

# NEW SOUTH WALES



## *Let's Go Dancing*

**MARCH  
2023**

**Volume: 7**

**Issue: 2**

Produced by: The Square & Round Dance Association of NSW



*Kit Spalding*

1922-2023

ENQUIRIES  
1800 643 277



**HEROES HAVE SET US FREE  
FOR DANCING AND FUN IN ULLADULLA '23**

**43RD NSW SQUARE & ROUND DANCE CONVENTION**

## **43RD NSW SQUARE & ROUND DANCE CONVENTION**

**FRIDAY 8TH, SATURDAY 9TH &  
SUNDAY 10TH SEPTEMBER 2023**

**ULLADULLA CIVIC CENTRE**

COME TO THE CHARMING SEASIDE TOWN OF  
ULLADULLA, ON THE NSW SOUTH COAST  
STUNNING COASTAL SCENERY & BEACHES,  
LOTS TO SEE AND DO, HEAPS OF GREAT  
CAFES, RESTAURANTS & WINERIES AND  
PLENTIFUL ACCOMMODATION.



OUR VENUE IS THE ULLADULLA CIVIC CENTRE -  
A SUPERB VENUE FOR 5 FANTASTIC SESSIONS  
OF DANCING (3 NIGHTS AND 2 AFTERNOONS!)

OUR THEME - HEROES HAVE SET US FREE FOR DANCING & FUN IN ULLADULLA '23.

DRESS-UP NIGHT ON SUNDAY - HEROES, WITH OR WITHOUT CAPES!

**COME JOIN US IN ULLADULLA - REGISTER NOW!!**

**CONVENOR - JADEN FRIGO .. ASSISTANT CONVENOR - ANNA-LEE HODALJ  
ENQUIRIES TO THE SECRETARY JANETTE BRIDGE - [sec.2023nswsdc@gmail.com](mailto:sec.2023nswsdc@gmail.com)**

**VISIT OUR WEBSITE FOR MORE DETAILS - [www.2023nswsdc.com](http://www.2023nswsdc.com)**

# What's Happening

Welcome to the March issue of Let's Go Dancing.

Lots of new dancer classes starting up as groups grow in confidence after the pandemic. It is a great time to promote our activity as many people have been in lock down on and off for the previous two years.

We have updates from Jaden and Anna-Lee on the upcoming 43rd NSW State Convention to held in September in Ulladulla are scattered throughout the magazine.

A heart felt vale for Kit Spalding written by Lynn Yager accompanied with lots of photos of Kit. Another vale for Heather Webb is included from her daughter Kathy.

Congratulations to all the groups celebrating birthdays. I wonder which is the oldest club in New South Wales. If you think the group you attend is, drop me an email and let me know

On page 22 there is an article explaining why dancing is one of the top three ways to promote a healthy heart. Check it out!

Look forward to catching up with you on the dance floor.

Ros



# Square & Round Dance Association of NSW Inc.

## 2021-2 Committee

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NSW Coordinator	Frances Hickson	johnfran53@hotmail.com
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### National Square Dance Society

Public Relations	Pauline Hansford	02 96244396
President	Rosalind Todd	0408 428248

"Dance is your pulse, your heartbeat, your breathing. It's the rhythm of your life. It's the expression in time and movement, in happiness, joy, sadness and envy."

– Jaques D'Ambroise



<https://www.facebook.com/NSWSquareDancing/>



## NSW President's Report

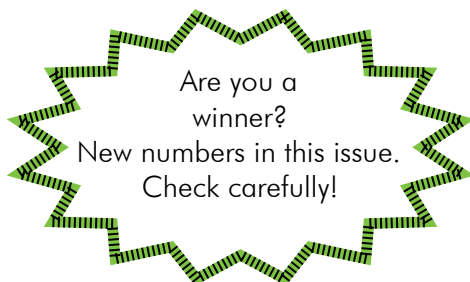
A wise man once said that you will get out of life what you put into it. There is no doubt that this applies to all aspects of our lives. The "Ten Commandments of Square Dancing" has been reprinted many times in square dance magazines across the world. These "rules" were meant as good advice, and should be seen as a way of keeping our activity courteous, fun and fulfilling. I'd like to draw your attention to one of those rules which says "You shall honour your club and give your loyalty.", but what does this mean?

A caller sets up his/her group on a particular night and as dancers we expect that the caller will be there unless they have given us warning that for a particular reason the dance had to be cancelled. This could be because the hall or the caller is not available. In between Covid lock downs this communication between club leaders and dancers became more important to ensure there were enough dancers to make a set and no-one had their time wasted or was out of pocket. Whilst groups are returning to a new normal this communication is still important. Dancers do not want to turn up to an empty hall because the leader hasn't informed them the dance is not on. Callers do not want to set up, pay rent and find they only have three dancers because the other dancers were unavailable. It is important to give your leader as much notice as possible if you are unable to attend. Courtesy, consideration and communication are important in all aspects of our lives and we want square and round dancing to be a courteous, fun and fulfilling activity.

