

FREE AS A FREAKIN' BIRD

ISSUE #1 FEBREWARY 2024

# FROM HERE



Breanna Elaine

on snakes, addiction  
and music

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# FH #1

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Photo on the right by **John Nilsen**

*Cammy Errington*

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Cover design by Breanna Elaine

Cover photo by Martin Van Buren of [Pine Fox Photo](#)

## On the cover

Brandon's Breanna Eleane poses for her upcoming single, "Where the Snakes Live." Breanna is our featured artist in this first, special edition of *From Here*. Breanna is a fearless singer-songwriter who is part of the A Sound Space family, rehearsing, recording, filming videos, and leading workshops since committing to being a full-time musician. She exemplifies the struggles and success of being a Vermont musician.

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# Walkin' Tall

Ray Massucco on stilts at Roots on the River. One of many inspirational characters in my life.

Leaders come in all shapes, sizes - and heights apparently. Ray's dedication to live music in this area was rivaled by none I know. One of my favorite live recordings features him introducing George's Back Pocket, playing for our first time at Boccelli's in Bellows Falls. He talked about seeing me grow up with his kids and joked about how we both took piano lessons from the same woman, but somehow, I was a lot better than him.

Thanks for everything Ray.



# Welcome

Some would say the last thing I needed in my life was a new venture. But this is my “passion project” – spotlighting hard-working artists and giving them a chance to speak to a wider audience.

I believe in what I do, and I believe in the artists I work with.

In this issue, I feature an artist who has become part of the family we call, ‘A Sound Space.’ She’s taught me so much and I admire her work and work ethic. I’m humbled to get to spend time with her.

The best part about this publication is I make the rules here. Expect it to be constantly changing, consistently inconsistent, and a bit of a beautiful wreck.

Thanks for reading.

\*\*

*Photo by Phil Henry*



George V. Nostrand

2/15/2024



# Introducing 'A Sound Space Live'

The Rutland music scene has experienced periods of success and lulls over the 25 years I've been here.

For reasons that reflect recent issues as well as longer-term social and economic changes, it appears to this casual observer that the music scene in Rutland has been on a downswing in recent years. As integral parts of the music scene, George Nostrand of [A Sound Space](#) and Josh Cote of [Aformal Audio](#) are committed to improving the quality of live music in the area, for both audience and musicians. As part of their mission, we are putting together a series of shows to take place at Merchants Hall in downtown Rutland. With our combined resources and experience, we have found key sponsors, hired quality talent, and will deliver a series of shows that will bring people together to support live music in Rutland, Vermont.



## Background

Going back 25 – 30 years, Rutland had a thriving scene, with bands in bars all across town on a regular basis.

As time went forward, a number of factors, from more aggressive DWI enforcement to unlimited access to free music on the internet, had its impacts on the number of people going out and how much money they were willing to spend. COVID had drastic effects and caused major changes in the ways people socialized and consumed music. While things have rebounded somewhat, live music is still struggling to make a comeback. Musicians across the country have cited this as a real problem that has its effects not only on their incomes but across society. Music, more than any other art form, brings together people from all walks of life, political persuasions, and backgrounds. It has the power to heal and move the world forward.

Over the years, Nostrand has worked with the Rutland Recreation Department, The Downtown Partnership, and the Paramount Theatre, as well as local venues, advocating for local musicians and attempting to integrate more local acts into these organizations' overall missions. Josh Cote graduated from Castleton University and has worked for the Town Hall Theater in Middlebury as well as countless other venues and music series as an independent contractor. The two met working live sound for Jared Johnson of Rutland's Magnum PA and have become unofficial business partners working out of A Sound Space in recent years.

Merchants Hall has hosted and produced a wide range of shows, from drag to metal and the Patorti family has been integral to the arts here in Rutland. We are excited to be partnering with them and hope this will be the start of something amazing.



**A Sound Space provides a wide range of services to musicians looking to take their game to the next level.**



## Good tunes, bad jokes, and mostly true stories.

I'm so old...(This is where you say, "How old are you?"). I'm so old, I remember when *Seven Days*, the weekly publication out of Burlington, VT was just a few sheets of mimeographed paper, left around town at local coffee shops.

I was telling a friend recently that when my dad was working up in Burlington, he would sometimes take me with him. He'd give me \$5 and set me loose on Church Street for the day, (not something I recommend to parents these days). I remember picking up this rag that had listings about local bands. I was too young to go to anything like that, but I was intrigued by both the music and this little publication.

