



BETH FRACK

SEASONINGS

SONGS TO ADD A PINCH OF HOPE AND A DASH
OF JOY TO THE HEART OF EVERY CHILD!



SUMMER

BUGGIE WUGGIE BOOGIE

Chorus: Let's do the buggie wuggie
hoochy koochy shoo shoo fly.
Let's do the buggie wuggie hoochy koochy
shoo shoo fly.
Let's do the buggie wuggie hoochy koochy
shoo shoo fly.
As we're watching all the little bugs
a boogie-ing by.
Shoo shoo buggie wuggie, woooooo!
Shoo shoo buggie wuggie, woooooo!

- 1) Ladybugs, beetle bugs, crickets and flies,
June bugs and caterpillars boogie by.
See the Praying mantis rubbing his hands.
He is the director of the Buggie Wuggie Band.
- 2) Fireflies, dragonflies, mosquitoes and gnats,
Butterflies, bees and big, red ants.
Grasshoppers hoppin' to the beat.
Centipedes are dancing with a hundred little feet.

ALL ON A SUMMER'S DAY

1) One old owl organizing olives.
One old owl organizing olives.
One old owl organizing olives
all on a summer's day.

Chorus: Little children laugh and sing, counting
funny little things, all on a summer's day.

- 2) Two tall toads tapping tambourines.
Two tall toads tapping tambourines.
Two tall toads tapping tambourines
all on a summer's day.
- 3) Three tan tigers tasting tacos.
Three tan tigers tasting tacos.
Three tan tigers tasting tacos
all on a summer's day.

4) Four fat flies finger painting frogs.
Four fat flies finger painting frogs.
Four fat flies finger painting frogs
all on a summer's day.

I GOT A BOO-BOO

I got a boo-boo on my elbow.
I got a boo-boo on my knee.
I got a boo-boo on my "whoooooo"
When I fell out of the apple tree.

Chorus: I got a boo-boo.
Hey, you wanna see my boo-boo?
My boo-boo is really neat. I'll show you.
Just have a seat!


I got a boo-boo on my forehead.
I got a boo-boo on my chin.
I got a boo-boo on my "whoooooo"
When I fell off of my bike again!

Bridge: When I fall down and get a little boo-boo,
That's when I cry out with a little boo-hoo!
Clean it all up and the tears will fade,
When mom covers it with a cool Band-aid!

JUNGLE FEVER

Jungle fever. Jungle, jungle jive!
Jungle fever. Jungle, jungle jive!
See all the elephants* gather.
See all the elephants* gather.
See all the elephants* gather to dance, 2, 3, 4!
Humm! Humm! Humm! Humm!
Humm! Humm! Sit Down!

Verse 2) *Monkeys
Verse 3) *Parrots
Verse 4) *Lions
Verse 5) *Animals



APPLE MEDLEY

A.P.P.L.E.

Sandy McFalls

I have a fruit that's *red and round,
*red and round, *red and round.

I have a fruit that's *red and round,
and this is how it's spelled.

A P P L E. A P P L E.

A P P L E. A P P L E. "Apples!"

Verse 2 *green and round

Verse 3 *yellow and round

TEN LITTLE APPLES

I have 10 little apples sitting on my head.*

Yes, I do! (2x)

"Stack 'em up!" 1,2,3,4,5,6,7,

8,9,10 stacked up to heaven!

I have 10 little apples sitting on my head.* Yes, I do!

Verse 2 *knee

DON'T SIT UNDER THE APPLE TREE

L. Brown, C. Tobias, S. Stept

Words adapted by Beth V. Frack

Don't sit under the apple tree with anyone else but me,
anyone else but me, anyone else but me.

"No, no, no!"

Don't sit under the apple tree with anyone else but me,
And we'll drink some apple juice!

Don't sit under the apple tree with anyone else but me,
anyone else but me, anyone else but me. "No, no, no!"

Don't sit under the apple tree with anyone else but me,
And we'll drink some apple J. U. I. C. E. juice!



FALL

HALLOWEEN

Chorus: Halloween, Halloween, I love Halloween.

Give me lots of candy! Give me lots of treats!

I think Halloween is neat!

1) If I were to dress up, I would be cute.

I wouldn't be a scary goblin in a suit.

I might be Cinderella or Peter Pan,

So I'd get lots of candy put in my hand. "Yes!"

2) If I were a Jack-o-lantern,

I wouldn't be a scary face for all to see.

I would be a happy face smiling all day

For all the Trick-or-Treaters coming my way. "Boo!"

NOVEMBER

Words: unknown; Tune: Beth V. Frack

No green grass, no blue skies,

No bare feet a-walkin' by.

No birds, no bees, no flowers in the trees,

No---vember!

No, no, no no green grass, no, no, no, no blue skies.

No, no, no bare feet a-walkin' by.

No, no, no, no birds, no, no, no, no bees, no, no,

no, no flowers in the trees,

No---vember!

I AM THANKFUL

I am thankful for the grass.

I am thankful for the trees.

I am thankful for my head, my eyes,
my hands, my knees.

I am thankful for the sun and the rain, too.

And today I'd like to say, "I am thankful for you!"

NATIVE AMERICANS

Hey yo ya ya ya ya! We are Native American boys.

Hey yo ya ya ya ya! We are the bravest of braves.

We are Native American girls.

We make the clothes and cook the food.

We are Native American girls. We have so much to do.

"Woooo!"

