

Round Notes



Denver, Colorado

April-May 2013

Presidents Letter – Rob & Terri Sherwood

The next major CRDA event will be our annual Spring Dance, which focuses on new graduates from our cuer's classes. All CRDA members are encouraged to attend, and welcome the new dancers and encourage them to become CRDA members. Since some teachers start with easy ballroom and others with 2-Step, the program will include both ranges of rhythm types. A few higher level rounds will be included as a demonstration of what lies ahead, should the beginner dancers choose to progress up the phase levels. The dance will be held on Sunday, April 7th between 2:00 and 4:30 PM at the Avalon Ballroom in Boulder.

While it may not be obvious, round dancers who have come from a Square Dance background may have never seen anything but Phase II Rounds. I square danced for five years before going to Rocky Tops and seeing Alex-F being danced. That was a real eye-opener for me, providing a glimpse of the breadth of our hobby.

We are progressing with contract negotiations with Colorado State University – Pueblo as a replacement for UNC for next year. It will be a relief to get this nailed down.

Your previous issue of Round Notes was unusually long due to minutes being included from both the Annual General Meeting at the Gala and the January board meeting. Hopefully, the details allowed all members to have a feel for what your organization is doing to maintain our hobby in Colorado.

Jim and Sharon Peyrouse have accepted a position on our Cuer Selection Committee that looks for and contracts with out-of-state clinicians for our annual Gala. All CRDA members who attend other festivals should make a mental note of teachers who may be appropriate for consideration for our Gala. Please pass your thoughts on to any board member so this information may be forwarded to the committee. Unfortunately, the number of CRDA members who travel to other festivals has diminished in recent years. We need input about teachers who are "on the circuit" but may not immediately come to mind for consideration.

While I know we are all busy, we have two openings on the Hall of Fame committee. We need one single or couple for a one-year term, and another for a full three-year term. This position does not consume a lot of time, and in some years the HOF committee has conducted all its work via e-mail. How the HOF committee processes the nominations and scoring each year will be determined by them, whether done in person or via computer. Terri and I would prefer some volunteers step forward to fill these vacancies. It is always desirable to have a broad swath of our membership take turns participating in the nuts and bolts of our organization.

Eileen and Patrick Krause will be chairman of the Harvest Moon dance on September 22nd at the wonderful Avalon Ballroom in Boulder. The next board meeting will be April 13th at 2 PM at Rose Hill Grange. Any CRDA member may attend our board meetings.

We have an opening on the Board of Directors due to a resignation. You can volunteer to help out! Should more than one couple or person volunteer, the board will make a selection via secret ballot at the April board meeting.

Notes and dances from around Colorado

(CRDA members' input)

Happy Feet Rounds (Grand Junction) Maxine & Dale Springer

We are sure looking forward to the spring weather and some nice greenery to look at. Its been a long cold winter. Winter travelers are back so some new dances for them to work on.

Under The Bridges Of Paris (Gomez) W2+
It's Alright To Be A Redneck (Springer) TS 2+
Sugar Moon (Paull) TS 3
Do The Cha Cha Cha (Weiss) TS/5ct 3

It's Your World Now (Francis) R 4
Aw Wink And A Smile (Weiss) Fxt 4
I Love The Night Life (Francis) Cha 4
White Sport Coat (Lefeavers) Fxt 4

Come join us whenever you are in the Grand Junction area

Dancing Penguins (Denver)—John and Karen Herr

Mondays have been great! We once again changed our format. We'll be doing reviews, clinic work, answering questions from 6:45 to 7:30. Then we'll dance dances and do a teach starting at 7:30. Fridays are a highlight for us each month. Your requests keep John hopping to put together a program that all will enjoy. Our Tuesday class is making great progress with cha and will soon be moving to Rumba and Two Step. We appreciate Mitchell Thompson filling in for us when we are gone or John is unable to make it!

Monday dances:

All That Jazz (Sechrist 5 FT)
Honky Tonkin on the Westcoast
(Rotscheid 4 WC)
Amor Cha (Barton 5 Cha)
The Prayer (Herr 4 W)
Blue Wings (Moore 4 WZ)
Cheek to Cheek (Chadd 4 FT)

Dream a Little Dream (Shibata 5 FT)
Harry in Winter (Herr 5 Bol)
Sentimental Journey (Rotscheid 5 FT)
Starry Starry Night (Herr 4 RB)

Tuesday Dances:

Sugar, Sugar (Worlock 4 Cha)
Baby's Got Her Blue Jeans (Maguire 3 Cha)

