

The healing power of song

National radio show to feature local music class bent on healing trauma victims

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TURNERS FALLS — Singer-songwriter Robin Lane has been helping women at the Turners Falls Women's Resource Center heal from trauma and learn to get in touch with their innermost feelings through a song-writing class for about two years now.

"A Woman's Voice" teaches women how to write their own songs and gives them the opportunity to record those songs and even make a few bucks on the sale of the CDs they produce from the program. Lane said writing about a trauma or problem is a good way to step back from it and start to learn and heal from it.

"When you put your story or even part of your story in a song, you can look back on it from a distance, while not enmeshed in the problem and that gives you release," Lane said.

Now, Lane hopes the program will get some national attention through the National Public Radio program, "The Infinite Mind." The program is a health and science series, which, according to the show's Web site, "explores the art and science of the human mind and spirit, behavior, and mental health."

Lane said she met two people who work at the "Infinite Mind" while she was doing a "living room concert" in Boston. She performs the concerts in people's houses and has the audience participate in writing a new song on the spot. She told her audience about the "Women's Voice" program and what it's all about.

She said the two people from the show liked the CD from the program, titled "A Woman's Voice," as well as the idea of the program. They planned to send one of the reporters from the program to take the class and



Recorder/Peter MacDonald

Robin Lane, Sugiery Maldonado and Lela E'Halt listen to a track on a CD from a program called "A Woman's Voice." The music was written by women in a music writing class, offered by the Turners Falls Women's Resource Center, designed to help women heal from traumatic experiences.

do a show about it when the class was over. The program was supposed to be recorded this fall, but when Hurricane Katrina hit, the plans changed. Lane said reporters from the program decided instead to focus on the trauma people experienced in New Orleans.

The recording was postponed and Lane said they plan to start it this spring instead, with the show running this summer or fall. Lane is looking for people who have never taken the class to join in and be a part of the show.

Lane said she is also hoping to get professional musicians to re-record the songs from the CD to perform on the show.

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Robin Lane
musician, instructor

Lane was a former pop star who was in the band Robin Lane and the Chartbusters, which she said had one of the first music

videos on MTV. She created the Woman's Voice class based on a music-writing class for teens she taught at the Brick House

called "Giving Youth a Voice."

She discovered the Women's Center by accident one day, when she mistook it for a health services center. She walked in and one of the women told her they were having a writing class and invited her to join. She said she wasn't doing anything else, so joined in.

Part of the Women's Center's mission is to have women who have taken courses at the center, turn around and give back by teaching a course of their own. So, Lane began teaching her class.

Women who have taken the

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