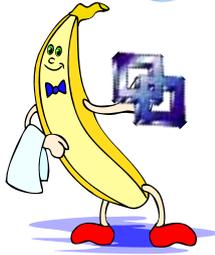


# The Benders Banana Bugle

OCTOBER 2013



## GUMDALE GRANDSLIDERS HAVE FUN NIGHT

### WITH BRIAN HOTCHKIES

*Thanks to our caller Alan Evans and Brian Hotchkies' need to visit friends in Brisbane, Gumdale Grandsliders were fortunate to score a dance night with Brian for their regular Wednesday night dance on 28 August 2013.*

*The mood for fun and a good time was set from the moment the dancers entered the hall and saw the bright decorations that adorned the hall. As usual, Brian held the dancers in the palm of his hands as he challenged us with different fun calls, and the night climaxed with his signatory dance that made us dance from square to square with most couples on the floor, as we ended up diagonally opposite from where we first started.*

*Declared by many of the eight squares that danced to Brian's calling, as the best night of dancing they had enjoyed in a long time, dancers left with a smile on their lips and asking for more dance nights with Brian. Thank you to all who came, especially those who travelled some distance, and those who contributed to the supper. Great fun, great dancing and a great supper – what more could you ask for?*



Dorothy Byrnes

REPRODUCED COURTESY OF

# ROCKHAMPTON & DISTRICT SQUARE DANCE INC. 9TH BIRTHDAY DANCE INTERNATIONAL FLAVOUR



WITH FEATURE CALLERS

## PHILIP ASLANIDIS & MATTHEW MILLS

25TH, 26TH & 27TH OCTOBER 2013

Rockhampton Square Dance Centre

Cnr Fitzroy & Kent St, Rockhampton

### RAFFLES

### PROGRAMME

### SUPPER

Friday Night:

Saturday Morning:

Saturday Afternoon:

Saturday Night:

Sunday Morning:

BBQ Lunch:

7pm to 10pm

9.30am to 12pm

1pm to 3pm

7pm to 10.30pm

10am to 12pm

12pm - Please bring a Salad or a Sweet

Basics & Mainstream

Plus

A1 & A2 (pending #)

Basics, Mainstream,

Plus & Rounds

Anything Goes

Weekend Ticket \$25 Adults \$15 Students

Session Tickets: Adults \$8 / Students \$5

### GAMES

### LUCKY DOOR

FOR MORE INFO PLEASE CONTACT RACHELLE OR MICHAEL

PH (07) 4928 6626 OR 0428 761 244

Email: [shellmick07@optusnet.com.au](mailto:shellmick07@optusnet.com.au)

Website: <http://www.rockytwirlers.blogspot.com.au>

Facebook: <http://www.facebook.com.au/rockytwirlers>

## Cairns City Square Dance Club.

We had another enjoyable Pizza Night on the 30<sup>th</sup> of last month—great night and social get together. Members are often away on holiday. I have just returned from my UK trip, Jenny and Ian are still away and Alison and Graham have gone away to Sydney for 6 weeks. Marilyn is helping out on the Cairns to Cooktown bike ride by driving a support vehicle.

Our visitors this month have been Yvonne and Phil from Brisbane, Mandy from the Sunshine Coast and Sue from Burleigh. As well Colin, Eddie and Elva from Ulysses have paid us a visit.

The Plus dance nights being held once a month have been successful with members from other clubs also dancing.

It is always good to see Marg and Graham as they travel up from Innisfail.

Jack and Melva have also paid us a visit to say "hello" to everyone. Until next month

Janet Hansen— Publicity Officer

Sunshine Squares Taigum Twirlers Wavell Whirlaways

SQUARE DANCING SOCIETY OF QUEENSLAND INC.

# CHRISTMAS PARTY

SATURDAY 23<sup>rd</sup> NOVEMBER 2013

Taigum State School Hall

266 Handford Road, Taigum

Rounds - 7.00pm ~ Squares - 7.30pm

Admission

\$10.00 per dancer

\$8.00 (upon presentation of Society Membership Card)

The Christmas Party programme is designed to cater for all levels of dancing. It will include 3 Basic Brackets, 5 Mainstream Brackets and 2 Plus Brackets.

