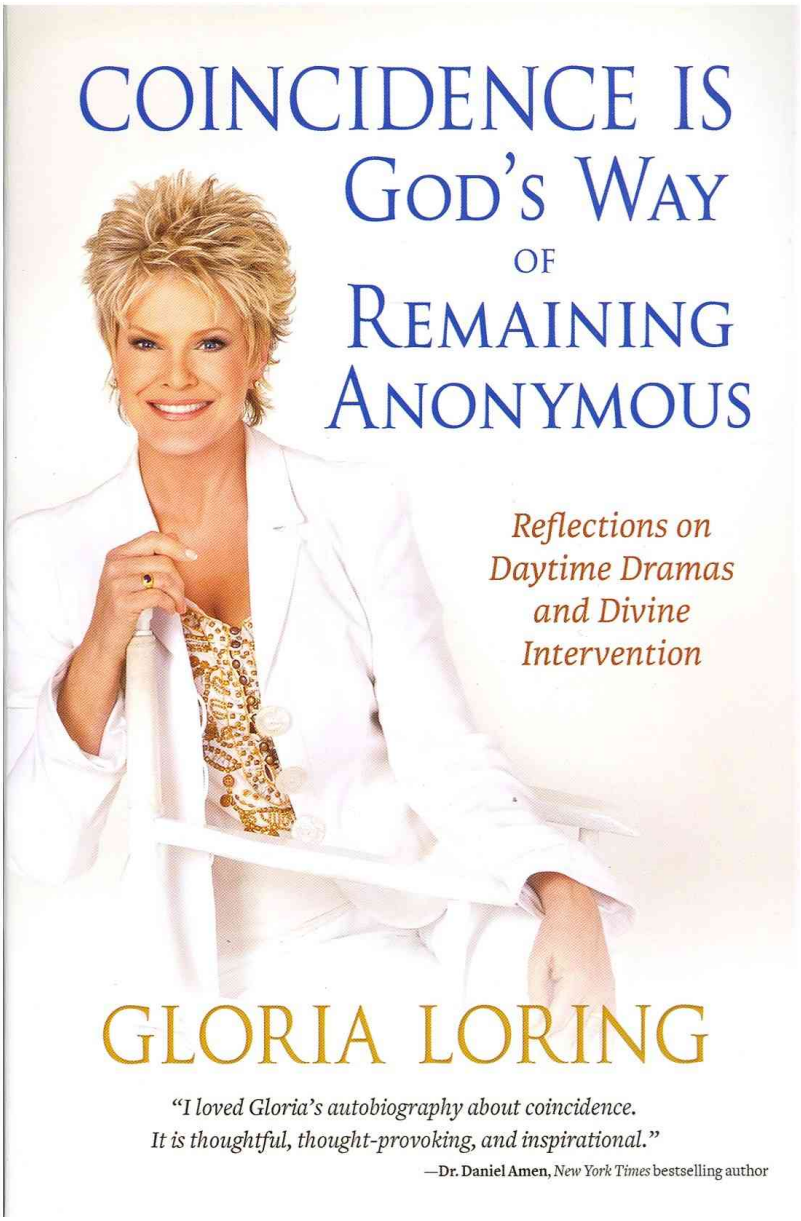


Ms. Loring was born in New York City on December 10, the International Human Rights Day and, more specifically, two years before the United Nations General Assembly adopted the Universal Declaration of Human Rights in 1948. Gloria Loring comes from a musical family. Her father, Gerald Louis Goff, was a trumpet player and her mother, Dorothy Ann (née Tobin) a band singer who, after giving birth to Gloria Loring, stayed home. During her early years, the songstress sang in church and school productions.

