

Star-Spangled
Rhythms and
Rhymes

Edited by Mary Evelyn McCurdy

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Introduction

The people who first came to North America made music, wrote poems, and enjoyed dancing. When European settlers came, they brought their cultural traditions, too. People in the United States continue to be creative and have fun today!

This book contains songs that Americans have sung over the centuries. For some of them we know who wrote them and when. Others, called folk songs, have been passed around from person to person and changed many times over the years. No one remembers who wrote them originally.

We've also included poems from different time periods about historic events and everyday life. And we've provided instructions for dances and party games that children like you have enjoyed throughout American history.

In some instances, we have modernized spelling and punctuation. We have also changed a handful of words when the original meaning is no longer clear. Some songs and poems also have more verses than we have included in this book.

If you make up your own songs, poems, and dances and share them with your family and friends, they can become part of American history, too!



As you go through this book, you'll see a track number under each title. That tells you which track to listen to on the MP3 CD in the back of this book.

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Coyote Song

Southwest Native Song - Track 1

Native people have passed down songs and dances to their children and grandchildren for hundreds of years. In 1918 George W. Cronyn collected many of their songs into a book called *The Path On the Rainbow*. The book included "Coyote Song". Natives of the Southwest sing it. An ancient legend of the Pima people tells of a coyote whose hair turns blue after he jumps into a lake several times. He becomes very proud. Then he bumps into a stump and falls in the dust. The legend says that is the reason all coyotes are now the color of dirt!

Coyote commences singing;
Coyote commences singing.
The young woman hurries forth
To hear the Coyote songs.

A hat of eagle feathers;
A hat of eagle feathers,
A headdress was made for me
That made my heart grow stronger.

Coyote ran around it;
Coyote ran around it,
Ran into the blue water,
Changed the color of his hair.

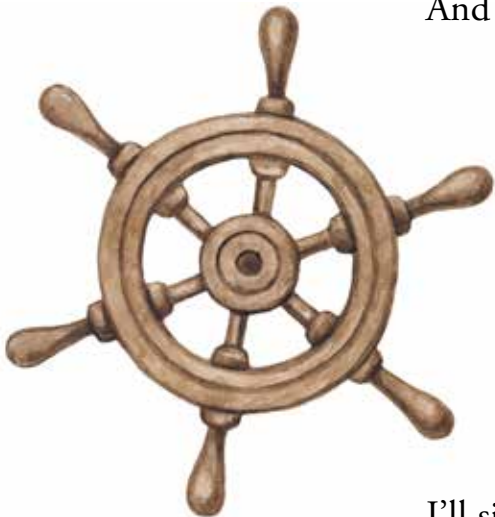


Green Grow the Rushes, Oh!

Folk Song - Track 2

People around the world have sung versions of this song for hundreds of years. Sailors enjoyed singing it onboard ship. The song journeyed with the sailors across the Atlantic Ocean to the New World. In time it became an American folk song. It is a counting song in which each verse adds to the ones before it. Some of the words seem rather meaningless, but others refer to important Biblical numbers.

I'll sing you one, oh!
Green grow the rushes, oh!
What is your one, oh?
One is one is all alone,
And evermore shall be so.



I'll sing you two, oh!
Green grow the rushes, oh!
What is your two, oh?
Two, two for the lilywhite boys
Cloth-ed all in green, oh!
One is one is all alone,
And evermore shall be so.

I'll sing you three, oh!
Green grow the rushes, oh!
What is your three, oh?
Three, three for the rivals.
Two, two for the lilywhite boys
Cloth-ed all in green, oh!
One is one is all alone,
And evermore shall be so.

