

Sounds



Newsletter of the Vancouver Adapted Music Society

Winter 2010 - 2011



Street level: Recording the new VAMS video in Downtown Vancouver.

Stars come out to launch VAMS video

The latest Vancouver Adapted Music Society (VAMS) video is drawing thousands of hits online.

The track, a modern reworking of the Dave Mason (Traffic) classic *Feelin' Alright*, is a follow-up to the 2009 Music Saves release, a multi-artist cover of Bob Dylan's *I Shall Be Released*. Both have been posted on YouTube to help raise awareness of musicians with disabilities.

It was launched at a November concert featuring: The Odds, Kuba Oms, Adaline, Bend sinister, Kristina Shelden, Dave Symington, Jeff Standfield and Rolf Kempf.

"Music Saves was created to spread the word about VAMS to as many people as we can reach," said VAMS manager Kirk Duncan. "We hope people will share the video link, and the message."

Music Saves scooped a series of awards in 2009, including the Community Service Award by the British Columbia Association of Broadcasters, and the Best Charity or Cause Related Event Award by the BC Events Award group.

Watch the video at www.vams.org and www.shore104.com.

Video info: Page 2

Your A-G guide to Vancouver Adapted Music Society

VAMS has been encouraging and enabling musicians with disabilities for more than 20 years.

The organization, formed in Vancouver in 1998, operates the province's most modern recording studio for people with disabilities, along with programs focused on the healing power of music including karaoke and music therapy.

The studio, located at G. F. Strong Rehab. Centre (4255 Laurel St., Vancouver), is fully wheelchair accessible. Participants can record themselves playing and singing live or program computer synthesizers to put together multi-track recordings – in 24-bit, 96 khz DVD-quality audio. To get involved, either as a participant or volunteer, contact Kirk Duncan at 604-688-6464 ext. 128.

Vancouver Adapted Music Society: creating opportunities in music for people with disabilities



It's live, Jim: Bluesman Jim Byrnes getting ready for his next take.



Rock n' Rolf: Longtime VAMS member Rolf Kempf.

Behind the scenes on the Music Saves shoot

Longtime musician Rolf Kempf just cannot help himself when asked to describe the new VAMS video.

"It really kicks ass," he says, with a chuckle. Kempf is an articulate and very experienced musician who's perfectly capable of explaining just why the track works – but sees no reason not to call it as he sees it.

The release, an up-tempo re-working of the Traffic classic *Feelin' Alright*, features Kempf along with fellow VAMS musicians Jim Byrnes and Kristina Sheldon, alongside special guests Dan Mangan, John Mann, Odds, Kuba Oms, Adaline, Dustin and Barney Bentall, Dan Moxon, Terry Townson, Steve Hilliam, C.R. Avery and Wendy Bird.

The project came at a low time for Kempf, who was coming to terms with a broken left hand and right leg, suffered February and October 2009, respectively.

"You see me in the video repeating the line *Not feeling too good myself*, which is sort of how I was feeling right then," he says. He was struggling to regain the dexterity required to play guitar.



Beach boys: Just another day in the office for our video crew.

"It's a great song – an old school rock track from the sixties. It's a simple enough song, so that if you play it right it will get hypnotic."

When he spoke, Kempf was excited about his latest work, an instrumental, electronic project. Saying his career seemed to go in cycles, he said right now he was producing some of his finest work, moving in a more improvisational direction.

The VAMS video also features newcomer Kristina Sheldon, an outstanding "indie-folk" singer-songwriter who's looking to rebuild her music career after suffering a spinal cord injury in June 2008.

"I had a whole series of performances lined up for the year after my injury that I had to cancel because I couldn't play guitar," she said. "I now have to rely a lot more on other people. It's a challenge to get people behind me."

For the past few months Sheldon has been focusing on her photography while looking for a way to return some momentum to her music career. Clearly, she hopes the *Feelin' Alright* video will do just that.

"I like my performance – I just wish I'd been given more time to show what I can do, but there were a lot of big name acts involved, and everyone got to take a turn.

"I've been on stage a lot, but I've never been in a music video before. The whole process was a lot of fun. There was some waiting, but the film crew was very efficient. I really enjoyed watching the process."

The video was shot over two days in June, with main locations involving Granville Street between Robson and Georgia, and some evening filming at Granville Island in front of Bridges. Odds singer-songwriter Craig Northey was musical director of the project. More information on www.vams.org and www.shore104.com.