

## Resonate Now

September 2020

Hello!

We continue to be busy at Resonate Arts and as we head into Autumn we are planning lovely activities for you across music, visual art and singing.

The weather has been rather sunny recently but we are looking forward to the season changing and starting to dig our cosy warmer clothes out of the wardrobe! We can look out for the trees starting to change into their wonderful golden hues. When you are next out for a walk, or through your windows you might notice the green, yellow and orange colours that start to emerge.

This month we continue to celebrate 50 years since the **1970 Isle of Wight festival** and feature musicians including Miles Davis and Joni Mitchell. We also have some lyrics for you to sing - including *Raindrops keep falling on my head* on page 3. This song is about someone overcoming their troubles and knowing that “it won’t be long ‘til happiness steps up to greet me”. Rather appropriate for these current times we think and an important message to remember!

Kathryn who left Resonate Arts in August sends her very best wishes to you all, and she will be having a sing song at home too. Kath has been enjoying some walks in the countryside and watching the tractors keep busy on the fields.

If you are looking to experience music at home, you can find a couple of suggestions at the end of our activity letter in the **‘What’s On’** section.

Let us know what activities you enjoy doing this month, whether that’s singing, dancing, making art, we always like to hear from you.

Happy Resonating!

Julie and Jude

You can **contact Julie** on:

07483 433 616

[julie@resonatearts.org](mailto:julie@resonatearts.org)



## Wight Spirit 1968 – 70

We are continuing to celebrate the 50<sup>th</sup> anniversary of the 1970 Isle of Wight festival this September. This month we are featuring three musicians who played at the festival, and below you will find their pictures, a bit of background information, and links to youtube videos you can watch online if you have access to a smartphone or computer.

### Miles Davies

Born in May 1926, American Jazz trumpeter and composer Miles Davies is considered one of the most influential figures in the history of jazz music. He became well known in the mid 1940's, and carved out his career over five decades, collaborating with many other well-known artists at the time.



### Famous hits?

*Summertime* (lyrics on page 3), *Bye Bye Blackbird*, *Out of the blue*

You can listen online here: <https://bit.ly/3hVwpnr>



### Joni Mitchell

Canadian singer song writer Joni Mitchell draws her inspiration from folk, pop and jazz influences. *Rolling Stone* described her as 'one of the greatest songwriters ever', and is known for her distinctive voice alongside her piano and guitar playing.

**Famous hits?** *Both sides Now*, *Chelsea Morning*

Watch online: <https://bit.ly/3mObA0H>

### The Who

Formed in 1968, rock band The Who was made up of singer Roger Daltry, guitarist/singer Pete Townsend, bass guitarist John Entwistle and drummer Keith Moon. They have sold over 100 million records, and their performance at the festival, alongside playing the previous year at Woodstock, cemented their reputation.

**Famous hits?** *My generation*, *Pinball Wizard*

Listen online: <https://bit.ly/33Sh81x>



In the spirit of the rock and jazz icons of the 60's and 70's, why not try **singing or humming** a few songs today? We recommend a quick warm up, here are a few ideas to get you started:

Sit comfortably on a chair with your feet placed firmly on the floor and your back growing tall towards the sky (or you can stand if you prefer).

- Let's start with a quick breathing exercise, try to keep your shoulders from rising and stop if you start to feel light-headed. Focusing on expanding the area around your belly button, take a **slow deep breath** in and sigh out. Repeat this five times.
- You can warm up the facial muscles by **opening your eyes and jaw wide** (like you are surprised!) and then scrunching up your eyes and mouth tightly. Repeat five times.
- Pretend that you are **chewing on gum**, circling your jaw one way and then the other.
- Finally, making an 'ahh' sound you can try some gentle rising scales up and down.

## Summertime

Summertime and the livin' is easy  
Fish are jumpin' and the cotton is high  
Your daddy's rich and your ma is good lookin'  
So hush, little baby, baby, don't you cry

One of these mornin's,  
you're gonna rise up singin'  
Then you'll spread your wings and you'll  
take to the sky  
But 'til that mornin', there is nothin' can  
harm you  
with Daddy and Mummy, standing by

### Did you know?

'Raindrops' was written for the film *Butch Cassidy and the Sundance kid* (1969) by Hal David and Burt Bacharach. It was sung by B.J Thomas, and the song won an Oscar for Best Original Song.

Find the song here: <https://bit.ly/32V9zYH>

### Did you know?

Summertime was composed by George Gershwin in 1936 for the musical *Porgy and Bess*. It has been recorded and performed countless times since, including by Ella Fitzgerald in 1968, you can see her version on youtube here: <https://bit.ly/3kJBsJA>

## Raindrops keep falling on my head

Raindrops are falling on my head  
And just like the guy whose feet are too big  
for his bed  
Nothing seems to fit  
Those raindrops are falling on my head, they  
keep falling

So I just did me some talking to the sun  
And I said I didn't like the way he  
got things done  
Sleeping on the job  
Those raindrops are falling on my head, they  
keep falling

But there's one thing I know  
The blues they send to meet me  
Won't defeat me, it won't be long  
Till happiness steps up to greet me

## Autumn poetry

To celebrate the arrival of Autumn, Julie has written an acrostic poem. As you can see below, the first letter of each line spells out Autumn!

**A**pples falling from above  
**U**nderfoot the crunching of leaves  
**T**ell-tale signs from the changing colours  
**U**p we look to the orange gold sky  
**M**any conkers around our feet  
**N**ow we carve our pumpkins and have a feast

Why don't you try writing your own?  
We've given you some space below if  
you would like to give it a go.

As always, we would love to hear from  
you, so **please send any poems** you  
would like to share to  
[julie@resonatearts.org](mailto:julie@resonatearts.org)

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### What's On Online

- Singing for the Brain are welcoming new people to join their online **Zoom** sessions. The sessions run on a **Tuesday** afternoon, from **3-4pm**. For more information, please **contact Alexandra**, on 07483 137 522 or [alexandra.barton@alzheimers.org.uk](mailto:alexandra.barton@alzheimers.org.uk)
- You can experience wonderful concerts from the comfort of your home with Songhaven at Home . You can **watch videos** here: <http://songhaven.co.uk/> Or sign up to their mailing list on their website to receive new recordings every 2-3 weeks.
- Wigmore Hall are streaming live concerts across their Autumn season. Please note you will need to create an account and log in.  
**Find out more** here: <https://bit.ly/2FSWQgy>