



AUSTRALIAN ROUND DANCE

ASSOCIATION

~ Newsletter ~

Volume 1 - 2016 APRIL 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 TO ITS MEMBERS,
ALL ROUND DANCERS
AND THE FUTURE OF ROUND DANCING'***

ARDA is proud to bring Randy & Marie to Australia. Randy & Marie are **EXCITED**. Please support this wonderful opportunity with **YOUR** attendance at the CCC & Rounds at the 57th ANSDC.



In the centre of our 'viewing circle' on 26, 27 and 28 June 2016, will be our guests Randy & Marie Preskitt. This is an opportunity too good to miss. An opportunity that may not be repeated for quite a few years.



From the desk of the ARDA Secretary

Hi folks As you can see from the picture, the computer desk is a 'busy' desk. I need to unload some of the paperwork to YOU.

At the AGM to be held at the 57th ANSDC in Buderim, Qld,, the positions of **President** and **Treasurer** become vacant and nominations will be called for. Details on the next page.

ARDA General Meeting 2016

will be held during the 57th ANSDC on THURSDAY 30 JUNE at 9.30 am

ARDA Annual General Meeting 2016

will be held during the 57th ANSDC on THURSDAY 30 JUNE at 11.00 pm

Both meetings will be held at **VENUE 2** (large hall) at the Square Dance Centre, 260 Dixon Road, Buderim

AGENDA ITEMS If you have an item of business you request to have placed on the agenda, you need to send that to me ASAP, certainly before the end of May.

Your ARDA Education Officers have been liaising with the Committee of the 57th ANSDC and there will be a round dance session following the two meetings. ***Bring you dance shoes.*** More details later in this Newsletter. *See pages 4 & 5 for details.*

DRAFT Minutes awaiting ratification were sent to all members following the ARDA General and Annual General Meetings in Adelaide at the 56th ANSDC. An amended page 7 is attached. PLEASE REPLACE the current page 7 you have; READ these documents and bring them with you. There will not be spare copies at the 2016 meetings.

If you cannot find your papers send me an email during May and I will forward another copy.
arda.secretary@gmail.com

REPORTS If you are required to table a report at the above meetings, PLEASE send a copy to me via email, prior to the meetings would be most appreciated.

Are you bringing an observer/prospective new member to the meetings. Please let me know it will be of help for catering purposes.

Wow! That got rid of some paperwork,

Ps: IMPORTANT ... Don't forget to bring your SMILES and ENTHUSIASM to the meetings.

YOUR ARDA Committee -



Over the page are the names of the current ARDA Committee. These people combine work commitments; running a club; attending a club; creating choreography; problem solving; the preparation of meals; maintaining a home; attending events in support of other States and most of all have FAMILIES to share Life with.

The monetary gain is ZILCH!

The reward is in keeping round dancing ALIVE and taking it into the future.

Some problems are not obvious. Please tell us or ask for help.

CURRENT A R D A COMMITTEE

President

Bev McLachlan, Qld

arda.president@gmail.com

Vice President

Christopher Heyworth, Qld

arda.vice@gmail.com

Secretary

Carol Simondson, Vic

arda.secretary@gmail.com

Treasurer

Les Tulloch, SA

arda.treasurer@gmail.com

Editor

Carol Simondson, Vic

arda.editor@gmail.com

Education Officers

Paula & Warwick Armstrong, Qld

arda.education@gmail.com

Historian

Christopher Heyworth, Qld

arda.historian@gmail.com

ELECTIONS 2016

This year, 2016, the two positions below become vacant

PRESIDENT

TREASURER

A Nomination Form is sent as an attachment to this Newsletter.

If you would like to nominate for either of these positions, Please ensure your nomination form is completed and with the ARDA Secretary by the return date.

Completed forms may be sent via surface mail to

ARDA Secretary, P O Box 259, DRYSDALE 3222

Or via email

arda.secretary@gmail.com

It is never too late to stop the way you are going
and change direction!

Author unknown.

Do you have an empty diary in June 2016?

Why not fill your diary with the amazing opportunity to attend the

CALLER CUER CONFERENCE 2016

To be held over 26, 27 and 28 June 2016?

The program is shaping up to be of benefit to all
TEACHERS - CUERS - DANCERS

and you could fill up the remainder of JUNE by attending the
57th Australian National Square Dance Convention

Have a glance at the proposed program over the next two pages ..



