

# in step with life

BY SUSAN JARVIS

GINA JEFFREYS is a woman who knows who she is, where she belongs and what's important to her.

In fact, it's impossible not to be inspired by her, and the positive energy she exudes in person comes across on her brand new album, *Walks Of Life*.

Fans have waited a very long time for this album, which was put on hold while Gina — as she puts it — lived her life. Over the past few years, Gina's become a mum to Jackson and reassessed her priorities considerably.

"We actually started recording the album three years ago. But I found myself so caught up in living it — doing things like spending time with my husband and family and friends, putting my little boy Jackson to bed and singing him lullabies, cooking great meals, just experiencing the simple things of life, that I made a deliberate decision to put it off until I was ready to really focus on it," Gina said.

"I'm so glad I made that choice, because that time can never be captured again. And I think the album reflects where I am now, and what matters to me in life."

The result of that time and care is an absolutely stunning album — by far the best work Gina has ever done, and one of the most appealing albums to emerge for a very long time.

*Walks Of Life* is an album full of love, understanding, perception and care, and you

can't help but feel wonderful listening to it. But it is also a beautifully crafted, cohesive record full of remarkable songs and great messages.

Gina's first single, *Live It* — destined to be a big hit — captures the spirit of the album perfectly.

"We have a big painting in our house that says 'Live Well, Laugh Often and Love Much'. That's how we try to live our lives, and this song talks about making the most of every moment and enjoying your life before it's too late," Gina said.

"We actually recorded this song three years ago — and we've been living it ever since."

Gina Rod and many of their friends got to live it again when they recorded the video clip for the song, which features a huge family feast, lots of happy children and Gina clearly in her element. Watch the clip carefully for some familiar faces.

The other song which reflects Gina's positive philosophy on life is the album's title track, *Walks Of Life*.

"This is a song about every step you take in your life — a baby's first steps, the walk down the aisle, that first walk you take when someone you love has passed away. I was crying so much the first time I sang this song in the studio that I had to redo it. It's very emotional, and

touches my heart every time I sing it."

*Walks Of Life* was co-written by husband **ROD McCORMACK** and Nashville's **JERRY SALLEY**, who's worked with Gina before (he wrote the emotional *That'll Be Me*) and become a close friend.

Rod and Jerry also teamed up to write one of the most powerful and moving tracks on the album, *On A Good Day*.

"This song is really a sequel to *That'll Be Me*, which of course was inspired by a little girl named Louisa who wrote to me more than 10 years ago. She had leukaemia, and wanted to meet me," Gina said.

Sadly, Gina never got to meet Louisa, but she did meet her mother, and the experience changed her life. She contacted the Leukaemia Foundation, and has been working hard to raise funds for the Foundation — as well as its profile in the community — ever since.

Gina's latest project is the *Walk Of Life*, which will take place during this year's Tamworth Festival (see box). It will bring together fans and major country stars in a one-hour walk down Peel St to raise money for the Leukaemia Foundation. Gina plans to make it an annual event.

The song *On A Good Day* is testimony to Gina's compassion and empathy — the pain and