

# ROUND NOTES



**Denver, Colorado**

**June/July 2012**

## **Presidents Letter – Rose del Sol**

CRDA as a dancer directed organization has a limited number of cuers/cuer couples as board members. April introduced you to one of the cuer couples newly elected to the board. I would like to introduce you to the new dancer couple that is helping to shape the direction of your organization.

### **Say hello to Steve and Janet Pitts**

Learning to dance and meeting wonderful friendly people during the last 5 years have been a welcome activity for both of us. Dancing provides a wonderful way to relax from a busy day at work.

Steve started square dancing during college and we both took square dance lessons with caller Don Rouze in the fall of 2006. After we graduated from our lessons we became members of the Scootbacks Square Dance Club helping out as caboose, vice-presidents and presidents.

We added plus dancing and round dancing the year following our square dance Lessons. We graduated from our first set of round dance lessons with Ed and Elvira Glenn in 2008 and haven't stopped dancing since. Round dancing requires lots of practice and floor time, so we dance as much as possible at the various clubs in the area and try to attend festivals as we can. This area is fortunate to have many wonderful (and patient) cuers and instructors in the Denver area who are able to teach us new things.

We have enjoyed the opportunity to meet and dance with new people at the various festivals like the CRDA Gala, the Colorado State Square Dance Festival, the Peach Festival in Grand Junction, Hi Country Weekend in Westcliffe, USA West, and the Roundezvous in Red River, New Mexico. Last year we attended ICBDA for the first time in Lakeland, Florida. ICBDA recently started including a room for phase 3-4 round dancers so we took advantage of it and will be attending again this year in North Carolina.

We met at Storage Technology and are celebrating 32 years of marriage this year. After we were married we moved to Lafayette and still reside there. Our family includes 2 sons (and a daughter-in-law). Nathan lives in the Seattle area with his wife Hannah. Jason is currently living in Greeley attending Aims Community College.

Steve is a Colorado native, born in Colorado and moved to Boulder in 1960's. Janet moved to Colorado in 1967. Both of us grew up and attended schools in the Boulder area. Steve graduated from CU Denver in Electrical Engineering and Janet graduated from CU Boulder in Computer Science. Steve currently works for IBM Global Services. Janet works as a Software Engineer at Ball Aerospace where she has been for 21 years.

In addition to dancing we are active in our Lafayette church and try to go skiing when we have time.

## Notes and dances from around Colorado (CRDA members' input)

### Happy Feet Rounds (Grand Junction) Maxine & Dale Springer

June brings the excitement of the State Festival to be held here in Grand Junction, June 8-9 . We get to dance in the ballroom of the Mesa University with good wood floors. Several cuers from the Denver area are coming to help with the cueing and teaches which means a really good time for all. July brings a time to kind of relax as a lot of people are traveling with summer vacations, so that means a time to review special dances. Just a quick reminder of the August fun level dance to be held here in Grand Junction with Milo and Grace Ferry sharing the cueing with us. Then you can pick up some fresh peaches. ---Come on over to Grand Junction and have a good time with us.

### Dancing Penguins (Denver)—John and Karen Herr

Dancing on Mondays, Tuesdays, and Fridays are keeping us on our toes! Thanks to Betty Carson for keeping a list of our Monday dances. Watch Dancing Penguins' web page ([www.thedancingpenguins.com](http://www.thedancingpenguins.com)) for the updates that will be happening. Tuesday, August 21 we will be starting lessons again. We'll start with waltz again, beginning! Tell everyone!

Alhambra (Lamberty 4 W)  
All That Jazz (Sechrist 5 FT)  
Amor Cha (Barton 5 Cha)  
Blue Wings (Moore 4 W)  
Castles and Kings (Slater 5 W)  
Chewin' Gum (Moore 4 QS)  
Getting to Know You (Prow 4 FT)  
Harry in Winter (Herr 5 Bol)  
Hooked on Swing (Windhorst 4 Mixed)  
I Like You (Herr 4 Cha)

Me and My Sister (Read 4 W)  
Molly McGuire (Lamberty 4 W)  
On Days Like These (Preskit 6 Bol)  
Quickstep Figures  
Rhythm of Love (Goss 6 QS)  
Adeline (Shibata 6 Slo 2 Stp)  
Let's Mambo (Herr 4 Mamabo)  
That Man (Worlock 5 QS)  
Tonight We Dance (Herr 5 MG)

### Telefeathers (Denver)—Harold and Meredith Sears

We meet each Thursday at the Rose Hill Grange. We certainly enjoy learning the new choreography steadily coming out -- we can't begin to keep up with it all. But we've had fun going back to the classics, too. They're fun dances, and the fact that they've been around so long somehow gives them added spice. Here are a few we've been playing with:

Feelin' (Barbee 2 W 1969)  
Lovely Lady (Palmquist 5 W 1976)  
To Each His Own (Shawver 6 FT 1978)  
Someone Like You (Barton 5 W 1979)  
Andante Waltz (Howard 6 W 1980)  
Cavatina (Barton 6 W 1982)

La Pura (Goss 5 Cha 1984)  
South of the Border (Bahr 5 Rum/Cha 1992)  
Love Potion #9 (Anderson 5 Cha 1993)  
To All the Girls (Goss 5 Bol 1994)  
Cha Cha Frenesi (Slomcenski 5 Cha 1995)  
Am I Blue (Lamberty 6 FT 1998)

More about the Telefeathers at [www.rounddancing.net](http://www.rounddancing.net).

