



PENINSULA FOLK CLUB

BANKSIA BULLETIN OCTOBER 2014

E-mail: Editor..coffeecubby@bigpond.com Ph 9789 3306

CELEBRATING 30 YEARS OF "MAKING MUSIC MAGIC"

2ND NOV.. PFC'S ANNUAL JUNIOR TALENT NIGHT



If your child or grandchild sings, or plays an instrument, why not bring them along to our November evening and join in a fun night. One song or tune is all that's needed but up to 3 for seasoned performers.

The Junior Talent segment will start off the night. There will be plenty of "senior talent" on display to round out the night. We have a full complement of "spot acts" booked, but if you're not booked in, please bring your instrument and join in the jam session.

No Workshop this month, but there will be the traditional Jam Session in the bar area commencing from about 5.30 till the stage acts commence at 6.30.



PENINSULA FOLK CLUB First Sunday each Month 5.30 - 9.30pm
@ Frankston Bowling Clubrooms, Cnr Yuille & William Sts Frankston
Informal Jam Session 5.30 – 6.30pm, then "Concert" 6.30– 9.30pm
Members \$5.00 Visitors \$8.00

DECEMBER 7TH ..12 NOON TILL 5.00PM END OF YEAR EARLY CHRISTMAS PARTY

After surveying our members, there was overwhelming support for a continuation of the casual laid-back, jam session focused Social get-together... Lots of singing and playing, lots of good company to chat with, lots of food.. A few quiet drinks and that makes for a pleasant afternoon.

The day commences at midday, with an early BBQ lunch organized by your committee. The bar will be open for those who would like a drink.

As usual, NO BYO!

The day will be free to all PFC Members. For all non-members and guests, the cost will be \$10.00 per head.



OCTOBER RAFFLE FOR CANCER RESEARCH.

Your Committee were absolutely “stoked” by the support from Members and friends for the special raffle held to support Cancer Research . Over \$375 was received by the end of the night, and your Committee decided to add to that from Club Funds to make the amount up to \$500.

Thank you to everyone who bought raffle tickets on the night and others who just made a donation

Thanks also to those who supplied the prizes, which meant everything received was all “profit “ for the cause.





SCENE AT THE OCTOBER CLUB NIGHT

At Left and Below
HillWilliams Band



Above: "Just for Fun"



*Thanks Rusty for the
Happy Snaps*

Above: Our popular Jam Session
Left: Pete & Pat

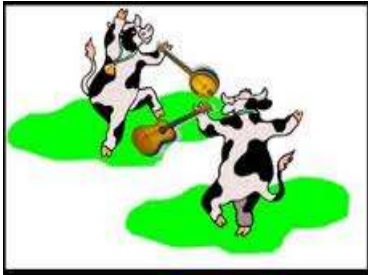


PFC WEEKENDS AWAY IN 2015

**YOUR COMMITTEE ENCOURAGE YOU TO CONSIDER
MAKING IT TO BOTH OF THESE WEEKENDS IN EARLY 2015**

GIRGARRE MOOSIC MUSTER JAN 9TH-11TH 2015

Peninsula Folk Club have been involved with Girgarre since it's inception. The 9th Moosic Muster promises to be another great weekend. If you've never been, your Committee would encourage you to give it a try... You'll be with some people you know in a very relaxed, laid-back atmosphere. PFC members are always involved on stage. The Girgarre Moosic Muster is a community run festival held in January each year in the small farming community of Girgarre, west of Shepparton in Victoria.



Been playing for a while and want some additional inspiration? The advanced workshops provide an opportunity for those who can already play and want to improve their skills. There will be a group of talented

teachers to run the workshops. If you are able to assist in the running of the workshops, your help would be greatly appreciated.

