



Magical Music Moments

Alchemy Chorus COVID Newsletter #13

16 July 2020

From the Committee

Welcome to our Lucky Thirteenth edition of Magical Music Moments – our 'virtual' get together.

Magical Music Moment



Menin Gate, Ypres, ANZAC Day 2010

It was evening, the Last Post service, the crowd had gathered. A pipe band entered, the oboe began, a piper joined and another and then another till the whole band lifted the roof and took us to a thin place with ***Gabriel's Oboe*** (vale Ennio Morricone). Beyond magic, beyond sublime! Click on hyperlink:

[Ennio Morricone](#)

Trish

WE ALL UNDERSTAND

The mention of Vera Lynn in Jill's letter with the latest MMM gives me the opportunity (or does it?) to say that I sang two Vera Lynn favourites at our weekly Thursday musical afternoon at John Flynn House the other day - *There'll be Bluebirds over the White Cliffs of Dover* and *We'll Meet Again*

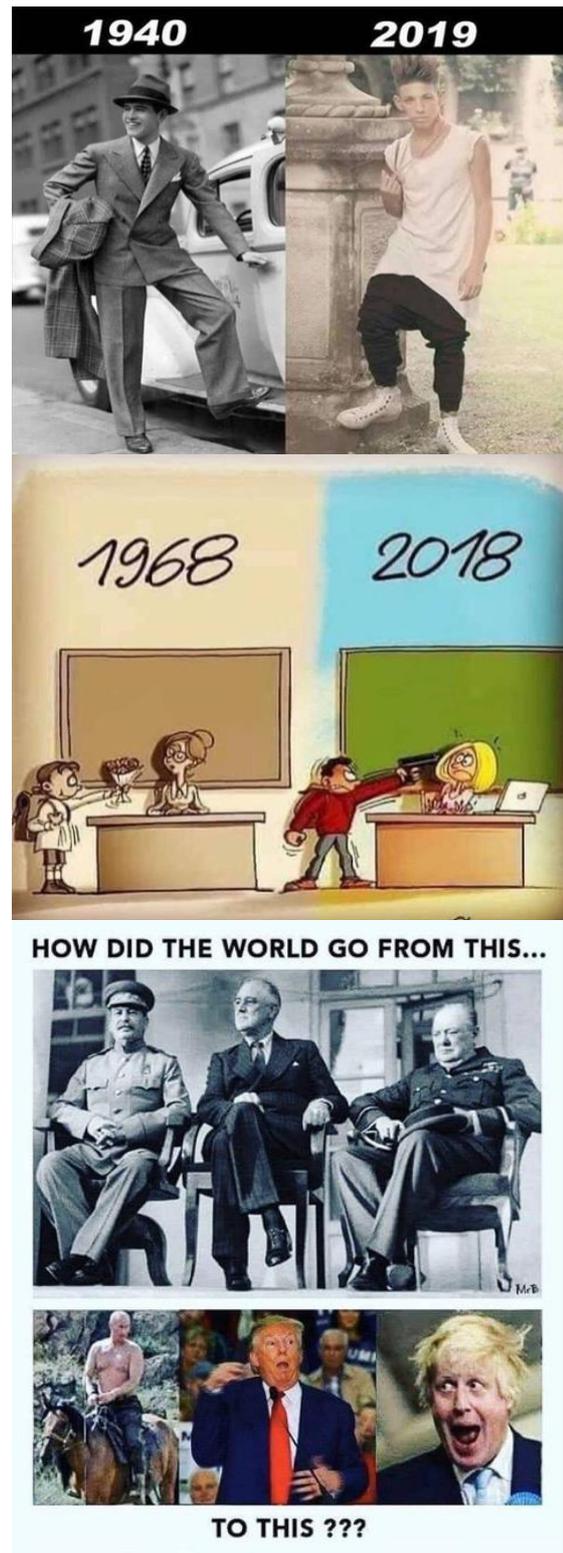
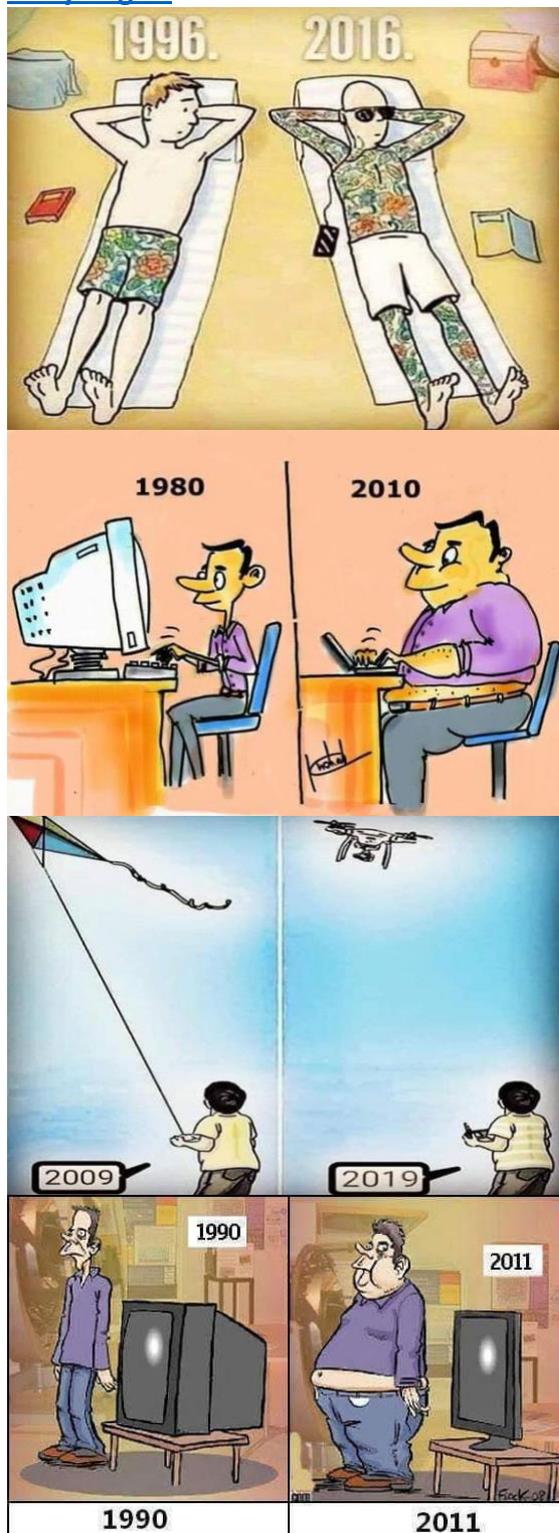
One of the staff videoed this performance on her phone and I sent the video to my 95-year-old sister Betty in Lismore, a Vera Lynn fan from way back. In fact, 40 years ago she caught the bus one day and travelled five hours to Brisbane for a concert by Vera.

