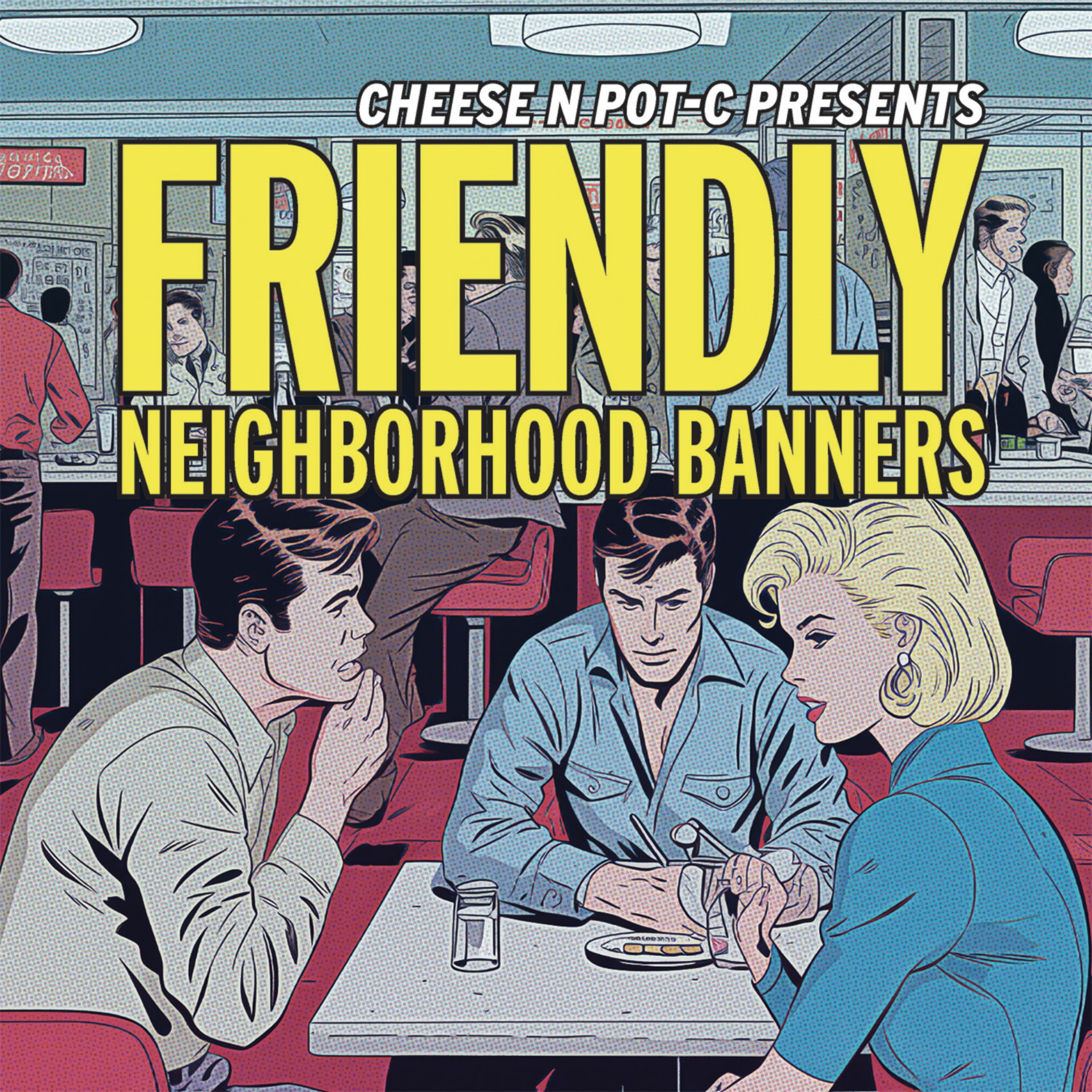
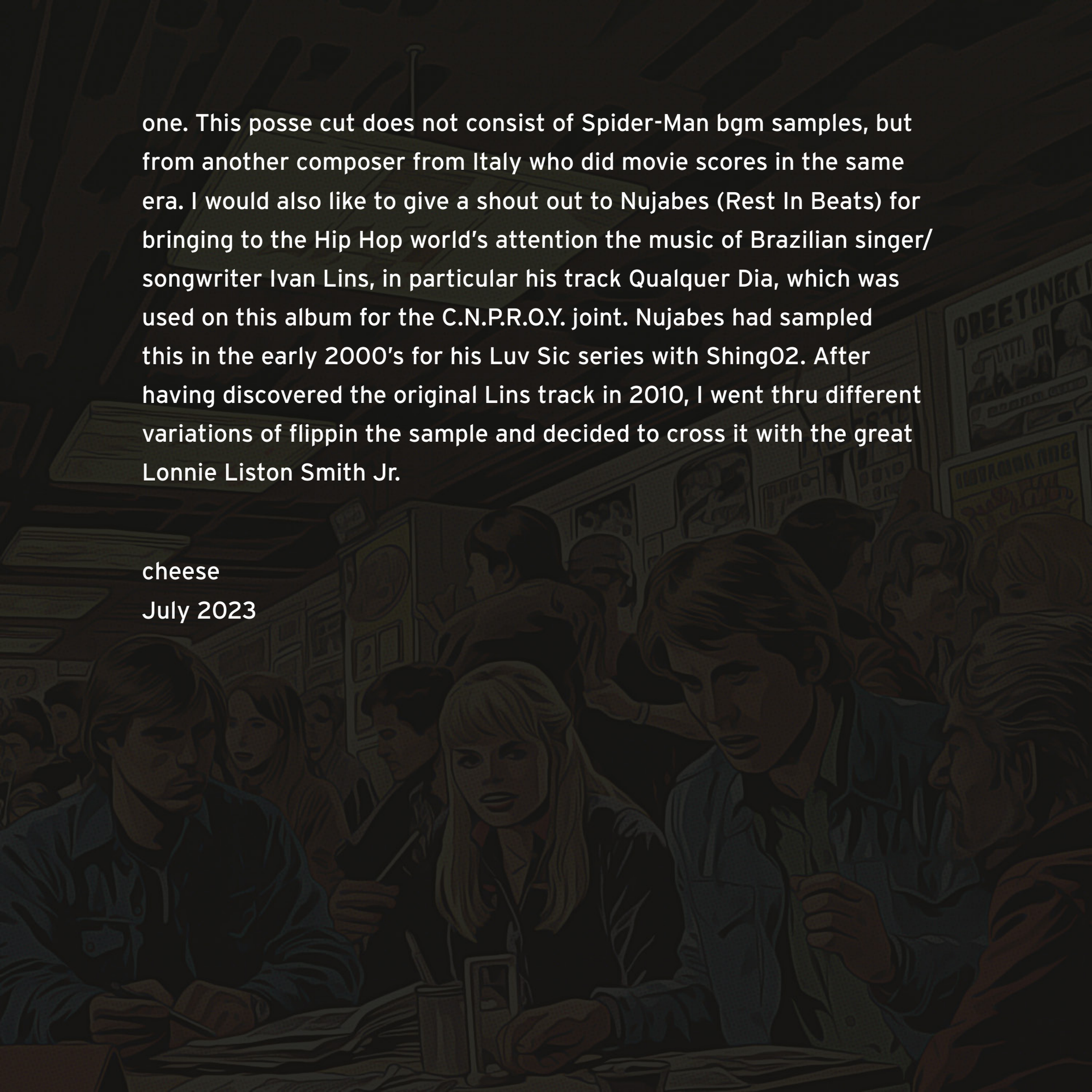
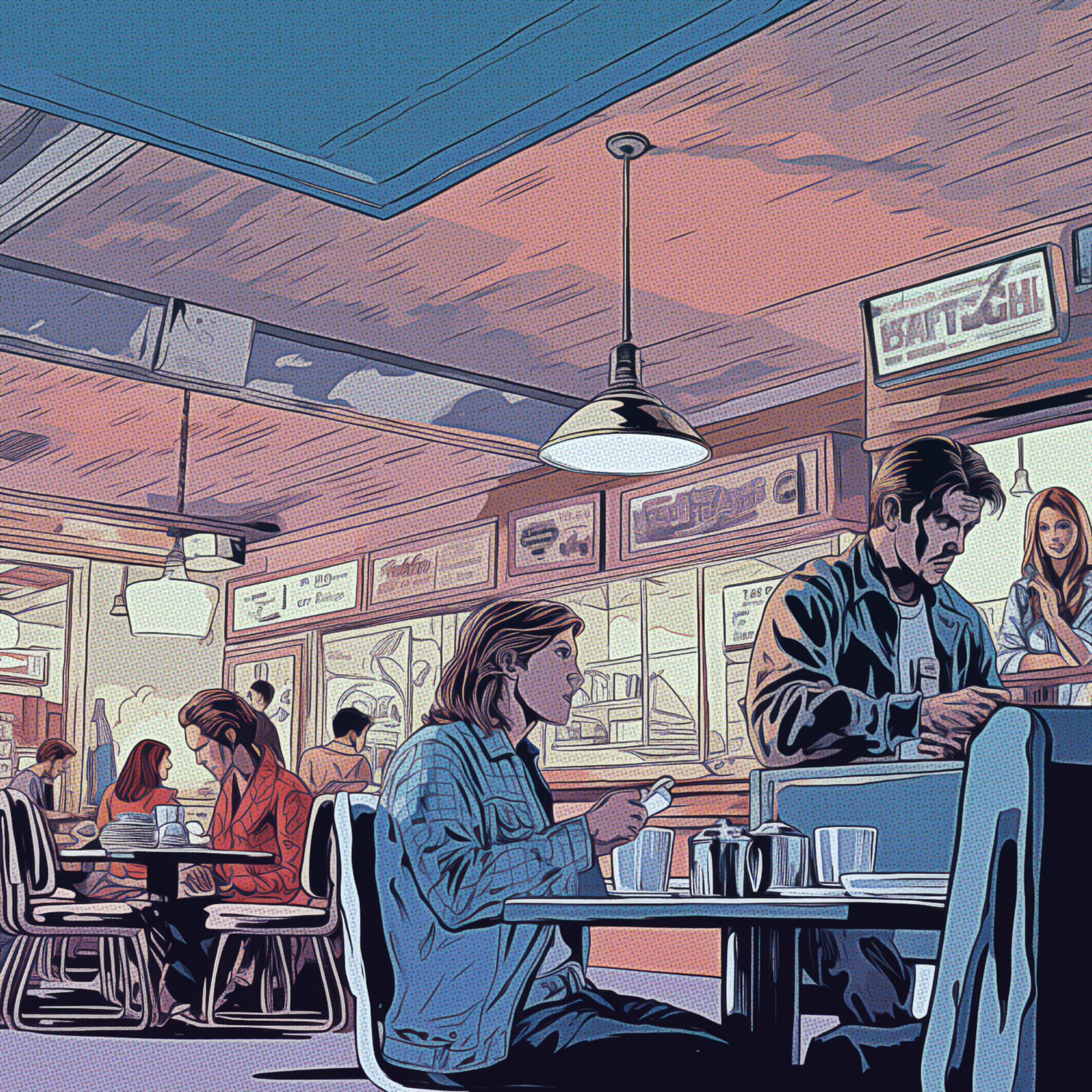