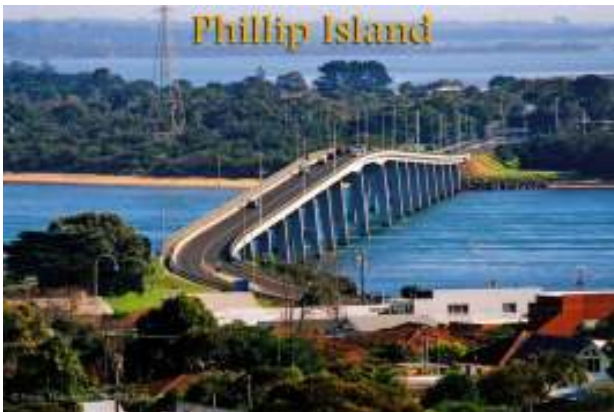
- *Weekend Registration Fee for campers: \$50.00 - includes: Friday night sausage sizzle, Saturday night dinner, Sunday morning breakfast and camping.*
- *Camping Camp is on the reserve – it is only 50 metres from the Town Hall, and has ample room for tents and caravans.*
- *The reserve has toilets and the Town Hall's own shower and toilet block is available free. Registration is all-inclusive: included in your fee is the Friday night sausage sizzle, Saturday night dinner in hall and Sunday morning breakfast in the park.*

If camping is not your "thing", comfortable motel accommodation is available at Kyabram, which is only a short drive away. Suggest you book early for that though as it is Summer holiday time.

PFC WEEKEND @ NEWHAVEN FEB 13-15 2015

*@ the Big4 Phillip Island Caravan Park 24 Old Bridge Drive , Newhaven
(just across the bridge on Phillip Island) Ph 5956 7227*

**IN ORDER TO AVOID DISAPPOINTMENT, WE STRONGLY ADVISE YOU TO DECIDE EARLY
THAT YOU WANT TO BE A PART OF THIS, AND MAKE YOUR BOOKING!!**



If you are interested in joining us for a relaxed weekend away enjoying the sun, sea, food, drink and friendship, (certainly will involve singing involved at some stage!!)

you will need to call the Big 4 Park to make your own accommodation arrangements. Let them know you are part of

the Peninsula Folk Club group as they are offering us a 10% discount, and hopefully. we will be reasonably close together. Accommodation available in various Cabins plus caravan/camping sites



SINGING FOR OLDER PEOPLE AND PEOPLE WITH DEMENTIA

As you may know, I am now “Singing for Seniors” which sees me singing in nursing homes and hostels (as well as Senior Citizens Clubs). I find it rewarding as people respond to music from their era.. Sometimes there is no response, but I am heartened by the knowledge that music can engage with people who are suffering from the ravages of dementia and Alzheimer's disease...

Following on with Max's article in August regarding music and the lad with Autism, I'd like to share some notes from the Alzheimer's Foundation of America..... Peter Stanley

MUSIC

Music has power—especially for individuals with Alzheimer's disease and related dementias. And it can spark compelling outcomes even in the very late stages of the disease. When used appropriately, music can shift mood, manage stress-induced agitation, stimulate positive interactions, facilitate cognitive function, and coordinate motor movements.



This happens because rhythmic and other well-rehearsed responses require little to no cognitive or mental processing. They are influenced by the motor center of the brain that responds directly to auditory rhythmic cues. A person's ability to engage in music, particularly rhythm playing and singing, remains intact late into the disease process because, again, these activities do not mandate cognitive functioning for success.

MUSIC ASSOCIATIONS. Most people associate music with important events and a wide array of emotions. The connection can be so strong that hearing a tune long after the occurrence evokes a memory of it.

Prior experience with the piece is the greatest indicator of an individual's likely response. A melody that is soothing for one person may remind another of the loss of a loved one and be tragically sad.

If the links with the music are unknown, it is difficult to predict an individual's response. Therefore, observe a person's reaction to a particular arrangement and discontinue it if it evokes distress, such as agitation, facial grimaces or increasing muscular [tension](#).

SELECTIONS FROM THE INDIVIDUAL'S YOUNG ADULT YEARS—ages 18 to 25—are most likely to have the strongest responses and the most potential for [engagement](#).

Unfamiliar music can also be beneficial because it carries no memories or emotions. This may be the best choice when developing new responses, such as physical relaxation designed to manage stress or enhance sleep.

As individuals progress into late-stage dementia, music from their childhood, such as folk [songs](#), work well. Singing these songs in the language in which they were learned sparks the greatest involvement.

SOUND OF MUSIC. Typically, “stimulative music” activates, while “sedative music” quiets. Stimulative music, with percussive sounds and fairly quick tempos, tends to naturally promote movement, such as toe taps. Look to dance tunes of any era for examples. Slightly stimulative music can assist with [activities](#) of daily living: for example, at mealtime to rouse individuals who tend to fall asleep at the table or during bathing to facilitate movement from one room to another.

