a party, Jack loses Sam and Charly, Jack gets progressively drunker and finally exits through a cardboard box door into a cold London street, rejoining the band. The filming goes from fish eye through close ups, birds eye onto dancing party-ers, hand held, unfocussed, then hits you with a crisp scene of London. The story includes Jack passing out into a vision of braindead dancers - including himself - a la Robert Palmer's 'Addicted to Love'. Without the music you would still watch this video, but the three things - song, story, filming - complement each other to give perfect dislocation.

By Jax Burgoyne

I am Error

We last caught up with Phil Critten, who is I am Error, a few months back. Now he's set to headline the first ever BBC Norfolk Introducing gig in The Curve at The Forum on Friday 10th July. But this time he's gone acoustic. Busily finishing off his debut album for the end of the year, this will be one of just a few chances to see Phil play live. "I've played a lot - over the years," Phil told VoluME, "and now like to choose my gigs carefully. I like to be part of interesting events, rather than play every week." So what's it like for someone who normally plays loud, to go acoustic? "It's more exposing for a performer, that's true. But for the audience, they can often get to hear more, especially the lyrics, even though it's quieter". Phil thinks Hot City Sounds is a great way to celebrate the local talent of the Norfolk music scene. "It's so diverse, people don't always realise the quality of what is being performed locally. They tend to think that unless it's on the T.V. it can't be good and that's just not true."

Book your ticket to hear I am Error along with Indiegirls, Jess Morgan, Rory McVicar and The Lost Levels in an acoustic special on Friday 10th July, The Curve, The Forum, Norwich. Tickets limited, £3-00 Norwich Arts Centre.



I Am Error, Indiegirls, Jess Morgan, Rory McVicar and The Lost Levels, The Curve Fri 10th July

Age Concern Norfolk Lunch Clubs with FREE 'Learn to Cook' programme

The Lunch Clubs have been going on for years. This opportunity, aimed at 18-25 year olds, gives the opportunity to work with the Lunch Clubs' cooks over 8 sessions and be taught the basics of good traditional home cooking for FREE.

The sessions will be relaxed sessions with a practical hands-on approach. This may be particularly interesting for students who are doing Catering at college or training as a chef.

This is a really flexible role and we can place you at a Lunch Club wherever's most convenient for you.

Earlham Road,
Wed 29th July

Vinvolved Taster Day

Earlham Road Norwich,
Wed 29th July!

Calling all volunteers aged 16-25. We've got a big challenge on our hands, and we need YOUR help. We will be transforming a beautiful but overgrown garden at the new home of local charity Red Balloon, which provides a safe learning environment for young people who have been severely bullied at school.

The morning session will involve taming the garden and making it a nice area. In the afternoon a local gardening expert will lead a session on growing veg and organic gardening. We want the garden looking amazing by the end of the day, so success will depend on plenty of volunteers.



Norfolk Community

Health & Care's

annual summer playscheme for children with special needs and their siblings runs every Wednesday and Thursday for 4 weeks from 10am to 3pm. This is the only playscheme which offers care also for siblings of the special needs child, meaning that the parents or guardians can receive a well earned break.

Volunteers are needed to help set up at the start of the day and clear away at the end. This is a particularly good opportunity for people who'd like to gain experience in health and social care, or working with children.

There are lots of other playschemes running this summer, so get in touch with the Vinvolved team to find out more.

Dragon Hall - Education Assistant during the school holidays

Volunteers are needed to lead or assist with a range of educational sessions at the beautiful Dragon Hall on King Street, e.g. handling sessions, craft activities with children and/or adults.

Volunteers will be asked to prepare the resources and set the room up for educational sessions, deliver the sessions alongside staff or freelance tutors, and help with activities for children during the school holidays. Get in touch if you're interested!

To get involved with these or find other things to do, contact Will Mills, by emailing william.mills@voluntarynorfolk.org.uk

HOT CITY sounds

03-11 JULY

SUPPORTED BY

CLEAR TALENT MEDIA

BBC NORFOLK
introducing

B² Norwich Arts Centre

maddog
rock / live / noise / alt / indie / bands

OVER 130 BANDS/ARTISTS IN NINE DAYS

at The Brickmakers, B2, Norwich Arts Centre, The Forum Curve, The Marquee, The Waterfront, Bedford's Crypt & Chapelfield Gardens.