400 years later, I'm sitting here at my desk, at A Sound Space, cranking out the first edition of my new 'zine, *From Here*. I'm sure those who started *Seven Days* never would have guessed how it would grow, how popular it would be, and how long it would survive. You never know when you start a new project what will happen. But I've learned that if it's something that inspires you and you feel is needed, others will probably feel the same and be interested.

Last year, I started my *Newsletters from Hell*. That was just supposed to be a one-time thing, but people seemed to really enjoy it, so I kept on going. We'll see what kind of reception this project has. Maybe it will take off or maybe it will fall, but I've had fun creating this first edition. Thanks to my brother Chris, one of the co-founders of *Cider Mag*, who didn't laugh when I brought up the idea and coached me on putting it together.

Also a big thanks to Breanna Elaine, who had no idea she was going to be featured initially, but lent her skills to the endeavor, helping me with graphic design and providing interview materials.

Thanks to my moms: Sue and Debby. My mom, Sue Nostrand, has always been there and supportive of my projects. Last time she was at A Sound Space, we talked while cleaning a whole stack of LPs, a number of which were hers originally. Debby Jones, (my favorite mother-in-law), bought me countless copies of [Mojo magazine](#), (and btw, Johnny, stand by for your chance to drive the tour bus). Along those lines, thanks to Lois Miller for donating her amazing Rolling Stone magazine collection. Lois rocks!

And then there's Stephanie. It's hard to know where to begin, but maybe words like "sainthood," should be referenced. Stephanie has always inspired me with what she does and broadened my horizons artistically and otherwise. And the fact that she puts up with me continues to amaze me.

There are running debates that circle around in my brain and questions that seem to have no answers: Can live music survive in Rutland and elsewhere? Do people still appreciate the arts? Will people come to realize the **need** to gather in person, rather than in groups online or on their phones?

How do you spell grammar, anyway?

So, gotta' move on to the next thing. Hope you enjoyed looking through this and let me know what you think. –

## Feature

### Breanna Elaine

*Photos by Martin Van Buren of Pine Fox Photo*

Before meeting [Breanna Elaine](#), I might have said there are no rock stars in Vermont. I was wrong.

Being a rock star has less to do with music, and more to do with [attitude](#) and confidence. Breanna's not lacking in this area. She is also a very talented singer,

musician, and songwriter.

Breanna made a bold step, leaving her day Jan. 1, 2022, to strike it out one way or the other in the music biz. She's worked with A Sound Space on a number of her projects, always at the helm, and not afraid to make tough decisions. Her first album, "[Seedlings](#)," dropped on Jan. 1, 2023.

This year she has a new project.

Inspired by her friend who died of a drug overdose, Breanna Elaine's newest project hopes to raise awareness and challenge the stigma around addiction.

"I want to flip the grief I'm dealing with and make some kind of a positive difference in the community," said Breanna in a recent interview.

Breanna is seeking to directly support individuals in need of addiction treatment services. She will be donating 5% of her *Where the Snakes Live* campaign to [Turning Point](#), a non-profit that helps people recover from substance abuse. With the opioid epidemic's effects only growing more widespread, she hopes that the message within the song and music video will connect with those in recovery or who have lost loved ones to addiction.

Jeremy, her friend who passed away, was someone she had known from her days living in North Hampton, Massachusetts.

"He was sweet, funny and we always had a good time hanging out together. He could be a pain in the ass and cause a lot of trouble, but he was good in his heart."

Before writing her current song, Breanna recorded [a song](#) for Jeremy's funeral.

"I wasn't sure I could get up and sing it at the funeral, so I wanted to have something. And I wanted to have something palatable and sweet and appropriate for family members."

"Where the Snakes Live" speaks more to her own emotions.

"It's a little edgier and darker. It's me processing and speaking to him."



**“We may not have been able to save Jeremy and so many others who have died from this terrible disease, but we can come together now and help others like them get the help they need.”**

Breanna enlisted the help of Vermont’s own [Bow Thayer](#). She chose Thayer for his approach to music, but also because he could relate to losing friends to drugs.

“I’d already been thinking of ways to entice Bow into being my mentor...We listened to the song a bunch of times together and I think he could hear what I was looking for. It’s kind of bluegrass but gritty at the same time.”

After recording the song she had a vision for the music video.

“I saw the music video in my mind and wrote down all these details.”