Paula, Warwick and Randy are working closely with the 57th ANSDC committee to bring you **EXTRA** round dance sessions. A lot of effort has been put into this ... **PLEASE SUPPORT EXTRA ROUNDS SESSIONS- they are for YOU** see next page



Randy & Marie Preskitt

Morning CCC sessions will be combined - Callers & Cuers. Afternoon sessions will focus on **ROUNDS** with the emphasis on teach CLINICS .. Be there!

Pages 5 & 6 have all the details -



from ARDA Education Officers

What Does the Round Dancer's Package (\$120) include ??

AS PART OF THE ARDA ROUND DANCE CONFERENCE



Sunday 26th June at Square Dance Centre, Buderim

1.00 pm - 2.30 pm CLINIC by Randy & Marie Preskitt (USA)

- *DANCE FRAME - for better dancing*

Tea / Coffee break

3.00 pm - 4.30 pm CLINIC by Randy & Marie Preskitt (USA)

- *Introduction to Quickstep - figure clinic*

7.30 pm - 9.30 pm **General Party Dance** Phase II-V+

Monday 27th June at Square Dance Centre, Buderim

1.00 pm - 2.30 pm CLINIC by Randy & Marie Preskitt (USA)

- *Continuation of Quickstep - figure clinic*

Tea / Coffee break

3.00 pm - 4.30 pm DANCE TEACH by Randy & Marie Preskitt

- *Phase IV Quickstep*

7.30 pm - 9.30 pm **General Party Dance** Phase II-V+



Tuesday 28th June at Square Dance Centre, Buderim

1.00 pm - 2.00 pm CLINIC by Randy & Marie Preskitt (USA)

- *Picture Figures*

Tea / Coffee break

2.30 pm - 4.00 pm DANCE TEACH by Randy & Marie Preskitt (USA)

- *Phase IV-V Bolero*

AS PART OF THE AUSTRALIAN NATIONAL SQUARE DANCE CONVENTION



Wednesday 29th June at Square Dance Centre, Buderim

9.30 am - 11.00 am DANCE TEACH by Randy & Marie Preskitt (USA)

- *Phase IV-V Foxtrot*

Tea / Coffee break

11.30 am - 12.30 pm DANCE TEACH by Randy & Marie Preskitt (USA)

- *Phase III-IV Cha*

7.00 pm - 8.00 pm **AT THE UNIVERSITY MAIN HALL** - Easy level Rounds & Square Dancing

8.00 pm-10.00 pm SQUARE DANCE CENTRE .. **GENERAL PARTY DANCE** Phase II+V+

10.15 PM — SQUARE DANCE CENTRE - 'till you drop **ROUND DANCE BY REQUEST**

from ARDA Education Officers

Thursday 30th June Square Dance Centre, Buderim

12.30 pm - 2.00 pm DANCE TEACH by Randy & Marie Preskitt (USA)
- *Phase IV Waltz*

Tea / Coffee break

2.30 pm - 4.30 pm CLINIC by Randy & Marie Preskitt (USA)
- *Introduction to Slow Twostep—figure clinic of basic and intermediate figures*

6.30 pm - 7.00 pm **AT THE UNIVERSITY MAIN HALL** - Easy Level Round Dancing

8.30 pm - 10.00 pm **Square Dance Centre, Buderim**
- *General Party Dance Ph II+V+*

Friday 1st July Square Dance Centre, Buderim

12.30 pm - 1.30 pm EXPERIMENTAL DANCE TEACH presented by SA
- *Phase IV+2 Waltz*

1.30 pm - 2.30 pm EXPERIMENTAL DANCE TEACH presented by VIC
- *Phase IV+2 Rumba*

2.45 pm - 4.30 pm Venue 3 - Fairy Cottage CLINIC & TEACH by Randy & Marie Preskitt
- *Jive clinic and dance teach Ph III+IV*

6.30 pm - 7.30 pm **AT THE UNIVERSITY MAIN HALL** - Easy Level Round Dancing

7.30 pm **AT THE UNIVERSITY MAIN HALL**

FRIDAY NIGHT CONTINUES WITH THE MAIN NIGHT FOR THE SQUARE DANCE CONVENTION. THIS WILL INCLUDE THE SQUARE DANCE DRESSED SETS PARADE (highly recommend to come to watch this) and the SHOWCASE OF ROUNDS PRESENTATIONS - all registered Round Dancers can participate in the Showcase dance sessions.

