



AUSTRALIAN ROUND DANCE ASSOCIATION

~ QUICK REFERENCE ~

Volume 2022 / 4 NOV/DEC Edition vs.1



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Hoping Christmas brings JOY to you all!



AUSTRALIAN ROUND DANCE

ASSOCIATION

~ Newsletter ~

Volume 2022 / 4 NOV/DEC 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.

A GIFT that needs no wrapping.

FRIENDSHIP is a precious gift

To GIVE at Christmas time ...

A cherished gift,

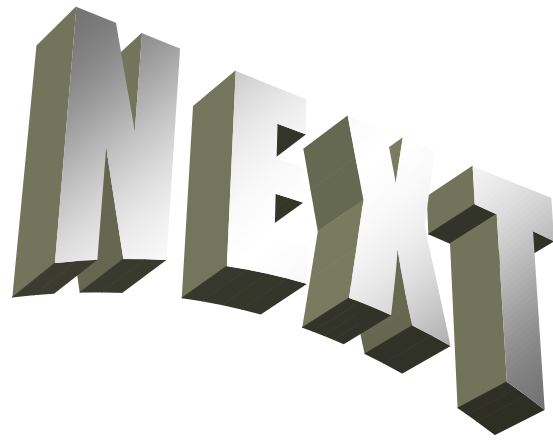
A treasured gift,

That lasts throughout all time.

CS.

On behalf of the President of, and the 2022 Management Committee,

we wish EVERYONE a HAPPY and HEALTH festive season and plenty of round dancing in 2023.



NEXT! A rather small word however one that has many meanings. NEXT week; NEXT of kin; NEXT time; NEXT question, etc. For me NEXT refers to the 'next chapter in my life.

There always has been and always will be a 'next chapter' for me. There needs to be a 'next' for everyone.

Back in 2006 I 'landed' the job of Secretary of the Australian Round Dance Association, and apart from a 'step back' in 2011/2012, following the death of my youngest son, I have continually held this position. I am very proud of my contribution to this wonderful discipline of dancing and sincerely thank all who have interacted with me throughout this 'chapter', making the role memorable rather than a chore. No, I am not retiring, rather finding my 'NEXT'. I hope to continue as a member of the general committee and remain part of several ARDA sub committees, if needed.

I now direct you to page 14. where you will find a NOMINATION FORM for the **two** management committee positions that become vacant in 2023. I urge you to consider supporting the round dance association; perhaps creating a 'NEXT' chapter for you too!

The most important point about nominating is to ensure your completed and supported Nomination Form is in the hands of the Secretary by the due date ie. **31st January 2023**. Note: *The position of Editor is not a management committee position, nor is it necessarily aligned with the role of Secretary. The position of Records Officer is now part of the role of Treasurer.*

A Nomination Form will be sent to every ARDA member, as a matter of courtesy.

'I am m not walking away, rather just taking a different path.'

Carol S .. ARDA Secretary

EDITOR'S NOTE:

Please understand it is the role of Editor of the Australian Round Dance Association Newsletter, to ensure first and foremost that round dance festivals and special weekends receive priority.

To assist with future planning of events, a list has been compiled of such events that have been and continue to be held over the same period, year after year.

Pg. 5 2023 events

Pg. 11 & 12

2024 & 2025 events



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

CONTROLLING YOUR VOICE WHILE CUEING

The voice is an instrument, which when properly played will allow you to charm and engage your audience.

Louder does not always equal better.

VOLUME - Control starts from the first word.

Balancing music and voice:

1. Whom to listen to?
2. When to make a change?
3. What to change?
4. Faux changes?

Volume verses Clarity!

PACING OF CUES - ROUNDALAB manuals are your friend!

1. Time to process
2. Time to dance to music
3. Resisting the urge to say too much.

PITCH MODIFICATIONS - Using your instrument.

Type of Modifications:

1. Voluntary
2. Electronic

Why modify the pitch?

MATCHING STYLE - Emoting with your voice!

Our voice should add to the style of music and dance, not distract from it.

