

Chorus Chatter

News and Musings for Young at Heart Chorus Members

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More Old Songs to Name

If you had fun with our last quiz, here are some more lyrics from songs we have sung, along with the names of possible titles. See if you can pick which song the phrase is from. Answers are on the last page. *No Peeking!*

1. Swift wings you must borrow, make straight for the shore...

- Around the World
- On the Road Again
- Red Sails in the Sunset
- Take Me Home, Country Roads

2. When I dream about the moonlight on the Wabash...

- My Blue Heaven
- Back Home Again in Indiana
- On the Banks of the Wabash
- My Old Kentucky Home

3. Moonlight and love songs never out of date

- Side by Side
- Three Coins in the Fountain
- As Time Goes By
- Moonlight and Roses

4. I never saw rainbows in my wine ...

- Ole Buttermilk Sky
- I'm Beginning to See the Light
- I Could Have Danced All Night
- High Hopes

5. When I come home at night, she will be waiting ...

- Sleepy Time Gal
- Yes Sir, That's My Baby
- Ramblin' Rose
- Paper Doll



Jimmy Durante performed many of the songs we sing, including *I'll Be Seeing You*, *Frosty the Snowman*, *As Time Goes By*, and our theme song, *Young at Heart*. He was born in 1893 to parents who were immigrants from Salerno, Italy. Durante was a singer, pianist, comedian and actor. His distinctive gravelly speech, Lower East Side accent, comic language-butchery, jazz-influenced songs and prominent nose helped make him one of America's most familiar and popular personalities of the 1920s through the 1970s. He died in 1980 at age 86.

He often referred to his nose as *the schnozzola*, which was an Italianization of the American Yiddish slang word *schnoz*, meaning "big nose," and it became his nickname. Durante dropped out of school in the seventh grade to become a full-time ragtime pianist. By the mid-1920s, he had become a vaudeville star and radio personality. In 1934, he had a major record hit with his own novelty composition, "Inka Dinka Doo," with lyrics by Ben Ryan. It became his theme song for the rest of his life.

During the early 1930s, Durante alternated between Hollywood and Broadway while also appearing on radio shows. He teamed up with Garry Moore on *The Durante-Moore Show* in 1943 and took over the program, now named *The Jimmy Durante Show*, in 1947. In addition to its

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opening theme of "Inka Dinka Doo," its invariable signoff was "Good night, Mrs. Calabash, wherever you are." For years, no one knew who Mrs. Calabash was, and Durante kept the mystery alive until 1966. He finally revealed that it was a tribute to his wife, Jean. While driving across the country, the pair had stopped in a small town called Calabash, North Carolina, and she loved the name. "Mrs. Calabash" soon became his pet name for her.

Bought a new pair of shoes with memory foam insoles. No more forgetting why I walked into the kitchen.

The Story Behind *Somewhere Over the Rainbow*

It may seem strange that the greatest Christmas songs of all time were written by Jews. Among them were "Rudolph, the Red-Nosed Reindeer," written by Johnny Marks, and "White Christmas" by Irving Berlin, the son of a Jewish cantor. But perhaps the most poignant song emerging out of the Jews' mass exodus from Europe was "Somewhere Over the Rainbow".

The lyrics were written by Yip Harburg. He was the youngest of four children born to Russian Jewish immigrants. His real name was Isidore Hochberg, and he grew up in a Yiddish-speaking, Orthodox Jewish home in New York. The music was written by Harold Arlen, a cantor's son. His real name was Hyman Arluck, and his parents

were from Lithuania. In writing it, the two men reached deep into their immigrant Jewish consciousness, framed by the pogroms of the past and the Holocaust about to happen. They wrote an unforgettable melody set to near-prophetic words. Read the lyrics in their Jewish context and suddenly the words are no longer about wizards and Oz, but about Jewish survival:

Somewhere over the rainbow
Way up high,
There's a land that I heard of
Once in a lullaby.
Somewhere over the rainbow
Skies are blue,
And the dreams that you dare to dream
Really do come true.
Someday I'll wish upon a star
And wake up where the clouds are far behind me.
Where troubles melt like lemon drops
Away above the chimney tops
That's where you'll find me.
Somewhere over the rainbow
Bluebirds fly.
Birds fly over the rainbow.
Why then, oh why can't I?
If happy little bluebirds fly
Beyond the rainbow
Why, oh why can't I?

The Jews of Europe could not fly. They could not escape beyond the rainbow. Harburg was almost prescient when he talked about wanting to fly like a bluebird away from the "chimney tops". In the post-Auschwitz era, chimney tops have taken on a whole different meaning than the one they had at the beginning of 1939.

It's ironic that for two thousand years, the land that the Jews heard of "once in a lullaby" was not America, but Israel. The remarkable thing is that less than ten years after "Somewhere Over the Rainbow" was first published, the exile was over and the State of Israel was reborn.

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Boost Your Energy with Water

Water may be the simplest, quickest and cheapest solution to feeling tired. Your body is about 60 percent water, and one of the first signs of dehydration is fatigue. If you feel thirsty, you're probably already dehydrated. A study from Tufts University found that a loss of as little as one percent of your body weight as water is enough to leave you tired and irritable and can even interfere with your thinking.

Health authorities advise drinking at least eight 8-ounce glasses a day, but you need more water if you're exercising or the weather is hot. Not all of your quota has to be plain water. Because caffeine isn't dehydrating as once thought, even coffee and tea count, and so do vegetables and fruits.

Newsmax Magazine



The world's first book club.

The Healing Power of Proper Breathing

Most of us see breathing as something we just do: breathe and we live; stop breathing and we

die. *How* we breathe matters too. Breathing properly can allow us to live longer and healthier lives. Breathing poorly can cause chronic diseases, including asthma, anxiety, attention deficit hyperactivity disorder (ADHD), hypertension and more.

The first step in healthy breathing is to extend breaths, making them a little deeper, a little longer. Try it. For the next several minutes, inhale gently through your nose to a count of five, then exhale through your nose at the same rate or a little slower. This works out to about six breaths a minute. Breathing like this helps protect the lungs from irritation and infection while boosting circulation to the brain and body. Everything functions at peak efficiency.

The second step in healthy breathing is to breathe through your nose. Some experts believe that up to 50% of us are chronic mouth breathers. Scientists say that inhaling this way saps the body of moisture, irritates the lungs and loosens the soft tissues at the back of the mouth. By contrast, nasal breathing can allow us to absorb around 18% more oxygen than breathing through the mouth. It reduces the risk of dental cavities and respiratory problems. It also can help with snoring and some mild cases of sleep apnea. Turns out that the way we take in and expel air is as important as what we eat, how much we exercise and the genes we've inherited.

James Nestor in The Wall Street Journal

- Answers to Name That Old Song**
1. Red Sails in the Sunset
 2. Back Home Again in Indiana
 3. As Time Goes By
 4. I'm Beginning to See the Light
 5. Paper Doll