

Hey _____,

Hope you're doing well - it was nice seeing you at the Ship & Anchor a few weeks ago!

I'm writing to send along Self-Cut Bangs' sophomore album, Circle Around The Free, for consideration for an interview or radio play. It was once again recorded entirely at home during the pandemic. We've been told in the past that we sound like Blondie fronting Redd Kross, or early New Pornographers. This one is a more expansive rock & roll record that takes a little from power pop, 90s indie rock, new wave and early post-punk. The first record had success across the country on campus & community radio and with CBC, so here's hoping it hits your ears well.

Fingers crossed that it's of interest to you, but even if it isn't, thank you for your time and what you do for independent music! I've included all the important info below:

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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)

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 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; a rock & roll record with a broader palette of influences and a more personal and reflective reaction to the strangest of times and much personal change. 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

"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

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!