

Volume

VOLUNTEERING AND MUSIC E-MAGAZINE



VALENTINE'S SPECIAL
FEBRUARY 2009

Hello Welcome to VOLUME dedicated to volunteering in Norfolk with music articles provided by BBC Norfolk

Introducing.

14th February is Valentine's day and here at VOLUME we say it's the month of love. So this issue we're showering you with romantic suggestions and wrapping it in pink. Buy your loved one the Brooke Sharkey album 'Hollow Tree', take your lover to see Ducky Vodka at Milkbar's show at the Norwich Puppet Theatre on the 22nd and then spread the love further and give a couple of hours to one of our lonely-hearts volunteering opportunities.

For those less inclined towards fluff and kittens, we also have articles on The Loyal Few's new life in something close to a mansion, on volunteering in a far away land, and much more... Enjoy - Jax, Editor

xxx

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Blighters

I sip on a mug of tea in the Playhouse Bar as I wait for Norwich's foremost indie boy-band. The three-piece scuttle in, pints in hand and joke about how we've been waiting for a good twenty minutes in different rooms.

Jamie, (David) Jarmy and Lenny formed around three years ago as Monroes, creating fresh indie music in Norwich. Now they are Blighters.

Volume: Your sound

Jamie: Our sound is from bands like Japan, Big Country and Altered Images. I take influences from life and film and everything that's around.

We never write music to sound a certain way. It's a progression and it will carry on progressing until the day the band finishes.

U: How was 2008 for you as a band?

Jamie: We did a couple of club NME tours, some festivals, a lot of writing and changed our name.

U: So what's coming up for Blighters?

Jamie: We're recording next week, which we're very excited about. To say the song's a killer is an understatement. No-one's ever heard anything like what we're working on.

Lenny: I've actually been losing sleep

Jarmy: I haven't been to the toilet for a week

myspace.com/blightersmusic

By Amy Wilkes



Ducky Vodka – Enough To Make You Fairly Jealous

Ever heard a band who make you feel a little ashamed at your own lack of talent? And add to that the fact its members haven't even finished their GCSEs.

Well that's pretty much Ducky Vodka. Lovely 'bop and sway' duo Dan and Georgia inhabit a beautiful slice of pop that is refreshing and addictive, despite causing me to resent my lack of musical accomplishment...

Drawing inspiration from an eclectic range of sources, from Amy Winehouse and classic soul, to local bands such as Francis and Louis, they sing sweetly from the heart to melodic guitar sounds. They've already made quite a name for themselves on the local scene and I defy anyone to not become enchanted.

Filled with exuberance and an odd regret at their name, they're already getting itchy feet at their own songs, which likely spells new material on the horizon. They've been performing for a few years now and with a year full of gigs to come, you'll be able to see plenty more of them.

Catch them performing live on BBC Norfolk Introducing, Friday 20th February. Also Wensum Lodge in Norwich, Friday 6th of Feb and the Norwich Puppet Theatre for an adorable Milkbar and Bare-feet Records all-dayer on Sunday 22nd Feb!

myspace.com/duckyvodka

By Chloe Hobbs



The House of The Loyal Few

Last December, four piece indie rockers The Loyal Few moved into an up-market house on the riverside of Norwich, barely five minutes from The Playhouse. One month in, the place is still tidy and the band was still willing to sit in the same room to be interviewed.

Stu, Tim and Greg had already been living together, but not in such stately surroundings. "We had to leave because of rats in the walls and a leaky roof" said Greg and Tim added, "We feared for our stuff because there were bailiffs coming round looking for the landlord!"

Now, these 'Monkees for the new Millennium' have space to spare and a view to die for. Greg's room doubles as a studio and on the floor above is a room with a practice kit for drummer Stu to play. "It's all about making music your life. We work minimal hours so we have more time for the music. We'd rather be skint and making music," said Greg. "We've moved in together to push things forward."

The Loyal Few are demo-ing at the moment. Greg said "We're trying to piece together an album out of singles and focusing on writing at the same time."