It is rewarding to hear the success of so many groups as they advertise for new dancer classes. If you are looking for flyers we have a quantity of paper tri-fold flyers available or we can email you flyers for Facebook advertising. Thanks to Jason Nicholson for organising some Facebook flyers. Posting on your local community groups is an easy way to spread the word. Contact the secretary at [secretarysarda@gmail.com](mailto:secretarysarda@gmail.com).

Our AGM will be held later in May at which time all positions will become vacant. More information in the April magazine.

*David*  
David Todd



# Club News

## **CARPENTER & CO.**

Caller: Gary Carpenter Assistant: Wendy Alexander

February started with learner's classes. Each Thursday has seen twelve or more learners with four learning squares in each easy bracket. I'm hoping to keep as many as possible coming along. So far they have been all smiles. Our experienced dancers are loving having a full hall. We have had a total of 26 beginners for the month of February. Getting ready for the Adelaide National Convention with discussions on the side about which way people are going and coming. Birthdays for the month; Heather, Jan, Janette. Anniversary Bruce & Yvonne. We also celebrated our 44th birthday on Thursday 23rd February. With 5 squares on the floor at one stage, with a few extras sitting down.

## **GUYS & DOLLS**

Arthur Rae & Juliana Lai

15th February was the first night back for Guys & Dolls. Despite some dancers not being able to join us on the night, for various reasons; we were fortunate to have two squares dancing for much of the evening.

As well as many of our regular dancers, we were happy to welcome Nancy, Ron & Shirley, who have not been dancing for some time; also Margaret & Glen, who were visiting us from Canberra in the ACT.

The theme for the night was Valentines, with several dancers getting dressed up for the occasion and Valentines Chocolates were given out at the door. The night was rounded off with a lovely supper, which is a highlight of the evening at Guys & Dolls. We dance again on 1st March, and while ever people are happy to come along, Guys & Dolls will be dancing on 1st & 3rd Wednesdays of each month, starting at 7pm.

## **HILLBILLIES**

Caller: Vickie Dean

After several hiccups we now have secured a new hall. Pennant Hills/Beecroft Uniting Church hall, Cnr. Boundary Road and Bellamy Street Pennant Hills. Parking is opposite hall in a vacant block in Bellamy Street.

We only returned to dancing last Tuesday 14th with a Valentine flavour-we danced with two squares which we were very pleased with seeing we had so many changes with the venue. Our original commencement date was cancelled due to a new power pole being erected in the area, hence no electricity. Once again we thank Vickie for her continued efforts to keep us "fit" and a big thank you to husband Steve who came the first night to check out the sound and help pull up a roll of carpet. Steve was very impressed with the acoustics of the hall. A welcome back to all our dancers.



Carpenter & Co  
44th Birthday



Guys and Dolls

# Club News

## **KNEE DEEP SQUARES**

Chris & Linda Froggatt

We are looking forward to welcoming new dancers to our activity this month. We will be holding two displays; one at our local Farmers Market, and second at a Probus group. Fingers crossed when they see our dancing, they will want to join us in the fun.

It's been great to see some dancers returning from injury or operations.

We will not be dancing on the Easter weekend (neither Friday or Monday) or the ANZAC weekend (again both Friday and Monday). We are looking forward to the National in Adelaide and hope to bring back great memories of the Rock'n'Roll theme Convention.

## **MOUNTAIN DEVILS**

Caller: David Todd

We celebrated our 27th birthday with vibrant colour and costumes from Carnivale. A big than you to Arthur Rae, Andy Lown and Lynda for calling. A special visit from Jenny from Tamworth, Arthur & Juliana and Rufina & Sze. A scrumptious cake made by Nola was enjoyed at supertime.

It has been lovely having Bo, a Blue Mountains local, come along after many years away from square dancing.

We were saddened by the passing of Kit Spalding who was a Life Member of SARDA. JD and Glenyis went north for the funeral of Heather Webb who was a long time dancer.

## **PANTHER SQUARES**

Caller: Maree Huffadine

It's been uplifting to see our new dancers master the beginner's movements and moving onto Mainstream. We sometime forget how hard learning something new can be but with Maree's skilful teaching and encouragement from all the dancers each week their dancing is growing with every new step. Keep up the splendid work.

A number of dancers from our club attended the Devils 27th Birthday dance and what a fantastic time was had by all.

Panthers Squares will soon be celebrating their 32nd birthday on March 15th so hope to see you there.







Mystery Picture?



Mountain Devils 27th Birthday





## Club News



### **SUMMERLAND LARRIKINS**

Caller: Frances Hickson

Back into dancing, with some not returning, we wish them the best. Les Smith a long-time dancer passed away. Les, at 92 was still helping on the family farms. Happy Birthday Jean

### **TAMWORTH CLOVERLEAF DANCERS**

Publicity/Promotion: Judy. Caller: Malcolm Turnbull

It's been a pleasure to welcome, Donna, back to the club after an absence of several years. Also, new members in 2022, Phil and Sue, have now returned after taking a few months break. A new member for 2023, Nat, has joined the club and is enjoying square dancing which is a new experience for her. Two members, Ross and Jenny C, had their birthdays celebrated in February. Caller, Malcolm, chauffeured - Eileen, Fay and Merle to Armidale to enjoy a square dance with Margaret Piper's Sainly Devils Club. It was lovely catching up with the Armidale dancers.

