

# **Chorus Chatter**

*News and Musings for Young at Heart Chorus Members*

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**Molly Malone**, also known as “Cockles and Mussels,” is a popular song set in Dublin, Ireland. We’ll be singing it on our March program. It tells the fictional tale of a fishmonger who plied her trade on the streets of Dublin, but who died young of a fever. There is no evidence that the song is based on a real woman, of the 17<sup>th</sup> century or any other time. However, a statue (shown above) was unveiled in Dublin on June 13, 1988, declared to be Molly Malone day by the Lord Mayor of Dublin during the Dublin Millennium celebrations.



**That's Amore**, which we'll sing on our March program, was written in 1953 by composer Harry Warren and Lyricist Jack Brooks. It soon became a major hit and signature song for Dean Martin. *Amore* means “love” in Italian. Music critic Joe Queenan described the song as “A charming, if goofy parody of popular Neapolitan organ-grinder music.” He observed, “*That's Amore* was one of many songs from the early fifties that helped rehabilitate Italy’s image as a land of magic and romance that had somehow been lured from its festive moorings by the glum fascist Benito Mussolini.”

## **Wavering Winter Warbling**

Even though we are moving into warmer weather here in southern New Mexico, your voice may still have some leftover issues from winter. Our immune systems produce extra mucus as they go to work on colds and respiratory infections. While our vocal cords need a normal amount of mucus for lubrication, too much can cause irritation and make our voices waver.

Get plenty of water throughout the day, including liquid from fruits, vegetables, tea, coffee and juice as well as water. Choose dairy carefully, since it causes some singers the sensation of phlegm in the throat. If you need to clear your throat, move the phlegm off your vocal cords with a quiet and breathy “hmm, hmm, hmm” instead of a loud, forceful effort that can cause irritation. If you have a cold, warm up your voice with some light humming in a hot, steamy shower. Follow up with a warm beverage with a squeeze of lemon, and don’t overdue singing or talking.

*Sharon Paquette Lose in The Choral Director*

## **The Internet and Real Life**

There are many positive aspects to the Internet and social media, such as the ability to communicate instantly via text or email from any location, and the ability to call upon libraries of information and search through them quickly. But all these developments come with a price. We are electronically connected to everyone but, in reality, are in relationships with no one. People mindlessly prefer to watch life on YouTube or Netflix rather than live it in real life. *Fr. Hugh Duffy*

I just read that 4,153,237 people got married last year. Not to cause any trouble, but shouldn't that be an even number?

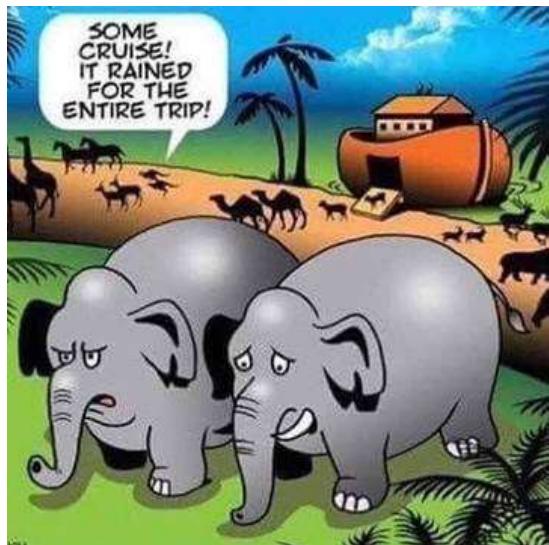
*Reader's Digest*

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**Manhattan** was written for a 1925 revue by Richard Rodgers, with lyrics by Lorenz Hart. It became a popular song and part of the Great American Songbook, and we'll sing it in April.

The song describes, in several choruses, the simple delights of Manhattan for a young couple in love but too poor to afford a honeymoon to the popular summertime places. The joke is that these "delights" are really some of the worst, or cheapest, sights that New York has to offer; for example, the stifling, humid stench of the subway in summertime is described as "balmy breezes", while the noisy, grating pushcarts on Mott Street are "gently gliding by". A particular Hart technique is the use of New York dialect to rhyme "spoil" with "boy and goil".



