

# Chorus Chatter

News and Musings for Young at Heart Chorus Members

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## Who Was Saint Patrick?

Saint Patrick was a fifth-century Romano-British Christian missionary and bishop in Ireland, although the exact dates of his life are uncertain. Tradition regards him as the founder of Christianity in Ireland.

According to his autobiography, he was captured by pirates when he was about 16 and taken as a slave to Ireland, where he looked after animals.

He credited his six years in captivity as being critical to his spiritual development, explaining that the Lord had mercy on his youth and ignorance and afforded him the opportunity to be forgiven his sins and convert to Christianity.

After escaping to home in England, he studied Christianity in Europe and had a vision calling him to return to Ireland.

There he baptized thousands and ordained priests. Although never canonized because

he lived prior to the current laws of the Catholic Church in these matters, he has long been venerated as the primary patron saint of Ireland.

Several legends about St. Patrick prevail. It is said he used the three-leafed shamrock to explain the Trinity, a story that first appears in writing in 1726.

Earlier icons of St. Patrick often show him with a cross in one hand and a sprig of shamrocks in the other.

Less certain is the tale that he banished all the snakes from Ireland. The earliest written record of this legend dates from the late seventh or early eighth century. However, evidence in fossil collections and records all suggests that post-glacial Ireland never had any snakes.

Nevertheless, we celebrate all things Irish when we observe the supposed date of St. Patrick's death on March 17<sup>th</sup>. *Wikipedia*



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**Dennis Day** was an American singer, radio, television and film personality and comedian. He was born Owen Patrick Eugene McNulty in 1916 to Irish immigrant

parents in New York. In 1939 Gene McNulty, as Day was then known, sang on network radio with bandleader Larry Clinton. The 23-year-old McNulty won an audience poll as a favorite vocalist.

As Dennis Day, he sang many of the Irish songs we still sing, including *When Irish Eyes are Smiling*, *My Wild Irish Rose*, *Clancy Lowered the Boom*, *Galway Bay*, *Too-Ra-Loo-Ra-Loo-Ral* and many more. He also sang other songs in our repertoire, such as *Dear Hearts and Gentle People* and *Mam'selle*.

Day appeared for the first time on Jack Benny's radio show on October 8, 1939. He continued to work with Benny while also starring on his own NBC show, *A Day in the Life of Dennis Day* (1946-1951). He remained associated with Benny's radio and television programs until Benny's death in 1974.

He continued to appear as a regular cast member when *The Jack Benny Program* became a TV series, staying with the show until it ended in 1965.

His own TV series, *The Dennis Day Show* (aka *The RCA Victor Show*), was first telecast on NBC in 1952. During the final season of *The Jack Benny Program* (1964-

65), Day was nearly 49 years old, although Benny was still delivering such lines as "That crazy kid drives me nuts ..." He died in 1988 at the age of 72.



### Legend of the Leprechaun

Nothing is more Irish than the leprechaun. According to Irish legends, people lucky

enough to find a leprechaun and capture him (or, in some stories, steal his magical ring, coin or amulet) can barter his freedom for his treasure. They are usually depicted as little bearded men, wearing a coat and hat. According to fables, they are known to be mischievous little creatures that like to make shoes and store their gold coins in a pot that is hidden at the end of a rainbow. The legends trace back to eighth-century tales of water spirits, which hold that these spirits merged with household fairies and developed a penchant for heavy drinking, so no cellar was safe! It is said that, if you happen to capture a leprechaun, he will give you three wishes, provided you let him go.



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*George, Ray and pianist/singer Ginny May perform a program of love songs at the Good Samaritan Village in February*

### More Thoughts on Singing in the Shower

Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked. So, remember...Don't sing in the shower!

### Cold Comfort

Average human body temperature has been slowly declining since the 19<sup>th</sup> century, according to a 2020 study published in *eLife*. Possible causes include falling infection rates...better overall health...and modern climate control systems that don't require our bodies to work so hard to maintain proper temperature.

While 98.6°F has been considered normal for the past 150 years, the new "normal" varies from person to person and hour to hour, ranging from 96.1°F to 99.7°F. "If you're elderly, your normal temperature can run in the mid 96s," says Julie Parsonnet,

MD, a Stanford professor and co-author of the *eLife* study. "If you're a woman, it's probably higher. If it's morning, it's lower. If you go for a run...if you wear a hat, it's higher."

That doesn't mean body temperature is irrelevant-if your temperature is over 100°, it's not normal. A single reading doesn't tell the story so track your temperature over time, including different times of day, so you know your normal range.

*Bottom Line Persona*



Be yourself...everyone else is taken.

*Oscar Wilde*

