

Catching Dust in Mid Air

THE LYRICS

Catching Dust in Mid Air is a unique musical experience illuminating the daily experiences of those caring for someone with dementia.

Download Mp3s of the songs on Carers Victoria's website:

<http://www.carersvictoria.org.au/file-assets/audio-files/catching-dust/>

1. My Portrait of You

Vocalist: **Martin Croft**
Lyrics: **J Dean, P De Cotta, G Kenny, M Laverick, L Ozolins, L Quinn, L Zaffaroni**
Music: **L Quinn**
Backing Vocals: **Cliff Bowden**
Drums: **Peter Marin**
Bass: **Ash Smith**
Acoustic Guitar: **Dylan Musovic**
Pedal Steel: **Ed Bates**
Percussion Programming by: **Steve Paix**

*I sometimes wonder where you are?
Am I somewhere in your thoughts?
A whole heap of love takes me to this stage
Of caring for you because*

(Chorus)

*Through the eyes of others in you they see
A change with the turning of time
But my commitment to you
Our timeless memories
Keeps my portrait of you in my mind*

*I think of the sacrifice you would make for me
And I know this truth
If life was different, your portrait of me
Would be as beautiful as how I see you*

(Chorus)

*With time the canvas frays at the edges
As life tests our patience and love
Dust and cobwebs collect in the corners
As the colours fade with time*

(Chorus)

*My portrait will stay ever so beautiful
Clear and true in my mind
Clear and true in my mind*

2. What is it like?

Vocalist: **Kristin Keam**
Lyrics: **Z Bellofiore, N Curnow, L Quinn, R Simone, M Terelst**
Music: **L Quinn**
Drums: **Leigh Fisher**
Bass: **Ash Smith**
Cello: **Anita Hillman**
Vibraphones: **Jimi Wyatt**
Keyboards: **Steve Paix**

*What is it like to freely say the word 'No'?
Is this a word that I am frightened of?
Do I stand up and say it, to put myself first?
Do I really believe I am worth putting first?
What is it like to freely say the word 'No'?*

Do I use the word 'No' to truly say how I feel?

*"No I'm not fine, I can't do this on my own."
"No I can't help you, 'cause the time I have spare*

Is devoted to someone who needs me there"

Can I use "No" to truly say how I feel?

Is it my nature, or the role that I play?

Am I taken for granted?

Would it help if I say that in order to give I must ask for love in return?

Why is it hard at times to say the word 'No'?

What do I feel the consequence will be?

Will I be rejected, not liked anymore?

Seen as strange 'cause I haven't said 'No' before?

It's really hard at times to say the word 'No'.

Can I stand up and say it, to put myself first?

Can I really believe I am worth putting first?

Yes, it is hard at times to say the word 'No'

3. Just for today

Vocalist: **Michelle Nicolle**
Lyrics: **Z Bellofiore, N Curnow, L Quinn, R Simone, M Terelst**
Music: **L Quinn**
Arrangement: **M Nicolle, S Paix**
Drums: **Leigh Fisher**
Bass: **Ash Smith**
Piano: **Jarrah Whyte**
Guitar: **Diego Villalta-Lazo**

Just for today you can get your own breakfast

Go to the toilet on your own

Just for today you can care for your own self

I just want some time on my own

Just for today, don't you wanna be showered?

*Well then go ahead... shower yourself!
Just for today, you can dress your own self
Remember your undies are not on your
head*

*Wash your own dishes, hey that would be
nice
Bring the right rubbish bin in
Ring for your own hearing aid batteries
I'm not your personal secretary
They are your own teeth so brush them
yourself
I'm very tired of reminding you
Today I'm not taking you out in the car
Today your questions are driving me mad!*

*Just for today in my own mind I'm wishing
That you and dementia had NEVER met
Just for today I feel overwhelming
frustration
Anger mixed with regret*

*Just for today don't be "Me and my
shadow"
If I wanted that I'd sing you the song
There are no ghosts, snakes or chickens
inside
For the millionth time, there IS nothing
wrong
Stop asking questions over and over
Over and over and over again
Today there is sunshine, no smoke or no
storms
All this I ask just for today*

