



AUSTRALIAN ROUND DANCE

ASSOCIATION

~ Newsletter ~

Volume 2021/2 MAY Edition



~ **DISCLAIMER** ~

ARDA accepts no responsibility for any inaccuracies, and reserves the right to alter, cancel or otherwise modify in any way, matter contained in this publication.. The opinions expressed are merely those of the individuals and do not necessarily reflect the opinions of ARDA.

**'ARDA STANDS COMMITTED TO THE ONGOING EDUCATION AND SUPPORT OF ITS
MEMBERS, ALL ROUND DANCERS
AND THE FUTURE OF ROUND DANCING'**



*The only things that need
to fall on the ground
Are the Autumn leaves
Not YOU, the dancer*



*As the cooler months arrive
ensure YOU warm up before you
dance.*

*Backs, knees and ankles
respond better when warm*



ARDA MANUAL

The ARDA Manual is still a work-in-progress with some sections already completed in a draft format and are currently being reviewed by our ARDA President. Other sections are taking a bit longer, but hopefully next year in Goulburn will see a completed draft version available for presentation to ARDA members for their consideration over the following 12 months.

There will need to be a concurrent review of the Constitution and By-laws and I believe that ARDA should allow a further 12 months so the impacts from the ARDA manual can be adequately addressed in the Constitution and By-Laws.

I am hopeful that an ARDA member who has plenty experience of working and formatting with "Word" will be prepared to offer their help to write up the numerous Procedures in a consistent format that will make the document look a professional document.

Finally, it will be interesting to see how the new Manual for the operation of Australian National Square Dance Convention will provide for round dancing at future National Conventions.

And a final reminder that the AGM will be run in a similar basis to last year's AGM using a series of emails with various attachments.

Chris Heyworth



CONGRATULATIONS

We extend congratulations to
Bev McLachlan, ARDA Life Member and Nev McLachlan, ARDA member
and all Suncoasters dancers

On the wonderful achievement of 50+1 years

The 50 year milestone was scheduled for 2020, the year of numerous cancellations, hence the 50+1 dance weekend this year and what a success it was.

A super achievement and certainly worth celebrating.

Feeling nervous?

Events advertised in this publication have been organised in good faith and will be conducted in accordance with any/all covid restrictions in place at the time of the event. Sadly, cancellations have become part of life.



Yesterday

Putting Pen to Paper

Today

Fingers on the Keyboard



Apology:

It has been brought to my attention the date advertised in the Telemail Ph 1A+2 April 2021 for the SARDA dance was incorrect. The date was picked up from advertising material that was apparently out of date. My apologies for any inconvenience.

The **TELEMAIL** was introduced as an ARDA MEMBER ONLY publication and therefore the distribution is directed to and for the benefit of ARDA members. This mini communiqué was designed for times when information needs to be shared asap rather than waiting for one of the four Newsletters produced each year.

Onward and Upward

MEMBERSHIP RENEWALS & MUSIC LICENCE PAYMENT(if applicable)

During the month of June you will receive your membership renewal form. In the top right hand corner will be the year and your renewal reference number. Please use these ie. 2021-097 when you make payment. The deadline for renewal and music licence payments is **1 July 2021**.

The **ARDA Annual General Meeting** will again be conducted via email with President Warwick Armstrong at the helm. The format and timeframes for your questions, replies, etc. will be coming to your inbox in mid June. We sincerely hope all members are able to participate and we do not expect you to sit in front of your computer/laptop/ipad holding your breath. There will be time for you to read reports tabled, ask questions, and we hope you do ask questions, and vote within the timeframes as indicated.

2020 Showcase Ballot

You will by now have received the email letter explaining the showcase ballot and, one would hope Australia Post has delivered your ballot paper to you. If you are now shaking your head and saying, NO, I haven't received such an envelope, PLEASE contact me either by email arda.secretary@gmail.com or on 0400 354 445. Next year the Showcase vote will be conducted at the ANSDC Goulburn '22. ARDA is keen to continue offering the opportunity for ARDA members, who are unable to attend the National, to vote in this manner. Watch the Newsletters or TELEMAIL for more details.

