



Top Boston Indie Artist Alastair Moock Releases Album for Kids with (and without) Cancer

Singing Our Way Through Songs for the World's Bravest Kids

Top National Children's & Folk Artists are Featured; CD is Available Nationally on July 9th, 2013

Boston, May 28, 2013 - *The Singing Our Way Through* project was created by Boston musician and father Alastair Moock. Last July, one of Alastair's twin five-year-old daughters was diagnosed with ALL (acute lymphoblastic leukemia). "It felt like we were drowning," says Moock. "For the first week or so, my wife and I walked around the hospital in a trance. Then I went home and got my guitar."

Over the course of the next hospital-bound month, Alastair and his daughter, Clio, sang and wrote songs together in her room. "It was amazing how her mood brightened in those moments. The effect was tangible."

After Clio returned home and cancer treatment became the new normal for the Moock family, Alastair continued to write songs about the experience. "Singing together in the hospital was transformative, not just for Clio, but for me. It reminded me how powerful music can be," says Moock, "and I wanted to bring that experience to other kids and families going through the same thing."

Alastair's idea was to create an album that could be used as a free resource for patients and pediatric oncology programs around the country. Some of the songs he wrote over the next few months were specific to cancer, others were more universal, but all of them were about helping kids and families "own" their experience of illness.

"A friend of mine who survived breast cancer said to me early on, 'This is a club no one wants to join, but it has the best members.' She was right. I think people dealing with serious illness come to appreciate life in a new way," says Alastair. "That's the album I wanted to make: not a cancer album, a life album."

In January 2013, Alastair took the songs he had written, along with a few carefully chosen others, into the studio to record *Singing Our Way Through: Songs for the World's Bravest Kids*. He was joined by friends and collaborators from the world of Americana music, including blues legend Chris Smither, folk singer Aoife O'Donovan (vocalist for the 2013 Grammy-winning *Goat Rodeo Sessions*, Best Folk Album), and family music artists Rani Arbo, The Okee Dokee Brothers (2013 Grammy-winners, Best Children's Album) and Elizabeth Mitchell (2013 Grammy-nominee, Best Children's Album).

To finance the album, Moock started a crowd-funding campaign, which was far more successful than he had expected. Says Moock, "I was overwhelmed by the support of friends and fans. My goal was to raise \$10,000, which would have been the bare minimum required to record the album. We raised nearly triple that."

The money from that campaign, along with sales of the album to the general public through online and traditional retail outlets, will allow Moock to put the album into the hands of children and families living with cancer. Moock also plans to tour behind the album with his band, making appearances at hospitals and summer camp programs for kids with cancer and other life-threatening illnesses.

A CD release concert is scheduled for July 24th at the Wolf Trap Family Theatre in Washington, DC and a gala Boston release show, complete with a children's chorus from The Dana Farber Jimmy Fund Clinic, is scheduled for September 21st at The Center for the Arts at the Armory in Somerville, MA.

There is a seriousness of purpose to the songs on "Singing Our Way Through," but also a great deal of joy. You can hear both in the opening of "I Am the Light," the song-poem that begins the album:

C is for cancer, that's growing in me
A is for able, that's what I will be
Able to bend like a tree in the wind
My branches are strong even though they are thin

In songs like "When I Get Bald," Moock demonstrates his ability to be both playful and pointed at the same time. "There's so much you can't control about cancer," says Moock, "but what interests me most as a writer – and a parent of a kid with cancer – are the parts you can control. Being bald is cool if we choose to make it cool."

"My hope is to bring some joy to kids with cancer," says Moock, "and to bring some joy, and a little bit of education, to kids without cancer. But the ultimate goal is to get kids and parents singing together. If this album accomplishes that, it will be a success."

Moock plans a busy family concert season this fall. Visit <http://www.moockmusic.com> for updates.

About Alastair Moock

Alastair Moock is a two-time NAPPA Gold Award Winner and a Parents' Choice Silver Award Winner. Before he launched his family music career in 2009, he was already a critically acclaimed singer-songwriter on the Boston folk scene. Since 1995, he has toured throughout the US and Europe and won top honors at many of the country's most prestigious songwriting contests. In 2000 he started a roots music series in Boston called Pastures of Plenty which continues to bring together some of the region's best songwriters and musicians for shows that The Boston Globe calls "the hippest hootenannies in town." The guitarist and banjo player was nominated in 2007 for a Boston Music Award for Outstanding Singer-Songwriter of the Year. Alastair lives near Boston with his wife and twin daughters.

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CDs and interviews available on request; High-res photos at www.moockmusic.com/press.php

Singing Our Way Through - Tracks

1. I Am the Light
2. When I Get Bald
3. I'm a Little Monkey
4. Take a Little Walk with Me (with Elizabeth Mitchell)
5. Hard Travelin' (with The Okee Dokee Brothers)
6. Have You Ever Been Jealous? (with Rani Arbo)
7. B-R-A-V-E
8. You've Got a Friend in Me (with Chris Smither)
9. Joy Comes Back
10. Take Care of Your Grownups
11. Walk On
12. Home When I Hold You (with Aoife O'Donovan)
13. This Little Light of Mine (with The World's Bravest Kids)