



**[www.relishband.com](http://www.relishband.com)**

A truly versatile Rock N' Roll Cover Band



Amy Nordstrom



Eric Williams



Michael Johnson



Warren Mays



Chris Conte

**PRESS KIT**

# PROMOTIONAL LANGUAGE

## Promo Language (Short)

Relish is a truly versatile rock and roll cover band playing everything from rock, R&B, disco, blues, country, and pop to current radio hits. With outstanding vocals and superb musicianship, Relish offers a unique and energetic live music experience playing a unique song selections including new hits from Adele, Elle King, Luke Bryan, and Zac Brown to classics from The Jackson 5, Tom Petty, Pretenders, Weezer, Lover Boy, Doobie Brothers, Los Lonely Boys, Eagles, Sheryl Crow, and so much more. Come on out and “Relish” in our musical experience!

## Promo Language (Long)

Relish is a truly versatile rock and roll dance band playing everything from rock, R&B, disco, blues, country, and pop to current radio hits. With outstanding vocals and superb musicianship, Relish offers a unique and energetic live music experience playing great songs from the 60's to the latest hits!

Based in the Southern California, Relish is available to perform live music throughout the southland for dance clubs, private parties, bars, corporate events, outdoor festivals, community events, opening celebrations, just about all live music events. We are local to the area, very professional, and very easy to work with.

Come see us at our next gig and RELISH in the live music experience! Visit our [Schedule](#) page for a list of our next public performances.

# BAND BIOS

## Relish Members

- **Amy Nordstrom** - Lead Vocals & Percussion
- **Warren Mays** - Vocals & Guitar
- **Chris Conte** - Vocals & Guitar
- **Mikey Johnson** - Drums & Digital Sampler
- **Eric Williams** - Bass



**Amy Nordstrom**  
**Lead Vocals & Percussion**

Singing professionally for 25+ years, Amy has recorded and performed with many top musicians in Southern California. Amy started her career singing backup and lead vocals for local bands and recording artists, as well as pursuing some of her own recording ambitions. Over the years, Amy has performed with successful groups such as Ashland, Kindred Souls, Play of Colors and for the past 14 years, Relish.

Amy's greatest talent is her vocal versatility, stamina and range, allowing her to effortlessly perform many different styles, from Rock to Soul to Country and modern pop hits. Her gift is including the audience in the emotional musical journey of each song. She also takes a guilty pleasure in a bit of Karaoke, winning several contests over the past few years, and even performing on Dick Clark's "Your Big Break"!

Amy also sings with the rock n' roll band Out of the Blue which is another rockin' Southern California band with outstanding musicianship and of course power house vocals by Amy Nordstrom.

Amy's ultimate passion is Music. She enjoys singing all types of songs, and coloring them with her own special style. It is her purpose in life to bring music to audiences, that they too can share her fire and love of the art of song.

Amy uses the Shure Beta 58 microphones and plays a multitude of percussion instruments including Super Guiro Scraper, Shakers, Claves, Cowbell, Tambourine and Harmonica.



**Warren Mays**  
**Vocals & Guitar**

Warren is a guitarist-singer-songwriter originally from central Illinois. Beginning in 8th Grade, he traveled, performed and recorded with several locally popular groups on the same circuits as early lineups of Cheap Trick, REO Speedwagon and Bob Seger. Early career highlights with his Chicago-based band called Gambler include two albums on Capitol/EMI and opening act appearances with Foghat, Dire Straits, Styx, Foreigner and Journey. A Gambler reunion show was successfully organized in March 2018

Warren moved to LA pursuing new musical horizons and warmer climate. Sunny Southern California has opened opportunities with many talented artists before finding a comfortable musical 'harbor' with Relish. He also performs 60's-70's retro Rock and Soul with The Homewreckers as well as the Celtic-inspired Staggering Jack.

Current equipment choices include several non-vintage Stratocasters, a Gibson Les Paul Cherry Sunburst Custom, a Goldtop Standard from early 70's and a Gibson Blues Hawk through London and Soho models from 65 Amps. His pedalboard currently includes GigRig switching and Keeley Tone Workstation and Strymon Deco O/D units as well as Source Audio Nemesis Delay, Strymon Flint and Lex, EH POG2 and MXR effect devices.



**Chris Conte**  
**Vocals & Guitar**

Chris Conte is a guitarist, singer and songwriter from Southern California. Playing for more than 30 years, Chris has worked with numerous musicians primarily in the Los Angeles and Las Vegas areas. His guitar playing style leans towards rock and blues music but has strong influences in jazz phrasing. Chris is a GIT graduate (Guitar Institute of Technology in Hollywood); which gave him invaluable influence and learning experiences from some of the finest musicians in the industry. Chris joined Relish in January 2006 and enjoys the versatility and talent of this top-notch dance band.

