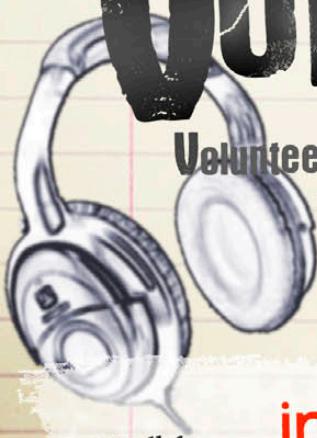


Volume

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Issue 3 - November 2008



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BBC NORFOLK

introducing...

Hi all from

It's another busy month on BBC Norfolk Introducing. Following our gig at the Norwich Arts Centre last month, we take to the road again on Friday 21st November. This time, we are at the Playhouse in Norwich as part of Play the Playhouse 4, showcasing young Norfolk performers.

We have some great guests on the programme in November. Friday 7th sees Lost coming in to tell us about their recording trip to LA - and Into Flight, ahead of their EP launch. Friday 14th sees Sargasso Trio playing live in the studio. and as always we have a host of exclusive new tracks from Norfolk bands throughout the month.

In this month's Volume you can find features on Lost, The Watanabes, a Norfolk band making it Big in Japan, Vanilla Kick, ahead of their Norwich gig at the end of the month - and Gordon Bennett Records, who have a hip-hop and electronic night lined up for you all.

Cheers, BBC Norfolk Introducing Team



Solo - Duo - In a band? Tell us more and you could be in next month's

Volume

Send details and a pic to norfolkintroducing@bbc.co.uk
Include:

- Name of band, members and what they play
- A bit about you, best moments so far, what you sound like
- What you are up to
- Something special we don't know about you
- Tracks we should listen out for
- Other norfolk bands you like
- Where can we come and see you, listen to your music



Volume

Volunteering Music & Events



Volunteer Befriending

Jax, 24, has been a Volunteer Befriender since the summer of 2006.

"When I applied to do this, I had an idea that this involved visiting old people, and I was right." She found that the process of joining the Befriending service involved being matched with service users by Age Concern.

"I have been playing Scrabble with Win every week for a little over a year. I used to hate Scrabble, but kept this quiet when I was told that there was a 94 year old lady who wanted somebody to join her in the game. The hour I spend with her has become a weekly oasis for me: one hour a week with a good friend."

Befriending, as a volunteering opportunity for young people, offers companionship, support and conversation that cross the generational divide, instilling understanding between the old and the young. If you think you might like to get involved in Befriending, contact Age Concern Norwich 01603 496 333.

Volunteer for NightLine

Whilst studying at the UEA Emma Kelly began volunteering with Nightline, a listening and information service run for students by students. "As well as being a great way to put something back into the university community, I met lots of amazing, caring people, many of whom became my best friends."

Emma attended a training course and found that volunteering introduced her to new people and unexpected situations; "On my first shift I was very nervous – but my experienced shift partner soon put me at ease. Taking my first call, the techniques I had learnt during my training kicked in, and it was a great buzz to know I had helped someone."

"The skills I learnt at Nightline have been invaluable – both in my personal and professional life and the experience of volunteering made me realise that I would be happiest working for a charity – which is what I do now!"



nightline

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Big In Japan - The Watanabes in Tokyo

Two Norfolk brothers, Selwyn and Duncan Walsh, have swapped life in rural Norfolk for fame in Japan. They grew up in the village of Swanton Novers, but now they're making a name for themselves on the other side of the globe with their band The Watanabes.



Together with drummer Flavio Jerome and bassist Ashley Davies, the band sound has delicate floating verses alongside catchy choruses. They may be thousands of miles away, but their Norfolk roots feature heavily in their songs, with lines like 'You and me around my favourite tree, on an autumn day at Wells-next-the-Sea. They even pay homage to old teachers and Duncan's grandmother.

The band's new life also features heavily too. Songs like Love Princess talk about that age-old challenge of moving abroad: learning the language, getting a girlfriend – and mastering the toilets!

The Watanabes have just finished their debut album, recorded at KRH studios in Harajuku, and will be showcasing at various venues around Tokyo in the coming months.

Just in case you can't get to Japan for their gigs, don't worry, they're planning to move back to the UK in 2009. "Playing in Japan is wonderful," says Duncan, "but we are longing to reach an English-speaking audience who will be able to fully appreciate our lyrics."

Catch their videos on YouTube and for more info and to listen to the band log onto...www.myspace.com/thewatanabes

Gordon Bennett Records

It was his love for hip-hop and electronic that made Max Alexander decide to set up his own record label in mid 2007. He thought "Why not give it a shot?" and the result was Gordon Bennett Records. "At the beginning I bought a book, did internet research on copyright etc., spoke to an accountant – but not too many times because it costs too much!"



Max gathered together a stable of artists playing the music he liked. At that time many of them were scattered across the UK, though most of them have since moved to Norwich. The secret of his success? "I just tried to motivate people to make music."

The label now has its first album out, *A Party Jzam for a Not Average Man*, available free for download from his website. It's a really cool album with a huge variety of sounds and definitely worth a listen.

"Given the state of the music industry and the credit crunch, we've yet to see if it'll succeed," says Max. But the label is making its presence felt. Inspired by memories of the old hip-hop nights at the Norwich Arts Centre, Gordon Bennett Records has set up hip-hop nights every fourth Thursday at Mustard on All Saints Green in Norwich. Next one, 27th November, with Cappo and Stylee C from Nottingham, Sonny Delight and Vinny Vagabond from Norwich, and a team of breakdancers. Raptillian, who are signed to Gordon Bennett, will be previewing their EP 'Trial and Error' on the night.