Saturday 2nd July Square Dance Centre, Buderim

9.30 am - 10.30 am EXPERIMENTAL DANCE TEACH presented by NSW
- *Phase III+2 Waltz*

10.30 am - 12.00 am EXPERIMENTAL DANCE TEACH presented by QLD
- *Phase V Foxtrot*

1.00 pm - 4.30 pm (small hall) CLINIC & TEACH by Randy & Marie Preskitt
- *Latin lead and follow clinic and dance teach Ph IV-V Rumba*

6.30 pm - 7.00 pm **AT THE UNIVERSITY MAIN HALL** - Easy Level Round Dancing

Sunday 3rd July Square Dance Centre, Buderim

12.00 noon - 2.00 pm CLINIC & TEACH by Randy & Marie Preskitt (USA)
- *Continuation of Slow Twostep—figure clinic and dance teach*

Don't forget for those who have registered to attend the National Convention - the HOOROO SOCIAL from 6.00 pm - fun and socialise after a fantastic 57th Convention!



2016 CONFERENCE CUER REGISTRATION FORM

**For the Caller Cuer Conference being held at
the Mantra Resort Mooloolaba**

Dance Clinics at the Sunshine Coast Square Dance Centre, Buderim

JUNE 26TH – 28TH 2016

Co Hosts Australian Callers Federation and the
Australian Round Dance Association.

Leader and Dancer Packages available.

See inside for complete details.

Featuring Randy & Marie Preskitt
From Washington USA



2016 ROUND DANCE CONFERENCE

hosted by the AUSTRALIAN ROUND DANCE ASSOCIATION
at the MANTRA RESORT, 7 VENNING STREET, MOOLOOLABA, 26TH - 28TH JUNE 2016

CONTACT DETAILS			
Surname: _____			
Postal Address: _____			
Town/City	State/Country	Postcode	
Phone No. Land	Mob:	Email:	

ATTENDEES DETAILS		FOR CATERING PURPOSES PLEASE INDICATE ANY FOOD ALLERGIES OR RESTRICTIONS.
FAMILY NAME	FIRST / PREFERRED NAME	

PLEASE ADVISE WHERE YOU WILL BE STAYING DURING THE CONFERENCE, OR A CONTACT NUMBER, SHOULD WE NEED TO GET IN TOUCH WITH YOU.

TICKETING (PRICES IN AUSTRALIAN DOLLARS)

For details of Options and Banquet please refer to information sheet.

OPTION 1	ARDA/ACF MEMBERS & INTERNATIONAL VISITORS	No. Attending	@	\$ 255.00 =	
	NON ARDA/ACF MEMBERS	No. Attending	@	\$ 270.00 =	
OPTION 2	ARDA/ACF MEMBERS & INTERNATIONAL VISITORS	No. Attending	@	\$ 165.00 =	
	NON ARDA/ACF MEMBERS	No. Attending	@	\$ 180.00 =	
OPTION 3	DANCER PACKAGE	No. Attending	@	\$ 120.00 =	
OPTION 4	DANCER PACKAGE	No. Attending	@	\$ 80.00 =	
BANQUET	ARDA/ACF MEMBERS & INTERNATIONAL VISITORS	No. Attending	@	\$ 60.00 =	
	NON ARDA/ACF MEMBERS	No. Attending	@	\$ 72.00 =	
TOTAL ENCLOSED					

PAYMENT OPTIONS

Cheque / Money Order made payable to the Australian Round Dance Association.

EFT TRANSFER OF FUNDS TO

BSB No: 063209 Account Number: 00900599 Account Name: Australian Round Dance Association

If Payment made by EFT/Online Transfer please print and attach a copy of your EFT receipt to this form. Please use your SURNAME as reference

EFT RECEIPT NUMBER

Bank/Branch: CBA Huntingdale

Attached to this Newsletter is a registration form for the 57th ANSDC - alternatively email the registrar2016aussienat@gmail.com

POSTAL ADDRESS FOR MAILING OF REGISTRATIONS & ENQUIRIES			
The Secretary, Carol Simondson, Australian Round Dance Association, Post Office Box 259, DRYSDALE, VIC, 3222 Phone 0400 354 445			
Date Registration Received	Date Registration Acknowledged	Date Registered Advised	
OFFICE USE ONLY			

Accommodation Booking **Request** Form
Australian National Square Dance Convention 25/06/2016 - 04/07/2016

****PLEASE NOTE ALL BOOKINGS MUST BE RECEIVED AT LEAST 14 DAYS PRIOR TO THE EVENT TO RECEIVE THIS SPECIAL DISCOUNTED ACCOMMODATION RATE****

BOOKING DETAILS:

Title _____ Surname _____ First Name _____
Address _____
P/code _____
Phone _____ Mobile _____
Email _____ Fax _____

Please ensure all information is legible.