She’s hoping to reach beyond Vermont with her message.

“I want this to be something that would have been meaningful for Jeremy, but also something bigger.”

At the same time, she wanted to keep it local.

“I looked through different charities and they seemed smaller and less corporate. I felt like the money I gave to Turning Point would actually help people.”

She reached out to them, setting up a meeting, and was impressed by how many different services they offer.

“If I can be another advocate and help fight some of the stigma, that would be great. They (Turning Point) have an event, called ‘**Stomping Out Stigma**,’ and the more I thought about how judgmental people are, the more I wanted to get involved.”

She is using a crowdfunding program called [Indiegogo](#) and is trying to raise \$10,000 for the overall project.

“This is not just a representation of me and my art, but also Jeremy, his friends, and Turning Point. I want it to be a quality production, not just something I did in my backyard.”

Breanna sees this as a bigger part of who she is and what she wants to do.

**“I truly believe in the healing and spiritual powers of music. Writing about our trauma, difficult experiences and pain, transforms those feelings into healing, and that’s what I plan to do with ‘Where the Snakes Live.’”**

If you want to donate, go to her website:

[www.breannaelaine.com](http://www.breannaelaine.com)

Breanna’s “Seedlings” is available on all streaming platforms.



# Krishna Guthrie: His time has come.



Photo by Christina Rahr Lane

Krishna Guthrie has gone on tour a couple of times in the last year. The tour wasn't with his band, KGB, or even the Guthrie Family Band, (or even George's Back Pocket). The tour with [The Black Legacy Project](#).

Krishna is obnoxiously humble, so getting him to talk about himself isn't easy. I have no problem talking about him, (in person or behind his back). Check out some stuff online about this very important movement he is part of. Here's [a video clip](#). (Btw, did I mention I've been giving him guitar lessons? He's coming along swell.).

**MOUNTAIN TIMES**



MARBLE VALLEY DANCE COLLECTIVE

# CLASS OFFERINGS



WINTER 2024: January-February  
Thursday Evenings  
West Rutland Town Hall



Date	6-7:15 PM	7:30-8:45 PM
1/4	Beginning Tap with Denise	Intermediate Contemporary with Twyla
1/11	Beginning Tap with Denise	Intermediate Contemporary with Twyla
1/18	Beginning Tap with Margaret	Intermediate Contemporary with Twyla
1/25	Beginning Tap with Denise & Margaret	Belly Dance with Shelby
2/1	Intermediate Modern with Suzanne	Expressive Movement with Suzanne
2/8* at Rutland UU	Intermediate Modern with Suzanne	Belly Dance with Shelby
2/15	Telling a Story Through Dance with Suzanne	Intermediate Tap with Denise & Margaret
2/22	Telling a Story Through Dance with Suzanne	Intermediate Tap with Denise & Margaret
2/29	Improv with Nicole	Intermediate Tap with Denise & Margaret

~Pricing: \$15 drop-in classes. Please inquire about our membership options and rates.



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FACEBOOK @MVDCVT, OR  
INSTAGRAM @MVDC.VT





# MARBLE VALLEY DANCE COLLECTIVE

## ADULT CLASSES

March-April 2024

West Rutland Town Hall

Thursday Evenings



March	6-7:15 PM	7:30-8:45 PM
3/7	Improv with Nicole	Intermediate Tap with Denise & Margaret
3/14	Contact Improv with Stephanie	Intermediate Ballet with Zoë
3/21	Beginning Ballet with Maya Z.	Intermediate Ballet with Zoë
3/28 *at Rutland UU	Beginning Ballet with Maya Z.	Intermediate Ballet with Zoë
April	6-7:15 PM	7:30-8:45 PM
4/4	Intermediate/Advanced Modern with Erika	Rhythm Tap with Margaret
4/11	Intermediate/Advanced Modern with Erika	Rhythm Tap with Margaret
4/18	Intermediate/Advanced Modern with Erika	Body Percussion with Margaret
4/25 *at Rutland UU	West African with Shelby	Intermediate Modern with Maya Z.



**\$15 drop-in classes**



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### GET IN TOUCH

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# Reviews

## Film

Ken Rosenthal past and present

*Photo from the trailer*

Staff writer



We do a little bit of everything at A Sound Space. When I stumbled upon a video that had really made an impact on me years ago, I decided to contact the filmmaker and ask if we could show his work at A Sound Space.