The Hokey Pokey

Shakespearean Style

O proud left foot, that ventures quick within
Then soon upon a backward journey lithe.
Anon, once more the gesture, then begin;
Command sinistral pedestal to writhe.
Commence thou then the fervid Hokey-Poke.
A mad gyration, hips in wanton swirl.
To spin! A wilde release from heaven's yoke.
Blessed dervish! Surely canst go, girl.
The Hoke, the poke--banish now thy doubt
Verily, I say, 'tis what it is all about.

facebook.com/grammarly

Grammarly.com

PFC WEBSITE

By the way, have you visited the Club's Website recently? Jordan Angeli is doing a fantastic job including all the latest photos from Club Nights and other PFC events. There's audio and Video tracks to listen to and look at as well.

Also, all the old newsletters are there for your information...Check it out

Www.peninsulafolkclub.org.au



RANGES CONCERT LOUNGE

CLAYMORE.. FRIDAY 31ST OCTOBER

The Ranges Concert Lounge is held on the last Friday of every month featuring great music in the relaxed and friendly, intimate atmosphere of the Burrinja Café in Upwey. The cafe/bar has a wide variety of delicious food so you can come along and have dinner there before or during the show. For table bookings call Burrinja Cafe on 9754 5707



THE ANSWER IS BLOWIN' IN THE WIND

A group of Swedish scientists with a lot of time on their hands have spent the last 17 years competing to see who can sneak the most **Bob Dylan** lyrics into their **research** papers.

The competition apparently began when [two scientists published a paper about flatulence](#) titled "Nitric Oxide and inflammation: The answer is blowing in the wind."

A few years later, a very well-read librarian spotted a second Dylan-themed paper and introduced the two teams. The competition eventually expanded to include five scientists. But there's no reason to get excited, the scientists kindly spoke in an **interview** with *The Local*. "We're not talking about scientific papers - we could have got in trouble for that - but rather articles we have written about research by others, book, introductions, editorials and things like that," Eddie Weitzberg told The Local.

They expect to be released from the bet any day now, saying it's all over when one of them



MOUNTAIN PICKERS ASSOCIATION

The Mountain Pickers Association is attracting strong audiences to its monthly bluegrass meetings at Burrinja Cultural Centre. The structure of the evening is a black-board concert with a paid feature band on the night. Entry to the evening costs \$15.00/\$12.00 and members of the newly formed Mountain Pickers Association are charged \$10.00. Table bookings call Burrinja Café 9754 5707.

TUES 4TH NOV.... APPALACHIAN HEAVEN

'FOLK UNITING NIGHT' SAT 15TH NOVEMBER

hosted by the Cranbourne Regional Uniting Church at 41 Lesdon Ave. Cost is \$7 per head, (\$5 for performers) ..includes supper.

TWO GUEST ACTS ...

PFC'S OWN "JUST FOR FUN" AND THE "JAM TARTS"



CORONET BAY UNPLUGGED

Open Mic Night- First Saturday of every month.. Doors Open at 7.5.30pm, the music [starts](#) at 7..00pm, till 11.00pm. Entry is a [Gold](#) coin donation. (All proceeds to Combined [Community Group](#) projects.) Each act is limited to 15mins.

Performers and Audience of all ages are welcome. Phone Wayne 03 5956 6454, or Pat 0408 253 656 ..Coronet Bay Hall, 39A Gellibrand Street, Bantering Bay Rd)

CELTIC MUSIC SESSION

Last Sunday of the month at Chelsea Yacht Club 4-7pm..(access via Kelvin Gr from Nepean Hwy) First half hour to be a SLOW Session.. Leader Felix Meagher

PENINSULA COUNTRY MUSIC CLUB Meet at the Rye Civic hall Napier St Rye on the SECOND Sunday of the Month starting at 1pm *Contact* Jack Kirby 5983 5922

VERANDAH MUSIC on the 3rd Sat from 1-4 at Dromana Community Hall Dromana for Country, Bluegrass and Folk Music *Contact* Jack Kirby 5983 5922

