



EATM

POCONOS FLOWS



3 WEEKS TO GO!



FEATURING POCONO FLOWS, LAUGHS & MOONSHINE

EATM IN PA

TWO WEEKS TO GO!

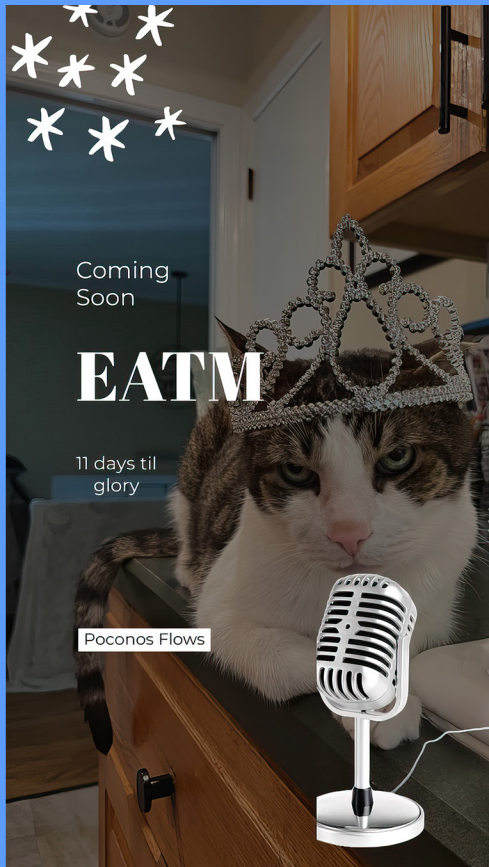
pack a lunch



EATM is a collective of musical and lyrical heads that get together with very little planning in mind. 90% of their songs are off-the-head, spontaneous creations.

EATM, formerly (and sometimes still) known as Eli and the Mannings, consists of the following members on this release:

Headsnack (Sampler/Sequencer/Synthesizer/Vocals) - Spirit Animal: Wolf
Menant a.k.a. Man Halen (Electric and Acoustic Guitar/Synthesizer/ Vocals) - Spirit Animal: Koala
Old Yist (Sampler/Sequencer/Synthesizer/Vocals) - Spirit Animal: Raccoon
Shred Lexicon a.k.a. Verby Mancock (Vocals) - Spirit Animal: Chimpanzee
MC Doctor President (Vocals/Trombone) - Spirit Animal: Hawk
Matty H a.k.a. King Moose Juice (Bang Box/Vocals) - Spirit Animal: Fox
Donny Bassball (Bass Guitar/Vocals) - Spirit Animal: Bass (fish)
Nicolo Toscani (Vocals) - Spirit Animal: Dove



Coming
Soon

EATM

11 days til
glory

Poconos Flows

Notes by Old Yist

1 The Arrival of EATM 4:57

When I first heard this song, I knew it would be the first track on the album. It captures the arrival of everyone to the beautiful house in the Poconos, the chaos of trying to get everything set up and connected, and my own unexpected trip to the hospital after arriving to the house, due to dizziness. After a nice IV drip, some food, and a ride and some needed consolation from Donny Bassball, I walked back into the chaos and the music started a few minutes later. Each emcee on this track was handed a typed document with a list of rhyming words and phrases during the song and immediately had to construct a freestyle using those words.

2 Work My Back Out 3:37

A funky track that had us dancing around like idiots after Donny's ill bass groove fell perfectly into the beat.

3 He's Photogenic 2:26

Rhymes delivered from the kitchen. It's nice!

4 In the Poconos 3:46

Tracks like these make me wish that one of us could actually sing. A beautiful track courtesy of Headsnack a.k.a. The Method Manning.

5 Just Getting Started 4:12

An outrageous track full of tall tales and a hype beat, with a touch of side commentary on the popularity of sexually explicit pop rap.



6 Pigeons 3:04

This song serves as a lovely countermeasure to the filthy preceding proceedings. Man Halen came up with the guitar part after only hearing the original once.

7 The Carvel Man 4:45

This might be my favorite track on the album. A brilliant improv scenario by MC Doctor President and Verby Mancock really complement the track and Man Halen's atmospheric guitar playing really brings it home. It's really satisfying when a song comes together like this. Everyone occupies their space and really kills it playing off one another.

8 Donny Was the Bass (Poconos Version) 6:33

MC Doctor President had this phrase rumbling around in his head while we were devouring the amazing spread of food we communally provided, available anytime we needed a bite or two. He bounced into the studio space and took advantage of the crazy beat we had just created and the energy during the performance of this track was top notch for us all. I Love the way M.C.D.P. throws it to Verby for the Leadbelly-inspired chorus.

