

(Continued)

write something personal – something real from my life. So, I wrote about decisions, personal sacrifices and the many consequences of placing career over personal relationships. I wrote most of my songs on the road. In my music, sometimes I was the victim. Sometimes I was the culprit. We toiled over 12 bar blues changes and arrangements to accompany my lyrics. However, it was the mastery of Danny B's R&B and jazz piano and organ, coupled with his understanding of me as an artist that inspired him to write and produced "**Behind My Back**".

One of my most memorable experiences was when I wrote about heartbreak, a fresh wound during a relationship breakup. I remember taking a long car ride that culminated in me asking myself "**How Long Does It Take?**" (to get over someone you love). This was the ballad that confirmed that I was a blues singer with gospel roots. How Long? . . . was an entire song that channeled through me one Sunday afternoon while sitting on a cliff, overlooking the Pacific Ocean in Santa Cruz, California. I was talking to myself, humming a melody and crying to the waves. I started singing out loud. All of a sudden, the sounds of background vocals, Hammond B3 organ, and drums came to me.

I had that yearning to know, so I begged the question – singing "**How Long Does It Take?**"



So many memories and so many lessons! As in the song "**Honey, It's Your Fault**". As an artist, I realize that

the music all has to come out. Writing, singing, producing and performing blues and soul music has offered a safe haven for me to live and heal inside the lyrics and the stories.

I might write some special ballads again in my life. However, I would hope that I can live my life vicariously through someone else. That would be better than experiencing the pain it took to write about my own love life mistakes, challenges and lessons. But then again, "**Never Say Never**". I feel another soul song marinating now!"

Love Sista Monica Parker

**These three women are the mothers of my blues.
They paved the way for me to express myself.**



Koko Taylor

Thank you for your strength, road warrior spirit, sass and power.



Katie Webster

Thank you for your serious moans, passionate vocals, and fun-loving spirit.



Ruth Brown

Thank you for your soul, storytelling with flare, power and character.

Soul Blues & Ballads

"A chronical of my love, lessons, losses, letting go and living on!"



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Sista Monica Parker

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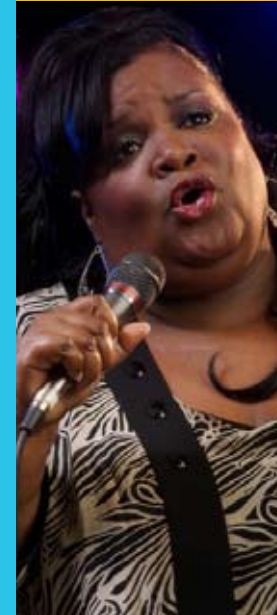
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1. **I'm A Woman! – 5:18**
Sista Monica Parker – vocals
Written by Vasti Jackson
 Vasti Jackson – Guitar
 David Torkanowsky – Piano,
 Hammond B3 organ
 Alonzo Johnson - Bass
 Herman Ernest III – Drums
Producer - Vasti Jackson
Zsadan Music – BMI
2. **The Walking Wounded – 5:30**
Sista Monica Parker - vocals
Written by Monica Parker
 Danny Beconcini – piano,
 Hammond B3 organ
 Joe Thomas – Bass
 Ron E. Beck – Drums, Male voice
 Sam Valera Jr. – Guitar
 Andy Just – Hammond
*Co-Producers –Monica Parker,
 Danny Beconcini, Ron E. Beck &
 Sam Varela Jr.*
Sismon Music – BMI
3. **Honey It's Your Fault – 5:32**
Sista Monica Parker - vocals
Written by Monica Parker
 Danny Beconcini – Piano
 John Turk – Hammond B3 organ
 Skylark - Bass
 Ron E. Beck _ Drums
 Larry McCray – Lead Guitar
 Larry Antonasio – Rhythm Guitar
 Noel Catura – Tenor Sax
 Doug Rowan – Baritone sax
*Co-Producers Monica Parker &
 Danny Beconcini*
Sismon Music BMI
4. **Behind My Back – 4:02**
Sista Monica Parker – vocals
Written by – Danny Beconcini
 Danny Beconcini – Piano,
 Hammond B3 organ
 Paul Jones – Bass
 Ron. E. Beck – Drums,
 Tenor background
 Michael Osborne – Guitar,
 Tenor background
 Skylark – tenor background
 Tony Lindsay – tenor background
*Co-Producers – Danny Beconcini,
 Monica Parker & Ron E. Beck*
Sismon Music – BMI
5. **Leave The Door Open – 5:47**
Sista Monica Parker - vocals
Written by Monica Parker
 Danny Beconcini – Hammond B3
 Chris Cain – Lead Guitar
 Chris Cobb - Rhythm Guitar
 David Jones – Bass
 David Tucker – Drums
Producer – Monica Parker
Sismon Music - BMI
6. **Come To Mama – 5:26**
Sista Monica Parker – vocals
*Written by Willie Mitchell,
 Earl Randle*
 Danny Beconcini – Piano,
 Hammond B3 organ
 Skylark - Bass
 Ron E. Beck – Drums
 Jim Greiner – Percussions
 Michael Osborne – Guitar
 Noel Catura – Tenor/Alto Sax
*Co-Producers - Monica Parker,
 Danny Beconcini*
Irving Music –BMI
7. **A Chance To Breathe – 6:52**
Sista Monica Parker - vocals
Written by Monica Parker
 Danny Beconcini – Piano,
 Hammond B3 organ
 Larry McCray - Guitar
 Skylark –Bass
 Paul Revelli- Drums
 Noel Catura – Tenor/ Alto sax
 Larry Antonasio – Rhythm guitar
 Doug Rowan – Baritone sax
 Ross Wilson – Trombone
*Co-Producers - Monica Parker,
 Danny Beconcini & Ron E. Beck*
Sismon Music – BMI
8. **Never Say Never – 4:52**
Sista Monica Parker – Vocals
Written by Monica Parker
 Danny Beconcini – Piano,
 Hammond B3 organ
 Artis Joyce – Bass
 Ron E. Beck – Drums
 Rene Solis - Lead guitar
 John Morris – Rhythm Guitar
Producer - Monica Parker
Sismon Music – BMI
9. **Pussy Cat Moan – 7:16**
Sista Monica Parker – vocals
Written by Katie Webster
 Danny Beconcini – Piano,
 Hammond B3 organ
 Skylark - Bass
 Ron E. Beck – Drums
 Michael Osborne – Guitar (Eyeball
 Music, BMI)
*Producers - Monica Parker
 & Danny Beconcini*
10. **It's A Shame, It's A Mystery – 4:49**
Sista Monica Parker
Written by Monica Parker
 Danny Beconcini – Piano
 Hammond B3 organ
 Ruth Davies – Acoustic bass
 Ron E. Beck - Drums
 Doug Rowan – Baritone sax
 Eddie Ramirez – Trumpet
 Brenda Roy – Soprano vocals
 Dy'Lana Dixon – Alto background
 Shiela Truso – Alto background
*Co-Producers – Monica Parker &
 Danny Beconcini*
Sismon Music – BMI
11. **I Don't Want To Hurt You Baby – 6:31**
Sista Monica Parker - vocals
Written by Monica Parker
 Danny Beconcini - Piano
 Don E. Beck – Hammond B3 organ
 Leonard Gill - Bass
 Ron E. Beck – Drums
 Chris Cain – Guitar
 Ken "Big Papa" Baker – Tenor
Producer – Monica Parker
Sismon Music – BMI
12. **How Long Does It Take? – 5:12**
Sista Monica Parker - vocals
Written by Monica Parker
 Jackie Gainey – Hammond B3 organ
 Artis Joyce – Bass
 Ron E. Beck – Drums, tenor backgrounds
 Mike Osborn – Lead Guitar
 Sam Valera – Rhythm Guitar
 Larry battiste – Tenor Background
 Lissa Byrd – Alto Background
 Brenda Roy –Soprano Background
 Shiela Truso – Alto Background
Producer - Monica Parker
Sismon Music – BMI
13. **Soul Shine – 6:08**
Sista Monica Parker - vocals
Written by Warren Haynes
 Danny Beconcini – Piano
 Hammond B3 organ
 Paul "Polo" Jones – Bass
 David Tucker – Drums
 Carolyn Brandy – Percussions
 Dan Caron – Guitar
 Tammi Brown – Alto background
 Terry Wells – Tenor background
 Tameka Elliott– Soprano
 background
 Valerie Rideaux – soprano
 background
*Co-Producers - Monica Parker
 & Danny Beconcini*
Songs of Universal Inc

