

ROUND NOTES



Denver, Colorado

August/September 2012

Presidents Letter – Rose del Sol

It is hard to believe summer is coming to an end. Now that State Festival, Nationals, ICBDA and Round-a-Lab are concluded the focus can shift back to our local events.

CRDA's next fun dance and the next chance for you to get entered in to the drawing for a free Gala entry is August 11. You will enjoy dancing up North with Peter and Chama Gomez and Arlin and Linda Sample at the Barn in Berthoud. Make the trip to the Western Slope for the Peach Fun Dance on August 26. Not only can you move through a lovely afternoon of dancing with Maxine and Dale Springer and Milo and Grace Ferry; you can also bring home those awesome western slope peaches.

September brings the Harvest Moon. Becky and Dave Evans are this year's programmers and are putting together a wonderful list of clinicians for the afternoon teaches. The Avalon ballroom was a great find for our larger events so please make sure you get this annual event on your calendar now.

As you are out and about, visiting square dance clubs or other round dance clubs be sure to talk up the November Gala. The CRDA Gala is a truly unique event with three floors of dancing offering even the very beginning dance a venue to dance, expand their knowledge base through teaches and clinics and the opportunity to see the sport danced at higher levels. Encourage all of those you chat with to join the Colorado round dance community at UNC for fun and laughter and learning.

Terri Cantrell and I will be developing the program for this year's Gala. We are hoping to have the vote list on-line by September 1. This program is developed based on your choices for you dance level. Choosing not to vote means you may not have the opportunity to dance your favorite dances. If you are unsure of the name of your dance, ask your teacher or grab a cuer and ASK QUESTIONS. Take a notebook and make your personal favorites list so that your voice will be heard.

Teachers and club leaders, if you have not been sending regular reports of those dances you have been teaching and reviewing please make sure you get your updated list to Rose del Sol at Hvnborn@msn.com ASAP. We want to make sure that your dancers get the chance to show off their skill and enjoy dances they are familiar with throughout the weekend.

Registration for the GALA is still open. More dancers are more fun so if you have not registered do so today.

Thank you all for the support you give to this awesome organization. It is so much fun to listen to the new adventures you have had, new clinicians you have experienced and the new techniques you are developing into your dance style. Your adventures encourage others to reach higher and expand their dance boundaries.

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

Happy Feet Rounds (Grand Junction) Maxine & Dale Springer

It's August already-- where has the time gone??? We have been working on the rounds that were taught at the state festival and having fun with them. Beautiful Noise (by Glenn) a cha has been a fun one and because the luau season is upon us Aloha Waltz is a good choice. Plans are in the making for the August Peach Promenade with Dave Guille of WY doing the squares, and Pat & Wanda McBride of Grand Junction doing the rounds. Then the Peachy Fun Round Dance Party on Sunday with Milo and Grace Ferry will help us with the cueing. Come on over to Grand Junction and have fun dancing and then get some good peaches to take home with you. It won't be long until it will be time to start new beginner classes, so remind your friends to join in and have fun in round dancing. See ya round a square

Dancing Penguins (Denver)—John and Karen Herr

We've had a full summer of us dancing. It's been fun to travel from coast to coast. We have one more dance trip—Roundarama in Indiana. We've learned some great new dances and some old ones, also. We're always on the lookout for the next great dance. Come visit us for our lessons starting on Tuesday, August 21. We'll do waltz! Tell all!

Adeline (Shibaata 6 Slo)

Amor Cha (Barton 5 Cha)

Any Dream Foxtrot

Are You Lonesome Tonight

Chewin' Gum (Moore 4 QS)

De Ja Vu

Dream a Little Dream

El Reloj

Entre Mis Recuerdos

Fiesta Madrilenia (Hurd 6 PD)

Forrest Gump (Moore 5 FT)

Funny Face

Harry in Winter (Herr 5 Bol)

I Like You (Herr 4 Cha)

I'm Gonna Getcha Good (Shibata 6 Cha)

Let's Mambo (Herr 4 Mambo)

Lost in the Darkness

May Each Day (Preskitt 6 Bol)

Me and My Sister (Read 4 W)

Moves Like Jagger (Kincaid)

Perfidia in Brazil (Hurd 5 R)

That Man (Worlock 5 QS)

Venetian Serenade

Years May Come

Knight Castle Dances (Arvada)—Roy & Marcia Knight

MUSIC IS SOUL. Dancing is an instrument to play the music. Roy firmly believes that! Marcia enjoys serving good food to others and sharing her talent for cooking. Those two things are combined in the Knight Castle Dancers Club.

