

# music talks.xyz

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ISSUE 2

## Discover New Music



# *music talks.xyz*

**Publisher**

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Special Thanks to this month's edition's contributing artists, managers, tip talks experts.

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**Mike Elrington**

**Kim Banffy**

**Soundproofed**

**Lo Marshall**

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CHANT La BON 



# MIKE ELRINGTON

*"I quit the one & only thing that had given my life any sense of meaning & purpose & wondered around aimlessly for a year wondering what on earth I would do now."*

Sending all you folks out there a very happy RUOK? Day. I don't talk about this stuff very often on here, but I've had some rather traumatic battles with depression & bipolar disorder in past times. And yep, it's nothing but empty & horrible.

As a younger man, I always struggled to understand

the whole concept of suicide, and why on earth people decide to make this choice. That was until I went through these ideations myself for a while back in 2009. Where for a few months there the only thing I could actually think about was how I was going to end my life. I planned it many times, dates, locations & action, the whole bit. But



just never had enough strength & conviction in this option to follow through with it. I've often reflected back on what it was that caused all of this, and the overall conclusion is that I just believed I was a total & utter failure. At the age of 29, I was still a broke, unhappy & unsatisfied musician who had squandered way too many great career opportunities because of careless & erratic behaviour.

And after 10 years of busting my ass trying to forge a career in the music business, I'd had enough. I was done. So I quit. I quit the one & only thing that had given my life any sense of meaning & purpose & wondered around aimlessly for a year wondering what on earth I would do now. I worked more dead-end jobs, lived in hope that my passion for music (and the music business) would come back to life eventually, and even signed up to join the defence force (was a good thing I failed miserably in the physical & mental aptitude tests...). I was completely lost.

During this time, my Mum urged me to go & see a counsellor to discuss my issues. At first I was obviously reluctant, but she practically forced me to do it. Prior to this, I



never would've thought I'd ever have to go & see a counsellor. I always used to think I was too strong, too proud & too capable of taking care of myself without this type of help. That was until now, as I was a completely broken & shattered man. A shadow of my former self. And someone that was in great need of external professional assistance. At first, the sessions were hard & extremely confronting. Even for a confident person like me, who had already spent 10 years as a performer on stages throughout the world. I'd experienced a few tough gigs in my time, but nothing was as hard as this.

As difficult as these sessions were, I made sure I kept going each week, and over the space of a few years and lots of work, things gradually started to change for the better. And I'm extremely glad to say I still see this same counsellor today.

Fast forward to 2015. I have a beautiful & amazing wife, gorgeous daughter & another child on the way. My career is in the best shape it's ever been in & has been growing constantly over the last 3 years. And most importantly, I've been able to find a place of happiness & contentment that I never knew as a younger man. Life is GOOD. And can only get better.

But this ain't just another "look at me and what I did" rant. This is proof that EVERYONE out there can recover from hurt, pain & despair. It doesn't matter what happens to you, it's all about how you choose to deal with it. And on days like this, I think it's absolutely crucial for all of you to believe this & understand it. There is ALWAYS a way to a bright & peaceful state of mind. ALWAYS a path to happiness & enlightenment if you want it badly enough and are willing to take the steps to bring it about.

Live long & prosper y'all

Much love xx

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YouTube: <https://www.youtube.com/user/MikeElringtonVEVO>  
Facebook: <https://www.facebook.com/Mike-Elrington>  
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# SOUND- PROOFED

*“Getting the set lists up and rehearsing the songs was easy - The hard part was getting us work.”*



**W**hen I was growing up, the music industry in Australia was very different to what it is now.

Live venues had bands on 5 nights a week.....This was where I learnt my trade.

After having 2 kids and giving up music for family, at age 40 I never thought I could have it back.

Hell I was too old, I wasn't a size 12 and on top of that the music industry had changed significantly. And it has taken 5 years of hard work and pure bloody-mindedness to get us to where we are today.....a working covers band in an industry that has often favoured poker

machines and DJ's over live music.