CHEESE N POT-C PRESENTS
FRIENDLY
NEIGHBORHOOD BANNERS

Welcome to the credits and over explained backstory to this album. The title : “Friendly Neighborhood Banners”, was a long thought out process (we spent the better part of 20 minutes trying to think of a name for the album) that was meant as a homage to a Canadian family restaurant, which falls in the Binos column in terms of prestige and they were licensed. This, along with the fact the majority of the soundscapes in this body of work use samples from the 1977, live-action incarnation of Spider-Man, starring Nicholas Hammond, Chip Fields, and Robert F. Simon and some other folks too, I guess. Cheese’s (now writing in third person) eight year old son, Jeru had recently become interested in Spider-Man, and was wanting to watch anything related to the franchise, having a vague memory of this program from possibly seeing reruns in the eighties, I thought he would enjoy checking it out. As we were watching I couldn’t get over how super fresh the soundtrack was, so super fresh that I decided to put together 8 tracks using samples from various episodes. Stu Philips, Johnnie Spence and Dana Kaproff were the composing team for this program. As with every C-N-P project, we have a posse track with at least a dozen emcees, I want to give mega blocSonic props and thanks to everyone that got down on this

one. This posse cut does not consist of Spider-Man bgm samples, but from another composer from Italy who did movie scores in the same era. I would also like to give a shout out to Nujabes (Rest In Beats) for bringing to the Hip Hop world's attention the music of Brazilian singer/songwriter Ivan Lins, in particular his track Qualquer Dia, which was used on this album for the C.N.P.R.O.Y. joint. Nujabes had sampled this in the early 2000's for his Luv Sic series with Shing02. After having discovered the original Lins track in 2010, I went thru different variations of flippin the sample and decided to cross it with the great Lonnie Liston Smith Jr.

cheese
July 2023




BAR

All beats & scratches by cheese
Recorded at Cheese's Lab and Pot-C's Palace in Kagoshima, Japan
All collaborators contributions recorded mostly on Earth, to the extent that we can reasonably prove.
Mixed & inebriatedly mastered by Pot-C
A Zeopolis Production

1 OPENING FUNK 3:00

As the title suggests, this sample was taken from the opening theme of the series, which had changed a few times, with this version being flyist of the bunch. C-N-P on the flows, with cuts using samples of the late, and eternally great, Phife Dawg.

