

# Who is Commodore Callahan?

“ This is a versatile group of talented musicians. Everything from soul to Brazilian jazz! Perfectly lovely!” – *Suzanne Fowler Palmer, Exec. Director, Boys Hope Girls Hope S.F. Bay Area*

## Currently in rotation on Bay Area 89.5 KPOO and 91.1 KCSM!

We are a band with a conscience and a heart, and that spirit comes through in our music. The friendships reach way back, but joining forces as Commodore Callahan is a relatively recent thing for lead singer Lauren Speeth, and band mates Don Kane and Josh Workman. We decided we should try banding together, bringing our combined musical presence to awareness-raising, bringing in the finest guest artists, as projects require. Our first gig was a fundraiser for a hospital in Bihar, India. Our first album, *Love is Here* – described as “upbeat spiritual retro R&B gospel” – had CD release debut concert at the big kickoff fundraiser for San Francisco Boys Hope Girls Hope. This CD was used in a fundraising telethon by Peter Young Housing Industries and Treatment, and we have already followed it with two singles. More are on their way!

## Availability and Gigs

Talk to us about YOUR fundraiser or worship service...

Every Second Saturday of every month... we can be found singing and raising awareness about social justice issues. Around September 11<sup>th</sup>, we always focus on a peace and harmony theme; around Thanksgiving time, our focus is food insecurity, and around the winter gift-giving season, the issue includes not only food but housing and even simple gifts, for those who do not have access for their children. Contact us to discuss the possibility of booking Commodore Callahan for *your* next nonprofit fundraiser, to turn your event into a winner.

## Highlights from Past Performances, 2007 - Present

- December 5, 2007 – *Project Respite* kickoff fundraiser benefiting the Shechen Medical Center, the only provider of modern medical health care services for a population for over 200,000 in Bihar, India, an important pilgrimage site. This fundraiser was undertaken on behalf of Google and the Dalai Lama’s interpreter, Matthieu Ricard, at the Google campus, in Cupertino, California. See [www.projectrespit.com](http://www.projectrespit.com) for how to support the ongoing needs of this worthy initiative.
- June 4, 2009 – *Boys Hope Girls Hope* gala fundraiser, downtown San Francisco, California. See [www.boyshopegirlshope.org](http://www.boyshopegirlshope.org) for information about how to support this worthy organization.
- February 13, 2010 – Elfenworks Foundation’s [Second Saturday](#) Kickoff Event.
- March 13, 2010 – [Second Saturday](#) at The [Elfenworks Foundation](#) HQ, Burlingame California.
- March 19, 2010 – S.A.L.T. Conference “Vulnerable Populations and Economic Realities” at Golden Gate University campus, San Francisco California.
- April 10, 2010 – The Elfenworks Foundation’s [Second Saturday](#) Road Trip – 35 cities visited as Commodore Callahan takes to the road in a whirlwind of song.
- September 11, 2010 – [Second Saturday](#), anniversary of Twin Towers, peace and harmony theme.
- October 9, 2010 – [Second Saturday](#) “hoperaiser” celebrating Breast Cancer Awareness Month.
- November 13, 2010 – [Second Saturday](#) “Homeless Veterans” hunger awareness at Thanksgiving.
- December 11, 2010 – [Second Saturday](#) “Giftsgiving” promoting sharing and compassion.

*Enjoy this uplifting and lush synthesis of our musical lifetimes...*

## **Lauren Speeth ~ Vocals, Lyrics & Melodies, Guitar, Flute...**

*"Vocalist Lauren Speeth, with her quiet-but-confident and sultry Brazilian style..."*

Lauren Speeth has been writing music since she could hold a blue crayon... but she first began dreaming of a career as a songwriter while reading 'songwriter' magazine and plotting her escape from high school. A solo *light lyric soprano* in the invitation-only choir Singing Angels in Cleveland when she was a youth. She was coached in California by Eleanor Cohen and Faith Winthrop, and although influenced by Suzanne Vega, Astrud Gilberto, James Taylor and others, Speeth has her own authentic voice and style. As a musician, she has had wonderful piano and flute instructors, learned from guitarists Jeffrey Chinn and John Cordell, and gotten tips from friends like Michael Lorimer and fellow band member Josh. On violin, she's studied from Betty Haag, Christopher Kranyak, Joseph Gold, Jeremy Cohen and Aaron Rosand. For Lauren, music is a great way to get in touch with the divine, and to make 'a joyful noise.' She's especially excited about fundraisers, praise music, and in joining her voice with others in the interests of compassionate understanding and social justice.



