

Stepp'n Out 'n' About

Published by R & L Edwards (LREDANCE) lredance1@gmail.com

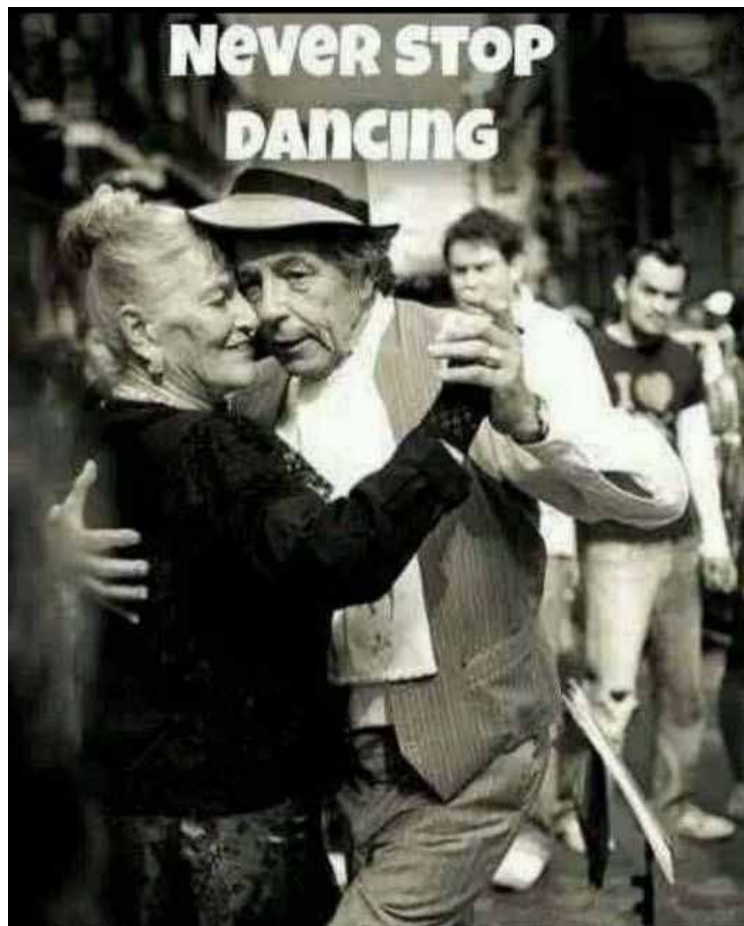
April 2024

We were disappointed recently to hear of the passing of another of our dancing friends. Gary Coppock from Dance Magic at Eagleby. Gary & Maureen Coppock operated the Dance Magic Studio & specialized in teaching sequence ballroom dancing, together they have choreographed several lovely dances with the most popular being the Rainbow Saunter and Coolangatta Cha Cha, both done as far south as Melbourne.

With a wry sense of humour Gary will be sorely missed in the general and dance communities of Eagleby and beyond.

When thinking of Gary we started wondering just how many dancers in our fraternity do we know that have given us the challenge of learning a new dance? Just how many of the dances we do today are of Australian origin? As to choreographers we can name ten that we know have met during the past five years, there are also those that have left their legacy from many years ago and we have forgotten their names. One such person is Albert Boal, you still do at least one of his and wife Eileen's dances today, the Melba Blues, there's also the Tango Rock which we have not done for some time, they introduced the Swing Waltz.

How many Australian choreographers do you know of? let us know.
Russ 'n' Les



Russ & Les, we would like to take a brief moment, if we may, through your publication to express our appreciation for your input to social dancing via Stepp'n Out 'n' About which we know is totally voluntary.

Apart from being very informative and entertaining, we feel it helps connect studios, teachers and students and more importantly the social dancer seeking friendship camaraderie.

We appreciate your efforts and the role you play in helping to make a difference and contributing to the success of social dancing through your newsletter.

Keep up the good work.

Andrea & John Barwick

LRE DANCE IN CONJUNCTION WITH

NO8 TOURS New Zealand's Senior Travel Club

Invite you to join our dance & tour
The Southern Circuit and
Westland Mountain Country

17th September - 30th September

This isn't just a trip; it's a journey into the heart of New Zealand's natural wonders, filled with experiences, laughter, and camaraderie. Ready for the adventure of a lifetime?

Dance your way around this area of New Zealand
Comfortable, Senior-Friendly Accommodations
Leisurely Paced Itinerary
Expert Guided Tours & Cruises

OH DEAR
GOTTA GET A BIGGER COACH
IF YOU INTERESTED IN COMING
BETTER GET IN QUICK

Lesley & Russell Edwards

0412 995 590

E mail: lredance1@gmail.com



ABERCROMBIE HOUSE BALL



DINNER and Dancing was on the menu when a special ball was held at Abercrombie House recently

The dancing elite from all over N.S.W., Canberra and Victoria gathered for a grand occasion in the magnificent ballroom at the historic house on Bathurst's outskirts. The theme was "THE GREAT GATSBY ERA" of the nineteen twenties.

The ball, was organised and hosted by Marlena Welch was enjoyed by skilled old time ballroom, new vogue, and modern dancers.

Guests were welcomed by Abercrombie House owner Christopher Morgan.

The music was provided by Lesley & Russel Edwards (LRE Dance) from Rutherglen, who are well known in the ballroom dancing circles for their excellent rhythm and dance time.

A three course meal was provided by Xanthe Morgan and dancers feasted right through the evening and the following day.

The Ball was followed on the Sunday by an after ball dance, which concluded with a relaxing lunch.

Dance guests also enjoyed exploring Abercrombie House and the grounds.

The ball was described as a resounding success.

Published 18 February 2024 in the Western Advocate. Bathurst





The Dance Festival Inc. invites you to

28th Annual Norfolk Island Social Ballroom Dance Festival 2024

Saturday, 15th June to Thursday, 20th June 2024

Registration Opens Saturday 1st October 2023



Early Bird discount – Only \$340 (if paid by 31st/12/2023)

Bookings Via www.trybooking.com/CIJKT

Contact Email: thedancefestival@gmail.com

Registration Package Includes:

Welcome Dinner

6 x Workshops

presented by: Jan Lawrence & Tanya Kershaw

5 x Social Dances, including

Themed Dinner Dance

“Cruise To Nowhere”

Farewell Supper Ball

2 x Bonus Dances, 1 before & 1 after Festival

Travel Agents: Norfolk Island Travel Centre – jayleigh@nittravelcentre.com

Alby's Dance Group

Every Monday
At Strathmore Bowls Club
Loeman Street Strathmore.

Starting with a Run through
of a dance at 7.00
Social Dancing
from 7.30 -10.00pm

Entry \$10 Tea & Coffee supplied.
Contact Alby's Dance Group
Information on Facebook.

