

# Greek Music through the years

*Greek music is a celebrated factor in the country's history. The Greeks have developed their music throughout the years to keep up with modern times, therefore appealing to the younger generation. Traditional music still remains unforgotten by most of the people, as it plays an important part in their lives. A mixture of modern and traditional Greek music can be heard at bars and at parties, where you may also see a group of dancers performing traditional Greek dances.*



In Ancient Greek times, nine Greek gods and goddesses were known as the Nine Muses in music. The word 'music' is derived from the Nine Muses of Ancient Greece. Other words related to music also originate from the Greek language such as: harmony, rhythm, psalm, scene, orchestra, choir and melody. Inspiration has been taken from the Nine Muses and used by artists through the years, to create Greek music. Even today, many new artists and groups consider their muses to be the original Nine Muses.

Greek minority groups in Asia, brought a different type of music into Greece in

the 1920's. This was most popular at the time and continued to be successful through to the 1950's. The music of the time incorporated traditional Greek music with the new styles of Western Europe. Updated versions of older, traditional Greek hits were later sang by popular artists of the 50's and 60's. Greek artists of this time include: Nana Mouskouri, Vogiatis, Giannis and Tzeni Vanou. Greek folk, which was also quite popular at the time, was thought of as the music of Greek nationalists. This is due to the Greek dictatorship that lasted seven years in Greece. Greek folk was listened to during these years. Although now, some of the older generation find that listening to Greek folk, reminds them of these dreadful times, which is

why some choose not to listen to it.

Greece suffered a huge economic setback in the 40's and early 50's, due to suffering badly from both World War 2 and the Greek Civil War that followed. This economical crisis reflected on the music industry in Greece. After the Civil War had ended, Greece was gradually recovering in all aspects. By the late 1950's, people in Greece found that they were wealthier than before and were able to buy music players and radio's, which allowed them to listen to music more freely. The sudden popularity of Greek music led to an increase in the amount of music being produced.

Over the next few decades in the 60's and 70's, the music industry drastically

improved. Music concerts and festivals were held and many new artists rose to fame. It is also rumoured that the Beatles visited Greece in the 60's to learn about the Greek style of music. It is said that they took inspiration from what they had seen and used it to write their song 'Girl', which is said to contain familiar aspects from Greek music.

In the 70's and 80's, Greek music began to change and was beginning to sound more oriental, as evidence of Asian influences could be distinguished in the popular music of this era. The music of the 70's and early 80's however, still remained similar to music from the past 40 years. Minor changes in the sound was noticeable, but the foundations were still there.

From the middle to the end of the 1980's, music became a lot more modern, as different sounds and instruments were being experimented with. Less similarities could be found with this music and the music made from the previous decade. Keyboards and digital sound were featured in the music of the 80's and onwards. Since the 80's music has continued to change and develop.

Today most Greek music shows little or no resemblance to before. However Greek music still remains popular today. It is common to find that even within the younger Greek population, many prefer either Greek or foreign music and very rarely do they enjoy both.

*Article from the Quest*

## Veggies are tastier the Mediterranean way

It's now more than four decades since the Mediterranean diet got its first tick of approval in the Seven Countries Study – the landmark study that looked at eating habits and health in seven different countries and found that Crete came up trumps. Cretan men, with their traditional diet rich in olive oil, had the lowest rates of heart disease and some cancers.

Since then studies have linked the diet with less Alzheimer's disease, greater longevity, healthier bones and better diabetes control, and next month UNESCO will decide if the Mediterranean diet deserves heritage listing too, alongside historic icons like Angkor Wat and the Great Wall of China.

But while this diet is winning brownie points with both scientists and chefs, on the Greek island of Crete itself, burgers are muscling in. All over Greece, the traditional diet is being modernised, reports Sydney dietitian Sue Radd, who's just returned from a visit there. Burgers, fries, fish fingers and pizza are turning up alongside traditional dishes like roast vegetables, stuffed tomatoes and wilted greens with lemon and olive oil.