Callers and Cuers are invited to register for the programme. Please contact:

Lynette Macpherson - 3204 2335 or email -  
lynette\_macpherson@glc.qld.edu.au

Registrations close on 31<sup>st</sup> October 2013.  
(Please note that an application to Call or Cue does not imply acceptance for programming.)

**Please bring a plate for Supper  
Tea & Coffee will be provided**

ALL ENQUIRIES

LYNETTE MACPHERSON - 3204 2335

SID & BETTY LEIGHTON - 0418 724 636



CHRISTMAS IS COMING.  
COME TO THE PARTY  
CARINA CAROUSELS



*INVITE YOU  
TO THE SENIORS HALL  
AT 1 EDMOND STREET. CARINA.  
FROM 1PM THURSDAY 5<sup>TH</sup> DECEMBER.  
A PLATE FOR AFTERNOON TEA WILL BE APPRECIATED.*

**Pine Rivers senior Citizens SquareDancers**

**Final 5<sup>th</sup> Saturday Dance**

**HAWAIIAN NIGHT**

Saturday 30<sup>th</sup> November 2013 at 7.00pm 1480 Anzac Ave Kallangur

Rolling Supper Included

Free tea & coffee all night.

Adults \$6.00 - Students \$3.00

Raffles & Lucky Door Prizes

Enquiries

Margaret 3285 2130 0438 762 573

Jan 3385 9947

0408 734 710

**WATERFALL SQUARES, MALANDA**

It's so good to see Trish well & happy again-she & Harvey from Milla Milla are regulars now every 3rd Saturday at Malanda CWA Hall. They are soon to relocate to the wonderful Over 50's Resort at Mareeba. Mark, Dian & Jimmy run the afternoon of 2 squares most times. They have fun & it's a happy atmosphere & Visitors are most welcome.





**Sunshine Coast Square Dance Centre  
Home of Suncoasters Square Dance Club Inc.**

260 Dixon Road, Buderim , Queensland

**WEEKLY PROGRAM AT A GLANCE**

1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> Saturday	7.00 pm Rounds, 7.30 pm Mainstream dance
Every Sunday	4.30 – 7.30 pm "A2" & "A1"
Every Monday	7.30 – 9.30 pm Plus dance
Every Tuesday	6.00 pm Learning Basic/Mainstream 7.30 pm Mainstream Workshop
Every Wednesday	9.30 – 11.30 am Basics Workshop
	11.30 am Mainstream Workshop
	1.00 – 2.30 pm Plus W' shop
	11 am – 12 noon Clogging Beginners
	12.30 – 2 pm Basic, Easy Intermediate
	6.00 – 7.30 pm Easy Intermediate – Intermediate
5 <sup>th</sup> Saturday Themes	29 <sup>th</sup> June – Golden Night 31 <sup>st</sup> August – End Winter - Spring into Spring 30 <sup>th</sup> November – "Who Am I?"

In the Large Hall

In the Smaller Hall

*Please ring before visiting to ensure dance is being held as sometimes there are reasons that we are not dancing eg National Conventions or Club visits.*

**CALLER Nev McLachlan assisted by Gary Petersen**

**ROUND DANCE / CLOGGING CUER: Bev McLachlan**

Tele (07) 5445 1238, Nev 0417 729 263, Bev 0427 135 442

Email: [NevBevMcLachlan@bigpond.com](mailto:NevBevMcLachlan@bigpond.com)

For more details of our Dance Programme and planned events visit our

Website:- [www.suncoasters.com.au](http://www.suncoasters.com.au)

Caravan/Tent sites available at "The Centre" for Square Dance Travellers.



