

## FANCY TIME ON THE HOTT CHORD: STILL FLYIN SWEDEN TOUR 2

This is like a tasty cake jam.

Dudes, its OJ again and I'm fucking right here getting ready to direct you directly into the sun stairs leading to the pyramid of outstanding jams. You guys will be the alpha and omega touchdown dudes this week. There is going to be a phrase that pays this trip...one you will use A LOT! Its kinda like Hammjamm (which you will also be using a lot) in that you can use it for a multitude of reasonings. The phrase is HOTT CHORD!!!! Let it ring.

HOTT CHORD! Here is an example of how to jam it. Yo Thrilla...this is a test...HOTT CHORD!!! Immediately Thrilla has to realize that he has to impress pronto. Whether it be some low key freestyle walking or a funny joke...he's gotta produce. How about if you guys are in the market and see a tasty smoothie you can dip some rum into. That's a HOTT CHORD! What if you are on stage jammin' some fest jam and SA realizes its time to take it up a notch - he looks at Gabe and locks eyes...time for a HOTT CHORD....horn riffs into COUPLA SMOKIES! Cuz that's a HOTT CHORD!!

So you get it...it just means awesome...kinda like HammJamm but it's less of a lifestyle and more of a dare. You'll get the hang of it, trust me.

Back to the tour...you will be leading Sweden into a revolution and not taking NO for an answer. Not taking any shit from nobody. Not letting your life escape UNLIVED! You are about to be household names in the house of fucking sweet and badass. So yeah - I wish like hell I could be there with you guys but I have sent my super exclusive dude - ICE to carry the jam torch and keep you guys on your toes. Don't test him, because he'll mongoose thrash you on the backwhip if you think you're taking this tour "easy"....no way....no how....you are going to PARTY. On previous tours you have gotten as high as 90% completion of the Itinerary. This time we're looking for higher than 93%. I want a report card.

\*\*\*One final important aspect of every itinerary: THERE IS NO EMBARRASSMENT. Everyone is friends, you are all each other

has...so do not feel embarrassed about anything...no harshing...no lame-os. Everyone is bros here so live life like that.

Hang the fuck on, your life is about to fucking explode!

Thursday April 5 / Friday April 6 – COPS DON'T KNOW HOW TO JAM  
AN INTRO JAM

Thes are somewhat light days, prep days.

Some dudes are travelin' / some girls are travelin'. Some folks have already arrived. Getting to the place. Getting to the skies.

Silver birds leading you to the stomping grounds.

Yosh and Drew. Travel buds. Traveled in style. Tophats and blazers. You guys are already in Copenhagen so just try not to get too excited and rest your bodies. You guys should be the captains of this mistress because you will have an extra day of light jamming to get the reserve tanks back to FULL! So you two better be fresh when the rest of the brahs and sahs arrive.

Back to the planes, back to the brains.

SA / PHIL / LIZETH – meet me for lunch in the ATL airport. We'll have some brews (I'm on the clock at work!!!). Once airborne and a few hours have passed, hit up a slick playlist on your ipod and sit back for a tight relax. I'm thinking you AT LEAST need to jam that song "RELAX" by Frankie Goes To Hollywood. Talk it up, Phil tell SA about that god damned Mars Volta show you went to. He's probably not going to want to hear about it, but SA keep an open mind about that shit – you want to be interested in what your friend is so try to peer inside his minds eye. Maybe there are certain aspects of their live show that you can take to heart and advance. Thunder riders probably have something to teach you. Maybe pop a Tylenol PM or robotrip on the plane. Give each other tests.

Test SA to talk to some random guy and make a friend. Test Phil to get a phone number from one of the stewardesses. Lizeth needs to have a drink on the plane and cheers with someone she doesn't know. Maybe all 3 of you should pick someone to give a CD to. Convertin' fans already.

MOMO & URI – Flying up together from Barcelona. FIESTA! TACOS!!! HOLA!!! MARIJUANA!!! CERVEZA!!! SEXO!!! haha. LOL. I just want you guys to be sure you are having a good time on this flight. Jam some tunes and some awesome thought riffs. Sweden comes after Spain in an alphabetical listing of countries, so that means it's going to be better!!!!

TATER/NINAH – ERIE!!!! Top of the mornin' to ya. Why don't you guys just kiss a lot on the flight. Make the other people around you wish they were going where you are going because obviously it's a crazy party. TATER – no Irish Car Bombs (the drink dude!) on the plane. You don't want customs all over your ass for being krunkly.

At this point everyone arrives and this is a mini reunion (super reunion is tomorrow). Take it to an outside patio bar to ignite your senses once everyone has checked in to the hotel. CAB PARTY INN!!!! This is the headquarters of the realm. Ultimate hug at one point where everyone in the entire group piles together for a massive hug.

All encompassing. All friends. All righteous.

Someone do a head count and count out loud REALLY LOUD – when you get to 13 everyone go apeshit firecracker.

