



June 2022 Newsletter
Magazine Section

FRIENDSHIP, FELLOWSHIP
AND FUN

Classical Music

Classical music is a very general term which normally refers to the standard music of countries in the western world. It is music that has been composed by musicians who are trained in the art of writing music (composing) and written down in music notation so that other musicians can play it.

Classical music differs from pop music because it is not made just in order to be popular for a time or just to be a commercial success. It is different from folk music which is generally made up by ordinary members of society and learned by future generations by listening, dancing and copying.

The word "classic" tends to mean an art which is so good that it will always be enjoyed by future generations. It is something that has become a model for future artists.

Something that is a "classic" is therefore something that will always be remembered as something great. Famous books such as the novels of Charles Dickens are called "classics". "Classical music" therefore tends to mean music that will not be forgotten soon after it is written.

Classical music can be for instruments or for the voice. The symphony orchestra is the most common group of instruments for the playing of classical music. It has four families of instruments:

- the string instruments which include violins, violas, cellos and piano
- the woodwind instruments which include flutes, oboes, clarinets and bassoons
- the brass instruments: trumpets, trombone, tuba and French horn
- percussion instruments which nearly always include timpani as well as many other instruments which are hit or shaken.

The same applies to the voice. Singers may be sopranos, altos, tenors or basses depending on their vocal range. Their voices are not

amplified. Opera singers have to develop very powerful voices which will be heard over the orchestra and project right to the back of an opera house.

The instruments used in classical music developed at different times. Some of the earliest were known in Medieval music. The trombone and the triangle have hardly changed for hundreds of years, but the violin family developed from folk instruments such as fiddles and gradually replaced the viols (a musical instrument of the Renaissance and Baroque periods, typically six strings, held vertically and played with a bow) to form the basis of the modern orchestra. This was happening by the beginning of the 17th century, which was the time when opera was invented.

In general, musical instruments have become louder as concert halls have become bigger. Violins are louder than viols. Modern violins are louder than the early 17th century violins, largely because they have metal strings instead of gut strings. The piano developed from the clavichord. Woodwind instruments developed from Renaissance instruments, while the clarinet was invented in the middle of the 18th century, and the saxophone and tuba came even later. Modern trumpets sound much brighter than the straight trumpets of the 18th century.

Classical music can have many forms including the symphony, concerto, oratorio, opera, sonata, fugue or any combination of dance movements such as suites.

In many of the longer compositions, short tunes are developed and changed during the course of the piece. Beethoven's Fifth Symphony is a good example of a piece which develops from just four notes into a large piece lasting about half an hour.



An early example of written music:

Manuscript of a piece by the medieval composer Guillaume de Machaut

Middle Ages

The history of classical music really started in the late Middle Ages. Music written for the church was almost always vocal (singing), because instruments were thought to be wicked. This is because the devil played them and because they were used for dancing. Medieval composers who are remembered today include Léonin, Pérotin and Guillaume de Machaut

Renaissance period

The Renaissance was from the 15th century until the 17th century. This period saw a massive increase in the composition of music, both sacred and secular.

Many great cathedrals had been built in Europe and composers wrote music for them, mostly vocal music. Secular music also became extremely popular, especially songs and madrigals which would sometimes be accompanied by instruments. The greatest composers of this period include: Giovanni da Palestrina, Orlando di Lasso, Thomas Tallis and William Byrd.

Baroque period

The Baroque period was from about the 17th century until the mid-18th century. This was the time when the modern orchestra was formed, more or less as we know it. It was also the time when opera was invented. Most musicians worked either for the church or for rich people who had their own orchestras. Many of them also started to work for opera houses.

The greatest composers of this time include Claudio Monteverdi, Heinrich Schutz, Henry Purcell, Antonio Vivaldi, George Frideric Handel, Johann Sebastian Bach, Domenico Scarlatti and Georg Philipp Telemann

Classical period

The years between 1760 - 1825 was known as the Classical period. Composers thought a lot about the forms of their pieces and were influenced by the classical art of the Ancient Greeks and Romans. The symphony was invented and various forms of chamber music including the string quartet.

The greatest composers from this time include: Joseph Haydn, Wolfgang Amadeus Mozart, Christoph Willibald Gluck, Antonio Salieri, Ludwig van Beethoven and Franz Schubert .

Romantic period

From 1820 to 1910 was known as the Romantic period. Composers continued to use the forms that had been invented in the 18th century, but they also thought that personal feeling and emotion were very important. Music for orchestra sometimes told a story. Musicians who played their instruments brilliantly (such as Paganini) were worshipped like heroes.

