

July, 2026
SongFarmers Cultivator Newsletter
“Danged!!! It’s Hot”



Hello SongFarmers,

There is a saying in the south – “Never stand in the sun when you can sit in the shade”. Oh yes! This should be in Life’s Wisdom. The hot, relentless, rays of the summer sun will, no doubt, be the bane of many musicians this time of year. You’ve heard it before and I’m laying it on the table again. Take care of yourself!

- * **Keep the sun off your skin.** Light-weight clothing. Preferably with some built-in Sun Protection Factoring. Play in the shade. Some Chapters have purchased or share pop-up shade canopies. They are Great! Light colored tops work well, but any shade is good shade.
- * **Take care of your eyes.** A good brimmed hat, and/or sunglasses.
- * **STAY HYDRATED!** Times 4. Drink more than you think you need. Be aware that caffeinated beverages can play tricks on you and can actually cause dehydration.
- * **Take frequent rests** (I was going to say take breaks but the bluegrass crowd would just play harder!). You may not feel you need rest from playing and singing but your body does.
- * **Try to avoid the mid-afternoon** brutality of Summer. Our friends down south know the value of Siesta time. It works North of the border also.
- * **Sit, don’t stand** to play in SongFarmer Jams if you can. Remember, “A wise SongFarmer always brings a comfortable chair. Most of our SongFarmers have met the “Age of Stature” and do not need to stand all the time.
- * **If you start to feel dizzy, tell someone** so they can keep a lookout for you.

These are just a few ideas to be aware of during the summer months. Be careful out there.

We are seeing continued roots growth of local SongFarmers Clubs. Please don’t hesitate to contact us with your suggestions. The Contact for newsletters is me, Perry Brake – my email is jpbrake5@gmail.com

That’s it for July 2026.
Stay Hydrated and In the Shade!

Perry Brake

SongFarmer and doer - my sweaters are not packed away !!

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