



DANCEZING NEWS

JULY 3RD 2020



KEEP SMILING

The cover photo was sent in by Val Phillips of this beautiful double rainbow.

We have been in lockdown for quite some time now & some of you may be finding it harder to cope with than before. This is known as 'quarantine fatigue'.

To help yourself, it's important to keep to a routine, sleeping & waking at regular times, eating nutritious food & engaging in physical activity each day.

Try setting yourself manageable goals - like learning a new dance, for example.

DANCEZING WEEKLY BULLETIN

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LOCKDOWN PURSUITS

Thank you to Mark for sharing some of his lockdown pursuits with us. It may give you some ideas...

In terms of lock down - usual things, walks, DIY, gardens, classes have gone on line with varying degrees of success (not you). I have managed to get my Scouts to engage to a degree and do some badges online, so I check their work, see what they have to do and make suggestions, but it's unlikely we'll meet face to face until September.



Some gardens are opening up to visit and we have visited Nymans at Handcross, Knole at Seveonoaks, RHS Hyde Hall in Essex and also RHS Wisley, these can be booked online, but do get full, so patience is required, but it does start to make things seem a little bit normal.



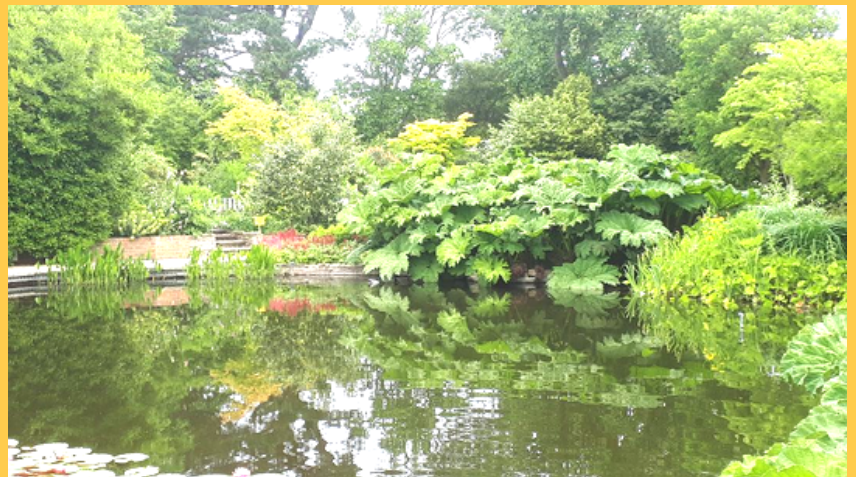
LOCKDOWN PURSUITS



Wisley



Hyde Hall



LOCKDOWN PURSUITS



Nymans



Knole House
(the house was not open)



LOCKDOWN PURSUITS

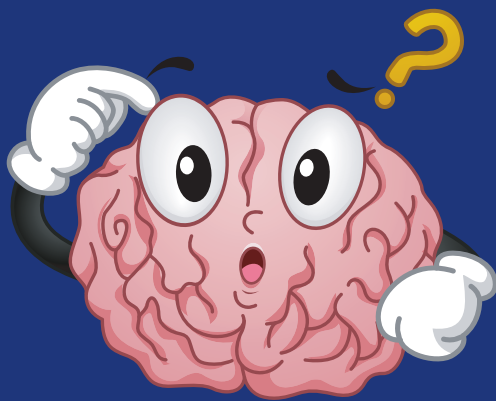
In terms of TV a few recommendations, I prefer TV Crime and usually those that are a bit different.

'**Killing Eve**' is a must and all the series are on iPlayer for a binge.

I would also recommend on iPlayer - **Cardinal**, set in Canada which is very good, and I have just found **Mystery Road** set in the Australian outback, very good and different.

On Channel Four check out **The Team** set in Europe across Denmark, Germany and Belgium, Series 1 and 2 on catch-up.

There was also a very good **documentary on Tom Slattery**, comedian from the 80's wondered what happened to him well, this documentary explains that, as he has suffered with drugs, mental health etc - not depressing, just very interesting, on iPlayer.



