Only once in a while do you come across a performer that pins you to your seat...

# darlene



## "CULT ROOTS' ACT IN THE MAKING!"

-Dublin Events Guide

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There is much to be said of the spring-fed well...but to drink from its' source! Darlene has spent the past 12 years traveling the continent and abroad, finding the roots of the music she loves.

"Darlene has a huge range of vocal & musical styles, reflecting wide travel & deep interest in the music of many cultures. The first time I heard her sing was not from a stage, but late at night at a bonfire party in the Dublin Mountains." -Hot Press Magazine, Dublin

### **PERFORMANCE**

Darlene has performed with a multitude of different acts, playing rhythm, bass & lead guitar to everything from Ska to Country to Disco. She plays guitar with an impassioned flair, combining bass & rhythm, and adding in the percussion of her boots 'n bells on a wooden stage.

"Darlene gathers energy from the very ground she stands on, and sings with grace and power." -David Francey, Singer/Songwriter

Her vibrant live performances and story-telling abilities are the stitching that bind the quilt of multiple musical genres with an infectious sense of spirit & adventure.

"Truly one of the most entertaining and crowd-pleasing acts to ever grace the Main Stage of Home County Folk Festival."
-Ken Palmer, AD, London, ON

### **WORKSHOPS**

Darlene has developed 2 workshops, which she has been sharing with folk at festivals, retreats, schools and communities.

VOCAL IMPROVIZATION: helping to unlock our own limitations, allowing the voice to express itself without the use of words or musical education.

"For the first time of my life, I felt free letting my voice be heard around people and it was great!"
-Tali, Israel

'WHOOPING': using one of the oldest inventions, the 'wheel', Darlene uses her knowledge of physical therapy (from a past vocation) and the laws of physics to teach the child in all of us how to play with their bodies once again.

'It's one of the few workshops at a festival that is truly participatory. It's fun and focused and it carries you away. It's different than any other workshop I've done.... a highlight at any festival."
-Katherine Wheatley, Singer/Songwriter, Canada



DARLENE is a member of the Road Dog Divas, Mud Pie Music, Little Red Hens, NA Folk Alliance and the OCFF...and recipient of the ~2002 Beth Ferguson Award~

### VOX IMPROV WORKSHOP

There was a time when all the people used their voices for celebration, exaltation, and for the sheer joy of it. The music of these tribal and community-based cultures was 'all-inclusive. With the advent of the 'professional artist', many people in the Western World have left their singing voices behind, feeling as though they are inadequate. This workshop helps to unlock our own limitations, and allow the voice to express itself once again, without the use of words, and with a sense of experimentation and playfulness.

'I met Darlene at the Sivananda Ashram in the Bahamas, where she taught a singing class. I have never been a singer...as a matter of fact, I have always been petrified of singing. But after less than an hour, she had me singing my heart out, not worrying about sounding like an idiot. When someone makes you believe you can do it, you can!

I will never be embarrassed again!"

-Brienne Glytton, LA, Ca

### "WHOOP!" WORKSHOP 'Whooping' is a lot like life Once you initiate it, it has its' own momentum.

Our toughest work is to figure out how we fit into that momentum.

### WHOOP continued...

Most of us lead a fairly sedentary life, what with computers, tvs, driving...etc. This can lead to all sorts of back, leg and hip problems, not to mention the state of our internal organs being compacted in one small area. 'Whooping' loosens the spine and joints, and massages the abdomen. It increases circulation to all the muscles and tissues, as well as stretching and strengthening the muscles. When done in both directions, using the waist or arms, we can create a new balance in our bodies, improve dexterity, and even affecting our brain patterns, using our weaker sides as well as our stronger ones. It's a simple 'tool/ toy' that can be used by all ages. Children have a great time making up new games with hoops, inspiring us all how to look beyond the obvious.

"After witnessing the number of happy Whoopers' that emerged from Darlene's workshops at the Northern Light Festival last summer, I decided if ever I ended up at the same festival as Darlene again, I would take her workshop. So at Blue Skies, along with a field full of other novices, I picked up a whoop. Darlene taught us first the basic moves and then the more elegant and challenging moves. It's one of the few workshops at a festival that is truly participatory. It's fun and focused and it carries you away.

It's different than any other workshop I've done...

Adults love it. Teenagers love it. Kids love it - little ones and big ones (like me) alike.

Throughout the weekend, I saw people asking Darlene how to do this or that move. She always took the time to show them. We all learned, not only from Darlene's spirit of generosity. That generous spirit, combined with her immense talent, makes both her musical performances and her workshops a highlight at any festival.

It's that generosity that people take home with them for a very long time."

-Katherine Wheatley, Singer/Songwriter, Canada

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