

Mar 2024

GEAR

CM:
Up and
Coming



Got a
problem?
Chris can
fix it!

- * Chase The Wild - Road to Solara
- * Music Map outlining CM's gigs and releases
- * Commercial Music storm The Royal Oak
- * Han - A Song Writer's Journey



UP AND

Diffracted Events [ig - @diffractedevents]

A new promotion company founded by Kai Hewlett and Rory Larsen-Barker! This project is focused on promoting niche local artists, and pledges to donate 50% of profits to the Music Venue Trust. The first gig is on the 21st of April at Crofters Rights, tickets in thier Insta bio! And if you want to donate, scan the QR code here!



Joely June [ig - @joleyjune]

A brand new single from Joley Crier" will surely have us wiping eyes and deep breathing. "No is a dreamy wash of folk-pop for people who always put on a face...but secretly feel their hearts very deeply". This beauty is yours on the 29th of March. Wait!!!



The Dressing Room [ig - @thedressingroom_band]

The Dressing Room is releasing a single on the 30th March, catering to all you alternative rock fans out there. It's called "Straight to the Bottom" and aims to capture a live aspect by making this Rock 'n' Roll anthem sound as organic as possible, describing the need to 'let go before moving on'. Get ready to add to those playlists!



Untrue [ig - @untrue]

Untrue takes to the stage for the first time, playing at Hoxton with Breaking Sound. Expect to dance, scream and generally have a good time. This alternative rock link is

AND COMING



Squidge

[ig - @squidgetheband]

On the 26th of April, Squidge will release their next EP, "Tough Luck". Rooted in alt-rock, post-hard-core and punk, the second EP from this band tells a story of the band's progression since their first release in 2017. "Sometimes in life you can't do the things you want. [...] I guess that's just Tough Luck". Who else is buzzing?!

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...wiping our
... "Not a Crier"
...pop, "for the
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... arch - We can't



NOT A CRIER JOELY JUNE

...ntrue
...ountrueband]

...the stage in London for
...playing at the Macbeth in
...reaking Sound! Get ready
...ream, applaud, sing and
...ve an incredible time with
...ve rock/RnB hybrid! Ticket
...ink in their bio...

Monochrome

[ig - @_monochrome]

A debut single from the ambient metalcore band Monochrome can be expected on the 26th of April. The first single, "Leave it all Behind" is a staple in the bands' live set, and will be released with a "bleak VHS horror inspired" music video; they say "Sure to get stuck in your head" - we're so ready for our new fave ear worm!



Written By Daisy McCaig

CM STORM THE ROYAL OAK



On the 7th of March, The Royal Oak welcomed Finding Mary, Technicolour Steam Train and Badlands into their venue, along with an impressive number of eager audience members squeezing in like sardines to hear the talent the night has to offer.

FINDING MARY

The first year band, already possessing an impressive gigging port folio, are held in anticipation by the crowd as the set begins. We are swept away into an upbeat number, ensuring dancing and cheers from the crowd. Uses of instrumental breakdown builds tension in the track, broken by ascending guitars which fall elegantly into a solo, leading back into the chorus.

This set showcases strong vocal abilities, well accompanied by the harmonic blends of the guitars. Two covers in this set, both well received by the attendees, an adapted version of "Ain't No Sunshine" (Bill Withers) and "Runaway Baby" (Bruno Mars), both shining light on the rhythm section, being a solid backbone for the rest of the band to build upon. As we reach the last song of the set, welcomed by audience members singing the riff, called "Don't Turn Around". This track is an exploration of vocal agility, supported by a funky instrumental and an incredibly catchy chorus. Unsurprisingly, this set ends with deserved, fervent applause.



IG: [@findingmary_band](https://www.instagram.com/findingmary_band)



TECHNICOLOUR STEAM TRAIN

Buttery vocals paired with shimmering guitars, punctuated with sax and trumpet... What's not to like?! This set was bursting with energy and playfulness, showcasing the musicianship of each band member. Each song is meticulously created to leave space for each of the 8 players to shine through and create

a well balanced sound. Crowd participation is a key player in this act, and with the added piano, keys, sax and guitar solos, each song contains something new for the audience to lap up. The thick bass and punctilious drums provide a groove that matches the songwriting to a tee. With songs such as 'Pirate's Life', 'So Funky' and 'Ghost Train', this band had the cheering crowd transforming from sea shanty jiggers to ghosts. We even had a surprise metal song! Each step of this set was chaotically entertaining and we LOVED it.