We also like quizzes and so have been joining **Jays virtual pub Quiz** on a Thursday night and Saturday night, they are not that hard, but they also had a couple of special quizzes on Friday nights with Stephen Fry and Jonathan Ross asking the questions, this is on YouTube they are all recorded so can be watched and done. Felt as if we were sort of back in a pub for the regular monthly quiz. Worth a look.

I have also been doing Future learn courses, just google **Future Learn**, lots to do, on all subjects, they are free, I have studied Hadrian's Wall and Victorian Film and Cinema recently and have just started a course on the Exploring our Oceans, ever heard of HMS Challenger? No, well nor had I until I started this course.



LOCKDOWN PURSUITS

Finally I have done a couple of online cookery sessions. You book a session, get the recipe sent to you, so you can get ingredients and prepare and then, you go online, with Zoom and watch the chef talk you through the class, last night I did Middle Eastern Chicken with cous cous and pomegranate. Costs about £5 booked through WI -actually Claire booked it.

Recipe as below.



Please note all recipes serve 2 so please adapt quantities as needed.

For vegetarians, we recommend using tofu as a substitute for the chicken, however the cooking timings may vary.

As a gluten free substitute for the cous cous we would recommend using rice however the cooking timings and method for this will be different (please follow packet instructions)

Middle Eastern Spiced Chicken with Pistachios

Serves 2

INGREDIENTS

2 plump skinless chicken breasts, lightly slashed



Marinade

Juice and finely grated zest of ½ lime

1 tbsp olive oil

1 tbsp honey

Small knob of fresh ginger, grated

1 clove garlic, finely chopped

½ tsp ground cumin

½ tsp ground cinnamon

1 ½ tsp Dijon mustard

3 stalks fresh coriander, very finely chopped

10g pistachio nuts, chopped

Garnish

10g pistachio nuts, chopped

Coriander leaves



RECIPE CONT'D



METHOD

Mix together all the marinade ingredients and then pour over the chicken and leave to marinate, ideally overnight.

Heat your oven to 180°C/Gas 4. Take a large piece of baking paper (approximately 45cm x 35cm). Fold in half lengthways, and trim the open corners, so they are slightly curved, rather than square edged.

Place a chicken breast with some marinade on the paper, just below the centre fold. Season well with salt, and add 1 tsp of water carefully, so it doesn't run everywhere, and fold the top half of the paper down. Starting at the top left hand corner, fold in the edge tightly, and continue working your way around the whole open edge of the paper, always folding over the previous fold to secure. It should look a bit like a Cornish pasty. Repeat with the second chicken breast.

Place both packages on a baking sheet, and cook in the oven for 20-25 minutes, depending on size.

Remove from the oven and leave to rest for 5 minutes or so.

Carefully open the package, there may be hot steam inside. Make sure you don't lose any of the delicious juices, which can be poured over the chicken when plated.

Slice or serve whole, with couscous or rice.

Pomegranate Couscous

Serves 2

INGREDIENTS

100g couscous

100g chicken or vegetable stock

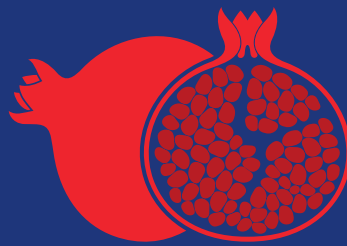
10g of fresh coriander or flat leaf parsley leaves, finely chopped

50g pomegranate seeds

1 tbsp olive oil Salt

METHOD

Place the couscous in a heatproof bowl. Boil the stock and pour over the couscous. Place cling film over the bowl and leave for 10 minutes. Remove the cling film and fluff up the couscous with a fork. Stir through the olive oil, pomegranate seeds, salt and chopped coriander or parsley.



RECIPE CONT'D

Orange Date and Mint Salad

Serves 2

INGREDIENTS

2 large oranges

2 medjool dates, pitted

10 small mint leaves

30 pomegranate seeds

½ tsp icing sugar

¼ tsp ground cinnamon

Sprinkle of dilute rosewater (optional)

METHOD Slice the top and bottom off the orange to give a flat base and place on a chopping board.

Using a sharp knife, serrated is best, cut down the sides of the orange to peel it.

Curve your knife as you go to match the contour of the orange.

Remove as much of the white pith as you can, then slice into 4-5mm thick rounds.

