

Hey CJAM crew,

This is Shawn from **Self-Cut Bangs** out of Calgary. I'm writing to send along our sophomore album, *Circle Around The Free* for consideration for CJAM. This album is out on November 18th, but available to download below, through Earshot Digital Distro, and will be coming as part of CJSW's campus mailout at the end of the month. The first record had some surprising success across the country, **charting on CJAM for 11 weeks, as high as #2, charting on campus & community radio's Earshot charts (10 stations, 47 appearances)**, on WFMU and with CBC.

We've been told in the past that we sound like Blondie fronting Redd Kross, or early New Pornographers. Basically, catchy rock songs that don't wear out their welcome. Fingers crossed that it's of interest to you all, but even if it isn't, thank you for your time and what you do for independent music!

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### **SELF-CUT BANGS – CIRCLE AROUND THE FREE**

**STREAM / MP3 Zip / WAV Zip**

**RELEASE DATE:** November 18th, 2022 (Bandcamp, all streaming & digital platforms)

#### **TRACKLIST:**

- 01 – Shivers (**first single** – power pop singalong)
- 02 – Ludo (fuzz bass-forward rock)
- 03 – Stargazer (**third single** – post-punk with catchy chorus)
- 04 – In Colour (**second single** – 90s-esque indie rock)
- 05 – Wake (melancholic indie rock)
- 06 – Never Say Never (bouncy power pop)
- 07 – Pick Up (short & sweet indie pop)
- 08 – Abraham (full-blown classic rock)
- 09 – Make Believe (indie pop)
- 10 – Circle Around The Free (psych-adjacent classic rock)
- 11 – Gibberish (bass-forward post-punk)
- 12 – Head Start (Sabbath-esque riffage with indie rock sensibilities)

#### **BIO:**

Self-Cut Bangs was started by couple Cayley O'Neill (Dark Time) and Shawn Petsche (Napalmpom) as an escapist home recording project during the pandemic. The project involved writing and recording one new song in a single day every Saturday, imagining an alternate reality where loud amplifiers in packed clubs were still a thing.

Following the surprise success of their debut self-titled album's release in late 2020, the band set to work on the follow-up with a new approach. Eschewing the time limited recording process of the first, the pair instead hunkered down during the pandemic and amassed a collection of over 200 musical ideas on their voice memos. *Circle Around The Free* represents the realization of the best of those ideas, and is a more personal and reflective album bringing together classic rock, power pop, and post-punk influences. A retro future rock & roll statement powered by a cotton candy jet engine. It was once again largely self-recorded, but expertly mixed and fleshed out by producer Lorrie Matheson (Art Bergmann, Rae Spoon, Ghostkeeper, etc.).

Since recording the album, the band has grown to become a live-ready band by enlisting the talents of Joel Nye (Hot Little Rocket), and playing matchmaker for Dillon Whitfield (Astral Swans, Reuben & The Dark) and Nicola Cavanagh (Cardiograms, Night Committee), putting them in rarified double-couple territory with the likes of Fleetwood Mac and ABBA.

#### **DEBUT ALBUM ACCOMPLISHMENTS & KIND WORDS:**

- Polaris Music Prize Longer List nomination for best Canadian album based on artistic merit
- 27 weeks on Earshot Campus & Community Radio Charts (10 stations, 47 appearances). = Played on The Strombo Show, CBC Radio, X92.9, WKNC (North Carolina – 30+ weeks), WZBT (Pennsylvania – 30+ weeks), CHRIP (Chicago), WLAS (Massachusetts), etc.
- Named Top 5 Album of 2020 by The Calgary Herald and The YYScene

*"They've given us one of the year's best albums...I'm kind of shocked that this album was home-recorded, because it sounds so massive." Faster & Louder*

*"...a cotton candy swirl of three-minute sugar rushes." TheScene*

*"It's a perfect mix of garage-rock abandon and hard-rock craft: think Alvvays or early New Pornographers guided by the inventive guitar riffing of Cheap Trick's Rick Nielsen." The Calgary Herald*

**RECOMMENDED IF YOU LIKE:** Ex Hex, Redd Kross, The Coathangers, Peach Kelli Pop, Matthew Sweet, Blondie, Sloan

**VIDEOS:**

"Shivers"

"In Colour"

**SONGS WITH EXPLICIT LYRICS:**

"Circle Around The Free" (two curse words in the first verse)

**LINKS:**

[Facebook](#) / [Bandcamp](#) / [Instagram @self\\_cut\\_bangs](#)

Thank you again for the time and for what you do!