### **TARTAN PROMENADERS**

Caller: Les Heaton

Dancers were happy to be back dancing after what seemed like a short break. Our caller, Les Heaton, is in fine form and is challenging us to a variety of moves. The air conditioners are working overtime.

Our 1st birthday of the year was for Paul. Lynne presented him with a fruit cake – just like his mother used to bake. Our thoughts are with Tash as she grieves the passing of her partner, Peter.

We look forward to our beginners commencing in two weeks. We have advertised extensively but the results are not encouraging so far. Fingers crossed.

### **NSW Lucky Membership Draw**

**Metro:** 201253 Newport Ocean Waves

**Country:** 4006 Carpenter & Co.

#### **Previous Winners**

**Metro:**

**Country**

Winners please contact Barbara Doust on (02) 9602 6377  
or write to: 12 St Pauls Crescent, Liverpool NSW 2170



Spring Swing 2013



Tartan Promenaders



## **VALE Heather Webb**

Heather, a dancer of many years since 1984 in the Port Macquarie area. Heather died on Australia day aged 94. Heather grew up in the Kendall area, met her husband in Forbes. Heather lived for many years at Bonney Hills. Heather leaves behind two children, three grandchildren and one great grandchild.

Heather is now Square Dancing in Heaven.

Kathy Lambert

# Club News

## **TOP CATS SQUARE & ROUND DANCE CLUB**

Caller/Cuer: Brett Gill Club contact: Wendy 0415 222 150

At the time of writing, Lawrie (Anne) is recovering well from his shoulder operation & Linda is preparing for double knee replacement surgery (We hope you have a smooth post-operation recovery journey) Dorothy (Laurie) is doing ok - Taking one day at a time.

Our condolences go out to:

- \* Ken & family for the recent passing of his Dad
- \* Jacque & family for the recent passing of her Mum

Our Saturday monthly dance in February was well attended as we celebrated 27 years of dancing fun with love songs all night - Lovely to see Susanne & Bo(making a return to square dancing after a long break & doing super) join us :) Thanks to those who helped unpack the hall at the end of the dance.

We've had a super busy time since October 2022 promoting for new learners (square & round dancing). A massive thank you to everyone who has helped in any way. Special mention to Anne, Linda, Deb, Shane, Lesley & Bev for helping out on the door weekly - Your assistance has been simply super :) - New learners on Tuesdays & Fridays are dancing well with the support & encouragement of our regular crew.

In addition - we've also started a learn to dance A1 class + shuffled our Round Dance class to a Sunday evening during February - Thanks to all who have attended so far :)

**ADDITIONAL LEARNING OPPORTUNITIES** RSVP - For full details

- \* Learn to Dance PLUS - Starting in April/May 2023
- \* Learn LINE DANCING - Planned start date - July 2023. + More new classes starting soon - Watch this space!!!

On the 4th & 11th May we start a new chapter. Offering a second LEARN TO SQUARE DANCE class which will be held on a Thursday night (See flyers in this edition). We are the only club in the Sydney area offering beginners an opportunity to learn squares on a Thursday night - If you know of anyone who may enjoy learning our wonderful activity, enquiries can be directed to 0415 222 150 / shiredancelessons@gmail.com.

Many dancers are planning holidays (dance weekends and/or leisure locally, overseas & many returning to the high seas for boat cruises) - We hope you have a wonderful time wherever you are headed. It was great to have Allan Carroll from QLD join us who dances with Alan Evans.

Visitors to our club - Please be sure to contact us ahead of your planned attendance to ensure we have not cancelled a session for any reason

We are thrilled to be doing initial groundwork relating to a Square Dance project that will be the first of its kind - Volunteers, please make contact with us if you'd like to be part of Australian Square Dance history. Proudly Australian made Until next month - Happy dancing :)

