

# Janet Lillian Russell



*And I just want to sing  
And I just want to play  
And I'm going to give it ALL I HAVE  
To live my life this way  
J.L. Russell*

"I am very excited about my debut CD, All I Have", Janet says.

"The album features some of Canada's finest musicians, including the late, great **Richard Bell** (formerly of *The Band*) as producer and on keyboards, **Colin Linden** (Blackie and the Rodeo Kings) on guitars, **Bazil Donovan** (Blue Rodeo) on bass, and **Gary Craig** (Jann Arden, Anne Murray) on drums. And **FACTOR** (The Foundation to Assist Canadian Talent on Record) has played an important role in making the CD possible by helping us to finance this project".

Fans of the Vancouver original music scene have been watching Russell's career for years as she ignites audiences with her soaring melodies and witty, earthy and wise lyrics. This long awaited release is a collection of songs celebrating love, strength and triumph over adversity.

After a series of symptoms including exhaustion, double vision and a numbing of the hands, face and limbs, Janet Russell was diagnosed with Multiple Sclerosis.

"After the initial shock, I spent many hours in therapy. Since that time I have been involved in an extensive healing process. I studied meditation, and I worked with a meditation teacher who guided me through some creative visualization. The experience rekindled my passion for personal growth and spirituality. I'm learning how to take responsibility for my emotions, and to manage my own energies, always working with my present resources".

"I am learning the subtle art of flexibility, and ultimately, this has led me to the path to my own creative recovery. We all have fear of the unknown—what one does with that fear will make all the difference in the world".

*I am no longer a victim  
Of circumstance or foe  
I've started looking inward  
It's on the inside that I know...*

(An excerpt from one of Janet's songs, "Only Rain".)



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Janet describes her music as 'pop music with a folk root'. Her music crosses many demographic boundaries, with stylings including new country, blues, jazz, and Celtic, to name a few. Producer Richard Bell has captured this diversity while maintaining a cohesive and personal feel to the CD. Janet's songs reflect her deep emotionality, sense of humour and indomitable spirit. To share in her music is to celebrate the human experience.

Janet moved to Toronto in October of 2000. "It was time to open up a new chapter in my life, and to explore a larger centre", she says. Janet returned to Vancouver in August of 2006. She has recently been songwriting with Meg Tennant and a long-awaited Lingo Sisters CD is also in the works.

### About the Artist

Born and raised in Saskatoon, Janet lived a number of years in Montreal where she became an integral part of the folk scene there. Janet is an accomplished vocalist who made the West Coast her home in 1978. For six years Janet performed with Meg Tennant in the Lingo Sisters, during which time they became a favourite at the Mission Folk Music Festival. As well as a year to their credit on WTN (the Women's Television Network), the Lingo Sisters have opened for Tom Russell, David Essig and Valdy. They have also shared the stage with Barney Bentall (Blue Bird North, Vancouver) and Tony Bird (Mission Folk Music Festival).

As a solo artist, Janet has explored many avenues. She is as comfortable in the role of supporting vocalist as she is with taking her songs centre stage. As well as her appearances with Meg Tennant, Janet has lent her voice to 6 CD projects in the past four years, the most recent being the compilation CD **Grrrls with Guitars Vol.2**, released in July 2001. "I enjoy intimate venues such as House Concerts, but Folk Music Festivals and Blues and Jazz festivals are also a favourite with me", she adds.

Some of Janet's Songwriter Showcases have included:

- Music West
- Bluebird North, with Meg Tennant (Meg's songs), Vancouver,
- Bluebird North (Janet's songs), Vancouver
- Just Singin' Round at the Anza Club, Vancouver
- Grrrls with Guitars at the Railway Club, Vancouver

Other appearances have included:

- The Salmon Arm Blues and Jazz Festival
- The Sunshine Folk Festival 2000 (opening for Willie P. Bennett)
- The Hearts and Soul Foundation Fund-raiser with Jim Byrnes (to raise funds and awareness for people with disabilities), Vancouver

Russell Jackson (formerly bassist with B.B.King) has recorded two of Janet's songs on his newest album.

Janet appears with her west coast band "The Wheel" which includes some of Vancouver's finest musicians.

For Photos, music and more information please visit our website at [www.janetrussell.com](http://www.janetrussell.com)



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### Info and bookings:

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### Visit Janet at MySpace!

Janet Lillian Russell  
Songs, photos, blogs and more...

[myspace.com/janetlillianrussell](http://myspace.com/janetlillianrussell)