

# Round Notes



Denver, Colorado

April/May 2019

## Presidents' Letter – Steve & Janet Pitts

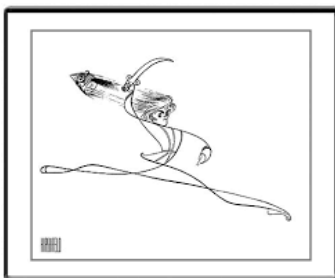
**Thank you** to Dave Smith and Peter Gomez for cueing our Fun Dance March 17<sup>th</sup> at the Wheat Ridge Grange. We had 9½ couples attend. CRDA would like to boost the attendance at these events. To that end, the board has come up with a pilot change to two of the 2019 Fun Dances.



For the July 20<sup>th</sup> Fun Dance [Evans and Sears], the first half hour (7:00 to 7:30) will consist of a phase III dance teach. Likely rhythm will be Rumba. For the September Fun Dance [Herr and Krause], the first half hour will be a lower level dance teach or mini-clinic. John and Karen have proposed a request clinic be done for the first half hour. They will take requests from the floor as to what the dancers wish to learn or work on. The Board of Directors (BOD) will evaluate this change and then decide at the Sept 2019 BOD meeting if this was worthwhile and whether this change will be applied to the November 17<sup>th</sup> Fun Dance with cuers Smith and Thompson (both have beginner classes). These three dances all will be at Rose Hill Grange in Commerce City).

We have no Fun Dance scheduled for April 2019.

**Lower level dancers:** What else would you like to see CRDA do to make Fun Dances more attractive and more FUN? Please send your ideas to: [jpitts@mindspring.com](mailto:jpitts@mindspring.com) or [stevepitts@mindspring.com](mailto:stevepitts@mindspring.com) or call Steve at 303-332-1862.



"I do not try to dance better than anyone else. I only try to dance better than myself." Mikhail Baryshnikov



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ROUND DANCE TIP  
OPEN HIP TWIST (Phase 5 Rumba)  
By Tim Eum

Start an Open Hip Twist from a closed facing position with lead hands joined about waist high.

On the first step, the man checks forward with lead foot, leading the lady to rock back with his firm lead arm push at waist level. Ladies must not let their right arm/elbow be pushed behind their body but instead resist with good arm tension.

On the second step, the man draws the lead arm back as he recovers back onto his trail foot and if the lady retains the arm tension, she will feel the pull back towards the man which leads her to recover with her trail foot.

On the third beat, the man closes his lead foot and braces his lead hand, so the lady feels all her momentum being blocked as she steps forward toward the man with her lead foot. Precisely at this moment, the lady swivels her hips and legs  $\frac{1}{4}$  right-face, while maintaining her top line (upper body and shoulders) toward partner. This Hip Twist occurs as early as the last half of the third beat or as late as the first half of the fourth beat, but in either case comes after the lady has taken weight going forward with her third step.

How you move your free arms in Round Dancing is almost always optional but can add to the flair of your dancing. In this case, the man need do nothing but leave his free (right) arm out level to the floor throughout most of the figure, but the lady can add a bit of flair by taking her free arm (left) up above her head on step one (like an explode apart), bend the left elbow as she recovers bringing the arm in front of her as she does the Hip Twist and then laying the left arm flat out and forward in front, just before moving forward into the next figure after the Open Hip Twist.

## Sunshine and Shadows

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

Liz Peterson—get well  
Karen Herr—get well

Lee Janssen—get well  
Rob Sherwood—get well



**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 email or post to:

Jim and Margie Garcia     [gar905@comcast.net](mailto:gar905@comcast.net)  
905 Mesa Ct  
Broomfield, CO 80020  
303-469-4096

**Note from our Membership Chairman!**

**Welcome New Members**

**Tom and Cindy Bunn (Florida)**

**John and Kay Toth (Arizona)**

*Time to encourage your friends to join CRDA!*

*Mail your check to Ron to guarantee continuous membership.*

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

**If you're unsure whether you've already paid, email Ron at [ronblewitt@gmail.com](mailto:ronblewitt@gmail.com), or phone him at 303-741-4961. Thanks.**

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

### Castle Dancers (Denver Area)—Roy & Marcia Knight

Brats & Sauerkraut Soup along with pretzels with swiss and caraway. Frankie Travis cued a dance!

Truly Madly Deeply (Koozer) III BO

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

Our classes are going well. They are well into Phase III Rumba. We'll be doing Cha Cha and, depending on how the time falls out, we'll do some Two Step. Have you heard we're going to cruise down the Mississippi on a Steam Paddle Ship? We would love to have you join us in March 2020. Check it out!

#### **Monday:**

- PA 6500 (Glover) IV Mixed
- And I Love You So (Childers) V RB
- Theme From Imuyasha (Hilton) V WZ
- Andante Cantabile (Moore) V WZ

#### **Thursday**

- One Call Away (Drumheller) RB III+
- Sedalia (Kenny) RB IV
- Skyfall (Race) RB IV
- I'll Take Manhattan (Kincaid) FX III+

#### **Tuesday**

- Rumba Figures
- Rumba of Love (Barton) RB III

### Grand Junction area—Tom and Dot Doherty reporting

No exciting news at this time. Dancing Shadows dances every Sunday, same time, same place. Come see us!