Getting the set lists up and rehearsing the songs was easy - The hard part was getting us work. Initially I looked after getting the gigs, and every afternoon after googling live venues in Sydney, I hit the phone for 2 hours locating Entertainment Managers and licensees, and then went onto to try to sell something I knew was a good thing.

This was tough, so many knock backs, and even some agencies telling me that we were not good enough.

Well I grounded myself and pushed back...twice as

hard.

We had our first taker - Seven Hills RSL. I can still remember the gig - I felt so green and so nervous. Then bit-by-bit the venues came, but I had my eye on Agency backing - My dealings with our current Agency had always been exceptional in the past. So many phone calls to them, then finally they came to see us, and BINGO - we were signed. Sphere have always looked after us. So where to now..... well, still fighting my way into venues. Every new venue we have, always gets us back for more gigs. We are working non-stop and for as long as I can, I will ride this wave. I

*“Sphere have always looked after us. So where to now..... well, still fighting my way into venues. Every new venue we have, always gets us back for more gigs.”*



want to see live music restored to its previous glory, where young musos like my daughter have somewhere to cut their teeth. And I have every faith this will happen.

I look back often and think about all the hours that have gone into this, all the disappointment and then excitement at getting into a good venue. It has been an emotional roller coaster ride. But worth it.

Soundproofed is here to stay. We are only just scratching the surface.



Website: <http://soundproofed.com.au>  
Twitter: <https://twitter.com/Soundproofed>  
Facebook: <https://www.facebook.com/Soundproofed>  
Google: <https://plus.google.com/u/0/+SoundproofedTheBandROCKS/videos>



# KIM BANFFY

## FROM PAIN TO BLISS

Sometimes, it seems, we need an extreme moment to propel us into our destiny. When singer Kim Banffy almost died in a car accident she came out of recovery with a life-changing decision to attend a Summersong music camp in Lennox Head, and she hasn't looked back since.

It's hard to believe, even as I'm listening to the story, that singer songwriter Kim Banffy, had ever imagined a life without music. The diminutive Banffy lives in a neat cottage at the sea's edge in South Golden Beach, surrounded by art and musical instruments. We're talking at the Poinciana Cafe in Mullumbimby about her life and work, and Banffy is remembering the dark days of her life post an almost fatal car accident.

"I was in a car accident in 2000," Banffy says. "I narrowly missed being propelled into oncoming traffic after aquaplaning on a notoriously dangerous part of the Great

Western Highway, when I got hit from behind by a bus, and bounced off the guard rail several times. Someone else died in exactly the same place in the same way only two weeks later, so I felt lucky to be alive. On top of that my father in law had died earlier in the year, my husband wasn't coping with it, I had been lying on my back for three months, and these events actually forced me to take care of myself for a while, as life will do, eventually. I'd heard about the annual Summersong singing camp at Lennox Head, and I thought to myself, I'm going to go to that singing camp. That'll make me feel better. It started on a Saturday and by Thursday I was crying all day. I had finally got back to doing something that I really love doing, and suddenly I discovered all these bottled emotions that I was able to finally let out."

An extra impetus to Banffy's desire to discover her destiny lay in a phone call she received a few years later from her mother, not long before she died.





*“When my mother was 75 she rang me up in tears and said to me ‘I feel I’ve wasted my life. I’ve got all these talents and I didn’t use them,’ so I thought, ‘I’m not going to let that happen to me.’”*

“When my mother was 75 she rang me up in tears and said to me ‘I feel I’ve wasted my life. I’ve got all these talents and I didn’t use them,’ so I thought, ‘I’m not going to let that happen to me,’” Says Banffy. “After that I started joining a few community choirs, and anyone who has seen the film, *As It Is In Heaven*, will know the benefit of community choirs, but it took me from 2000 until 2005 to actually start writing my own songs and then another nine years to record an album.”

