

# Chorus Chatter

News and Musings for Young at Heart Chorus Members

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

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## January



The first month of the year was named for Janus, a Roman god of doorways beginnings, and the rising and setting of the sun. The term originated before the year 1000 from

Middle English, derived from the Latin noun *Jānuārius*, equivalent to *Jānus*. Because of his position at the beginning and end of things, he is usually depicted as having two faces. On our calendar, he looks out at the new year while he also sees the year behind.

*Wikipedia*

## Solos & Duets Wanted

We need some solos, duets or others to round out our programs in 2023. We especially need a couple of love songs for February so we can put that program together. We will be practicing it the last two weeks of January, so think it over. If you haven't done a solo or duet before, give it a try. You'll need to have the music for Barbara to play or be sure it is in our library. You can find a list of the songs we have on our website, under the Members Only section. If you haven't visited it before, I'll need to let you in the first time. Just click on the link to the website at the top of the page, and I'll sign you up.

Then, follow these steps to access all the information:

1. Open the website
2. Click **Members Only** at the top of the page. It should give you a place to put in the password YAHLC so enter that and click.
3. Then try clicking **Members Only** again and select Music Library from the items in the drop-down menu that opens up.
4. You should get a bunch of icons, which you can open individually by double-clicking.

Here is a list of our themes for each month, in two different formats. If you would like to do a song for any of them, please let Ray know, and he will put you on the list.

## Monthly Themes for Young at Heart

February: Love Songs

March: Irish & Other Cultures

April: Names and Places

May: Potpourri

Off in June, July & August

September: Broadway Show & Movie Tunes

October: Americana (Country/Folk/etc.)

November: Armed Forces & Patriotic

December: Christmas & Holidays

## Brain Booster

Scheduling time to socialize with friends may cut your risk for memory impairment in half. Conversing with friends is an opportunity to exercise many thinking skills in an informal way. It hones your ability to focus and keeps you thinking on your toes by

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requiring you to toggle between speaking and listening. It also challenges your brain to hold pieces of information so you don't constantly interrupt the other person. Subjects in a University of Michigan study performed better on short-term memory tests after spending just 10 minutes conversing with another person.

*BottomLine Personal*



### Only in America

Here are a few words you'll find used only in American English.:

**Cheesy-** Other languages have words that mean false, tacky, or trying too hard, but only the English slang term "cheesy" can fully express something so fake that it stinks like Camembert,

**Serendipity-** This word comes from Serendip, an ancient name for Sri Lanka, and means the state of finding pleasant or desirable things by accident. In 18th century Britain, the writer Horace Walpole created the word in a folk tale about 'the three princes of Serendip,' who "were always making discoveries, by accidents and sagacity, of things they were not in quest of."

**Silly-** There are plenty of synonyms for ridiculous or foolish, but this one also means lighthearted, playful, and kind of fun. According to the Oxford English Dictionary, 500 years ago silly meant "happy, blissful, lucky, or blessed. From there it came to mean innocent, or deserving of compassion," which morphed into the absurdity we enjoy today in silly hats, silly jokes, and, perhaps best of all, Monty Python's "Ministry of Silly Walks".

**Gobbledygook-** although it sounds like Middle English. this delightful term for unintelligible jargon dates only from World War II, when American Congressman Maury Maverick used it in a memo dated March 30, 1944, banning 'gobbledygook language.' Apparently, Maverick was thinking of a turkey's "gobble."

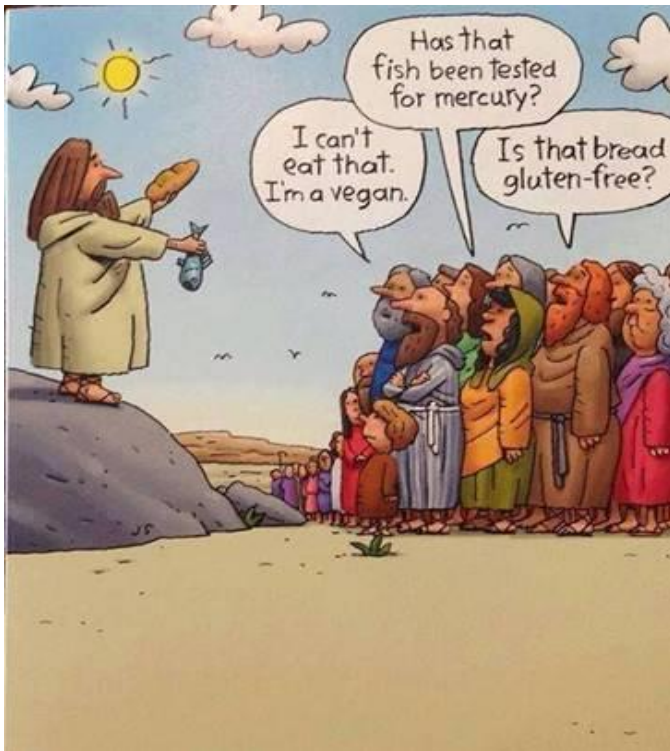
**Spam-** Before 'spam' was a word for unwanted emails, it represented the successful repackaging of unwanted meats. Introduced in 1937, SPAM was a clever way to repackage the undesirable cut of pork shoulder. The brand name is a combination of "spiced" and "ham," invented in a naming contest. The newer meaning derives from a skit by the 1970s British comedy troupe

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Monty Python, in which a band of Vikings drown out all other conversation by shouting the word "spam" over and over again—much as a barrage of unsolicited emails overwhelms everything else in your inbox.

*Reader's Digest*



### Lunch Protein Reduces Muscle Loss

Eating more protein for breakfast or lunch could help older people maintain muscle mass as they age. A study from the UK's University of Birmingham found that the elderly, compared to young and middle-aged people, were more likely to eat a lower-quality protein source at lunch, such as bread. The researchers recommend that older people eat more high-quality protein and also eat it more evenly throughout the day to support muscle mass.

*Newsmax Magazine*

### Did You Know?

There's a link at the top of the first page of every issue, which you can click to go to our webpage. There you can find past newsletter copies, a list of the songs in our library, photos and other information. If you have never visited it before, I'll get a message when you log in and will have to let you in. After that, all you have to do to get into the "Members Only" section is to use the password YAHLC.

### Music Boosts Brain Power

A study published in *Scientific Reports* found that music with a "groove" can boost executive function, the mental processes we use to plan, pay attention, remember and juggle multiple tasks. Groove is the rhythmic feel of music that makes people want to dance, tap their feet and nod their head. You'll find it in jazz, salsa, soul, hip hop, rock, rhythm & blues, funk and fusion. The study used brain imaging and surveys about participants' subjective experiences and found that music enhanced executive function and activity in a specific area of the brain—but only for participants who reported that the music made them feel clear-headed and, in the mood, to move.

*Bottom Line Health*

