



AUSTRALIAN ROUND DANCE ASSOCIATION

~ QUICK REFERENCE ~

Volume 2022 / 3 AUGUST Edition vs.1



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Hope you find time to read the contents!





AUSTRALIAN ROUND DANCE

ASSOCIATION

~ Newsletter ~

Volume 2022 / 3 AUGUST Edition vs.1



~ 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.



HAPPY 90th BIRTHDAY ELLA WHYTE

Dear Ella, On behalf of the ARDA Management Committee and all the ARDA members, we sincerely CONGRATULATE you and extend our very Best Wishes to you for a very Happy 90th Birthday.

Ella Whyte is a Life Member of ARDA.

Ella Whyte continues to conduct her round dance club, Sunnyside Rounds
Ella Whyte and husband Ron (dec'd.) initiated the Showcase Rounds session to our ANSDC.

THANK YOU ELLA for the amazing contribution you have, and continue to make to our wonderful discipline of dancing ... ROUND DANCING.



In Paul's words

CARING for YOUR VOICE

Allow me to introduce

PAUL CONNELLY.

Paul is a third generation round dance teacher /cuer/choreographer.

Paul is a valuable of the ROUNDALAB Board

Paul is a very experienced Voice Coach, Choir Master and holder of many qualifications.

Paul has given his approval for me to share his written articles with YOU.

Sincere thanks to you Paul. Carol S

Caring for Your Voice

Healthy Voice for Life!

Paul Connelly

Why is this topic important?

35% of public have vocal damage.

58% of teachers and other occupational voice users (higher for Dance/Drama/PE) have damage.

20% of teachers report missing work due to a voice issue.

1 in 10 teachers are forced out of the profession due to voice constraints.

Even highly trained voice users are at risk.

Identify your Vocal Stresses and Vocal Load

1. How are you using your voice each day? Talking, singing, whispering, calling voice?
2. What register of your voice do you use most often?
3. Do you vary the pitch level of your voice?
4. Are you aware of your breathing habits as you are speaking? Does your breathing contribute to efficient voice function?
5. How many classes are you teaching each day? How long are they?
6. Is there anything in your teaching environment that is causing you to overuse your voice? Blower in a vent, excessive classroom noise, outside noise bleeding in?

Common Vocal Problem Areas & Dysfunction

Upper Respiratory Infection

Growth on vocal folds such as nodules

Granuloma

Inflammation caused by reflux

Papilloma

Vocal haemorrhage, tear, or bruise

Neurological diseases (dysphonia or vocal paralysis)

Path to Maintaining a Healthy Voice

Self-Care:

Hydration - 1/2 of body weight in ounces (minimum of eight 8-ounce glasses)

Limit caffeine intake (Sorry all day coffee/soda drinkers)

Nutrition - whole grains, fruits, vegetables, aware of sugar intake, avoid reflux-causing spicy foods

Exercise - increases stamina, lung function, and muscle tone

Rest - 7-9 hours of sleep per night

Know when to rest your voice.

Environment:

40-60% humidity

Avoid dry, cold air

Humidifier at night

Amplification, if necessary

... cont'd



Caring for Your Voice Healthy Voice for Life!

Paul Connelly

Cont'd.

Path to Maintaining a Healthy Voice cont'd.

Vocal Technique:

- Warm-up before teaching
- Easy onset of voicing
- Be mindful of voice clearing
- Reduce telephone use
- Take vocal naps during the day.

Surprise Problems

Medications:

- Check medications for vocal side effects
- Ncvs.org

Lozenges:

- Avoid menthol, eucalyptus, alcohol - can cause irritation if used for extended time
- USE glycerine, pectin, slippery elm - moisteners

Natural Solutions:

Vocal Rest:

- Extended times of silence during the day.

Soothing Drink: (smells bad, but works)

- Hot water
- Lemon (natural juice, not a tea)
- Honey (to taste)

Gargling:

- 1/2 teaspoon salt
- 1/2 teaspoon honey/maple syrup
- 1/2 teaspoon baking soda
- 1 cup warm water
- Gargle silently, do not rinse for 5 minutes.

* Fisherman's Friend is one to avoid.

When to Seek Professional Help

- Hoarse or raspy voice that lasts for more than three weeks
- Voice loss or severe changes in vocal tone and sound
- Gap in singing range (extended time)
- Pain when speaking or swallowing (extended time, after vocal rest)
- Difficulty swallowing
- Coughing up blood
- Lump in the neck

Professional Help

Seek help from Otolaryngologist or ENT who specialises in voice.

