

J. Lalah Simcoe

writer composer musician

About:

J. Lalah Simcoe was born Judith Fine in Los Angeles and composed her first song, a march, at age 9. A future recording will reveal: Just how little Judy - from Studio City - Became Lalah from La-La Land.

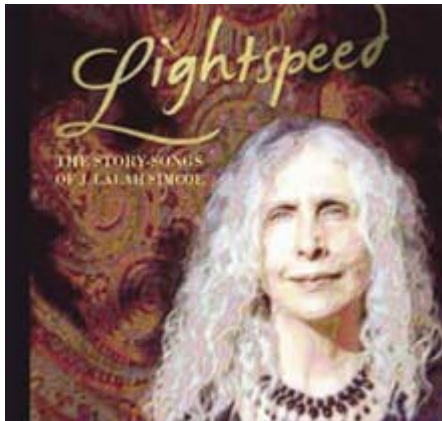
Lalah played acoustic guitar and sang traditional folk songs in the L.A. area in the 60's and became a member of the 5-woman New York based group The Womenfolk. She later returned to California, continuing to write songs and performing occasionally while raising two children and pursuing interests in natural foods, alternative education, eastern and western spirituality and human nature. In 1985 Lalah's family moved to Charlottesville, VA where she and her husband Jim Simcoe are co-owners, with new partner (old manager) Chrissy Benninger, of the Bluegrass Grill & Bakery.

Lalah's daughter Joia is also an accomplished singer-songwriter. Her CD, Joia Wood Live from the Gravity Lounge, contains a bit of backup by her mother. Joia and her husband, professor and artist Eric Caldwell, live in Charlottesville, where she is the Director of Operations at the Virginia Discovery Museum. You can meet Joia at www.myspace.com/joiawoodmusic.



Son, the male offspring of the Simcoes, is handsome beyond belief and a highly skilled professional. Known for his discovery that things tend to be more the way they are at the present time than they were previously, he lives at his residence and is employed at his place of business.

Lalah has practiced yoga meditation for over 30 years. She is certified as a psychic counselor by the American Association of Professional Psychics.



Lightspeed: The Story- Songs of J. Lalah Simcoe

Words and music by Lalah Simcoe

Lalah Simcoe vocals - Bobby Read piano, organ - Sam Wilson guitar - Ben Jacobs bass - Brian Caputo drums - Additional piano snippets by Lalah Simcoe

Engineering and mastering by Bobby Read at Small World Audio - Produced by Bobby Read - Photo by Steve Dressel - Design by Charmed Designworks.

For more information go to <http://www.jlalahsimcoe.com/music.html>

About Lightspeed Lalah says:

I've waited a long time to be able to hear my songs recorded the way I hear them in my head.

To me what Bobby, Sam, Ben and Brian did is miraculous - I would play a little riff or phrase and say "Build on this" and what they played would come out not only expressing perfectly but exceeding my concept. I'm especially grateful to Bobby for the beautiful way he combined and coordinated every aspect of the recording; to his wife Sara for assisting with the sessions on what were supposed to be Bobby's once-weekly days off, so I could record on my once-weekly days off from the restaurant; to Miles for hearing my music while he was getting ready to be born; and to Stella for demonstrating during a playback of "Mandala" that there is a puppy dog at the center of everything.

Ideally I'd like to have a song (or songs) of mine recorded by an established artist (or artists) as a way to meet a larger potential audience. I'm always interested in a performance venue where it's appropriate to be lyric-oriented and non-acoustic at the same time. Thank you so much for listening, -- *Lalah Simcoe*

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