

# IN THIS OUR LAND



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 1630.18  
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 1980  
 MUSIC LP

INGS ABOUT AMERICA

arah Barchas



**Side One -**

- Band 1 In This Our Land 1:52
- Band 2 This Is the United States 1:36
- Band 3 Don't Let Others Think for You 1:04
- Band 4 The Bill of Rights 3:12
- Band 5 Balance of Power 2:37
- Band 6 Vote, Vote, Vote! 1:13
- Band 7 You Can Be What You Want To Be 2:00
- Band 8 It Takes Each One To Make This World a Little Bit Better 2:39

**Side Two -**

- Band 1 We Are Like A Patchwork Quilt 2:13
- Band 2 Why Did They Come Here? 4:19
- Band 3 The First Americans 1:38
- Band 4 Our Black Brothers 5:46
- Band 5 Askers and Doers 3:06
- Band 6 How Can We Be Good Americans? 1:40

*All words and music by Sarah Barchas ASCAP.*

*Wiley Ross was the able and patient recording engineer at Lee Furr's Recording Studio in Tucson.*

*Cecile Barchas, my mother, dear friend, and the kindest person I have ever known, has long been "keeper of the faith." She was also my personal producer.*

**The Artist:**

*Susan Jenkins is the artist who created the cover illustration. A person of many interests and abilities, she is a talented artist and photographer, a creative and innovative teacher, and a world traveler. Susan is a person who likes to keep expanding her horizons!*

## **IN THIS OUR LAND: Songs About America by Sarah Barchas**

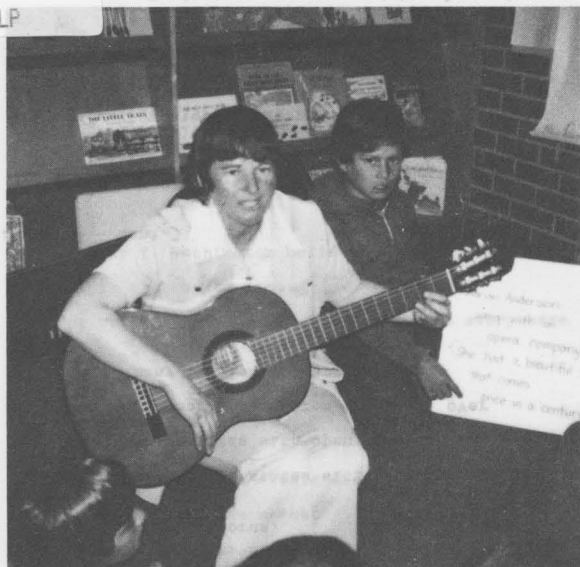
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# IN THIS OUR LAND

## SONGS ABOUT AMERICA

Sarah Barchas



### Introduction:

What makes America different? What makes America distinctive? First and foremost, we have strength through diversity. Ours is not a homogeneous society, not a melting pot with ingredients blended. We are very much a heterogeneous, multi-faceted people, differing in ethnic group, religion, background, culture, and belief, yet reaching toward common goals, common aspirations. Each group has made important contributions. Each individual can be a resource to others. We are indeed a "patchwork quilt...with strength stitched in each line."

From every country of the world, people came to America, whether across the ocean or across the border. Most came seeking a better way of life. Most came seeking a greater degree of individual freedom: freedom of choice, freedom of opportunity, freedom of belief, freedom of

expression. For most who came here, this country was a haven from oppression. It continues to be so for the many who still seek to be a part of America.

Yes, in our history there have been grave injustices. There has been corruption and waste. There has been abuse of power. Some of these errors may continue. We have many problems. We are imperfect.

Yet America also has greatness, in the resources and diversity of its land and of its people. It has greatness in building into its institutions balance of power, in which each of its major branches of government has ultimate checks against the others. It has greatness in building into its basic legal framework a Bill of Rights protecting and insuring certain vital individual and human rights. It has greatness in allowing the right to disagree. It has greatness in showing responsibility and compassion for helping needy countries and people throughout the world.

A country is only as great as its people. Yet each of us has the power to grow. Each of us has the power to reach toward aspects of our potential, and to extend to others beyond ourselves and our immediate concerns.

