

Sarah Aroeste



Ora de

Despertar



Ora de despertar, or “time to wake up,” is my way of helping to ensure that Ladino music and culture gets passed down to a new generation. Inspired by my first daughter, and recorded while pregnant with my second, I wanted to leave a lasting legacy for my children and for other families searching for ways to keep Ladino alive for young ones. The work on this album is a wake up call for parents, and the outside world, that we need to open our eyes and teach our children before it is too late.

I believe that music should transcend, no matter the language. These songs happen to be in Ladino. My wish is that families of any background will enjoy the songs for what they are—fun, spirited and catchy. And that people of all ages, young and old, will be exposed to some simple and entertaining Ladino along the way! Whether through learning about times of the day, foods, body parts, numbers, nature items and more, I hope that you, the listener, will be inspired by my daughter’s laughter (Track 10) and will share in many smiles and memories of your own.

It’s time to wake up.

- Sarah Aroeste

Track 1

Ora de despertar

El sol briya en mi ventana
Las solombras baylan
Los pasharos djugan afuera
I sus kantes kantan

Ora de despertar, ora de despertar
Ora de aferrar el dia!
Ora de despertar, ora de despertar
Es un nuevo dia!

Estiro los brazos
I los dedos de los piezes
Traigo las piernas
Asta las orejas
Ora de despertar...

Salto de la kama
Me meto mis panyos
Me lavo los dientes
Ato los zapatos
Ora de despertar...

Saludo a mis ermanos,
Mi perro i mis gatos
Komo mi dezayuno,
Mis parientes me dan bezos.
Ora de despertar...

Time to wake up

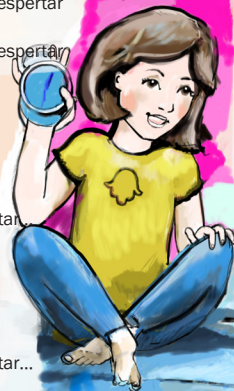
The sun shines through my window
The shadows dance along
The birds all play outside
As they sing their song

Time to wake up, time to wake up
Time to catch the day!
Time to wake up, time to wake up
It’s a brand new day!

First I stretch my arms
And then I do my toes
Then I lift my legs
Right up until my ears
Time to wake up...

I jump out of my bed
I dress myself in clothes
Then I brush my teeth
And I put on my shoes
Time to wake up...

I greet my siblings hello,
My dog and my kittens
Then I eat my breakfast,
And my parents give me kisses.
Time to wake up...



Track 2



Mealtimes

I like to eat eggs
And drink a cup of milk
I like my toast
And to finish with some fruit

Breakfast, yes breakfast
The morning meal of the day!
Breakfast, yes breakfast
The first meal of the day!

I like to eat tomatoes
And drink some lemonade
I like a sandwich
And to finish with some fruit

Lunch, yes lunch
The afternoon meal of the day!
Lunch, yes lunch
The second meal of the day!



Las comidas

Me plaze komer huevos,
Bever una kupa de leche
Me plaze pan tostado
I eskapar kon fruta

El dezayuno, el dezayuno
La komida de la demanyana!
El dezayuno, el dezayuno
La primera komida del dia!

Me plaze komer tomates
I bever limonada
Me plaze un sanvich
I eskapar kon fruta

La komida de la midi
La komida de medio dia!
La komida de la midi
La segunda komida del dia!

Me plaze komer spinaka,
Bever una kupa de agua
Me plaze un gran biftek
I eskapar kon fruta

La sena, si la sena
La komida de la noche!
La sena, si la sena
La tresera komida del dia!

