



## **CARA Alert – April 7, 2020**

A publication of the California Alliance for Retired Americans

### **BOWZER FROM SHA-NA-NA JOINS OUR VIRTUAL SING-A-LONGS- FRIDAY, APRIL 10TH AT NOON**

Please join CARA's weekly Sing-A-Long this Friday, April 10<sup>th</sup> at noon. This week we will have a special guest singer - "Bowzer" (Jon Bauman) from Sha Na Na. Jon is a longtime friend and fellow activist with Social Security Works. And of course, Hali Hammer will be leading us in songs as well. The Zoom Number and lyrics for this week are at the end of this Alert.

Speaking of Hali, she is hosting a concert with her partner, Randy Berg on Wednesday, April 8<sup>th</sup> at 3pm PST. You can join the concert on Zoom at:

<https://zoom.us/j/961660152?pwd=U2o0SjB1a0t6V1dkbFhVWk5OM0RLdz09>

**Meeting ID: 961 660 152**

**Password: 200532**

### **SCHOOLS AND COMMUNITIES FIRST CAMPAIGN SUBMITS 1.7 MILLION SIGNATURES** ***Congratulations One and All***

On April 2<sup>nd</sup>, the Schools & Communities First campaign submitted more than 1.7 million signatures of support to qualify for the November 2020 ballot – the most signatures ever submitted in California for a ballot initiative. This historic benchmark was achieved weeks ahead of schedule and surpassed the original 1.6 million goal set by the campaign. In a sign of the Schools & Communities First coalition's robust statewide infrastructure and support, a massive grassroots volunteer operation collected more than 410,000 signatures of the total – an unprecedented number. This statewide infrastructure will be key to victory in November.

CARA members helped collect almost 10,000 of the signatures, presented SCF to dozens of organizations and has recruited many other senior organizations to endorse the campaign. Congratulations to each and every one who participated in this historic effort. We are on our way to victory in November, with a very robust campaign and phone call program scheduled to begin in June.

### **CARA SING-A-LONG – FRIDAY APRIL 10 AT NOON**

**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**

### **To the Tune of Do Re Mi**

*check out this YouTube video: <https://www.youtube.com/watch?v=drnBMAEA3AM>*

#### **INTRO:**

Let's start at the very beginning A sore throat, a cough in Wuhan

And in no time at all, there were 1, 2, 3

And one went on a plane - took it overseas, Overseas

And that's how pandemics get started, you see.

Woe is me -Now we've got Covid-19

#### **VERSE 1:**

Do not fear - but please stay here

Stay at home now, everyone

We must wash and clean things well

Cars? No long trips just for fun! Don't let Covid virus spread

Isolate yourself at home. See your friends online instead

That's the healthy way to go oh oh oh

#### **VERSE 2:**

Do not fear - but just stay here. Time to all self-isolate

Wash your hands, use lots of soap. Don't go further than your gate!

Social life must stay online. Keep 2 metres clear of me. Watch TV, drink lots of wine

That will kill Covid-19!

Cough in your elbow, wash your hands with soap!

### **If I Had a Hammer (Pete Seeger)**

If I had a hammer, I'd hammer in the morning

I'd hammer in the evening, all over this land

I'd hammer out danger, I'd hammer out a warning

I'd hammer out love between my brothers and my sisters all over this land

If I had a bell, I'd ring it in the morning  
I'd ring it in the evening, all over this land  
I'd ring it in danger, I'd ring out a warning  
I'd ring in love between my brothers and my sisters all over this land  
If I had a song, I'd sing it in the morning  
I'd sing it in the evening, all over this land  
I'd sing it in danger, I'd sing out a warning  
I'd sing in love between my brothers and my sisters all over this land

**Magic Penny (Malvina Reynolds)**

Love is something if you give it away,  
Give it away, give it away.  
Love is something if you give it away,  
You end up having more.  
It's just like a magic penny,  
Hold it tight and you won't have any.  
Lend it, spend it, and you'll have so many  
They'll roll all over the floor.  
For love is something if you give it away,  
Give it away, give it away.  
Love is something if you give it away,  
You end up having more.  
Money's dandy and we like to use it, 1  
But love is better if you don't refuse it.  
It's a treasure and you'll never lose it  
Unless you lock up your door.  
For love is something if you give it away,  
Give it away, give it away.  
Love is something if you give it away,  
You end up having more.

