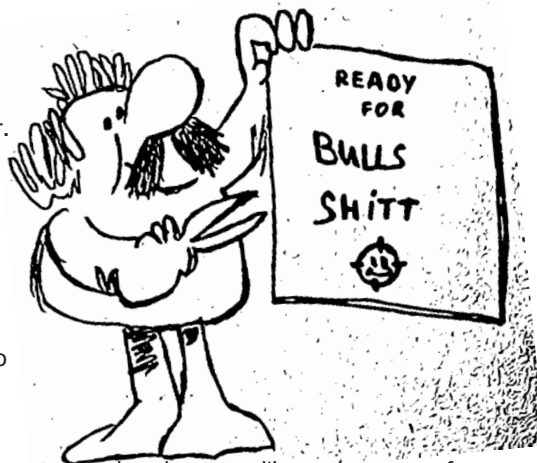


Yo whats up? Greetings to the visitors of the Alive and Well Fest.
 Spontaneously decided to write my weird thoughts on this piece of paper.
 I'm so stoked to be here. Was here last year, best HC fest in Europe, no
 commercial crap, pure HC. the swedish scene is on fire right now. The
 first time I was in Stockholm was at the show Ekulu/Existence(«There
 is a risk of both mental and physical pain»)/Speedway(one of the first
 shows?). I only remember the smell of the buns that were baked before
 the show at the venue ahaha It seems some people need to learn how to
 keep the scene so alive, still alive and well, what's the secret?
 Okay, I'll shut up with my stupid reflexion

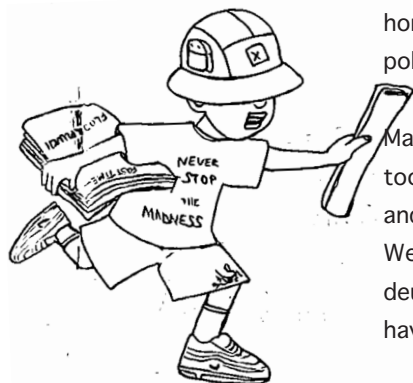


Some obvious words: don't be afraid to show yourself, do what you like, take care of your
 homies and support them , make zines, buy records. And as a migrant I say: fuck wars, free
 political prisoners

FREE OLA

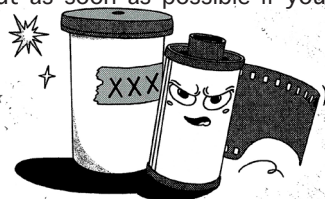
Making a fool of myself and trying to learn how to play drums. If you've struggled with this
 too and have advice for me, feel free to text me through ig DM @alenafasol I'll check it out
 and continue to hate myself after every practice :)

Well, since Germany is giving me temporary housing, I am obliged to represent the
 deutschHC. I sincerely love this and you better check it out as soon as possible if you still
 haven't. Sorry for the pressure, but it's worth it



PREEMPTIVE STRIKE & CHEMICAL THREAT

dropped a split recently. Preemptive
 Strike is a solo-project by Kenny, in
 the vain of bands like Brotherhood,
 Confront or Contempt. Short, hard and
 without compromise. Chemical Threat
 - kids who do crazy stuff in the spirit
 of 86 mentality. So you can imagine:
 during one of their sets moved a sofa
 from side to side while dancing. Sofa!
 Can you believe it?



I WARRIOR
 IT IS INFLUENCE
 IT IS INFLUENCE
 IT IS INFLUENCE

TRUE FRAUD - Demo 1/25



SICK AND TIRED 'CAUSE ALL I CAN SEE
 ARE PLASTIC PEOPLE DRAINING OUR SCENE
 ACT LIKE THEY CARE, BUT ITS ALL FOR SHOW
 PUSHING THEIR EGGS WHEREVER THEY GO

THEY INFILTRATE, THEY ABUSE
 EVERYTHING THAT WE DO
 THEY INFILTRATE, THEY ABUSE
 ALWAYS SUBMITTING TO CORPORATE RULES

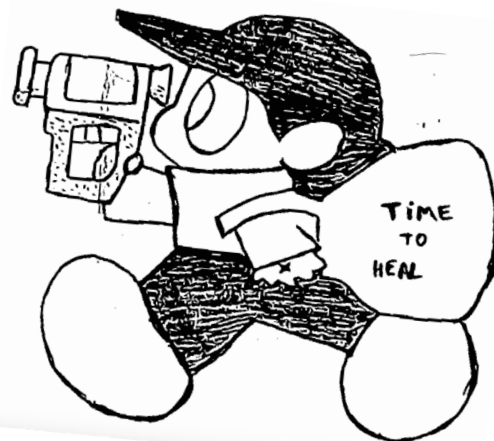
TWISTING AND TURNING WHAT WE'VE BUILT FROM THE GROUND
 WON'T STAND ASIDE WHILE THEY TEAR IT DOWN
 CLIMBING THE LADDER, A MEANS TO THEIR END
 DON'T CARE ABOUT HARDCORE, JUST CASHING THAT CHECK

