# 2Hot2Sweat and Oxjam on Page 2... Rory McVicar on Page 5...

October. Autumn in full swing, bands and gigs stacking up and new releases aplenty. BBC Norfolk Introducing will keep you in touch with it all of course – and so will this month's Volume, profiling bands and volunteering.

It's the month of John Peel Day — and Wombatwombat mark the much missed presenter with a special gig at the Norwich Arts Centre on Friday 9th with Mimas, Shapes and Glory Glory.

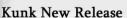
Then there's Oxjam and a series of special fundraising gigs.

Kunk and Killamonjambo have new releases and the long awaited Kabeedies album is so close you can hear the gasps of excitement and anticipation!

Don't forget there's some great Introducing articles on bbc.co.uk/norfolk. We've a new presenter on the programme - Harriet Howard - and coming soon, some exclusive new videos and recordings.

All too much to cope with. Read on friends....







Killamonjambo

#### Killamonjambo

Killamonjambo have somehow found the funk in Norfolk. They describe their music as "energy driven" and have a musical ethos that, said Jonny their saxophonist, consists of being, "All about destroying the boundary between the stage and the audience." Considering this, it's not really surprising that the dub-rock seven-piece even have their own graffitied mini-bus. Equally funky was their brilliant video for "Changed My Mind," shown at the BBC Norfolk Music Video festival earlier in the year, in which the band not only managed to recreate the focused excitement and atmosphere of their live shows, but also to find fittingly 'street' places to jump around in.

The bones of Killamonjambo are over five years old, but the band developed into the seven member, dual-frontman beast it is today only in the last year. That hasn't stopped things recently progressing quickly for them. They are touring in Norway in October following a British tour earlier this year, and their six-track EP is being released 3rd October with a launch party 7pm at Epic Studio, Magdalen Street, Norwich – Ed Sheeran, Dumbfoundus and Mas-Fina; a record that, said Jonny, has been, "Five months in the making. Six tracks, credited with eighteen musicians."

Exciting stuff, but for Killamonjambo, said Jonny, "We really look forward to growing naturally with each other, and not grabbing at the fame...it's all about the music."

More information and a horde of tour dates can be found at www.myspace.com/killamonjambo Sam Hill

Kunk are bang on song with a new double-A side we've been playing on BBC Norfolk Introducing. Game Over and No Way are excellent additions to the growing Kunk catalogue. There's a launch gig on Wednesday 7th at the B2 on Sprowston Road in Norwich – then into our Introducing studios for a chat on Friday 9th.

"We tend to describe ourselves as an Alternative Rock band," Kunk James told us. "There are elements of pop, rock, a real punk attitude, all thrown in there."

Despite growing success, the band is due for a line-up change too.

"Sadly Hannah is leaving the band. Work and band commitments have started to get in the way of each other. She's been in the band for about four years now so it's going to be strange without her and we'll miss her. For the time being we've decided to carry on as a three piece with me and Wayne sharing bass duties."

In 5 years the band have been through 12 drummers and two bass players, appeared on John Peel's Radio 1 programme, stunned wild crowds in Zurich and supported Subway at the UEA.

"We're really pleased with how the new single has been received so far. Within a week of the promo copies being sent out we'd already been played on BBC Norfolk Introducing, XFM, Future Radio and WCR FM in Wolverhampton. John Kennedy and Jon Hillcock are both fans of ours and have been really supportive the last couple of years."

So – motorway service station or roadside cafe? "Motorway service station. The Birchanger Green services on the M11 feels like our second home!"

Catch Kunk live at the B2 on Wednesday 7th October, on BBC Norfolk Introducing on Friday 9th October at 7pm ahead of the single launch on Monday October 12th.

Busy time for the band, the month of October. www.myspace.com/kunk











Claire Thomas is a Young Ambassador for the eating disorder charity beat. This is the second of three pieces she is writing for us on what beat Young Ambassadors are, what they do, and what she has gained so far from the experience.

If you would like to find out more, go to http://www.b-eat.co.ul

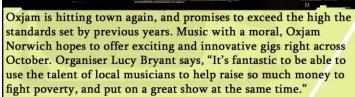
#### Volunteering as a Young Ambassador

"Beat Young Ambassadors aim to use personal experiences to educate, raise awareness and give people a more accurate understanding of eating disorders. Since becoming an ambassador I have attended a number of group workshops. Ambassadors meet for the day to share news about projects we have been involved in, and we discuss future projects, and give our ideas and opinions on the beat website content and other resources which beat may be in the process of developing.

I have also recently delivered a presentation at a conference organised by beat for an audience including a mix professionals, carers and teachers. The presentation focused on both positive and negative aspects of the care and treatment I received during my eating disorder.