Presentation of 2021 Showcase and Experimental nominations. Towards the conclusion of the 2021 AGM you will be advised of the dates, time and zoom connection details for all who are interested in attending these 'virtual' teaching sessions via the wonderful technology of Zoom.

Zoom. Not sure how it works? Our educators, Paula and Warwick will provide some details of this technology after the AGM.

2022 Showcase and Experimental Nominations. Your ARDA State/Territory representative/liaison officer will be contacted and advised of the deadline for 2022 nominations, at the AGM. Gracious, 2022 is only seven months away. Yikes!

National Dance List 2021 Vote Thank you to everyone who took the opportunity to mark and return the National Dance List - Category A & B 2021 vote. The outcome will be advised during the 2021 AGM and the up to date National Dance List will be provided to all ARDA members. Thank you again.

Vice President & Secretary. 25th April was the deadline for nominations and the outcome will be shared with members at the AGM.

NEWS. Keep reading as this Newsletter contains information of events happening around Australia; those I have been notified of.

Carol S ARDA Secretary/Editor

From QUEENSLAND

Thank you Chris Heyworth,
ARDA QLD State Representative 2021



Changes to Queensland Round Dance Association Executive

President: Bridgett Smith
Vice President: Warwick Armstrong
Treasurer: Catherine Smalley
Secretary: Chris Heyworth caduceus22@hotmail.com
Congratulations to all the newly appointed office bearers.

Hello fellow lovers of dancing.

I would like to firstly introduce myself as this is the first time I have had the pleasure of contributing to this great Newsletter.

My name is Bridgett Smith and I have the pleasure of being the newly appointed President of Queensland Round Dance Association.

Friday 21st May to Sunday 23rd May, 2021 saw the welcome return to our yearly event of:
QRDA PRESENTS: ROUNDS BY THE SEA, which took place in Kinscliff Community Hall, NSW.

What a delight and pleasure it was to see so many dancers from interstate attend our event along with our own contingent of dedicated dancers from Queensland and taught by none other than our wonderful teachers Paula and Warwick Armstrong.

We kicked off the weekend on Friday night with a welcome Wine & Cheese general dance night. Awesome night with lots of dancing and catching up with old friends we haven't been able to see in quite a while as well as making new friends, all of whom share the same love of dance. Paula and Warwick started the teaching on Saturday morning with a Phase IV+2 Waltz 'MISTERIUM' and in the afternoon, a Phase IV +2 Cha 'CURAME', both of which were well received and liked by all and might I say, beautifully danced by all at the end of the teaches. Followed in the evening by more general dancing and an opportunity to practice our new dances we had just learned.

Sunday morning Paula and Warwick started our teaching with a Phase V+2 Slow Two Step 'YOU ARE THE REASON'; beautiful dance but quite a challenge for some, including myself! Sunday afternoon was our review of all dances learnt and then a welcome rest for our feet and brains which definitely got a workout.

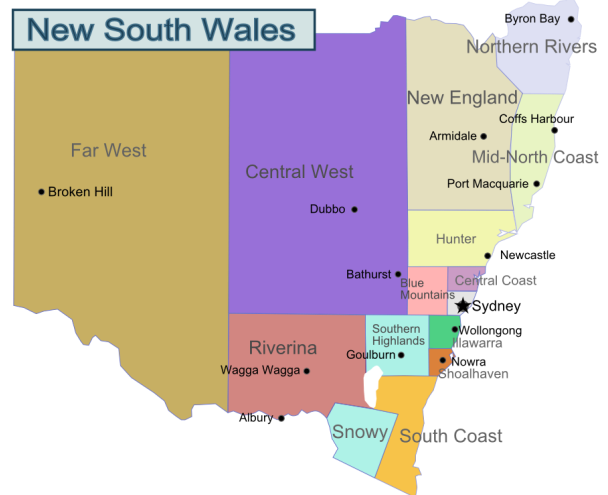
I am sure we are all looking forward to learning these dances in our own clubs over a bit more time so we can enjoy dancing them regularly.

A big thankyou to all who came and helped us maintain our COVID restrictions which we endeavoured to follow.

Next year we are endeavouring to locate a hall on a different beach which everyone will enjoy visiting. So for those who could not make it this time and anyone who would like to join us next year in May for a fun weekend of dance, we would love to welcome you and meet you. Venue and times will be forwarded as soon as we finalize them.

