

1. I'd Burn it All Down (For You) (4:56)
2. You're Killing My Love (3:08)
3. Slow Moving Train (4:25)
4. Gold Star (3:55)
5. The Monarch and the Wrecking Ball (5:19)
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7. Forgiveness is Free (3:34)
8. The Art of Letting Go (5:48)
9. All Our Days (4:38)
10. New Religion (5:11)
11. Hungry Ghost (4:45)
12. A Slip in the Rain (4:15)
13. Everywhere I Go (2:49)

Produced by Chris Antonik  
and Ted Onyszczak

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**FACTOR** Canada

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# CHRIS ANTONIK MONARCH







CAM001





## I'd Burn it All Down (For You)

(C. Antonik/B. Fisher/C. Keeping/T. Onyszczak)

This one is for my two beautiful children.

Guitars and vocals - **Chris Antonik**; Drums - **Chuck Keeping**; Bass - **Guenther Kapelle**;  
Organ, Clavinet - **Jesse O'Brien**; Alto, Baritone Sax - **Richard Underhill**; Tenor Sax - **Perry White**;  
Trumpet - **William Sperandei**

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## You're Killing My Love

(M. Bloomfield/N. Gravenites/Fourth Floor Music Inc.)

Mike Bloomfield and Nick Gravenites song by way of Otis Rush.

Guitars and vocals - **Chris Antonik**; Drums - **Chuck Keeping**; Bass - **Guenther Kapelle**;  
Organ - **Jesse O'Brien**; Alto, Baritone Sax - **Richard Underhill**; Trumpet - **William Sperandei**;  
Trombone - **William Carn**

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## Slow Moving Train

(C. Antonik/B. Fisher/G. Kapelle)

This song isn't slow on purpose. It's a forceful call for quiet in a crazy world. About our fast-paced society and how difficult it can be to slow down, be mindful and appreciate what we have. Modern blues.

Guitars and vocals - **Chris Antonik**; Drums - **Chuck Keeping**; Bass - **Guenther Kapelle**;  
Organ - **Jesse O'Brien**

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## Gold Star

(C. Antonik/G. Kapelle)

Guitars and vocals - **Chris Antonik**; Drums - **Chuck Keeping**; Bass - **Guenther Kapelle**;  
Organ, Piano - **Jesse O'Brien**

## The Monarch and the Wrecking Ball

[B. Fisher/C. Antonik]

Guitars and Vocals - **Chris Antonik**; Drums - **Chuck Keeping**; Bass - **Guenther Kapelle**;  
Organ, Clavinet - **Jesse O'Brien**; Harmony Vocals - **Samantha Martin, Sherie Marshall, Stacie Tabb**

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## Love, Bettike

[C. Antonik/B. Fisher]

I started writing this while on tour in California in May 2015. It was like writing a screenplay. The first words I wrote down as guidance were "fantasy-blues-western." After a show in Groveland, California, I was talking with the owner of the venue, and on the wall was a mirror that had the words "Love, Bettike" written in silver spray paint. I asked the owner what that meant. As it turned out, Bettike was his mother-in-law who had passed several years earlier. Bettike was quite a special woman in the local community. An angel. Interestingly, she had also worked for Bill Graham as well as the Grateful Dead. Driving out the next day to a show in Sacramento, I was inspired by the local trees/climate. My co-writer Ben and I use the Northeastern California environment as a setting for a story about a "broken-down" traveller who comes across a mystical woman who takes him/her in for the night and teaches him/her a very important life lesson: let go.

Guitars and vocals - **Chris Antonik**; Drums - **Chuck Keeping**; Bass - **Guenther Kapelle**;  
Wurlitzer, Mellotron, Synthesizer - **Jesse O'Brien**

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## Forgiveness is Free

[C. Antonik]

Guitars and vocals - **Chris Antonik**; Drums - **Chuck Keeping**; Bass - **Guenther Kapelle**;  
Piano - **Jesse O'Brien**; Alto, Baritone Sax - **Richard Underhill**; Tenor Sax - **Perry White**;  
Trumpet - **William Sperandei**

## The Art of Letting Go

[C. Antonik/H. Lees/G. Kapelle]

About making meaning of the past and moving on with our lives. Try to forgive and let go. You'll feel better.

