

Newsletter of the Bush Dance & Music Club of Bendigo Inc.

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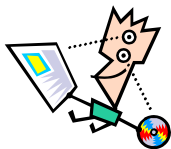


Coo-ee!

Issue Number 3, March 2014

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Newsletter contribution deadline is Tuesday 1st April (no joke) before the Friday Mail-out, a week earlier owing to Easter.



Next Bendigo East Hop - Sat. 15th March 8pm at Bendigo East Prog. Hall Lansell St.

Admission. St Pat's theme, come dressed with a touch of Irish or green.

Members \$5 Non-members \$8 and Children under 16 Free

A Plate of Supper to share is always appreciated and enjoyed.

Memberships Subscriptions are Now Due. Family \$30 and Single \$18



Next General Meeting 26th March 7.30pm at Bendigo Neighbourhood House
21 Neale Street Kennington

Mary will send out an email to ask if people can come to the meeting so please answer yes or no either way. Mary said hardly anyone replies, which is annoying.



Email. Please all who receive messages relating to club business such as meeting attendance respond to the Secretary ASAP.



Birthdays March

Tom Dean 11th, Des Skinner 12th, Peter Ellis 27th and Dominic Pan 28th.

Congratulations and three cheers all round (that's twelve). Well it's a big one for Tom, nine decades. That's a special separate nine hip hip hoorahs.



Wedding Anniversaries

Congratulations to Geoff and Annette Coutts, celebrating the 10 anniversary of their 21st anniversary on Thursday 5th. That's got to be special.



Reports from the February General Meeting.

1 The club will now hold a December Gen. Meeting on Wed. 17th following the Christmas Party and there will also be a Dec. newsletter. This has been organised owing to the long period between the Nov. meeting and the Annual Gen. Meeting in February and to minimise a backlog of business and reports.

2 The numbers were well down at the February dance, perhaps partly due to the heat and the floor had been treated making it difficult to dance on. Carol Rowe was congratulated as an accommodating MC in a difficult task owing to these circumstances. Procedures will be put in place to attempt to improve the floor after concerns and discussion have been placed before the hall committee. Drafting a new flyer with the view of attracting youth and those at church gatherings was discussed extensively. It was felt it needs to be emphasised it is a family friendly dance where children are free, welcome and encouraged and that it is strictly a 'no alcohol' function. Also various options are being considered to come up with an illustration that might appeal and induce the young.

TSDAV functions coming up: - The **TSDAV** conducts a series of monthly dance workshops, under the name of - "**Dancing at the 11th Hour**" and continues for this year. Dates are the **1st Sunday of the Month:** - the next being **6th April** at the Eleventh Hour Theatre Hall cnr Gore & Leicester Sts Fitzroy 2.00-5.00 pm. Enquiries Norm Ellis 9888 5332 or <http://tsdav.vicnet.net.au/>

Retirement Village Dance Displays

Victoria Heights 22nd March 1.30, **Strathhaven** May 7th 2pm, **Sunrise**, Condon Street. Wednesday July 2nd 1.30 pm. **St. Laurence Ct Kang/flat** August 13th and November 14th 1.30pm.

The dancers put on a really good show for the residents in respite at Chum St Centre (Uniting Church) today (Thurs. 6th) and we also had the pleasure of Ronnie Timbs being present and joining in on the keyboard with Don, Julie and I. One lady in the audience just beamed with pleasure and appreciation at the whole event. This really makes you feel good and we would encourage more of our group to join in. If interested contact Margaret Dean or Julie Manypenny for details.

