

# Biography

KainAndAble has revealed a provocative new sound that is all their own. A kaleidoscope of contemporary Americana, blending Electric, Acoustic, Rock, Blues, Contemporary Folk, R&B, with a little Soul, Jazz, and a touch of Pop.

J. Thomas Edward & Matthew O'Keefe, who after a chance meeting late 2012 fused their very different and distinct vocal, guitar and song-writing styles to create and record the songs for their two part debut release. Magnetic rhythms, melodies, and irresistible hooks harmonized to create an enduring and timeless sound.

Lyrical intricate at times cryptic and ominous, with hints of a wicked dark humor. Lyrics fall into place rhythmically with their two contrasting guitar styles that weave in and out of each other with ingenious degree.

Vocally striking, the duo uses their diametrically different voices in songs with dual leads vocals, others with sweet harmonies and accompaniment. Music fans of many different genres will no doubt fall in love with this new musical powerhouse.

---

*"I've worked with many of the greatest artists & bands, KainAndAble sure grabbed my attention. These boys can hold their own with the best of them. They have that certain something that draws you in"*

## Tony Bongiovi

**Legendary Producer & Engineer of Artists-** Aerosmith, No End, Talking Heads, Stevie Wonder, Dr John, Jimi Hendrix, Ozzy Osborne, MECO, The Ramones, Gloria Gaynor, Goo-Goo Dolls, Diana Ross

---

## Debut Albums

KainAndAble records and performs with and without a rhythm section. Their debut recordings are complete and will be released in two parts, fall 2014.

**KainAndAble-I** is Electric and hard driving. **Vibrations** is acoustic, more laid back. The dual release represents the duality of KainAndAble's sound.

Accompanying videos have been produced for songs "Get Off" and "Sooner or Later" as well as the video "Introducing KainAndAble" All scheduled to be released fall 2014.

## More....

KainAndAble is the unlikely duo of J Thomas Edward & Matthew O'Keefe. Unlikely because they come from two totally different musical styles and perspectives. JTE is a musical purist, who jokingly refers to synthesized music as "the devils music" His voice, is deep and resonant with a slight rasp, and intensely emotional.

O'Keefe's voice is almost angelic in contrast. At times gentle, slightly haunting. Alone and together their voices can raise the hair on your arms and bring a tear to your eye.

---

*"KainAndAble has a unique combination of melody, groove and flavor. Their music takes you on a ride from passion to excitement and back in every track!"*

### Rob Roy

Producer of Artists Morgan Rose & John Connolly (Seven Dust) T-Pain, Scott Stapp (Creed) Nicko McBrien (Iron Madien)

---

### J. Thomas Edward

JTE has released three solo albums and one compellation. Most notably "Athens" Produced by John Keane (REM, Wide Spread Panic, Indigo Girls) a consummate songwriter who defies categorization.

JTE's guitar style is in a world of it's own, rhythmic and percussive. With an unusual sense of timing. *"I never took music lessons or studied theory. Just trial and error, I'm not a great guitarist like Matthew, but I sound like me, nobody else"*

A rhythm section in particular a drummer can find JTE's guitar playing confounding and a real challenge.

---

*"In the beginning the more we played the harder it was. He's got this unusual timing. It can be frustrating. But once we locked, we really had something. His style can sound random and loose, but it's not at all. It's got a mathematical precision to it. THERE'S a real genius to his rhythm"*

### Miguel Ortiz

"Drummer" KainAndAble I & Vibrations

---

## **Matthew O’Keefe**

O’Keefe comes into his own as a singer songwriter on KainAndAble’s debut recordings. The duo collaborated with the writing, arranging and production of these debut recordings.

O’Keefe’s guitar is a delicate intricacy that is truly sublime. On acoustic he plays each song like mythic novel, but never over doing it. He has the ability to weave very complicated guitar into not sounding complex. He’s never “showing off” his arrangements and unique style is always for good of the song. But make no mistake he can make his Strat and Les Paul Scream for mercy.