TO SECURE YOUR BOOKING WE REQUIRE:

A \$200.00 non refundable deposit. Then 14 days prior to check-in full payment of your accommodation will be processed on the credit card supplied, unless otherwise requested.

☐ **Credit card:** (Please provide details below) *Note that there is a 2% surcharge for any credit card payments.*

☐ **Cheque deposit:** (Cheques will be accepted for deposits only)

PLEASE CIRCLE: VISA / MASTERCARD / DINERS / AMERICAN EXPRESS

Credit Card No. Expiry Date /

Card Holder's Name _____ Card Holder's Signature _____

Arrival Date _____ Departure Date _____

No of Adults in Room _____ No of Children _____

PLEASE NOTE THE CREDIT CARD HOLDER MUST BE PRESENT UPON CHECK-IN

ROOM RATES - 1-4 nights - Room Only Rate.

☐ 1 Bedroom (1 -2 guests) \$178 per night - **Number of Rooms Required** _____

☐ 1 Bedroom OCEAN (1 -2 guests) \$208 per night- **Number of Rooms Required** _____

☐ 2 Bedroom OCEAN (1 - 4 guests) \$302 per night - **Number of Rooms Required** _____

☐ Extra Person Charge X @ \$ 40.00 per night - **Number of extra people (maximum 1 per room)** _____

ROOM RATES - 5+ nights - Room Only Rate.

☐ 1 Bedroom (1 -2 guests) \$166 per night - **Number of Rooms Required** _____

☐ 1 Bedroom OCEAN (1 -2 guests) \$194 per night- **Number of Rooms Required** _____

☐ 2 Bedroom OCEAN (1 - 4 guests) \$264 per night - **Number of Rooms Required** _____

☐ Extra Person Charge X @ \$ 40.00 per night - **Number of extra people (maximum 1 per room)** _____

ALL ROOMS ARE SUBJECT TO AVAILABILITY AND WILL BE ALLOCATED ON A FIRST IN FIRST SERVED BASIS.

ACCOMMODATION CANCELLATION POLICY

Cancellations for accommodation received more than fourteen (14) days prior to arrival will forfeit the \$200 deposit. Cancellations within (14) days of the designated arrival date, or non-arrival of guests, will forfeit all monies paid.

Please fax or email this completed form to Mantra Mooloolaba Beach via Fax on 07 5452 2888 or email conferencesc@mantragroup.com.au

This is a booking request form only, your booking is not confirmed until confirmation has been received from Mantra Mooloolaba Reservations.
For booking enquiries please call 07 5452 2871.

OFFICE USE ONLY

Confirmation # _____

Date: _____

Confirmed by: _____

VALE David Pitt

On Friday the 12th of February, we lost a dear friend and a great ambassador for Round Dancing. David Pitt was always the sort of person you could count on for any job, no matter how small or large, to be done.

David started his dancing in NSW in the 70's and for many years jointly ran a Square Dance & Round Dance Club in Armidale. He was also a key player in the running of the annual Armidale Festival many of us remember as being among the best in the country. But it was his shift to Brisbane when marrying Sylvia that his alliance shifted strongly to the Round Dance activity.

His keen eye for detail and determination to see a job finished saw him in the position of Secretary for the QRDA and with it came great things for our activity. He assisted in the review of both the state Constitution as well as the ARDA Constitution. He constructed the QRDA web site which for a long time was the principle source of Standardised Cue Sheets for our National List. David was also the supreme diplomat and had a way of letting you know that we hadn't completed something without making it look like he was mad or upset. Amongst his other labours of love was assisting Sylvia in the creation of the educational DVD's taken of the weekends put on by the American teachers. There were a few of us running clubs who are also indebted to David for his expertise as a teacher and cuer when we were away from our clubs or needed help on the floor.

Apart from the dancing, David was absolutely devoted to both his Christian faith and his family. His passion for singing was only beaten by these two joys in his life. His singing was something he was so proud of with being able to sing with his children. Even when he knew things would not improve he was still more concerned for Sylvia looking after him than he was for his own sake. I think his golf may have come in a close fourth, but some days I wasn't sure.

We will truly miss one of the most sincere people we have known, someone who was all too ready to act as a dance partner, technical adviser, stand in teacher and active cuer. To Sylvia and the rest of his family, the Round Dancers of both Queensland and Australia wish you our sincerest condolences.

Warwick Armstrong, President Queensland Round Dance Association.