First drinks of the night are liquor – IT HAS TO BE! Liquor before beer, your dumbass is in the clear. So I want someone to think of a "delish" shot to take so everyone will immediately be on board and on point. After that the drinks are your call but I just want to make sure you grip this night and start fresh as shit. Take in the night.

At this point we have a special guest to introduce. NO SHIT! I want Sean to give some background on this dude. Probably in the 99th percentile of cool dudes on the earth. I have never even met him and he's in my top 5 RADers. URI fucking came all the way from Spain (hey wait a second, the SAN FRAN is way fucking further of a trip than Spain is, what gives? Cool it out dude, he's not quite in the band so you gotta give him some mad props for supporting your

band as much as he is. He dropped everything just to come tour like the DEAD or PHISH or some shit...so the least you can do is give him a fist bump!.... Sean give him a speech story like you're presenting him with DUDE OF THE YEAR. You want everyone in the crew to instantly be BFFs with this dude. Make him feel welcome and make him feel like he's one of the crew, no intruders. No flapjacks.

After all that shit is through...WE GOTTA ANOTHER SPECIAL INTEREST WELCOME JAM:

God flippin damn it - Izzo and Tara done flipped the script and come on over to the DARKSIDE!!!! Welcome girls...you've made the right choice and there is no looking back. Do you know how to party? Do you know how to riff? You are a part of this heartbeat now. Instead of SA giving another speech (he's gotta save his good lines for the closing speech, what!?!?! Oh shit! LATER!!!!)) we are now going to have IZZO and TARA give a speech. Each of them have to say a few lines to the rest of the crew to say why they are happy to be here. NO SHIT! Give the group a good intro to your lives and shit, even break em off with a little funny story of something that happened to you recently. Did you fart in the supermarket and some kid heard and pointed you out?? Don't worry, they've all been there too so they'll appreciate the story and laugh their asses off. At the end of each of their intros, everyone stand up and give the three newest members of the HAMMJAMM CREW a good round of applause.

WAIT A COTTON PICKIN MINUTE!!! URI you didn't get off that easy - HOTT CHORD!!!! After a few drinks this should be fucking sweet....he's gotta break something off for the group PRONTO! Call it initiation, call it hilarious. Everyone else has had to pay their dues...time for you to pay yours...performance arts. Do it dogg.

What a night. The jumpoff hasn't even happened and already your life it tingling. Take a mental snapshot and save that one away. Everyone call it a night together - you have A LOT OF JAMMING AHEAD OF YOU...time for some sleep titties.

Saturday April 7 - THE STEIN IS FULL. "WHO DAT?"

13 down. 2 to go.

Where's Mook? Where's Ice? Don't worry some lazer Concorde jet is zooming them cross the Atlantic as fast as it can. Ice probably met Robin Leach on the plane and is selling him movie scripts and pot brownies. Speaking of WHICH...someone get cooking on that right now. Brah isnt on this trip so someone has to keep track of the brownies. Who's the pharmacist? ;)

The party crew from last night is slowly rousing. Dont stress, just ease into the day.

Try a pushup to get the blood flowing. Phill will show you some good soccer stretches to get your muscles untangled. If you have to piss, take one.

If youre hungover, pop some pills and drink some iced water.

Someone hit up the speaker stereo system and get a record on that can ease into the day. Something from the 70s for god's sake!

Yoshi you and TATER take turns telling a few jokes to get the group laughing. Laughing is the spice of life and I know Yoshi has some hilarious jokes about some kittens!!! Lets hear em.

Grab some grub, pronto. Only way to clear your brain of the cobwebs is with some coffee, food, and friends. Gabe will get some java going.

Convo jam – "what are the expectations of today?" everyone chime in with their take.

Most of the next couple of days before your first show on Sunday is going to be deep in mental preparation. SSSSSHHHHIITT just kidding, your ass is going to be partying like IBIZA!!! (shit you guys need to tour there!) You know what, its vacay – jam it vacay style.

Does anyone have a hawaiian shirt, seriously. If there is none, get the closest thing and someone wear it with some shades. You are aloud to drink before noon on vacays so if you want to, jam it.

Jesus aint stoppin' ya. Dont get drunk though, afternoon drunk is later in the trip.

By the time mid afternoon rolls around – the crew is almost at full power. Mook slid in this morning. SA give her a welcome smooch and a pat on the butt. (Someone will have to do the same for ICE when he gets here...so draw names out of a hat). Once the VOLTRON OF FLYIN is complete and Ice finally arrives, you guys are going to hop that train to Malmo. Dont shit a brick its like 15 minutes, chill out. You get there – meet up with friends and unload you burdens. Its dinner time and you guys need to have a good meal together now that everyone has arrived. U–N–I–T–Y think of Queen Latifa. Eat some local shit, taste the rainbow. Pitchers at

