

AUTOBIOGRAPHY

I was born Adam George Olmstead on September 14, 1974, in Halifax, Nova Scotia, and raised in a middle class family of five in Charlotte County, New Brunswick, Canada.

From a very young age I was playing the piano and singing in a local church choir. I began to fool around on all sorts of musical instruments. At fifteen, I started playing acoustic guitar and harmonica regularly at a local pub, singing all sorts of popular music from the old campfire, gospel, and folk songs of childhood to pretty much anything that sounded good to me. Finishing my high school education in Massachusetts, I continued to play regular shows for profit and not, with whomever wanted to make some noise.

When I was seventeen, I moved to New York City. After working 13 hours a day for 31 straight days scooping and delivering ice cream at minimum wage, I quit my job and found myself standing with guitar at the foyer of the World Trade Center. I opened my case and began singing my heart out. Within 45 minutes I had managed to elude security staff and secured a small fortune of \$75. From that point on, I was hooked on street performing. That experience eventually blossomed into singing wherever there was some company, food, lodging, etc.

At the age of 18, I fulfilled a lifelong desire to see California. The experience exceeded my wildest dreams. Placing and answering ads in the local Los Angeles paper, I was immediately immersed in numerous bands of varied styles. During the three years I lived in LA, I occasionally sojourned back to the bustling streets and subways of NYC and have always drawn heavily on those experiences in my song writing.

At 21, a friend and I hopped in a rented U-Haul with my motorcycle, guitar, and some musical gear and headed to Austin, Texas. Texas became a wonderful inspiration and influence on my song repertoire and writing.

From this point on, my life became a continuous traveling show, in which time nor rhyme nor reason seemed to matter. I can say that I wrote a lot of songs while I sang and hitchhiked my way around North America, even moving to Berlin, Germany and playing the streets and subways as far off as Brussels and Barcelona. I spent a considerable amount of time in Toronto and of course, making visits back into the USA. Traveling by any means I could, I developed a true love for roaming and rambling all around. The idea that one could pick up and leave for any desired destination, armed only with a guitar, a song, and a long yearning for adventure became my being.

One thing that should be said for is my love for home. As I've grown through the years, I've come to appreciate the Maritimes for what they are: a truly amazing place to live. In the past, I'd come home for a week, sometimes a few months. These days, out in my cabin on a river in the woods, I find it hard to leave for any reason other than making music.

At 29 an old friend from the early days in Los Angeles encouraged me to move to Nashville. He financed a miracle of a time in which I wrote songs and enjoyed the company of many fine musicians. That eventually led to the recording of my first album with members of the Nashville Bluegrass Band.

Currently back home in New Brunswick, I will be promoting the release of my record across Canada this Fall. Some solo performances will be made along with an array of special guests, pickers and plunkers. Shows will include original songs with old time standards and rare gems. The only goal is to reach a larger audience, carrying on in the tradition of old time music.

A.G. OLMSTEAD