

Women's Day Vrae
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1. What inspires you in your life? Particularly in respect of your career.

Working with wonderful human beings and having the opportunity to share in people's creative processes even while I am busy with my own, inspires me. I have had the gift of working with musicians who have reached a very high standard in their work and life and I have also had many opportunities to work with young musicians. These experiences have all been extremely rewarding. Spending time alone inspires me. Seeing. Hearing. Wonderment. Performing in front of an appreciative audience inspires me. The musicians that I work with regularly inspire me. My children. My husband's (Christopher Torr) songs inspire me.

2. How do you do what you do? How do you manage to find the time to be 'creative' and do all the other things one has to do?

I was "programmed" to do what I do from a very early age. I was 5 years old when I started performing - playing the piano, singing in a children's choir etc. This is what I do and this is what I know. I have had incredible teachers - formal and informal - right through my life. I can attribute so many things that I try to apply to my life and work to specific individuals - even to this day. I have a wonderful husband (who happens to write most of my hit songs) and two exceptional children who are people in their own right, developing their own skills and doing their own thing. I am sometimes having so much fun in my private life, that I have to discipline myself to prepare and to rehearse for shows and recordings. But this is actually not difficult, because it is during rehearsals that I am at my most creative and where I also have incredible fun. Our home life is very important to me, and it is in my home life, combined with stage work, that I am at my happiest.

3. Why do you do what you do?

I think my work chose me. I was exposed to a creative life and creative expression from a very early age and I was blessed with a mother who seemed to think that I had it in me to make it on stage. My mother drove me from eistedfodd to eistedfodd and from choir performances and practices to music exams. She had a career as well, but I never heard her complain about the time it took to help me to get ahead and utilise my opportunities. As a singer, one has to be at peak performance all the time, so I try to look after my health, to rest a lot and to avoid stressful situations. I have worked, and still do, with the best of my generation. I would not exchange it for anything. There are no other options for me. This is as good as it gets.

4. and also tell me what you would like to say to women perhaps in particular on Women's Day.

I think that one's time, when you are a working mother, or just working hard, can easily be taken up by priorities and responsibilities to others. One can get caught up in the "work hard, serve hard" routine of caring for others for years, before you start caring for yourself. I saw a funny cartoon in a recent "New Yorker" magazine, where the person is sitting at a bar counter, talking to the barman, obviously trying to loosen up a little, saying - "I am trying to put my priorities behind me". This appeals to my sense of humour. I think we must try to be kind to ourselves in the first place. We must be courageous and be patient with ourselves. The rest will follow.