



JANUARY '24 NEWSLETTER

Greetings to all Come Singing friends, we wish you all a Happy New Year

A visit to the Grey Seals at Horsey Gap

The thriving Grey Seal colony along parts of our Norfolk beaches is a real success story for local wildlife. A five-mile isolated stretch of sandy beach from Waxham to Winterton is where the seals haul out of the sea; either to have their pups in winter, or to moult in the spring. In the 2022 – 2023 season around 4,000 seal pups were born along this stretch of the coast and numbers seem to be increasing every year.



Baby seals are born between November and February each year. Their mothers haul out on the sandy beaches to give birth to just one pup. As they are on the beach for about 24 hours before giving birth it is often possible to watch. We visited Horsey beach recently and walked along the sand dunes to see the amazing sight. There were seals everywhere!

Newborns can be recognised by their slightly yellow tinged fur which soon turns a snowy white. Their fur is not waterproof, and during this period the pups stay with their mothers constantly. The rich fatty milk she feeds them ensures they grow quickly (around 2 kg a day!). After 3 to 4



weeks the young have grown their adult waterproof coats and are ready to enter the sea. Then they fend for themselves, feeding mainly on the fish they catch. Their mothers abandon them completely and sadly only about half will thrive. Those who do can survive for about 35 years, if female, and about 25 years, if male.



If you decide to visit yourself you might find this link helpful..

Grey Seals at Horsey beach <https://www.explorenorfolkuk.co.uk/seals-at-horsey.html>

The New Year

As 2024 begins it's an opportunity to reflect on the past year and make plans for the future. This idea of looking in two directions is embodied in the two-faced Roman god Janus. This month is, of course, named after him not only in England, but also in France - Janvier, in Germany - Januar, and in a number of other countries.



Janus was the important Roman god of beginnings and endings, entrances and exits and is often associated with doorways and gateways. He is depicted looking forwards and backwards and is sometimes shown holding a staff in his right hand to guide travellers, and a key in his left to open gates.

To mark the occasion of the New Year, the Romans gave gifts of dates, figs or honey. Their sweetness was believed to flavour the year to come. Here in the Western world, we often mark the New Year with Resolutions. They are really a promise to ourselves to start doing something good or positive or to stop doing something negative or bad. For example, we all know that music and singing can help our mental and physical health, so why not, as one of your New Year's Resolutions, join one or more of Heather's Come Singing groups?!

Do you know how the other months of the year got their names?



Mars



Maia



Juno



Julius Caesar

Generally our months are named after Roman Gods, Emperors, festivals or numbers. At the time of Julius Caesar, around 45 BC, a calendar of ten months beginning with March, was introduced.

Later in the 16th century Pope Gregory VIII added two more months to reflect the passing of time more accurately. The word "month" means related to the moon and it originally measured how long the moon took to orbit the earth.

February is named after the Roman purification ritual Februa, to prepare for a healthy and fertile spring.

March gets its name from Mars the famous Roman god of war.

The next month is around the beginning of spring and **April** is named from the Latin or Roman word 'aperire' meaning to open. It marks the start of spring when flowers open.

May is a bit different as its name comes from the Greek goddess of honour and mother earth, Maia.

Juno, the wife of Jupiter, gives her name to **June**.

That famous Roman Julius Caesar was born in **July** and this is how this month gets its name.

August follows, and derives its title from the emperor Augustus who was the emperor after Julius Caesar.

September, October, November and December are named after the seventh, eighth, ninth and tenth months of the Roman year. 7th – septimo (VII), 8th – octo (VIII), 9th – nono (IX), 10th – decimo (X).

What's in a name?

Those were the names of the months but what about our own names? You could try looking up the meaning of your own name at www.names.org.

Our names have probably been chosen for us by our parents, and so in some ways we have little control over them, although we can shorten or adapt them to some extent. The choice of first names can be influenced by fashion or tradition. It is sometimes possible to guess a person's age by their name.

Shakespeare recognised that names in themselves are of little importance. In his play *Romeo and Juliet* he wrote:
"What's in a name? That which we call a rose by any other name would be as sweet."



There are quite a lot of names mentioned in popular songs over the years. Try the quiz to see how many you can guess?

Female names in popular songs

1. This girl's name comes from a Beatles song sung partly in French. It rhymes with "ma belle."
2. Eddie Cantor first sang about this "fair lassie" and her "chassis" in 1925.
3. Who was Neil Sedaka singing about "Darling I love you though you treat me cruel"?
4. "I'm so young and you're so old" Paul Anka sang ... but what was the girl's name?
5. She had the Beach Boys "a rockin' and a reelin'" in the mid 60s.
6. A good old fashioned but grand name beginning with M, and it was the same as his mothers.
7. He waited for this beautiful girl at the kitchen door.
8. Donovan sang about this young lady who lived on a hill and had lilacs in her hair.
9. This lady wore a face that she kept in a jar by the door, according to the Beatles.
10. The Rolling Stones sang about her. She was named after a precious stone and a day of the week.

Male names in popular songs

1. His girlfriend will be waiting for him "in sunshine or shadow" because she loves him so. What was his name?
2. Chuck Berry first sang about this guitar player in 1958 "Go ?????? Go".
3. A big hit for the Rolling Stones. "It's a gas, gas, gas!" But what was his name?
4. "What's it all about?" is the question in this song.
5. Who did Martha and the Vandellas ask: "When are you coming back?"
6. A tragic ballad of a man who had to hang down his head, but what was his name?
7. In this song they were supposed to be removal men. "Tried to shift it – couldn't even lift it!" Who was in charge?
8. This traditional song is about a boy who went to sea with "silver buckles on his knee"?
9. The young lady in the song was always answering "oh no ???? no"!
10. An old Scottish song contains this name which refers to a Bonnie Prince who is a "darling".