Editor's Note: This article is not only for teachers/cuers, it is for everyone. Thank you Paul and I look forward to sharing more of Paul's wisdom with you .

Editor: Carol S

upcoming events 2022

SARDA Inc.
SARDA FESTIVAL 'Steppin' Out'

30th Sept - 2nd October, 2022

Blackwood Memorial Hall, Blackwood.

Enquiries: Les Tulloch 0484 233 826
See all details and registration forms on Pgs. 10, 11, 12, 13.

SEPTEMBER 2022

ELLA WHYTE will be celebrating a life of 90 years, to date.

The RDAV Inc. have an event planned to help Ella celebrate

Contact: RDAV Inc. Secretary C Wegmann for details



upcoming events 2023

ARDA
ARDA CONFERENCE 2023

18, 19 & part of 20th April, 2023 [2.5 days]

Adelaide, SA

Q R D A Inc.
Rounds By The Sea 2023

19, 20 and 21st May, 2023

Coolum Community Centre, Coolum. QLD
Enquiries: Christopher Heyworth caduceus22@hotmail.com



A R D A Membership 2022

On behalf of the ARDA management committee,

THANK YOU to all our loyal members who renewed their membership.

To those who have not renewed for the reasons indicated to our Secretary/Records Officer,

Please accept our thanks for your loyalty and take with you our best wishes for the future.

*The close off date for renewal of membership was **30 June, 2022***

And if b chance you simply forgot, you will need to complete an application to join ARDA.

Contact the ARDA Secretary for an application form.

arda.secretary@gmail.com

NATIONAL CONVENTION DANCE LIST

VOTE 2022

Why did we ask you to vote?

As part of your membership we offer you the opportunity to HAVE YOUR SAY.

We would like you to indicate the dances you would prefer to have on the program at future conventions.

This is a 'spring cleaning' exercise.

The only other way dances can be removed from our NCDL is when the music can no longer be purchased legally.

How often do we ask you to vote?

It will be two years before this initiative comes you way.

Dances can only be removed if 70% of the votes received indicate they are unpopular.

Please take the time to complete the NCDL and send it to the arda.secretary@gmail.com

MY JOURNEY

ROUND DANCE



Anne Glazier, NSW

I started square dancing at Casula with Tony Alessi in about 2001. Once I saw round dancing, I knew that was my preferred dance style, so I joined Renniks Rounds at Greystanes, in 2002,

In about 2005, I thought I would take up the challenge of cueing rounds at the club. When Ray Skinner passed away I took over the running of the club under the banner of Greystanes Rounds. We continued to run this club for two nights a week: one regular dance night, one beginner night and once a month a 50/50 dance together with David Todd as our square dance Caller. We continued this even after we moved to the Central Coast.

When square dance Caller, Lorraine Long, retired from square dance calling at her club (Pelican Promenaders) at Woy Woy on the Central Coast, I ceased the Greystanes Rounds club and took over the Pelican Promenaders as a round dance club. We also continued to hold a 50/50 dance as well with Ashley Shore as our square dance Caller. We had many fun dress up nights for our 50/50 nights.

I am at present still running the Pelican Promenaders Club at Tuggerah and once a month have a 50/50 dance as well, as we all enjoy both dance styles. Ashley Shore has been my square dance Caller for all of this time.

The originator of our 'Pelican Promenaders' Lorraine Long, recently passed away so we held a memorial 50/50 dance in her honour last Sunday afternoon. It was a very lovely occasion with a variety of square dance Callers and myself leading the proceedings.

Happy Dancing everyone?

Thank you Anne for sharing your ROUND DANCE JOURNEY with us.

If folks wish to visit Pelican Promenaders either on a casual or regular basis, please find the details listed here, for your convenience.

PELICAN PROMENADERS dance

Wednesday 2—4.30pm at Tuggerah Community Hall.
\$7 pp Tea & Coffee provided.

50/50 dance on 4th Sunday 2.30 - 5.30 pm at Tuggerah Community Hall
\$10 pp Afternoon tea.
Something to enhance the afternoon tea is welcome.

Editor's Note:

Please consider sharing YOUR Round Dance Journey with your fellow members. Everyone has a story to tell and if it is shared with likeminded people then it becomes even more special.

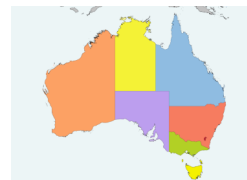
Start now and YOUR RD Journey could be featured in the November edition. The last Newsletter for 2022. 10th November is the deadline.

