



## RADIO ADD DATE April 4, 2023

Growing up in a musical family is not uncommon for many emerging artists, but for Meredith Moon, living in the shadow of her father Gordon Lightfoot's spotlight, the expectations were onerous. So for the past decade Meredith kept a low profile, taking time to develop her songwriting, avoiding the Lightfoot association, practicing and performing her songs in folk clubs and online forums incognito, wherever there was an appreciative audience to be found. And there were many. Now signed to the acclaimed Canadian roots music label True North Records and acknowledging the marketing demands of the music industry, has resulted in the forthcoming global album release of *Constellations*, a powerfully honest 10-song collection that showcases Meredith's unique voice, and captivating lyrics, wrapped in an raw neo-traditional folk sound.



A five-Time Mariposa Folk Festival performer, hiding her lineage with the simple description as a “multi-instrumentalist songwriter,” Meredith's songs are crafted in a true storyteller's fashion. She has been described as a ‘gem’ among the Old-Time music scene for her unusual expression of the genre, combining influences of folk-punk with traditional Appalachian step-rhythms and banjo.

She considers *Forest Far Away*, which came out in 2018, her proper debut. She completed *Constellations*, her first for True North Records, in late 2019 — or so she thought. For obvious global reasons, she kept it on the shelf for a while, a time during which she decided to sub out two old songs for new ones, recorded with a rhythm section. One of them is “That Town,” about the northern Ontario town of Wawa, best known for its enormous statue of a Canada goose. “It's the town that all travellers get stuck in,” says Moon. “When you're hitchhiking, there's nothing between White River and Sault Ste. Marie. It's rough territory. When I first went through there, I was stuck there for four days. I was stuck there once during a big snowsquall, too. But there are worse places to be stuck. It's a vortex — but a nice vortex.” Amidst the eight new originals on *Constellations* are two traditional tunes arranged by Moon: “Soldier's Joy,” and “Needlecase Medley.”

### Tracklisting

- |                          |                           |                              |
|--------------------------|---------------------------|------------------------------|
| 1. Starcrossed (2:10)    | 4. Brokenwing Bird (4:12) | 7. Lighthouse County (3:40)  |
| 2. That Town (3:44)      | 5. Your Cards (3:34)      | 8. Mark Twain (3:19)         |
| 3. Constellations (4:17) | 6. Soldier's Joy (2:46)   | 9. Needlecase Medley (3:09)  |
|                          |                           | 10. Slow Moving Train (4:21) |

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“Starcrossed”

You say we ain’t no Romeo and Juliette  
Well you’re right, I guess  
We ain’t star-crossed, we’re just lost  
And it’s been so long that I forgot

And I ain’t saying that I agreed  
Before your words came to me  
Across an ancient sea  
But it ain’t poetry if it ain’t easy

So seven years of holy lights and dreamy midsummer nights  
Were just part of a story Shakespeare forgot to write  
But I don’t need a knight or an army to fight  
And I’ll be alright

And if I ever find the reasons behind my pain  
Babe, I’ll call you again  
In mountain time

Where the freight trains ring like choirs  
From Winlaw to the Okanagan fires  
Great lovers have their day  
And love don’t last forever anyway

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“I Loved That Town” [language damn]

I was stranded in that town  
Of which the travellers speak  
Their words attempt to tear it down  
But it’s recognition that they’re seeking  
I hear it in their tone when they’re speaking  
They say **damn**, I love that town

And that town let me in  
It gave me home it gave me new beginnings  
But I knew from the first day  
That it could not last, could not sustain  
But **damn**, I loved that town

Had everything a lady needs  
Those who thrived in nature and those opposed greed  
There were times when I swore I’d never leave  
Nestled in a hillside, just Lake Superior and me  
**Damn**, I loved that town

There were times when I’d leave down the road  
Frustration rising in me, telling me to go  
But I’d turn right back around  
Thinking of it’s sweetness in every season, that I’d found  
And I’d say **damn**, I love that town

But now the town is emptying out  
The old retired north and the young ones headed south  
And I’m not welcome to return  
Seems as though the only bridge into town’s been burned  
So I’ll set my eyes to the horizon  
And just be glad I ever came around

But **damn**, I loved that town  
**Damn**, I loved that town  
**Damn** I loved that town

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“Constellations”

Nostalgia comes alive  
In the night  
Invasive memories  
Like a blinding light

That weighs heavy on my heart  
Stitched up wounds ripped apart

Winter’s here again  
And you’ve grown cold  
Covering the windows  
To your soul  
Though I have done it too  
And I’m falling out of love with you

And I think to when I’s young  
And we’d go  
Over the hills  
Before the snow  
Running through summer’s heavy skies  
Where all misery dies

We travelled those rails  
Surrendering  
Bruising all our bones  
Ascending  
Constellations we’d never known  
In the darkness of North Ontario

I left him in the summer  
A province away  
The blue-eyed wanderer  
Thought I’d marry you someday  
Wish I could stop loving what ain’t here  
But true love don’t ever disappear

