

BUFFY SAINTE-MARIE // *Medicine Songs*

You Got to Run

“Learning to overcome the odds is what makes a champion, to be your own best friend beyond the money, the greed and the prize.”

*Whether you're woman or whether you're man
sometimes you got to take a stand
Just because you know you can
You got to run You got to run*

*Trying against the odds you're in a trance
Say who did you think you are to have a chance
You're a no one from a place where everyone
knows your face the come and go way they know the sun
So you better hold on and hey you better run
cause here's your chance and your race has begun.*

The War Racket

“Billionaire bullies on both sides collude in wars that suck money out of the heart of both domestic economies and into the big pockets at the top. It's a racket and it's obscene.”

*You billionaire bullies; you're a globalized curse
You put war on the masses while you clean out the purse*

*and that's how it's done war after war
You old feudal parasites just sacrifice the poor
You've got the cutting edge weapons but your scam's still the same
as it's been since the Romans: it's the patriot game
It's the war racket*

Starwalker

“Portraits of indigenous healers, activists, wisdom keepers, health sustainers, intellectuals. Some of the names mentioned are real people.”

*Starwalker don't drink no wine.
Wolf Rider she's a friend of yours
You've seen her opening doors
She's a history turner
She's a sweetgrass burner
and a Dog Soldier*

My Country 'Tis of Thy People You're Dying

“Indian 101 for people who've been denied the real history of how indigenous people in North America got to be in the tragic states of affairs most suffer today: poor health, domestic insecurity and poverty. I wrote it in the 1960s before people used the word *genocide* or acknowledged the indigenous holocaust of the Americas, or the horror of residential schools.”

*And yet where in your history books is the tale
of the genocide basic to this country's birth?*

*Of the preachers who lied?
And the people who died?*

How a nation of patriots returned to their earth?

*And where does it tell of the starvation hell
As the children were herded, and raped, and converted?
And how do we comfort the missing and murdered?
My country tis of thy people you're dying.*

America the Beautiful

“I wrote two new sections to the classic song by Katherine Lee Bates and Samuel Ward.”

*There were Choctaws in Alabama
Chippewas in St. Paul
Mississippi mud runs like a river in me
America – Oo she's like a mother to me*

*There were cliff towns in Colorado
Pyramids in Illinois
Trade routes up and down the Mississippi River to see
America – Oo she's like a mother to me...*

*O beautiful for vision clear
that sees beyond the years
Thy night time sky
Our hopes that fly
undimmed by human tears
America, America
God shed His grace on thee
Til selfish gain no longer stain
the banner of the free*

Carry It On

“This is my favourite song. It reboots me and sets me straight, whatever's going on.”

*Hold your head up
Lift the top of your mind
Put your eyes on the Earth
Lift your heart to your own home planet
Look right now
and you will see we're only here
by the skin of our teeth as it is
so take heart and take care of
your link with Life and
Carry it on*

*It ain't money that makes the world go round
That's only temporary confusion
It ain't governments that make the people strong
It's the opposite illusion
Look right now
and you will see they're only here
by the skin of our teeth as it is
so take heart and take care of
your link with Life*

*Life is beautiful
if you got the sense to take care
of your source of perfection
Mother Nature She's the daughter of God
and the source of all protection*

*Look right now
and you will see she's only here
by the skin of her teeth as it is
so take heart and take care of your link with Life
and carry it on*

Little Wheel Spin and Spin

“The little hatreds we host in our hearts add up to be the big things we hate about the world. The gear-like interaction of private and public actions, what goes around comes around.”

*'Oh the sins of Caesar's men' cry the pious citizens
who petty thief the 5 & 10s and the big wheels turn around and around*

*Blame the angels, blame the fates, blame the Jews or your sister Kate
Teach your children how to hate and the big wheels turn around and around*

Little wheels spin and spin and the big wheels turn around and around

No No Keshagesh (No No Greedy Guts)

"Keshagesh means greedy guts in Cree. It was the name of a puppy who would eat his own dinner, and then want everybody else's too. The song is about counterbalancing environmental greed. I loved writing the strings for this song."

Got Mother Nature on a luncheon plate - they carve her up and call it real estate
want all the land & resources - they make a war over it - blow things up for it
The reservation out at Poverty Row trying to save our Mother Earth I'm gonna help em to save it
singing No no Greedy Guts, you can't do that no more.

Soldier Blue

"This song is more ma-triotic than patriotic. Think crickets, not guns. A contrast between the nation-state America and natural North America, from toe to crown."

*Yes this is my country.
Young and growing.
Free and flowing. Sea to sea.
Yes, this is my country.
Ripe and bearing miracles
in every pond and tree.*

*Her spirit walks the high country.
She's giving free wild samples.
And setting an example how to give.
Yes this is my country
Retching and turning
She is like a baby learning how to live*

Priests of the Golden Bull

"Uranium is a presence in Indian Country, and so are predatory energy companies. The Windego is a greed monster like the European idea of a vampire."