Telefeathers (Denver) -- Harold & Meredith Sears

We dance Thursday evenings, phase IV - VI, at the Rose Hill Grange in Commerce City. Recent teaches include: Magic Moments (Pelton V FT 2012), White Lilacs (Hartung V FT 2001), Hello Mary Lou Two Step (Sakaguchi II TS 2012), Masquerade (Parker IV RB 2012), The More I See You Foxtrot (Childers V FT 2012), How Lucky Can One Guy Be? (Preskitt V JV 2012), A Media Luz (Dierickx V RB 2012), If I Had My Way (Slater V FT 2012), Dance To the Heartbeat (Shibata IV MB 2012), What Do I Do With Me (Hixson IV RB 2012), Anticipation (Goss VI WZ 2012), You Tell Me (Dierickx V RB 2013), Boulevard Of Broken Dreams (Goss VI TG 2012), Emmanuelle (Woodruff V FT 2013)

More Info: www.rounddancing.net; E-mail: harold@rounddancing.net

Rhythmaires (Colorado Springs)—John and Karen Herr

The weather has not been kind to us in the Springs on Thursdays. We're hoping with the warm weather and the snowbirds returning, we'll be back dancing twice a month again. If you are ever near the Carriage Stop on Thursdays, we hope you stop by and dance with us.

Future Events by CRDA members:

May 16-18, 2013	6th Roundezvous with Gomez & Nolen	Red River, NM
June 13 & 14, 2013	Colorado State Square & Round Festival	Loveland, CO
August 23 & 24 2013	Peach Festival with Bower & Glenns-	Palisade, CO
August 31, Sept 1-2	Labor Day Weekend with George & Pam Hurd	Boulder, CO
Sept 6-8, 2013	New Mexico Round Dance Festival	Albuquerque, NM
September 11-18, 2013	Jan Chu	Travel to China—Dance in China

Further information call Jan Chu 303-494-1108 or e-mail chuchina70@hotmail.com for detailed brochure.



Colorado Round
Dance Association
presents:

WELCOME
NEW DANCERS!!

Spring Celebration Dance

Sunday, April 7, 2013
2-4:30 pm

In the beautiful Avalon Ballroom
6185 Arapahoe Rd., Boulder, CO 80303

Purchase Tickets at the Door

New Dancers \$6/cpl (\$3/sgl)
CRDA Member \$10/cpl (\$5/sgl)
Non-Member \$15/cpl (\$7.50/sgl)

Phase II, III, and (easy) IV:

Two-step, Waltz, Cha, Jive,
Rumba, Foxtrot

Weather Cancellation Policy:

If the dance needs to be cancelled due to weather, an email will be sent to all CRDA members by 3 pm on the day of the dance or call Patrick & Eileen Krause 303-690-0916

Additional Information:

Patrick & Eileen Krause 303-690-0916
For directions & Maps: <http://crda.net>

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 form via E-mail or post by June 30, 2013 to

RON & JUDY SPAHN
9235 YARROW ST # A
WESTMINSTER CO 80021
rjdanceround@peoplepc.com

Weather Cancellation Policy:
If the dance needs to be cancelled due to weather, an email will be sent to all CRDA members by 3 pm on the day of the dance or check the CRDA Website: <http://crda.net>

2013 CRDA DANCES

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
Justin Judd DeSol and Milo & Grace Ferry 2-4:30 pm CARRIAGE STOP COLO. SPRINGS SUN. OCT. 6	FRI. & SAT. NOV. 1-2 GALA UNC GREELEY	SUN. SEPT. 22 HARVEST MOON AVALON BALLROOM 1:30-4:00 pm Workshops 6:30-9:00 pm Dance
MERRY CHRISTMAS & HAPPY NEW YEAR!		

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



CRDA Membership



GENERAL INFORMATION

Since its first formative years, CRDA has enjoyed continuing success. Many activities are sponsored by CRDA each year, including a fall Gala weekend, a Spring Dance, monthly Fun Dances, website <http://www.crdanet.net>, and ROUND NOTES. CRDA is staffed by dancers and instructors who make contributions of their time, energy, knowledge, and skill. CRDA is managed by a Board of Directors consisting of 9 couples elected from the general membership. It is primarily a dancer-run organization. Membership in CRDA is a way of supporting the various services that CRDA provides.

CRDA encourages dancers to share in the 4 E's of Round Dancing -- **EXCITEMENT, EDUCATION, EXCELLENCE & ENJOYMENT.**

ROUND NOTES

ROUND NOTES is a bi-monthly newsletter sponsored by CRDA to help keep round dancers aware of local and national activities and to promote round dancing. A few of the featured articles include:
 *A listing of both local and out-of-state round dance activities and festivals
 *Round dance lessons and workshops information
 *Dance Parties & Gala Information
 *Other Special Dance Events
 *Local & National News

The newsletter is **INCLUDED** in your CRDA membership and it is a great way to stay in tune with what is being offered locally and nationally.

WEBSITE <http://www.crdanet.net>

The CRDA website began in 1989 and includes a wide variety of information, including: state classes & clubs, CRDA sponsored dances, round of the month & classic of the quarter, contact information, places to dance around the world and a wide variety of dance related links & groups.