Catch The Loyal Few presenting BBC Norfolk Introducing on Friday 13th Feb ahead of their night at The Waterfront in Norwich on Tuesday 17th Feb along with The Kabeedies, Violet Violet and Pull In Emergency.

www.myspace.com/the_loyalfew

By Jax Burgoyne

LISTEN TO BBC NORFOLK INTRODUCING - FRIDAYS 7-8PM ON BBC RADIO NORFOLK

Milkbar – A bit like Factory records, except they haven't signed Joy Division. Yet. Indie oddballs Lewis and Jake are the passionate commanders-in-chief of the Milkbar name, brought to existence by a simple frustration with what they felt to be the stagnation of the Norwich cultural scene. It started as a club night – perhaps a preoccupation with partying one would expect from two uni students?

Eager to get involved with the locals, they tapped into the unexpected wealth of awesome talent that exists in Norfolk. This, combined with their fondness for the musically inclined, has led to the development of the record label, something of a new challenge to the both of them. However, they've been causing quite a stir.

You've probably seen the Milkbar name popping up a lot recently and they certainly have been getting around, from DJ'ing pretty much everywhere, to guerrilla gigs about town. The buzz surrounding these boys is not to be sniffed at. My prediction? Keep your peepers open for them, they have an uncanny ability to do pretty good stuff.

Currently the label represents a veritable 'harem of shiny new talent' in the form of Cold Hands (formerly Rupert), Lunaire, The Romance of Ballooning, and Tawny Owl. All of whom share the energy and, accidentally, the aesthetic of Milkbar, which is often a great fondness for vintage knitwear.

Look out for Milkbar and Bare-Feet Records' all-dayer at the Norwich Puppet Theatre on Sunday 22nd Feb with the Milkbar bands alongside Rory McVicar, Ducky Vodka and more – sure to be a treat, with milk and cable knits aplenty.

Find out more on their facebook page, or www.myspace.com/milkbarclubnight
By Chloe Hobbs



Milkbar
encourages
vintage
Knitwear

A World Away – But Not So Far Apart.

Amy Wilkes volunteers at a school in Kenya

The small village of Marich in North West Kenya is surrounded by intimidatingly beautiful mountains and has the River Moruny flowing through it. In 1989 David Roden and his wife Hidat built Marich Pass Field Studies Centre. Nineteen years later I came there to teach at the school within the compound. The centre has gained a reputation for providing education about the area for outsiders and appropriate development for those who live there.

When I arrived at Marich, I suffered a culture shock that didn't end at getting used to mud huts, monkeys and bush noises. On my first day, Paul, who I was staying with, was offered 6 cows for me! But it soon became something I joked about with all the friends I made.

The main reason for my stay was for me to teach at the school and help the students with their English. This was a daunting task as the children speak Pokot as their first language and are then taught English and Swahili. But I quickly got used to the language barrier and found ways to get around it. I enjoyed my time as a teacher, missing it more than I expected, and in fact more than anything else about Kenya.

I was very lucky to get the chance to visit this almost unknown place and am very grateful to the people who looked after me. After using me as a trial run, Marich Pass FSC is now hoping to set up a volunteer scheme. I would thoroughly recommend it.

Check out <http://uk.youtube.com/watch?v=HM3Fg0seUn4> – although now out of date it shows the difference David Roden made before he passed away and what his family continue to do.



GET INVOLVED BY VISITING VINSPIRED.COM



The V50 Award

First, volunteering is giving your time for free, but not for nothing. The V50 award was designed by vinvolved to give 16-25 year old volunteers recognition for their volunteering. The award can be an addition to any other scheme such as Duke of Edinburgh, or can be done on its own. It is given after 50 hours of volunteering within a 12 month period, with projects ranging from conservation work for the Broads Authority to modelling in a fashion show. William Mills at Voluntary Norfolk gave us the pros and cons of the award.

