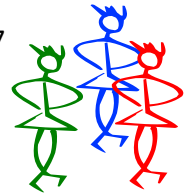


DANCEZING NEWS



*Recommend a friend
and receive a reward*



NEW BEGINNER CLASS

Opens 8th May

Every Monday @ 8.15pm at Audley Primary School,
Whyteleafe Rd, Caterham, CR3 5ED (free parking available)

Please kindly share details of this class with any friends who may be interested in learning to line dance. If you introduce a friend to this class & they attend 4 classes, you will receive a complimentary class. Just ask them to mention your name when they register 😊

**Dancezing - OXTED
Coming Soon!**

I'm excited to announce that we will soon be running line dance classes in Oxted 😊

Classes will be held at **Oxted Community Hall**, 53 Church Lane, Oxted, RH8 9NB

The classes will open on **Tuesday 23rd May**

4.15pm – 5.15pm – New Beginners

5.15pm – 6.30pm – General to intermediate level



How many line dances can you find?

The following was cleverly composed by our lovely line dancer, Heather. Take a read and see how many line dances you can find in the narrative. Jot down your answers – let's see who can find the most! There may be a little prize for the winner ;)

I've got something to say, yes I do. This is me, I am Nancy Mulligan and my middle name is Maria. Lately I've been feeling kinda lonely and bored but Nicky has asked me to help arrange our next Linedancing Social Evening and now life's good! It'll give us an excuse to put on our skinny genes, lipstick powder and paint our toes. Your heaven-sent opportunity of loving, my baby! Now who can we invite? Imelda's way too busy, I can invite Marvin Gaye (and get it on?) with his heavenly charm nothing compares, but the boy does nothing and he ain't misbehavin' so I might be wasting my precious time! My sister Kate, Yolanda, my guy (my solo amor), and obviously we'll need a piano man to play some rock and roll music and encourage everyone to stand up and boogie until the dawn. I was going to invite Jazzy Joe because I love to watch that Cowboy strut his stuff on the dancefloor, but I've just remembered he slipped and fell down in the basement – I heard the bomp as he landed! Maybe we should just tell the world and even invite the Queen! Bring on the good times, now it feels like I'm in love instead of just coasting

We'll need shamrock soup, 16 tons of hot tamales, a rocket salad, Irish stew and some peaches and cream. We'll have little red lights all around the room to create a bit of enchantment otherwise we'll be dancing in the dark.... Who else is missing? Elliott's dreamy, he gets my tongue tied up. and Gerry's reel-y a nice chap, Cecilia the girl next door- she's a bit sultry, my pretty Belinda and Ruby, Ruby! she knows those Russians, that would improve east to west (17) relations.

Hello, Dolly let's make ourselves a black coffee, and buy a little red book then we can sit under that shady lemon tree and make a list of all the dances we love to boogie to in the open book. We can dance, dance, dance, I always feel better when I'm dancing. But hang on, you're soaking wet! You must have been walking in the rain. Have you ever seen the rain? Never mind now the rain has gone come on, come on, come along please, you look just like a "swamp thang"! Was there something in the water that made you dance like you're the only one? Oh whatever you do don't bring Lulu – she told her boyfriend "love me or leave me" and he turned a new shade of blue, he only wanted just a little love, he's only human after all – gently does it, breaking up is hard to do! So dig your heels in and only invite her in an absolute emergency!

Then after the party is over it'll be time to fly away to a place in the sun – anywhere: Brazil, Bella Roma or maybe even the Cameroons. Maybe not, I think they have cannibals there. Oops! I've just realised I've only bought a one way ticket! It's high time I found a pot of gold otherwise it'll be a very lean way back. I'll have to come to papa and turn on the blue night charm otherwise my expectations of going anywhere depend on finding a Candyman!

What's NEW?

