

15 Jan 2026



Dear Guest,

Thank you for agreeing to be interviewed for my podcast. This letter is to let you know what to expect. An interview normally takes about 1 to 1.5 hours. There are some important technical requirements at the end I need you to be aware of please.

The interview for the podcast is not meant to be an in-depth history of your life and service. An Oral History is more appropriate for that and if you want, we can do that at another time. This podcast is more a snapshot of some of your experiences before, during and after service and importantly your thoughts about veteran health and resilience. I want your stories to inspire others to look after themselves.

We'll talk a lot about music that 'takes you back.' They will be the soundtrack to your stories.

We'll talk about:

- Music from your childhood, where you grew up, school, mates, jobs, and life before service.
- Music and experiences during service (mates / work / sport / recreation).
- Music around experiences returning to civilian life (mates / work / sport / recreation).
- Music that lifts your mood or you chill out to. Your thoughts on health and resilience. Can be about you or others.

If you only want to talk about something specific to veteran health, I'm happy to accomodate that.

I'll explain what to do if you want to take a break, rephrase or retract something.

If there are things you don't want to talk about, that's OK, I will respect that.

Can you please send a photo of yourself which I can use for the episode thumbnail?

After the interview I will send you a Copyright Agreement, as an electronic document for your electronic signature. You will automatically receive a copy once both of us have signed. If you have any concerns about the copyright agreement please ask me.

### Technical requirements for an online interview:

- I will send you an invitation with a link to an online studio called Riverside.
- You will need a good wifi connection and somewhere relatively quiet to do the interview.
- It is better to use wifi as normal phone connections are generally not good for recording audio.
- You will need a computer or smartphone with a camera.
- To avoid echo and feedback please use either **headphones** or **earphones**. It's important that output audio (your speakers) are not picked up by your microphone.
- Teams, Zoom, Messenger etc can work well for audio but are not designed to carry music and that limits the effect I try to achieve.

If you have any questions or concerns please just ask me.

Yours sincerely,

*Mark Keynes*

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