### **Rhythmaires (Colorado Springs)—John and Karen Herr**

We meet twice a month on Thursdays at the Carriage Stop. Schedule is dependent on who is in town and who can make it. Check with us if you would like to dance on Thursdays. We dance 3's & 4's and some 5's. We've been saying our prayers for some of our dancers. Sue Meyer is now in a home. She is aware but unable to communicate. She danced until just a few weeks ago.

### **Glenn's Dancers (Lafayette)—Ed & Elvira Glenn**

We are continuing with Phase III clinics, beginning Phase III Waltz on Monday, May 21 and beginning Phase III Foxtrot on July 9. Please contact Ed or Elvira Glenn (303-666-6331 or [e\\_e\\_glenn@netzero.net](mailto:e_e_glenn@netzero.net)) for more information. Please free feel to join us Beginning Phase II round dance Two Step and Waltz basics begin Monday, September 17.

### **DreamARounds (Los Alamos, NM) Bob & Sally Nolen -**

Bob & Sally have been teaching in Los Alamos, NM 26 years. They manage and operate weekends and weeks in Red River, New Mexico. They just finished a weekend, Roundezvous in Red River, NM with Peter & Chama Gomez. It seemed to be a big hit with those that were there. Many were from Colorado. They taught the followin dances:

Mama Said (Nolen 3 2stp)

Concierto de Aranjuez (Nolen 4 Bol)

How Sweet it Is (Parker 3 Jv)

Introduced Quickstep - I want A Quickstep

by Eddie & Audrey Palmquist

Peter and Chama Taught

Close Every Door (Gomez 3 W)

Cuba (Gomez 3 Cha

Harmony (Gomez 4 Slo 2 Stp)

Our club is Dream-A-Rounds and meet on Thursday night teaching and dancing Phase III-VI. We are down right now with 2 couples being in a long term illness. We teach social dancing on Monday nights followed by Phase III-IV round dancing and people coming to this after they have had our lessons. We teach round dancing in social dancing and no one complains.

We hold a week of round dancing in September in Red River but it is in jeopardy of being cancelled this year. Following that is a weekend (Thurs-Sat.) of Aspencade Plus Square and Round Dancing with ourselves and Art Tangen and Hunter Keller. The dates are Sept. 20-22, 2012.

If you come to Northern New Mexico please give us a call and stop in. Call us at 505-231-8952.

### **Future Events by CRDA members:**

June 7-8	Colorado State Festival with Rounds	Grand Junction, CO
June 23-27	Roundalab (open to dancers and leaders)	Spokane, WA
June 27-30	National Square & Round Dance Convention	Spokane, WA
July 4-7	ICBDA	Greensboro, NC
August	Peach Festival-Guille & McBride	Palisade, CO
Aug 30- Sept 2	Singles Dance-A-Rama Keller & Herr & Garza	Des Moines, IA
Sept.7-9	New Mexico Round Dance Festival Hurd & Nolen	Albuquerque, NM



# CRDA

## Membership

### MEMBERSHIP REMINDERS



#### BENEFITS TO MEMBERSHIP IN CRDA

- Discounted admissions at major CRDA dances.
- Opportunity to vote at the annual membership meeting at the Gala, and have an influence for the future direction and future activities for CRDA.
- Email notices of upcoming events
- Email notices of dance cancellations due to weather
- Opportunity to vote on the dances/songs that will be a part of the program in the various halls for the Gala in Greeley.
- Receive the "Round Notes" which is a quarterly newsletter provided by the CRDA. This contains the current activities and concerns of the organizations, and (among other things) also lists both local and out-of-state round dance activities and festivals.
- The CRDA is primarily a dancer run organization. Membership in CRDA is a way of supporting the various services that CRDA provides, including publishing the quarterly "Round Notes", CRDA sponsored dances, and maintenance of a web site.

*Tear Here*

#### CRDA MEMBERSHIP RENEWAL FORM

Name \_\_\_\_\_

His \_\_\_\_\_

Hers \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

CRDA badges:

Pin type: 2 for \$24.00

Magnet type: 2 for \$28.00

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Annual membership \$18.00 \_\_\_\_\_

(Due January 1)

CRDA badges \_\_\_\_\_

I would like to receive my Round Notes:

by U.S. mail \_\_\_\_\_

by e-mail (our preference) \_\_\_\_\_

MAKE CHECKS PAYABLE TO:

"CRDA" or "Colorado Round Dance Assn"

MAIL TO:

Jean Montgomery, Membership

1495 Braewood Ave.

Highlands Ranch, CO 80129

303-791-1054

Are you interested in having us contact you regarding serving on a committee?