## **Don Kane ~ Melodies, Bass, Vocals, Clarinet, Sax...**

*"Speeth, Kane and Workman bring powerful combined musical presence to awareness-raising..."*

Don Kane ([www.donkanebass.com](http://www.donkanebass.com)) has played professionally for many decades, having joined



the Musician's Union at 14. Don started his career playing clarinet and saxophone, apprenticing with his father's band, *The Three Beats*, a local San Francisco mainstay which appeared at Nick's Rockaway Beach through the '50s and '60s. Don Studied bass with Chuck Rainey and Carol Kaye and clarinet with John Geanacos, and voice with Faith Winthrop. Don added bass to his repertoire while serving with the U.S. Air Force military band during the Vietnam era. After receiving an honorable discharge, he began his days as a touring musician, working with Bob

Crosby, Xavier Cugat, Sammy Kaye, Vaughn Monroe, Skeeter Davis, The Sounds of Joy and others. Kane also lived for two years in Nashville, working for and touring with Eddie Arnold back when Arnold was CMA Entertainer of the Year. A highly sought-after musician for his flexibility, versatility, and easy-going nature, Don is comfortable with a wide variety of styles. After a lifetime of improvisational performance, Don has recently begun venturing into writing formally. His first published melody can be heard as our album's first cut: *One Way Track*.

## **Josh Workman ~ Melodies, Guitar, Vocals**

*"Josh Workman set the tone with his soft, jazzy guitar rhythms..."*

Josh Workman ([www.joshworkman.com](http://www.joshworkman.com)) began playing guitar at age 10 and by the tender age of 13 was already out performing in the smoke-filled bars of San Francisco's infamous North Beach. Some of his earliest guitar teachers included Ray Scott, Tuck Andress (Tuck & Patti), Dave Creamer and Bruce Foreman. Josh spent a year at the Berklee School of Music in Boston, at age 19 Josh left to finish his studies at the New School for Jazz and Contemporary Music in New York City. This is where he fully immersed himself in learning to play jazz guitar. He has recorded and performed with artists such as world music ensemble D'Vash, The Jazz Passengers (featuring Deborah Harry of Blondie) and offshoots of the Groove



Collective. During the neo-swing craze of the late 1990s, his band, Indigo Swing was regarded as one of the bands leading the pack, touring internationally and performing 200-300 dates per year, touring with The Brian Setzer Orchestra and headlining many prestigious festivals around the globe such as the Stuttgart Jazz Festival in Germany, where they shared the stage with legends Rosemary Clooney, Lionel Hampton and vocalist Dee Dee Bridgewater. He also toured as a member of Hot Club of San Francisco, and released his own CD, *Jumpin' At The Border*.

## Playlist Options (subject to change)

"Garden in my Soul has become a mantra for our agency, we strive to incorporate these values into the work we do every day. Peace, Love, Justice, Hope! We sing it to ourselves to lift our spirits!" – *Suzanne Fowler Palmer, Exec. Director, Boys Hope Girls Hope S.F. Bay Area*

<b>Commodore Callahan Originals</b>	<b>Composer</b>	<b>Genre</b>
Fairy Tale End	L. Speeth & T. Hall	Love Song
Garden In My Soul	L. Speeth & T. Hall	Soft Rock
In Canada	L. Speeth & T. Hall	Social Justice Ballad
Love	L. Speeth & T. Hall	Love
Love Is Here	L. Speeth & T. Hall	New Gospel
One Way Track	L. Speeth & D. Kane	Social Justice
Rescue Me	L. Speeth & J. Workman	Bossa Nova
Rough Justice	L. Speeth & J. Workman	Social Justice Ballad
Such a Crime	L. Speeth & J. Workman	Country/Ballad
Voices Home	L. Speeth & T. Hall	New Christian
Resurrection	L. Speeth & T. Hall	Gospel

