

Chorus Chatter

News and Musings for Young at Heart Chorus Members

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Rum and Coca-Cola is a song written during World War II when around 20,000 American GIs were stationed in Trinidad to deter any invasion. We'll be singing it on our November program. The song was written by Rupert Grant, a local calypso musician who went by the stage name of Lord Invader. His lyrics commented on how the American servicemen drank rum and coke and then used their Yankee dollars to attract the local women. In 1945, the Andrews Sisters recorded a very similar song in hammy Trinidadian accents. It had the same title, general subject and even some of the same lyrics but was stripped of its social commentary.



Al Jolson was born Asa Yoelson on May 26, 1886 in a village near Kaunas, Lithuania when it was part of the Russian Empire. We've sung many of his songs, including *California, Here I Come, April Showers, Swanee, I'm Sitting on Top of the World* and several others.

At the peak of his career, he was known as "The World's Greatest Entertainer." With his performing style that was brash and extroverted, he popularized many songs that benefitted from his "shamelessly sentimental, melodramatic approach." In the 1920s, Jolson was America's most famous and highest-paid entertainer. He's remembered as the star of the first talking picture, *The Jazz Singer* (1927) but also starred in a series of successful musical films during the

1930s. After the attack on Pearl Harbor, he was the first star to entertain troops overseas during World War II. Jolson died in San Francisco in 1950 at the age of 64.



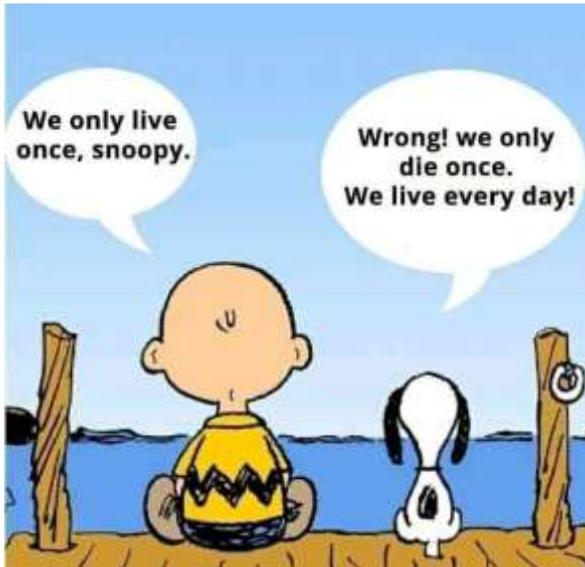
Lani Dombrowski moved to Trails West here this past February with her husband and two rescued Chihuahuas. She was born in Honolulu, Hawaii on Valentine's Day but moved to Des Plaines, Illinois at the age of two. Because her father was in the Air Force, she moved from there to Las Vegas, Nevada, Waco, Texas and Spenard, Alaska before moving to Palmer, Alaska. There she graduated from Palmer High School and then the University of Alaska Fairbanks in 1969.

After graduation and their marriage, her husband Roger joined the Navy and headed to Rhode Island for officer's school. Lani followed after finishing her student teaching in Alaska. With his naval career, they soon moved to Hueneme, California, then to Hawthorne, Nevada before returning to Kenai, Alaska, where he joined Unocal and the Naval Reserves. They have since lived in Whittier and Santa Paula, California; Moab, Utah; Midland, Texas; Bakersfield, California; Sugar Land, Texas and Balikpapan, Indonesia before retiring to Silver City in 2002. They have four married sons and eight grandchildren.

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Lani has always volunteered in the elementary schools where she lived, as a teacher's aide and sometimes in paid positions. She has a degree in Elementary Education with a strong minor in Music. She has been singing since junior high in school and university choruses, church choirs, community choruses and the Sweet Adelines wherever she has lived. For the past 14 years, she sang with the Hi Lo Silvers, an SSAA (4-part) women's chorus in Silver City and now sings with the Diocesan Choir here for special events as well as with Young at Heart

