

ROUND NOTES



Denver, Colorado

December 2012/January 2013

Presidents Letter – Rose del Sol

Happy Holidays!!

It was wonderful to see so many of you at the Gala this year. Ron and Mary Noble along with Gert-Jan and Susie Rotscheid provided a program that challenged those who wanted to step into something new and for those who wanted a weekend of comfortable dancing, taught those routines that were just plain fun. The figure clinics taught by Bob and Sally Nolen and Peter and Chama Gomez were also full tips and technique, and the added waltz teach done by Mitchell Thompson rounded out a fantastic program. Thank you Jim and Margie Garcia for putting together such an exciting weekend for all of us!

Our annual membership meeting voted in new board members, Rob and Terri Sherwood, Patrick and Eileen Krause and Bill and Lee Carter. We are saying goodbye with much thanks to Chris and Terri Cantrell, Harold and Meredith Sears and Jim and Margie Garcia. Taking office in January will be, President - Rob and Terri Sherwood, Vice President - Patrick and Eileen Krause, Secretary - Dave and Tracy Smith, Treasurer-Chuck and Melanie Thompson.

The CRDA December Fun Dance will be held on Saturday, December 8, at the Rose Hill Grange. This is a benefit dance with the proceeds going to the Rose Hill and Maple Grove Grange. With hard floor dance space becoming so limited we are thankful for the support the granges give to the round dance community. Please plan to attend this dance and show your support for the Grange community and enjoy an evening of holiday dancing.

Should the world not come to an end as the Mayan calendar predicts...enjoy all the Christmas goodies, the joy of the season with friends and family, and above all DANCE just because you can.



Shoes missing!

One single shoe from 2012 Gala
Pair from 2010 Gala

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

Happy Feet Rounds (Grand Junction) Maxine & Dale Springer

Happy holidays- with our holiday ball December 17, 2012 with phase 2-2+-3-ez4 level rounds. Everyone is welcome. Grand Junction classes are held at the Masonic Lodge, 2400 Consistory Ct. Monday night has just completed the mambo basics and will start on review jive steps next. Sunday night beginner waltz class is moving right along and the later group is working on ROM rounds and classics. Delta /Montrose waltz classes are held on Saturdays just before the square dance. We wish everyone happy holidays and a great new year.

Dancing Penguins (Denver)—John and Karen Herr

Gala was terrific! Dances that were taught were again the best. This weekend is the best round dance weekend in the country! Jim & Margie did a great job! Thanks! . Nobles and Rotscheids were terrific instructors. We all learned so much! Thanks! Nolens & Gomez's did terrific clinics. Thanks! And our own Mitchell, great teach! I guess the word of this article is THANKS! We will be having a one-night stand to introduce Round Dancing to the public on January 25th. Please help us advertise.

Teaches:	Harry in Winter (Herr 5 Bol)
Amor Cha (Barton 5 Cha)	I Like You (Herr 4 Cha)
Sentimental Journey	Let's Mambo (Herr 4 Mambo)
Real Pas Dos (Rotscheid 4 Paso)	I'll Be Faithful (Noble 4 Slo 2 stp)
Together Forever Always (Garza 4 Waltz)	
Eight Days a Week (Garza 4 Jive)	

Boulder and Red Rock Rounders (Lafayette)—Ed & Elvira Glenn

Many of our dancers had a wonderful time at the Gala and are now eager to perfect some of the dances learned there. The holiday season is fast approaching and is the time that the Christmas dances are again enjoyed. Our Monday beginners' class is progressing quickly. It's always a delight to see dancing skills grow. Ed had a setback as he did battle with a posthole digger and ended up with a pulled hamstring. It's not easy for him to take it easy. He got substitutes for a couple of dances and cued from a chair for some. He can cue, but dancing will be impossible for awhile. Our New Year's Eve round dance party will soon be here. We dance phase levels 2, 3, and 4 from 9:00 p.m. to 12:05 a.m. on Monday, Dec. 31st. Buffet refreshments are enjoyed mid-evening and the New Year welcomed in at midnight. Space is limited, so we ask for reservations. Call (303 666-6331) or e-mail us (e_glenn@netzero.net) if you would like to join the festivities.