"The V50 award adds value to your volunteering. The V award looks great on a CV or a college/job application. It not only states the young person's commitment to their community and helping others, it also shows a personal commitment to furthering their experience and skills."



"The award encourages volunteers to make a sustained commitment by offering something tangible for them to achieve: a nationally recognised award. The award also helps you get what you want from your volunteering. Volunteers fill in a summary log sheet which makes it more likely for them to realise the benefits and skills they have gained"



To get more from your volunteering contact William Mills, Youth Volunteering Adviser at the WNVCA william.mills@voluntarynorfolk.org.uk.

By Jax Burgoyne



in an emergency dial

Management and promotions outfit In An Emergency Dial have promised to rack up the gigs in 2009.

First off it was American hip hop group Ugly Duckling last month, now it's Wild Beasts with Napoleon IIIrd and In An Emergency Dial-managed Science vs Romance on Saturday 21st February.

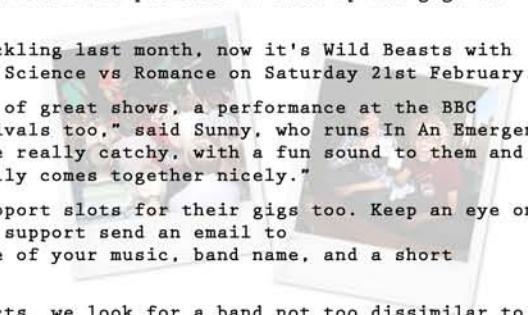
"Wild Beasts has taken 2009 by storm with loads of great shows, a performance at the BBC Electric Proms, good supports and slots at festivals too," said Sunny, who runs In An Emergency Dial in partnership with Dan Reynolds. "They're really catchy, with a fun sound to them and a bizarre voice to one of the singers, but it really comes together nicely."

In An Emergency Dial welcomes local bands as support slots for their gigs too. Keep an eye on their website and if you see a band you want to support send an email to inanemergency_dial@hotmail.co.uk with an example of your music, band name, and a short biography of your group.

Sunny's advice was, "When looking for support acts, we look for a band not too dissimilar to the headliner, but not a carbon copy. A band creating catchy songs and having fun will generally be selected."

So that's a date for your diary: Wild Beasts with Napoleon IIIrd and Science vs Romance, Norwich Arts Centre, Saturday 21st Feb

www.myspace.com/inanemergencydial
By Jax Burgoyne



Indie Girls – Sweet Singer-Songwriters With A New E.P.

Tory and Mary have been playing together since they were fifteen and sixteen, and have now combined to make Indie Girls. A half acoustic, half electric, guitar singer-songwriting duo. When trying to describe their music Tory says, "Someone came up with acoustic-melodic-pop. I suppose that sums it up. We like to use both acoustic and electric because it makes a nice contrast."

They've gained experience playing small, local venues as well as Gig In The Park at Halesworth, Play The Playhouse and even landing a spot at Latitude. "That was really good. We'd like to do it again this year as we've been playing together as just the two of us a lot longer now."



There's a new E.P. expected as soon as they've thought up a title. Recorded at Rock Lobster studios in Southwold, it includes 5 tracks they're really proud of such as Psychology: "It's a bit different, the guitar playing is more intricate and it's a lot of fun to play", and Call Me Moron: "We wrote that about when the band broke up, but I meant it in a funny way."

To check them out for yourself and to get hold of an E.P. you can catch them on the 20th and 27th Feb at Wensum Lodge in Norwich and on the 28th Feb at the Checkers Inn in Bungay.

www.myspace.com/indiegirlsbands
By Amy Wilkes



Pioneering Indie Club Celebrates 20th Anniversary

Sometimes when you start something, you have no idea of the impact it will have. First and foremost Barry Newman is a music fan. Cut from the same wood as hero John Peel, he looked at the Norwich scene in the late 1980s and saw there was a real need for an indie music venue. The Wilde Club was born. "At that time there were around 40 regular local bands I was booking," Barry told us, "today there are over a hundred to choose from. I feel I have played a part in that development."