Committee preference \_\_\_\_\_

Total \_\_\_\_\_

## A Baker's Dozen -- Efforts We Can Make To Improve All Our Dancing

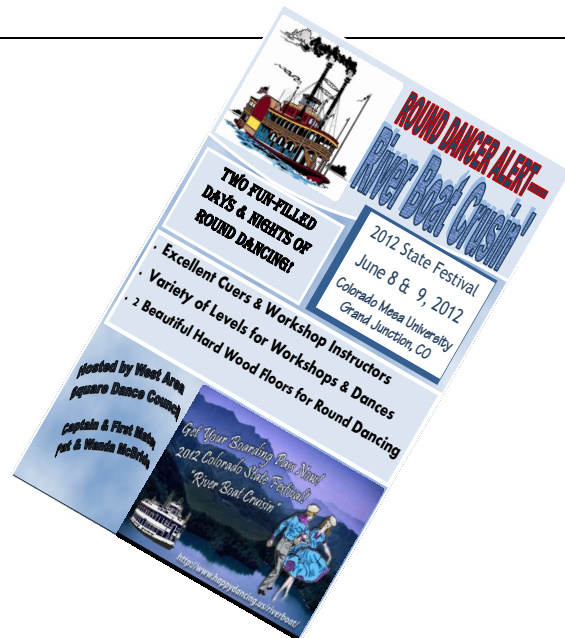
by Harold & Meredith Sears

Last time -- **Maintain good posture and a toned frame.**

**2. Keep your head up, stable, and over its spine.** As you sway left, you will integrally look left (lady right). Right sway will close her head, but don't turn your head independently of overall frame movement or let your gaze wander around. Unexpectedly, your head is the heaviest and most influential part of your body. If you don't keep it up and poised, it can throw you completely off balance and dramatically impede your spins and turns. If you do keep your head in good position, you can flow with surprising power -- with head closed, your Big Top will snap around. Don't look at other dancers for tips on what you should be doing. Don't look at your feet (or at your partner's feet). Don't stare unfocused at his chest, in deep concentration. Don't look at your partner at all unless you have a good styling reason.

**3. Stay close.** If you separate from your partner, you can't feel his or her movements. You can't lead and follow as effectively; you can't dance together. Not only that, but in various turns, in rolling across, you'll have a longer way to go, and these figures will be rushed, even frantic. On the other hand, keep your top lines apart. When you keep your shoulders apart and your heads in their own windows (to your partner's right), you are in your own space and out of your partner's way. You can also better use centrifugal force in your spins and turns. Remember, a spinning top has a narrow base and a flaring top.

Next time -- **Be deliberate in all your steps and actions.**



### BYLAW CHANGES

The 4 proposed bylaw changes to be voted on at the CRDA General Meeting in November have previously been published 3 times in the Round Notes, so they are not published here. They are available for review on the CRDA website at [http://www.crdanet.com/CRDA\\_BOD.html](http://www.crdanet.com/CRDA_BOD.html). If you have any questions, you can contact the proposer, Patrick Krause at [krause.p@comcast.net](mailto:krause.p@comcast.net).

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**SAT. JAN. 14**  
**OUTPOST**  
George Smith  
&  
Justin Judd del Sol  
7-9:30 pm



**SAT. FEB. 11**  
**ROSE HILL GRANGE**  
Chris & Terri Cantrell  
&  
Mitchell Thompson  
7-9:30 pm



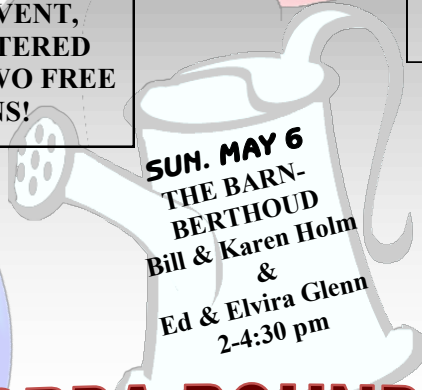
**SAT. MARCH 10**  
**ROSE HILL GRANGE**  
Patrick & Eileen Krause  
&  
Becky & David Evans  
7-9:30 pm

\* EACH TIME A CRDA MEMBER  
ATTENDS A FUN DANCE EVENT,  
THEIR NAME WILL BE ENTERED  
IN A DRAWING TO WIN TWO FREE  
2013 GALA REGISTRATIONS!