Rhythmaires (Colorado Springs)—John and Karen Herr

We're still plugging along down here. Thanks to all who support our trip to Colorado Springs!

Future Events by CRDA members:

May 16-18, 2013	Red River Roundezvous w/Gomez & Nolens	Red River, NM
August 23 & 24 2013	Peach Festival w/ Bower & Glenns-	Palisade, CO
August 31, Sept 1-2,2013	Labor Day Weekend w/ G & P Hurd	Boulder, CO
Sept 6-8, 2013	New Mexico Round Dance Fest	Albuquerque, NM
Oct 4-6, 2013	Show Me Festival w/ B & C Goss	Jefferson City, MO
Nov 1-2, 2013	CRDA Gala w/ Nelsons & Scheerers	Greeley, CO

Gala follow-ups

from Terri Cantrell:

This is all available on the CRDA website. Check it out!

1. Full List Routines

Includes all programmed routines, teaches, and request rounds from Advanced & Intermediate Halls and Warm-Up, no list received from Easy Hall though some information may be available on the request rounds boards which were given to John & Karen Herr after the Gala

2. 2012-Gala Program Statistics

This is an updated statistics page which includes how many couples attending the various teaches and the raw numbers from the request rounds, with an estimate included for the easy hall.

3. Gala Top 10 1997-2012

Includes the complete list of Top routines voted for since its initiation in 1997.

from CRDA Photographers:

If you missed seeing the Cuer pictures, here is the link to view them at your leisure on your computer. <https://picasaweb.google.com/jimta17/BestOf2012Gala>

This link will bring pictures from the Gala direct to your living room.

<https://picasaweb.google.com/jimta17/GalaCuerPictures>.

Your Gala photographers: Judy & Jim, Dianne & George.





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
- E-mail notices of upcoming events
- E-mail 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 bi-monthly 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 CCRDA provides, including publishing the "Round Notes", CRDA sponsored dances, and maintenance of a web site.

Ron Blewitt now CRDA Membership Chair, as outgoing Chair Jean Montgomery opts for Golden Handshake

A recent power play by upstart Ron Blewitt successfully ousted longtime CRDA Jean Montgomery from her appointed-for-life position as Membership Chair. Laments Jean, "What am I going to do with all this spare time?" Ron, it is rumored, is a deluded power freak: "What people don't realize is that Membership Chair is the real power behind the throne."

Henceforth, please assist us in giving Jean all of that spare time she so very much deserves, by mailing your membership renewals to:

Ron Blewitt
701 Harlan St #E12
Lakewood, CO 80214-2505

Ron's phone: 303-741-4961

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

by Harold & Meredith Sears

At each club or Fun Dance, just pick one to think about. Can we do this one just a little bit better?