National Library of Australia

I made a trip recently to Canberra to archive some of my recordings on reel to reels and cassettes of a couple of dance bands, interviews with icons such as Harry McQueen and so on. On one tape of Harry's I discovered a new Schottische I didn't know I had, his Guildford Orchestra Boston 2 Step in 6-8 instead of 2-4 and on another tape of a workshop at Dimboola in 1983, more tunes from Harry as well as another accordion player who played the Princess Polka (Heel and Toe Polka) tune widely known in the Western District. It would be good to find a really good rendition of it. Also deposited were recordings of Dos Grotto's Premier's Band which the Dance Club when it first formed engaged under the name of the Black Stump Bush Band. We had Dos' band especially record the Royal Irish from the original sheet music of Julienne's of 1849, the Childhood Days Alberts to nursery rhymes and the Songs of the Allies Lancers. The last is of real significance, as it is the Centenary of the start of World War 1 in August this year and the centenary of the coining of the Anzacs next year. The music for this Lancers was published by Allan's in their Dance Album No 18 round about 1916 at a guess and each figure is devoted to National tunes of the countries of the Allies. Figure 1 commences with the Servian National Anthem and the Russian National Hymn (God the all terrible), figure 2 Rule Britannia, Canada's Maple Leaf Forever and Italy's National Song (Garibaldi's War Hymn), figure 3 Australia 'This Little Bit of the World Belongs to Us (Elma Ross knew this one), figure 4 France's Marseillaise and Japan's National Hymn May the Lord For Ever Reign, and figure 5 the Italian Marcia Reale (The Royal Italian March), Servian National Anthem, The Belgian National Song (La Brabanconne) finishing with the Royal Italian March and Rule Britannia.

Servia remains a mystery to me, I've googled it, and there is a Servia in Greece, a province in France and an alternative name for Serbs.

FOOD FOR THOUGHT!

You may recall my warning about the use of hydrogenated vegetable oils such as Canola Oil and the danger of Trans-Fats in terms of increasing risk of coronary heart disease links to macular degeneration. Also according to information Harry Gardner saw, before 1900, heart disease was basically unknown, its rise to serious levels can be equated to the invention and production of highly processed foods since then and particularly by or after the 1950s. Rural populations at least were still living on the basic home grown foods of their grandparents in that period.

Whilst I (and we), have no grounding in medical or food dietician science, there are four of us who are trained in science and in chemistry in particular and in fact Harry Gardner is a Fulbright scholar and worked for the CSIRO during his career before retirement. I will bring two others into the equation, my good friend Brian Edebohls who is a science teacher graduating from University with a degree, and Graeme Sheckleton a fellow Chemistry student who graduated from the Bendigo Technical College with a Diploma in Chemistry.

So we've been having a ping pong about the dangers in much of our processed foods.

But firstly, what are Trans-Fats? Trans-fat is a type of unsaturated fat that behaves like a saturated fat because of its chemical structure. It increases our risk of heart disease by increasing the "bad" LDL cholesterol, while also lowering the "good" HDL cholesterol in our blood. Deep fried foods, commercial cakes and biscuits and pies and pastries are high in trans-fat. Australian margarines have barely any trans-fat, so are safe from that point of view, but there are other

reasons why margarines should be avoided and particularly in cooking where they break down and recombine their molecules into trans-fat.

Naturally occurring trans-fats are found in small amounts in dairy products, beef, veal, lamb and mutton. Artificial, synthetic, industrial or manufactured trans-fats are caused by the way some fats and oils are processed. They are found in foods that use hydrogenated or partially hydrogenated vegetable fats, such as deep-fried and baked foods. This is why Canola oil should be avoided at all costs; it is hydrogenated in its refinement.

Actually Olive Oil is particularly good for you and can be used to replace margarine and butter in many things, it is okay for average cooking range but should not be used in high temperature cooking as it too can then break down and re-assemble into trans-fat. Some researchers are saying butter is actually much safer than margarines, it certainly is one of the best for high temperature cooking as it doesn't break down, I would suggest you keep the quantity used to as small as possible. Before 1900 everyone used butter, the Irish in particular and at that time and even up until the 50s had one of the lowest rates of heart disease in the world. One has to remember that in that time and particularly before the 1910s, we were a manually active society without modern transport, computers and television.

So on my way to Frances Folk Gathering with my home made polenta porter bread (which is yummy) I called into the supermarket at St Arnaud to get a small container of 'soft butter' which is more easily spreadable on toast. When I checked the various brands I found to my horror that except for one, they contained around 27% Canola Oil, or if it says Vegetable Oil, you can bet it will be Canola, not the beneficial Olive Oil which is far more expensive. The exception was a New Zealand brand of "Mainland" softest butter – "Butter Soft". The only additive is water and salt and it is triple churned. I emailed Harry about my find and his reply was this:-

"Good spotting, Peter. Under my daughter, Gayle's, instructions I bought the NZ soft butter, but she probably doesn't know why. Don't you feel very angry at the low fat – low carb story? I do. It's a hell of a black mark against science and makes one very cautious about asserting the superiority of scientific method as means to 'truth'. Yes, eventually everyone will be agreed on the scientific results, but think of the generations of diabetic, hyper-tense, obese victims' worldwide as possible victims of Ancel Keys poor judgment"

Now because of Harry's reflux problem he went totally vegetarian, Vegan to the point and used low fat Nuttalex, Soy Milk etc. When I showed him the online data about Canola, additives to low fat products to make them taste nice, he abandoned these products and converted back to full cream milk, cream and butter. Says he actually feels 100% better, but hasn't mentioned it to his doctor yet.