# SUTHERLAND - SYDNEY NSW



## SUTHERLAND UNITING CHURCH (Enter via Merton Street)

### MONDAYS

**6:15pm** - Cha-Cha, Jive, Rumba, Mambo  
**8pm** - Cha-Cha & Rumba

### TUESDAYS

**6:15pm** - Cha-Cha, Jive, Rumba learners  
**8pm** - Plus Square Dancing

### THURSDAYS

**8pm** - Basic / Mainstream learners

**0415 222 150**

**shiredancelessons@gmail.com**

# SUTHERLAND - SYDNEY NSW



## SUTHERLAND UNITING CHURCH (Enter via Merton Street)

### FRIDAYS

**6:15pm** - Basic / Mainstream learners

**8pm** - A1 Square Dancing learners

### SATURDAYS

**11th March** - 2nd Saturday

**1st April** - 1st Saturday

### SUNDAYS

**5:45pm** - Rounds - Dancing

**8pm** - Rounds - Workshop

**0415 222 150**

**shiredancelessons@gmail.com**

# SUTHERLAND - SYDNEY NSW



**SUTHERLAND UNITING CHURCH**  
(Enter via Merton Street)

## **MONTHLY SOCIAL**

**11th March - 2nd Saturday**

**Pre-Rounds**

6.45pm Adv, 7.15pm Int, 7.30pm Easy

**Squares**

7.45pm Mainstream & Plus Squares

**1st April - 1st Saturday**

**6pm**

A2 Square Dancing

**7.30pm**

Mainstream, Plus, Rounds

**0415 222 150**

**shiredancelessons@gmail.com**

# Vale – Catherine (Kit) Spalding

18 November 1921 – 4 February 2023

Often vales start with “Its with great sadness ... “

On this occasion, though teary eyes, I am recalling the life and times of a truly great and special friend who lived her life to the full.

There are not many who can say they were part of the official party present at the opening of our iconic Sydney Harbour Bridge. 75 years later, Kit was proud and excited that she had been invited to the upcoming celebrations of that Bridge – and then climbed its arch! Such an inspirational individual ...

It was in 1951 that Kit started square dancing – and her passion for this activity lasted the rest of her life. Many memories (which she shared in recent years) centred on her love of dancing and the many wonderful friendships she had enjoyed over the years.

Highlights included Laurie Spalding (Kit’s husband) being convenor of the 6th Australian National Square Dance Convention in Cronulla. In 1983, Kit was delighted to become a Life Member of The Square Dance Society of New South Wales. This honour was followed by many others including Life Patron of The National Square Dance Society (1993) and opening the 24th NSW State Square Dance Convention in Liverpool (2002).

Kit also loved round dancing too. In 1985, Kit started assisting her dear late friends, Les Hitchen & Lucky Newton, in opening Gosford Rounds. Her role with this club continued until the late 2000s’. Yes, she was thrilled to also be awarded as a Life Member of the Round Dance Council of NSW.

Through life, she displayed her artistic talents in a vast array of areas. Many will remember the incredible wildflower paintings that graced the walls of the 36th Australian National Square Dance Convention in Homebush (1995). Her artwork often was featured in the decorations of many weekend festivals and other conventions. Years later, I was privileged to handle some of her other creations – her beloved fine china all beautifully hand painted and fired in her own kiln. I was further delighted last year to find that she picked up a paintbrush again ...

Kit, it was a privilege to know and share a small portion of your life. Thanks for all the stories, laughter and smiles! We shall all miss you and keep you alive in our hearts.

Lynn Yager







## Solo Dancers' Report

It was with great sadness learning that the previous "leader" of the Solo Dancers, Kit Spalding, had passed away at the grand age of 101 years. Fortunately (a result of the restrictions that Covid brought about) funerals can now be viewed by visual links, which is how I was able to attend Kit's funeral. It was nice to see square dancers there and also Ros Burrett and Lynn Yager who were invited to take part in the ceremony. Kit was a lovely lady and very talented, especially with dressmaking and artwork. Kit will be sorely missed.

I still have plenty of the Solo Ribbons which I will be taking to Adelaide in April to give out to any Solo Dancer who would like one. Wearing the ribbon allows Solo Dancers to be recognised as not having a permanent partner and other dancers will, more easily, be able to locate an uncommitted dancer. I normally dance in the left-hand position so I can assist Solo ladies to have a dance. At the Adelaide Convention I will be wearing several Solo Ribbon, so please come and say hello and receive a ribbon. The Solo Dress-set for Adelaide is still in need of dancers, please contact me if you are interested.

I am finding it very interesting Zooming into Joe's talks with Callers. Next month I hope to tell you a story about how the Ferris Wheel move came into being. Take care, stay safe and keep a Smile on your face.

Please text or email me – Text - 0409457342 or email - [ejboyd@bigpond.com](mailto:ejboyd@bigpond.com)

Eileen Boyd (Tamworth)





# Australian Round Dance Association



## BREAKING NEWS

### ARDA SHOWCASES 2022

This year at the 63rd ANSDC to be held in South Australia from April 20 to April 24, and with the support of the ARDA Rounds program managers and the convention committee, the 2022 showcase nominations will be programmed at the

**INTERMEDIATE SESSION - FRIDAY 21 April**

*ARDA invites you to attend this session, dance the 2022 nominations and cast your vote.*

### ARDA SHOWCASES 2023

The 2023 nominations will be presented and danced at the

**NEW SHOWCASES SESSION - Saturday 22 April  
12.30-1.30pm**

*ARDA invite you to attend this session, watch the State and Territory presentations and then DANCE/LEARN these new dances.*

### VOTING

**YOU** will be able to cast your vote at either of these round dance sessions. ARDA encourages a vote from all Dancers, Cuers and Callers.