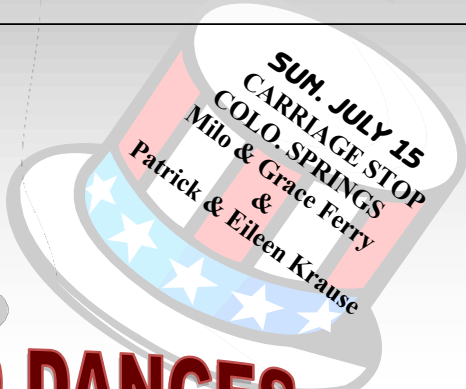
Information: Website: <http://crda.net>  
Roy & Marcia Knight 303-463-4769  
Royalknight\_44@yahoo.com



**SUN., APRIL 22**  
**SPRING CELEBRATION**  
**AVALON BALLROOM**  
2:00-4:30 pm



**SUN. MAY 6**  
**THE BARN-  
BERTHOUD**  
Bill & Karen Holm  
&  
Ed & Elvira Glenn  
2-4:30 pm



**SUN. JULY 15**  
**CARRIAGE STOP**  
**COLO. SPRINGS**  
Milo & Grace Ferry  
&  
Patrick & Eileen Krause

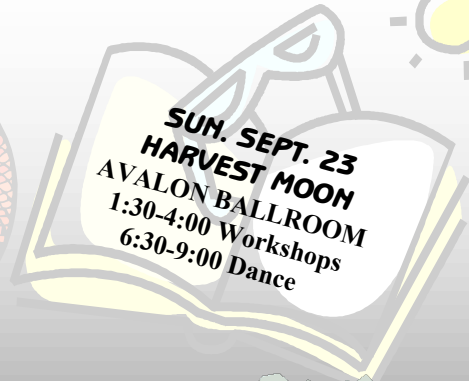
# 2012 CRDA ROUND DANCES



**SAT. AUG. 11**  
**THE BARN, BERTHOUD**  
Peter & Chama Gomez  
&  
Arlin & Linda Sample  
7-9:30 pm



**SUN. AUG. 26**  
**PEACH FUN DANCE**  
MASONIC HALL,  
GRAND JUNCTION  
1:30-4:30 PM  
Maxine & Dale Springer  
&  
Milo & Grace Ferry



**SUN. SEPT. 23**  
**HARVEST MOON**  
AVALON BALLROOM  
1:30-4:00 Workshops  
6:30-9:00 Dance



**SAT. OCT. 13**  
**ROSE HILL GRANGE**  
John & Karen Herr  
&  
Dave & Tracy Smith  
7-9:30 pm



**FRI. & SAT.**  
**NOV. 2-3**  
**CRDA GALA**  
UNC GREELEY  
Ron & Mary Noble  
&  
Susie & Gert-Jan Rotscheid



**SAT. DEC. 8**  
**ROSE HILL GRANGE**  
John & Karen Herr  
&  
Roy & Marcia Knight  
Charity Dance for  
Rose Hill Grange &  
Maple Grove Grange  
7-9:30 pm

**Colorado Round Dance Association**  
**Hall of Fame**  
Nomination Form

Do you know someone who is or was a member of CRDA? Did they take that extra step and become involved in Galas, committees, the Board of Directors or cue? Did they make a difference in the sport of Round Dance, especially in Colorado? Did CRDA or round dancing grow or change because of them? If you can say yes to any of these Questions, the CRDA Hall of Fame Committee is looking for them. Please take the time to fill out the nomination form so we can get them the recognition they deserve. Don't wait for someone else to nominate them. Do it today!

I/We nominate

\_\_\_\_\_ to the CRDA Hall of Fame.

I/We believe they should be in the CRDA Hall of Fame because  
(include a short statement on a separate sheet of paper)

CRDA Member \_\_\_\_\_

Please send this nomination for via E-mail or post by June 30, 2012 to

Kent & Pam Long  
1560 S TELLURIDE ST  
AURORA, CO 80017  
303-755-1715  
[Kentlongsqdance@gmail.com](mailto:Kentlongsqdance@gmail.com)

Hi to all you CRDA members.

Nominations for the CRDA Hall of Fame will be closed at the end of June. Do you have someone in mind? If so, please complete and send us the form above or let us know and we will send you a form. The form can also be downloaded from the CRDA website, [www.crda.net](http://www.crda.net). After the nominations are closed, we will begin the process of determining the nominees' qualifications.

We know that there are many members out there that are deserving of the honor. If the nominee did not qualify in the past, they may qualify now. So don't hesitate to nominate the person or couple again.

Kent and Pam Long

# CRDA FUN DANCE

SUNDAY, JULY 15, 2012

**WHERE:** CARRIAGE STOP  
2700 ROBINSON ST.  
COLORADO SPRINGS, CO

**WHEN:** 2:00–4:30 PM

*Program will be based on those in attendance (Phase II - V)*

*\$ 5/per person    \$10/couple*

Information: Roy & Marcia Knight 303-463-4769  
Royalknight\_44@yahoo.com

For Maps & Directions: CRDA Website: <http://crda.net>

Patrick & Eileen Krause



C  
U  
E  
R  
S

Milo & Grace Ferry





Colorado Round Dance Association  
Board of Directors Meeting  
Sat., April 14, 2012

Meeting called to order by Rose del Sol at 2:30 p.m.