Chris uses many guitars including guitars made by Jack Briggs (Saturn Deluxe), Music Man (LUKE), Taylor "T5" Thin Line Acoustic, and a Tim Rocco "Ruckus" Telecaster. Chris' pickup preferences are Lollar Mini Humbuckers, Suhr Single Coils, Tom Anderson P-90s, Dimarzio Area Ts and Transition pickups, and EMG 85s and SAs. For amplifiers Chris prefers that "American" Fender style tone and has always leaned towards "Dumble" clones such as Brown Note D'Lite and Fuchs ODS amplifiers. Today Chris plays through a wonderful Red Plate Open Range. He also uses numerous pedal effects including the Ethos Overdrive, AC Booster, and BB Preamp, a Keeley Compressor, GNI Analog Chorus, and a Hermida Zen Drive as well as an Eventide Delay and Boss Vibrato.

Chris passion for unique gear and tone is culminated on his personal website named Guitar Gear Enthusiast.



**Michael Johnson**  
**Drum & Drummer / Acoustic & Electronic Percussion**

Michael joined Relish in the spring of 2012.

Born in Santa Ana, CA; Michael was raised in Kansas City and started playing bongos [and anything that he could hit to make noise] at the age of 2. While listening and emulating Elvis Presley records, he got his first drum kit at age 7 and credits Elvis' music for his initial inspiration for being a musician... or shall we say, a drummer -wink wink.

It was Jr. high school band class where Michael forged his technique and discipline. Around that time, he discovered the talents of Buddy Rich. During at a high school Tri-State competition Michael witnessed Buddy perform and experienced an unforgettable, once in a lifetime opportunity of meeting Buddy after that performance. This 15-minute experience of listening to the World's Best Drummer boasting taught Michael the most important lesson. Buddy Rich knew he was the best ever and let everyone know he was by telling them. Although he could back it up when he would say "I'm the best", there was not a note of humility; he was full of pride/judgement. The lesson was humility; Be humble knowing the difference in "the best" and "doing your best". 'The best' is simply another's opinion.

In 1976 Boston released their first album and led Michael to understand the value of melody and production, and more importantly how to 'serve the song'. Then a band called Rush released their epic album; 2112. Other than Elvis, Michael credits these two albums as the most influential works to shape his musical direction.

In 1988; Michael moved to California; entering the local music scene, playing with anyone and everyone and eventually joining a few bands; including the original/cover band Rider and cover band DVS. Michael eventually joined the Rush tribute; Caress of Steel. Michael still plays a few shows each year with Caress of Steel. In 1996 the members of COS formed an original group Afterlife and recorded an original [self-titled] CD; performing only a few rare shows. Along with performing with Relish; Michael also plays with another rock cover band, The Saloonatics.

As a drummer/musician; Michael tried to live by the motto: "Be humble and Serve the Song".



**Eric Williams**

**Bass**

Eric was born the only child of seven, and was originally predestined to be a syndicated cartoonist by God almighty whom, as such, saw fit to deny Eric any inherent musical talent whatsoever. As puberty set in, Eric enviously watched old newsreels of young girls breaking through German police barricades to touch the Beatles, and noticed that his syndicated cartoonist heroes seemed to require no barriers at all. So Eric acquired (through questionable means) a bass guitar in hopes of hiding behind a barrier one day.

Lacking any talent, Eric was forced to learn music through math, making such groundbreaking discoveries such as pentatonic scales were actually shaped like trapezoids. This gave Eric the blues, which coincidentally heavily utilized those trapezoidal pentatonic scales, and this allowed Eric to fraudulently feign musical brilliance.

Somehow this worked and Eric has been extraordinarily busy in the music industry for over 30 years, and somehow even manages to pay his mortgage doing musical things. When there's money left over, Eric spends it on G&L basses and Ashdown amplifiers. Ha! That's not true. There's never any money left over. Eric is in debt up to his earholes.

Eric joined Relish in 2015 and now knows hundreds of songs. He doesn't know hundreds more.