Ms. Loring wears many hats; she is a lyricist, a chanteuse, an actress, an authoress and an entrepreneur. In 1977, she recorded a song called "Brooklyn" with producer Mike Post. The single was released under the name Cody Jameson and became a country hit. Loring is the recording artist of the number 1 hit single with Carl Anderson "Friends and Lovers" when she

portrayed the role of Liz Chandler, a chanteuse on *Days of Our Lives*. Her performance of the single generated the largest mail response of any song in the NBC daytime history. She was the co-composer–with her then husband Alan Thicke (from one of the most popular 80s' sitcoms, *Growing Pains*
) and Al Burton, of the theme songs for
Diff'rent Strokes
and
The Facts of Life
, which were among the most popular sitcoms of the 70-80s. Loring also co-wrote "What've You Got to Lose" with Eric Kaz, which was taped by the group, Pablo Cruise, for the feature film *Inside Moves*
. She hosted the TV series
From the Heart
while joining the Pointer Sisters in a Showtime TV Special and was instrumental in creating the good vibrations of the "Beach Boys 25th Anniversary Special". Over the years, Gloria has shared the stage with Bill Cosby, Frank Sinatra, Bob Hope and many other elite performers. Her recordings have featured great talents like George Duke, Bobby Caldwell, Jeffrey Osborne, Deniece Williams, Howard Hewitt, Bill Champlin (of Chicago) and The Nylons.

Beforehand, when Gloria Loring was a senior, she became a Homecoming Princess and was voted Most Talented. Loring started her music career at age 14, singing with a folk group known as "Those Four". Gloria started singing professionally at fifteen in local coffee houses in Miami and, from the time she was 18, she learned the craft of live performance, playing in small supper clubs around the U.S. She released her first LP in 1968 entitled "Gloria Loring, Today" on MGM Records. At the age of 18, she signed a one-year contract with *The Merv Griffin Show*.

Ms. Loring is also a key note speaker for corporations and non-profit organizations, the authoress of six books that benefited people with diabetes, two of which (the *Days of Our Lives* cookbooks vol. 1 and 2) brought $1 million to the Juvenile Diabetes Research Foundation (JDRF)
1
, for which she served as a spokesperson. This initiative made her a trailblazer among the actors of this soap opera. Her involvement with this organization began thirty years ago. Raising this money coincided with a mysterious event that is recounted in her book
Coincidence is God's Way of Remaining Anonymous
.

The book covers many themes: forgiveness, incest during her childhood starting at the age of 3, the coping with the diabetic condition of her son Brennan (he was diagnosed with Type 1

diabetes in 1979, when he was about 3 years old), the power of meditation with its benefits even in time of wars (she gave as an example of positive meditative result, the diminution of bombing in Lebanon discovered by researchers). Ms. Loring also talks about how her former husband Alan Thicke got involved with the Juvenile Diabetes Foundation and how he used his celebrity status for fund-raising.

The authoress shows that she has a lot of resilience in spite of her ordeals. Readers will find earnest passages where they will be moved to tears or will smile in other parts. It is original, in the end of the book, to see a list of introspective questions for the readers who wish to grow spiritually and/or want a higher self. The readers will find nice pictures in the autobiography. To summarize, the book examines the coincidences that have inspired Ms. Loring's life and the lives of others. The authoress shares her wisdom on how we can use coincidence to attain more peace and fulfillment in our lives.

The lyrics of the songs in the book are empowering and reflective. In addition, Ms. Loring is launching a new trend by incorporating singles of her *Turn the Page* CD into her book. It is a first in America and, probably, in the world, which brings great originality to the autobiography. This shows how fascinating Ms. Loring's creativity is, because in this way the public discovers a wide range of the songstress' artistry. Her body of work is timeless. Moreover, she is a woman who thinks ahead. She does not have a tunnel vision. In the early eighties she founded her own label.

In 1986, Ms. Loring wrote Kids, Food, and Diabetes, comprised of recipes and menus with a practical advice for parents of diabetic children. Recently, a CD ROM version called "Cook'N for Diabetics" was available. In 1991, Lowell House published Ms. Loring's book
Parenting a Diabetic Child
. After that, Gloria Loring published
The Kids, Food and Diabetes Family Cookbook
to raise more funds for research on diabetes. A video version of
Parenting a Diabetic Child
was later released in English and Spanish, also to benefit JDRF. Furthermore, a new edition has just been available on the market.