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

We're doing a few dances we didn't get to last year and some of the first released this year:

More info at [www.rounddancing.net](http://www.rounddancing.net)

Piensa En Mi (Ahart IV RB)  
The Colors Of Autumn (Hurd VI WZ)  
Blue Wings (Moore IV WZ)  
El Mismo Sol (Garza III CH)  
These Foolish Things (Preskitt V WCS)  
Another Crazy World (Preskitt VI WZ)

Tangled Up (Woodruff IV TG RB CH)  
The Alligator Stroll (Gloodt IV WCS)  
Once Upon A Dream (Woodruff IV FT)  
If Not You (Rotscheid IV STS)  
Close To You (Heath IV BL)

## CRDA Board Members 2019

[boardmembers@crda.net](mailto:boardmembers@crda.net)

Steve & Janet Pitts - (21)\* President  
303-332-1862 [stevepitts@mindspring.com](mailto:stevepitts@mindspring.com)

Justin Judd Del Sol (20) V. P  
720-635-7202 [shoencue@live.com](mailto:shoencue@live.com)

Jim and Marge Garcia - (19) Secretary  
303-469-4096 [gar905@comcast.net](mailto:gar905@comcast.net)

Frankie Travis and Ken Matuska - (19)  
Treasurer  
720-935-4189 [ftravis3@comcast.net](mailto:ftravis3@comcast.net)

Gary and Charlotte Baxter - (19)  
970-593-0137 [cgbaxter50@gmail.com](mailto:cgbaxter50@gmail.com)

Kathryn Dow (20)  
303-997-3206 [kathryn@bradley-family.com](mailto:kathryn@bradley-family.com)

Kathi Gallagher (21)  
303-915-2981 [godpod1054@hotmail.com](mailto:godpod1054@hotmail.com)

John and Karen Herr - (20)  
303-681-3147 [kherr00@mac.com](mailto:kherr00@mac.com)

Jim Steverson and Pam King (21)  
303-679-3667 [kingsmalley@gmail.com](mailto:kingsmalley@gmail.com)

*\*term-ending years in parentheses*

### COMMITTEE MEMBERS AND CONTACTS

<b>Membership:</b>	Ron Blewitt <a href="mailto:ronblewitt@gmail.com">ronblewitt@gmail.com</a> 303-741-4961
<b>Round Notes:</b>	Karen Herr <a href="mailto:kherr00@mac.com">kherr00@mac.com</a> 303-681-3147 Proof Reader: MaryKaye Buchtel <a href="mailto:starbucket@comcast.net">starbucket@comcast.net</a> 303-909-0271
<b>Hall of Fame:</b>	Jim and Margie Garcia <a href="mailto:gar905@comcast.net">gar905@comcast.net</a> 303-469-4096
<b>Fun Dances:</b>	Frankie Travis and Ken Matuska <a href="mailto:ftravis3@comcast.net">ftravis3@comcast.net</a> 720-935-4189 Fred and Judy Layberger <a href="mailto:laybergerf@aol.com">laybergerf@aol.com</a> 719-268-1233
<b>Spring Dance:</b>	Kathi Gallagher <a href="mailto:godpod1054@hotmail.com">godpod1054@hotmail.com</a> 303-915-2981
<b>Summer's End Dance:</b>	John and Karen Herr <a href="mailto:kherr00@mac.com">kherr00@mac.com</a> 303-681-3147
<b>Gala 2019:</b>	Janet and Steve Pitts <a href="mailto:stevepitts@mindspring.com">stevepitts@mindspring.com</a> 303-332-1862
<b>Gala 2020:</b>	Melanie & Chuck Thompson <a href="mailto:melaniechuck@comcast.net">melaniechuck@comcast.net</a> 303-277-0399
<b>Cuer Selection:</b>	Steve and Janet Pitts, Jim and Sharon Peyrouse John and Karen Herr
<b>Web Page:</b>	Harold Sears <a href="mailto:harold@rounddancing.net">harold@rounddancing.net</a>
<b>Facebook:</b>	Fred Layberger <a href="mailto:laybergerf@aol.com">laybergerf@aol.com</a> 719-268-1233 Patrick and Eileen Krause <a href="mailto:krause.p@comcast.net">krause.p@comcast.net</a> 303-690-0916

## Time to Re-Visit Balance

by Sandi and Dan Finch

We learned to walk as infants, struggling to maintain balance in an upright position. After the first couple of years, we didn't think too much about it. But, as dancers, re-thinking what balance is and how to achieve it can make you a better dancer, or at a minimum save you from injury. The American Physical Therapy Association maintains that the most common injuries of the physically active—pain in the knees, IT band and ankle sprains—come from deviations in movement which affect balance.