Beethoven and Schubert belong, in many ways, to this period as well as to the Classical period. It was a time when there were a lot of changes in society.

After the wars that Napoleon waged, there were not so many ruling aristocratic families. There was a lot of feeling of nationalism as countries united. 19th century music is often nationalistic: composers wrote music that was typical of their own country.

Some of the greatest composers include Ludwig van Beethoven, Franz Schubert, Hector Berlioz, Frederic Chopin, Robert Schumann, Felix Mendelssohn, Anton Bruckner, Johannes Brahms, Pyotr Ilyich Tchaikovsky, Edward Elgar, Gustav Mahler and Richard Strauss.

20th century

What is known as 20th century classical music (or "modern music") is music from about 1910 onwards. At this time many composers felt that everything had already been done by the composers of the past, so they wanted to find new ways of composing. Claude Debussy, Arnold Schoenberg and Igor Stravinsky, in particular, found new ways of writing music which was not necessarily tonal (in any particular key)

Some of the most important composers are: Claude Debussy, Jean Sibelius, Maurice Ravel, Arnold Schoenberg, Igor Stravinsky, Béla Bartók, Aaron Copland, Benjamin Britten, Dmitri Shostakovich, Leonard Bernstein, Philip Glass, Dmitri Kabalevsky, James MacMillan, Judith Weir, Peter Maxwell Davies

What is a Contronym?

A contronym is a single word with two contradictory meanings (they are their own opposites). They are quite rare.

Apology:

A statement of contrition for an action, or a defence of one

Bolt:

To secure, or to flee

Bound:

Heading to a destination, or restrained from movement

Cleave:

To adhere, or to separate

Dust:

To add fine particles, or to remove them

Fast:

Quick, or stuck or made stable

Left:

Remained, or departed

Peer:

A person of the nobility, or an equal

Sanction:

To approve, or to boycott

Weather:

To withstand, or to wear away

Cedric Emanuel - Artist

Cedric Raymond Emanuel was born in 1906 in Gisborne, New Zealand before moving to Sydney at the age of four.

While still at school he started studying art at the Royal Art Society under Dattilo Rubbo and Julian Ashton, and also learned etching from Sydney Long. In 1925 he commenced working as a commercial (advertising) artist at the State Studios (working for the first year on trial and without pay) and in his spare time continued sketching, painting and etching. His first exhibition held in 1938 was very successful. In the same year he won the prize for etching in the NSW Sesquicentenary Art Competition.

Emanuel's other love was sport. He was a regular swimmer, surfer, boxer, wrestler and footballer. He won the 1929 NSW State Amateur Middleweight Wrestling Championship but retired early from serious competitive sport out of concern for his hands.

During the Second World War he served as an officer with the RAAF. A part of his service was in New Guinea where he was an unofficial war artist. He spent most of his life working as a freelance artist. His main focus was sketches in watercolour or ink depicting various aspects of Australia. His work was popularised on cards, scenic folios, calendars and wrapping paper.

His work has been acquired by the National Gallery of Australia, the National Library of Australia, the Art Gallery of New South Wales and the National Gallery of Victoria. In 1981 he was awarded the Medal of the Order of Australia for his services to art.

Cedric Emanuel died in Sydney in 1995 at the age of 88, the day before a major collection of his works, *Retrospectives* went on display at the Jewish Museum in Darlinghurst. Emanuel Place in the Canberra suburb of Conder commemorates his name.