A friendly and jovial atmosphere.
NEW DANCERS WELCOME

Coolangatta Senior Citizens

THE GOLD COAST WINTER DANCES JUNE 2024

with Choreographers Andrea and John Barwick

FRIDAY 28th June 2024

WORKSHOP 4.00pm-5.00pm followed by

TWILIGHT DANCE



MUSIC BY THE TONY GILBERT SOUND

6.30PM-9.00PM Tickets \$15pp includes,

Tea/Coffee at 5.00pm and Tea/Coffee and Cake at Interval

SATURDAY 29th JUNE 2024



AUTUMN BALL



MUSIC BY THE TONY GILBERT SOUND

7.00pm -10.30pm Tickets \$20pp includes,

PUNCH on arrival plus Tea /Coffee and SUPPER

TUESDAY 2nd JULY 2024

WORKSHOP REVISION 12.00pm-1.00pm followed by

AFTERNOON TEA DANCE 1.30pm-4.00pm

Music by Ken Churchus

Tickets \$10pp includes Tea/Coffee at 1.00pm AFTERNOON TEA at 2.30pm

For Catering Purposes - TICKETS **MUST BE PURCHASED IN ADVANCE**

For ALL Bookings

PLEASE phone 0400 706 329 ask for Gail or Nola

OR Pay and Collect at the Coolangatta Senior Citizens Reception

Afternoon Tea Dance

Every Wednesday

2.00 to 4.00pm

The Geelong Ballroom

cnr Carey and Bayview, Hamlyn Heights

\$5.00 per person

Door prizes/raffle

Please bring a plate

Coffee and tea supplied

Any further details please contact
Annmarie on - 0408 448 752

AND FROM JULIE WILSON

The next "Old Time Dance at Kyneton" at Kyneton will be held on SUNDAY 21 APRIL, at St Mary's Hall, Hutton St., Kyneton, 1.30 - 5pm. Music will be by Rod McKenzie, which ensures a great afternoon. The cost of entry is \$8.00, raffle tickets are \$1.00, optional. We ask that you bring a plate to share for afternoon tea. (We prefer not to have food that needs heating, as the oven is difficult.) BYO bottle of water. We would love to see you; you will be made most welcome.

Dancing is such a wonderful social activity. It provides a real sense of belonging to a group of like-minded people, a feeling of connection to a wide circle of friends with a common interest, held together by music and movement. As the hall fills up, the noise of happy conversation and laughter is something special as people meet and greet each other. Then, as our musicians start up and the dancing begins, a lovely afternoon is underway. How lucky are we all?

Thank you very much for spreading the word that dancing at Kyneton is alive and well. Special thanks to Clive for the positive posts and lovely photos he puts on his "Mid Vic Dances" Facebook site.

The "Old Time Dancing at Kyneton" March dance, held on Friday 15 March, was a real success, a very happy night with 90 people in attendance, dancing to Family Rhythm's toe-tapping music. As a tribute to our dear friend, Dick Green, who passed away at this time in 2023, this was a charity dance with the proceeds to be donated to an appropriate charity. Dick, with his partner, Enid Farmer, was a most valued member of our organising team at Kyneton, since our inauguration two years ago. Memories of Dick still warm our hearts and make us laugh – a warm, generous man, a genuine person with a great sense of humour.

The dance was also to celebrate St Patrick's Day. It was wonderful to see nearly everyone wearing something green for the occasion – a sea of green for Dick and St Patrick.

DONATION TO CHARITY OF PROCEEDS FROM MARCH DANCE

A donation, in tribute to Dick Green, of the proceeds of our March dance has been made to the *Gobbe Wellness Centre*, a program of the Bendigo Cancer Centre at Bendigo Health. The Wellness Centre is a safe and quiet place, dedicated to patients on the cancer journey, where they can rest and receive different therapeutic services whilst they are going through the process of cancer treatment.

Because of the number of attendees at the March dance, the total door proceeds were \$857.00. Our team decided to make this amount up to \$1000.00, which the Wellness Centre was very happy to receive. I have asked them to let us know what it will be used for, so I can pass this on.

Thank you for your presence at the dance, enabling us to make such a worthwhile donation in memory of Dick.

CANCELLATION OF EASTER SATURDAY DANCE AT WESLEY HILL, CASTLEMAINE.

I have been asked by Marion Bulkeley to pass on that the Charity Dance held annually on Easter Saturday at Wesley Hill in Castlemaine has been cancelled this year.

Looking ahead, our May dance will be held on Friday 17 May, 7.30 – 11pm, with music by Family Rhythm. This will be the second anniversary of dancing back at Kyneton – a most enjoyable and successful two years.

During the winter months of June, July and August, we plan to hold Sunday afternoon dances to avoid a long drive home in the dark through rain and snow, dodging kangaroos, wallabies and wombats. Reminders about these dates nearer to the time.

These are photos from the 2023 St Patrick's dance that you may not have seen previously.



Ulladulla

Dance program 7:00 - 10pm - Friday
\$5 at the door. Supper to share appreciated. Green St hall. Corner Green & St Vincent's Streets - next to Vinnie's.

Moruya

Starts 1pm till 4pm. - Sunday
11 Page St - Moruya RSL/ Memorial Hall.
Dance walk through - 1 - 1:15.
Dance program 1:15 - 4pm.
\$5 at the door, afternoon tea to share appreciated.
Hosted by Ulladulla Dance Association.
For further information Vicki - 0428639500
Just Dance - Louise and Vicki

CANOWINDRA

For a joyfull afternoon of dancing
New Vogue & Social Sequence Dancing
Every Sunday at 2.00pm til 6.00pm

Then afterwards

enjoy a meal at the Club

For more information contact

Gail Davis: 0407 610 160

Around Canberra with Marcia Penney

	START	VENUE	STYLE	CONTACT
EVERY MONDAY	7.00 pm	Crystal Ballroom Canberra 6/38 Reed St N, Greenway ACT 2900,	Ballroom/NV	Dale 0407 066 110
EVERY TUESDAY	7.00 pm	Harmonie German Club, 49 Jerrabomberra Ave, Narrabundah ACT	OT/NV	Roger 0262 910608 & Joyce 0407404010
EVERY WEDNESDAY	12.30 pm	Belconnen Seniors, Chandler St, Belconnen	OT/NV	Rob and Audrey 02 62 412729
EVERY WEDNESDAY	7.00 pm	Woden Seniors, 12 Corinna St, Phillip ACT	NV/OT	Bev 0410 349 875 Selby 0414 523 242
EVERY 2ND WEDNESDAY	7.00 pm	Canberra Southern Cross Club Woden 92-96 Corinna St, Phillip ACT 2606, Australia	Ballroom/OT/NV	Letitia Abela email: l.mabela@gmail.com mob: 0429 142 914
EVERY THURSDAY	7.30 pm	St. Benedict's Primary School 10 Tallara Pkwy, Narrabundah ACT 2604, Australia	NV/OT	Diane cotdcweb@gmail.com 0421387250
3rd FRIDAY	7.30 pm	TGIF 10 Watson St Turner, ACT	Ballroom/NV	Diane cotdcweb@gmail.com 0421387250
2nd SATURDAY	7.00 pm	St. Benedict's Primary School 10 Tallara Pkwy, Narrabundah ACT 2604, Australia	OT/NV	Diane cotdcweb@gmail.com 0421387250
3rd SATURDAY	7.00 pm	Belconnen Seniors, Chandler St, Belconnen	OT/NV	Rob and Audrey 02 62 412729
1st SUNDAY	3.00 pm	Harmonie German Club, 49 Jerrabomberra Ave, Narrabundah ACT	NV/OT	Roger 0262 910608 & Joyce 0407404010
4th SUNDAY	2.00 pm	St. Benedict's Primary School 10 Tallara Pkwy, Narrabundah ACT 2604, Australia	NV/OT	Diane cotdcweb@gmail.com 0421387250
Compiled by Marcia canberradance 1@gmail.com				

BENALLA SOCIAL DANCE INC.