IG: [@technicoloursteamtrain](#)

Badlands

The final act of the night and, with the crowd hyped up on the last two exceptional bands, Badlands could not have been more welcome. Starting with a face melting bass that can be felt through the floor and a groove to get everyone dancing, not a single person in the

room is standing still. The energy exuding from the frontman Jake Gooding is magnetic, with everyone hanging on the end of every single lyric. Not only does the story telling in these songs have us hooked, the sheer passion each person on stage brings is infectious; it is clear that Badlands love what they do. With each song melting seamlessly into the next, the set flies by. The crowd are taken, yet again, on a rollercoaster of participation, most notably in a CONGA LINE that shuffled through the venue. No one was expecting it but everybody loved it. Here's to the next one!!!



IG: [@badlands.band](#)

Chris Can help!

"Chris I can't cook! I'm so hungry and no one will wife me!
What's your go-to easy meal?"

Thanks for your question. Firstly, this is a very old-fashioned and problematic way of wording things. Everybody should learn to cook, but especially you. I worry that even if you do find someone prepared to "wife" you, that with this attitude, you'll still find yourself getting very hungry indeed. But for the sake of the column, we move on.

Hunger can hit at any time, and you need to be ready.

So here are three starter recipes to help you weather that storm, no matter the time of day.

Breakfast: Eat a banana

Prep time: 0 mins Skill level: 0/10

If you're skipping breakfast and heading straight for the early lunch, just add the banana to the lunch recipe.

Everybody wins.

Lunch: Peanut butter and Smartie sandwich

Prep time: 1 minute Skill level: 1/10

This is fun food because by the time you eat it, the colour will have started coming off the Smarties and turning the peanut butter into art.

Evening meal: Pasta al pomodoro

Prep time: 15 minutes Skill level: 4/10

A bit more complex but very rewarding: Boil some pasta, heat up a tin of chopped tomatoes. Mix them together, stick some cheese on the top.

This is all vegetarian (apart from the red Smarties which contain crushed beetles!) so if you feel the need to add meat, just fling bacon into all of the above. It probably goes really well with bananas and peanut butter. I don't care.

If all else fails, hit the instant noodles. Don't pay Big Pharma prices at Sains and the like, you need an Aldi-type shop and you'll be paying 42p a pop for this. For instant noodles you will need to boil some water. I have to assume that you've got absolutely zero kitchen skills, so this next bit of advice might just save your life.

One way of boiling water is to use an electric kettle. If this is the way you go, please be sure to put the water in the kettle before you switch it on.

If you don't, things could head south very quickly and might even result in a kitchen fire.

And then you'd be hungry, single, sexist AND homeless.


Bon appétit!

Chris





Artwork by Abby Davies @abby.daviesmusic



CHASE THE WILD

Road to

SOLARA
FESTIVAL

Formed just a mere 5 months ago, Chase the Wild have gone strength to strength, capturing adolescent energy within the boundaries of an indie rock banger. The group of 6 have recently been announced to play the much anticipated Solara Festival, making them the only act on the bill made up entirely of first year Commercial Music students. With catchy hooks, the ability to draw all eyes on them, and an effortless ease on stage, Chase The Wild are set to impress at Solara, despite being new to the game. Composed of Freddie (lead vocals), Matt (lead guitar), Ben (rhythm guitar and backing vocals) Ted (bassist), Oscar (keys), and Ed (drums), they each believe in making music to create a good vibe. As frontman Freddie puts it: "we just have a lot of fun... The music's good, we have fun on stage, we get people involved, boom!". With influences from Ocean Alley, the band clicked from their first rehearsal, feeling confident that they were onto something good.

As the band gears up for Solara, they prepare for their longest set and largest stage yet. From playing BSU's Students Union, to Komedia's Electric Bar, we discuss bringing their set to a festival setting. "Oh my god I can actually walk around this stage" jokes Freddie as he imagines the Solara set up, Matt pointing out the amount of times Freddie has accidentally hit his guitar neck when playing the smaller grass root venues of Bath and Bristol. "It's going to be exciting, especially... not having to be in a room per say", Freddie continues, touching on his experience playing Cornwall's Little Orchard Cider & Music Festival with another of his bands: "I've played a festival stage before and the vibe is so different... It's great".



The band all agrees that the performance element of their sets is crucial to their musical identity, Ben stating "if we are all stood there, just playing along... not giving any emotion. Yeah, the music's good, but it will just be boring as hell. I think what makes us good is the energy that we bring [to our gigs]." And the band are true to this; getting the audience involved in singing, dancing alongside and amongst the crowd, and commanding a whole room to crouch down, preparing for an explosive beat drop - these are all Chase The Wild set staples. This

type of deliberate stage presence being required of the band has also had an impact on its members. "Being in Chase The Wild, it's definitely helped a lot with confidence" from Matt, who describes himself as "quite introverted in general".