Here are our new dances for April. Step sheets and videos can be found on the website

<http://dancezing.co.uk/a-z-of-line-dances/>

Don't Bring Lulu choreographed by Mike Stringer - (Mon 6.15pm, Tues am, Wed 6.15pm, Fri pm)

Funky Sole choreographed by Robbie McGowan Hickie & Karl-Harry Winson - (Wed 7.15pm)

Boom Boom Bang choreographed by Jamie Barnfield - (Thur am)

Darling Stand By Me choreographed by Alison Biggs & Peter Metelnick – (Thur am)

The Ghost of You choreographed by Roy Verdonk & Sebastiaan Holtland – (Fri pm)



£5 Notes

On 5th May 2017 the old paper £5 notes will cease to be legal tender.

Any paper £5 notes you have after that date will be able to be exchanged at the Bank of England.

I can no longer accept them. Thank you

HAPPINESS IS



...friends, music, dancing.



DANCEZING SOCIAL NIGHTS

Dates for our social nights for 2017 are:

Saturday June 24th

Saturday October 21st

Venue: Caterham Community Centre, High Street, Caterham, CR3 5UE

Doors open 7.15pm Dancing until 10.30pm

Fundraising Event – Kenley Memorial Hall

Saturday 20th May – 7.30pm

One of our dancers, Ann Jones, is organising a line dance social evening to raise funds in aid of a Community Defibrillator and Kenley Memorial Hall.

Tickets cost £12 which includes refreshments.

I will be the line dance instructor for the evening and would love to see you there. There will be dances for all levels from beginners to intermediate as well as some fun circle dances and barn dances. It will be fun.....

Ann has given me some tickets so if you'd like to come along feel free to purchase the tickets from me at classes 😊

Line Dance Weekend Break 2018

It's close to Valentine's Day and we 'love' line dancing so we've decided that the theme for Friday night at the weekend break is 'wear something red'!

The theme for the Saturday party night will soon be announced. To keep up to date, follow the dedicated facebook page: www.facebook.com/linedancebreak



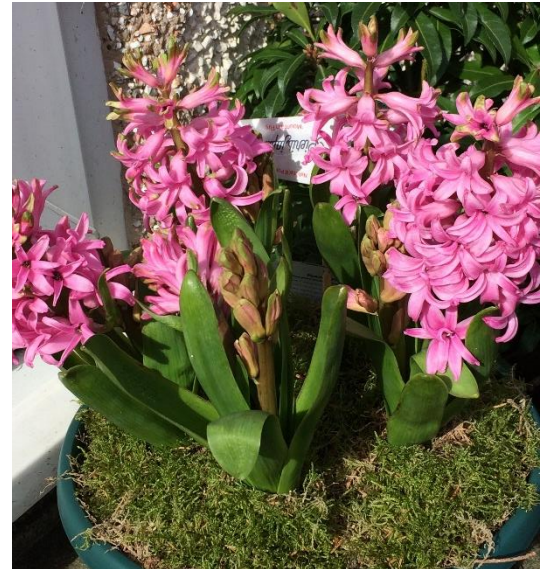


A couple of our line dancers are on a walking holiday in Spain. I received an email from them with this message and picture:

“We are walking in Spain and thought of you when seeing lemon trees...”

How lovely! 😊

Here’s a picture of the beautiful hyacinths that a group of you kindly bought for me earlier in the year. Aren’t they gorgeous?!



Meet ‘Dancezing Duck’ – representing [‘The Little Yellow Duck Project’](#). She has been lovingly made by Sheila Vaux who wrote a super article about this in our October 2016 newsletter. If you’d like more information or a copy of the article please let me know.

‘Dancezing Duck’ has some ducklings who she will be taking out and about with her, so keep your eyes peeled and do remember to log your duckling on the map if you find one.

I'm sure you must feel hungry after a line dance class. Why not try out this recipe which was kindly shared with us by our lovely dancer Hazel Milcoy.....

