

L.V. COUNTRY LINE DANCERS



MARCH APRIL EDITION 2020

SUNDAY APRIL 5TH

"CHOOSE YOUR OWN SOCIAL"



YOU CHOOSE WHAT TIME YOU WOULD LIKE TO COME....

OR COME FOR THE WHOLE DAY \$12

11 A.M – 4.30 P.M

OVER 5 HOURS OF DANCING

**EASTER RAFFLE TOWARDS
VLDA GOOD FRIDAY APPEAL**



BEGINNER DANCES FROM 11 A.M. – 2.00 P.M.

IMPROVER DANCES FROM 11 A.M. – 3 P.M.

EASY INTER – INTERMEDIATE ALL DAY

SPLIT FLOORS FROM 11.30 A.M. ON

AFTERNOON SUPPER @ 2 P.M

(PLEASE BRING A PLATE FOR SUPPER)

PROGRAMS ON WEBSITE

www.lvbootscooters.com

NEWBOROUGH PUBLIC HALL,

RUTHERGLEN ROAD,

NEWBOROUGH

ENQUIRIES : LINDA 0438275327



OUR NEXT TWO SOCIALS

@ NEWBOROUGH ARE

APRIL 5TH / MAY 3RD

YOU CHOOSE WHAT TIME :)

OR COME FOR THE WHOLE DAY

11.00 A.M. - 12.30 P.M. **EASY** / **EASY INTER** DANCES SPLIT \$6

12.30 P.M. - 2.00 P.M. **EASY** / **EASY INTER** / **INTER** DANCES SPLIT

2.30 P.M. - 4.30 P.M. **EASY INTER** / **INTER** DANCES SPLIT

The whole day \$12

SUPPER 2.00 P.M. - 2.30 P.M

PLEASE BRING A PLATE TO SHARE

NEWBOROUGH PUBLIC HALL

RUTHERGLEN ROAD, NEWBOROUGH

GENTLE SOCIAL

27TH MARCH

@ MORWELL SENIOR CITZ CLUBROOMS

(NEAR THE ROSE GARDENS)

9 A.M.—12 MIDDAY \$10

MIXTURE OF BEGINNER DANCES /

GENTLE IMPROVER DANCES

AND IMPROVER DANCES



MORNING OF DANCING

THEN LUNCH AT THE TOP PUB

NAMES FOR TOP PUB ESSENTIAL FOR BOOKING:)



**MID YEAR BALL
GENTLE SOCIAL
FRIDAY 26TH JUNE**

**@ NEWBOROUGH PUBLIC HALL
COME ALONG FOR A GREAT MORNING
TO DANCE AND SOCIALISE**

9 A.M.—1 P.M. \$10

**MIXTURE OF BEGINNER DANCES /
GENTLE IMPROVER DANCES
AND IMPROVER DANCES**

PLEASE BRING A PLATE TO SHARE FOR MORNING TEA

**PLEASE NOTE THERE IS NO CLASS ON THIS MORNING AT
THE SENIOR CITZ ROSE GARDEN**

Coronavirus (COVID-19) Health Alert

"Attention all Classes"

With the outbreak of this new virus, we really don't know what we are dealing with.

The only thing we can do is be diligent in our own cleanliness and hygiene.

I have made up bottles of my Thieves Recipe, a combination of Cloves/Cinnamon/Rosemary/Lemon/Eucalyptus and Tea Tree, all very high in lots of Anti's.

I will be spraying benches when I come to class and will also have spritzer bottles made up for when you arrive. These are a combination of water and the Thieves Recipe.

These sprays can be used to spray over you, your clothing and hands.

There will also be the same recipe in DoTerra Bottles in the Bathrooms.

It really is up to all of us and PLEASE if you are feeling unwell, take the day off 😊

CLASSES**TUESDAY****EASY INT / INT**

MORWELL GUIDE HALL
TUESDAY MORNING \$10
9.30 A.M. - 12.30 P.M.

GENTLE IMPROVERS LEVEL 2 CLASSES

MORWELL GUIDE HALL
TUESDAY AFTERNOON 12.45—2 P.M. \$5

WEDNESDAY**EASY INTER / INTERM+**

NEWBOROUGH PUBLIC HALL
WEDNESDAY MORNING \$10
9.30 A.M. - 1.00 P.M.

