

## On the world stage

**DANCE** City of Performing Arts dancers have been ranked fourth in the world after picking up a swag of awards on a recent overseas trip.

**N**ine dancers were hand-picked from the Mascot dance group, which was the only dance studio that represented Australia in the 2009 Dance World Cup on Jersey, in the Channel Islands.

By the end of the five days, Dance City had been awarded four gold, five silver and one bronze, leaving Australia ranked fourth position in the world. Two group dancers and two soloists made it to the World Gala on the final night.

Director Deborah Bacon said the judges had been very impressed with the dancers, who were aged from seven to 16 years old.

"We brought something new to Europe because they haven't had acrobatics before and the judges said our entertainment value was amazing," she said. "They said they were



**Dancers from Mascot's Dance City wowed audiences on a recent overseas trip.**

excited each time an Australian member was on stage."

From Europe, the group moved on to the Hall of Fame Dance Challenge held in Orlando, USA, where Dance City received 30 places from 23 dances including six top scores and five judges' choice.

Christine Keene, 16, and Sabrina Kay Andalis, 10, were selected into the final five in their category from about 200 dancers and were chosen for the "winners' showdown" where they were both runners-up in their

age group.

Christine, who was the senior soloist, also auditioned for major companies in New York on the trip. All the students finished off dancing in the night parade at Disneyland and at the showcase at California Land the next day. Miss Bacon said she was not surprised by the group's success, because she had so much belief in the dancers.

*Leesa Smith - article from the Southern Courier*



### Village pub's date with art

**LANDSCAPES of Australia and Greece will form part of an exhibition of paintings inspired by photographs.**

Laura Jennings, of Powick, near Malvern, will be showcasing some of her work at the Crown Inn, Martley, near Worcester, until Sunday, August 30. Mrs Jennings was born in Worcester but emigrated with her parents to Western Australia when she was a child.

Living there gave her a taste for the huge variety of different landscapes.

She developed her artistic skill after receiving a set of pastels from a friend in 1997.

The opportunity to exhibit at the Crown came after Mrs Jennings read about the venue's support for artists in your .

The self-taught artist has so far exhibited mostly at popular public venues such as the Poppy House in Bishops Castle, Shropshire, and a number of local libraries.

Her most recent exhibition was in April this year at Malvern library - where she works - with local artist and art teacher Martin Kelly. Mrs Jennings said: "I paint in oils for both pleasure and relaxation. I contacted the Crown Inn in response to an article I read about the collaboration between Lorentz Gullachsen and Caroline Cassell.

"Both Lorentz and Caroline are keen to provide a venue for local artists to show their work."

## More Dairy, Calcium in Childhood Could Mean Longer Life

They tell us not to drink too much of it - bad for the arteries. And not to drink or eat the full fat stuff. But I like nothing less than extra thick Greek yoghurt. And lots of milk. My children too.

So I was delighted to read this story on : "Children who eat plenty of dairy foods such as milk and cheese can expect to live longer."

"Some 4,374 UK children from a 1930s study were traced 65 years later by researchers in Bristol and Queensland.

They found those who had had high dairy and calcium intakes as children had been protected against stroke and other causes of death, journal Heart reports.

For the study, a research team led by Jolieke van der Pols from the Queensland Institute of Medical Research in Brisbane, Australia, collected data on children from 1,343 families in England and Scotland. All of the families took part in a survey of diet and health conducted in Britain from 1937 to 1939.

The researchers were able to track the adult health of 4,374 of the children between 1948 and 2005. By 2005, 1,468 of these individuals had died, including 378 who succumbed to heart disease and 121 who died from stroke.

The researchers looked at two main outcomes: deaths from stroke and cardiovascular disease. They looked at the associations between dairy intake and mortality and the associations between individual dairy foods and mortality.

They found no clear evidence that dairy products were tied to either coro-

nary heart disease or stroke deaths.

However, children in the group with the highest intake of calcium and dairy products had lower overall death rates than those who ate less dairy.

"Children whose family diet in the 1930s was high in calcium were at reduced risk of death from stroke. Furthermore, childhood diets rich in dairy or calcium were associated with lower all-cause mortality in adulthood," the researchers concluded.

But there is only so much we can learn from this observational study, Katz said. "Dietary assessments were [done] in Britain before WWII, at which time low-fat and fat-free milk were all but nonexistent," Katz said "Thus,

any benefits of dairy intake were likely mitigated by its high content of saturated fat." Furthermore, "dairy intake was higher in households with higher socioeconomic status, which may itself account for a health benefit," he noted. "To put it all down to increased dairy products in young life seems to be a marker for those who had a more reasonable diet," he said. "If you have good nutrition in childhood it is important for longevity, but I would be wary about saying this was due to milk consumption," he said.



### IASA'S INTERNATIONAL ANNUAL CONFERENCE IN GREECE

The National Audiovisual Archive of Greece, with an aim of saving and bringing the audiovisual Greek heritage in focus, will be organizing the 40th annual conference of the International Association of Sound and Audiovisual Archives (IASA) in September 2009, in Athens. The conference, entitled "Towards a new kind of archive? The digital philosophy in audiovisual archives", will take place in September, 20-25 2009, in the Megaron Athens International Conference Centre, and will be attended by specialists from more than 30 countries. It will also host 3 specialised tutorials and will include visits to archives and organizations.

The conference will be conducted in English with Greek translation during the main program. More details and information on the program are available on the official website: [www.iasa2009.com](http://www.iasa2009.com)

Registration is on until July, 31 2009