

# Hour of Insight Newsletter



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2011-2020  
United Nations Decade on Biodiversity

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Ms. Antoinette's is a native of San Diego, California and is well loved and supported by family, friends, and many fans. Her diverse repertoire consist of classical, smooth jazz, and R&B music. She has performed at the Walt Disney Concert Hall in Los Angeles with the Southeast Symphony Orchestra . Her solo performances have taken her across the US as well as abroad.

Attending U.C.S.D. for undergraduate work , then on to University of Arizona Tucson Master classes in harp performance. She was privileged to have studied under some very notable teachers. Ms. Antoinette credits her dynamic performance technique to her Russian teacher Elena Mashkovtseva. [Read full bio here](#)



[Click here to listen to the Interview with DrCal](#)

## Upcoming Events

**Tony Exum**  
March 24th 7PM - 10PM  
@ The Apex Sports Lounge



@ Apex Sports Lounge  
14567 E Alameda Ave Aurora, CO, 80012

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## MFB CD release



While the release of the MFB CD has been delayed, it is still very much in progress. This is a project that supports the United Nations Decade on Biodiversity. The people that I have come in contact with through my Hour of Insight show is what inspired me to develop this project.

Details of where the CD may be purchased and downloaded will be available soon. Please help support this fundraising effort.

Musicians for Biodiversity is a Non-Profit Organization and an Official Partner of the United Nations Decade on Biodiversity.

Thank You  
DrCal



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### INDUSTRY NEWS

**The ASCAP Foundation “Songwriters: The Next Generation”  
Showcases ASCAP Artists at The Kennedy Center**

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NEW YORK, March 1, 2017 -- “Songwriters: The Next Generation,” a program of The ASCAP Foundation and the John F. Kennedy Center for the Performing Arts, showcases the work of four young songwriters and composers in free concerts on the Kennedy Center’s Millennium Stage on Thursday, March 9 and Friday, March 10.

On March 9, Alabama-based singer/songwriter Wilder Adkins takes the stage to perform his original work. The bill also features the Jean John Trio performing original jazz compositions by Žan Tetičkovič, a Slovenian born New York City based drummer, educator and multi-award winning composer. On March 10, Paperwhite, a Brooklyn-based dream-pop brother and sister duo, Ben and Katie Marshall, perform their works followed by jazz vocalist and composer, Laurin Talese and her band. [Read full article Here](#)

[www.ascap.com/press/2017/02-29-kennedy-center](http://www.ascap.com/press/2017/02-29-kennedy-center)

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### We are all Unique

Every day I am truly thankful for the gift of music in my life. Those who create their own songs and compose original compositions are the ones who experience creation on a small level. For us the tunes play in our head all day and night. Like those who create in architecture, the plan comes in the mind and then is placed on paper through sketches until the final structure is finished for all to see.

I admire those who can imitate and copy created works of music to the point of recognition, however, doing this can sometimes smother your ability to hear and create your own compositions.

I am sharing this to say that there are many things that need to go the whole term before many can appreciate the final state. It is good to learn patience and wisdom to allow uniqueness to happen.

Do not allow routine and tradition to stop the masterpiece that is in you. Learn how to listen when you hear, and learn to embrace the whole when you see. This applies to the human condition too. Please learn how to view each person separately to experience their uniqueness. Learn from the old but embrace the possibilities of the new. Learn the power and virtue of discovery.

DrCal