When you walk, run or dance, your legs go through two phases: swinging and standing. A tiny amount of imbalance when the leg is standing straight or pushing off into the swing makes you vulnerable to injury. As we age, the body's systems which detect gravity, identify body positioning at any moment and promotes stability become less effective. Hip and ankle weakness often lead to balance problems, as well as the accumulative effect of years of poor posture.

Add an injury or joint replacement or even some illnesses (such as diabetes) and the communication between what is below a joint and the brain is interrupted. The body needs to re-establish the dialogue for balance to be maintained. For this reason, doctors often recommend a form of physical therapy called "gait training," a bit more than just muscle strengthening. It can include standing on one leg, walking heel to toe, doing leg lifts while seated, knee marching or tracking the movement of your thumb with your eyes as you move it around.

At a minimum, you need to understand where you are in space and time i.e. locating your center of gravity (CG), which is the point at which you are in balance each moment. You have a different CG for the various rhythms. For Quickstep your CG is higher in the torso to allow your legs more freedom to move; for Rumba and Tango, your CG is lower to help you feel more grounded. Your partner is working on his CG, too. And the partnership itself must be in balance. How can you match your partner's CG if you can't control your own?

Some simple balance exercises can help (but always consult your medical authorities first). Try to balance on one leg for 30 seconds. Change legs. Do it with your eyes closed. Do it several times a day until you can hold for 30 seconds. Swinging your leg can develop control when it is not on the ground, as in the part of a step while in flight. Stand in a doorway one - hand against the frame for balance. Stand on one leg and swing the other leg forward and back. Check your knees to avoid inward or outward rotation. Move away from the support of the door frame and try it. For challenge, swing the opposite arm to meet the swinging leg as it comes forward. Stand tall and fix your posture. Our latest tip is to focus on your "manubrium" and think about projecting it upward. (*Your manubrium is the Y-shaped bone above your sternum where a man's tie sits.*) Then walk forward four or five steps, looking behind you over one shoulder. Look over the other shoulder. This may seem like an odd exercise for a dancer, but remember, in closed position, you are moving forward and backward, and not looking straight forward. Try it to get a prettier neck line, if the benefits of good balance aren't enough.

## Future Events by CRDA Members

August 18-24, 2019	Fun Valley Square and Round Dance with Herr, Bower, Luttrell	South Fork, CO
Sept. 13-15, 2019	40 <sup>th</sup> NMRDA Round Dance Festival with R and M Preskitt	Albuquerque, NM
March 15-23, 2020	Cruise down the Mississippi River on a Steam Paddle Ship with J and K Herr	

## Autumn Glow Gala 2019

The deadline for the pre-registration discount for 2019 Gala is coming up soon on 4/15/2019. Register now so you don't miss this Annual CRDA event with the exceptional Instructors: Bill and Carol Goss and Randy and Rose Wulf. You can download the registration form and get more information on the CRDA Website, [www.crda.net](http://www.crda.net) or contact Margie and Jim Garcia (*See below*).

We are excited to go back to Pueblo again this year and we're exploring some opportunities this facility provides to try some programming changes which will support all levels of dancers better.

First, we are looking at the possibility of having three halls again on Saturday night to provide more dancing directed at the specific levels. We really want to encourage the lower level dancers to join us this year, so there will once again be a hall specifically for the phase 2-3 (Square Dance level) dancers. The advanced dancers will also benefit by having a hall specifically focused on higher level dances for them.

We are also trying to provide a better mix of lower level dances during the Meet and Greet and Let's Dance Together time on Friday. Friday afternoon and evening will be a time for everyone to dance together and visit with friends you may not have seen all year.

Volunteers make this yearly event possible and we still need a few people to help in the following areas: Generating the signs for outside to direct people to the facility, generating signs inside the facility to direct people to the appropriate ballrooms and volunteers to help organize the After Party. Contact Janet Pitts if you are willing help out in these areas.

If you have any questions please give us a call.

**Steve and Janet Pitts**

[stevepitts@mindspring.com](mailto:stevepitts@mindspring.com)

**303-332-1862**

Hi there,

For those who enjoy Phase 2/3 Round Dances: Please keep an ear out for **Wednesdays!**

We're working towards using "The Outpost" (at 10101 E. Colorado Av, Denver) from 7:00 p.m. to 9:00 p.m. with programs of various Cues working with George Smith.

Sure would like to have "Round 'em Up Wednesdays" with you!

Justin del Sol - 720-635-7202 [shoencue@live.com](mailto:shoencue@live.com)



## The Best Foods to Benefit Your Dancing

*reprinted with permission from:*

**Quick Quick Slow Ballroom Dance Studio**

<https://www.quickquickslow.com>

When it comes to ballroom dancing, we cannot leave out the best way to keep your body slim and trim and your feet ready to glide! Diet and exercise are some of the most important aspects of ballroom dancing. Here are the [best foods dancers can benefit from](#). Your caloric intake is what can help keep your energy high so you can continue those smooth moves. On the top of the list are carbohydrates. Carbs are what give you strength for keeping your muscles ready to move. Healthy carbs are derived from potatoes, grains, root vegetables, beans, and whole grain pastas. Stay away from unhealthy, heavy carbs such as cake and donuts. That's not to say you can't ever consume a piece of cake or donut occasionally, but keep it in moderation.

