



S o m e o f T h a t S u n s h i n e

This project has really been a long time in the making, even when I didn't realize it. I actually started writing songs before I 'discovered' jazz, when I was around 15 years old during my classical piano training... I don't know why I stopped writing... In hind sight, I think it was insecurity – As I started to sing great songs of others I thought “Why would anyone want to hear mine?” Good question! But I finally decided 'Why not'? I want to thank several people who really encouraged me to “Keep writing”... My parents, (always) Bill McGlaughlin, and Chris Caswell (now my co-writer on many tunes and co-producer on this project). When I first met Chris, (who is a real craftsman and writes with many others including Paul Williams, Hal David, Mike Stoller) I gave him my CD “In Blue”... he kindly listened to it, and got back to me—not everyone does that! His first question was “do you write your own songs”? He said he could simply write lyrics to my improvised scat solos... as a start. So, we began to collaborate. And thanks to my Dad... who wrote the lyrics to one of these songs and always said “Write your own songs!” And always to my

Mom who bestowed upon me the joy and love of music in the firstplace. And thanks to my friends & fans who have heard some of these songs live and encouraged me to get them out there (and who promise to buy this record!) And of course the players I've worked with over the years - I love you all. It's quite scary, being known primarily as 'jazz singer', and to come out with an 'all-original, not-all-jazz project'. All musicians come from different backgrounds, and for me, I've played in so many different kinds of groups...starting with classical music, to a piano/vocal solo act (playing anything from my own little originals to Carly Simon, Carole King, Joni Mitchell, Chopin, show tunes...) to wedding bands, rock bands, funk bands, and finally jazz... and now back full circle to the singer/ songwriter role. I hope these songs might speak to YOU the listener... and it's so gratifying and FUN for me to play these songs live too. I don't have any desires or illusions of being some pop / crossover performer, but for some reason I do have a need to get these out there, hoping to do more in the future along with the many other projects I always have in mind.

1) Wish You Were Mine I wrote this song when I lived in Kansas City (and a local band there even recorded this way back when...) Thanks Chris for adding that 'hook' in the music—it's groovy and fun. **2) Home** I wrote this about my first house and the land it sits on...the magic house! Like many beautiful things in life, I was not looking for it—but it has truly made me a better person! Being outside in Nature has always been very important to me and gives me so much inspiration. Miro plays a beautiful solo here. **3) As Long as I Know You Love Me** I thank Todd Strait for the beginnings of this lyric, the rest of the words and music came rather easily to me—I sing it out not only to a lover, but to all those I love. **4) Some of That Sunshine** Chris and I wrote this several years back and I've been performing it live ever since. It might be the most 'traditional' track on this record ... seems to make people smile and give some hope! Regina plays beautifully and playfully on this—adding just what it needed. **5) Shake it Up** Chris and I finished the lyric just after the 2016 election... part of the lyric “ziggin' and a-zaggin'” comes from President Obama... he said “Democracy zigs and zags..” I wrote that down for future use... I love the band's chorus

on here (thanks for that idea Katherine!) We gotta Shake it Up! And thanks Miro for adding the solo portion to this arrangement. **6) Just As Well** I wrote this song when I lived in KC too... I remember looking at a certain someone then and thinking 'it's just as well' ...and it was! I love Houston's solo here. **7) Time is A Funny Thing** I started writing this many years ago... finally finished it for this project—it speaks to how we spend one of the most precious commodities—Time. Then we have Hope—another very precious commodity, then LOVE. (I might add another precious thing; WATER!!) It's a moody, contemplative song and I love how the band has such a lovely dialogue. **8) One of These Days** Chris and I wrote this ... sometimes when we are together, one of us will say something, look at each other and say “write that down!” So much doesn't actually get used but this one did... We recorded this one in LA with the great Lee Sklar on bass—Jerome over-dubbed the drums because unfortunately we couldn't use that part of the LA track due to technical difficulties. Rod finds his electric “inner- rocker” here, he's a beautiful chameleon... and Chris, thanks for breaking out that Hammond! **9) Nobody Said Love Was Easy**

Another Chris and Karrin tune... evokes a couple starting out, then going through the changes of their relationship. Houston adds his soulful playing. **10) Happy Now** A very personal song for me... I wrote this in a sad state, and still wonder about the recipient's happiness—A few of the lyrics have been around with me for awhile

“a heart is not a play thing, a heart is not a toy...”

It seemed to fit in this song.

11) Right Here, Right Now Thankfully a lighter subject here... I wrote this song while in KC too... a fantasy of meeting someone in a bar (probably!) ... and living in the moment “right here, right now” You know when you meet somebody and it starts out so fun? Then, they get into their baggage... ugh! When I first talked with Houston about being on this project he said “I hope I get to play on some KC blues thing!” **12) You Don't Care** My Dad wrote these lyrics... One day he handed me a piece of paper with his poem on it saying “Here honey”... at the top he had written: words by Vic Schoonover, music by Karrin Allyson—so, he had a plan! Since he really liked country music, I tried to write it in that vein... I so wish he could have heard this whole project. Regina adds a plaintively beautiful solo here. **13) Big Discount** My Mom was the first feminist I knew... and she taught me and my sisters well. (She had a bumper sticker (in the 70's) “A Woman's Place is in the House... and the Senate!” and a few choice others that stuck with me. I have long felt that if humans could really address our female / male equality and respect issues, so many other things would fall into place— Still working toward that one! ∞

HOME There's a place I know, there's a place I go / It reminds me who I wanna be / When I walk among the tallest trees / Longing to belong within my own space / It takes me by surprise, it helps me realize / I am just a simple girl, making sense of this old world / Longing to belong within my own, place / The trees lean in, the night settles in / I'm face to face, with a wild embrace / My heart is open wide, contentment here inside / It asks me what am I made of? / Am I made of fear, or made of love? / Looking deep inside (or... longing to belong) / I've finally found... my home.