VERANDAH MUSIC'S NEW UKELELE ORCHESTRA 2nd and 4th Saturdays 1-3pm

ACOUSTIC & FOLK MUSIC AT ST. JOHN'S CHURCH

MAIN ST. NAR NAR GOON 7.30PM EVERY 4TH. FRIDAY OF MONTH

ON THE WIRELESS

3RPP 98.7FM.. MON 7.30-9pm Australian Smorgasbord with Chris Spencer

3MDR 97.1FM.. WED 7.00-9pm Folk on the Fringe with Phil Young

SOUTHERN FM 88.3 WED 11-Noon Get back to the Country with John Kendall

3WBC 94.1FM MOSTLY FOLK, FUN & FRIENDS with Michael Crichton

BERWICK & DISTRICT FOLK CLUB. 3rd Fri-

day each month at The Berwick Old Cheese Factory from 7.30

PhEdward Nass, 0418 535264 Guests \$12/ Members & Spot acts \$8.00

From the AGM we have had to increase entry fees. They are now \$12.00 Guests and \$8.00 Members and spot acts. We are a non profit organisation.

SELBY FOLK CLUB

Selby Folk meets on the 1st Friday of every month, at the [Selby Community House](#), Wombalana Road, Selby. (Melway 75 K11) (Doors open 7.30pm, Music @ 8.00pm.. Adults \$10, Con.\$8

NOV 7TH TOM BOLTON & BAND

VFMC INC-RINGWOOD FOLK CLUB: GUEST ARTISTS

11TH NOV APPALACIAN HEAVEN

The 2nd Tuesday of each month, 8:00 pm - 10.15pm @ Ringwood East Community Hall (enter from Knaith Road, off Dublin Road), Melway 50 B8. Entry is \$12.00, concession \$10, kids free. Maree Buttler 9733-0802 or Don Fraser 0407.737.202

(PENINSULA LAIDBACK UNDERGROUND MUSICIANS SOCIETY)

@ THE CARRUM SENIOR CITIZENS CLUBROOMS (38 VALETTA STREET, CARRUM)

OPEN MIC SESSIONS are held on the 2nd Sunday of each month from 12 to 5.00pm. Sessions are open to Singers, Musicians & Poets.



PLUMS JAM is an old fashioned, acoustic, jam session, conducted "in the round".. on the 1st and 3rd Wednesday of the month between 7.00 & 10.00pm.

Admission to the Open Mic session is \$3 & includes Tea, Coffee, Biccies.

Admission to the Jam sessions is by gold coin donation, and includes tea/coffee.

Check on www.plumsmusic.com Further Info Contact Alan – 9773 0108

FATHERS IN THE CHAPEL

presents a strictly acoustic concert with open stage format at St John's Anglican Church, Childers Street, Cranbourne. Held on a monthly basis, the evening's entertainment is open to all performers and all types of music with each performance allotted ten minutes. Singers, musicians, and poets are all welcome. Admission is \$7 for patrons and \$2 for performers. 2nd Friday of each month commencing at 7.30 Contact MICK TINETTI: 5971 4331

FOR YOUR MUSIC NEEDS, PFC MEMBERSHIP GETS YOU A DISCOUNT AT THESE LOCAL BUSINESSES

Cranbourne Music Centre.. 130 High St, Cranbourne Ph 5996 6955 10% Disc.

Nepean Music Centre... U4/1 Morn-Tyabb Rd. M'ngton. Ph: 5975 0293 10% Disc

Guitars & Things 3e 415-417 Nepean Hwy (cnr Ross Smith Av F'ton

Ph 9770 1765 15% Disc

The Banksia Bulletin

If Undelivered return to:
Peninsula Folk Club
C/o P.O. Box 1398
Frankston Vic 3199

Dates to Remember Peninsula Folk Club:-

CLUB NIGHTS NOV 2nd

DECEMBER "BREAK-UP" DEC 7th Noon-5pm

First Sunday each Month 5.30 - 9.30pm

@ Frankston Bowling Clubrooms, Cnr Yuille & William Sts Frankston

Informal Jam Session 5.30 – 6.30pm, then "Concert" 6.30– 9.30pm

Members \$5.00

Visitors \$8.00

Drinks & Meals available.