



TRACY K – PRESS KIT

GENRE:

Blues/Jazz//Folk/Adult Contemporary

SET-UP:

Duo, 4-5 piece band, Featured Soloist

HOMETOWN:

Beausejour, Manitoba

Like everybody else, Tracy K has a full plate and a great deal she wants to accomplish. Yet, she remains as cool as the blues that colour her world; laidback like the tranquil countryside that stirs her spirit. She approaches life – and making music – in a go-with-the-flow kind of way. And for those who find themselves caught up in today's hurried world, you might hear her ask this question: "what's the rush??", also the title of her last album.

If there's something Tracy K has learned in 50+ years of living, and 35+ years of making music, it's that things don't always go as planned – that can really take a toll and set you back. Amid all this, fortunately, music continues to happen. But listen closely, and you'll also discover an honesty and authenticity in musicianship and lyricism that can be acquired only from a lifetime of living. Proving that for Tracy K, there is still a lot of life-after-life waiting to happen.

Tracy K possesses a fun and engaging energy that turns everyday gigs into compelling performances. She knows how to capture your attention, making you feel like you're the only one in the room, and she's there playing just for you. She began indelibly stamping her versatility on the Canadian music scene in the late 1980s in Toronto, when her outstanding vocal harmonizing skills lead to her being sought out for live and session work.

Apparently she wasn't in a rush back then, either, because it took her until 2000 to finally release her own album, *Welcome to My Fantasy*. Becoming a recording artist opened the door to blues, jazz and folk festivals, theatre concerts, tributes, and women-in-blues events, on a touring map spanning Canada, the northern United States, and as far south as the Caribbean. She was fortunate to hone her craft by sharing the stage with A-list international blues performers.

Unknown to locals at the inaugural Thunder Bay Blues Festival in 2002, Tracy K was an instant hit and invited back for an encore in 2003. She fell in love with the place and moved there in 2004, where she became a positive force impacting the local music community. She created and hosted a weekly Sunday Night Blues Jam at the local Legion, procured two concerts with the Thunder Bay Symphony Orchestra, and also performed as a member of tribute troupe Thunder Bay Legends, posing as Janis Joplin, Ronnie Spector, Bobby Gentry and Brenda Lee.

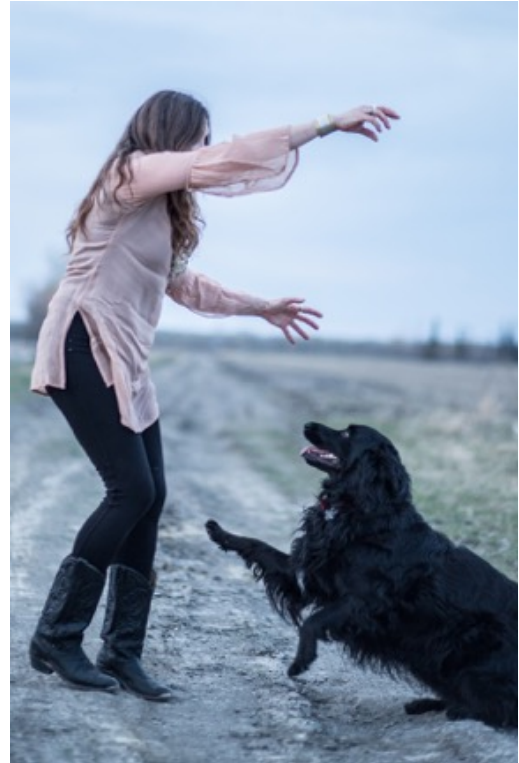
Tracy K's recording career continued in 2007 with the release of a second album, the award-garnering *Old, New, Borrowed & Blues* in 2007, and then the five-star rated acoustic duo album *Canned Heat* in 2011. In 2014, she was the sole Canadian included on Ruf Records *Blues Harp Women* compilation album, and Mary4Music's *Keeping the Blues Alive: Volume Six*. Twice she won regional competitions to represent Thunder Bay at the International Blues Challenge in Memphis Tennessee, and was invited to return to Memphis in 2015 as one of the judges. She also worked at Memphis' Ardent Studios, arranging harmonies on a song for a fellow bluesman. Her 2016 release *What's the Rush* garnered Tracy K a nomination for Blues Artist of the Year

from the Western Canadian Music Awards, and received countless five star reviews.

Having already lived many different lives as a blues artist, Tracy K thrives on the thrill and challenge of reinventing herself. Now an empty-nester who is living back home in Manitoba, today she still enjoys the support of top-notch players utilising her many talents.

Tracy K is often featured as a solo performer with her own impressive roster of supporting casts. Among her personal reinventions is her own contemporary blues band, wherein she likes to kick it up notch with her trademark amplified harmonica, and test the limits of her vocal prowess. She also performs in an acoustic blues duo with partner Jamie “Snakeman” Steinhoff, whose mastery of acoustic, Dobro and lap steel guitar is derived from a well-informed history of early blues and folk. Tracy K delivers an amazing jazz performance, giving a nod to the genre’s 1920 - 1950s ragtime and swing styles, incorporating her love of scatting and her melodic harmonica skills.

Yes, there’s still a lot of life-after-life waiting for Tracy K. And she’s still not in a rush to get there.