## RELISH ONLINE MEDIA LINKS

Main Page

<http://www.relishband.com/index.html>

Video Page

<http://www.relishband.com/videos-2.html>

Facebook

<https://www.facebook.com/relishbandrocks/>

Reverb Nation

<https://www.reverbnation.com/relishband>

Youtube Promo Video 1

<https://www.youtube.com/watch?v=s3KOVXHZMeY>

Youtube Promo Video 2

<https://www.youtube.com/watch?v=hOmOrN6ep4Q&feature=related>

Youtube "Rikki Don't Lose That Number" by Steely Dan

<https://www.youtube.com/watch?v=Uot7GP1kcgU&feature=related>

Youtube "Heaven" by Los Lobos

[https://www.youtube.com/watch?v=AUgzMk1\\_AyA&feature=related](https://www.youtube.com/watch?v=AUgzMk1_AyA&feature=related)



# PAST PERFORMANCES

## **Festivals**

- California Strawberry Festival (Oxnard)
- Ventura Country Fair (Ventura)
- Pasadena Chalk Festival (Pasadena)
- Pasadena "Make Music" Festival (Pasadena)
- Multiple Classic Car Shows and Festivals (Southern CA)
- Rockin' Country Music Festival (Simi Valley)
- Concerts In The Courtyard (Simi Valley)
- Monrovia Music Festival

## **Venues (regular gig schedule)**

- Sagebrush Cantina
- Malibu Wines
- Azars Sports Bar
- Lowes Hotel Live Music Night (Santa Monica)
- The Chop House (Simi Valley)
- Mrs. Fish (Los Angeles)

## TESTIMONIALS



### **Makala L. - Azar's Sports Bar and Grill**

I'm the manager of Azar's in Newbury Park and I book Relish regularly to play at our venue regularly. They have a great play list of dance music, a wonderful presence on stage and are exceptionally talented. They are very professional and are capable of catering to any crowd or venue without compromising the quality. I have been personally working with them for 15+ years and would recommend them to anyone.



### **Tricia R. - Theme Entertainment Association**

Relish is amazing!!! The talent of each individual musician is incredible, but they blend so well together, they mix perfectly! Would highly recommend hiring them, or at least going to as many shows as you can!



### **Sara N. - Pasadena Chalk Festival**

We love Relish! They have played the Pasadena Chalk Festival for several years and we hope they keep coming back. Hands down one of the best bands we've worked with!

# RELISH SONG LIST

Song	Artist
867-5309 (Jenny)	Tommy Tutone
American Girl	Tom Petty
Bad Girls	Donna Summer
Baracuda	Heart
Before He Cheats	Carrie Underwood
Birthday	The Beatles
Black Horse and the Cherry Tree	KT Tunstall
Black Velvet	Alannah Myles
Blue Bayou	Linda Rondstadt
Boogie Oogie Oogie	A Taste Of Honey
Brandy	Looking Glass
Brass In Pocket	The Pretenders
Brick House	Commodores
Broken Wing	Martina McBride
Brown Eyed Girl	Van Morrison
Call Me	Blondie
Chicken Fried	Zac Brown
China Grove	The Doobie Brothers
Don't Stop Believin'	Journey
Everybody Wants You	Billy Squier
Ex's & Ohs	Elie King
Get Down Tonight	KC & The Sunshine Band
Get Lucky	Daft Punk
Go Your Own Way	Fleetwood Mac
Goodbye To You	Patty Smyth
Gunpowder & Lead	Miranda Lambert
Happy	Pharrell Williams
Hard to Handle	The Black Crowes
Hash Pipe	Weezer
Heart of Rock and Roll	Huey Luis
Heaven	Los Lonely Boys
Highway To Hell	AC/DC
Hit Me With Your Best Shot	Pat Benetar
Hotel California	Eagles
I Want you Back	The Jacksons
I Will Survive	Gloria Gaynor
I Wish	Stevie Wonder
I Won't Back Down	Tom Petty & The HB
I'm The Only One	Melissa Etheridge
Island in the Sun	Weezer
Jessie's Girl	Rick Springfield
Lady Marmalade	Patti LaBelle
Lights	Journey