dinner to get a good buzz going. Home is probably the furthest from your mind right now, but someone needs to offer up a toast to the FLYINJAMMERZ who couldnt make the jam. Suck on the mainland, bro. Thats a bummer like your wave deflated. Sucks for them, but lift them up with a toast and a camera phone pic. Turkey leg. Tonight is another BAR/CLUB jam. The cool ramp is going upwards and tonight is arm whip night. Person with the best ARM WHIP (freestyle walk maneuver) gets beers for free this night. ITS kinda like an air guitar contest so whoever gets wildest gets some dranks! Here's were it gets serious for a sec. WHO'S GOT THE JUKEBOX?! Tunes, man, tunes. Spirits are flyin', lovers are reunited, friends are embracing, world is earth, earth is yours. URI and ICE – you guys didnt have a proper introduction earlier, you are long lost brothers of fortune. Stay close to each other all night and just fuckin' mind riff! Gary unbutton your third button and let loose, time is right for a whistle. You're the cool breeze of the group so just take inventory (give SA a break) and make sure everyone is having a mindshreading time. Breezin'.  
On the walk back from the bar / hang joint – get a good chant going....Ice will start you off with a WHO DAT? Chant. WHO DAT THINK THEY RADDER THAN STILL FLYIN NGTTG!? Night eases into oblivion.

SUNDAY April 8 – STOMP THE YARD!!!

You trade some players this day. Say goodbye to Ninah (a true trailblazer) and say hello to BECKS. Fair trade, but sad to see N go. Don't tear up Tater, you'll see her in a week and she probably wont be too pissed about the "Camel Head Smoking A Joint Under The Olympic Rings" tattoo you get across your back later in the week. OH SHIT, sorry bro – cat's out the bag! Malmo doesnt know what is going to hit it tonight. Skeresly. SKAresly! No jamming any Ska music today, it will only harsh. Drink some fluids to prep the body. Have an easy one most of the day – get out out into the town and maybe find a park to throw a frisbee. Take some funny photos. MOMO do your jitterbug dance thing! HAHA!! Lots of yall are thinking about the show tonight, good. Keep it on the horizon. Load in and sound check are fun because you are bouncing ideas off of each other. Is there a uniform dress code for the night? Maybe there should be. HOTT CHORD!!! oh shit. 2 HOTT CHORDS!!! 1) fuckin' you gotta find a common clothing option – bandannas? head bands? what?!?! you guys decide. 2) Riff out a good cover for the tour! I know its the first night, but shit maybe

you dont have to play it tonight – just start working on one for later in the tour...work up the jam. Goal for each of you tonight is to pull a HOTT CHORD RIPCHORD! Unbridled. Get it crazy...you are not on a trip to the fuckin' Cabbage Patch factory...this is STILL FLYIN SWEDEN TOUR...test the waters. Sound check went smooth, check on your buddy to see how they feel about the sound of the band for tonight. Phil your legs straight? Gabe / Gary / Izzo / Tara – horns tootin right? Becky / Lizeth / Mook – how them pipes? SA – you on pills? Yosh – that snare sound like sex on a platter? Tater – the sixstring shooter loaded? Drew is the soul stick polished? Momo – unlock the keys and feel the organ. Ice you're kinda like Thrill's support group for party pumpers. Make sure you are in tip top shape because not only are you jamming the song, you guys are jamming the crowd to get the feelings. Ice this is your call up to the big leagues, dont drop the ball dude! There are no preshow jitters just because the club is sold out! Pssscha. For the first time of the DAMNED trip do i have to tell you guys to get HIGH!?!?! Someone has to have found that shit by now...jam some j's. Talk to Woody the smoke friend and Tabby the weed nymph. COME FLYING OUT THE GATES and hit the crowd in the mouth with a smooth groove....HEAD UNDER THE WATER!!!! SCORCHER!!! Now I know Drew (original solo'er on this jam) plays bass and he cant jam the solo at the beginning...so here is what you're going to do. Before you go onstage while you're getting ready in the backstage area...everyone get quiet. You're gonna get quiet and DREW is going to shred the solo for this song JUST TO PUMP YOU UP. Maybe everyone around him can take a knee and hum the backing tracks to Head Under The Water while he fucking shreds your mind. This is a special treat the crowd doesnt see. Drew if you see later in the tour that the group needs this...break this morale booster out because GOD DAMN...this is GOLD PLATED! You guys are flyin' so high on this one...a few small miscues but you know what its the first show of the tour, let the kinks get rocked out. The crowd is great, you jam em...get off of stage and you know what – THE CLUB DONT EVEN CLOSE UNTIL 3 AM!!! Time for an afterhours jam. Your hotel is in the same damn building as the venue, but somehow I have a feeling the jam is going to be lead outside for some night air. Night moves. Just dont get arrested. Merch manager – how much did the band make tonight ....damn, \$25,000. thats pretty ace.

Monday April 9 – CRAPJACKET AND A PAIR OF TURNTABLES

Ok catch this shit, your life is good you have 2 responsibilities all day today.

1) Catch an acid train to Gothenburg.

2) DANCE!

