

From Barn Owl Blues, Translated from Dutch

<http://barnowlblues.punt.nl/content/2014/03/Polly-OKeary-the-Rhythm-Method--Compass>

With 25 years of experience in the blues Polly O'Keary with her new band released its third album. This band, the Rhythm Method, consisting of drummer Tommy Cook and guitarist Clinton 'Seattle Slim' None Maker. Polly comes from Seattle, she's bassist and vocalist, has toured all over the world and some awards hold in her career. The eleven songs on the album "Compass" written by herself, one in collaboration with guitarist None Maker.

The offer on the CD is a good mix of blues, rock with some forays into other genres. It starts with a solid blues rocker "Fools Gold", which is enriched by strong guitar riffs. The blues and rock are the red wire on the album. Trips are made include the Mexican-style "Nothing Left To Say" and the gospel-tinged "Let Me Be Kind". The best songs are mi blues rocker "Stop, Train", the sultry "Losing You Again" and the aforementioned "Let Me Be Kind". The last song starts quietly and operates in more than eight minutes towards a climax, that also means the end of the CD.

**BarnOwlBlues** find: An excellent CD, varied from quiet to rocking. Well sung and played and pretty composed. Definitely worth to be listened to.

[Soundgarden.com](http://Soundgarden.com), Croatia

Translated from Croatian

From literally the first tone in the song 'Fool's Gold' through my body went electric, and I wondered how I have not heard before Polly O'Keary the Rhythm Method. They are at the beginning of the year catering released their new album 'Compass'; Frank Roszak immediately 'figured' this band and started the promotion. Infact its FRRP have the opportunity to hear, that we have all along relatively fresh information about this singer, about backing band and their new album. After a break of four and after multiple award-winning 'Seattle Blues, Polly O'Keary the Rhythm Method are back, this time with a new lineup.

It is the player spins the third song 'Nothing Left to Say' dominated atmosphere tex-mex vibes and, strangely, even in this late hour just suits me. But the other, 'Summer' has left me a little stunned - something so easy, why did not he hoped, as a real country, respectively, hillbilly. In just the first three songs have dramatic changes and styles and moods and complete musical forms, as it is a chameleon. Then, like a bolt out of the blue comes

and hits us directly where it needs to pieces 'Your Honor'. The song is dominated, of course, Polly in vocals that is a different story.

However, if you are a devotee and admirer of what they performed the legendary and sadly defunct vocal diva Koko Taylor, Etta James and Janis Joplin, to the right place. And this song definitely shows that the vocal abilities of me until now not much known bass player and singer, although at present the scene for more than 25 years

Thanks to Frank and his FRRP this is the opportunity for us to meet this musician who comes to us from the Washington Blues Society and who has so far won numerous awards. Her first two albums were labeled albums of the year. And currently in the background echoes the typical pulsating blues 'Harder than It Has to Be', on which so beautifully continues piece 'Stop, Train', which depicts a very unusual and interesting arrangement and rock guitars.

Really interesting song because of its superstructure ranks among his favorites on the album. On the right is the sixth song 'I've Got None' and again the changes of pace and mood, so we go to those smoky, basement club space where the band and the singer performed his music, not caring a damn for anybody.

'How the Mighty Fall' is a new issue and, again, is a groovy atmosphere, which I really like. Always be there in such songs man unhook and move into some of their own, new spheres and asking some of its hidden corners where he could be alone. Excellent guitar and more dominant and better rhythm section. But to you and find out who they are Polly O'Keary the Rhythm Method

I certainly want to emphasize that this is a very interesting team, where absolutely everyone has their own space and the possibility of permanent musical expression, progress and experimentation.

'Losing You Again' is another beautiful ballad in which a man does not know what to listen, sensible guitar or muted rhythm section with a brilliant vocal.

Polly literally shines and makes you listen more, more and more! The penultimate song 'You Get Me High 'is truly groove dominated by the rhythm section, there are winds, but the last word lead her pulsating bass and above all her vocals. Excellent! Furka in the style of Sly and the Family Stone! And then again in the middle comes to the fore

And then again in the middle of prominent Clint guitar - really great stuff!

Then we honor the song 'Let Me Be Kind', a powerful, emotional ballad in which the potential musical story just evolves and becomes stronger and

stronger, it would literally exploded and culminated in a large, fully gospeliziranom finals!

Perhaps we should not be surprised by this qualification, because in them there is so much truth that speaks about what to listen, so here's one opinion

'What a great blues album! Congratulations on choosing the perfect team of talented players to help write, perform and record such a tasty, heartfelt collection of new songs that will be the compass to a decidedly great direction in music.' - Roger Fisher.

Polly began performing at clubs with less than 16 years and has performed, you would say, absolutely all styles of music. Therefore, equally at home in many musical styles, and this album 'Compass' very clearly shows! So much! Pametnome enough!

#### RECOMMENDATION

In a flood of a large number of publications at the end of last year and early this year, some editions definitely sticking and occupy special places 'Compass' is certainly one of them, and this is all of us a great opportunity to get acquainted with the work of the musician and her band. Remember this name - they are Polly O'Keary the Rhythm Method!

[-Soundguardian.com](http://www.soundguardian.com), Croatia

<http://www.soundguardian.com/content/view/29685/53/>