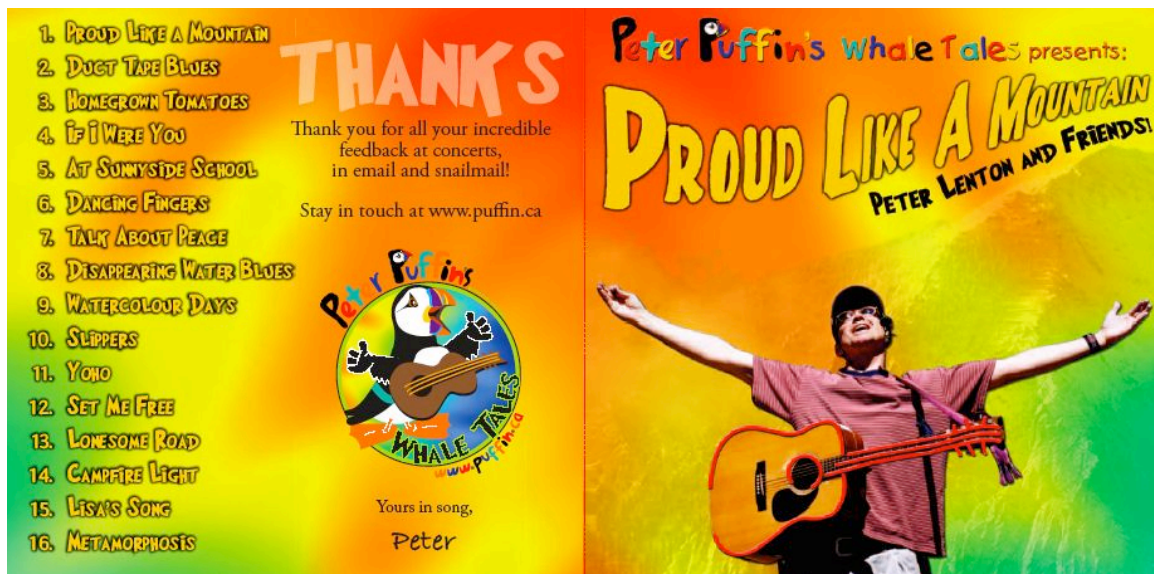




proudly presents...

*April 2009 Advance Release: "Proud Like a Mountain" (CD)
Official Release Date: 5 June 2009*



Official Release: 5 June 2009 (World Environment Day & International Water Conservation Day)

Quick Notes & Shortcuts for Programmers & DJ's

A) From a former radio DJ... hoping following notes are useful! Delving back into 10 years of Queen's University/community radio broadcasting/production experience... offering humble suggestions and mischievous tales to accompany the latest album from... Hope this helps!

Artist: Peter Lenton & Friends (aka Peter Puffin's Whale Tales) 3rd Studio CD

Genre: Roots, folk, blues, singer/songwriter

Publisher: Puffinsongs Record Label: Two Heartbeats Records (Independent)

Producer: Peter Lenton

Bio: Full-time+ (since '96) Canadian Singer/Songwriter, Family/Roots Concerts/Recording Artist, 2500+ concerts across Canada, USA, and New Zealand, Hong Kong & Morocco! (see attached and www.puffin.ca for more detailed bio)

Based in: Edmonton, Alberta (by way of Ottawa, Kingston, Calgary...)

Quick Notes & Shortcuts for Programmers & DJ's

(continued)

Page 2

B. The Songs...

Songs musically & lyrically multi-layered for grown-ups as much as kids!

16 songs... mostly originals with covers from the catalogues of legendary songsmiths: Guy Clark (Texas), Joe Hampson (Ontario) & Ian Tamblyn (Quebec)

This album seven years in the making... due to constant touring/roadwork...

...allowing the songs to evolve in the 'live' environment and

...holding out for the eventual stellar cast of players in the recording studio

...of Sundae Sound Alumnus Chris Daniels to engineer and mix in Calgary.

... mastered by Richard Harrow at Canada Disc, Calgary, Alberta.

