

THE THICK OF IT

Garth: Lead Vocals / Acoustic Guitar

Michael Johnston: Guitars

Alex Roque: Guitar / Backing Vocals

Russ Bergquist: Bass / Backing Vocals

Rob Wade: Drums

The Thick of It create a sound that is melodic and heartfelt. Their music relays messages of hope, courage, struggles with the dark side of life, and the triumph that can come out of being honest with oneself. TTOI are experienced & seasoned musicians with a credible hard rock background. Garth spent his youth growing up in Montreal before heading to Toronto to front rock bands in the early 90's. After relocating to Vancouver, Garth met Rob Wade and they formed JAR in 1996. **JAR** would take on the moniker **Flybanger** and release an album with **Columbia/Sony** in 2001. Flybanger toured North America sharing the stage with artists such as Clutch, COC, Sepultura, Hatebreed, Soulfly, and Dope. Flybanger's tour highlights also included festivals with **Sevendust, Filter, Judas Priest, Tool, Finger Eleven, Machine Head** and **Cypress Hill**. Flybanger's "Weapon" & "[Cavalry](#)" can still be heard on commercial and internet radio today and are still two of the top requested songs on Vancouver's 99.3FM CFOX "90's at Noon" program.

Flybanger disbanded in early 2002 after what would become their last performance at a 2001 New Year's Eve concert with **Nickelback & Default** at Vancouver's Plaza of Nations. In 2005, Garth & Rob joined [Killrhythm](#) which included members from **Noise Therapy** and Holly McNarland. Killrhythm's tour highlights included Manitoba's **XFest '08** with **3 Doors Down, Theory of a Deadman, Puddle of Mudd**, being chosen for the opening act for **Godsmack** (Vancouver's PNE Forum Summer '07) and showcasing at The **Junos 2009**. During the Killrhythm project, Garth spent hours with his multi-track recorder writing songs on his acoustic guitar. These songs were submitted to FACTOR (Foundation Assisting Canadian Talent on Recordings) and earned Garth a demo recording grant. For the demo recordings, Garth enlisted fellow Killrhythm band-mates Rob (drums) and Michael (guitars) along with former **Annihilator** bassist Russell Bergquist. The resulting 5-song EP "Destroyed" was recorded at Ear Art Music Studios by Producer **Tim Neuhaus (State of Shock, Burning Borders, Killrhythm)** and what was once a demo project soon became a band.

Throughout 2009, TTOI set out to get back into *the thick of it* hitting local Vancouver stages to get a feel for their new melodic metal groove. With Garth's trademark growwwl coupled with melodic harmonies, riff-rocking guitar tones, stripped down acoustics, searing solos and thunderous bottom end, the band honed in on their unique sound resulting in a fusion of some of

their musical influences including **Alice in Chains, Pantera, Red Hot Chili Peppers, Kiss, Metallica** and **Pantera**. TTOI's stage performance is a tight, explosive and high energy show that appeals to alternative rock, modern rock and metal fans alike. **The Thick of It** create music that reaches deep down to your primal core serving up a blend of modern rock acoustic tracks like "**See Me Now**" & "**Amazed**" and hard n' fast tracks like "**Best Friend**" - an homage to the band's metal edged roots. With positive audience feedback, their song "[Riverbed](#)" garnering airplay on Vancouver's CFOX 99.3 FM and interest from New York's Independent Music Awards & Los Angeles indie film producers, the band was inspired to return to the studio to work on new material.

Summer 2009, TTOI entered **Nimbus School of Recording Arts** owned by famed producer **GGGarth Richardson** (Rage Against the Machine, Red Hot Chili Peppers, Mudvayne). Five new tracks were produced by **Futcher** (Lillix, Be Good Tanyas) and engineered by **Scott Ternan** (Marianas Trench, Matthew Good, Sam Roberts). **Bill Kennedy** (Nine Inch Nails, Megadeth, Marilyn Manson, Motley Crue) was brought in for mixing. The resulting TTOI debut album includes remixed tracks from their "Destroyed" EP and have been compiled into a full length release entitled "**First Day of Death**". The album is a tribute to their longtime loyal fans and friends who have stuck by them through thick & thin over the course of their careers.

The underlying theme of overcoming the past and looking forward to the future is evident in the title track "First Day of Death" mixed by **Dean Maher (Theory of a Deadman, Rise Against, Daniel Wesley)**. Garth sums up the song. *"It's a hard & heavy song that tells the story about courage and overcoming one's weaknesses. The song is about the first day of your new life and the last day of your old life, having the courage to take a positive step to be who you really are."* It's those new beginnings that continue to motivate the band to pursue their musical aspirations in an ever changing 21st century music scene. The 'new life' theme is further illustrated in their album cover designed by TTOI's own Rob and Michael which depicts *'the light at the end of the tunnel'* and metamorphosis symbolism.

After the accomplishment of completing their self-financed album (digitally released July 2010) and the addition of guitarist **Alex Roque (Fallen Phoenix)** Fall 2009 rounding out the "thick" live sound, **The Thick of It** continue to win over audiences with each raw & passionate performance. The Thick of It's highlights have included having their songs "**Amazed**" & "**Burn The Sunshine**" picked up by 89.5FM The Hawk, playing local charity events for **Red Cross International Disaster Relief Fund, Alzheimer Society of BC, Velopalooza** and opening for Vancouver's revered & iconic artist **The Devin Townsend Project** at Vancouver's Rickshaw Theatre (Oct.'10). Recent interest from fans for a return of [JAR](#) saw 3 members of TTOI (Garth, Rob, Russ) head into the studio (Fall 2010) to re-record material for an upcoming JAR release with tour dates for JAR and The Thick of It to follow in 2011.

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