

Newsletter!

Number 1 Fall 1995

What's New? by Ean

This is the first edition of the Sicko newsletter. We put this together to keep people posted on what's coming up for Sicko and what stupid new self promotional stunts we're currently perpetrating. The story begins in February, when we headed into the studio with Kurt Bloch to record "Laugh While You Can, Monkey Boy", and laid down 13 tracks in 2½ days. Denny's sister Jill put together the artwork, and the fine product was released on June 10th with a super cool kick off party at the Crocodile cafe in lovely downtown Seattle. Northwest superstars Glazed, The Model Rockets and Cub opened up for us. What a cool night! We gave away 80 free drink tickets and played to one of the most enthusiastic Sicko crowds ever. We wore dark retro skinny tie suits looking VERY sharp, I might add... Vincent Vega would have been very impressed. Midsummer saw us driving down the coast of California again, but for once, in a rental van. Ohmygod! What luxury! This machine had cruise control, air conditioning AND a stereo! This was extremely cool when driving through the 104 degree heat wave that was Sacramento. Josh and I had a great time learning to switch drivers while travelling at 80 m.p.h. on cruise control through LA. Denny was asleep for these hi-jinx, but I'm sure he was enduring awful nightmares. The highlight of the tour was hanging out in San Diego all day, driving up to LA to play a show at the Jabberjaw with indie rockers Chinchilla and Knapsack, loading out at 1 AM and driving straight home to Seattle. The trip takes about 17 hours, and we did it by sleeping in shifts and drinking record breaking amounts of coffee. Josh and I entertained ourselves for about 3 hours by harassing a yuppie driver guy in a Lexus... he would keep pulling up behind people, honk at them and motion with his thumb, yelling "move over! move over!", so we chased him the whole way across Oregon, Beastie Boys blasting on the stereo, dark glasses on, synchronizing our four thumbs in various gestures yelling "move over! move over!". We also would pass this guy and make

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The boys of Sicko outside Josh's house in Seattle, where practicing takes place.

Essential Activities For The Budding...

Dateless Losers' Club by Josh

It can be a depressing time; no one to call your own, feelings of loneliness, blah blah blah. That's why you need good, semi-constructive activities to occupy your time. First on your list should be to establish a **Dateless Losers' Club**. This isn't really hard; chances are you have many friends who are unable to maintain lasting relationships and are continually drifting in and out of dateless loserdom. Pick a core of people and then ORGANIZE. Noam Chomsky said it best, "Being alone you can't do anything. All you can do is deplore the situation. But if you join with other people, you can make changes." (Secrets, Lies and Democracy, p.105-106, 1994) The following is a list of activities for your budding Datless Losers' Club:

1. Talking Shit: in establishing a Club of any

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Jobless Loser Tips by Denny

So here's my stupid column, a few weeks late and a few hundred words short. For six months this year I was living on unemployment and since you make barely enough money to survive you have to learn to enjoy doing nothing. Of course, this causes all sorts of problems when the money runs out. It can be pretty hard to look for a job when the only thing you've looked for in the last six months is a better show to watch. And then when or if you actually find a job, you just don't seem to have the time to get anything else done. With that warning against getting hooked on unemployment, I will now give you tips on getting by on it.

The first thing you need to do is develop a bad T.V. habit. You've got to learn to appreciate shows like Matlock and In the Heat of the Night. They may not be very good but they're

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New Record And New Tour Planned.

by Ean

Sicko released a new record October 20th called "Chef Boy Are You Dumb". This is a full length, 17 song release. Art was provided by Pablo Griggs, who also drew the 13 Soda Punx cover art. CD's are being put out in the US by Empty Records. A Japanese import version is available from Real Cool Records in Japan and comes complete with lyrics translated into Japanese! A vinyl version was released by our pals in Spain, Munster Records, who also did the vinyl versions of Laugh While You Can, Monkey Boy, and the 13 Soda Punx records. The vinyl version of Chef Boy R U Dumb is currently available from Empty by mail order, and in stores across the country. This release will be followed up by a tour of megalithic proportions... 6 weeks across the US, coast to coast. More than likely, we're coming to your town, so if you want to find out exactly when and where we're playing, or want to book us a show, just call Robin at Lobotomy Talent Group. Her phone number and email address are at the end of this newsletter. We will also be releasing a video, directed by fellow Seattleite Tim Spellman. ☺

Sicko on The Internet!