ROARING 20'S DINNER DANCE

SATURDAY 13TH APRIL 2024

6:45PM – 11:15PM

Senior Citizens Centre
Fawckner Drive, Benalla



2 Course Meal
Goldhammer Catering
BYO Drinks & Glass

Graeme Greed's music

Old time, new vogue & sequence dancing
Doors Open 6.30pm
Please be seated by 6.50pm

Tickets \$48 each

Individual tickets or tables of 8

Tickets must be pre-purchased by 29th March
Book <https://www.trybooking.com/CORBY>

A booking fee of 50c per ticket applies



<http://bensodance.wordpress.com> for further local dance information or find us on Facebook at 'Benalla Social Dance'



**BENALLA
SOCIAL DANCE
GROUP**

2024

If you enjoy dancing or would like to learn, come along and join the fun!
Partners and singles most welcome.

All dances held at **Senior Citizens Centre**, Fawckner Drive, Benalla.

Every Tuesday 7.00pm - 10.30pm

New Vogue, Old time & Sequence Dancing

Lesson & Social Dancing

Admission \$5.00 Music CDs

A plate of supper appreciated

Every 2nd & 5th Saturday

New Vogue, Old time & Sequence Dancing

7.30pm – 11.00pm

Admission: \$10.00 Music: CDs

A plate of supper appreciated

Special Occasions 2024

'Roaring 20's Dinner Dance ~ Saturday 13th April
Melbourne Cup Eve Dinner Dance ~ Sunday 3rd November
New Year's Eve Dance ~ Saturday 31st December

Enquiries: Debbie 0407 506 328 or Graeme 0428 848 486
E: bensodance@gmail.com

Rutherglen Ballroom & Social Dance Festival

And they came from all over the country, from South Australia, New South Wales, Victoria and Queensland to enjoy four days of dancing, socialising and merriment.

Starting thursday night with a general dance when all dances were chosen by those present, with an exhibition of their dance, the Argentine Adorno by Anne & Neil Ratcliffe of Penrith.

A Workshop friday afternoon. Featuring Andrea & John Barwick teaching their dance the Ja Mambo, then revising the LaPatony Waltz, was well accepted, which was followed with a light afternoon tea.



Friday evening saw everyone dancing to the delightful music of Patti & Tony Gilbert who are without doubt Australia's premier social dance musicians. With more than 140 people dancing the night away a great night was had by all



Saturday night it was all masks and glamour, upon arrival dancers were greeted with canapes and refreshments before being seated and enjoying the first of a two course meal before once again dancing to an even more vibrant performance by Patti & Tony before enjoying sweets and late tea, coffee and more food.



Hi Russ and Les,

Just a quick note to say thank you for the great time that Lorraine and I have had at the Dance Festival.

We really appreciate all of the hard work that you have put in to make it the success that it was.

A good time was had by all.

Until we see you at Altona, all the best from Franz & Lorraine.

Hi Lesley and Russell

Great weekend. Thanks for all your hard work and organisation – you even got the weather right!

Loved the energy of the Tony Gilbert band – took me back YEARS!!!!

Anne & Mick

Hi Russell and Les.

Thank for your lovely email - we David and Joanne Sandeman (ticket nos 33 and 34) agree with you all that this whole festival of was dance was the best one we had ever been to - everything was done perfectly and we particularly admire your organization and speeches - everything you said and did was perfectly done and we as ex teachers know how much work must have been done behind the scenes to have everything function perfectly and run over 4 days . We very much enjoyed the live Band - the Tony Gilbert Sound - they just made us feel so much like dancing and putting as much effort in as possible.

Well done and thank you so much - we had a wonderful time and loved all the dancing, the food - especially the Saturday night meal - were all beautiful. It was so nice to share all the activities with all your dancers there and our friends from Melbourne. We had 2 lovely meals at Wineries and 2 at the hotels - all were beautiful. We stayed at the Caravan Park and was so convenient.

We were also lucky enough to win 3 prizes and we gave away some wine to our friends - nice to share.

Thanks also for ringing us up the week before when our email did not work - your dedication to inform everybody of updates was very much appreciated.

We will definately come next year and have booked the event in our calander

We would come to more of your events there but we go to Cairns for the winter and dance there. We will be back for Corowa and have tickets.

Thanks Again.

You two and your team did an amazing job and nice to see that the fund raising went to the local Fire Brigade and SES.

All much appreciated - thank you

David and Joanne Sandeman

Hello Russell and Lesley

What a wonderful four days we had! Thank you so much for your hospitality, music by Patti and Tony, workshop with the Barwick's and food in abundance.

We will definitely be back next year.

See you at Altona soon.

Cheers Nola

Sunday started with LRE Dance providing the music before Patti and Tony arrived and took over for the rest of the day.

And of course there was that lunch, more food than you could possibly eat.

During the weekend there were raffles, door prizes and presentations that were made.

The RBDF presented the combined CFA & SES brigades a cheque for \$5,000.00 with a further amount of \$280.00 in donations, thank you to all who attended for your generosity.

Apart from the pleasure of seeing all in attendance enjoying themselves so much, the highlight for us was having our daughter, and grandson Willaim present, only 10 and he can hold his own on the dance floor.

As to the success of the event we can only refer to some of the emails that we have received.

See you there next year.

Oh! and the photos, Leonie is going through them and they will be available shortly.

Thank you to our team, Andrea & John, Patti & Tony, the team from Goldhammer catering and our combined emergency organisations in Rutherglen, they all helped to make this a successful event.

To those of you who attended, thank you for helping make the event so enjoyable.

Russ 'n' Les



Dear Russell and Leslie

Thank you so much for a fantastic festival of dance in Rutherglen last weekend. We had so much fun and please put our names down for next year.

I know how busy it is organising such an event and you did the job absolutely brilliantly including a yummy dinner as well. Congratulations and thank you once again.

Kindest regards and happy Easter.
Love Pam and Doug Wright

Thanks Russell. Ron and I had a fantastic time and learned so much. We will definitely return. Thankyou for all your hard work. Can you please add us to your newsletter emails so that we know what is happening across Victoria and nsw.

With thanks Lindy Blekmore

We just wanted to thank you both and your wonderful helpers for an absolute fabulous weekend of dancing.

Much appreciated
Ken & Nielle

Hi Russell

So pleased it was another very successful event and it was a pleasure to meet up with you.

Roberta Horne Cr. Indigo Shire





More from Rutherglen

We congratulate and thank the organizers of the Rutherglen dance festival for presenting another successful event, also for inviting us to have an input conducting dance workshops.

We feel the workshops are an important part of dance. It challenges us to learn and improve no matter how old we are.

Nothing can combat the boredom of doing the same old thing better than a new experience! When you have something to look forward to, you are never bored.