Ms. Loring was married to the well-known actor Alan Thicke (who was a comedy writer at the time), whom she met in Canada. They have two children: Brennan Thicke and Robin Thicke. Brennan Thicke is a voice actor (he was the cartoon voices of the title character in *Dennis the Menace* and
Scott Trakker in

M.A.S.K.
) and runs his own health center. His wife Dolly owns a Dolly Couture, a vintage wedding dress retail business. The couple met on the set of
Days of Our Lives
in 1985. Robin Thicke is a famous R&B singer/songwriter/producer. His wife, Paula Patton, is mainly known as an actress for playing, for example, in the last movie of the “Mission Impossible” franchise. Hence, it is a highly talented family.

Overall, Ms. Loring is an authoress, mother, grandmother, entrepreneur, actress, singer and philanthropist. Thus, she has received many humanitarian awards from the JDRF and she was granted the “Woman of the Year’ award by the Jewelers’ Association. In 1999, JDRF gave her the “Lifetime Commitment Award” and she obtained the 1999 “Woman of Achievement Award” by the Miss America Organization, an honor she shares with past recipients Barbara Bush, Roslyn Carter, and Hillary Clinton.

In more recent years, Loring has performed in live theatres. She starred in the stage production, *Blame it on the Movies*, at the Burt Reynolds Theatre in Florida to rave critiques and a sold-out run. Other shows have included the comedy, *Queen of the Soaps*, at the International City Theatre, which earned her a
Drama-Logue Award
, the San Francisco production of
Stardust
, directed by Tony Award winner Henry LeTang and the Tony Award winner musical by George Furth
Music Minus One
. In addition, she toured the U.S. and Canada as Reno Sweeney in Cole Porter’s musical
Anything Goes
.

Gloria Loring is among one of the few artists who has sung two nominated singles at the Academy Awards. Jeff Margolis, the Director of the Academy Awards, said about her performance: *"What a magical evening! Gloria's voice was incredible."* *LA Times’ critic* Don Heckman penned, “She told stories with the panache of Lena Horne, sang torch songs like Judy Garland, and scatted with the rhythmic thrust of a young Ella Fitzgerald. She did all of this with one of the best vocal instruments in pop music since the salad days of Barbara Streisand.” She was also on the Emmys and the Golden Globes. She appeared in hundreds of television programs such as
The Carol Burnett Show, The Tonight Show
, the
Dean Martin Show

and
American Bandstand
. She sang in the eighties for Former President Ronald Reagan in the East Room at the White House to entertain the president of Mexico, Miguel de la Madrid at a state dinner to honor him. Loring was featured in
Two Singers
, an hour-long documentary about Gloria and the Queen of Soul Aretha Franklin. As a singer, whether doing pop concerts or performing with a symphony orchestra, Loring has performed in North America and Europe getting four sold-out concert tours in Australia. Her interpretation of "The Blues" at
Diva's Simply Singing
made Sheryl Lee Ralph state, "Gloria Loring throws it down!!" At a tribute to songwriter-singer Kenneth "Babyface" Edmunds, mega-musician David Foster was in awe at Loring's rendering of the Babyface's ballad, "How Can I Not Love You?" Loring's new musical show,
TV Tunez
, represents a celebration of the television's best theme songs. The show premiered to standing ovations and is now under course of for a Las Vegas run. Ms. Loring is listed in
Who's Who in America
,
Who's Who in Entertainment
and
Who's Who of American Women
. Moreover, she is an adept of yoga philosophy and is a certified hatha yoga instructor. She is the creator of a stress reduction CD,
Body, Breath and Mind
.

