

WITHDRAWAL SYMPTOMS – THE THIRTY THREE YEARS CELEBRATION, BY MYSELF

Why this?

At last weeks I kept in my mind the answer which could explain the reason of this project. First of all, there's no reason to explain if the essence is only... music. Well, you don't have to explain inner feelings but the wheels keeps on turning, on and on. I could mention these thirty-three years since the very first steps of it all begun but I think it was there since ever and travelling into eternity.

I could remember 1984 when I was called to be a kind of singer (singer?) in a young boys band, I was just a fifteen dreamer kid (despite the fact at the previous three years I was studying guitar and piano). By the next year, 1985, I switched to drums (my great "push" to it was to win a great college festival) and at next years, I was just learning, playing into local bands, and soon after, I was playing as free-lancer at local bars and pubs and at small cities around us all. And, of course, getting more influence and experience at my those steps, too much fun, some good gigs, etc, till my real good shot, Sunroad, that was formed at August/1996.

So, during these last 21 years, I put all things together, things which flows into my mind and heart on the way to give birth in that, I think, is my real essence, as into lyrics as into music. Sunroad toured and shared stages with many great names at music scene such Joe Lynn Turner, Doogie White, L.A. Guns, Mad Max, Whitecross, Stryper, Narnia, Dr. Sin, among many others but I chose few ones for this Project as special guest musicians, the ones that could allow to give voice to all of this subjective experience and feelings that we call music, yes, Sunroad stills alive and well.

But some years ago, I had a good offer for a Project (and I developed it after) which may be a kind of kaleidoscope from the spirit of my career, mainly, regarding the Sunroad years. Yes, Sunroad stills alive and... well. A name came into my mind, Withdrawal Symptoms. A name which means the absence of our own essence, or the absence of the way to feel ourselves, our essence to let it flow, in my case, in music. By the other way, Withdrawal Symptoms isn't the name that I wanna use as a celebration song. It isn't a good name for it but just like a "magnet to drag you in".

Then, I decided to take focus on the singers. My main choices were the ones I got Strong impressions along all these decades in music, as their habilities, as their music and how it helped me influencing at some way all along the way. Important names like the canadian Carl Dixon (Coney Hatch, April Wine, Guess Who) or the great german multi-talented Michael Voss (Mad Max, M.S.G., Casanova and many others projects) and the multi-instrumentist and singer from France, Steph Honde (Hollywood Monsters, a Project with Vinny Appice too). As I based my first steps and career in Brazil, mainly, I'll be unfair if I don't work with Brazilian singers. But how could I choose just some of them into an ocean of highly talented singers? The answer is the same, the ones I respect not only as singers but as person too and, at some way, I see their spirit in my music too, names as Mario Pastore, Rod Maremma, Daniel Vargas, Tito Falashi, Haig Berberian and, of course, the helpful Sunroad singer, Andre Adonis, (that developed this Project with me in co-compositions and playing most of instruments).

And so... why the focus on the singers? 'Cause I'm the drummer, right? And, of course, the singers are the best way to give the "voice" for my compositions. Also, Adonis recorded all

guitars parts, the bases lines and the keyboards parts too, while we were givin' format to the compositions. And then, we resolve to add, by ourselves, the harmony vocals (to make a well balanced album) as Adonis went recording the backing vocals (again, many thanks to this real co-musician and co-composer too). Well, except on "First Day Without You" track, which was recorded by Tito Falaschi. I had indications of others singers but I couldn't call everyone to participate on it. And others weren't available at this time. Maybe in these two cases will be possible at next time if I release another one. Who knows?

And now, I'm inviting you to join us into the thirty-three years celebration of plenty experience, let it flow. A spirit of it all captured from some of best musicians in the world. A celebration of life. So, feel it, enjoy it. And keep on rockin'

Gratefully, forever!

Fred Mika