We realize that we've met most of our friends while learning new things and obtaining new experiences. When you go dancing, you are surrounded by like-minded people and maybe some uncommon characters, but the chances are you'll find close friends among them.

We thank you for your support over many years and we consider you all our close friends,

For The Love Of Dance Andrea & John

KILSYTH DANCE

2nd. Saturday Monthly
Kilsyth Memorial Hall
Doors Open: 7.39pm
Dance Starts: 8.00pm
Dance Finishes: 11.00pm

Contact: June Mellett 9844 2682
0417 034 978

WILBY HALL

Afternoon Dances 1 - 5pm.

Fourth Sunday Monthly
ADMISSION \$8.00

A Plate of afternoon tea to share

Contacts:

Dawn & Geoff Campbell (03) 5748 7123

DANCE ACTION (PAUL & IVY'S)

Merrilands Community Centre
35 Sturdee St. Reservoir
Phone Paul - 0419 373 099

Web: www.danceaction.net
www.facebook.com/danceactionmelbourne
WEDNESDAY NIGHTS
Dances begin 6.30pm.
Dance lesson by qualified teacher.

MIRAMBEENA COMMUNITY CENTRE Dancing with Bev

Monday Afternoons

3.30 - 6.00pm

Entry \$5.00

A GREAT Program

Everyone very welcome

Bev Grunow 0427 069 155

Wagga Wagga AUTUMN FRIENDSHIP BALL Invitation

20th
Annual
Ball

To be held on.....

SATURDAY 18th MAY 2024

Henschke Primary School Community Hall
Cnr Bourke Street and Fernleigh Road, Wagga Wagga

Doors Open 6:30pm... Dancing starts at 7:30pm

Music By: **Rod McKenzie**

Tickets \$25 each
BYO drinks & nibbles plus a plate for shared supper

DRESS: FORMAL - BLACK TIE

Ticket and booking enquiries contact
Dawn & Graeme 02-69216929 or Wayne 0431933746
smithco@bigpond.net.au

Tickets to be purchased by 20th April 2024

Tickets can be ordered online through: TryBooking.com (see next page **)
or

✂.....
by remittance posted to:
Wagga Wagga Friendship Ball, 47 Simmons St, Wagga Wagga 2650
Cheques to be made payable to "Wagga Wagga Friendship Ball"
Please enclose a stamped self-addressed envelope for return of tickets

NAME: _____
(PLEASE PRINT)

ADDRESS: _____

PHONE No: _____ Number of tickets: _____
Seating: If you wish to be seated on a particular table or to organize a table
please complete "Seating Preferences" on next page.

You may have read some of these before. If so, My apologies for wasting your time.

There is an old Hotel/Pub in Marble Arch, London, which used to have a gallows adjacent to it. Prisoners were taken to the gallows (after a fair trial of course) to be hanged. The horse-drawn dray, carting the prisoner, was accompanied by an armed guard, who would stop the dray outside the pub and ask the prisoner if he would like "ONE LAST DRINK".

If he said YES, it was referred to as ONE FOR THE ROAD. If he declined, that prisoner was ON THE WAGON.

So there you go ... More history.

They used to use urine to tan animal skins, so families used to all pee in a pot and then once a day it was taken and sold to the tannery. If you had to do this to survive you were "piss poor", but worse than that were the really poor folk, who couldn't even afford to buy a pot, they "Didn't have a pot to piss in" and were the lowest of the low.

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be.

Here are some facts about the 1500s:

Most people got married in June, because they took their yearly bath in May and they still smelled pretty good by June.

However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water!"

Houses had thatched roofs, thick straw piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom, where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence. The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance. Hence: a thresh hold. (Getting quite an education, aren't you?)

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight, then start over the next day.

C. O. T. D. C.

Every Thursday 6.45pm Lesson 7.30 to 10pm
Conducted at St Benedict's Hall Narrabundah
My dances are as follows.

Canberra social Dance Club Monday
Lessons 6pm Modern and Latin
7pm Sequence and New Vogue

Third Friday of the month
TGIF 7.30 to 10.30pm

Visitors and Dancers
of all standards welcome

Further details contact

Diane Venables: 0421 387 250
dvbles57@gmail.com

Ballroom DANCE NIGHT

Ukrainian House
3-11 Russell St
Essendon VIC 3040
M: 0474 061 863
E: info@dancenight.info
W: www.dancenight.info

Thursday 4 April

- ★ 6:45pm - Doors open & floor practice
- ★ 7:15pm - Lesson is the SWING WALTZ
- ★ 8:00pm-10:30pm - Social
- ★ \$15 entry (Social & Lesson) cash or eftpos
- ★ \$5 entry (Lesson only + 1st three dances)
- ★ BYO table snacks - Tea/coffee provided
- ★ Ample street and station parking
- ★ Single dancers welcome

Ballroom
Slow Foxtrot
Viennese
Quickstep
Waltz
Tango

New Vogue
14 DanceSport
and seven most
popular dances

Latin
Cha Cha
Rumba
Samba
Jive

THE CORRS

Sarah McCashian
Live Acoustic EP 2020

Only Love
ANNA MONROE

Dance to something different
Explore the breadth of your dancing
Hear these artists for NV Viennese Waltzes

Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: "Peas porridge hot, peas porridge cold, peas porridge in the pot, nine days old".

Sometimes they could obtain pork, which made them feel quite special. When visitors came over they would hang up their bacon, to show off. It was a sign of wealth that a man could, "Bring home the bacon." They would cut off a little to share with guests and would all sit around talking and "chew the fat".

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning and death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or "The Upper Crust".

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of "Holding a Wake".

England is old and small and the local folks started running out of places to bury people, so they would dig up coffins and would take the bones to a bone-house and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realised they had been burying people alive. So they would tie a string on the wrist of the corpse, thread it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift) to listen for the bell; thus someone could be, "Saved by the Bell" or was considered a "Dead Ringer"

And that's the truth.

Now, whoever said history was boring !!! So get out there and educate someone! Share these facts with a friend, like I just did!



Fantasy Dubbo FESTIVAL OF DANCE 24-26 MAY 2024

We look forward to welcoming you to Dubbo and our beautiful studio - 4/74 Mountbatten Dr. Full program of New Vogue, Sequence dances, Ballroom and Latin. Contact Kim 0410 796 524 Limited tickets available so get in quick to avoid disappointment.