Loring's book, Coincidence Is God's Way of Remaining Anonymous, is a spiritual autobiography and an exploration of how a series of coincidences transformed her path by helping her make sense of the challenges of life with all its uncertainties. The authoress wanted to share her truth in her book. *Coincidence* was released in October, 2012 by HCI, Inc., the publisher of the original
Chicken Soup for the Soul
series. Several well-known personalities endorsed her latest book, such as television journalist Leeza Gibbons, former Miss USA Terri Amos-Britt, fitness icon Richard Simmons, etc. On a more personal level, since 1994 Gloria Loring has been married to television production designer René Lagler. They initially met 24 years earlier on the set of Glen Campbell's variety series. They met again on a plane in 1993. The couple lives in Lake Arrowhead, Southern California.

We spoke to Gloria Loring last winter from Quebec. It is her first Canadian in-depth interview. It was striking to discover how humble, unassuming and down-to-earth she is in spite of her successes in the entertainment industry for decades. In the following interview, she talks mainly about her book Coincidence is God's Way of Remaining Anonymous and about her professional path. It was a joy to speak with her, given that she sang the songs of one of my favorite shows

when I was a child, "Diff'rent Strokes" and "
The Facts of Life
". Children around the world heard her motherly voice, one of the most beautiful from America. In addition, it was an honor to speak to an actress who played in "Days of Our Lives", an instrumental program to me because this soap opera helped me to master the English language in three months when I was 15. Hence, Days of Our Lives will always have a special place in my heart. By the Editress-in-Chief Patricia Turnier, LL.M (Master's degree in Law).



PATRICIA TURNIER TALKS TO GLORIA LORING:

P.T. Talk to us about the role music played in your early life. When did you fall in love with music? Growing up, you were influenced by whom musically and why?

G.L. [Silence] Music has always been part of my life. My father was a jazz musician and my mother was a singer before I was born. Actually, music has been part of my family for generations, so I was born with a natural ear for music.

I would imitate people on television and sing along with them. Of course, my mom thought I was a genius [laughs out loud] but that remained to be proved. It really was just a natural outlet for me. Since I was good at singing, I got attention and applause. It made me feel good and it definitely encouraged me to pursue that path. I grew up listening to jazz singers like Ella Fitzgerald, especially her *Rodgers and Hart* Songbook, and Peggy Lee. I love that I was recently featured on saxophone Jimmy Sommers' album,
Time Stands Still
singing the Peggy Lee classic, "Fever."
Lena Horne
also influenced me tremendously after I saw her on Broadway in "Lena Horne: The Lady and Her Music." It was the longest running one-woman show in Broadway history and I fell in love with her fearlessness and class. My father played jazz records at home, although my taste was varied; I also listened to rock and roll. Music was my constant companion. I paid attention to how singers communicated the stories and emotions of the songs, and how they used their voices.

P.T. Twenty years ago, you wanted to write your latest book Coincidence is God's Way of Remaining Anonymous .
Why did you feel ready to do it now? Also, how did you prepare yourself to pen your latest book? Was it based on your diary, etc.?

G.L. This book came out of a process of evolution that began thirty years ago, when an extraordinary coincidence got my attention. The first chapter of the book tells the story of my son being diagnosed with Type I diabetes and my promise that I would work to help find a cure. Then a card titled "Expect a Miracle" mysteriously appeared in my Days of Our Lives dressing room the day before I met the benefactor who helped me raise one million dollars for diabetes research. It was when I related the story about the card to an interviewer and he said, "Well, you know coincidence is God's way of remaining anonymous." Many years later, I discovered his words were a quote by Einstein. I was fascinated to find out that a scientific genius was talking about God. From that moment, I started to research the concept of coincidence. Thirteen years ago I began to write the book. It's what I call "a memoir with a message," because I want my readers to know how they can use coincidences for their own good.

P.T. Why was it important for you to share your wounds in the book, even the most

difficult ones, like the incest you endured when you were a child? Was it a cathartic experience for you to pen your book?

G.L. [Silence] It was definitely cathartic and powerful to share my story. It is part of my healing. Telling the truth about childhood trauma publicly might not be the right path for someone else, but it was for me. I realised that I held within me both grief and rage. It was many years after the incident that I could put the pieces of the puzzle together to recognize what actually happened and to heal from it. Coincidence helped me do that, which is why I included it in this book. The song I wrote about my healing, “Song Of My Father,” was also part of my recovery.