CAS



But wait there's more

SOUTH AUSTRALIA;S 18TH ROUND DANCE FESTIVAL



THE SOUTH AUSTRALIAN ROUND DANCE
ASSOCIATION PRESENTS THE 18TH ROUND
DANCE FESTIVAL



STEPPIN' OUT



Adelaide
30 Sept – 2 Oct
2022

Guest Teachers
Paula & Warwick
Armstrong
Workshops
Showcases
Raffles

Sat night meal
(by booking, 2 courses)

Blackwood Memorial Hall
21 Coromandel Pde, Blackwood
Convenors: Anne Tulloch & Terri Pearce
atulloch3@bigpond.com
ralph.terri07@gmail.com
Enquiries: Les Tulloch 0484 233 826
lest11@bigpond.com



It is a requirement of entry that dancers be vaccinated against COVID (including recommended boosters)
Proof of vaccination may be required to be shown prior to entry. Thank you for your cooperation.





18th SA Round Dance Festival

30 September, 1 & 2 October 2022

**Blackwood Memorial Hall
21 Coromandel Parade, Blackwood
Cuer Registration**

Name: _____

Address: _____

State: _____ Postcode: _____

Phone: _____ Mobile: _____

Email : _____

☐ Friday Night

☐ Saturday Afternoon

☐ Saturday Night

☐ Sunday Afternoon

Please tick the sessions for which you are available to cue

I acknowledge that submission of this form is not an entitlement to be programmed, and that the program may be subject to change without notice by the Program Manager.

Signed: _____

Digital Signatures will be accepted

Dances may be chosen from the ANSDC List. Please also attach a list of Dances you suggest for the program

Post completed form to Ralph Pearce, 7 Peregrine Place Chiton SA 5211 or
Email: ralph.terri07@gmail.com

You must also register as a dancer (see Dancer Registration Form)

Cuer Registrations close 30 June 2021

Choreographers Showcase Registrations close 31 August 2021



18th SA Round Dance Festival

30 September, 1 & 2 October 2022

Blackwood Memorial Hall
21 Coromandel Parade, Blackwood
Dancer Registration

Names: 1. _____

2. _____

Address: _____

State: _____ Postcode: _____

Phone: _____ Mobile: _____

Email : _____

Tickets Required:

_____ Weekend Tickets @ \$50 each = \$ _____

_____ Single Session Tickets @ \$15 each = \$ _____

_____ Saturday Evening Dinner Tickets @ \$25 each = \$ _____

Total Payable \$ _____

(Dinner is a 2 Courses 3 main, 2 sweet select on the night, by professional Chef)

Tickets to be collected at the door (will not be posted)

Emergency Contact: _____
(Name & Telephone No.)

Allergies or Medical Conditions: _____

Payment:

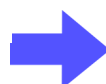
- ☐ **By Cheque:** Payable to South Australian Round Dance Association Inc. Festival Account
☐ **By EFT** BSB 105142, Account No 013415440

Account Name: South Australian Round Dance Association Inc. Festival Account Please put name on EFT Details and attach EFT receipt to this form

Please forward completed form to: The Treasurer, Ralph Pearce
7 Peregrine Place Chiton SA 5211 or Email: ralph.terri07@gmail.com

Registration is fully refundable if event is cancelled due to COVID.

It is a requirement of entry that dancers be vaccinated against COVID (including recommended boosters). Proof of vaccination may be required to be shown prior to entry.





18th SA Round Dance Festival

30 September, 1 & 2 October 2022

Blackwood Memorial Hall
21 Coromandel Parade, Blackwood

Program at a Glance

Friday 30 September 2022

7:30 pm Round Dancing all levels

Saturday 1 October 2022

12 noon Square Dancing Mainstream

1:30 pm Round Dancing all levels
Includes Choreographers Showcase

5:00 pm Dinner (booking required)
(2 courses choice of 3 mains, 2 sweets, select on the night)
(Catered by a professional Chef,)

7:00 pm Round Dancing all levels

Sunday 2 October 2022

12:30 pm Advanced Level Workshop

2:00 pm Round Dancing all levels
Includes Intermediate Level Workshop
Followed by Afternoon Tea
(note no night session)
(Afternoon tea expected to conclude approx. 6 pm)

Program is subject to change without notice.



