





Denver, Colorado

December 2018/January 2019

Presidents' Letter - Patrick and Eileen Krause

A great time was had by all dancers attending CRDA's annual Gala in Pueblo! All the dancers in attendance liked the facility and especially the floor. The featured cuers, Kristine & Bruce Nelson and TJ & Bruce Chadd, were outstanding! They taught four dances each, Phases 2 – 6. Rhythm and Figure clinics were taught by John & Karen Herr and Peter & Chama Gomez. We thank this year's General Chair, Gary and Charlotte Baxter, for a wonderful Gala! We would also like to thank all the committees and the CRDA member cuers for cueing the Friday afternoon and Saturday evening dances.

Elections for Board of Directors were held at the General Membership meeting. Thanks to our out-going directors: Mike and Betty Coan and Jim and Jane Wamboldt. We are also going off the board. Please join us in welcoming the in-coming directors: Kathi Gallagher, Pam King and Jim Steverson, and Steve and Janet Pitts. Continuing with the board are: Justin del Sol, Gary and Charlotte Baxter, John and Karen Herr, Frankie Travis and Ken Matuska, Kathryn Dow, and Jim and Margie Garcia. The officers for 2019 are: Presidents Steve and Janet Pitts, Vice-President Justin del Sol, Treasurers Frankie Travis and Ken Matuska, Secretaries Jim and Margie Garcia. The Board of Directors represents you. Please contact any Director with your ideas, questions, or concerns. All members are invited to attend Board of Directors meetings.

Remember your CRDA dues are due in January. Please encourage all your dancing friends to join CRDA! Membership includes discounts to CRDA dances, and the Round Notes newsletter which has local and national Round Dance information, and articles.

January's Fun Dance will be on Saturday, January 26^{th} at the Rose Hill Grange (4001 E. 68^{th}) in Commerce City. The time will be 7:00 – 9:30 p.m. with Harold & Meredith Sears and Roy & Marcia Knight cueing. The dance program will be Phase II – V, based on the dancers in attendance.

CRDA's website (<u>www.crda.net</u>) is a great source for all dancing! All CRDA's dances and locations are listed as well as non-CRDA dances. Check it out!

Weather Cancellation Policy: If a dance needs to be cancelled due to weather, an email will be sent on the day of the dance to the CRDA membership. It will be posted on CRDA's website and Facebook page.

We wish you a wonderful Holiday Season filled with family, friends, and dancing!



Editor's Note: CRDA thanks Patrick and Eileen Krause for their long-term service to CRDA and Round Dancing in Colorado. They have given much of their time and of their heart to an organization which means so much to so many. Thank you, Patrick and Eileen! See you on the dance floor!



Incoming Presidents' Letter – Steve and Janet Pitts

We are looking forward to serving as your 2019 CRDA presidents. We appreciate your support as we learn how to lead this organization. We live in Lafayette and graduated from our first Round Dance lessons with Ed and Elvira Glenn in 2008. We are blessed with so many wonderful Round Dance instructors in the Denver area, which has allowed us to continue learning new things every year since then. We have served on the CRDA board in previous years as the Vice-Presidents and are returning to the board this year after a one-year break.

First, we would like to say **THANK YOU** to our CRDA outgoing presidents Patrick and Eileen Krause for all their efforts and time in serving as our Presidents during the last few years. **Thank you** as well to board members who are rotating off: Jim and Jane Wamboldt and Mike and Betty Coan.

Please join us in thanking and welcoming the new CRDA board members who stepped up to serve on the 2019 board: Pam King and Jim Steverson, and Kathi Gallagher. Round Notes will be publishing a complete list of CRDA Officers and Committee Members in an upcoming edition.

The **FIRST 2019 Board of Director's (BOD) Meeting** will be on Saturday, January 12th with snacks at 1:30p.m. and meeting starting at 2p.m. at the Rose Hill Grange. All CRDA members are welcome at any BOD meeting. See CRDA's website for current information on all CRDA's dances and events, www.crda.net

The 2018 Gala Chairs, Gary and Charlotte Baxter also deserve a big Thank You for putting on the well-organized and smooth-running Gala 2018 at CSU-Pueblo. Their efforts this year have helped find a wonderful facility, which ensures future Galas can continue to be a special event for CRDA. See the 2019 Gala article for information regarding next year's Gala, coming up in October 2019.

The **FIRST CRDA FUN DANCE of 2019** is on Saturday, January 26, 2018 at the Rose Hill Grange (4001 E. 68th Ave in Commerce City) 7:00 – 9:30 p.m. The cuers are Harold & Meredith Sears and Roy & Marcia Knight. We hope to see you at our Fun Dances throughout the year. Please invite any of your non-CRDA Round Dancing friends to come to one of our Fun Dances!

There will be no Fun Dance in December (but there will be plenty of holiday~themed dancing to lighten the season). The first Fun Dance of the New Year is January 26th, with Roy & Marcia Knight and Harold & Meredith Sears. Why not suggest one or two of your very favorite dances to be cued that evening? Our cuers always try to pick dances they think will be fun, but so much better would be the dances that you know are fun. Go to www.crda.net and click on the Vote Link at the top of the page. It'll give you a nice feeling of power in these uncertain times.

ROUND DANCE TIP by Tim Eum Intro to Foxtrot

History:

In the summer of 1914, Ragtime music was all the rage in America. A vaudeville star named Harry Fox included dancing in his act, which featured fast moving, hoppy, "trotting" steps to the Ragtime music. The act became very popular, as well as the dancing, which became known as the "Fox Trot".