Its your fuckin' job today to dance. Dont get caught nappin' and get a pink slip dudes, just fuckin' boogie. Rocksteady. The train will be nice, see some countryside and lean your head back and take a snooze. Leave the bathroom car open for any peeps who hammjammed too damn hard last night, they might need to puke. LOCOmotion. Gettin' loco on the tracks. Do they serve beer on the train, grab a brew if you wish. Or a glass of wine. Try to sit in a group on the train. Someone has gotta do this, because it will just look so crazy. If you are in a car where you are free to walk around, some grow a set and get up and give a stand up comedy routine. Nothing fancy like Seinfeld or Carrot Top...just some jokes to pass the time. The swedes will probably think you are crazy b/c a group of 20 is laughing their asses off at some choice jokes. This will probably spread some joy throughout the cabin and people will get hip to your wavelength. Comedy is universal. This is a HOTT CHORD, so whomever had the balls to get up and do this, you cheer for em. No embarrassment, only encouragement. Arrive in Gothenburg and the sun is out and shining like you were in CALI. Meet up with Sweden pals they take you to their pad. SMOKE EM OUT! Hey, thanks for the crash zone, here get stoned! This is freedom, thats for sure. Depending on what time you get into Gotham (batmang!) explore. Get out there dudes. Take small groups out and each search for cool things. Eats, Streets, Hats, Brews. Some may want to just hang, so let them hang - they're saving theirs for the TOTAL NRG DANCE RAVE tonight. Your buzz is so cool right now.

Who's on the IPOD jammin' tonight. Time to make an ON THE FLY MIX for tonight. COWABUNGA!

The rest of the group should do some frontloading before going to the dance party. THRILLA - get on that parking lot special! Mix it up tight. You guys are going to need your glow sticks and orbs tonight - dance flight. This dance party is going to be like jamming on a plateau atop a mountain...no mental boundaries. No shit. You guys may not be djing all night, so if some other dude drops some house or some crappy techno - WORK WITH IT...dont be a snob. Its Europe, so there is probably going to be some bad shit and a harsher with a pacifier. Let him be Yoshi. My wish is for all of you to just feel the groove of the place. You got some dranks in ya, so

the fuck what if you dance to some breakbeats?! Do it!!! If you look up and see like 12 others in the FLYIN POSSE jammin on the dance floor ...fuck it – start a SNAP RING! START A CHANT!! STOMP! Another mental pic to be stored for later lives. You are lucky enough to be jamming for all of AMERICA. Be happy to be where you are.

Outside the club, take a vote. Who was the best dancer of the night? Not just best moves, but most represented the groove. Who ever wins gets carried through the streets atop shoulders all the way home. The entire group will sing "I DONT WANT TO WORK, I JUST WANT TO BANG ON THE DRUM ALL DAY" on the walk home. Hey its better than having to sing "RIGHT NOW" by Van Halen. (jam that one if you dare!). Congrats you are at HAMMJAMM LEVEL 4!!!!

Tuesday April 10 – BARTLES AND JAMES.

God, the ZA tank is low. Been a few coupla days since you jammed some tight ass ZA. ZA for lunch, no questions asked. Find a place and taste what SWEDISH PIZZA tastes like. If youre a vegan, eat a corndog. Wake and bake first. I dont know how fuckin cold it will be up there, but shit maybe today is a good day for swimming. Go look at the water at least. Feel the magesty. Before the groups disperse today I want SA to round up the group for a arm lock. Everyone line up and lock arms. This isnt a worm, its a lifeblast. One huge line of people with arms locked, EVERYONE. Once everyone is locked in place go down the line and each of you yell out something you just love in life. LOVE IT! This will look extremely cool to the passers by. Have the people who live in Gotham take you to "The Avenue" for some extreme shopping. Best purchase gets to give a brief book report on it when the group convinens later in the day.

One extremely cool thing about Gothenburg is that its considered one of the BLACK METAL capitols of the world. Try to find out some shit about that. Go to a metal store and buy a sword of brandished steel. I dont know what that means, but find that shit. Ice, you gotta find out if you can drink on teh street here. If so break out the beerholster and carry one around to sip on. Tonight is up to you guys but at least have a poetry slam before you go out for the night. Lets pick a group of 4 people to write small poems or tales to tell to the group before you go out. This will lift the spirits a plenty and you thank me. Act all dramatic like DEF POETRY JAM! Someone's topic needs to be Prez Bush Taking A Huge Log. This is HAMMMAJIK! I am going to go ahead and nominate Becks as one of

the poetry slammers. Izzo too. The other two are voted on by nomination. This is a crossroads. Tomorrow might be the best night of your life, so to Jam Intense or not?!?!? FUCK YEAH! Intense sweating. Vacation lives on through Beer. Did you even think about this – 10 days until 4-20!!! Intensity eyes.

WEDNESDAY April 11 – OPEN THE DOOR GET ON THE FLOOR, EVERYBODY DO THE SLOPPY ZAM!!!