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.**
5. **Lead what you want, but dance what you get.**
6. **Learn your partner's part as you do your own.**
7. **Dance to the music.**
8. **Wait for your partner.**
9. **Use lead and follow.**
10. **In relation to your partner, dance small.** In the Smooth rhythms, it looks and feels great to dance big, with long reaching steps and dramatic progression around the floor, but your steps around or away from your partner should be small. A big jump apart is likely to be clunky and awkward. If you step apart to the end of joined hands, it will be with an uncomfortable jerk. Keep it small and controlled. If you make a turn by dancing wide and around your partner, it's a long way to go and you'll have to rush. Instead, dance through her hip, which she will gracefully pull back and out of your way. If you are the one who is opening the door for your partner to go through and to turn you, do get out of the way, but don't move your whole body. Just move that shoulder and hip back to let her slip by. Your partner is not an obstacle to be avoided. You are dancing intimately *with* her. Is it like sweeping with a broom? You wouldn't make grand gestures, way over there and then around to here. You'd have debris everywhere. Keep it small and under control.
11. **Use sway during your turns.** Sway is an inclination or tipping of the body toward the center of the turn, like banking your bicycle as you go around a corner. You create sway by lifting the outside hip and stretching that side of your torso. The result is that the outside shoulder goes up, relative to the shoulder on the inside of the turn. It is so important not to lift the shoulder as in some kind of a shrug, but only to *allow* it to rise, allow your topline to tilt, as you lift that hip. We especially like the use of sway during a Curved Feather and even more during a Hairpin. These are sharp turns to the right, and we make those turns so much more easily when we lift the left hip (lady right) and so sway right (lady left). During a Reverse Turn, men, lift your right hip and so sway left.
12. **Use side lead.** Side lead is a turn of the upper-body frame so that one shoulder and that hip is ahead of the other. If you are dancing forward, left-side lead has the left shoulder forward; the upper body is turned a little to the right. If you are dancing backward, left side lead has the left shoulder a little back; the upper body is turned a little to the left. Side lead is a great mechanism to move you from one dance position to another. In closed position, left-side lead (lady right-side) blends you gently into banjo -- so much better than stepping to the left to an awkward, hip-to-hip banjo. Just a little right-side lead will bring you back to closed, and a little stronger right-side lead will move you to sidecar. Dancing a forward-lock-forward (man LRL; lady bk R, lock in front L, bk R) is much more comfortable with man's left-side lead. Make your turns smoother with side lead. The man turns left by stepping forward L with right-side lead. He turns right stepping forward R with left-side lead. In essence, he is initiating turn in his upper body before he turns at his feet. Formally, when you step with one foot and lead with the opposite side, it is called contra body movement, but don't let the name intimidate you. Side lead greatly improves the smoothness and gentleness of your dancing.

Next time -- **Dance on the balls of your feet.**

Roundalab Rounds-of-the-Quarter and Runners Up

4th QUARTER 2012

PHASE 2: Richard and Frances Matthews, Chaircouple

ROQ: Song Of My Life (WZ) Yasuyo Watanabe

1st Runner Up: What If (WZ) TJ & Bruce Chadd

2nd Runner Up: Girl From Ipanema (TS) Mike & Michelle Seurer

PHASE 3: Debbie & Paul Taylor, Chaircouple

ROQ: Swan Lake III (BL) Milo Molitoris & Cinda Firstenburg

1st Runner Up: First Flower (WZ) Kristine & Bruce Nelson

2nd Runner Up: Painted, Tainted Rose (FT) Joe & Pat Hilton

PHASE 4: Dave Goss & Ulla Figwer, Chaircouple

ROQ: Paper Kisses Quickstep (QS) Kristine & Bruce Nelson

1st Runner Up: I Really Don't Want To Know (WZ) Larry & Susan Sperry

2nd Runner Up: I've Got A Rock And Roll Heart (CH) Karen & Ed Gloodt

PHASE 5: Tim & Debby Vogt, Chaircouple

ROQ: Easy Money (WC) David Goss & Ulla Figwer

1st Runner Up: Haunted Guitar 5 (WZ) Michael & Diana Sheridan

2nd Runner Up: Precious Dreams V (WZ) Milo Molitoris & Cinda Firstenburg

PHASE 6: Chris & Terri Cantrell, Chaircouple

ROQ: Trickle Trickle (JV) Kenji & Nobuko Shibata

1st Runner Up: Poema (TG) Ron & Mary Noble

2nd Runner Up: You've Got A Friend In Me (FT) Randy, Marie & Leslie Preskitt

CRDA

Sally and I want to let everyone know how much we enjoyed the Paso Doble workshop and the numbers of people that were there. We also think the entire weekend was a very big success. The CRDA puts on such a great show. We believe it is one of the best we go to.

We are sorry we are so far away in New Mexico but we want to invite all of you to dance with us in Los Alamos on Thursday nights. Also, come and dance with us and Peter and Chama in Red River, New Mexico at the Red River Roundezvous, May 16-18, 2013.

