

Chorus Chatter

News and Musings for Young at Heart Chorus Members

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Keeping up with the Changes

Now that we are into our Fall schedule, you'll probably notice a few changes to our normal routine and contacts. First, the Board took a look at the attendance and decided that our second Tuesday at Good Samaritan Assisted Living wasn't drawing a big enough audience compared to the size of our chorus. Often, we would have 20 to 25 people and there might be eight or 10 in the audience, counting the staff.

After talking with Good Sam's Senior Living Manager, Marty Hart, we decided to move the second Tuesday to their auditorium. The staff can still bring the people from Assisted Living there, and Independent Living residents can enjoy our programs as well. We'll also publicize it in the local media, as we have a different program each month, and it's free! We may do our December performance as an evening program, but that is still under consideration. Stay tuned!

One other change everyone has noticed is that Barbra Hayes is no longer at Northrise Morningside. That's all the information we have, but the new activity person there is Kladaisa (pronounced Kla-dee-sha) McLaurin. She's a friendly, enthusiastic young woman, and we look forward to working with her.

The Power of Music

Music is an amazing thing, often times expressing far more emotion than words could ever come close to. French poet Victor Hugo, author of *Les Miserables*, once said, "Music expresses that which cannot be said and on which it is impossible to be silent."

Las Cruces Magazine



Phyllis and Joan sing "My Best to You" last May.



Rollie Antupit joined the chorus a year ago, in the Fall of 2016. Having just arrived here from Seattle, where she had lived for 14 years, she says it was wonderful to find a group of happy singers.

Rollie says it has been her luck to have been engaged in three careers that she loved: First, as a travel agent in New York City, then as a special education teacher, and finally as a postpartum doula. Now happily retired, she enjoys traveling, reading, playing Scrabble, attending lectures and the symphony, and cooking.

Her family includes four children, eight grandchildren and one new great-grandson. Unfortunately, they all live far from Las Cruces.

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Rollie 's partner, Tom, has just built them a new house, which she loves very much. She looks forward to spending many more years singing with Young at Heart.



Jim Gibson joined the chorus in 2014. He was born and grew up in Camden, New Jersey, just across the river from Philadelphia. A region very different from northern New Jersey, it is more a part of the Philadelphia. area. Jim came to Las Cruces in 1957 when his father bought a farm in Mesquite.

While living here, he completed a college degree in law enforcement, then worked in security before joining the police force. Jim spent 35 years in law enforcement, 27 years of them with the police department in League City, Texas, where he became Chief of Police.

Upon retiring from there in 2000, he returned to the Las Cruces area, where he has two brothers in Mesquite and one sister in Las Cruces. Sadly, his wife of 19 years died at the young age of 38. Jim is a big Elvis fan and has a collection of Elvis memorabilia. With Young at Heart, he enjoys his role as the Birthday Elf, presenting beads to residents for their special days, as well as helping with the sound system.

For 30 years, my mother served the family nothing but leftovers. The original meal has never been found."

Calvin Trillin

"Middle age is when you've met so many people that every new person you meet reminds you of someone else."

Ogden Nash



Lois McGowan is a familiar face, having sung with us for several years whenever she was in town to visit her sister, Eleanor. Now she has moved here and will be singing with us regularly.

Born in Chicago, the youngest of three children, she spent her first 33 years in the Windy City. While there, she attended two high schools and a spent a year at Northwestern Illinois University in De Kalb. Lois was fortunate to be able to take piano lessons as a child and surprised her parents by playing the Grand March for the drill team during her 8th grade graduation. Afterward, she also studied the violin but says it soon became evident she was short on talent. Nevertheless, she often played piano and violin duets with her sister for their own entertainment.

Realizing that college life was not her cup of tea, Lois returned to Chicago to work in a downtown Savings and Loan office. While enjoying life as a young adult, she joined a Christian Chorale that traveled around the Midwest. After deciding to work a little closer to home, she joined McKesson & Robbins, where she says she met "Mr. Wonderful." They married a short time later and soon became parents of a "tiny terror" they called Mark, who was an only child for eight years. After moving to Las Vegas, Nevada, Lois and her husband, Ray, an electrician, had their daughter, Loraë.

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In Las Vegas, Lois worked for Mervyn's until she lost her husband in 1990. When her daughter and her husband moved to Cañon City, Colorado and were starting a family, she decided to join them there. Later, after they moved to Yukon, Oklahoma, health concerns made it necessary for Lois to be closer to family, so she moved in with them and their five children there. The family included twin 13-year old girls, as well as a daughter in high school and another daughter and son in college. To complete her family tree, son Mark has a daughter in Tennessee who has two boys, Lois's great-grandsons.

As life became pretty busy, Lois decided it might be easier all around if she moved in with her sister, Eleanor, here in Las Cruces, and we are glad she is joining our chorus as well.

Behind the Scenes

The success of every organization depends on the many and varied contributions of each member. In our chorus, there are some jobs that are unseen most of the time but are essential to keeping things running smoothly. Calling the facilities where we sing to confirm plans each month and also calling members not accessible by email is that kind of job, and **Jo Banks** takes good care of it. In addition, she has been keeping a chorus scrapbook, which some of you have seen recently. If you haven't seen it yet, ask Jo to let you borrow it.

Marilyn Gioannini stopped in at our second practice, on August 28th, and is hoping to rejoin us whenever her health and energy level permits. Great to see her back! As George explained at practice, she used to do practically everything for the chorus, picking the music for each program,

making copies, playing the piano and keeping the music files in shape. It was a big job, as it now takes several people to handle all of this. We hope you can join us often, Marilyn, and maybe play a little piano as well.

Exercise for People Over 60

Begin by standing on a comfortable surface where you have plenty of room at each side. With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. After you feel confident at that level, put a potato in each bag.

Music Folders and Binders

You probably know this, but it's a good idea to review our policies on music folders and binders once in a while. First, don't forget to bring your loose-leaf binder with you to practice and each performance. By taking it home with you, you can review your music any time you want. You also can keep any chorus notes or memos, calendars or other information in one place.

Joan Kowalski puts each month's music into a folder for every member and brings them to the first practice for that month. Take your music and put it in your binder, but do not turn in the previous month's music to Joan until after the final performance for that month. This seems to be working smoothly and minimizes the work of hauling copies of music for Joan. Ask her if you have any questions.