As a teacher, librarian, author, songwriter, and rancher, I know that the values of a people can be transmitted in many ways. But one of the most effective, and one of the most enduring ways, is through song. I have written these songs over a period of 14 years, trying to express how I perceive America, and what I believe about America. As long as we have the will, our aspirations as a people will survive. We are the key to the greatness in America. We can keep America growing.

### Dedications:

This record is dedicated to my father, Samuel Isaac Barchas, who to me embodies the best values that are America: distinct individuality, courage to express independent thinking, initiative, inner resources, strength of character, deep sense of justice, and strong sense of humanity.

"Don't Let Others Think for You" is dedicated to my sister, Judith Barchas Cohen, who has always had a free, independent spirit, and the courage to speak out her convictions.

"It Takes Each One to Make This World A Little Bit Better" is dedicated to my sister, Rachel Barchas Lieberman, who, in her work and life, lives the theme of this song.

"We Are Like A Patchwork Quilt" is dedicated to my brother, Rudy Barchas, who has warmth, zest for life, strength of character, and respect for diversity.

"Askers and Doers" is dedicated to my brother, Jack Barchas, M.D., who has always had the vision to ask questions and the perseverance to find answers, and whose important work in medical research enriches the lives of others.

"How Can We Be Good Americans" is dedicated to my brother, Mark Barchas, who is a reflective, resourceful person, a civic-minded, responsible citizen, and a conservationist.

"The First Americans" is dedicated to my brother, David Barchas, who has a deep sense of justice and a caring, compassionate heart.

"In This Our Land" is dedicated to my sister, Rebecca Barchas Gehrs, a person of honesty, depth, and insight, who always encouraged me in my music.

"Our Black Brothers" is dedicated to Martin Luther King Jr., whose dream and work for humanity brought all peoples closer together.

"Why Did They Come Here" is dedicated to my four Jewish grandparents, who immigrated to this country seeking a better life.

Side One - Band 1

### IN THIS OUR LAND

words and music by Sarah Barchas, ASCAP  
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1. The rivers, the valleys,                    3. The helping of people,  
the mountains, the sand.                    the joining of hands.  
There is much beauty                    We can make grandeur  
in this our land.                    in this our land.  
In this our land                    In this our land  
where I am free.                    where I am free.  
America is the land for me.                    America is the land  
for me.
2. The choices, the access  
to open a door.  
Here we have chances  
for something more.  
In this our land  
where I am free.  
America is the land for me.

THIS IS THE UNITED STATES

words and music by Sarah Barchas, ASCAP  
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Chorus: This is the United States,  
The United States of America.  
Fifty states are in our land,  
and they're all joined as one.

1. There are mountain states and there are prairie states  
and coastal states with stretching beaches.  
There are resources in farms and minerals,  
and in people's lives as each one reaches.  
(chorus)

2. We have problems that deal with energy,  
conservation, and pollution.  
But when we work to pull together,  
we figure ways to find solutions.  
(chorus)

3. There are crowded states with many industries  
and other states with open spaces.  
There are people here from the world over  
with many million different faces.  
(chorus)

DON'T LET OTHERS THINK FOR YOU

words and music by Sarah Barchas, ASCAP  
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Chorus: Don't let others think for you.  
You've got a brain, so use it too!  
Don't just use your neighbor's head.  
Think, and use your own instead.

1. Question, question.  
Big things are worth thinking about.  
Think, learn, and listen.  
Your thoughts are worth speaking out.

Chorus: Don't let others think for you.  
You've got a brain, so use it too!  
Don't use someone else's head.  
Think, and use your own instead.

2. Freedom of speech means  
We can say the way we see.

Say what you believe in.  
That's what helps to keep us free.

Chorus: Don't let others think for you.  
You've got a brain, so use it too!  
Don't just use your neighbor's head.  
Think and use your own instead.  
Think and question.  
Think, think, think!  
OKAY, I WILL! (spoken)

THE BILL OF RIGHTS

words and music by Sarah Barchas, ASCAP  
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Intro. The first ten amendments to the constitution  
made something great for the whole world to see.  
They helped us reach new heights.  
They made the Bill of Rights.  
They preserve freedom for you and for me.

