

The story of LANA 3 – As told by LANA 3 co-founder / multi-instrumentalist, Mike Normandin:

About 25 years ago, my band Stonehenge was once again back in The College of Saint Roses' infamous "Saints and Sinners" recording studio. At the time, I was a 20-yr old enthusiastic undergrad student of computers and music, and we were in the middle of recording "The Warriors", a 5-song follow-up release from Stonehenge, a capital-district rock/metal band I co-founded and played drums for. This recording session was part of a music student project which incidentally was a perk I took advantage of many times while at CSR! Sister Mary Anne Nelson was doing her wizardry overseeing and advising all of us, and fellow student Bob Leonard, was manning the console. I had recorded many times with Bob before and felt very comfortable with him and his command of the board and related equipment (plus he loved to mic the drums!) During one of these "Warriors" recording sessions, I met Bob's 2 younger brothers Michael and Rick when they stopped by for an unexpected visit to check out big brother Bob in action, and listen to Stonehenge play. In fact, on the title track, we had a need for some additional voices to sing a choral chant during the middle section, and I recall an exuberant 18-yr old Michael stepping in to help out. At the time, I assumed that would be the one and only time I would ever do anything musically with Michael or Rick...boy was I wrong.

Fast forward to 2004, I received a phone call literally out of the blue from Michael asking me if I might be interested in playing drums on a song that he and his brother Rick wrote for their band at the time, Teaser, as part of a 9/11 tribute compilation CD. I will never forget how flattered and appreciated I felt when Michael explained to me his fondness for my drumming, and that I was his only choice. The timing of his call couldn't have been better as the band I co-founded and played guitar/keyboards/drums in, Second Hand Smoke, had recently broken up, and I was looking for the right opportunity to play. The thought of re-hooking up with Michael and Rick 18 years later from that day at Saint Rose just felt right, and I enthusiastically accepted. I provided Michael a demo CD of some drum tracks, as well as a few different versions of the song with bass and percussion that I put together in my home studio. Looking back, I think the versatility I presented on this demo CD might have been the beginning stages of LANA 3, but I don't think any of us realized it just yet. We recorded "(I'm Just Your) Fireman" together as a 5-piece band and played a live show to promote the CD at Northern Lights. Shortly thereafter, I was invited to play drums in Teaser full time and we played many memorable live shows together throughout the Capital Region and Saratoga/Glens Falls/Lake George areas.

When Teaser disbanded in 2006, Michael, Rick and I realized we still had a persistent desire to keep playing and recording music together. This initially started in the form of rehearsing and performing cover songs as a 3-piece acoustic trio in my home studio with Michael on vocals, Rick on keys, and me on guitar. Attempts at getting a full band together seemed to never materialize and it left us as a trio. During one of our regular rehearsals, we started playing around with some original ideas. This snowballed into a focused effort into writing and recording an 11-song original CD over the next couple of years with Michael on lead vocals, Rick on keys, synth, percussion and sax, and me playing guitars, bass, drums and percussion. We decided to call the band LANA 3 (pronounced lah'-nah), and titled our debut release "Persistence Through Time", as that phrase so perfectly captures the essence of our musical careers, and our collective desire to succeed in the music business despite all of life's interruptions, obstacles and many other priorities. "Persistence Through Time" presents a full-band wall of sound from just 3 very motivated people and is now available electronically on CDBaby, iTunes, Facebook, and all the other major electronic distribution channels as well as traditional physical copies (the physical CDs are in an elegant digipak format - complete with lyrics, pictures and very cool artwork). LANA 3 has released its first music video, "Runnin' Outta Luck", on YouTube, and has a growing presence on Facebook. We are currently recording a 5-song demo CD of some of our favorite cover songs at Stormin' Productions (my home studio), rehearsing for some live acoustic shows in 2012, and also working on film and soundtrack opportunities with many major national music labels.

It's amazing to me to think how one innocent interaction 25 years ago could set the stage for such a strong love of music and the mutual respect we have for each other and our respective talents. LANA 3 is determined to succeed on its own terms, keeping its priorities in check - no matter how long it takes. Our Persistence Through Time got us this far, and we look forward to the future! Check out [www.lana3.com](http://www.lana3.com) or [www.facebook.com/lanathree](http://www.facebook.com/lanathree) for more information.