

Cathy Kreger

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Bio

Singer, songwriter, guitarist - has been performing for more than 18 years. Her musical style is a unique combination of adult contemporary and old blues, with an alternative folk flair. Noel Paul Stookey (of Peter, Paul and Mary) once said "No doubt about it. She has a great voice and really has her act together." She has acquired a devoted fan base throughout the Northeast, especially in Connecticut, New York, and Long Island, where a thriving music scene exists.

From the time she was a girl, Cathy has had the continuous inspiration of her musical parents, who toured the East Coast coffeehouses and summer camps as folksingers. A single experience, which moved her to sing at age 5, came from the feeling she had when listening to Cat Steven's "Peace Train." She realized even then that there was an opportunity for her to provide the safe place that comes from reaching inside yourself and exposing your own emotions, giving people the ability to experience theirs. This was the power she found in herself when she heard that song for the first time, the power that still drives her today. "When I'm at a show," she says, "I like to be stretched like a rubber band, to laugh, to cry, to be entertained. That's what I try to do on stage. If you're interested in feeling your emotions, you'll want to be at my show."