Bob & Sally Nolen



CRDA BOD Meeting Minutes

Oct. 13, 2012

Meeting was called to order by Rose del Sol at 2:30 p.m. at Rose Hill Grange. Members present were Jim and Margie Garcia, Tom and Dot Doherty, Harold and Meredith Sears, Fred and Judy Layberger, John and Karen Herr, Chuck and Melanie Thompson, Dave and Tracy Smith, Rose del Sol, Chris and Terri Cantrell.

Treasurer's Report:

Chuck Thompson gave Treasurers Report that included a Balance Sheet as of Oct. 10, 2012 and a Profit and Loss Statement from Oct. 2011 through Oct. 2012. See Chuck for more information.

2012 Gala Report:

The following items were discussed and reviewed by Board: registration procedures, copies of cue sheets needed, evaluation sheets, pocket programs, membership forms, recording boxes, MCS for teaches, extra luncheon tickets, syllabus packets, water stations.

There was a discussion about the Gala Round Notes publication date and how to get possible Gala dances out on a timely fashion so dancers could practice for the Gala. Which in turn involves the question that does the Board have to approve the program. Early voting means clubs haven't had time to learn new dances from Summer Camps which forces new dances into the request rounds at Gala. 2013 Chairs would like to get the program out in Sept. and to do so the Programmers must have flexibility to add in dances once program is published. Discussion will be continued at the Gala Wrap Up meeting.

The Annual General Meeting format was discussed. This year a new format using Power Point will be used to facilitate and speed up transfer of information to members in attendance.

2013 Gala Report:

Publicity flyer for 2013 Gala That Ol' Black Magic was presented. Contract needs to be finalized with Kristine and Bruce Nelson. Clinicians will be Harold and Meredith Sears and Paul and Linda Robinson. A price increase of \$10 was included in fees.

2014 Gala:

The Cuer Selection Committee reported that Earl Smith has contacted and researched Pueblo as a possible site for the 2014 Gala. A motion passed authorizing Earl Smith to pencil us in at Pueblo. The Board thanks Earl for going the extra mile and the distance to ensure that we will have a location to host the 2014 Gala. The Glenn Miller Ballroom in Boulder will be an alternative back up site.

Fun Dances:

Fred and Judy Layberger and Janet and Steve Pitts presented the CRDA Fun Dance Cuer Contract. Contract states that cuer must be a CRDA member and dues paid 30 days before contract date and be certified with Roundalab or Callerlab (BMI/ASCAP License). Fun Dance Cuers will arrange to have the hearing assist equipment at the dance and should contact Dave Smith to do so. A flyer with a complete schedule of the 2013 Fun Dances was submitted also and will be available at the 2012 Gala.

No other business was discussed. The next CRDA BOD meeting will be Jan. 12th, 2013 at Rose Hill Grange with snacks at 2:00 p.m. and the meeting will begin at 2:30 p.m. It will be followed by a Fun Dance at the Outpost that evening with George Smith and Bill & Lee Carter cueing. Dance starts at 7:00 p.m.

Respectfully submitted,

Jim and Margie Garcia

Colorado Round Dance Association Presents:

JANUARY FUN DANCE

Sat. January 12, 2013

Outpost

10101 E. Colorado Ave.
Denver, CO 80247
7-9:30 pm

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

Cueers:
George Smith
Bill & Lee Carter

Information:
Steve & Janet Pitts 303-666-6524
jpitts@mindspring.com or
Fred & Judy Layberger 719-268-1233
judeebook@aol.com

Maps & Directions:
<http://crda.net>

Colorado Round Dance Association Hall of Fame Nomination Form

Do you know someone who is or was a member a 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 answer 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 form via e-mail or post by June 30, 2012 to:

Any of the Board of Directors until the new Hall of Fame Chairmen can be found.



CRDA Hall of Fame Points System

The CRDA Points system is used to determine if persons nominated for the Hall of Fame qualifies for induction. This list is taken from the CRDA Red Book that is continuously being updated as needed.