2 ALLEY CREEPIN' (FEATURING DONNIE OZONE) 4:21

For this joint we are treated to the dope stylings of Donnie Ozone, who knocks out the second verse. Tha R from the P.U.C.K. Cru brings the axe factor to lay guitars on this one. The samples are taken from a scene in the epsiode titled, "Deadly Dust - Part 1". During this scene there is a high level of alley creepin' goin' on. The cut hook features Roxanne Shante, Queen Latifah, BDK, and CL Smooth, as it should.

3 MIC WREKAZ (FEATURING CM AKA CREATIVE) 3:45

CM aka Creative took the helm on this joint bringing the concept, hook and first verse to this joint. We are in the sample source hands of a Johnnie Spence composition, for the episode titled, "The Curse of Rava".

4 BOMB ON DA ROOF (FEATURING DONNIE OZONE & ILL WILL THE MICK) 5:03

Back again is Tha DOZ along with ILL WiLL the MiCK on this freight train of a jam. Tha R again, setting the guitar mood. "Deadly Dust - Part 2" provides the sample for the soundscape used in this decomposition. Cuts are done with use of Mr.Funky quote.

5 FUNKY AIRPORT 3:25

The episode known as, "A Matter of State", had a scene where some bad dudes were prowlin' about in an airport parking lot was set to the funky bass line you hear on this piece. Accompanying the funky bass is Tha R once again pullin strings. Cut quotes include the dope-a-delic one, Shock-G - Rest In Beats, Dres, Channel Live, Opio from Souls Of Mischief, BDK, Lord Finesse, Tash from Tha Liks and Guru - Rest In Beats.

6 BANNER'S LAB (FEATURING DONNIE OZONE) 3:14

Tha DOZ yet again crashin' the party! This track's title contains the reference point to the album title. "The Deadly Dust" episode returns to supply another sampling goldmine. During the scene that the music is from, someone is creepin' around Dr.

Banner's lab. Combine that with the fact that we used to drink in a family restaurant at 12th and Commercial Drive in Vancouver called Friendly Banners - now you do the math. The cut cast includes Kool Rock-ski, The G.L.O.B.E. and Money-B.

7 THIS BE THE TIME (FEATURING CM AKA CREATIVE, SALTINE, HEADSNACK, NERDICUS, QWEST DAWG, YUSUF AND AL J FROM BLAK MADEEN, 34 PRO, TIMEZONE LAFONTAINE, COHERENT, TRUCK T, G SWIFT, LONG JOHN, YUK MC, C-DOC, ILL WILL THE MICK, DONNIE OZONE & OW!!!) 7:33

Here is the barn burner posse joint. CM again lighting the fire for this one with the hooks and first verse. From there on we've got : Saltine, Pot-C, Headsnack, Nerdicus - who also drops a max dope beat box near the end of the track, Qwest Dawg, cheese, Yusuf and Al J from Blak Madeen, 34 Pro, Timezone Lafontaine, Coherent, Truck T, G Swift, Long John, Yuk MC, C-Doc, ILL WiLL the MiCK, Donnie Ozone and taking us out with a sample arrangement that he put together, is OW!!! Mega blocSonic props to all involved. This is one of three joints on the album that don't use Spider-Man samples. A Stefano Torossi piece from his 1975 album, "Feelings", brings the goods for this joint.

8 WALL CLIMBIN' (FEATURING 34PRO & LONG JOHN) 4:29

34 Pro and Long John drop the gems aboard this track. Samples are from one of the reoccurring music pieces used in almost every episode for when Spidey goes into wall climb mode. Hence, the title for this joint was painfully obvious. No cuts to be found on this one - the dj can't scratch and climb walls at the same time.

9 BST (FEATURING HEADSNACK & DONNIE OZONE) 4:17

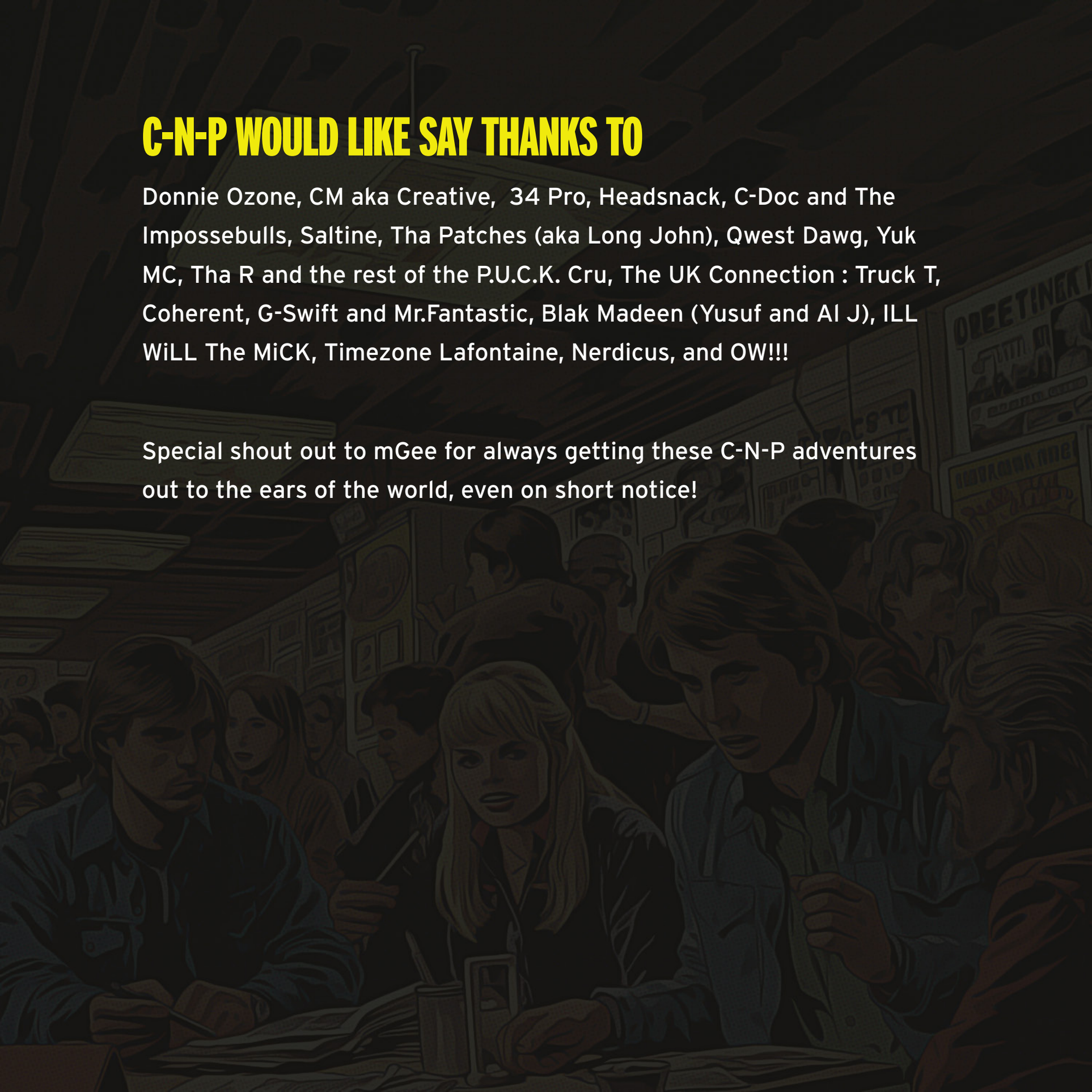
More of the non Spider beats. Here we got a gank from Blood Sweat and Tear's rendition of "You've Made Me So Very Happy". Headsnack and Tha DOZ swoop in on this parade. Macho Man also drops a cameo on the intro. The R rips the track a whole new balloon knot with the wicked guitar action. Also a live drum track is dropped behind this one to increase the roll factor.

