



# THE BULLETIN



## THE NEWS BULLETIN FOR BURDEN OF DREAMS FANZINE

### INTRO//CHANGES

It's early December and as usual at the end of a year I have the first line of Impact on my mind: "I can't believe another year's gone by". The mind tricks you into believing everything went by in the blink of an eye. Most of the time I feel this way, when I haven't done some things I wanted to do, but couldn't spend enough time on them for whatever reason. But when you make an effort of going through the year, day by day, week by week, there's so much that happened to look back on, it's crazy.

Time seems to fly by as we grow older. The only antidote is not "more of the same", but new experiences, new connections, change. Still looking forward to another year.

Send me your contenders for album/single/demo of the year. Send me the things you're excited about. Focus on the things you have control over and (re)gain your self-efficacy. Nothing gets me more excited than getting stuff done, makings things happen or seeing people making their dreams a reality.

Peace.  
- Dom  
Nuremberg, Bavaria,  
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- UPCOMING BURDEN OF DREAMS PUBLICATIONS:
- DREAM #3 - LOCKED ROOM - A TRUE DETECTIVE FANZINE
  - DREAM #6 - B.O.D. #1 - THE FANZINE FROM EUROPE - INTERVIEWS W/ GLITTERER, DESIRE LINE, JBBUTTGE, AND MORE.
  - DREAM #7 - UNSANCTIONED UNDERGROUND RUNNING MANIFESTO
  - DREAM #8 - THE BULLETIN #5 - SPIRAL, DBNO'S YOUNGEST MOSHERS

### FLEETING FEELINGS

Life's a weird thing. You live in a time window between the immediate past, the present and the close future. But in reality the time we can look back on gets more and more without us usually noticing. There's something about the idea of the 7 year cycle, that every 7 years an episode ends for you and something new or a change of direction comes along. I wouldn't be too fixated on the exact timespan, but looking back on the person I was, when I got into hardcore, I definitely went through different shaping experiences and stadiums of personal growth that feel like chapters of my life in and of itself.

Why am I rambling about this? Maybe it's the long-winded introduction how weird it feels at times to have arrived at a point where I'm applying strategies to disconnect myself from distractions in order to get anything done or arrive at a place of quiet concentration, compared to the when I was growing up in a super low-stimulus environment where I would spend hours indulging in listening to individual records over and over again. This is not a glorification, because I remember how being bored or not having many options can really suck. Now however I find myself checking out bands and records on a daily basis on streaming services, that I'll probably never listen to for a second time.

Where am I going with this? I wonder what it means to the format of the LP or a 7" with multiple songs, when the listening habits if you're



- PLAYLIST
- War Hungry - self-titled
  - World Collapse - On The Attack Demo
  - F.O.D. - Times Of Strife
  - Townes Van Zandt - Flyin' Shoes
  - Justice - Live And Learn
  - The Next Level - Demo



*(A whole life) Sharp like a knife  
Dropped knee to the floor  
To fall, to fly, to endure  
Welcome defeat, rinse, repeat*

growing up now are so different from the time these formats were originally conceived. Sequencing a record for listening in a specific order only makes sense if you take a fixed medium into account. A record on streaming is nothing but a playlist that could be in any order if you want it to, not something that comes out of a necessity.

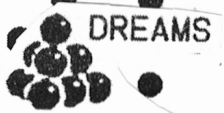
I now have so much more music at my fingertips. I can do Youtube deep dives into obscure realms I'd never have discovered if being limited to owning or finding physical records. Nonetheless my attention span in which I listen to a record is way shorter, the amount of time I spend on getting to know a record drastically reduced. I'm not sure if this is simply an outcome of the ubiquity of the next new thing or of being short on time.

Listening this way only creates fleeting feelings and no lasting impressions. How's your experience and how do you see the future of physical releases or your listening habits?

Discuss here:



ONLY TYPING WHAT'S WORTH WRITING.



# FORCE OF DENIAL

*Force Of Denial. DBNO-02/DBNO-06/DBNO-11. With their EP "Times Of Strife" they put out one of the hit singles in EU hardcore in 2023, making waves all over the country and further on. Now a year on it's time to look back and look forward to what they're up to these days. I did this short Q&A with Steffen at the beginning of December 2024.*

*Steffen, first things first. How does FOD operate as a band these days? How are the responsibilities distributed?*

Basically FOD still consists of André, Alex and me. Since we don't have that many responsibilities and we only have to make decisions as a trio, it's not that complicated: if something comes up, we make a short call or discuss it in the band chat. If we were to divide the responsibilities, Alex would be in charge of layouts and merch in particular. I coordinate show and other requests and André provides the creative input for the band.

*You moved to Austria in 2023, away from Hannover. Did this change the dynamics of the band? In terms of FOD what are the pros and cons of living a bit further apart?*

To be honest, not much has changed in the dynamics of the band. Alex hasn't lived anywhere near us for many years now and we hardly ever rehearse anyway. That hasn't stood in the way of the band's creative output so far.

