

Performer headed home to share her latest work

■ Daniel Bushman

With her latest album almost finished and one of the weirdest years of her life in the rearview mirror, local artist Meghan Bowman is looking forward to returning home to perform in Lanigan.

Growing up on a farm by Guernsey, Bowman has been singing publicly for the past 23 years “since I made my debut at my kindergarten graduation singing, Teddy Bear’s Picnic.”

Now 28-years-old, the talented singer is set to release her sixth album and cited 2015 as an interesting year. Bowman finished off her fourth year of her Bachelor of Music Therapy in Vancouver before moving back to Saskatchewan and said, “Ever since moving back, it seems like all of my plans keep falling through. Most plans I have set out for myself haven’t happened, but the one thing that did go as expected in 2015 was I nearly finished my new album: The Watchmen, which is very exciting for me! I am looking forward to 2016!”

Bowman said everything is recorded, mixed and mastered and all that needs to be done to her album is finish the graphic design and then have it printed.

She said the album, The Watchmen, was inspired by a story in the book of Song of Songs in the Bible. “This book is such a beautiful love story. When people think about Song of Songs, they almost always think of love, passion and commitment. But at one point in this beautiful story, the woman meets tragedy, and is physically beaten and violated by, The Watchmen of the walls.”

Bowman shared that during her time in Vancouver she experienced an assault on a transit bus one day and while she at first tried to talk about it, she could not seem to find the right words to express her feelings. “It was a scary experience that changed the way I see the world, the way I see people and the way I see love. A few months after the incident, I began to have a lot of trouble sleeping and when I would eventually fall asleep, I would have nightmares. During these sleepless nights I would sit down at my piano and write. The songs that I wrote during this difficult time in my life are the songs that are on the album, The Watchmen.”

Bowman is bringing some of those songs and her passion with her to a coffee house at The Hub in Lanigan Jan. 30.

“It will just be me and a piano sharing songs off of The Watchmen. I might cry! I’m warning you now! Often when I sing these songs to people, I shed some tears. But I’m okay with that. I will do my best to find the courage to just be honest about where I’m at in life as I share these songs, even if I’m at a broken place. I think that’s important. I think we get so caught up in trying to pretend to have it all together all the time. But I’m over pretending. I don’t have it all together and it’s okay if people know that about me.”

Bowman said returning to her roots is always a special experience for her and it is also a place where she receives the most support. “I’ll never forget my last album release show at LifePoint Church. People just kept coming in and the sanctuary was packed. I remember just standing at the front staring at everyone for a few minutes at one point. My heart felt so full.”

Over her 10 year career, the daughter of Brenda and Bruce has released six albums and EPs with most of those made in basements with friends. “I want to sing and perform because it is my favourite way to communicate and express my feelings. Music is the way that I cope with all the things that feel difficult. It always has been that way. This is why I began studying music therapy. I want to help others use music to cope, communicate and heal.”

Over the years Bowman has had a few highlights including receiving the 10K20 grant from Rawlco Radio in 2010. “I also received a grant to make The Watchmen from Creative Saskatchewan, which I am very thankful for! I was able to make this album a lot better because of the financial support from them.”



Another highlight for Bowman is simply making The Watchmen, which she hopes will be released in March, April or May.

“At times, it felt difficult for me to walk the creation of this album out. It still feels difficult as I reach the end. But I had good friends working on it with me, so I never felt alone in the recording process. Most of the people that worked on it I know personally and have great respect for! Those that I didn’t know personally, I still wanted to work with them because I respected their work.”

While Bowman admits at one time she wanted to be a mega star with background dancers and costume changes and even a punk rocker with her raspberry metallic guitar and (at the time) black hair, her dream of singing has continually changed.

“Now, I just want to figure out how to be the first Meghan Bowman.”

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