10 C.N.P.R.O.Y. 3:48

Yet again non Spidey. This time an Ivan Lins joint gets crossed up with a Lonnie Liston Smith track so that cheese and Pot-C can reminisce over you.

11 THE KIRKWOOD ESTATE 3:16

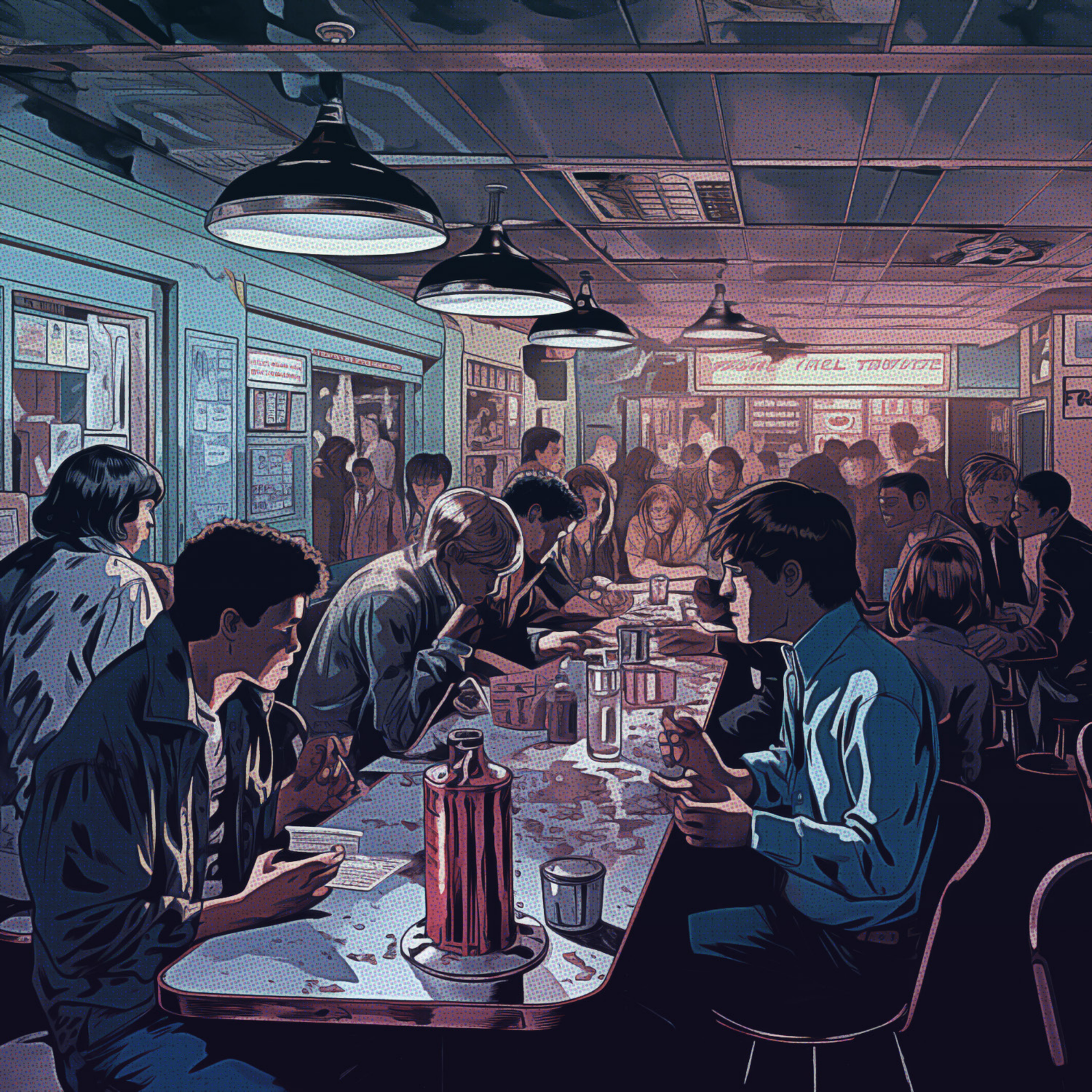
Well for the final track we bring it back to the "Kirkwood Haunting", which took place at the Kirkwood estate, or so the writers of the show would have us believe. The cut cast consists of MC J and Cool G, O.C., and BDK - you can never scratch up too many BDK quotes. (Big Daddy Kane, for the young 'uns who don't know!)