AS LONG AS I KNOW YOU LOVE ME I want you to know, deep in your slumber / In the first moments, of the new dawn / Into tomorrow, deeper and deeper / In all my thoughts, in all I do. / I miss you now but I feel / You're not far away / You're living inside me, through all of my days / I can do anything, as long as I know you love me / As we go along, ebbing and flowing / Changing and growing, in our own way / Asking life's questions, reaching for answers / Let it be me, at the end of your day / For you my love know it now, feel it inside me too / I'm there in your darkest hour – in all

that you do / I can do anything, as long as I know you love me / As long as I know... as long as love grows, as long as I know / ...You love me / For you my love know it now, feel it inside me too / I'm there in your darkest Hour, In All That You Do / I Can Do Anything—as long as I know you love me.

Some Of That Sunshine Life's a mysterious lesson, nobody knows what's in store / Just when you think trouble's over – There's more / Everyone has her own theory – / Nothing's more fickle than fate / I've always said when it's stormy, just wait / Wrap up some of that sunshine, put it in your pocket for a rainy day / Get your share of good lovin'— sometimes too much thinking gets in the way / Nobody said it was gonna be easy / So you can't live your life in dismay / So, wrap up some of that sunshine – it'll come in handy on a rainy / Take a walk in the moonlight, time is made of moments you can't replace / Try to look on the bright side – welcome in tomorrow with a smile on your face / Into each life rain is bound to come fallin, try as you might – to keep it away / So wrap up some of that sunshine, it'll come in handy on a rainy day. / ...It's better to collect it, cause when you least expect it / It may come in handy on a rainy day.



SHAKE IT UP Can't seem to shake this off, so
i'm gonna have to shake it up / It can't go away
on it's own so i'm gonna have to shake it
up!! / Listen to me people, I want you to know
/ We're gonna have to shake it up / If the
road's not headed where you wanna go
/ Gonna have to shake it up / You can sit
around complain, but that won't get
you nowhere / (Gonna have to shake
it up) / These privileges we have, they
haven't always been there / (Someone
had to shake it up) / Ziggin' and a
zaggin'— mile by mile / Standin' up for
somethin' / Makes it all worth while /
You know that this ain't workin' — it's easy
to see (Gonna have to....) / If we're
gonna move forward, we got to break
free / (Gonna have to...) / Another
lame excuse is what we've come to expect
/ (Gonna have to...) / A promise ain't
a promise if it's never kept / (Gonna have to
...) **BIG DISCOUNT** Big discount, c'mon and
get your big discount / 77 Cents, to the dollar /
If you listen real close, you can almost hear 'em

holler /Get your big discount ! / Why can't you
see it's paramount ? / By any person's sane ac-
count / A woman's place is in the house and
the senate / Why's it so hard to give a wom-
an credit? / Why the big discount? / Glass
ceiling, world reeling / Twenty- sixteen,
let the chips fall apart where they may /
We got the me too movement and the
march for our lives / You can't mans-
plain this one away / Big discount,
c'mon and get your big discount /
Enough already with this double
standard / Do your sister's proud /
Don't accept what we've been hand-
ed / No more big discounts ! / Don't
get me wrong with my song / Some of
my best friends are men / Been livin'
with them all of my life / We gotta do
better, together / Honor your mother, your
sister, your daughter, your wife! / Don't
discount yourself by any small amount / If
men are from mars and women are from venus
/ Make a better plan for equality between us / No
more big discounts... ∞

1/ Wish You Were Mine 4:09

Words and Music by Karrin Allyson ©©2018 Karrin Allyson

2/ Home 4:21

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3/ As Long As I Know You Love Me 4:31

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Music by Karrin Allyson ©©2018 Karrin Allyson

4/ Some Of That Sunshine 4:56

Words and Music by Karrin Allyson / Chris Caswell ©©2018 Karrin Allyson

5/ Shake It Up 4:18

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Music by Karrin Allyson ©©2018 Karrin Allyson

6/ Just as Well 4:32

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7/ Time Is A Funny Thing 5:00

Words and Music by Karrin Allyson ©©2018 Karrin Allyson

8/ One Of These Days 4:36

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9/ Nobody Said Love Was Easy 4:03

Words and Music by Karrin Allyson /Chris Caswell ©©2018 Karrin Allyson

10/ Happy Now 5:36

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11/ Right Here Right Now 4:30

Words and Music by Karrin Allyson ©©2018 Karrin Allyson

12/ You Don't Care 3:51

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13/ Big Discount 3:03

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