WELCOME DANCE	BLACK TIE BALL	WORKSHOP
Fri 24th May 7-10pm \$20pp BYO picnic supper	Sat 25th May 7pm until late \$60pp, supper provided. Floorshows by Joel & Cass Music by DJ D Dance	Sun 26th May 10.30-11.30am \$20pp with professionals Joel Tongue & Cassandra Donnelly. Learn the 'Fantasy Rumba'



The Dance Festival Inc. invites you to
28th Annual Norfolk Island Social Ballroom Dance Festival 2024
Saturday, 15th June to Thursday, 20th June 2024

Registration Opens Saturday 1st October 2023

Early Bird discount – Only \$340 (if paid by 31st/12/2023)
Bookings Via www.trybooking.com/CIJKT
Contact Email: thedancefestival@gmail.com

Registration Package Includes:

- Welcome Dinner
- 6 x Workshops presented by: Jan Lawrence & Tanya Kershaw
- 5 x Social Dances, including Themed Dinner Dance "Cruise To Nowhere"
- Farewell Supper Ball
- 2 x Bonus Dances, 1 before & 1 after Festival

Travel Agents: Norfolk Island Travel Centre – jayleigh@nittravelcentre.com

DANCING IN BUNDOORA

(Heidelberg Over 50s Dance Group)

Bundoora Hall, 20 Noorong Avenue, Bundoora

🕒 ...Time: 7:45 pm to 11:00 pm Every Friday evening

Additionally, our Sunday afternoon dances will take place on the third Sunday of each month, from 1.30 pm to 5.30 pm.
Dance Style: Old Time, New Vogue, Modern and Rock "n" Roll.
Tea & coffee available. A plate of supper to share would be appreciated.
Some extra Sunday afternoon dance sessions on the following dates: 31st March, 2nd June, 1st September, and 1st December 2024.

Entry: \$15.00
No need to book, we look forward to seeing you there!
Enquires: Dennis & Helen 0447 575 098 / 90168238
Email: dr2232@icloud.com

Day 6 Report of the NZ dance South Island tour

Our day started with the clouds and rain clearing to a beautiful morning of sunshine as we said goodbye to Blenheim with our new ever-smiling tour manager Sonya manning the wheel. After a small drive we stopped at a little Church called St Oswald's Memorial on the side of the main Southern Highway. This Church was dedicated to Charles H.H. Murray who died in a skiing accident in the 1920's. His parents built this Church as a memorial to him. However, it was badly damaged by the 2016 earthquake and is now closed to the public.

The bus trip was a very scenic one with mountains on the right side and the Pacific Ocean on the other side.



A welcome stop was "the store café" where we all had a delicious morning tea and walk around the beach gardens.

Then it was on to see the seals at the Ohua Point Carpark. Wonderful to see so many Seals sunning themselves on the rocks below. I think I saw one wink at me!

Under expert guidance of our new Tour manager and driver, Sonya, we rolled into Kaikoura on time. The weather sunny if not a little on the chilly side. We stumbled across a lovely little café which served a delicious vegetable quiche. We had Ray & Jenny with us so all sat outside in the beautiful sun. Of course, being on holidays Maureen suggested we have a little white wine with our meal.

Then it was off into the mountains. We stopped on the way to Hanmer Springs to visit a historic town call Waiua. Pam (our NZ traveller) had relations who lived in the Cottage there.



Also, Sonya told us about the local Pub that burnt to the ground but through local donations and the efforts of the locals a new one was built on the same site.

When we arrived at Hanmer Springs we were treated to accommodation in a lovely small Motel called the Drifters Inn which is owned and run by a very resourceful family. I believe no-one could fault our meals and spotless rooms.

After a quick walk around town, we changed and headed for the hot springs across the road from the Motel. After a truly relaxing bath in the hot pools, we headed back to the Motel for a great night of conversations and of course many laughs and stories.

Between us we managed to take 61 photos just for the day which was a record for the tour.

Maureen & Terry



And one from the archives

Robert Brandon's

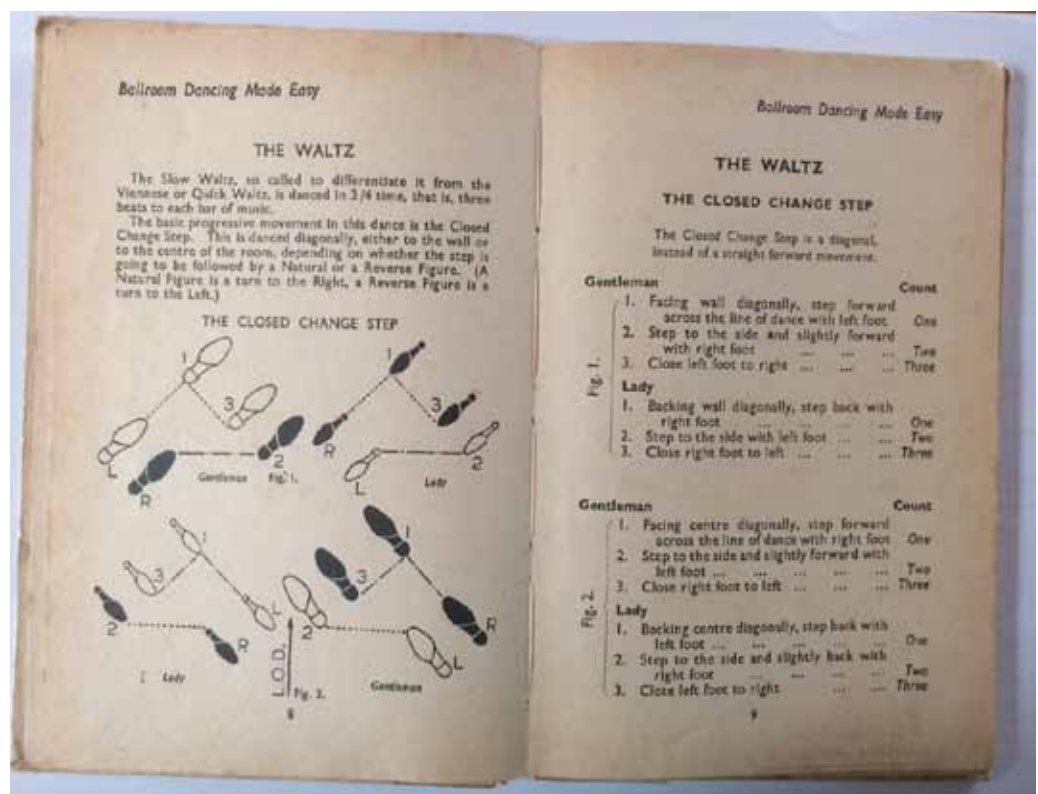
BALLROOM DANCING

MADE EASY

First published
1936

Illustrated by
Miss Hildora Mac, F.I.S.T.D.
Mr. John Beeston

With 45
Photographs by
Tella, Ltd.



DANZTASTIC

BALLROOM DANCING
in PENRITH NSW



at the **Penrith Senior Citizens' Centre**
parking via "The Broadway" gate entrance.

86 Station Street, Penrith,

Every Monday and Wednesday (except public holidays) – 6.30pm to 9.30pm

Featuring: new vogue, sequence and freestyle dances. There is a 30 minute lesson starts at 7.30pm.

for further information contact Neil on: 0458 528 001

Admission per person: \$7 includes tea and coffee (no milk is supplied)

CAULFIELD



Caulfield Over 50's Dance Group Inc. Established in 1985

Sequence Dancing in a friendly and communal setting. All Welcome

Where

Glen Eira Town Hall Auditorium – Corner Glen Eira and Hawthorn Roads, Caulfield. Enter via main Portico entrance on Glen Eira Road.

When

Mondays 12 noon to 3pm.

Music

General Dance: Music by a DJ.

Live Band: 3rd Monday of each Month.

Entry

General dance: Members \$6 | Non-members \$8.

Live Band: Members \$13 | Non-members \$15.

