

## LoNeWoLf's Myspace Rock And Roll Hall Of Fame

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Featured Artist Profile  
STEMM



Interview With Joe Cafarella from the band STEMM

My new featured band totally pulled me in and blew me away with their music and performance playing at Frankie's in Toledo Ohio. I have heard bands use various styles of rock but usually by changing up the music separately in each song. Stemm incorporates all the various styles in one song. The way it is blended is total genius. The vocals will be clean then drift into screamo with a strong instrumental backing. They are a visual treat to see perform. STEMM has sincerely become my favorite hard core rock band. Even if you aren't into really hard metal this band will make you an instant fan and devote listener as it did me. -LoNeWoLf

LoNeWoLf: How long has the band been together and how did you all meet?

Joe: I've been in STEMM for 10 years. Its taken a few walks of life over the years but I've been jammin' with Steve & Danny for 6 years. Alex has been with us for 1 year now but actually started the band with me originally...We've known each other over the years from jamming in past bands. We're practically fuckin' blood!

LoNeWoLf: What other styles of music has the members of the band played prior to Stemm?

Joe: Believe it or not, we're all from ex death metal and hardcore bands from Buffalo, NY.

LoNeWoLf: Who writes the music you guys play musically and lyrically?

Joe: I wrote all of the lyrics for our new album 'Blood Scent'. I've always had my hands in the lyrics

to each STEMM song though. We write collectively. Ideas are constantly thrown around. I guess you could say I put them together.

LoNeWoLf: Is there a theme to the lyrics of your albums? Where is the inspiration and the tone of the music drawn from?

Joe: I try to write lyrically from the heart...You know, stuff that maybe I am going through or experienced in the past..Or maybe something that is affecting someone close to me. Blood Scent is basically a 'Fuck You' to everyone who has fucked with us over the years. It felt good to get it off of our chests when the CD was finished as well... Its kinda turned into a constant reminder to us of how many shitbag people there really are out there...So, it keeps us sharp! ha ha!

LoNeWoLf: What artists have been most influential to your music?

Joe: Pantera, Sevendust, Chimaira, Metallica, Slayer, Tool, Pink Floyd and Machinehead are all bands that influence us directly. There are tons more but, I'd say that about hits it where we pull from the most.

LoNeWoLf: STEMM has played with some very notable artists. Have any stories you would like to share about these experiences?

Joe: We were on tour with Chimaira and Trivium a few years back. We were also showcasing for a few labels the next night. Chimaira was always so cool about having at least one of us sleep on their bus so we could have extra space in our van. We told Steve he should sleep on the bus for the drive to Long Island so he could party and let loose. The next day, Steve is calling to tell us that Chimaira's bus broke down on the way to the show. He was freaking out about possibly missing the show which, he did. We took the stage in front of 3 labels and a sold out show with no bass player. It was very awkward but, we explained to the crowd what was happening and everyone went crazy for our show.

As soon as we were done, Chimaira's bus pulled up and Steve jumped off the bus screaming that he was never leaving us like that again! Chimaira barely made the show themselves but, it was cool to see how professional those guys were and how their back up plan to make the show run with out any issues was amazing. They tore the fucking roof off of the place that night even with the stress of their bus. Good times, we love Chimaira!

LoNeWoLf: In talking with you guys I was impressed with your philosophy in regards to how humble and down to earth you guys are with fans.Would you like to elaborate on that concept?

Joe: We've seen a lot of bands that are world famous now play in front of no one when they first started out. It was cool to see how humble a band like Tool was playing in front of 20 people. We also really respect Pantera. You can learn a lot from those Pantera home videos. It always seemed like those guys tried to make the best of s shitty situation.

It pisses us off when we play with bigger bands that we respect and they're assholes. I mean hey, we're fans also. WE BUY YOUR FUCKING CD's TOO!!

We respect our fans and what they go through to to support us and try to give them every bit of attention we can on and off of the stage. If you have taken money out of your pocket to buy a T-Shirt or CD or come out to a show, thats an honor to us. There are MILLIONS of other bands you could have supported and you chose STEMM.

We always felt bands like Pantera felt that way about their fans. After playing with Damage Plan in Buffalo, NY the night before Dimebag was killed, we saw exactly how much their fans mean to them. To see guys like Dime and Vinny hanging in the crowd during the show, watching the other

bands, drinking with the crowd, passing their instruments off to fans to come up and play Pantera songs with them during their show... A young band like us learned A LOT from sharing the stage with Damage Plan and how to treat your fans. Its something we will NEVER forget.

LoNeWoLf: How do you feel the band has evolved musically as a band since starting?

Joe: We've come a long way since the beginning. I am very proud of everything the band has done even in its 'embarrassing' moments. But, Ive never been more proud of what we did with our new CD 'Blood Scent' there is a personal connection musically and vocally in those songs that just bleeds out of us while even rehearsing them let alone playing live.

LoNeWoLf: The show at Frankie's fell on a weekday which can lead to a weak turn out but you guys still put EVERYTHING into your performance which was appreciated. Everyone there including the staff was totally rocking out.How do you remain pumped and manage to keep such high motivation on smaller turn outs?

Joe: Well, we try to find a positive in everything we do. The world is so fucked up and this is everything we have ever dreamed of doing is touring and getting our music out to people 1 fan at a time. We will never let outside problems affect our privilege to be able to perform music every night.

We know what its like to work a full time job. Ill take the guitar in my hands every night thank you! Plus, we dont care if there are 5 people at a show or 5,000....You get the same show. You came out, you paid for it...Your getting it!

LoNeWoLf: What's the hardest part on being on the road touring for the band?

Joe: The hardest part is being away from our families. We all have kids back home. We miss them!

LoNeWoLf: What events are coming down the road for Stemm?

Joe: WORLD DOMINATION!!! ha ha ha!!! We hope to see everyone out at the shows! Come out to say hello and have a beer or 8 with us.

Contact:

<http://www.myspace.com/STEMM>

<http://www.STEMM.net>