BEGINNERS / IMPROVERS

SENIOR CITIZENS CLUBROOMS MORWELL-
WEDNESDAY NIGHT
RAW BEGINNERS LEVEL 1
7.30 P.M. - 8.30 P.M.
IMPROVER LEVEL 3
8.30 P.M. - 9.30 P.M.
\$5 PER CLASS

FRIDAY**BEGINNERS / GENTLE IMPROVERS /****IMPROVERS**

SENIOR CITIZENS CLUBROOMS MORWELL
PLEASE NOTE CHANGE TO TIMES

BEGINNERS LEVEL 1 9 A.M.—9.45
GENTLE IMPROVERS LEVEL 2 9.45—10.30
IMPROVERS LEVEL 3 10.40—11.15 A.M.
1 CLASS \$5/2 CLASSES \$7 / 3 CLASSES \$10

VENUES:

MORWELL SENIOR CITIZ CLUBROOMS
MARYVALE CRESCENT MORWELL

MORWELL GUIDE HALL
MARGARET STREET MORWELL

NEWBOROUGH PUBLIC HALL
RUTHERGLEN ROAD NEWBOROUGH

DANCES TAUGHT**JAN / FEB 2020**

RB Everyday - Julie Molkner
RB Who's been sleeping in my bed -
Linda Pink
RB Wild Wild Flowers - Linda Pink
RB Venus - Linda Pink
B Lay here with me - Julia Wetzel
(also split for Faithfull Soul)
B Never Ending Story - Sandy Kerrigan
B Double R Dee - Darren Mitchell
Low Imp Crystal Touch—Claire Bell &
Maddison Glover
Imp Hummingbird - Linda Pink
Imp Adalaida - Gary O' Reilly
H Imp Cooler than cool - Niels Poulsen

I Turning Tables - Maddison Glover and
Tom Glover

I Red is the rose - Gary O' Reilly
Adv The Greatest Love of All - Gary O'
Reilly Jose Miguel Belloque Vane Niels
Poulsen

**ALL STUDENTS
PLEASE NOTE
NO CLASSES
FROM
APRIL 10TH
THROUGH TO
AND INCLUDING
FRIDAY THE 17TH**

SOCIAL DATES 2020

MARCH 1ST @ NEWBOROUGH
PORTARLINGTON WEEKEND MARCH 6TH/7TH/8TH
MARCH 27TH GENTLE SOCIAL @ MORWELL

APRIL 5TH @ NEWBOROUGH
VLDA GOOD FRIDAY APPEAL APRIL 10TH
NO CLASSES APRIL 10TH/14TH/15TH/16TH/17TH

MAY 3RD @ NEWBOROUGH
MAY 29TH GENTLE SOCIAL @ MORWELL

JUNE 14TH BALL REVISION SOCIAL @ NEWBOROUGH
THEME: CITRUS COLOUR
JUNE 26TH GENTLE MID YEAR BALL VENUE TBA
JUNE 27TH VLDA ANNUAL GALA BALL

JULY 12TH @ NEWBOROUGH
THEME: BLACK AND MASQUERADE BALL SOCIAL
JULY 31ST GENTLE SOCIAL @ MORWELL

AUGUST 9TH @ NEWBOROUGH
AUGUST 28TH GENTLE SOCIAL @ MORWELL

SEPTEMBER 13TH
TIS SPRING TIME—LOTS OF COLOURS
SEPTEMBER 25TH GENTLE SOCIAL @ MORWELL
SEPTEMBER 27TH LIFELINE @ NEWBOROUGH
NO CLASSES SEP 29TH/30TH/OCT 1ST/2ND

OCTOBER 11TH @ NEWBOROUGH
OCTOBER 30TH GENTLE SOCIAL @ MORWELL

NOVEMBER 8TH @ NEWBOROUGH
DAYS OF HOPE

DECEMBER 11TH GENTLE CHRISTMAS SOCIAL @ MORWELL
DECEMBER 13TH @ NEWBOROUGH
CHRISTMAS SOCIAL
DECEMBER 16TH @ NEWBOROUGH
COMBINED CHRISTMAS CLASS BREAKUP

BEGINNERS INFORMATION LEAFLET

GENERAL INFORMATION FOR OUR NEW STUDENTS

Welcome to L.V. Country Line Dancers. I established the group in 2005 and have been Line Dancing since 1995. Currently teaching 6 classes a week from Raw Beginners thru to Intermediate Plus. The good thing about Line Dancing is that you chose which class suites you best. Some of the great benefits of Line Dancing are:

- 1/ Line Dancing is a choreographed routine of dancing in lines (so no partners necessary) which in turn **works the brain**. Many studies have been done specifically on line dancing and how it keeps the brain active and young.
- 2/ While working the **brain** you are using different **muscles** / your **balance** and your **memory**.
- 3/ And while all this is going on you are **listening to wonderful music** from all genres. Did you know music has wonderful effects on the body? It is known to stimulate emotions. Helps with anxiety. It can uplift your mood and also known to lower blood pressure and sometimes help with pain relief.
- 4/ And if that is not enough, it is a wonderful, safe environment to **socialise** in.