The Young Ambassadors are also beginning work on a docudrama addressing eating disorders which is being created for use as a teaching aid in schools. I am hoping to have some involvement and input into the production of this.

I have been an ambassador for a relatively short period of time, but I'm looking forward to being involved in other projects with the beat Young Ambassadors in the near future." Claire Thomas



This year focuses on Oxfam's Here and Now campaign, hitting the crucial topic of climate change. Acts lined up include Fever Fever, Axel Loughrey, Django Django and favourite Norwich alumni 2 Hot 2 Sweat. Expect almost every venue in the city to be involved!

VoluME caught up with Oxfam volunteer Andrea Boyle to ask her about the project.

"Unlike most climate change campaigns, Oxfam's focuses on the effect that Climate Change is having on humans, poverty and societies, which I personally feel is sometimes overlooked in favour of attention on environmental outcomes." Andrea is keen to point out that the Norwich Oxjam will have its own personality. "In Norwich, we're holding a Buskathon outside the forum on 10th October. There's also a gig in Oxfam St Giles planned on the 17th October.'

Clearly volunteering at Oxfam has a lot going for it. "I have to say I have never done anything like this before. Oxjam is on a whole other scale. It's the first major charity job I have been fortunate to have and it's a big task, but I love every minute of

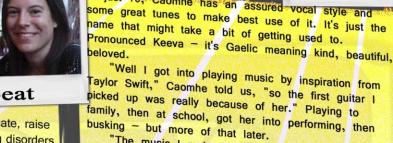
"I originally heard about Oxjam from a friend. After finishing study for a Geography degree, we thought that this role would be a perfect outlet for me. So with this I applied via the Internet and, voila, I was fortunate enough to get the job."

Catch Oxjam throughout October, beginning with the launch night at The Rumsey Wells, St Andrew's Street, Norwich on the 6th and the "Buskathon" outside the Forum on the 10th.



#### beat





"The music I make is personal, it's hard to put a genre in it, I'm inspired by country, but also Jack Johnson. At 12 years old all I would listen to is Jazz

At just 16, Caomhe has an assured vocal style and

Caomhe

Performing started this year, "At Hachfest (complete with cowboy boots!) and BFest in Burston." Then there's the busking. "I'm a member of the Busking Cancer team - I raised nearly £800 in two days this year. I've done performances at All Hallows Hospital in Ditchingham, The Olive Tree in Kirby Cane and Casa Mia Piano Bar in Southwold. I'd like to make a difference to people's lives through my music."

So - soaps or documentaries? "Soaps on days I feel I need a bit of entertainment, and documentaries when I feel I need to connect with other aspects of

Hamsters or gerbils? "Well my hamsters used to bite me when I was 11, so I would say Gerbil:)" Full moons or rainbows? "Full Moons... more common then rainbows but they last long enough for me to write a song at midnight."

Listen to Caomhe and her new CD on www.myspace com/caomhe and catch her next gig at Wensum Lodge in Norwich on Friday 30th October.



#### MALXO

A newly expanded 2hot2sweat arrive back in Norwich for a one-off gig Oxjam Norwich Takeover on Sunday 25th October.

"We now have the same gender make-up as ABBA," said Matt. "We've been practising furiously in the hope we can unleash them on the general public for the first time at Oxjam," said Mia.

They're playing 'cos they were asked and glad to be back on home turf. And pleased too, helping raise cash for a good cause. "I get a warm fuzzy inside," says Mia, "and people think 'charities like this band: they must be good.'

"The most important thing is increasing people's awareness of the disparity in living conditions," said Matt. "Anything that gets people thinking about the inherent injustice in this has got to be good. If some money can get raised as well, that's a win/win.'

'Music is a good way to raise money," added Mia. "If you turn it up really loud you can just take the cash straight out of people's wallets."

So - how do they feel about being seen as Pop people? Britney,

"The boundaries of pop music are constantly shifting," said Matt, "and it has the ability to both reflect and inform wider culture in a way that rock music most of the time can't. In essence it's whatever makes you jump up and down when you hear it in a disco."

"I think of Snap Crackle and Pop, Pop Tarts and Pop Goes the Weasel," said Mia. "If you mixed those three you would get 2hot2sweat. Therefore we are POP. Britney ain't.

Check out 2hot2sweat on www.myspace.com/2hot2sweat, & follow www.oxjameast2009.co.uk for the final programme Jax Burgoyne











2Hot2Sweat at Oxjam

The Kabeedies - At last, the 1st Album: Rumpus

Local indie popsters, The Kabeedies are releasing their debut album, titled 'Rumpus' on the 9th November. To mark the anticipated occasion they've booked the Waterfront on the 29th October which they plan to ram with excited fans and three big-name support acts; locals Vanilla Kick, EDP Next Big Thing winner, Ed Sheeran and Liverpool's rising Wave Machines.

