

BEAT MANIFESTO



TOUR NEWS

Since Issue 1 it has been a whirlwind part of the tour. We spent three weeks in Bath, staying with the lovely Su from band 'Baka Beyond', here we bunkered down and wrote some tunes and prepared for recording our new E.P.

Then it was back to Norfolk for a series of gigs & workshops before heading to London for some showcase slots. One slot of note was that we somehow found ourselves on a bill full of drill & rap artists in East London. When we stepped out on stage we were probably the most nervous we have been for a long time with both of us thinking when we looked out from the stage that we would bomb out. But we got into a stride and our music went down really well. It was a great night and showed the power of music & to break boundaries.

Since London we have been recording at 'Catch 21 Studios' in Norwich and at the time of writing these words we are close to finishing a new E.P that brings together various aspects of our sound in new and exciting forms. We hooked up with long term supporter & promoter 'Shakey' in Chelmsford where we witnessed a terrible accident in a soundcheck that left someone with a huge gash, broken ribs and a bruised back. On a positive note at this gig we also discovered the magnificent Greebo (see 5 from the Zine). We've hooked up with rap crew DJGT in Ipswich with whom a collaborative project is on the cards and played an old theatre where Charles Dickens once read.

We've had three fundraisers for the Ukraine in Norwich, Eastbourne & Brighton making £1000 along the way! It's been great to see bands & local people come together for these events.

Last and by all means least Mr Covid paid us a visit and laid us out for a while with what felt like the equivalent of a never ending hangover after drinking three bottles of vodka. Thankfully we are over it and now in the South West where we have already started making good connections and had positive things coming our way.

Watch out for our new E.P next month 'Positive Elemental Forces'. This is a Beat Manifesto - Over & Out!



PATH OF RESISTANCE

Last month was the celebration of 'International Women's Day'. It's nothing new that women are in a much more disadvantaged position than men in our society. And even though steps have been made to change this fact, women in music are still very underrepresented.

I have to say, in the history of my musical life studying, teaching, recording, performing and particularly on our current tour, this is something I have lived very closely. More often than not, I'm one of the few women around, and this really saddens me. When there is a group of women working together creating community, bringing visibility, making noise... we move mountains! It's a revolution that we should remember each & every day through our actions and decisions, so this is finally the way society works. If more women are visible in all aspects of society, if we find that balance, the world will be a much kinder and brighter place. Music can play a deep role in this.

We're not short on female artists, highlighting that it is possible to achieve gender diversity and equality. But when you take a closer look, the numbers paint a different, less diverse picture.

In a recent study released by Think Tank they found that women make up 21.7% of artists, 12.3% of songwriters, and a 2.1% of producers. During that time frame, women also only accounted for 10.4% of the total Grammy nominees for the most popular categories and the rest were male.

To break barriers, some women are forging their own path in the industry by starting their own labels. It's tricky but, for women to be heard in an industry overpowered by traditional norms, it is a momentous step forward. For musicians like TT the Artist, who founded her all-girl label Club Queen Records, it's about making your own opportunities when others won't give you any. She says there's a certain freedom to it especially in a society that tries to suppress women's creativity, sexual freedom, narratives, and identity.

There are plenty of others forging their own paths too. The list is small for now but it's growing. And all of them have a mission to highlight the lack of female representation in the industry and hopefully, empower other women to raise their voices. On another hand, there are also organizations committed to make a change in this issue and bring visibility to women in music through different avenues.

Here are some which I have found where you can get involved in many different ways to help being part of the change.

WOMEN IN MUSIC:

Established in 1985, a non-profit organization committed to advancing equality, visibility and opportunities for women in the musical arts through education, support, empowerment and recognition.

DONNE FOUNDATION:

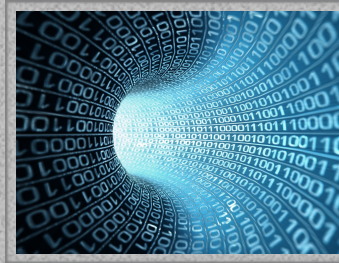
A UK Registered Charity that is here to make a positive change and to re-address the gender inequality within the music industry and beyond.

Let's hope in the near future we will see more women flourish right across the music scene.



UNDER THE MICROSCOPE

- ZEROS & ONES



Some songs have long journeys to completion taking weeks, months or even years. Others can be written in the time it takes to have a cup of tea. The song in question here 'Zero's & Ones' has taken around 23 years to finally be finished. The song began life in Brighton in 1999, it was originally called 'Something Inside' and was written in a different style to how I (Matt) was writing at the time. Persuaded by my friends reaction to it, I included the song on my debut solo album yet when the album was reprinted a year later for an east coast tour of America I took it off the track list as I felt then that it had unbalanced the flow of the record.

A few weeks after returning from the States whilst walking in the streets of Brighton, much to my amazement I heard a busker singing this very song. Upon further conversation it was discovered that the busker had bought an earlier copy of the album in a local Borders store and loved this particular song, hence why he was singing it.

After this event I played 'Something Inside' for a few concerts then it disappeared again for many years until arriving in Barcelona, where looking back through my songs with the interest of fueling a different kind of act I decided to have another go at the tune. Eventually a new band was formed and 'Something Inside' with newly written sing along melody and spanish rap / spoken word piece provided by Maria became a staple of the set. With the crowd's favorable reaction to it, the song made it onto a lo-fi E.P that was recorded in a cupboard in the neighbourhood of El Raval, the centre of Barcelona. Somehow the lo-fi recording was picked up by music magazine 'MondoSonoro' (the spanish equivalent of N.M.E) who gave it a favorable review helping to pack out the gigs with people.

Over the years we both messed with the song quite a bit but did not feel that it was ever truly finished. Then one day I went back right to the root of the original song idea and re-wrote the lyrics from a slightly different perspective fully embracing the idea of humanity's current relationship with technology.

The result was like a domino effect & other aspects of the song fell into place and with it Something Inside became Zero's & Ones.

5 FROM THE ZINE!

BAND - SAMPA THE GREAT

Rap interwoven with complex & thoughtful musical textures

BOOK - CHAV

A look at the demonisation of the working class

FILM - LUCIA Y EL SEXO

Spanish Cinema at it's best

INDEPENDENT RADIO

Rock Horizon Show - Blackpool Radio.

blackpool-radio.co.uk

Every Saturday
8pm-10pm

TOUR DISCOVERY - GREEBO

A great indie rock band we supported in Chelmsford, **go check them out!**



CHOMP ON

RICE FRITTATA

- 1 cup of cooked rice of choice
- 1/3 cup Parmesan cheese
- 4 tbs. extra virgin olive oil
- 8 large eggs
- 3-4 fresh basil leaves finely chopped (optional)
- 1/2 tsp. cracked black pepper
- 1/2 tsp. sea salt

1. Heat 2 tablespoons of olive oil in a pan, add cooked rice & seasoning and stir for 3 minutes
2. Whisk eggs in a bowl, add parmesan cheese then add to the frying pan
3. Once eggs look loosely scrambled, remove all and put in bowl
4. Add 2 tablespoons of oil in the pan again and turn up heat
5. Return eggs to the pan and form a patty. Cook till you have a strong omelette texture

CAPED MUSIC



No.2: The Drones Are Coming!

In the heartlands our hero 'Kid Hyena' can be seen taking on the giant corporate might of Amazon with a cunning show of defiance.



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