Very soon afterwards – professional ballroom teachers such as Vernon and Irene Castle and G.K. Anderson and Josephine Bradley adopted the new "Fox Trot" although they made it more graceful, slower, and smoother. It was this ballroom version which we now generally call Foxtrot. Some aspects of the original fast, trotting style of dancing has still survived in what we now dance and call Quickstep. As a side note, Arthur Murray got his start in the dance business by printing the basic steps of Foxtrot and selling them for 10 cents each through the mail.

General Characteristics:

The Foxtrot is a smooth, progressive (i.e. moving) dance. There is rise-and-fall, but not as much as in Waltz – the emphasis is moving, not going up and down. As you become more familiar with Foxtrot, the figures you use have more passing steps in them rather than ending a figure with feet together (which is done often in waltz and other rhythms). The timing of many Foxtrot figures is generally SQQ, although SSQQ, SQ&Q, and even SQQ-QQQQ are also common. The rich variety of Foxtrot figures helps make it one of the most versatile of all the rhythms – although this also makes it a little more difficult to master. In any case, remember the originator, Harry Fox, danced with a carefree, entertaining, and joyous spirit — and you can too.

Begin most Foxtrot figures by relaxing the knee of the leg you have your weight on (thus lowering) as you take the first step. Note how the heel of the foot taking that first step contacts the floor first. Such heel leads are common in Foxtrot. As you finish the first step you roll onto the ball of the foot and begin rising – but not as much as in waltz. You instead glide forward into the second and third steps of the figure thus progressing and moving smoothly across the dance floor.

Sunshine and Shadows

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

Justin del Sol - thinking of you Tracy Smith - surgery and get well Dave Smith - sympathy - loss of father Kathi Gallagher - get well

Wayne Harris - surgery and get well Ed and Elvira Glenn - get well Mary Kay Buchtel - sympathy - loss of father Justin del Sol - Happy Birthday and thinking of you

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 (include a short statement on a separate sheet of paper)	
CRDA Member	
Please send this nomination form via email or post to:	
Jim and Margie Garcia <u>gar905@comcast.net</u> 905 Mesa Ct Broomfield, CO 80020 303-469-4096	

A Note from our Membership Chairman!

New Members

Ron and Janet Ruckdeschel Brian and Jo Dee Robertson

2019 dues will soon be due. Ron will be mailing/emailing renewal reminders in January. If you are not among the 25% who have already renewed, you can save Ron a bit of work by mailing your \$18 renewal check now to:

Ron Blewitt, 172 Vance St, Lakewood, CO 80226.

If you're unsure whether you've already paid, email Ron at <u>ronblewitt@gmail.com</u>, or phone him at 303-741-4961. Thanks.

Notes and Dances from Around Colorado (CRDA members' input)

Castle Dancers (Denver Area)—Roy & Marcia Knight

Spaghetti Sauce on Spaghetti Squash, Colorado Pine Nut Salad and Baked Apples. We had fun dancing Knight Dances ...ooops... "Night" Dances.

Perfidia (Slater) RB VI

Tonight (K&B Nelson) RB IV

Dancing Penguins (Denver Area)—John and Karen Herr

Waltz lessons are going amazing! We are ready to start using the figures in combinations. We'll use the last month of lessons to perfect what we know and start using the figures in dances. It's been fun watching the dancers gain more confidence in their waltz! We'll start Rumba in January and Two Step in April. Encourage your friends and neighbors to come give Round Dancing a "go"!

Monday:

• Havana (Goss) CH VI

Thursday

- One Call Away (Drumheller) RB III+
- Sedalia (Kenny) RB IV
- Skyfall (Race) RB IV
- San Francisco (Molitoris) FX III

Tuesday

Waltz Figures

Dancing Shadows (Grand Junction Area)—Dot & Tom Doherty reporting

Nothing new for this month. We dance every Sunday with level II rounds at 5 and level II and III rounds at 6:30 to 8:30. Have an enjoyable Thanksgiving with friends and loved ones.

Telefeathers (Denver Area)—Harold and Meredith Sears

We've picked up the dances taught at the Gala, and Worlock organized a second Colossal weekend recently. We learned one of those, Havana, a phase VI cha by Goss, and I'm looking forward to learning Goss's tango, El Choclo, as soon as we can fit it in. Some others we've been enjoying are: More info at www.rounddancing.net

La Playa 4 Rumba (Ito IV RB)

The Last Waltz (Davenport VI WZ)

Now (Hartzel VI BL)

Begin to Color Me (Read VI WZ)

You're Still the One (Oren IV RB)

I Will Love You (Halbert/Lamberty IV WZ)

Cuppa Joe (Goss VI WCS)

Traveling Bossa (Lamberty IV MB)

A Song With No Name (Hixson IV JV)

El Mismo Sol (Garza V CH)

My Spanish Jean (Hicks IV WZ)

Listen To the Radio (Evans IV RB)

It's Not Too Late (Woodruff IV FT)

You'll Be the One (Hilton IV BL)

I May Be Wrong (Lamberty V QS)

Andante Cantibile (Moore V WZ)

I'm Not Lisa (Blackford V BL)

Why Did It Have To Be Me (Preskitt V JV)

I'll Be Your Baby Tonight (Dierickx IV

STS/JV)

Remember Your Smile (Hilton V WZ)

CRDA Board Members 2018

boardmembers@crda.net

Patrick and Eileen Krause - (18)* President Justin Judd Del Sol (20) V. P

303-690-0916 krause.p@comcast.net 720-635-7202 shoencue@live.com

Jim and Marge Garcia - (19) Secretary Frankie Travis and Ken Matuska - (19)