# NIGHT OWL NEW YEARS EVE PARTY

Tuesday, 31st December 2013

Clontarf Community Hall - 34 Cornelius Street, Clontarf

8.00pm Nibbles - 8.30pm Dancing till New Year

Adults ~ \$10.00 / Students ~ \$5.00 / Family ~ \$20.00

EVERY DANCER  
RECEIVES A  
SOUVENIR  
NIGHTOWL BADGE

**JOIN US FOR A FUN NIGHT OF SQUARE, ROUND & LINE DANCING, GAMES, PRIZES & NOVELTIES**

PLEASE BRING A PLATE FOR SUPPER

Hosted by

Lynette Macpherson - 3204 2335 - [lynette\\_macpherson@glc.qld.edu.au](mailto:lynette_macpherson@glc.qld.edu.au)

Sid & Betty Leighton - 0418 724 636



**DANCING ALL NIGHT IS OUT OF SIGHT!**

## The Rocky Twirlers Square Dancing, Rockhampton Qld

Caller Michael Mills

Rocky twirlers

Our club nights are going well , we have 1 to 2 squares doing mainstream, plus and A1. Friday night learners are progressing well ,some are ready to step up to full Mainstream.

We have a number of dancers for rounds and 8 dancers are learning Bolero Rhythm and Two step Rounds

Rocky Twirlers help organise a surprise 30<sup>th</sup> Birthday dance for Matthew Mills at Bundaberg, they all had a great night, and there were five callers causing all sort of mayhem. The dancers and callers had a great night.

Sunday afternoons twice a month we have a learning session for A1 and Plus after this session we all enjoy a social dinner at the local hotel.

Happy Dancing from our club to yours.



### Salad Bowl Squares

SQUARE DANCE CLUB  
ST JAMES ANGLICAN PARISH HALL  
17-19 STATION STREET, WELLINGTON POINT



Caller: **Kay Walker**  
MS/Plus

*A plate for  
afternoon tea would  
be appreciated*

Dress to  
support your  
favourite team

**1:00pm – 3:00pm**

**Friday, 25<sup>th</sup> October**



***THEME - FOOTY FEVER***

ENQUIRIES TO  
BEV (07) 3286 2260  TERRI (07) 3829 2909

## U3A SQUARES, CAIRNS Caller Graham Durose

Graham & Alison are taking a well-earned break by driving down to N.S.W. for a Wedding & catching up with friends & relatives. The popular Caller is leaving the Club in the capable hands of Bruce Mulry & Mark Burton.

The 3 squares of Learners are progressing well every Thursday afternoon. Many of the dancers are learning or doing the ""Mans"" part due to a shortage of men.

# Rambling Eights Club is moving

After many years dancing at the St Pius Parish Hall at Salisbury we are moving to the new Primary School Hall "The Owen Hall"

This hall is basically at the same location, behind the old Parish Hall

The new hall has good ventilation, a larger floor area, a great stage, a well set up kitchen and plenty of parking.

We start dancing there from Friday 4th October, teaching newer dancers from 7.00pm Mainstream and some plus from 7.30pm. All dancers are welcome to visit us at the new venue

## SUNCOASTERS

Suncoasters host two social lunches annually, and our latest lunch was very well attended by members, their friends and relatives. It's a great opportunity for us all to get together and for dancers from the different sessions to get to know each other. We were pleased that many of our Basics as well as the "oldies" came along to enjoy the sunshine and good company in our landscaped gardens. Days like this can't "just happen" without some organisation and a working bee beforehand and Marilyn and Jennifer did a great job in ensuring the area would be clean and comfortable. Eddie, (one of our visitors who has now returned home), had done a magnificent job of cleaning up and painting the barbeques – they look practically new. Suncoasters have the advantage of a camping ground attached to the hall, and we attract a number of visiting dancers each year. They are always welcome, working as "angels" with our Basics and being willing to pitch in and help with Club activities and functions.

Nev and Bev are back from their holidays and Clogging convention and the Plus group is looking forward to resuming dancing. While Nev and Bev have been away, Gary has single-handedly coped with our workshops and Saturday night dances, while Helen and Barry have continued to teach the popular Round dance classes and Carol has continued with clogging. This year's Basic group has mostly been retained and is one of the most enthusiastic and motivated groups we've had. Hopefully some of them will join our Committee next year.

