

Chorus Chatter

News and Musings for Young at Heart Chorus Members

Issue #56...May 5, 2022

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The Month of May



is named for the Roman goddess *Maia*, who oversaw the

growth of plants. May Day, a holiday rich in history and folklore, celebrates the return of spring and traditionally includes a Maypole dance. Such dances are survivals of ancient dances around a living tree as part of spring rites to ensure fertility, originally for crops and, by extension, for livestock and humans. Although this purpose was lost gradually, the practices survived as popular festivities into the 19th

More Proof Singing Heals

In 2012, a team of investigators found a significant decrease in anxiety and depression in cancer patients who were encouraged to sing.

Similar positive effects were found in people suffering from arthritis, chronic pain and other illnesses. These effects are rooted in measurable physiological responses, including an increase in production of an immune system protein that fights upper respiratory tract infections.

The most striking discoveries involve choral singing. Even at an amateur level, the act of blending your voice with others in song causes the brain to secrete the chemical oxytocin, a hormone that creates the warm sensations of bonding, unity and security.

John Colapinto in "This is the Voice"

Back in the Saddle Again

It's great singing together and entertaining our audiences once again. Although it was far too long a layoff, I think we managed to put things back together rather quickly. Thanks to everyone for the efforts it has taken to get there—especially to our accompanists, Fran and Barbara, and to Jo Banks for pulling together all of the music copies and keeping things organized. Thanks to everyone for joining your voices and your presence to keep us all "Young at Heart."



and 20th centuries. *The Old Farmer's Almanac*

The happiest of people don't necessarily have the best of everything; they just make the most of everything they have.

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Bob Hope's Philosophy



On Turning 80 "That's the time of your life when even your birthday suit needs pressing."

On Turning 90 "You know you are getting old when the candles cost more than the cake."

On Turning 100 "I don't feel old. In fact, I don't feel anything until noon. Then it's time for my nap."

On Giving Up His Early Career in Boxing "I ruined my hands in the ring. The referee kept stepping on them."

On Golf "Golf is my profession. Show business is just to pay the green fees."

On Presidents "I have performed for 12 presidents but entertained only six."

On Why He Chose Showbiz For His Career "When I was born, the doctor said to my mother, congratulations, you have an eight-pound ham."

On Receiving the Congressional Gold Medal "I feel very humble, but I think I have the strength of character to fight it."

On His Family's Early Poverty "Four of us slept in the one bed. When it got cold, mother threw on another brother."

On His Six Brothers "That's how I learned to dance. Waiting for the bathroom."

On His Early Failures "I would not have had anything to eat if it wasn't for the stuff the audience threw at me."

On Going to Heaven "I have done benefits for ALL religions. I would hate to blow the hereafter on a technicality."

Submitted by Richard Kurz

Not to brag, but I just went into another room and actually remembered why I went in there.

It was the bathroom, but still....

A Riddle

Can you answer all seven of the following questions with the same word? Only 5% of Stanford University graduates figured it out!

1. The word has seven letters....
2. Preceded God..
3. Greater than God...
4. More evil than the devil...
5. All poor people have it...
6. Wealthy people need it....
7. If you eat it, you will die.

(Try hard before looking at the answers at the bottom of the next page.)

When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.

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Past Presidents in the Fold



Although the timetable's unclear, the Treasury Department plans to redesign \$20 notes to feature

Harriet Tubman in place of Andrew Jackson. Here's some trivia about other former commanders-in-chief who remain on U.S. currency:

\$1: George Washington — Counterfeiting is rarely a concern for the lowly buck. Not only does the Treasury have no plans for a \$1 makeover, Congress prohibits it.

\$2: Thomas Jefferson — Since 1976, the back of the \$2 bill has featured a vignette of the signing of the Declaration of Independence. Before that, it depicted Monticello, Jefferson's estate in Virginia.

\$5: Abraham Lincoln — Under Lincoln, the federal government started printing its first currency. His Treasury secretary, Salmon P. Chase, got his face put on the \$10,000 note, which no longer is in production.

\$20: Jackson — Popularity of the Broadway musical "Hamilton" helped scuttle talk of featuring a female on the \$10 bill, shifting attention to the twenty. Months of town hall meetings, roundtable discussions and more than a million letters and emails gave the Treasury "overwhelming encourage-ment" to change the face on the higher denomination.

\$50: Ulysses S. Grant — The 18th president had his 1869 inaugural ball in what became The Cash Room of the

Treasury Building in Washington.

There used to be more presidents on paper money. But in 1969, the Treasury and the Federal Reserve Board halted the distribution of high-denomination notes that hadn't been printed since World War II. Those included: \$500 (William McKinley), \$1,000 (Grover Cleveland), and \$5,000 (James Madison). One other president reached the highest note: \$100,000 (Woodrow Wilson). It was the largest denomination ever printed by the Bureau of Engraving and Printing, made in a three-week production run from December 1934 to January 1935. According to the Treasury, the \$100,000 gold certificates were restricted to transactions among the Federal Reserve banks. *Joel Dresang for Landaas & Company*



The Answer is: NOTHING!
NOTHING has 7 letters.
NOTHING preceded God.
NOTHING is greater than God.
NOTHING is more evil than the devil.
All poor people have NOTHING.
Wealthy people need NOTHING.
If you eat NOTHING, you will die