He then sourced a book called 'A Fat Chance'. Ordered it online via Amazon, very interesting reading and worth following up if interested. Further books he acquired were on the subject of another hidden danger 'sugars'. *Pure, White and Deadly – by John Yudkin, first published in 1972, then by Penguin 1988 and a new edition again by Penguin in 2012, and Life without Bread by Christian B. Allen and Wolfgang Lutz published in 2000, by McGraw-Hill, NY, but based on Leben Ohne Brot by Lutz in 1967 who also acknowledges Keats Publishing.*

Our processed food has become increasingly loaded with sugar, one of the worst is Fructose, which is naturally found in high levels in Corn Syrup, the substance they mainly use in processed foods.

I was trying to sort out the problem with Fructose in my own mind as I remember being taught it was simply an optical isomer of Glucose, that it the same Carbon six molecule, but mirror image. It turns out this was wrong, Fructose is a Carbon five molecule. Now the more complex Sucrose (Cane Sugar) is near double the number of Carbon molecules, it is actually one Glucose and one Fructose molecule combination and our digestive system breaks this sugar down into Glucose and Fructose. Starch is an even more complex long carbohydrate molecule which our digestive juices eventually break down to these sugars.

So here lies another danger with our processed foods, enormous quantities of starch, cane sugar, corn syrup etc. Also our consumption for example of fruit juices which you might think are healthy for you. They are loaded with sugar and for example with one glass of either commercial apple or orange juice takes 6 apples or oranges to make it. You wouldn't eat more than one or two oranges or apples in a day.

All sounds complicated, but Brian Edebohls summed it up well a few days back. We haven't evolved anywhere near far enough to cope with modern foods. Ancient humans, and that's a little blip on the evolutionary scale, were simply hunter gatherers. So they picked and ate some berries or fruits in their travels, not bowl-fulls as we do now, although they would glut if the chance arose. The digestion system handled it quite well then, as we did with the occasional peanut(s). You don't have to go way back to consider ancient humans, just indigenous peoples in their older tribal life style.

.But what did we eat otherwise? Meat and all the fat when we could get it, maybe running the previous lot off catching the next batch, and vegetarian in the lean times between.

Of course as humans settled from itinerant tribal life to village communities then the ability to grow agricultural crops, and breed domestic animals to acquire a more regular stable diet of vegies, meat, eggs, milk (AND cheese), is a factor. Some scientists give this as a reason for the expansion of the human brain, and hence the move to an even more intelligent animal as we are today (well some us are). Nevertheless the big changes health wise seems to be after 1900.

In my ping pong round my fellow Chemistry students on the subject of Fructose and Corn Syrup, Graeme Sheckleton replied with the following comment:-

Excessive starch and cellulose are also a problem as the stomach acids hydrolyse these very large polymers (starches have Mol. weights up to 100,000 or so while glucose is 180) made up of different sugar units but primarily glucose. Major sources of starch are Vegies such as potato and flour etc which is hard to avoid as flour is used as fillers or thickeners in lots of processed food. Wholemeal bread (not whole grain) should be substituted for white bread which although consisting of starch is moved through the gut quicker by the fibre thus preventing the absorption of some of the sugars released.

As a consequence of Graeme's message I've now moved across to making total wholemeal bread and it's great, harder crust and heavier, you have to use double yeast and 7/8 wholemeal compared to plain flour and add a tablespoon of orange juice. If anybody wants my bread recipes, feel free to ask.

So the moral of the story is good old fashioned home cooking, avoid as much as possible processed foods, you may think an occasional biscuit, cake or bread with Canola oil is not going to be much of a problem, but there's an absolute cocktail of nasties between the various foods

and it adds up. Low fat products have all sorts of things added (fructose) to make them taste good.