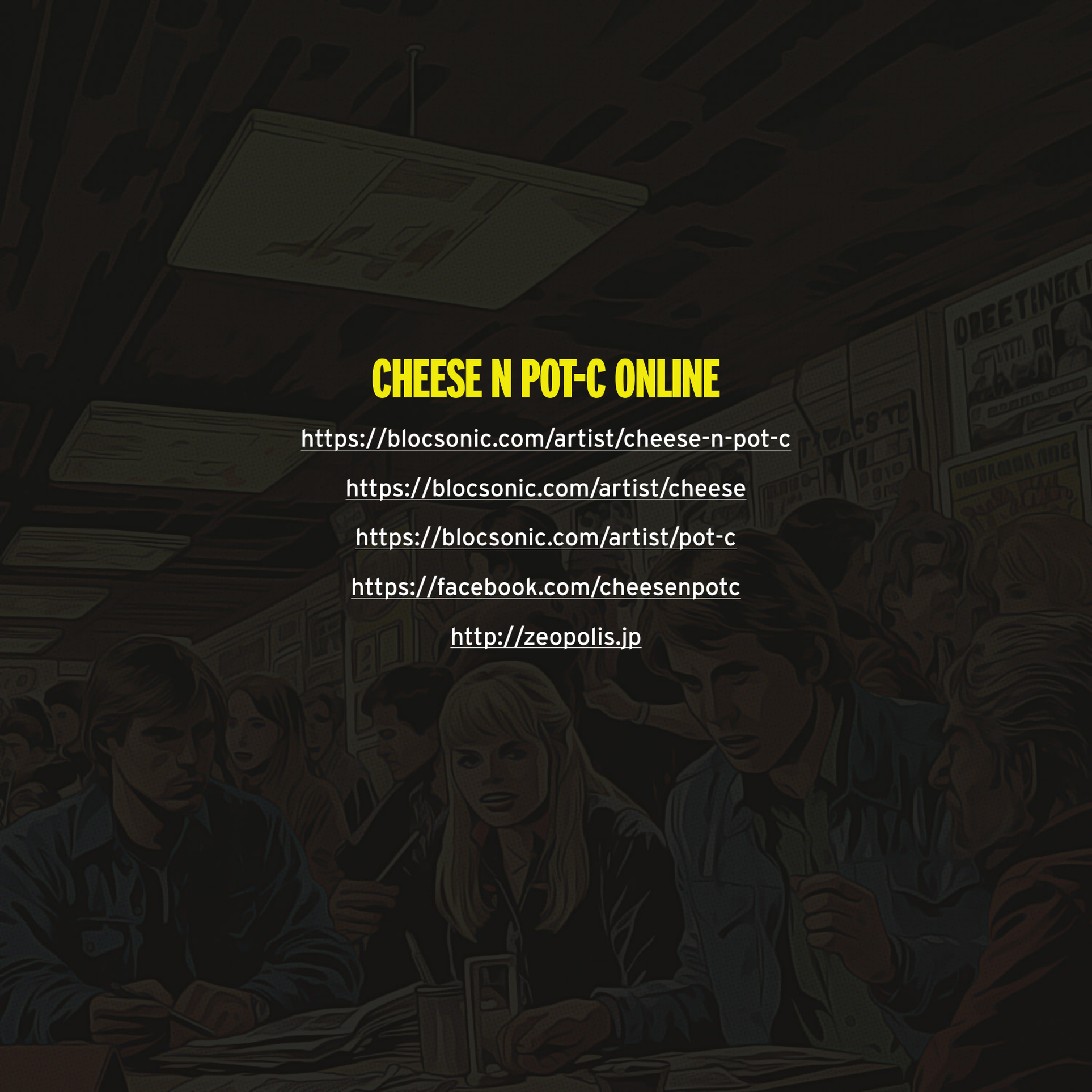


C-N-P WOULD LIKE SAY THANKS TO

Donnie Ozone, CM aka Creative, 34 Pro, Headsnack, C-Doc and The Impossebulls, Saltine, Tha Patches (aka Long John), Qwest Dawg, Yuk MC, Tha R and the rest of the P.U.C.K. Cru, The UK Connection : Truck T, Coherent, G-Swift and Mr.Fantastic, Blak Madeen (Yusuf and Al J), ILL WiLL The MiCK, Timezone Lafontaine, Nerdicus, and OW!!!

Special shout out to mGee for always getting these C-N-P adventures out to the ears of the world, even on short notice!





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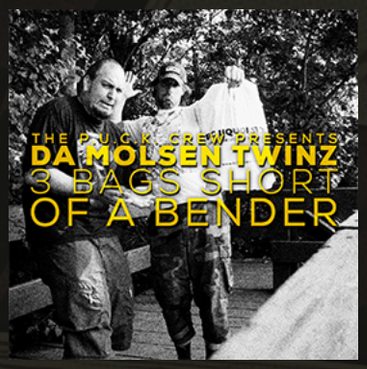

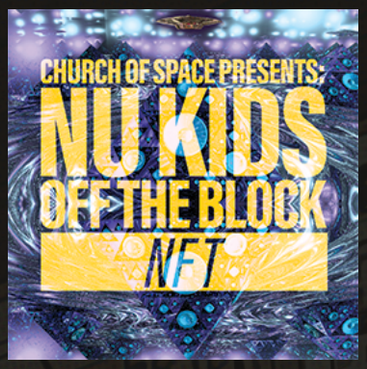

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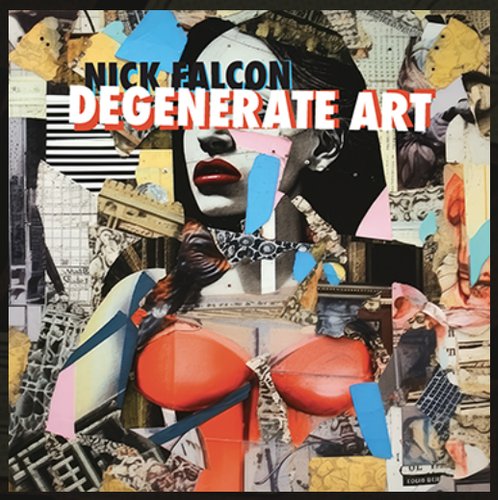

