

Old Farm Pony Records Presents

ROSE COUSINS



Rose Cousins, originally from Canada's smallest province, Prince Edward Island, now makes her home in Halifax, Nova Scotia.

She still carries many of those important rural-living life lessons with her. Live well, love and work hard. Whether it's a day spent writing at home or many consecutive days on the road, Cousins knows dedication is paramount.

With multiple-awards and nominations, including: East Coast Music Awards Female Recording of the year (2008), Mountain Stage Newsong Contest (2007), Nova Scotia Music Awards for Best Folk Recording and Galaxie Rising Star (2007), Prince Edward Island Music Awards for Folk Recording and Female Vocalist (2007), Cousins' firmly believes she's pursuing her passion and purpose.

Since her 2006 debut release, *If You Were for Me*, Cousins has charmed audiences throughout North America, from intimate house concerts to sharing the stage with Symphony Nova Scotia. Rose explores love and loss, longing and loneliness, and the strength of the human spirit. Her music combined with her humorous banter makes it customary to both laugh and cry during a live show.

The Send Off, produced by Luke Doucet, is a strong, creative sophomore follow up. It draws on her first affair with music as Cousins reintroduces the piano as an integral aspect of her writing.

Piano appears on three tracks starkly different from each other: *Young Once*, a gentle lullaby to a new life, *I Don't Care*, Mary Margaret O'Hara's stellar ode to losing love, and *All the Time it takes to Wait*, a devastating composition detailing one of life's difficult realizations.

"*The Send Off* is about letting go: all of the ways we let go, don't let go, how great it can be and how hard it is."

The album's title track *The Send Off*, and the beautiful waltz *The Dancers*, are about the most blatant form of letting go, the loss of a loved one. *Maybe I Knew* addresses the need to let go of love and the ensuing understanding of realizing one's part in the process.

The album's lead track *I Were the Bird* reveals an understanding of the joy in one's own life when we look at ourselves and appreciate what we have, not what we don't.

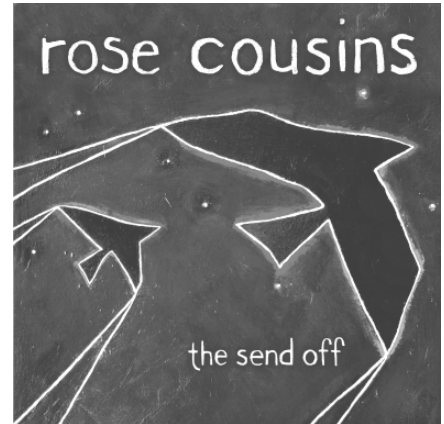
"I'm proud of all of the songs on this record and notably the inclusion of tunes that come from a place of pure joy." *Celebrate* and *Sadie in the Kitchen* realize the joy that can enter our lives when we allow it.

2009 Tour Dates

Oct 21: Hugh's Room, Toronto, ON
Oct 22: Flyer's Bakery, Dunnville, ON
Oct 23: Grad House, Kingston, ON
Oct 24: Blacksheep Inn, Wakefield, PQ
Oct 25: Le Petit Campus, Montreal, PQ
Oct 28: Charlotte Street Arts Centre,
Fredericton, NB
Oct 29: Chester Playhouse, Chester, NS
Oct 30: Al Whittle Theatre, Wolfville, NS
Nov 1: Rebecca Cohn Auditorium, Halifax, NS
Nov 5: Blue Olive, Saint John, NB
Nov 6: Sackville United Church, Sackville, NB
Nov 7: The Mack Theatre, Charlottetown, PE

Nov 12: Googies Lounge, NYC, NY
Nov 13: Colby College, Waterville, ME
Nov 15: Club Passim, Boston, MA
Nov 17: The Media Club, Vancouver, BC
Nov 18: Communita Café, Canmore, AB
Nov 19: The Marquee, Calgary, AB
Nov 20: The Haven, Edmonton, AB
Nov 21: The Haven, Edmonton, AB
Nov 23: Lydia's Loft, Saskatoon, SK
Nov 24: The Exchange, Regina, SK
Nov 25: The Park Theatre, Winnipeg, MB
Dec 4: The Ship Inn, St. John's, NL

The Send Off



TRACK LISTING:

1. I Were the Bird
2. Maybe I Knew
3. White Daisies
4. I Don't Care
5. The Send Off
6. The Dancers
7. All the Time it Takes to Wait
8. Young Once
9. Celebrate
10. Mandolin Man
11. Lewis Lake
12. Sadie in the Kitchen

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