

## EPK – Dana K & the Remedy

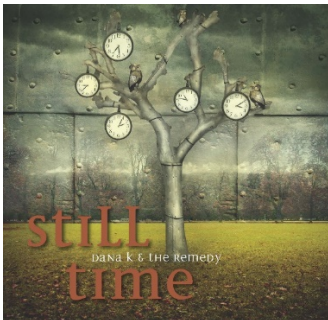


### Dana K & the Remedy – Band Information

Dana K & the Remedy is a 5-piece rock, blues, funk, soul, country, pop infusion project based out of Kitchener-Waterloo consisting of seasoned professional musicians with diverse musical styles and influences with a goal of getting people up and keeping them up and truly engaging the crowd. We released our debut album, *Still Time*, in 2018 and are continuing to record and perform in various venues around the Kitchener-Waterloo area including Descendants Beer and Beverage Company, The Duke, Churchill Arms, Starlight Lounge, Maxwell's Music House, Concordia Club's Summer Cruise Nights, and in 2019 on the BIA stage downtown during Oktoberfest. We are scheduled to record our second album, *Chasing Shadows*, in 2021 (pandemic permitting).

Website: [www.danakandtheremedy.com](http://www.danakandtheremedy.com)  
Facebook: <https://www.facebook.com/DanaKandtheRemedy/>  
<https://www.facebook.com/groups/846045985459321/>  
YouTube Page: [https://www.youtube.com/channel/UCVYUzbKSGPNr5hvJ4v8v\\_Xw/videos](https://www.youtube.com/channel/UCVYUzbKSGPNr5hvJ4v8v_Xw/videos)  
Instagram: <https://www.instagram.com/danakandtheremedy/> (@danakandtheremedy)  
Twitter: <https://twitter.com/DanaKRemedy> @DanaKRemedy

Our debut album, *Still Time*, is available on iTunes, Spotify, Apple Music, and YouTube.



Album on YouTube: <https://www.youtube.com/channel/UCmER3JTzs9rtFycLvkvkInQ>

### Contact Information

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Phone: [519.574.3262](tel:519.574.3262)

## Dana K & the Remedy – Band Biography



**Left to Right: James Rupnow (keys/vocals/harmonica), Steve Blenkhorn (drums/percussion), Dana K (vocals), Mark Hammond (bass/vocals), Howard Brown (guitar/vocals)**

**Steve Blenkhorn** is a musician from Kitchener-Waterloo who has been playing drums since he was a kid and since a “kid at heart” in various local bands including Grüveyard, 300 Degrees, Snowblind, Under Suspension and others.

**Howard Brown** is a musician/songwriter (guitar, vocals) from Elmira, Ontario, and he has been playing guitar since he was 17 years old. He has a wide range of musical influences and plays in Elmira-based cover band Grüveyard among other projects.

**Mark Hammond** is a musician/songwriter (guitar, bass, vocals) from Kitchener-Waterloo who has been on the local music scene with various projects including the Ken Dolls, and Mark and Jimmy for over 15 years.

**Dana K** is a musician/songwriter (vocals) from Kitchener-Waterloo who has been singing in various local cover bands (ZED, Jacked, and Covershot) for over 20 years. Dana began singing with blues band Lady D and the Barrelhouse Gents in 2015, which evolved into DKR in 2017. DKR is her first original project since Calliope’s Radio in 2008.

**James Rupnow** is a musician/singer/songwriter (keys, harmonica, vocals) from Kitchener-Waterloo who studied Music at Conrad Grebel College/University of Waterloo. He has played piano, organ, harmonica, and keyboard for the Exceptional Gentlemen, Grüveyard, Mark and Jimmy, and other projects for many years.

## Dana K & the Remedy – In the News

CTV News – Rock the Halls for Mental Health

[https://kitchener.ctvnews.ca/video?clipId=2105133&binId=1.1147261&playlistPageNum=1&fbclid=IwAR1CIRgpsz7AyI8VPwEERVwGPb3N7nlkBW1vZ67oalfwG\\_zmQHRJZFeWNHs](https://kitchener.ctvnews.ca/video?clipId=2105133&binId=1.1147261&playlistPageNum=1&fbclid=IwAR1CIRgpsz7AyI8VPwEERVwGPb3N7nlkBW1vZ67oalfwG_zmQHRJZFeWNHs)

The K-W Record

<https://www.therecord.com/whatson-story/7621932-still-time-for-dana-k-amp-the-remedy/>

The Elmira Observer

<https://observerextra.com/2017/10/19/dana-k-remedy-release-debut-album-still-time/>

## Dana K & the Remedy – Past and Upcoming Performances

### UPCOMING PERFORMANCES

All events are on hold due to the COVID-19 pandemic. We hope to see you all out rockin' again soon! Until then, please be well and stay safe!