9 Grape Ape Matty H (Poconos Version) 3:41

This is a re-recording of one of two tracks we came up with at the previous EATM session. This melody and hook were repeated endlessly all weekend. For us, it was a truly genuine earworm. Play along and sing your own Matty H line!

10 Flow (Poconos Version) 4:18

The second of two likeminded tracks from the previous session. A very fun song to perform with a catchy beat and great energy.



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Jumilaya
Presents**

**Sept
29th - Oct
1st
2023**

Eli & the Mannings

+++

Featuring:

Hot Tub Rhyme Machine

+++

**10 DAYS TO GO
MOTHERFUCKERS**

9 DAYS TO GO



EATM

11 Satan (Not Jason Bateman) 4:50

I wasn't really expecting a song about The Desolate One to occur during the weekend. I'm actually really impressed by the quality of the vocal improvisation by King Moose Juice, M.C.D.P. and Verby. The rest of us were in the kitchen howling while Satan towered over Nicolo Toscani with the non-negotiable demand that he play the bass in his honor. Let it also be known that Man Halen was not responsible for any of this.

12 PoConos Flows 5:57

Are you kidding me with the strings on this?!? Pinocchio's nose grows and knows how dope the prose goes.

13 CrumBs in Your Bed 5:36

A fantastic workout for some newly written lyrics courtesy of Shredsnaack. The beat was developed by myself and Man Halen on Saturday afternoon while much of the crew was out bowling, and really came together later in the night when we performed it with everyone involved.

14 Business Goes Downhill 2:29

M.C.D.P. is a machine. He never lets a beat win, and is constantly finding new things to rhyme about. Every track he flows on has multiple quotable lines, and this one is no exception.

15 The Electricians 3:10

King Moose Juice and Donny Bassball actually had to do some legit electrical work to get power everywhere we needed it for all the instruments and mics, so of course we did a song about it.



16 Aric Zay Gone 2:39

There are certain times when Man Halen really gets under the influence of the music we are creating, and you know it when he actually gets on the mic during recording. A precious rarity.

17 Rest Stop Encounters 5:25

Everyone had retired to the kitchen for some hot-out-of-the-smoker meat, yet I stayed back for a moment and came up with this beat. This caught Verby's ear and he wandered back over and delivered this haunting story of the destruction of youthful innocence. Man Halen, of course, readily showed up and provided some spacy guitar that suited the track perfectly.

18 Way Down 3:59

A dope little rock n' roll jam realized by Headsnack, Man Halen, and Donny Bassball.

19 Stay for a Minute 3:14

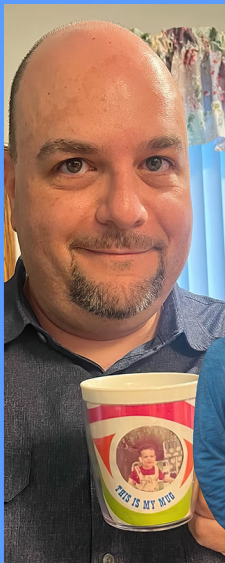
A cool instrumental that we thought deserved inclusion on the album.

20 Kitchen cacciatore on You 1:56

A reworked version of the classic EATM track "Chicken Parmesan."

21 Gentle Lover 2:05

A beautiful display of what good friends are allowed to say to each other. Verby Mancock is always good for some creative filth.



**EATM
LIVE**

8 days to
go for
8 man jams

Next Friday-Sunday



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our front office at
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22 **Joint Chiefs' Hearing** :32

Leave it to Matty H to turn a technical side-conversation into a senate hearing.

23 **Unhinged (Trombone Melody)** 2:39

In this writer's opinion, absurdity is something we all need more of in music. M.C.D.P. always brings a random loaner musical instrument with him to our sessions. This time it was a trombone, but we always get something out of said instrument. I LOVE this track and everything it represents.

24 **Doing the Things We Do** 4:25

We were all lounging on the deck during a break, and King Moose suggested a little keyboard duet by the both of us. We went directly inside and recorded this track. The music we make is a true free-for-all in terms of who plays, sings, or raps what and when. Still, Nicolo Toscani really picks his spots when appearing on the mic. I value every moment when he does.

25 **Cosmic Debris** 3:41

A spur of the moment Zappa inspired tune.

26 **Divine Connector** 3:51

Headsnack's tribute to our EATM members Barry Manninglow and Dexter the dog, who have passed on to the afterlife in the recent years and months. We miss you both and know you are together and there with us still.

27 **Dog-Sized Hole in My Soul** 4:32

Headsnack also wrote this one about the very recent, sudden, unexpected loss of Dexter, his right-hand man and constant companion, the wounds still open and very fresh during this weekend. I hope this beautiful creation gives you some relief from the pain, brother.