The album itself should see the band at their bounciest best as well as, "a considered maturity that we've not really included before". With tracks varying from oldies such as current single, Petit Filous, previous singles to brand new un heard songs.

Drummer, Fab admits they still cherish their token teen indie sound, but that they've "grown as people...The writing process really helped us develop together as musicians".

Not giving anything away, Fab teases, "We've got an ending planned, but throughout the set it'll just be manic".

"We always give Norwich gigs an extra 10%, because the crowd is amazing."

The band consider this to be their biggest gig to date and want to prove to everyone just what they can deliver in their live show - and in the album people will get the chance to get their hands on that night.



The Kabeedies at Hot City Sounds 09



Pictures by David R Gray

#### The Oli Brown Band

The Oli Brown Band is a three-piece blues funk band, made up of Oli himself (lead vocals and guitar), Fredy Hollis (bass and backin vocals) and Simon Dring (drums and backing vocals). They have been playing together for two and a half years - their first gig was in Norwich's very own Walnut Tree Shades back in March 2007. Oli met Simon at a jam night, who later introduced him to Fred, and, "is suddenly clicked when we played." The Oli Brown band was

The band's blues funk ("with bits of jazz") style has always been Oli's dream, but they say they are, "constantly progressing towards a more unique style". They take inspiration from a wide variety of musicians and this helps them to develop their own sound. The band write all their own stuff - though they all agreed that their cover of 'No Diggity' by 90s rap band Blackstreet is one of the most fun songs to play. "We made it into our own blues thing....It's not usually what a blues crowd is expecting so it's always fun to see

The band is embarking on a UK wide tour in October, finishing up at the Waterfront, Norwich, on the 17th December. "We really can't wait to come back to our home town". They will be filling the spaces between gigs with songwriting for the follow-up to their debut album 'Open Road,' which they'll begin recording in January.

When faced with the question of their favourite biscuits, Oli replied (to our surprise) "I don't even know... I don't eat biscuits!" He does however enjoy the odd teacake (the marshmallowy kind). Fred, on the other hand just likes biscuits in general. For Simon, the answer

http://www.oliselectricblues.co.uk/

Nicola Green

THE OLI BROWN

Milly Hirst is a folk-based solo artist from Norwich. This young lady is quietly making friends on the gig circuit. Not surprising really. She has a rich rounded voice that wraps around her songs, drawing you in as they develop into deeper and deeper layers.

**Amy Wilkes** 

We tracked her down to share some factoids with us.

How would you describe your music?

It can be very melancholic and haunting, I get lots of hassle from my friends for just making miserable songs! I'll write a happy, indie pop tune one of these days...



Legends like Sandy Denny or Neil Young and unique modern voices like Martha Wainwright and Joanna Newsom.

BAND

A Milly-licious Recipe-Beetroot Brownies! A good brownie recipe is a helpful thing to have;

Melt 275g of really good, dark chocolate and 275g of unsalted butter in a glass dish over boiling water. Remove from the heat and stir in 325g of caster sugar, 4 large beaten eggs and a tsp of vanilla essence. Sieve 175g plain flower and Itbsp of baking powder into a separate bowl and then fold into the chocolate mixture. You can add chocolate chips. walnuts or (and this is controversial but trust me it works) grated beetroot. Pour the mixture into a greased and lined baking tray, cook at 180C for about 25 to 30 mins, it should be firm to the touch but will hopefully still be delicious and squidgy inside.

Favourite sona?

So far I love playing 'Tides' live as it's great to sing - so that would be my favourite.

Upcoming projects?

After being terrified of the whole recording process for years (buttons and lights and things that plug in...oh dear) I'm finally going to get into a studio at the end of this year and put some of my songs down. I'd love to get some more musicians on board so that will be really exciting when it happens. Other than that I'm just hoping to get out and perform as much as possible.

Finally where can we see/hear more of your music? www.myspace.com/emilyhirst

And there's an exciting Halloween gig in the pipeline with the marvellous Ninoskika. Hopefully there'll be some gigs in between too, so do come along and say hello, have been known to have brownies hiding in my guitar case....

Hannah Johnson







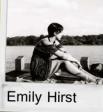












Volunteering in the 21st Century

I started volunteering in 2002, with the Friends Of Thetford Forest Park. I got involved as a writer, doing publicity for projects such as benches along the all-abilities paths in the forest. The Friends help with conservation and projects that encourage everyone to enjoy the forest. They also meet with the Forestry Commission regarding projects and ideas, and often help steward events such as concerts at High Lodge and the annual Halloween evenings.