Sleep like 45 hours the night before. You need your rest for tonight. Seriously 3 words – LAZER NITRO MOUNTAIN JAM! Rest, nap, rest, nap, rest, nap, smoke, nap, rest, sneak a peak, rest, nap. The two most important things today are resting and sustenance. You need your sustenance to fill your body with the vitamins and nutrients it needs. Like weed bread, weed biscuits, weed chips, weed salsa, weed corn, weed sticks, weedwiches, weed dust, weed BBQ, weed honey, weed cereal, weed drinks, weed everything. YOU GOTTA DO IT FOR YOUR BODY AND WELL-BEING! It needs it to survive. Get a little bit high as you wink towards the USA. You are batman the rest of the world is the joker...chest bump. No crazy drugs this time out, just things that make you feel right. Dont buy some bag of black shit from a hooker on 3rd FLUGEN AVE – that shit is probably bad hash and will not make you feel good. Pukeies. There are no excuses for tonight, so EVERYONE must jam till the sun comes up. ITS A RULE. So do what you need to do to make that happen. If that means not waking up until 5 in the afternoon, so be it – no one harsh on anyone elses sleeping patterns today (unless they are jammin a snore off) b/c they are just getting their mind right for the evening of jems. BERG 211. CLUB CARVED INTO A FUCKING MOUNTAIN. CAVE JAM. LAZERS. STILL FLYIN. COUPLA MORE THINGS. AMAZIN'. Get to the club for sound check. New equipment so it may take some establishing. Get the AWES levels tight. Someone call Big Brah and wake him up, he deserves it. Soundcheck M'Stery Tent and get it ON LOCK because you are jamming this one hard to the bone tonight. After sound check its time for a special EVENT....SEAN WILL TAKE OVER AT THIS POINT....

After the special event the night will be laid out before your eyes. Not only are you guys going to have to jam the sold out crowd tonight but you're going to have to have a lazer MATRIX rave. The only thing that sucks is that the CAVE ZONE closes at 1:00am. So cram it in, you know. Make sure you have a lazer RAVE, though – seriously. TIME FOR A HOTT CHORD! Ice, you have to take your

shirt off for the show or rave, you pick. I encourage someone to join him, yes even the ladies if they feel free enough. Remember, no judging – only partying with friends. So if you have back hair, NO ONE CARES DUDE!!! Here's someother cool things, this place will give you 3 brews per person and then they only cost like 1 swedish dollar for each after that...THATS LIKE \$.75 drinks dudes! Booyeah tribe. Get backstage pronto. We need a pump up time. Hopefully you guys can get a round of shots going before the show. JAM EM. Get all in the room together and clasp hands above your heads like a huge druid circle. CHANT – FIRE! FIRE! FIRE! FIRE! Shit, no, wait. That might not be cool b/c if someone outside hears that shit the'll think the mountain is on fire and the crowd will disperse. While in the group hug send two people to the middle of the circle. Pretend these two people are complete strangers and dont know anything about the group STILL FLYIN'. They will be looking around like, oh this is a nice group of people. SA you start off and tell these two people a factoid about the band. We're talking best qualities of the band, what you like most about being in SF. Then each of yall just start throwing out awesome reasons SF rules. Before you know it if this was a movie the camera starts panning out into a montage of radness because you are putting into words what other people feel about your band. WE LOVE YOU GUYS, and to realize that you have to see the awesome parts of the riffage. You feel your pride, engulf. Dont feel pretentious...this is a realization and it needs to happen for you guys to see how fucking awesome you are as a group. Before long the two "strangers" are completely up to speed on the band and then everyone has a good laugh and a clap because it was a successful excersise. Not to mention YOU ARE PUMPED!!! ECHODECK wants to jam with you guys onstage tonight, seriously they do...so let em up there and teach them the ways. Only when the time is right....tell them this before you get on stage.

Hit the stage and you cant even see the back of the crowd...HUGE. SA, introduce the band tonight like this (yelling) "WE ARE STILL FLYIN!!! WILL YOU LET US ROCK YOU???" Keep saying that until the crowd is yelling back YES!!!! YESSSS!!! YESSSS!!!! Right at the apex of madness KABLAMMMMM....COUPLA SMOKIES!!!

GOINGCRAZYASSHITZONE!!! You feel yourselves on hoverboards of awesome. Ignite the joints and pass them around. From that moment on the crowd is yours – lasers are blazing around your head – little fairies are trying to catch your thoughts with miniature nets but they are too quick for the fairies because your brains are