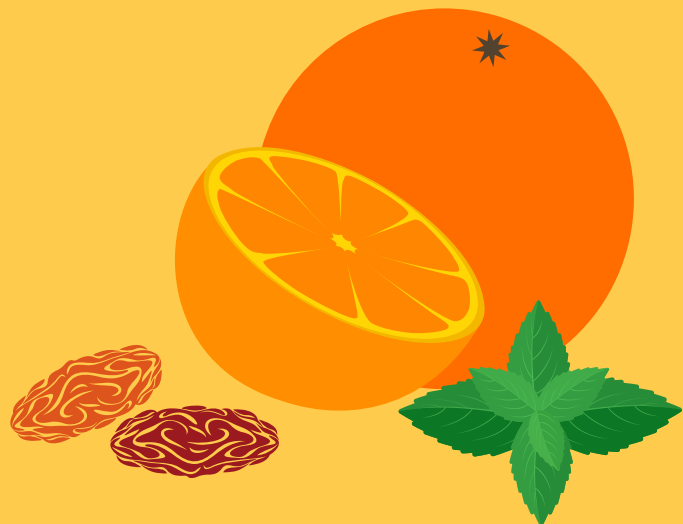
Lay the orange rounds out on a plate, slightly overlapping.

Slice the dates, lengthways into thin slices, and arrange evenly over the oranges.

Tear the mint leaves and arrange evenly on top.

Dot the pomegranate over the oranges.

When ready to serve, dust with cinnamon and icing sugar, ideally through a sieve for even spread.



How kind it is of Claire to book these cookery sessions for Mark! I am sure that there was no ulterior motive behind that decision.



I wonder if Joe would appreciate it, if I booked some for him?



TUTORIAL DANCE VIDEOS - BEGINNER

Here is a list of our beginner tutorial videos.

Click on the dance title to view the tutorial

BEGINNER LEVEL

[Do You Remember](#)

[Ruby Ruby](#)

[Maverick Shuffle](#)

[Honey I'm Good](#)

[Lipstick, Powder & Paint](#)

[The Lemon Tree](#)

[Until the Dawn](#)

[MD Honky Tonk](#)

[Bonaparte's Retreat](#)

[Coastin'](#)

[Little Rhumba](#)

[Simply Mambo](#)

[Stand Up & Boogie](#)

[Precious Time](#)

[Gently Does It](#)

[Feel the Way I Do](#)

[Dance Monkey](#)

[South Sea Shuffle](#)

[Primer Beso](#)

[Cowboy Charleston](#)

[Jo 'n' Jo Tango](#)

[Cha Cha Espana](#)

[Begin to Swing](#)

[Special Delivery](#)

[Nothing Compares](#)



TUTORIAL DANCE VIDEOS - IMPROVER

IMPROVER LEVEL

Click on the dance title to view the video

[Gone West](#)

[Crystal Touch](#)

[Keep Young](#)

[La Fiesta Cubana](#)

[What A Man Gotta Do](#)

[Mack the Knife](#)

[Senorita La-La-La](#)

[Guetta's Party](#)

[Stitch It Up](#)

[Pot of Gold](#)

[Elliot's Dream](#)

[Quando When Quando](#)

[Playboys](#)



TUTORIAL DANCE VIDEOS - INTERMEDIATE

INTERMEDIATE LEVEL

[Chill Factor](#)

[Faithful Soul](#)

[Clap Happy](#)

[Vanotek Cha](#)

[Caribbean Pearl](#)

[Tough Love](#)

[Shakatak](#)

[SXE](#)

[Nancy Mulligan](#)



SALSA SOLO

In this weeks session I taught the new steps 'Victory' and 'Roundhouse' also known as 'Circled Piano'. You have built up a good repertoire of steps already, but don't worry - there are plenty more to come...