303-469-4096 gar905@comcast.net Treasurer

720-935-4189 ftravis3@comcast.net

Gary and Charlotte Baxter - (19)

Mike and Betty Coan - (18)

970-593-0137 <a href="mailto:com/cgbaxter50@gmail.c

Kathryn Dow (20)

John and Karen Herr - (20)

303-997-3206 kathryn@bradley-family.com 303-681-3147 kherr00@mac.com

Jim and Jane Wamboldt - (18) 303-816-7192 iwamboldt@g.com

*term-ending years in parentheses

2019

New members

Steve & Janet Pitts (21) President Kathi Gallagher (21) Jim Steverson and Pam King (21)

Thank you to Mike & Betty Coan, Patrick & Eileen Krause and Jim & Jane Wamboldt for their service to CRDA!

COMMITTEE MEMBERS AND CONTACTS

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

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

Proof Reader: MaryKaye Buchtel starbucket@comcast.net 303-909-0271

Hall of Fame: Jim and Margie Garcia gar905@comcast.net 303-469-4096

Fun Dances: Frankie Travis and Ken Matuska ftravis3@comcast.net 720-935-4189

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

Gala 2019: Janet and Steve Pitts <u>stevepitts@mindspring.com</u> 303-332-1862

Cuer Selection: Steve and Janet Pitts, Jim and Sharon Peyrouse

John and Karen Herr

Web Page: Harold Sears harold@rounddancing.net

Fred Layberger <u>laybergerf@aol.com</u> 719-268-1233

Patrick and Eileen Krause krause.p@comcast.net 303-690-0916

Dancing is Good for Your Health. No Foolin' by Sandi and Dan Finch

All that effort remembering dance steps could be your answer to slowing the signs of aging, more so than more traditional exercises. That's the conclusion of a 2017 study reported in the magazine "Frontiers in Human Neuroscience", which dancer/choreographer Steve Gibson ("Uptown Funk") shared. Researchers in Magdeburg, Germany, found dancing offers a one-two punch against aging. The process of dancing and remembering steps causes positive increases in areas of the brain responsible for cognitive function. Dancing also improves balance more than weight and endurance training, according to the magazine. The study worked with 26 healthy volunteers, average age of 65. One group was assigned to learn dance routines, the other to do endurance and strength training. After 18 months, both groups showed increases in the hippocampus region of the brain, an area which is important in memory and learning and often declines with age. But only the dancing group showed improvement in their balance.

This isn't the first study to verify that dancing is good for your health. A 2013 study, also reported in Frontiers magazine, studied two groups of volunteer elder adults for six months. One group participated in weekly one-hour dance classes, the other group did not. The dancers had higher scores for improved posture and better motor and cognitive performance scores than the other group. A 2015 study had a group of adults over 75 participate in 11 physical activities—such as swimming and golf—and six mental stimulation exercises—such as reading and playing board games. The result? Dancing was the activity most associated with the reduced risk of developing dementia. A 2014 study in Warsaw, Poland, concluded that dancers can get a runner's high from rhythmic movement, making dancing a less stressful form of mental escape than running.

Frontier magazine quoted a professor of neurology and medicine at Albert Einstein College of Medicine, who said dancing may be a key to preventing or delaying dementia because "dance is a complex activity that combines mental, physical, emotional and social aspects which together can be beneficial to your brain and overall health."

"Each year, one out of four adults 65 and older will fall", says a professor of dance physical therapy at New York University. "Techniques taught in dance increase body awareness, beneficial in reducing the risk of falls", she said. "Dance is just a series of balance tests." The next time your doctor is amazed at your fast recovery from surgery or your lab tests could be for someone half your age, show them this article. Dancing is good for your health. That's old news.

Future Events by CRDA Members

August 20-26, 2019 Fun Valley Square and Round Dance with Herr, Bower, Luttrell

South Fork, CO

Sept. 13-15, 2019

40th NMRDA Round Dance Festival with R & M Preskitt

Albuquerque, NM

Editor's Byline

It's amazing 2019 is just around the corner. That just boggles my mind. Sure hope you enjoy the educational articles in this edition. Thank you to Larylee Hitchens for submitting the link. Also, thank you to the Board Members who have retired from the board. We appreciate your time and service. The movement could not progress without you!

Gala 2018 Report "WALTZING THROUGH AUTUMN LEAVES"

Wrap It Up and Move Forward

The wrap up meeting for our 2018 Gala, "Waltzing Through Autumn Leaves" brought enthusiasm for next year's 2019 Gala, "Autumn Glow". Your "Comments, Suggestions, Gripes, and Kudos" this year were appreciated. Thank You! Overall the new venue, received high marks! The Occhiato Ballroom is beautiful, and the floor and sound were exceptional.

The two guest curers were wonderful, and so much fun to be around. Both couples were talented cuers, teachers and choreographers. We would like to add that both couples brought their own original choreography to Colorado. What an honor that eight new dances were introduced at our 2018 Gala! Wow! You may download the cue sheets @ www.crda.net.

The Nelson's brought:

Mystique (VI WZ); Tonight (IV RB); My Sweet Man (III JV); Complicated (II TS)

The Chadd's brought:

Hey There (V FT); I Am Free (IV CH); Angel Waltz (III WZ); Aspenglow (II WZ);

At the meeting we decided programming could be tweaked a little. We thought Harold did an excellent job for a new venue with two halls rather than three. It's a challenging job, and dancers need to remember your requests happen weeks before the Gala, during our on-line voting process! The list is comprehensive and easy to check off by level. Take advantage! Also, dancers expressed that a little more time for lunch and dinner would be appreciated, so expect a little more time next year. The buffet at the cafeteria wasn't bad and reasonably priced at \$8.88. Many dancers chose that option.