Thank you Warwick for providing this moving tribute to David's Life on behalf of QRDA and ARDA.



BOLERO

An introduction courtesy of Harold and Meredith Sears

BOLERO was a Spanish dance in 3/4 time during the 1700s, but it was danced to 2/4 music and then to 4/4 music in Cuba during the 1800s, and it became popular in the United States in the 1930s. Round dancing picked up this rhythm in the 1990s.

The classic example is *Sleeping Beauty* by Brent and Mickey Moore, released in 1993.

Bolero is smooth, powerful, romantic, full of love and yearning. It has been called the 'Cuban Dance of Love.'

BOLERO is characterized by a closer hold, almost a waltz closed position, by the side step that begins most figures, by body rise during that first step, and by one of the slowest tempos in round dancing.

The rise and fall constitute one crucial feature of bolero. Begin each measure in a lowered position with soft knees. Rise to a height at the end of the long first step (the slow), Lower a little for a small second step (the first quick), and then lower more for a medium third step (the second quick). You are now low and ready for the next side step. The rise and fall is in the body, not in the feet and ankles. Again, step well to the side on the slow in a lowered position. Don't rise as you step, but step and then rise to two straight legs. The two quicks are not just a rock and recover, but take a small step, really just placing the foot in preparation for a substantial third step. It might feel like 'step, rise, push, crash.' A second key feature of bolero is a heaviness, an inertia, and a connectedness between the partners, from one body, through the arms, to the other body. So you don't just take the steps described above. You have tone that connects you to your partner, and each helps the other take each step. There is a dragging kind of feel and a consequent smooth flow. Especially during the 'quick, quick,' he pulls and then she pulls. Maybe it's like swinging on a double playground swing: he pumps and then she pumps. Bolero is certainly a Latin rhythm, but there is not much use of the Latin or Cuban hip motion that is more noticeable in rumba and in mambo. We would use Cuban hip motion in Bolero Walks, but in other common figures, body rotation would be more important. As you step to the side on the left foot, rotate a little left face. As you step back with the right, keep that rotation - we are using contra-body movement. In rumba, you tend to dance square to your partner, but in bolero, you dance at an angle, always rotating. Bob Powers, an accomplished ballroom instructor, says that we don't use a lot of body sway. We don't shape to our partners. We maintain an erect posture and turn on the long axis of the body - always moving, always at an angle, always turning. He also emphasizes 'fast feet/slow body.' During the slow count, get your foot out there, but let the body lag behind and slowly flow over the whole two beats. You will see below that Roundalab does emphasize body stretch and shape, but bolero is slinky. The body never stops: it stays in motion.

The steps are taken with a heel lead but are taken ball-flat. Slide the inside edge of the ball of the foot across the floor, take weight, then lower the heel.

More to follow next edition.

VALE - David Pitt



The ARDA Executive Committee and round dancing will most sincerely miss this man
who never stopped smiling and
who gave so willingly of his time to round dancing
~ A true gentleman ~

Thank You David for your contribution
ARDA extends sincere condolences to Sylvia and the Family

ROUND DANCE out your LIFE

Safely!!

Common Injuries

Sprains and Strains muscles and ligaments can be overstretched or twisted. The knee and ankle are particularly vulnerable.

Stress Fractures - dance moves that require force and repetition, such as jumping, can eventually cause small breaks in the bones of the foot and ankle.

- Answer**
- * **Wear professionally fitted shoes appropriate to your style of dance.**
 - * **WARM up before you start dancing. Include sustained stretches (20 to 40 seconds) in your warm up routine**
 - * **Be sure to specifically warm up your feet and ankles before you start dancing (for example marching on the spot is a good warm up exercise)**
 - * **Check with your dance instructor that you are holding the correct frame**
 - * **Perform regular leg strengthening exercises. Weak knee muscles allow the joint to twist sideways, increasing the risk of ligament injury**
 - * **Move as fluidly and gracefully as you can. Sudden jolting movements greatly increase the risk of knee injury.**
 - * **Cool down after a dance session (before you sit down and have your cuppa)**
 - * **Include sustained stretches in your cool down routine**

More about dancing SAFELY in the next edition.

THE SIX BEST DOCTORS IN THE WORLD ... a good message

As we grow older, and hence wiser, we slowly realize that wearing a \$300.00 or \$30.00 watch, they both tell the same time

Whether we carry a \$300.00 or \$30.00 wallet/handbag, the amount of money inside is the same ...