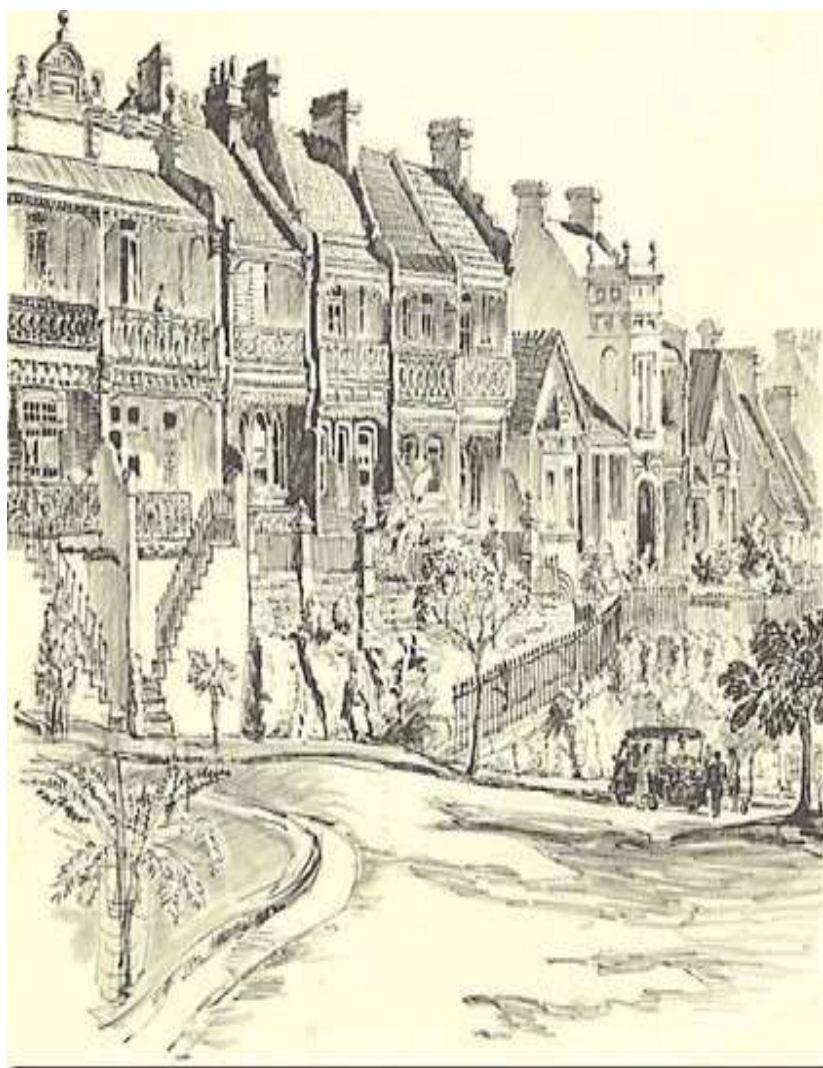
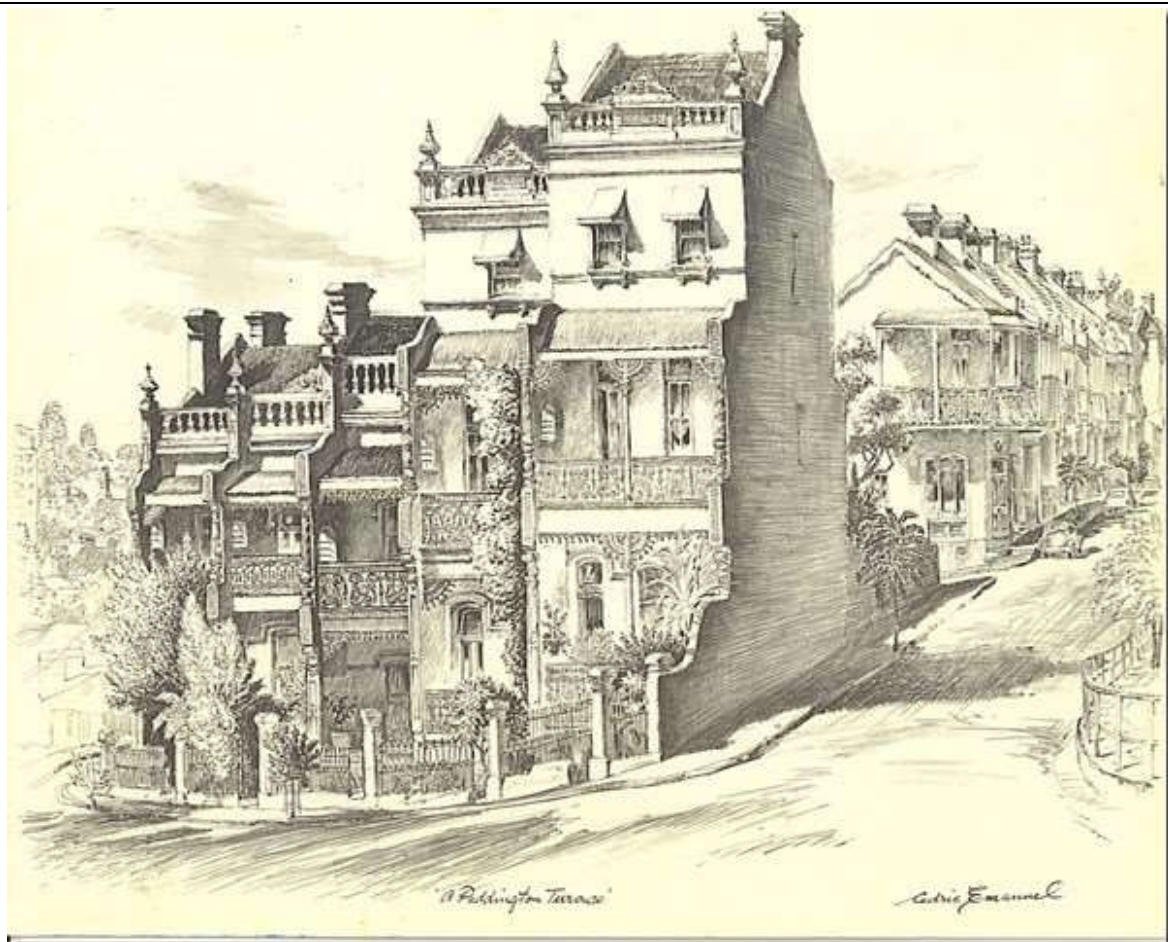
On the next page are a two of Cedric Emanuel's Paddington sketches