This leaflet will let you know a little of what happens within L.V. Country Line Dancers:)

Check out our Website and Facebook page and see what wonderful times the Valley has.

OUR WEBSITE

www.lvbootscooters.com

Our Website lists all which is current within our club. Our upcoming Socials , events, dances currently being taught and lots lots more.

Check it out

There is a special section for our Beginner/ Improver students. If you would like to see the dances currently being taught click on

BEGINNERS/IMPROVERS DANCES TAUGHT

Once you click onto this section it will show you what current dances we are working on. Double click on the name of the dance and it will take you thru to a database called "Copperknob" which house a huge amount of dances. This will show you the dance sheet and in most cases a video of the dance :)

OUR FACEBOOK PAGE

L.V. Country Line Dancers

@LVCountryLineDancers

Our facebook page contains advertising events coming up and wonderful photos of our socials and good times.

If you don't have facebook, then don't worry. You can still hop on and check it out.

On the front of our Website you can double click on the little

This will take you onto my facebook page, if a pop up comes up with a "Log In or Create New Account"click on the "Not Now"....down the bottom.

You will now be able to check out our facebook page.

SOCIALS

Each month I run a big social at the Newborough Public Hall, Top of Rutherglen Road. Start at 11 a.m to 4.30 p.m. Starts with the Beginner dances at 11 a.m. thru to 2 p.m.

We also have a Beginner Social on a Friday Morning at the Seniors Clubrooms, Maryvale Crescent. This runs from 9 a.m. thru to 12 midday and then off for lunch to somewhere like the Top Pub or Morwell R.S.L. Check the newsletter for this years Social Dates.

JAZZ BALLET SHOES

If you are looking for a pair of shoes to dance in, most line dancers dance in, what is called a "Jazz Ballet Shoe"

They support the foot, are very flexible and have plenty of cushion underneath the ball of the foot and the heel. They also have a flat bottom to help turning.

I get mine from Ellis Bella which are from Sydney. Check out our link via the website "Links" section. The last I purchased were \$60 including delivery

EMERGENCY FORMS

Please make sure you complete an Emergency Form. If, for some reason I need to call for Medical Help, it is imperative that these forms be filled out legibly and with any medical conditions that need to be known. This could be "Life Saving" so make sure you complete is accurately.

NEWSLETTER

Every second month I try and put out a Newsletter to let everyone know what is happening in Line Dancing in general and with our own club.

If I have your email address, these will be emailed to you. If you don't have an email address, don't stress, I will print a copy out for you.

If you happen to lose your Newsletter you will always find a current one on the Website.

You will find the current newsletter on the front page of the website:)

COMMUNITY WORK

Each year we certainly try to do our share for charity. We support the VLDA with contributing a huge amount of baskets of eggs for the Good Friday Appeal.

This year we had a fundraiser in support of "Gippsland Emergency Fire Relief" and raised \$10418. For 12 years we supported Breast Cancer and raised over \$40,000 and 2 years ago, changed to Lifeline Gippsland in support of Depression/Suicide Awareness. The Valley was able to raise over \$22,000 in 13 months.

We have also, for the past 6 years put together a huge amount of much needed items for our Zimbabwean families. We have been able to see the difference we can make for some families in desperate need.

OUR WEBSITE

lvbootscooters.com

Under the **Dances Taught** Bar

Is another called

Beginner/Improver

Dances Taught

Click on this to follow the dances that
are being taught in the

Beginners/Gentle Improver

Improvers Classes

Click on the name of the dance

Which will bring up the dance sheet
and in most cases a video.