The format is to dance on the 3rd Sunday each month. There is an afternoon session from 2:30-4:45 pm (free). Then there is a light supper (\$10/cpl), followed by a second session from 6:00-8:00 pm (free). Dancers can attend either one or both sessions. The dances are from phase II through light V. The program and food are adjusted to those attending; therefore an RSVP is needed. Dancers often review easy dances that have "gottcha's" in them so that dancers can understand. Sunday's teaches are full dances leaving the teaching of individual figures to other

teachers or times. There is a 4th Monday club (\$10/cpl) that will teach classics, the phase II-V figures, full dances, or anything the dancers wish. It is small group or private lessons.

Roy does not learn dancing easily. His method is to struggle, analyze, and understand. Because he has struggled, he can often explain clearer or in different ways than other teachers. He wants to share his knowledge and learning with all.

Roy and Marcia have danced under Bob Lyon, Bob & Marlene Langan, John & Karen Herr, and Chris & Terri Cantrell. Roy and Marcia have been round dancing for 14 years and consider themselves solid phase IV dancers but yes they understand, teach, and dance phase V and some VI.

Just remember it is the Music that is Important.

Rhythmaires (Colorado Springs)—John and Karen Herr

We have met occasionally during the summer. We're all a little sad with the loss of Sue Meyer. Services were beautiful! Remember to check with us to see if we're dancing!

Blue Nova (Denver)—Dave & Tracy Smith

There is a huge market of people out there who would love to engage in our activity. They don't know it and they cannot see it. We do not know who they are. We only know that we pass by them every day. We engage people in conversation. We tell them about this wonderful activity, and yet they still don't see it. We hand out flyers, tell them about lessons and direct them to websites, but still they cannot see. Why are they so blind?

Our activity is a simple exchange of communication between people. It is like a grass roots effort in the complex world we call today. A few people know about it, and most do not. Now-a-days, you have about two seconds to obtain and hold the attention of any one person. We need to clearly define who we are, where we're at, what we want to be, and to re-think how we reach out, and to re-think what products or services we want to offer. We should re-think the words we use to describe this activity; if you are not in the know, most of the words are meaningless. Everything takes time and costs money. What resources do we have? Who is willing and able to do things? What is it that we want? How do we get it? To what extent (financially and physically) are we willing and able pursue it?

Answers to these questions are out there. The people we seek are out there. Methods for reaching out are there. Connect the dots. If one method or attempt fails, try another. Times have changed. What worked yesterday does not always work today. People are mobile and connected.

Recently I performed a search on a website titled "meetup.com". I was so impressed that I joined as a member. What I discovered is a powerful tool that enables anyone to find special interests groups. For example if you want to meet others who speak German, do crafts, discuss literature, perform science experiments, climb mountains, dance ...etc, this site allows you to find these groups.

Following this discovery, I decided to create and sponsor a dance group. In order to do this I had to become an Event Organizer. The Blue Nova Dance group was created with a description including pictures and videos. Next, I created two events. Within two days, I started receiving messages from local people who liked what they saw and indicated they were interested in the described activity. Within 6 days, two people had indicated they would be attending lessons. I am writing this article on the 6th day since creating said group. During the last six days, I have

responded personally to each and every individual who has joined my dance group. The results of these efforts shall be the contents of a future article. Try and you might succeed. Don't and you won't. Dave@BlueNovaDance.com

Future Events by CRDA members:

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
Sept 29	West Coast Swing Boot Camp—Herr	Wheat Ridge, CO

Gala update:

Jim and I just got back from the ICBDA International Round Dance Festival in North Carolina. It was a lot of fun and so worthwhile. Colorado and Nebraska had 7 couples there and it is such a good time to attend with friends! The first day was dedicated to review/teach figure clinics for the two focus rhythms of foxtrot and west coast swing, demos of the next day teaches and an evening party dance with 3 halls (3-4, 4-5 and 5-6). The next 2 days had morning and afternoon teaches (Levels 3-4, 4-5, 5-6) and review sessions, demos of teaches for the following day, and party dances. The last day had morning teaches and reviews, an afternoon general membership meeting, demos of alternate dances, and a final party dance. One teach I attended was written by the Prows to the music of "Unforgettable" in memory of Martha Buck. You can see that their format is very similar to our Gala format. While we were there we also met with Susie and Gert-Jan Rotscheid and Mary and Ron Noble, our guest cuers for this year. They are so talented and such a pleasure to be with - I think that you will really enjoy them at this year 's Gala. Finally Brent and Judy Moore were there. Judy seemed very happy to be there among her friends and was doing some dancing during the teaches. Their dance "Forest Gump" won the 2012 Hall of Fame Award!

