

## Mp3 Sista Monica - Can't Keep A Good Woman Down



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Electric Chicago style blues, soul, funk and contemporary gospel. Many compare Sista Monica to Etta James, but she has a style of her own. This CD is rockin' with some of the best guitar, piano and vocals in the business. 13 MP3 Songs

**BLUES: Chicago Style, BLUES: Electric Blues Details:** An award-winning singer/songwriter and record producer, Sista Monica is one of the hottest contemporary female blues, soul and gospel singers on the international music scene today. She writes, produces, releases, performs, and tours in support of her own original music. To date, she has produced and recorded six (6) full length CDs on her independent record label Mo Muscle Records Entertainment located in Santa Cruz, California. A seven (7) electrifying Chicago-style blues, soul, funk and gospel CD is now released to the world entitled "Can't Keep A Good Woman Down". In May of 2005 she received the "Artist Of The Year Award" for all of Santa Cruz, California County. She also received the prestigious "Artist of the Year Award" at the prestigious 17th Annual Monterey Bay Blues Festival in 2002. Also in November of 2002, Monica completed a seventeen (17) concert tour in The Netherlands with Eddie Clearwater and Sherman Roberts. She discovered a lump under her right arm that was soon diagnosed as a rare form of cancer - Synovial Sarcoma. Determined to live out her purpose, she underwent more than twenty (20) months of aggressive chemotherapy, surgery, radiation and physical therapy to regain mobility in her microphone holding hand and arm. Sista Monica kept singing at conferences, festivals, weddings and while in hospital during treatment. She contends "You Can't Keep A Good Woman Down" as she writes new music for her upcoming release. "The grace of God and music is what kept me alive!" says Parker. Sista Monica is a SOUL SURVIVOR! She and her world-class band have shared stages with Buddy Guy in Spain, Ray Charles in Montreal, Dr. John in Belgium, Deborah Coleman in Venezuela, Little Milton in The United Kingdom, Etta James in Monterey, Luther Allison in Holland and other artists in many other places. Bill

Milkowski of JazzTimes magazine wrote about her third CD "People Love the Blues" released in 2000 "An explosive singer, she smokes all the competition with the possible exception of Koko Taylor. This excellent CD, featuring It's A Shame, It's A Mystery" "The Walking Wounded" "You're Only Good For One Thang Baby" has some great guitar work done by Jimmy Thackery, Larry McCray, Sam Varela Jr., and Dan Caron. It should be in strong contention for a blues Grammy. Sista's got my vote" Recently, she performed at the Venezuela Blues Festival 2002 for the U.S. Embassy in Caracas, Venezuela. The U.S. Ambassador in Caracas invited Sista Monica and her band to a private gala reception at his estate. Shortly afterwards, she was invited to perform with the Drifters in Nice, France. Born in Gary, Indiana - Monica Parker started singing in the church choir at the age of seven. She spent several years in the mid-west between Gary, Indiana, Chicago, Illinois and Detroit, Michigan soaking up the rich melodies of soul, rhythm blues and gospel music. After high school, Parker enlisted in the U.S. Marine Corps for three years to get the GI bill for education and business. During her short stint (between 1977 and 1980), she became a USMC Recruiting Sergeant. After receiving an honorable discharge and marketing education, she garnered some corporate experience and started an executive "headhunting" firm in Chicago specializing in software and hardware engineering recruitment. Her musical influences growing up were Otis Redding, Al Green, Gladys Knight, Sam Cooke, Jackie Wilson, BB King, The Temptations, Albert Collins, The Staples Singers, James Brown and Aretha Franklin. "For years, I sang only in private, mostly in my shower and while driving in my car. I'd sing out loud - songs like "I Been Loving You Too Long", " I'll Take You There", The Thrill Is Gone", and "Dr. Feelgood" from my favorite soul singers". Sista Monica Parker The Associated Press and major local news sources reported that "Sista Monica came to the Rockin' Rescue" when she was asked to stand in and perform at the San Jose Americas Festival in the absence of her idol - Etta James. Parker had opened the festival, Chris Cain followed and Ms James was the headliner. When Ms. James became ill and was hospitalized the day of the performance, Sista Monica was asked to calm 15,000 ready and rowdy fans. On a separate occasion, at the Milwaukee Summer Fest, Parker was asked to stand in for Koko Taylor who took ill. Again, she was the opening act and closed the show with 2 encores and standing ovations. Her ability to connect with the audience has reporters, critics, promoters and fans alike suggesting that Sista Monica is be one of the main women who will carry the baton for the next generation of great blues women. At the Long Beach Blues festival, Parker was standing in the audience watching Mavis Staples perform. From the stage, Ms. Staples

