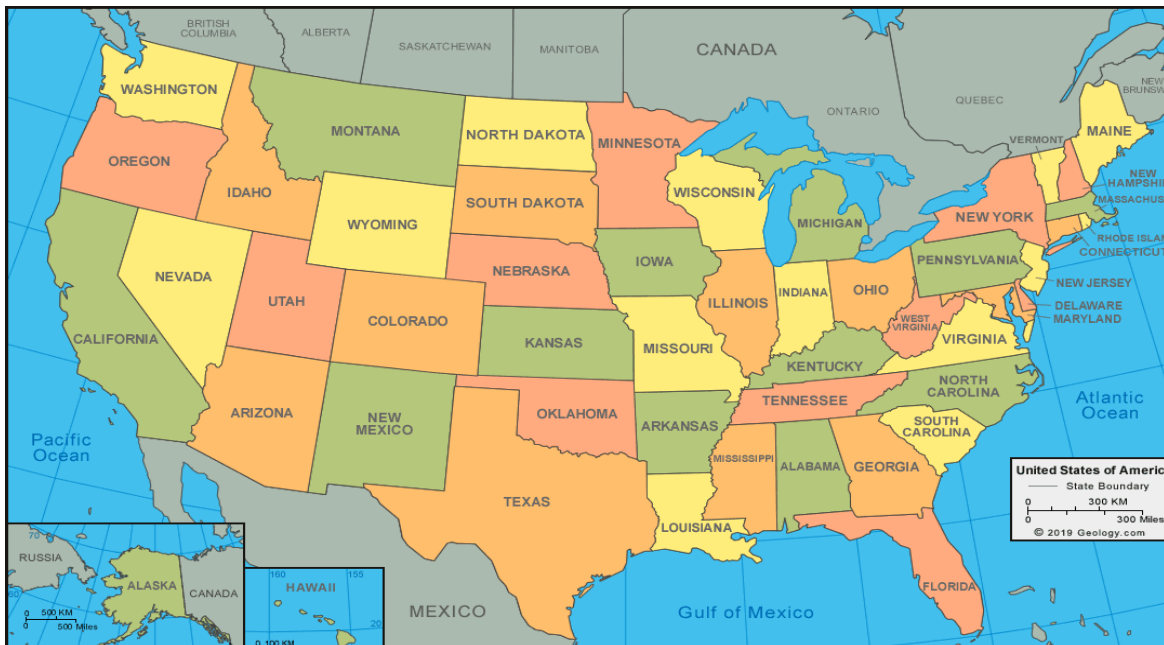




SEPTEMBER '23 NEWSLETTER

Greetings to all Come Singing friends,

Even though the holiday season is coming to an end here is the offer of a trip to America in song. In case you aren't very familiar with the geography of that vast country, there is also a map to guide you on your journey.



All you have to do is work out the titles of the songs from the following clues and they will tell you where you are going on your touring holiday of the USA! Answers on the last page.

1. This man from _____ was a cowboy and danger was his speciality.
2. In this song Frank Sinatra wants to wake up in a city that doesn't sleep.
3. Where were the Mamas and Papas imagining on a winters day?
4. Glenn Miller had a girl here, but can you spell it? It begins with K.
5. She was waltzing when she happened to see an old friend and....
6. Hail, hail the band's all here for this celebration.
7. The road always leads back here for Ray Charles.
8. In Calamity Jane, Doris Day sang about this place being "the beautiful Indian country".
9. Glen Campbell is still on the line!
10. They do things here they don't do on Broadway!

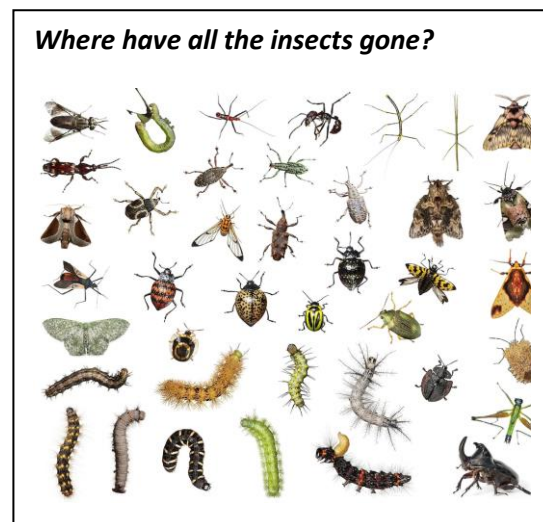
Wild Flowers And Your Garden

Shockingly, we have lost 99% of our wild flower meadows in England since the 1930s. This has been mostly due to modern farming methods, the over-use of pesticides and phosphates and climate change. Flowers such as foxgloves, buttercups, cornflower, ox-eye daisy, corn marigold, poppy, forget-me-not, cowslips, clover, knapweed, and clary are becoming increasingly rare.



