

Ingrid D. Johnson

Using her music to heal wounded souls

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In a world of shallow, self-centred pop music, Ingrid D. Johnson is clearly an artist with a higher calling. The local singer, poet and spoken-word performer uses her music to overcome the trauma of sexual abuse. Not surprisingly, Johnson speaks from the heart - even when answering my dumb questions.

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* **Who's in the band?**

Ingrid D. Johnson and The Funky Fresh Crew (Iesha Hutchinson, Tara De Castro, Phil collins, Steve Marten, Vaughn Poyser, Frank Rizzuto and Nick Mullin).

* **How old are you?**

33 - and getting younger and wiser everyday.

* **What do you play?**

We play a little pop fused with R&B and hip-hop, sprinkled with jazz, a spot of spoken-word, and at times a hint of reggae, folk, blues, and funk.

* **What do you do for real money?**

I work with high-needs children in care. My musicians live and breath music.

* **Tell us about the band in 20 words or less.**

Void of ego and ready to spiritually lift your mood - while kicking knowledge old-school.

* **Describe your music in 20 words or less.**

Unique ... yet oddly familiar and reminiscent of the 1930s.

* **Describe your look and/or image in 20 words or less.**

Smart, sexy, fun, bold, sophisticated, creative, fierce.

* **Tell us about your CD.**

A spiritual, emotional, and musical journey into the soul of a sexual abuse survivor on the path to overcoming her past and embracing her present and future.

* **Why should we buy your CD?**

It features many local, Winnipeg, artists, several genres of music, and a portion of the proceeds goes to Laurel Centre.

* **How does your music make the world a better place?**

Our music is "A voice for The Voiceless". As an overcomer of sexual abuse, finding myself, my voice, discovering my gifts, developing a strong Christian faith, and pursuing my dreams with passion has restored me from being a "Wounded Soul"

to a woman filled with purpose. I hope my music will inspire others to lift their voices, overcome their problems, come out of their closets, and share their stories ... so that we can all work together with God to stop sexual abuse.

*** What's your most original quality?**

My creative writing skills.

*** What's your motto?**

Dreams come true, not free ... so be in it to win it and hustle, hustle, hustle!

*** Complete this sentence: This band runs on ...**

Positive vibes from God surrounding us with his love energy. :)

*** What's your best song and what makes it so good?**

You and Me, because it makes people happy and remember that love is not sex.

*** Name a song you wish you had written and tell us why:**

Say by John Mayer

The lyrics are so beautiful - "Love with your arms wide open."

*** Name a song you're glad you didn't write:**

Snoop's Drop it like it's Hot. I just don't like the message. Rap is more intelligent than that. I grew up on De La Soul, The Roots and other great rappers and I learned wisdom while being entertained. That is what all gifts are for - to teach us something positive and powerful.

*** What are your favourite TV shows?**

I love America's Next Top Model because I once pursued modeling. I also LOVE The Hills. It reminds me of my 20s and how much drama there was.

*** Your favourite movies?**

Little Women.

*** Your favourite books?**

My favorite book is the Bible, but its not just a book to me.

*** Any other favourite things?**

Travel, travel, travel, ohhhhhh and my friend "Off-limits guy."

*** What is your most valued possession? And where do you keep it?**

My relationship with God is my most valued possession and I keep that in my heart.

*** What is your guilty pleasure?**

Beef jerky.

*** What are your favourite foods and drinks?**

Shrimp, dried ribs and beer.

*** What kind of food would you like named after you? And what would be in it?**

Mud pie. Ingredients: chocolate, sugar, butter, milk, water, almonds, vanilla, etc.

*** Name your favourite local musical act.**

Flo.

*** Now, name your favourite musical acts of all time.**

Jim Morrison, Billie Holiday, Etta James, Leonard Cohen, Sade, Anita Baker, Whitney Houston, Garnet Silk, Damien Marley, De la Soul, Gaopelle, Gaelle and Amel Larrieux.

*** Who would you be happy to be compared to?**

Billie Holiday. She had limited vocal range but she used her voice like a horn and was able to reduce a crowd to tears.

*** Who would you be insulted to be compared to?**

No one ... everyone is a winner if they pursue their dream and get it - unless they abuse their power and hurt someone.

*** Tell us about your best gig.**

The WAG on Sept. 12, 2009 - my CD release party.

*** Now tell us about your worst gig.**

None. everything is a learning experience.

*** OK, now describe your ultimate fantasy gig. Don't hold anything back.**

My ultimate fantasy gig would be playing The President of the United States' Christmas Ball.

*** What's the best part of performing and/or touring?**

The energy of the band and testing out the limits of my voice as I sing my songs and remember what inspired them.

*** What's the worst part of performing and/or touring?**

Getting funding and the butterflies in my stomach before I perform.

*** What are your pre-show rituals, superstitions and good luck charms?**

Lots and lots of prayer, vocal exercises and my pitch pipe.

*** If you have a backstage rider, what's on it? If you don't, what would you want?**

I don't have one. I would like bottled water, towels, some good food, a stereo system, a treadmill, and a laptop to record backstage stuff for YouTube.

*** What's the coolest piece of merch you sell?**

A clock with my screaming face on it.

*** What piece of merch would you love to sell?**

Musical greeting cards.

*** What is your current mode of transportation to gigs?**

A cab, Winnipeg Transit, and rides from band members.

*** How would you like to travel? Dream big.**

A stretch limo with my own driver and wine would be nice.

*** Pick your superpower.**

Flight. Dreaming makes me feel like I am flying.

*** Name one thing you want to do before you die.**

Watch my great-grandchildren have children.

*** What's the dumbest thing you've ever done?**

I did the splits and ripped my pants in Grade 9.

*** What's the smartest thing you've ever done?**

Read the Bible all the way through.

*** Pretend I'm a heckler at your next gig. What do you do?**

Ignore you until you get tired and annoyed. I would also focus on something positive like love.

*** Complete this sentence: I'll know I'm a success when ...**

I let God influence my decisions. Then I am fair to everyone, including me.

*** Now complete this sentence: I'll know I'm a failure when ...**

When I think everything is about ME, ME, ME. That is selfish. I try to stay away from that.

*** What would it take to make you give up music?**

Death or God telling me to let it go.

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