

# FCK.FM

IT'S LOUD . IT'S HARD

ISSUE 41 | JAN 2024

AVIAGE



FCK.FM

*Girl*

Mötley  
Monröe



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**Editorial Team**



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IT'S LOUD - IT'S HARD

**Editor's**  
**NOTES**

You are all the reason for this publication, so we strive to bring each month articles of your interest, made with great passion and care. I ask you to help us share this issue so that it can reach more Metalheads in the world!

Thank you for each of your comments, they are always the encouragement to continue and keep us to improving constantly.

Finally, on behalf of the entire Editorial Team, I want to wish you a very happy new year, full of opportunities to achieve each goal you set for yourself, may it be a year full of love and positive energy for you and your family, much success, health and renewal!

Remember to follow us on our social media, to find out about the topics that interest you the most.

Have a Headbanging New Year Fck'ers!

**M**y dear Metalheads, it is a pleasure to welcome you to the first edition of 2024.

We couldn't start the year in a better way, this month we have the beautiful Mötley Monröe on the cover who, with her volcanic beauty and magnetic charm, posed exclusively for us, don't miss her interview presented by Naughty Lifestyles.

On the musical side we have the very talented Ron Coolen who talked with us about his new album and some other projects.



#staysexy #staysexy #staysexy



Join our Live Chat  
During the Show  
with Host Rich Embury,  
Fans, Bands & FCK.FM Girls

EVERY FIRST  
SATURDAY  
OF THE MONTH

Your monthly dose  
of  
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and Hard Edged Rock  
plus background info  
at the sexiest and most  
entertaining place online!



8 PM CET  
2 PM Eastern  
11 AM Pacific

#staysexy #staysexy #staysexy



Every 1st  
Monday

Hosted by:  
'Dolly Fox'

Every Month

10 PM CET  
4 PM Eastern  
1 PM Pacific



ESCAPE  
WITH ANNA

8 PM CET  
2 PM EASTERN  
11 AM PACIFIC

LAST TUESDAY  
OF THE MONTH







Most Played Songs  
December 2023

- 1** Sebastian Bach  
„What Do I Got To Lose?“
- 2** Bruce Dickinson  
„Afterglow Of Ragnarock“
- 3** Ace Frehley  
„10.000 Volts“
- 4** Rectoria  
„Rage And Madness“
- 5** Mick Mars  
„Loyal To The Lie“
- 6** Diamante  
„1987“
- 7** Dust Bolt  
„Disco Nnection“
- 8** Voodoo Circle  
„Sweet Devotion“
- 9** Sparzanza  
„Bad Motherfucker“
- 10** Within Temptation  
„Ritual“



**RON COOLEN**



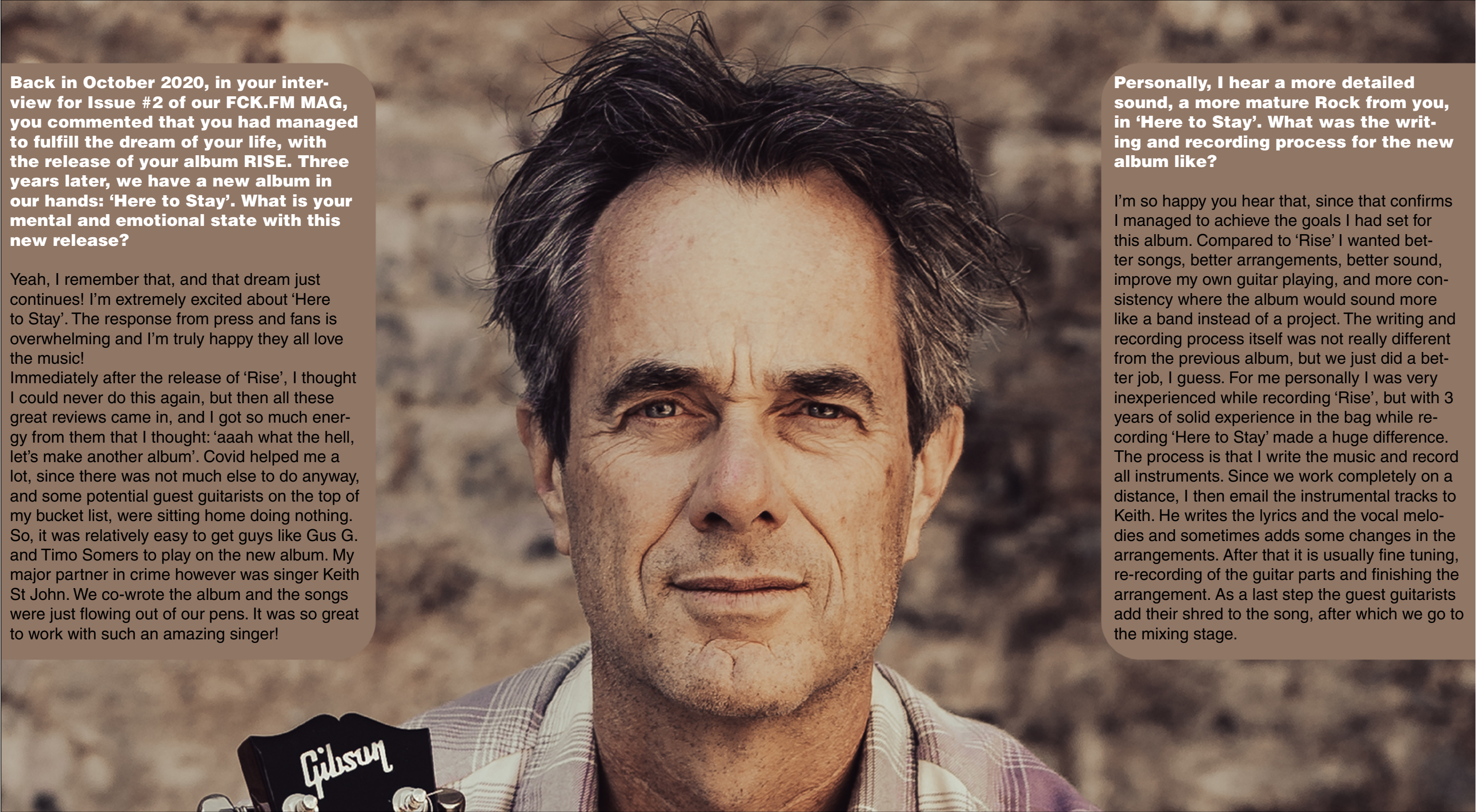
# RON COOLEN

**Back in October 2020, in your interview for Issue #2 of our FCK.FM MAG, you commented that you had managed to fulfill the dream of your life, with the release of your album RISE. Three years later, we have a new album in our hands: 'Here to Stay'. What is your mental and emotional state with this new release?**