Describing O’Keefe JTE Says, *“Matthew doesn’t realize how good he is, he’s a perfectionist and never ever satisfied. He can be dark that way, but if I could play with anybody in world, it would be him, no question about it”*

The duo's contrasting styles combined with the homage they give one another when playing together is the foundation of the KainAndAble’s sound.

## **Influences**

Their influences are wide and varied. They include Artists Godforbid, Lou Reed & Velvet Underground, Incubus, Beck, Aretha Franklin, John Mayer, Frank Zappa, Joni Mitchell, Sublime, Van Morrison, Bob Dylan, Janis Joplin & Mark Knopfler.

## **The Name**

About the name “KainAndAble” It comes from a line in the song “Get Off” featured on KainAndAble I. *“We struggled in deciding what to call ourselves. We made an agreement on a Saturday night, if we could get the DOTCOM for KainAndAble we go with it. When we tried to obtain it, the domain was nowhere to be found. It was not live and there was no information about it anywhere. It was a ghost. Then on Wednesday of that same week we received a call from a domain company we had inquired to. They told us the reason we could not see the domain or find anything about the owner of the domain was that the current owners recently let the payment lapse. It went up for auction that Sunday and it was ours. It felt like the hand of fate”* KainAndAble™ is now trademarked.

## **The Songs**

*“Our songs are each in their own world. They come out sounding the way they do because we follow them, see where they want to go. Some of lyrics have references to God and some spiritual over tones, but we are not a Christian or religious group by any stretch of the imagination”*

## Lyrics

In Sooner Or Later for example featured on Vibrations takes a swing at religious fundamentalists. *“Sooner or Later that sure swift sword is going to fall, down on those claiming God’s little acre. The false Apostle will receive a call”* The “Reverend” Pat Roberson’s Image appears on the line “False Apostle” in the video for Sooner or Later

Can’t Fall In Love is sung tongue and cheek with a hint of dark humor there’s the line *“Lightening Strikes and Stingrays, the End of Days”*

Or in That’s Just How It Goes *“When they offered you thirty in silver, did you say no”*

In Never Get Out Of Here JTE sings the sweet and almost child-like line *“Walked Past this Fine Lady, she smiled at me and said, “hey boy, do you know God, I said no but I think Matthew writes to him from time to time”*

All of that aside, KainAndAble is by no means a Christian or Religious Group. Both Thomas & Matthew agree they just write what comes to them. JTE says, *“I used to edit a lot that stuff out. I don’t know where it comes from; it just pops in my head. I have no agenda whatsoever. If references to God or Spirituality or religion or sex or happiness or despair or anything else floats into my head when we’re writing a new song, it stays. I’m not editing things out anymore. I’ve done way too much of that in the past and tried to make lyrics to be what I thought was more palatable. It’s one of the stupidest things I’ve done in life”*

## For the Fans

Matthew & Thomas are already kicking around ideas for a follow up album. They have created a section called “Join the Band” on KainAndAble.com. Fans that join will be able to listen to early versions of new songs and vote for their favorites. Ultimately helping choose the final song selection for the next album.

## Cover Projects

KainAndAble has recorded their first cover song. “Bei Mir Bist du Schoen”  
By Composer Sholom Secunda

This song demonstrates an entire new level of talent this duo has. Ella Fitzgerald made “Bei Mir Bist du Schoen” famous in the 1940’s with the Benny Goodman Orchestra. The Andrew Sisters released a version that was a worldwide hit song.

This may seem at first to be an odd and unexpected choice for KainAndAble’s first cover song. Both Matthew and Thomas say that’s the thing. *“That’s the whole point, we’re not going to do the expected, that would be way to easy”*

When listening to this song you understand immediately, when KainAndAble interprets another artist’s song, they own it. By own the duo says and means *“If we are going to record another artists song, we are not going to do it they way they did it, what would be the point? The song becomes just like one of our own. It’s a part of us, just as if we had written the original.”*

## **Finally**

As talented as this duo is, off stage they are both quite shy and humble. As can be seen in the interview, on the video “Introducing KainAndAble”. Expect the unexpected from KainAndAble. They have begun a journey into the unknown.