*Who brought the bomb wrapped up in business cards
and stained with steak?*

*We're starving in a handful of gluttons
We're drowning in their gravy spills*

*Who puts outspoken third worlders in jail
just to shut them down?
The lies vary from play to place
but the truth is still the same
even in this town.*

Universal Soldier

"A song I wrote in 1961 about individual responsibility for the world we're living in. I wish it didn't still make sense."

He's five feet two and he's six feet four
He fights with missiles and with spears
He's all of 31 and he's only 17
He's been a soldier for a thousand years

Without him Caesar would have stood alone
He's the one who gives his body
as a weapon to a war
and without him all this killing can't go on

He's the universal soldier and
His orders come from far away no more
They come from him, and you, and me
and brothers can't you see
this is not the way we put an end to war.

Bury My Heart at Wounded Knee

"The theft of uranium lands from the Pine Ridge reservation during the Nixon administration led to incidents involving Annie Mae Aquash, Joe Stuntz and Leonard Peltier."

*I learned a safety rule,
I don't know who to thank
Don't stand between the reservations
and the corporate banks
They send in federal tanks
It isn't nice but it's reality*

*Bury my heart at Wounded Knee
Deep in the Earth
Cover me with pretty lies
bury my heart at Wounded Knee.*

Power in the Blood

"Contemporary issues: You can kill me but you can't provoke me into becoming a killer. I modified A3's original violent lyrics and turned it into a peace song, with A3's blessing."

*No time for spin-doctors' medicine
Corporation government selling me some cover-up
Weaponizing pesticides; poisoning my groceries
Nothing but another drug, a license they can buy and sell*

*I don't mind dying
Well I don't mind dying
I don't mind dying
But when that call it comes I will say no no no to war*

*There's military interest. There are GMOs in paradise
Bio-weapons high up on the call sheet
Young soldiers driving tanks
but old thieves they run the banks*

The following songs are available on the Digital release

Disinformation

“This song takes place in the world of mercenaries & spies, James Bond types who compete for excellence in the deadly acts of a corrupt system.”

*Coincidence and likely stories
they dog your trail like a pack of lies*

They whine at night when the lights are out - You toss and turn- You pitch and roll

Disinformation, you spin it like a silkworm

They send you out rerouting history to make the same old mistakes in a brand new way

*Creative thinking in the first degree - You're a three-way mirror of a one-way world
It's a perverse company you work for, they build the past, it just can't last, it's obsolete by design*

Fallen Angels

*I got a man in the business line
He power hungry, he's a money mine
Smooth as satin he's a big time shark
Fallen Angel
I got a brother, oo he mean as sin
He got a brother who's just like him
Living over in Moscow, 2 of a kind.
How come the great power got the
junkie mind*

*Fallen angels never get enough
They got the addictions Doncha wanna turn em around*

Now that the Buffalos Gone

"This is the first song about indigenous people most radio listeners ever heard. Although it's about a specific incident (the breaking of a treaty and eviction of the Senecas to build Kinzua Dam for which there were many alternative sites), the song was used to spotlight many similar issues in the 1960s and 1970s."

*Oh it's written in books and in song
that we've been mistreated and wronged
Well over and over I hear those same words
from you good lady and you good man
Well listen to me if you care where we stand
and you feel you're a part of these ones*

*When a war between nations is lost
the loser we know pays the cost
but even when Germany fell to your hands
consider dear lady, consider dear man
you left them their pride and you left them their land
and what have you done to these ones*

*It's here and it's now you could help us dear man
Now that the buffalo's gone*

Generation

"Life goes on in spite of bank fraud, bozo politicians and bad parenting."

*Kids were sent from heaven inside to lead you to the future
Wrap their eyes in blindfolds and still they'll find their way
Blind their lives with pills and lies and still they find their vision
And soon they'll leave you to your yesterday*

*I talked to seven congressmen their ears were filled with gold
that their grandfathers had stolen out of the Black Hills
Round & round the dance goes on and the children are Idle No More
and Mother Earth just keeps on giving while we're ripening*

The Big Ones Get Away

"Loving a company guy. Some men will do anything to be the hero. Corruption, coverups, taking the blame for crooked politicians. Your own chances to do miracles get away from you while you help the big bosses get away with murder."

*Now if I were the queen of all the world
I would go in chains just to see you free
Of the ropes that bind you
And the role you play
And the pride that hooks you
While the big ones get away*

*Love junkies wanna change the world:
It quickly stays the same
and money junkies hire all the smart ones
Power junkies run the game*

*With angels on the take
and the gangsters in the yard
Hey don't the wars come easy
Hey don't the peace come hard*

Workin for the Government

“A little tongue in cheek powwow rocker about some of our favourite assassins like James Bond and G.I. Joe.”

*Hot war Cold war
M-m-m-money and guns
It's all the same to him he
Workin for the government*

*Your country My country
Gun for hire y'all
Mercenary 101 he
Workin for the government*



Medicine Songs will be released on November 10, 2017 via True North Records. For further information, high-resolution photography, interview and album review requests please contact:

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