Yeah, I remember that, and that dream just continues! I'm extremely excited about 'Here to Stay'. The response from press and fans is overwhelming and I'm truly happy they all love the music! Immediately after the release of 'Rise', I thought I could never do this again, but then all these great reviews came in, and I got so much energy from them that I thought: 'aaah what the hell, let's make another album'. Covid helped me a lot, since there was not much else to do anyway, and some potential guest guitarists on the top of my bucket list, were sitting home doing nothing. So, it was relatively easy to get guys like Gus G. and Timo Somers to play on the new album. My major partner in crime however was singer Keith St John. We co-wrote the album and the songs were just flowing out of our pens. It was so great to work with such an amazing singer!

**Personally, I hear a more detailed sound, a more mature Rock from you, in 'Here to Stay'. What was the writing and recording process for the new album like?**

I'm so happy you hear that, since that confirms I managed to achieve the goals I had set for this album. Compared to 'Rise' I wanted better songs, better arrangements, better sound, improve my own guitar playing, and more consistency where the album would sound more like a band instead of a project. The writing and recording process itself was not really different from the previous album, but we just did a better job, I guess. For me personally I was very inexperienced while recording 'Rise', but with 3 years of solid experience in the bag while recording 'Here to Stay' made a huge difference. The process is that I write the music and record all instruments. Since we work completely on a distance, I then email the instrumental tracks to Keith. He writes the lyrics and the vocal melodies and sometimes adds some changes in the arrangements. After that it is usually fine tuning, re-recording of the guitar parts and finishing the arrangement. As a last step the guest guitarists add their shred to the song, after which we go to the mixing stage.





**Is there a band supporting the album release? Live performances planned? Videos and digital content for the release of singles? What can we expect?**

Ooh yeah, in my dreams there is a live band touring the world with Keith on vocals and myself on guitar. In real life we are working on making that dream come true. The amount of interest in the album tells us that touring is definitely feasible, so now it's all about finding the right opportunities and the finances to make the tour happen. Since Keith lives in the US and I live in Europe, the best option for us would be to go on the road as a support-act of a bigger name that does many gigs in a short timeframe. That way we can play for larger crowds, build more awareness for the band, and keep the logistics relatively simple. I have a few players on my bucket list for the position of lead guitar, drums and bass, should we be able to make it to a stage!

Regarding videos: earlier in the year I released a video clip for the song 'Heavy Metal Till I'm Dead', which was shot in Paris, Las Vegas and the Netherlands. That video is getting quite some views and in the near future some short clips for social media are being prepared.

**Knowing your background and style of making music, it is easy to assume your influences, but what group or genre could surprise us, within what inspires you to compose?**

I guess Van Halen, AC/DC, Dokken are the easy ones to guess as my influences. Next to that you may hear some elements of Lamb of God, Arch Enemy, Rammstein and a bit of Korn in some of the songs. Since I LOVE guitar solos, I always ask guest musicians that are among the best shredders in the business, and tell them to just do their thing and go wild!

What you will probably not hear in my music, but what inspires me a lot is blues (I love Eric Steckel and Robben Ford), Jazzy style pop/rock (Steely Dan, Spyro Gyra), and individual musicians like Simon Phillips, Dave Weckl, Paco de Lucia, Al di Meola.

But these are only a few names, there's so much more great music!

**Do you have any superstitions or rituals when going on stage or while recording?**

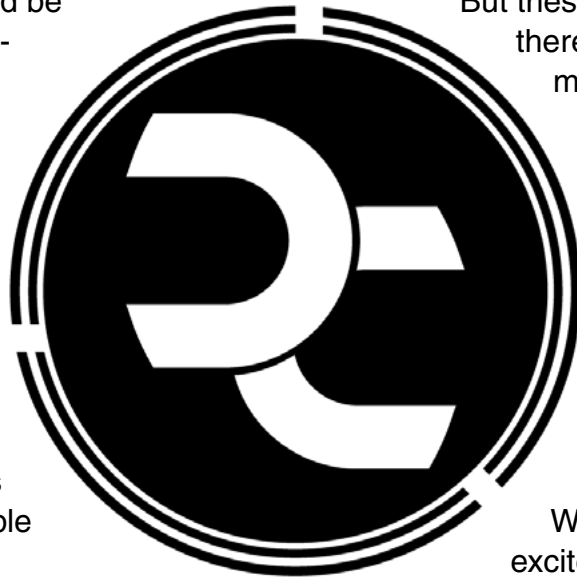
Not really different superstitions or rituals, but I do have different moods!

When I play live, I'm always excited, full of energy and can't wait to get on that stage and play

the shit out of my instrument.

When I write and record basic tracks and ideas, I always feel very creative, open minded and relaxed. This is really fun and joyful, and I can spend days noodling around in my studio.

However, when I do the final recordings 'for real' I'm always kind of nervous. I don't really like that part of the process. It's all about playing as tight as possible and making no mistakes. It's like shooting a penalty in the last minute of the game, it can be nerve wrecking, but when you score that goal, the joy is so good!