I believe that when you tell the truth, you encourage others to tell their own truth. It was not an easy decision to reveal what happened to me. However, when it was written down, I felt the power of it. I felt liberated. There can be so much shame associated with abuse. There are victims who feel guilty and try to hide it from the world. I think it is important for anyone who went through childhood abuse to tell her story to a compassionate person, perhaps to a mental health professional, because it may be unwise in some cases to confide in a family member. For instance, a woman I know confided to her mother about ongoing acts of incest, and the mother responded, “Don’t say those things about your father, you have no right.” The mother just ignored what was going on. The message sent to that girl was “Your truth and spirit aren’t valued. You don’t deserve to be heard and acknowledged.” That response increases the guilt and shame for the victim. It is important for victims to realize that they are not responsible for what happened and that they are allowed to grieve and process their rage.

P.T. How do you describe *Coincidence*? Is it partially a self-help book for instance? Give us also a brief description of its contents, and the main things you wish the book will achieve.

G.L. [Silence] My book is an intimate journey. I would like to mention first that my book is dedicated to my late sister, Peggy, who struggled with cancer and left us last year. She was a light in my life and gave us and all those who knew her a legacy of love and inspiration. Her joy for life was a gift to us. Dedicating my book to her has given me another way to keep her alive in my heart.

My book is what I call “a memoir with a message.” I t is my personal story yes, but I have chosen to use my life as evidence for where coincidence comes from, why it manifests and how we can use it for our good. I believe that even negative circumstances have the power of

bringing good in our lives, if we know how to use them. That's why I have a chapter in my book entitled "The Uses of Coincidence". When we take the time to assess how we might have played a role in a circumstance or coincidence, we are able to start taking responsibility for ourselves. For instance, in relationships, a friend of mine was continuously drawn to lousy boyfriends. When she realized she was subconsciously choosing men who would help her replicate her difficult childhood, she was able to begin to choose differently.

I believe that if a coincidence is meaningful or relevant to you, there is often a message waiting to be discovered. It may be about something that needs to be recognized, which will then allow you to grow as person. Perhaps my book can also help people forgive someone who hurt them in the past, as I have done with my father. Overall, I hope my book will inspire others to look at the coincidences that appear in their lives and be inspired as I have been to put their wisdom and direction to use.

P.T. In *Coincidence*, you talk about your spirituality. How did you find a deep connection with God regardless of all the hurdles you went through since your childhood? How did you find peace and serenity even in the midst of great difficulties?

G.L. There is always peace and serenity available to us, in spite of the difficulties we may face. I believe that peace and serenity are our true selves, our original selves. It is not an easy journey. We sometimes have to dig deep within ourselves to find them, especially if we are going through chaos and confusion. I also think that it is easier to find serenity with practice. I practice peace everyday via meditation. I try to let go of the negativity in my life. Sometimes it is difficult and it is a struggle [chuckles]. I do my best to let go of my inner struggles. My understanding, as I have detailed it in my book, has helped me to heal my heart and my life.

P.T. I think that it is amazing that you found healthy ways to heal instead of looking for substance abuse (drugs, alcohol, and so on), especially in show business.

G.L. [Silence] Well, drugs didn't appeal to me at all. I tried once marijuana and just fell asleep. I thought it would help me be more creative to write songs but it did not work [laughs out loud]. Alcohol gave me headaches [laughs]. So, I guess I was very blessed with the pain of the hangover. These substances didn't suit me [chuckles]. My drug of choice was performance. When I was on stage, I felt fabulous about myself.

