



# All Shook Up

dance studio

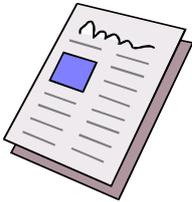
## Newsletter

Summer 2009-2010

volume 1—issue 11

### New Look Newsletter

Welcome to the new-look All Shook Up (ASU) quarterly newsletter. ASU hopes you find the new format a little more entertaining and easier to read than previous issues.



ASU welcomes input from its members, so if you would like to contribute to the publication with a letter, article or a photograph or two, please feel free to forward offerings to ASU.

### Dance Displays

Over the spring 2009 quarter, ASU participated in several dance displays. They were:

- Maitland Senior Citizens;
- Mattara festival;
- Wallsend Aged Care Facility;
- Blackbutt reserve;
- Hunter Valley Singles' Social Group; and
- McHappy Day at Greenhills McDonalds.

ASU wishes to thank all those who participated in the displays and appreciates that sometimes they are held at a less than convenient time and venue. All members of the social group are given the opportunity to be part of a dance troop should they wish to do so. Volunteers are normally called for at lessons.

### Advertisements

If you run a small business and would like to advertise in our newsletter, please Email ASU the information and we will attempt to run the advertisement whenever space permits. There is normally no charge to our regulars dance students for this service.

### Forster Ocker-Rocker Weekend

The Forster Ocker-Rocker Weekend For 2010 has been cancelled. Warren Coady, the gentleman who has organised the gig in the past, and his wife Dawn are retiring from the rock 'n' roll scene. Warren and Dawn have been involved for many years on the mid-north coast of NSW. They have done an excellent job in the past and their efforts will be missed. ASU wishes them all the very best for the future.

### Rock 'n' Bowl

ASU's social group had a rock 'n' bowl evening at Mayfield on 10 October. The ladies event was won by Darienne Carraro and the men's event by Glenn Elgar. We have challenged Blue Suede Shoes Dance School to a bowling evening. It will be held on 17 April on the central coast. Details will be released soon.



## Inaugural Golf Day

ASU's inaugural golf day was held at 'Royal' Beresford Golf Club on 21 September. The handicap event was won by Joe Paul. There will be similar events held in 2010. Dates will be announced at lessons and will be included in the flyer *All Shook Up dates for Your Dance Diary* which will be released on a regular basis. These events are not meant to be a male-only domain; so ladies, if you wish to play, please feel free to join in.



## Nelson Bay Rock 'n' Roll Weekend

Nelson Bay rock 'n' roll club held their annual birthday weekend on 23, 24 and 25 October. Despite the auditorium at the club being in a state of mid-renovations the dances went off very well.



ASU's social group look forward to this weekend every year and once again we were not disappointed.

Congratulations to the committee for forging ahead with the weekend and making it such a successful one.

## Dates for Your Dance Diary

On occasions, upcoming social events will still be included in the quarterly newsletters; however, all up-coming social events will now appear in a separate flyer. This flyer will be available at ASU's lessons, on the Internet sight, and will also be Emailed to those on the distribution list. The flyer will be updated on a regular basis and contain all the information currently available.

## Relay for Life

The annual Relay for Life charity walk was held at Maitland Sports' Ground on Saturday 12 September. ASU entered three participants in the Kiwanis Club of East Maitland team. Well done to those who walked during that evening. At this stage it is intended that we walk in next year's event.

## ChromeFest 2009

The first ChromFest was held at The Entrance on the weekend of 16, 17 and 18 September. The event was a huge success and the organisers are to be congratulated.



ASU taught a beginners' rock 'n' roll lesson on the Sunday afternoon. There were many willing new students introduced to the wonderful world of rock 'n' roll.

The gig is to be held in 2010 with the date yet to be confirmed.

## Livesites—Rockers and Revheads

Rockers and Revheads took a different format this year. Instead of the customary events held each weekend during October, the festivities were condensed into one weekend, that being 31 October and 01 November. ASU taught a beginners' rock 'n' roll lesson and an intermediate/advanced lesson on Saturday afternoon and a beginners' lesson on Sunday while Anna Ocello of Blue Suede Shoes Dance School taught beginners' rockabilly and slow swing lessons.

On Saturday evening, a swing/rock 'n' roll dance was held at City Hall in King Street, Newcastle.

It was a very busy weekend with quite a few members of the social group attending a Buddy Holly tribute show at Wests Leagues Club on Sunday.

# Kiwanis

By **RAE PIDGEON**

Kiwanis association with ASU began before the establishment of the dance studio when Gary and his then neighbour Rae (a Kiwanis member) started the annual bus trip to Lovedale Long Lunch; not intended to be a fundraiser, but any surplus monies was donated to Kiwanis. From a 16 seater bus we now take a 56 seat coach and 21 seat bus each year which raises approx. \$1,000 for local children's charities. The relationship between the groups continued with Christmas in July and more recently Mayballine.