*(The sailors kept adding a line to each verse as they counted up to twelve.
On the next page is the final verse.)*



I'll sing you twelve, oh!
Green grow the rushes, oh!
What is your twelve, oh?
Twelve for the twelve apostles.
Eleven for the eleven
 that went up to heaven.
Ten for the ten commandments.
Nine for the nine bright shiners.
Eight for the bold rainers.
Seven for the seven stars in the sky.
Six for the six proud walkers.
Five for the symbol at your door.
Four for the Gospel makers.
Three, three for the rivals.
Two, two for the lilywhite boys
Cloth-ed all in green, oh!
One is one is all alone,
And evermore shall be so.

Providence and the Pilgrim

William Bradford - Track 3

Governor William Bradford of the Plymouth colony wrote this poem. He wrote it when he was an older man to encourage the Pilgrims who would remain after he died.

From my years young in days of youth,
God did make known to me His truth,

And call'd me from my native place
For to enjoy the means of grace.

In wilderness He did me guide,
And in strange lands for me provide.

In fears and wants, through weal and woe,
As pilgrim passed I to and fro:

Oft left of them whom I did trust;
How vain it is to rest on dust!

A man of sorrows I have been,
And many changes I have seen.

Plimoth Plantation
Living History Museum



Wars, wants, peace, plenty have I known;
And some advanc'd, others thrown down.

The humble, poor, cheerful and glad;
Rich, discontent, sower and sad:

When fears with sorrows have been mixed,
Consolations came betwixt.

Faint not, poor soul, in God still trust,
Fear not the things thou suffer must;

For, whom He loves He doth chastise,
And then all tears wipes from their eyes.

Farewell, dear children, whom I love,
Your better Father is above:

When I am gone, He can supply;
To Him I leave you when I die.

Fear Him in truth, walk in His ways,
And He will bless you all your days.

My days are spent, old age is come,
My strength it fails, my glass near run:

Now I will wait when work is done,
Until my happy change shall come,

When from my labors I shall rest
With Christ above for to be blest.

Psalm 1

from the Bay Psalm Book - Track 4

The *Bay Psalm Book* was printed in 1640. It was the first book printed in England's American colonies. John Eliot helped to translate these psalms into English. The translators wrote the psalms in poetry form so people could easily sing them.

O blessed man, that in the advice
of wicked doth not walk:
nor stand in sinners way, nor sit
in chair of scornful folk.

But in the law of Jehovah,
is his longing delight:
and in his law doth meditate,
by day and eke by night.

And he shall be like to a tree
planted by water-rivers:
that in his season yields his fruit,
and his leaf never withers.

And all he doth shall prosper well.
The wicked are not so:
but they are like unto the chafe,
which wind drives to and fro.

Therefore shall not ungodly men
rise to stand in the doom,
nor shall the sinners with the just
in their assembly come.

For of the righteous men the Lord
acknowledgeth the way:
but the way of ungodly men,
shall utterly decay.



Ho Ho Watanay

Iroquois Lullaby - Track 5

Imagine that you are an Iroquois family with a little baby as you sing this song.

Iroquois:

Ho, Ho, Watanay,
Ho, Ho, Watanay,
Ho, Ho, Watanay.
Kai-Yo-Ki-Nah,
Kai-Yo-Ki-Nah.

English:

Sleep, sleep, my little one,
Sleep, sleep, my little one,
Sleep, sleep, my little one.
Go to sleep,
Go to sleep.