During the summer months this year the scarcity of insect life has been really noticeable. As we rely on insect pollination for the majority of our food in one way or another, we need to take action before it's too late. We can help insect life in our gardens by growing wildflowers and grasses on which insects can feed and where they can shelter. Birds and small mammals will also benefit from these areas.

It can be quite easy to adapt your existing garden to make it more friendly for insects by introducing wild areas where grasses and wildflowers can grow. These areas require minimal maintenance as the flowers and grasses will self seed regularly.



Here are some ideas for doing your bit for nature!

- Grow wildflowers in containers. Choose a mixture of heights e.g. yellow birdsfoot trefoil and purple wild thyme with red clover and blue harebells.
- The easiest way is to use your existing lawn or part of it and let it grow unmown. By not using your mower you are also not using fossil fuels! Wild flowers and grass will grow over time naturally and seed themselves providing food and shelter for pollinating insects.
- Use an area of your garden for growing wildflowers. Seeds, plugs and bulbs are readily available. They prefer poor soil so what could be simpler?
- Leave a part of your garden undisturbed and untidy for wilding. Weeds (wild flowers) and stinging nettles will readily grow attracting butterflies like peacock and small tortoiseshell. It will also provide shelter for small birds and mammals and even hedgehogs.
- You can even buy wildflower turf now which is best laid like grass turf in spring.



Foraging in the hedgerows

Now, around harvest time, is a good time to forage in the hedgerows for free wild food. Gathering nuts and berries can be rewarding and at the same time connects us with nature. An important fact to remember is that a lot of wildlife relies on this food to survive the winter so we should only take a moderate amount. Also only take if you are certain of its identity.

In September blackberries or brambles are ripe and this year they are abundant. Other berries you may find now in the hedgerows are sloes on blackthorns, elderberries, bullaces (a type of small wild plum) and rosehips. Hazel nuts and beech nuts can also be found in September.

Elderberries are easy to identify as they hang in clusters on the elder tree. When ripe they are a deep purple or black colour and can easily be removed from their stems with a fork. Sweetened with sugar they can be used in crumbles, pies, jams and jellies and made into wine. Leave some in the hedgerow for blackbirds and pigeons and small birds, also mammals like mice, rabbits and foxes.



Tasty hazel nuts are delicious whole or chopped and added to other foods such as salads or crumbles and they can even be roasted. They grow in clusters hidden among the hazel leaves and each has its own green cap. These nuts are very popular with larger birds such as woodpeckers and jays, as well as squirrels, dormice and other small mammals. If the nuts are not quite ripe you can pick them and keep them in a warm, dry place till ready.



You can find red or deep pink rosehips in the hedgerow on the wild rose, and be sure of their identity by the sharp thorns on their stems. The hips or berries, can be round or elongated in shape.



They are best picked after a frost but when ready in September can be put in a freezer overnight to improve their flavour. But leave some for thrushes, fieldfares, redwings, waxwings and small mammals!

Rosehips are very nutritious and contain 12x more vitamin C than an orange! They can be made into syrup as well as jams and jellies or even wine.

Recipe for rosehip syrup:

<https://www.woodlandtrust.org.uk/blog/2019/07/raw-rosehip-syrup/>

Recipe for September

Free food from the hedgerows is always worth considering and blackberries are abundant just now. It's been a good year for them. Did you know that around ten blackberries count as one of your 5 a day? You may even have some Bramley apples in your garden or a very kind neighbour so no excuse not to try this easy recipe from BBC Good Food.

Spiced roasted apple and blackberries

<https://www.bbcgoodfood.com/recipes/spiced-roasted-apples-blackberries>

Ingredients for 2 people

2 Bramley apples
Cinnamon
Medium orange
1 tbsp Runny honey
Blackberries



Method

- 1) Heat oven to 180°C, gas 4, fan 160°C.
- 2) Core apples and cut into skin all round the middle of each.
- 3) Place in an ovenproof dish.
- 4) Mix honey, cinnamon and orange zest and fill each cavity.
- 5) Pour the juice of the orange around the apples.
- 6) Cook for about 40 mins., basting occasionally.
- 7) Spread blackberries over and around apples and return to oven for 10 mins.

Cream, custard or ice cream make the perfect accompaniment.