We especially want to thank the dancers who helped in so many ways on our committee, and to thank all the dancers who attended this year's Gala. The decorations provided by Chama Gomez were beautiful. Thanks to our co-chair couple Janet and Steve Pitts, who are already working on next year's Gala. We are looking forward to Occhiato Ballroom next October on the 11th and 12th. The flyer is already on the website www.crda.net. This dance is so special to our Round Dance community, and we look forward to it each year! Happy Dancing

Charlotte and Gary Baxter

cqbaxter50@qmail.com

970 593-0137

Autumn Glow Gala 2019

The planning for the 2019 Gala, **Autumn Glow**, has begun. We look forward to returning to the Occhiato Ballroom, CSU Pueblo on October 11th and 12th 2019. It is a wonderful facility with lots of room and excellent floor and acoustics. We are fortunate to have two excellent instructor couples again this year, Bill & Carol Goss and Randy & Rose Wulf.

We just finished reviewing the evaluations from this year's Gala and are incorporating your comments. There will be plenty of dancing again this year, Friday afternoon through Saturday Evening, with Clinics, Teaches and Dancing for all levels. Watch for more details throughout the year as we finalize the planning.

It is not too early to register, if you haven't done so already, and there is a discount for pre-registering before the Gala. You can download a registration form on the CRDA Website, http://www.crda.net/flyers/2019-10_Gala.pdf and mail it to the Gala Registrar: Margie Garcia - 905 Mesa Ct., Broomfield, CO 80020.

Invite all your Round Dancing friends to join us for this special annual event.

Steve and Janet Pitts

stevepitts@mindspring.com

303-332-1862

How Ballroom and Latin Dancing Build Core Strength

reprinted with permission from:

Quick Quick Slow Ballroom Dance Studio https://www.quickguickslow.com

The wide variety of ballroom and Latin dancing: Waltz, Foxtrot, Mambo, Cha-Cha, Rumba, Swing, Salsa, etc., showcases not only how the human body moves, but how dancing can command and reinforce strength. Ballroom and Latin dancing also promote longevity. When you look at the career span of a ballerina versus a ballroom dancer, the latter is significantly longer. In addition to enhanced posture and a full-body workout, dancing also promotes balance; something vital as people age. While many benefits of dancing, such as providing an emotional and mental release and improving social interactions are well-known, perhaps less-known is how dancing can strengthen the core and increase the many benefits associated with this strengthening.

The literature is rife with studies demonstrating that including core conditioning into dance training not only improves performance but also reduces injury risk. Once the student learns basic steps, patterns, movements, and dance holds, s/he begins to reap the cardiovascular benefits and improved muscle control, both of which contribute to core strength. From a cardiovascular perspective, for those who rely on pedometers to keep track of daily steps, the constant movement associated with dance can easily surpass 10,000 steps in a fun evening of dancing.

Perhaps the most important core-strengthening aspect of Ballroom and Latin dancing involves the muscle control and good posture required to dance with a partner. Whereas one may be doing a simple basic Foxtrot pattern or box step, it is much more than maneuvering through the patterns. Instead, every muscle in the body is manipulated to get the desired result. Further, these muscles are working significantly harder than would be the case if one were simply going on a walk. Additionally, maintaining a proper partnering frame also engages the core.

Another important factor is it's not simply the quick dances - Swing, Salsa, Samba, etc. that promote the most benefits. A perfectly danced Waltz or Foxtrot can be as advantageous as faster tempo dances. Further, these smoother, slower dances are more physically exhausting because of the muscle control necessary to ensure proper technique. This higher level of control is particularly beneficial for promoting greater core strength.

Discover more from **Quick Quick Slow Ballroom Dance Studio**







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, regularly scheduled Fun Dances, website http://www.crda.net, and ROUND NOTES. Dancers and instructors who make contributions of their time, energy, knowledge, and skill are the CRDA staff. A Board of Directors consisting of nine couples elected from the general membership manages CRDA. It is primarily a dancer-run organization

Membership in CRDA is a way of supporting the various services CRDA provides.

CRDA encourages dancers to share in the 4 E's of Round Dancing:

EXCITEMENT, EDUCATION, EXCELLENCE and 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 and Gala Information
- *Other Special Dance Events
- *Articles with tips on dance technique

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

WEBSITE http://www.crda.net

The CRDA website began in 1989 and includes a wide variety of information, including: state classes and clubs; CRDA sponsored dances; round of the month and classic of the quarter; contact information; places to dance around the world; and a wide variety of dance-related links and groups. **Email notices** are sent for upcoming events and notices of dance cancellations due to weather

Opportunity to vote on the dances/songs which will be a part of the program in the various halls for the Gala 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 Fun Dances, and the annual Round Dance Gala.