Whether we drink a bottle of \$30.00 or \$3.00 wine, the effect is the same

Whether the house we live in is 3000 or 300 sqm, the loneliness is the same. Hopefully, one day you will realize, your true inner happiness does not come from the material things of this world ...

Whether you fly first or economy class, if the plane goes down, you go down with it

Therefore ... I hope you realize, when you have mates, buddies and old friends, brothers and sisters, who you chat with, laugh with, talk with, have sing songs with, talk about north-south-east-west or heaven and earth,

That is true happiness!!

Five Undeniable Facts of Life :

1. Don't educate your children to be rich. Educate them to be Happy. So when they grow up they will know the value of things not the price.
2. Best awarded words in London .. 'Eat your food as your medicines. Otherwise you have to eat medicines as your food'.
3. The one who loves you will never leave you because even if there are 100 reasons to give up they will find one reason to hold on.
4. There is a big difference between a human being and being human. Only a few really understand it.
5. You are loved when you are born. You will be loved when you die. In between, you have to manage ...!
6. If you just want to Walk Fast, Walk Alone...! But if you want to Walk Far, Walk Together!

Six Best Doctors in the World recommend -
Sunlight Rest Exercise
Good Diet Self Confidence
FRIENDS

Maintain them in all stages of Life and enjoy a healthy Life.



more from those intrepid travellers NORSEMAN & WINDLE

ADELAIDE CONVENTION 2015

Mum and Dad had planned our first really long trip away for dancing, so it was off to Adelaide for them to go to their ARDA conference and the National Convention. Dad said that it had been a very long time since had last been to Adelaide for a National and Mum has never been there for a National.

We all headed off on the Wednesday before the ARDA conference, planning a short trip as far as Millmerran for a free overnight stop. Arriving in the late afternoon, we found a lovely free spot, along with several other motor homes and caravans. Sunset was a beautiful sight through the leaves and branches of the surrounding trees. Next morning we woke to find Mum with a migraine - the offer of a hospital visit was declined so we headed off on the road towards Dubbo. Dad had planned relatively short trips (for him!!!!) of about 500 km each day - this would allow some time for sightseeing. However, we reached our next planned (free stop) at Coonabarabran just after lunch, so Dad continued at the wheel to Dubbo and a caravan park so we could stay nice and cool in the air conditioning. This was despite Dad offering to stop if Mum wanted to go to one of the hospitals on the way.

Next morning saw Mum much improved, albeit still with a slight headache. Our next stop was Lake Cargelligo, between Parkes and Hay - another lovely spot (also free) even though the lake was not for swimming or fishing because of the blue algal infestation. Still, they still had time for a leisurely stroll around town whilst we settled in and watched the birds around the lake. After we had left Parkes, we made a short detour off the highway to see 'Utes in the Paddock'. What an amazing display of old Holden utes, standing on their tail and decorated in any number of themes. Our favourite was called 'Circle of Work'.

The detour was well worth it and we can recommend it to any travelling in the area - signposted and just a few kms off the highway.

After leaving Lake Cargelligo, we headed towards Hay and took a tour of the Hay Wool Museum (Mum and Dad anyway) - again, very interesting for them and nice to know what happens to the wool we produce; thank goodness for modern technology to shear, pack and move the wool from property to ports and then overseas. Finally, Mum and Dad hit the showers at the Information Centre and then we were off to Merbein, aiming to stop beside the mighty Murray River. So much for the directions: they went round and round before finally finding the (free) camp site beside the river - sadly it was too dark to fish, but we could certainly hear them. Perhaps, next time!!

We finally arrived in Adelaide after lunch at the house we would stay in during the conference and convention to find Warwick, Paula, Phyl and Nana CAS already settled in. We (Norseman and Windle) had very little to do during our time in Adelaide seeing Mum and Dad travelled either with Warwick and Paula or Nana Cas - so we just looked out the front window of the motor home.

Continued on page 19

*The author provided some great pictures taken of the Ute's in Paddocks, however I was unable to incorporate them into the article.
Hopefully I will master this and include the photos in the next edition.*

The Editor.

|| The following report is presented as received ...

|| South Australian Round Dance Association || 15th Round Dance Festival - April 2016

|| Easter in Adelaide saw approx. 50 dancers enjoy 2 wonderful days of Round Dancing covering all levels.

|| The focus of our Festival is the choreographer's Showcase presentation.

|| 4 dances were presented, 2 Two steps & 2 Foxtrots.

|| The winner chosen by the dancers was Thelma McCue's foxtrot. 'The Finger Points To You', a Ph V Foxtrot.

