

# CAREN ARMSTRONG

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Bookings: 510 339-9649



## ARTIST BIOGRAPHY

Caren Armstrong is one of those rare musicians who plays and sings music from its bones on out.

- Steve Coyle of *The Waybacks*

Spans the distance between progressive folk and old-timey country in a fresh, nontraditional way.

- Dave Stafford, *KKUP 91.5FM*

Her style is all lightness and fluidity, graced with the sultry sway of jazz and the persuasiveness of some very intricate guitar work.

- Annie Lin, *Go Girls Music.com*

The folk songs are the meat of Independent Girl... all beautiful songs that wholly express a variety of emotions with a striking efficiency and fusion of melody and lyrics.

- Valerie Fasimpaur, *Rambles.com*

Troubadour **Caren Armstrong** sings from her heart, tackling such taboo emotions as anger and fear, along with the more sought after feelings of joy, hope, and love. "Leave no emotional stone unturned" is her motto. Hanging contemporary subjects on traditional musical bones, her songs are passionate journeys that entice her listeners to explore their own inner landscapes. Leaving Lincoln County is a hauntingly beautiful song about journeys, possibilities, and that very magical time between departing and arriving, I Light a Candle concerns hope and gratitude, while Savasana Song asks us all to "breathe in love, exhale forgiveness". But this is no new age, la de da princess. She's a woman with a full set of emotions and she lets us know about all of them. Take, for example, the opening line of Stay Away From Me: "Well, I wish you where a snake so I could skin your ass and roast it on the fire." As Grammy winning songwriter **Steve Seskin** put it: "Songs about real life sung with passion and precision."

Raised in the LA basin, Caren taught herself to play guitar at age 10 and was teaching guitar at a local music store by the time she was 13 (yes, thirteen). While still a teenager, she was the lead singer for the jazz quartet led by West Coast jazz stalwart **Gene Leis**. She later signed with Berkeley's Fantasy Records, releasing one rock/pop LP. During the 90's, Caren embarked on a solo career featuring her own brand of intimate, emotional songs.

Caren tours nationally, most recently opening for **Nanci Griffith** and **Leann Womak**, and touring with **Dan Hicks and the Hot Licks**. She has won the Emerging Songwriter Award at the **Napa Valley Music Festival**, and the Songwriting Competition at the **Tucson Folk Festival**. She is endorsed by **Santa Cruz Guitars** and **Elixir Strings**. Now living in Oakland, CA, Caren hosts monthly songwriter nights at **Sweetwater** (Mill Valley, CA) and **Strings** (Emeryville, CA), is still in high demand as a guitar teacher, and has produced albums by artists such as the acoustic string band **Calaveras**, art-folkie **Lori B**, and singer/songwriter **Ilene Adar**. Signed with Oakland's Wildplum Recordings label, Caren is currently working on her third CD, tentatively titled "Pelican Belly Blue".