This **soup** is just the thing to warm you on a chilly January day!

It is a hearty Italian soup, straightforward to make and the bonus is, as it contains pulses, it can double as a main meal.

Ribollita Serves 4 and can be frozen

300g/ 11oz kale/Cavolo Nero

400g /14oz tin of Cannellini beans

400g/14oz tin chopped tomatoes

3 stalks celery

3 carrots

1 onion

3 cloves of garlic

Olive oil

Fresh chopped parsley

Seasoning to taste

1. Drain beans and roughly mash.
2. Heat 2 tbsp of oil in a large saucepan over a low to medium heat and fry chopped celery, carrots, onion and garlic for 10 mins or until soft and slightly golden.
3. Add thinly sliced greens, tinned tomatoes and some parsley with enough boiling water to cover. Season, stir and on a low heat simmer for 30 minutes or until the vegetables are cooked to your preference.
4. Stir mashed beans into soup and reheat.

The Ribollita can be served with ciabatta bread. Drizzle thick slices with olive oil, then toast and float on top of the soup.



The dish is in the Italian tradition of humble, thrifty dishes, and will probably have contained whichever vegetables were available.

Ribollita (pronounced rib-oll-EE-ta) means 'reboiled', and letting the soup chill before reheating later adds depth of flavour. If made in big batches to feed yourself for the whole week, the soup will grow tastier with each day that passes!

The New Organ at Norwich Cathedral

You may already know that the organ at Norwich Cathedral has recently been restored and rebuilt. Perhaps you have already heard it.

The original instrument was built in 1899 and was updated in 1942 after fire damage. It was agreed that this organ was failing to provide the quality of sound needed in the cathedral, both in the present and into the future.

The process of rebuilding and revoicing the organ has taken many years of dedicated work and cost almost 2 million pounds. It involved consultation, research and careful planning.

The first practical task was to build a new console inside the shell of the old one. Next came the modernisation of the mechanisms and updating the organ's layout and design. Finally it was revoiced by listening to every one of the 5,767 pipes (each being between 1 inch and 32 feet long) and tuning them individually. All this highly skilled manual work, taking over two years, has come together to make an organ fit for the future.



The rebuilding process is shown as a timelapse film in the following link. As it runs quickly, it can be stopped at any point for more detail.

<https://www.youtube.com/watch?v=z-hbzJTv1oo>

During November a series of concerts celebrated the inauguration of the new organ



Ashley Grote, the Cathedral's Master of Music, said:

"It has been wonderful to celebrate the return of the Cathedral organ this weekend, after so many years of planning and hard work. The completion of the organ project marks an exciting new chapter in the musical life of our Cathedral, which we hope will touch the lives of people right across our community, bringing high quality music and opportunities to people of all ages."

The new organ is one of the biggest in the country and also has an unusual feature, a Cymbelstern or special star connected to six bells which add a special festive touch at Christmas. This is the star near the top of the central column of pipes in the main picture above.

Organ recitals in the cathedral will begin this year, when you can hear for yourself the wonderful sound of the new organ.

Answers

Female names in popular songs

1. Michelle <https://www.youtube.com/watch?v=WoBLi5eE-wY>
2. If you knew Susie <https://www.youtube.com/watch?v=InTuAeGjr4M>
3. Oh! Carol (1959) <https://www.youtube.com/watch?v=VmF-l9T2Aus>
4. Diana (1965) <https://www.youtube.com/watch?v=ar-zZ21iW9w>
5. Barbara Ann <https://www.youtube.com/watch?v=4wvx14Qv9cg>
6. Her name was Mary <https://www.youtube.com/watch?v=kmvjtvv2Qko>
7. K-K-K-Katie <https://www.youtube.com/watch?v=SAAkrl-aaOE>
8. Jennifer Juniper <https://www.youtube.com/watch?v=kS7lZXPx9bE>
9. Eleanor Rigby <https://www.youtube.com/watch?v=6gluNoLVKiQ>
10. Ruby Tuesday <https://www.youtube.com/watch?v=g4SlcBFbiJl>

Male names in popular songs

1. Danny boy <https://www.youtube.com/watch?v=6f-L6mYnstE>
2. Johnny B Goode <https://www.youtube.com/watch?v=6ROwVrF0Ceg>
3. Jumping Jack Flash https://www.youtube.com/watch?v=ruTMp4_sy1E
4. What's it all about, Alfie? https://www.youtube.com/watch?v=vHFFG_vStkQ
5. Jimmy Mack <https://www.youtube.com/watch?v=HmfVFJBZUBA>
6. Tom Dooley <https://www.youtube.com/watch?v=S3zdE8bliGI>
7. "Right" said Fred <https://www.youtube.com/watch?v=S3zdE8bliGI>
8. Bobby Shaftoe <https://www.youtube.com/watch?v=0f31GP3bkmM>
9. Oh no, John, no https://www.youtube.com/watch?v=uiyLb4_PPmA
10. Charlie is my darling <https://www.youtube.com/watch?v=7kylUHTESUc>

Your contributions to future newsletters, in any form, will be very welcome. Please send them to:
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