



CARA Alert – March 24, 2020

A publication of the California Alliance for Retired Americans

VIRTUAL SING-A-LONG ON FRIDAY, MARCH 27th AT 12 NOON

As the Coronavirus continues to keep us living a quieter, more isolated life right now, CARA wants to remind us all that we are part of a larger community and movement. What better way to remind us of this, than to sing together! ***On Friday, March 27th at 12 noon, we will join together in a “virtual” SING-A-LONG to bring our statewide community together for a few songs of solidarity.***

Our CARA Sing-a-long will be led by Hali Hammer, a retired member of the Berkeley Federation of Teachers, a CARA member (active with the Alameda County CARA Action Team), and renowned folksinger extraordinaire (she is part of Occupella and the ReSisters) and has led many sing-a-longs at CARA events over the years.

It's really easy to join in this SING-A-LONG. You can join by ZOOM (download zoom on your computer or smartphone and you will be able to see Hali as well as other CARA folks around the state). Or you can just join by calling in on one of the conference numbers listed below. **Let's try to get at least 100 people singing together, across California on March 27th.** Feel free to share this invitation.

Join Zoom Meeting by Computer/Smartphone (click on link):

<https://zoom.us/j/8308420049>

Meeting ID: 830 842 0049

Dial by phone

Use any of the numbers below to call in via landline/cellphone:

888 475 4499 US Toll-free

877 853 5257 US Toll-free

Meeting ID: 830 842 0049

SING A LONG LYRICS

Ain't Gonna Let Nobody Turn Me Around

Ain't gonna let nobody turn me around...turn me around...turn me around...
Ain't gonna let nobody turn me around...Keep on a-walkin' Keep on a-talkin'
Gonna build a brand new world.

Ain't gonna let no virus turn me around...turn me around...turn me around...
Ain't gonna let no virus turn me around...Keep on a-walkin' Keep on a-talkin'
Gonna build a brand new world.

Ain't gonna let this Senate turn me around...turn me around...turn me around...
Ain't gonna let this Senate turn me around...Keep on a-walkin' Keep on a-talkin'
Gonna build a brand new world.

Ain't gonna let no hopelessness turn me around..turn me around...turn me around...
Ain't gonna let no hopelessness turn me around...Keep on a-walkin' Keep on a-talkin'-
Gonna build a brand new world.

Ain't gonna let nobody turn me around...Turn me around...turn me around...
Ain't gonna let nobody turn me around...Keep on a-singin' Keep on a-singin'
Gonna build a brand new world.

THIS Little Light of Mine

This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
Let it shine, let it shine, let it shine.

Homes and jobs for everyone...
All around my neighborhood...
All around the whole wide world...
Singing for our sanity...

All of Me (Health Care For All)

(Original words/music by Simons & Marks. New words by Hali Hammer)

All of me, health care for you and me. Co-pay free, with a choice of providers
Eyes and teeth – Don't want to lose them! Local clinics – I want to use them!

Say goodbye to costs that soar sky-high. Middlemen – we'll do better without them
Long-term support, you won't get sold short. With Medicare for you and me!

All of me, health care for you and me. Guaranteed from pre-birth to departure
Change your job, and you won't lose it. Unemployed? You can still use it

Dignity, no fear of bankruptcy
When in need, everybody's covered. Let's win the fight, good treatment is our right
With health care for you and me!

Imagine (John Lennon)

Imagine there's no heaven. It's easy if you try
No hell below us -Above us only sky
Imagine all the people living for today
Imagine there's no countries. It isn't hard to do
Nothing to kill or die for. And no religion too
Imagine all the people living life in peace, you
You may say I'm a dreamer, But I'm not the only one
I hope some day you'll join us. And the world will be as one
Imagine no possessions. I wonder if you can
No need for greed or hunger. Nor folks with empty hands
Imagine all the people sharing all the world, you
You may say I'm a dreamer, But I'm not the only one
I hope some day you'll join us. And the world will be as one.

Stand By Me (Ben E. King)

When the night has come, And the land is dark
And the moon is the only light we'll see
No I won't be afraid. Oh, I won't be afraid
Just as long as you stand, stand by me - So darling, darling
Stand by me, oh stand by me. Oh stand, stand by me, Stand by me
If the sky that we look upon, Should tumble and fall
Or the mountain should crumble to the sea
I won't cry, I won't cry, No, I won't shed a tear
Just as long as you stand, stand by me - And darling, darling
Stand by me, oh stand by me, Oh stand now, stand by me. Stand by me

Get Together (by Chet Powers, performed by The Youngbloods)

Love is but a song we sing and fear's the way we die
You can make the mountains ring or make the angels cry
Though the bird is on the wing and you may not know why

C'mon people now, Smile on each other
Ev'rybody get together, Try to love one another right now

Some will come and some will go and we shall surely pass

When the one that left us here returns for us at last
We are but a moment's sunlight fading in the grass

C'mon people now, Smile on each other
Ev'rybody get together, Try to love one another right now

If you hear the song we sing, You will understand...listen
You hold the key to love and fear -All in your trembling hand
Just one key unlocks them both, It's there at your command

C'mon people now, Smile on each other
Ev'rybody get together -Try to love one another right now

C'mon people now, Smile on each other
Ev'rybody get together, Try to love one another right now
Right now, right now

**THANK YOU FOR SINGING WITH US ON MARCH 27TH AT NOON.
STAY WELL AND TAKE CARE OF YOURSELF.
LET US KNOW IF YOU ENJOYED OUR SING-A-LONG.**

Get Social With CARA. Did you know that CARA is on Facebook? Learn about our local activities and meetings, town halls and about other news affecting retirees. **[Be sure to like our CARA Facebook page here.](#)** Make sure your friends and family like this page too. Help retirees build power by liking CARA's Facebook page. Every like and share helps spread our message.

You can contact CARA at:

MAIN OFFICE: 600 Grand Ave. #410, Oakland, CA 94610 / 510-663-4086
TOLLFREE 1-877-223-6107 / **FAX:** 510-663-4099 / www.californiaalliance.org

NORTH: 415-515-2156 / jreid.cara@gmail.com

CENTRAL VALLEY: 415-515-2156 / jreid.cara@gmail.com (Modesto – Fresno)
714-460-3542 / smeyer.cara@gmail.com (Bakersfield)

SOUTH:

LA COUNTY: 917-424-3220/ jennichang.cara@gmail.com
ORANGE/SAN DIEGO/ INLAND EMPIRE: 714-460-3542/ smeyer.cara@gmail.com