[SHORT BIO LINK HERE](#)

AWARDS:

Western Canadian Music Awards Nominee “Blues Artist of the Year” 2018
International Blues Challenge, Memphis TN – Quarter Finalist, Band 2014
International Blues Challenge, Memphis TN – Quarter Finalist, Duo 2013
International Songwriting Competition Award – Blues - 2007
International Songwriting Competition Award – Performance - Hon. Mention 2007
Ontario Independent Music Award – Best Blues Song 2007
Toronto Blues Society Talent Search – First Runner-Up 2007
Winnipeg Blues.com – Harmonica Player of the Year 2006
Winnipeg Blues.com – Female Vocalist of the Year 2006
Winnipeg Blues.com – Electric Act of the Year – Nomination 2006



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Soundcloud www.soundcloud.com/tracykmusic
Youtube www.youtube.com/tracykmusic

A FEW PRESS QUOTES

"Tracy K's set at the Memphis International Blues Challenge not only kept my foot tapping but brought many smiles to my face. Her talent matches her energy on stage, and both are substantial. Great vocals, great harp, and she seems to genuinely have a ball while sharing her talent with you. That is a tough combination to beat!" M. Kolassa, IBC judge 2013, Memphis TN

"...a million voices seem to be trapped in that tiny little instrument and Tracy K seems to know how to exorcise them in front of wowed crowds every time. It was my pleasure to invite Tracy K to the 2007 'Canada Reads, Ontario Rocks' event where she composed a song that had some in tears! It was again my pleasure to record Tracy for Canada Live, as I hope the rest of the country discovers her talent LIVE on stage." - Alan Neal, host, Bandwidth (CBC Radio One), Canada Live (CBC Radio Two)

"Tracy's blessed with a magnificent voice, raw power and passion tempered by a tender fragility. If there's emotional depth to the material she plumbs it; and given the chance to reveal something of herself, she's mesmerizing; there are moments here approaching the sublime." - John Taylor, MN Blues

"Thunder Bay's Tracy K wowed the crowd at the Blues Summit with her engaging stage presence and a killer band." - Maple Blues Magazine

FAVOURITE PAST PERFORMANCES (SELECT SHORT LIST):

Women in Jazz, Winnipeg, Manitoba, (2024)
Women in Blues, Winnipeg Manitoba (2015, 2016, 2017, 2018, 2019)
Fargo Blues Fest; Blues Brews and BBQ, Bismarck; North Dakota, (2017)
Home Routes Tour (2018)
Trout Forest Music Fest (2003, 2017)
Tracy K sings Legendary Songs by Legendary Women, Thunder Bay Symphony Orch. (2016)
Women In Blues International Showcase - Memphis Tennessee (2013,2014,2015)
Fed Ex International Showcase - International Blues Challenge, Memphis Tennessee (2014)
Lady Sings the Blues, Thunder Bay Symphony Orchestra 2010
Winnipeg BBQ & Bluesfest (2012,2014,2016)
Winnipeg Jazz Festival (1999 - 2005 inclusive)
Saskatchewan Mid-Winter Blues Festival, Regina/Saskatoon, (2005,2008,2015)
Women's Blues Fest Minneapolis (2003)
Live from the Rock Music Festival, Red Rock, Ont. (2003,2006,2009,2012,2014)
Thunder Bay Blues Festival (2002, 2003, 2005, 2008, 2011, 2013, 2014)
Great Woods Music Festival, Beausejour, MB (1998-2003 inclusive)
Toronto Blues Society's Harmonica Workshop (2003)
Women's Blues Revue – Toronto ON (2002)
Women In Blues International Showcase - Memphis Tennessee (2013,2014,2015)
Fed Ex International Showcase - International Blues Challenge, Memphis Tennessee (2014)

(NOTE:TRACY K WAS ON A PERSONAL HIATUS FROM 2019 - 2022 DUE TO EMPLOYMENT IN THE FILM INDUSTRY FOLLOWED BY ILLNESS)



ALBUM RELEASES:

What's the Rush (2016)
Canned Heat (2011)
Old, New, Borrowed & Blues (2007)
Welcome to my Fantasy (2000)

COMPILATIONS:

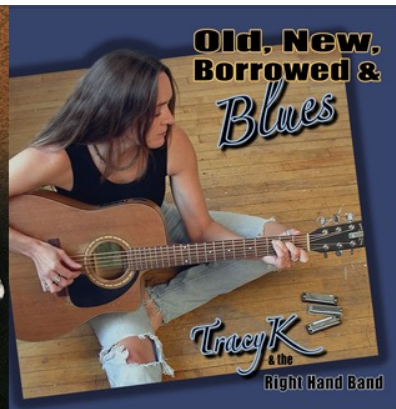
Blues Harp Women – Ruf Records (2015)
Keeping the Blues Alive Vol.6 – Mary4Music (2014)
Manitoba Music

SINGLES:

Science of Being Distant – CBC Radio One *Bandwidth*
3 Singles for *Prairie Fire Project* Canadian Diabetes

Foundation 2003

Rock This House – licensed to Zernick Von-Sertner Films, Los Angeles (2002)



SELECT MUSIC REVIEWS:

5+ Star Review <http://gonzookanagan.com/music-reviews-rock-doctor-2/>

5 Star Review by Peter Blewzmann Lauro <http://www.mary4music.com/CD69.html#CDTracyK1>

Full Album Reviews -

<http://www.midwestrecord.com/MWR1136.html>

<http://www.concertmonkey.be/albumreviews/tracy-k-whats-rush>

<http://rootsville.eu/2015%20album%20reports/2016/reports/tracy%20k.html>

<http://www.keysandchords.com/album-review-blog/september-25th-2016>

<http://www.zicazic.com/zicazine/index.php?option=content&task=view&id=13517&Itemid=62>

<http://www.rudolfsmusic.com/tracy-k/>

Winnipeg BBQ Bluesfest promo piece 2016 - <http://winnipeg.ctvnews.ca/video>

Magazine article - <https://issuu.com/thewalleyemagazine>

Online Review 2011 - <http://www.thebluesblast.com/bluesartists/bluesduo2.htm>

[HIGH RES PHOTOS LINK](#) [SHORT BIO LINK](#) [WEBSITE BIO LINK](#)