Next year ICBDA will be over the 4th of July holiday in Reno, NV. Let's grow the Colorado/Nebraska contingent!

With most of the big summer events (State, Nationals, & ICBDA) finished, it's time to refocus on our Gala. We are currently working on programming now. We could really use your help. At the Harvest Moon Dance we will have sign up sheets for volunteers to help with registration, decoration set up and take down, and set up for the after party. (Jim and I will take over the after party once we're packed up and out of the (UNC's) ballrooms. Please remember that many hands make light work!

Jim and Judy Taylor are going to make a video dedicated to our cuers and our dance clubs. Each person can send 3 pictures via email to them at Jimtai@msn.com. Each picture should be identified with **a name, a place and a date**. They can receive the pictures between now and Oct 10th. The earlier we send the pictures the less stressful it will be for them. After all, they are so wonderful to do this for us. Let's make a video celebration of dancing, our cuers and our friends together. Cuers and clubs can also send pictures, posed, impromptu or otherwise. Get

creative!

In the next 2 weeks or so, we will be sending out registration confirmations by email.

Sometimes people forget exactly what they have registered for.

If we miss you and you think you have already registered, please contact us at 303-469-4096 or gar905@comcast.net.

Jim and Margie Garcia

It's Summertime & the Dancing is Breezy!

CRDA FUN DANCE

Sat. Aug. 11, 2012
7 - 9:30 pm

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

The Barn
619 1/2 4th St.
Berthoud, CO

Information:
Roy & Marcia Knight
303-463-4769
Royalknight44@yahoo.com
Maps/Directions:
<http://crda.net>

Peter & Chama Gomez

Arlin & Linda Sample



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 _____

Total: _____

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

A Baker's Dozen --
Efforts We Can Make To Improve All Our Dancing
by Harold & Meredith Sears

The list so far --

1. **Maintain good posture and a toned frame.**
2. **Keep your head up, stable, and over its spine.**
3. **Stay close.**
4. **Be deliberate in all your steps and actions.** Just as you are alert and alive in your posture, so commit to your steps and your gestures, too. If the step is forward, take the full step. Don't just shift in place. If "arms" are called for, extend your arm thoughtfully. Place it where it should be, maybe not vertically, but at least somewhat above the horizontal. Don't let it droop half-heartedly. Let your hand and fingers extend the line. Don't forget about your hand and let it limply hang off your wrist. Keep a corner of your eye on your partner, and match your lines. Your overall shape is an important part of the dance. On the other hand, you can overdo anything. Don't out-step your partner or push your partnership into moves that are uncomfortable. Always be prepared for a deliberate and purposeful action, but, even more important, be constantly aware of your partner and ready to blend into and mesh with his or her choices.
5. **Lead what you want, but dance what you get.** Men, guide your partner, support her, do what you can to make her movements comfortable. Remember, her steps are almost always more complicated than yours. She is spinning and twirling as you walk comfortably along. But if she doesn't do what you expect her to do or dance where you think she should dance, go with her. You respond to her and adjust to her dance. You follow her, just as you expect her to follow you. Remember, she is the picture; you are the frame. She is the performance; you are the stage. Don't make her look bad.
6. **Learn your partner's part as you do your own.** Learn the steps, the figures, the sequences. Men, you especially need to know what your lady is doing. Otherwise, you won't lead her in an informed way or even allow her to do her part. Instead, you'll get in her way. For instance, in a foxtrot Reverse Turn, the lady wants to dance a nice, tight Heel Turn on step 2. It's a dramatic little picture, and she's looking forward to it. If the man doesn't know about her Heel Turn, he can easily step a little wide or away from her, force her to take a side step instead, and so dash her hopes for that special moment. Of course, you can overcompensate, step too tightly into her, and force her into a back step -- it's a fine line. Ladies, you too need to know what he is doing in each figure so that you can blend smoothly with his motion and dance as one. Not knowing both parts doesn't necessarily cause you to collide or to fall down, but your figures won't flow as smoothly.