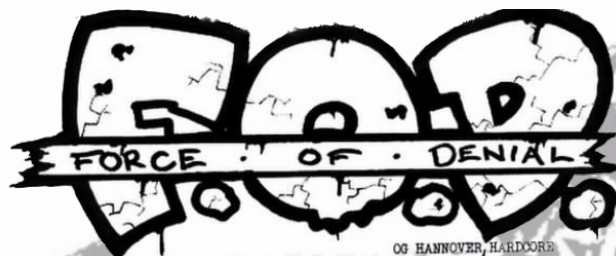
SELLING IT OUT
 SUCKING IT DRY
 NOTHING BUT HATRED
 FOR YOU AND YOUR KIND

TRUE FRAUD - PLASTIC PEOPLE

TRUE FRAUD

SOUND LIKE THEY COULD BE ON MOSHERS
 DELIGHT RECORDS, INFLUENCE OF MENTAL,
 BREAKDOWN, JAGUARZ. I WAS LUCKY
 ENOUGH TO SEE THEIR FIRST SHOW, IT WAS
 CRAZY, CAN'T WAIT TO SEE WHAT ELSE THEY
 HAVE IN STORE





YOU GUYS POPPED UP WITH A LOT OF PASSION. I CHECKED YOUR DEMO FOR THE FIRST TIME WHEN I WAS LIVING IN RUSSIA AND DEMO IMPRESSED ME. IT PROBABLY WASN'T EASY TO GO BEYOND YOUR AREA. HOW THAT CAME TO BE? TO GET THE BASIC SHIT OUT OF THE WAY, CAN YOU TALK ABOUT HOW FOD GOT STARTED?

Alex: FOD initially started with Andre and Steffen in 2021 during the pandemic. They recorded the demo with our good buddy David Deutsch, and Fabian from DBNO was kind enough to release it. I joined the band in 2022 around the time when live shows became a thing again and the promo tape was the first release as a three-piece band.

Hearing that you discovered the demo from so far away from Germany is awesome and it's always so cool to see that people from different parts of the world listen to this band. Hard to say how that came to be, but I think it's a combination of how the pandemic affected the social life and music world at its time with having no live shows etc. and I guess people had a lot more time to dwell on new bands and releases. I also feel like European hardcore is more and more entering the spotlight that it deserves which probably makes more people interested and excited to check out new bands. And last but not least, Fabian's work with DBNO Records deserves huge credit for pushing FOD from the start and also shows how a small DIY label with a fine understanding for hardcore music and aesthetics can connect people around the world.

WHAT BANDS WERE INFLUENCING YOU GUYS AT THE TIME OF THE DEMO?

Although I wasn't part of the band at that time I know that they were aiming for a 90s straight edge sound similar to bands like Strife or Strain with a soft spot for chuggy riffs. During the process of recording the demo they had the cool idea to add some clean vocals which makes it a bit more unique imo.

YOUR EP TIMES OF STRIFE CAME OUT ALMOST A YEAR AGO.

CAN YOU TALK ABOUT WRITING PROCESS? ARE YOU SATISFIED WITH THE RESULT?

The songs were written and recorded within a few months after putting them together at home and in our practice space. Eventually, many things and especially those things that make the songs special emerged in the studio while recording. After nearly one year of ToS we are still happy with the result although I guess you always find some details that could have used a little tweaking that you only notice after the songs have been released, but maybe that's just me - dunno. Overall, for the short songwriting and recording process it's still a cool product of its time.

FOD LYRICS COME FROM A VERY EMOTIONAL PLACE, AND I FIND MYSELF CLOSE TO THEM A LOT. WHAT INFLUENCES THE LYRICS YOU WRITE?

It probably sounds corny but I guess it's the daily lives we live as well as the personal and inner struggles we all have that influence the lyrics. Writing songs, playing/visiting shows in the hardcore realm is a good place to cope with those things, to connect with like-minded people and ideally to find some sort of comfort. Another influential and probably obvious part for the lyrics is FOD being a straight edge band.

WHAT RECORD GOT YOU INTO HARDCORE?

My music journey began rather on the punk side of things especially with melodic and skate punk. My memory sucks so I have to assume that Comeback Kid's first two albums Turn It Around & Wake The Dead were a sort of gateway into hardcore for me. Through CBK and their influences I made a deep dive into the genre.

CAN YOU TALK WHAT YOU THINK ABOUT THE GERMAN SCENE CURRENTLY AND HANNOVERHC

I think the German hardcore scene is currently at a great place. I mean you only have to look at how many cool bands, labels, zines and shows as well as the people booking these there are. Also, one of the major differences to the pre-pandemic scene is that there are many more younger kids at shows who seem to be more open towards more musical variety as well as mixed line ups, which has always been a cool thing imo. Since this band started as a Hannover-based band Hannover HC will always have a special place in our hearts although only one of us still lives there.

WHAT ARE SOME UNDERRATED HARDCORE RECORDS IN YOUR OPINION?

Strain - Here And Now
Vision Of Disorder - Self Titled
Bitter End - Guilty As Charged