**What instrument do you mostly compose your music on?**

9/10 tracks are written on guitar starting from a riff that often comes from a melody that I have in my head. That one other track starts from a drumbeat, and I make up the guitar riff later. 'From your mouth' of the 'Rise' album is an example of a track that was written with the drumbeat as the starting point.

**Apart from the new album, what other project are you currently involved in, inside and outside of Music?**

I'm an independent artist which means I basically do everything myself. It is nice to be independent from anyone else, but it is also very busy.

I have my own label RC Music that released both my albums, and currently I'm in the middle of doing the marketing and promotion of 'Here to Stay'. It's almost a fulltime job. In 2024 I will return back to writing new songs for the 3rd album. I already have loads of ideas for that album, so I plan

to make a killer album again. Other than that, I'm currently not involved in other bands or musical projects. Outside music I'm currently rebuilding a house in Spain, and that will also hold a studio, so in the near future I can work on music in the Spanish sun, instead of only in the

Dutch cold, wind & rain.

**How are you advertising this new album, 'Here to Stay'? What can our readers find, as soon as they finish reading this interview and go looking for 'Ron Coolen' in streaming apps?**

The old school CD lovers can go to my website [www.roncoolen.rocks](http://www.roncoolen.rocks) and buy the CD version. This one has 3 extra bonus tracks that you will not find anywhere else. For those who are also interested in my first album 'Rise', I have a cool package deal for both CD's.

The modern listener who is into streaming media, can go to my Bandcamp page: <https://roncoolen.bandcamp.com> or look for my music on any of the well-known streaming platforms like Spotify, Apple Music, YouTube, Deezer, Amazon etc, etc.

Keith St John





# RON COOLEN

I've been a real fan of FCK.FM for many years and I'm very honored to be featured here. I truly hope you will give my music a try and I hope it will make you smile and bring some extra joy in your day.

But above all, I'd love to hear what you think of it! Please email me at: [roncoolen@gmail.com](mailto:roncoolen@gmail.com) and tell me what you like or don't like! Love to hear from you!



Visit Ron Coolen Online, and learn everything there is to know about this superb metal project.

Official Website: [www.roncoolen.rocks](http://www.roncoolen.rocks)

Instagram: [www.instagram.com/roncoolen](http://www.instagram.com/roncoolen)

Bandcamp: [roncoolen.bandcamp.com/album/here-to-stay](http://roncoolen.bandcamp.com/album/here-to-stay)

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RON COOLEN



**Mötley  
Monroe**

**FCK.FM**

*Girl*



themotleymonroe  
itsmotleymonroe



Atlanta, GA, USA

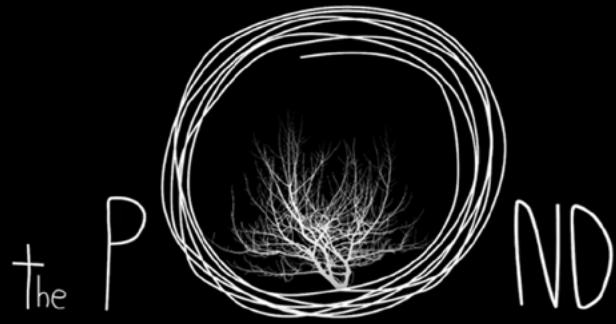






# METAL HEAD MOVIES

REVISITED



**Year of Release:** 2021

**Duration:** 1h 36m

**Genre:** Drama, Horror, Mystery

**Director:** Petar Pasic

**Writers:**

Stefan Andrejic, Dusan Bulictory, Katarina Nikolic, Petar Pasic.

**Starring:**

Marco Canadea, Paul Leonard Murray, Aleksandar Papajic, Leslie Kunz, Sasha Bright, Petrina Turk, Katarina Stefanovic.

**Cinematography by:** Vladan G. Jankovic

**Production Design:** Milica Terzic

**Music Composer:** Nemanja Mosurovic

This is an extraordinary and overly-visual mystery movie that blatantly challenges you over and over again to understand what is really going on with its story.



Neither reference is clear nor are their metaphors subtle. By the time one of the characters mentions, say, Dante's Divine Comedy, we have at least recognized Virgil, Beatrice, and Charon somewhere in the film.



Throughout the entire film we are exposed to countless symbols, metaphors and allegories, ranging from numerology, arcane signs, paganism, occultism, esotericism and Balkan folklore.

It must be said up front: this film is not for all audiences. It takes a certain degree of meticulousness, of an affinity with the bizarre, to be able to see past all this chaos and endure a bit of the state of confusion that prevails during the whole story.

From the cast, the great performances of Paul Leonard Murray as the Chess Player and Sasha Bright as Gaby, the main

protagonist's daughter, stand out, but the cinematography department gets my ovation.

They did an amazing job keeping all the action under a cloak of chromatic invariability, always cloudy landscapes that make us believe that everything is a bad dream or a disturbing hallucination.

The sound effects and soundtrack team also completely plunge us in the world presented in the film, getting the mystery under your skin and achieving an incredible effect that amplifies the suspense.





The film never eases off and although it seems like a slow-burn plot and even a little monotonous or repetitive, in reality many things can go unnoticed at first glance, since all the action takes place in a single week of the life of the protagonist, and if we don't pay attention,

we are sure to miss many important details, both in first frame and in the background: symbols, numbers, creatures or totems.

Personally, I already want to re-watch it and find out everything I missed on the first round.

THE KING  
IS DEAD


LONG LIVE  
THE KING







# Mötley Monröe



What was your formula to become a successful erotic content model?

The short answer... leather. It is how I first started modeling, and it has become a significant part of my wardrobe. Wearing leather also comes with the power of making me feel like a badass. And as a bonus, I feel like the sexiest woman on the planet in my leather leggings.

What does your closest circle of friends/family think about erotic content creation? Do you think there are still people with taboos about this?

I'll be completely honest; I have lost a lot of "friends" being in this industry. However, I have also gained friends. At the end of the day, some people will judge me for what I am doing and that's okay.