SALSA SOLO STEPS LEARNT TO DATE

- Forward & Back Basic
- Forward only basic
- Back only basic
- Cross basic
- Cumbia
- Cucaracha
- Turning Basic
- Back only turning basic



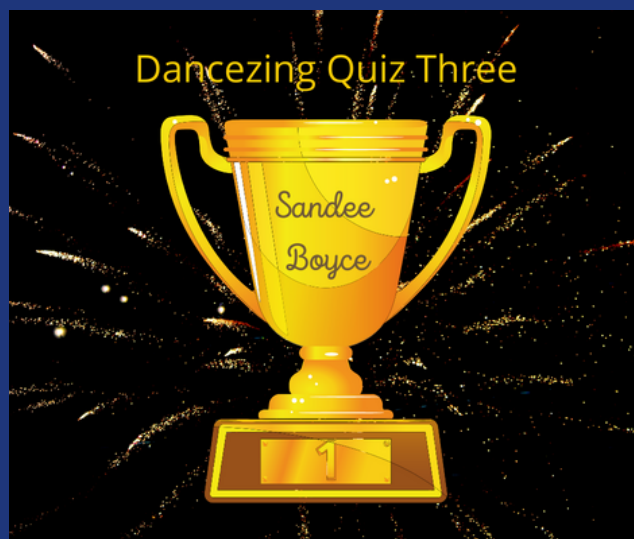
- Chord Beats
- Front Side Together
- Piano
- Double Tap Crossover
- Front Toe Tap
- Double Left
- Caminada
- Single tap combination
- Suzy Q
- Kick Double Tap
- **Victory**
- **Roundhouse / Circled Piano**



Our next online quiz will be on Wednesday 15th July at 6.30pm



Dancezing Quiz Three



We had a fun quiz on Wednesday with some new categories:

- Celebrity names
- Identify the trees from the leaves
- Country Flags
- Catchphrase
- Top 5 - e.g. UK dog breeds 2020

Santee was our winner this time, with a very impressive score. Congratulations Santee!

BRAIN TEASERS & RIDDLES - ANSWERS

1. What is always in front of you but can't be seen? **THE FUTURE**
2. What can you break, even if you never pick it up or touch it? **A PROMISE**
3. What can you catch, but not throw? **A COLD**
4. What goes up but never comes down? **YOUR AGE**
5. What question can you never answer yes to? **ARE YOU ASLEEP YET?**
6. What is so fragile that saying its name breaks it? **SILENCE**
7. Before Mt Everest was discovered which was the highest mountain in the world? **MT EVEREST - IT JUST WASN'T DISCOVERED YET**
8. Imagine you are in a sinking rowing boat surrounded by sharks. How would you survive? **STOP IMAGINING**
9. I can run but I can't walk, I have a mouth but I can't talk, a head but I can't think, a bed but I can't sleep. **A RIVER**
10. It goes in dry, it comes out wet, the longer it's in the stronger it gets. What am I? **A TEA BAG**
11. Is it legal for a man to marry his widow's sister? **NO. HE'S DEAD**
12. Heavy it is but reverse it's not. **TON**
13. Adam's mother had 3 children, the first was named April. The second child was named May. What was the third child's name? **ADAM**
14. A five letter word, add 2 letters and it becomes shorter. What's the word? **SHORT**
15. Divide 50 by half and add 20 **120**

BRAIN TEASERS - TRUTH OR MYTH?

1. Martial arts star Bruce Lee was killed by Chinese crime bosses for refusing to work in their films.
2. Blind people have better hearing than sighted people do.
3. You can't open the door to 10 Downing Street from the outside.
4. Venetian blinds actually originated in Japan.
5. Worldwide more people are killed by donkeys than by air crashes.
6. Sir Isaac Newton discovered gravity when an apple fell on his head while he was sitting under a tree.
7. A tidal wave of molasses swept through Boston in 1919, killing 21 people & injuring 150 others.
8. Waking a sleepwalker can do irreparable harm.
9. The official colour of mourning in Egypt is red.
10. In Singapore it is a criminal offence to fail to flush a public toilet.

BRAIN TEASERS - BRITISH TRIVIA



1. In which year was Prince George of Cambridge born?
2. In what year did 'I'm A Celebrity...Get Me Out of Here!' first hit our screens?
3. In what year did it first become a legal requirement to wear a seatbelt in the UK?
4. In which national park can you find the mountain Helvellyn?
5. Fish & chips was the only takeaway food not rationed during World War II. True or False?
6. You can catch a train at Llanberis Station to take you to the summit of which British Mountain?
7. Which London museum was originally opened by a Frenchwoman in 1835?
8. In which year did the Channel Tunnel open, linking Britain to France?
9. In 1992 a fire broke out at which royal property?
10. What is the longest river in Britain?