



AUGUST BANK HOLIDAY 2021 NEWSLETTER

Dear Come Singing Friends,

August always seems to be an untidy month in my garden, with plants that have been secured by canes drooping anyway and shrubs and hedges needing pruning yet again. I'm envious of gardeners who can grow dahlias and chrysanthemums in late summer because of their wonderful, long-lasting colour, but what I am proud of this year is one particular sunflower that has just kept on growing. The last time it was measured it was just over 10ft. double the height of my other sunflowers. Anyone up for a challenge next year?



We're lucky enough to have some apple trees at the bottom of the garden, with the first of the season "Discovery" nearly ready. They are sweet and juicy but do not keep very well so need eating or juicing quickly. There's a recipe on page 4 for an apple cake that is easy to make, and discoveries are ideal (although I do think bramleys are the best).

I was talking to a good friend of mine recently who knows a thing or two about apples and he told me that a young girl from Nottinghamshire planted the apple pip that became the first bramley apple tree, and it's still producing apples to this day. I found the following on Wikipedia "Mary Ann Brailsford is credited as the originator of the Bramley Apple, having sown the seeds for the first Bramley Apple Tree in 1809 in Southwell, Nottinghamshire". Apparently, the pips came from the apples her mother was cooking. It's a bit of a chicken and egg conundrum, isn't it?

If I could be just anywhere at the moment, I would be in Austria with my family, and having had a good walk through the wonderful alpine terrain, I'd find myself in a little mountainside café, with a helping of apple strudel and a good cup of coffee - bliss. Here's a quiz about mountains and rivers – answers on the back page.

MUSICAL QUIZ ON MOUNTAINS AND RIVERS:



1. We'll start with The Sound of Music (no, not that one) - a song sung to Maria by Mother Abbess?
2. A song from the 1927 musical Show Boat sung by Paul Robeson, about the Mississippi river?
3. Another 'old' song – this one is about a river that finds it's way down to the mighty sea?
4. Laurel and Hardy sang a version of this song in the 1937 film "Way Out West"?
5. Something nice to do on a Sunday afternoon maybe?
6. "Sail on silver girl, sail on by" are lyrics from probably the best and most well-known hit for Simon and Garfunkel in 1970.
7. A lovely piece of music by Johann Strauss concerning the second longest river in Europe?
8. A hit for Boney M in 1978, about singing in a strange land - lyrics adapted from text from the Hebrew bible?
9. From glen to glen and down the mountain side, who is being called away?
10. How would you like to be where in France?

Am I correct in thinking that August Bank Holiday was at one time held on the first Monday in August? I believe most of the factories in Norwich closed down for a two-week break then and of course, seaside towns would be crowded with holidaymakers, as not many people were able to afford going abroad. If you didn't own a car, then train, coach and/or bus would be the mode of transport to your destination.

Trains would be over-crowded, and on arrival, father would normally be walking ahead carrying two suitcases, and mother, carrying a shopping bag with all the essentials needed for travelling, would be behind looking after excited children.

Most people opted for a guest house with breakfast and evening meal included. You were expected to go out all day and not return until dinner time, whatever the weather - this is where plastic macs came in really handy! Some families booked to go to Holiday Camps where all meals and entertainment were included - and they're still popular to this day, I wonder if they still hold the Knobbly Knees competition?



The beach would be where nearly everyone would make a beeline for, most men wearing jackets and ties and women in summer dresses and cardigans. Do you remember having a proper cup of tea sitting in a deckchair? Not very comfortable was it – but the tea was very welcome (see photograph on back page). The most important job was to write postcards to all and sundry to let them know you arrived safely, and of course, what the weather was like. Also, an ice-cream a day was de rigueur. If you were lucky, you might have hired a beach hut – very handy for brewing up and sheltering from the driving rain. Windbreaks were extremely useful to shield from the north-easterly wind but whatever the weather, it was still a very enjoyable holiday, and for most, the only one of the year. Happy memories of Happy Days.

<https://music.youtube.com/watch?v=KmyNhVIKpca&list=RDAMVMKmyNhVIKpca>

Have a go at the anagrams below of items related to being on a good old British beach holiday (all words are mentioned in my ramblings above) something which many families now are experiencing, and hopefully enjoying especially as our weather has improved somewhat. All words are mentioned in my ramblings on the previous page. Answers on the back page.

