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For immediate release

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**Southern Maine Retreat Host Jennifer Comeau Releases Debut CD
Innovative “Give Back” Strategy Helps Local and Global Non-Profits**

Jennifer Comeau hosts retreats that blend group wisdom with her original music in the idyllic setting of Kennebunkport Maine. Luckily for us, she has decided to share this music with the release of her debut CD, *Feed the Tribe*. Luckily for the world, she is donating all of the proceeds to local and global environmental and humanitarian causes.



Why would someone put all those resources into a project as beautiful as this is and not want a cent in return?

Comeau is modeling her workshop assertion that, “At some point, each of us feels a natural longing to contribute to something greater than personal gain. The result? That paradoxical inner richness that comes awfully close to an elusive word: Happiness.” Offering her buoyant brand of urban folk and blues music is her unique contribution. “My songs get to live in the world and in so doing, do good.”

Comeau’s philanthropic strategy has 100% of the proceeds from her CD sales going to the Kennebunkport Conservation Trust locally and the Central Asia Institute globally. Greg Mortenson of the Institute is featured in the NY Times bestseller, *Three Cups of Tea*. His work in building schools for mostly Muslim girls in Pakistan and Afghanistan is aligned with three of the United Nation’s Millennium Development Goals: fighting poverty and hunger, achieving universal primary education, and promoting gender equality and empowering women.

On Saturday July 12, Jennifer Comeau will take center stage to celebrate her CD release in the form of a Benefit Concert for the Kennebunkport Conservation Trust. The concert will be held at The Kennebunkport Conservation Trust Headquarters, 57 Gravelly Brook Road, in Kennebunkport. Showtime is 7 pm. Admission is \$15 and includes a copy of the CD, with all proceeds going to the Trust.

Feed the Tribe features thirteen original songs. Comeau’s engineering mind and poet’s heart are in constant tension here as her songs capture the duality of life -- the beauty and messiness; the cosmic and comic; what stirs and saddens. Comeau’s allure as a songwriter is the honesty and universality of her messages. “I write about my own sojourn, yet listeners tell me it’s as if my songs are speaking just to them.” Indeed, there is an earthy, soulful quality in her lyrics and melodies that delve into the rawness and uncertainty of life without losing its beauty.

It is an eclectic mix of songs. On the sassy side, Comeau's "3AM Blues", showcases her rich low register, evoking shades of Lizz Wright; and "Don't Go Lettin' Life Harden Your Heart" suggests Comeau and blues are indeed a worthy combination.

At her most bittersweet, Comeau's "He Knows" describes the love of a man (her husband) for his deceased brother. The song's spare arrangement is hauntingly punctuated by the english horn of Kathleen McNerney. The images her words conjure are powerful and poignant: "His heartache is like an old friend on the porch, rocking and taking up space".

Comeau's songs chronicle life's moments of keen insight ("The Good, The True, The Beautiful") and dubious choices ("Baltimore", "Fragile"). She has a point of view about the unseen ("Angels in Front of Me", "Sing with the Wind"); how to be ("When Our Souls Connect"); and what to do in these times ("Enough", "Feed the Tribe"), evoking songwriters such as The Indigo Girls and Mindy Smith.

Stand-out harmonies pervade the tracks, with backing vocals from Andrea Wollstadt of Cactus Highway and Dale Robin Lockman of Mom's Home Cookin' among others. In addition talented musicians play on the disc including Mickey Roache (lead guitar, mandolin); veteran performer Don Wessels (electric guitar, backing vocals); veteran jazz vocalist Chris Humphrey (piano); Michael McNerney of PortMedia (percussion); Husband/wife duo Zachary and Susanna Macomber (upright bass, violin); and John Comeau (bass). The disc was recorded at PortMedia in Kennebunkport and mastered by Grammy award winner, Adam Ayan of Gateway Mastering.

Feed the Tribe is available at the CD Release Benefit Concert, at all of Jennifer's gigs and online at www.jennifercomeau.com.

Music clips and lyrics are available at: jennifercomeau.com/music.html and myspace.com/jennifercomeau.

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More info:

www.jennifercomeau.com

www.iamplitude.com (retreats)

www.myspace.com/jennifercomeau

Jennifer Comeau is available for interviews and in-studio performances:

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