Lyn

## DISCLAIMER

***The opinions expressed in the Banana Benders Bugle are those of individual contributors and may not necessarily agree with the opinions of the editors or the Qld Society or Qld Clubs, nor are we responsible for any goods advertised for sale.***

## Gumdale Grandsliders Honour the Golden Oldies of Square Dancing On 3<sup>rd</sup> September 2013

If lots of happy smiles and excited reunions with old friends are the criteria for a great event, then Gumdale Grandsliders "Welcome to our Golden Oldies" special morning tea held on Tuesday 3 September, would have to be up there with the very best event the club has ever run. The mood in the hall was infectious.

Invitations were sent out to the Square Dancing clubs on the south side of Brisbane asking for names of all the wonderful stalwarts of Square Dancing who kept the flame of square dancing alive over the years. Gumdale Grandsliders wanted to recognise and celebrate their wonderful contribution to square dancing. The only condition was that we wanted square dancers who were born in 1933 or before. The committee anticipated 20, but thanks to the support of our fellow clubs, the number of Golden Oldies present was almost double that.

In our hall, colourfully decorated with a Spring theme, five long tables, groaning with food, and set with fine china were set up for our guests to sit and talk with friends they had not seen for years. Alan Evans, our caller, kept the hall jumping with appropriate songs; and recalled many memories of the wonderful people who had supported him in his early days of square dancing. What was especially inspiring was to see many of our 'Golden Oldies' get up and dance with the current members of our club, some of whom are new members this year.

But the moment that was very special for all Gumdale Grandsliders was when 93 year old Doris Boyd, our wonderful and very active member of our club, stepped forward to cut the "Golden Oldies Cake"; and receive from Heather Pennington, our President, and Leighton Bloomfield, President of the National and Queensland Square Dancing Associations, an honorary membership for her contribution over the years.

The morning concluded when our special guests, well fed and very happy, were given a small pot plant to take home as a memento of a wonderful morning that truly celebrated our "Golden Oldies"; and the square dancing maxim of "fun and friendship" set to music. *Dorothy Byrnes*



## CANE COUNTRY SQUARES

A group of dancers from Cane Country Squares travelled to Buderim for Suncoaster's 28th Birthday Celebrations - a weekend enjoyed by all.

It was hard keeping a secret from Matthew (our Caller) when arranging his surprise 30th Birthday Party but we think we did it very well. We had provided birthday cake and a gift the night before at dancing as a decoy for the evening. Michael Mills, Rod Dinte and David Smythe compiled a programme to entertain Matthew and members with fun and dancing throughout the evening. We hope Matthew had a night worth remembering.

All is going well now that we have changed to the Rum City Silver Band Hall in Targo St for our Friday night dancing.

Friday 13th Sept was our "Black Friday" evening of dance trying to "confuse" Matthew with everyone dressed in black outfits. Every year seems to have at least one Friday falling on 13th of the month. We are looking forward to hearing about Queensland State Convention dancing from several of our members who are attending this year.

We all look forward to a fun weekend when our Guest Caller, Alan Evans visits on 12th and 13th October. Visitors are always welcome.

Square Dancing Society of Qld. Inc

## AGM Dance

Keep the date clear:-

Saturday - March 29 - 2013

All dancers and Callers/Cuers are invited to enjoy the fun of a combined dance and to inject your ideas to improve your

Square Dance Society

We have booked a hall at Salisbury.

More information in the coming editions of "***The Bugle***"

Hosted by Rambling Eights Square Dance Club

### STEPPING OUT WITH CLOGGING

Thank you to the organisers of the Australian Clogging Association's 18<sup>th</sup> National Convention, this year held in Queanbeyan, which as you know is just a short distance from the Nation's capital. Dancers from all over Australia and New Zealand were in high spirits, with the long weekend of Clogging kicking off with a Flash Mob Dance performance in one of the Shopping Centres. It was so high energy that the watching shoppers and Centre staff were right into it and enthusiastically enjoyed the performance, as did the Cloggers taking part.

The 'Get Rhythm Dance Team' are diligently working through their list of invitations to perform at various venues.