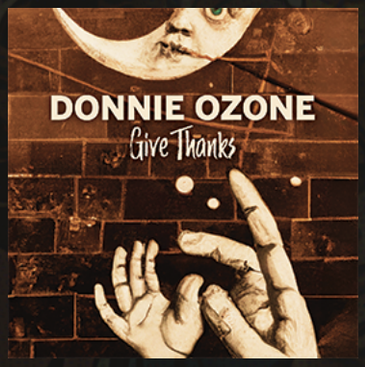

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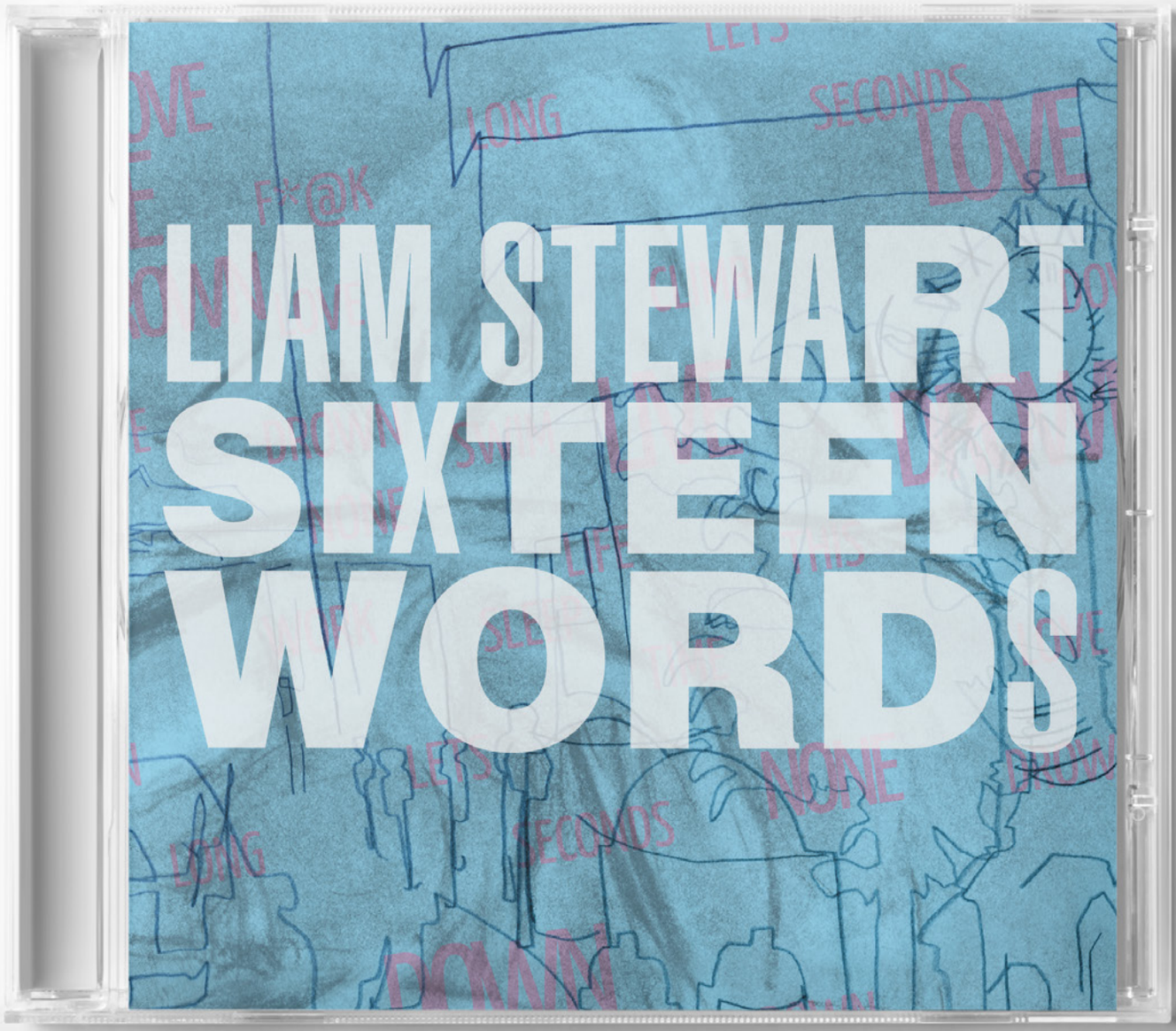

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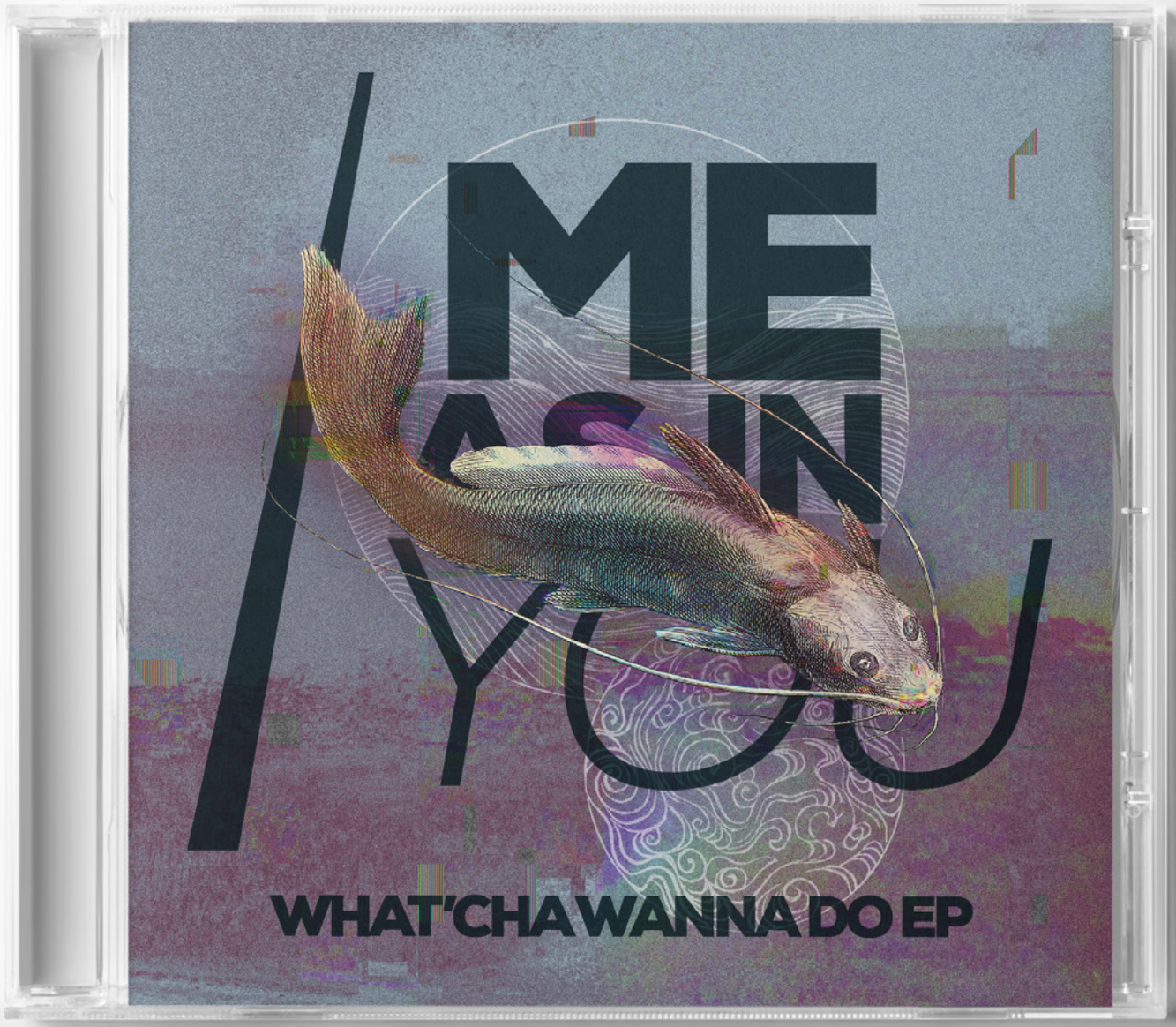