Email notices of upcoming events and 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 and the opportunity to vote at the annual membership meeting, as well as having an influence for the future direction and activities for CRDA

YEARLY DANCE EVENTS:

CRDA members receive a **SUBSTANTIAL DISCOUNT** at all CRDA events. CRDA sponsors a variety of special dance events each year: Spring Beginner Graduation Dance, Fall

Harvest Moon Phase II-IV, regional dance parties, & the annual Round Dance Gala.

The Gala features an enjoyable weekend of teaches, clinics, and dancing, for **ALL LEVELS** of Round Dancing (phase II – VI / beginner – advanced).

Nationally prominent guest instructors are hired and local cuers/instructors lend their expertise. The Gala is held on the first Friday & Saturday in November.

ALL THIS FOR ONLY \$18.00 PER YEAR - DUE JANUARY 1*

* New Member subscribing in a month other than January, multiply \$1.50 X the number of months left in the year to calculate the amount owed for dues (ex: Aug = \$7.50).

CRDA APPLICATION FOR MEMBERSHIP

\$18.00 per year per address (or prorated amount)

New members: Please complete all items

Renewing members: Please complete changes

New Member Renewal Member Cuer/Instructor

LAST NAME _____

First Name - His _____ Hers _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

CRDA Badges: \$12.00 for 1 or 2 for \$24.00 to same address.

For magnet add \$2 per badge

First Name _____ Last Name _____

First Name _____ Last Name _____

ANNUAL MEMBERSHIP \$18.00 \$ _____

(Or prorated amount) DUE JANUARY 1

CRDA BADGES \$ _____ TOTAL \$ _____

I would like to receive my Round Notes (check one)

By EMAIL (thank you!)

By Regular Mail

MAKE CHECKS PAYABLE to the "Colorado Round Dance Association" or "CRDA"

MAIL TO: Ron Blewitt, (Membership Chair)

701 Harlan St. Unit E12

Lakewood, CO, 80214-2505

303-741-4961

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

Committee Preference _____

DANCING MAKES YOU SMARTER

It's been scientifically proven that the only physical activity to offer protection against dementia is frequent dancing.

- Reading - 35% reduced risk of dementia
 - Bicycling and swimming - 0%
 - Doing crossword puzzles at least four days a week - 47%
 - Playing golf - 0%
 - Dancing frequently - 76%.

Study made suggestion: do it often. Seniors who took dance lessons 4 days a week had a measurably lower risk of dementia than those who did it only once a week.

Fred Astaire Dance Studio
of Coral Springs

Roundalab Rounds-of-the-Quarter and Runners Up

2nd QUARTER 2013

PHASE 2: Beverly & Robert MacKay, Chaircouple

ROQ: Lucky Devil (TS) Charlie Brown & Linda Cooley

1st Runner Up: Half A Heart (TS) Kathy & Tom Nickel

2nd Runner Up: Red, Red Robin (TS) Gert-Jan & Susie Rotscheid

PHASE 3: TJ & Bruce Chadd, Chaircouple

ROQ: Memory (RB) Nariaki & Hideko Aoyama

(TIE) Come By The Hills (WZ) Milo Molitoris & Cinda Firstenburg

1st Runner Up: Wonderful (WZ) Jerry Buckmaster & Zodie Reigel

2nd Runner Up: Lookin' For Love (TS) Ron & Jan Betzelberger

PHASE 4: Karen Fisher, Chaircouple

ROQ: Cheek to Cheek (FT) TJ & Bruce Chadd

1st Runner Up: That's Life (WC) Christine & Theron

2nd Runner Up: I Do, I Do, I Do, I Do, I Do (FT) Larry & Susan Sperry

PHASE 5: Tim & Debby Vogt, Chaircouple

ROQ: I Am Just A Girl (FT) Curt & Tammy Worlock

1st Runner Up: How Lucky Can One Guy Be? (JV) Randy & Marie Preskitt

2nd Runner Up: Snap Your Fingers (WC) Karen & Ed Gloodt

PHASE 6: Dave Goss & Ulla Figwer, Chaircouple

ROQ: Poema (TG) Ron & Mary Noble

1st Runner Up: Conquest Of Heaven (WZ) George & Pamela Hurd

2nd Runner Up: Wonderful World Of The Young (WZ) Charlie Brown & Linda Cooley

Colorado Round Dance Association Presents:

Harvest Moon Dance

Sunday, September 22, 2013

Avalon Ballroom

6185 Arapahoe Rd. Boulder, CO 80303

1:30-4:00 pm Afternoon Teaches

Phases II, III, & IV

6:30-9:00 pm Evening Dance

Weather Cancellation Policy:
If the dance needs to be cancelled due to weather, an email will be sent to all CRDA members by 3 pm on the day of the dance or check the CRDA Website: <http://crda.net>