The Wilde Club has held regular gigs at the Norwich Arts Centre, Fat Pauly's (now gone) and The Waterfront in Norwich for two decades. Local bands have come, gone and re-morphed. Catherine Wheel, The Bardots, Shine.

The sound has changed over the years, but Barry's enthusiasm has remained. "As well as the local bands, we've hosted Nirvana, Oasis and Coldplay before they hit the big time."

Along the way Barry set up the Wilde Club record label to showcase talent. Although there are more venues, promoters and local labels now, Barry still feels there is a role for the Wilde Club and hopes to keep the name alive as a regular at gigs in the Norwich area.

www.myspace.com/wildeclub
By Gary Standley

IF YOU WANT TO GET INVOLVED WITH VOLUME - WRITE ARTICLES, DESIGN, CONTRIBUTE
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BROOKE SHARKEY - HOLLOW TREE

Brooke Sharkey is a 20-year-old singer-songwriter, currently based between Norwich and London. Her songs are beautifully sung in both eloquent English and romantic French, owing to her childhood in, and love of, France.

Of the French elements of her music she says, "When I sing in French it gets a bit more attention; it captivates people... When I write a song it's just whatever inspires me from the melody; I like blending both languages to make things more interesting for me and also it's more sincere. Really, it's still very English based music, just with French words."

Brooke's current album, Hollow Tree is available through her myspace and at her gigs or you may if you're lucky catch her busking in Norwich. The album is a collection of 13 tracks recorded live. In Brooke's own words, "Of that album, the title track 'Hollow Tree' is the most mellow and sincere, and 'Angels With One Wing' is the most successful".

Having set up her own record label to satisfy her "obsession with independence and keeping control over what I'm doing" Brooke is working on a new album to be available in the next few months.

Also confirmed for the future is a slot at Glastonbury on the Croissant Neuf stand, a festival she'll play later this summer, as well as Beat Herder in Lancashire. If you're anxious to catch her sooner, she'll be playing the Quadrant in Brighton on the 8th Feb, Fiddler's Elbow in Kentish Town on the 11th, and is a regular in Camden: check out www.myspace.com/Brookesharkiii for more dates.

By Amy Wilkes

Do you need a CRB?

CRBs (Criminal Record Bureau checks) have been known to cause volunteers and voluntary organisations anything from a minor headache to a full-blown migraine. If you work with young people or vulnerable adults then you should have a CRB check. Mike Tingley and his dedicated team have, amongst their wide ranging work, been working to lessen the pain through providing advice, training, and a handy CRB checking service.

"Concerns have existed mainly through lack of knowledge, for example, do we need to do them and how do we get them done, etc." Mike explained. "We help groups identify if they are required by law to have staff/volunteers checked or if they have a legal entitlement to do so. If they qualify we invite applicants to our office or we attend them locally, mornings, afternoons or evening."

"We also actively help groups to develop their own child protection procedure - which is openly discussed with all staff/volunteers from an early stage and have a training programme, in collaboration with the Local Safeguarding Children's Board, that delivers SAFE (Safer Activities For Everyone) to voluntary organisations. This way Child Protection becomes just one of the issues that needs to be considered alongside funding etc."

For volunteer CRB checks, the NCVYS charges member organisations £7.50 per application, non members £12.00.

By Jax Burgoyne



Lonely Hearts Club

www.do-it.org.uk

volunteering opportunities in your area

Activities Support Worker Norfolk County Council

We are looking for friendly creative volunteers aged 16-25 to assist library staff to provide a one-off all day games event in the Millennium Library in The Forum, Norwich, to celebrate Love Your Library Week. Sunday 22 February 2009 10.30am - 4.00pm

There will be Wii games for under 16s, board games for all ages, and an afternoon creative session, making a game for under 8s and their families.

Volunteer activities will include playing games with children and adults, helping with the creative session and with clearing up at the end of the day.

This will be a really fun day - a great opportunity to meet new people, get creative, and make a big difference!