"I want to get a good vibe going. I don't want it to be an average night. I want to make it fun, with an old skool look." Max is looking for more artists for his label. He said, "Someone who's doing independent hip-hop, making it fun, maybe slightly experimental, who fits our ethos."

To get in touch, and listen to GB recorded tracks go to www.gordonbennettrecords.com or myspace.com/gordonbennettrecords



Volume LOST

Norfolk band Lost has just returned from a recording session at the home of American band Army of Freshmen, in Los Angeles.



It's a long way to go, but brothers Pete and Roger Bilton, Rob Allison and Mike Winston, who make up Lost believe it was definitely worth the air miles. Rob and Pete met at high school, then added Roger and Mike. "Rob had to actually learn the drums to play in the band," Pete told us, "and Mike joined in September 2007, just two weeks before we played a sell-out show with the Bloodhound Gang, so he was pretty much thrown in at the deep end." The chance to record in the USA came when they met Army Of Freshmen in January 2007.

"We kept in contact with them and in June this year we got offered to play on the AOF UK tour, which we accepted," said Pete. "We let them use our equipment for the whole tour, including their set at the Download Festival. So as a thank you, Chris Jay (singer of AOF) put us on their guest list for the Festival as VIPs." It was there that Chris took Pete to one side and offered to produce their album in LA.

"Three weeks later, they got back in touch and we were on our way! We had the best crew: Chris Jay and Aaron Goldberg from Army Of Freshmen produced the record and their friend Armand was our engineer. They are all such professionals, and as they are our friends, it was such a fun project. It was Armand's own studio, so it was very relaxed, yet the songs we made sound incredible. We did so many different things when recording this time. I sing falsetto on one song, we use a lap guitar, chimes, Rob was using the bassist from Queens Of The Stone Age's amp. It was just a great experience."

Lost are back in the UK and now want to take their new tracks out on the road - they are already talking about going back out to LA next summer to record a full album.

Lost will be on BBC Norfolk Introducing on Friday 7th November. You can listen again for 7 days after that on bbc.co.uk/norfolk. To hear Lost and read a diary of their American Adventure, log onto www.myspace.com/lostuk

Vanilla Kick



Vanilla Kick, who are headlining at the Norwich Arts Centre on 28th November, are a young band beginning to make waves. They offered their tips on how to get started and get gigs.

First, you need the right band members: Cal and Harry decided to get together when they were 12. "We were the only people we knew who made music," said Cal, "so we thought we may as well do it together."

Nick joined in 2007, after the original bassist left, and it worked out. Cal said "You have to get on well. That's the most important thing. You end up spending unholy amounts of time together."

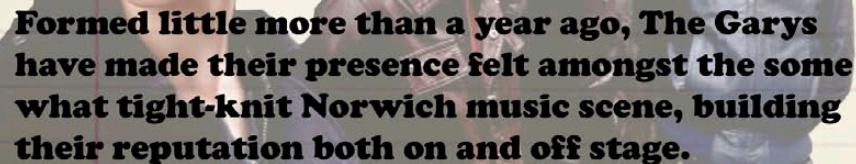
Then you need some songs. The musical taste of the band members is important here. To avoid being essentially a tribute band, Vanilla Kick recommended similar but different: "There are certain things we all like which inspire us – but we have separate tastes as well." The central theme is Radiohead, Muse and Coldplay, "but then Nick's really into John Mayer, and Harry's into everything," said Cal.

To get gigs, "Norwich is a good place to start. It's got lots of promoters – just make yourself known to them. Myspace is the key to everything – find the promoters on myspace and message them. More often than not, you'll get a response."

Vanilla Kick's multilayered music is perfect for the morning after a night out – calm, but with a subtle power that helps you face the day. Their double A sided single 'This Is / Crowded Room' will be available free at the gig.

Find them at www.myspace.com/vanillakick. Check it out and watch them on the 28th.





Formed little more than a year ago, The Garys have made their presence felt amongst the somewhat tight-knit Norwich music scene, building their reputation both on and off stage.

Their skatty brand of catchy garage punk is infectious and undeniably refreshing. Following their gig at The Waterfront with local favourites The Kabeedies, The Garys showed everyone that the proof was definitely in the pudding, and have since been steadily creating a buzz around their energetic and quirky live shows.

Shocks of scuzzy guitars, slurring vocals and pop hooks make The Garys wickedly listenable. Best Track: 'Headless Dancing Girls'.

THE GARYS



Young people now have more reason than ever before to volunteer. At this stage in their lives those aged between 16 and 25 are looking for direction, a sense of purpose. The vinvolved team at Voluntary Norfolk work to develop youth-led projects and look for different, exciting and meaningful volunteering opportunities in Norfolk.

If you have time to spare, no matter how little, why not get in contact with the team and find out how to find the perfect volunteering opportunity for you. Future employers will be impressed, you'll get a personal sense of satisfaction, and most importantly, you'll have fun and meet interesting new people!

Call Voluntary Norfolk at 01603 614474 or visit www.voluntarynorfolk.org.uk



We would like to thank everyone who contributed this month including Gary, Jax, Rosanna, Ellie and Graeme



We hope you enjoyed our third edition of VoluME. If you would like to get involved or contribute to our next issue we want to hear from you.

E-mail pics and any other news to: volumemag@live.co.uk

Volume

Volunteering Music & Events

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