<u>The Gala</u> 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 and following 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 by 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 (new members may				
prorate)				
□ New Member □ Renewal Member □				
Cuer/Instructor				
NAME				
NAME				
ADDRESS				
CITY STATE ZIP				
PHONE				
EMAIL				
EMAIL				
We would like to receive our Round Notes (check <u>one</u>)				
■ By EMAIL (thank you!) ■ By Regular Mail				
Email version: added content, in color, saves trees and				
postage				
CRDA BADGES: \$12 ea. for pin-style, \$14 ea. for				
magnetic-style: PIN MAGNETIC				
First Name Last Name				
First Name Last Name				
ANNUAL MEMBERSHIP \$18.00 \$				
DUE JANUARY (new members may prorate				
\$1.50/month)				
CRDA BADGES \$ TOTAL \$				
MAKE CHECKS PAYABLE TO:				
"Colorado Round Dance Association" or "CRDA"				
MAIL TO: Ron Blewitt, Membership				
172 Vance St				
Lakewood CO 80226				
Please contact me about serving on a committee				



Host Hotel: Baymont Inn & Suites
www.travelpueblo.com) 3626 North Freeway Rd.,
Pueblo CO 81008 . Phone # is: 719-583-4000
*Mention CRDA when calling to make a reservation.
The rate is \$65.00 per night plus 11.7% tax. This
special price is only available until the block is
filled. Make reservations beginning January 2,
2019. Breakfast is included and the After Party will be
held at the Baymont Inn. The hotel is 2.8 miles from the

RV Information: RV parking will be allowed in the parking area next to the football field (dry camping, no charge and security will be informed),

For hook-ups, KOA is located at 4131

Interstate 25 North, Pueblo, CO 81008 (6.8 miles from the Ballroom).

The phone number is (800) 562-7453

Tentative Schedule

<u>Friday Afternoon</u>:Trail-in Dance <u>Friday Evening</u>: Party Dance

<u>Saturday Daytime:</u> Figure Clinics & Dance Teaches <u>Saturday Evening</u>:Party Dance

Details will follow later:
Watch the CRDA Website for
latest information: http://crda.net

For more information: Janet & Steve Pitts (303) 332-1862 stevepitts@mindspring.com or Margie & Jim Garcia (303)469-4096 gar905@comcast.net

905 Mesa Ct., Broomfield, CO 80020

Lunch is on your own. There is a nice cafeteria in the Student Center and many restaurants close by in Pueblo

2019 Colo. Round Dance Association's 59th Anniversary Gala Registration Form

Her Last Name **His First His Last Name** Her First E-mail Address Street Address City State **Phone Number** First Time Gala Participant \$80 (singles pay half) \$118 Non-Members (Includes remaining 2018 membership) FULL PACKAGE (pre-registration until 4/15/19) \$100 Members (singles pay half) \$128 Non-Members (Includes remaining 2018 membership) FULL PACKAGE (4/16/2019—10/1/2019) \$110 Members (singles pay half) PRICE AT THE DOOR \$138 Non-Members (Doesn't include remaining 2018 membership) \$120 Members (singles pay half). Saturday, Teaches Only (9:00 am-4:30 pm) \$75/couple \$37.50/single Saturday, all day & evening \$100/couple \$50/single \$75/couple, \$37.50./single \$50/couple, \$25 single Friday AND/OR Saturday Evening(s) only For BOTH Evenings For ONE Evening Make checks payable to CRDA. Mail to: TOTAL Jim & Margie Garcia

\$5 cancellation fee prior to 9/1/2019 NO refunds after 9/1/2019 (one time rollover allowed)

Upcoming CRDA Dates 2019:

T 10	5 144	0 1011 0	4.00
January 12	Board Meeting	Rose Hill Grange	1:30 p.m.
January 26	Fun Dance	Rose Hill Grange	7:00 p.m.
February 9	Fun Dance	Rose Hill Grange	7:00 p.m.
March 17	Fun Dance	Wheat Ridge Grange	2:00 p.m.
March 31	Spring Dance	Avalon Ballroom	2:00 p.m.
May 25	Fun Dance	Rose Hill Grange	7:00 p.m.
July 20	Fun Dance	Rose Hill Grange	7:00 p.m.
August 25	Summer's End Dance	Avalon Ballroom	1:30 p.m.
September 21	Fun Dance	Rose Hill Grange	7:00 p.m.
October 11 and 12	CRDA Annual Gala	CSU Pueblo	7:00 p.m.
November 17	Fun Dance	Rose Hill Grange	2:00 p.m.

Karen Herr 4535 Red Rock Dr. Larkspur, CO 80118



COLORADO ROUND DANCE SUMMARY REPORT

Popular Dances and Teaches During November 2018 This Month's Contributing Cuers

Bahr, Evans, Herr, Sears, and Knight



Most Frequent Dances - November

- 1 Havana (10) (Goss) CH VI (HJ, SH)
- 2 Addicted To You (7) (Kincaid) MR V+2 (HJ, SH)
- 2 Cuppa Joe (7) (Goss/Figwer) WCS VI (E, SH)
- 4 All Of You (6) (Gloodt) FT IV (B)
- 4 He's A Pirate (6) (Goss) TG VI (B, E, SH)
- 4 Mermaid In The Night (6) (Goss/Figwer) WCS V (HJ, SH)
- 4 Night Of Stars Tango (6) (Hicks) TG VI (B, SH)
- 4 Sedalia (6) (Kenny) RB IV+2+1 (HJ, KR)
- 9 Hey There (5) (Chadd) FT V (HJ, SH)
- 9 How Lucky Can One Guy Be (5) 13 14 Danced 4 Times (Preskitt) JV V (E, SH)
- 9 Lost (5) (Preskitt) STS VI (B, E)
- Nightfall (5) (Rumble) WZ V+1 (B, HJ)