like lightning. You leave them wanting more, but you'll give it to em – ENCORE. NGTTG!!!!!! Leave the stage with the entire crowd chanting your jam. Best feeling in the world. Goosebumps. High Fives. Bow to the crowd. BUMP BUMP BUMP...you hear the THUNDER RAVE STARTING!!! NO TIME FOR LOLLYGAGGING ....straight out to the dance floor for your best moves. RAVE RAVE RAVE NOT LAME RAVE!!!! Kick it mutherfucking live until 1am. Now we gotta find the afterparty. Who's got the lead? Pack up quick as hell so your buzz doesnt leave you. Head to the afterparty. Once you get there – someone HAZ to get on the TUNES. First tune ....TAKE ON ME!!!! I know its totally a joke, but shit this is a funny one and also it will show your respect for the SCANDINAVIANS!!! Half time jammin. Only other thing you have to do tonight besides see the sun come up is have a 15 person TOAST to one of the best shows you have ever played. Seriously. You look over and Drew and Gabe are being a coupla whippersnappers and passing out redbulls or some sort of energy drinks. MIND RIGHT!!! You can sleep in the van tomorrow...let it ride! If Gabe asks you if you are done, tell him NO, DUDE!!!! If there is a hot tub or regular tub, get in it with some pals, thats a HOTT CHORD. You are sloppy ass drunk but nothing is better than a SLOPPY ZAM!

Thursday April 12 – NARWHALE

Hangover city, I know. Shit sucks, but make the best of it. Jam some cool tunes to get your head right from throbbing that has existed since last nights shitty techno. Ya'll were fuckin' WILIN out last night so consider your hangover a medal for partyin. You guys got the gold. Golden Rings of FANTASTIC THINGS!!! What? Who knows dude my head is jammin' me. Someone get out the pain pills and go ahead and hand them out, everyone needs em. H2O – Hose em down. Someone has to get their shit together and get the troops up and at em. Guess what you guys are jammin' the VANS today. This is super cool b/c this is where tour starts really feeling like a tour. EASY EASY EASY tunes in the van to cool the hung folks. I'm thinking something so smooth it wont even think about harshin' – Steely Dan. I was going to throw in some bullshit organized van blessing but who are we kidding we are nursing some damaged brains here...fuck that bullshit OJ. Today you will take it easy and take your first ever trip to NORWAY! Ok maybe not the first time for everyone but let the virgins enjoy the moment. As you are crossing the border honk the horn 17 times. One for each brew your drunk ass drank last night. Convos in the vans should be reminiscing

about how crazy last night was. "Can you fucking believe URI pissed in the street?!" "Can you fucking believe MOOK learned to fucking fly (with an acoustic)?" No way!

OSLO – home of the funky. You guys gotta get some funky tunes going towards the end of the van trip – everyone has gotten some caffeine and is feeling better so let it be known. Jam some snacks. You guys are making the big bucks tonight, so give the people something special. COVER JAM! You've had a few soundchecks to work on it...break it out. I know you guys are talented, so just bust the shit like JOHNNY #5. Alive. Get to the club and you realize you are playing with Je Suis Animal tonight. WOAHH, RIGHT? Sa, you gotta give them a Je Suis France disc, pronto bro. These dudes are good (i think) so jam a listen to their set. See if they are cool dudes, hopefully so. Someone from the SF group take one for the team and BOOM – HOTT CHORD....your test is to start a funky conversation with Je Suis Animal. Make them think you are the weirdest fuckers ever. Someone eat a shoe. Tater and Yoshi pretend you are translating for each other and the only words you know are PARTY and TOUCHDOWN & PANACHE! Uri – you are in charge of getting people up for the show tonight. You have to write a mental email and send it via your mouth to the minds of the other members of Still Flyin. Hilarious story is what your gift is, give it to them. Hit some HOTT CHORDS on stage tonight. OPEN WITH – FOLLOW THE ITINERARY!!! Boom, double world of double meanings. Time for a double shot. Everyone get as happy as possible on stage tonight. High five each other all show. Hugs. Without totally looking like a gang of damn hippies just spread the good jams. If people see you guys having fun and hear one note of the music, you will instantly sell out of all your CDS. Speaking of which – stocks are running low...time to call GEFEN RECORDS to pick you guys up so you dont fucking sell out of cds anymore. Damn. Next tour is on a YACHT, with Michael McDonald as captain. God, just think about that for a spell. Jump on stage a lot. Jump jump jump from the tiger. PHIL AND ICE – your motivation tonight is FANCY BROTHERS. HORN SECTION TONIGHT...BLOW IT OUT YOUR ASS!! I mean you gotta make sure they hear you all the way across the ocean!!! STILL FLYIN IS A FORCE!!! You jam them with some low blows like – Art of Jamming and Rope Burn back to back...ignition!!!! Who's high off the contact? You guys are. This is probably the tightest jam sesh of the tour so far, focused and riffin eternal. Barnyard jammin. Teach them how SF lives. Someone bar-

b-que something on stage. Build a fire and cook something.  
Steaks.

AFTER THE PARTY ITS THE AFTER PARTY AND AFTER THE PARTY ITS THE HOTEL LOBBY AND ROUND ABOUT 4 YOU GOTTS TO CLEAR THE LOBBY - TIME TO TAKE IT TO YOUR ROOM AND FUNNEL SOME BREWS WITH SOMEBODY!!! Jesus, i cant believe we've made it this long without shotgunning a brew. Someone for God's sake please shotgun one before going to bed. OMG, someone has to jump on a bed and act like the bird is aware. PLEASE!!!! Huge fucking bird affair.