Betty rang me to say she had got the video and to tell me how much she had enjoyed hearing the songs. Then she rang me again the next day and said, "Did I ring you last night and tell you how much I enjoyed hearing you sing the Vera Lynn songs?" When I assured her she had, she said (as she often does), "My memory is terrible." I agreed and said it had something to do with old age.

Barrie Virtue

Tom's Time Travels

Click on the hyperlink and sing #91 with Doris and find out just [how sentimental can you get!](#)



Sing! (the magic of neuroscience)

Singing has a long history of bringing people together during wars, large movements and protests, so it's no surprise that during the coronavirus outbreak people have been getting

together from their balconies, as well as through online choirs to sing together. Singing provides many health benefits - apart from helping to form social bonds, it actually triggers a biochemical response in our autonomic nervous system by stimulating the vagus nerve, which is responsible for our parasympathetic nerve response. According to research, singing broadly leads to a down regulated stress response, an increase in health-promoting endorphins and a stronger immune system. So why not get those vocal chords warmed up, choose some of your favourite music and arrange a sing-along with your friends? This not only has a positive effect on your mood and health, but it can also help you to connect with others.

<https://mailchi.mp/foodforthebrain/the-neuroscience-of-kindness-the-importance-of-connection-during-challenging-times?e=04d47c8011>

Jill

Click on the blue hyperlink below, where you can get your vagus nerve active with our song #99

[Some Enchanted Thursday](#)

Someone will be singing

You will hear them singing

Across a (socially)crowded room...

We will be back...

If you still don't believe in magic and music, settle in with the blue hyperlink for 14 mins of enchanting fun:

[Salmon Chanted Evening](#)

Sometimes it DOES take a Rocket Scientist!! (true story)

Scientists at Rolls Royce built a gun specifically to launch dead chickens at the

windshields of airliners and military jets all travelling at maximum velocity. The idea is to simulate the frequent incidents of collisions with airborne fowl to test the strength of the windshields.

American engineers heard about the gun and were eager to test it on the windshields of their new high speed trains.

Arrangements were made, and a gun was sent to the American engineers.

When the gun was fired, the engineers stood shocked as the chicken hurled out of the barrel, crashed into the shatterproof shield, smashed it to smithereens, blasted through the control console, snapped the engineer's back-rest in two and embedded itself in the back wall of the cabin like an arrow shot from a bow.

The horrified Yanks sent Rolls Royce the disastrous results of the experiment, along with the designs of the windshield and begged the British scientists for suggestions.

Rolls Royce responded with the following one-line memo:

"Defrost the chicken."

Tom Anderson

<https://www.news.com.au/news/a-fowl-joke/news-story/b9dd464d9066125e7c2bb22281059ad3> Originally published as [A fowl joke](#)

Finally, a call for a recent photo and a sentence about what you've been doing during the past 4 months. Grab that phone, click on the camera setting, take a selfie or get someone to snap you, then send it with a few words. It won't hurt a bit. We can all do with a refresher on who's who. And before we know it, we'll be able to greet each other properly on an enchanted Thursday. **Send (almost)**

anything to Trish at this address:

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