Sincere regards and Happy Dancing

Bridgett



Thank you Helen Hodalj,
ARDA NSW State Representative 2021.

The flyers on the next two pages were forwarded by Helen. See pages 6 & 7.

62nd ANSDC - will be held in Goulburn, NSW APRIL 21-25, 2022
63rd ANSDC - will be held in Adelaide, SA APRIL 20-24, 2023



Coral Wegmann
ARDA State Representative 2021

Thank you Coral for advising of your impending holiday. Safe travels and enjoy your time exploring Australia.

On page 10 you will find a flyer advertising the 'Lucky' 13th RDAV Spring Festival to be held over the Friday 10, Saturday 11 and Sunday 12 September 2021. This flyer was downloaded from the RDAV website.

www.rounddanceassociationvictoria.org.au



ROUND DANCING

(Social Ballroom Dancing for All Ages)

Waltz, 2 Step, Foxtrot, Rumba & Cha

Come and have some fun learning to dance

Round Dance Style.

(No Partner Required)

When: Wednesday Afternoon at 2.00pm

**Where: At Tuggerah Community Hall
9 Anzac Rd Tuggerah**

Cost: \$5.00 per lesson

**For further information please contact:
Anne Glazier – Mob: 0409 938 345**



SQUARE & ROUND DANCING AFTERNOON 50/50

Come and join in the fun of Square and Round Dancing
all afternoon.

When: 4th Sunday afternoon of the Month

Where: At Tuggerah Community Hall
9 Anzac RD Tuggerah

Time: 2.30 pm

Cost: \$8.00

For further information please contact:
Anne Glazier – Mob: 0409 938 345
Ashley Shore – Mob: 0408 406 001



Thank you Shirley Bates
ARDA State Representative 2021.

SARDA has a new Secretary - Glenis Beadle. Congratulations.
Sincere thanks to Pat Markwick who held this position for many years.

SARDA Annual General Meeting and Dance. Details below

SUNSET TWIRLERS held birthday celebrations on Sunday 17 May.
Congratulations to Anne and Les Tulloch on the club's 26th birthday.
See page 13 for photos provided by SARDA President, Shirley Bates.

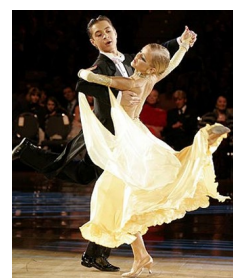
T & T Rounds will be celebrating 30 years in July. See details next page (pg. 9)

SARDA Annual General Meeting and DANCE 19 June, 2021

Annual General Meeting will be held during the supper break.



DANCE details as under



Square Dance Mainstream - 7.30 pm

ROUNDS all levels/all rhythms - 8 pm

**Where: Chandelier Ballroom
2 Cassie Street, Collinswood**

Members: \$10 pp

Non Members: \$12 pp

More details can be obtained from President, Shirley Bates

T and T ROUNDS with THELMA



Celebrating 30 years



When: 4 JULY 2021 ~ 1 pm to 5 pm

Chandelier Ballroom, 2 Cassie Street, Collinswood, SA



AUGUST NEWSLETTER

It would be really special if you would like to share
YOUR NEWS, STORIES, HAPPENINGS

about dancing
about holidays, travel
about anything

Closing date for copy
new
10th AUGUST, 2021



Editor's Note ~~

all articles and photos in this Newsletter have been printed as a matter of courtesy and interest for all. Refer to the 'Disclaimer' on the front page.

In order to **reprint** articles from this Newsletter, and as a matter of courtesy,
permission should be sought from the **Editor**.

If permission is obtained the appropriate recognition should be given to the
author/source of that information.



Excitedly planning for the future



10th, 11th & 12th September 2021

**Enjoy a weekend of dancing with
ARDA Educational Officers as our
Guest Cuer / Teacher**

Paula & Warwick Armstrong

plus RDAV and visiting cuers

Venue: T.B.A.

All enquiries, contact: RDAV 2021 Convenor

Coral Wegmann Ph: 0407 814 686

Email: cozweg@bigpond.com

Website: www.rounddanceassociationvictoria.org.au



Give your joints & limbs a BREAK!

The correct sort of BREAK!