### PAST PERFORMANCES

- ❖ December 20, 2020 – Music for Mental Health – Rock the Halls for Mental Health Online Charity Event – Kitchener, Ontario
- ❖ November 20, 2020 – Dana K and Howie Brown Acoustic Show, Descendants Beer and Beverage Company, Kitchener, Ontario
- ❖ October 30, 2020 – Dana K and Howie Brown Acoustic Show, Descendants Beer and Beverage Company, Kitchener, Ontario
- ❖ September 13, 2020 – Socially Distanced Driveway Event – Waterloo, Ontario
- ❖ September 12, 2020 – Socially Distanced Yard Event – Baden, Ontario
- ❖ August 14, 2020 – Socially Distanced Driveway Birthday Event – Kitchener, Ontario
- ❖ July 25, 2020 – Concert for Terry – Online Charity Event – Wilmot, Ontario
- ❖ June 7, 2020 – Socially Distanced Driveway Event – Waterloo Ontario
- ❖ February 7, 2020 – Descendants Beer and Beverage Company, Kitchener, Ontario
- ❖ February 29, 2020 – Golf's Steakhouse (Private Event), Kitchener, Ontario
- ❖ November 30, 2019 – The Duke of Wellington Pub, Waterloo, Ontario
- ❖ November 22, 2019 – Churchill Arms, Kitchener, Ontario
- ❖ November 1, 2019 – Descendants Beer and Beverage Company, Kitchener, Ontario
- ❖ October 11, 2019 – Downtown BIA Stage, K-W Oktoberfest, Kitchener, Ontario
- ❖ October 4, 2019 – Descendants Beer and Beverage Company, Kitchener, Ontario
- ❖ September 22, 2019 – Churchill Arms, Kitchener, Ontario
- ❖ July 26, 2019 – The Duke of Wellington Pub, Waterloo, Ontario
- ❖ June 21, 2019 – Concordia Club Cruise Night, Kitchener, Ontario
- ❖ April 27, 2019 – Opening for Elliott Brood at Maxwell's Music House, Waterloo, Ontario
- ❖ March 30, 2019 – The Duke of Wellington Pub, Waterloo, Ontario
- ❖ March 29, 2019 – Descendants Beer and Beverage Company, Kitchener, Ontario
- ❖ January 25, 2019 – Descendants Beer and Beverage Company, Kitchener, Ontario
- ❖ October 26, 2018 – Descendants Beer and Beverage Company, Kitchener, Ontario
- ❖ July 20, 2018 – Descendants Beer and Beverage Company, Kitchener, Ontario
- ❖ October 26, 2018 – Descendants Beer and Beverage Company, Kitchener, Ontario
- ❖ February 8, 2018 – The Boathouse, Victoria Park, Kitchener, Ontario
- ❖ January 26, 2018 – Descendants Beer and Beverage Company, Kitchener, Ontario
- ❖ November 11, 2017 – Co-billed with The Exceptional Gentlemen, Starlight Social Club, Kitchener, Ontario
- ❖ October 21, 2017 – Still Time CD Release Party, Descendant's Beer and Beverage Company, Kitchener, Ontario
- ❖ September 21, 2017 – Block 3 Brewing, St. Jacob's Ontario
- ❖ August 31, 2017 – Castle Kilbride Summer Concert Series, Baden, Ontario

**Past Performance as Lady D & the Barrelhouse Gents (now Dana K & the Remedy)**

- ❖ August 18, 2016 - Castle Kilbride Summer Concert Series, Baden, Ontario
- ❖ May 22, 2016 – Boomfest – Milton Fairgrounds, Milton, Ontario
- ❖ March 12, 2016 – Brando’s, Brantford, Ontario
- ❖ August 6, 2015 – Castle Kilbride Summer Concert Series, Baden, Ontario
- ❖ March 12, 2015 - Central Tavern, Elmira, Ontario