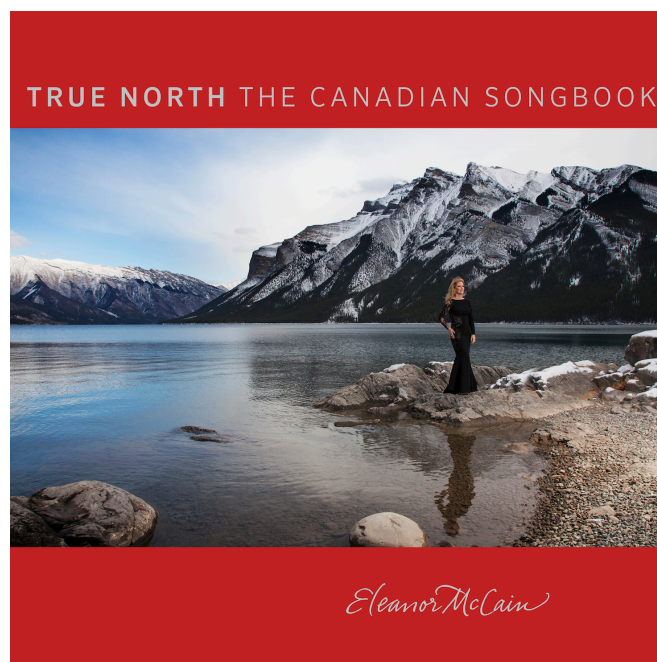


T R U E N R T H

T H E C A N A D I A N S O N G B O O K

FOR IMMEDIATE RELEASE - April 28, 2017

True North: The Canadian Songbook debuts “Helpless”



APRIL 28, 2017 – Today, Eleanor McCain debuted “**Helpless**”, the fifth song from her upcoming album **True North: The Canadian Songbook**. This quintessential Neil Young tune is one of 32 iconic Canadian songs on McCain’s new double album, out May 12, 2017. Recorded at Centennial Concert Hall and featuring the 60-piece **Winnipeg Symphony Orchestra**, the track was reimaged by renowned arranger Peter Cardinali.

“Arranging it for orchestra gave me a palette of colours to bring “Helpless” to life with some serious added dimensions,” said Cardinali. “The opening musical lines make a strong statement; Neil had the hook right off the top. I’m proud of how the orchestra and vocals are integrated here, not just as a sweetener but in a way that complements Eleanor’s vocals throughout.”

Eleanor McCain will be performing songs from *True North: The Canadian*

Songbook with the Winnipeg Symphony Orchestra as part of their Air Canada Pops series on May 26, 27 and 28.

A deluxe hardcover bilingual coffee table book accompanies the *True North: The Canadian Songbook* double album. The book features Canadian landscape photography as well as commentary from many of the songwriters and contributors including special quotes from Sarah McLachlan, Bruce Cockburn, Randy Bachman, Anne Murray and more.

True North: The Canadian Songbook is available for [pre-order](#) and will be on sale May 12, 2017; the full song list is attached.