Points/year Activity

1	Years Dancing	6	Gala Program Chairperson
1	Years Member CRDA	3	Gala Syllabus
1	Years Instruct/Cueing	3	Gala Registration
5	CRDA Board Member	2	Gala Couple Host
10	CRDA President	2	Gala Sound
7	CRDA Officer	1	Gala Decorations
2	Committee Member	1	Gala After Party
4	Committee Chairperson	5	Special CRDA Dance Chairperson
7	Round Notes Editor	2	Special CRDA Dance Program Chair
7	Website Admin	5	Fun Dance Chairperson
7	Facebook Admin	1	Nomination (one per nomination)
10	Gala Chairperson		

Other considerations of local, state, or national activities that involve Round Dancing:

5	Light activities
10	Medium activities
15	Heavy activities

Hello CRDA members.

The CRDA Board of Directors is looking for a new person/couple to chair the Hall of Fame Committee for the new year. If you are interested, contact any of the Board of Directors and they will be happy to welcome you to the team.

In case you were not able to attend the general meeting at the Gala, I'll fill you in as to what we will be doing to get more nominations for the Hall of Fame. After it was determined that there were to be no inductees to the Hall of Fame, the Board of Directors wondered if the members were not making nominations because they did not know what the requirements were for being considered for the Hall of Fame. Starting with this issue of the Round Notes, the point system for the Hall of Fame will be published along with the nomination form. They will also be listed in the CRDA website. Total points needed, both CRDA activities and non-CRDA round dance activities, are 150 for dancers and 200 for Cuers. As you can see, if you've been active in CRDA and round dancing, the points can add up rather quickly!

Please don't hesitate to nominate a person or couple you think qualifies for this honor. Until new chairmen can be found, send or give any nominations to a member of the Board of Directors.

Kent and Pam Long
303 755-1715

Kentlongsqdance@gmail.com

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: Ron Blewitt ronblewitt@gmail.com 303-741-4961
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 Plum
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.

Marilyn Carbaugh -hip surgery
Helen Greenley - foot surgery

Marilyn Carbaugh -broken pelvis & rehab
Janet Pitts - Mother's stroke

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

CRDA Gala Presents:
That Ol' Black Magic
November 1 & 2, 2013
 University of Northern Colorado, Greeley, Colorado

Featured Cueers

Kristine & Bruce Nelson
 Judy & Hank Scherrer
 Harold & Meredith Sears

Featured Clinicians

Paul & Linda Robinson

3 Hardwood Floors for Dancing & Teaching
 The Gala includes: 2 Phase II View & Cues
 2 Phase II-III Figure & Rhythm Clinics taught by CRDA Instructors to assist with Phase III teaches
 2 Phase III Teaches ♦ 2 Phase IV Teaches ♦ 1 each Phase V & VI Teach
 2 Evenings of Programmed Rounds & Requests

TENTATIVE SCHEDULE

Friday
 2:00- 4:00pm Phase 2-V Warm-up Request Rounds**
 7:00- 8:00pm Request Rounds (all 3 halls)
 8:00-10:00pm Programmed Rounds
 *Phase 2 View & Cue
 *Demos of Teaches (videotaping allowed)

Saturday
 9:00-11:30 am Phase 2-3 Figures Clinic
 11:40-12:15am Phase 3,4,6 Clinic Teaches
 12:15- 1:15pm Catered Luncheon (Optional, see below)
 1:30- 4:00pm **CRDA GENERAL MEMBERSHIP MEETING**
 7:00- 7:30pm Phase 2-3 Figures Clinic
 7:30-10:00pm Phase 3,4,5 Clinic Teaches
 Request Rounds (all 3 halls)
 Programmed Rounds
 * Dance Through of Teaches
 *Top 8 voted for routines
 *Demos by instructors (videotaping allowed)