Sicko has a home page on the World Wide Web. Included are such things as a discography with lyrics, upcoming shows, promo pictures, and links to places we like, including the Van Halen Internet Universe and the MTX Psychic Friends Network. So, dial us up at:
<http://www.eskimo.com/~lostboy/Sicko/sicko.htm>

There are also a number of other ways to get in touch with us through the internet...
Josh's email: sicko@ix.netcom.com
Ean's email: voodoo@eskimo.com
Empty Records (our record label): empty@eskimo.com
Lobotomy Talent (our booking agent): lobotomy@halcyon.com ☺

Terrible True Tales of Tour

The Legend of the Red Mouth

by G. Money

The following is a true story. The names have been changed to protect the not so innocent. On a hot and steamy day in June Sicko played a club in a Midwest town. I was on tour with them as a photographer/roadie/mechanic and all-around grunt boy. I got paid in beer and free food. It was hell. In an unnamed Midwest town we stayed at the house of a larger than average girl who was into the dominance side of S&M. This info was provided to at no extra charge and without our asking. It scared us all pretty bad. I slept with Josh in the van that night. She had a friend named Cindy who met all of us prior to the show and said she'd



Sicko like kittys!

(L-R Otto, Mr. Orange and Nightmare)

be there. At the show I got drunk, the band got drunk, Cindy got drunk. The band played. I took pictures. All was normal. Later, following the show and more beer-for-all, Cindy got really friendly with me (touchy friendly, if you know what I mean). She told me that WE had been great, and did I have fun playing tonight? HUH? She thought I was in the band! How drunk was this girl? Drunk enough to want to get her hands on a member of Sicko (PRETTY FUCKING DRUNK). And drunk enough to not know she was settling for the roadie. So soon she was smearing her very red lipstick on my mouth and neck, etc. Things didn't go any further than that (a relief I assure you). And though she said she would drive to unnamed Midwest town #2 to see US play the next day I never saw her again. That's how I got the red mouth from my very first groupie. Next Time: Nazi Skins vs. Jewish Skins. ☺

Ean: A Dork

by G. Money

Ean Sicko is a dork. On stage his antics are silly. He makes faces, inane mic chatter, and sings about dumb shit. He plays a flying V guitar with a strap that says METAL RULES. Could he be more cutesy if he tried? I'm surprised he hasn't started juggling or riding a unicycle while performing his stage antics. I think maybe he's bored and trying to entertain himself, but we'd all rather he didn't make such a fool of himself, it embarrasses us. What a super dork this guy is. He's just lucky Josh and Denny are such big jerks.



Discography

For those of you who are curious about our past releases, this is the complete listing of everything we've ever done...

-V/A For a Longer and Better Life, a compilation, 1992, 7" format only, released on Top Drawer Records, 1 track each from Bone Cellar, Shag, Sore Jackson and Sicko, the Sicko track is an early version of The fB Song, this is out of print.

-Sicko,(sometimes also called "Count Me Out"),1993, 7" format only, 4 songs, released on Empty, still in print.

-80\$ b/w Together Tonight,1993, 7" format only, split with the Mr T Experience, released on Top Drawer Records, still in print.

-You Can Feel The Love In This Room,1993, LP and CD format, released on Empty,

this is the first full length, bonus track on vinyl: "Pain In The Ass", still in print.

-V/A Empty Records Sampler, 1994, CD format only, released on Empty, contains the version of Kathy's Dance from the Count Me Out 7", and another track from the You Can Feel... session, "Along The Way", still in print.

-V/A Viva La Vinyl,1994, LP format only, released on Campground/Deadbeat records, wacky punk rock compilation, our track was "Weight of the Sun", recorded during the You Can Feel session. This song was originally a Pullman All Stars song, written by John Polle and Fluffy, still in print.

-V/A 13 Soda Punx, 1995, CD released on Top Drawer Records, LP released on Munster Records (Spain), this track is "Pain In The Ass", the same track that was a bonus on You Can Feel, still in print.

-Laugh While You Can Monkey Boy, 1995, CD on Empty, LP on Munster, still in print.

-Chef Boy RU Dum, 1995, CD on Empty, LP on Munster, also a CD on Real Cool Records (Japan), still in print.



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our Mecha Ghidora monster doll growl and shake his wings at him... I added some unique facial expressions for effect. This guy at first was so shocked that he just stared in disbelief, but after the 10th of 12th passing with Mecha Ghidora in full effect, he was screaming "fuck you!" at us. What a great drive. We made it home alive (mercifully) and headed right back into the studio to record our next record, "Chef Boy R U Dum", again with Kurt. The session went pretty well, we got a bunch of cool new songs, and a new appreciation for Ritchie Blackmoore, as Kurt brought in his Deep Purple rockumentary video tape. In fact, Ritchie makes an appearance on the record, saying a few words of wisdom just before it starts, and just after it ends. Things have been pretty mellow for Sicko since this time, we've just been practicing and planning our next tour... slated for this spring (see the article on page 2).