I used to travel through Paddington growing up on the old Bellevue Hill tramline, amazing Victorian architecture en route.

Now all these thousands of iconic buildings have historic trust classifications put on them saving them being altered or pulled down.

I think we can thank Jack Munday for saving Paddington, the Rocks & Balmain & other historic areas from the developers of the 1960's & 1970's.

Malcolm McLean



THE CHARMING SUBURB OF

Paddington

Named after the borough of Paddington in London, it was one of Sydney's earliest suburbs, mostly built in the early 1800's.

The winding streets of Victorian houses, with their cast-iron lacework, have made the area one of the most picturesque in Sydney.

Jack Munday

John Bernard "Jack" Munday AO (17 October 1929 – 10 May 2020) was an Australian communist, union and environmental activist. He came to prominence during the 1970s for leading the New South Wales Builders' Labourers Federation (BLF) in the famous green bans whereby the BLF led a successful campaign to protect the built and natural environment of Sydney from excessive and inappropriate development.

John Bernard "Jack" Munday was born on 17 October 1929 in Malanda, Queensland on the Johnstone River in the Atherton Tablelands, some 100 km west of Cairns. He was one of five siblings born to Catholic parents of Irish descent. His father was a lifetime Labour voter. His mother died when he was six. He was educated at Malanda Primary School and at St Augustine's, Cairns. He ran away from the latter due to its "authoritarian methods" of discipline.

Munday moved to Sydney when he was 19, and became a metalworker and later a builder's labourer, joining both the Federated Ironworkers' Association and the Builders Labourers Federation. He also played rugby league for Parramatta for three years. He joined the Communist Party of Australia (CPA) in 1957)

Munday's first wife was Stephanie Lennon; the couple had a son, Michael. 15 months after her son's

birth, Stephanie Munday died from a brain tumour. Munday remarried, in 1965, to Judith Ann Willcocks, known as Judy Munday. Michael, Munday's only child, was killed in a car accident at age 22.

During the 1960s, Munday was a crusading unionist and an advocate on a wide range of issues from safety reforms on building sites to wider issues such as feminism, gay rights and international politics. Munday considered all these matters appropriate targets for union activism. His second wife, Judy, joined him in these campaigns and later rose to become national president of the CPA.

In 1968, Munday was elected secretary of the NSW Builders' Labourers Federation (BLF). From this position, he became a highly visible individual who, with his union and supportive community members, was responsible for the green bans that saved much of Sydney's heritage and built environment. He insisted that the priorities of development be reversed such that the open community spaces and heritage buildings be preserved and that affordable public housing was more important than accumulating empty or underused commercial buildings.

In 1975, Munday and other New South Wales leaders of the BLF were expelled from the union by the federal leadership under Norm Gallagher, who was later to be convicted of corrupt dealings with developers

Mundey served as an alderman on the City of Sydney council from 1984 to 1987. He was chairman of the planning committee of Sydney City Council from May 1984 to September 1985. In 1988, the University of Western Sydney made Mundey an honorary Doctor of Letters and an honorary Doctor of Science in recognition of his service to the environment for the previous 30 years.

Mundey was made a life member of the Australian Conservation Foundation. In 1995, in keeping with his continued interest in Sydney and the state's urban environment and heritage, he was appointed chair of the Historic Houses Trust of New South Wales, and he was also the patron of the Historic Houses Association of Australia. In 2003, Mundey joined the Australian Greens, citing their opposition to the Iraq War and their environmental stance. He remained a member until his death.

In February 2007, the Geographical Names Board of New South Wales renamed a portion of Argyle Street in The Rocks "Jack Mundey Place" in recognition of his leadership "in the fight to preserve such significant sites in the historic Rocks area."

