

June 24th 2020

To the Core poets,

How are you? Hope you're keeping well. So today the sun has revisited – I've heard it's even hotter than the Bahamas! ☺ Hope you're enjoying the rays!

How's the writing going? Hope you were inspired by last week's poetry session. Anyone written something they're proud of? Or maybe you weren't at the time, but look back at it and see if you've changed your mind. With the distance of time, you may be surprised!

So just to inform you, there is an upcoming On-line Club Core Gig;

Pride online live gig - music and poetry performances.

July 1st 2020 - 5-7pm

This will be via Zoom

Meeting ID: 842 7840 1014

Password: 400087

So, here follows this week's poetry session - get creative and enjoy!

Keep strong, keep safe and keep writing! ☺

Sara

So, do you recall one of last week's writing exercises, featuring a footballer? Remember he ran a campaign calling for the government to continue providing the free food voucher scheme over the summer holidays? Well...read on!

Poetry Sara June 24th 2020

CNN

June 16, 2020

Johnson makes U-turn on free school meals after Rashford campaign

The UK government has reversed its decision to cease free school meal vouchers during the summer holidays following a campaign by Manchester United footballer Marcus Rashford.

'Look at what we can do when we come together, THIS is England in 2020': Footballer Marcus Rashford 'has personally thanked' Boris Johnson after PM caved in to his massive campaign for free school meals over summer in major U-turn

In a post directed at MPs, Rashford added: "This was never about me or you, this was never about politics, this was a cry out for help from vulnerable parents all over the country and I simply provided a platform for their voices to be heard."

"I stand proud today knowing that we have listened, and we have done what is right. There is still a long way to go but I am thankful to you all that we have given these families just one less thing to worry about tonight."

"I don't claim to have the education of an MP in parliament, but I do have a social education. I am clued up on the difference a U-turn decision would make on the 1.3 million vulnerable children across the UK who are registered for free school meals because 10 years ago I was one of them.

Following up on the open letter he published on Monday, Rashford wrote an article in the The Times newspaper, asking MPs to "help us break the cycle of hardship" of child poverty in the UK.

The 22-year-old wrote; "Today I focus on a trophy that stands for something much bigger than football,"

"I recognize that I have a valuable platform that allows my voice to be heard and I'm asking you to listen to the stories of these vulnerable families. People are hurting and we continue to ignore their cries for help."

PROMPT

- Although this is not a poem, listen to the tone in the footballer's voice. It's impassioned and ultimately, comes from a personal story. He relates to the cause.
- Note how the power of a personal story touches, causes a reaction and in this case, brought forth action.
- Write a reaction to this article. Perhaps it resonates with something in you or perhaps you've campaigned for something you feel passionate about.

OR

- Write about a U-Turn that's occurred in your life, caused either by you or by something else.

OR

- Use some of the words below to write your creative piece

Decision
Together
Cave
Help
Cry
Platform
Me
Voice
Open
Stand
Proud
Listen
Give
You
Break
Clue
Tonight
Difference
Letter
Cycle
Focus
Valuable
Ignore
Continue

The Forces Sweetheart, Vera Lynn A tonic for the troops

Dame Vera Lynn dies, aged 103

Vera Lynn was the original forces' sweetheart, singing "We'll Meet Again" to the soldiers serving abroad through the Second World War. Let's remember her life. Journalist Laura Barton meets her.

She is wearing powder blue. Her hair is smoky, yellowed, like nicotine-stained fingers. Dame Vera Lynn, the original forces' sweetheart, sits in her armchair and waits for me to begin.

I ask her about her early days, clambering on stage aged seven to sing and dance. She doesn't remember what she sang. She doesn't remember who chose the tune. Was she a show-off? "No, I was very serious at that age. I always took things very seriously. Always have done. But now you're getting onto my life story," she says, reproachfully. "And I don't want to talk about that." It's been a fascinating life, all the same.

Lynn was born Vera Margaret Welch in the East End of London in 1917, and sang in the working men's clubs, adopting her grandmother's maiden name for her stage name. By the 1930s she was appearing on radio broadcasts with the Joe Loss Orchestra, and singing with Charlie Kunz and the Ambrose Orchestra. Throughout the war she appeared at the London Palladium and the Holborn Empire, and toured hospitals and army camps. She has, among other things, hosted radio and television shows, starred in three films, written books, and was the first British artist to have a number one in America.