4. Four Seasons

Vocalist: **PJ Buchanan**
Lyrics: **W Backman, P McConwell, L Quinn, S
Sayer, A Sevoir**
Music: **L Quinn**
Piano: **Steve Paix**
Strings Programmed and Arranged: **Steve Paix**

*The sun sets on another four seasons
As I sit with the one that I love
I reflect on the person I was years before
With the power of strength I've become*

*The day began with the warmth of Summer
With "What can I do for you?"
Or "Yes, I will have that shower"
"Thanks for today" and "I love you"*

*The sun sets on another four seasons
With a tear for the person I've lost
Missing the warmth of that friendship and
love
Which right now is so hard to accept*

*Winter was next with that distant, cold
stare,
And a chill at what lies ahead, as I fend off
the doubts
Such as "Can I do this?" with "I can only do
my best"*

*The sun sets on another four seasons
As I ponder the challenge ahead
I ask God to help me forgive myself
For today, when not at my best*

*For Spring was just 'round the corner
When I thought of the good times we've
shared.
Then Autumn tapped me on the shoulder
Saying "From hardship comes beauty and
strength"*

*I know seasons will continue
For as long as I choose to care
All I ask You is please take my loved one
with You
Before these seasons are no longer here*

5. Walk the Walk

Vocalist: **Cherine Peck**
Lyrics: **C Laurent, M Morin, L Quinn, M Sauza, W
Zenko**
Music: **L Quinn**
Backing Vocals: **Jessica Moussi**
Drums: **Leigh Fisher**
Bass: **Ash Smith**
Keyboards: **Steve Paix**

*Take a long hard look at yourself
See what you've become
Every little move that you make
Is caring for someone
They look good, you look exhausted
But there's something you can do
Think about the skills you've developed
And apply them all to you*

(Chorus):

*Walk the walk, not just the talk (x3)
I'm gonna walk the walk for me*

*Hey, take a glorious look at the skills that
you have learnt
You don't stop for what you want
In the name of the one you love
You're always thinking, doing for others
Instead of for yourself
Don't forget that the meaning of 'selfish'
Is caring for yourself*

(Chorus)

*Reward myself, take time for myself
Tell myself "I'm grand for all that I do."*

For the person who needs that helping hand."

(Chorus)

7. It's not a normal part of ageing

Vocalist: **Lexi Ross**
Lyrics: **G Gerrand, R Huisman, P Meerwald, M Lazaro, L Quinn**
Music: **J Glendenning, L Quinn**
Drums: **Peter Marin**
Bass: **Ash Smith**
Electric Guitars: **Gary Horn, Jimi Wyatt, Brenden Wright**
Keyboards: **Steve Paix**

*I sit here all churned up, with my loved one beside me
Desperate to be heard, be understood in any way
You, my doctor, are my first and my main hope
For an answer to my loved one's changed ways*

(Chorus)

*It's just not pills I want, I sense this can't be cured
There's something wrong, I'm almost sure I know
All that I ask is your help to prove
That it's not a normal part of ageing
I'm not going mad, my mind's not being played with
So let's start by describing the utter relief
Of a true diagnosis for us
Then we can move on with more courage
(x2)*

(Chorus)

*Don't get me wrong, I will shed a tear
For the loved one I see changing before me
But nothing can compare to the depth of despair I feel
As I search for an answer.....alone
An answer won't change things, this I know is true
It's help that I long for, just to be understood
Creative care for my loved one, respite time for me
Will give me strength to keep going on
Something was wrong I felt there was no cure
I really knew I needed your help
Thank you so much for proving to me
That it's not a normal part of ageing (x3)*

8. Together but Alone

Vocalist: **Peta Doodson**
Lyrics: **S Gillingham, J Hunter, L Quinn, A Sulsenti**
Music: **L Quinn**
Piano: **Steve Paix**
Violins: **Jessica Hillman**
Viola: **Robert Hillman**
Cello: **Anita Hillman**
String Arrangements: **A.Jackson & KS Ross**

(Chorus)