Alongside Solara, the band have announced their first single "Communication", which will be released the 29th of March. When asked about how the energy from their performances would be reflected in a recording, it was made clear that no intricate detail was spared.

"It's the biggest multitrack recording I've ever done...

I think it's like 124 channels, which is mental, to me at least... The energy is definitely there" Ben explains as he goes on to discuss the "26 vocals in there that are all doing tiny little things that you [probably can't hear], but without them the energy's gone". "You can hear everything if you dial in, but it's still this wall of sound" contributes Freddie. When in the studio, Chase The Wild's tracks evolve from its original idea into something that "feels way better, and sounds better" as Ben puts it, with Freddie adding "[when playing live] we put in elements from the studio version and we also take out elements in the studio version that we were doing live before. Once we've recorded them, they flow better".

'Communication' was first brought in by keys player Oscar. "It was very jazzy [at first]" Ted reveals, adding "we built our parts around the original idea and put our own spins on it". The band nods as Oscar continues "it's been refined over the months". The writing process for this band is always a journey, and highly collaborative. "There's just so many ideas... trying to fit everyone's ideas into a song can be quite difficult" Oscar points out. Each member is aware of their uncommon larger set up for their genre, but Ben reassures "we are quite a good band in terms of making room for each other, we really think about that when we are writing". Matt agrees "we will try different things, for example, sometimes I'll suggest to Oscar [that he take a part instead of me]". Ben continues, praising Oscar's versatility; "he's a completely different instrument to all of us, he can do a bit of everything. I think that [definitely translates well] into what we are doing" further asserting the importance of each member and the high regard they hold each other in.

Chase The Wild are a band that has accumulated an accolade of achievements for such a short amount of time, each member agrees that playing Solara is going to be a rewarding experience. "We were so gassed" Ben laughs along with his band mates as he admits he shouted "lets get drunk!" after the announcement that they had got the festival slot. Make sure to stream 'Communication' from the 29th of march in preparation for their unmissable set at Solara! For more details on the festival see page 13.

CHASE THE WILD

meal deal menu



Freddie:
Main - Cheese and Tomato Pasta Pot
Snack - Apple and Grape bag
Drink - Diet Coke
Total: £3.90
Tesco Clubcard Price: £3.40



Ted:
Main - All Day Breakfast Sanwich
Snack - Salt and Vinager Squares
Drink - Pipeline Punch Monster
Total: £4.00
CO-OP Members Price: £3.50



Oscar:
Main - Chicken and Bacon Sandwich
Snack - Chilli Heatwave Doritos
Drink - Pepsi Max Cherry
Total: £3.90
Tesco Clubcard Price: £3.40



Ed:
Main - Chicken Bake
Drink - Water
Total: £3.65
Greggs Meal Deal Price: £4.35



Matt:
Main - Hoisin Duck Wrap
Snack - Pack of Quavers
Drink - Rhibeena
Total: £3.90
Tesco Clubcard Price: £3.40



Ben:
Main - Mini Sushi
Snack - Pack of Quavers
Drink - Diet Coke
Total: £3.90
Tesco Clubcard Price: £3.40





Artwork by Haydn Svoma @m3n4c311k3d3nn1z



scan for tickets!

SOLARA FESTIVAL

 @solarafest

 info@solarafestival.com

FREQUENTLY ASKED QUESTIONS..

What Solara Festival?

Solara Festival is a mini festival organised by 3rd-year students Isabelle Brown, Olivia Carey & and Jessica Marsden. It is a music festival, which welcomes all genres and people of all genders and ages. All acts are rising artists (with comedians also)! Entertainment will be held inside the castle turrets, as well as an outside stage! It's a chance to celebrate the end of the year! Solara will be located at Walton Castle, Clevedon, Bristol, between the 26th to the 28th of April 2024. Camping will be located on the castle grounds.

Can I stay in the castle?

You will need to contact Walton Castle directly to book a room. Please note these are subject to availability. Walton Castle Contact: 07808931973

What time do the gates open and close each day?

Gates will open at 2pm Friday 26th April 2024 and close at 2am each day of the festival. Everyone must be clear of festival grounds by 12pm Sunday 28th April.

Do I have to camp?

No, however, ALL Solara festival tickets include a FREE camping pitch. If you desire to stay elsewhere, you will need to make those arrangements independently.