Proteins, fats, and hydration as well as vitamins and minerals help to give your body the fuel and strength it needs to continue dancing as well. A low carb diet and high in protein can do you more damage than good due to the fact that not enough carbs can cause muscle loss and too much protein can cause problems with bone density. Remember to keep these two in balance.

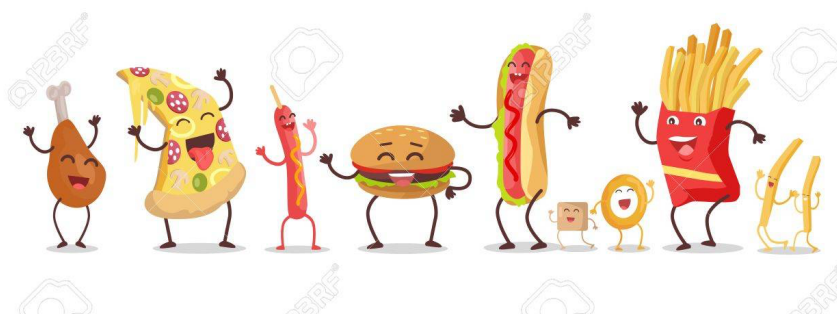
[Good fats](#) such as dairy, olive oil, fish, nuts, and avocados should be the second most important food in your diet. Remember that processed foods and saturated fats do not go along with healthy fats. Fat helps to keep your body fueled properly so that you have energy to burn while you gracefully move over the dance floor.

Proteins should be the third most important food in your diet as a dancer. The best proteins are derived from nuts, lean meats like chicken and fish, legumes, and dairy. Protein shakes, protein powder and adding protein ingredients to your favorite recipes can enhance your intake. Protein will help you build strong muscles and regeneration of cells in your body.

Don't forget vitamins and minerals which are vital to your diet as well. Many dark leafy greens, fruits and vegetables of all kinds carry these nutritious benefits to your body. Because injury is often common with dancing, it is highly important you have a regular intake of vitamin D. Vitamin D helps to heal muscles and injured bones. Calcium, Magnesium and vitamin D work together to create strong bones and muscles. Vitamins and minerals are most often found in the plants and vegetables we eat. Vitamin C is great for your immune system keeping you strong, energetic and healthy for the dance floor. Many other vitamins and minerals will help to benefit your dancing experience. Make sure you are consuming enough fruits and vegetables daily to help you reap these benefits.

Hydration is key when keeping your body going during any strenuous activities. Throughout your warm-ups and dancing be sure to continually consume enough water to replenish your body. Fluids such as coffee and tea are diuretics and can cause dehydration so it is best to steer clear of these while dancing. Fruit juices can be ok but you want to limit the amount of sugar you are taking in. Try electrolyte infused waters or vitamin waters. Best of all of course is pure water.

Eating healthy is easy and delicious and if you are passionate about your dancing, you should be just as passionate about your diet and health. Stay strong, keep up your healthy diet and see how well your dance moves improve.







## Editor's Byline

***Spring has arrived! Maybe! I saw some daffodils popping up in town. I saw my first robin. All good signs but snow is still in the forecast! Check out the articles in this issue. Tim Eum has given us a great description of an Open Hip Twist. Also, Sandi Finch talks again about Balance. I understand the importance of balance as I go through physical therapy for my knee replacement. Quick Quick Slow shares the importance of eating healthy to keep our dancing strong. And for kicks, I looked up in Wikipedia what Contra Body Position is. Great descripton! Check it out. Also, don't forget you can share Round Notes with a non-member to get them interested in CRDA and join our wonderful organization!***

### Contra body movement position (CBMP)

according to Wikipedia

**Contra body movement position (CBMP)** is a position rather than a movement. CBMP is the foot position achieved when the moving foot is placed on or across the line of the standing foot, in front of or behind it.

The term is slightly verbose in an attempt to make it self-describing and to stress the similarity of the dancer's feet position with respect to the body as if a step with CBM was performed.

However the most important usage of this term in Ballroom dancing is to describe steps when a foot moves across the standing foot, while the torso moves in the same direction as the moving foot without rotation. CBMP is routinely used in steps taken in promenade position or outside partner step in order to maintain the relative body position of the couple. CBMP and CBM often occur together in turning steps commenced outside partner or in promenade, but in such case the CBMP is required by the commencing position and is not a result of the turn.

In the ballroom tango, most forward steps of the man's left foot are placed in front of the right foot in CBMP, due to the tango's characteristic compact hold and movement slightly biased towards the right side of the body. Forward steps of the left foot in tango which commence a reverse (left) turn will also utilize CBM in the body in addition to a CBMP foot position.