Example of ways:

1. Gentle/Flowing
2. Sharp/Crisp
3. Fun/Bouncy
4. Tango Timing

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

Editor: Carol S

See pg. 0 for some more from Paul Connelly.



future ROUND DANCE events 2023

ARDA ARDA CONFERENCE 2023

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

arda.secretary@gmail.com

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63rd ANSDC
Rock on! Adelaide 2023
Details of SHOWCASE & INTERMEDIATE Nominations
20 to 24th April, 2023
www.adelaide2023.com

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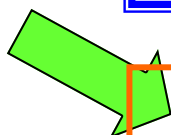


Q R D A Inc. *Rounds By The Sea 2023*

19, 20 and 21st May, 2023

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

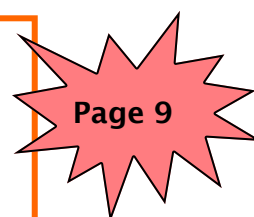
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RDAV Inc. *14th SPRING FESTIVAL*

8, 9 & 10 September, 2023
St Patrick's Community Centre, Lilydale, Vic
Enquiries: C Wegmann cozweg@bigpond.com

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For DATE CLAIMERS for future ROUND DANCE events ...
'quickstep' to pages 11 & 12.



CARING for YOUR VOICE

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In Paul's words.....

HEALTH BENEFITS TO BREATHING:

If keeping your body alive isn't a good enough incentive for you, here are some other reasons to breathe better:

1. Improves posture - the diaphragm is an important postural stabilizer
2. Dampens the body's production of stress hormones
3. Changes in gene expression - through alteration of the body's stress response.

I get that breathing is important, but why is it so important to teach? My students/dancers will just do it when they enter.

Although breathing is involuntary and will continue to happen whether we think about it or not, understanding how to use our breath will maximize our dancing. This will allow us to help our students better understand their movements and why they move the way they do. 'Remember to breathe!' is not a sufficient cue for a teacher to give.

OK. That makes sense, but how?

1. Breathing as a 'gym exercise!'
2. Nasal breath verses Mouth breath
 - A. Which is preferred?
 - B. What if I change?

That is easy when not moving, but what about when I am dancing?

1. Inhalation - Growing Movements
2. Exhalation - Shrinking Movements
3. Smooth rhythms
4. Latin rhythms

When do I teach this? Is this stylization?

Since breathing correctly will be new to many students, it is important to start early and reinforce the technique each class. Remember that everything takes time, so remind them that it is okay if they forget! As your dancers start to get more comfortable with breathing while dancing, they will become more fluid and musical in their movement, making their actions feel more comfortable.

How does breathing while cueing help?

Provides an advantage to the CUER and an advantage to the DANCERS.

Editor's Note: Paul's eagerness to share his knowledge and expertise is very much appreciated.



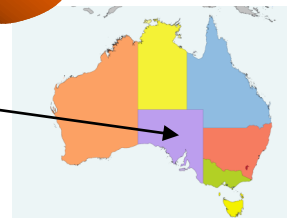


ARDA CONFERENCE '23

18, 19 and part of 20 APRIL

Plus TWO DANCE PARTY NIGHTS

2023



The ARDA CONFERENCE 2023

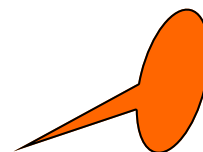
will precede the 63rd ANSDC to be held in South Australia, and will again be a 2.5 day event, with a program to suite everyone.

PARTY DANCE NIGHTS

YES, there will be two dance party nights.

VENUE

WE HAVE A VENUE.



Broadview Freemasons Centre, 565 Regency Road, Broadview
This venue is approximately is located 15 minutes from where the 63rd ANSDC is to be held.

ACCOMMODATION

Accommodation: YES, there is accommodation close by.

Three motels are within a few minutes of the Broadview Freemasons Centre. Details will be on the registration form that will be delivered direct to YOUR INBOX; if not already there.

REGISTRATION FORM

In the event the ARDA Conference registration form has not arrived, please email me arda.secretary@gmail.com
And another will be on its way.

Thank you to those who are keen to register.

Looking forward to seeing YOU at the ARDA Conference??

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:

