

Thursday, August 11, 2011  
On the road with Frankie Armstrong

“Courage is the letting go of things that are familiar.  
Choosing paths where no one else has gone...”

From “Courage is the Letting Go”, Linda Allen

My Dear Friends,

What a summer this has been! I chose to leave my position as the Director of the Bellingham Threshold Singers, and I'm still feeling the grief and loss of letting go. I've experienced months of sitting in the lap of the Great Mystery, and now believe that what's next is to sing at the bedside of those who are dying without the bureaucratic overhead that was so draining me. How easy it is to get caught in the trap of one story....and how healing it is to realize that there are so many ways to do our work.

There is such relief and fear in these times of transition. And I have so many friends experiencing major changes these days...in their health, in their livelihood. Our situations are so much a reflection of what is going on nationally and internationally, as our budgets fail to reflect who we are as compassionate people, and what we value. As we know, budgets are moral documents, and morally, our government is indeed, corrupt.

But that's another story. The story I am quite excited to tell you is that I will be hitting the road soon for a tour with my dear friend and mentor, Frankie Armstrong. We'll begin with a concert in Bellingham on August 19<sup>th</sup>, and a workshop with Frankie on the 20<sup>th</sup>. Then we travel South to Everett, Portland, Eugene, Auburn, (CA) and Berkeley.

I can only say it is a rare privilege to be able to share the stage with one of Britain's most admired traditional singers, and I can hardly wait for you to hear her. Frankie is also an internationally celebrated Natural Voice teacher. I had the joy of spending a week with her in Wales, training to be a teacher, so I know what an exquisite facilitator and teacher she is. Her workshops will be offered in Bellingham and Berkeley. Below is our itinerary for our trip, and some bio info. And please visit our web sites.

Also, I've been invited to participate in a dance/theater piece on the theme of death and dying, called “Put My Shoes By The Door”. It will be presented in Bellingham in September, and I'm really enjoying working with Pam Kuntz, the artistic director. I am definitely not a trained dancer...but I've always said that we are all dancers, and I'm putting it to the test! I'm working with a very talented young woman named Ella who is making this fun and easy. More on that later.

After the itinerary and bio, you'll find the lyrics to a song I wrote for my sister, Kathy, who is caring for my aging mother. I am in awe of what she is doing to enable my mom to remain in her home, cared for by such loving hands. I am deeply concerned about the toll that such caretaking takes on my sister, and on any family members who have so little support. The song is called, “Who Will Care For Me?”.

May you find, when you are sitting in the lap of Mother Mystery, that you are surrounded by loving arms, and a voice whispering, “All will be well.”

Love,  
Linda

PS: Some months back I had to change email programs, and all my separate email lists were combined. So please accept my apologies if you are receiving this very sporadic newsletter, and you did not sign up for it. Just hit “reply” and put “remove” in the subject, and I'll take your name off my mailing list.

**Bellingham to Berkeley Summer Tour**  
**Frankie Armstrong and Linda Allen**  
**August 19th -August 28<sup>th</sup>**

**Friday, August 19, BELLINGHAM**

Concert – Fairhaven Library 7:30  
\$15.00 at the door  
More info: 360-734-7979

**Saturday, August 20: BELLINGHAM**

**Vocal workshop with Frankie:**

“Singing from the Soles of the Feet”

Fairhaven Library  
\$35.00 per person 10:00 AM -12:30

**Sunday, August 21: EVERETT**

Afternoon house concert  
Hosted by Ed and Lucia Bremer  
[ebremer@kser.org](mailto:ebremer@kser.org) or phone 425-303-9070  
\$15.00 at the door. Call for reservations.

**Tuesday, August 23: PORTLAND, OR**

Concert 7:00 PM  
Carvlin Hall at St. Philip Neri Church  
Division [St.@SE](#) 16<sup>th</sup> Ave.  
\$16.00 GA/ \$14.00 PFS Members/\$8.00 children 12-18  
Info: 503-281-7475  
Advance tickets available online  
Hosted by the Portland Folk Music Society

**Wednesday Aug. 24 EUGENE**

**Concert 7:30**

Tsunami Books  
2585 Willamette St  
\$16.50 adv, 18.00 at the door  
for tickets and info: (541) 345-8986