They feel complimented by the new requests received, and are particularly chuffed by return invites. The 33<sup>rd</sup> Queensland State Convention organisers have kindly included a morning of Clogging in their programme this year.

Date is Saturday 28<sup>th</sup> September; venue- Hills District Community Centre, 291 Dawson Parade, Arana Hills; time 9.00am – 12.00pm. All levels will be danced. Spectators are very welcome.

As much as some may think brochures are a thing of past when advertising activities, our Clogging brochures are still being circulated with satisfactory results. Anyone wanting a quantity of brochures for handing out at an event or evening where Clogging is being danced, please let me know at least a fortnight in advance of when you need them. 'Spring has sprung, the grass has risen, Let's all go dancing where the Clogging is.'

All the best to you and yours,

Frances

Ph: 07 3391 6526, Mobile: 0429 851 891

Email: [www.lookdonfrances@bigpond.com](mailto:www.lookdonfrances@bigpond.com)

WEBSITE: [www.cloggingaustralia.com](http://www.cloggingaustralia.com)



# Partners In Dance



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**Email:** [NevBevMcLachlan@bigpond.com](mailto:NevBevMcLachlan@bigpond.com)

**Postal:** PO Box 248 Buderim Qld Australia 4556

## Suppliers of your needs for Squares, Rounds and Clogging

	<p><b>a Monthly Preview Service, now on CD, of all new Square Dance Releases</b> <i>Including CD's, MP3'S and Records</i></p>
	<p><b>Sound Equipment :</b></p> <p><b>Amplifiers – the new MA 250</b> <b>Microphones</b> <b>Hearing Assist Devices</b> <b>Authorised Hilton Dealer/Repairer</b></p>
	<p>Supplier of <b>Steven's Stompers Shoes and Taps</b> Clogging Accessories and Bell Taps.</p>

VISIT OUR WEBSITE AT [WWW.MAVERICKSDANCESUPPLIES.COM.AU](http://WWW.MAVERICKSDANCESUPPLIES.COM.AU)

## RAMBLING EIGHTS Caller David Pearce

Rambling Eights - Caller David Pearce

Friday 13<sup>th</sup> September saw four sets on the floor and a real party atmosphere. It was a first time trial that went down extremely well with all dancers. We had baked potatoes for supper, and none were burnt black! A big thank you to all who contributed, there was great variety for the fillings, and platters of fruit and cake.

Unfortunately there were some absences, notably Faith recovering from eye surgery, and we had one of those rare nights when there were more men than women. After supper it was necessary for Kevin and Graham to pair up to fill the last set, taking turns to dance the lady's part. Everyone laughed so much, they made Kevin do it again the next week.

Starting on the 4<sup>th</sup> October we will be moving to a new hall. At the same address, the Owen Hall is below the existing venue. It is not a big move, but it has a bigger dance floor with a great stage and is well ventilated with a modern kitchen. We are using the same parking area as before, so if you have visited previously you won't get lost finding us again, so don't be shy to come and dance with us.

Our next fun night is set for 11<sup>th</sup> October. Get your imaginations working as the theme is "masquerade".

By the time this is read, the State Convention will be over. It is promising to be a fantastic weekend, with a lot of thought going into the planning, so congratulations to all the committee.

We really miss those who have been on the sick list, or away for travels and family reasons, so please get your dancing shoes on again soon.

## ULYSSES SQUARES, EDMONTON

Our Club is slowly growing with 3 learners, Bill, Lorraine & Jacqui progressing well. We were fortunate to have Peter Storey from Gumdale & Carina Carousels Clubs visit and call for us in August. Another recent visitor was Mandy from Suncoasters at Buderim who danced with our Club some years ago.

Cheryl Lamberton, Secretary

## EZ SQUARES CABOOLTURE.

Wow what a busy time for ez squares dancers. On 21<sup>st</sup> August we had two squares travel up to Kilcoy to put on a display for Seniors Week. This was organised by the Kilcoy Country Companions who put on a wonderful day's entertainment. The theme of the day was Country so we all dressed in our best country outfits. On arrival we were treated to morning tea of shortbread and coffee and at lunch we had delicious local roast beef on buns and to top it off we then had strawberries and yoghurt. The feedback we had from the day was extremely positive so hopefully a lot of people got to realise what square dancing is all about. We were approached by another group who were there to do a demonstration for their organisation next year.

