

## Mp3 Jon Lowe - A Lifetime In My Mind



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The Album is a mixture of reflective Acoustic-based Adult Folk/ Pop with a trace of Country. 13 MP3 Songs COUNTRY: Country Folk, EASY LISTENING: Mood Music Details: Having had 2 previously released cd's under the name "The Suffolk Postman"(see anglianmusic)This is my first work not attributed to Allan Smethurst-the great norfolk dialect composer.A Lifetime in My Mind is a selection of songs written over the past 25 yrs untill now locked in the vaults awaiting exposure to you lucky people.The recording was always on the back burner esp.during the dreaded Eighties when acoustic music like this was unfavoured(remember those dreadful synths?).Having spent these years mourning John Lennon and getting in a flap about the boys never getting together again(Live Aid would have been nice)I then retreated into either listening to nothing,or occasionally the most depressing,mainly classical,music i could find.I would sometimes go for months ignoring the pleas of my trusty Washburn and even sold the piano.Then in the early 90's I noticed acc. guitars being played again,long haired students returned to the streets,lugging their beaten up old Eko Rangers behind them,I even heard Dylan being played at a disco!About this time when the Prozac finally kicked in my nephew Gareth was goofing out in a barn in Henley(ips) playing very loud heavy metal with none other than sixteen yr old Jimmy Love and brother Luke,well I was newly divorced,15 goin on 35,and ready to scream out my spleen in an octave bats would call a key too high.Several gigs and a written-off Renault16 later we called it a day(mainly due to Ipswich's lack of interest in original local music).This is when I started doing the Postman stuff which is another story.In 1998 I started an open mic.session in The Brewers Arms in Ipswich and a percussionist started coming along who had just moved into the same street as me,we became friends and his name was Keith.I used to do a song of mine called"Looking Back Jo Jo" which Keefy,as I called him,really liked.He used to ask me when were we going to record it,to which I would reply that there was plenty of

time-whats another few months when I'd been putting it off 20years.Keefy got cancer which shocked me into action by which time he was too ill to play and he died within a few months."A Lifetime in My Mind" is dedicated to the memory of Keith Bleasby.

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