Banffy, who grew up in Sydney, had, as many teachers do, a background in nurturing other people’s creativity. With a Master of Education degree in Creative Arts and as a lecturer in visual arts, music and English, Banffy’s creative credentials were without question, but making the leap from teaching to doing was still not easy. But when she finally stepped onto the north coast music scene, it was with the glowing drive of a woman who does not want to wait a second longer. Since recording her debut album *State of Bliss* in Byron Bay’s Studio 301, (with her own artwork on the cover) finalised earlier in the year, she has been on a non-stop east coast performance ride, and still

continues her art practice, writing books, and organising fundraisers.

After her marriage failed, Banffy moved to South Golden Beach last year. “I kept getting this intuition that I would be coming to Byron Bay to record at Studios 301, but that was so scary... all the famous people recorded there,” she says. “But I had this CD from the Lucky Wonders and as soon as I saw in the in-slip the name of producer-engineer Anthony Lycenko I just knew he would be recording my album for me. It took me a year to summon up the courage to approach him about it. Had I known he’d been nominated for an ARIA for his work on Pete Murray’s 2008 album, I would have been too intimidated to approach him, so it was lucky I didn’t know!”

Banffy has an attractive honesty, and even with all her recent success reveals that sometimes she still feels she’s not good enough to be a professional musician. “At my CD launch in June I was thinking, ‘I’m on stage with these real professionals’ and I just felt like a fraud,” she says. “There came that, ‘You’re not good enough’ voice again. Only after many years of peeling off onion layers could I come



to a point where I was finally able to write and perform my own songs, which I feel have been given to me as a gift to share,' she says.

State of Bliss is full of themes of love and longing, it's melodic, and sometimes melancholic, reminiscent of the 1960's and 70's singer-songwriter days. A poppy album, with a twist of jazz and classical, it offers a musicality helped along by the creative expertise of Thierry Fossemalle and Dave Sanders, from The Whitlams and Grace Knight, Paul Appenkamp (aka Lionheir), local legend Steve Russell, and Anthony Lycenko.

With seven entries in the Dolphin Awards, to be announced in December, Kim is keen to keep making musical splashes locally and to give something back to the community at the same time. She recently curated Songs for Fred, a benefit for the Fred Hollows Foundation, showcasing exceptional local singer-songwriting talent on a diversity of instruments from piano, guitar to accordion.

Banffy is a living testimony for anyone wanting to step up and live their dreams – she reminds me that it is "often the things we are most afraid of that are the very things

we need to do. When you think about it, why are we so afraid? Our fears only hold us back."

Kim can be next seen performing at the Scorcher Fest, Sunday 13th December, Lewisham Hotel. State of Bliss is available to buy from her website, [kimbanffy](http://kimbanffy.com.au)

Kim Banffy's music is reminiscent of 60s-70s singer/songwriter style, with a more modern, poppy, at times even slightly jazzy twist. Kim's songs have been compared by other musicians to Joni Mitchell's, and her voice to Joan Baez, Karen Carpenter and Sinead O'Connor, ranging from sweet and pure to rich and full.

If you're a lyrics person this is for you. Kim has been dubbed 'The Poets' songwriter' for her ability to build evocative word pictures with lyrics and her skilful use of metaphor. This is an artist best-appreciated in venues where you could hear a pin drop.

Kim's just-released album, State Of Bliss, features Thierry Fossemalle (The Whitlams, Grace Knight) on electric and acoustic bass, Dave Sanders (Grace Knight) on drums & percussion, the legendary Steve Russell on keyboards and Paul Appenkamp on very sensitively played electric guitar. The album was engineered and produced by ARIA-nominated Anthony Lycenko at Studios 301, Byron Bay.

From Michael Worthington, who mastered the album: 'This album (State Of Bliss) was a delight to work on. These are songs of melody and substance.'

