

MUSIC

WITH
SALLY
BROWNE



PLAYLIST



POP
SAM SPARRO
Return to Paradise
★★★★★★

It must be disco inferno at Sam Sparro's house. The Sydney performer of *Black and Gold* fame has just released his second album, a toe-tapping collection of dance-floor fillers, disco beats, groovy rhythms and gospel

sympathies. While mostly light and upbeat, some songs hit a personal note, such as *Wish I'd Never Met You*. But with titles like *Happiness* and *Let the Love In*, you'll be left with a smile.
Sally Browne



POP
MEDICINE MAN
The Bamboos
★★★★★★

The Bamboos define their seventh album as multi-layered pop, with pleasing results. Triple J declares the hit single *I Got Burned* featuring Tim Rogers as one of the hottest songs on rotation. The standout tune

would have to be *Where Does the Time Go?* featuring international artist Aloe Blacc. Megan Washington also features. *Medicine Man* is indeed the treatment for those aching for great music.
Jennifer Holmes

STRONG NERVES

The ability to make light about her panic attacks gave Ladyhawke the name for her latest album, writes **Sally Browne**

Pip Brown, aka Ladyhawke, decided to face her fears head on and call her new album *Anxiety*.

The 32-year-old New Zealander, who came to attention with her self-titled debut in 2008, may get attacks of the nerves, but she's not shy about admitting it.

Anxiety is something from which she, and one in seven Australians, suffer.

"I often get bad anxiety when I go somewhere, say I have to be picked up for a meeting across town or something," she says. "When I get anxiety, it's so stupid but I have this Vicks inhaler which I just carry around and it calms me down. It seems to work but if I forget that, I'll have the worst anxiety attack."

Her panic attacks will be

intense and unpleasant: "Oh yeah, like real, proper hands tingling, seeing spots in my eyes, it's just so s---. It's been like that for so long."

The title track, after which the album is named, contains the lyrics: "I take a pill to make it through the day / I stay inside until I feel OK."

While she used to take medication, Brown says she now seeks other coping mechanisms.

And making light of her situation also helps. When she told her record company *Anxiety* was the name of her upcoming album, it became a bit of a running joke. "We'd laugh about it, and then it became what the name was. I have to call it *Anxiety* now because I've told so many people."

There's plenty to feel upbeat

about in Ladyhawke's new album. It's lively and catchy with a wonderful retro vibe that shows off her trademark electro sounds, sultry, understated vocals, and plenty of layered distorted guitars. It's easy to imagine it at all the hippest parties and, coming in at 36 minutes, it never outstays its welcome, making you



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invite it back for another spin. On the phone from London, Brown is showing no signs of anxiety today. She is warm and bubbly, chatting about her time in France working on the album and her favourite TV shows, *Mad Men* and *Game of Thrones*. "I really love Arya, the girl, she's so cool," she says of the

popular HBO fantasy series. She worked on the album at her own fantasy castle setting. It was recorded at producer Pascal Gabriel's house in Provence, the south of France. "It's really pretty. He lives in a really small village that only has about 500 people and the original ramparts are around

the village," Brown explains. "His studio is at the top of one of the towers. All I had to do was write music, which was quite important to me because if I try to work in London it's really easy for me to get distracted." For all it's having been recorded in such a picturesque carefree place, *Anxiety* is a very

"city" sounding record. "I could have been at the bottom of the South Island in New Zealand, in Wanaka at a ski field, and I would have written the same record," she says.

While she is confident with her new record, she says she did feel anxious about trying to follow up her previous hit album. People were clamouring for another *My Delirium* or *Paris is Burning*.

"It's quite stressful worrying about all that stuff," she says. "I cut myself off and I make sure I don't read anything; I don't let anyone tell me anything. I just try and focus on what I have to do."

And sometimes, that might be something as simple as looking up at the stars. The single *Black and White and Blue* is a song inspired by gazing up at the Milky Way, a beautiful sight in New Zealand but obscured in her current home city of grey, smoggy London.

"(In France) there was an old guard look-out post and we'd go out there at night time and it was beautiful. It looks black, white and blue. So that's what inspired that song.

"All the crap that you feel, all your anxiety, all your troubles, it really puts a lot into perspective when you look up to the sky."

Anxiety is out now. Ladyhawke plays Splendour in the Grass on July 28.

GIG GUIDE

DEAD LETTER CIRCUS

Brothers Leagues Club, Cairns, June 7; The Venue, Townsville, June 8; Magnums, Airlie Beach, June 9; Kings Beach Tavern, Caloundra, June 10.

FRENZAL RHOMB

Kings Beach Tavern, Caloundra, June 8; Parkwood Tavern, Gold Coast, June 9.

PALM CREEK FOLK FESTIVAL

Mountain View Lake Eco Park, south of Townsville, North Queensland, June 8-11. palmcreek.com.au

TRAIN

The Tivoli, June 11. ticketek.com.au 132 849.

LADY GAGA

Brisbane Entertainment Centre, June 13, 14 and 16. ticketek.com.au

CELTIC DIVAS

The Tivoli, Brisbane, June 16.

THE JED ROWE BAND

The Royal Mail Hotel, Goodna, July 7; Brisbane Powerhouse, July 8.

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