Next time -- **Dance to the music.**

Roundalab Rounds-of-the-Quarter and Runners Up

3rd QUARTER 2012

PHASE 2: Richard and Frances Matthews, Chaircouple

ROQ: You Butterfly (TS) Al & Martha Wolff

1st Runner Up: Song Of My Life (WZ) Yasuyo Watanabe

2nd Runner Up: Calcutta (TS) Doug & Cheryel Byrd

PHASE 3: Debbie & Paul Taylor, Chaircouple

ROQ: Plaisir D'Amour (WZ) Birgit & Richard Maguire

1st Runner Up: Hello Mary Lou (CH) Nancy & Dewayne Baldwin

2nd Runner Up: Hideaway Tango (TG) Mark & Pam Prow

TIE) The Brightest Love (RB) Shigeyuki & Miwae Yamashita

PHASE 4: Dave Goss & Ulla Figwer, Chaircouple

ROQ: Concierto De Aranjuez (BL) Bob & Sally Nolan

1st Runner Up: I Believe In Love (JV) Michael & Regina Schmidt

2nd Runner Up: My Kind Of Girl (FT/JV) Mike & Edie Kirsch

PHASE 5: Tim & Debby Vogt, Chaircouple

ROQ: Hit Me With A Hot Note (WC) Bill & Carol Goss

1st Runner Up: The Best Things Happen While You're Dancing (FT) Steve & Irene Bradt

2nd Runner Up: Tu Me (RB) Randy & Marie Preskitt

PHASE 6: Chris & Terri Cantrell, Chaircouple

No Phase 6 Selections this Quarter

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.org/CRDA_BOD.html. If you have any questions, you can contact the proposer, Patrick Krause at krause.p@comcast.net.

CRDA Fun Dance

Sat. Oct. 13, 2012

Rose Hill Grange
4001 E 68th Ave.
Commerce City, CO 80022

John & Karen Herr
\$5 /person
\$10/couple

Dave & Tracy Smith

7 - 9:30 pm

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

Information:
Roy or Marcia Knight
303-463-4769
Royalknight_44@yahoo.com
Maps & Directions:
CRDA Website: <http://crda.net>

2012 CRDA ROUND DANCES

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

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

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 & Gerr-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

* 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

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

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.crdanet.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

Colorado Round Dance Association

DATE: SUNDAY, AUG. 26, 2012

TIME: 1:30—4 PM

Phase 2, 3, & Easy 4

Maxine & Dale Springer
Host Cuers



Milo & Grace Ferry
Featured Cuers



Masonic Hall:

**2400 Consistory Court,
Grand Junction CO**

*Start at North Ave. & First St., go north, then go east two blocks on
Bookcliff to Consistory Court, then north one block to the hall.*

HOST CLUB: HAPPY FEET FOR INFO.: MAXINE 970-243-5858
FINGER FOOD IS WELCOME OR HERMAN 970-464-7686

**Be Sure to Add This Great Dance to Your
Peach Promenade
Weekend Aug. 24 & 25th!**

Peachy Fun Dance

CRDA BOARD MEMBERS

Rose del Sol - President
720-272-2706 hvnborn@msn.com

Chris and Terri Cantrell – V.P
303-469-9140 terri@ctkr.com

Jim and Margie Garcia – Secretary
303-469-4096 gar905@comcast.net

Chuck and Melanie Thompson Treas.
303-277-0399 mthomp36@aol.com

Fred and Judy Layberger
719-268-1233 laybergerf@aol.com

Harold and Meredith Sears
303-494-3570 mail@haroldsears.com

Tom and Dot Doherty
970-249-8058 ddoherty97@hotmail.com

Dave and Tracy Smith
303-578-2588
smith-tracyg@comcast.net

Steve and Janet Pitts
303-666-6524 stevepitts@mindspring.com

COMMITTEE MEMBERS AND CONTACTS

Membership: Jean Montgomery jeanmont29@gmail.com 303-791-1054

Round Notes: Karen Herr kherr00@mac.com 303-681-3147

Hall of Fame: Kent & Pam Long kentlongsqdance@gmail.com 303-755-1715

Dennis & Peggy Pluim

Ron & Judy Spahn

Fun Dances: Roy & Marcia Knight royalknight_44@yahoo.com 303-463-4769

Gala 2012: Jim & Margie Garcia gar905@comcast.net 303-469-4096

Gala 2013: John & Karen Herr kherr00@mac.com 303-681-3147

Cuer Selection: Harold & Meredith Sears mail:haroldsears.com 303-494-3570

Harold & Cindy Van Hooser

Patrick & Eileen Krause

Sunshine and Shadows

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

Beverly Moore - get well/injury

Ruth Gray - surgery

Don Meyer - loss of spouse

Ray Brown - surgery

Janet Glenn - surgery

Bill VanderMinden - uncle's funeral

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 8th 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 27th Street, Greeley, CO 80631

