

February 12, 2011 5:43 PM
Sing a Song of Freedom

“Freedom is when the people can speak. Democracy is when the government listens”
-- Alastair Farrugia

February 11, 2011

Dear Friends,

Today I am listening to the jubilation of the people of Egypt as Mubarak steps down. It is a pivotal moment in our history. This was clearly conceived as a non-violent movement, although there were times of government-inspired violence and many deaths. But we cannot help but celebrate with them, to share their joy as they move closer to experiencing the freedoms that have been hard-won in our own country – freedoms that we must constantly struggle to protect. “Eternal Vigilance”, as our Suffrage foremothers said. It brought me back to protests that I’ve been part of –marches against the Vietnam War and more wars after that; marches for women’s rights, countless rallies to protect the rights of those most vulnerable and to end violence around the world.

Over the past months I’ve been spending a lot of time with old photos. For Christmas I prepared six slide shows with music for the family. It was a huge project. I have been determined to get the family pictures in order. It’s on my bucket list. These family memories may never be organized, but the slide shows were a good step in that direction. I’ve also been wanting to put together some kind of overview of my work over the past many decades. That, too, is an overwhelming project, as I go through boxes and boxes of old photos, flyers, tour itineraries and news clippings. But I did put together six pages of photos from the past 40 years. It really was fun, and it’s now online at my web site. Here’s a direct link:

<http://www.lindasongs.com/pages/scrapbook.htm>

I hope that you’ll take some time with the new look of my web site, with thanks to Bob Paltrow who did a terrific job of designing it. There’s more to do, but I’m very happy with how far we’ve come.

On the itinerary page, you’ll see some upcoming events. My dear friends Janet Stecher and Susan Lewis will once again help me in presenting “Here’s to the Women” as part of the Women of Wisdom Conference on **FRIDAY, Feb. 18th**. I’ll also be doing a training on “**Singing at the Threshold: An Introduction to Therapeutic Singing at the Bedside**” on **March 5th**. Also in March, I’ll be doing “Here’s to the Women” (with thanks to Kate Munger) at a few locations in the **San Francisco Bay** area, and will be doing it again in **Lewiston** for the League of Women Voters Annual Conference.

Then in August, I’ll be on tour from Bellingham to Berkeley with my good friend and mentor, Frankie Armstrong. She is amazing –a very powerful voice on the British folk scene and amazing teacher. We still have some dates to fill, so please contact me if you’d like to have us come to your town at the end of August. Here’s a link to learn more about Frankie.

www.frankiearmstrong.com

All the itinerary details are here:

<http://www.lindasongs.com/pages/itinerary.htm>

So let us sing a song of freedom and peace!

Here’s the first verse of a children’s peace song I wrote a long time ago:

*Peace is the feeling you have when you’re hugged
Then you turn and hug someone and the feeling is love
When the whole world is hugging, oh, won’t that be fine?
There’ll be peace for all humankind.*

Peace to you -
Linda

PS: My friend April just gave our little dogs a gift of delicious homemade dog biscuits. They loooove them!
Here's the recipe:

Peanut Butter Goodness Dog Treats

1 1/2 cups whole wheat flour
1 1/2 cups white flour
1/2 cup peanut butter (all natural or organic)
1 cup water
2 tbsp oil (I think I read safflower is better for animals?)

Preheat oven to 350 degrees F. Combine oil, peanut butter and water. Add flour, one cup at a time, forming a dough. Knead dough into firm ball and roll to 1/4 inch thickness.

Cut into 3 to 4 inch pieces. (I found it a great dough for cookie cutters. Don't you think squirrels are the perfect form?) Place on an ungreased cookie sheet. Bake for 20 minutes.

Makes 2 1/2 dozen cookies depending on size.

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Thank you!