Dateless Losers' Club - continued from Page 1

kind, group cohesion is essential. A good place to establish it for your Dateless Losers' Club is in the area of Ex-'s. The feeling of bitterness about the breakup of the last relationship will be something all of you can relate to. It's best to get the insults flying early in your first meeting as it facilitates activity number two.

2. Drinking: being drunk is good for a number of reasons. It lowers inhibitions which leads to lively exchanges of ideas, it gives you something to do with your hands, and it gives you that false sense of self esteem. Something which has no doubt been damaged by the lack of someone else telling you you're OK.

3. TV: essential - negates the need for a real conversation between the members of your club - your focus can be the TV. Being drunk and yelling insults at the television (maybe even relating the insults to your past relationships) is a good start.

4. Fieldtrips: once the club has been formed and some sense of identity has been established, it's often a good idea to plan trips to local watering holes. This is important, especially in the early years of your club as drinking must be maintained and there's usually a TV to watch. It also gets you out of the house. This adds to that false sense of self esteem. It is possible to move on to things like movies and trips to the Zoo for more advanced Dateless Losers' Clubs. Try these techniques out and let us know how you're doing, we love to hear how the chapters of the Dateless Losers' Club are ex-

panding and improving. We'll print suggestions of new things for our clubs to do if you send them to us. Good luck!

If you'd like to join the Dateless Losers' Club national chapter, or officially register your own chapter of the Dateless Losers' Club, send a self addressed, stamped envelope to: The Dateless Losers' Club, PO Box 12034, Seattle, WA 98102. We'll send you future copies of our official newsletter, your official dateless losers' card, stickers and other goofy stuff.



Jobless Loser Tips - continued from Page 1

always on. The next and basically only thing you can do is learn how to cook. You gotta eat, right, and since you can't afford to go to restaurants anymore you might as well learn to make your favorite foods at home. Since almost everybody loves pizza, that's what I'm gonna start you out on.

First off you take one package of yeast and add it to 1 cup of warm water and 1 tablespoon of sugar. Mix it well and then let it sit for 10 minutes until it foams. Then you add 1½ cups unbleached flour and mix that well. Now add 2 tablespoons Olive Oil and 1 teaspoon Salt and mix well. Finally add 1 more cup of flour a little bit at a time until the dough stops sticking to the bowl, at which point you dump it out on the table and start turning it inside out and adding flour until the whole thing isn't sticky anymore. Now cover it with a dish towel and move on to the other ingredients. You'll probably want to start heating the oven up to 500° while you do the rest of this. I got the basic idea for this sauce from my roommate who used to work at Atlantic Street Pizza (best in Seattle) but she had no exact measurements for me so do it to taste. Start with a can of tomato paste and add some cooking sherry, worcestershire sauce, ground cayenne, and paprika and mix it up. Mince a few cloves of garlic but wait and sprinkle it on top of the sauce after you've spread it on the dough. Now you can grate some mozzarella and cut up any toppings you plan to put on the pizza. I always use cheap cheese because it's all gonna taste the same after being in a 500° oven for 10 minutes. If you're gonna put any vegetables on your pizza, I'd suggest sauteing them in olive oil first or all the water will come out on top of your pizza. And for god's sake buy pre sliced pepperoni because cutting your own ain't worth the trouble.

Now it's time to put it all together. If you want thin crust cut the dough in half and put half in the fridge. Take the other half and smash it flat and either flip it or roll it out. I can't flip so I roll. If you don't have a rolling pin use a wine bottle or an empty 40oz* and roll it to whatever size pan you're using. It makes a good 12" diameter pizza. Lightly spread some oil


on the baking sheet and put the rolled dough on it. Spread however much tomato paste mixture on it you want and sprinkle the garlic and whatever herbs you want (oregano and basil are good). Put the cheese on top of that and whatever the hell else you want on it. That's it. Put it in the oven and bake it up. If you've got any questions feel free to write. Next time will be vegetarian chili so stay tuned.

*(Old English 800, Preferably)



Late Breaking News...