It was in 1939 that Lynn was voted the forces' sweetheart in a newspaper I couldn't believe they chose me in front of everybody else." Thereafter she went regularly to the camps, meeting the boys in the hospitals and in 1944 toured the troops in Egypt, India and Burma. "They said I was the go-between, telling them what was going on in London and singing requests from their mums or sweethearts." What set her apart from her contemporaries, and from the glamorous American stars like Betty Grable was, she thinks, her background. "I suppose they felt I was on a similar culture level. I was from the East End, and they were just lads."

"It's so important to get entertainment to the boys. There was so little said about the Burmese war. The Forgotten 14th, they called them. It meant so much to them that someone would go out there. I remember one of the boys saying, 'Home can't be that far away, 'cause you're here.' It shortened the distance somehow."

Lynn pulls out the top drawer of a dark, wooden cabinet, and rummages about for a plastic bag. It holds a tiny diary and a small purse, the size and shape of a pig's ear. She can barely read the diary - the pencil-scrrawl is fading. She wasn't supposed to keep a diary, she says, in case she was captured.

PROMPT

- Read the article above. Imagine the scenario; she is away from home, out in a war zone, offering song to the troops. Then when she is alone all she has is a 'tiny diary' and a pencil.
- Imagine what she might have written

OR

- Write a diary entry. This could be written as prose or in the form of a poem.

OR

- Use some of the words from the list below to write your creative piece.

Original
Sweet
Remember
Powder
Smoky
Meet
Distance
Heart
Armchair
Fingers
Home
Stain
Fading
Tune
Tiny
Orchestra
Nicotine
Level
Forgotten
Sing
Wooden

World Music Day 2020

Poetry Sara June 24th 2020

World Music Day 2020: Day To Make And Celebrate Music.



World Music Day started in 1982 in France as 'Fete de la Musique', a music festival.

World Music Day is celebrated every year on June 21 in over 120 countries including its country of origin France where it is known as '*Fête de la Musique*' meaning "*festival of music*" to honour both amateur and professional musicians. The day is celebrated to promote peace and spread goodwill through music. Many musicians and other organisations celebrate this day by organising concerts in parks, train stations, museums, and different other public places.

Music Quotes to celebrate World Music Day:

"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." Plato

"If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music." Albert Einstein

"Music is an outburst of the soul." Frederick Delius

"Music was my refuge. I could crawl into the space between the notes and curl my back to loneliness." Maya Angelou

"Music is a language that doesn't speak in particular words. It speaks in emotions, and if it's in the bones, it's in the bones." Keith Richards

"I think music in itself is healing. It's an explosive expression of humanity. It's something we are all touched by. No matter what culture we're from, everyone loves music." Billy Joel

"One good thing about music, when it hits you, you feel no pain." Bob Marley

PROMPT

- Read the quotes above.
- Select a quote you like to write your creative piece
- Bear in mind you could equally replace the word music with the word poetry - they both offer the same feeling.

OR

- Use some of the words from the list below to write your creative piece

**Soul
Universe
Wings
Mind
Humanity
Flight
Between
Imagination
Life
Forever
Touch
Daydream
Space
Notes
Curl
Language
Speaks
Healing
Expression
Feel**

**Oh music, pound across me,
bring happiness to the helpless
enhance my life with joy for another day.**

**You are like a cloud
one day friendly, another day harsh**

One day when you are faithful, we will be lovers.

**Oh music,
release my restraints
and sing with me.**

Perfume me with the scent of musk.

**You are the secret of beauty
a path with no way back.**

**Oh music!
flirt with a distant star
its distraction and mystery
its new discoveries.**

**Lull me with a nostalgic rhythm
so I remember the only one
I truly long for.**

Copyright: Bashir Al-Gamar

Bashir Al Gamar was born in Sudan and came to England as a political refugee in 1993 after being imprisoned for his poem: 'Patience on a Beach'. Since then he has lived in Brighton. Bashir is a poet, songwriter and composer. Since 1991 he has written and composed more than forty poems and songs, mainly in Arabic. Most of them are well-known in his home country with some having been recorded by Sudanese National TV and radio. Bashir has taken part in art exhibitions and poetry readings in Cardiff, London, Liverpool and Bristol. He is also a well-known proponent of the oud. His poetry deals mainly with his homeland, exile, human suffering and love and it is written in either classical Arabic or in Sudanese local dialect.

PROMPT

- Note how the poem reads. Be aware that it's been translated.
- Select a line you like and use to write your creative piece

OR

- Use some of the words from the list below to write your creative piece

Music
Enhance
Life
Happiness
Perfume
Secret
Cloud
Only
Love
Discover
Joy
Scent
Path
Flirt
Star
Mystery
Lull
Nostalgic
Rhythm
Distant