Trusted, Tried & True Lyrics and Music by Glen Foster, Parent Publishing SOCAN

Destination Desolation Sound

Thirty years of blazing trails, searching for some holy grail Finding fortunes in the lost and found Cruising up the Sunshine Coast, Paradise Meadows we miss the most Destination Desolation Sound

Leaving legends far behind, closing doors and drawing lines Setting sail with whales and ships aground Forbidden Plateau far behind, to Unwin Lake where we unwind Destination Desolation Sound

Pacific winds they squall and blow, we ride the tides that ebb and flow In tandem kayaks where the sailboats tack Out the inlets, through the straits, to Prideaux Haven and Harbour Grace Destination Desolation Sound

Now we're touring round Tenedos Bay, at Curme Islands campsite stay Exploring shorelines while we're westward bound Oysters over open fire, fish fry as the flames fly higher Destination Desolation Sound

Tenderest Bartenderess In The West

Seems the sun seldom shines through the shadows cast behind Though sometimes it's hard to smile she does her best They come from miles and miles around and she's known all over town As the Tenderest Bartenderess In The West

Once a travelling man she met and she never could forget How with his style and friendly smile he changed her life How he stole her heart away and he swore he'd always stay And he'd make that Tender Bartenderess his wife

Cause we all want to fall in love, yes we all want to fall in love Under the moon up above like a pair of turtle doves We all want to fall in love

Yes a travellin' man she had but alas their love went bad For as travellin' men will do he finally left And though it tore her heart apart well it didn't turn her hard She's still the Tenderest Bartenderess In The West

She's a friend to the patrons and a waitress for the rest She's the Tenderest Bartenderess in the West

Now I'm on the road again and I'm thinkin' 'bout a friend For of true love we know time is but a test And I know she's waiting there with sweet fragrance in her hair She's still the Tenderest Bartenderess In The West

Cryptomnesia

What's right is right, I know that's true, Learned my lesson, I've been schooled What's mine is mine, that's the rule Cryptomnesia, you've been fooled

Cryptomnesia, a double-edged sword Am I right or wrong? Cryptomnesia, My Sweet Lord I think I stole your song?

What's wrong is wrong, there's no dispute
The verdict's in, you can't refute
What's mine is yours, you've heard that tune
Cryptomnesia, we don't get fooled again

Coulda Shoulda Woulda

I coulda saved a lot of trouble if I'd listened to some good advice Mighta drove a different road or even sprinkled it with sugar n spice I coulda made a big difference in somebody's life Avoided all the trouble and the endless strife I Coulda Shoulda Woulda but I didn't and that's alright

I should been patient when I's standing in the waiting line
A little more persistent, ended up wasting so much time
I should been consistent with how I'd be
A little more resistant to the pressure on me
I Coulda Should Would if I had been able to see

I Coulda Shoulda Woulda if I'd only known
I Coulda Shoulda Woulda but that chance is gone
I Coulda Shoulda Woulda now I know that race is run

No regrets, no remorse, nothing ventured nothing gained Place your bets, stay the course I Coulda Shoulda Woulda if I had it all to do again

Well I woulda been wiser and it woulda went well within If I wasn't always worrying or working out a way to win I woulda felt different when it all was through If I hada finished off what I started to I Coulda Shoulda Woulda but I did what I had to do

I Coulda Shoulda Woulda now I know what's done is done

Trusted Tried and True

A spark that's struck in a darkened hearth ignites a glowing fire The harkening of a hardened heart is heralded by heaven's choir Reason comes as seasons go, treason slays the heart Can't decide, it's so hard to know, there's just one place to start

Trusted, Tried and True, someone relies on you, it all depends on what you do Trusted, Tried and True

An ancient tale from a well worn tomb stands the test of time The cornerstone of a century home, foundation firm to find Wisdom passed down through the ages, words that ring with truth Tradition taught through generations, from elders to their youth

What you believe and what you receive What you're prepared to leave What you retain and when to restrain Whatsoever you conceive

A dash of salt or a sprig of spice excites the palette's sense If seasoning could strengthen me what weakens my defense? Should I stray too far from the narrow way, would I know what's left is right? Put my trust in things that last, turn from dark to light

There's just one thing that I need to know, I've been down that road before I know for sure what I have to show, not feigning anymore A pattern that won't let me down, a plan that's never failed A path where I won't get turned around, a part I know I've nailed

Intentional

I wasn't trying not to be nice, I wasn't lying through eyes of ice I didn't mean to be mean, didn't mean to be seen, to cause a scene My intentions were entirely innocent, if sometimes too intense — Intentional

Elley Mae is getting married today, the best man eyes the pretty bride's maid Reverend John Brown has advice to give on whom you honor and how to live Bride and Groom exchange their vows, they're solemn yet somehow — Intentional

A white queen reigns in La La Land, black king rules with a velvet hand Bishopsgate is closed today, the pawns have nothing nice to say Knight falls on a crooked rook and checkmate clearly looks — Intentional

Well I read the headlines and I hear the news Some little princess somewhere has the blues There's a hurricane here and a flood over there I see somebody who don't have a coin to spare