*The phone is my lifeline
To the outside world
When I'm needing company
The TV gets turned on
Dementia has played a part
In what we have become
Together but alone,
In a house not a home*

*The crazy part is
When I want time on my own
To meet with friends, family
Or just talk on the phone
The questions start, like
"Who is that?"
And "Why can't I come?"*

Together but alone, in a house not a home

*If home is where the heart is
If that's where it's to be
I've no idea where home is
That restful place for me
Is it by your side or with my family?
Am I alone or just lonely?*

(Chorus)

*Together but alone
In a house not a home*

9. Anger

Vocalist: **Billie Wilde**
Lyrics: **C Baird, J Degering, V Dunn, M Keddie, C Ness, L Quinn**
Music: **L Quinn**
Drums: **Peter Marin**
Bass: **Ash Smith**
Electric Guitar: **Jimi Wyatt**
Acoustic Guitar: **Dylan Musovic**
Keyboards: **Steve Paix**

*I can never win. I'm stupid, I must be mad
To others you're pleasant
But I am your scapegoat
The best goat that you've ever had!
Why can't your ending be faster
Saving us both from this stress?
I'm in a room with no windows or doors
Walk me away from this mess 'cause*

(Chorus)

*Sometimes I hate you and resent you
What did I do to deserve all of this?
I'm not the type to be violent but
sometimes...
This anger leads me to think...to think...*

*For God's sake please shut up!
Nothing you say's making sense
Sometimes I wonder...
If you love me or hate me
Why is our life like this?*

*Thumping headaches, I want to scream
I want to burst. Should I hit something?
Go for a walk, maybe never, never come
back
This anger leads me to think...to
think...that*

(Chorus)

*This anger leads me to think...to think...to
think*

10. Laugh Again

Vocalist: **Paul McCarthy**
Lyrics: **I Bliszczyk, P Chetcuti, I Cipriani, A Depares, E Frank, P Joy, A Luo, E McMillan, L Quinn, M Salitra, T Surniak**
Music: **L Quinn**
Backing Vocals: **Loretta Quinn & Will Conyers**
Drums: **Leigh Fisher**
Bass: **Ash Smith**
Guitar: **Mario Lattuada**
Saxophone: **Steve Paix**
Keyboards: **Steve Paix**

*Here I am again, waving brooms in the air
Shooing birds out windows
That never were ever there.
What if they could see me now?
What in the world would they say?
What do I care that there's no birds out
there...?
It's funny anyway!*

*Here I go again another sleepless night
Thanks to dementia
I'm being carer in the pale moon light
Playing the part in another story
So sooner we'll all be back to bed
That word called sleep
It's just a fantasy in my head*

*Yes this is hard work, This I will grant
myself
I won't deny that I cry
When I think of the future, I ask myself
"Who will be the first one to die?"*

*So here I go, feeling heavy again
With the weight on my shoulders*

*That I must grow older being carer 'til when
You are no longer here with me
But each step that we take until then*

*I hope the grace we are given
Each day we're livin'. To laugh again (x2)*

11. Behind Shadows There's Light

Vocalist: **Carla Hillam**
Lyrics: **F Brassington, M Campbell, J Lukey, J Moore, M Penteli, L Quinn, K Signari**
Music: **L Quinn**
Drums: **Peter Marin**
Bass: **Ash Smith**
Violins: **Jessica Hillman**
Viola: **Robert Hillman**
Cello: **Anita Hillman**
String Arrangements: **Ashley Jackson & K.S. Ross**

(Chorus)

*May hope always guide me
Each hour of each day
To accept what I can't change
Including the pain
As the shadows fall on the one that I love
May I never forget
Behind shadows, there's light*

*Dementia is truly 'time on the edge'
With its highs and its lows
It's just that the lows cut deeper than the
rest
When do the tears end?*

(Chorus)

*No day's the same, with the changes I see
Emotions never known before
Helplessness, fear of what lies ahead
Guilt – I should be doing more*

(Chorus)

*Dementia is strengthening, in a way a
teacher
As it weaves and winds its strange way.
Through it we learn
To appreciate the small things
So, with new strength, I pray*

(Chorus)