I am happy being a content creator. I love my job. I have one life to live, so you better believe that I will do what I want and what makes me happy. At the end of the day, it's my life and I don't care about the people that don't support me. So those "friends" that I lost... I am so glad they aren't in my life anymore.

As for my family, they were a little hesitant at first, but they saw how much happier I became once I started in this career being my own boss. They have been supportive ever since.

Unfortunately, there will always be a stigma around people in the modeling and content creator industry. It might be judgement or maybe it's jealousy. But it won't stop me from being myself and living my life the way I want.



How did you get involved in the world of latex and what attracts you more to it?

The short answer... leather lol. I feel like leather is the gateway drug to latex. And like leather, latex makes me feel sexy as hell. The shine, the way it hugs my curves, the sound it makes when I put it on and take it off... it's just hot!! Not to mention I have quite a few fans that like me in latex, so naturally I will give them what they want.

We see you look spectacular in all your shootings. How do you maintain your creativity and originality in outfits, and how do you take care of your beautiful figure?

Thank you so much! I pride myself on being different and going against the grain. I wanted people to look at me and my work and say "Wow she can do it all!" I try to bring glamour and rockstar together in all my looks. I described it once as a boujee metal house wife... crazy but it works!! As for my figure it is a healthy combination of squats and donuts lol. I hit the gym as often as I can, and I eat organic whenever it is available. However, I am not on a strict diet. If I am craving a pizza or Krispy Kreme, I am going to have it!



The line between sensuality and vulgarity is very thin. How do you handle this kind of aspect?

All I do is be myself. I am proud of who I am and the content I create. When I first started in this industry, I set boundaries. I think sensuality and vulgarity become blurred when people don't have boundaries for themselves or try to be someone they aren't. But this is all subjective.

What does it mean to you to be a reference of good taste and feminine style in the world of eroticism?

It means the world to me! I wanted to bring sexuality and edginess together, and to be a reference of good taste and feminine style is incredible. It took me longer than I would have liked to find myself, so if I can help other women be confident, feel sexy, and love themselves... I'm in!!



Tell us a little about your musical tastes, what bands are your favorites, and what band introduced you to Metal?

5 years ago, if you would have told me I was going to be a metal head, I would have laughed at you. Currently I am a melting pot. My favorite genres are metal and reggae. It's a weird combination, I know. Right now, I'm obsessed with Falling in Reverse, Bad Omens, Avatar, New Year's Day, Ice Nine Kills, Korn, Bring Me the Horizon, and Sleep Token. I would have to say OG metal like Metallica and Mötley Crüe got me into metal. Then metal had my heart once I heard Ronnie Radke from Falling in Reverse.



With which Rocker would you like to share a music video?

It's a two-way tie. John5, the greatest guitar player of all time, and Ronnie Radke, the lead singer from Falling in Reverse. A little old school and a little new school... how can I choose between them??



What projects or plans do you have for 2024?

I have so many projects in the works for 2024. I am diving into new genres of content creation such as cosplay, different fetishes, car and motorcycle modeling, and possibly something on the music side of things... that one is still up in the air! I also started a YouTube channel called "Motley's World" so go check it out:

@themotleymonroe





Zodiac Sign:

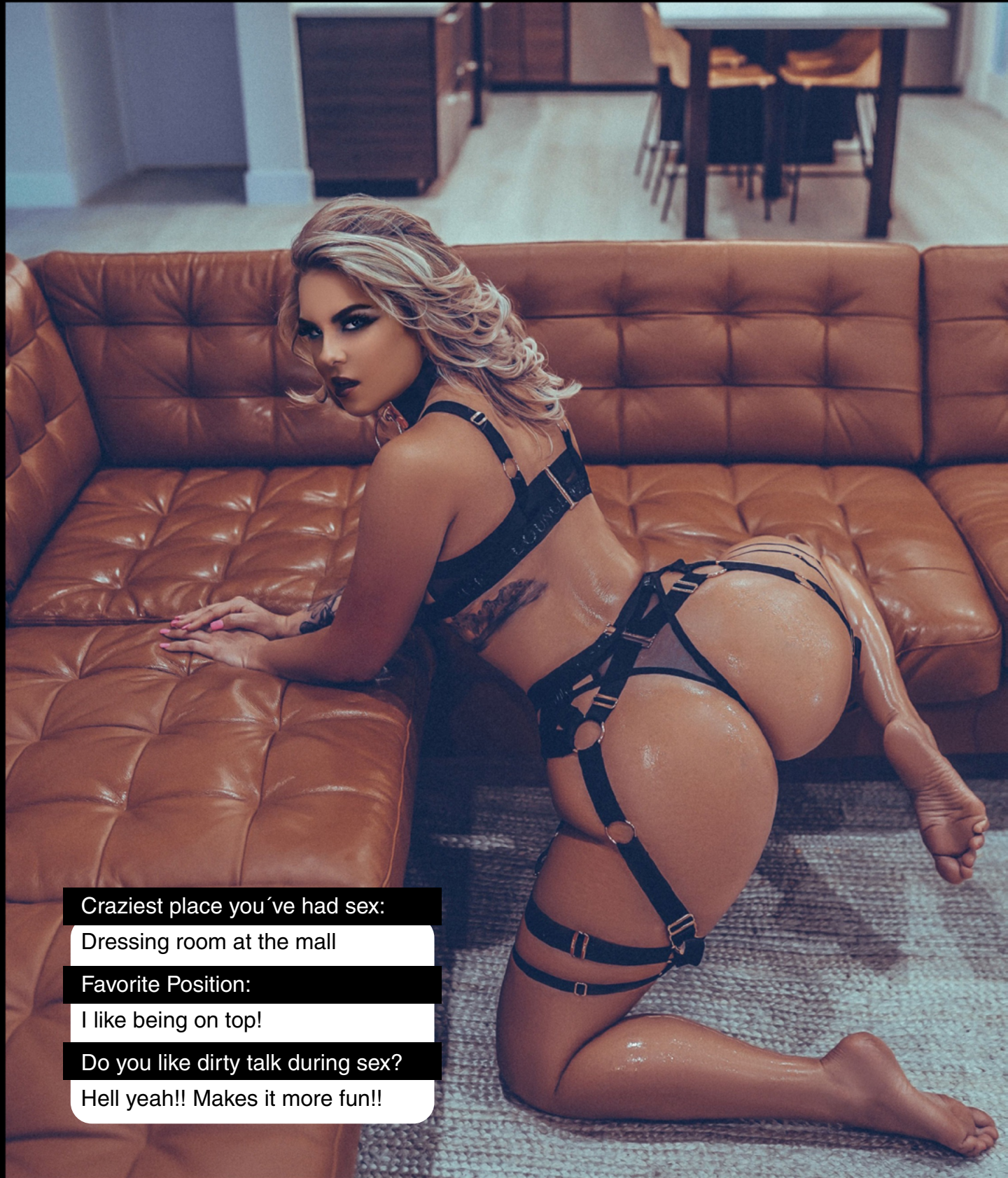
Libra

Most recent concerts:

Falling in Reverse, Avenged Sevenfold  
Bring Me the Horizon, Fall Out Boy  
Avatar, New Year's Day, Ice Nine Kills,  
Rebellion

Which metal song has a personal meaning for you?

'Voices in My Head' -he's trying to navigate through his own negative self-talk and I think we all struggle with this time to time.



Craziest place you've had sex:

Dressing room at the mall

Favorite Position:

I like being on top!

Do you like dirty talk during sex?

Hell yeah!! Makes it more fun!!





# VORTEX

## Chapter VIII REVISITED

### VORTEX

## Book: Necronomicon, Published in 1977

Born on February 5, 1940 in Chur, Switzerland, Hans Ruedi Giger was a renowned visual artist who rose to fame for his amazing designs and concepts of fictional creatures and environments, embodied in his book Necronomicon, published in 1977 and which served of inspiration for the film Alien, by director

Ridley Scott, this being the first high caliber film in which he would participate, winning the Oscar in 1980 for Best Achievement in Visual Effects, for his character designs (throughout the life cycle of the creature) and the extraterrestrial scenarios.

## Giger Bar: Enjoying the Scenery

Giger jumped from paper and canvas to sculpture and also developed furniture, creating all the decoration of the so-called Giger Bars.

One opened in Japan and the other in his homeland, where we can find tables, chairs, bars, stools, buffet with hutch, shelves, corner cabinets and all sorts of sci-fi themed furniture.

## Museum H. R. Giger: between the lake of Geneva and the city of Fribourg.

His legacy is too extensive to cover in a few pages. He himself opened a museum in the commune of Gruyères in the Canton of Fribourg, Switzerland, as a permanent repository of his work, which is generally classified as surrealist, under the main theme of science fiction.



# H. R. GIGER

Master of Art, Aesthetics and Horror



# H. R. Giger in Rock: Biomechanical Album Artwork.

Giger had notable collaborations with artists from the rock world, always looking to geniuses of his ilk for inspiration for lyrics, music and covers.

Major artists who have used Giger's work on their covers include Emerson, Lake & Palmer, Debbie Harry, Steve Stevens, Magma, Atrocity, Danzig, Hide, and Carcass, to name a few.

His main works are with airbrush, mixing human figures with machines, in an artistic style called "Biomechanical".

The Ibanez musical instruments company made a couple of H. R. Giger Signature Guitars in the past, and many artists have customized their equipment with Alien/Giger related styles.