|| Other dances presented were:

|| Moonshine Foxtrot Ph IV + 2 Foxtrot by Les and Anne Tulloch

|| River Town Ph II + 1 Two step by Paula and Warwick Armstrong.

|| I Wanna Love My Life Away Ph III Two step by Shirley Bates.

|| As there were only 4 dances submitted it was decided to have only one winner. All four dances will now go onto the Festival List.

|| We also enjoyed four very special presentation dances by Paula & Warwick. These were very well received by all in attendance.

|| Food was in plentiful supply with Spud Man dinner on Saturday night and a basket tea on Sunday. Of course being Easter, Easter Eggs & chocolate were in plentiful supply.

|| Congratulations to Monica & Terry for their magnificent efforts in organising the weekend. Well done.

|| Special thanks must go Paula & Warwick for tremendous contribution to the weekend.

|| To our visiting cuers thank you for your participation in our Festival.

|| To our interstate visitors thank you for coming and we look forward to seeing you again on the dance floor in Adelaide.

|| Happy Dancing

|| Shirley Bates

|| President SARDA

|| *Thank you Shirley, both for the report and photos
and to Les Tulloch for providing the cue sheets
for the Showcase and photos (page 15 & 18
Editor Carol.*

DANCER SURVEY

Those attending the **57th ANSDC** will receive in their dancer package
A SURVEY courtesy of the National Square Dance Board.

We need you to complete this, hopefully with very positive comments about the
ROUND DANCING component of the Convention.

Plans for future Conventions are drawn from the survey responses.
PLEASE COMPLETE YOUR SURVEY - YOUR OPPORTUNITY TO HAVE A SAY.

South Australian Round Dance Association 15th Round Dance Festival - April 2016

The 2016 SARDA Festival Committee with Convenors Monica (far left) and Terry (far right).

Thank you Les and Shirley for sending the Photos ...



Lovely Lady of Round Dancing Thelma McCue with the trophy, 'Hold onto it Thelma!'



Decorations completed - bring on the dancing!

More photos on page 18



Thelma with T & T Rounds dancers



Les & Anne Tulloch with Sunset Twirlers dancers

From RECORDS OFFICER
Carol Simondson

ARDA MEMBERSHIP RENEWAL

YOUR ARDA Membership comes up for renewal and is due to be paid by **1 July 2016**

A renewal proforma will be sent or hand delivered to you.

ARDA asks that you complete the proforma and together with payment or payment advice Return to the
ARDA SECRETARY
as soon as possible.

ARDA has confirmation that the cost of an APRA Licence will NOT rise in 2016.

Renewals not received by end of July will require a
MEMBERSHIP APPLICATION FORM
to be completed and ratified at the first ARDA meeting after 31 July 2016.

PLEASE don't forget to advise any changes especially your email or telephone number WE DON'T WANT TO LOSE CONTACT...



The Secretary and Records Officer work closely in maintaining accurate membership records.

The Treasurer also works closely with both the Secretary & Records Officer

The system takes on a whole new meaning when the paperwork is fully completed.

Thank you in anticipation—we knew you would assist.

Team ARDA working for you and with you.

ARDA MEMBERSHIP APPLICATION

ARDA would like to see membership numbers rise.

There are many known trainee Cuers, Cuers, Teachers, Club Leaders, Dancers etc. in Australia who are not aware of the benefits of becoming a member of this National organization, specifically working for the betterment of
ROUND DANCING.

You may just know such a person.

Perhaps you could let an ARDA Committee member know and an approach could be made to that person.

Learning does not have a 'close off' date!

Texting codes for SENIORS ...
ATD - at the Doctor's
BFF-Best Friend's Funeral
BTW - Bring the Wheelchair
BYOT - Bring your own Teeth
CBM - Covered by Medicare
CUATSC - See you at the Senior Centre
DWI - Driving while incontinent!
FWIW - Forgot where I was
GGPBL - Gotta Go, Pacemaker battery low
LMDO - Laughing my dentures out
OMSG-Oh My! Sorry, Gas!
TOT - Texting on toilet
GGLKI-Gotta go Laxative kicking in. **GOTTA LOV IT!**

A little bit of THIS and a little bit of THAT

WINE improves with age.

THE OLDER I GET, THE BETTER I LIKE IT.

People say that drinking milk makes you stronger.
Drink 5 glasses of milk and try to move a wall. CAN'T?

NOW DRINK 5 GLASSES OF WINE. THE WALL MOVES ALL BY ITSELF!