# 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, 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.

**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 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).

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## 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 one)

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

Colorado Round  
Dance Association  
Proudly Presents:

# Autumn Glow October 11 & 12, 2019

**LOCATION:**  
OCCHIATO BALLROOM, CSU PUEBLO  
2200 BONFORTE BLVD.  
PUEBLO, COLORADO 81001

PHASE II-VI LEVEL DANCES  
BEAUTIFUL HARDWOOD BALLROOM FLOORS  
FIGURE CLINICS TAUGHT BY OUTSTANDING TEACHER/CLERS

## Featuring:



**BILL & CAROL GOSS**



**RANDY & ROSE WULF**

**Host Hotel:** Baymont Inn & Suites  
[www.travelpueblo.com](http://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 Ballroom.

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

**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**  
**Friday Afternoon :** Trail-in Dance  
**Friday Evening:** Party Dance  
**Saturday Daytime:** Figure Clinics & Dance Teaches  
**Saturday Evening :** Party Dance  
Details will follow later:  
**Watch the CRDA Website for latest information:** <http://crda.net>

*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**

His Last Name	His First	Her Last Name	Her First		
Street Address	City	State	Zip	Phone Number	E-mail Address
<b>First Time Gala Participant</b>	\$80				(singles pay half) _____
<b>FULL PACKAGE (pre-registration until 4/15/19)</b>	\$100 Members	<b>\$118 Non-Members</b> (Includes remaining 2018 membership)			(singles pay half) _____
<b>FULL PACKAGE (4/16/2019—10/1/2019)</b>	\$110 Members	<b>\$128 Non-Members</b> (Includes remaining 2018 membership)			(singles pay half) _____
<b>PRICE AT THE DOOR</b>	\$120 Members	<b>\$138 Non-Members</b> (Doesn't include remaining 2018 membership)			(singles pay half) _____
<b>Saturday, Teaches Only (9:00 am-4:30 pm)</b>		\$75/couple			\$37.50/single _____
<b>Saturday, all day &amp; evening</b>		\$100/couple			\$50/single _____
<b>Friday AND/OR Saturday Evening(s) only</b>		\$50/couple, \$25 single For <b>ONE</b> Evening			\$75/couple, \$37.50./single For <b>BOTH</b> Evenings _____
<b>Make checks payable to CRDA. Mail to:</b>					
<b>Jim &amp; Margie Garcia</b>					
<b>905 Mesa Ct., Broomfield, CO 80020</b>					
<b>TOTAL</b> _____					

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

**Upcoming CRDA Dates 2019:**

May 25	Fun Dance	Rose Hill Grange	7:00 p.m.
June 8	CRDA Board Meeting	Rose Hill Grange	10:00 a.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	CRDA Board Meeting	Rose Hill Grange	2:00 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 March 2019

This Month's Contributing Cuers

Bahr, Evans, Herr, Gomez, Knight, Krause, Sears, and Smith, D.



## Most Frequent Dances - March

1 The Colors Of Autumn (7) (Hurd) WZ VI (E, SH)	3 Af En Af (6) (Seurer) TS II (HJ, KP)	3 Black Tie Tango (6) (Moore) TG IV+2 (B, HJ, KR)	3 Hushabye Mountain 5 (6) (Rotscheid) WZ V+2 (B, SH)	10 Cuppa Joe (5) (Goss/Figwer) WCS VI (E, SH)
1 Thoroughly Modern Millie (7) (Preskitt) QS IV+0+1 (B, HJ)	3 Better Merengue (6) (Townsendmanning) MR V+1+1 (B, SH)	3 How Deep Is Your Love (6) (Rumble) RB IV+2+3 (B, SH)	3 Sella Il Vento (6) (Moore) WZ VI (B, E, SH)	10 Valerie (5) (Herr) WZ II (HJ)
			3 These Foolish Things (6) (Preskitt) WCS V+2 (SH)	12 13 Danced 4 Times

## Most Frequent Dances Last Twelve Reports

1 Hushabye Mountain 5 (78) (Rotscheid) WZ V+2 (B, Ch, E, HJ, SH)	5 Better Merengue (64) (Townsendmanning) MR V+1+1 (B, SH)	9 Malaguena (42) (Worlock) PD VI (B, Ch, E, HJ, SH)	13 Natasha (34) (Ito) WZ IV+2 (B, E, KP, SH)	15 Wild Is The Wind (33) (Moore) FT IV+1 (B, E, SH)
2 He's A Pirate (71) (Goss) TG VI (B, E, HG, SH)	6 Mermaid In The Night (59) (Goss/Figwer) WCS V (B, E, HL, Ne)	10 She Bangs (41) (Hurd) CH IV+1 (B, E, HG, SH)	13 Our Moon Waltz (34) (Harris) WZ IV+2+1 (B, E, HJ, KR, SH)	18 Colours Rumba (31) (Spence) RB IV (E, SH, T)
3 I Wanna Talk About Me (65) (Davis) JV IV+2+1 (B, Ch, E, SH)	7 Af En Af (49) (Seurer) TS II (B, Ch, E, HJ, KP, KR, SD)	11 Candlelight (38) (Goss) WZ V (B, HG, HJ, Ne, SH)	15 All Of You (33) (Gloodt) FT IV (B, E, SH, St)	19 3 Danced 30 Times
3 Thoroughly Modern Millie (65) (Preskitt) QS IV+0+1 (B, E, HG, HJ, Ne, SD, SH)	8 El Gringo (46) (Goss) PD V (B, E, HG, HJ, Ne, SH)	12 Legend (35) (Nelson) RB V+0+2 (B, E, HJ, SH)	15 Strangers In The Night (33) (Preskitt) RB V+1+1 (B, E, HJ)	