“[Crooked Beauty](#)” is a documentary-style movie, narrated by the artist, Jacks Ashley MacNamara. It chronicles her journey with what some would call madness while sharing her observations and her ultimate connection to others who have similar “dangerous gifts.”

It spoke to me close to fifteen years ago when I first saw it and feels relevant to my life today. I would recommend it to both the mad, and families of those with madness. Chronically normal people should watch it too. (*The term chronically normal” was borrowed from the great [Fred Frese](#).*)

While [Ken Rosenthal](#), the filmmaker, was excited to share “Crooked Beauty,” he was really jazzed up about his work in progress, “[Julia Rinograd: Between Spirit and Stone](#).”

**Do not pass go – visit the website and watch the trailer, and if you feel inspired please donate as well.**

## Music

### NO SOUL: In Spite Of Themselves

Staff Writer



**NO SOUL** will be releasing new music for the first time since 2021. The new 3 song EP, “**In Spite of the Sutures**,” will be out on February 22nd, 2024. Find it anywhere you listen to or purchase music online. It will have an accompanying stream, playthrough and in-the-making videos to be found on Youtube.

Spotify

Presave link: <https://distrokid.com/hyperfollow/nosoul1/in-spite-of-the-suture>

Facebook: <https://www.facebook.com/nosoulofficialband/>

Instagram: @nosoulband

Link to all streaming platforms: <https://fanlink.to/nosoulband>

*NO SOUL rehearsing at A Sound Space 2024 (Staff photo)*



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# Puzzles

## What band are you in today?

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

Sarcastic Grasshoppers

George's Back Pocket

George & The Hendersons

Miss Guided Angels

The Nice Shirts

A Sight to Hear

The In Crowd

Rustie Bus

River Frog

Sandhill

# The Inter-webs



## On the line...

*Some of my favorite/ current links, sites, podcasts, and playlists...*

## Exchange-a-gram

Stephanie and I recently watched the movie, [The Internship](#) with Vince Vaughn and Owen Wilson. Hilarious. Reminded me of regular conversations I have with Josh...

\*\*

## [Spider Glenn Radio](#)

Those of you who have been 'from here' for a while will remember WEBK DJ, Spider Glenn. Well, you can still catch him – online, still spinning the quirky and amazing tunes he's got in his deep library. I've been hooked since I found his site. Check out his station today.



## [Bob Dylan with The Heart Breakers at Farm Aid 2023](#)

My friend Marianne is a big Bob Dylan fan, (Bob is second only to Neil Young). I'm sure she will watch this on repeat. Inspired to listen/ watch this by my friend [Ray Padgett's](#) newsletter.



## [A Sound Space](#)

During COVID, streaming and producing videos kept the doors open here at A Sound Space. Sign up and check out some amazing performances.



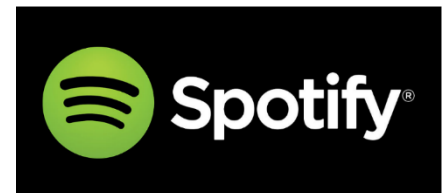
## [George Nostrand](#)

Shameless? Yes, I am. Putting this 'zine together rather quickly, so that's another "excuse" for using my content. Will have something more interesting next time...



## [Raw and Real – Singer-Songwriters](#)

Honored to be included in this playlist put together by my good friend Melissa. I'm still learning about this whole playlist thing, so stay tuned for an "It's All About Me" George playlist...





# The Inter-webs cont.

## Instagram

I've admittedly been slow on the draw when it comes to staying up with social media, but after listening to my friend James go on and on about, "the gram" I thought I'd better get with it.

**DC3** recorded a session of live videos at A Sound Space, and somehow I stumbled about this great tune by Duane called, "[Selfie](#)" on the gram...

Duane's got an amazing catalogue of tunes. Check out his website at: <https://www.duanecarleton.com/>

\*\*



## Follow Jason



I don't know all the platforms he's using these days, but whatever you do, follow [Jason Bemis](#) for all kinds of art, music, adventures and deep thoughts. The guy blows me away with his talents and is just an all around nice guy. How about that?

*Photo lifted from a video posted by Jason*



## Podcasts

### [VT Talks](#)

As someone who has recorded and produced a couple of podcasts, it's fun to listen in on what others are doing. Becca Hammond asks, "What's new in 802?" and talks to all kinds of interesting folks on her show. Check it out.