My passion is writing, and I am currently working on my first novel 'Kentucky Summer'. Earlier this year I was made redundant from a finance company in Norwich. Although I am seeking alternative employment, I saw this as an opportunity to pursue my writing and media involvement. I therefore became, in addition to volunteering with The Friends, a volunteer-editor with the Wymondham and Attleborough Talking Newspapers for the blind and partially sighted. I select news and features from local papers to transfer onto memory stick, which members listen to on specially designed digital equipment - or sometimes cassettes - supplied by the Talking Newspapers

To get involved with a TN in the Norfolk area, either as an editor, reader, or technician, or to help out with the switch over to digital, please contact Tony Vale on 01953 605434 For further information regarding the Friends Of Thetford Forest Park check out the website: www.fotfp.org.uk.

Annie Swann



The Grapes Hill



Community

# Grapes Hill...The Sweetbeats Gig

To raise awareness and funds for this great project, the Grapes Hill Community Garden Project are holding a concert with Norwich reggae cover-band favourites, The Sweetbeats. When we caught up with Sweetbeater Pip, he said "I think it is great to see a community coming together like this. The garden is going to make a real difference to improving the area and the team have been really imaginative in raising money and getting people involved."

"It's also an exciting time for the band because we have only done a couple of gigs with our new line-up and most of the set is new too, so it feels really fresh. We've also just finished a four track EP of our own material which will be on sale."

You can catch them on the 10th of October at the Belvedere Centre. All proceeds will be donated to the Grapes Hill Community Garden Project.



Garden



**Project** 



www.grapeshill communitygarden.org

#### THE GRAPES HILL COMMUNITY GARDEN PROJECT

Pedal-powered fountains? Rain water irrigation systems? Welcome to the green revolution. Welcome to...the inner ring-road?

Annie Swann

"The Grapes Hill Community Garden Group was set up in the summer of 2008," said Fran Ellington, co-ordinator of the project. "The Group includes local residents and other enthusiastic gardeners interested in converting an old disused play area into a community garden. When we heard rumours that the site might be developed or used as a car park, we were spurred into action.

"The site is next to the inner ring road on the west of Norwich. Not much has happened to the site in the last year, it's still tarmac surrounded by an old fence, however lots has been happening in the background."

Earlier this year they held a community awareness day. "The main purpose was to invite local residents to comment on draft designs, alongside. We had a local band – The He Hews, a beer tent from the Reindeer Pub, Caribbean food from Jans Roti, lots of information stalls, celebrity Bob Flowerdew, plus a pottery wheel and drumming workshop."

The local support, said Fran, has been brilliant. "The West Pottergate Residents Association has supported us throughout. Our regular meetings have been well attended and generally local residents are very keen to see the site transform into a garden.

Currently they are organising a fund-raising gig with Norwich reggae cover-band favourites, The Sweetbeats. "We need volunteers to help at the gig," said Fran, "and assist with funding applications. We also need a new Chairman to help run the group." Then when it's all up and running - they'll be looking for gardeners to help as well.

Sam Hill

#### **VOLUNTARY** NORFOLK













October, FREE courtesy of Grook





www.myspace.com /grookpresents

#### Grook

Right now it feels like every time someone sneezes a new promoter is born. Grook – "a word invented by a Danish Architect called Piet Hein meaning a laugh and a sigh at the same time" – is the latest.

Russell Wickwar – "mumble30mumblemumble", Luke Emery – 27, and Roz Coleman – 26, are enticing some of the more established acts to Norwich and giving local bands the opportunity to support. Not only this, but they're giving audiences, courtesy of the very generous Playhouse Bar and occasional money from their own pockets, the chance to see some of them for free.

What inspired you to set up Grook?

Luke - The desire to see the kind of bands I like playing more in Norwich, the great networking opportunities it provides and the dream of setting up a record label.

Roz - Once we'd realised there was no reason it oughtn't be achievable, the real question became 'Why not'.

How do you go about it? Top tips?

Luke - Be original. Never put the same band on more than once every six months and don't be restricted by genre.

Russ - Make sure they're fed and have a place to stay, show them you really love them! And be organized!

Free gigs?! How does this work?

Roz - This is the bit where we need to give a massive shout out to The Playhouse Bar and the amazing staff who will go above and beyond to say 'Yes' to events.

Roz - Artists and bands come down on a smile and a handshake and use the place as a way to be seen. We've got this limited budget for bands coming from out of town, but you'd be surprised how many musicians are excited enough about the promise of a decent night's kip and a good feed!