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|-----------------|----------------|
| 1. STUCEAIS | 2. SUTGE SHUEO |
| 3. CRACHEDIK | 4. CRODTAPS |
| 5. ECBAH TUH | 6. TALSPIC CAM |
| 7. LOYHAID MACP | 8. KRENBWIAD |

Here's the very easy recipe for Apple cake I mentioned earlier, it's quite moist so doesn't keep very well. It's delicious eaten as a hot pudding with custard!

SPICY APPLE CAKE



You will need a greased and floured 20.5cm (8inch) loose-bottomed deep cake tin. Turn your oven on to 180c, (350f) gas mark 4. Cooking time approximately 1 hour.

Ingredients –

- 225g (8oz) SR flour
- 1 tsp ground mixed spice
- 100g (4oz) margarine
- 175g (6oz) brown sugar – any type, I like dark brown.
- 3 eggs
- 450g (1lb) apples, peeled, cored and diced, plus a few slices to decorate the top if desired.
- 1 tbsp demerara sugar

Method –

Place flour, mixed spice, margarine, brown sugar and eggs into a bowl and mix together until evenly blended.

Fold in the diced apples and then spoon into the cake tin and smooth the top. Decorate with the sliced apple and sprinkle with demerara sugar.

Bake in the centre of 180c, (350f) gas mark 4 oven for about 1 hour. Check after 50 minutes and if browning too quickly cover with greaseproof paper.

It is recommended that the cake is cooled in the tin, but it's lovely served warm, just be careful when getting it out of the tin.

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This is a poem by Mary Oliver about the wonder of songs and music, it's called "And Bob Dylan Too".

"Anything worth thinking about is worth singing about."

Absolutely.

Which is why we have
songs of praise, songs of love, songs
of sorrow.

Songs to the gods, who have
so many names.

Songs the shepherds sing, on the
lonely mountains, while the sheep
are honoring the grass, by eating it.

The dance-songs of the bees, to tell
where the flowers, suddenly, in the
morning light, have opened.

A chorus of many, shouting to Heaven,
or at it, or pleading.

Or that greatest of love affairs, a violin
and a human body.

And a composer, maybe hundreds of years dead.

I think of Schubert, scribbling on a cafe
napkin.

Thank you, thank you.

* * * *

A little bit of Schubert: https://www.youtube.com/watch?v=1tvBG3_TAqM

And Bob Dylan Too: <https://www.youtube.com/watch?v=MMFj8uDubsE>

And a flashmob singing "Music" with John Miles:

<https://www.youtube.com/watch?v=GpvmX5xrFbQ>

Don't forget the telephone singing with Heather and about 6 others, by courtesy of the Millennium Library, on Thursdays at 11am – they're starting again in September after the August break. If you haven't already given it a go and you would like to, please give Heather a call on 01603 452404 and you'll be put on the list.

Please keep safe, keep singing and let us know if you've got any items for the next newsletter – you can email them to Heather at HeatherEdwards.music@gmail.com or post to Heather at 48 The Avenues, Norwich, NR2 3QR. We really would welcome them.

Lots of love, from all at Come Singing.

ANSWERS:

MOUNTAINS AND RIVERS -

1. Climb Every Mountain. <https://www.youtube.com/watch?v=RKuqySkqhHw>
2. Old Man River. <https://www.youtube.com/watch?v=yyJtGNk9iEU>
3. Old Father Thames. <https://www.youtube.com/watch?v=RqCvcWUddy>
4. The Blue Ridge Mountains of Virginia.
<https://www.youtube.com/watch?v=4S0uw2D9nEU>
5. Cruising Down the River. <https://www.youtube.com/watch?v=t4u7LfzkRTQ>
6. Bridge Over Troubled Water. <https://www.youtube.com/watch?v=ilm-YTrs4tM>
7. The Blue Danube. <https://www.youtube.com/watch?v=D6t318FgFdc>
8. By the Rivers of Babylon. <https://www.youtube.com/watch?v=2FgDles4xq8>
9. Danny Boy. <https://www.youtube.com/watch?v=a9CKSLG5cck>
10. Down by the Seine with me (from Under the Bridges of Paris).
<https://www.youtube.com/watch?v=6paByA6wBSE>

SEASIDE ANAGRAMS -

1. Suitcase, 2. Guest House, 3. Deckchair, 4. Postcard, 5. Beach hut, 6. Plastic mac, 7. Holiday camp, 8. Windbreak.



My husband's grandparents on a beach enjoying a cup of tea.