Volunteers will need to provide their own lunch, but tea and coffee making facilities are available.

No particular skills or qualifications are required, just a friendly helpful manner. Contact Gwen Parker at gwen.parker@norfolk.gov.uk

Green Gym Volunteer BTCV

Volunteers are needed to help BTCV with some practical conservation work in Norwich.

Volunteers will work a morning or an afternoon a week on Monday, Wednesday or Sunday. There is a new programme for each month. On Mondays transport is provided from the city centre out to the site, and all other days volunteers need to get there themselves (although usually the sites aren't too far out of the City centre).

As it is a Green Gym, volunteers can work at their own pace and there will be a warm up and a cool down too! This is a great way to stay mentally and physically fit, whilst helping to preserve the local landscape!

BTCV provides practical conservation opportunities for everyone; works to protect wildlife areas and enhances the countryside and green spaces in urban areas.

Volunteers need to provide some sturdy boots suitable for gardening... all the other equipment will be provided as well as supervision, support and training.

Contact Mark Webster m.webster@btcv.org.uk or call 01603 767300

Event Assistant Living Library Norfolk

We are looking for volunteers to join our team of friendly staff to run an exciting innovative event which aims to reduce stigma and prejudice.

The event will be held as part of the national 'Time To Change Campaign' to raise awareness about mental health.

Tuesday 17 February 2009, The Forum Norwich, 1-6pm. Rather than borrowing a traditional book, customers in the Living Library borrow a person (or a living book!) for 15-30 minutes to have a conversation in a safe and pleasant environment.

The Living Library is an innovative way of giving people direct contact with others from different backgrounds, thereby challenging prejudice and promoting mutual understanding.

Being part of our Living Library event will give you the chance to be a part of a global effort to reduce stigma and to promote diversity!

Volunteers would be required to attend a Briefing Session on Saturday 14th February, although exceptions may be made if necessary.

Contact the Living Library team at livinglibrarynorfolk@gmail.com or call Rosanna on 07771 806247

The fly-post

Saturday

Saturday 28th FEBRUARY
THE QUEEN CHARLOTTE 8 PM
DOORS £5

This Town Needs Guns
Pennines
Maths
Buried in Pompeii

Milkbar RECORDS Launch Night with special guest headliner, JEREMY WARMESLEY

support from:
Romance of Ballooning
Tawny Owl
Cold Hands

Plans in bar performances from Scropi, Francis and Louis and Max Kris.

NORWICH ARTS CENTRE THURSDAY 29th JANUARY
Doors 7.30 till late
Tickets £8 in advance / £9 on the night
WWW.MYSPACE.COM/MILKBARLURNIGHT

Long Tall Texans

Shakeout GRAVEYARD JOHNNYS

SATURDAY 7th FEBRUARY
ESQUIRES
BEDFORD
UPSTAIRS 8pm £8 on the door
WWW.MYSPACE.COM/UPBEATPROMOTIONSBEDFORD

Lick the Dice
Live at: Wash and Tote - Hunstanton
21.00 - 31st January
myspace.com/lickthediceband

Live Rock. Keep It Sleazy
Free Entry
NEW ALBUM WILL
ON SALE AT THE GIG

THE QUEEN CHARLOTTE
THURSDAY 19th FEBRUARY

THE XCORVETTES
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Vanilla Kick
Prego
Ndx
Collider

Friday 20th/February
Norwich Arts Center
17.30pm

THE MARQUEE
25 CATTLEMAN STREET
NORWICH

KUNK
Treeface
ABDUCTION OF MARGARET
NINETEEN EIGHTY-EIGHT

£3
DOORS: 8.00PM

STRAY BULL
* TOYBOX TERROR
WHAT HAPPENED TO ROBBIE LOUIS
D-CONTROL

ABARET
Bardage Weekly Wednesday Night Revue
Ducky Vodka
Chesshawari

WINTER SELECTION 08/09'
Bardage Weekly Wednesday Night Revue
Ducky Vodka
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THE GARYS
and very special guest
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