Ann Au Yeung's Mum's Chicken Fried rice

This recipe was given to me by a Chinese girl I used to work with. Her Mum taught her to cook before she left China to come here to study – she subsequently married & stayed here. It is the easiest recipe imaginable & you can use up cooked chicken & rice or make it from scratch. Ann took me to Wing Yip supermarket on Purley Way & showed me the 'good' stuff to buy & this recipe does need a good Satay Sauce- she recommends Jimmy's. I think this is the key to this recipe as it is very good indeed. I do use peanut or groundnut oil if I can get it but ordinary vegetable or rapeseed oil is fine

For Raw Chicken- you know how much chicken you need for the number of people you are feeding. (I use thighs as they are cheaper & tastier but breast fillets are fine).

Marinate the skinned chicken, cut into strips or chunks for at least 20 mins- or overnight is even better in:-

2 tablespoons light Soy Sauce

1 tablespoon Oyster Sauce

1 tablespoon cooking oil

1 Teaspoon Cornflour

Salt/pepper

Then just use in recipe below.

Cold cooked Rice- enough for amount of people you are feeding



Skinned Chicken- either cooked or raw & marinated as above again you know how much you want for the no. of people eating.

1 egg per person

1/2 – 1 cup of cooked green peas or mixed peas & sweet corn- or you can use shredded lettuce if you prefer.

2 spring onions- finely chopped

Oil for frying

Seasoning for Rice (you can adjust this to your own tastes) This suits us but you may want it milder-

Jimmy's sauce is quite spicy.

3 tablespoons light soy sauce

2 tablespoons Oyster sauce

1 teasp Sesame Oil (not essential)

1 -2 heaped tablespoons of Sate Sauce- I use 2 for us but a bit less if feeding the children

1-2 teasp Curry Powder (I don't bother with this as sauce spicy enough but Ann sometimes uses it for a change)

Heat oil in a Wok or large frying pan & add 2 tblesp oil. When it is piping hot break the eggs in whole & whisk with a fork until they break up into small pieces similar to scrambled egg. Remove egg & set aside.

Put another tablesp oil into wok & when hot add chicken & stir until completely cooked- only takes a few minutes. If you are using cooked chicken it only takes 30 seconds to heat through.

Add the cooked rice making sure it is separating (Ann says loosened but I think that is what she means). If you are using leftover rice you may need to add a little water to separate it. Stir it for a couple of minutes & then add all the other seasoning & mix it well to heat through.

Once it is all combined add the peas & spring onion & cooked egg & mix in well.

Taste to check seasoning & serve piping hot.

It only takes about 10 mins to make & is delicious.

"I attend line dance classes because I really enjoy any kind of dancing and as it's not necessary to have a partner, line dancing is ideal. I was a bit apprehensive at first as I didn't know what to expect, but everyone is friendly and welcoming. I wasn't made to feel silly if I didn't get to grips with a particular dance straight away. It is also a very enjoyable form of exercise and I look forward to it every week"

"Research has shown that dancing to music in the company of others makes people happy – it's that simple. As you get older, there are fewer opportunities to do so and, if one arises, you should go for it! I am so glad I did. Dancing makes me happy. Enough said."



"I needed some 'ME' time. Having had a trial session at a W.I. evening I thought this would be just the thing. Such great music, patient teacher who has actually succeeded in convincing me I can do the steps and a fun, friendly group of people. Advice for newcomers – it seems difficult but there is no pressure, and eventually, it does come! I still panic sometimes but no-one minds if you do it wrong, there is always someone to offer a smile and a helping foot!!

Thank you to everyone who kindly took the time to submit comments about how you would describe a line dance class to someone who has not done it before.

I have included a few of these on this page. It has been really good reading them. As you know, I absolutely love line dancing for so many reasons and it has been wonderful to read how much happiness it brings to others too.

If you'd still like to submit comments – it's not too late. I will make the draw for a complimentary social ticket in a couple of weeks and announce the winner then.

Thank you to everyone for your continued support!

Keep Dancezing!

Nicky

x

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