1. The first amendment in the Bill of Rights says  
We can believe as we choose to believe.  
We can meet peaceably. We can petition.  
We can speak out and the press can speak out.

2. The second amendment in the Bill of Rights says  
Every free state must be strong and secure  
With a militia protecting its freedom.  
For that, the right to keep and bear arms.

3. The third amendment in the Bill of Rights says  
Soldiers cannot just take over our homes.  
In peace they cannot stay without permission.  
And in war, only in ways set by law.

4. The fourth amendment in the Bill of Rights says  
Unfair searches and seizures are wrong.  
There must be warrants showing probable cause,  
telling the place and the persons and things.  
5. The fifth amendment in the Bill of Rights says  
We must be given due process of law.  
Not be tried twice for the same offense.  
Not be a witness against ourselves.  
6. The sixth amendment in the Bill of Rights says  
We have the right to a fast public trial.  
Trial by a jury, with lawyers and witnesses,  
knowing the crime of which we are accused.  
7. The seventh amendment in the Bill of Rights says  
In civil suits we shall also have rights.  
Trial by a jury will be preserved.  
Once facts are tried, they need not be again.

8. The eighth amendment in the Bill of Rights says  
We shall not have to pay excessive bail.  
Nor shall a punishment be cruel or unusual.  
Nor shall we have to pay excessive fines.

9. The ninth amendment in the Bill of Rights says  
Constitutional listing of rights  
shall not be used to deny other rights,  
deny other rights that the people should have.

10. The tenth amendment in the Bill of Rights says  
Powers not given to the United States  
nor prohibited to all the states, are  
kept for the states and the people within.

End. The first ten amendments to the constitution  
made something great for the whole world to see.  
They helped us reach new heights.  
They made the Bill of Rights.  
They preserve freedom for you and for me.

BALANCE OF POWER

words and music by Sarah Barchas, ASCAP  
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1. They didn't want a king as ruler of this land.  
 One person, all-powerful, all-knowing.  
 We're a nation of many, and a nation of laws,  
 and we choose how we want to be going.  
 Chorus: Checks and balances, checks and balances.  
 Liberty with vigilance - that was the goal,  
 so that with three branches having  
 checks and balances,  
 Power wasn't likely to get out of control.
2. The legislative branch is the Congress of our land.  
 The House of Representatives and Senate.  
 They make the laws that we live by in this land  
 So vote for ones who really represent it.  
 (chorus)
3. The executive branch is the President.  
 Elected by the people to lead them.  
 To carry out the laws that we live by in this land  
 So vote for the person you believe in.  
 (chorus)
4. The judicial branch is the Supreme Court  
 Where nine judges face the problems squarely.  
 They rule on the laws that we live by in this land  
 So the best must be there to judge fairly.  
 (chorus)

VOTE, VOTE, VOTE!

words and music by Sarah Barchas, ASCAP  
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- Chorus: Vote, vote, vote, vote!  
 For heaven's sake, don't forget to vote!  
 Scratch your head and  
 clear your throat and  
 register and vote!

1. Listen to the candidates.

Find out what they say.

Put them to the test.

Figure who is best, and

Vote on Election Day!

(chorus)

2. Each vote matters.

Each vote counts.

Don't throw yours away.

You can help to choose

who will win or lose, so

Vote on Election Day!

Chorus: Vote, vote, vote, vote!  
 For heaven's sake, don't forget to vote!  
 Scratch your head and  
 clear your throat and  
 register and vote!

VOTE! (spoken)

YOU CAN BE WHAT YOU WANT TO BE

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Chorus: Little girl, little boy,  
 You can be what you want to be.  
 Little boy, little girl,  
 You can be what you want to be.

1. Set your sights to a star.

Even if you can't get that far,

You'll go further, further yet

than you otherwise ever could get.

(chorus)

2. While you can't be queens or kings,

You can be many other things.

You can never fully know

just how much is within you to grow.

(chorus)

3. Find an interest. Let it roll.

Set your aim on a reachable goal.

Then you work and then you try.

Then you don't let life pass you by.

