

# BE A PAIN

a

*An Album for Young  
(and Old) Leaders*

ALASTAIR MOOCK & FRIENDS

# BE a PAIN



**THIS ALBUM IS DEDICATED TO  
THE NEXT GENERATION OF LEADERS.  
'TIS THE SEASON, GRAB YOUR HAMMER,  
LET'S GET TO WORK.**

**ALASTAIR MOOCK** – vocals, acoustic guitar  
**ANAND NAYAK** – electric guitar, piano, ukulele,  
sampler, banjo (1, 9, 11), electric bass (4),  
additional percussion, background vocals  
**ERIC ROYER** – banjo, dobro, pedal steel guitar  
**PAUL KOCHANSKI** – upright and electric bass  
**SCOTT KESSEL** – drums, percussion

— *with* —

Sean Staples – mandolin (1, 3, 5, 11, 14)  
Jamie Walker – electric guitar (2, 4, 7, 14)  
Lily Sexton – fiddle (1, 5, 11)  
JJ O'Connell – additional percussion (9)

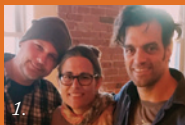
The “Be a Pain” chorus is Rani Arbo, Kris Delmhurst, Mark Erelli, Sean Staples, Anand Nayak and Boston City Singers. BCS also sing on tracks 4 & 9, and Mark sings on tracks 3 & 5. The smart kids on “What is a Leader?” are Elm Moock, Jakob Weidemann, Clio Moock, Alana Atwell, Jack Nayak and Sam Thomas.

Special thanks to Jane Roper, Polly Fiveash, Stephanie Rothschild, Beth Blenz-Clucas, Jeff Rich, Naoko Funayama, the Kamenski family, Iris Chin Ponte and Henry Frost Children’s Program, and all Boston City Singers staff, especially Wendy Silverberg and Josh DeWitte.



# THANK YOU

to the incredible community of musicians and change-makers who gave their time and hearts to this project.



For news, tour dates, lyrics,  
videos and more visit:  
[www.moockmusic.com](http://www.moockmusic.com)

Produced by  
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**KEVIN BUTLER**  
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*Additional recording by Anand Nayak,  
Sean Staples, Mark Erelli, Kris Delmhorst,  
Brian Amador and Tom White*

Design by  
**TOM PAPPALARDO**  
Standard Design

All songs written by Alastair Moock ©2020 Moockshake Music (ASCAP), and arranged by Alastair Moock and Anand Nayak, Dizzydog Music (ASCAP), except as noted: "Kids Can Do Great Things" and "No Wall (Ninguna Pared)" written by A. Moock and A. Nayak (Spanish translations for "No Wall" by Brian Amador); "I Am Malala" written by A. Moock and Debbie Lan, Debbie Lan Music (ASCAP); "Planting Seeds," written by A. Moock and Sean Staples, Wesley Park Music (BMI); "One Foot / Lead with Love," written by Melanite DeMore, MeMaMusic (BMI); "Freight Train," written by Elizabeth Cotten, Figs D Music Inc; "If I Had a Hammer (The Hammer Song)," written by Lee Hayes and Pete Seeger, Ludlow Music Inc; "Go Pete Go (Grab Your Hammer)" is based on the traditional tune "Old Joe Clark."

Band photo, left to right: Eric, Scott, Anand, Moock, Jamie, Paul (©Jeff Rich Photography). All other photos by Moock and Anand, except as noted: 1. Moock, Rani & Anand; 2. Reggie (©Tom Radcliffe); 3. Sean; 4. Melanie (©Vaschelle André); 5. Elm, Moock & Jane; 6. Crys (©Jeff Fasano); 7. Alisa, Brian & Rosi (©Robert Torres); 8. Heather (©Rah Foard); 9. Mark & Clio; 10. Rani (©Joanna Chattman); 11. Heather, Moock & Crys; 12. Kris (©Shervin Lainez); 13. Lily.

- 1. WHAT IS A LEADER?** *Feat. Rani Arbo & some smart kids (3:20)*
- 2. BE A PAIN** *(3:56)*
- 3. EVERYBODY WAS A KID** *Feat. Mark Erelli (4:22)*
- 4. GET TO WORK** *Feat. Boston City Singers (3:09)*
- 5. GO PETE GO (GRAB YOUR HAMMER)** *(5:15)*
- 6. INTRO TO ONE FOOT / LEAD WITH LOVE** *Feat. Melanie DeMore (0:49)*
- 7. ONE FOOT / LEAD WITH LOVE** *Feat. Crys Matthews (2:58)*
- 8. NO WALL (NINGUNA PARED)** *Feat. Sol y Canto & Alisa Amador (4:21)*
- 9. I AM MALALA** *Feat. Reggie Harris (2:44)*
- 10. FREIGHT TRAIN / THE STORY OF ELIZABETH COTTEN** *(4:35)*
- 11. IF I HAD A HAMMER** *Feat. Clio Moock (3:25)*
- 12. GO SHINE (SONG FOR ELM)** *Feat. Heather Mae (2:58)*
- 13. KIDS CAN DO GREAT THINGS** *Feat. Kris Delmhurst (2:38)*
- 14. PLANTING SEEDS** *Feat. Sean Staples (4:06)*
- 15. WHAT WE TELL OUR CHILDREN** *(2:34)*