Emerson, Lake and Palmer - Brain Salad Surgery - Front and Back Covers - 1973



Celtic Frost - To Mega Therion - 1985



Carcass - Heartwork - 1993



Danzig - III How the Gods Kill - 1992



Debbie Harry - The Jam Was Moving - 1981

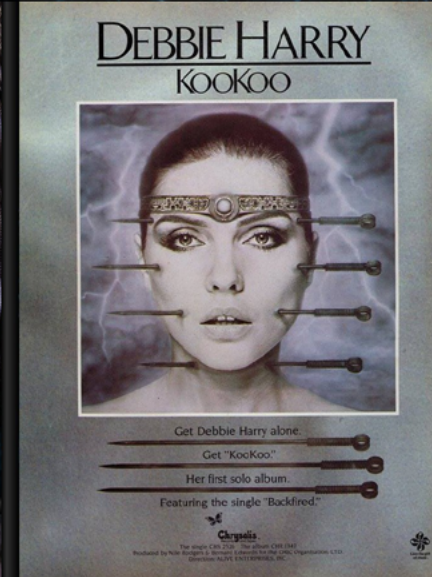


Atrocity - Hallucinations - 1990

# H. R. Giger's Artwork in Rock Music



Steve Stevens - Atomic Playboys - 1989



Debbie Harry - Koo Koo - 1981



Floh de Cologne - Mummies - 1974



Sacrosanct - Recesses for the Depraved - 1991



Ibanez Iceman ICHRG2 H. R. Giger - NY City VI Painting

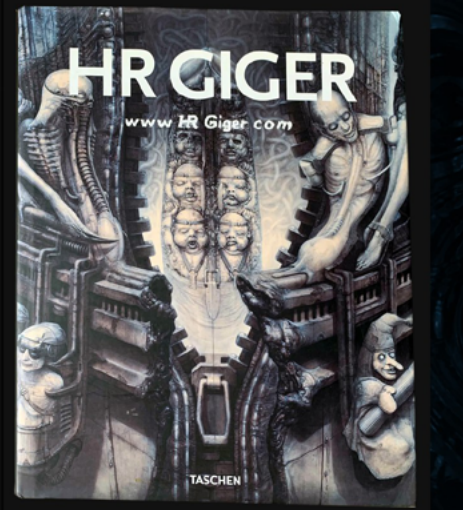


Illustration Book by H. R. Giger

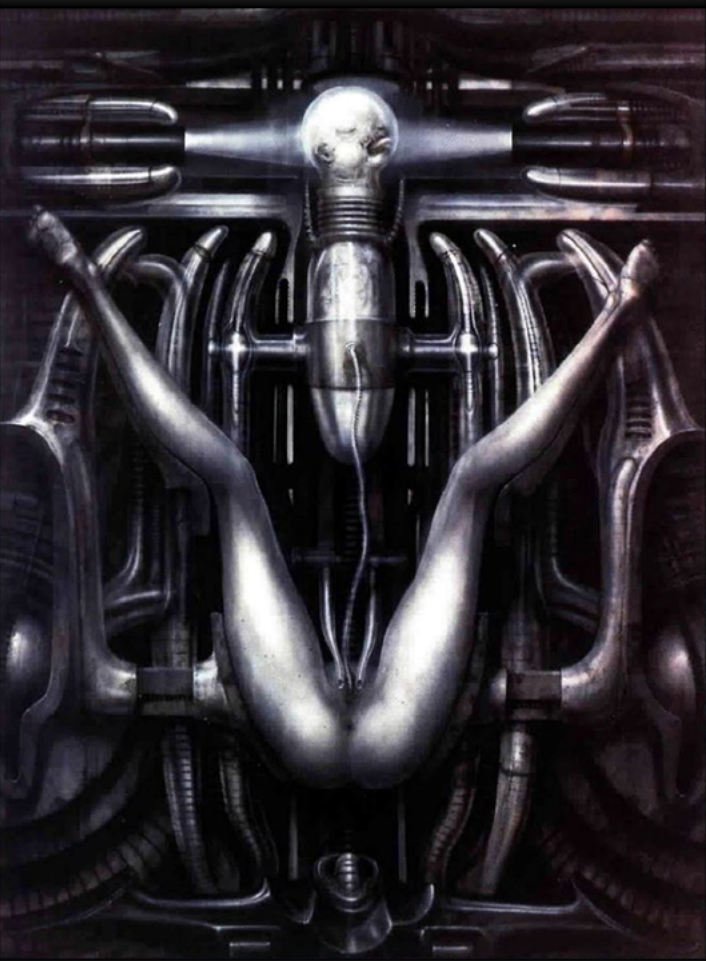


2005 Ibanez RGTHRGI H. R. Giger Guitar Signature Series

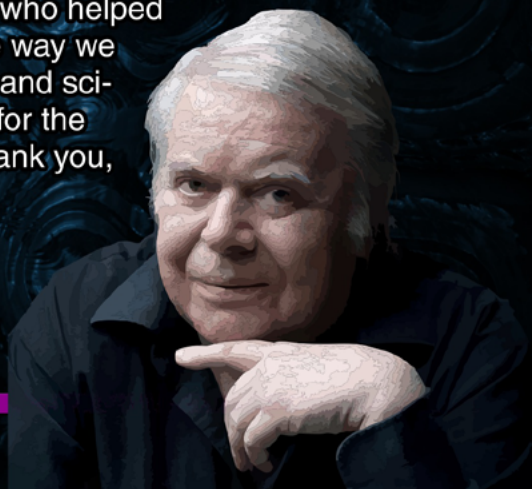


# The Original Nightmare Creator!!!

He is a master of art, aesthetics and horror. He took his creations and sketches even further until they became a style and, in general, a monster that we all recognize. We are currently too familiar with the figure of the Xenomorph, and consider it merely fiction, but when the Alien movie was originally released, it was classified as horror, and that entire generation had nightmares about the creatures created by Giger's genius.



I invite you to keep enjoying this author's works and pay him a visit on his website and museum galleries. He is a very inspiring artist, painter and illustrator who helped shape the way we do horror and sci-fi movies for the better. Thank you, Maestro!



**H. R. GIGER**  
Master of Art, Aesthetics and Horror



This Bed  
We Made



# VIDEO GAME Review

In video games we have play characters who might have been police officers, firefighters, detectives, soldiers and more... But definitely not maids.

In *This Bed We Made* our character is a maid of a luxury hotel Sophie and with her we will experience a noir story of mystery and love whose events take place in Canada in the 50s.

We are dealing with a classic third person adventure game from a small Canadian studio named Lowbirth Games which manages to deliver a highly

interesting story that kept us on our toes throughout the 3-4 hours it will take to get to the end.

Sophie our character of *This Bed We Made* has a bad habit when performing her maid duties.

She likes to rummage through the residents' personal belongings while cleaning and tidying their rooms. In one of them however she will find some photographs that capture the moment she was looking for a hotel guest's suitcase.

This event will be the beginning of a story that essentially unfolds in one evening with Sophie trying to discover not only why a tenant can be watching her but also to solve various other mysteries that have to do with

the other guests of the rooms of the 5th floor of the hotel.

The story of the game is also its strong card and we will not expand further to avoid spoilers that would destroy your experience.

However, there are several surprises and twists while at one point you determine the course of events with the discussions you will make.

For example, will you throw away the incriminating photos of you found or leave them as they are?

All of these decisions effect the story of the game and lead to multiple charges that if you want to unlock them all you will have to have a different approach to each playthrough.

I also quite liked the general theme of the case as it deals with issues such as societal racism and sexual preferences and how these were dealt with almost 70 years ago.

The persons involved in the case of the game are quite a lot and during the game you try to find the connection between them. You search their rooms for clues try to unlock safes decode hidden messages and collect all this in the dairy kept by Sophie. A classic gameplay for games of the genre with puzzles and riddles that complement and harmonize with the story without offering any originality. In one night, you will need to transform from a maid to detective trying to solve the mystery but also discover secrets about the lives of both the residents and the employees of the hotel. There were points where the difficulty of the riddles and puzzles was increased and its harder to find the solution.