For further details email ARDA Secretary - [arda.secretary@gmail.com](mailto:arda.secretary@gmail.com)

*'ARDA stands committed to the ongoing education and support of its members, all round dancers and the future of round dancing.'*



HEROES HAVE SET US FREE  
FOR DANCING AND FUN IN ULLADULLA '23  
43RD NSW SQUARE & ROUND DANCE CONVENTION

# 43<sup>rd</sup> NSW Square & Round Dance Convention

Ulladulla Civic Centre – September 8<sup>th</sup>, 9<sup>th</sup> & 10<sup>th</sup> 2023

*Heroes Have Set Us Free For Dancing & Fun In Ulladulla '23*

[www.2023nswsdc.com](http://www.2023nswsdc.com)

Organised under the auspices of the Square & Round Dance Association of NSW Inc. (ABN 49 650 751 702)

## Dancer Registration (Dancer No. 1 will be the main contact)

	Dancer Surname	First Name	State	Member No.	Junior (Y/N)
1	_____	_____	_____	_____	_____
2	_____	_____	_____	_____	_____
3	_____	_____	_____	_____	_____
4	_____	_____	_____	_____	_____
5	_____	_____	_____	_____	_____

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_

## Early Bird Registration (Register on or before 30<sup>th</sup> June 2023)

		No.	
Adult Dancer	\$65	_____	\$_____
Junior Dancer (under 18 on 8/09/2023)	\$45	_____	\$_____

## Registration from 1<sup>st</sup> July 2023

Adult Dancer	\$80	_____	\$_____
Junior Dancer (under 18 on 8/09/2023)	\$60	_____	\$_____

**NSW Convention Name Badge** (please mark required names above) \$12 \_\_\_\_\_ \$\_\_\_\_\_

**Booth Space** \$50 \_\_\_\_\_ \$\_\_\_\_\_

*Less discount for state association/society members (\$5 per member)* \$5 \_\_\_\_\_ \$\_(\_\_\_\_)

**Total Payment** \$\_\_\_\_\_

## Payment Options (please tick)

Cash  Cheque  (payable to 43<sup>rd</sup> NSW State Square & Round Dance Convention)

EFT  (BSB – 062 585, Acc Number – 11025363, Acc Name - 43<sup>rd</sup> NSW State Square & Round Dance Convention)

(Please use surname as reference and attach receipt)

Email registration form with EFT receipt to [reg.2023nswsdc@gmail.com](mailto:reg.2023nswsdc@gmail.com)

or post form with cheque/EFT receipt to 'Noveta & Andrew Hunt, 5 Ian Bruce Crescent, Balgownie NSW 2519'



## 43<sup>rd</sup> NSW Square & Round Dance Convention – Ulladulla

### Accommodation List

Caravan Parks	Website	Distance from Venue
Holiday Haven Ulladulla 14 Did-Dell St, Ulladulla	<a href="http://www.holidayhaven.com.au/ulladulla-headland">www.holidayhaven.com.au/ulladulla-headland</a>	1 km .. 2 minutes
Ingenia Holidays Ulladulla 300 Kings Point Dr, Ulladulla	<a href="http://www.ingeniaholidays.com.au/our-parks/new-south-wales/south-coast/ulladulla">www.ingeniaholidays.com.au/our-parks/new-south-wales/south-coast/ulladulla</a>	2.3 km .. 4 minutes
Mollymook Caravan Park 32 Ilett St, Mollymook	<a href="http://www.mollymooktouristpark.com.au">www.mollymooktouristpark.com.au</a>	2.3 km .. 4 minutes
Holiday Haven Burrill Lake 8 Princess Ave S, Burrill Lake	<a href="http://www.holidayhaven.com.au/burrill-lake">www.holidayhaven.com.au/burrill-lake</a>	4.5 km .. 6 minutes
Discovery Parks Burrill Lake 123 Princes Hwy, Burrill Lake	<a href="http://www.discoveryholidayparks.com.au/caravan-parks/new-south-wales/south-coast-burrill-lake-ulladulla">www.discoveryholidayparks.com.au/caravan-parks/new-south-wales/south-coast-burrill-lake-ulladulla</a>	5.2 km .. 7 minutes
Dolphins Point Tourist Park 51 Dolphin Point Rd, Dolphin Point	<a href="http://www.dolphinpointtouristpark.com.au">www.dolphinpointtouristpark.com.au</a>	5.5 km .. 7 minutes

Motels/Apartments	Website	Distance from Venue
Ulladulla Motel 1 Crescent St, Ulladulla	NA	350 m .. 1 minute
Sandpiper Motel 78 Princes Hwy, Ulladulla	<a href="http://www.sandpiperhotel.com.au">www.sandpiperhotel.com.au</a>	500 m .. 1 minute
Ulladulla Harbour Motel 29 Burrill St S, Ulladulla	NA	600 m .. 2 minutes
Harbour View Serviced Apartments 72 South St, Ulladulla	<a href="http://www.harbourviewulladulla.com.au">www.harbourviewulladulla.com.au</a>	700 m .. 2 minutes

