

# THE THICK OF IT

Vancouver rock act, **The Thick of It** create music that relay messages of hope, courage, struggles with the dark side of life and the triumph that can come out of being honest with oneself. **Garth** (vocals) and **Rob Wade** (drums) both formerly of **JAR/Flybanger** (Columbia/Sony 1996-2001) gained international notoriety in the late 90's with tracks like "Weapon" & " " which are still heard on commercial and internet radio today. Guitarist **Michael Johnston** played with Garth and Rob in [Killrhythm](#) ('05 - '09) and bassist **Russ Bergquist** (formerly of **Annihilator**) joined TTOI late '08 during the band's demo recording sessions for their 5 song "Destroyed" EP (Ear Art Music Studios - Producer **Tim Neuhaus**). Guitarist **Alex Roque** (Fallen Phoenix) was added to TTOI's lineup Fall 2009 to round out their "thick" live sound. **The Thick of It's** debut full length album "**First Day of Death**" was recorded Summer 2009 at **Nimbus School of Recording Arts** owned by famed producer **Garth Richardson** (**Rage Against the Machine, Red Hot Chili Peppers, Mudvayne**) and digitally released July 2010. Full album credits <http://www.thethickofitband.com/FirstDayOfDeathBooklet>

Garth sums up meaning behind the title track - *"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. It's about having the courage to take a positive step to be who you really are."* **The Thick of It's** music 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**". Garth's trademark growl coupled with melodic harmonies, riff-rocking guitar tones, stripped down acoustics, searing solos and thunderous bottom-end are a fusion of some of **The Thick of It's** influences including **Alice in Chains, Red Hot Chili Peppers,** and **Metallica**.

Throughout their careers with previous projects, highlights have included billings with **Sevendust, Filter, Judas Priest, Tool, Finger Eleven, Cypress Hill, Nickelback** and **Default** during Flybanger's run and being chosen as the opening act for **Godsmack** (Vancouver's PNE Forum Summer '07), playing Manitoba's **XFest '08 (3 Doors Down, Theory of a Deadman, Puddle of Mudd)** and showcasing at the 2009 **Junos** during Killrhythm's run. **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**. 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. Tour dates for JAR and The Thick of It to follow in 2011.

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