I puede ser, si puede ser,
Vo a resivir koza ke m'agrada
Si so buena, mi mama me dara
Koza dulce para komer

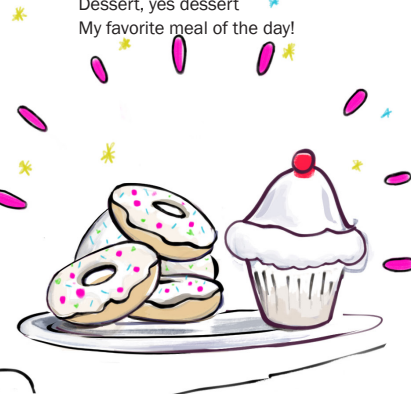
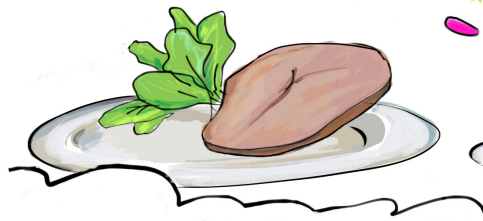
Dulce, si dulce
La mijor komida del dia!
Dulce, si dulce
Mi komida preferada!

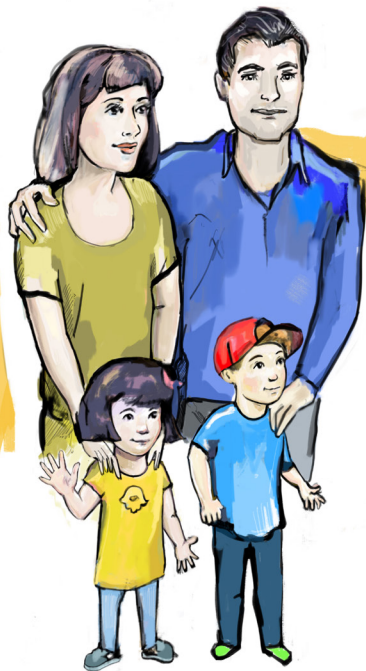
I like to eat spinach
And drink a cup of water
I like to eat a steak
And finish with some fruit

Dinner, yes dinner
The evening meal of the day!
Dinner, yes dinner
The third meal of the day!

And maybe, yes maybe,
I'll get a special treat
If I'm good, my mother will give me
Something sweet to eat

Dessert, yes dessert
The best meal of the day!
Dessert, yes dessert
My favorite meal of the day!





Track 3

Mi famiya

Te kero bien, sos mi kerido, sos mi kerido ijiko
Te kero bien, sos mi kerida, sos mi kerida ijika
Te kero bien, sos mi kerido, sos mi kerida kriatura

Te kero bien, sos mi kerida, sos mi kerida mama
Te kero bien, sos mi kerido, sos mi kerido papa
Vos kero bien, sosh mis keridos, sosh mi kerida famiya

Yo yo yo...Tu tu tu...Mozotros moztros moztros...

My family

I love you, you are my dear one, you are my dear son
I love you, you are my dear one, you are my dear daughter
I love you, you are my dear one, you are my dear child

I love you, you are my dear one, you are my dear mother
I love you, you are my dear one, you are my dear father
I love you, you are my dear ones, you are my dear family

Me, me, me...You, you, you...We, we, we...

Track 4

Saludos

“Ke haber” es un saludo amavle, si mos plaze ver a amigos

Ke haber, shalom, bonjur, buenos días, o buyrun!

Puedes dizirlo a tus amigos, i a tu famiya tambien

Puedes dizirlo en kaza, o afuera en la kaye

Puedes dizirlo en la demanyana, la tadre o la noche

Puedes dizirlo siempre, kuando estas alegre o triste

Ama no puedes dizirlo... si keres dizir adio!

Buenos días

Greetings

“What’s new” is a happy greeting, when we’re glad to see our friends

What’s new, greetings, hello, good day, welcome!

You can say it to your friends, and to your family too

You can say it in your house, or outside on the street

You can say it in the morning, the afternoon or night

You can say it anytime, when you’re happy or you’re sad

Only time you might not want to say it... is if you mean goodbye!

Ke haber



Buyrun

Track 5

Kualo tienes?

Kualo tienes, kualo tienes, kualo tienes, presiado?
Si te sientes triste, o te tuye el korason
Te abrasare i te alivianare la dolor.

Kualo tienes, kualo tienes, kualo tienes, presiada?
Si te sientes triste o tu korason sta kansado
Te abrasare i te alivianare la dolor.