# Food & Fun

## Fryer goes BOOM.

by Christopher Nostrand



Last night during dinner service the owner/chef was manually lighting the sixth burner on the stove (farthest to the right). The yellow, Bic lighter slipped and took a quirky bounce off the stove and “bloop!”, disappeared into the 450 degree oil in the fryolator directly to the right of the stove. Start the clock now. Tick tock till eminent disaster. Meanwhile, I’m at the opposite end of the line, just finishing a drink order at the bar, and meet her face of panic mid-way. Before I can say anything she blurts, “What would happen if a Bic lighter fell into a Fryer?” “I don’t know. Whyyyyyy....?”, I blurted out before I began to realize that maybe a lighter might be in our fryer. “What do we do!?”, she asked, wide-eyed and in a soft voice. “Uhhhh...”, my eyes darted left to right and from her to the fryer and back. “Is there a lighter in the fryer?”, was all that came out of my mouth at first. “Yes! What do we do?!”, this time with a little more panic in her voice. “I turned the heat off but it’s in there! Do I get the tongs and fish it out?” Meanwhile, the clock is still running. There is a yellow Bic lighter cooking away in a 450 fryer and already nearly 30 seconds had gone by. The two fryer baskets hung stacked to the right side and otherwise, the surface was open and I began to imagine what an explosion might look like. Not a pretty picture. “86 fries?” It was the first thing that came out. It seemed immediately stupid but we both were at a complete loss for ideas and after saying that, my racing mind began to think a little more clearly. After rapid-fire stupid ideas and crazy talk I said, “Do the biggest sheet pans cover the fryer?” “Yes.” “Get them. Pull the baskets and baskets back. I cover that fucker. It’s definitely gonna’ explode.” She snapped to it, pulling the full took several steps back. We stared at it... for silent seconds that seemed like minutes. BOOM. A soft but low roar came from deep within the fryer. The sheet pans leaped and fell back to nearly original position in a flash. A small spray of hot oil misted out the uncovered front area and fortunately, although spats hit her leg, didn’t burn anyone or anything. We looked at each other, wide-eyed. And then around the room. This is a very small open kitchen restaurant and we just blew up a lighter in the middle of dinner service with a dining room. No one even looked up. Our guests continued on, unaware and oblivious to the potential disaster that almost was. After a bunch of whispered holy fucks and relieved but silenced laughing. Our wide eyes were directed back to the fryer. “You might actually have to 86 the fries.”, I reiterated. “That lighter probably exploded into a million plastic bits.” She slowly and carefully lifted the pans (as if it may blow again) to assess the damage. And to our amazement, floating on top, was a fully intact yellow, Bic lighter.



Captain Chris sails the seven seas, or at least a couple of them, with his partner-in-crime Amy Flaherty, on the mighty [Rum Tot](#). Follow their adventures on YouTube:

<https://www.youtube.com/@AmyandChrisSailingRumTot>

# Humor

## George doesn't do slow.

We were backstage at the CiderMag awards show. I had just dragged Bow Thayer up with me to join George's Back Pocket (du jour) on the song we were going to perform. He'd never heard it before.

I overhear him asking Chad Hollister, "So, how does this tune go?"

Chad starts to say, "Well, it's kinda' this slow..."

Bow interrupts.

"George doesn't do slow."

My ears perk up.

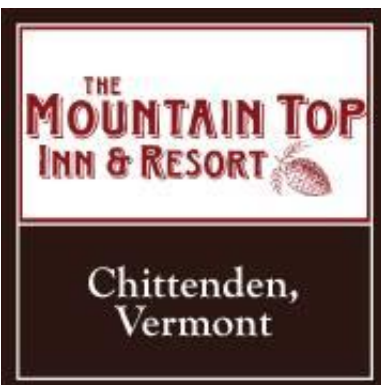
"George talks fast, he skis fast, he moves fast...He does everything fast!"

I couldn't help but laugh out loud.

Then they called our name and we walked on stage.



\*\*



# Missing You

## Bob Campbell

Bob loved fishing. *Miss Guided Angels* were playing a private party in Grafton, and as we were getting ready to go on, I looked around and didn't see Bob. Then I looked over at the stream and he was in the middle of it, fly-fishing.

The last thing he shared with Eric King and I was a, "The one that got away," fish story, (it was epic, of course).



