

Chorus Chatter

News and Musings for Young at Heart Chorus Members

<https://www.youngatheartlascruces.website/>

Issue #68...May 5, 2023

Editor: Ray Scroggins

Here's What it Takes

There's a lot of work that goes on behind the scenes to help us make the music that touches the hearts of the people we sing to as well as our own hearts. Here's a summary of what needs to be done. We can always use some help, so if you feel inclined toward any area or have ideas on how we can keep doing what we do as we all get older and our capabilities start to change, let me know.

Music:

- Select songs to fit monthly theme
- Pull files from cabinets in Eleanor's garage
- Review music in files, update and make extra copies if needed
- Pull advance copies for director and accompanist and get files to the person who makes up folders for members
- Put together folders for each member with either music, words or both as requested
- Gather, re-sort and re-file music after performance month

Performances:

- Call facility to confirm before each date
- Store and bring sound system, music stand, and any other equipment needed
- Set up chairs if necessary

- Direct and accompany chorus
- Announce birthdays, solos and any other notices

Other Details:

- Handle finances, write checks for expense items, keep bank account
- File Federal and New Mexico annual reports
- Manage and update website content as needed
- Write and publish monthly newsletter
- Keep historical files and records
- Publicize our events in the media as needed

There may be other responsibilities I have overlooked, but we are thankful for the things every member does to keep our chorus successful and happy. Sing your best, and pitch in whenever and however you can.

Ray



If you're happy, you're wealthy. If rich humans could buy happiness, they would.

Naomi Osaka, tennis player

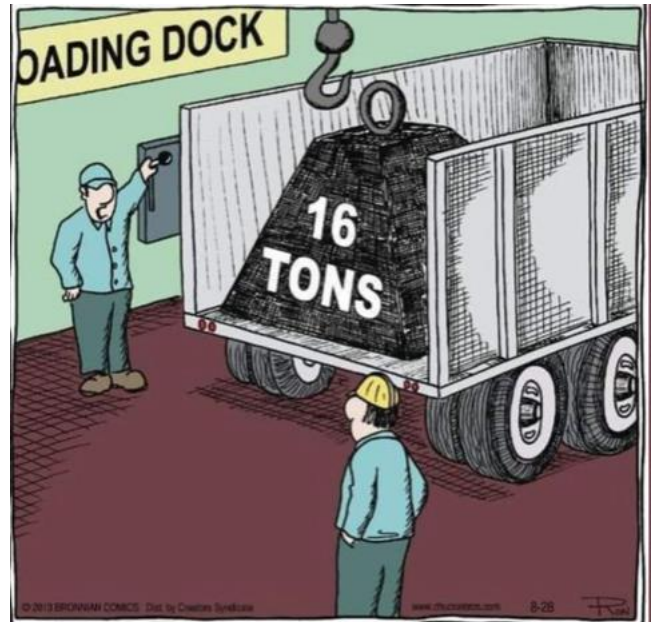
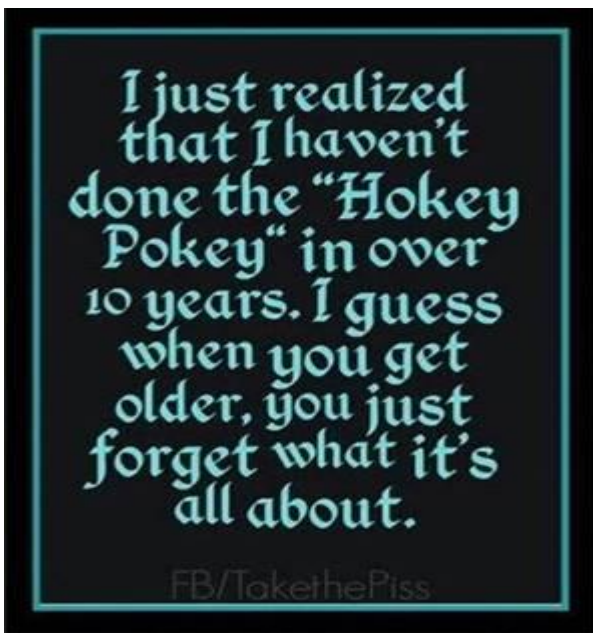
Chorus Chatter

News and Musings for Young at Heart Chorus Members

Questions Asked at Banff National Park by Americans

1. How do the elk know they're supposed to cross at the "Elk Crossing" signs?
2. At what elevation does an elk become a moose?
3. Are the bears with collars tame?
4. Is there anywhere I can see the bears pose?
5. Is it okay to keep an open bag of bacon on the picnic table, or should I store it in my tent?
- 6.. What's the best way to see Canada in a day?
7. So it's eight kilometers away... is that in miles?
8. Is that two kilometers by foot or by car?
9. Where do you put the animals at night?
- 10 Tourist: "How do you get your lakes so blue?"

Park staff: "We take the water out in the winter and paint the bottom."



"You know, Ernie, I can't help this feeling that I'm just another day older and deeper in debt."

Sixteen Tons was written by Merle Travis about a coal miner, based on life in the mines of Muhlenberg County, Kentucky. Our men are singing it on our July program.

The line "another day older and deeper in debt" came from a letter written by Travis's brother John. This and the line "I owe my soul to the company store" are a reference to the truck system and to debt bondage. Under this system, workers were not paid cash; rather they were paid with non-transferable credit vouchers that could be exchanged only for goods sold at the company store. This made it impossible for workers to store up cash savings. Workers also usually lived in company-owned dormitories or houses, the rent for which was automatically deducted from their pay. In the United States the truck system and associated debt bondage persisted until the strikes of the newly

Chorus Chatter

News and Musings for Young at Heart Chorus Members

formed United Mine Workers and affiliated unions forced an end to such practices.

Tennessee Ernie Ford recorded "Sixteen Tons" in 1955 as the B-side of his cover of the Moon Mullican standard "You Don't Have to Be a Baby to Cry". With Ford's snapping fingers and a unique clarinet-driven pop arrangement, it quickly became a million seller.

Wikipedia

found in dark, leafy greens such as spinach and kale, onions, tomatoes, pears and apples are especially beneficial and provide greater diversity of nutrients than flavonoles supplements.

BottomLine Personal

Irony in Real Life

Irony is a situation that is strange or funny because things happen in a way that seems the opposite of what you expected. Here are a few examples from real life:

- In one of the most interesting irony examples, the most shoplifted book in America is The Bible.
- The founder of Alcoholics Anonymous asked for whiskey on his deathbed. (The nurse refused.)
- McDonalds' employee health page, which is now shut down, once warned against eating McDonald's burgers and fries.
- Charlie Chaplin once entered a "Charlie Chaplin walk" contest... and came in 20th!
- Al Capone's older brother was a federal Prohibition agent.
- According to researchers, duct tape should never be used for sealing ducts.
- The first man to survive going over Niagara Falls in a barrel died after slipping on an orange peel.

Reader's Digest



Fruits & Vegetables Protect Your Brain from Aging

The flavonoles they contain may slow mental decline, according to Thomas Holland, MD. People in a study who ate the most foods containing antioxidant and anti-inflammatory flavonoles showed a 32% slower age-related cognitive decline than those who ate the least. The flavonoles