FRI 3rd JULY
NORWICH ARTS CENTRE
BBC INTRODUCING
INTERACTIVE LAUNCH

The KABEEDIES
LE TETSUO
MY GIRL/MY BOY
DUCKY VODKA
ALEX HILL

MADDOG DJs in the bar
£4 Adv/£5 Door - Doors 8pm

SAT 4th JULY
NORWICH ARTS CENTRE
THE BIG TOP

ED SHEERAN
SARGASSO TRIO
TELL ME HOW
MASTER SOLO + more
In the bar Cloud Thieves,
I Am Error, Locomotive + more
£4 Adv/£5 Door - Doors 8pm

SAT 4th JULY
B2/THE BRICKMAKERS
ROCKOLA

SHAKEOUT
TOMMY TWIST & The WHY
THINKERS
COMPACT PUSSYCAT
DYING BREEDS
BONEYARD REVOLT
£2 Entry/Doors 8pm

SAT 4th JULY
THE MARQUEE
FIGHT NIGHT

KUNK
TEN CITY NATION
GLORY GLORY
BEEBA
£3 Entry/Doors 8pm

SUN 5th JULY
NORWICH ARTS CENTRE
THE GREAT SOUND ESCAPE

SENNEN
The LOST LEVELS
BURIED IN POMPEII
VANILLA KICK

HUNGRY AUDIO DJs in the bar
£4 Adv/£5 Door - Doors 8pm

MON 6th JULY
NORWICH ARTS CENTRE
THE ELECTRIC BUSKER

RORY McVICAR
LOWERY
ALEX CARSON & The Electric Bison
JESS MORGAN
GIRL IN A THUNDERBOLT
LUCY ELLIOT

BAREFEET RECORDS in the bar
with Francis & Louis, Scraps,
Max Avis + more
£4 Adv/£5 Doors 8pm

MON 6th JULY
B2/THE BRICKMAKERS
BREAKERS & SHAKERS

FUCK DRESS
HAIR TRAFFIC CONTROL
JIM MUSGRAVE
HUCK
JOKARI
CUTBACK
HOWL PROJECT
ALUMINIUM RISK
£2 Entry/Doors 8pm

TUE 7th JULY
NORWICH ARTS CENTRE
MOTHER ROCKERS

KILLERHURTS
ARCH STANTON
FLETCH CADILLAC
WASHED UP

£4 Adv/£5 Door - Doors 8pm

TUE 7th JULY
B2/THE BRICKMAKERS
ACCESS TO MUSIC

The GREAT SHAKES
LICK THE DICE
THE GAMBLERS
3.5 INCH FLOPPY
DOGTOWN
MINUS CONTROL
KAPOK
SIZE 9
£2 Entry/Doors 8pm

WED 8th JULY
NORWICH ARTS CENTRE
ARTROCK UNDERGROUND

The NEUTRINOS
UH OHs
MY VISOR
VEGAS FAME INDEX

HOT CITY HUM in the bar with
Mat Riviera, Follow Your Heart, Sam
James Hill, Shaneolinski, Chad Mason
Song Book, The Gorevidals
£4 Adv/£5 Door - Doors 8pm

WED 8th JULY
B2/THE BRICKMAKERS
UNDER THE RADAR

FORTUNE ROOKIE
The DELANEY
STUCK IN CONFLICT
DIRTY TRICKS
DIRTY HAVANA
INTO FLIGHT + ARMY OF MICE
£2 Entry/Door 8pm

THUR 9th JULY
THE WATERFRONT
TILTING SKY SHOWCASE

KILL IT KID
TAWNY OWL
& The BIRDS OF PREY
HASIKARA SMILE
LUNAIRE
£6 Adv/£8 Door - Doors 8pm