C. Songs explore themes:

Perseverance/resilience pursuing goals/dreams (try song: Proud Like a Mountain, Lisa's Song)

Environmental Stewardship (songs: Duct Tape Blues, Yoho, Campfire Light, Metamorphosis, Proud...)

Water Conservation (Disappearing Water Blues)

Peace-making, community building... (At Sunnyside School, Talk About Peace)

Boosting self esteem (If I Were You, Proud... At Sunnyside School, Set Me Free)

Learning to laugh at ourselves/growing/changing (Metamorphosis, Homegrown Tomatoes)

Loving yourself, family, others (Watercolour Days, If I Were You, Homegrown Tomatoes, Lonesome Road)

Recycling, reducing & re-using (Duct Tape Blues, Metamorphosis, Yoho the Hiking Song)

Instrumentals to use as show intros/bridges/speak over (Dancing Fingers, Slippers)

Quick Notes & Shortcuts for Programmers & DJ's

(continued)

Page 3

D. The Musicians!

featuring solo artists & players from groups like: Clanterra, Jerusalem Ridge/Widow Maker...

Dave Pierce, Broadway Musical Producer/Arranger (piano, bass, etc.)

Richie Pollack: harmonica

Barbara Rose Olorenshaw: fiddle/violin & harmony vocals

Rick Moore: mandolin & harmony vocals

Don McPherson: percussion: congas, djembe, tambourine, bongos, rainstick, bells, xylophone, shakers, spoons, wooden frog, beverage glasses, etc.

Erika Faith, Julie Kerr & Annie Markovich: harmony vocals

Craig Korth: banjo & dobro

Barry Hertz: rhythm & lead, 6 & 12 string guitars

Doug Saul: lead guitar

Chris Daniels: brushes on bohran

Jim Cote: electric & fretless bass

Peter Lenton: rhythm guitar, lead/harmony vocals, percussion, sound f/x, songwriting, etc.

Quick Notes & Shortcuts for Programmers & DJ's

(continued)

Page 4

E. Faster Songs & Lyrics / Instrumentals

- 1) See cd liner notes for musicians and stories behind the songs!
- 2) See www.puffin.ca for additional “e-liner notes”
- 3) Suggested **uptempo songs for grown-up ears** (& general style/themes):

Proud Like a Mountain (track #1) (folk/roots)
celebrating perseverance, wealth of friendships, environmental stewardship

Duct Tape Blues (track #2) (12 bar blues)
gentle conservation message, re-using/fixing things

Homegrown Tomatoes (track #3) (Americana roots)
Original writer Guy Clark introduces his/this song as “a love song... a tender ballad!”

Watercolour Days (track #9) (folk/roots)
celebrating memories taking on a watercolour-like quality

Talk About Peace (track #7) (folk)
classic 60's protest song... increasingly pertinent!

Disappearing Water Blues (track #8) (funky 12 bar blues)
hinting at the next “blue gold” ... some day soon to replace oil as our most sought-after resource!

Set Me Free/Lonesome Road (tracks #13 & 14) (folk/roots)
riding the line between feeling free on-the-road... and longing for home as a touring musician...

- 4) **Instrumentals** that could be used to intro shows &/or play out to station breaks & news/features:

Dancing Fingers (track #6) (folk/roots) *Lively guitar duet! Written as a teenager to practise before guitar lessons!*

Slippers (track #10) (folk/roots/ambient) *Piano, open tuning guitar, congas and fiddle interplay – written in tiny hotel room in an early morning, Moroccan seaside town while men shuffled through the cobbled streets below, answering the call to pray... initially titled “Slippered Feet on the Cobbled Streets”.*

Quick Notes & Shortcuts for Programmers & DJ's

(continued)

Page 5

F. Suggested **calming songs for grown-up ears** (& general style/themes):

If I Were You (pl) - **(track #4)** (folk/roots) *Encouraging walking a mile in the shoes of others... and longing for the camaraderie of friends and exploring the wild outdoors.*

Campfire Light (Tamblyn) - **(track #14)** (folk/roots) *Crackling sounds of a campfire... acoustic guitar arpeggios and harmonica interplay, gathering for stories... beneath the starfields, all around the campfire light!*
