

ALASTAIR MOOCK & FRIENDS

SINGING OUR WAY THROUGH:



 **SONGS FOR
THE WORLD'S
BRAVEST KIDS**

In July of 2012, one of my twin five-year-old daughters was diagnosed with leukemia. It felt like we were drowning. 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 next hospital-bound month, I sang to Clio almost every day. When she felt up to it, she sang with me and we even started to write songs together (starting with I'm a Little Monkey and Take a Little Walk with Me, included here). Music's a big part of my life, but I was amazed by the transformative power of what we created together in that hospital room. Music truly can heal.

This project grew out of that experience. I wanted to share what Clio and I discovered with other kids and families traveling similar paths. Over the next few months, I wrote and collected songs that reflected our thoughts and feelings – the love, the pride, the (surprising amount of) joy, and some of the more difficult parts too.

These songs are about all of that. But mostly they're songs to be sung. Whether you're a family with a child who's a patient, a grownup who's a patient, or just a family who loves each other, these songs are for you – from us.

Alastair James Easo Clio ☺

For more information about this project, including free downloads for patients, hospital bookings, videos, and more, please visit: www.singingourway.com

ALASTAIR MOOCK

vocals, acoustic guitar

ANAND NAYAK

electric and slide resonator guitars, kazoo, mandolin, acoustic guitar (8),
second *Joy* vocal, background vocals on *Bald*, *Brave*, and others

PAUL KOCHANSKI

upright and electric bass, background vocals

SCOTT KESSEL

drums, percussion, kalimba, background vocals

WITH

MARK ERELLI - lap steel guitar (3, 6), harmonica (10), mandolin (13), fourth *Joy* vocal, background vocals (3, 6) JAMIE WALKER - mandolin (10), electric guitar (11), third *Joy* vocal, background vocals (10, 11) DINTY CHILD - accordion (4, 10, 13), pump organ (4), piano (6), mandocello (13) RANI ARBO - vocals (3, 6, 10) ALAN KAUFMAN - fiddle (3, 6) JIM FITTING - harmonica (5, 8) JIM GAMBINO - Hammond organ (9, 11)

THE WORLD'S BRAVEST KIDS

(on *This Little Light of Mine* and *Have You Ever Been Jealous?*) are patients, former patients, and siblings who have been through the wringer and are standing tall and proud. They are: **Sicilia Campbell, Richi Garcia, Hannah Keenan, Mia Jewell, Alexa Kelly, Clio Moock** (intro on *Light*), **Elsa Moock, Bennett & Lilly Olson, Maddy Salvesson, and Ana & Elena Protasowicki.**

The other amazing kids voices on this album are: Alouette Batteau, Clare & Maggie Benanti, Marlie Carey, Amelia Chalfant, Isabella DeHerdt, Graeme Elson, Molly Kleiner, Mia Markley, Lyra Polcaro, Kate & Molly Wieneke, and Cameron & Sabrina Wolf.

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For taking such wonderful care of us, my family and I can never thank enough the medical and child life staff at The Jimmy Fund Clinic / Boston Children's Hospital, The Floating Hospital for Children, Our Space Inc., and especially all of our dear family and friends.




Produced by ALASTAIR MOOCK and ANAND NAYAK

Recorded & Mixed by CHRIS RIVAL
at Middleville Studio, North Reading, MA
(additional recording by ANAND NAYAK at
Sackamusic, Conway, MA)

Mastered by IAN KENNEDY at New Alliance East, Cambridge, MA

Design & Illustrations by LORI SALMERI

All songs written by Alastair Moock ©2013 Moockshake Music (ASCAP) and arranged by Alastair Moock and Anand Nayak, Dizzydog Music (ASCAP), except as noted: *I Am the Light*, words by A. Moock & music by A. Nayak; *Take Care of Your Grownups* by A. Moock & A. Nayak; *I'm a Little Monkey* and *Take a Little Walk with Me* by A. & C. Moock; *Hard Travelin'* by Woody Guthrie, Ludlow Music Inc. (hospital verse by A. Moock); *You've Got a Friend in Me* by Randy Newman, Walt Disney Music Co.; *Joy Comes Back* by Sean Staples, Wesley Park Music; *Walk On* by Brownie & Ruthie McGhee, Cromwell Music Inc. (new verses by A. Moock); *This Little Light of Mine*, traditional.

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1. **I Am the Light** (2:19)
 2. **When I Get Bald** (3:59)
 3. **I'm a Little Monkey** (2:40)
 4. **Take a Little Walk with Me** (3:30)
with Elizabeth Mitchell
 5. **Hard Travelin'** (2:36)
with The Okee Dokee Brothers
 6. **Have You Ever Been Jealous?** (3:24)
with Rani Arbo
 7. **B-R-A-V-E** (1:17)
 8. **You've Got a Friend in Me** (2:46)
with Chris Smither
 9. **Joy Comes Back** (2:48)
 10. **Take Care of Your Grownups** (3:21)
 11. **Walk On** (3:40)
 12. **Home When I Hold You** (2:40)
with Aoife O'Donovan
 13. **This Little Light of Mine** (3:48)
with The World's Bravest Kids