****Friday Afternoon Parking Pass:** ~\$5
Buy from University Conference & Events Scheduling Office- 2nd 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 or <http://www.crda.net>

Colorado Round Dance Association 52 nd Annual Gala Registration Form						
His Last Name		His First		Her Last Name		Her First
Street Address		City	State	Zip	Phone Number	E-mail Address
FULL PACKAGE to April 1st 2012		\$80 Members		\$98 Non-Members singles pay half (includes 2012 CRDA membership)		_____
FULL PACKAGE after April 1st 2012		\$90 Members		\$98 Non-Members singles pay half (NO membership included)		_____
CATERED LUNCHEON (Saturday on 2 nd floor):		\$28/couple		\$14/single		_____
INDIVIDUAL SESSION PRICING:						
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		_____
CRDA 2012 MEMBERSHIP:		\$18/mailling address (<i>separate check please</i>)				_____
						TOTAL: _____
Make checks payable to CRDA & mail to: Jim & Margie Garcia, 905 Mesa Court, Broomfield, CO 80020						
\$5 cancellation fee prior to 10/1/2012. NO refunds after 10/1/12 (one time rollovers allowed)						

HARVEST MOON DANCE

A Mid-level Round Dance Clinic & Dance



Sept. 23, 2012

In the beautiful

Avalon Ballroom

6185 Arapahoe Rd. Boulder, CO 80303

1:30 pm-4:00 pm Afternoon Teaches

Phases II, III, & IV

6:30 pm-9:00 pm Evening Dance

Purchase Tickets at the Door

CRDA Member:

One Session \$10/cpl (\$5/sgl)

Both Sessions \$14/cpl (\$6/sgl)

Non-Member:

One Session \$12/cpl (\$7/sgl)

Both Sessions \$16/cpl (\$8/sgl)

For information:
<http://crda.net>

Top 4 Health Benefits of Dance

By [Treva Bedinghaus](#), About.com Guide

Dancing is a great way for people of all ages to get and stay in shape. Besides being fun, dancing has many positive health benefits. Following are the top 4 health benefits of dance.

1. Flexibility

Flexibility is an important part of being healthy. Dance requires a great amount of flexibility. Most dance classes begin with a warm-up including several [stretching exercises](#). Dancers must strive to achieve full range of motion for all the major muscle groups. The greater the range of motion, the more muscles can flex and extend. Most forms of dance require dancers to perform moves that require bending and stretching, so dancers naturally become more flexible by simply dancing.

2. Strength

Strength is defined as the ability of a muscle to exert a force against resistance. Dancing builds strength by forcing the muscles to resist against a dancer's own body weight. Many styles of dance, including jazz and ballet, require [jumping and leaping](#) high into the air. Jumping and leaping require tremendous strength of the major leg muscles. Ballroom dancing builds strength. Consider the muscle mass a male ballroom dancer develops by lifting his partner above his head!

3. Endurance

Dance is physical exercise. Exercise increases endurance. Endurance is the ability of muscles to work hard for increasingly longer periods of time without fatigue. Regular dancing is great for improving endurance, especially vigorous dancing such as line and [ballroom dancing](#). Elevating the heart rate can increase stamina. Just as in any form of exercise, regular dancing will build endurance.

4. Sense of Well-Being

Dancing is a social activity. Studies have shown that strong social ties and socializing with friends contribute to high self-esteem and a positive outlook. Dancing provides many opportunities to meet other people. Joining a [dance class](#) can increase self-confidence and build social skills. Because physical activity reduces stress and tension, regular dancing gives an overall sense of well-being.



Editor's Byline:

It has sure been a hot summer! Dancing is hard to do with the heat, but it's a great social time! Hope you enjoy the article about the top 4 benefits of dancing. Share this with your friends that are not dancers. Dancing does make a difference. Just ask Tom and Dot Doherty. They are both back dancing. They were in a horrific car accident and the doctor said that because of their dancing, Tom was able to recover much faster. So Keep Dancing!

Upcoming CRDA Dates

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. 23	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.

Karen Herr
4535 Red Rock Dr.
Larkspur, CO 80118