<b>Mollymook Motel</b> Corner of Princes Highway & Golf Ave, Mollymook	<a href="http://www.mollymookmotel.com">www.mollymookmotel.com</a>	1.1km .. 2 minutes
<b>Pigeon House Motor Inn</b> 156 Princes Hwy, Ulladulla	<a href="http://www.pigeonhouse.com.au">www.pigeonhouse.com.au</a>	1.1km .. 2 minutes
<b>Mollymook Seascape Motel &amp; Apartments</b> 22-24 Princes Hwy, Mollymook	<a href="http://www.mollymookseascapemotel.com.au">www.mollymookseascapemotel.com.au</a>	1.4km .. 3 minutes
<b>Mollymook Ocean View Motel</b> 8/12 Princes Hwy, Mollymook	<a href="http://www.mollymookoceanviewmotel.com.au">www.mollymookoceanviewmotel.com.au</a>	1.5km .. 3 minutes
<b>Mollymook Cove Holiday Apartments</b> 17 Golf Ave, Mollymook	<a href="http://www.mollymookcove.com.au">www.mollymookcove.com.au</a>	1.8km .. 4 minutes
<b>Mollymook Shores Motel</b> 11 Golf Ave, Mollymook	<a href="http://www.redstarhotelsmollymook.com.au">www.redstarhotelsmollymook.com.au</a>	1.9km .. 4 minutes
<b>Dolphins of Mollymook</b> 17 Shepherd St, Mollymook	<a href="http://www.dolphinmollymook.com.au">www.dolphinmollymook.com.au</a>	2.0km .. 4 minutes
<b>Mollymook Beach Waterfront Accommodation</b> 37 Riversdale Ave, Mollymook	<a href="http://www.mollymookbeachwaterfront.com.au">www.mollymookbeachwaterfront.com.au</a>	2.2km .. 4 minutes
<b>Allure on Ocean Motel</b> 70 Ocean St, Mollymook	<a href="http://www.mollymookallure.com.au">www.mollymookallure.com.au</a>	2.2km .. 4 minutes
<b>Edgewater Motel</b> 1 Princess Ave S, Burrill Lake	NA	4.6km .. 6 minutes
<b>Bannisters</b> Multiple Locations, Mollymook	<a href="http://www.bannisters.com.au/mollymook">www.bannisters.com.au/mollymook</a>	4-5km .. 6 minutes
<b>The Rooms Milton</b> 74 Princes Hwy, Milton	<a href="http://www.the-rooms.com.au">www.the-rooms.com.au</a>	6.3 km .. 8 minutes

**There are also a huge number of Air BnBs & Stayz properties in Ulladulla & surrounding towns!**

# Attention: NSW Convention at Ulladulla

An event worth attending.

When is it on, I hear you ask?

September 8,9,10

Where: The magnificent Civic Centre, on the main street of Ulladulla.

Timber floors; Fabulous amenities; World renowned Callers. So sing along:

Perhaps Love, is why we Square Dance,  
Every chance that comes our way;  
At our Local Clubs, & Nationals,  
And State Conventions too.

And in those times of trouble,  
When Covid keeps us home;  
Our memories of Square Dance,  
See us through.

Perhaps Time, is why we mention,  
That September's coming soon;  
Don't leave it to the last minute,  
To send your application through.

Ulladulla will be wonderful,  
In spring, when we'll be there;  
Especially, if you will be there too.





**SUTHERLAND, SYDNEY NSW**

# **LEARN TO SQUARE DANCE!**

**THURSDAY NIGHTS - New beginners  
welcome : 4th & 11th May 2023**

## **SUTHERLAND UNITING CHURCH**

**Enter via Merton Street**

**Arrive from 7.45pm for an 8pm start  
Admission: \$15 pp, pay as you attend**

- **Singles & Couples welcome**
- **No experience - No worries!**
- **Neat casual & comfy shoes**

### **INTERESTED ?**

**RSVP your planned attendance**

**Mobile: 0415 222 150**

**Email: [shiredancelessons@gmail.com](mailto:shiredancelessons@gmail.com)**

**You're welcome to continue your  
learning journey with us weekly**



# **EXPRESSION OF INTEREST**

## **Be part of Australian Square Dancing History**

### **SEEKING VOLUNTEERS:**

- > Experienced Square Dancers (Mainstream, Plus, A1 & A2)
- > Available 3-4 Saturdays in 2023 (Sydney, NSW)
- > Are comfortable with being filmed & the end project/content being published on the internet
- > We are also looking for a volunteer who is well versed in video recording/Able to provide necessary equipment/Film the sessions/Edit as required - This could be a 2 person role (One to do the recording, another to do all necessary editing)

### **INTERESTED?**

Email: [shiredancelessons@gmail.com](mailto:shiredancelessons@gmail.com)

# Activities to Promote Heart Health

This article was sent to SARDA NSW by Suzanne Michaels from Pacific Medical Training. A healthy heart is a healthy life, for most cases at least. Keeping a healthy heart should not be difficult for anyone. There are a lot of activities that we can do to reduce our risk of getting any heart related diseases. It goes without saying that doing cardiovascular exercises promote a healthy heart but there are specific activities that not only promote a healthy heart but are also fun to do which can also contribute to your overall heart health.

