



OMETRA & haregrungy present: "CHOICES" Live Painting

OMETRA, an alternative rock / post-grunge sextet from Lugano, is pleased to release the new album CHOICES.

CHOICES is the tale of a transitional period permeated by a web of decisions in order to find one's happiness.

A strongly autobiographical introspective journey of Carlo Gervasini, the mastermind of the Lugano combo:

The need for change, the urgency to make difficult decisions, the doubts and fears of one's choices are all elements that shape the entire work.

Recorded and mixed by Stefano Scenini at Stairway Studios in Cimo and mastered by George Nerantzis, CHOICES is available digitally and on vinyl.

In addition to the sextet, also featured is haregrungy (Greta Broglio), artist and author of the work "Vi(n)colo Cieco," used as the album cover. The artist performs together with the band in a "Live Painting" session, translating musical language into pictorial gesture, improvising in real time the here and now, following the sensations of the moment and the set various dynamics.

The result is a performance in which two different art forms blend and merge, giving rise to a third dimension, where the whole is more than the sum of its individual parts.

The first event with this formula was held at Tondo Music's TreeHouse space in Maroggia and was well attended (sold out) and received a magnificent response.

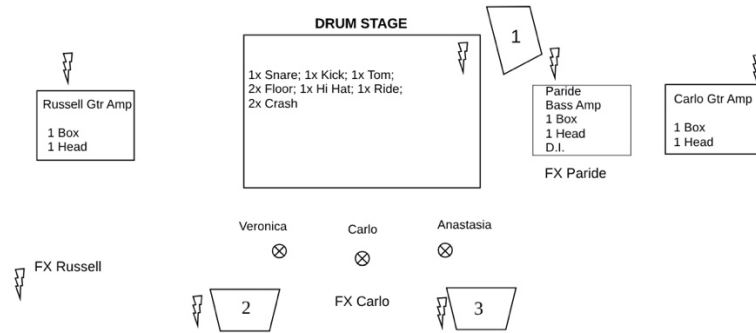
EQUIPMENT

Ometra and haregrungy will take care of bringing the necessary equipment (instruments, technical equipment for amplification). Should the Venue already have a system including PA and Mixer, please notify Carlo Gervasini (contacts at the bottom of the page).

Here below Ometra Stage Plan



STAGE PLAN – INPUT LIST



| INPUT LIST | | | MONITOR |
|------------|------------|-----------------------|--|
| CH | INSTRUMENT | MIC | |
| 1 | Kick | Mic | 1: Gtr Carlo, Carlo 2: Vero, Anastasia, Carlo, Carlo Gtr 3: Anastasia, Vero, Carlo |
| 2 | Snare | Mic | |
| 3 | Tom | Mic | |
| 4 | Floor | Mic | EQUIPMENT Cymbals and Cymbal stands 2x Guitar & Bass heads & cabinets 3x Voice Mics + mic stands |
| 5 | Floor 2 | Mic | |
| 6 | Hi Hat | Condenser Mic | |
| 7 | OH R | Condenser Mic | |
| 8 | OH L | Condenser Mic | |
| 9 | Bass | Mic | |
| 10 | Bass | XLR (DI if necessary) | |
| 11 | Gtr 1 | Mic | |
| 12 | Gtr 2 | Mic | |
| 13 | Carlo | Mic | |
| 14 | Veronica | Mic | |
| 15 | Anastasia | Mic | |

PLEASE NOTE:

OMETRA is a multifaceted art project that can adapt to any kind of environment and place by proposing itself even in semi-electric/acoustic situations.



REQUESTS AND COMPENSATION

Ometra (along with sound engineer) and haregrungy (plus assistant) kindly ask for a meal. There are no special requests except for one small exception: 2 people are lactose intolerant.

Regarding compensation: calculating travel (haregrungy comes specially from Valtellina) and use of own instrumentation, the band and artist ask 1500CHF in total negotiable. In case of comments, please always contact Carlo Gervasini (contacts at the bottom of the page).

Bio OMETRA



Ometra is a Lugano-based music project offering alternative rock-grunge with several influences ranging from Radiohead, Alice in Chains and Anathema.

In 2017, driven by the desire to start again from the basics, founder Carlo Gervasini (My Stupid Dream, Parole Perse, Doomed Timeline Theory and Beansidhe) starts writing his own songs as a 'one man band' project. During the recording session he personally takes care of all instruments and vocal parts, accompanied only by the voices of Claudio Lucchini and Giulia Schertler. The first release "Ometra" (2019) gets visibility and a place in "Confederation Music" compilation managed by Marco Kohler (RSI) with the song "Ahead."

This good debut will push the guitarist to compose better music with a real band. In 2021, along with Elia Heutschi (drums), Paride Casu (bass), Giulia Schertler and Anastasia Gautschi (vocals), as well as Gervasini on guitars, "We used to look at the stars," recorded and mixed by Stefano Scenini at Stairway Studio in Cimo, sees the light. The work gets further visibility than the previous release and with the track "Crossroads from my Past" OMETRA deservedly returns to feature in the selection of "Confederation Music". 2023 saw a lineup change: along with Carlo (Vocals, Guitars), Anastasia (Vocals), Elia (Drums) and Paride (Bass), Veronica on vocals and Russell on guitars were added. With this lineup, the new album CHOICES will be released by the end of 2023.

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Bio haregrungy



Greta Broglio was born on January 17, 1993, and has been painting since she was 10 years old. Then she became haregrungy. haregrungy is a place of the mind. Over time the techniques change: acrylic, oil, watercolor, coffee on dust paper, palette knives, brushes. Then oil again, for the time being. No road precluded, the only constant is the research; for self, for other and the unconscious, because the unconscious is also a place of the mind. "My palette knife goes straight to the point, no frills: it is sharp, cutting, stripping away the real and giving no escape. The brush renders well the fog in my head, where I lose the contours of my surroundings and recompose them at will in an eternal frustrating/satisfying wander.

I am not interested in filling all the space, there is no preparatory study: it is a natural matter. I create because it's the only way I can know myself, understand myself, to say what I want to say. What comes out is the most genuine part you will ever see of me."
haregrungy language is metaphysical, imbued with sensoriality that pushes the viewer closer to imperceptible reason.

He has recently participated in numerous contemporary art festivals touching several cities including: Rome, Turin, Florence, Bruges, Naples, Cagliari, Milan, Genoa and Piacenza.

In 2019 he was among the finalists in the painting section of MArteLive, a national art competition thanks to which he performed in a coffee performance at Planet Live Club in Rome. Between 2021 and 2022, one of his works is published twice in the magazine "Arte" of "Cairo Editore."

In April 2022 she is selected by the Biffi Arte team and exhibits in the gallery spaces owned by the prestigious Biffi brand. In December 2022 she joins the artist roster of Artàporter: a platform that intends to rethink the commonplaces of art, to give life to urban art galleries.

<https://www.facebook.com/haregrungy>
instagram: [@haregrungy](https://www.instagram.com/haregrungy)

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