Moderation is the concept and walk as much as possible. Dancing, yes one of the best exercises. Don't do as I do, do as I think I should do.

Weather, at the risk of mentioning the war, I thought I'd say something about the weather. Most of February is perhaps the hottest that we've experienced, it's a little hard to say. When I was a kid we didn't have air conditioning, a little old electric fan if you were lucky, one to the house. The periods of summer heat I recall as being long, the best one could do on a hot afternoon was to lie on the lino in the passageway or walk for a swim from Quarry Hill to the Hilda Pool in Kennington (Condon St) or in the opposite direction to the Blue Dam where the Council Yards are now as you proceed up Adams Rd to Hattam St. On hot evenings you'd lay a rug out on the lawn and sleep till the wee hours of the morning or stare up at the stars and milky-way and if lucky a sputnik or two might pass over. We all know the weather has never been the same since the Russians sent the sputniks up and the Americans landed on the moon. What I have never seen before is the plants including natives in the garden that have been absolutely scorched, sizzled and frizzled. Covered brown the colour of rust. Well autumn has arrived and the weather is becoming really pleasant, the best time of the year I think, but be careful as the coolness sets in. It can be very deceiving; I've found autumn is often drier than summer and you really have to watch any tender plants.

We had a pleasant reprieve at the wonderful Folk Gathering at Frances where it turned cool for a few days, so much one of my good looking acquaintances found it too cold to sit outside and enjoy the tremendous Irish floor show by friends of the Mundy's and Carol and Eric.

Bush Dance & Old Time Dance References via the National Library of Australia's Trove & Digitised Newspapers

Sydney Gazette 1st July 1824

THE FASHIONABLE WORLD.

The Ball and Supper, given by Sir JOHN JAMISON on the evening of Thursday last, was of the most fascinating and splendid description. The ball-room was fancifully fitted up for the occasion. The Company flocked in from 8 to 9: the carriages were rolling rapidly down our streets between those hours. Captain PIPER, with his usual zeal in these cases, had his own Band in attendance upon the noble Host. Dancing, consisting of country dances, quadrilles, and Spanish waltzes, presently commenced, and was maintained with the utmost animation till midnight, when the Guests were ushered in to the supper-room, which was entitled to the palm for superior taste in the disposition of the various arrangements that were most happily executed. All the rare and choice delicacies that Australia possesses, whether natural or imported, decorated the festive board, which groaned beneath the weight of excessive luxuriance: upwards of 170 sat down to supper. The rooms were elegantly festooned, and exhibited one refulgent blaze. About one in the morning, the ball-room was re-invested by this concentration of beauty, rank, and fashion; from whence a final retreat did not take place till Sol began to eclipse the twinkling orbs of night, and thus remind the gallant remnant it was time to retire in quest of that transient repose which the imposing scene was calculated to obstruct.

Hobart Town Gazette & Van Diemen's Land Advertiser Friday 22nd April 1825.

On Friday night a Ball and Supper were given at the Waterloo inn, to a numerous assemblage of "gay Lotharios," and pretty women. An excellent band was in attendance. The pigs and poultry are said to have been prime. The **cushion dance** is described as having proved delightful. And Miss Sally P. is allowed to have been the unparagoned waltzer of the evening.

The Sydney Gazette 3/10/1825

"Hot the Law has its course," says the magnanimous Australian. This is a sentiment that might be expected from a paid Editor, and retained Lawyer, and is decidedly characteristic of the personage who would fain make the Public believe that he is still the Organ of Independence. We admit that he may correctly enough be designated an organ, as we understand it is seldom that such an instrument plays only one tune, and we are aware that some of these instruments have many barrels, each of which contains airs, waltzes, country dances, marches, &c. &c. more or less-just so it is with the Australian, since this organ does not possess the tone of independence, and the only time which it now keeps up, with any degree of faithfulness and skill, is that of a **new Australian country-dance**, not inaptly termed, " The Carthaginian's Finale," independent of which universally admired dance, there has been lately got up, by the aid of combined talent, every solemn piece of music, that is set to the " dead march in Saul," but to this our contemporary has not yet affixed a title, since there seems to be a dispute whether the said dirge should be designated, " The Retreat unavoidable," or, " The Downfall of Paris" It is rather lamentable that parties should be in such sad spirits, for, were we consulted, we would have advised them to get up some new brilliant piece forthwith, and call it "Off she goes." But, to be a little serious, we are not much surprised to find men grumbling at the bread being taken out of their mouth-the sovereigns from their pocket-and the fleecy animals from their newly formed flocks; and we have no doubt it would be more congenial with the views of these legal Gents, if their opinion had been consulted in many instances by the Legislative Council, previously to the passing of Acts which strike at the root of all their aspirations after wealth and its attendants. We also heard of the intention of the Governor in Council to pass an Act of Indemnity, but our information could not have been so early as that whence the Australian elicited his, since our contemporary has not a source open to him through which he will be able to arrive at particular facts on which it would be presumptuous in us to descant, until the same came before the Public in an official shape; and the petition of Mr. Hannibal McArthur has considerably enlightened our mind on this singular subject.