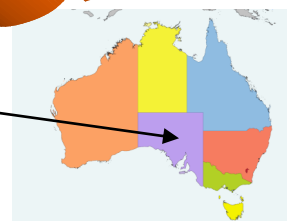


ARDA CONFERENCE '23

18, 19 and part of 20 APRIL

Plus TWO DANCE PARTY NIGHTS

2023



The ARDA CONFERENCE 2023

will precede the 63rd ANSDC to be held in South Australia, and will again be a 2.5 day event, with a program to suite everyone.

PARTY DANCE NIGHTS

YES, there will be two dance party nights.

YOU will be heading to South Australia in April, 2023 won't YOU?
GREAT NEWS!

VENUE

The venue for the 2023 ARDA Conference has not been finalized and therefore, I am unable to provide the details.

HINT

What I am able to tell you is the proposed venue is very close to where the 63rd ANSDC is being held.

REGISTRATION FORM

As soon as the venue is secured, the registration form will be completed and I will ensure every ARDA member and all who attended the 2022 ARDA Conference, receive this form.

Thank you to those who are keen to register.

See you in South Aus!??

MY JOURNEY

ROUND DANCE



Christopher Heyworth, QLD

My introduction to round dancing was at the Brisbane ANSDC in 1979 when I had driven over with two fellow dancers from Alice Springs so our square dance club which danced to tapes could have a dressed set for the convention. The convention was held at Cloudland Ballroom which sadly no longer exists and was a smaller version of the Exhibition Building in Melbourne, Victoria. It did have its own funicular railway to get people up the hill. There was a presentation under Elva Hoppe's direction and I thought how boring round dancing was.

After moving to Brisbane some six months later and being told that I would be dancing a showcase and several demonstration dances, I had a crash course and learnt how to round dance-realise that figures were step cued and danced from memory - there was no cueing like we have now. Thus I could attend my first convention in Adelaide in 1980, held at the former Chrysler manufacturing plant on a concrete floor.

Work saw me move to firstly western Queensland and then the Whitsundays and this made dancing (square or round) much harder as the nearest club to us in Proserpine was in Mackay, some 120 kms away. So we established our own square and round dance club and this is when I began cueing on a regular basis. A divorce saw me relocate to Brisbane and allowed me to dance with Linda & Owen Williamson twice a week with some square dancing as well. This is where I met Helen who through joint friends had been encouraged to learn to square dance with Jason Dean. Helen was dragged along to learn to round dance with Linda & Owen and several months later saw her attending a weekend with Karen & Dick Fisher. I was struggling with the higher level dances so it must have been incredibly difficult for her. Still we survived.

When Linda & Owen closed their club, we moved to dance with Paula & Warwick Armstrong and have remained there ever since and danced at their club night(s) and their monthly Carousel club. To help with remembering these higher level dances saw us find a hall and practise these dances weekly - a boom for the brain. We have attended interstate weekend festivals and teaching weekends and travelled to every State to attend national conventions and for most of these we have danced either or both Queensland's showcase and experimental nominations.

Currently I wear a number of hats across the State and National Associations - Secretary of Queensland Round Dance Association and (now) President and Historian of the Australian Round Dance Association, having been Vice-President for several years.

Christopher Heyworth.

Editor's note:

THANK YOU for taking the time to share 'your journey' with us Christopher.

Actually it is far more than 'several' years Chris has held the position of Vice President and ARDA is extremely fortunate to have a man with so much knowledge especially in the field of rules and regulations, constitutions and by-laws, ever ready to come to our assistance.

Chris also is the Chair of the Standardised Cue Sheet Sub Committee and Chair of the Operating Procedures Sub Committee. Hmmm! I am sure he finds more than 24 hours in every day.

QRDA *Rounds By The Sea* 2023

QRDA PRESENTS:

Rounds By The Sea

COOLUM BEACH



with
*Warwick and Paula
Armstrong*



A Teaching Event
with Evening Party Dances
Phase III to V



Friday 19th May, Saturday 20th May and Sunday 21st May 2023

Coolum Civic Centre

2 Park Street, Coolum Beach, QLD

Coolum Beach is a short 15 minute drive/ shuttle from the Sunshine Coast Airport at Maroocha. It offers a wide range of accommodation options from campsites, motor home sites, cabins and motels to 5 star resorts. The Coolum Civic centre is a short walk to a range of cafés, restaurants and shops, while the nearby Coolum Surf Club offers seaside relaxation and dining.

Come Join Us

Registration forms available from:

Chris Heyworth: 0400 530 673 OR

caduceus22@hotmail.com

QRDA Website: rounddanceqld.com

ARDA 2022 SYLLABUS

If you did not receive your copy of the ARDA 2022 Syllabus, please contact me and I will post this document to you asap

For those who already have their copy, there is a minor amendment to the page with the 2022 Showcase presentations. The title of the South Australian nomination should read 'EASY LOVE'. 'tis a minor amendment as I said.