1. Running is on top of the list because it is the number one recommended activity for anyone who wants to keep a healthy heart.

2. Yoga There is no stretching the truth here, yoga does help your heart!

**3. Dancing** is another cardio exercise that promotes a healthy and happy heart. A lot of exercises nowadays incorporate dancing as part of their promoted lifestyle. Because dancing is a cardiovascular exercise, it promotes weight loss, increased flexibility and overall improved physical performance. The benefits of dancing are not limited to the physiology of the heart. Dancing is fun! It promotes stress reduction and diminishes the tendencies of depression. On top of that, you get to meet a lot of new friends! The overall impact of dancing to your heart should be enough to convince you to put on those dancing shoes!

**4. Laughing** Laughter indeed is the best medicine. The health benefits of laughter is not a myth. Our physiology is all affected by our emotions. Many emotions like stress, depression, loneliness and sadness have an immediate effect on our heart. Stress hormones release chemicals to our body that promote an unhealthy heart. Laughing causes an increase in our heart which makes us take deep and numerous breaths. This promotes healthy circulation and vascular function. So laugh your way to a healthy heart!

5. Gardening came in as number five. There are many more activities that you can take up to help improve your heart health.

Two out of five of the activities listed can be achieved by square and round dancing so let your non-dancing friends know how healthy our activity. Keep in mind that maintaining a healthy heart should not be stressful.

**References:** <https://www.bronsonhealth.com/news/five-ways-running-improves-your-heart-health/>

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-yoga-heart-connection>

<https://www.everydayhealth.com/fitness-pictures/health-benefits-of-dance.aspx>

<https://blog.providence.org/archive/amazing-ways-laughter-improves-your-heart-health>

<https://www.livingsafer.com/gardening-for-heart-health/>

<https://healthtalk.unhealthcare.org/health-benefits-of-gardening/>

## NSW CLUB DIARY MONDAY

**KNEE DEEP SQUARES** Caller: Chris Froggatt 02 9542 3518

Miranda North Public School 162b The Boulevarde, Miranda

Weekly 7.30 – 10pm Plus Linda 0421 133 518

**SOUTHSIDE ROUNDS** Cuer: Ed Coleman 0429900454

Beecroft Uniting Church Hall, Beecroft Rd. Beecroft

Weekly 7.30pm Phase III and IV

**TAMWORTH CLOVERLEAF DANCERS** Caller: Malcolm Turnbull

Tamworth Baptist Church, Cnr Hillvue Rd and Duri Rd Tamworth

Weekly 7.00pm Basic & Mainstream Contact: Eileen 0409 457 342

**THE RED BARONS** Caller: Barry Wonson 02 4229 4059

Wollongong Senior Citizens Centre 192 Gipps Rd Gwynneville NSW 2500

Weekly 7.30pm Mainstream/Plus

**TOP CATS ROUNDS** Cuer: Brett Gill Wendy 0415 222 150

Sutherland Uniting Church Hall (Cnr Flora/Merton Streets), Sutherland 2232 Weekly

Weekly 6.15pm Phase II & III

**TOP CATS ROUNDS** Cuer: Brett Gill Wendy 0415 222 150

Sutherland Uniting Church Hall (Cnr Flora/Merton Streets), Sutherland 2232

Weekly 8pm Phase III & IV - Workshop

## NSW CLUB DIARY TUESDAY

**HILLBILLIES** Callers: Steve & Vickie Dean 0411 751186

Pennant Hills/Beecroft Uniting Church Hall, Cnr. Boundary Rd & Bellamy St. Pennant Hills

Weekly 8pm Plus but caters for Mainstream

**NEWPORT OCEAN WAVES** Contact: Doug Lewis 02 9402 0842

Ted Blackwood Community Centre Hall Cnr Jackson & Boondah Roads Warriewood

8pm Plus/Mainstream Caller: Brian Hotchkies 1st & 3rd CD 2nd, 4th & 5th

**TOP CATS ROUNDS** Cuer: Brett Gill Wendy 0415 222 150

Sutherland Uniting Church Hall (Cnr Flora/Merton Streets), Sutherland 2232 Weekly

6.15pm Phase II & III - Rotating rhythm class

**TOP CATS SQUARES** Caller: Brett Gill Wendy 0415 222 150

Sutherland Uniting Church Hall (Cnr Flora/Merton Streets), Sutherland 2232

Weekly 8pm Plus



## NSW CLUB DIARY FRIDAY

- KNEE DEEP SQUARES**      Caller: Chris Froggatt      0421 133 518  
 Jannali Community Hall Cnr Jannali Avenue & Mary Street Jannali NSW 2226  
 Weekly 7.30pm      Basic & Mainstream
- MOUNTAIN DEVILS**      Caller: David Todd      0411 888 515  
 Glenbrook Public School Woodville St, Glenbrook NSW 2773  
 Weekly 7.15pm      Mainstream & Plus
- SUMMERLAND LARRIKINS**      Caller: Frances Hickson      0407 663017  
 Alstonville Uniting Church Hall 60 Main Street Alstonville NSW 2477  
 Weekly 7.30pm      Mainstream & Plus
- TOP CATS SQUARES**      Caller: Brett Gill      Wendy 0415 222 150  
 Sutherland Uniting Church Hall (Cnr Flora/Merton Streets), Sutherland 2232  
 Weekly 6.15pm      Basic/Mainstream
- TOP CATS SQUARES**      Caller: Brett Gill      Wendy 0415 222 150  
 Sutherland Uniting Church Hall (Cnr Flora/Merton Streets), Sutherland 2232  
 Weekly 8pm      Learn to Dance A1

