

# CONDUIT OF HUMANITY



Fred Jeske, founding member of COH, has been involved in various recording projects dating back to 1986, most notably, AAA Battery, an alternative-pop band formed by Joe Maydak (Rescord Producer, Engineer, and musician) and Spookey Ruben, (multi-instrumentalist, vocalist and solo artist). Fred and Joe, along with lifelong friend and bandmate, Sam Schauer, spent more than 15 years together, writing music and playing shows. All three lifelong Todd Rundgren fans, agreed to let Fred head out to ToddStock West with his guitar and meditation manual. Fred met amazing new friends and realized his idea for Conduit could manifest into something truly unique and lifelong. Fred played a couple AAA Battery songs at TSW and a new song, written exclusively for the event. That song, "Right Now Here" is featured on "Zen Cage" Kevin Bushman, Trace Tedrick and Doug Flory joined Fred onstage that Friday at Camp Navarro.

Mark Bagley provided his voice and Buddha outfit and from there COH was born.

In January, while in early stages of recording, more Conduits came to record. Prairie Prince played drums on four tracks, recorded at Golden Heart Studios, CA, and even brought his famous Skylarking snare for "Sighlence", track 2 on "Zen Cage". As more material was written and tracked, Joe and Fred decided to make a crucial decision and ask Jordon Zadorozny to produce from his studio in Canada. Jordon, of Blinker the Star, suggested Bob Wilcox join in as vocalist. In addition, Ken Shapiro agreed to lend his talents and the list kept growing. Fred asked some other musicians from Chicago area to help out, and the project grew even larger. It was a huge boost to obtain the musical talents of Sam Schauer, and he, Trace, David Ziegler, and Jerry Pellizer nailed down key tracks. Fred reached out to Utopia's keyboard wizard from the 2018 Utopia Reunion tour to play on a special track, "Counter Clockwise ". Gil Assayas provided a stunning performance! Next up was deciding who to include to top off this 12 track recording. Cathy Lee Brandstetter and Debbie Sommer sang, and Mark Bagley and Doug Flory tracked performances for two key songs. What was realized at this point was that the young phenom, Amalia Lugo would include two amazing vocal performances and duet with Fred on "No Law".

With additional enhancements from Jordon, we were at the finish line. One problem though, some spaces were not filled and a couple of songs needed a different flavor. In comes Bruce Whetstone to track some incredible bass for the title track.

Lastly, Lexi Stern tracked bass and backing vocals for "Filthy Ocean". And further realizing that we now needed a band of Conduits to represent at Seattle's Hempfest, thanks to Trace, Lexi agreed to sign on along with the other handful of beautiful humans!

So there we are,  
sensible and free.  
As soft as we can be.  
Cycle and the sand,  
hand in the hand,  
hand in hand.

Fred

Contact fred Jeske at:  
[rescordmusiclabel@gmail.com](mailto:rescordmusiclabel@gmail.com)

[rescord.com](http://rescord.com)