Song	Artist
Listen To Her Heart	Tom Petty & The HB
Love Shack	The B-52's
Magic Man	Heart
Mary Jane's Last Dance	Tom Petty & The HB
Mustang Sally	Buddy Guy f Jeff Beck
My Cherie Amour	Stevie Wonder
My Sharona	The Knack
Need You Now	Lady Antebellum
Only The Lonely	Motels
Play That Funky Music	Wild Cherry
R.O.C.K. In The USA	John Mellencamp
Rikki Don't Lose That Number	Steely Dan
Rock and Roll	Led Zeppelin
Rolling In the Deep	ADELE
Seven Bridges Road	Eagles
Signed Sealed Delivered	Stevie Wonder
Sir Duke	Stevie Wonder
Small Town Saturday Night	Hal Ketchum
Smoke From A Distant Fire	Sanford Townsend Band
Smooth	Santana Feat. Rob Thomas
Somebody To Love	Jefferson Airplane
Spooky	Atlanta Rhythm Section
Stay With Me	Faces
Straight On	Heart
Stray Cat Strut	The Stray Cats
Stuck In The Middle	Steelers Wheel
Sunday Morning	No Doubt
Superstition	Stevie Wonder
Sweet Child O' Mine	Sheryl Crow
Sweet Emotion	Aerosmith
Sweet Home Alabama	Lynyrd Skynyrd
Swingtown	Steve Miller Band
Uptown Funk	M. Ronson/B. Mars
What I Like About You	The Romantics
White Rabbit	Jefferson Airplane
Whole Lotta Love	Led Zeppelin
Worin' For A Livin'	Hewy Lewis
Working For The Weekend	Loverboy
You May Be Right	Billy Joel
You Oughta Know	Alanis Morissette
You Shook Me All Night Long	AC/DC
You're No Good	Linda Ronstadt
You're The One That I Want	Grease

## RELISH CONTACT INFORMATION

Primary Contact ..... Chris Conte  
Phone..... 626 376-3045  
Email..... [Chris@relishband.com](mailto:Chris@relishband.com)  
Address..... 1100 N. Michigan Ave. Pasadena, CA 91104



STAGE PLOT

&

SOUND CONSOLE INPUT LIST

RELISH INPUT LIST				
Channel	Name	Microphone/DI info	VCA Assignment	Stage Position
1	Kick	XLR for internally pre-mounted D112	1,5	Upstage Center
2	Snare Top	SM57 or equivalent	1,5	Upstage Center
3	Snare Bottom	Sennheiser e604	1,5	Upstage Center
4	Hi Hat	AKG C451B or equivalent	1,5	Upstage Center
5	Rack Tom	XLR for internally pre-mounted SM57	1,5	Upstage Center
6	Floor Tom	XLR for internally pre-mounted C3000	1,5	Upstage Center
7	OH L	Shure SM81 or equivalent	1,5	Upstage Center
8	OH R		1,5	Upstage Center
9	Sampler	XLR Drop	1,5	Upstage Center
10	Bass Di	XLR Drop for internal DI	1,5	Upstage Left
11	65 Guitar Amp	XLR Drop for load box	2,5	Upstage Right
12	Red Plate Guitar Amp	XLR Drop for load box	3,5	Upstage Left
13	Acoustic Gtr DI	XLR Drop	4,5	Downstage Left
14	Warren Vocal	Beta 58 (artist supplied)	6	Downstage Right
15	Amy Vocal	Sennheiser e935 (artist supplied)	6	Downstage Center
16	Chris Vocal	Beta 58 (artist supplied)	6	Downstage Left
<b>For OUTDOOR performances please have pop filters on all condenser and vocal mics.</b>				
Microphone preferences are just that - preferences. The main thing to observe is that stereo pairs are of like make and model, and that vocal mics are all of the same type (as are vocal wedges). PLEASE, NO MXL mics, NO Rolls or DOD direct boxes (Whirlwind passive DIs are acceptable, Radial, Countryman or Klark-Teknik preferred).				
<p>Mix Notes:</p> <ul style="list-style-type: none"> <li>• If monitors are being mixed from FOH, please go easy on the compression on the vocal channels as it affects the singer's perception of their own performance. Try and keep gain reduction to a maximum of 4dB. Create a vocal bus for additional compression for the house mix</li> <li>• There are three lead vocalists in this band, changing from song to song! Please blend appropriately!</li> <li>• Warren (stage right) has a very transparent guitar tone and needs to be pushed for solos. The other guitar, well....</li> <li>• Most of our backing samples are normalized, but a few aren't. Relish plays popular hits familiar to everybody, so it's easy to know where these sit in the mix. Please keep an eye on the stage for frantic hand signals regarding their level in the monitors!</li> <li>• Drummer prefers to mix his own in ears from mobile app. Please supply him with log in credentials.</li> <li>• EFFECTS: Warren and Chris Vox: 250-300ms Echo and 900ms Hall reverb, both with 400Hz HPF and 5Khz LPF on NO EFFECTS on AMY's channel. She controls hers from the TC Helicon she runs in series</li> <li>• DRUM REVERB: Typical plate with 700ms decay mixed in just enough to hear it</li> <li>• Relish are a lot more easy going than this document implies (except for maybe the bass player). Relax and have fun.</li> </ul>				