Bob was the peacemaker in the band, counterbalancing the frenetic energy and easing the tension when things got a little misguided. He and I did a number of duo gigs together and he sat in on various Pocket line-ups. He had a wicked sense of humor and never failed to crack me up at just the right time. Even when I went to see him at Dartmouth, he was joking around and teasing the nurses.

Bob made the instrument he played with us, a cajon, and sold a few over the years. He really loved play the full drum kit and was part of the motivation to start A Sound Space. Bob and I were rehearsing with this character, Eric King, from Ludlow, (or was it New York?), and we needed to get out of Bob's living room. Eric, Bob, and I started practicing in the basement of 77 Grove Street after the Rutland Herald relocated there. I eventually told the building's owner, Mark Foley, what we were up to, and the rest is history.



*Early MGA gig at the Hops on Tops event, at the parking garage in Rutland*

# Furry Fairwells

Stephanie A. Jones

Beautiful, sweet Ani, aka An Bon, aka Queen Squawks A Lot 🐱💖🌈

2005/6/7? -2024

She enthusiastically chose George at the [Rutland County Humane Society](#) when we went in looking for a kitty for me in 2011; she lovingly tolerated me as part of the package, albeit often with a disdainful expression on her face. She was ornery, opinionated, and incredibly affectionate. She was annoyed with her sisters when she wasn't curled up snoozing with one or two of them. She had a special stair where she napped on sunny days to warm her belly. She slept tucked behind my knees at night. She immediately took to our new kitten Holly despite being elderly, diabetic, and with advanced kidney disease. She was very loved, and will be very missed.



\*\*



# Rehearsal

**A Sound Space** is the place for bands looking to up their game.

At A Sound Space you'll find a large (heated and cooled) room, with a p.a. and backline. It's a place where musicians can plug and play – and turn it up to eleven if they want. We've had all styles, levels and sizes of bands and musicians work on their skills here. Visit the website and schedule a tour:



*Photo by Bryan Willette*

***Erik Wener, one of Rutland's veteran bass players rehearsing at A Sound Space***

We even allow bass players to rehearse, (and boy does this guy need practice! Luv ya' man).

**GROOVE ST RECORDS** 

# Recording

**A Sound Space** is the place for serious musicians looking to record.

Josh Cote of Aformal Audio runs the recording end of the business, (ok and everything else). If you have a project in mind, contact him at [aformalaudio@gmail.com](mailto:aformalaudio@gmail.com).

<https://dot.cards/joshcote>



\*\*

# Workshops

**A Sound Space** is the place to learn and grow.

We put on and host a number of different workshops on a variety of topics, from live sound to the business of music. One of the most popular ones has been the song writing group.

## Songwriting Group



Gather one a month with other area songwriters to share new songs in a supportive environment. Bring a song in progress to gain insight into new directions or inspiration to finish. You can bring an instrument to share your song or use something kicking around at A Sound Space. The group will provide feedback and encouragement, and facilitators Phil Henry and George Nostrand will provide song prompts and writing techniques to possibly jump-start your next creation.

Last month's prompt was, "*An article of clothing.*"

Cost is \$20. Light refreshments will be provided. Please register in advance on [Eventbrite](#), or email us to let us know you are coming: [asoundspacevt@gmail.com](mailto:asoundspacevt@gmail.com).



The monthly songwriting group is proudly sponsored by [Last Cup Café](#), 87 State Street, RutVegas

Instagram

facebook



# Video

We have livestreaming capabilities and also produce booking/ promotional videos for bands. Check out a sample video at: <https://www.asoundspacevt.com/ruby-street-promo.html>. Also check out other videos at: <https://www.asoundspacevt.com/video.html>.



*"If you are looking to do a promo video, A Sound Space is the place to do it!"*

*Great laid back atmosphere, cool space and the production quality is excellent. We, Ruby Street, an acoustic duo, did our promo video last Spring. The finished product has made it very easy to book gigs based on the quality of the video and their ability to capture the vibe of what we do. The audio quality provided by Josh Cote is top notch and Goerge Nostrand's video capture and editing is excellent, I cannot recommend them enough!"*

*Rob Parker- Ruby Street*



## Booking

Talent abounds in these here hills...

Vermont is known for many things and music is certainly one of them. While artists like Phish, Grace Potter, Anais Mitchel, and a handful of others have broken into the mainstream, there are so many talented artists swimming around

the little pools and streams here in Vermont. George Nostrand, owner of A Sound Space, has played multiple roles in the Vermont scene. In addition to playing extensively himself, George has written for the Rutland Herald-Times Argus, Cider Mag, and the Honky-Tonk Times to name a few. He's also worked with venues big and small, from the Paramount Theatre to Scotch Hill Brewing, helping to find, book, program, and promote music of all types. If you are looking for an act for your venue or event, George is here to help.