** Friday Afternoon Parking Pass: Approximately \$7
 Buy from Univ. Conference & Events Scheduling Office-2nd Floor.
 UNC will issue parking tickets- (cost-\$50-\$100)
 Limited free street parking is also available.
 Information: John & Karen Herr: 303-681-3147,
 email kherr00@mac.com or <http://www.crdanet>

Housing Information:
 Select Stay: (10 min. From the hall) Ask for the CRDA Block (970-3562180 or 1-877-264-5657) 3025 8th Ave. Evans, CO 80620. \$65.00 per night (includes breakfast & soup bars)

Greeley RV Park: (3 miles from the hall)
 970-353-6476 or 1-800-572-2130) 501 East 27th Street Greeley, CO 80631.

Colorado Round Dance Association 53rd Annual Gala Registration Form

His Last Name	His First Name	Her Last Name	Her First Name
Street Address	City	State	Zip
FULL PACKAGE to APRIL 1st 2013	\$90 Members	\$108 Non-Members / singles pay half (includes 2013 CRDA membership)	Phone Number
FULL PACKAGE after APRIL 1st 2013	\$100 Members	\$108 Non-Members / singles pay half (NO membership included)	E-mail Address
Catered Luncheon (Saturday on 2nd floor)	\$28 couple	\$14 single (Deadline October 1, 2013)	
INDIVIDUAL SESSION PRICING:			
Saturday, teaches only (9am-4pm)	\$65/couple \$32.50 /single		
Saturday, all day & evening	\$90/couple \$45.00 / single		
Friday AND/OR Saturday Evenings	ONE Evening \$40/couple \$20/single	BOTH Evenings \$65/couple \$32.50/single	
CRDA 2013 MEMBERSHIP	\$18 a year per couple		
		TOTAL	

Make checks payable to CRDA & mail to: **John & Karen Herr**
4535 Red Rock Dr, Larkspur, CO 80118 \$5 cancellation fee prior to 10/1/2013 NO refunds after 10/1/2013 (one time rollover allowed)

BALLROOM DANCE HEALTH BENEFITS

May 26, 2011 | By Lori A. Selke

Although ballroom dancing may not be as strenuous an activity as training to run a marathon, don't knock the benefits of regular movement and exercise. The U.S. Department of Agriculture considers ballroom dancing a "moderate" activity. It has some specific health benefits, too, that may not have occurred to you before.

MUSCLE TONING

Ballroom dancing helps tone and strengthen the muscles in your calves, thighs and buttocks. Specific ballroom dance moves work these muscles differently than more familiar exercises, such as walking, jogging or cycling, do. If you're performing a style that involves lifting or dipping your partner, you can also get a pretty good upper body workout. Ballroom dancing will also help strengthen the core muscles of the abdomen and back.

CONDITIONING

Any regular exercise performed continuously for 30 to 40 minutes three or four times a week will help condition your cardiovascular system, strengthening your heart and lowering your cholesterol and blood pressure. It will also increase your lung capacity and your general stamina.

BONES AND JOINTS

Dancing is a weight-bearing exercise, so it helps maintain bone density and prevent osteoporosis. It can also help rehabilitate your knees after surgery, as it's lower impact than jogging or aerobics.

BRAIN FOOD

A 2003 study published in the "New England Journal of Medicine" suggests that social dancing has a special benefit for seniors: it reduces the chances of dementia. As it's an activity that one performs with a partner, it can also lessen loneliness and depression in the elderly.

CALORIES BURNED

Thirty minutes of dancing burns between 200 and 400 calories -- the same amount burned by swimming or cycling.

Read more: <http://www.livestrong.com/article/339070-ballroom-dance-health-benefits/#ixzz2CmCUIxr2>



DANCE FOR YOUR HEALTH

Dancing burns 250 to more than 400 calories an hour. It strengthens your hips, thigh and calve muscles and like weight training, helps build stronger bones!