Top Drawer Records Is Dead by Ean

Top Drawer Records, My and Carl's record label, is now defunct. This is mostly because of time constraints. Carl has become increasingly involved in running Vox Populi, his art gallery, especially now that his partner Grant has moved to L.A. to pursue his writing career. I have become increasingly involved with Sicko, and other neat projects like this newsletter. The upshot is that neither of us has the time to keep the label running. We're trying to find another label to pick up our back catalog, so if anybody is interested, just write in or email me. If anybody has ordered stuff and not received their order, we're planning on sending it out, or at least sending you a refund. Write or call if you're concerned about this as well. Sicko will probably be releasing some more singles on it's own, through Empty records. The notorious Cub/Sicko split 7" will be one of these releases. Sicko T-shirts will also be available through Empty. 

Addresses

This is a listing of all the organizations mentioned in this newsletter. Get ahold of us, we like to hear from you!

Empty Records: PO Box 12034 Seattle WA 98102, ph:(206)706-9088, email:

empty@ eskimo.com

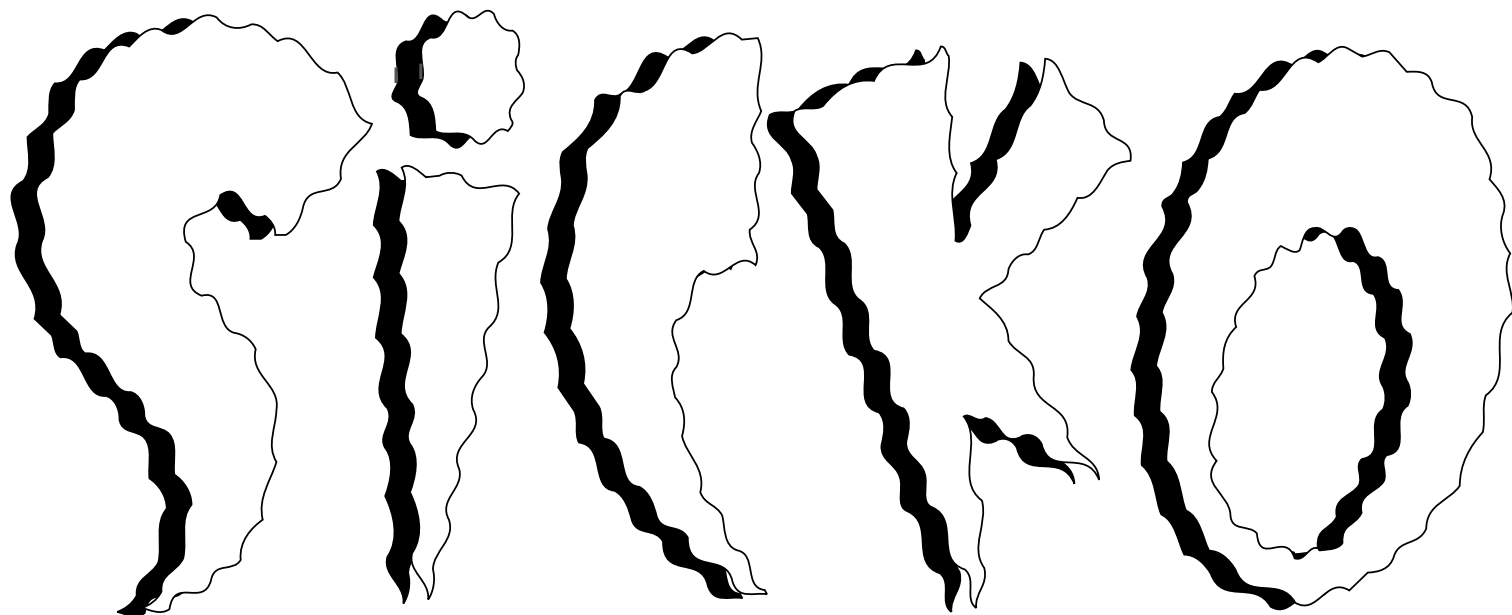
Top Drawer Records: 1912 Franklin Ave E Seattle WA 98102-3613, ph: (206)328-7459, email: voodoo@eskimo.com

Lobotomy Talent Group: ph: (206) 270-9644, email: lobotomy@halcyon.com

Real Cool Records: c/o Teichiku Records • Kho Bldg 4th Flr • 3-14-16 Higashi • Shibuya-Ku Tokyo 150 • Japan • Attn: Kaori

Munster Records: Box 1807 • Madrid 28080 • Spain





**PO Box 12034
Seattle WA 98102
USA**

To order Sicko T-shirts, send \$10.00 cash, check or money order to: Sicko PO Box 12034 Seattle WA 98102



Specify shirt #1 or #2, size L or XL, and make checks payable to Empty Records.