### Trusts Us Music Series

Booking in rural areas is a tricky business. Rather than overreaching, George works with a small number of venues and a few dozen artists. The Trust Us nomenclature speaks to the relationship George has with the venues and artists when it comes to booking shows and setting up a running a professional and high-quality music series. George works with venues he trusts and who trust him and the same goes for the artists. Ultimately, the audience can trust if his name is on it, it will be good.



**Music every Friday, brought to you by A Sound  
Space**

# Where Politics Meets Poetry

## Farm Night at the State House

By Meira Droznan

Farm Night at the State House

Vermont Humanities

Wow.

Last night  
was not a dream.

I woke up  
with reams of evidence  
that a man named Toussaint  
gifted me free books  
an offering

to a

Princess Warrior

recognized  
despite disguise  
and I sat

in a House of  
power

and we all chanted

I AM A REVOLUTIONARY x 3.

I put my feet up  
on a shelf

under my desk

like I did on my first student desk  
in my youth (I'm still in my youth)

a gift from  
my father

more a show of confidence

a better gift  
than privilege

that was not his to give.

I made myself  
comfortable

ate licorice

and was commended

for self care

by a woman

who sounded like she  
came from a place  
where  
such a thing  
is a matter of survival  
v. hyped pop philosophy.  
What did you think was in my purse

if not survival gear.  
Does the thesaurus qualify?  
How about the pen?  
Maybe the lipstick?  
Yes that too.  
Femininity like everything else  
is fair game in this Battle.  
I tipped the microphone  
down  
and listened  
to a metaphor  
where we became  
raindrops  
to  
nourish the seeds of  
Justice.  
This was not a dream  
of mine  
it happened  
because  
it was  
someone else's  
dream.  
And I am in it.

\*\*

*The opinions of writers for **From Here**, may or may not reflect the beliefs of the magazine. Either way, if you're offended, we don't really care. Get a helmet. – Editor and Publisher*

\*\*

# A Sound Space: raising the bar for the local music scene

**George Nostrand** is a cat who wears many hats. A musician, writer, promoter and owner of **A Sound Space**; Nostrand has been a fierce advocate for live, local music for over twenty-five years. Very aware of the need to walk the walk, not just talk the talk, Nostrand continues to perform, write, record and “cause trouble,” on a daily basis, breaking rules and challenging norms.

“The music industry has always been crazy,” said Nostrand. “The only thing that changes is that there’s always new challenges to succeeding as a musician. It’s hard to not be jaded and easy to get frustrated, but ultimately you have to just plug along and hope that something you do works.”

Nostrand has done just that, by playing solo and duo gigs while juggling not only his band, **George’s Back Pocket**, but playing in, and helping to start, various new ones. He’s also started co-writing and working on material for his next album.

He opened **A Sound Space** in March of 2019 at 77 Grove Street, and relocated to 162 Woodstock Avenue in November of that year, where he is co-located with **Be Music**.

“Mark Foley really helped launch this project. It was an idea he approached me with years ago, and when I was working at the Rutland Herald and we relocated to a building he owned, we made the dream real.”

Nostrand signed up for a small business course he had read about in the Herald’s weekly calendar, (which he was editing at the time).

“It was helpful and interesting to hear about the other start-up projects and I made some long-term contacts through the training.”

One take-away from the course was the realization that his business plan was really targeted to a small market.

“Everyone kept referring to my project as a recording studio. While we do offer recording, the hub of the operation is the rehearsal space. That seemed to be a harder concept to explain and pitch to people.”

Since the start-up at 77 Grove Street, A Sound Space has had as many as six and as few as two bands who rehearsal on a weekly basis. The space offers not only a big heated/ air-conditioned room, but also a sound system and back-line - everything a band needs to walk in, plug in and play.

“The goal is to provide a safe, affordable and accessible place for musicians to work on their craft.”

Additionally, A Sound Space offers a range of services to help musicians move up to the next level - whatever that may be.

During COVID, Nostrand applied for and received a grant, allowing them to set up a live-streaming system. They also shoot promotional videos for bands - a key tool in booking better gigs.