THUR 9th JULY
B2/THE BRICKMAKERS
PURE ACOUSTIC

JESS MORGAN
FLOORBOY
CROSS COUNTRY
DRIVER
LUCY ELLIOT
SLIGHTLY OFFENSIVE STEVE
NORMAL FOR NORFOLK
RED CASSETTE
TOM HARDMAN
ALEX BODY
CHARLIE SOUTH + more
£2 Entry/Doors 8pm

THUR 9th JULY
NORWICH ARTS CENTRE BAR
OUT OF THE COOL

JOHN WHITEHEAD
£4 Entry/Doors 8pm

FRI 10th JULY
BEDFORD'S CRYPT
BLOW YOUR OWN HORN

The FUZZ
SMALLER THAN YOU
CLICKSHAFT + more
Entry & Doors TBC

FRI 10th JULY
THE FORUM CURVE - LIVE!

JESS MORGAN
INDIE GIRLS
RORY McVICAR
I AM ERROR
The LOST LEVELS

£3 Entry/Doors 7.30pm
(Book Early Limited Space)

FRI 10th JULY
NORWICH ARTS CENTRE
METROPOLIS

BK & DAD
HOOFUS
NDX
MAGPIED

HOT CITY HUM in the bar with Elsub,
Ben Grizzly, Milly, Alto 45, Sebastiana,
Milgram Experiment
£4 Adv/£5 Door - Doors 8pm

FRI 10th JULY
B2/THE BRICKMAKERS
INDIE OVERLOAD

VIOLET VIOLET
TIN MAN
PLATFORM ONE
CINECLUB
The BROWNIES
FEVER FEVER
COLD HANDS
AEROPLANE
£2 Entry/Doors 8pm

SAT 11th JULY
CHAPELFIELD GARDENS
BBC INTRODUCING STAGE

The BARLIGHTS
BLIGHTERS
VAGAS FAME INDEX
JESS MORGAN
SEAN SERAPHIM
FREE ENTRY 1pm - 4pm

SAT 11th JULY
B2/THE BRICKMAKERS
ARTPOP PARTY

The GREAT SHAKES
The LOYAL FEW
The SHARPS
The FOSTER KIDS
The BARLIGHTS
The UNREMARKABLES
BLIGHTERS
The LEGOMEN
£2 Entry/Doors 8pm

ACCESS ALL GIGS TICKETS ONLY £20

(excludes Forum Curve performance)

Tickets available from
NAC Box Office
tel: 01603 660352 or online at
www.ueaticketbookings.co.uk

For more details visit
myspace.com/hotcitysounds

The fly-post



BBC NORFOLK
introducing...
BBC NORFOLK
MUSIC VIDEO FESTIVAL
DATE: 29th June - 11th July
MON - SAT 10:00 - 15:00
Fusion @ The Forum
Norwich

MUSIC VIDEO
Like new music ?
BBC NORFOLK
introducing...
Fridays 7:00pm - 8:00pm
BBC Radio Norfolk
Listen again bbc.co.uk/norfolk

Royal Norfolk Show

If you are at the Royal Norfolk Show this year, join us at 1pm when The Loyal Few will be doing a special acoustic set for us live on stage.

BBC Norfolk Introducing gigs
Friday 10th July
Saturday 11th July
myspace.com/hotcitysounds

Screaming Ground Fest

| | |
|------------------|-------------------|
| KunK | Fever Fever |
| Seratoner | Ndx |
| The Dirty Tricks | Buried in Pompeii |
| Myboy/Mygirl | Starsexplode |

Jack Wolfe
acoustic

Saturday 25th July
4pm-late The Marquee **£3 on the door**
NORWICH
www.myspace.com/screamingground

Do you want your gig advertised here on 'the fly-post' send details and a jpeg of your poster to volumemag@live.co.uk

BK and DAD
myspace.com/bkanddad

Hoofus
myspace.com/hoofusmyspace

Ndx
New EP release show
myspace.com/neurologicaldisaster

Magpied
myspace.com/magpiedmusic

Norwich Arts Centre
8 pm
£4 adv/£5 door
www.myspace.com/hotcitysounds
www.norwichartscentre.co.uk