



Finally, Matthew Elmes was bassist for the Kessels (Boston 1986) and later with other bands including his own band, Bridges and Cables (2012). Tell us what's known about him.

Perfect! Now I have comprehensive information about Matthew Elmes. Here's what is known about **Matthew Elmes**, the bassist for The Kessels and later founder of Bridges and Cables:

Musical Career

The Kessels (1986)

Matthew "Matt" Elmes joined the Boston post-punk band 007 (previously known as Dub7) when they transformed into **The Kessels** in 1986. This represented a significant evolution in the band's sound and lineup:^{[1] [2] [3] [4]}

Band Configuration:

- **Steve Harrell** - guitar (original 007 member)
- **Lawrence "Mr Kessel" LaFerla** - vocals (original 007 frontman)
- **Matt Elmes** - bass (replacing previous bassists)
- **Garry Miles** - drums (original 007 member)^{[2] [4] [5]}

"Loosen Up with the Kessels" Recording

The centerpiece of Matt's work with The Kessels was the recording of "**Loosen Up with the Kessels**" in 1986:^{[3] [6]}

- **Recording location:** Polymedia Studio in Boston^[4]
- **Producer/mixer:** Tim O'Heir, who later earned Tony Award and Grammy nominations^[4]
- **Musical direction:** The song marked a shift toward a more **pop-oriented sound** with melodic hooks and refined production, described as having influences reminiscent of **The Stone Roses**^[3]
- **Reception challenge:** Despite quality production, the track was considered "**too pop**" for Boston indie radio stations and was **shelved for 37 years**^{[3] [4]}
- **Historical significance:** The recording remained lost until the band reconnected via social media, leading to its eventual release in 2023^[3]

Connection to 007/Dub7 Legacy

Matt joined during the band's final evolutionary phase, when the core members from the highly successful 007/Dub7 era (who had opened for The Clash, The Specials, and English Beat, and

finished as runners-up in the 1984 WBCN Rock 'n' Roll Rumble) were exploring a more commercial direction.^{[1] [4] [3]}

Solo Project: Bridges and Cables (2012)

Album: "Anzio" (2012)

Matt Elmes founded his own band, **Bridges and Cables**, releasing the album "**Anzio**" in 2012:^{[7] [8]}

- **Release date:** March 30, 2012^[7]
- **Format:** 9 songs, 31 minutes duration^[7]
- **Copyright:** © 2012 Matt Elmes (indicating his role as primary creative force)^[7]
- **Distribution:** Available on major platforms including Apple Music, Amazon Prime Music, and other streaming services^{[8] [7]}
- **Genre:** Rock^[7]

Musical Evolution

The 26-year gap between The Kessels (1986) and Bridges and Cables (2012) represents Matt's long-term commitment to music, showing his evolution from a sideman in Boston's post-punk scene to a bandleader and primary creative force in his own right.

Musical Context and Legacy

Boston Scene Connection

Matt Elmes represents the later phase of Boston's influential early 1980s post-punk/alternative scene. While he missed the peak years of 007's success (1980-1984), he joined during their experimental transition period, contributing to what would become their final recorded work.^{[1] [4] [3]}

Technical and Creative Contributions

- As bassist for The Kessels, Matt helped anchor a more refined, pop-influenced sound that contrasted with 007's earlier punk/ska/dub hybrid approach^{[4] [3]}
- His work on "Loosen Up with the Kessels" demonstrated sophisticated musicianship in a high-quality studio production^{[4] [3]}
- With Bridges and Cables, he evolved into a songwriter and bandleader, maintaining his connection to rock music well into the 2010s^[7]

Historical Significance

Matt Elmes occupies a unique position in Boston music history - he was present for the final chapter of one of the city's most innovative early 1980s bands, contributing to their only commercially-oriented recording, and later sustained his musical career as an independent artist for decades. His story illustrates the long-term dedication of musicians who remained committed to their craft even after the peak moments of their local scene had passed.

The eventual release of "Loosen Up with the Kessels" in 2023, nearly four decades after its creation, represents a fascinating footnote in Boston music archaeology, with Matt's bass work finally receiving recognition as part of this "lost" recording from the city's post-punk era.^[3]

1. <https://007-boston-dub7.com/007-Dub7-timeline/>
2. <https://www.loosenupwiththekessels.com>
3. <https://www.obscuresound.com/2023/07/the-kessels-loosen-up-with-the-kessels/>
4. <https://007-boston-dub7.com>
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