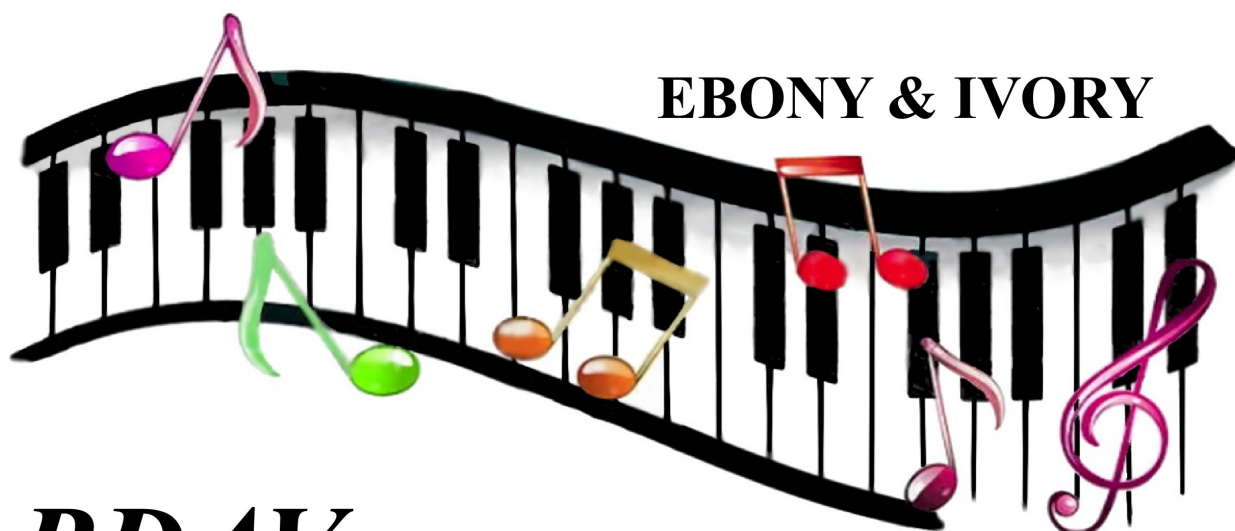
Chris Heyworth: 0400 530 673 OR

caduceus22@hotmail.com

QRDA Website: rounddanceqld.com

Having the first TWO of the 'ROUNDS BY THE SEA' weekends, I recommend everyone gives thought to heading to the Sunshine Coast in 2023 for this weekend.

So much fun, learning and friendship. CS



RDAV

14th Spring Festival

Round Dance



8th, 9th & 10th September 2023

@ St Patrick's Community Centre
35 Jones Street. LILYDALE Vic 3140

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

Paula & Warwick Armstrong

plus RDAV and visiting cuers

All enquiries, contact: RDAV 2023 Convenor
Coral Wegmann Ph: 0407 814 686
Email: cozweg@bigpond.com

Website: www.rounddanceassociationvictoria.org.au

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63rd ANSDC - Adelaide 2023

20 - 24 April, 2023

www.adelaide2023.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.

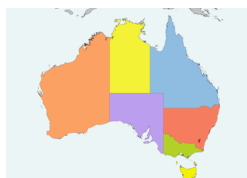
The approved nomination will be listed on our National Convention Dance List as 'inter yr 1'. Why is this being explained?? You may be invited to be part of this process within your State or Territory and, hopefully, you may be able to contribute.

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

This is a friendly reminder to all our STATE/TERRITORY representatives

The due date for nominations is **25 JANUARY 2023**.

Looking forward to hearing from you....



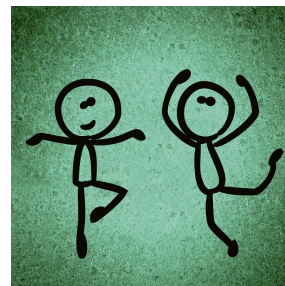
Your GO TO upcoming

Calendar of Events 2023 and beyond..



JANUARY 2023 & JANUARY 2024

Most round dance clubs Australia wide recommence the 2023 year of dancing and learning.



FEBRUARY 2023

February 25 - QRDA Matinee dance & AGM

MARCH 2023

March 10-13th - VSDA Victorian State Convention, San Remo.

March 18 - SARDA Matinee dance, Venue TBA
2024



APRIL 2023

April 18, 18 & 20 - ARDA Conference
April 20 - 24 - 63rd ANSDC

MAY 2023

May 22 - 23 - QRDA 'Rounds By The Sea', Coolumb, Qld.

May 31 - Caller/Cuer registrations close for QLD State Convention, celebrating 40 years.

MAY 2024

May 17, 18 & part of 19 - ARDA Conference
May 20 - 24 - 65th ANSDC



JUNE 2023

JUNE 2024

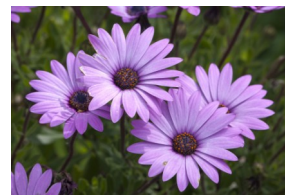


Your GO TO upcoming Calendar of Events 2023 and beyond..



JULY 2023

To this date advice has been received regarding events.