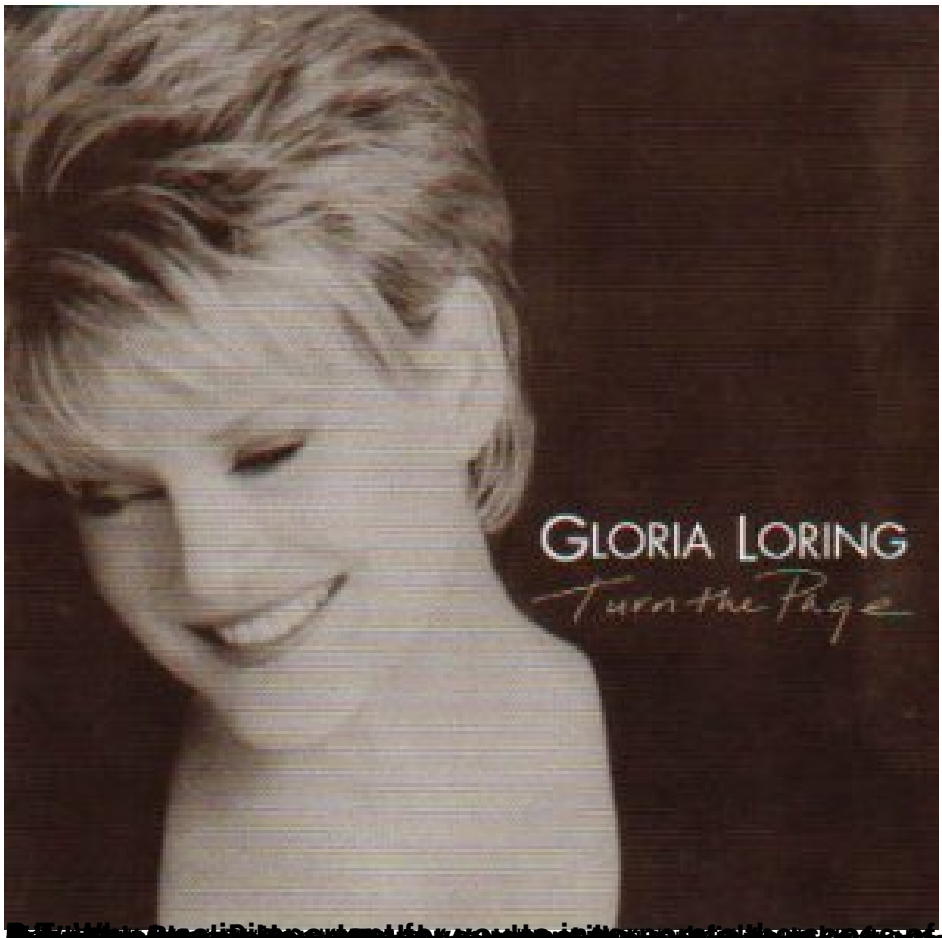
P.T. Hat offs to you guys who do this on a regular basis. I did tap dancing for almost fifteen years. Occasionally, I performed with troupes and I felt it can be so nerve wracking.

G.L. For some of us, it is. I have been fortunate to feel very comfortable on stage. I like to be in a creative space. The stage brings me a joie de vivre, peace and serenity. I am my best self when I perform.

P.T. Your latest book is about resilience and being able to let go the hurts of the past. Do you think that happiness is based chiefly on how you think and how you choose to live your life?

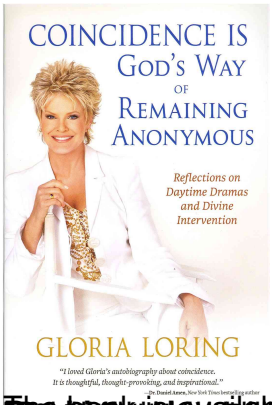
G.L. Definitely, what a wonderful way to put it! Our experience of life is mostly based on how we think. When I meditate, I sit quietly and pay attention to my thoughts. Sometimes, it can be loud and negative. I know I have to make efforts to not dwell on negativity.

I remember thinking someone didn't like me, because I told her the truth about something difficult. When I met this person later, she hugged me and told me what a gift my friendship and my words had been to her. So all that time she had a positive opinion about me, and I was holding a negative remembrance of her. There is a lesson here: Assume the best of everyone! It is always more constructive to shift our minds to the gratitude and blessings that life provides for us. I do my best to see the glass half full and not half empty.



[redacted]





Prayer" and won