Sydney Morning Herald Tues. 29th Dec.1930

Player Piano Rolls.

It is considered that the old-time dance vogue has firmly established itself, and the five rolls of Old Time Dance Series have met with considerable success. They are "Veleta," "Maxina," "Barn Dance," "Boston Two Step," and "Tin Gee Gee" polka. It is now announced that two other numbers will be added to the series-a mazurka entitled "Moon Winks" and "The Jolly Miller."

The Register News-Pictorial (Adelaide) Thurs. 5th Dec. 1929

THE Old-Time Dance nights still appeal to South Australian listeners, and on Wednesday night, another night's programme will be devoted to "oldtimers". Old-time choruses will be given by the Madrigal singers and other artists, who will contribute items will be Dave Howard (comedian), Phyllis Everett (soprano), and Linda Wald (soprano). Music will be supplied for marine fourstep, barn dance, lancers, broom dance, polka and schottische.

The Western Mail (Perth) Thur. 30th Jan. 1930

We were promptly introduced all round by the chairman, and soon after, to the strains of a good piano and of a concertina, both instruments in very capable hands, dancing was in full swing. The programme was a long one, and we soon realised that one need be an expert in, old time dancing as well as in modern jazz to keep pace with the bright-eyed group girl. Schottisches and mazurka followed fox trots and one-steps, and the ever popular lancers were executed with a gusto which, literally, took us off our feet.

We discovered that most of our new found friends originated from Cornwall and from that "West-Countrie" beloved of Thomas Hardy, but like everywhere else in the Empire wherever there is hard work to be done, coupled with the spice of adventure, the sturdy Scot was well in evidence. Take your partners for the "Highland Reel.", announced the M.C., whose rich speech clearly denoted that he had first seen light somewhere north of the Clyde'. Feeling I could not "do" it, I had to sit and watch the gay evolutions of the lads and lassies. Supper was then handed round, and, soon after the clock struck the death knoll of the old year.

Immediately the juniors, who, from outside the hall, had been waiting for this moment, started a deafening din with the help of kerosene tins, whilst a bail of gravel descended upon the roof. When the noise subsided our friend Angus Mac slowly entered the room. Holding above his head a bottle whose label proclaims a thorough Caledonian origin, he raised his voice in song, and we all joined hands for the heartiest of Auld Lang Syne I ever heard. Then, in true Highland fashion Angus invited each one of us in turn to partake with him of the first drink of the New Year. As we left friendly streamers vainly tried to hold our cars back and as we wended our way home through the forest we felt like travelling through a dreamland garden. The dense undergrowth nearly met overhead, and our lights seemed to enhance the vivid green of the hazel bush and the karri wattle and gigantic brackens bent their heads under the weight of the night's dew; now and again a startled "quokka" hopped clumsily across the track. As we got near home the first dawn of the year was already breaking, and though the night's gloom still clung to the dense shrubbery around us, the first rays of the sun were already darting through the leafy heads of the great karris, where invisible parakeets had started their chatter.

Morning Bulletin (Rockhampton) Fri. 27th March 1931

OLD TIME DANCING ASSEMBLY

The assembly known as the "Fitzroy Assembly" intend opening their season at the New Theatre tomorrow with old time dances, the programme including waltzes, schottisches, Alberts, barn dance, mazurka, Fitzroys, etc., in addition to the latest steps. The function promises to be a great success. For non-dancers a euchre party will be conducted.