Early in October two squares will also be performing at a local over fifties village for one of their social nights.

We have also had a club visit to Lighthouse Squares to help them celebrate their 33<sup>rd</sup> birthday. What a wonderful time was had by all who enjoyed a meal of soup & crusty bread followed by desert, all this before we had to start dancing. It was a pity David was not feeling well and had to miss the night but our own Glenn Wilson, Rod Dinte and Elaine Davis who called a bracket did a great job.

Next club social on 22<sup>nd</sup> September is a car observation run and picnic lunch. Wonder who will get lost and have to open the destination envelope.

The CT Williams hall, Caboolture Showground is the venue for our next party night on the 29<sup>th</sup> October, the theme of which is "Nautical but Nice". All clubs should have a flyer with all the information on it. We have decided to make this **a free** night as we realise the cost of petrol is quite high and we love getting visitors so hopefully this will help.

## Salad Bowl Squares, Wellington Point

Caller: Kay Walker

We are pleased to report that our venture into daylight dancing has met with majority approval and we have welcomed several new dancers. Unfortunately, some of our regular dancers were unable to make the change. It has been quite disappointing to lose them, but they found other Clubs to attend to suit their commitments.

Our last themed event for the year will be "Footy Fever" on Friday, 25<sup>th</sup> October. Come dressed to support your favourite team. Afternoon tea is served at the conclusion of dancing. Cold drinks (non-intoxicating) will be available anytime.

Come and try our new time slot of 1:00pm to 3:00pm.