In 2014, Mundey was named Patron of the Friends of Millers Point as he joined the fight to save the Sirius building which was built for the people of The Rocks when the green bans saved them from eviction and The Rocks from demolition forty years earlier.



'Syndrome K' was a fake disease made up by Italian doctors to save Jews who had fled to their hospital seeking protection from the Nazis. They were quarantined, and the Nazis believed it was a deadly, disfiguring, and highly contagious illness.



On October 24, 1975, the women of Iceland went on strike for equal rights. 90% of women walked off their jobs and out of their homes, shutting down the entire country. The men could barely cope. The next year, Parliament passed a law guaranteeing equal pay. Five years later, Iceland elected the world's first female President. Now Iceland has the highest gender equality in the world.



Studies show that cats understand human commands but don't care to follow them.

What is the Holodomor?



A sad part of the history of Ukraine.

At the entrance to the memorial park in Kyiv, there is a sculpture of an extremely thin girl with a very sad look holding a handful of wheat ears in her hands. Behind her back is the Candle of Remembrance, a monument with details reminiscent of authentic embroidery that can be found on traditional Ukrainian costumes.

This is a monument that commemorates a historical event known as the Holodomor.

After the end of the First World War, Ukraine was an independent state, but in 1919 the Soviet Union "sucked" it into the community of Soviet states. The Ukrainians, who even then considered themselves a Central European people like the Poles and not an Eastern European like the Russians, tried to restore Ukraine's independence.

In 1932, not wanting to lose control of Europe's main granary, Stalin resorted to one of the most heinous forms of terror against one nation. In the process of nationalization, he took away not only the grain-producing land from the Ukrainian peasants, but also all its offerings, thus creating an artificial famine. The goal was to "teach Ukrainians to be smart" so that they would no longer oppose Moscow.

Thus the people who produced the most grain in Europe were left without a crumb of bread. The peak of the Holodomor was in the spring of 1933. In Ukraine at that time, 17 people died of hunger every minute, more than 1,000 every hour, and almost 24,500 every day! People were literally starving to death in the streets.

The Holodomor at that time broke the Ukrainian resistance, but it made the desire for Ukraine's independence from Russia all the more strong.

Kevin's Choir

Do you enjoy singing? Male and female singers required to join our friendly group - beginners, all levels welcome.

Kevin Radford's Dee Why Seniors singing group is looking for new members.

No talent required, just lots of enthusiasm.

Contact Kevin or Judy for more information.

Mobile: 0416 211 902

Who misses the fabulous
SINGALONG AROUND THE PIANO
of former years?



You can relive those fun times on a **Thursday morning** at the Dee Why School for Seniors (downstairs at 3 St David Avenue, Dee Why) **9.30 - 10.30 am**

Please phone ANNE McENCROE on 0437670418 with any questions, or **JUST TURN UP!**

No great singing talent required - just your best ... and lots of enthusiasm!

Benefits of Singing

1. Relieves Stress
2. Stimulates the Immune Response
3. Increases Pain Threshold
4. May Improve Snoring
5. Improves Lung Function
6. Develops a Sense of Belonging and Connection
7. Enhances Memory
8. Helps With Grief
9. Improves Mental Health and Mood
10. Helps Improve Speaking Abilities

LETTER TO THE EDITOR

A friend sent this to me and I thought it worth sharing.

My friend was driving home from her sons and felt unwell possibly having a heart attack. She pulled over onto the side of the road and called her son. He arrived and called an ambulance. The ambulance took her to Hornsby Hospital and there she was diagnosed as..... **Dehydrated!** I found the following article very informative as I myself don't drink enough water. Maybe this is a lesson for all of us !!

Cheers
Margaret Ayre

Causes of: MENTAL CONFUSION IN THE THIRD AGE By: Arnaldo Liechtenstein, physician.

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question:

What are the causes of mental confusion in the elderly?

Some offer: "Tumours in the head". I answer: No!

Others suggest: "Early symptoms of Alzheimer's". I answer again: No!

With each rejection of their answers, their responses dry up.

And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes;
- urinary infection;
- dehydration

It may sound like a joke, but it isn't. People over 50 constantly stop feeling thirsty and consequently stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This forgetting to drink fluids begins at age 50, when we have just over 50% of the water we should have in our bodies. People over 50 have a lower

water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion:

People over 50 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 50 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1) Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups and water-rich fruits, such as watermelon, melon, peaches and pineapple; Orange and tangerine also work.

The important thing is that every two hours you must drink some liquid. Remember this!

2) Alert for family members: Constantly offer fluids to people over 50. At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Your friends and family need to know for themselves and help you to be healthier and happier.