Is there an age restriction for the festival?

The festival is open to all ages. However, individuals under the age of 18 must be accompanied by a parent or guardian.

Is there parking available, and what are the costs?

Parking is available on-site for a fee of £15 for the weekend. Additionally, we recommend exploring public transportation options or rideshare services for a convenient and eco-friendly alternative.

Can I bring my own food and drinks?

You may bring food and drinks into the camping grounds, however, no food or drinks are permitted inside the festival gates. There will be plenty of food vendors and beverage options at the castle!

A Songwriting Journey with Han

Songwriting is an important aspect to many aspiring artists. The journey through it experiences many peaks and cracks in one's consciousness, therefore it is important to explore the process of writing. We interviewed poet, songwriter and front woman of Paper Crowns, Hannah Eve Kilgore to delve into her story of growth and exploration through song writing.

What inspires your songwriting process?

Han: It always feels narcissistic to answer this question but the honest answer is: I am inspired by my own life, my own perception of myself and my perception of those around me. For me, songwriting is the most consistent way I have been able to reflect on personal experiences, hardships, change and pretty much anything life throws at the average person. It is not original of me to describe writing as my therapy - but nevertheless it remains the truth! My life is constantly moving and changing; this means I always have an element of fresh writing inspo that pops up amongst recurring topics such as love life, personal reflection etc.

Is there a difference between how you write as a solo artist compared to a band?

Han: Both yes and no. The thing about writing for Paper Crowns [PC] is that there is such a vast genre difference between the band and my solo writing. Before coming to Bath Spa University, I was experienced in writing Popular music, Soul and R&B - never had I imagined I'd be fronting a band like Paper Crowns, and I don't think I had any idea of how much I was going to love it. I write both in and out of the room for PC, so I feel like my process is pretty similar to writing as a solo artist. I'll put it like this: if somebody dumped me (as they often do), first you'll find me clutching my acoustic guitar and writing with the emotional force of sad indie-girl songwriters everywhere - these girls are my home and my roots. However, give me a week or so and you will find me in band rehearsal, channeling my feelings into pure rage - this is when I write my best stuff for PC. I am forever grateful to the boys in PC for giving me that platform.

What is your favourite song you've ever written and why?

Han: This is an impossible question because my favorite song is always the newest one I've written! However, one that comes to mind instantly is my song 'Catherine' - I wrote it at the beginning of first year and I just find it very cathartic to play. Shout out to my dear friend Cath for the inspiration - I know she loves the song too which makes it even better. Some top contenders for my favorite Han songs include: 'I don't want to make money', 'So?' and 'Again'. If you're nosy like me, you can find them on my Soundcloud.



How have you grown as a writer over the years?

Han: I feel like my writing style has evolved and changed with me, depending on what I am influenced by at that moment. Anyone that knows me will tell you that I am a die hard Jazz and R&B enthusiast these days, but I actually didn't discover this until the past few years of my life. In my teenage years, I was inspired by a lot of Indie music; I was on board with anything that involved Alex Turner and I stand by my belief in his songwriting skills (if you haven't listened to his film soundtrack for 'Submarine (2010)', you are missing out). Lyrically, I feel as though my writing hasn't had a huge turning point but, instrumentally, listening to Jazz-influenced music has helped me to write more interesting melodies and chords. I feel very validated when my friend Max tells me I've written an interesting chord sequence, because it does not come naturally! If they play Arctic Monkeys in the club though, you will see me on the dance floor (looking good).

Which songwriters have inspired your journey?

Han: Some of my favorite songwriters are Amy Winehouse, Leonard Cohen, Thom Yorke, Mac Miller, Stella Donnelly - the list goes on! I'm guilty of listening to people repeatedly, which means I have firm favorites but I don't always listen to a lot of new artists. However, I have so many amazing songwriter friends and these are the writers that inspire me daily. My childhood friend Chloe Slater, who's gaining huge popularity in the industry right now, is one of the best writers that I know. We grew up together in the same music class, so I love to see her doing well. My friend and bandmate Alex Stewart, who never fails to amaze me with his hauntingly poetic words, makes playing guitar look easy and I feel so blessed to be a part of his musical journey. My housemate and right-hand man Haydn has introduced me to so many new artists and genres. We sit together in our garden and read lyrics we've written

his work is so honest and thought through it always motivates me and inspires me to keep writing from the heart. Lastly, I am extremely inspired by the wonderful Phoebe from 'Nobody's Dad'. Not many people know that I once went to a Nobody's Dad gig and witnessed her performing shouty vocals for one of the first times in the band. It was so cool and inspired me to shout in the first song Paper Crowns that we wrote all together (Stepping Stones/ Spinning Coins). I will never stop shouting now - thank you Phoebe, you are an icon!