Wanting Jazz Ballet Shoes

Click onto our Website

www.lvbootscooters.com

And go to our Links Section

Here you find a link to Ellis Bella

The last pair I purchased they

were \$60 a pair including

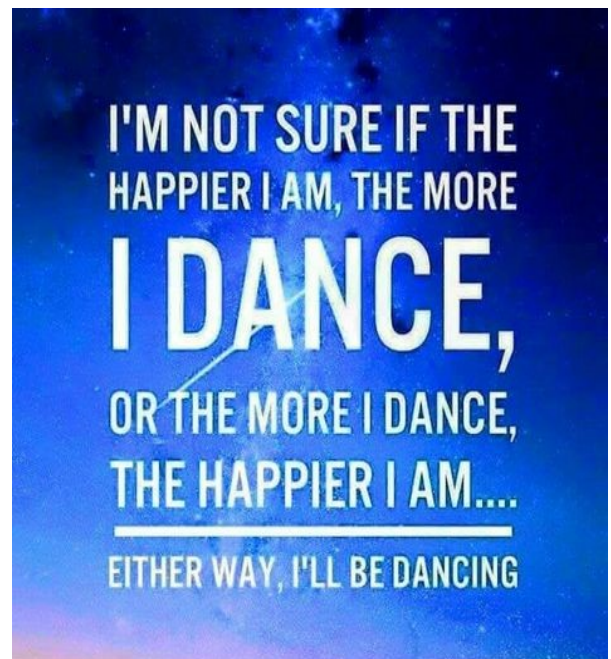
postage



DON'T FORGET TO LIKE US ON FACEBOOK AND
KEEP UP WITH CURRENT NEWS AND PHOTOS

TO FIND US @LVCountryLineDancers

NOT A MEMBER OF FACEBOOK...NOT A PROB
GO ONTO OUR WEBSITE AND YOU WILL FIND A
FACEBOOK ICON...CLICK ONTO IT AND IT WILL
TAKE YOU TO OUR FACE BOOK PAGE



"Floor Etiquette and Safety For Socials and Classes"

Remember

If the music has started...join the end of the line..

DO NOT move to the middle If you trip someone up they may not be too happy.

Good Floor Etiquette is not only for your safety but also common courtesy.



NEVER MISS A CHANCE TO DANCE

LIKE US ON FACEBOOK

WEBSITE

LVBOOTSCOOTERS.COM



BALL DATES FOR 2020

IF YOU ARE INTERESTED THEN LET ME KNOW

**NOW TAKING ORDERS FOR VLDA BALL TICKETS
PLEASE LET ME KNOW ASAP IF YOU REQUIRE ONE AND
IF YOU ARE WILLING TO DRIVE**

VICTORIAN LINE DANCE ASSOCIATION BALL :

Saturday, 27th June 2020

THEME: THE CITRUS BALL

Ball Ticket \$30

Workshop \$5

VLDA Members \$25

QUEENSLAND LINE DANCE ASSOCIATION BALL :

Possible date 3rd October 2020

Package includes :

- Accommodation in the centre of Brisbane

(Number of nights to be worked out - possibly 4 - 5)

- Ticket to the QLDA Ball
- Transfer to and from the Ball

Possibility that numbers will be limited so we are now taking names for those interested in going so that we can reserve our spot.

The price has not been completed but you would be looking at around \$500-\$600.

This does not include our air fare which we would be responsible for booking.

Let me know names/rooms if you are interested in this weekend.

We only need expression of interest at the moment.

No money till more is worked out.

HAWAII 2021

As many might be aware Sue and I were planning a trip to Hawaii September 2021. We realise that this is a fair way in the future but we do this to give people plenty of opportunity to plan and save. We realise that a lot can change in the next 18 months but due to the current situation we feel that booking a trip might not be the best thing to do. If things settle down and it looks safe to travel we may be able to book at a later stage.



Victorian Line Dance Association

Good Friday Charity Line Dance Marathon

All profits from ticket sales & monies raised will be donated to the



goodFridayappeal
THE ROYAL CHILDREN'S HOSPITAL

Friday 10 April 2020

11am - 8pm

****** \$20.00 per person ******

VENUE: To be Confirmed

Hot Cross Buns, Cakes, Tea & Coffee for sale
Please bring a plate to share at your table

RAFFLES WILL BE DRAWN THROUGHOUT THE EVENT
Donations of small hampers and other prizes towards raffles
would be gratefully accepted

TRADING TABLE

If you have any goods worthy of selling on the trading table,
your donations will be very welcome.

PLEASE - NO ELECTRICAL GOODS (safety constraints)

BOOKINGS, ENQUIRIES & OFFERS TO HELP

Phone Marion Adams on 0411 518 158 (Mobile only)
or contact any of the VLDA Committee



VICTORIAN LINE DANCE ASSOCIATION

24th ANNUAL GALA BALL

The Citrus Ball

SATURDAY 27TH JUNE 2020

6.00 pm - Midnight

(Doors open at 5:30 pm)

OPTIONAL WORKSHOP with GORDON ELLIOTT

4.00 pm - 5.30 pm

Springers Leisure Centre
400 Cheltenham Road, Keysborough
(Melway Ref: Map 89, A10)

*If you want to be seen wear
orange, yellow and/or green!*

BYO Drinks & Nibbles - Tea & Coffee provided

Soft sole shoe policy applies, strictly no leather, resin or hard soles.

Dance shoes or topi soles recommended.

Pre-purchased Tickets Only

Adults: \$30

Non-dancers & Children 15 & under: \$20

VLDA Members: \$25

Workshop: \$5 extra

ENQUIRIES & BOOKINGS:

Keith Davies 0450211777 Email: ball@victorianlinedance.asn.au

EFT payment: VLDA - BSB: 063 000 Account No: 11287291

Please use your name as the reference

Or mail payments made payable to: Victorian Line Dance Association

C/- Keith Davies, 7 Gabriella Court, Ringwood. Vic. 3134

Please note: tickets are not refundable