

Chorus Chatter

News and Musings for Young at Heart Chorus Members

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

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Editor: Ray Scroggins

Direct-ly from Dennis

Thanks to everyone for the wonderful performances in February. We really worked hard to get those songs where they needed to be. It was a fun time with the Chorus.

I want to welcome our two new Board Members - Sharon and Peter. They are coming to the Board with enthusiasm and ideas to help us move the chorus forward.

Your current Board is -

Ray - President

Dennis - Director / Music Coordinator

Jo - Music Librarian

Peter and Sharon - Advisors / Consultants

These are the people to talk to if you have concerns with anything going on with the Chorus.

A side note: I have had people in the audience comment on a couple of things. I can't see the audience, but they see us.

Chewing Gum or Eating Candy while we are performing is a NO GO. Please refrain from doing those things. Taking a drink of water is

fine, I need to once in a while. We are ready for our Spring Season. Thanks for being a part of YAH. Dennis

Molly Malone



also known as "Cockles and Mussels," is a popular song set in Dublin, Ireland. We're

singing it on our March program. It tells the fictional tale of a fishmonger who plied her trade on the streets of Dublin, but who died young of a fever. There is no evidence that the song is based on a real woman, of the 17th century or any other time. However, a statue (shown above) was unveiled in Dublin on June 13, 1988, declared to be Molly Malone day by the Lord Mayor of Dublin during the Dublin Millennium celebrations.

The longer you live in someone else's shadow, the longer it takes to cast your own. *The Lincoln Lawyer*

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Scott Russell



Glad to have Scott singing with us. Here is his story.

My musical background includes various chorale/chorus

groups from high school and college (fraternity glee club). In my early adult life, I was always willing to vocalize at parties with others (never planned or paid for). The "American Song Book" was my basic source of music. I was introduced to Barbershop Chorus singing in the late 1980s and discovered I could be more serious vocally and that I loved to perform for others. Over the past 40 years I have sung for fun and competition in this venue both in chorus form and quartet form, including the local Cactus Chords quartet

I was born in the state of Michigan and lived there through getting my college degree. I began a working career in Chicago and within a year opted for Officer Training School in US Navy, spending the next 10 years living in Hawaii, Charleston, SC, and San Diego, CA. Next 20 years in the

electronics industry; IBM sales briefly and NCR manufacturing management, which brought me from SoCal to Ohio to Ithaca, NY. My final three years were spent working for Cornell University. I retired and continued living in Ithaca until moving to Las Cruces in 2017.

Jan is my second wife, and after 47 years will continue until at death we do part. We have 5 children between us, 12 grandchildren, 10 great grandchildren and 1 great great grandchild.

I have been a Rotarian for 30+ years and served on various not for profit foundation boards in NY. I have traveled both for business and pleasure to many USA locations, Europe, including a 6-month work assignment in Scotland, and the Far East including China.

**NURSE CAME IN AND
SAID DOC, THERE'S A
MAN IN THE WAITING
ROOM WHO THINKS
HE'S INVISIBLE, WHAT
SHOULD I TELL HIM?
THE DOCTOR SAID TELL
HIM I CAN'T SEE HIM
TODAY.**

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A Piece of History



Don Fletter had this photo in his files from the first time he sang with Young at Heart, probably about 2001. Some long-term members may recognize a few of the faces, including Marilyn Gioannini (back row at the right end) who was our accompanist for many years.

Playing the Piano

A man is soon to undergo hand surgery and is conferring with his surgeon. "Doctor, after the surgery will I be able to play the piano?" "Yes," replied the doctor. "After the stitches are removed and the swelling goes down." "Excellent," responded the patient, "because I've always wanted to." *Quora Digest*

Contentment Protects Your Heart

Folks who are content with what they've got could be less likely to suffer a heart attack or stroke, a

new study suggests. "Our findings support a holistic approach to health care, where enhancing a person's mental and emotional well-being is considered an integral part of preventing heart disease and stroke," said senior study author Dr. Wen Sun, associate director of the Stroke Center at the University of Science and Technology of China in Hefei, China.]

Further analysis suggested that people who feel more content tend to adopt healthier lifestyles and suffer less inflammation, researchers said. "These results underscore the profound impact that emotional and psychological health can have on physical well-being, shedding light on intricate biological mechanisms that were not fully appreciated before," Sun said. The new study was published in the *Journal of the American Heart Association*. The author of a 2021 American Heart Association statement on the mind-heart-body connection, Dr. Glenn Levine, said the findings were "not unexpected," but they help flesh out the link between mental health and heart risk. *Newsmax Health*