Board members present: Rose del Sol, Chris and Terri Cantrell, Jim and Margie Garcia, Chuck and Melanie Thompson, Fred and Judy Layberger, Harold and Meredith Sears, Tom and Dot Doherty, Dave and Tracy Smith, Steve and Janet Pitts. Non-voting members present: Jean Montgomery, Kent Long, Karen and John Herr.

Minutes amended to state that Assistant Gala Chair couple will be part of the cuer selection committee. Minutes approved as amended.

Treasurer's Report:

All assets we have now are in cash or cash equivalents. Fun dances are breaking even. Round-a-Lab dues have been paid. 2012 total liabilities and equity as of April 10, 2012 listed as \$21,764.26. For more detailed information contact Chuck Thompson.

Chuck will book the Avalon for the 2013 Spring and Harvest Moon Dances.

Motion approved to join the Avalon's Village Arts Coalition for a \$25 group membership fee which will give us a page and calendar on their website, publicity, and rental priority.

Vice President's Report:

Terri Cantrell said the focus of the dance is on new dancers and routines they learned. Garcias will do refreshment tables. Tracy Smith, Margie and Jim will help with registration. New dancers pay a \$3 registration fee and get free membership through 2012. Karen Herr will bring a complimentary copy of the Round Notes that includes a flyer and registration form. Jean Montgomery will bring registration forms.

Becky Evans is chairing the Harvest Moon Dance.

2012 Gala Report:

Budget presented and passed. A suggestion was made to put a reserved sign for featured cuers and clinicians at different tables so they could sit with other CRDA dancers. Also put a blurb in Round Notes to focus members on the benefits they get from attending the luncheon.

2013 Gala Report:

The theme for the 2013 Gala is "That Old Black Magic". Karen and John Herr hope to change the host Hotel. There is a possibility that the Guptons will need to cancel due to bad health and we need to be looking for possible substitutes. Karen and John are going to contact the Guptons and DeChennes and introduce themselves as the 2013 Chair Couple. They also proposed an increased fee of \$10 to offset rising costs.

Membership Report:

Jean Montgomery provided us with a new membership list and said membership (121) is holding steady.

Round Notes Report:

Karen Herr hopes to limit flyers announcing upcoming events to the next few months following publication. That way she will be able to include more articles of interest to dancers.

It costs 65 cents to mail a copy of Round Notes and approximately 50% of the membership gets a

hard copy. Also new members get a free copy of the Round Notes when they sign up.

Fun Dance Report:

The May Fun Dance will be held at the Berthoud Barn on Sun. May 6<sup>th</sup> from 2:00-4:30. Ed Glenn and Bill Holmes are cueing.

Historian's Report:

Meredith Sears will bring the completed 2011 Memory Book to major dances.

Cuer Selection Committee Report:

Harold Sears said they are not proceeding with future cuer contacts at this time.

Hall of Fame Committee Report:

Kent Long welcomed Ron and Judy Spahn as new committee members. Nominations for Hall of Fame are open through June.

Ongoing:

Terri Cantrell is continuously updating the Webpage. Chris Cantrell is working to revise the Red Book.

The next meeting will be August 11<sup>th</sup> at 10:30 a.m. at the Rose Hill Grange. Treats will be provided by Margie and Meredith.



## CRDA BOARD MEMBERS

Rose del Sol - President  
720-272-2706 [hvnborn@msn.com](mailto:hvnborn@msn.com)

Chris and Terri Cantrell – V.P  
303-469-9140 [terri@ctkr.com](mailto:terri@ctkr.com)

Jim and Margie Garcia – Secretary  
303-469-4096 [gar905@comcast.net](mailto:gar905@comcast.net)

Chuck and Melanie Thompson Treas.  
303-277-0399 [mthomp36@aol.com](mailto:mthomp36@aol.com)

Fred and Judy Layberger  
719-268-1233 [laybergerf@aol.com](mailto:laybergerf@aol.com)

Harold and Meredith Sears  
303-494-3570 [mail@haroldsears.com](mailto:mail@haroldsears.com)

Tom and Dot Doherty  
970-249-8058 [ddoherty97@hotmail.com](mailto:ddoherty97@hotmail.com)

Dave and Tracy Smith  
303-578-2588  
[smith-tracyg@comcast.net](mailto:smith-tracyg@comcast.net)

Steve and Janet Pitts  
303-666-6524 [stevepitts@mindspring.com](mailto:stevepitts@mindspring.com)

## COMMITTEE MEMBERS AND CONTACTS

Membership: Jean Montgomery [jeanmont29@gmail.com](mailto:jeanmont29@gmail.com) 303-791-1054

Round Notes: Karen Herr [kherr00@mac.com](mailto:kherr00@mac.com) 303-681-3147

Hall of Fame: Kent & Pam Long [kentlongsqdance@gmail.com](mailto:kentlongsqdance@gmail.com) 303-755-1715