Editor's Byline:

It's hard to believe that December is here! Another year is almost over. Does it seem to you that time flies faster as we get older? I don't like to admit the fact that I am getting older. I look around me and I guess I am. :(

I would like to be able to put the dances that are being taught at the different clubs so when Gala comes around again we will know the dances that need to be included in the list of choices. Maybe you can help with this thought even if you are the leader of the group. Help is always appreciated!

Don't forget that CRDA dues are now due. I know we paid ours at the Gala. Hope you did too! If not please renew now! So much that you will miss!

2013 CRDA DANCES

EACH TIME A CRDA MEMBER ATTENDS A FUN DANCE EVENT, THEIR NAME WILL BE ENTERED IN A DRAWING TO WIN A FREE 2014 GALA REGISTRATION.

SAT. JAN. 12
OUTPOST
 George Smith and
 Bill & Lee Carter
 7-9:30 pm

SAT. FEB. 9
ROSE HILL GRANGE
 John & Karen Herr and
 Patrick & Eileen Krause
 7-9:30 pm

SUN. MARCH 10
WHEATRIDGE GRANGE
 Chris & Terri Cantrell and
 Dave & Tracy Smith
 2-4:30 pm

SUN. APRIL 7
SPRING DANCE
AVALON BALLROOM
 2-4:30 pm

SUN. MAY 5
BERTHOUD BARN
 Bill & Karen Holm and
 Ed & Elvira Glenn
 2-4:30 pm

FRI.-SUN.
JUNE 14-16
STATE FESTIVAL
LOVELAND RANCH

SAT. JULY 13
ROSE HILL GRANGE
 Mitchell Thompson and
 Milo & Grace Ferry
 7-9:30 pm

SAT. AUG. 10
ROSE HILL GRANGE
 Chris & Terri Cantrell and
 Roy & Marcia Knight
 7-9:30 pm

SUN. AUG. 25
PEACHY FUN DANCE
GRAND JUNCTION
 Ed & Elvira Glenn and
 Maxine & Dale Springer
 1:30-4:30 pm

SUN. SEPT. 22
HARVEST MOON
AVALON BALLROOM
 1:30-4:00 pm Workshops
 6:30-9:00 pm Dance

Justin Judd DelSol
 and
 Milo & Grace Ferry
 2-4:30 pm
CARRIAGE STOP
COLO. SPRINGS
SUN. OCT. 6

FRI. & SAT.
NOV. 1-2 GALA
UNC GREELEY

SAT. DEC. 7
ROSE HILL GRANGE
 John & Karen Herr and
 Becky & Dave Evans
 7-9:30 pm

For Additional Information: Website: <http://crda.net>

Judy & Fred Layberger H 719-268-1233/ C 719-229-2885 judeebook@aol.com / laybergerf@aol.com

Janet & Steve Pitts H 303-666-6524 / C 303-332-1862 jpitts@mindspring.com / stevepitts@mindspring.com

Upcoming CRDA Dates

Dec. 8	Gala Wrap Up Mtg.	J & M Garcia's home	2:00 p.m.
Dec. 8	Fun Dance	Rose Hill Grange	7:00 p.m.
Jan 12	CRDA Board Meeting	Rose Hill Grange	2:00 pm
Jan 12	Fun Dance	Outpost	7:00 pm
Feb 8	Fun Dance	Rose Hill Grange	7:00 pm
March 10	Fun Dance	Wheatridge Grange	2:00 pm
April 7	Spring Dance	Avalon Ballroom	2:00 pm
May 5	Fun Dance	Berthoud Barn	2:00 pm
July 13	Fun Dance	Rose Hill Grange	7:00 pm
Aug 10	Fun Dance	Rose Hill Grange	7:00 pm
Aug 25	Fun Dance	Grand Junction	1:30 pm
Sept 22	Harvest Moon	Avalon Ballroom	1:30 pm
Oct 6	Fun Dance	Carriage Stop	2:00 pm
Nov 1 & 2	CRDA Gala	Greeley, CO	
Dec. 7	Fun Dance	Rose Hill Grange	7:00 pm



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