

*“Don’t Be Quiet,  
Make a Riot,  
Be a Pain”*

## ALASTAIR MOOCK RELEASES FAMILY ALBUM ABOUT LEADERSHIP AND ACTIVISM

Successful crowdfunding effort supports the Be a Pain Education Fund, which brings free programming to underserved schools.

To honor the power of youth to make positive change, Grammy-nominated Boston songwriter Alastair Moock will release a rootsy and inclusive album called *Be a Pain: An Album for Young (and Old) Leaders* on April 3. The album is a joyful, musical rallying cry for young (and old) leaders in these turbulent times. It looks to the heroes of our past (Dr. King, Harvey Milk, Billie Jean King, Pete Seeger, Cesar Chavez, Rosa Parks, Malcolm X) and our present (Malala Yousafzai, the Parkland student protestors, climate change marchers) to inspire our kids to move the ball forward. For more information, visit [moockmusic.com](http://moockmusic.com).



*“How lucky we are to have Alastair Moock around these days! When too many adults are role modeling the pursuit of fame, fortune, or personal gain, Alastair’s songs encourage our kids to pursue goodness, kindness, awareness and courage. Adults might listen up!”*

— Nora Guthrie,  
President, Woody Guthrie  
Publications

The album features guest performances from a powerful and diverse group of musicians and change-makers, including Sol y Canto, Alisa Amador, Reggie Harris, Mark Erelli, Crys Matthews, Kris Delmhorst, Melanie DeMore, Rani Arbo, Heather Mae, Sean Staples, youth voices from the Boston City Singers, and Grammy-nominated producer Anand Nayak.

Steeped in various American musical styles from roots rock to bluegrass, blues and gospel, each track offers forward-thinking messages wrapped in rousing beats and layers of vocal and instrumental harmonies.

Moock says that children aren't just our future, they're our present. "It's clear that when it comes to creating social change, it's kids who are now often doing the leading," he says. "I believe we're born activists: it's the world that shakes the activism out of us. The question is: how do we foster the leadership qualities that already exist in our children?"

Alastair Moock is a 2014 GRAMMY nominee, two-time Parents' Choice Gold Medal Winner, and recipient of the ASCAP Children's Music Award. Long one of Boston's premier folk artists, Moock turned his attention to family music after the birth of his twins in 2006. *The New York Times* calls him "a Tom Waits for kids" and *The Boston Globe* declares that, "in the footsteps of Pete Seeger and Woody Guthrie, Alastair Moock makes real kids' music that parents can actually enjoy."

A successful crowd-funding campaign has raised over \$12,000 for Alastair's "Be a Pain" educational programs. As a result, Moock will be able to give away free copies of the album, along with free programming on social justice history, to underserved schools in the Boston region and beyond. In December 2019, the project received a \$2,000 starter grant from Club Passim's Iguana Fund. Similarly, for his GRAMMY-nominated album *Singing Our Way Through* (2013), Moock was able to raise nearly \$30,000 to provide free music to children's hospitals and children's cancer organizations.

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*"With 'Be a Pain,' Alastair puts himself firmly in the tradition of singers, songwriters and activists who know that music can move people towards a better world. The songs are rock solid in melody and meaning. This album should be played out loud, not on headphones, so everybody in the room hears it and sings along."*

— Bill Harley, multiple GRAMMY-winning children's performer

## Be A Pain Track List:

1. What is a Leader? *Feat. Rani Arbo & some smart kids* (3:21)
2. Be a Pain (3:57)
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* (0:50)
7. One Foot / Lead with Love *Feat. Crys Matthews* (2:59)
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 (4:36)
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 Delmhorst* (2:39)
14. Planting Seeds *Feat. Sean Staples* (4:06)
15. What We Tell Our Children (2:35)

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To listen to the album, see videos, read about the education fund, or to download high-res photos and other press info, visit:  
[moockmusic.com/be-a-pain-project/](http://moockmusic.com/be-a-pain-project/)

#BeAPain