Dennis & Peggy Pluim

Ron & Judy Spahn

Fun Dances: Roy & Marcia Knight [royalknight\\_44@yahoo.com](mailto:royalknight_44@yahoo.com) 303-463-4769

Gala 2012: Jim & Margie Garcia [gar905@comcast.net](mailto:gar905@comcast.net) 303-469-4096

Gala 2013: John & Karen Herr [kherr00@mac.com](mailto:kherr00@mac.com) 303-681-3147

Cuer Selection: Harold & Meredith Sears [mail:haroldsears.com](mailto:mail:haroldsears.com) 303-494-3570

Harold & Cindy Van Hooser

Patrick & Eileen Krause

## Sunshine and Shadows

Contact Margie Garcia at [gar905@comcast.net](mailto:gar905@comcast.net) if you know of someone who needs to receive a sympathy, get well, encouragement, or congratulations card.

Gary Dunlap - back surgery

Karen Fisher - sympathy card (Dick's passing)

Lois Arnold - sympathy card (Jack's passing)

Rose del Sol- sympathy card (father's passing)

For more info: <http://www.crda.net/CRDAGala.html#gala>



**Presents:**

## *A Sentimental Journey*

Honoring the Past—Celebrating the Present—Embracing the Future

**NOVEMBER 2 & 3, 2012**

*Dance - Friends - Music*



**Ron & Mary Noble**

**University of Northern Colorado, Greeley, Colorado**

*Feature Dance Presenters*

**&**



**Susie & Gert-Jan Rotscheld**

*Figure & Rhythm Instructors*

Easy : Phase II-III Intermediate: Phase III-V Advanced: Phase IV-VI

Gala includes 2 Phase II View & Cues, 2 Phase II-III Clinics,  
2 Phase III Teaches, 2 Phase IV Teaches, 1 each Phase V & VI Teach  
&

2 Evenings of Programmed Rounds & Requests

**3 Wood Floor Halls for Dancing & Workshops**



**Peter & Chama Gomez**



**Bob & Sally Nolen**

### Tentative Schedule

**Friday:** 2-4 pm Phase 2-6 Warm-up Request Rounds  
7 pm Request Rounds  
8 pm Programmed Rounds  
Phase 2 View & Cues  
Hall of Fame Presentations  
Demos of Teaches

**Saturday:** 9 am Phase 2-3 Figures Clinics & Phase 3,4,6 Clinic Teaches  
11:40 am Optional Catered Luncheon  
12:15 pm CRDA Membership Meeting  
1:30 pm Phase 2-3 Figures Clinic & Phase 3,4,5 Clinic Teaches  
7 pm Request Rounds  
7:30 pm Programmed Rounds  
11 pm After Party at Select Stay Hotel

### Housing Information:

**Select Stay:** (~10mins from the hall) Ask for the CRDA Block  
970-356-2180 or 1-877-264-5657 | 3025 8<sup>th</sup> Avenue, Evans, CO 80620  
~\$60.00 per night (includes breakfast bar & soup bar)

**Greeley RV Park:** (3 miles from the hall)  
970-353-6476 or 800-572-2130 | 501 East 27<sup>th</sup> Street, Greeley, CO 80631

\*\*Friday Afternoon Parking Pass: ~\$5  
Buy from University Conference & Events Scheduling Office- 2<sup>nd</sup> Floor  
UNC **will** issue parking tickets (cost ~\$50-\$100)  
Limited free street parking is also available

**Information: JIM & MARGIE GARCIA at 303-469-4096, email [gar905@comcast.net](mailto:gar905@comcast.net) or <http://www.crda.net>**

<b>Colorado Round Dance Association 52<sup>nd</sup> Annual Gala Registration Form</b>						
His Last Name		His First		Her Last Name		Her First
Street Address		City	State	Zip	Phone Number	E-mail Address
<b>FULL PACKAGE to April 1<sup>st</sup> 2012</b>		\$80 Members		\$98 Non-Members   singles pay half (includes 2012 CRDA membership)		
<b>FULL PACKAGE after April 1<sup>st</sup> 2012</b>		\$90 Members		\$98 Non-Members   singles pay half (NO membership included)		
<b>CATERED LUNCHEON</b> (Saturday on 2 <sup>nd</sup> floor):		\$28/couple		\$14/single		
<b>INDIVIDUAL SESSION PRICING:</b>						
Saturday, teaches only (9am-4pm)		\$55/couple   \$27.50/single		_____		
Saturday, all day & evening		\$80/couple   \$40/single		_____		
Friday AND/OR Saturday Evening(s) only		<u>ONE evening</u> \$30/couple   \$15/single		<u>BOTH evenings</u> \$55/couple   \$27.50/single		
<b>CRDA 2012 MEMBERSHIP:</b>		\$18/mailling address <i>(separate check please)</i>		_____		
						TOTAL: _____
<b>Make checks payable to CRDA &amp; mail to: Jim &amp; Margie Garcia, 905 Mesa Court, Broomfield, CO 80020</b> \$5 cancellation fee prior to 10/1/2012. NO refunds after 10/1/12 (one time rollovers allowed)						