**Friday, August 26<sup>th</sup>: AUBURN, CA**

**Evening: Concert 7:30 PM**

Auburn House Concert Series  
530-885-4292 Reservations required.  
[www.AuburnHouseConcerts.org](http://www.AuburnHouseConcerts.org)  
[info@auburnhouseconcerts.org](mailto:info@auburnhouseconcerts.org)

**Sunday, August 28 BERKELEY,CA**

“Singing from the Souls of the Feet”  
Vocal Workshop with Frankie Armstrong  
2:00 – 4:30, \$40.00 per person  
Freight and Salvage Coffee House  
510-859-1127

<http://www.freightandsalvage.org/singing-soles-feet-frankie-armstrong>

**Evening concert:**

La Pena Cultural Center  
3105 Shattuck Ave., Berkeley  
7:30  
\$22.00/\$18.00 advance  
510-849-9397

**Biography: Frankie Armstrong**

[www.frankiearmstrong.com](http://www.frankiearmstrong.com)

Born in Cumbria, England, Frankie began singing when the skiffle boom hit Britain in 1957, and then became involved in the folk revival. Since 1962 she has built up a repertoire of British songs and ballads, which, along with contemporary British songs, still form the basis of her musical vocabulary. Frankie owes much of the early development of her singing style to the influence of A.L. Lloyd and the traditional women singers of the UK and Ireland.

Her repertoire includes rural, industrial music hall and contemporary songs; those of her own and other songwriters such as Sandra Kerr, Leon Rosselson and Bertold Brecht. She selects and interprets songs that explore and express personal and social relationships, especially those that focus on the experiences of women.

Frankie has made 10 solo albums as well as being featured on numerous shared and themed recordings. In London, Frankie has worked regularly at the National Theatre Studio, and is a visiting teacher in Australia at the National Institute for the Dramatic Arts. She has authored three books, including *Well-Tuned Women* (on women and voice) with Jenny Pearson.

**"Her songs are laments and celebrations and silly bits of fancy and fun – all neatly drawn back into their context...a fine and intriguing performance."  
Jeni Read – Vancouver Sun**

**Biography: Linda Allen**

[www.lindasongs.com](http://www.lindasongs.com)

Songwriter Linda Allen, from Washington State, is one of those rare performers who combine story and song into a rich and generous flow. Her songs are rooted in tradition and honed by years of commitment to an art that both informs and transforms. She has released nine original recordings and two Northwest songbook collections. In addition, she is a Certified Clinical Musician and directs a choir whose purpose is to sing at the bedside of those who are seriously ill or dying.

Allen has most recently been touring with her multi-media production, ***Here's to the Women!*** Both the silencing of women's experience and the empowering of women's voices are showcased, featuring songs, stories, and readings with a special emphasis on the struggle for the vote one hundred years ago. She recently released her **ninth CD, *Here's to the Women!***

*"Linda Allen's music has enriched my life. □The sheer beauty of her songs, the deeply moving lyrics, □and the sweet quality and range of her voice, all combine to open the*

heart. □*They make a person more grateful to be alive.*" --Joanna Macy

**For more information, please contact:**

**Linda Allen, [linda@lindasongs.com](mailto:linda@lindasongs.com), 360-734-7979**

## **Workshop Description: Frankie Armstrong**

**Singing from the Soles of the Feet** □ For thousands of years, our ancestors sang to accompany work, devotion, seasonal rituals and social gatherings - to express joy, grief, rage, tenderness, hope and fear. All these emotions can be given full range through the power and beauty of the voice.

To help unlock this, Frankie uses a range of gentle movements and exercises to help relax and free the body and voice. She focuses on how to involve the whole body - to give rise to the voice from the feet on up. She uses chants and songs from around the world, along with simple structures to create vocal 'events'.

### **Who Will Care For You?**

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Chorus:

Who will care for you? When your day is through?

You've been working as hard as you can

Cooking and cleaning and holding her hand

But there's not a soul that you know understands

Who will care for you?

Sittin' at the table at the end of your day

Tryin' to read, but the words dance away

And you're too tired to notice how your life slips away

Who will care for you?

You sleep for an hour, maybe for two

Then you hear her cry out, you put on your shoes

Change her nightgown and sheets, do what you can do

But who will care for you?

You do it for love, you do it for pride

You hide all the anger and fear deep inside

And you hope for an angel with her arms open wide

Who will care for you