AUGUST 2023

August 4, 5 & 6th - Qld Callers Association State Convention celebrating 40 years ie. Ruby Celebration

August 18, 19 & 20 -South Australian State Convention

AUGUST 2025

August 15, 16, 17 - South Australian State Convention

SEPTEMBER 2023

Sept 8, 9 & 10th - RDAV Inc. 14th Spring Festival

This will be almost three (3) decades this event has been staged on this weekend.

Sept 8, 9 & 10th - NSW Square & Round Dance Association State Convention.

SEPTEMBER 2024

September 27, 28, 29 - SARDA Round Dance Festival

SEPTEMBER 2025

Sept 12, 13 & 14th - RDAV Inc. 14th Spring Festival

Contact: Convenor, C Wegmann
cozweg@bigpond.com

Contact: Secretary, J Bridges
Sec.2023nswsdc@gmail.com



OCTOBER 2024

NOVEMBER 2023



DECEMBER 2023

Many thanks to our President, Christopher Heyworth for the 'mouth watering' recipe below.

Enjoy!

Prawn, Potato & Egg Salad

Ingredients

750 g cooked tiger prawns

6 small potatoes

6 eggs

150g green beans

3 radish, sliced very thinly

3 green onions, sliced very thinly

1 tablespoon dill, finely chopped

1 1 / 2 tablespoons baby capers, rinsed OR 2 small pickled okra

Dressing

4 tablespoons egg mayonnaise

2 tablespoons sour cream/Greek yoghurt

3 tablespoons lemon juice

1 tablespoon red wine vinegar

1 teaspoon seeded mustard

Freshly ground black pepper

½ - 1 teaspoon salt

Method

1. Peel the prawns, remove intestine and keep in refrigerator whilst preparing the rest of the salad.
2. Cut the potatoes into 2cm chunks and cook by steaming or boiling until only just tender. Remove from heat, drain and place in a large mixing bowl to cool.
3. Hard-boil the eggs only until the yolks have barely set. Remove from water and peel as soon as the eggs are cool enough to handle and then set aside.
4. Trim the ends of the beans and cook in salted water for 1 minute, then refresh under cold water. Drain well and add to the cooled potatoes with the prawns, radish, green onions, dill and capers/okra.
5. Dressing – combine all ingredients in a small bowl and stir with a whisk to combine. Taste and adjust seasoning if necessary.
6. Pour only enough dressing over the salad to coat the ingredients, then spoon the salad onto a serving plate or bowl. Top with the eggs and finish off with a drizzle of dressing and some shipped dill.

Courtesy of ABC Radio Brisbane



As if our round dance world hasn't had enough illness and medical problems throughout 2022, I continue to hear more bad news.

To Les (SA), Shirley (SA), Paula (Qld) and Christopher (Qld)
Sincere best wishes for a return to good health and we look forward to seeing you back on the dance floor asap.

To any of our members who also may be suffering illness or in need of surgery, and I have not yet heard of your circumstance, please accept my apologies but more importantly we sincerely wish you a speedy return to good health.

Bring on 2023 and a good health TO YOU ALL.

ARDA

National Convention Dance List - Vote

Auxiliary List

Showcase and Intermediate Nominations

Management Committee Nominations

Your 2023 ARDA Management Committee



In the event you missed out on the 'THANK YOU' with regard to the NCDL vote, the responses were tallied by our Education Team and the amended NCDL now is sitting on the ARDA website, courtesy of our webmaster, Tony McDonald (ACT).

The Auxiliary List nominations are currently being reviewed and it is hoped this will be up and running early in 2023.

The ARDA Conference is now 'all systems go'. If you haven't attended one before then make 2023 your debut. We have a super venue and some very willing South Aussies ready to cater to your every needs and of course, our super education officers Paula and Warwick Armstrong, supported by other teacher/cuers, will ensure you take away more knowledge than you arrived with.

The ARDA 2023 annual general meeting will be held in Adelaide and we sincerely hope to see as many members present, as is possible.

Between the round dance festivals and other State events, 2023 is assured to be a busy year - only if you wish it to be.

Thank you to our President, Christopher Heyworth who not only took on this role but is also training to cue. We look forward to hearing Christopher cue at up and coming events.

THANK YOU to all the ARDA Management Committee, and most of all THANK YOU to our wonderful members; you are our most important focus at all times.



Carol S, Editor & ARDA Secretary.

FEBRUARY ARDA NEWSLETTER

**Just a reminder that copy/photos/stories, etc for the February issue are
Required by the 10 February, 2023.**

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.