Hello Colorado Cuers,

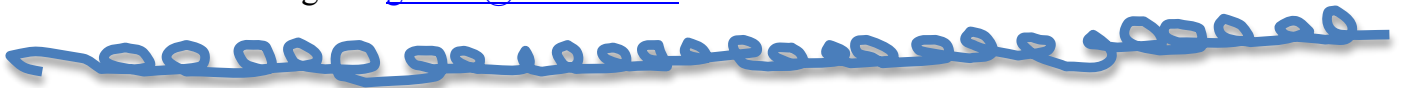
This is Margie Garcia. Jim (husband) and I are CRDA's Gala 2012 Chair Couple. Our theme is "Sentimental Journey". We are hoping to create a slide show featuring ALL Colorado Cuers past, present, and future. After all if you didn't cue, how could we have a Sentimental Journey? Jim and Judy Taylor will make us a continuous link slide show we can show during registration times and the Sat. luncheon. Jim and Judy will be ready to receive photos via email after the State Square and Round Dance Festival in June. Right now they are busy doing a memory book project for the State Festival.

All Colorado Cuers and CRDA Cuers are going to be featured in the slide show. You can be a square dance cuer, a round dance club cuer, a new or veteran cuer, a special events cuer, a retired cuer, a just married cuer or a cuer with grandkids and great grandkids. I'm pretty sure you qualify because you are on Jim and Judy Taylor's Colorado cuer list. I think this would be a nice way to recognize all your efforts and the countless hours of enjoyment you have provided for us the dancers. If you know of a cuer who didn't get this invitation please let me know and I will send them the email.

This slide show will feature you and you have the choice of what kind of pictures to send in to Jim and Judy. We have about 3 months to either look up pictures or get some taken before we start sending pictures to them. I can think of all kinds of fun pictures to send in: cueing your first gig, you at cuer school, special events like a dinner dance, some really fun events in and outside of Colorado, you on the dance floor, you with your students, you and your square dance club, exhibitions, you with your grandkids (I am really big on grandkids because I don't have any yet!), staged class pictures like everybody in picture figures, holiday pictures, etc. Let's get a variety of pictures and make it fun. It would so delightful that I could send a copy to the Colorado History Museum! We could also use it to promote Round Dancing. We could use it to promote your cueing and/or club too.

Jim and Judy would need the following information: who is in the picture, a date, and what event or occasion it was. I hope you will help us out. Jim and Judy don't really have the time to go looking for pictures or to remind you to please send in your pictures. I will send a couple of follow up emails to help you remember. There will be a cut off deadline but we haven't gotten that far yet. If you have other ideas involving this project just let us know. Please consider participating and thank you so much.

Contact Jim & Margie at [gar905@comcast.net](mailto:gar905@comcast.net)



## How To Cut Your Risk Of Memory Loss

David S. Martin, CNN

Wed November 9, 2011

(CNN) -- When Darla Arni's mother began showing the first signs of dementia 16 years ago, Arni worried she was doomed to the same fate.

So Arni began reading up on what she could do to stay mentally sharp. Turns out, plenty.

Arni, now 55, grew up on a farm where her mother fried just about everything in lard. Today, she skips the fried foods and eats plenty of fruits and vegetables, takes fish oil pills, goes for regular walks and meditates during a weekly yoga class.

"I'm doing everything I can," says Arni, a public speaker and author who lives in Slater, Missouri.

And what's the point?

Doctors who specialize in the aging brain say that dementia is not inevitable, even in very old age.

Making positive lifestyle changes earlier in life, they say, can lessen the chances of the faulty thinking and flagging memory that often come with advancing years.

Dr. Gary Small, director of UCLA's Longevity Center, says lifestyle may play a bigger role than genetics when it comes to who will fall into what he calls the "mental fog" of dementia.

Alzheimer's is perhaps the best known and most feared form of dementia. Early onset Alzheimer's disease, which often has a strong genetic component, may not be delayed with any lifestyle changes.

But late-life Alzheimer's, affecting people in their 80s and 90s, has only a minor genetic component and can be delayed or prevented with lifestyle changes -- especially if the changes begin in midlife, says Dr. Majid Fotuhi, chairman of the [Neurology Institute for Brain Health and Fitness](#) and a neurology professor at Johns Hopkins University School of Medicine.

### I say, 'Dance'

Fotuhi began ballroom dancing when he was a student at Harvard Medical School. It was a break from all the studying. More than that, it was fun.

Now a neurologist, Fotuhi still dances. He and his wife, Bitu, have mastered the tango. As an expert on how the brain ages, Fotuhi sees another benefit: Dancing is the perfect activity to keep the brain young.

"When people say, 'What's the one thing I can do?' I say, 'Dance.' " Fotuhi says.