## Top Dances By Phase - March

Phase II	Phase III	Phase IV	Phase V	Phase VI
1 Af En Af (6)	1 Irish Washerwoman (4)	1 Thoroughly Modern Millie (7)	1 Better Merengue (6)	1 The Colors Of Autumn (7)
2 Valerie (5)	1 Y Bailo (4)	2 Black Tie Tango (6)	1 Hushabye Mountain 5 (6)	2 Sella Il Vento (6)
3 Tippy Toeing (4)	3 Baby's Got Blue Jeans (3)	2 How Deep Is Your Love (6)	3 All That Jazz (4)	2 These Foolish Things (6)
4 Feel It Still (3)	3 Brahm's Waltz (3)	4 All Of You (4)	3 Just A Tango (4)	4 Cuppa Joe (5)
4 My Wild Irish Rose (3)	3 Night Waves (3)	4 Pa 65000 (4)	3 Paso Cadiz (4)	5 All About That Cha (4)
4 Rock Paper Scissors (3)	3 Till (3)	4 Senorita Tango (4)	6 And I Love You So (3)	5 Get Down Tonight (4)
7 11 Danced Twice	3 When You Look (3)	4 The Alligator Stroll (4)	6 El Gringo (3)	5 Mystique (4)
	3 Wonderful Tonight (3)	8 5 Danced 3 Times	6 Verano (3)	8 5 Danced 3 Times
	9 7 Danced Twice		9 12 Dance Twice	

## Top Dances By Phase Last Twelve Reports

Phase II	Phase III	Phase IV	Phase V	Phase VI
1 Af En Af (49)	1 Feed The Birds (Buck) (24)	1 I Wanna Talk About Me (65)	1 Hushabye Mountain 5 (78)	1 He's A Pirate (71)
2 Valerie (28)	2 One Call Away (23)	1 Thoroughly Modern Millie (65)	2 Better Merengue (64)	2 Malaguena (42)
3 West Texas Waltz (19)	3 ABC Boogie (20)	3 She Bangs (41)	3 Mermaid In The Night (59)	3 All About That Cha (30)
4 Aspen Glow (18)	3 Let Me Love You Tonight (20)	4 Natasha (34)	4 El Gringo (46)	4 Cuppa Joe (29)
4 Piano Roll Waltz (18)	5 Chilly Cha III (17)	4 Our Moon Waltz (34)	5 Candlelight (38)	5 At Long Last Foxtrot (28)
6 Waltz Across Texas (17)	5 Here, There, Everywhere (17)	6 All Of You (33)	6 Legend (35)	6 Someone Like You (27)
7 Jacalyn's Waltz (13)	7 Good Luck Charm Jive (16)	6 Wild Is The Wind (33)	7 Strangers In The Night (33)	7 Havana (26)
7 Nocturne (13)	7 Valentine Bolero (16)	8 Colours Rumba (31)	8 Capone (30)	7 Lost (26)
9 4 Danced 11 Times	9 In It For The Love (15)	9 Girl Crush (30)	9 Paso Cadiz (27)	7 Mystique (26)
	9 Night Waves (15)	10 Sedalia (29)	10 Addicted To You (26)	7 Our Hearts Still Go On (26)



## CRDA Board of Directors Meeting

Saturday, January 12, 2019

Rose Hill Grange, 2:00 p.m.

### Call to order

**Attendance:** (Any CRDA member is welcome to attend.)

Board members in attendance: Steve and Janet Pitts, Frankie Travis and Ken Matuska, Justin del Sol, Jim and Margie Garcia, Kathi Gallagher, Jim Steverson and Pam King, Kathryn Dow, Charlotte and Gary Baxter, John and Karen Herr, and member Laralee Hitchens.

**Minutes approved as read.** (Jim and Margie Garcia)

### Sunshine and Shadows (Oct. – Dec.):

October: Justin del Sol - thinking of you, Tracy Smith - surgery, Dave Smith - sympathy

November: Kathi Gallagher - get well, Wayne Harris - surgery, Mary Kaye Buchtel - sympathy, Ed and Elvira Glenn - get well, Justin del Sol - Happy Birthday

December: Jim Langdon - sympathy, Christmas cards to all members.