Throughout this piece Hannah proves that a power of friendship through music paired with an inherent appreciation for the arts is what drives many of us as musicians. As an artist myself, I find that it is important to appreciate creatives that inspire us everyday. A huge thanks to Hannah for sharing this journey with us, as she is an artist that is inspiring to many individuals including myself.

You can find her music via SoundCloud - link: <https://on.soundcloud.com/9Tb1V>

Written by Jazz Jones and Hannah Eve Kilgore



Han performing with band Paper Crowns at the Louisiana taking part in an Internation Women's Days event.

Don't Be a Coward

Written by Dylan Gray

Dim lit rooms flooded with cigarette smoke and empty bottles are often the images envisioned when we picture the 'tortured artist'. Ideas like these are burned into our mind, romanticised by pictures of Kurt Cobain in MTV Unplugged or Jim Morrison's rail-thin physique. But there's a sad reality that artists are often living these lives day-to-day, completely unnoticed.

As an artist myself, I see first hand how we often put our struggles into our work, exposing a fragile part of ourselves for the world to see. But we are not just a part of some grand machine of consumerism; we're humans. After Cobain's passing in 1994, the industry felt a change in songwriting. Artists such as Laura Marling and Santigold write deeply personal, almost traumatic lyrics based upon their life, laying it bare for us all to experience. Consume.

Santigold herself said after her 2022 North American tour cancellation that "[She] will not continue to sacrifice [her]self for an industry that has become unsustainable for, and uninterested in, the welfare of the artists it is built upon." A 2019 study by The Wellness Starter Pack found that 73% of independent artists suffer from anxiety and depression. According to the American Foundation for Suicide Prevention (AFSP), the average rate of suicide for Americans in 2021 was 14.04 in every 100,000 people, and with a suicide rate of twice the US average in 2001 - 2005, reported by the National Library of Medicine [2013].

This falls upon the modern conception and romanticisation of the 'tortured artist'. I have often heard many people on Commercial Music say this exact phrase: 'We're all mentally ill, of course we're doing music'. We expect good music to come from a place of pain, for lyrics to connect with us because we are also hurting. It is thought that for most artists, they feel that their best work comes from a place of struggle.

And so, I ask this. Who has kept themselves in a bad place for a bit longer than they should, just to finish those last few lines? I have. The music business is a business, after all. And the business does not care. Not about you, the lyrics, or the art. Just the sales and market projections. But they should care. The invention of recorded music was just for fun, and for art to be shared, with labels originally meant to share this art and joy. I won't sit here and pretend I know the solution, but I can give my truest thoughts. Read the title. Don't be a coward. If the industry won't do something, then we shall. Turn these words around on the people who chose to embellish the struggle. Post everywhere, write articles, anything to show that us as musicians are sick of the current industry trend. We are humans. Not cowards.

If you are needing support, here are some non-biased groups:
Campaign Against Living Miserably (CALM) -
0800 585858
Suicide Prevention Bristol - 0800 689 5652

WORD SEARCH

N	E	N	J	E	R	S	D	E	J	Q	P	E	C	D
W	W	M	W	L	M	V	N	R	H	Y	A	A	R	L
Z	S	J	O	Y	P	C	L	I	D	B	P	K	I	R
W	U	P	Q	R	C	S	L	T	L	L	E	K	Z	I
A	L	O	M	L	H	B	C	N	E	P	R	J	H	L
Y	O	W	P	S	H	C	Y	E	P	I	C	A	U	G
Y	A	R	E	U	L	B	O	P	R	S	R	N	C	K
B	A	D	L	A	N	D	S	N	Y	O	O	I	C	J
S	S	V	N	V	J	X	K	E	O	Z	W	Q	C	Q
V	J	S	W	R	K	Q	S	R	N	M	N	G	K	L
G	G	T	F	F	B	P	Z	L	L	E	S	N	X	S
F	H	Z	R	I	M	U	X	R	Q	R	A	W	S	U
T	O	L	Z	E	B	S	I	J	V	F	B	X	C	J
V	L	Z	D	O	O	H	L	R	I	G	E	Z	S	G
I	U	Z	Y	O	I	F	G	B	S	K	Z	L	L	A

*DEMPSEYS *GIRLHOOD *PENTIRE *
 *PAPER CROWNS * MONOCHROME *
 *BADLANDS * BLUE RAY *

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