Raoul goes to school and learns the golden rule Bobby gets a job 'cause he's nobody's fool Miss Beecher is the teacher and she knows what's right Allan's in the alleyway learning to fight The principal wonders what she'll wear tonight Her demeanor is a might — Intentional

But the Bus boy slaves at the kitchen sink, manager tells him he's not paid to think Server smiles out on the floor, maitre de waits at the door Sonny counts the money 'cause he's a whiz, believes his business is — Intentional

So I sum the numbers and I scan the scores, tells me that it don't add up no more Sky's the limit but can't find the floor, deeper in debt and the deficits soar

Well the milkman's horse just plods along, hauling his load and he's mighty strong Not in a hurry to get nowhere, he's got a bag of oats and not a care Knows his route and he never stops and anything that he drops — is Intentional

There's rats in the road and they're running a race
They got chains and clubs and a can of mace
Missiles fly higher than I can duck and there's a homemade bomb in a pickup truck
I'm ready to rumble just don't touch my face
The prosecutor builds his case — he's Intentional

So the Senate sits stately on parliament hill
With great purpose they propose to pass their bill
They debate all day but they don't decide and dissolve resolved to let it slide
There's one point on which they're all agreed
Their disagreement is indeed – Intentional

Now the folksinger rambles out another song
He just strums his guitar he isn't right or wrong
His war cry is to change the world with peace and love and a flag unfurled
He's the author of his own destiny, his lyric is comically — Intentional

And I'm intoxicated with this hullabaloo, I'm afraid to stop I don't know what I'd do I know only I want to be next to you, living in the Light with your love too If I wake up in the morning happy being me I'm going to get up out of bed and be — Intentional

Elevator Music

Walking through a shopping mall and talking to a friend Wandering down some hallway always stalling near the end Resisting real temptation not to race too far ahead Listening to conversation and debating in my head

Elevator Music playing, irrelevant distracting muzak that I hear Elevator Music, not relating to annoying noises in my ear

Lost in thoughts that cross my mind I'm washed with winter rain Tossed aloft and frosted like a frozen weather vane Steering towards the course in the direction that I came Fearing foreign forces of deception that I blame

Perception softly shrouded in a fog of endless dream Reception often clouded like a loud relentless scream All at once the obvious conclusion becomes clear What were once oblivious solutions seem so near

Elevator Music, mildly amusing tunes you recognize Elevator Music, so soft and soothing tends to hypnotize Elevator Music, so inoffensive that I drop my guard Elevator Music, I get defensive and I go too far

Don't Fret It

Don't fret it, if life gets to you don't let it Don't fret it, just do it then forget it Don't fret it, life's too short to regret it

Don't worry, don't need to be in such a big hurry Why worry, those lines we draw get blurry Don't worry, there's no trial by judge and jury

Do what you need to do, get where you're going to You start it, see it through, just let your light come shining through

Don't fret it, when you play to win you bet it Don't sweat it, if it takes some time just let it Don't fret it, when you've got a dream go get it

Go where you want to go, learn all you need to know Sow only seeds that grow, don't be afraid to let it show

Do what you need to do, get where you're going to What goes around comes around, so you just keep on keepin' on

Stay if you want to stay (You can leave if you want to, we're just jammin' that's all) We play what we want to play (A little bit of love and understanding and soundz) Say what you have to say (That does mean peace not this) Don't let your words get in the way (Peace)

Not My Fault

Living on the fault-line nowadays is a funny thing
It's like listening for the telephone but the telephone doesn't ring
There's a strange sound from a cell phone now that plays my favorite song
Society tells me that's alright but it seems like something's wrong

So I tell myself that I've done OK but have I done Enough In a world that's filled with halls of fame and walls of nameless stuff Am I to blame for my brother's shame or do I lock it in a vault? The easy way is delay a day and say it's Not My Fault

Not My Fault, it's an anthem for today
The more I try to justify the harder it is to say
Not My Fault, it's an attitude we share
Why should I care, why would I dare, what could I spare today?
Not My Fault

Well I've seen so many broken lives, I've been a part of some The tears they cry, the sad goodbye, the plans that come undone Good riddance and the pain it brings, bitterness remains Forgiveness is a gift of grace with the kindness it contains

But time has a way of healing to repair what we can't mend Fate has a say in dealing out despair when at wit's end It's so hard to say you're sorry when wounds are rubbed with salt The tendency's 'what's best for me', get free and then default

What if it was someone you know, what if it was closer to home? What if you woke up all alone, what if there was nowhere to go?

Well I'm mesmerized by a moving image flashed on my flat screen A tearful plea for mercy from a fearful foreign scene I blink my eyes and think in my mind when will all this halt? What can I do, where will they go, we're really all at fault

All My Fountains

All my fountains are in you I will sing and praise your name As I listen for your voice I will honour and obey

Your foundation's on Mount Zion Glorious things are said of you As they make music they will sing All my fountains are in you

And when suffering is hard
And there seems no reason why
I will gaze upon the cross
And the Lamb who had to die
And when hopelessness abounds
And there's nothing making sense
I will put my trust in God
And make His strength my defense

All my fountains are in you In His register He writes This one was born in Zion A citizen now with full rights