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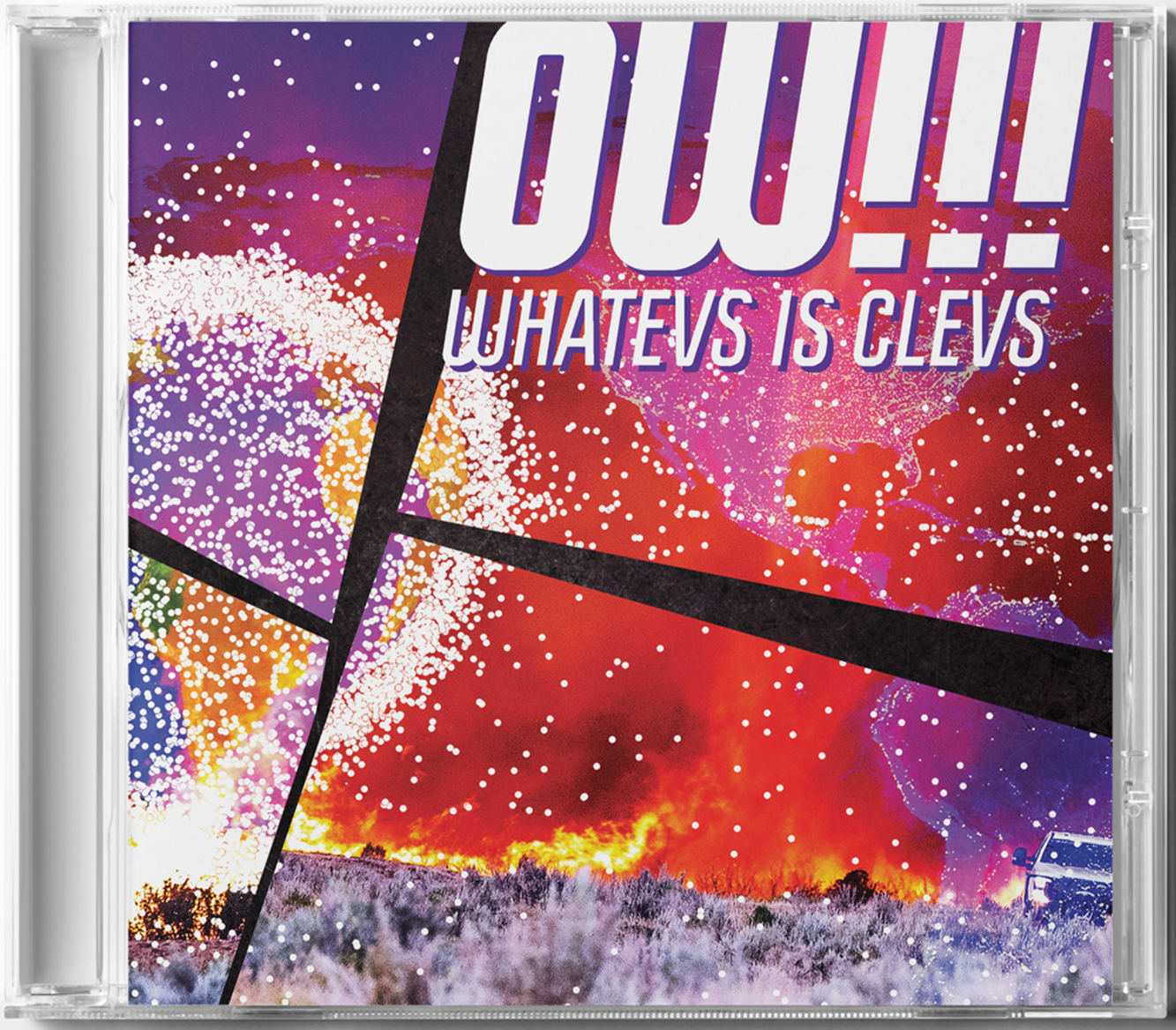

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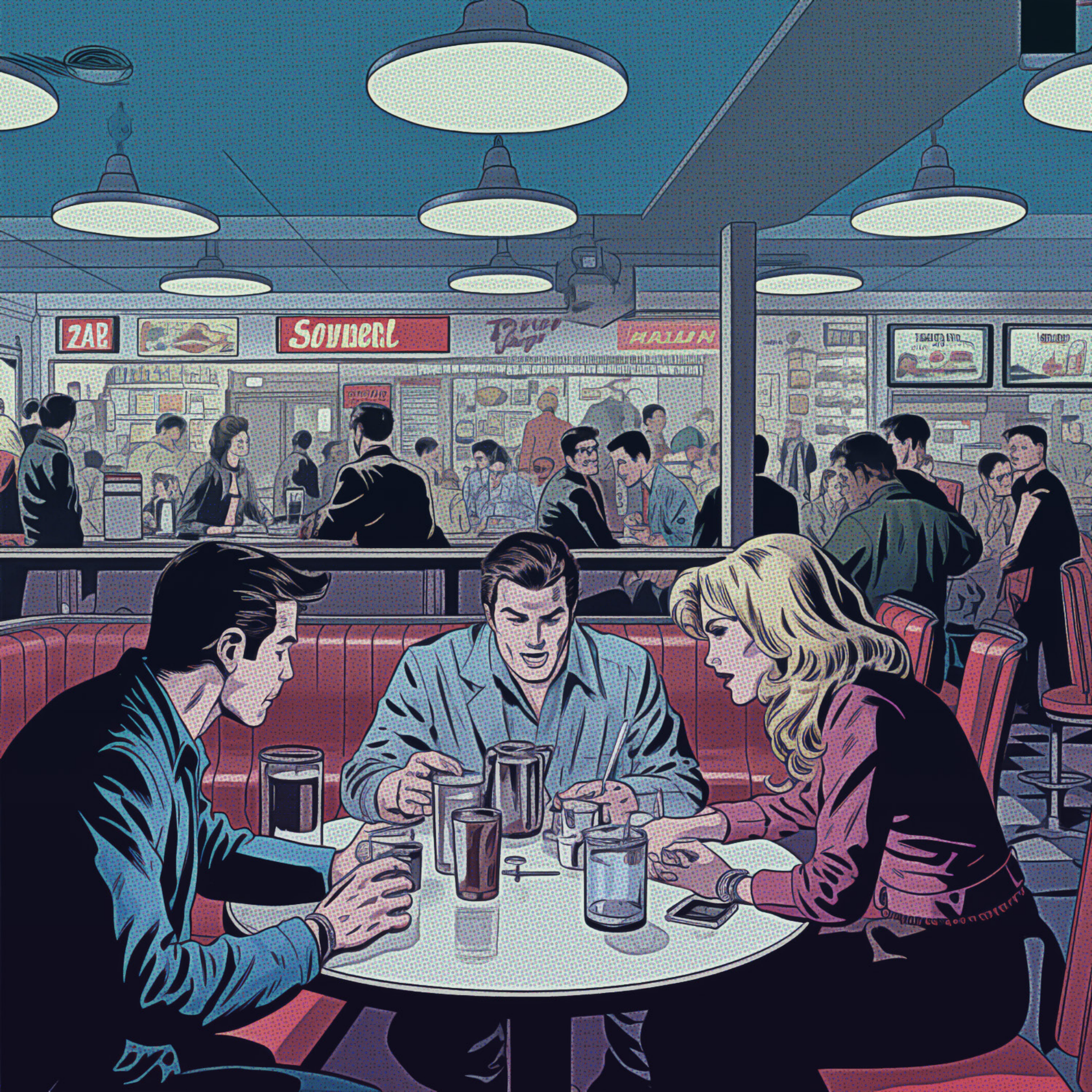