## NSW CLUB DIARY SATURDAY

- CLASSIFIED A**      Caller: Brian Hotchkies      Lynn Ed 0429900454  
 Berowra Uniting Church 4/6 Alan Rd, Berowra Heights NSW 2082  
 3rd Saturday 8pm      A1 & A2
- TOP CATS SOCIAL**      Caller: Brett Gill      Wendy 0415 222 150  
 Sutherland Uniting Church Hall (Cnr Flora/Merton Streets), Sutherland 2232  
 2nd Saturday 7:15pm      Mainstream/Plus/Rounds
- TUMBI COUNTRY**      Caller: Brian Hotchkies      0407-290-010 02 4392 0336  
 Kariong Community Hall Cnr. Woy Woy Rd and Dandaloo Street, Kariong NSW 2250  
 2nd Saturday 8pm      Mainstream & Plus



<b>NSW METROPOLITAN CLOGGING</b>			
<b>THURSDAY</b>	WEST PYMBLE	Hillbillies Cloggers	Vickie Dean 9979 5736
<b>FRIDAY</b>	HURSTVILLE	Hillbillies Southsiders	Vickie Dean 9979 5736
<b>SATURDAY</b> Morning	GUILDFORD	Strictly Cloggers	Jason Nicholson Colleen 9727 3483

# NSW CLUB DIARY SUNDAY

## OUTBACK GRAND SQUARES

Caller: Arthur Johnson 0427633841

Gulgong RSL 64 Herbert St, Gulgong NSW 2852

1st and 3rd Sundays 1.30pm ring to check.

Basic and Mainstream

**CURRENTLY IN RECESS**

## PELICAN PROMENADERS

Cuer: Anne Glazier

0409 938 345

Tuggerah Community Hall 9 Anzac Road Tuggerah NSW 2259

4th Sunday 2.30 50/50 Squares & Rounds

## TOP CATS ROUNDS

Cuer: Brett Gill

Wendy 0415 222 150

Sutherland Uniting Church Hall (Cnr Flora/Merton Streets), Sutherland 2232

Weekly 5.45pm

Phase II - IV



## Internet Sites

SQUARE DANCE AUSTRALIA

<https://squaredanceaustralia.au/>

ARDA

<http://www.rounddancing.org.au/index.html>

ACF

<http://www.aussiecallers.org.au/>

ACT SQUARE DANCE SOCIETY

<http://www.squaredancecanberra.org>

SARDA NSW

<https://www.sardansw.com/>

<https://www.facebook.com/NSWSquareDancing>

QLD SQUARE DANCE SOCIETY

<https://www.squaredancingsocietyofqueensland.org>

SQUARE DANCE VICTORIA

<https://www.vsda.asn.au>

SA SQUARE DANCE SOCIETY

<http://www.squaredancingsa.com/>

TAWS

[www.taws.info](http://www.taws.info)

NEW ZEALAND S & R

<http://www.nzsquaredance.webs.com>

CANADIAN S & R

<http://www.squaredance.ca>

BRITISH SQUARE & ROUND DANCING

[www.ukssquaredancing.com](http://www.ukssquaredancing.com)

EUROPEAN WEB SITES

<http://eaasdc.de>

TRAVELLING IN EUROPE

<http://www.benzcenter.de/RouteSDC/locations.html>

JAPAN SQUARE DANCE ASSOCIATION

<http://www.squaredance.or.jp/>

CALLERLAB WEBSITE

<http://www.callerlab.org>

SQUARE DANCE CHOREOGRAPHY PROGRAM <http://www.callarama.com>

A Great Website For Dancers To Use Between Classes

<http://www.tamtwirlers.org/tamination/info/index.html>



SQUARE DANCING AUSTRALIA HOMEPAGE

URL: <https://squaredanceaustralia.au>

Info Line 1800 643 277 Free Call from Mobiles & Land lines

EMERGENCY CALL  
FOR MEDICAL AID



- 1 When a dancer goes down, a second dancer attends him/her.
- 2 Remaining couples join hands and take a step backward. This will allow the injured person and attendant air and room.
- 3 Raise joined hands as high as possible in the form of an arched circle.
- 4 On seeing this signal, the caller or hall monitor will immediately place an Emergency Call for Medical Aid.

**REMINDER**

The electronic copy of the Australian Square Dance Review is available **FREE** **if you wish to be notified when it is available go to** <https://www.squaredanceaustralia.com/publications/>  
Available February, May, August and November

DISCLAIMER

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