Afternoon tea/coffee and biscuits provided.

Door and Dance spot prizes.

Contact

Russell on 0406 874 008 or John on 0417 912 692

Caulfield.Dance.1985@gmail.com

We are proudly supported by Glen Eira City Council

Caulfield Over 50's Dance Group Inc. Established in 1985
Postal address: C/O - Caulfield Town Hall, Caulfield South VIC 3162 | Registration No. A002275Y
Proudly supported by: Glen Eira City Council

The Windsor Senior Citizens' Club Inc.



Windsor Senior Citizens Club
RSL Hall, 301 High Street Prahran
Dancing every Tuesday: 12.00 - 3.00pm
Music: CD's Afternoon Tea Provided
Celebrating 61 Years of dancing

Doors open 11.00am.
WSC Club also conducts dancing lessons

Enquiries:-

Sylvia: 0455 523 496

Nilda: 0438 594 929

**Geelong Ballroom
Dance Club**
presents their



**OCTOBER 11, 12, 13
2024**

Corner Bayview Parade & Carey Street,
Hamlyn Heights Geelong

40th Anniversary Dance Weekend



3 DAY PACKAGE DEAL

Full Weekend \$85pp

Includes Friday & Saturday with suppers and Sunday with a light lunch. Does not include the Workshop. Individual tickets available as per the program.

FRIDAY 11TH OCTOBER

Welcome Dance \$30pp

Newsound Duo (Ossie & Anna)
7.30pm - 11.00pm
(Amazing supper supplied)

SATURDAY 12TH OCTOBER

Black Tie Ball \$50pp

Introducing - The Franks. Live 4 Piece band led by Paul & Christian & CD's.
7.30pm - 11.30pm
(Delicious supper included)

Workshop \$10pp

John & Andrea Barwick - the much loved & respected.
10.30am - 1.30pm
Morning tea, laughter and good dancing are guaranteed.
Tickets for this event to be purchased separately

The Geelong Ballroom Dance Club is supported by the City of Greater Geelong



SUNDAY 13TH OCTOBER

Farewell Dance \$25pp

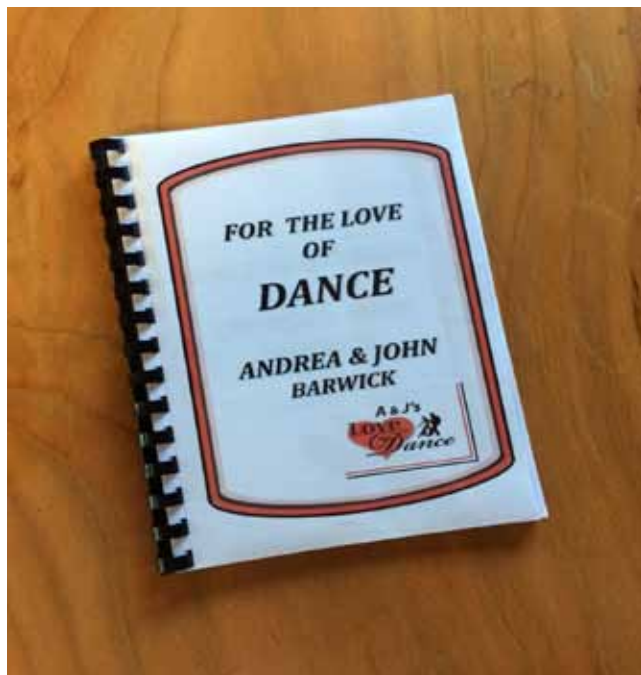
Annamarie, back by popular demand, playing CD Music.
10.30pm - 2.00pm
Magnificently nutritious light lunch supplied

TICKETS & BOOKINGS

Contact Pauline 0423 103 687

Email: suns16@hotmail.com

Please advise of any special dietary needs at the time of booking. Tickets issued and booking confirmed once payment is cleared.



GET THIS GREAT RESOURCE OF

A & J's Scrips
Order one direct through John on
0427 396 885
a must have for all dancers.

**CANBERRA SOCIAL SEQUENCE
DANCING**

JUNE 2024 BALL WEEKEND

COTDC

6TH TO 9TH JUNE

KING'S BIRTHDAY WEEKEND

**5 DAYS OF WORKSHOPS,
DANCING, FRIENDSHIP & FUN**

WE INVITE YOU TO JOIN OUR CLUB FOR
WONDERFUL DAYS & NIGHTS OF DANCING.



IT'S NOT JUST ABOUT THE DANCING. VISIT LOCAL
WINERIES, CAFES & RESTAURANTS, BEAUTIFUL
HISTORICAL SITES & SO MUCH MORE



MORE INFORMATION SOON
EMAIL COTDCWEB@GMAIL.COM
[HTTPS://COTDCWEB.WIXSITE.COM/SOCIAL-SEQUENCE-DANC](https://cotdcweb.wixsite.com/social-sequence-danc)
0421387250



Bairnsdale Dance Group inc.



COMING UP IN THE GIPPSLAND REGION

Weekly dances every Saturday night at Picnic Point Hall,

Drevermann Street, Bairnsdale West

7.30pm start till 11.30pm. CD's interspersed with music by Bak2Bak

Enquiries: judy@leadoux.com.au 0409 569 221

1st Friday of the month: every month,

(except for May, which will be 2nd Friday, 12th. May)

Johnsonville Hall, Princes Highway Johnsonville

8pm till midnight Music by Judy

Enquiries: judy@leadoux.com.au 0409 569 221

Loch Sport dance at Memorial Hall Sale

2nd Sunday each month 1pm till 4.30pm

Special events coming up:

Sunday April 2nd. Loch sport Easter dance, Memorial Hall Sale

Music by Silhoettes

Sunday April 9th. Afternoon Easter dance at Woodside Hall, Woodside

Music by Bak2Bak

4pm - 6pm dance and walkthrough / 6 - 7 soup and sandwiches

Social dancing: 7.30 - 11.00

A plate of supper to share please

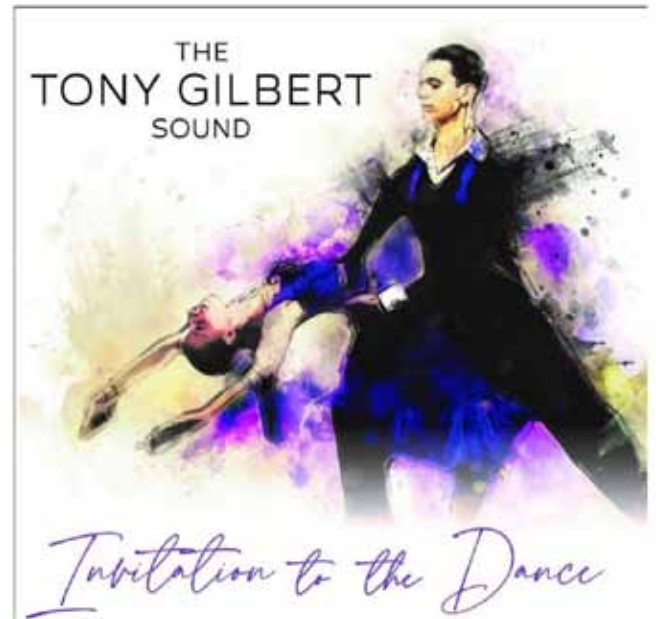
Friday May 12th. Annual Johnsonville, Princes Highway Johnsonville

8pm till midnight Music by Bak2Bak

Check out Facebookpages: Johnsonville Dance

*****NEW RELEASE*****

Brand New Release by The Tony Gilbert Sound OUT NOW!!