Founded in 1915 in USA, Kiwanis International is a thriving organisation of service-minded men, women, and youth who respond to the unique needs in their communities. [Kiwanis is an American Indian word meaning "To Build".]

The Kiwanis Club of East Maitland has been serving the Maitland area since 1980. Our club is open to community minded men and women of all ages who have a passion for helping those less fortunate. As an individual you may give time to one or two organisations, as a Kiwanis member you have a more effective outcome for a larger number of community groups. Any community need can become a Kiwanis service project, but our special focus is the needs of children. Fellowship amongst our own members is an important part of this club's success with regular social activities for those who wish to participate.

## **ORGANISATIONS WE SUPPORT:**

HeartKids – local families and the national research program; Developing relationships with local primary schools; Starlight Foundation; Red Shield Appeal; Breakfast Clubs; Red Cross Door Knock; Mothers Day Cards and Flowers.

# Kiwanis

Australia District

KIWANIS CLUB OF EAST MAITLAND

[www.kiwanis.org.au](http://www.kiwanis.org.au)

Kiwanis is a global organisation of volunteers dedicated to changing the world one child and one community at a time. Kiwanis is designed for individuals desiring personal involvement in the leadership of their communities to meet with other like-minded people to achieve as a group what one cannot do alone. Any community need can become a Kiwanis service project, especially the needs of children. As Kiwanis, we want to ensure that all children have the opportunity to lead healthy, successful lives. We believe by helping one child it will improve the world around us.

The Kiwanis Club of East Maitland meet for dinner the first and third Monday of each month, 6:30pm - 8:30pm at the Bank Hotel (upstairs function room). New members and interested guests are welcome - ring 0407 921277 for more information or check our web page [www.eastmaitlandkiwanis.org](http://www.eastmaitlandkiwanis.org)



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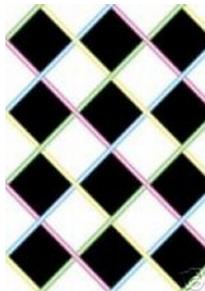
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W: www.covelli.net.au

## Let's Dance—It Will Assist in Your Social Skills

Science recently discovered the dancing gene, or the 'Gene Kelly' gene as some people call it. And it's good news for those who are naturally twinkle toes because it means they're more sociable and flirty than the rest. A Hebrew University study has found that dancers possess consistent differences in two genes from the rest of the population. These genes are linked to our ability to socialise and bond. Genes aside, no matter how much talent you're born with, if you sit back on your laurels you won't get anywhere. It's practice, both in a lesson and social dance, that improves your style, technique, and connection with your dance partner.

ASU can not teach you to dance if you do one hour of casual lessons per week. Two lessons per week with a little practice at home is by far the best approach.



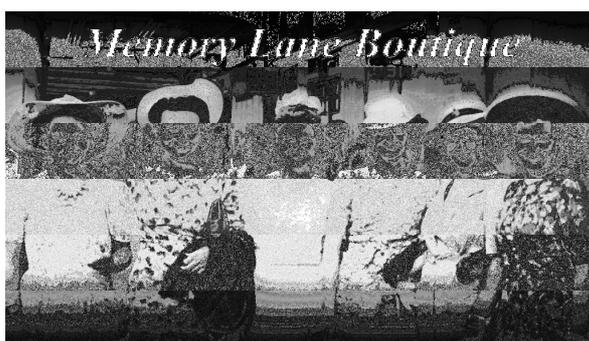
## Re-Commencement of ASU Lessons for 2010

Lessons will re-commence in 2010 as follows:

- Wednesday 03 February—Telarah Bowling Club, Clark Street, Telarah;
- Thursday 04 February—Mayfield Bowling Club, Ingall Street, Mayfield; and
- Friday 05 February—Dance Headquarters, High Street, East Maitland.

Beginners commence at 7:00 PM and intermediates/advanced at 8:10 PM.

If you are a first-timer at ASU, please arrive at the venue at least 15 minutes before the scheduled start time so that enrollment forms can be completed.



### Ladies fashions, accessories & gifts

135c Swan St Morpeth NSW 2321 Phone 49331001  
Thursday—Sunday 10am—4pm

**AND**

135 John St Singleton NSW 2330 Phone 65713345  
Monday—Friday 9.30am—5pm  
Saturday 9.30am—1pm

**Present this advertisement to receive a 10% discount on your next purchase.**



### ASU's Christmas and Fourth Birthday Party

A great night was had by all at the 'Famous Couples' party. Thank you for making such a big effort in the costume department. If you have an idea for a theme at 2010's party, please feel free to let ASU know; we are open to almost any suggestion. We are also looking for a larger venue with better functioning air conditioning.



ASU would like to wish all of our members and families a happy and safe Christmas and New Year. We look forward to seeing you back at lessons in 2010. We have new dance moves for you to learn along with some interesting weekend workshops. The social calendar, both on and off the dance floor, is also looking great. See you in 2010.

**HUNTER VALLEY**  
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**02 49337993**