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Thank God for the blues!

I dedicate this **Soul Blues & Ballads** CD to the life of the great blues women that have influenced my writing and singing: Koko Taylor, Katie Webster, and Ruth Brown. I have always been inspired by their strong, sassy, often tortured, storytelling blues. These women paved the way for me to open up and write about my heartaches and expose my woundedness. They created safe passage for me to reveal myself. This CD is about relationships that have deeply affected my life and my heart. Now, when I write about my love life, I allow myself to be vulnerable, to share and to even purge my feelings. That way, I am reaching in to a deeper self—a deeper soul. As life would have it, I have moved far from those realities.

Historically, my core issues have been about trust, betrayal, abandonment, and deception. I remember singing “blues is a healer!” in **“The Walking Wounded”**. Soul Blues & Ballads is full of jewels and compositions born out of my personal love life experiences. These songs have offered me solace and an outlet for expressing my pain. They have been carefully tucked between up-tempo, high energy, rock n’ Chicago style blues songs on eight (8) different CDs. They span almost two decades of expressing my love, my

lessons, and my losses. I have had to let go and live on. It's been healing to sing my blues!

I remember listening to the KUSP radio and heard Katie Webster sing her **“Pussycat Moan”**. Immediately, I ran out and purchased her CD on Alligator Records. Her voice was seriously scary, and yet it captivated me. I was convinced she meant business. In the insert, there is a mention of a guitar player named Vasti Jackson. Vasti was Katie's guitar player and musical director. Using my recruiting skills, I found and hired Vasti as a producer and guitarist on my first CD, **“Get Out My Way!”** We talked for hours, sharing stories about life, blues traditions, and the distinction between US and European audiences. Vasti wrote **“I'm A Woman”** for me. I watched him play guitar for hours at The Egyptian in Louisiana. He encouraged me to listen to blues women and men for phrasing and pacing. I was compelled to record the song **“Pussycat Moan”**.

While in the studio, I recall Vasti saying to my band “You must realize that Sista Monica is **“The New Blues Lioness.”** “She has a voice that roars!” Soon after Vasti left for Mississippi, I entrusted Danny “B” to be my collaborator. He encouraged me to stop listening to others and to

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