

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

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Coo-ee!

Issue Number 3, March 2016



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Newsletter contributions:

Due to changes in the mail we have had to change the deadline for submissions for the newsletter.

If you would like anything included in the newsletter please email it to me on flecks@hotmail.com or if you are not on email phone me on 0404 532 779. Please note the last day I will be able to include anything is **Monday 4th April 2016** before the Thursday Mail-out.

General Meeting:

The clubs annual general meeting was held on Wednesday 24th February at the Bendigo Neighbourhood House we only just had enough in attendance to make up a quorum, so if you are able to make it to a meeting please make an effort. Following are some points from the meeting:

- **The South East Australian Dance Directory-** Mary has some copies for sale; **\$12.50 each**, if anyone is interested they have all the Old Time dances far and wide in it, please see Mary.
- **Birthday dance: Saturday 18th June;** we had quite a few suggestions for the birthday dance theme...after much consideration it was decided that "**Book titles**" would be our theme. This is such a wonderful theme as you have so many options.
 - You could go as wizard from "Harry Potter"
 - Someone at the meeting suggested having whips and chains to represent "50 shades of grey"
 - You could even come dressed as a book if you like, there are just so many options to choose from
- **Changing hall for monthly dances-** It has once again came up at the meeting that the floor at

East Bendigo is not ideal for our dances and is leaving many patrons with sore backs, we have discussed finding a new hall many times and are doing so again. Mary has been given the task of checking out prices, availability and condition of floors at the old Bingo hall in town and the hall at the Bendigo Neighbourhood House where we hold our meetings. We will notify you of the new location as soon as we find something suitable.

- **Changes to the bring a friend promotion-** As you may have noticed in previous newsletters this promotion has been causing a bit of confusion at the door, so we have decided to scrap that idea and have come up with an even better idea to get much need new comers into our group....We will now be giving each new comer a **FREE** pass to any dance (excluding the ball) during the year of 2016. We hope that this will encourage new comers to come back again.

Upcoming events to keep in mind:

- **Next Bendigo East Hop –**
 - **Saturday March 19th @ 8 pm at Bendigo East Prog. Hall Lansell St. Bendigo East.**

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

A Plate of Supper to share is always appreciated and enjoyed

This dance will be an Irish themed night in recognition of St Patricks Day, so come dressed in green.



- **Next Club Meeting is Wednesday 23rd April 2016 7.30pm** at Bendigo Neighbourhood Hub at the Strathdale Community Centre, Crook St. Strathdale.
- **Entertaining the old folks:** we have a few dates to put on our calendars this year; If you could make it along it would be very much appreciated by both the residents and your fellow club members. The oldies do love the music and watching the dancers, a lovely trip down memory lane for them.
 - **Thursday March 17th Freedom @ 1:30 pm** (This is St Patrick's Day, wear something green.)
 - **Monday April 4th Bignold Park @2:00 pm**
 - **Friday May 20th St Laurence Crt Kangaroo Flat @ 1:30 pm**
 - **Thursday August 19th St Laurence Crt Kangaroo Flat @ 1:30pm**
- **Frances Folk Gathering 2016**

Frances is a very small town, spitting distance from the Victorian border, between Naracoorte and Bordertown. It boasts a Hotel-Motel and a General Store, but no other shops. Population approximately 30 in the town, but more in surrounding farming districts.

Seven members of the BD&MC of Bendigo and two Gay Charmers went across to the Frances Folk Gathering at the end of February for a few days of fun, music, dancing, eating, drinking and laughing. And we did quite a bit of all those.

Mostly the weather was kind to us, usually in the mid to high twenties. Perfect!

Everyone camps around the oval and nearby Bowling Club. The first year of Frances there were mostly tents, but now it is mostly motorhomes and caravans. No power provided, though many had portable solar panels. Camping charge is \$10 per person per night for two nights. No extra charge for staying longer. Showers and toilets provided. The local community caters for many meals which is much appreciated.

As the festival is free everyone is expected to contribute and we did. Cathryn and Stuart each took a workshop, supported by others. Dances were held on the Saturday and Sunday nights with our musicians and MC joining with Victorian Folk Music Club musicians and callers. Music was great and we had the best crowd seen on the dance floor for years.

Some other offerings on the program included, Irish Ballads (singing), Beginner classes for Ukelele, Accordion, Mouth Organ and Concertina, Slim Dusty Singalong, Songs from Wales, Australian Song Singalong, Blackboard and other Concerts as well as Competitions with cash prizes. There were also several music sessions going on at most times of the day and evening.

If you think you would enjoy such a gathering, you would be very welcome another year.

More information available from www.francesfolkathering.com.au

Carol Rowe

Email:

- Please reply to club emails where possible.
- If you would like to receive your club newsletter via email please email me on flecks@hotmail.com so that I can add you to the list.