Kim's songs have been aired on the independent radio stations airplay list, ABC radio, and two of her songs are currently being aired on Californian radio. She has recently played at Maleny festival and toured the NSW north & mid-north coast, as well as the Qld sunshine coast, and has tours in the pipeline for Victoria and Southern NSW next year.

Courtesy of Angela Rowland and Kim Banffy.

Website: <http://www.kimbanffy.com.au>  
Facebook: <https://www.facebook.com/kimbanffysingerandsongwriter>  
Soundcloud: <https://soundcloud.com/kimbanffy/wandering-m5-01?in=kimbanffy/sets/state-of-bliss-album-samples>  
YouTube Channel: YouTube



*“I generally choose bands and musicians from their audio and video’s the musicians’ send to me, I listen to how they perform and how they interact with the audience.”*

# JADE LAMB

## HORNSBY INN

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### ◆ **What is your role at the Hornsby Inn?**

★ I’m Jade, the entertainment manager and I book all live performances and entertainment for the hotel.

I have been the entertainment manager for almost 2 years now, and my job is to organize all the hotels entertainment and promotional materials.

Some of the bands that surprise me, I find are

incredible. They bring their friends and families, who are so supportive, which really brings a great atmosphere to the pub.

I generally choose bands and musicians from their audio and video’s the musicians’ send to me, I listen to how they perform and how they interact with the audience.

The advise I would like to offer musicians, would be, not

to harass venues, as you don't want to be remembered by just calling constantly, like 5 times a month. Always follow up emails or calls, but don't be too full on.

It helps to put your hand up for any opportunity/gig that comes your way, no matter what it pays, as this is exposure for your band.

We are proud to support live music and have soloists each Friday Night and bands Saturday nights.

🔍 **How long have you been involved with music in the live scene?**

★ I have been doing this for almost 2 years.

🔍 **Are there things that have surprised you, which you would not think happen when booking bands?**

★ The following some bands have is incredible, they friends and families are so supportive and really bring a great atmosphere to the pub.

🔍 **How do you choose which bands and musicians who play at your hotel?**

★ I generally go off the audio/videos the musician send me, and listen to how they perform interact with the audience.

🔍 **What do you do, in your role as Entertainment Manager?**

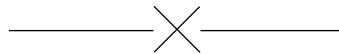
★ I organize all the hotels entertainment and promotional materials.

🔍 **If you had to give any advise to musicians wanting to play and get into the live scene, what would you suggest they do?**

★ My only advise would be noy to harass venues as you don't want them remembering you, because you call 5 times in the month. Always follow up emails or calls but don't be too full on. And put your hand up for any gig hat comes your way no matter what it pays as this is exposure for your band.

🔍 **How many nights a week do you have bands and/or solo/duo artists play?**

★ We have live music soloists every Friday and Live bands Saturday night.



## Editors Note: Issue 2

**O**ur artists, Kim Banffy, Mike Elrington and Lo Marshall from SoundProofed, all wrote individual pieces for Music Talks.

As you will see, each and every story is one from personal experiences, Triumphant over their personal battles.

Since its Christmas, each story reflects hope and faith; the willingness to create a better outcome for the personal lives and adventures of the artists, especially appropriate for this time of year.

The desire to perform, write, and pursue your passion is an overall message of Music Talks, creating a personal touch, we can all relate too; after all, we are all human beings and not machines.

Realizing what artists endure within their own lives, and their journey's are a reflection of not only who they are, but gives them the tools to write and perform their own unique way.

It was a pleasure, to have this month's artists on Music Talks. Again; with no hesitation.

I thank you, Kim, Mike and Lo for your enthusiasm and interaction.

Artists are truly exceptional people, making exceptional music, and they all deserve an audience.

Thanking you, the fans, for all your support.  
Much love



*Tracey Arbon*  
CEO/FOUNDER OF MUSIC TALK.XYZ