| TRUE | NORTH |
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| Hallelujah (feat. National Arts Centre Orchestra) 5:03 | 1 Ordinary Day (feat. Natalie MacMaster, National Arts Centre Orchestra) 5:52 |
| A Case Of You (feat. National Arts Centre Orchestra) 5:50 | 2 Four Strong Winds (feat. Rick Emmett, Victoria Symphony) 4:24 |
| Helpless (feat. Winnipeg Symphony Orchestra) 4:30 | 3 All The Diamonds In The World (feat. Victoria Symphony) 4:08 |
| Run To You (feat. François D'Amours, Vineet Vyas, Winnipeg Symphony Orchestra) 3:52 | 4 Gold In Them Hills (feat. Kitchener-Waterloo Symphony) 3:48 |
| I'll Always Be There (feat. Rach Vaisine, Sharon Riley And The Faith Choral, National Arts Centre Orchestra) 4:57 | 5 Aujourd'hui, je dis bonjour à la vie (feat. Don Ross, Orchestre symphonique de Québec) 4:27 |
| If You Could Read My Mind (feat. Liora Boyd, National Arts Centre Orchestra) 4:16 | 6 We Rise Again (feat. Laura David, Denise Djakic, Saskatoon Children's Choir, Symphony New Brunswick) 4:14 |
| Angel (feat. Denise Djakic, Pro Coro Canada, Edmonton Symphony Orchestra) 4:42 | 7 Broken Arrow (feat. Paul Pike, Edmonton Symphony Orchestra) 5:34 |
| The Surest Things Can Change (feat. Guido Bassio, Winnipeg Symphony Orchestra) 4:42 | 8 Some Of These Days (feat. Matt Dusk, Symphony Nova Scotia) 3:21 |
| Good Mother (feat. Victoria Symphony) 4:47 | 9 Song For The Mira (feat. John McDermott, Symphony Nova Scotia) 5:31 |
| Constant Craving (feat. Jens Lindemann, Vancouver Symphony Orchestra) 3:40 | 10 Heart Like A Wheel (feat. George Gao, Ron Kirby, Donald Quan, Newfoundland Symphony Orchestra) 4:56 |
| Get Me Through December (feat. National Arts Centre Orchestra) 5:29 | 11 Still Believe In Love (feat. Symphony Nova Scotia) 3:47 |
| Undun (feat. Bill McBrien, Vancouver Symphony Orchestra) 4:07 | 12 Up Where We Belong (feat. Vancouver Symphony Orchestra) 5:01 |
| I Will Play A Rhapsody (feat. Jan Lisiecki, National Arts Centre Orchestra) 4:06 | 13 Snowbird (feat. Edmonton Symphony Orchestra) 3:04 |
| Le monde est stone (feat. Elmer Iseler Singers, Orchestre symphonique de Québec) 5:26 | 14 No Change In Me (feat. Newfoundland Symphony Orchestra) 5:06 |
| I Can See Hope From Here (feat. Lesley Young, Newfoundland Symphony Orchestra) 4:24 | 15 Rhythm Of My Heart (feat. The College of Piping, Kitchener-Waterloo Symphony) 4:25 |
| O Siem (feat. Natasha Alakariakak, Sharon Riley And The Faith Choral, Orchestre symphonique de Québec) 4:34 | 16 The Island (feat. The Men of the Deep, Symphony New Brunswick) 4:48 |

Listen to "Helpless"

Website: EleanorMcCain.ca

Twitter: [@Eleanor_McCain](https://twitter.com/Eleanor_McCain)

Facebook: [@EleanorMcCainMusic](https://www.facebook.com/EleanorMcCainMusic)

Instagram: [@EleanorMcCainMusic](https://www.instagram.com/EleanorMcCainMusic)

YouTube: [@EleanorMcCainMusic](https://www.youtube.com/EleanorMcCainMusic)

Hashtag: #CSB150

About True North: The Canadian Songbook

Showcasing 32 of Canada's most beloved pop and folk songs, *True North: The Canadian Songbook* is Eleanor McCain's sixth studio album. Produced by Don Breithaupt and featuring the creations of 14 arrangers, 28 guest artists, and 10 symphony orchestras from across the country, *True North: The Canadian Songbook* was developed to celebrate Canada's 150th birthday. In addition to the recording, there is an accompanying English hardcover coffee table book featuring fashion portraits in select Canadian locations by co-curator V. Tony Hauser, sumptuous full-colour landscape photography by 22 photographers from across Canada, complementary song lyrics, songwriter commentary, and behind-the-scenes shots by Greg Locke, along with a double CD insert. This epic, multi-year passion project is a touching tribute to the people, songwriters, musicians, photographers and landscape of Canada. Eleanor is joined on this project by a talented team of artists, performers, and industry experts all of whom worked passionately to bring this to fruition. An accompanying short documentary film will also be released. *True North: The Canadian Songbook* will be available for sale May 12th, 2017 and can be purchased [here](#) and at www.EleanorMcCain.ca.

FOR FURTHER INFORMATION, IMAGES AND INTERVIEWS, PLEASE CONTACT:

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