

# Local artists ready to unveil album

By Christina Chomut christina@tlnews.net

Relaying a positive message through music, local musicians, Barry Cahill and Delene St. Clair, will be releasing their debut album, "Songs for Humanity," on Saturday night.

With a special performance by the local duo beginning at 8 p.m. at Carlsbad Village Theatre, Cahill and Delene hope to spread their signature sound in a creative and fun environment.



Local musicians Barry Cahill and Delene St. Clair will be releasing their debut album, "Songs for Humanity," Saturday evening at Carlsbad Village Theatre.

Looking to bridge the gap between the philosophical—spiritual genre and the existing pop market, Cahill and Delene decided to collaborate their efforts and co-produce "Songs for Humanity."

"It is music that you can have a good time and dance around your living room with, but also, if you want to really sit down and listen, you will get some really good ideas and it will challenge you as a listener," Cahill said. "It is something you can really sink your teeth into."

Married in 1988 and performing together since, Cahill and Delene attribute much of their musical chemistry to their relationship.

"It was almost immediate," Cahill said. "There was a very short time of transition where we had to acclimate to each other's styles, but it has been magic ever since."

Multi-instrumentalist Cahill began playing saxophone at the age of 8 and decided to make a lifelong career of music in his junior year of high school. Well versed on the alto, tenor and soprano saxophone, Cahill has been known to integrate the keyboard and guitar into his live and recorded performances with Delene.

Cahill attributes some of his life influences to the nation's expert in psychology of peak performance, Anthony Robbins.

"[Tony's] thing is really about taking action in spite of whatever is holding you back mentally and emotionally," Cahill said. "So, that was definitely a piece of the puzzle for us, but there have been other mentors along the way like Eckhart Tolle ("The Power of Now") and Harv Ekert ("Secrets of the Millionaire Mind: Mastering the Inner Game of Wealth")."

An artistic mind from Cleveland, Ohio,

Delene received formal musical training for years before branching off on her own with guitar and voice in hand.

Performing with the likes of Peter Sprague and Calman Hart, Delene continues to embrace her Slavic heritage as a major influence on her music career.

"When Barry and I visited my relatives in Slovakia, I found song to be an emancipation of culture,"

Delene said. "The celebration of life and heritage that existed in my native country has transcended through generations, becoming evident to me through my love and practice of music." Cahill and Delene made the decision to embrace Delene's heritage through song on their album by including an instrument indigenous to the mountainous areas of Slovakia called the Fujara.

"It is kind of like the didgeri-doo," Cahill said. "It is a wind instrument with only three notes, so you play it kind of like the bugle. It is more of an effect rather than a melodic instrument."

Cahill and Delene have decided to continue performing with their 17-year-old cover band, The Hot Pursuit Band, while simultaneously promoting and touring their new album. The Hot Pursuit Band performs throughout San Diego and North County as a five-piece band with Cahill and Delene as the front-people.

The laid-back and progressive mentality of North County combined with the costal environment of Carlsbad provided Cahill and Delene a perfect fit for the release of their debut CD, according to the duo.

"We are looking forward to performing at Carlsbad Village Theatre and hope to fill the 300-seat venue on Saturday night," Delene said.

For a sneak peak of "Songs of Humanity" or to purchase the CD, visit [www.cdbaby.com/cd/cahilldelene](http://www.cdbaby.com/cd/cahilldelene). For more information on Cahill and Delene, visit [www.CahillandDelene.com](http://www.CahillandDelene.com).

Reach reporter Christina Chomut at 760.752.6756.

## WHAT

Cahill and Delene CD release party

## WHEN

8 p.m. Saturday

## WHERE

Carlsbad Village Theatre, 2822 State St., Carlsbad

## COST

\$20 Advance/\$25.00 at door

## CONTACT

(760) 751-1876



"Songs for Humanity" is available online at: [www.cdbaby.com/cd/cahilldelene](http://www.cdbaby.com/cd/cahilldelene).

## ARTIST PICKS

Cahill and Delene "Songs for Humanity" picks

### Top pick by Delene

- "I'm Listening" / Track NO.4  
"The song is about us listening for our inner creativity and blocking out the hum-drum of daily life." - Delene

### Top picks by Cahill

- "Written in the Stars" / Track No.6  
"It is really the only love song on the album, appropriately written by my wife, Delene."

- Cahill

"Friend of Mine" / Track NO.1  
"It is an exuberant celebration of friendship." - Cahill

"The Golden Age" / Track No.8

"The song is about a Minoan civilization, about 5000 BC, where there existed an egalitarian male/female rulership of society. That coupled with some readings I have read by Plato, there seems to have been at one time, lost in antiquity, a golden age where people really did get along and the arts flourished and there wasn't all this craziness that we have today." - Cahill

# LIFESTYLE

## Counselor



B2

## Pets



### LIFESTYLE REPORTERS

Christina Chomut

Arts and entertainment reporter

christina@tlnews.net

760-752-6756

Kehau Cerizo

Arts and entertainment reporter

kehau@tlnews.net

760-752-6756

Joel D. Amos

Arts and entertainment reporter

joel@tlnews.net

760-752-6756

LIFESTYLE EDITOR

Adam Ward

adam@tlnews.net