Kualo tienes, kualo tienes, kualo tienes, presiado?
Si te sientes triste, o tu korason sta konfundido
Te abrasare i te alivianare la dolor.

Kualo tienes, kualo tienes, kualo tienes, presiada?
Si te sientes triste o te manko mucho
Te abrasare i te alivianare la dolor.

What's wrong?

What's wrong, what's wrong my precious boy?
If you're sad, or if your heart is hurting
I will hold you and help to mend the pain

What's wrong, what's wrong my precious girl?
If you're sad, or if your heart is tired
I will hold you and help to mend the pain

What's wrong, what's wrong my precious boy?
If you're sad, or if your heart is confused
I will hold you and help to mend the pain

What's wrong, what's wrong my precious girl?
If you're sad, or if you miss me much
I will hold you and help to mend the pain



Track 6

Las manos

Las manos son para dentener!
Los brasos son para abrasar!
Las karas son para piliskar!
Los mushos son para bezar!

Los ojos son para ver
Las orejas son para sentir
La nariz es para goler
La boka es para komer

Las manos...

La garganta es para tornar
Los ombros son para alevantar
Los kovdos son para arimar
Los dedos son para tokar

Las manos...

Las piernas son para saltar
Los djenoyos son para asentar
Los piezes son para kaminar
Los dedos del pie son para menear

Las manos...

Hands

Hands are for holding!
Arms are for hugging!
Cheeks are for pinching!
Lips are for kissing!

Eyes are for seeing
Ears are for listening
A nose is for smelling
A mouth is for eating

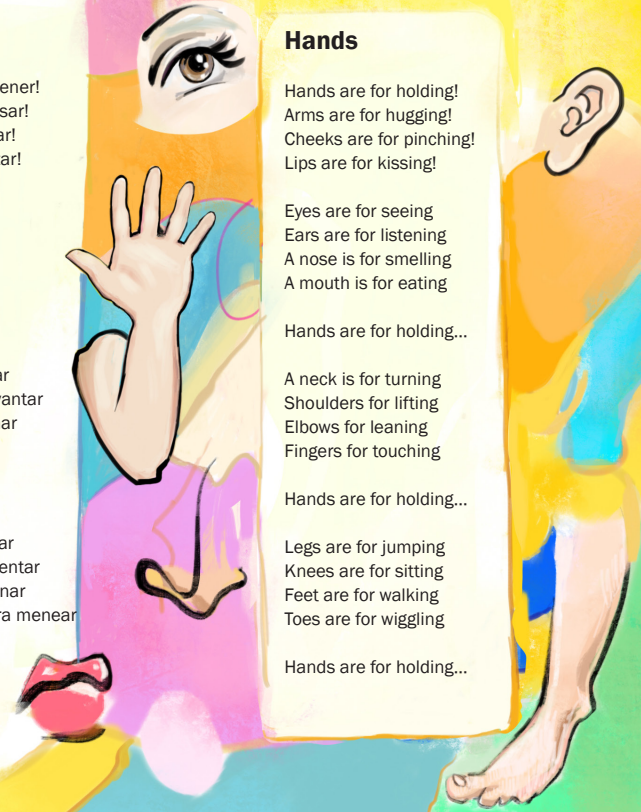
Hands are for holding...

A neck is for turning
Shoulders for lifting
Elbows for leaning
Fingers for touching

Hands are for holding...

Legs are for jumping
Knees are for sitting
Feet are for walking
Toes are for wiggling

Hands are for holding...



Track 7

Kuantos animales

Kualos animales ay en el chifiik?
Lo se, lo se, ay muchos!

Kuantos gayos ay en el chifiik?
Lo se, lo se, ay uno! Kikiriki...

Kuantos perros ay en el chifiik?
Lo se, lo se, ay dos! Bau vau...

Kuantos gatos ay en el chifiik?
Lo se, lo se, ay tres! Miau...

Kuantos kodreros ay en el chifiik?
Lo se, lo se, ay kuartro! Baa...