<b>Uplifting and Spiritual Covers</b>	<b>Composer</b>	<b>Genre</b>
Across The Universe	Beatles	New Age
Awesome God	Michael W Smith	Christian Rock
Blackbird	Lennon & McCartney	Folk
Get Together	The Youngbloods	Retro '60s rock
Go Tell It On The Mountain	(trad)	Traditional/spiritual
Good Lord Loves You	Neil Diamond	Worship Rock
Hard Times Come Again No More	Stephen Foster	Social Justice Ballad
Have a Talk with God	Stevie Wonder	R&B
Heaven is Ten Zillion Light Years Away	Stevie Wonder	R&B
Here Comes The Sun	Lennon/McCartney	Soft Rock
Hold On To Your Dreams	Stevie Wonder	R&B
I Will Follow	James Taylor	Soft Rock
If We Are The Body	Casting Crowns	Christian Rock
Love's In Need Of Love Today	Stevie Wonder	R&B
My Sweet Lord	George Harrison	Rock
Pretty Amazing Grace	Neil Diamond	Rock
Ripple	Grateful Dead	Bluegrass
Secret of Life	James Taylor	Folk
Shower the People	James Taylor	Folk
The Water Is Wide	(trad)	Traditional
The Good Lord Loves You	Neil Diamond	Rock
You've Got A Friend	James Taylor	Soft Rock

<b>Other Covers</b>	<b>Genre</b>
Beatles, James Taylor, Dylan, Elton John	Soft Rock, Folk
Jobim	Bossa Nova

## Gig Candids & Raves

“From the moment our event began, Josh Workman set the tone with his soft, jazzy guitar rhythms. He later was joined by rest of Commodore Callahan's musicians, Don Kane on the bass, Ross Gualco on piano and John Watkins on bass while Don slipped in a Clarinet solo. They were joined by vocalist Lauren Speeth with her quiet-but-confident and sultry Brazilian style blended with Alison Lewis whose vocal dynamism and sculpted tones balanced out the act. Outstanding harmonies and marvelous lyrics bringing warmth and hope to us all!” – *Suzanne Fowler Palmer, Exec. Director, Boys Hope Girls Hope S.F. Bay Area*



### *Boys Hope Girls Hope SF Inaugural Fundraiser Gala*

“The true magic of music is when it unifies several emotions and spirits into a perfect harmony, with words that capture a moment, feeling and emotion all at once. Garden in My Soul did that beautifully, and used that magic to musically memorialize the essence of what Boys Hope Girls Hope is all about.” – *Paul Minorini, Esq., International President of Boys Hope Girls Hope*

“The music of Commodore Callahan set the tone for our Growing Hope Graduation Gala... thoughtful, deliberate and fun! A spectacular group of professionals to work with. So many of our guests commented on the synergistic message of the lyrics and our message as a nonprofit agency.” – *Suzanne Fowler Palmer, Exec. Director, Boys Hope Girls Hope S.F. Bay Area*



### *Project Respite Inaugural Fundraiser at Google*

## ***Society of American Law Teachers Conference: “Vulnerable Populations and Economic Realities”***

“If there's one thing that can light up the faces of a group of poverty law veterans and pioneers-to-be, it's singing along to "Such a Crime," with Commodore Callahan, the band of Lauren Speeth, the polymath philanthropist, scholar and activist who made the nonpareil Golden Gate/SALT National Poverty Law Conference possible.” – *Dru Ramey, Esq., Dean of Golden Gate University School of Law*



### ***The Elfenworks Foundation “Elfenwinter Party”***

“Speeth, Kane and Workman bring powerful combined musical presence to awareness-raising. The impressive versatility and soulfulness of their delightful set provided the splendid ambiance to a wonderful event.” – *Kenneth Tam, Executive Director, Elfenworks*



### ***Bay Area Studio Sound – Recording “Love Is Here”***

## **CONTACT**

~ contact our publicist for interviews and booking availability ~  
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