You can tell a lot about a man by what he laughs at. *Hughlings Jackson (the father of English neurology)*

**Sweet Georgia Brown** is a jazz standard and pop tune that we'll be singing in April. It was composed in 1935 by Ben Bernie and Maceo Pinkard, with lyrics by Kenneth Casey. Ben Bernie came up with the concept for the song after speaking with Dr. George Thaddeus Brown, a

longtime member of Georgia's House of Representatives, about his daughter, Georgia Brown.

After her birth on August 11, 1911, the Georgia General Assembly issued a declaration that she should be named Georgia after the state. This is referenced in the song's lyric: "Georgia named her-Georgia claimed her." The song was recorded in many vocal and instrumental versions, with one of the instrumental versions adopted by the Harlem Globetrotters as their theme song in 1952.



**Chauncey Olcott** was an Irish tenor, actor, lyricist and composer who wrote many of the Irish songs we sing. Born John Chancellor Olcott in 1858 at Buffalo, New York, he began his career singing in minstrel shows before studying singing in London during the 1880s.

Olcott wrote the complete scores of about 20 Irish musicals between 1894 and 1920. He captured the mood of his Irish-American audiences by combining melodic and rhythmic phrases from traditional Irish music with melancholy sentiment. Among his most popular songs are "My Wild Irish Rose" and "When Irish Eyes Are Smiling." Olcott died in 1932.

### Your Voice Can Make a Difference

Remember that your voice rings with love for your brothers and sisters in harmony. Remember that your voice brings healing to those in need. Remember that you bring light into the world.

*George Jones III in The Harmonizer*

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## **How Much Water Should You Drink?**

We know the importance of hydration, both for singing and our overall health. Is it possible to drink too much water? How much is just enough?

Drinking too much water can result in water intoxication, also known as hyponatremia, which causes the inside of cells to swell because of abnormally low sodium levels in your bloodstream. In severe cases, water intoxication can lead to debilitating health problems.

If you carry around your water bottle all day and immediately refill it when it depletes, you may be drinking too much water. The best way to know if your body really needs more water is to be consciously aware of whether or not you actually feel thirsty. Our bodies are programmed to fight against dehydration, so the more water you need, the thirstier you get.

Though most people believe clear urine is the healthiest sign of hydration, having urine with no pigmentation at all may be a sign that you're drinking too much water. If you're drinking a healthy amount of water, the color of your urine should be straw-colored to transparent yellow. For most people, eight to 10 glasses of water a day is considered a normal amount, but this varies depending on an individual's height, weight, and exercise patterns.

If you're drinking more than 10 cups of water each day and notice swelling or discoloration in your hands, lips, and feet, consider cutting back on your water intake. When you drink too much water, your electrolyte levels drop. Low electrolyte levels can cause muscle spasms and cramping. You can prevent muscle problems by replacing a couple glasses of water a day with coconut water, which is full of electrolytes and 100 percent natural.

[www.thehealthy.com](http://www.thehealthy.com)

## **Smile!**

Smiling is infectious, you catch it like the flu. When someone smiled at me today, I started smiling too. I walked around the corner, and someone saw me grin. When he smiled, I realized I had passed it on to him. I thought about the smile and then recalled its worth. A single smile like mine could travel 'round the earth. So, if you feel a smile begin, don't leave it undetected. Start an epidemic, and get the world infected.

*Spike Milligan*

## **Points to Ponder**

- Bills travel through the mail at twice the speed of checks.
- Junk is something you've kept for years and throw away three weeks before you need it.
- What was the best thing before sliced bread?
- How do they get the deer to cross the road only at those yellow signs?
- Why is there an expiration date on sour cream?
- If Webster wrote the first dictionary, where did he find the words?

**She danced like  
nobody was watching.**

**But people were  
watching and she  
looked like bees were  
attacking her.**