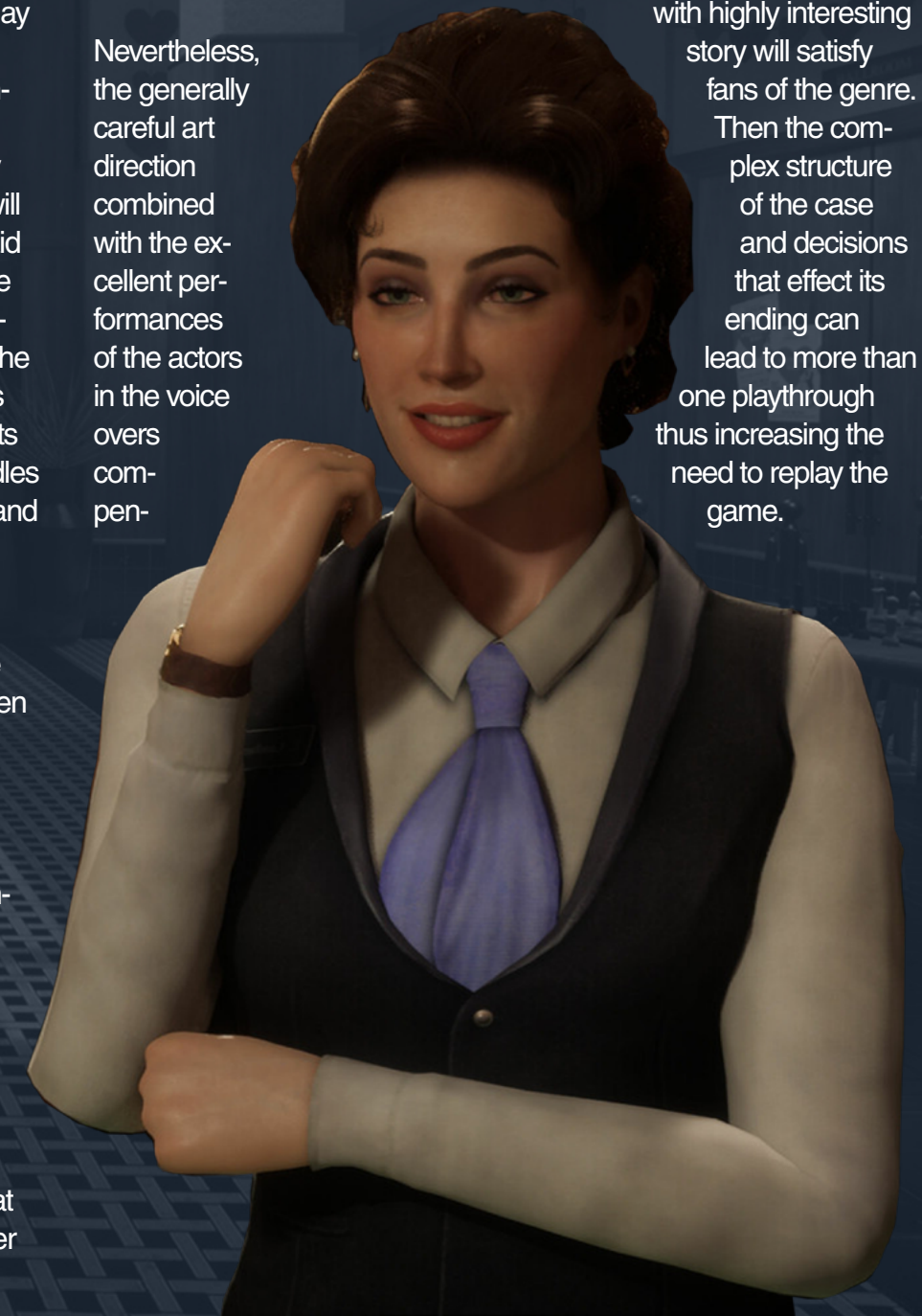
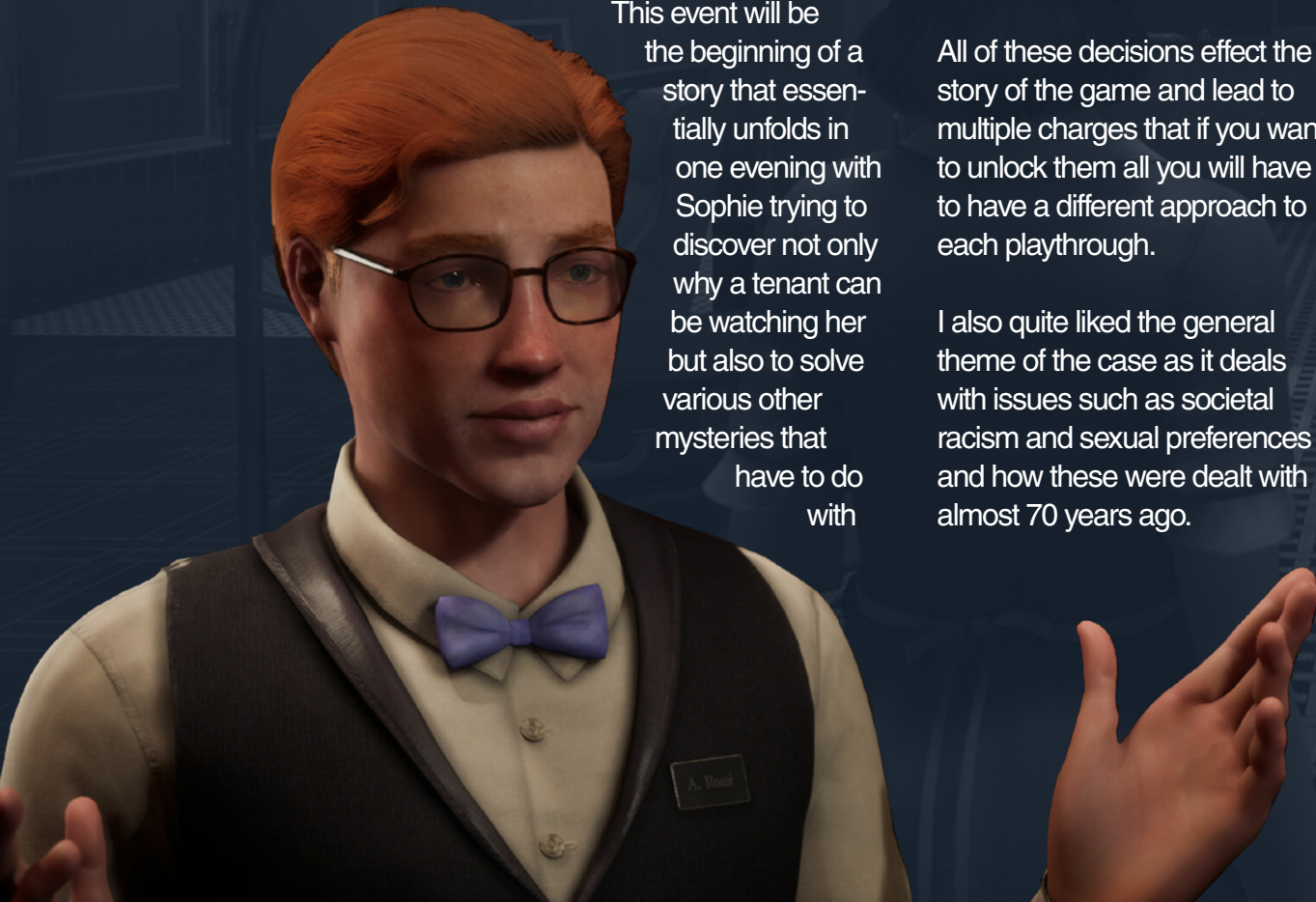
As far as the technical side is concerned in *This Bed We Made* a decent effort has been made considering the small number of people employed in the development studio. The hotel and its rooms are designed in detail perfectly intertwined with the aesthetics of the 50s era. Also, some brochures and some newspaper clippings that are scattered around the area and refer to the themes of history that we mentioned above are a design touch that helps to acclimatize the player