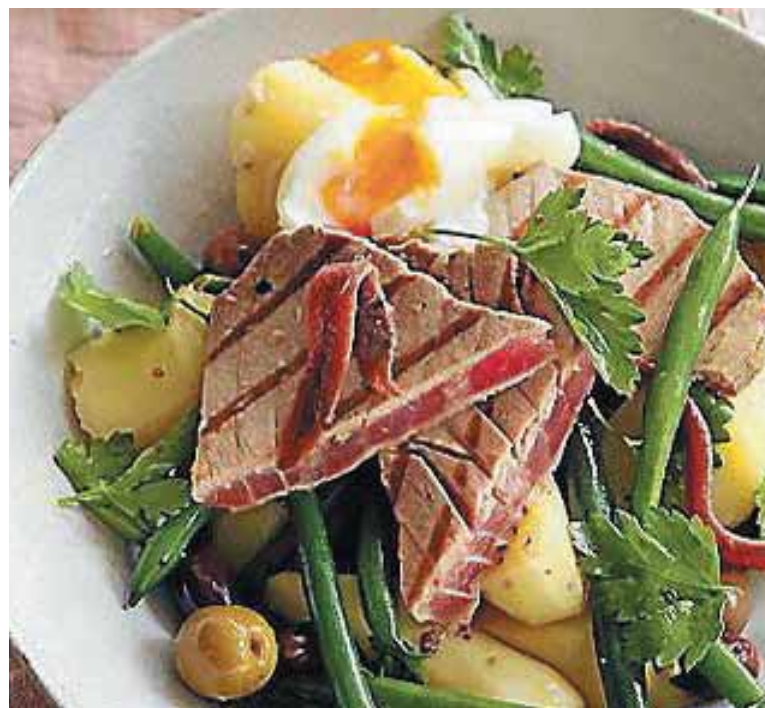
A new study of Cretan farmers published this month has al-

so found that, compared to 45 years ago, the modern Cretan diet now has more saturated fat, more meat and less fruit, says Radd. "The farmers' cholesterol levels are higher, they have a higher risk of heart disease and their BMI is 30 per cent higher too."

Still, a single Mediterranean diet is as mythical as a Cretan centaur. There are more than 15 countries around the Mediterranean Sea with varying traditional diets, but there are similarities that add up to a healthy pattern of eating - lots of vegetables, fruit, legumes, wholegrains, some dairy food and fish and but not too much meat.

But what makes this eating style so healthy isn't just the mix of fresh unprocessed food, according to Radd, but also the generous splashes of olive oil and the way the food is cooked.

"Olive oil isn't just a good fat – it also contains more than 200 different phytonutrients - plant chemicals that include antioxidants and others that act as anti-inflammatories helping to tone down the inflammation underlying so much chronic disease," she explains. "In Greece olive oil is the primary fat and it's used in places where we'd use margarine or butter. Olive oil and lemon juice are drizzled on cooked vegetables



Fresh and tasty ... Salad Nicoise is a healthy Mediterranean classic.

as well as on salads, and bread is dipped into the dressing at the bottom of a salad bowl, Radd says, adding that while eating vegetables lightly steamed is a good way to go, so is having them stewed in olive oil.

"Stewing vegetables not only retains most nutrients, but the olive oil also makes some antioxidants more bioavailable. If you stew vegetables over a longer period as the Greeks do, you might lose some vitamin C

and the B vitamin folate, but the antioxidants are very stable," she points out.

But is a Mediterranean style of eating - as opposed to dishing pizza - convenient in time poor Sydney or Melbourne? I think so – food doesn't get much easier than a salade Nicoise. Cooking a big pot of ratatouille\*, that classic southern French stew of onion, tomato, capsicum, zucchini and eggplant last weekend took me less than 40 minutes and provided

the base for a couple of quick weeknight meals. Round out ratatouille with some cannellini beans or Parmesan and you've got a pasta sauce. Add a can of drained chickpeas and a tablespoon of ras-el-hanout and you've got instant Moroccan tajine. You can eat ratatouille hot or cold, you can eat it on toast and you can use it as a base for quickly poaching fish or a couple of eggs – this is rustic food after all so it's not hard to make.

It's this knack of making it easy to eat generous amounts of fibre- and nutrient-rich vegetables that's a strength of the Mediterranean style. Back when British and Australians were busy boiling carrots to death and giving vegetables a bad name, Mediterranean countries were getting it right. Coax the best out of vegetables with olive oil, lemon juice, garlic and herbs and it's no hardship to consume your five a day.

If you want to learn more about cooking healthy Mediterranean food and its health benefits, Sanitarium's Sanctuary in Sydney's Pyrmont has a workshop on October 27 from 6.30pm-8.30pm. Cost: \$110. Call (02) 9506 0400 for more details or see their website.

*Article from the SMH*