New members:

We finally have a new member!! We welcome John Rothacker to our club, we hope you enjoy our club and continue coming to our dances 😊

Reports:

- **Dance for Nepal:** Chris' dance to raise funds for Nepal went extremely well, raising \$2,050! Fantastic effort Chris! The night was quite hot and had a good crowd. While the dancing was a little bit different to ours a great night was had by all.
- **February dance-** the monthly dance was held on 20th February, not a huge crowd for our first dance of

the year but all those in attendance had a wonderful night of dancing. We had a few new dancers some from Castlemaine so hopefully we see them again this month. The Gay Charmers played for the dance and Des Skinner was asked to join in. Emu Creek joined in as well so we had a great band.

- **Scot's day out-** No one at the meeting attended the day or those who did were unable to see the band play but because we know how terrific they are we know that they would have had a crowd hanging onto every note!

Birthdays/Anniversary book:

Once again I would love you all to please let me know any special dates (birthdays, anniversaries) so that we can help you celebrate, thanks ☺

March

- 5th March- Marg Lane
- 11th March- Tom Dean



Wishing you all the best on your special day, may you enjoy your day surrounded by love and laughter!

Other notes:

- ❖ **CLUB MEMBERSHIP FEES ARE NOW DUE-** Please see Mary and pay for club fees as soon as you can.
Singles \$20 or Family \$35

Until next time, I hope to see you all at our next dance and I will leave you with a quote:

"A good friend is like a four leaf clover; hard to find and lucky to have"

An interesting article sent in by Carol Rowe that you may enjoy reading...

Dancing lowers risk of heart disease by almost 50 per cent, researchers say

By Meredith Griffiths

Updated Wed at 5:08pm



PHOTO: [Wendy and Clem McNamara](#) say both the physical and social aspects of dancing are beneficial. (ABC News: Meredith Griffiths)

RELATED STORY: [Aspirin safe to take before heart surgery, study finds](#)

MAP: [NSW](#)

People aged over 40 who dance almost halve the risk of dying from cardiovascular disease, researchers at Western Sydney University's School of Science and Health say.

Key points:

- WA University research shows dancing almost halves people's risk of heart disease
- Dancing shown to be more beneficial than fast walking
- Social aspect of dancing could also be a beneficial factor

They think the mixture of interval training with social interaction could be the key factor.

Western Sydney University associate professor Dafna Merom said their research has found that people who participate in dance have a 49 per cent reduction in risk of dying from cardiovascular disease.

She and colleagues at the University of Sydney analysed data from more than 48,000 people older than 40 who live in Great Britain.

Over a 10-year period, those who danced were less likely to die of heart disease than those who rarely or never danced.

Professor Merom said dancing was also shown to be more beneficial than fast walking.

"We saw that dancing not only had the greatest protection against cardiovascular disease, if comparing to walkers for example, they benefited from an additional 21 per cent reduction as compared to walking," she said.

Professor Merom said it did not matter what type of dance a person did, as long as they worked up a bit of a sweat.

"Dance mimics the high-intensity training interval, but disguised, it's like an exercise in disguise," she said.

"You reach some high intensity from folk dancing and some kind of quick ballroom dancing, you have to keep with the beat and so without noticing you really reach the high intensity of physical activity.

"And the higher the intensity the better the benefits."

Professor Merom said there could be other factors that make dancing so good for people's health.

"The other mechanism could be that simply dancers are hooked to this activity and they really have life-long habits of being regularly active," she said.

"Last, we think that social dancing has other effective influence on your mood and we know that stress is a risk factor for cardiovascular disease, so being in a social environment, smiling, listening to music, you just forget where is your stress and you get the benefits."

The study has been published in the American Journal of Preventive Medicine.

'It's not just the physical exercise, it's the social outlet'

The study's findings came as no surprise to 78-year-old Clem McNamara, who has had three triple bypasses.

"I used to love dancing with my own steps," Mr McNamara said.



PHOTO: [Researchers say it does not matter what type of dance a person does, as long as they work up a bit of a sweat.](#) (ABC News: Meredith Griffiths)

"I used to love that; I used to be wringing wet, soaking with sweat, and you always feel good."

Mr McNamara said it has been hard to get other men interested in dancing.

"It's hard to get men to sort of take up dancing in my eyes, I think a lot of them prefer to go and have a few beers and that," Mr McNamara said.

"But they don't really know what the consequences are because they haven't been through the mill, they drink too much and they're full of all that grog and they're not sweating it out."

His wife Wendy McNamara said she had been dancing for decades.

"With dancing particularly it's not just the physical exercise, it's the social outlet particularly as you get older, you lose lots of friends, they go here and there, and it's nice to meet a new lot of friends that you can meet socially dancing," she said.

"So it's wonderful for everybody."

A very special invitation to all...

In April I (Elka) am getting married, I have known most of you for my whole life (that's quite a few years now!) and as you can imagine it's just not possible to have everyone at the reception but Ash and I would love to see you all there at the ceremony! Details are as follows...

Elka &

Ashley

Dear Dance club members;

Together with their families

Elka Budge and Ashley Castle

Request the pleasure of your company to
help celebrate the joyous occasion of their
wedding

Saturday 16th April 2016

The Bendigo Pottery

3:30pm