Perhaps the stretching pictured on the right is a little excessive!!!

Maybe you are more likely to stretch as is pictured below



Maybe, just maybe, when you enter the dance class and start to chat with your fellow dancers YOU could be the one to initiate some stretching exercises that your body will thank you for later.

Be the instigator - warm up the body while your chatter warms up the hall.

CURRENT A R D A COMMITTEE

President

Warwick Armstrong, Qld

ARDA.President@gmail.com

Vice President

Christopher Heyworth, Qld

ARDA.Vice@gmail.com

Secretary/Editor

Carol Simondson, Vic

ARDA.Secretary@gmail.com

Treasurer

Anna-Lee Hodalj, NSW

ARDA.Treasurer@gmail.com

Education Officers

Paula & Warwick Armstrong, Qld

ARDA.Education@gmail.com

Historian

Christopher Heyworth, Qld

ARDA.Historian@gmail.com

Records Officers

President & Secretary

Website Manager

Tony McDonald, ACT

62nd AUSTRALIAN NATIONAL SQUARE DANCE CONVENTION

The Goulburn Recreation Arena (Veolia Arena)
45 Braidwood Road, Goulburn

Thursday 21st - Monday 25 April 2022

Registrations prior to 30 June 2021 = \$100.00 pp

Registrations after 30 June 2021 = \$120.00 pp

Register ONLINE now and save \$\$

Closing date for Callers & Cuers 31 DECEMBER 2021.

Canberra to Goulburn = 1 hr; Sydney to Goulburn = 2 hrs
Melbourne CBD to Goulburn = 7 hrs Adelaide CBD to Goulburn = 8 hrs
Perth CBD to Canberra via plane 3.45 mins plus 1 hour to Goulburn - doable.

Day and Night ~ Let's Make it BRIGHT!



63rd ANSDC

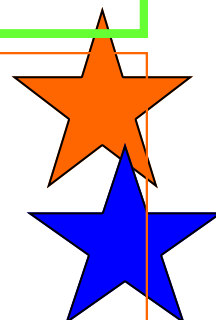
It's confirmed! - Rock on Adelaide 2023

Great news that National Conventions are being planned again

And we encourage you to support Goulburn 2022 in April next year.

The Adelaide 2023 committee have just completed re-negotiations with our

Venue and can now confirm the dates for your planning purposes:



63rd AUSTRALIAN NATIONAL CONVENTION

Adelaide, South Australia

DATES: Thursday 20th April - Monday 24th April
(Tuesday 25th is the Anzac Day Holiday)

VENUE: Gardens Recreation Centre, Parafield Gardens
(This is the same venue as was used in Adelaide in 2015).

MAY I HAVE THIS DANCE?

A weekly dance lesson is one way of putting your best - and worst - foot forward

Pat McDermott recalls taking the steps and mastering the moves. [A repeat for our newer members.]

"I've always believed that stepping all over a man's feet was a part of dancing"

The primary school hall is chilly even on a spring evening. The MOTH (Man Of The House) and I are late. "I thought you two might not make it tonight," our dance instructor, Raymond, says brightly, when he sees us.

I have to hand it to Raymond. He's not only good at the complexities of the twilight waltz, he is good at hiding his dismay when we turn up.

I'm afraid we're beginning to make him look bad. While everyone else is managing difficult steps like "left whisks" and "outside spins", and even "backward locks", the MOTH and I are still struggling to start on the right (no, left!) foot.

Not for us the "double reverse spin" or even the "basic weave". When Raymond says we're going to execute a "box step" followed by a "hesitation change", he speaks the truth. We "murder" every step we take.

The MOTH learned to dance at school. He reckons he still does a passable Pride of Erin. He explains to Raymond that his failure to master the twilight waltz is due to being left-handed and, therefore, possibly left-footed.

As for me, the only dance class I ever had was the Christmas I was seven. I stood on my dad's toes and clung fiercely to his waist while he foxtrotted around the dining room. As a result, I've always believed that stepping all over a man's feet was a part of dancing.

Still, despite our age and four left feet, we're keen to learn to dance. It's just unfortunate for Raymond that we picked him to teach us.

