

# The Capitals



By [Martin Myers](#)

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Hailing from the capital city Pretoria, the band The Capitals are on tour in the Western Cape this festive season. Original band members Conrad Rudolph and Rics Eltze are joined on stage by Seth Fobian and Wesley Ward.



Image by Anthony Churchyard

This four-piece indie-rock-pop band will be at these venues during this week:

- 19 December – Soul Café, Hermanus
- 20 December – SGT Pepper, Cape Town
- 21 December – Bay Harbour Market, Hout Bay, Cape Town
- 22 December – Aandklas, Stellenbosch

I spoke to Conrad last week.

### ■ *When are you happiest?*

When I'm at peace with who I am and what I do. I'm extremely critical of and place a lot of pressure on myself to be the absolute best that I can be.

### ■ *What does music mean to you?*

Music is a slow-release of emotional pressure for me. I've always used it as a way to filter whatever I'm feeling. It's an extremely pivotal part of my existence.

### ■ *What is the most enjoyable aspect of your work?*

The surprise that comes with "fattening" out a song in the production process. Adding different instruments to a song and suddenly feeling the life that gets injected into it is my version of a child eating candy for the first time.

### ■ *What drives you, ego or humility?*

Humility, I guess. I personally don't feel like I deserve anything in life. Just having another human stay in conversation with me in the first place is an incredible honour and it's an even more terrifying prospect in the musical context as someone willfully listens to your opinion in your absence. People, for some reason, allow you to affect their perception through songs, so I'd better make sure I don't send them off into a self-destructive direction.

### ■ *Any funny moments on stage?*

I once had to sing with a broken mic stand that kept turning away from me so at the start of every song I'd think I've fixed it, but then as the song progressed I'd have to follow the microphone so I'd end up facing Seth (our bassist) and singing to him.



Image by Anthony Churchyard

### ■ *Your heroes?*

My parents, Jon Foreman, school teachers.

### ■ *Which living person do you admire most and why?*

My dad. He's sacrificed a lot in his life for his family and other people, and got done in quite badly on a few occasions but has always maintained a level of humility and honesty that I haven't seen in many other people. The wisdom he's passed on to me has been instrumental in making me who I am and how I view the world.

▣ ***What is your most treasured possession?***

My vinyl record collection.

▣ ***It's your round what are you drinking?***

A double shot Cortado or beer shandy.

▣ ***Dream gig to do?***

A sold out show at Red Rocks Amphitheatre with Switchfoot, Relient K, Foo Fighters and Muse.

▣ ***What makes you stand out?***

My terrible sense of colour combinations and fashion.

▣ ***Nicknames?***

Conbad, Conrod or Coenie.

▣ ***If you were not a musician what would you do?***

Make films.

▣ ***Pick five words to describe yourself?***

Critical, pedantic, proud, unsure, perfectionist.

▣ ***Five desert island discs?***

Nothing is Sound - Switchfoot

Abbey Road - The Beatles

Black Holes and Revelations - Muse

Wasting Light - Foo Fighters

Viva la Vida - Coldplay

▣ ***Greatest movie ever made?***

Lord of the Rings - Return of the King

▣ ***What song changed your life?***

Shadow proves the Sunshine - Switchfoot



Image by Anthony Churchyard

■ ***Who do you love?***

People who are comfortable in their own skin.

■ ***What is your favourite word?***

The one that conveys the right meaning in a given context instead of having to use an entire phrase.

■ ***Favorite fashion garment?***

Hats.

■ ***Give us some real proper slang and what it means.***

A Billy - an affectionate term given to a male housemate. In my case it's Seth, our bassist.

"Oh hi, Billy!", "Do you want to go catch a burger, Billy?"

■ ***Top of your bucket list?***

Watching the northern lights.

■ ***Your greatest achievement?***

I once took five wickets in five overs and conceded 25 runs playing cricket in high school.

■ ***What do you complain about most often?***

Back pain.

■ ***What is your fear?***

Getting to the end of my life and thinking, "I wonder what would've happened if I tried doing that?" or "Well, that could've been spent better..."

### ■ ***Happiness is?***

Being content with who you are but still aiming to be better.

### ■ ***On stage I tend to?***

Make a statement and then ask the crowd “is that okay?”

### ■ ***If you are walking on stage for a keynote speech alla Barack Obama, what song would you use and why?***

Maintain Consciousness - Relient K

It's about struggling to pay attention and falling asleep so it would remind me to not be boring. Also, the intro is killer.

### ■ ***The best life lesson you have been taught?***

Always ask yourself “why?”

### ■ ***Where would you like to be right now?***

Sleeping in a hammock with a view of the sea.

### ■ ***Wishes and dreams?***

Should be things that will outlive you if they are achieved.

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*P.S. This is my final piece for 2018. It has been a joy writing and hopefully readers have discovered some more artists and music. Have a fantastic festive season and let's continue the questions in 2019!*

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Co-owner at Triple M Entertainment, founder Music Exchange, manager Sipho Hotstix Mabuse

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