Most Frequent Dances - Last Twelve Reports

- 1 Mermaid In The Night (83) (Goss/Figwer) CH V (B, E, HJ, HL, NK)
- 2 She Bangs (72) (Hurd) CH IV+1 (B, E, HG, SH)
- 3 Hushabye Mountain 5 (65) (Rotscheid) WZ V+2 (B, Ch, E, HJ, SH)
- 4 El Gringo (62) (Goss) PD V (B, E, HG, HJ, NK, SH)
- 5 | Wanna Talk About Me (58) (Davis) JV IV+2+1 (B, Ch, E, SH)
- 6 Af En Af (56) (Seurer) TS II (B, Ch, E, HJ, KP, KR, SH)
- 6 Malaguena (56) (Worlock) PD VI (B, Ch, E, HJ, SH)
- 8 Thoroughly Modern Millie (52) 12 Our Hearts Still Go On (44) (Preskitt) QS IV+0+1 (B, E, HG, HJ, NK, SH)
- 9 Natasha (49) (Ito) WZ IV+2 (B, E, KP, NK, SH)
- 10 Better Merengue (47) (Townsend-Manning) MR V+1+1 (B, SH)
- 10 He's A Pirate (47) (Goss) TG VI (B, E, HG, SH)
 - (Worlock) RB VI (B, HG)
- 13 One Call Away (40) (Goss) RB V+2 (B, E, SH)
- 14 Girl Crush (37) (Ahart) STS IV+1+1 (B, Ch, E, HJ, HL,KP, Ro, SH, We)
- 15 Lost (35) (Preskitt) STS VI (B, E, HG, HJ, NK, SH) 16 Candlelight (34)
- (Goss) WZ V (B, E, HG, HJ, KP, NK, SH)
- 16 On The Sunny Side Of The Street (34) (Rumble) FT IV+1
- (B, HG, HJ, KR, SH) 16 Someone Like You (34)
- (Preskitt) RB VI (B, HJ, SH)
- 16 Strangers In The Night (34) (Preskitt) RB V+1+1 (B. E. HJ)
- 20 Two Danced 33 Times

Top Dances By Phase - November

Phase II	Phase III	Phase IV	Phase V	Phase VI
1 Af En Af (4) 1 Aspen Glow (4) 1 Life Is A Slow Dance (4) 4 Ben (3) 4 Mi Casa Su Casa (3) 4 Valerie (3) 7 6 Danced Twice	1 One Call Away (4) 2 My Sweet Man (3) 2 Night Waves (3) 2 Smooth (3) 5 12 Danced Twice	1 All Of You (6) 1 Sedalia (6) 3 Cheek To Cheek (4) 3 Colours Rumba (4) 3 Cuando Me Enamoro (4) 3 Tears In Heaven (4) 3 Thoroughly Modern Millie (4) 8 10 Danced Three Times	1 Addicted To You (7) 2 Mermaid In The Night (6) 3 How Lucky Can One Guy Be (5) 3 Nightfall (5) 5 Capone (4) 5 Hang On Little Tomato (4) 5 Paso Cadiz (4) 8 To Be Loved (4)	1 Havana (10) 2 Cuppa Joe (7) 3 He's A Pirate (6) 3 Night Of Stars Tango (6) 5 Hey There (5) 5 Lost (5) 7 My Foolish Heart (4) 8 5 Danced Three Times
			9 5 Danced Three Times	

Top Dances By Phase - Last Twelve Reports

Phase II Phase III Phase IV					Phase V		Phase VI		
1	Af En Af (56)	1	ABC Boogie (23)	1	She Bangs (72)	1	Mermaid In The Night (83)	1	Malaguena (56)
2	Valerie (29)	2	Chilly Cha III (22)	2	I Wanna Talk About Me (58)	2	Hushabye Mountain 5 (65)	2	He's A Pirate (47)
2	West Texas Waltz (29)	3	Feed The Birds (Buck) (20)	3	Thoroughly Modern Millie (52)	3	El Gringo (62)		Our Hearts Still Go On (44)
4	Could I Have This Dance (19)	3	Let Me Love You Tonight (20)	4	Natasha (49)				Lost (36)
5	Waltz Across Texas (17)	5	Here There Everywhere (19)	5	Girl Crush (38)		One Call Away (40)		Someone Like You (34)
6	Piano Roll Waltz (15)	6	Irish Washerwoman (18)	6	On The Sunny Side Of The Street		ACOTOMACONO VOCANOS DO CONTO		All About That Cha (33)
7	Jacalyn's Waltz (14)	7	Any Dream Foxtrot (17)	7	In Times Like These (27)		Strangers In The Night (34)		At Long Last Foxtrot (33)
8	El Lobo (13)	7	Little Deuce Coup (17)	7	Moves Like Jagger (27)		Capone (33)		Return To The Heart (26)
9	4 Danced 12 Times	9	Beach Party Cha (16)		Cheek To Cheek (25)		Nightfall (32)		Secret Garden Rumba (24)
		9	One Call Away (16)	9	Our Moon Waltz (25)		Hit The Road Jive (28)		Summertime (23)
			500 (60	9	Wild Is The Wind (25)		My Cup Of Love (28)		- 4 d



COLORADO ROUND DANCE ASOCIATION BOARD OF DIRECTORS MEETING

September 29, 2018 10:00 A.M. Rose Hill Grange

Meeting called to order.

Attendance: Board members in attendance were Patrick and Eileen Krause, Ken Matuska, Charlotte and Gary Baxter, Karen and John Herr, Jim and Margie Garcia and Betty Coan. Other members in attendance were Larylee Hitchens as proxy for Justin del Sol, Steve and Janet Pitts as proxy for Katherine Dow, Cindy and Harold Van Hooser as proxy for Jim and Jane Wamboldt, and Fred and Judy Layberger.

Minutes approved as read.