SNOWFLAKE BALLET

Snow is falling, gently falling, falling all around.
Snow is falling, softly falling, covering the ground.
We can make a snowman tall from a tiny,
round snowball.
We can slide down hills. Let's go!
And make an angel in the snow, angels in the snow.

I WANT TO BUILD A SNOWMAN

Chorus: I want to build a snowman,
a snowman, a snowman.
I want to build a snowman
and I know what I'll need.

- 1) First I'll need some snowflakes
gently tumbling down.
Snowflakes, snowflakes covering the ground.
- 2) Next I'll need some snowballs.
Rolling them is fun.
Snowballs, snowballs, stack them one by one.
- 3) Then I'll need some fun things for everyone to see.
Fun things, fun things, to make him look like me:
A carrot, coal, seeds, and sticks,
A Hat, scarf, and buttons will do the trick!

SANTA

Santa wore a velvet vest, wrapped around
his big old chest,
With a ho, ho, ho, and a hee, hee, hee,
And he popped his buttons one, two, three.

Santa made so many toys, one for every girl and boy,
With a ho, ho, ho, and a hee, hee, hee,
And a little old elf sat on his knee.

Santa climbed into his sleigh,
called to his reindeer "Pull away!"
With a ho, ho, ho, and a hee, hee, hee,
And he's on his way to come see me!
With a ho, ho, ho, "Ho! Ho! Ho!"
And a hee, hee, hee, "Hee! Hee! Hee!"
And he's on his way to come see me!

TE AMO

Te amo, te amo, te amo, I love you.
Te amo, te amo, means I love you. Sí, sí.
Te amo, te amo, te amo, I love you.
Te amo, te amo means I love you.

Gracias for being the best friend*
in the whole wide world.
Gracias for being the friend* that I love.
Una vez mas!

teacher, parents, etc.*



WINTER



SPRING

SPRINGTIME

Springtime is my favorite season.
I love it for many reasons.
I love the flowers and I love the trees.
I love the blossoms that blow in the breeze.
I love the green grass though it makes me sneeze,
'Cause I love spring.

Springtime is my favorite season.
I love it for many reasons.
I love to listen to birds as they sing.
I love the rain and the rainbows it brings.
I love to sit on my front porch and swing,
'Cause I love spring.

Bridge:

Easter eggs, jelly beans, chicks and bunnies too.
Days are not too hot or cold 'neath the skies so blue.

I'M GROWING UP

I'm growing up. I'm growing up.
I'm going to school, going to school.
No more baby days for me,
I'm off to school, big time school.
I'm going to Kindergarten. Look out world, it's me!
I might become a fireman, a teacher or a vet, or
President of our great country.
"Now that's a scary thought!"
I'm growing up. I'm growing up.
I'm going to school, going to school.
No more baby days for me, I'm off to school,
big time school.
"Adios, Au revoir, Auf Wiedersehen, Goodbye."
I'll be going off to college in the twinkling of an eye!

FLY AWAY, BUTTERFLY

Chorus: Fly away, butterfly. Fly away, butterfly,
beautiful butterfly.
Fly away, butterfly. Fly away, butterfly,
beautiful sight to my eyes.

1) Three little butterflies flutter and flutter.
One flies away from one bush to another.
Now there are two.

2) Two little butterflies flutter and flutter.
One flies away from one bush to another.
Now there is one.

3) One little butterfly flutters and flutters.
One flies away from one bush to another.
Now there are none.

I LIKE TO SING

I like to sing, sing, sing about everything.
I like to sing, sing everyday.
I like to sing, sing, sing about everything,
'Cause singing washes my blues away.

I like to sing on Sundays sa-la-la.
I like to sing on Mondays ma-la-la.
I like to sing on Tuesdays ta-la-la.
I like to sing on Wednesdays wa-la-la.
I like to sing on Thursdays tha-la-la.
I like to sing on Fridays fa-la-la.
Then on Saturdays I do-re-mi my day away.

Ending: 'Cause singing washes, scrub-a-dub-dub,
My blues, boo-hoo-hoo, away.
I like to sing!

JUNIOR BIRDMAN

Traditional

Up in the air, Junior Birdman,
Up in the air, upside down.
Up in the air, Junior Birdman,
Keep your nose up off the ground.
When you see the flash of tin, "flash, flash!"
When you hear the doorbell ring, "ding dong!"
Then you will know that Junior Birdman
Has turned his box tops in.
B I R D M A N, Birdman, Birdman.
(plane sounds)

MORE LYRICS

OTHER SIDE



Seasonings is dedicated to my mom, Jewel Vance. She is a fighter and has played an important role in helping me to persevere in everything I do. Many thanks to everyone who helped make this CD become more than a dream! Thank you for your prayers and encouragement. May Seasonings bring you many hours of enjoyment! – Beth

All songs written by Beth V. Frack unless noted otherwise.

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Executive Producer: Beth Frack

Tracks arranged, programmed and recorded by: Seth Frack

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*soloists

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SUMMER

1. Buggie Wuggie Boogie
2. All On A Summer's Day
3. I Have A Boo Boo
4. Jungle Fever

FALL

5. Apple Medley
6. Halloween
7. November
8. I Am Thankful
9. Native Americans

WINTER

10. Snowflake Ballet
11. I Want To Build A Snowman
12. Santa
13. Te Amo

SPRING

14. Springtime
15. I'm Growing Up
16. Fly Away, Butterfly
17. I Like To Sing

Tag: Junior Birdman