**Last Night I Had the Strangest Dream (Simon and Garfunkel)**

Last night I had the strangest dream  
I ever dreamed before  
I dreamed the world had all agreed  
To put an end to war  
I dreamed I saw a mighty room  
The room was filled with men  
And the paper they were signing said  
They'd never fight again  
And when the papers all were signed  
And a million copies made  
They all joined hands and bowed their heads  
And grateful prayers were prayed

And the people in the streets below  
Were dancing round...

**Challenging the power (to the tune of Comin' Round the Mountain):**

We'll be challenging the power when we come (wah-hoo!)  
We'll be standing up for science when we come (true! true!)  
We'll be subsidizing solar when we come (here comes the sun!)  
We'll be standing with the unions when we come (solidarity!)  
We'll be voting out big money when we come (no Super Pacs!)  
We'll be getting single payer when we come (say ah!)  
We'll be challenging the power when we come (wah-hoo!)

**All You Need is Love (The Beatles)**

Love, love, love. Love, love, love. Love, love, love  
There's nothing you can do that can't be done  
Nothing you can sing that can't be sung  
Nothing you can say, but you can learn how to play the game  
It's easy  
Nothing you can make that can't be made  
No one you can save that can't be saved  
Nothing you can do, but you can learn how to be you in time  
It's easy  
All you need is love  
All you need is love  
All you need is love, love  
Love is all you need  
All you need is love  
All you need is love  
All you need is love, love  
Love is all you need  
There's nothing you can know that isn't known  
Nothing you can see that isn't shown  
There's nowhere you can be that isn't where you're meant to be  
It's easy  
All you need is love  
All you need is love  
All you need is love, love  
Love is all you need

## **California COVID-19 Information and Resources**

- 211 to access county services
- Local Area Agency on Aging: tollfree # - 800-510-2020
- COVID 19 State Information Number – 833-544-2374
- [Engageca.org/check-in](https://www.engageca.org/check-in)

- <https://covid19.ca.gov>
- CARA Toll free Number: 877-223-6107

## **SENIOR AND DISABILITY DISTRICT ADVOCACY DAY: MAY 15<sup>TH</sup> – STILL ON BUT SLIGHT CHANGE**

CARA is still planning to have our statewide, in the district advocacy day on May 15<sup>th</sup>. Originally, we planned to have up to 120 individual meetings in each State Assembly and Senate district office. We have been working with each office and our CARA Coordinators to schedule these visits in the hopes that we will all be safe to start meeting in person by May 15<sup>th</sup>.

Unfortunately, even if the legislature returns to work on May 4<sup>th</sup> (the current date announced by the Governor and Legislative Leadership), we are not sure that this date will remain. Even if it does it seems a little soon to suggest in person meetings 11 days after – especially since all of our members are seniors and people with disabilities and the most vulnerable to the COVID-19 virus. So, we have decided to ask each legislator to schedule a meeting time, and arrange for a Teleconference/Zoom meeting with their constituents who are CARA members. We would hold these meetings virtually, as we have been doing with all of CARA's meetings since the stay in place orders began.

If you would like to meet with your State Assemblymember or Senator with other seniors and people with disabilities on key issues by teleconference, you must sign up in advance. We need to give a list to each legislator so they know how many to expect on their teleconference. Email [caralobby@gmail.com](mailto:caralobby@gmail.com) and let us know which legislators you would like to meet with. We will get back to you with the time and teleconference number. The CARA Coordinator will get in touch with you to confirm your participation.

We plan to have a TELECONFERENCE/ZOOM TRAINING on May 8<sup>th</sup> at noon to go over the bills and issues we will be discussing at these Teleconference meetings with our legislators. We will send the information about our Training in early May to those who have signed up to attend one or more of the legislator meetings.

Thank you for your patience with this evolving Lobby Day. We were hoping that the in-person meetings could go forward, but the more important thing is that we are able to continue our advocacy while staying safe and healthy.

**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:**

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