28 **Leave My GF Alone** 3:59

I never need an excuse to get Man Halen playing the blues, despite my vocal shortcomings. Fantastic job, bro!

29 **Pokomo Kokomo** 3:31

A funky little ditty infused with Weird Al meets the Beach Boys lyrics.

30 **Vibes in Mind (Lunatic)** 6:08

Another track Man Halen and I created while the rest of the guys had gone bowling as a Saturday afternoon team-building exercise. Verby had written some lyrics on the bus on his way to the Poconos, and this is what we came up with when recording it that night. It's really two songs in one: Verby's "Vibes in Mind" along with the Billy Joel-referencing "Lunatic" hook I came up with earlier in the day. Then Headsnack decided he actually was the lunatic and went off about cancel culture and the all too common idiots who make it their personal mission to save everyone from "offensive" comedy.

31 **Real Cool Pudes** 6:16

It is here where I developed the theory that Donny might actually have the best singing voice in the group. It's a shame he played so coy and didn't get up on the mic enough for us all to hear him clearly. But if you listen closely, you can hear the great melody that he came up with, drink in hand. This was a perfect 2 AM late night jam, and the last song we recorded that weekend. I look forward to more of this when he's not on the bass. A fitting end to a beautiful, rewarding weekend. It's amazing what a bunch of likeminded people can create when they just decide to create, rules and skills be damned. As it's been said, there are no wrong notes in the search for dopeness. No wrong notes, and no stone unturned.



CHANGED MY
HAIRSTYLE

ROOMMATES
IN HEAVEN

DON'T KNOW
WHAT I LIKE

Long
live
Barry
Manninglow

EATM

7 DAYS TO GO

Fucking Lithuanian
Roommates in Heaven

**Moonshine
Time**

2023

EATM



**6 Days
2 Go**

**Shroomin'
in ya jeep**

**Featuring
VIOLENT WEINSTEIN**

@ELIANDTHEMANNINGS

32 In the Poconos (RePrise) 7:36

I found this in the original recordings only a week before I finished editing the album, a slightly different version of "In The Poconos" that was also recorded at some point. A pleasure to discover and include to close out the album.

Also available at [Headsnack.com](https://headsnack.com), the complete EATM Discography:

The Boys Comes Alive - 2012

Breaking Training - 2012

It Came From Poland - 2012

Cats and Gulls - 2013

Beyond the Norm (Just the Tip) - 2013

Up in Your Face - 2014

What?! What?! - 2014

Cloud Dogs - 2014

The Rambler - 2014

Greatest Hits, Volume 1 (All Streaming Platforms) - 2015

Space Junk - 2015

Rock N' Roll Fantasy Camp - 2016

Choose Your Own Adventure - 2017

Magical Cookies (blocSonic & all Streaming Platforms) - 2018

A Bouquet of Flounders, Vol. 1 & 2 - 2023

Greatest Hits, Volume 2 (All Streaming Platforms) - 2023

All songs improvised and recorded by EATM.

Recorded at Donny's Poconos Paradise, September 29th - 30th, 2023.

Edited, arranged and sequenced by Old Yist.

Mastered by Mike Foam.

Published by Headsnack Music (BMI).



EATM online

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<https://www.headsnack.com/eli-the-mannings>

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Eli & the Mannings

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the improvBloc series, #2 / ESM0002
recording date: Fall 2017
running time: 1:46:33

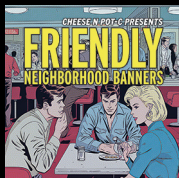
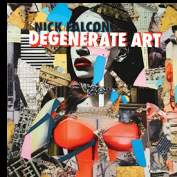
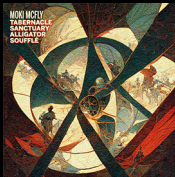
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IN THE

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2 DAYS 2 GO

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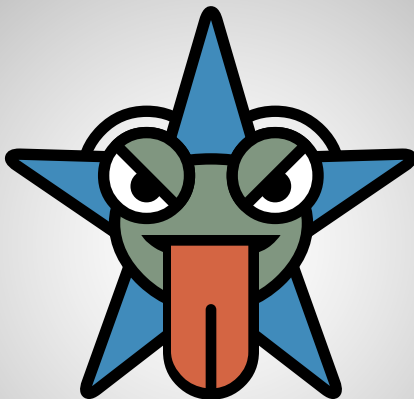


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Synth

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Poconos
Flows



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**Woah... the legendary EATM have returned
with a massively entertaining new album!
Great job everyone involved. R.I.P. Barry
Manninglow and Dexter the Dog.**

— Peace, Mike Gregoire

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