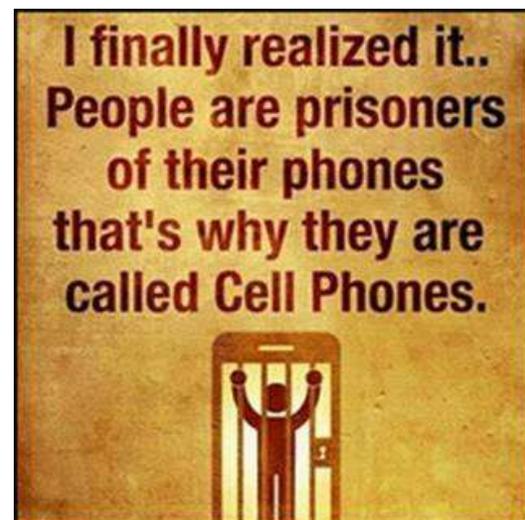


Till We Meet Again is 1918 song we'll be singing in November. It was written by Richard A. Whiting, with lyrics by Raymond B. Egan and tells of the parting of a soldier and his sweetheart. The composer Whiting's daughter, Margaret, said that the song was intended for a 1918 contest at a Detroit theater. Dissatisfied with the result, Whiting threw the manuscript in the trash. His secretary retrieved it and showed it to their boss, publisher Jerome Remick, who submitted it in the contest. There, it won top honors and went on to become a popular song.

More Hydration Benefits

In addition to protecting your voice and promoting good health, proper hydration can increase your energy level. According to the National Hydration Council in the UK, symptoms such as fatigue and lack of energy account for one out of five doctor visits...and for one out of 10 such patients, dehydration is the primary culprit. Afternoon energy slumps are especially common—partly because we get busy and forget to drink—or a heavy lunch can put our system into a “rest and digest” mode.

When you feel your energy dipping, drink 12 ounces of cold water. Or splash cold water on your face. The cold temperature stimulates adrenaline receptors in your skin, which signals your heart to pump harder and drives an energizing blood flow to your brain...while the water hydrates you. *bottomlineHEALTH*



Whether you think you can do something or you can't do it, you're right. *Fortune Cookie*

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Singing for Bob Shade



A month or so ago, a few of our members got together and went to sing for former chorus member Bob Shade, now 96 and living in town with his daughter, Laurie Shade-Neff.

Sing Some YouTube Karaoke

Happy music triggers happy memories, instantly boosting your mood and relaxing you, according to a study published in *Memory & Cognition*. Double the effect by singing along to your favorite tunes. You don't even need a fancy karaoke machine these days, thanks to the millions of free sing-a-long videos on YouTube.

Readers Digest



Bing Crosby, during the final days of World War II, received an urgent letter from a military commander. Crosby's music, he insisted, possessed the "power to soften the heart of the man who so shortly after goes back to shoot down his brother man" and somehow manages to keep "our boys from turning into the beasts they are asked to be." The singer's voice, he said, "Strikes to the bottom of the hearts of men. I have watched it happen, often, not just in the rare cases but in many, many thousands of men—sitting silent, retrospective, thoughts flying back to home and loved ones." Somehow, in those barbarous times, Crosby had tapped into the "power of music, put into humble, throbbing words, as these fellows want it, need it, bow to it."

It's Impossible to hum while holding your nose. You just tested it, didn't you? Normally, when you hum, the air is able to escape through your nose to create the sound, and of course, it can't do that when you're holding it shut.

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The “Good Sam Corral” (plus George but missing Marcie Palmer and Sue Lashley) sings *Don’t Fence Me In* on our October program.



Virginia sings *How Much is That Doggie in the Window?* during our October program at The Aristocrat

Health Benefits of Singing

According to the Barbershop Harmony Society (S.P.E.B.S.Q.S.A.), singing can provide these health benefits:

- Singing can boost the immune system.
- Singing can release endorphins that improve mood.

- Singing can reduce stress.
- Singing can reduce heart rate variability.
- Singing can improve lung function.
- Singing can improve memory.
- Singing alone or in a group improves self-confidence.
- Singing can improve social bonding.

So, a guy goes skydiving, and his parachute doesn’t open. As he is hurtling toward the earth, he sees a guy shooting up from below him and yells out, “Do you know anything about parachutes?” The guy yells back, “No! Do you know anything about gas stoves?”



Betty White, born in 1922, is actually older than sliced bread! First sold in 1928, bread slicers were considered a modern luxury at the time. Bread slicers changed the baking game and even led to the coining of the ever-popular idiom “it’s the greatest thing since sliced bread.”