

FRAID KNOT

Beautiful (Eddy)

I wrote this one stack testing at a foundry near Edmonton, -35 degrees. I'd spent 12 hours up this stack, hugging it to try and thaw out, and staring up at the sun and came up with the line "warmness of your embrace" and the rest of it came together really quickly. This was the first original we ever did as a full band.

BE

Byron wrote this one and we did it for ages as a ballad actually but it's hard for me to even imagine it that way anymore. It basically was sped up as the album was ballad heavy and we needed more up-tempo songs. We'd never actually tried it like this until we sat down in the studio and I think it came together really well, although we did receive a bit of flack from people that loved it as a slow song. You can't please everyone!

GW