



2019/2020 PRESS KIT

# Caught in a Memory

[WWW.JESSICAHEAVEN.COM](http://WWW.JESSICAHEAVEN.COM)

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# DEBUT ALBUM

## *Caught in a Memory*

Jessica's debut album is focused on the very real experience of loss. Each song is dedicated to specific people in her life who have passed away. The majority of the songs were sung by Jessica at their memorial services, some are dedications. All the tracks circle around particular lessons that are reflected by the lives of those the songs are dedicated to.

"I had seen so much loss in the last few years of my life, and it got to a point that I needed to express myself or my feelings would have swallowed me. I had no choice but to pour my soul into a project I believed in. Sometimes music isn't about having fun, sometimes its about diving into those painful places and sharing that vulnerability with others. I want my work to be meaningful for myself and for others, and I hope that this album allows others who have experienced loss and grief to find a safe space to heal. "

Jessica is accompanied by the outstanding Michael Creber on piano and soulful Darren Radtke on bass. The resulting trio conjures an intimate space for the listener to explore their own emotions. This is a very special experience and one that shows the unlikely maturity of a young artist.



# PAST EVENTS

## *2019 Only*

- WJA SWING DANCE AND JAM – JANUARY 25TH – ORIGINAL BLEND JAZZ BAND
- THE S^%T JAM & WHATEVER SERIES – MARCH 16TH – JAKE MCINTYRE-PAUL & GREG SAMEK
- WJA SWING DANCE AND JAM – FEBRUARY 22ND – ORIGINAL BLEND JAZZ BAND
- WJA & GSGW SONG WRITING WORKSHOP WITH KITTY KING – MARCH 2ND – KITTY KING
- WJA & GSGW MUSIC AND THE SELF W JODI PROZNICK – MARCH 3RD – JODI PROZNICK
- HEARTBEAT2019 – MARCH 9TH – MARIKA SIEWART, RUEL MORALES, ET AL.
- THE S^%T JAM & WHATEVER SERIES – MARCH 16TH – JAKE MCINTYRE-PAUL & GREG SAMEK
- WJA SWING DANCE AND JAM – MARCH 29TH – ORIGINAL BLEND JAZZ BAND
- JESSICA HEAVEN ON THE UBC MEDECINE SHOW – APRIL 6TH– ARDESHIR POURKERAMATI, TYLER MURRAY, JAKE MCINTYRE-PAUL
- THE SHIT JAM & WHATEVER SERIES FT. THE CHAOTIC GOOD PROJECT – APRIL 20TH – FEVEN KIDANE, KEALOHA NOELANI, SUIN PARK, JAKE MCINTYRE-PAUL
- WJA SWING DANCE AND JAM W BONNIE NORTHGRAVE – APRIL 26TH– JAKE MCINTYRE-PAUL & ORIGINAL BLEND JAZZ BAND, BONNIE NORTHGRAVES
- WJA SWING DANCE AND JAM – MAY – JAKE MCINTYRE-PAUL & ORIGINAL BLEND JAZZ BAND
- KINO KABARET – JUNE 16TH – HOUSE BAND
- JESSICA HEAVEN QUINTET AT THE MAPLEWOOD TAPHOUSE – JUNE 18TH – ARDESHIR POURKERAMATI, JAMIE YOONJI LEE, PATRICK KAO, JAKE MCINTYRE-PAUL
- JESSICA HEAVEN & PARKER WOODS ON THE UBC MEDECINE SHOW – JULY 3RD
- JESSICA HEAVEN W SLINKI TRIO @ BAY MOORINGS – JULY 19TH
- FRIDAY NIGHT LIVE IN SCOTCH CREEK – AUGUST 9TH – JAKE MCINTYRE-PAUL
- BC SWING CAMP PERFORMANCE – AUGUST 15TH – JAKE MCINTYRE-PAUL
- JAZZ AT THE PRESENTATION HOUSE: LEADING LADIES SERIES – SEPT. 4TH – PRIMARY TRIO
- CANADA CULTURE DAYS NEW MUSIC PERFORMANACE – SEPTEMBER 27TH – MARCIA MEYER
- WJA SWING DANCE AND JAM – SEPTEMBER 27TH – ORIGINAL BLEND JAZZ BAND
- SEATTLE INTERNATIONAL CONFERENCE AND CONVERSATION – OCTOBER 27TH
- WJA SWING DANCE AND JAM – OCTOBER 25TH – ORIGINAL BLEND JAZZ BAND
- PARDALIS STUDIOS CANADIAN MUSIC WEEK EVENTS – NOVEMBER 16TH – NATALIA PARDALIS
- WJA SWING DANCE AND JAM – NOVEMBER 29TH – LEADING LADIES LITTLE BIG BAND
- HOUSE CONCERT – DECEMBER 14TH – JAKE MICINTYRE-PAUL
- LYNN VALLEY UNITED CHRISTMAS SERVICE 7 PM – DECEMBER 24TH – FRANK CHU

*\*Radio interviews with no live performance not included in this list*