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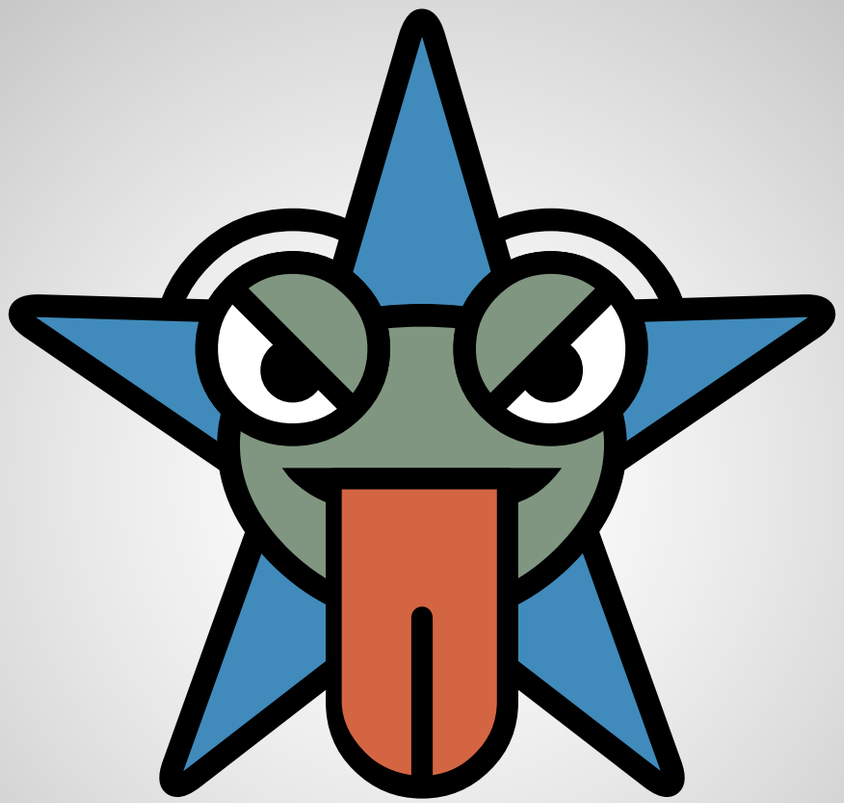

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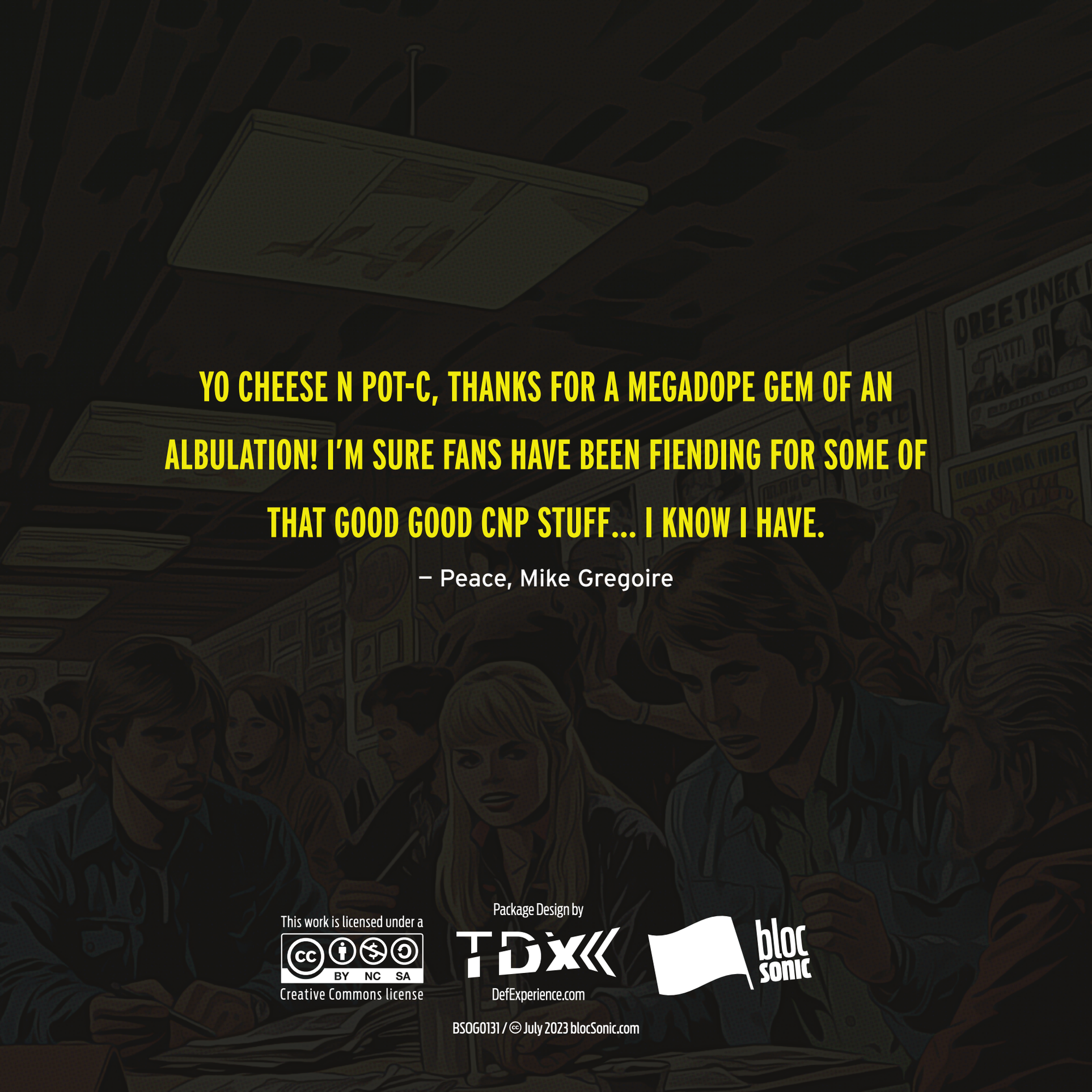

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