Correspondence: Sonny Risley – operation/get well, Patrick and Eileen Krause – loss of mother/sympathy, Jim and Jane Wamboldt – fond farewell, Wayne Harris – health concerns/thinking of you, Grace Ferry – loss of Milo/ sympathy, Kathi Gallagher – loss of husband/sympathy, Bette Davee – loss of husband, sympathy, Barbara Haines – get well, Chris Brizendine – surgery/get well.

Treasurers Report: (Ken Matuska)

A Balance Sheet as of 9/30/18, an Income and Expense Summary as of 9/30/18 and a 2008-2018 Comparison Balance Sheet were submitted for review.

Presidents' Report: (Patrick and Eileen Krause)

Thank you to Gary and Charlotte Baxter for setting up Gala reservations in Pueblo and paying deposits for 2018, 2019, and 2020.

The old and new board members elect at Annual Meeting vote together to decide on officers for 2019. Group preference is to meet after afternoon teaches to do this. Also, because the cafeteria closes at 1:00 p.m., the Annual Meeting will be held after lunch beginning at 12:45.

Vice Presidents Report: (Larylee Hitchens for Justin del Sol)

Personal invitations were sent to Peter and Chama Gomez, Rob and Terri Sherwood, Mitchell and Chelsea Thompson, Becky and Dave Evans, Roy and Marcia Knight, Kathy Gallagher and Dave Smith asking them if they would accept a nomination to run for the CRDA board. Steve and Janet said yes. Kathi Gallagher said yes but needs transportation to attend meeting. Larylee Hitchens also indicated a willingness to serve. We will have three or four openings on the board.

2018 Gala: (Gary and Charlotte Baxter)

Last minute details were addressed and finalized. The 40 rooms which were blocked have all been booked for \$65 per night. A few additional rooms are still available for \$72 per night. Directional signs will be placed Friday (10/12) morning. The ballroom is available at noon on Friday for set up. Steve will check with Ed to see if we need more speakers. Steve will check on hearing assist. Terri Sherwood usually prints pocket programs. Please ask CSU Pueblo to set temperature of ballroom at 65 degrees. No one else is to touch it. One water bottle per dancer has been purchased. Please refill at water fountain. Transportation has been paid to guest cuers. Lunch is scheduled from 12 to 12:45 p.m. The Annual Meeting is scheduled from 12:45 to 1:45 p.m.

2019 Gala: (Steve and Janet Pitts)

The date is October 11th and 12th. The theme is **Autumn Glow**. The cuers are Bill and Carol Goss and Randy and Rose Wulf. The location is CSU Pueblo. The price remains the same. A \$10 discount is given if you preregister at the 2018 Gala. A first time Gala attendee pays \$80. Instead of having clinicians, it is suggested the guest cuers could include a preliminary clinic if it would be beneficial to their teach.

We do have room in the schedule to do a formal clinic if an unusual rhythm would require it. We will check the Baymont as a possible site for the 2019 host hotel when we get there this year. Judy Layberger will finish the flyer for Gala now that these details are finalized.

Cuer Amateur Night: (John and Karen Herr)

This is an important activity due to recent losses of cuers. Four individuals came and learned how to cue.

Attract and Retain Dancers Sub-Committee: (Mike and Betty Coan)

Betty presented a comprehensive marketing plan for 2019. Discussion followed. We can apply for marketing funds from the 53rd national Square Dance Association. Said application would need a definitive message about what we were attempting to do. One idea is to sync all advertising to beginner classes starting in September. We can put all information about beginner classes (and others) on the Dance Round Out Your Life website. We could use Google ads to access that site. We could update the current list of classes on our webpage. A motion was made that CRDA spend up to \$300 to develop and print a class information pamphlet which would have to be reviewed by CRDA board and cuers and approved by the board before publication. Motion passed. Karen Herr volunteered to organize and coordinate this project.

Cuer Selection Committee: (John and Karen Herr)

For the 2020 Gala we must get a contract to the Rotscheids as soon as possible. Hopefully a second cuer might not be so expensive. A motion was made to accept Susie and Gert-Jan Rotscheid as one of two featured cuers for 2020. Motion passed.

Promotion/publicity: (Fred and Judy Layberger)

The 2018 Gala poster board and flyers have been circulated throughout Colorado, New Mexico, Washington State and Idaho plus at national and regional festivals. The 2019 Gala poster boards and flyers are almost finished and will be completed after this meeting. The 2019 Fun Dance flyers are finished except for July and cuer contracts have been sent out. Most of the Fun Dances will be at Rose Hill Grange and more dances are scheduled for Saturday evening next year.

Summer's End Dance: (Becky and David Evans)

No report by chair was submitted. There were four evaluations submitted. Overall response was favorable.

Fun Dances: (Frankie Travis and Ken Matuska)

The cost per couple for the Fun Dances is \$15. New dancers could receive a discount coupon.

Round Notes: (Karen Herr)

The next edition should come out the first week of October. The Special Gala Round Notes Edition was well received, and Karen thinks she will continue this edition. We only publish 20 hard copies per month.

Membership: (Ron Blewitt)

106 members.

New Business:

The general membership meeting will be after lunch beginning at 12:45 p.m., at which time new board members will be elected. A picture of the 2018 and 2019 board members will be taken immediately after the meeting. Both old and new board members will elect new officers for 2019. Regarding the election of officers, it was suggested that a summary of each officer's duties from the by-laws would be helpful for candidates nominated for said offices. Such descriptions could be passed out at the time pictures are taken. Old and new board members will meet again after the afternoon teaches to elect new officers. The new President for 2019 will set the date for the first meeting in 2019.

