

# London's multi-genre star enjoys giving back

**By: Sean Meyer, Our London**  
Rose Cora Perry is first to admit she's a difficult person to pigeonhole.

as a grown woman, as an adult. I feel good about who I am. Not everything I do might turn out wonderfully, be well accepted, but it is genuine, it's authentic. I'm very proud of where I've gone and want to see where it could go."

One of the other ways Perry enjoys expressing her creativity is through her modeling. Having been told by many agents she wasn't tall enough or thin enough to make it professionally, she couldn't care less. As with most things in her life, Perry models because she has fun with it.

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**"I think everyone deserves to feel beautiful, irrespective of what they look like."**

*Rose Cora Perry  
Musician, (role)model*

"Especially as somebody who as a teenager had an eating disorder, I struggled a lot with my personal appearance and my own self-esteem. I think

everyone deserves to feel beautiful, irrespective of what they look like," Perry said. "Embrace what you've got, work it to your full potential, and feel awesome about yourself. I think every woman — guys too — should at least once in their life do a photoshoot. Dress up, have fun with it. It's a sense of empowerment."

Something else Perry has fun with is getting involved in the community. On a regular basis she

will look for coming events, reach out to the people organizing them, and ask if there is a need for an emcee.

A lot of the times these organizations, Perry said, have strong committees behind them, people with many awesome ideas, but they're all terrified to be up on stage holding the microphone.

As being in the spotlight is second nature to her, she's been more than happy to help emcee numerous events.

One of those is the upcoming Walk & Talk for Mental Health on Saturday, Feb. 27. Last year, the walk raised \$25,000, more than its goal for the London and District Distress Centre.

Perry said issues of depression and mental health are important to her, not only because she can personally relate, but because of too many friends and fellow musicians she's lost over the years due to drugs.

Those addictions, she adds, often stem from depression and instability.

It's a situation she wants to rally people against.

"We need to be more open, have dialogues about these things," Perry said. "It may just be a walk in London, but that doesn't mean it isn't going to change one person's life. Shouldn't that be at least be the goal?"



SUBMITTED PHOTO

A graduate of both Western University and Fanshawe College, Perry's music career has known considerable success.

Not only has she released successful albums — both solo and as part of her bands Her (2001-04) and Anti-Hero (2005-08) — but Perry has performed before upwards of 500,000 people in her career (including at festival such as Canadian Music Week, North by Northeast, Pittsburgh's Three Rivers Regatta, and Warped Tour), and she even walked the red carpet at the Grammy Awards in 2011.

Married since 2014, Perry describes herself as "a more mature version" of the person she used to be growing up.

"I was dealing with being the weird kid that always felt alienated and isolated. I was dealing with issues of self-esteem and feeling like I never belonged, and not really liking myself all that much," Perry said. "Now,

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