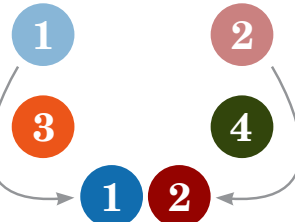
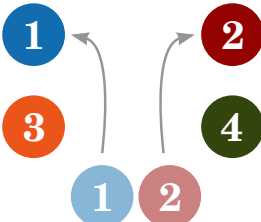
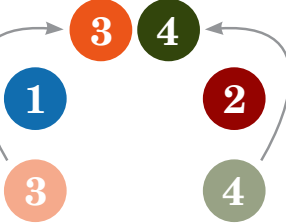
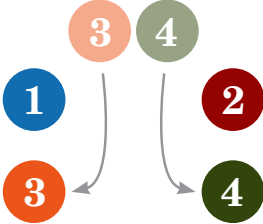
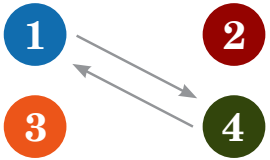
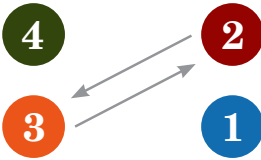
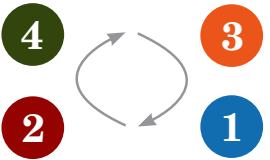
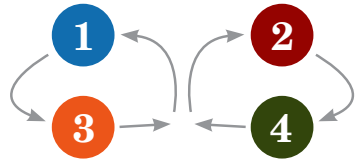



Hole in the Wall

Dance - Track 6

Dancing was a popular activity in colonial America. When colonists immigrated from Europe to North America, they brought their dances with them. "Hole in the Wall" was one of many popular dances known as English Country dances.

Visit notgrass.com/dance to watch a demonstration video.

<p>1. Four dancers stand in this formation.</p> 	<p>2. Dancers 1 and 2 walk around dancers 3 and 4.</p> 	<p>3. Dancers 1 and 2 walk between dancers 3 and 4 back to place.</p> 	<p>4. Dancers 3 and 4 walk around dancers 1 and 2.</p> 
<p>5. Dancers 3 and 4 walk between dancers 1 and 2 back to place.</p> 	<p>6. Dancers 1 and 4 switch places.</p> 	<p>7. Dancers 2 and 3 switch places.</p> 	<p>8. All dancers hold hands and turn the circle halfway around clockwise.</p> 
<p>9. Dancers 1 and 2 walk around dancers 3 and 4 while dancers 3 and 4 move to where dancers 1 and 2 started.</p> 	<p>10. The dance begins again with the dancers in these positions (dancers 1 and 3 have switched places; dancers 2 and 4 have switched places).</p> 		

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Many thanks to the homeschool students, homeschool graduates, and homeschool parents who performed the songs and read the poems on the MP3 CD:

Titus Anderson, Hannah Armstrong, Annie Boureston, Audrey Boureston, Elyse Boureston, Joey Boureston, Benjamin Brown, Lucas Brown, Noah Brown, Cameron Havener, Clara McCurdy, Mary Evelyn McCurdy, Steve Meyer, Ray Notgrass, Charlene Notgrass, Micah Owens, Kati Voss, Lexi Voss

All musical accompaniment by Titus Anderson except:

“The Glendy Burk” and “That Little Lump of Coal”
Benjamin Brown - Banjo, Lucas Brown - Guitar

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Recorded and mixed by Titus Anderson.

These individuals read poems or sang solos or duos:

“Coyote Song” - Hannah Armstrong

“Green Grow the Rushes, Oh!” -
Titus Anderson

“Providence and the Pilgrim” -
Ray Notgrass

“Psalm 1” - Mary Evelyn McCurdy

“Ho Ho Watanay” - Hannah Armstrong

“The Taxed Tea” - Mary Evelyn McCurdy

“Goliath of Gath” - Micah Owens

“War Song” - Titus Anderson

Continued

“Yankee Doodle” - Steve Meyer
“The Glendy Burk” - Benjamin Brown
and Lucas Brown
“The Star-Spangled Banner” -
Hannah Armstrong
“Billy Boy” - Steve Meyer
“Turkey In the Straw” - Noah Brown
“Amazing Grace” (Cherokee Version) -
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Cameron Havener
“Nobody Knows the Trouble I’ve Seen” -
Micah Owens
“Get Off the Track!” - Annie Boureston
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“Kissing Papa Thro’ the Telephone” -
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“Song of the Hawaiian Nation” -
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“Come Josephine In My Flying Machine” -
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