Kuantos aznos ay en el chifiik?
Lo se, lo se, ay sinko! I-oa...

Kuantos kavayos ay en el chifiik?
Lo se, lo se, ay sesh! Nee.....

Kuantas vakas ay en el chifiik?
Lo se, lo se, ay siete! Muu...

Kuantas gayinas ay en el chifiik?
Lo se, lo se, ay ocho! Pak...

Kuantos patos ay en el chifiik?
Lo se, lo se, ay mueve! Kuak...

Kuantas kavras ay en el chifiik?
Lo se, lo se, ay diez! Mee...

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How many animals

Which animals live on the farm?
I know, I know, there are many!

How many roosters live on the farm?
I know, I know, there is 1! Kikiriki...

How many dogs live on the farm?
I know, I know, there are 2! Bau vau...

How many cats live on the farm?
I know, I know, there are 3! Miau...

How many sheep live on the farm?
I know, I know, there are 4! Baa...

How many donkeys live on the farm?
I know, I know, there are 5! I-oa...

How many horses live on the farm?
I know, I know, there are 6! Nee, nee, nee...

How many cows live on the farm?
I know, I know, there are 7! Muu...

How many chickens live on the farm?
I know, I know, there are 8! Pak...

How many ducks live on the farm?
I know, I know, there are 9! Kuak...

How many goats live on the farm?
I know, I know, there are 10! Mee...



Track 8

Si yo era el cielo

Si era el cielo, seria muy blu
Si era una nube, seria blanda
Si era una estreya, briyaria mucho
Si era la luna, briyaria mas

Si era yerva, seria vedre vedre
Si era una flor, tendria linda kolor
Si era una oja, bolaria en el ayre
Si era un arvool, seria fuerte

Si era el sol, seria amariyo
Si era el viento, seria kalmo
Si era el ayre, goleria dulce
Si era un pasharo, diria "tuit tuit tuit"

Si era un arko, empesaria kolorado
Si era la luyva, baylaria en tus kaveyos
Si era una montanya, te kudyaría de arriva
Si era la mar, kon amor te alevantaria

If I were the sky

If I were the sky I'd be so blue
If I were a cloud I'd be soft like dew
If I were a star, I'd twinkle bright
If I were the moon I'd shine all night

If I were the grass I'd be so green
If I were a flower, I'd have a pretty sheen
If I were a leaf I'd flutter on by
If I were a tree I'd reach up high

If I were the sun I'd shine so yellow
If I were the wind I'd blow like a willow
If I were the air I'd smell so sweet
If I were a bird I'd go "tweet, tweet, tweet"

If I were a rainbow I'd start with red
If I were a raindrop I'd dance on your head
If I were a mountain, I'd watch over you above
If I were the sea, I'd buoy you with love



Track 9

Komo vas a ser?

Vas a parecer a mi?
Vas a ser una sorpresa?
Vas a tener mis ojos,
I mis kaveyos pretos?

Vas a avlar komo mi?
Te va plazer kantar?
Vas a shufflar a ti mismo,
Tener un dulce sonido?

T'engrandeseras fuerte?
T'engrandeseras alegre?
T'engrandeseras buena?
T'engrandeseras amistoza?

Vas a avrir tus alas?
Vas a bolar en los sieelos?
Vas a saltar en el ayre,
Saludar a las nuves?

Vas a sonriyir al sol?
Vas a abrasar a la luvya?
Te vas ambezar a amar,
Vas a sintir dolor?

T'engrandeseras fuerte?...

Vas a ser komo mi?
Vas a ser komo ti?
Vas a saver ke esto aki,
Ke te vo kerer bien, si?

T'engrandeseras fuerte?...

How will you be?

Will you look like me?
Will you be a surprise?
Will you have my same
Dark hair and eyes?

Will you sound like me?
Will you like to sing?
Will you whistle to yourself,
And have a sweet ring?

Will you grow to be strong?
Will you grow to be happy?
Will you grow to be good?
Will you grow to be kind?

