

Chorus Chatter

News and Musings for Young at Heart Chorus Members

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NO ONE BELIEVES SENIORS ANYMORE!

No one believes seniors everyone thinks they are senile. An elderly couple was celebrating their sixtieth anniversary. The couple had married as childhood sweethearts and had moved back to their old neighborhood after they retired. Holding hands, they walked back to their old school. It was not locked, so they entered and found the old desk they'd shared, where Paul had carved " I love you, Kim."

On their way back home, a bag of money fell out of an armored car, practically landing at their feet. Kim quickly picked it up and, not sure what to do with it, they took it home. There, she counted the money - fifty thousand dollars! Paul said, "We've got to give it back." Kim said, "Finders keepers." She put the money in the bag and hid it in their attic.

The next day, two police officers were canvassing the neighborhood looking for the money, and knocked on their door. "Pardon me, did either of you find a bag that fell out of an armored car yesterday?" Kim said, "No." Paul said, "She's lying. She hid it up in the attic." Kim said, "Don't believe him, he's getting senile." The agents turned to Paul and began to question him. One said, "Tell us the story from the beginning." Paul said, "Well, when Kim and I were walking home from school yesterday" The first police officer turned to his partner and said, "Were outta here!"

Ate a salad for dinner. Mostly croutons and tomatoes. Really just one big round crouton covered with tomato sauce. And cheese. FINE, it was a pizza. I ate a pizza!



Walter Kazmierowski is always in the front-row when we sing at Northrise Morningside, and it doesn't take much to get him dancing when we sing a peppy tune. He was born in Poland in 1928 and moved to Chicago when he was a young boy. He says his mother wanted to find a place where the children could understand him and his two brothers, and Chicago had a large Polish community.

Walter was a teacher and ran a school in Chicago. He also served in the U.S. Army but says he never married because it would have interfered with his plans. He traveled extensively, including an almost year-long cruise. Always curious and wanting to learn, he still reads the newspapers and is active in social planning and other activities at Northrise. We look forward to seeing Walter and his ever-changing hats every month. Keep dancing to the music, Walter!

The Loveliest Night of the Year is one of the songs we will sing for our February program. The music was first published in 1888 as a waltz called "Sobre las olas" ("Over the Waves"). In 1950 the music was adapted by Irving Aaronson with lyrics by Paul Francis Webster for the movie *The Great Caruso*. It was sung by Ann Blyth. Mario Lanza recorded it later, and it became one of the most popular songs of 1951, reaching No. 3 in the U.S. Billboard Charts.

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The instrumental version of the song is often associated with magicians performing their "magical tricks" and is played in the background, especially in animated cartoons. It is so commonly associated as to be iconic, although few people know it by its real name.

The Twelfth of Never, another song on our February program, was written in 1956 and first recorded by Johnny Mathis the following year. The song's title comes from the expression "the 12th of Never", which is used as the date of a future occurrence that will never come to pass. In the case of the song, "the 12th of Never" is given as the date on which the singer will stop loving his beloved, thus indicating that he will *always* love her. The song draws a similar link between the cessation of love and a number of other events expected never to happen.

Mathis initially disliked the song, which was released as the flip side to his number-one hit single "Are". The song was written by Jerry Livingston and Paul Francis Webster, the tune (except for the bridge) being adapted from "The Riddle Song" (also known as "I Gave My Love a Cherry"), an old English folk song.

New Ways to Stay Hydrated

Beyond water, here are some other ways you can stay hydrated:

- Drink green, veggie-based smoothies every day. The gel water in the veggies absorbs into cell membranes more easily, the fiber clears out toxins and cellular wastes, and the minerals they contain improve hydration.

- Eat hydrating vegetables and fruits, including cucumber, romaine lettuce, celery, radishes, watermelon, strawberries, grapefruit and cantaloupe.
- Use natural salt, such as sea salt, Celtic salt or Himalayan salt. These natural salts contain iron, magnesium, calcium and potassium, in addition to sodium. The minerals improve hydration by increasing the electrical activity within cells.
- Micromovements help the water in your body get where it's needed. Even the smallest movements increase the pulsing of the tissues that lie beneath your skin and between and around your organs and bones. This action transports water droplets throughout your body, so tap your toes, shift your weight, turn your head. A little fidgeting can do a lot of good, but don't forget your regular exercises as well. *Bottom Line Health*

Christmas Party



Chorus members & friends line up for the buffet during our December party at Good Samaritan.

Edelweiss is a white flower found in the high Alps and also the name of a song we will be singing on our March program. Written by Rodgers and Hammerstein for their 1959 musical *The Sound of Music*, it was sung during

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a concert near the end of Act II by Captain Georg Ludwig von Trapp and his family. It was seen as a statement of Austrian patriotism in the face of pressure put upon Captain von Trapp to join the navy of Nazi Germany following the Anschluss.

The song is one of the best-loved songs of Rodgers and Hammerstein, and many people believe it is an Austrian folk song or even the official national anthem. In his biography of Oscar Hammerstein, Hugh Fordin speaks of "the ability of the authors to simulate the quality of an authentic folk song... 'Ol Man River' had the ring of a black laborer's song... Thirty years later, 'Edelweiss' was widely believed to be an old Austrian song, though Oscar... composed it for the Sound of Music."

Mary Is a Grand Old Name, often thought to be an old Irish folk song, was actually written by George M. Cohan for the three-act musical *Forty-Five Minutes from Broadway*. We'll be singing it on our March program. The 1906 musical was written about New Rochelle, New York, and its title refers to the 45-minute train ride from New Rochelle to Broadway. The tune is about its leading character, Mary Jane Jenkins.

In the Garden, sometimes remembered for its first line, "I Come to the Garden Alone," will be our religious song for March. The gospel song was written by American songwriter C. Austin Miles (1868–1946), a former pharmacist who served as editor and manager at Hall-Mack publishers for 37 years. According to Miles' great-granddaughter, the song was written "in a cold, dreary and leaky basement in Pitman, New Jersey that didn't even have a window in it, let alone a view of a garden." The song was first published in 1912 and popularized during the Billy Sunday evangelistic campaigns of the early twentieth century.

Music and Your Heart

Your favorite music can make your heart beat faster. The connection between the human heart and music is so deep that elite medical schools around the world are studying it in order to develop new treatments for heart disease. Your heart can actually be strengthened by its response to music. In essence, it mirrors the beat of the music you're hearing – a Mozart concerto will slow it down, whereas an electronic song will speed it up. The response is strongest when a person is listening to the music that they really love. That's why the music we sing is good for our audiences and ourselves.



Ken Neidig, of Good Samaritan, jams on his clarinet with Joanie and Joy before our November program.

How many boxes
of these Thin Mints
do I have to eat
before I start
seeing results?

My granddaughter wanted a Cinderella-themed party, so I invited all her friends and made them clean my house.

Reader's Digest