### Treasurer's Report: (Frankie Travis)

Balance Sheet and Income and Expense Summary by Activity submitted. Please put Secretary on checking account. We have one CD remaining. A motion to invest in \$7000 from checking account in a long-term CD available in 18 months at 2.4% passed. Deposits for dances at Avalon and Gala in Pueblo for the next two years have been paid.

### Presidents Report: (Steve and Janet Pitts)

Welcome to new Board members, Jim Steverson and Pam King.

Remaining board meetings for 2019 are Mar. 23<sup>rd</sup> at 10 a.m., June 8<sup>th</sup> at 10 a.m. and Sept. 21 at 2 p.m.

Spring Dance is March 31<sup>st</sup> at Avalon Ballroom. Chair is Kathy Gallagher and programmer is Dave Smith. Jim Steverson is back up MC.

Summer's End Dance is August 25<sup>th</sup> at the Avalon. Programming and Chair are John and Karen Herr.

Articles for Jan. and Feb. have been submitted to the DAS and RDC Bulletin. Terri Sherwood makes sure we have a Gala ad in the Bulletin.

### Vice President's Report: (Justin del Sol)

Fun Dances and Event Dances are on the State Square Dance website. Justin has general business cards for all levels of dance available for distribution.

Justin is doing Round Dance lessons for Ridge Runners with Bill and Carol Gammill demoing for him starting Mar. 17<sup>th</sup> (Sunday afternoons) with focus on Cha, Two step and Waltz.

### Cuer Selection Committee: (Karen Herr)

We have contracts for the 2019 Gala with Bill and Carol Goss and Randy and Rose Wulf.

1. For the 2020 Gala, guest cuers Randy and Marie Preskitt, their fees and travel expenses were approved. Presidents will send them a contract. Our second guest cuer proposed is Bob and Sally Nolen.
2. For 2021 committee is proposing Tom Hicks and Ken and Sue Davis. We need to book Pueblo for 2021.
3. For 2022 the committee is proposing the Rotscheids for 1<sup>st</sup> weekend in Oct.

Discussion ensued on the advantages/disadvantages for having one or two guest cuers at Gala given the current membership, funds available, and Gala costs.

### Fun Dances: (Frankie Travis and Ken Matuska)

Please come!

**2019 Gala Report:** (Steve and Janet Pitts)

This year's Autumn Glow Gala is Oct 11<sup>th</sup> and 12th at CSU Pueblo with guest cuers Bill & Carol Goss and Randy & Rose Wulf. The host hotel is the Baymont Hotel (same as last year). Reservations can be made starting January 10<sup>th</sup> at the hotel. Forty-five rooms have been block-reserved, but no special room requests are allowed. A special rate of \$65 +tax is available for Fri. and Sat. night only. Committee chairs are almost all set. To date 49 dancers have preregistered. A budget of \$7,700 has been approved. Harold Sears will be Programming Chair and a tentative schedule is on the CRDA Website. Harold has incorporated the comments which were received from last year's Gala.

**Attract and Retain Dancers Sub-committee:** (Karen Herr)

Karen submitted a draft of a publicity flyer ready for editing to attract all levels of dancers. The flyer lists all in-state and out-of-state CRDA cuers, their websites and the locations and times of clubs and classes. Karen will send out a final copy to ask cuers to confirm their information. Terry Sherwood will help format the publicity flyer.

**Round Notes:** (Karen Herr)

Articles and information are due Jan. 15<sup>th</sup>. Karen is working diligently as always to keep costs down.

**Membership:** (Ron Blewitt)

This year's Gala guest cuers (Goss and Wolf) have been added to our Membership List.

**Website:** Contact Harold Sears for information, suggestions, questions, etc.

**Historian:** Contact Meredith Sears for information, suggestions, questions, etc.

**CSSDA and DAS and RDC:**

Contact Jim and Judy Taylor for information, suggestions, questions, etc.

**Unfinished business:**

- 50% off discount coupons for attending a dancer's first Fun Dance made by Jim Garcia, are being printed by Karen Herr and will be passed out to beginner dancers by their teachers.
- Jim Garcia will write an article explaining the purpose and process of his **Dance Summary Report** for Round Notes.
- A new special event called "**Blast of Fun**" is being proposed to be a weekend for beginner dancers. It can be included in the annual calendar for levels II-III with appropriate teaches. It would be advertised at Square Dances and maybe held in April.
- We will order new ear pieces with different styles up to \$100 for our hearing assist equipment.

**New Business: Updates from Roundalab:** (John Herr)

You can now subscribe to videos of Figures II-VI of all rhythms in manual.

As of June, definitions of figures for Argentine Tango will be included in the manual. Featured rhythms for Roundalab this year are Argentine Tango, Paso Doble, Merengue, and Rumba with a Quick Step clinic. Featured rhythms for ICBDA this year are International Tango, Waltz and Slow Two Step.

**Meeting Adjourned.**

Next meeting will be March 23<sup>rd</sup>, 2019 at 10:00 a.m. with refreshments at 9:30 a.m. at Rose Hill Grange.