with the season. Finally better work could have been done on the character models and especially on their facial expressions. It's something that would help better capture their emotional charge at certain intense moments in the story.

Nevertheless, the generally careful art direction combined with the excellent performances of the actors in the voice overs complement

sate for any irregularities.

*This Bed We Made* is a pleasant surprise among the many -mostly indie adventure games that have been released this year. Its special local and temporal setting combined with highly interesting story will satisfy fans of the genre. Then the complex structure of the case and decisions that effect its ending can lead to more than one playthrough thus increasing the need to replay the game.







Developer: Lowbirth Games

Release Date: 2023

Distributor: Lowbirth Games

Platforms:

PlayStation 4, Xbox One, Microsoft Windows,  
Xbox Series X|S, PlayStation 5

Genres:

Action, Adventure, Independent.

Available for:



MUSIC  
RELEASES

January's Highlights



## The Rods

Album: Rattle the Cage  
Genre: Heavy Metal  
Label: Massacre Records  
Country: USA  
Release Date: January 12



## Scanner

Album: The Cosmic Race  
Genre: Heavy, Power Metal  
Label: Rock of Angels  
Country: Germany  
Release Date: January 12



## Saxon

Album: Hell, Fire and Damnation  
Genre: Heavy Metal  
Label: Silver Lining Music  
Country: UK  
Release Date: January 19



January 12, 2024

Exit Eden - Femmes Fatales  
The Rods - Rattle the Cage  
Russell / Guns - Medusa  
Scanner - The Cosmic Race

January 19, 2024

Master - Saints Dispelled  
Saxon - Hell, Fire and Damnation

January 26, 2024

Kill the Thrill - Autophagie  
Lucifer - Lucifer V  
Madder Mortem - Old Eyes, New Heart  
Mägo de Oz - Alicia en el Metalverso  
Manticora - Mycelium

**Lucifer**

**Album:** Lucifer V  
**Genre:** Heavy, Doom Metal  
**Label:** Nuclear Blast  
**Country:** International  
**Release Date:** January 26



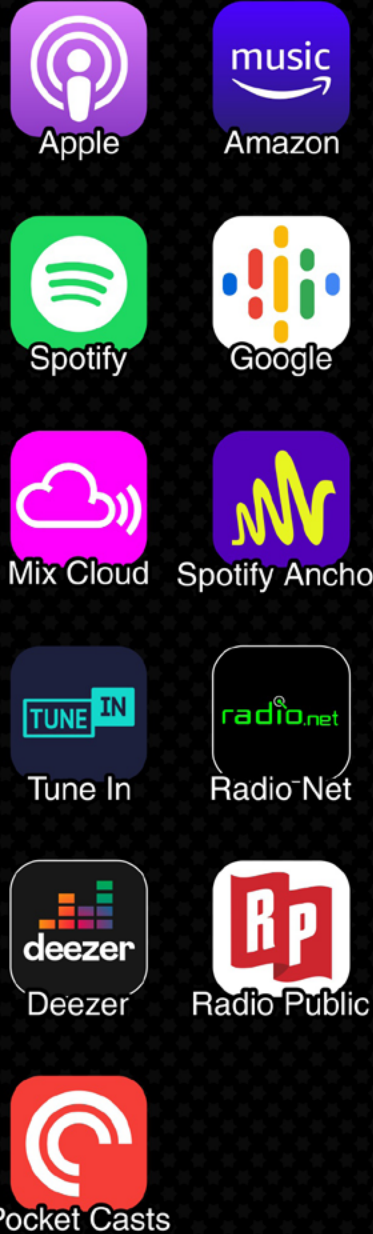
**Mägo de Oz**

**Album:** Alicia en el Metalverso  
**Genre:** Heavy, Folk Metal  
**Label:** Warner Music  
**Country:** Spain  
**Release Date:** January 26





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@brendatomczak



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