Everything your committee does has to be done in 'private/family/away from work, time' and we all do our best however at the end of the day the human element arises and we ask you take time to notify the committee, via the Secretary, if you come across such 'incy wincy' typos. Especially with our standardised cue sheets; if you pick up a typo, then we do ask that you let us know.



Thank goodness they did away with the gallows!



Management Team 2022

President

Christopher Heyworth, Qld

arda.president@gmail.com

Vice President

Helen Hodalj, NSW

arda.vicepres@gmail.com

Secretary/Records Officer

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

General Team

Editor/Advertising

Carol Simondson, Vic

arda.secretary@gmail.com

Historian

Christopher Heyworth, Qld

Minutes Secretary

Warwick Armstrong, Qld

Please direct all enquiries to arda.secretary@gmail.com



SHOWCASE NOMINATIONS 2023

Each year we ask our ARDA State/Territory representatives to commence the procedure for submitting to the ARDA Management Committee for approval, three (3) dances. These nominations must be accompanied by the full cue sheet and be in line with the Showcase & Intermediate Nominations Criteria.

The nominations submitted are on behalf of the State/Territory are presented at the Australian National Square Dance Convention.

The 2023 nominations will be listed on our National Convention Dance List as 'provisional showcases'. When you are in Darwin attending the ANSDC in 2024, you will be invited to vote for the Showcase of your choice.

All Showcases will then be added to our NCDL and remain there until voted off.



INTERMEDIATE NOMINATIONS 2023

At the same time ARDA requests the ARDA State/Territory representatives to commence sourcing Showcase dances, we also ask for INTERMEDIATE (formerly called Experimental) nominations.

Again, three (3) nominations are requested for approval and these also must be accompanied by the full cue sheet and be in line with the Showcase & Intermediate Criteria.

The approved nomination will be listed on our National Convention Dance List as 'inter yr 1'

Why is this being explained?? You may be invited to be part of this process within your State or Territory and, hopefully, you may be able to contribute.

The submission of the nominations is the duty of the ARDA State/Territory Representative.

2023 SHOWCASE & INTERMEDIATE NOMINATIONS will be call for very soon.



Lemons, lemons everywhere
 I do declare with some despair
 What can I bake? How long will it take?
 Oh my goodness, will I put on weight?
 So in my haste, I forget the waist and make the choice to
 save the world from too many LEMONS!!

LEMON DELICIOUS PUDDING Guilt free!

2 Tablespoons Caster Sugar
 275 grms extra caster sugar
 3 Teaspoons finely grated Lemon Rind (I add more)
 4 Eggs, room temperature (separated)
 90 grms Unsalted Butter, melted
 150 grms Plain Flour
 1 Teaspoon Baking Powder
 330 ml Full Cream Milk
 125 ml Lemon Juice ... maybe a tad more.

You will need to preheat your oven to 170o C (150oC fan forced). Brush a 7 cup baking dish with softened butter. Place in the fridge for a few minutes until butter is firm. Dust baking dish with a little sugar and shake off excess.

In a large bowl, whisk the extra sugar and lemon rind until sugar is moist and aromatic. (This releases the oil in the Lemon). Add egg yolks and whisk for 1 min or until pale and creamy. Whisk in the melted butter. Slowly whisk in the milk and lemon juice, just until smooth.

In a clean bowl, using an electric mixer, whisk egg whites on low speed until stiff peaks form. Using a clean whisk, gently fold half the egg white mix into the butter mixture until just combined. Repeat with the remaining egg white mixture. Pour into prepared baking dish. Place this dish into a roasting pan and add enough HOT water to the pan to come halfway up the side of the baking dish. Carefully transfer to the oven and bake for 34-40 minutes or until the top springs back when gently touched. Pudding needs to wobble slightly.

Be careful when removing the pudding dish from the roast pan and set your LEMON DELICIOUS Pudding onto a trivet or tea towel.

This pudding is best served warm with a dollop of cream; a dollop of yoghurt or be decadent and include some Ice cream.

This is a great way to use all those lovely lemons that Are so very plentiful at this time of the year. ENJOY!
 No doubt Oranges could be used instead of Lemons.

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.

Your next NEWSLETTER will be released in

NOVEMBER

This will be the final Newsletter for 2023 and I would love to have to add more pages.

DEADLINE for copy - 10TH NOVEMBER 2022

The End