

# Chorus Chatter

News and Musings for Young at Heart Chorus Members  
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**April** comes from the Latin word *aperio* (to open), because plants begin to grow during this month. This month's Easter and Passover together give us many symbols, from lambs to lilies, eggs to rabbits. *Easter eggs* trace their beginning back to the fertility lore of the pre-Christian Indo-European races, to whom the egg became a symbol of spring. In Judaism, eggs are an important part of the Passover seder plate during this time.

*The Easter Bunny* was an invention of German protestants, whose *Osterhase* or "Easter Hare" brought eggs and sweets to good children.

*Easter Lamb* is said to represent Jesus, as it embodies purity and goodness. It also represents sacrifice, as Jesus was crucified during Passover week and made the ultimate sacrifice, his life. The lamb was a sacrifice during the Jewish Passover, and roasted lamb shanks are an important part of the Passover seder plate.

*Sweet Breads* are a tradition, especially with the conclusion of Lent, when many people do not indulge in sweets. Hot cross buns are one popular variety, but in some countries other sweet breads are also marked with a cross or twisted in braided strands,

*Easter Lilies*, with their sheer white petals, symbolize life, purity, innocence, joy and peace, all celebrated during this season.

*The Old Farmer's Almanac*

## Reduce Cancer Risk with Mushrooms



Eating 18 grams of mushrooms (less than a quarter-cup) daily was associated in studies with a 45% lower risk for cancer, according to John Richie, PhD, a professor of public health sciences and pharmacology at Penn State Cancer Institute. Mushrooms are high in cell-protecting vitamins and antioxidants. While all mushrooms are high in these beneficial antioxidants, shiitake, oyster and maltake contain the most.

*BottomLine Personal*

## Waltzing Matilda



is a song in the Australian style of poetry and folk music called a bush ballad. It has been described as the country's "unofficial national anthem," and we're singing it on our April program. The title was Australian slang for travelling on foot (waltzing) with one's belongings in a "matilda" (swag) slung over one's back. The song narrates the story of an itinerant worker, or "swagman", making a drink of billy tea at a bush camp and capturing a stray jumbuck (sheep) to eat. When the jumbuck's owner, a squatter

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(rancher), and three troopers (mounted policemen) pursue the swagman for theft, he declares "You'll never catch me alive!" and commits suicide by drowning himself in a nearby billabong (watering hole), after which his ghost haunts the site.

Extensive folklore surrounds the song and the process of its creation, to the extent that it has its own museum, the Waltzing Matilda Centre, in the Queensland outback.

*Wikipedia*

My cup of coffee reminding me why I shouldn't have a donut to go with it!!! 😊



*I've been thinking that, as we get older and spend more time in doctors' offices, we're a little like a car with 200,000 miles. We're still running, but we seem to be spending too much time in the shop.*

## Your "Voice Box"

The larynx is often called the voice box, since that is what most people think of as its main purpose. It really has three functions because of where it is located, at the crossroads of your respiratory and digestive tracts.

- It prevents food from being aspirated into your airway.
- It's the doorway to your trachea, or windpipe, so it's involved in breathing.
- Its two vocal folds (which many call the vocal cords) vibrate to create your voice.

Almost everyone has experienced a bout of hoarseness after singing along at a concert or cheering on a favorite sports team.

Sometimes it can be caused by laryngitis, an inflammation of the larynx brought on by a viral infection such as the common cold.

These conditions usually improve with rest and plenty of fluids. Other causes, including gastroesophageal reflux or vocal fold lesions such as polyps and nodules, usually require additional treatment.

A voice disorder that persists for two to four weeks or gets progressively worse needs to be evaluated. The specialists who diagnose voice disorders are otolaryngologists (also known as ear, nose and throat doctors) and laryngologists, who focus on the larynx. Voice therapy may be part of a treatment plan, particularly when the voice disorder stems from how and how much you use your voice.

Ways to protect your voice:

- Don't smoke.
- Use but don't abuse your voice.
- Hydrate.
- Use amplification if needed.
- Listen to your voice if it is complaining to you.

*Bottom Line Health*

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## History of Charcoal Briquettes

The chore of preparing a fire for grilling was made easier when Ellsworth B. A. Zwoyer of Pennsylvania invented and patented the charcoal briquette in 1897. First produced by the Zwoyer Fuel Company, the briquette was later popularized by Henry Ford. He collaborated with Thomas Edison and E. B. Kingsford to produce briquettes out of sawdust and wood scraps from Ford's Detroit auto plants. Ford Charcoal went on to become the well-known Kingsford Company. *New Mexico Magazine-July, 2021*



## Where Did These Sayings Come From? (Part 2)

Get Off Your High Horse: Before cars, mostly nobility and high-ranking military officers were the only ones who could afford to own a horse. Getting off your horse meant to humble yourself.

Dressed to the Nines: This meant you were rich enough to afford the entire nine yards

of material needed to a tailor to make a complete outfit, including trousers, jacket and vest.

Mad as a Hatter: In the 17<sup>th</sup> and 18<sup>th</sup> centuries, hat makers often went insane from mercury poisoning, a side effect of making felt hats.

Burning the Midnight Oil: Before electricity, people burned candles or oil lamps for light. When you stayed up late to work, you literally burned the lamp oil at midnight.



## Time to Sit and Think

Imagine being alone with your thoughts, without distractions. Sound idyllic? Or boring? You might like it more than you expect. Researchers at Kyoto University in Japan asked participants to sit and let their minds wander for 20 minutes.

Beforehand, the study subjects rated how they thought they would feel; afterward, they reported how they actually felt. On average, they found that sitting with their thoughts more engaging and enjoyable than they had anticipated. Previous studies suggest that thinking time can actually help people enhance creativity, solve problems and find more meaning in life. *Reader's Digest*