Motown Music

The Motown or Tamla Motown label is famous for its Soul and Pop music around the world. Made up from the words 'motor' and 'town' it was based in Detroit, famous for its car production, in the 1960s. The record label was founded by Berry Gordy helped by Smokey Robinson and was a black-owned and -centred business that appeared during the civil rights movement in America. Gordy's philosophy was to unite all people through the music he produced.



The sound of Motown music is distinctive, melodic, very rhythmic and often featuring a lead singer with a backing group. It has its origins in the call and response of Gospel music from the South. The singers were always dressed smartly and choreographed carefully. Many of Motown's earliest hits were written by the famous Holland Dozier Holland team.

Among the earlier stars were Diana Ross and the Supremes (A), Smokey Robinson and the Miracles (B), the Four Tops (C), the Temptations (D), Martha and the Vandellas, Stevie Wonder (E), the Jackson Five, Gladys Knight and the Pips, Percy Sledge (F), Jimmy Ruffin, Marvin Gaye (G), and the Marvelettes.



A



B



C



D



E



F



G

The Motown label went on to become one of the most successful record labels in America, producing some of the most uplifting and enduring pop music of our time.

Test your knowledge of Motown music and name some of their famous hits. (Answers at the end).

1. There'll be swingin' and swayin' and records playin' here.
2. When he heard it he was just about to lose his mind.
3. He'll break her heart if he leaves without thinking it over.
4. Do this to get help if your life is full of confusion and happiness is just an illusion.
5. "I've got sunshine on a cloudy day. What can make me feel this way?" Who are they singing about?
6. What emotion can't you hurry?
7. He sang "everything is alright _____ out of sight".
8. This song asks what becomes of the people whose love has "now departed"?
9. When does a man think a women can do no wrong?
10. She's asking about a special letter.

ANSWERS

America quiz

1. *The man from Laramie* - Jimmy Young. (Laramie is in the state of Wyoming)
<https://www.youtube.com/watch?v=l4NMyUvl5Ys>
2. *New York, New York* - Frank Sinatra (New York State)
<https://www.youtube.com/watch?v=le1QF3uoQNg>
3. *California Dreamin'* -The Mamas and the Papas (California)
<https://www.youtube.com/watch?v=K0ok1WzZbOY>
4. *Kalamazoo* - Glenn Miller (Michigan)
<https://www.youtube.com/watch?v=WQQfK8Bqkw0>
5. *The Tennessee waltz* -Connie Francis (Tennessee)
<https://www.youtube.com/watch?v=5GWDgirmsq4>
6. *Alabama Jubilee* -Roy Clark (Alabama)
https://www.youtube.com/watch?v=k59g3pX-C_s
7. *Georgia on my mind* - Ray Charles (Georgia)
<https://www.youtube.com/watch?v=ggGzE5KfCio>
8. *Black hills of Dakota* - Doris Day (South Dakota)
<https://www.youtube.com/watch?v=iE3JdDVw5wE>
9. *Wichita Lineman* - Glen Campbell (Kansas)
https://www.youtube.com/watch?v=Q8P_xTBpAcY
10. *Chicago, Chicago* - Frank Sinatra (Illinois)
<https://www.youtube.com/watch?v=NoKn7vkSMBc>

Motown quiz

1. *Dancin' in the Street* - Martha and the Vandellas
<https://www.youtube.com/watch?v=CdvlTn5cAVc>
2. *Heard it through the grape vine* - Marvin Gaye
<https://www.youtube.com/watch?v=YUzTr2P0AJ0>
3. *Stop in the name of love* - The Supremes
<https://www.youtube.com/watch?v=YUzTr2P0AJ0>
4. *Reach out* - The Four Tops <https://www.youtube.com/watch?v=2EafIX0MWRo>
5. *My girl* - the Temptations <https://www.youtube.com/watch?v=eepLY8J4E6c>
6. *You can't hurry love* - The Supremes
<https://www.youtube.com/watch?v=fQ7uXX9K7Sk>
7. *Up tight* -Stevie Wonder <https://www.youtube.com/watch?v=kZf3Byq8oLA>
8. *What becomes of the broken hearted* - Jimmy Ruffin
<https://www.youtube.com/watch?v=Sledge2vf3ZE7CLg0>
9. *When a man loves a woman* - Percy Sledge
<https://www.youtube.com/watch?v=EYb84BDMbi0>
10. *Please Mr Postman* - The Marvelettes
<https://www.youtube.com/watch?v=425GpjTSlS4>

Your contributions to future newsletters, in any form, will be very welcome. Please send them to:
heatheredwards.music@gmail.com