Guitars and vocals - **Chris Antonik**; Drums - **Chuck Keeping**; Bass - **Guenther Kapelle**;  
Wurlitzer, Organ - **Jesse O'Brien**; Harmony Vocals - **Samantha Martin, Sherie Marshall, Stacie Tabb**

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## All Our Days

[C. Antonik/H. Lees/W. Dagenais]

This song is a question. If a couple were to flash-forward to the end of their lives and look back on their relationship, would they see it as having been a good experience? Did the positives outweigh the negatives?

Guitars and vocals - **Chris Antonik**; Drums - **Chuck Keeping**; Bass - **Guenther Kapelle**; Piano, Rhodes - **Jesse O'Brien**; Pedal Steel - **Burke Carroll**; Alto Sax - **Richard Underhill**; Trumpet - **William Sperandei**;  
Trombone - **William Carn**; Harmony Vocals - **Samantha Martin, Sherie Marshall, Stacie Tabb**;  
Violin - **Drew Jurecka, Rebekah Wolkstein**; Viola - **Shannon Knights**; Cello - **Lydia Munchinsky**

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## New Religion

[C. Antonik/H. Lees]

Guitars and vocals - **Chris Antonik**; Drums - **Chuck Keeping**; Bass - **Guenther Kapelle**;  
Organ - **Jesse O'Brien**

## Hungry Ghost

[C. Antonik/G. Kapelle/H. Hill]

A couple years ago, I read a book called "In the Realm of Hungry Ghosts" by Dr. Gabor Mate, a writer, physician, and one of Canada's leading experts on addiction. Dr. Mate's book aims to counter prevailing notions of addiction as an individual moral failure, and eloquently lays out how it is more of a case of human development gone askew. In one very touching section of the book, Dr. Mate describes how addiction can even be hard-wired in a person's brain during infancy, for example by a baby being neglected and not being held or loved enough. Imagine that. As a father, this idea really moved me so we wrote a story about it. This song is a call for society to be more open-minded and empathetic to those with addiction issues.

Guitars and vocals - **Chris Antonik**; Drums and congas - **Chuck Keeping**; Bass - **Guenther Kapelle**;  
Organ - **Jesse O'Brien**

## A Slip in the Rain

[B. Fisher/P. Reddick/C. Antonik]

Guitars and vocals - **Chris Antonik**; Drums - **Chuck Keeping**; Bass - **Guenther Kapelle**;  
Organ - **Jesse O'Brien**; Harmony vocals - **Ben Fisher**

## Everywhere I Go

[B. Fisher/P. Olsen]

My friends and song-writing partners Ben Fisher and Paul Olsen sent me this one. I just had to record it.

Guitars and vocals - **Chris Antonik**; Drums - **Chuck Keeping**; Bass - **Guenther Kapelle**;  
Organ - **Jesse O'Brien**; Trumpet - **William Sperandei**; Harmony vocals - **Ben Fisher, Paul Olsen**

### Many thanks to:

My kids and family  
All the crowd-funders

FACTOR  
Dave Glen  
Nicola Tallet  
Chris Antonik (the Elder  
from Delaware)  
Tom Stanley  
Bluzndablood Dave Harrison  
Frankie Porretta  
Jennifer James  
Andrew Leitch  
Michael Helfinger  
Liz Sykes  
Brenda Adler  
Anne Marie Coles  
Larry Henderson  
Ellen Nightingale  
Alison Anderson  
Stella Kavoukian  
Deb Brown  
Pat Rush

Chris Loh (Bettike's son-in-law)  
Gerard Menezes  
John Mitchell

**Special thanks** to Ross Robinson  
for the support on "Slow Moving  
Train" and to Willi Hollenstein for  
the support on "Love, Bettike."

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**Pete Booker**, Arcade Studio, Hockley, UK (A Slip in the Rain, Everywhere I Go)  
**Jeff Gingrich**, Gingrich Soundlabs, Nashville, Tennessee (Everywhere I Go)  
Mixed by **Ted Onyszczak**, Silverbirch Productions, Toronto, Ontario  
Mastered by **Andy Krehm**, Silverbirch Productions, Toronto, Ontario

Horns Arranged by **Richard Underhill**

Strings on "All Our Days" Arranged by **Drew Jurecka**

Guitar Tone Advisor: **Ben Fisher**

Design by **Patrick Duffy** for Attention Design Inc.

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Front cover photography by **Lynly Grider, iStock**

Back cover and portrait photography by **Gordon Hawkins**

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*This project is funded in part by FACTOR, the Government  
of Canada and Canada's private radio broadcasters*

*Ce projet est financé en partie par FACTOR, le gouvernement  
du Canada et les radiodiffuseurs privés du Canada.*