Nostalgia comes alive  
In the night  
Invasive memories  
Like a blinding light  
That weighs heavy on my heart  
Wounds be healed and ripped apart

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“Lay Your Cards Down”

Don’t like this thing you’ve made me into  
Or how you got inside my head  
The morning comes inside of you  
And I woke up dead

You can’t cast this one away  
Cause it’s with me every night and day

And it follows me around  
And it follows me around  
It follows me around  
It follows me around

Baby, it ain’t you  
So get out while you can  
My mind goes out wandering  
And it’ll tear apart the strongest man

Causing harm everywhere I go  
Like a parasite, and they all know

That it follows me around  
And it follows me around  
It follows me around  
So lay your cards down

Lay your cards down  
Lay your cards down  
Lay your cards down  
Lay your cards down

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“Soldier’s Joy”

Well I don’t wanna hurt no more  
My legs are turning green  
Won’t you give me some of that soldier’s joy  
If you know what I mean

And it’s ten dollars for the morphine  
Five dollars for the beer  
Ten dollars for the morphine  
Gonna take me away from here

Well give me some of that soldier’s joy  
I don’t wanna hurt no more  
And won’t you pass me down that banjo, now  
I weren’t cut out for war

Ten dollars for the morphine  
Five dollars for the beer  
Ten dollars for the morphine  
Gonna take me away from here

Well give me some of that soldier’s joy  
It makes me feel alright  
And won’t you saw hard on that fiddle now  
Just like Saturday night

And it’s ten dollars for the morphine  
Five dollars for the beer  
Ten dollars for the morphine  
Gonna take me away from here

Well I don’t wanna hurt no more  
My legs are turning green  
Won’t you give me some of that soldier’s joy  
If you know what I mean

Ten dollars for the morphine  
Five dollars for the beer  
Ten dollars for the morphine  
Gonna take me away from here

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“Lighthouse County”

Lighthouse county, leave a light on  
Oh, Lighthouse county, leave a light on  
These days I am tired and I got mean things on my mind  
So Lighthouse County, leave a light on

Love like a wave-breaking bow  
Cynicism like a wheel that just don’t know how  
To try and find direction on the endless sea  
So Lighthouse County, leave a light on

Weakness overtakes me here in the dark  
Seasick from my stomach to my heart  
And the old ones from the deep are coming when I sleep  
So Lighthouse County, leave a light on

The north wind rattles my door  
And the ocean crashes high above the Chrome Island shore  
And the fishing boats are scattered all along the Georgia Strait  
Lighthouse County leave a light on

Bigger than a rouge wave when I come for you  
I’m quiet as a minnow when I run  
And I’m a long way from that eastern sun  
So Lighthouse County, leave a light on

Lighthouse county, leave a light on  
Oh, Lighthouse county, leave a light on  
These days I am tired and I got mean things on my mind  
So Lighthouse County, leave a light on

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“Mark Twain”

Yesterday evening, before I slept, I saw the stars in their transcendence  
I dreamt in sonnets that the next Haley’s Comet brought back Sam Clements  
I recognize that great minds often suffer through the pain  
Of all of your creations being recreated again

And stepping outside to the wide open night,  
I saw Mars, Aquila and Orion, too  
And though I know we live a century apart,  
We still drew our words from the same grey moon

I believe, though naive, that great ideas surely cannot die  
They come around again, just like that comet that blazes through our sky  
Oh time be kind to me, I’ll see her colours weaving their trail  
Like a ship, on a dark sea, casting forward with white satin sails

And I’ll sail that riverboat down the Mississippi  
And I’ll pilot through the dark and the rain  
And when I find those narrows twelve feet in depth  
I’ll tell the captain, ‘Mark Twain’

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“Slow Movin’ Train”

Seems like only yesterday I was dipping my paddle in old Cache bay  
And the white pine lined the shore far as I could see  
But now the ground is cold and wet and the leaves are piled around the shed  
And I’m just as lonesome as I could ever be

And time  
Time rolls on like a slow-movin’ train

You ever get that feelin’ when the little things lose their meaning  
Like all you ever had is done and gone  
Like the days are your enemies, and all the hours in-between  
And you dread the sight of another dawn  
And time  
Time rolls on like a slow-movin’ train

It’s a shame to look in the mirror and watch yourself disappear  
Like something’s come and grabbed you from behind  
And you say that they can’t hurt me, don’t fear the things that you can’t see  
But they’re coming for me babe, just give it time

And time  
Time rolls on like a slow-movin’ train

There was a time when you let me in and made me feel alive again  
A love like June, radiating lilac perfume  
And it came in like the autumn, babe, when you threw away the love we’d made  
And now I know that train’s coming down the track

And time  
Time rolls on like a slow-movin’ train

There was a time when my drinking helped me process what I’s thinking  
Made the sky more blue, made my hands play  
But now the time has come and passed, like nothin’ good ever lasts  
And everyone’s gone away

And time  
Time rolls on like a slow-movin’ train