"Take your places," he orders, clapping his hands briskly. "No one moving, please. *No one moving!*"

The whole room stands very still and pays attention. "Gentlemen - you will lead with the left foot. Watch as I demonstrate - step, step, slide together, step. *Not yet, Mr McDermott!!* What did I just say?"

"I said, *no one moving!* That means you, Mr McDermott!"



Raymond smooths his hair and begins again, "Now gentlemen - step, step, slide together, step, Mr McDermott - *now* would be time to dance!

"Oh, stop, stop, *stop, everyone!*"

"Let's start again and perhaps this time Mr McDermott will join us. And Mrs McDermott will stop sniggering because it's the ladies' turn next!"

Twelve men, aged 25 to about 75, follow Raymond down the hall. Some do it with style, some with flair, some with military precision and some, like the MOTH with an air of quiet desperation.

Then it's time for the ladies to demonstrate their skills. I position myself in the back row behind someone who knows what she's doing. By carefully watching her feet and not looking left or right, I make it to the end of the room with everyone else.

Raymond orders us to execute a quick "outside spin" and come back the other way. Now I'm in the front row. Everyone is following me.

It's a debacle. I'm lost and muddled about while the other ladies dance gracefully and sympathetically around and past me. Raymond was right - I'm not laughing anymore.

We battle on through the basic waltz and the even more difficult twilight waltz. "So beautiful when done well," says Raymond, studiously avoiding looking at the MOTH and me.

The final half hour is all about the salsa. "Feel the rhythm *please!*"

And the jive. "*Everyone* can do this one. Yes, even the McDermotts!"

At last, it's going home time.

"See you next week," we say to Raymond. To his credit, he manages a weak smile.

"Look, mate," explains the MOTH. "This will soon be over and you'll never see us again!"

Raymond couldn't help himself. He looked positively radiant. Almost as lovely as our "soon-to-be" daughter-in-law will look on her wedding day.

Patrick and Kath are getting married in a very few weeks. The sun will shine, everyone will look fabulous and the Mother of the Groom has promised not to cry.

There will be dancing. And, whether we start on the left foot or the right, it will be beautiful.

Thank you, Raymond.

Taken from a magazine titled 'Family Matters' Nov 2012.

I hope this article made you smile.

Editor, Carol

3 INGREDIENT JAPANESE CHEESECAKE

Japanese-style souffle cheesecake



*Sincere thanks to you,
Helen Heyworth, for this
recipe which I believe you
made in your motorhome!
Great job.*

Ingredients

4 eggs
cream cheese (250 g / 1 cup 9 oz)
sweetened condensed milk (400 g, / 14 oz)
Baking Tin Diameter: 18 cm (7 inches)

Method

Separate the egg yolks from the whites
Beat the egg whites to form thick peaks and put aside
Beat egg yolks till become thick and lighter colour
Add cream cheese and whip till smooth
Add sweetened condensed milk and beat together
Slowly hand stir in the fluffy egg whites

To Bake

Line the bottom of the baking dish with parchment paper.
On the outside of the tin, bottom and edges, waterproof the tin with alfoil tightly
Place sealed tin in water bath till water reaches 2cm up the sides
Pour in the ingredients of the cake mix
Bake for 45-50 minutes at 180 ° C / (350 ° F)

Special Instruction

Then leave in the oven for another 30mins with the door ajar

To remove the cake – loosen from the edge of the cake tin with a blade
Tip upside -down and dust with icing sugar OR your favourite toping

Do YOU have a favourite recipe to share?

Perhaps a favourite book?

Maybe some travel ideas, hints or experiences.

Please share with your fellow ARDA members.

Remember the next deadline is 10 August, 2021.

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UP a two-letter word that perhaps has more meanings than any other two-letter word.

It's easy to understand **UP**, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake **UP**?

At a meeting, why does a topic come **UP**?

Why do we speak **UP** and why are the officers **UP** for election and why is it **UP** to the secretary to write **UP** a report?

When it threatens to rain, we say it is clouding **UP**

When the sun comes out we say it is clearing **UP**

When it rains, it wets the earth and often messes things **UP**.

When it doesn't rain for awhile, things dry **UP**.

One could go on and on, but I'll wrap it **UP**

For my time is **UP**, so it is time to shut **UP**!

Now it's **UP** to you what you do with this message.