Nostrand also utilizes his background to help coach, consult and mentor musicians, both one-on-one and with workshops.

“There are so many expectations on musicians, not only from a performing aspect but also from a business aspect. Whether it’s running a sound system or promoting your shows, most of the work happens off stage.”

While he has done booking for venues and organizations, ranging for the Rutland Rec Department to the Paramount Theater, Nostrand had shied away from booking other musicians until recently. Seeing a need and wanting to raise the bar of professionalism, he began partnering with small venues to help facilitate relationships with working musicians. This led to the creation of his **Trust Us Music Series**.

“It’s a different approach to booking than most take. I meet first with the venue and discuss their needs and goals, as well as my expectations for what the venue needs to do to create a music-friendly environment,” said Nostrand. “Then I schedule a short run of shows, 6-10 weeks, where I book the talent and help with everything from the sound/ stage set-up to the promotion of the series. The venue pays me for the service and pays the artists directly. I do not take a cut from the musicians. I have a long roster of musicians, but am very particular on who I hire as well. I don’t expect a lot of them but I am firm on what I do.”

Nostrand starting booking for Scotch Hill Brewing in Fair Haven and has since been approached by the Poultney Pub and Castleton’s The Blue Cat. “I really enjoy getting to work with venues who are willing to take the time and invest in the music. There are so many places where the music is an afterthought. My goal is to change that.”

Another area where A Sound Space is investing this year is the open mic scene.

“Open mics were essential to my growth and development as a musician. I get frustrated when they are not run properly, as that adds to the stigma that open mics are some how less-than other musical offerings. Open mics are the feeder stream for new artists and you never know who might randomly drop by and play.”

Nostrand loves to tell the story of how the famous harmonica player, James Cotton, happened to show up at a bar where an open mic was happening.

“Everyone was afraid to approach him, but I was young and brash. Once I provided him with a little encouragement, he and his whole band got up and blew the roof off the place.”

Open mic is also a place where musicians can meet, form bands and learn from each other.

“No exaggeration here, I’ve played and hosted thousands of open mics at this point in my career. And I will always continue to support them.”

A Sound Space is now a sponsor of the open mic in Brandon at Red Clover Ale and in Rutland at The Angler Pub.

“Having the right host makes or breaks an open mic. Emily Nelson in Brandon and Josh Cote in Rutland are tried and true musicians and know what’s necessary to put on a quality event. I’m throwing my support and a little money behind them because I believe they are also committed to raising the bar when it comes to the music scene here in Vermont.”

TBC

# Open mic

Hosted by Emily Neilson

6 – 9 p.m. every Thursday

43 Center Street

Brandon



Proudly sponsored by A  
Sound Space

ANGLER PUB

# OPEN MIC NIGHT

EVERY THURSDAY AT 52 STRONGS AVE  
SIGN UP STARTS AT 7:30PM

*Hosted by*



THE MIC WILL OPEN AT 8P

IN ORDER TO KEEP THINGS FLOWING AND KEEP THE LIST MOVING WE'LL BE FOLLOWING THE BELOW SCHEDULE.

8P – 9P SOLO/DUO ACOUSTIC ACTS AND SPOKEN WORD  
9P – 11P BANDS  
11P – 12P AUX CHORD WARRIORS!

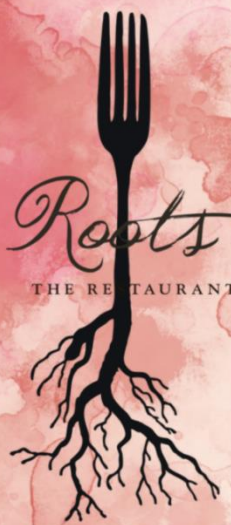
\*\* TIMES ARE SUBJECT TO CHANGE BASED ON SIGN-UPS AND ATTENDANCE EACH NIGHT \*\*



# *A Sound Space Live*

Sponsored by The Hub CoWorks & Roots, The Restaurant  
at Merchants Hall, 40-42 Merchants Hall, Rutland, VT

## **Luminous Crush**



**Thursday, February 29th**

Doors at 6:30, show at 7 p.m.



**Tickets at: [asoundspace.brownpapertickets.com](http://asoundspace.brownpapertickets.com)**

Josh Cote, Aformal Audio  
George Nostrand, A Sound Space.

Free as a freakin' bird

# FROM HERE

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Brought to you by A Sound Space

## Breanna Elaine

on snakes, addiction & music