Some decisions would probably be made faster if we could meet in person more often. And hypothetically, if we lived together in one place, it would be easier to write more songs. But since we don't know any other way, I wouldn't see that as a disadvantage. We're also at a point in our private lives where we couldn't tour non-stop or spend every minute with the band. Another con for me personally is that I usually have a longer journey to get to shows. But I'm already in the process of arranging more shows in the south haha.

Basically, I think that a band works much better when you spend more time together. So it's hard for me to find advantages of living that far away from the others in that context. For us, however, the days when we get together for shows are even more intense than before.

*"Times Of Strife" came out in November last year. Given how fast visibility moves these days, how do you see a record holding up these days? How satisfied are you with the record a year onward?*

I think everyone who plays in a band and has already recorded something always finds things later on that they would do differently. Because we don't see each other very often, we rather release new songs faster than tear everything apart down to the last details. Of course, there is always a risk that some things could have been done differently in hindsight. But under

these circumstances, we are still more than happy with all of our releases.

But as you say, the (music-) world has become very fast-paced. I realize it myself that I sometimes don't remember records that came out a few months ago.

I think LPs in particular don't have the same impact as they did a few years ago. At least for many people who mainly consume music digitally as we are constantly penetrated with new releases. Of course, you can't devote the same energy to a particular release as you used to, when the next, even sicker release is already waiting for you. In my understanding, hardcore is not made for the mainstream anyways. And if your release comes to nothing quickly, maybe you just haven't found important messages for these times.

As a band you can put a lot of pressure on yourself by this and even if we try to ignore those mechanisms, we still talk about what should come next. But basically we're super chilled about it. Writing songs should first and foremost be something positive for us as a band. If it only reaches people for a certain time or less people in general, that's just the way it is nowadays. On the other hand, I'm more than happy when a release means something to just one other person outside my own band. I don't take anything for granted and to this day, I am overwhelmed by the response we have received for our music.

*How did moving from Hannover to the Austrian mountains change your life? What visible or invisible changes do you perceive, looking back on the past year?*

Oh man, it turned everything upside down. I was very insecure about leaving my circle of friends and my family behind. But I knew that my long-standing friendships could overcome this distance and that I could always rely on my people, even if I saw them less often. With that in mind, the decision was easier to make and I am more than happy that I took this step.

I followed the idea that if I was going to move, I wanted a radical change. A life-changing move so to say. A different german city wouldn't have given me what moving to a new environment like the mountains would have brought.

The change of scenery and lifestyle can alter a lot of things, both on the surface and more subtle. In a physical sense, there's the obvious difference in surroundings: the shift from the flat, urban environment of Hannover to the towering, natural beauty of the Alps. It was a move from city hustle to a quieter, more remote setting, where nature is more integrated into everyday life. Looking back on the past year, I imagine some of the visible changes might be a deeper connection to nature. There's likely a slower pace of life, where time spent outdoors, whether running, hiking, skiing, or a simple walk through the valley, becomes a part of the routine. The mountain air, the views, the more laid-back life in general - these are things that could change how you feel physically and mentally.

of your residence could have such an impact on my own well-being. So on a more invisible level, the move might have brought shifts in how you relate to your own sense of belonging or identity. I'm feeling like I'm getting closer to find out what's really important for me in life. So when I'm out in the mountains and surrounded only by nature I already realized, I can focus on personal goals, I can tune into my inner thoughts, I can give myself a break, I can clear my head - I can feel what it means to be free.

(Sorry for being SO deep. This must be the beginning of my mid life crisis haha)

*What's your favorite mountain loop in your new backyard?*

I love the Bad Gastein area. There is the Graukogel with a cool technical ridge that you can scramble up to the summit. The cross on it also reads "Über allen Gipfeln ist Ruh" ("Above all peaks is peace"), a truly beautiful and fitting quote from Goethe for this place. In addition you can combine the ascent or descent with the Palfnersee or Reedsee. Two wonderful mountain lakes, one surrounded by barren, high scarps, the other idyllically located in the woods with a glacier view.

*What's next for FOD? Have you written new songs yet? You got some shows lined up for spring 2025, like the infamous Can't Keep Us Down in Barcelona. How high is the stake?*

Alex always creates new song ideas at home, but so far we don't have any fixed plans for what's coming next. So unfortunately there won't be any new songs in the short term.

Barcelona is going to be sick. No question about it. It's so cool that in recent years, some befriended bands have already played there and I think the line-ups have gotten better and better. It's great to see that the festival is already a permanent institution in Europe. So we were very psyched when Mathilda invited us to play.

There are a few more shows planned for 2025 and I hope the promoters won't lose the desire in asking us even if it can be nerve-wracking to find a suitable date.

*Who are contenders for the best single and the best LP of 2025 in your camp?*

Since our "camp" consists of three people, we also give you three answers as the three favorite releases from 2024 from three different genres:  
Blood Incantation - Absolute Elsewhere  
Milly - Your Own Becoming  
Fatal Realm - Demo  
Also big shout-out to the top tier Deutsch-Hardcore releases of 2024: Eggo, Mortal Form, Spiral

*Any last words?*

Go outside! Get off the internet more often! (also note for myself..)

Apart from that, thank you for the fun interview. I look forward to seeing you again at a show or on the trails!

## DBNO

RECORDS  
COLOGNE - GERMANY