Purchase Tickets at the Door

CRDA Member
One Session \$10/cpl— \$5/sgl
Both Sessions \$15/cpl- \$7.50sgl
Non-Member
One Session \$14/cpl-\$7/sgl
Both Sessions \$20/cpl-\$10/sgl

Additional Information:
Patrick & Eileen Krause
303-690-0916 / jjema5@comcast.net
Maps & Directions: <http://crda.net>


Editor's Byline:

This issue has several short articles about the advantages to dance related to health and memory. When talking to friends that aren't dancing anymore about coming to dance, share these articles and then tell them to meet you at a dance that you will be at. Let's keep dancing alive in Colorado!



2013 Gala update:

We have several committee members working on the Gala already. The theme is "That Ol' Black Magic". What fun that could be! Registration costs go up April 1. We know that this will be out after that date, but you know "That Ol' Black Magic" might work for an extra few days. If you've never danced to Kristine & Bruce and Judy & Hank you are in for a delightful great weekend! I know that they are already working on some ideas.



A note from our Secretary

Regarding insurance - Communicated with Jenny from the RAL insurance company - Northwest Insurance Services, LLC. The current policy renews on 4/1/2013, and once the policy renews she will send the updated certificate

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.

CRDA BOARD MEMBERS

Rob & Terri Sherwood - President
720-272-2706 rob@sherweng.com

Patrick & Eileen Krause – V.P.
303-469-9140 krause.p@comcast.net

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

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

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

Bill & Lee Carter
303-953-1589 carterblee@gmail.com

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

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

We have an opening on the Board of Directors due to a resignation. You can volunteer to help out! Should more than one couple or person volunteer, the board will make a selection via secret ballot at the April board meeting.

COMMITTEE MEMBERS AND CONTACTS

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

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

Hall of Fame: Ron & Judy Spahn

Pending—Taking volunteers

Pending—Taking volunteers

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

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

Gala 2014:

Cuer Selection: Harold & Cindy Van Hooser

Patrick & Eileen Krause

Jim & Sharon Peyrouse

Sunshine and Shadows

Contact Dave Smith bluenova.rounddanceclub@gmail.com if you know of someone who needs to receive a sympathy, get well, encouragement, or congratulations card.

Gayle Peters—Loss of parent

Gayle Peters—Loss of parent (hard to lose 2 so close together)

Ty & Ann Rotruck—Thinking of You

A note from Jim & Judy Taylor: We picked up Ann Rotruck and she joined us to dance at The Outpost Rounders last Tuesday, March 12. She was in good spirits and happy to see George and a number of the dancers again.

Ty is still on the third floor, and has his ups and downs. The hospice people come three times a week and help him with a shower and other needs. He is not generally very talkative, but Ann says when asked a question he will respond knowingly. It is great that the facility taking care of Ty is right in the building so that Ann can visit with him when she wants, but does not have to be with him 24/7.

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



Colorado Round Dance Association Presents:

That Ol' Black Magic

November 1 & 2, 2013

University Center Ballrooms
University of Northern Colorado,
Greeley, Colorado

Featured Cuers:
Kristine & Bruce Nelson
Judy & Hank Scherrer

Instructional Clinicians:
Harold & Meredith Sears
Paul & Linda Robinson

3 Wood Floor Halls 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

Information: John & Karen Herr: 303-681-3147, email kherr00@mac.com or <http://www.crdanet/CRDAgala.html#gala>

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	Phone Number	E-mail Address
FULL PACKAGE to APRIL 1st 2013		\$90 Members	\$108 Non-Members / singles pay half _____ (includes 2013 CRDA membership)		
FULL PACKAGE after APRIL 1st 2013		\$100 Members	\$108 Non-Members / singles pay half _____ (NO membership included)		
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/ single	_____	
Friday AND/OR Saturday Evenings only		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)					

Upcoming CRDA Dates

April 7	Spring Dance	Avalon	2:00 p.m.
April 13	BOD Meeting	Rose Hill Grange	2:00 p.m.
May 5	Fun Dance	Berthoud Barn	2:00 p.m.
July 13	Fun Dance	Rose Hill Grange	7:00 p.m.
Aug. 10	BOD Meeting	Rose Hill Grange	10:30 a.m.
Aug. 10	Fun Dance	Rose Hill Grange	7:00 p.m.
Aug. 25	Peachy Fun Dance	Grand Junction	1:30 p.m.
Sept. 22	Harvest Moon	Avalon	1:30 p.m.
Oct. 6	Fun Dance	Carriage Stop	2:00 p.m.
Nov. 1-2	Gala	UNC Greeley	

Karen Herr
4535 Red Rock Dr.
Larkspur, CO 80118