



THE BULLETIN



THE NEWS BULLETIN FOR BURDEN OF DREAMS FANZINE

INTRO//CHANGES

These two pages are a mix of some of the things and thoughts that float in my head and require space. The opportunity to lose myself in thoughts and to dream up the never-published fanzine in the sky is many days too tempting and there's just one more thing that keeps me from starting to do things. So I've welcomed this call for zine unity to get me started.

I'm happy that Andy came through on short notice and shared his thoughts on Coming Up For Air. There's a couple of people I truly appreciate how they write lyrics and he's one of them. I'm glad to live in a timeline where I encountered hardcore. Apart from this, my life these days mostly revolves around spending time with my new-born daughter, keeping up my running, and the fact that I spend a lot of my time moving in one way or another.

Years ago I published a couple of personal zines focussing on running and being outdoors disguised as hardcore fanzines. For a long time I felt that I had said all I had to say on that topic, but as the world keeps spinning and running and being outdoors is something I deeply cherish I drafted a first version on what it means to me in 2024 and why it's so appealing for me. This column will be in the upcoming Burden Of Dreams Fanzine issue #1.

Thanks for reading and hit my line if you have any comments, questions or ideas! Peace!

- Dom
Nuremberg, Bavaria,
July 2024

ONLY TYPING WHAT'S WORTH WRITING.

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WHY I RUN IN 2024

This article is my reflection on a question I haven't asked myself in quite a while. Over the years my "why" of running has changed and evolved. Certain aspects are still important or influence my approach, but they are just means to an end.

In the beginning I felt intrigued by distances, speed, by the mystical aura of the marathon distance. Then after having made some sort of progress I appreciated the fact that I could eat whatever I wanted. I learned about the misery running brings, when you're injured and can't run for a while or for longer periods of time. Coming from a place of knowing your previous fitness, how hard it can be mentally to come back and develop a routine again.

I learned about the mechanics of running, structuring training, plans and goals. I got into trail-running and realized there's a whole different world out there, one that doesn't solely rely on time, but on the fact to make whatever terrain your playground.

I understood that showing up for a run means also showing up for myself, to help me stay balanced, to feel well adjusted, to get stress and anxiety out of my system. For me no problem is big enough to come back after a run and not have it put into perspective. I don't run to chase the runner's high. I run to escape the non-running low.

These days for me the biggest joy is being able to go where I want by my own physical means. That I can hike, climb, run at my own pace for as long as I can and do it again the next day. Experiencing movement as joy and excitement. Sanity in motion.

If someone would ask me for advice, I would truly say that it's really the process, the mundane, the day to day, that's what matters the most. It's not what you wear, or the shoes, or the social circle. It never is if you want to get to the bottom of what it means to you. The routine is your friend. Developing it takes time,



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PLAYLIST

Praise - Coming Up For Air
Mil-Spec - Marathon
Fury - Vic
Desire Line - Life's Between Us
Jaylan - Demo 2003
Rhythm To The Madness - Demo

UPCOMING BURDEN OF DREAMS PUBLICATIONS:

DREAM #3 - LOCKED ROOM - A TRUE DETECTIVE FANZINE

DREAM #5 - THE BULLETIN #4 - SPIRAL, DBNO'S YOUNGEST MOSHERS

DREAM #6 - B.O.D. #1 - THE FANZINE FROM EUROPE - INTERVIEWS W/ GLITTERER, DESIRE LINE, JBBUTTGE, AND MORE.

longer than we'd like to think, but the payoff is that it becomes second nature, when you show up often enough. Do this and be kind to your body. Maybe then running is for you. And if not, maybe you find the same joy in something else.

Let me know why you run.
strava.com/athletes/22073054

A horizon that we can run
Never got where I hoped to get
But I guess it's not over yet
-- Mil-Spec - Marathon

COHLE (CONT'D)

...Why should I live in history? I don't want to know anything anymore. This is a world where nothing is solved. Somebody once told me, 'Time is a flat circle.' ...Everything we've ever done or will do, we're gonna do over and over again... And that little girl and that little boy are gonna be in that room again and again, forever...