Will you spread your wings?
Will you fly in the sky?
Will you jump through the air,
And greet the clouds hi?

Will you smile at the sun?
Will you embrace the rain?
Will you learn to love,
And feel the pain?

Will you grow to be strong?...

Will you be like me?
Will you be like you?
Will you know I'm here,
And will always love you?

Will you grow to be strong?...



Track 10

La riza

Tiempo para riyirl!

Laughter

Giggle time!

Track 11

Nochada buena

Kero repozar la kavesa
Ma no kero dizir nochada buena

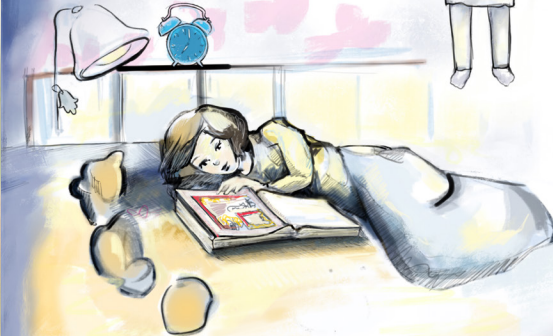
Kero saltar en la kama
I abrasar mi kavesal

Kero eskonderme debasho de la kolcha
I meldar kon mis djugetes

Kero repozar la kavesa
Ma no kero ke s'escape el dia.

Kero repozar la kavesa
Ma no kero dizir nochada buena

Kon todas las chinchas
Me devo pelear



Goodnight

I want to lay my head down
But don't want to say good night

I want to jump on top my bed
And hug my pillow tight

I like to hide beneath the sheets
And read to all my toys

I want to lay my head down
But don't want the day to end.

I want to lay my head down
But don't want to say good night

For all the creepy bedbugs
I need to have a fight



A todos los monstres
Vo a topar en la eskuridad

Kero repozar la kavesa
Ma no kero ke s'escape el dia.

—
Ay djugos deynda ke kero djugar,
Konsejas a eskrivir

Tengo kantes ke kero kantar,
Pensadas ainda pensar

Kero repozar la kavesa
Ma no kero ke s'escape el dia.

—
Me van a mankar las estreyas,
La luna, i el sol

Me vas a mankar, mi famiya
Vos sintire en mi korason

Vo repozar la kavesa
Esto pronto a dizir nochada buena

Vo repozar la kavesa
Mis suenyos van a empesar...

To all the mean monsters
I'll find you in the dark

I want to lay my head down
But don't want the day to end.

—
There are games I want to play still
And stories still to write

I have songs I want to sing
And thoughts left to pretend

I want to lay my head down
But don't want the day to end.

—
I'll miss the stars,
I'll miss the moon and sun

I'll miss you, my dear family
I'll feel you in my heart

I want to lay my head down
I'm ready to say good night

Now I'll rest my head down
My dreams are ready to start...



Executive Producer: Sarah Aroeste
Musical Producer & Arrangements: Shai Bachar
Music: Sarah Aroeste
Lyrics: Sarah Aroeste
Mixing Engineers: Ariel Shafir, Tal Matmor
Mastering: Ronen Hillel, Fat Studio (Tel Aviv)
Artwork: Elke Reva Sudin
Reproduction: Oasis Disc Manufacturing

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Sarah Aroeste: vocals
Shai Bachar: piano, programming, q-chord
Fima Ephron: upright and electric bass
Danny Flam: tuba, trombone
Yael Kraus: back vocals
Tal Matmor: electric bass, ukulele
Shahar Mintz: acoustic and electric guitar
Tali Rubinstein: flutes, back vocals
Ariel Shafir: drums, percussion

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1. Ora de despertar (2:28)
2. Las comidas (2:17)
3. Mi famiya (2:26)
4. Saludos (1:33)
5. Kualo tienes? (3:16)
6. Las manos (2:15)
7. Kuantos animales (2:05)
8. Si yo era el sielo (2:32)
9. Komo vas a ser? (3:10)
10. La riza (:11)
11. Nochada Buena (3:01)



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