Hard work tonight, but it was worth it, huh? Watch some reruns of The Pink Panther as everyone else rages on and you pass the shit out.

FRIDAY April 13 - SURFIN' ON THE EDGE OF DREAMS AND LIGHT 2 more shows left. 2 more shoes to put on. flip floppin'. Do whatever you want man. VAN TRIP! Great. I'm going to pull this one out from the CALI tour with AIH. Mookers and URI are van captains, they are going to pick teams for who rides in the vans. COMPETITION TIME. Each van should be ready for this excursion of mental vibing. Here is the test: Each VAN has to come up with a list of the top 25 songs of all time. OH SHIT, right?!?!? This is a fucking tough one. GARY IS JUDGE. So, no shit - Gary has to be jamming his IPOD or something while the van is hashing out the song list. At the vantage point once both lists are complete, GARY will take the two lists behind the building and read them carefully. He and only he will decide who has the best fucking list. After soundcheck the decision will be heard from the stage. Everyone in the band get down off the stage and act as if you are the audience. Gary will go through and give reasoning for why he chose as he did. Note some of the crossovers, etc.

ANNOUNCEMENT MADE! Here's the good shit....the losing van has to buy everyone in the winning van a drink. BOOMBATA MY POCKET'S GETTIN FATTER!!! Losing team, dont you dare get mad at Gary for his decision, go up and thank him for having that mental duel with himself and the jams of the century. Everyone chill before you take the stage, this is a uberjam sesh but you've earned some much needed MAXRELAX preshow.

Your band is really hitting its stride now, all the jams are like second nature. Tonight I want to hear FOREVER DUDES. SA, you gotta really explain what it means to be a FOREVER DUDE. I mean you gotta get the crowd to answer you back when you ask them ARE

YOU FOREVER DUDES?!?! YES! Get some good crowd banter going. Thrill, tell the ladies you're hungry. If everyone is cool with it – during the song THE BIRD IS AWARE tonight, everyone take off their shoes. Even if its in the middle of the show...the crowd will be all... WTF? Then they will join you. Keep away from broken glass tho. The show ends as the crowd is going so wild they want more so during an extended end jam of either NGTTG or Coupla...Sean stage dives and rides the crowd to the back of the club where he gets delivered to the bar for a brew. Guys good work tonight. HANGIN TOUGH. You're thinking to yourself, man what better way to end the night than with more DJs blastin' techno...who cares you think as you wink at the bartender for UNO MAS!!!! Break out the sweatbands and headbands and stuff and dominate the eurothrash dancefloor. Someone get on someone elses shoulders and get the crowd up and going. Still Flyin is going down in the history for being the most HAMMJAMMIN' band in existence. Teach the world Hammjamm to the people of Sweden. Shit now that i think about it get the entire crowd chanting HAMMJAMM! HAMMJAMM! from the stage tonight. Get them chanting on beat and then Yosh, slam that beat home for some fat ass beat that you know will kill the fans. Growth, do you see it? You are vibing the life strings. Dont forget this night, dont forget the feeling you guys are having right now because this is it...it doesnt get much better than this...ok it does HOT TUB JAM...one has to exist in the town of STOCKHOLM!!!! If your hotel has a pool...its all wet. You dont want wet clothes in the van tomorrow, oh well skinny dippin'. Cops dont even harsh because they were at the show and you fuckin' rocked em all. They are acting as JAMM protectors and stopping other harshers from ruining their buzz...so if you see one, thank him/her/it. Did you get a picture of Drew and Maria dancing in the moonlight? You didnt, thats cool cause you can snap one of them acting out the movie BAD BOYS in the moonlight. Who's playing Will Smith? Who cares?! Hilarious jams guys...keep it going till you see the sun risin. Fuck sleep, thats what the van is for. Fuck it. Fuck the Stress. Fuck it man, fuck it. LEVEL 5.95 HAMMJAMM...off the jamscale. SMOKE IT TO SLEEP!

SATURDAY April 14 – THE FINAL FANTASY

Who needs a refreshment? Gotcha, I know you are hung as shit man, hang it out to dry and dont let the hangover get you down. You can only feel better from here, right? RIGHT! Dont even listen to that fart knocker. Last show of the tour dudes...this is some