The answer to keeping the brain sharp, neurologists agree, is not sudoku or crossword puzzles -- despite the conventional wisdom.

Staying physically fit is the most important element to keeping the brain young later in life, they say.

Remaining socially engaged and mentally active in new and challenging ways are the two other components to long-term brain health.

Fotuhi says ballroom dancing is perfect because it combines physical activity, social interaction and the mental challenge of remembering the steps.

### Growing the brain

Using new, more powerful MRI scanners, researchers have shown how even moderate exercise can actually increase the size of the hippocampus, the part of the brain responsible for forming memories, essentially turning back the clock and making the brain younger.

"We have found this treasure, this amazing phenomenon that the brain can grow," Fotuhi says.

After 50, the brain -- and the hippocampus -- typically begins losing volume. The hippocampus loses 1% of its volume every two years and accelerates up to 2% per year later in life. But this loss is not set in stone.

Dr. Arthur Kramer at the University of Illinois and his colleagues took 120 older adults and put half of them into an exercise group, which walked three days a week, and the other half on a stretching regimen.

After a year, the group that walked had better memory than at the start of the study. More than that, MRI scans showed that hippocampal volume increased, on average, by 2%, effectively making their brains a

year or two younger. The brains of the group that stretched continued to age.

"This is cutting edge. We can reverse the atrophy that happens to the brain with aging, particularly the hippocampus," says Fotuhi, author of "The Memory Cure."

A study at the University of Pittsburgh showed that exercise improved the thinking speed of previously sedentary people in their 80s. Staying in shape helps maintain a healthy blood flow to the brain, critically important because blood vessels make up one-third of the brain's volume.

But Caterina Rosano, the study's lead author, says the benefits to the brain of such modest exercise as walking three times a week appear to exceed the small improvement in overall fitness that exercise offers, though she's not sure why. One hypothesis: Walking is often a social activity, which engages the brain. It also may elevate the mood of the walker.

### **Begin early**

Exercise doesn't help just the elderly. Another University of Illinois study found an association between aerobic fitness, hippocampus size and memory performance in preadolescent children.

UCLA's Small says the focus on keeping the brain healthy should begin early.

"My opinion is we should begin in school," says Small, author of "The Alzheimer's Prevention Program," scheduled for publication in January. "The earlier you get started, the more you're going to benefit from it."

Fotuhi uses the analogy of saving for retirement. The more "savings" you build up with a brain-healthy lifestyle, the better off you'll be in your 60s and beyond.

### **A model life**

If Fotuhi was looking for someone who has done everything right, he'd have trouble finding anyone more on the ball than 91-year-old Angela Little.

"I've lived a fairly healthy life. I've been active. I exercise. I eat moderately. I try to keep my mind as tranquil as possible, not get too upset about anything," says Little, a retired professor of biochemistry at the University of California, Berkeley.

Little belongs to the Bay Area History of Medicine Club, attends a class on Italian literature and discusses the classics -- in Italian -- and attends a weekly conversation circle, also in Italian. She does tai chi and goes to the gym three times a week for weightlifting, core strengthening and stretching.

"I keep myself busy, and I keep my mind engaged," Little says. "These are the things that keep me happy."

### **Mothers and daughters**

In Missouri, Arni's mother, Dorothy, went on blood thinners more than 11 years ago. Doctors were worried about a massive stroke because the arteries leading to her brain were dangerously narrowed by plaque.

Even so, Darla Arni says, her mother's condition has progressed to the point where she no longer recognizes her during visits. But Arni, who has a daughter of her own, says she no longer fears dementia.

"I have a lot of friends. They're scared to death," Arni says. "I'm not so scared. Education and awareness make a difference."



### **Editor's Byline:**

Sure hope you are enjoying CRDA's Round Notes. We were able to include more clubs this time. Thanks leaders.! Next issue deadline is July 15. Maybe we include more members news. An idea, print your Round Notes, take to a dance and let others read it. Maybe they will join CRDA to read the news! We can all help grow membership in CRDA this way! Or take a membership form and hand to a dancer and encourage them to sign up! Members will keep our organization growing and active. Just think what you get for \$18 a year!

See you on the Round Dance floor!

### Upcoming CRDA Dates

July 15--	Fun Dance	Carriage Stop	2:00 p.m.
Aug. 11	BOD Meeting	Rose Hill Grange	10:30 a.m.
Aug. 11	Fun Dance	Berthoud Barn	7:00 p.m.
Aug. 26	Peachy Fun Dance	Grand Junction	2:00 p.m.
Sept. 8	Harvest Moon	Avalon	1:30 p.m.
Oct. 13	Fun Dance	Rose Hill Grange	7:00 p.m.
Nov. 2-3	Gala	UNC Greeley	
Dec. 8	Gala Wrap Up Mtg.	Rose Hill Grange	2:00 p.m.
Dec. 8	Fun Dance	Rose Hill Grange	7:00 p.m.

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