Meeting adjourned

If you cannot attend a board meeting, please arrange for another CRDA member to be your proxy. That person or couple should NOT be another existing board member. Please let the president know if you will be unable to attend. Please bring two copies of all reports, one for the President and one for the Secretary.

Respectfully submitted.

Margie Garcia

Colorado Round Dance Association Annual General Meeting October 13, 2019

President Patrick Krause called the Annual General Meeting to order. CRDA members were present along with the current CRDA board.

Secretary: (Jim and Margie Garcia)

Minutes approved as read.

Treasurer's Report: (Frankie Travis)

Balance Sheet as of September3 0, 2018 shows total assets of \$21,689.72. For specific information please contact Frankie.

Presidents Report: (Patrick and Eileen Krause)

Presidents thanked the 2018 dance chairs for the work they did this year (David Smith, David and Becky Evans, Gary and Charlotte Baxter, and Steve and Janet Pitts).

Presidents thanked outgoing board members Jim and Jane Wamboldt and Mike and Betty Coan. Patrick and Eileen are also outgoing board members and we thank them for their service for many years. They encouraged all Round Dancers to take advantage of the Colorado State Square and Round Dance Festival in June at the Pueblo Convention Center. The featured cuers/instructors for the festival are Mitchell and Chelsea Thompson.

They reported that in the past year, the CRDA board put focus on attracting new dancers and cuers to our activity. The board has sponsored and encouraged two cuer meetings – both with CRDA and non-CRDA cuers in attendance. The object was to get a dialog between cuers/instructors to help coordinate and spread out classes geographically and throughout the week. John and Karen Herr were the chairs of the cuer meetings. Also, John and Karen held a cuer instruction/amateur night to try to increase the number of cuers in Colorado. Just recently the board approved spending money to help with advertising of lessons and dances.

Election of Board Members:

There were four nominations for three positions: Pam King and Jim Steverson, Larylee Hitchens, Kathy Gallagher, and Steve and Janet Pitts. New board members are Pam King and Jim Steverson, Kathy Gallagher, and Steve and Janet Pitts.

2018 Gala Report: (Gary and Charlotte Baxter)

Everything is going great so far. Buffet lunch was well received and very convenient. Sound system working well. Please fill out an evaluation form. Please come and help clean up the decorations and load them in the truck. Don't forget the after party at the host hotel. And a very big thank you to everyone who helped put on the Gala this year! Bravo and way to go!!!

2019 Gala Report: (Steve and Janet Pitts)

Galas for 2019 and 2020 will be in Pueblo. The theme for 2019 is **Autumn Glow**. The guest cuers are Bill and Carol Goss and Randy and Rose Wulf. Co-Chairs are Steve and Janet Pitts and Jim and Margie Garcia. We still need one more assistant chair. The host hotel will be the Baymont Inn at the same price as this year, \$65 and taxes per night. There is a discounted early registration fee of \$90 per couple for people registering this weekend at the 2018 Gala. Thank you so much to the Missouri Round Dance Association who moved their Gala from October 11th and 12th to the last week in September to avoid a scheduling conflict.

Round Notes: (Karen Herr)

Please submit articles. We are encouraging membership from around the world.

Cuer Selection Committee: (Steve and Janet Pitts, John and Karen Herr, and Jim and Sharon Peyrouse) Guest Cuers for 2019 are the Gosses and the Wulfs. For 2020, we have Rotscheids and are looking for one more cuer couple.

Hall of fame: (Jim Garcia)

We have no nominations currently. The Hall of Fame plaque is in the lobby.

Fun Dances: (Judy Layberger)

All flyers are prepared for next year. Most Fun Dances have been scheduled for Saturday night per dancer requests. All cuers are contracted. Thanks to existing cuers filling these slots. Please fill out surveys for Fun Dances.

Membership: (Ron Blewitt)

We have 106 members.

Colorado State Square Dance Association and Denver Area Square and Round Dance Council: (representatives Jim and Judy Taylor)

The 2019 Colorado State Festival flyers are in lobby. The dance will be held in the Pueblo Convention Center and featured Cuers will be Mitchell and Chelsea Thompson.

The 2019 USA West Festival will be in Boise, Idaho and has a program comparable to the National Square and Round Dance Festival.

Promotion/Publicity: (Judy Layberger)

If you don't get reminders for all CRDA-sponsored dance events, please contact Judy. The Chadds and Wulfs took poster boards for the 2019 Gala to circulate in areas where they dance and teach.

Webpage: (Harold Sears)

Please tell Harold about non-CRDA events for posting on website. Videos from this Gala should be on website mid-November.

Historian: (Meredith Sears)

Albums and pictures of past years' CRDA are out on display in the lobby for your perusal.

New Business and comments from attendees:

Please write a letter to the Missouri Round Dance Association to thank them for moving their festival to the end of September.

A special thank you to Harold Sears for all the work he did on the dance program this year!

A special thank you to Peter and Chama Gomez for their triple duties for this year's Gala as host couple, decorations chairs, and clinic teachers!!! Way beyond the call of duty!

This earlier date works out much better for people coming from Grand Junction.

Justin del Sol's birthday is November 8th. Because he was unable to attend this year, he would appreciate hearing from you.

Meeting adjourned.

Election of Board Officers was held after the afternoon program on Saturday. New officers are: President - Steve and Janet Pitts, Vice President - Justin del Sol, Treasurer - Ken Matuska and Frankie Travis, and Secretary – Jim and Margie Garcia











