This and more music
at
newvoguemusic.com

YEA SOCIAL BALLROOM GROUP

The Yea Social Ballroom Group has been operating for over 35 years, although we are now a small group we are enthusiastic!!!

Locals and visitors to the area are most welcome to drop in.

Our program consists of easy Old Time (New Vogue), English Sequence and some Latin.

LESSONS AND PRACTICE

WEDNESDAY 7.30-10pm

SCOTS CHURCH HALL

31 STATION ST. YEA

\$5 p.p. Includes cuppa & biscuit

1ST WEDNESDAY NIGHT FREE

SOCIAL DANCE

1ST SATURDAY OF EACH MONTH IN SAME HALL

7.30-11pm

\$10 p.p. Includes supper.

COME ALONG, BRING SOME FRIENDS

For more information call

Jennifer - 0490 425 234 or Nola - 0409 382 305

(We are a not for profit group with all proceeds donated locally)

MIRAMBEENA COMMUNITY CENTRE

**COME DANCING WITH
BEV.**

A program suitable for all dancers

4th. Saturday Monthly

**We have a new start time
7.00 finishing at 10.30pm**

Tea, Coffee, Biscuits served for supper

Entry: \$8.00 +raffle

Dance to the music of LRE DANCE

Everyone welcome

Mirambeena Community Centre

Martha Mews, Lavington

Further Enquiries

Bev Grunow - 0427 069 155

BALLROOM DANCING

For an enjoyable night of dancing,
why not join us at the
Burden Park Bowling Club
Springvale South, Vic.

**Dancing every Monday night
from 7.00pm. til 10.00pm.**

A quick lesson during the first half hour
then it is on to an enjoyable night of
dancing to Cd's, all good tempo
(Old time, New Vogue, Modern & Latin styles)

Cnr. Heatherton & Springvale Roads.
Springvale South - 3172 Melway - 49 J5
Entry: \$8.00 - Tea & Coffe inc.

Further details contact: Ray Bult

H: 9498 6746 M: 0400 882 436

COME DANCING WITH MARY CASHMAN

**CLASSES FOLLOWED BY
GENERAL DANCING
SUNDAYS**

NOTTING HILL COMUNITY CENTRE

For more information / enquiries

Mary may be contacted on

0403 083 113



Dance Ltd

Notting Hill Community Centre

386 Ferntree Gully Road, Notting Hill. Mel Ref 70H7

SPRINGHURST MONTHLY DANCE

Now every 3rd Sunday of the month at
the Springhurst Community Hall
Anzac Rd Springhurst Vict.

Dancing from 2.00pm to 5.30pm

Entry, \$12 per person, includes Raffle
Tickets.

Various Live Bands

Please bring a plate of Supper to share
All enquires to Ken Adams - 0357265241

Dance The Night Away at The Altona Sports Club

**Dance To
New Vogue & Social Dance Music
by various groups - people**

Friendly Atmosphere

All Welcome

Dance Times,

Thursday 7.30pm - 9.00pm

Saturday 8.00pm - 11.00pm

Sunday: 5.00pm - 9.00pm

Contact : The Club

11 Altona Road, Altona

Contact The Club: (03)9398 2283

*For all the latest news,
events and updates
about
dancing in Canberra,
and other places*

go to

<https://Canberradance.weebly.com>

or contact

canberradance1@gmail.com

ALWAYS INTERESTING

ALWAYS INFORMATIVE

Tangam
Afternoon
Dance



Old-Time/New
Vogue Dance

Tangambalanga Community Centre

**SUNDAY MARCH 10th 2024
1.30 to 5.00pm**

Russell's Dance Music
Bring a plate of afternoon tea to share
Entry \$10.00 - Raffle and Door prizes
Enquiries: 0449058899

NB: No dance at Tangam in May

Next dance: JULY 14, 2024

Twin Towns
CLUBS + RESORTS



**NEW
VOGUE
DANCING
WITH TONY
& PATTI**

Dancing and listening pleasure, NEW VOGUE,
SEQUENCE AND BALLROOM DANCE MUSIC with
Tony & Patti.

Twin Towns
CLUBS + RESORTS



Heidelberg Over 50's Dance Group

Venue: Community Hall

80 Hawden St., Heidelberg

Dancing Every Friday Night

Entry: \$10.00

8.00pm to 11.00pm

Dance Styles: Old Time, New Vogue, Modern
Dennis & Hellen 0447 575 098 / 9016 8238

Tea & Coffee Available

Are you looking for
affordable dance shoes

The Shoe Lady
Val and Nigel Hughes

0417 416 720



"OLD TIME DANCING AT KYNETON"

2024 DANCE CALENDAR DATES

(Subject to change if necessary – you will be notified)

JANUARY FRI 19/1 7.30-11pm FAMILY RHYTHM

FEBRUARY SUN 18/2 1.30-5pm RITA & BOB

MARCH FRI 15/3 7.30-11pm FAMILY RHYTHM

APRIL SUN 21/4 1.30-5pm ROD MCKENZIE

MAY FRI 17/5 7.30-11pm FAMILY RHYTHM

JUNE SUN 16/6 1.30-5PM ROD MCKENZIE

JULY SUN 21/7 1.30-5PM TBA

AUGUST SUN 18/8 1.30-5PM TBA

SEPTEMBER FRI 20/9 7.30-11PM FAMILY RHYTHM

OCTOBER SUN 20/10 1.30-5PM ROD MCKENZIE

NOVEMBER FRI 15/11 7.30-11PM FAMILY RHYTHM

DECEMBER SUN 15/12 1.30-5PM

JNB Productions

FOLLOWED BY DINNER AT RSL STARTING 6PM

Clunes Town Hall
Supported by Clunes Tourist & Development Assn.