serious shit. Start the day out with remembrances of the trip. Smile. High five. Before the van leaves this morning/afternoon (whos kidding who) everyone sit down for a spell and tell outloud what your favorite part of the trip has been thus far. SA, take notes, seriously. Serious. In the van the tuneage (did i just use that lame ass word? YES) has to be upbeat and uplifting. No cool jazz. No Ornette Coleman. No bullshit. Just feel good fun jams. Today should be the funnest of your life. How can the previous dates be topped, well guess the fuck what – you're hitting a college town tonight! MAXXIMUMMM! Cheap brews, cheap eats, comets, funny clothes, weird glasses. When you get to Uppsala...send someone out to find a common bond – like a cheap tshirt that says WHO FARTED?! or something like that...something that you can buy for a few bucks a piece and something that everyone can wear on stage. This sounds like a job for URI!!!! Come through with it man....even if you have to go buy blank shirts and a sharpie – do it ....UNIFORM TONIGHT. Can you believe it? Naw dogg...RAW DOGG! tonight you are off the chain. No holds barred....nothing gets in your way from burning the club to the ground. Eagles cant stop you. THE EAGLES THE BAND CANT STOP YOU, they suck – you rip.....rip em a new riff. Sound check is fun....high fives again. Headstand competition. frisbee on stage. Bring the big guns in the set list...BIGGUNS. STRAIGHT HITS. NO FILLER!!! ARE YOU READY TO FLY!?!? Before the show starts SA is going to assemble the entire band in teh backstage area. Wait, be sure to jam out to Moonbabies and Vit Pals – they are bros. Ok back to the prep sesh. Close the door. Only Still Flyin in there. SA, lets face it – he's the leader of this troupe. He's got the cahones and got the shit lifted off the earth. Everyone ---standing ovation clap. Sean will probably get pissed at this and take a swing at you but let him be...his emotions are all over the place for what he's about to do. SA, has to deliver the INDEPENDENCE DAY SPEACH!!! Remember the upper jams. He's going to dig down deep inhimself and tell you guys why he loves Still Flyin – the dream has been realized. He's going to give out the BAND AWARDS!!!! Laughs, tears, hugs, chest bumps, fist bumps, nods, smiles, knee slaps, back rubs. Everyone is feeling to the absolute maximum they can....Friendship is #1. All stress is gone, all lame harshers are gone, all mummies are dead. SLAM SESH AHEAD! BURN IT DOWN!

Now this might be the craziest scene you have ever seen, so roll with the punches. If it calls for madness, let the beast call – HOWL BACK. HOWL AT THE MOON!!! Nothing will top the might of STILL

FLYING THIS NIGHT !!!! NOTHING! Leave it all out there on the stage, take home nuthing but memories...sweat until you need beer to hydrate you....bleed for the band. God damn it, you gotta ROCK. Will you do that for me? Will you do that for Jah? Will you do that for yourselves? Will you do that for your 8th grade teacher who said you wouldnt amount to shit! LOOK AT ME NOW, JAMMIN THE WORLD!?!

Tonight doesnt end. I'm sorry. Sleep is not an option. I know you have been runnin on empty for a while, shit this being tour and all...but no - the show is over tomorrow...flights are arranged to head back home....tonight is your only night left on earth. Blast it. Smash it. Bop it. Act like a distortion pedal for life. AMPLIFY YOUR ABILITY! Ok enough bullshit, you just gotta keep partying dudes. Party with Prince. Form a human pyramid. Take pictures to remember. Most important though - HOTT CHORD!!!! shit, thought I forgot huh!? Time for one more improv life riff. Who's the best at the HOTT CHORD?! Man, righteous life.

Sunday April 15 - We Be Jammin'

You wake up after a few winks and its time for breakfast at the club. Thats right 11-1. Time to return the vans and start the journey home. You lived it, though - so no cryin. This is where you have to leave Ice. Hug his dumb ass, and tell him to ride his plane flight home with his blazer and no shirt. Do it man. Lax. He has been a good supporter this trip, so jesus thank him for that. Do you remember when he reenacted the bobsled race at the front of the stage during the Gothenburg dj set? Damn. Ice you will have a solo flight back, but be real.

Flyinettes and Flyins take it back to Copenhagen. One more night before its back across the pond. Where do you want to go now? Where else, Cab-Party-Inn. Request the same room. You'll get in and probably want to catch a nap or some shit, your jonesin for some ZZZZssss. Obide. But tonight you need to get it back up for one more night out. Now im not talking about another barnburner dudes, so slow your roll. Just a cool zone hang out. Just hangin with friends. Find something going on outside where you can have a few cold ones and just Hammjamm on a level 1.4. Nothing big whoop. This probably wont stop you from breaking down the walls, but do whatever you deserve.

Tomorrow you'll fly it home.

Your done, dude. Probably sleep 95% of the flight home because no one cares about watching Flicka on the fucking movie. You've done it again guys. You've outdone yourself yet again. When will you stop, never? When will you touch the ground, never? MEGANEVER! I love you dudes, and wish with all my being that I could be there jamming with you. Since I cant I hope this itinerary lifted your minds to the right place. Thats all it is - its like a t-ball stand for life. I just set that ball up on the stand and you fuckin' crush a homer off of CLEMENS!!! What a douche. Man, so proud of you guys. This wasnt and easy job. Take pictures. Take some stories home. Take enriched friendships home. Livin' - thats it. Just livin'.

Still Flyin'. NEVER GONNA TOUCH THE GROUND! EVER!!!!