

Musician of the Month Lewis Rainbow

Not Just a Drummer



Lewis Rainbow has been entertaining people in the Keys ever since I can remember. In the 20 years I have known him he has always had the same handsome, youthful, boy-next-door good looks and shining personality. He enjoys his work and is always happy to greet his many fans.

The other night at the Pilot House when I approached him about being the Entertainer of the Month for January he looked surprised and said "but I'm just a drummer". Not quite, Rainbow...

Lewis Rainbow is a native-born Miami drummer, a full-time performing musician, a drum instructor with over two decades of experience, and the published author of

the innovative drum books "Megachops", "Megakicks", "Megamatrix."

At the age of ten Rainbow began formal drum lessons with Robert Hilton, studying snare drum, rudiments, and reading for two years. In the following six years he played in school bands, and become a self-taught drum set player. Then, at age 18 he studied music at the college level while also launching his professional performance and instructional career.

During the early years of his career he played all across the country with a diversified combination of bands of all styles, ethnicities, and ages. At the same time, Rainbow was studying at University of

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You can reach Lewis Rainbow at
www.LewisRainbow.com.

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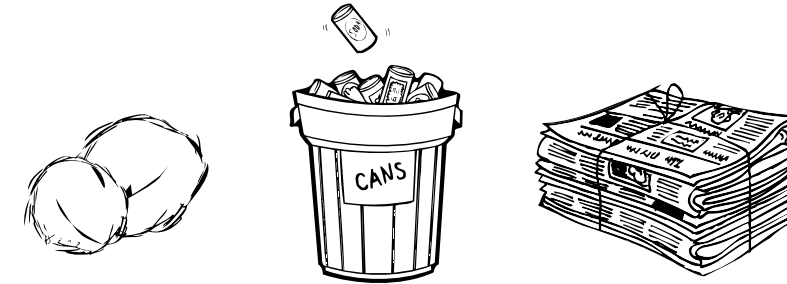
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Constructive Connections

Sharing with Your Neighbors

If you are craving community look to your own neighbors to forge new relationships and build something new together.

Many of our relationships can be fleeting or do not deepen past a superficial level, yet these connections, as trivial as they can seem, often have the potential to grow into something much more essential. When we crave community, we should focus our attention on these casual acquaintances. To forge a bond with neighbors, we need to work together with them so that we have a context from which to begin a more mature relationship. Sharing tasks that are part of living can be a wonderful way to become a part of a larger community, make new friends, and lighten the workloads of everyone involved.

Creating a network of neighbors who agree to pool certain resources and share daily duties can be as easy as taking the initiative. If you are willing to take the first step by reaching out to the individuals and families who share your building or your street, you will likely find that others are receptive to the notion. Starting

small, with just a few people, can help you orchestrate a smoothly running system. Together, you will need to decide what chores you want to do communally and what resources can be shared. Ideas for community sharing are childcare, errands, housework, keeping a joint garden, cooking for the group, and carpooling. For instance, if you cook large meals for four neighbors once a week, you take off four nights after that. As you grow to trust one another, you can begin adding new members to your evolving network or introducing new tasks to your shared roster of duties.

Actions speak louder than words; so working closely with neighbors to ensure the well being of the group can be a wonderful way to build a sense of community in your locale. Not everyone you approach will be open to the idea of becoming a part of a network of sharing. As you connect with those who do appreciate the merits of such a system, you will discover that others are just as eager as you are to create interpersonal connections that are defined by substance.



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