

# LUCAS CHOI ZIMBEL

## TEMPERED TANTRUM

GENRE: FOLK - ACOUSTIC  
MONTRÉAL, QUÉBEC

ADD DATE - MAY 1 - 2019

This album was recorded at Studio Va-Nu-Pieds in farmland not far from Saint-Paulin, Quebec. I wanted to make a record very much in the Folk tradition, my words and my guitar, nothing else. Me and my trusty sound engineer, Pi Sallin-Cutler, borrowed microphones we could never afford from the former owner of Montreal's famed Studio Victor, North-America's original RCA studio built in 1942, and headed up to Va-Nu-Pieds for three days. I recorded these songs live off the floor without overdubs, edits or click track. I did not wear headphones to hear playback. As it was played, so it is heard.

\*\*= RECOMMENDED (E) = EXPLETIVE

- 1. Take A Long Hard Look at Yourself\*\* 3:22:** Music is a form of escape for me. I tend to approach lyrics as a journalist, shining a light on injustices and inequality. The contradiction here: my escape brings me right back to what I am running from.
- 2. The More We Have, The Less We Are- 2:05:** The oldest song on the record, written in a shack on Vancouver Island in 2011 at about the same time as protests occupied Wall Street.
- 3. Contemplating the Calamity\*\* 2:41:** The chorus to this song was written a very long time ago. Leafing through one of my lyric books, I rediscovered it and realized that unfortunately, time has made it more relevant, not less.
- (E) 4. Talk Taboo\*\* 3:03: (FCC Warning -G\*dd\*amn -1:29)** I got news from an acquaintance about a friend of mine that I hadn't seen in a long time and it wasn't good: her father had successfully committed suicide. He had tried before and my friend had found him near death and saved his life, a traumatic experience for any daughter to go through. A few weeks later, I was in the subway reading the Letters to the Editor in one of the free dailies. The letter discussed how we need to lift the taboos surrounding suicide. It was beautifully written. When I got to the end the name signed was my friend's. I tore out the page and kept it in my wallet for a few months, until I finally worked up the courage to write this song.
- 5. Empathy Goes Home, While Apathy Dances-1:55:** This song is the only spoken song on the record. On a rooftop during Carnival in Sao Paulo, Brazil (population of 12 million) these words came to me.
- 6. She's Out of Breath-2:35:** This song started off being about those times when the weather fits your mood and evolved into a reflection of our inability to truly understand each others suffering.
- 7. Tempered Pulse-2:03:** An instrumental, the droning bass notes were designed to bring the listener back to the feeling of track #1 ('Take A Long Hard Look at Yourself'). Ultimately the effect was that of a heart beating with varying intensity.
- 8. What Owns Who-2:07:** This song questions our need for the latest gizmos in this material world, never happy with what we already have. It is the sister song of 'The More We have The Less We Are'.
- 9. This Backwards Town\*\* 3:06:** In my hometown of Montreal, we have some serious issues with policing, particularly with regards to our large homeless population. Sometimes, after the police shoot another mentally unstable beggar, I wonder if cops see the lives of people on the streets as having the same value as their own. In reverse; many vagrants view the police as less than human.
- 10. Eye of the Tantrum-2:07:** This is an instrumental song in Open D tuning, up a half step. It briefly quotes the classic song 'Vestapol' that has become synonymous with this tuning. The piece creates a break in the album, room to breathe and reflect.
- 11. The Place Where all Things Sleep-2:52:** Do we ever truly have enough time to do everything that we want to? Only time can tell and it's not talking.
- 12. Teach Me Humility\*\* 3:11:** Recently I have had to experience something that I had thankfully never had to deal with before: the deaths of loved ones. I've realized only recently how fragile life is. Written in a tuning that I learned from Nick Drake: CGCFCE. Drake's life taught us all how fragile existence can be.
- 13. War Starts When the Music Stops-2:07:** This song is in the key of wishful thinking. Wouldn't it be nice if we could just sing a song to get a long?

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## ABOUT LUCAS

Lucas Choi Zimbel is one of the hardest working musicians in Montreal's English language folk scene. With monthly residencies in the city's most respected cultural spaces and bars, he has been putting up an impressive number of shows since 2014. For his solo act, he mostly finger-picks his way through colourful chords on the acoustic guitar. He also plays bluegrass, gypsy jazz and fiddle tunes from all over the world. In addition to the guitar, he plays accordion and clarinet. His lyrics reflect the changing times.

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