



Top Boston Indie Artist Alastair Moock Releases Second Family Music Release

These Are My Friends

Top Boston Folk Artists Are Featured; CD Is Available Nationally On October 4th

"These real-life family songs are as sweetly satisfying as a mouthful of caramel, sung in an affable leap-froggy baritone, but they're not confections. They examine the real struggles of childhood, nighttime fears, drowsy mornings, grown-ups who don't get it and the quest for who we really are in this world, as crucial at six as it is at sixty."

– **Scott Alarik, music writer, Boston Globe and Sing Out!**

"Alastair Moock's CD is the musical equivalent of a big semi-raucous family reunion — people laughing, singing, and, above all, having fun." – **Bill Childs, Spare the Rock**

"Handcrafted American roots music sharply focused on the wonderment of early childhood... I love this album." – **Jeff Bogle, OWTK**

Boston, August 11, 2011 - There's nothing more fun than a family hootenanny, and Alastair Moock's forthcoming second family music release offers up 14 rootsy songs that will have kids and parents alike singing, dancing, and reveling in America's great musical traditions. ***These Are My Friends*** will be available from Moockshake Music on October 4th.

These Are My Friends follows Moock's award-winning family music debut, *A Cow Says Moock*. That album won a 2010 NAPPA Gold Award, a Parents' Choice "Recommended" Award, and was a Boston Children's Music Favorite Album of the Year.

For *These Are My Friends*, Moock invited a Who's Who of Boston folk and acoustic musicians to join him, including **Rani Arbo, Mark Erelli, Vanessa Trien, Lori McKenna, Anand Nayak, Kris Delmhorst, Scott Kessel, Jennifer Kimball, Rose Polenzani** and **Paul Kochanski**. These artists are all friends and colleagues of Moock who has, himself, been a staple of the Boston music scene for years. "For me, music is all about building community — among musicians and between musicians and audience members," says Moock. "It's all about breaking down barriers and bringing people together."

These Are My Friend kicks off with the humorous title song, in which almost anything can become a friend — from a paper clip to French fries to an invisible pal named Lucy. Next up is the rousing wake-up song "Feets Up" (with Rani Arbo). Other standouts are the Woody Guthrie classic "Mail Myself to You," an ode to home-grown food called "Didn't Know What I Was Missing" (with Lori

McKenna) and the fractured nursery rhyme “CBAs and a Twinkle Baa” (with Anand Nyack). Preschoolers will identify with Moock’s “Three Like Me” (with Vanessa Trien) and everyone can sing along with the traditional “Green Green Rocky Road” (with Kris Delmhorst). “Born To Dance” was inspired by the enthusiastic flailings of Moock’s twin daughters, Elsa and Clio.

Like Pete Seeger and others from an earlier generation of folk music, Moock makes little distinction between his own songs and cover material. For him, it’s all part of a continuum — a collaboration between the old and the new. “There’s this whole wonderful world of American roots music out there,” says Moock. “I’ve spent my life trying to share this heritage with people of all ages.” When he’s not performing family concerts, Moock frequently visits schools through Young Audiences of Massachusetts, presenting an assembly program called “Music and Social Change” which links folk music to important American historical moments.

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

About Alastair Moock

Before he launched his family music career in 2009, Alastair Moock 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 says his musical career began when his dad brought him a Pete Seeger and Arlo Guthrie concert when he was 10 years old. He played cello as a kid, and is now an acclaimed guitarist and banjo player. Alastair lives near Boston with his wife and twin daughters.

Alastair Moock’s family concert tour highlights

- September 10 – Club Passim, Cambridge, MA — Boston release concert
- September 24 – Center for the Arts, Natick, MA — Boston Metro-West release concert
- October 23 – 92Y Tribeca, NYC — NYC release concert
- November 5 – Regent Theatre, Arlington, MA
- December 3 – Jammin’ Java, Washington, DC
- December 17 – Coolidge Corner Theater, Brookline, MA

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

These Are My Friends - Tracks

1. **These Are My Friends**
2. **Feets Up (feat. Rani Arbo)**
3. **Ladybugs’ Picnic (feat. Mark Erelli)**
4. **Mail Myself to You**
5. **Didn’t Know What I Was Missing (feat. Lori McKenna)**
6. **CBAs and A Twinkle Baa (feat. Anand Nayak)**
7. **Born to Dance (feat. Anand Nayak)**
8. **Three Like Me (feat. Vanessa Trien)**
9. **RePete**
10. **Yes Indeed (feat. The Moockettes)**
11. **A Scary Song**
12. **From Me to You**
13. **Green Green Rocky Road (feat. Kris Delmhorst)**
14. **A Twinkle Baa Reprise (feat. Clio and Elsa Moock)**