Grook have an Autumn schedule designed to tempt us all away from the box on a Sunday night .Free gigs at the Norwich Playhouse bar, St George's Street, Norwich this month are:

Bleeding Heart Narrative + Darsombra Samson & Delilah + Takeda

Sunday 4th October 2009 8pm Sunday 25th October 2009 8pm

Jax Burgoyne

#### Another Sleepless Night with Rory McVicar

Last month Shane O'Connor of Howlback Hum said he feared he may have ruined Rory Mc Vicar's career by infecting him with an anti-hype ethos. Half joke, this statement certainly has nothing to do with Rory's music. He writes haunting pop songs (somehow he makes this possible) like 'No More Do I Care', lazy balladesques like 'Goodbye To An Old Friend'...music that you want to stop everything for, lie down and wait for it to unfold. With a new album on its way, entitled Another Sleepless Night with Rory McVicar, my question to Rory was 'How?' "Well usually it stems out of boredom. For me it's second nature to pick up a guitar when I'm in my house - I don't have a T.V. There's a bunch of things going on in your head during the day. A lot of things you weren't aware you were processing. So you're just sat there with a guitar and the two things go together. I think that's why music is always important to people. It exposes what they can't express.

"You play a certain chord... it's always the music that comes first. You start singing sounds, gobbledy gook, almost like baby speak, and you find 'oh, I was trying to say something'. You naturally know when there's a full stop there and not another line: it feels done, it feels like you've watched the film.

"There are songs that take a long time and some that reel out. Like 'Goodbye to an Old Friend' - I can remember very clearly writing that. You get on a roll and can suddenly zoom out and see the whole song, and you are filling in the blanks. It's most fun listening to songs of yours that were quicker because you were inspired. And then they change and take on a new meaning when you are in the studio."

Another Sleepless Night with Rory McVicar - "I'm a bit of an insomniac." - will consist of 10 songs and 3 instrumentals, including 'I Will Take the Blame', 'Bury Me with the Others' and 'Darlin Wait'. The album will be preceded by a 7inch vinyl and download single, 'Oh the Shame', possibly a double A-side with Same Time. There is a lot of work to do, but it is coming.





Rory McVicar



http://www.myspace.com/ rorymcvicar

VOLUNTARY NORFOLK











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### Prince's Trust - Admin Assistant

We are looking for a volunteer to provide administrative support to our Norfolk office. Duties will vary according to what is required at the time but is likely to include database work, typing, spreadsheet work and general office duties. It is hoped that this post will give the volunteer useful experience of being part of a busy office environment.

The Prince's Trust works with young people aged 14 - 30 across a range of different programmes. We aim to help disadvantaged young people move forward and get their lives working. The volunteer admin support is crucial to the smooth running of the office so that we can provide a good service to our young people.



April 09 - Daniel Shannon-Hughes, SOVA - working with young offenders



March 09 - Jill Brighten, Prince's Trust and N&N University Hospital

## Broadland Housing Association – Literacy tutor

We are opening a Gypsy and Traveller site for 8 families in October 2009. There are 3 to 4 individuals (children and adults) who have literacy problems and would love to learn to read and write effectively. We are looking for someone who is happy to visit the site and the families to carry out some outreach basic literacy skills. A member of the Broadland Housing Association is happy to attend these visits if required.

The clients are eager to learn and would love to engage with someone who can help them – even if this is simply an hour a week. The site is at Harford Bridge, South Norwich



August 09 - Nikki Walker, charity gig in aid of Spinal Injury Rehabilitation Centre, Nepal.



July 09 - Danielle Clarke, volunteering with BBC Norfolk Introducing.



June 09 - Alaric Ross-Wagenknecht, fashion show, Living Library, event assistant.



May 09 - Helen Dingle, UNICEF Road Show and Red Cross



Call 01603 614474 or email me at william.mills@voluntarynorfolk.org.uk to volunteer."

#### **Hungate Medieval Art**

Hungate Medieval Art requires volunteers to help with some essential behind the scenes work. This may include aspects of the following -

- Marketing: updating mailing lists, preparing mail-outs, print distribution, dealing with telephone enquiries and researching press opportunities
- Education: helping to deliver and prepare educational resources, researching opportunities for developing the education programme further, developing volunteer database
- Arts administration: data entry and basic admin tasks using MS Office (Word, Excel and Access), organising the practical aspects of event delivery

More than one position is available so the duties involved can be adapted to fit the needs of any applicants. Hours are flexible and training will be provided. This is perfect for anyone wanting to work in the arts or heritage sector.











# The fly-post