Bev Brandon  
(07) 3286 2260

**SQUARE DANCING SOCIETY OF QUEENSLAND INC.**

**CALENDAR OF EVENTS – 2013 – AS AT 1.10.13**

- 12 Oct Logan City “Saturday Dance”, Crestmead**  
Contact: Jane Rayner – 07 3299 7717 or [j.rayner1@optusnet.com.au](mailto:j.rayner1@optusnet.com.au)
- 13 Oct Hervey Bay Square Dance Club – Sunday - Club Social Night**  
Contact: Samantha – 07 4125 4173; [squaredance4u2hb@gmail.com](mailto:squaredance4u2hb@gmail.com)
- 23 Oct EZ SQUARES CABOOLTURE Nautical but Nice Theme Dance 7.30pm CONTACT**  
Geoff 38821600 / [0428682194](tel:0428682194)
- 25 Oct Salad Bowl Squares, Wellington Point – Theme Night “Footy Fever”**  
Enquiries: Bev -07 3286 2260 or Terri -07 3829 2909
- 25/26/27 Oct “Shindig on the Mountain”, Mothar Mountain, Gympie**  
Contact: Gary Petersen – 0434 772 066 or [gary@garoyda.com.au](mailto:gary@garoyda.com.au)
- 30 Oct Gumdale Grandsliders-Halloween Dance, Alexandra Hills**  
Contact: Heather Pennington- [hpennington9@gmail.com](mailto:hpennington9@gmail.com) or 07 3219 1725
- 1 Nov Cane Country Squares – “Club Charity Night”**  
Contact: Shirley Kelly – 07 159 2308
- 2 Nov Hervey Bay Square Dance Club – “60’s Night”- Alan Evans**  
Contact: Samantha – 07 4125 4173; [squaredance4u2hb@gmail.com](mailto:squaredance4u2hb@gmail.com)
- 5 Nov Gumdale Grandsliders-Melbourne Cup Day Dance, Alexandra Hills**  
Contact: Heather Pennington- [hpennington9@gmail.com](mailto:hpennington9@gmail.com) or 07 3219 1725
- 5 Nov ULYSSES SQUARES, EDMONTON \_Melbourne Cup Inter Club Dance**
- 9 Nov Logan City “Saturday Dance”, Crestmead**  
Contact: Jane Rayner – 07 3299 7717 or [j.rayner1@optusnet.com.au](mailto:j.rayner1@optusnet.com.au)
- 23 Nov Society Christmas Party - Taigum State School** Contact: Lynette Mcpherson-  
07 3204 2335 0409 679 010 or [lynette\\_macpherson@glc.qld.edu.au](mailto:lynette_macpherson@glc.qld.edu.au) SidLeighton-  
0418724636 or [sid\\_leighton@hotmail.com](mailto:sid_leighton@hotmail.com)
- 23 Nov Queensland Callers Association**  
4<sup>th</sup> Quarterly Meeting – venue to be advised
- 26 Nov ULYSSES SQUARES, EDMONTON \_Christmas Dance**
- 29 Nov Hervey Bay Square Dance Club – Friday 2pm – Dan Dinna House Christmas Decs**  
**Volunteers needed.**  
Contact: Samantha – 07 4125 4173; [squaredance4u2hb@gmail.com](mailto:squaredance4u2hb@gmail.com)
- 30 Nov Pine Rivers Senior Citizens Square Dance Club, Kallangur – “Hawaiian”** Contact:  
Margaret—07 3285 2130 Jan - 07 3385 9947
- 30 Nov Suncoasters– 5<sup>th</sup> Saturday – “Who am I”, Buderim**  
Contact: Nev & Bev McLachlan – 07 5445 1238
- 3 Dec EZ SQUARES CABOOLTURE Christmas Dance 7.30pm CONTACT Geoff**  
38821600 / [0428682194](tel:0428682194)
- 3 Dec Gumdale Grandsliders-Christmas Dance, Alexandra Hills**  
Contact: Heather Pennington- [hpennington9@gmail.com](mailto:hpennington9@gmail.com) or 07 3219 1725
- 3 Dec ULYSSES SQUARES, EDMONTON \_Christmas Break-up Dinner**
- 4 Dec Gumdale Grandsliders-Christmas Party, Alexandra Hills**  
Contact: Heather Pennington- [hpennington9@gmail.com](mailto:hpennington9@gmail.com) or 07 3219 1725