(repeat verse 3)

(chorus)

IT TAKES EACH ONE TO MAKE THIS WORLD A LITTLE BIT BETTER

words and music by Sarah Barchas, ASCAP  
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1. If I litter up, and you litter up,  
 We shape this world when we litter up.  
 We're each just one, but we're part of all,  
 and it takes each one to make this world  
 a little bit better.
2. And if I waste, and if you waste,  
 We shape this world by how we waste.  
 We're each just one, but we're part of all,  
 and it takes each one to make this world  
 a little bit better.
3. And if I hate, and if you hate,  
 We shape this world by how we hate.  
 We're each just one...
4. But if I love, and if you love,  
 We shape this world by how we love.  
 We're each just one...
5. If I'm just for me, and you're just for you,  
 We shape this world by what we do.  
 We're each just one...
6. If I don't care, and you don't care,  
 We shape this world by whether we care.  
 We're each just one...
7. So I've got to care, and you've got to care  
 'Cause we shape this world by whether we care.  
 We're each just one...
8. Oh, I've got to care, and you've got to care  
 'Cause we shape this world by how we care.  
 We're each just one, but we're part of all,  
 and it takes each one  
 to make this world  
 a little bit better.

(repeat 2nd half last verse to end)

WE ARE LIKE A PATCHWORK QUILT

words and music by Sarah Barchas, ASCAP  
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1. We are not one fabric  
 One fabric of a single hue.  
 We cannot be only followers  
 that ride along a single point of view.  
 For we are like a patchwork quilt.  
 We are many.  
 From the rooftops we can shout  
 that the core of being free  
 is the right to disagree  
 in America, in America.  
 That's what freedom is about.
2. We are not a melting pot,  
 a melting pot that blends us as the same.  
 We can keep our own identity.  
 Diversity becomes our other name.  
 For we are like a patchwork quilt.  
 Different colors,  
 different textures and design.  
 Many different ways of seeing  
 and expressing and believing  
 shape America, shape America,  
 with strength stitched in each line.  
 (repeat 1st verse to end)

WHY DID THEY COME HERE?

words and music by Sarah Barchas, ASCAP  
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1. Why did they come here?  
 Why did they come here  
 from far across the sea?  
 Why did they come here?  
 Why did they come here  
 so many years ago?

They had a dream, a dream,  
 a dream for a better life.  
 And they held strong to that dream,  
 that dream for a better life.

To choose how to live and think and be.  
 And most of all, and best of all,  
 to live free.

2. Why did they come here?  
 Why did they come here  
 and leave their homes behind?  
 Why did they come here?  
 Why did they come here?  
 What did they hope to find?  
 They had a dream, a dream,  
 a dream for a better life.  
 And they held strong to that dream,  
 that dream for a better life.  
 To choose how to live and think and be.  
 And most of all, and best of all,  
 to live free.
3. Some who were brought here  
 Some who were brought here  
 felt hopes were crushed and still.  
 Some who were brought here  
 Some who were brought here  
 were brought against their will.  
 But even they had a dream,  
 a dream for a better life.  
 And they held strong to that dream,  
 that dream for a better life.  
 To choose how to live and think and be.  
 And most of all, and best of all,  
 to live free.
4. Still do they come here.  
 Still do they come here.  
 More come here every day.  
 Still do they come here.  
 Still do they come here  
 to seek another way.  
 They have a dream, a dream,  
 a dream for a better life.  
 And they hold strong to that dream,  
 that dream for a better life.  
 To choose how to live and think and be.  
 And most of all,  
 and best of all,  
 to live free.

THE FIRST AMERICANS

words and music by Sarah Barchas, ASCAP  
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1. The first Americans  
 The first Americans  
 The Native people were the first Americans.  
 They were here before any others of us came.  
 They were here before.
2. They knew of nature's ways.  
 They lived with nature's ways.  
 In dignity they learned how to give in nature's ways.  
 To use but not to waste  
 as they shared the land in trust.  
 The first Americans.
3. We took away their ways.  
 We took away their land.  
 We forced them to live where they did not understand.  
 We took away their rights  
 where they once roamed proud and free.  
 The first Americans.
4. The first Americans  
 The first Americans  
 America began with the first Americans.  
 They were here before any others of us came.  
 They were here before.  
 They were here before.  
 They were here before.