acknowledged Sista Monica's performance at another festival in which they both performed and shouted to the crowd "that woman can sho nuff sang". Parker relocated to California's Silicon Valley continuing her technical recruiting career another 15 years for well-established clients such as Apple Computer, Hewlett Packard and Sun Microsystems. Finally in 1992, she transitioned from headhunting exclusively to singing professionally in Santa Cruz, California in a small nightclub - Emi's Bar Grille. Always said to be a high achiever, within ten years Sista Monica became known a worldwide festival favorite! Between the years of 1992 and 2002, she has had lead her band into a whirlwind of recording and touring experiences. (See performance highlights at [sistamonica.com](http://sistamonica.com)) In 1995, her debut CD "Get Out My Way" with the leading song "Windy City Burner" hit the airwaves on public, AAA and commercial radio, launching her international recording and touring career. Her Blues Soul CDs "LIVE In Europe - 2001", "People Love The Blues - 2000", "SISTA MONICA - 1997", "Get Out My Way - 1995" and one traditional Gospel CD "Gimme That Old Time Religion - 2001" has captured the attention of CNN TV news, The Netherlands TV network media, Bay TV and international radio, magazines and newspapers. She performed for President Clinton and thousands of delegates at the Democratic National Convention in 2000. "She is a fierce force of nature on the modern blues scene- -alternately attacking and caressing, dynamic and seductive. She rocks as powerfully as the great vintage blues divas and rolls you with her devastating wit. She can scorch you - and move you to tears. A blues hurricane of emotional intensity... Look out for Sista Monica!" Kathleen Lawton Crazy 'Bout The Blues" - KCSM-FM 91.1 San Mateo, CA In 1997, her self-titled CD "SISTA MONICA" won the coveted California Music "BAMMIE" Award for "Best Blues Artist" in Northern California. The 13 track release features favorite originals such as "Never Say Never" and "Stop Talking 'Bout Me Stalkin You". She ends each CD with a traditional gospel song. This one features "Amazing Grace/Motherless Child" acappella. She was also nominated for a W.C. Handy Award for "Best Contemporary Blues Female Artist". Sista Monica produced her first ever live CD "Live in Europe" released in 2001. It was recorded in front of 16,000 screaming blues lovers in Peer, Belgium at the Belgium R&B Festival 2000. This spectacular CD recorded "The Sista" singing her JB/Sista Monica funk tune "Put It In The Crock Pot" and the story behind her classic slow blues "Never Say Never". The performance was captured on the front page of the Het Belang Van Limburg newspaper with an 8x10 color photo of her dancing while performing. The headlines translated to "The women stole the show" referring to Sista Monica and her lady friends Shemekia Copeland and Candye Kane. "Live In Europe" is

filled with the huge sound and energy of "The Blues Lioness", her world-class band and an enthusiastic crowd. Her band consists of veteran piano/organ player and co-writer Danny "B" Beconcini, tenor sax man Noel Catura, Sammy Varela Jr. on guitar, with a competent rhythm section from Oakland and San Jose, California. It has been compared to the late great "Albert Collins The Icebreakers - LIVE". About.Blues reviewer John Babich said, "This powerful band was the perfect pedestal for one of the strongest voices in the Blues". Also released in 2001 was her long-awaited traditional gospel CD "Gimme That Old Time Religion". It is a compilation of songs such as "When The Saints Go Marching In" a New Orleans style" and "Didn't It Rain" previously recorded by the Mahalia Jackson, "You Don't Knock" by Mavis and Pops Staples the Staple Singers and "Walk Around Heaven All Day" by Rev. James Cleveland. Monica vividly remembers listening to these songs on the radio and singing them on her way to Sunday school each week as a young girl. In 1999 and 2000 Sista Monica was nominated for the "Best International Female Performer in the United Kingdom (UK)" sharing the category with Irma Thomas, Angela Walker, Etta James and Koko Taylor. "She has the soul of Aretha Franklin, the vocal power of Etta James, the gospel roots of Mavis Staples, the sass of Koko Taylor, the funky groove of James Brown and the fun-loving spirit of Katie Webster" Mac McDonald - The Monterey Herald Sista Monica Parker and her world-class band will be touring this summer from Italy, Belgium, and The Netherlands to major festivals in the United States. Be on the look out! For interviews and booking information call 831-425-3192 sistamon@cruzioor her manager - Susan Beer at 831-458-3328 srbsc@cruzio.com.

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