**SQUARE DANCING SOCIETY OF QUEENSLAND INC.**

**CALENDAR OF EVENTS – 2013 – AS AT 1.10.13**

- 6 Dec**      **Rambling 8's Christmas Break up Dance, St Pius, Golda Ave, Salisbury**  
Contact: David or Faith 07 32631408.
- 6 Dec**      **Heritage City Hoedowners, Maryborough – Friday Night “Xmas” – David Smythe**  
Contact: Helen – 07 4121 4617
- 6 Dec**      **Salad Bowl Squares, Wellington Point – A.G.M.**  
Enquiries: Bev -07 3286 2260 or Terri -07 3829 2909
- 7 Dec**      **Suncoasters - Christmas Party, Buderim** Contact: Nev & Bev McLachlan –  
07 5445 1238
- 11 Dec**     **Hervey Bay Square Dance Club – Wednesday “Xmas Dinner Party”**  
Contact: Samantha – 07 4125 4173; [squaredance4u2hb@gmail.com](mailto:squaredance4u2hb@gmail.com)
- 13 Dec**     **Salad Bowl Squares, Wellington Point – Christmas Party**  
Enquiries: Bev -07 3286 2260 or Terri -07 3829 2909
- 14 Dec**     **Hervey Bay Square Dance Club –“Xmas Dance”- Sid Leighton**  
Contact: Samantha – 07 4125 4173; [squaredance4u2hb@gmail.com](mailto:squaredance4u2hb@gmail.com)
- 16 Dec**     **Hervey Bay Square Dance Club – Monday “Last Plus”**  
Contact: Samantha – 07 4125 4173; [squaredance4u2hb@gmail.com](mailto:squaredance4u2hb@gmail.com)
- 18 Dec**     **Hervey Bay Square Dance Club – Wednesday “Break Up”**  
Contact: Samantha – 07 4125 4173; [squaredance4u2hb@gmail.com](mailto:squaredance4u2hb@gmail.com)
- 20 Dec**     **Hervey Bay Square Dance Club – Friday – “De-decorate” Volunteers needed**  
Contact: Samantha – 07 4125 4173; [squaredance4u2hb@gmail.com](mailto:squaredance4u2hb@gmail.com)
- 31 Dec**     **Heritage City Hoedowners, Maryborough – “New Year’s Eve Party”**  
Contact: Helen – 07 4121 4617
- 31 Dec**     **Logan City “New Year’s Eve Dance- Theme *Pyjama Party*”, Crestmead**  
Contact: Jane Rayner – 07 3299 7717 or [j.rayner1@optusnet.com.au](mailto:j.rayner1@optusnet.com.au)
- 31 Dec**     **“Night owl” New Year’s Eve Dance”, Clontarf Community Hall, Contarf**  
Contact: Lynette Macpherson 3204 2335 or Sid Leighton 0418 724 636  
[lynette\\_macpherson@glc.qld.edu.au](mailto:lynette_macpherson@glc.qld.edu.au)
- 2014**
- 12 Jan**     **"Dance Day with Kay" Kay Walker calling at Graceville, MS, Plus and A-Level**  
Contact: [kay@kaysclubs.com](mailto:kay@kaysclubs.com) or [www.kaysclubs.com](http://www.kaysclubs.com) or phone 07 32028723
- 4 Feb**      **ULYSSES SQUARES, EDMONTON \_Square Dancing will resume**
- 9 Feb**      **ULYSSES SQUARES, EDMONTON \_\_Round Dancing will resume**
- 29 Mar**     **Society Annual General Meeting Dance/Management-General Meeting**  
**Rambling Eights have agreed to host this event.**
- 25 May**     **Sunshine State Round Up and Gala Dance**
- 22 Nov**     **Society Christmas Party**

# 10 REASONS TO DANCE

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- 1. Social Aspects** – Square Dancing & Contra Dancing are great ways to meet people in a non-threatening, relaxed social atmosphere. You never know who you are going to meet. Lifelong friendships are formed, and many have met the love of their life. There are clubs for singles, couples, the handicap, gays & lesbians, campers, and youth, although usually everybody is welcome at all clubs.
- 2. Healthy Environment** – Square Dance, Round Dance & Contra Dance clubs are smoke and alcohol free.
- 3. Stress Relief** – Since these 3 dance forms, Square Dancing, Round Dancing, & Contra Dancing, are all led by a leader giving commands, you become so focused on the “task at hand” that your other mental worries are forgotten, at least for a couple of hours.
- 4. Cardiovascular Fitness** – Dancing is a safe way to exercise. The level of exertion is up to each participant. You can rev it up for a high intensity workout or take it easy for a relaxing, yet beneficial workout. Dancing regularly can lead to a slower heart rate, lower blood pressure, and an improved cholesterol profile.
- 5. Body & Brain Boost** – Square, Round, & Contra dancers react to calls as they are given. This forces the body and brain to be tightly coordinated. A number of the calls are memorized which keeps the brain sharp.
- 6. Calorie Burn** – Dancing burns between 200 and 400 calories every 30 minutes of dancing. That’s equivalent to walking or riding a bike.
- 7. Distance** – The President’s Council on Physical Fitness and Sports recommends 10,000 steps per day to maintain physical fitness. It is estimated that a typical square dancer can expect to clock 9,000 to 10,000 steps per dance.
- 8. Sturdy Bones** – The side to side movements of dancing strengthen weight-bearing bones, tibia, fibula, and femur, and help prevent the slow loss of bone mass.
- 9. Rehabilitation** – Dancing is a way to get back in the swing of things if you are recovering from an injury. Dancing keeps your joints moving, and is nice alternative to jogging or other high-intensity activities.
- 10. Metal Health** – Studies have shown that activities that involve both physical mental activity at the same time help to slow the onset of Alzheimer’s disease.
- 11. Balance** – Studies have shown that adults, who have a history of activities such as dance, tend to have less incidents of falling as they get older.