7:30pm - 11.00pm

First Friday of the month

Tickets \$10 per person

B.Y.O Supper

Proceeds donated to charity

February 2nd

June 7th

March 1st

July 5th

April 5th

August 2nd

May 3rd

September 6th

October 4th

November 1st

December 6th



Dancin' Clunes Contact
Details:

0417 233 373 or 0418 536 189

SHEPPARTON



SOCIAL SEQUENCE DANCING

BRING YOUR HAPPY FACE AND DANCING SHOES

EVERY WEDNESDAY

Session 1 :- 1.00 pm - 5.00 pm \$ 10.00 Entry
Session 2 :- 7.00 pm - 10.30 pm \$ 10.00 Entry

Senior Citizens Centre
132 Welsford Street, Shepparton

EVERY 3 THIRD SUNDAY OF EACH MONTH
7.00 pm - 11.00 pm \$ 10.00 Entry

MEAC HALL 23 Alexandra St, Mooroopna

CURRENT COVID RULES

Contact: Gail 0412 858 019

KATAMATITE DANCE

PLEASE PROVIDE PROOF OF DOUBLE VACCINATION
UPON ENTRY OF VENUE

WHERE: **KATAMATITE HALL**

WHEN: 1st. SATURDAY MONTHLY

TIME: **7:30pm—11:30PM**

ENTRY: **\$8.00 PER PERSON**

MUSIC: **RUSSELL'S DANCE MUSIC**

CONTACT: **0428 290 339 OR 0408 831 454**

OLD TIME/NU VOGUE

WHATS ON FOR THE NIGHT:
RAFFLES, DOOR PRIZE AND
DANCING

EVERYONE IS WELCOME

A PLATE OF SUPPER WOULD
BE APPRECIATED



If you have an event coming up soon,
 Why not advertise it here, it costs nothing
 and you will probably get new people along to

Corowa

Classes

Wednesday 7-9pm
 Corowa Memorial Hall.
 Enter from car park doors.
 COVID rules apply

Thank God It's Friday (TGIF)

Music provided by: Various people
 from 7.30pm.
 Corowa Memorial Hall. \$10 entry. BYO snacks,
 dinner, water, or other drinks.
 Tea & Coffee available. Hope to see you there

Memorial Hall Corowa

3rd. Saturday Monthly
 BYO Supper - Tea & Coffee Available
 Music: Various People
 Entry \$10.00 Time: 7.30 pm - 11.00pm
 Corowa Memorial Hall
 Further Information Geoff Mallows: 0412 785 357

*Coolangatta
 Senior Citizens*

*The Fabulous Music of
 Patti Gilbert*
COOLANGATTA SENIORS

**Tuesday's
 12.30 - 3.30pm.**

For Further Information

Contact: Dianne Fowler

Mobile: 0417 389 650

INFORMATION FOR MEMBERS AND GUESTS 2022



SOUTH WEST VICTORIA

Here in Warrnambool dancing has commenced in earnest.
 As a club we dance Wednesday Afternoons from 1pm to 3pm at
 The Christ Church Hall - Koroit Street, Warrnambool
 For Saturdays we are rather spoilt with the Tarragal Girls
 providing music around the district.

Hamilton

1st. Saturday - contact: Hellen Moore - ph: 0412 315 387
 Club Night - Mondays
 Saturday dances also held at Yulcart & Victoria Valley.

South Portland

3rd. Saturday - Music by Tarragal
 contact: Helena - ph: 0417 501 810

Stawell

Last Friday of the Month
 Contact Bill Day - ph: 0428 357 563

Ararat

2nd. & 3rd. Fridays - Senior Citizens
 Do not forget our interstate Dancing Groups

Mt. Gambier

Wednesdays at the Moorak Hall
 Contact Ivy Lawson - ph: 0408 898 155

Barmera

Weekend of Dance at Bonney Hall May 21st. & 22nd.
 Contact K Stead - ph: 0427 970 948

Ken Cathie

Secretary Warrnambool & District Dance Club
 Kcat@bigpond.com

SOUTH PORTLAND HALL
 COMMITTEE OF MANAGEMENT
 PH 5523 4498

FAMILY DANCE

3rd Saturday
 Of the
 Month
 8:00 pm til late

Music by **Tarragal**

Entry \$10 including lucky ticket

Soft Drinks available
 PLATE OF SUPPER APPRECIATED

WODONGA SENIOR CITIZENS

Near The Cube

Wodonga

Dance Nights

every Thursday

7.30 - 11.00

Dance Lessons

Wednesday Mornings

with Neville

contact:

Allen Lechmere

0439 592 362

ALEXANDRIA'S DANCE SEQUENCE DANCE DVDs DEMONSTRATIONS AND WALKTHROUGHS

ALL PERSONALISED DVDs \$11 EACH
(Postage \$4 per 1 to 4 DVD post pack)

We will compile a DVD of any 8 dances with walkthroughs you choose from our dance list of Australia's favourite dances to make up your own personalised DVD.

We also have DVD sets of sequence dance figures for waltz and foxtrot,
a DVD of Social ballroom
Dances for Social Occasions

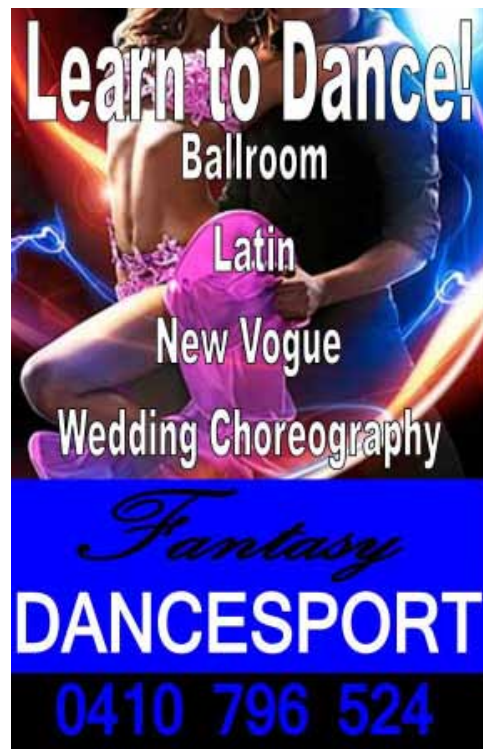
A new selection of Rock and Roll DVDs. available.
Visit us at:

www.alexandriasdance.yolasite.com

Contact for brochure: alexandriasbb@hotmail.com

Bill Tepper

Tel: (03) 93820037



Learn to Dance!
Ballroom
Latin
New Vogue
Wedding Choreography

Fantasy
DANCESPORT
0410 796 524



COME & LEARN BALLROOM DANCING
ALBURY-WODONGA
DANCE CENTRE
WITH GLEN STRAUSS
AND THE TEAM

- Modern Ballroom
- Latin American
- New Vogue
- Adults' and Kids' Group Classes
- Private and Bridal Lessons
- Debutante Training
- Competition Coaching
- Medal Examinations
- Shows

Mobile: 0402 459 321
Email: glen@awdancecentre.com.au
Studio: 399 Townsend Street, Albury NSW 2640
WWW.AWDANCECENTRE.COM.AU

Rock n' Roll With Johnnys Rockers

Class and Social Tuesdays from
6.45 St. Patrick's School Hall

521 Smollett Street

Albury

Learn from Australia's best

Johnny Phung and Team

Lindy Hop, Swing, Jitterbug

Social Dancing



LRE DANCE

For your next event

LRE DANCE MUSIC

WATCH THIS SPACE

IT COULD BE YOUR'S

GEELONG **VIC.**
Social Dance
Every Saturday Night
"The Ballroom" Hamlyn Park
CNR Bayview Parade & Carey Street Hamlyn Heights
Time: 8:00pm - 11:00pm
BYO Plate to Share for Supper
Tea & Coffee Provided
Contact Alan: 0403 704 035

Music for your
dancing and listening
enjoyment
0412 995 590

Are you coming to Queensland?

Come to the beautiful Toowoomba area, we have lots of places to DANCE,
something available every day of the week! There's lots to see & do!

For more information phone Di on 0413 106 445