OUR BLACK BROTHERS

words and music by Sarah Barchas, ASCAP  
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1. Crispus Attucks was shot by the British  
 when our nation began.  
 He was the first to die for our country  
 to free every man.

ASKERS AND DOERS

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Chorus: For many Black Americans  
 helped our country to  
 live and grow.  
 And many many others of  
 our black brothers,  
 remember and know.

2. Frederick Douglass used his voice  
 and he used his pen.  
 He helped slaves to escape to the North  
 to become free men.

(chorus)

3. Booker T. Washington believed education  
 is the way to see.  
 He built a college for black students everywhere  
 at Tuskegee.

(chorus)

4. George Carver was a scientist  
 who found the means  
 To make hundreds of products from peanuts  
 and potatoes and beans.

(chorus)

5. Harriet Tubman lived 30 years  
 in slavery.  
 She helped more than 300 slaves  
 to escape to be free.

(chorus)

6. Matthew Henson was an Arctic explorer  
 who reached his goal.  
 He went with Peary to find and discover  
 the cold North Pole.

(chorus)

7. Charles Drew was a famous doctor  
 whom we can thank  
 Anytime we might need some help  
 from a plasma bank.

(chorus)

8. Jackie Robinson joined the Dodgers  
 and when he came,  
 They won the series and he was elected  
 to the Hall of Fame.

(chorus)

9. Marian Anderson sang with an  
 opera company.  
 She had a beautiful voice that comes  
 "once in a century."

(chorus)

10. Milton Olive was a very brave soldier  
 whose life did end  
 When he threw himself on a hand grenade  
 to save his friends.

(chorus)

11. Thurgood Marshall was a Civil Rights lawyer  
 who took a stand.  
 He became justice in the highest court of law  
 in our land.

(chorus)

12. Martin Luther King was a great leader  
 who showed the way.  
 He had a dream, and he shared the dream  
 that we can live by today.

Chorus: For many Black Americans  
 helped our country to  
 live and grow.  
 And many many others of  
 our black brothers,  
 remember and know.

(repeat chorus to end)

1. Who invented the telephone?

I can tell you very well.

Who invented the telephone?

Alexander Graham Bell,

And the people before him and the people before him  
 and the people before him who paved the way.

Chorus: History points to the askers and doers.

Asking, Doing.  
 Times will keep changing and  
 minds will keep ranging.  
 Asking and doing their way.

2. Who invented the telegraph?

I can tell you. Yes, of course.

Who invented the telegraph?

It was Samuel F. B. Morse,

And the people before him and the people before him  
 and the people before him who paved the way.

(chorus)

3. Who invented electric light?

Someone said it could be done.

Who invented electric light?

Thomas Alva Edison,

And the people before him and the people before him  
 and the people before him who paved the way.

(chorus)

4. Who invented the first airplane

in an engine-powered flight?

Who invented the first airplane?

It was Wilbur and Orville Wright,

And the people before them  
 and the people before them,  
 and the people before them who paved the way.

Chorus: History points to the askers and doers.

Asking,  
 Doing.  
 Times will keep changing and  
 minds will keep ranging.  
 Asking and doing their way.

(repeat chorus)

**HOW CAN WE BE GOOD AMERICANS?**

words and music by Sarah Barchas, ASCAP  
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1. How can we be good Americans?

That is the question we're asking today.

How can we be good Americans?

Answer that if you may.

**OTHER  
RECORDS  
BY  
Sarah Barchas**

For complete listing of  
1700 record albums and  
children's catalog and Ella  
Jenkins' flyer and Ethnic  
Peoples and Places listing  
write to

Folkways Records  
43 W. 61st Street,  
New York, N.Y. 10023

2. We can know the rights and show the rights  
that we can each live by.  
We can know that there is more to life  
than me, myself, and I.  
We can help protect the land  
and the creatures that are there.  
We can reach out to others.  
We can show them that we care.

3. How can we be good Americans?

That is the question we're answering now.

Just to try in every way

to be better human beings.

That's how.

That's how.

That's how!

(repeat verse 2 & 3 to end)



LITHO IN U.S.A.