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 current 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

CO. Round Dance Assoc.  
Presents:

# May Fun Dance

Sat. May 25, 2019 from 7-9:30 PM

Rose Hill Grange- 4001 E. 68th, Commerce City, CO 80025

\$15 Couples

\$7.50 Singles

Dancers at all levels  
ARE WELCOME!

PHASE II—V DANCES

Featured Cuers:

Patrick & Eileen  
Krause

Becky & David  
Evans

MAPS / DIRECTIONS: [HTTP://CRDA.NET](http://CRDA.NET)

FOR MORE INFORMATION: RANKIE TRAVIS

720-935-4189 [Travis3@comcast.net](mailto:Travis3@comcast.net)



CRDA Presents:

# JULY FUN DANCE

Sat. July 20, 2019 from 7-9:30 PM

Rose Hill Grange

4001 E 88th, Commerce City, CO 80022

Dancers at ALL  
Levels are  
WELCOME!

Featured Cuers

Phase II-V Dances

\$15 Couples  
\$7.50 Singles

HAROLD & MEREDITH  
SEARS

BECKY & DAVE  
EVANS

FOR MAPS & DIRECTIONS:  
[HTTP://CRDA.NET](http://CRDA.NET)  
FOR MORE INFORMATION:  
FRANKIE TRAVIS  
720-935-4189  
[travis3@comcast.net](mailto:travis3@comcast.net)

Colorado Round Dance  
Association  
Presents:

**Summer's End 2019**  
**Sunday, August 25, 2019**  
**Avalon Ballroom**  
**6185 Arapahoe Rd. Boulder, CO 80303**

1:30-4:30 PM Afternoon Teaches:  
Phases III-IV- Easy V  
4:30-6:30 PM Dinner Break  
6:30-9:00 PM Evening Dance



**Purchase Tickets at the Door:**

**CRDA Member**

One Session \$12/cpl-\$6/ sgl  
Both Sessions \$17cpl-\$8.50 /sgl

**Non-Member**

One Session \$16cpl- \$8 /sgl  
Both Sessions \$22/cpl-\$11/sgl

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

**Colo. Round Dance Assoc.**  
**Presents:**

# September Fun Dance

**SAT. SEPT. 21, 2019 FROM 7-9:30 PM**  
**Rose Hill Grange**

**4001 E. 68th, Commerce City, CO 80025**

**\$15 Couples**  
**\$7.50 Singles**

## Featured Cuers

**Dancers at all levels**  
**are WELCOME!!**

**For Maps & Directions:**  
<http://crda.net>  
**For more information:**  
**Frankie Travis**  
**720-935-4189**  
**travis3@comcast net**

**Phase II - V**  
**Dances**



**Patrick & Eileen**  
**Krause**

**John & Karen**  
**Herr**

# NOVEMBER FUN DANCE

Sun. Nov. 17, 2019 from 2-4:30 PM

Rose Hill Grange  
4001 E 68th,

Commerce City, CO 80025

Phase II-V  
Dances

Featured Cuers

Dancers at all Levels  
are WELCOME!

\$15 Couple  
\$7.50 Singles



David Smith



Mitchell & Chelsea  
Thompson

For Maps & Directions:  
<http://crda.net>  
For more information:  
Frankie Travis  
720-935-4189  
travis3@comcast.net



**Colorado Round Dance Association 2019 Dance Schedule**

**HAROLD & MEREDITH SEARS AND ROY & MARCIA KNIGHT**  
**SAT., JAN. 26 7-9:30 PM**  
**ROSE HILL GRANGE**

**SAT. FEB. 9, 7-9:30 PM**  
**ROSE HILL GRANGE**  
**John & Karen Herr and Mitchell & Chelsea Thompson**

**David Smith and Peter & Chama Gomez**  
**Sun. March 17, 2-4:30 PM**  
**Wheat Ridge Grange**

**SUNDAY, MARCH 31 FROM 2-4:30 PM**  
**SPRING DANCE**  
**AVALON BALLROOM**

**BECKY & DAVE EVANS AND PATRICK & EILEEN KRAUSE**  
**SAT. MAY 25 7-9:30 PM**  
**ROSE HILL GRANGE**

**State Square/Round Dance Festival**  
**JUNE 14 & 15**

**July 20 7-9:30 PM**  
**Rose Hill Grange**  
**Becky & Dave Evans and Harold & Meredith Sears**

**SUNDAY, AUGUST 25**  
**SUMMER'S END DANCE**  
**AVALON BALLROOM**

**SAT. SEPT. 21 7-9:30 PM**  
**ROSE HILL GRANGE**  
**JOHN & KAREN HERR AND PATRICK & EILEEN KRAUSE**

**FRIDAY/SATURDAY OCTOBER 11 & 12**  
**GALA**  
 Occhiato Ballroom, CSU Pueblo  
 2200 Bonforte Blvd. Pueblo, Colorado 81001

**Mitchell & Chelsea Thompson and Dave Smith**  
**SUN. NOV. 17 / 2-4:30 PM**  
**ROSE HILL GRANGE**

**MERRY CHRISTMAS**  
**No Dance This Month**