PRAYISE

A SHORT Q&A WITH ANDY NORTON COMING UP FOR AIR

Praise is one of those few bands that have been a companion through so many years. Between their "Growing, Changing, Healing" 7" and "Coming Up For Air" lie 14 years. New Praise releases for me usually show up kinda unexpected, just like a good friend you haven't seen in a while who you run into when you're turning a corner. What better opportunity to catch up with Andy on the occasion of their new EP than for the Shining Life Fanzine Compilation. Just like Lauryn Hill said "you can't plan life, you have to be available for it".

Andy, Praise somehow operates on its own timeline. Who's Praise on this recording and how does Praise combine its members these days?

For this new 7" we demoed the songs with Daniel and then practiced them with Blake and had him put his touch on them. Blake has been playing with us since 2022 and it made sense to have him play on the recording. The lineup on the actual recording is me, Anthony, Austin, Chris and Blake. We like to think of it as having two drummers at this point.

Praise has been a band for quite a number of years now. Did the approach to the band change over the years and how so? What does Praise mean to you?

I think that the approach to the band has always been to try to adapt as we grow older. There have never been any goals to tour full time or make it our main thing. The goal has always been to have the creative outlet and come together whenever we can. I really don't know how to describe or articulate what Praise means to me. It's such an important part of my life that I don't think any words could do it justice.

How did your own perception and perspective of the band change over the years?

I really don't know how to answer this one, both my perception and perspective of the band is always changing.

The band bio says that the spiritual home of Praise will always be a brick building in Baltimore. What house is this and why is it so special?

Daniel, Anthony and I all lived in the same row house on West 37th St in Baltimore at different times throughout the 2010's and I think that that was a homebase for our band. There was a while where everything was centered around Baltimore for us. Now all of us live scattered throughout the east coast and Blake lives in Portland, so we don't really have a homebase like that anymore.

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When I read the lyrics for "Good Grief" the lines "As long as there is love I know there is grief / But the little time we shared I know I can keep" really touched me. What are some of the lines on this record you're most proud of? What Praise lyrics in general stood your quality test of time?

Thank you. That's one of my favorite lines on the new record. I'm really happy with how the lyrics turned out on this record. Every time we finish a record I think that I'll never be able to write another song. I felt that way up until these songs started to come together, but somehow I figured it out and was able to express myself in a way I'm happy with. Luckily, I'm pretty happy with most of our lyrics over the years. There is definitely some stuff here and there that I wish I could go back and change but I probably had to work through that stuff to get to where we are at now.

Years back you turned me onto Alan Watts. Reading your lyrics and the vulnerability and sensitivity they carry I'm always wondering what other influences you'd cite or who had an impact on your writing?

Oh that's so cool! Alan Watts is still one of my favorites. Some of my other all-time favorites are Pema Chodron, Ram Dass and Thich Nhat Hanh. I feel like I always have one of their books on my nightstand that I revisit. Right now I'm rereading all of Hitchhiker's Guide to the Galaxy book and really enjoying it.

How did the songs for this record come into the world? How was this record written and recorded? How do you make being split up over the US work for you?

I think these songs actually started during the pandemic. We were all sending ideas back and forth. We had a bunch of demos and decided to focus on three that we thought would work well together. We got together with Daniel at the beginning of 2023 and demoed the songs in the practice space. In March of 2023 we practiced them with Blake before our West Coast tour and then a month later we recorded them at Magpie Cage with Matt Redenbo. We tried to just let it happen and not overthink it like we usually do. It came together very naturally and easily.



What does a dream lineup for a show look like these days for you and will you ever be back in Europe?

We have tried a couple times to come back to Europe since AIAD came out but it just keeps falling apart. Hopefully we can make it back some day. I don't think we have any specific dream lineups. We feel very lucky to be able to play with the bands we have been able to play with and hope that that continues.

What's the approach for moving through time in hardcore, where the generations are merely 2-3 years. What makes hardcore still a home for you?

I don't think I have any sort of approach. I love hardcore punk music and always will. It has given me some, if not most, of the greatest gifts in my life which means it will always be a home for me.

Thanks for your time and doing this on a whim. Feel free to add anything you like, some thoughts of the day or the best thing that happened to you recently?

We just played three shows in the South East and hit Florida for the first time. We had a really great weekend, saw lots of old friends and made some new ones. We are all very grateful that we can still do this and that people are still interested. I just want to say thank you for that.



THIS IS DREAM #4