

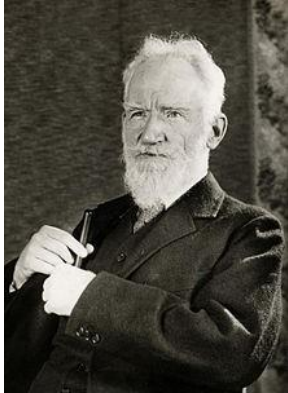
# Chorus Chatter

News and Musings for Young at Heart Chorus Members  
<https://www.youngatheartlascruces.website/>

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Issue #65...February 5, 2023

**George Bernard Shaw** (1856-1950) known



at his insistence as Bernard Shaw, was an Irish playwright, critic, polemicist, political activist, and a co-founder of the London School of Economics. He wrote over sixty plays, including major works

such as *Pygmalion* (1912). Among his sayings are these:

- Life isn't about finding yourself. Life is about creating yourself.
- A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.
- We don't stop playing because we grow old; we grow old because we stop playing.
- If you want to tell people the truth, make them laugh, otherwise, they'll kill you.
- Liberty means responsibility. That is why most men dread it.
- Progress is impossible without change, and those who cannot change their minds cannot change anything.
- If you cannot get rid of the family skeleton, you may as well make it dance.

*Wikipedia*

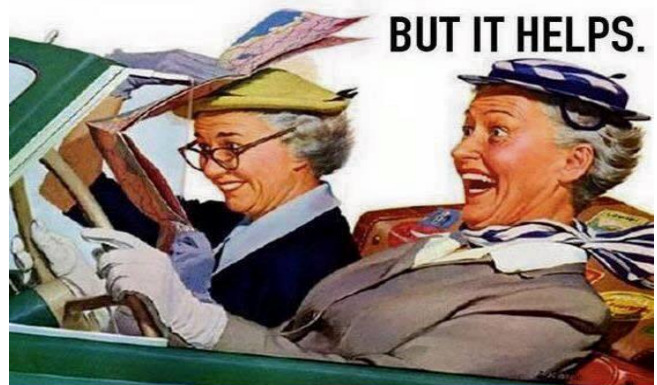
Editor: Ray Scroggins

**The Twelfth of Never**" is a popular song written in 1956, and we'll be singing it on our February program. The song was first recorded by Johnny Mathis the following year. The title is a popular expression, 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.

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

*Wikipedia*

**YOU DON'T HAVE TO BE  
CRAZY TO BE MY FRIEND.**



## Chorus Chatter

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### Surprising Cause of Mental Confusion

When physician Arnaldo Liechtenstein asks his fourth-year medical students what causes mental confusion in the elderly, they respond, "Tumors in the head," or "Early symptoms of Alzheimer's". Instead, the three most common causes are uncontrolled diabetes, urinary infection and dehydration. He says that people over 60 often stop feeling thirsty and consequently stop drinking fluids. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death. At age 60, we have just over 50% of the water we should have in our bodies and people over 60 have a lower water reserve. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

So, get into the habit of drinking liquids regularly, including water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; Orange and tangerine also work.

*Submitted by Chuck Riggs*

### Stifled with Stuff?

We all end up with too much "stuff," whether we acquire or collect it deliberately or it just seems to accumulate. Although you may enjoy it, in reality, you don't own your "stuff." It owns you! You need to pay for maintenance and repairs or do them yourself, find room for display or storage, worry about it and maybe pay for insurance and extra storage. And if you

have too much of it, you may not have the time to use or enjoy it all, which may make you feel frustrated or guilty. So, enjoy what you have, but think about it before you add more to your collection, and don't let it define who you are.



### The TV Dinner



The TV dinner was born in 1954, when a salesman for Swanson came up with the idea after an associate there had wildly overestimated the number of turkeys Americans would consume in November of 1953. The company was left with about 260 tons of frozen turkeys packed in refrigerated cargo trains. The salesman, Gerry Thomas, had an idea, inspired by pre-prepared airline meals, and purchased 5,000 aluminum trays. Factory workers

## Chorus Chatter

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packed them with turkey, sweet potatoes, gravy, peas and corn bread. In an era of women married to working-class men who wanted to have a meal that was hot and ready by the time they stepped through the door, Samson sold a whopping 10 million of the 98-cent turkey dinners by the end of 1954.

AMAC Magazine



### Learn to Read Music

If you want to learn to read music, or to improve your note-reading skills, here are some online sources to help. Use ctrl +click to follow the links.

**MusicTheory.net** is a free site that offers quality content to help you learn to read music, with exercises and interactive tools so you can practice the lessons you learn. It's also available as an iOS app for \$2.99.

[MusicTheory.net](https://www.musictheory.net)

**Music Tutor** is a simple app that provides exercises for sight-reading proficiency to develop your speed and accuracy while reading sheet music. It's free for Android or iOS systems. [Music Tutor](#)

Bottom Line Personal

### Where Did These Sayings Come From? (Part 1)

**Close But No Cigar:** During the 1800s, cigars were awarded as prizes for winning games at carnivals.

**At the Drop of a Hat:** Instead of a gunshot, it was customary to drop a hat to start races in the 1800s.

**Pull Out All the Stops:** This goes back to when an organist would literally pull out the stops of every pipe on the organ to play at maximum volume.

**Best Foot Forward:** When bowing to nobility, a gentleman would always put his best foot forward, extending his leg to take the bow.

**In the Nick of Time:** Businessmen in the 18<sup>th</sup> century would keep track of payments for loans and interest due them by carving nicks in a "tally stick." When a debtor arrived to pay the debt before the next nick was carved, he saved a day's interest.

**Jump on the Bandwagon:** In the mid-1800s, circuses would draw large crowds as they paraded through town before setting up. Politicians would buy ads on the bandwagon that led the way so they could get exposure.

**NO I CAN'T DO SNAPCHAT OR TIKTOK BUT I CAN WRITE IN CURSIVE, DO MATH WITHOUT A CALCULATOR AND TELL TIME ON A CLOCK WITH HANDS.**