The secret of enjoying a good wine:

1. Open the bottle to allow it to breathe.
2. If it does not look like it's breathing give it mouth-to-mouth.

I tried cooking dinner with wine tonight ~~~
Didn't go so well

After 5 glasses I forgot why I was even in the kitchen!!!



Showcase 2017 Experimental 2017

Time is on the 'wing'

The 58th ANSDC will be here in less than one year.

Time to put your thinking caps on for a nomination for both
the Showcase and Experimental 2017

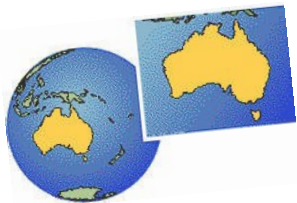
The closing date will be 31 OCTOBER 2016

ARDA SEMINAR 2017

Will be held prior to the 58th ANSDC

To be held in Bendigo over the Easter period.

This is just to alert you that ARDA is continuing with this great initiative
and we look forward to seeing as many as possible at the
ARDA Seminar 2017 in Bendigo, Victoria.



South Australian Round Dance Association 15th Round Dance Festival - April 2016



Cuers at the 15th SARDA Festival



The Queensland 'contingent' in 2016.



The Victorian and NSW
contingent

All photos courtesy of Shirley Bates
and Les Tulloch.

800 Registrations have been received for the 57th ANSDC



IT IS NOT TOO LATE FOR TO REGISTER

Simply EMAIL THE 57th ANSDC REGISTRAR and
a registration form will be sent to you ASAP.

registrar2016aussienat@gmail.com

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.



more from those intrepid travellers NORSEMAN & WINDLE

Continued from page 13 ...

After the dancing we started our trip home by heading south from Adelaide. Our first night was spent at Meningie after a visit to Victor Harbour and Goolwa - such a lovely place and the old Steam Exchange Brewery. Mum is really keen to go back for a longer visit to both these places - perhaps after the next Adelaide convention. From here, we travelled further along the Coorong and further south, eventually arriving at Naracoorte for a dance with the local club. Before this we had time to visit the underground Caves and fossilised mega fauna which used to reside in the area. The other thing Mum found was a local farmer who was selling fresh local mullet and rabbits; needless to say, she bought some of both and we had fresh fish that night - absolutely delicious!!

At last we reached Mt Gambier and what a large crater and lake. Mum found all the sunken gardens an absolute delight - beautiful flowers and so many different colours. From here, we continued south to the ocean and boy, wasn't it breezy and cooler. We stopped at Port MacDonnell in the local caravan park and hear about the fishermen chasing 150kg tuna off-shore - that would keep us fed for months!! The next few days saw us travel along the coast, past the Twelve Apostles, Loch Ard Gorge, London Bridge and the other tourist spots and then along the Great Ocean Road. Overnight stops were at Port Campbell and Lorne. Next time, they reckon they will do this trip from east to west, as all the photo spots were on the other side of the road and not easy to get to travelling the direction we were. Perhaps the next trip to Adelaide??

We did reach Nana CAS at Barwon Heads and were able to park the motorhome in her driveway and sleep in a real bed, something Mum and Dad appreciated (along with the hot showers). Nana CAS took us over to her new home that she would be moving to in a few weeks as well as her lovely beach house at Barwon Heads. Her son, Gary, has done soooooo much work building it and her cousin's unit next door so that they can all share weekends and holidays together.

Eventually we had to say farewell to Nana CAS and head back home to Brisbane. After leaving just before lunch, we reached a roadside stop near Yass and decided to stop for the night. Discussion revolved around whether it would be better to go through Sydney before or after morning peak hour; the final decision was to beat the morning peak, so we got under way very early (about 4.30 am). Traffic wasn't too bad as we were able to get through to Ourimbah on the Central Coast before 7 am and then stop for a coffee and a short break before breakfast (and a free shower) up the road at the servo and restaurant (not the golden arches). We reached Mum's brother at Wingham mid afternoon and stayed there for a few days before finally arriving home.

Our house (motorhome) proved more than adequate for all of us and did not skip a beat through the trip. We can look forward to many more trips in the future.

Norseman and Windle.

Editor's Note

This brief note is to say a HUGE *thank you* to those of you who have supported your ARDA Newsletter with information, articles or simply fun Information that, hopefully you the reader will find of some interest.

The ARDA Newsletter is not my Newsletter rather it is YOUR Newsletter; and as part of your ARDA membership it comes to you free of charge for delivery via email or surface post. Always happy to hear from you and again *thank you* to the members who have taken the time to make Comments.

Editor Carol

