

Round Notes



Denver, Colorado

April-May 2020

Presidents' Letter – Steve and Janet Pitts

A sad note: After communicating with some Board Members, Cuers, and fellow dancers, the President has decided to cancel the March 14th Fun Dance. Thank you to all who responded to my email. After much discussion, we decided the reasons to cancel the dance outweighed the reasons to have the dance. While we all love dancing and the social connections it provides, we need to remain flexible and be responsible. No one loses their job if we skip a dance or two.

As always, Steve and Janet are open to feedback from any dancer. email addresses are: stevepitts@mindspring.com and jpitts@mindspring.com. Our email contact is also at www.crda.net.



Our Spring Celebration Dance (new dancers) in April is coming together nicely. Becky Evans has sent out the program to the Cuers. Thank you, Becky! We have an expanded format for the dance with two afternoon teaches, a dinner break and an evening programmed dance. It is on April 26th at the Avalon Ballroom in Boulder. The teaches start at 2 p.m. Dinner (on your own) is from 4:30 to 6:30 p.m. Evening dance is 6:30 p.m. We'll continue to monitor conditions regarding social gatherings.

May Fun Dance: Our May Fun Dance is on May 23rd at 7 p.m. at the Rose Hill Grange. (By the way, ALL our Fun Dances for 2020 will be on Saturday evenings at Rose Hill Grange). Cuers are Allyn & Bob Riggs and Becky & David Evans.

CRDA Board of Director's (BOD) Meeting: We met on 3/7/2020 at Rose Hill Grange. The board voted, among other things, to extend lifetime memberships to CRDA for Walter Carbaugh and George Smith, for their many years of support for Round Dancing. Please see the BOD meeting minutes elsewhere in this Round Notes.

Dates for the remaining 2020 BOD meetings are: 5/30, 8/29, 12/5 (election of BOD officers in Dec.) Locations and times will be updated on the CRDA website (www.crda.net).

CRDA Membership Chair: CRDA is seeking to fill the position of CRDA membership chair. We thank Ron Blewitt for his many years of diligent service. Ron has asked to be replaced. He has graciously made himself available for the next few months to train and assist his replacement. This position requires some social skills in dealing with people. The Membership Chair is the first or second official contact with CRDA for new members. The current membership is maintained in an Excel spreadsheet. A list of duties of the Membership Chair is available. If you are interested, have questions or wish to see copy of the duties, please contact Steve at stevepitts@mindspring.com.

BY THE WAY, is your membership current with CRDA? If unsure, please contact Ron at ronblewitt@gmail.com and ask. He is currently contacting those members who have not yet renewed for 2020. IF you are not current, send your check for \$18 to Ron Blewitt - Membership, 172 Vance St, Lakewood, CO 80226-1627; his phone number 303-741-4961.

2020 GALA: Featured Cuers for our next Gala at CSU Pueblo on October 2nd and 3rd, 2020 ,are Randy & Marie Preskitt (WA) and Bob & Sally Nolen (NM). Please look for the Gala article in this Round Notes!



CRDA Board Members

2020

boardmembers@crda.net

Steve and Janet Pitts - (21)* President
303-332-1862 stevepitts@mindspring.com

Larylee Hitchens (20 Vice-President
719-358-0533 laryleehgood@yahoo.com

Mitchell and Chelsea Thompson (22)
720 933-7294 dancerbowler214@aol.com

Frankie Travis and Ken Matuska -(22) Treasurer
720-935-4189 fravis3@comcast.net

Kathryn Dow - (20)
303-997-3206 kathryn@bradley-family.com

Kathi Gallagher - (21)
303 915-2981 godpod1054@hotmail.com

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

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

Chuck and Melanie Thompson (22)
303 277-0399 melaniechuck@comcast.net

**term-ending years in parentheses*

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 fravis3@comcast.net 720-935-4189 Fred and Judy Layberger laybergerf@aol.com 719-268-1233
Spring Dance 2020:	Becky and Dave Evans
Sunshine and Shadows	Margie & Jim Garcia gar905@comcast.net 303-469-4096
Gala 2020:	Melanie and Chuck Thompson melaniechuck@comcast.net 303-277-0399
Cuer Selection:	Steve and Janet Pitts, Jim and Sharon Peyrouse John and Karen Herr
Web Page:	Harold Sears harold@rounddancing.net
Facebook:	Fred Layberger laybergerf@aol.com 719-268-1233 Patrick and Eileen Krause krause.p@comcast.net 303-690-091

Committee



Dances from Around Colorado (CRDA members' input)

Castle Dancers (Denver Area) Roy and Marcia Knight

We ate wonderfully! 11 out of 10! We discussed Slow Two-Step, looking and dancing Foxtrot vs Slow Two Step. We also discussed the way different people count moves, even differently between couples. We discussed ballroom counting vs Roundalab. We mentioned IV+1 Cha. All agreed it made little difference and "just get it danced".

Silhouettes (Herr) STS IV

To Make You Feel My Love (Heiny) STS IV+

I Love How You Love Me (Oren) STS III+

Dancing Penguins (Denver Area) John and Karen Herr

February brought us our 28th Anniversary. We had to postpone it for two weeks because of the snow, but when we did celebrate, BOY! Did we celebrate! Great dancing, great friends and great food! We were to go down the Mississippi River with some other dancers, but the virus cancelled it. But we are looking right now into booking another date! If you want to join us, let us know, we would love to have you join us! Our classes are the ones who we are also missing. They were making such great progress with their waltz steps. We're trying to find ways to practice virtually!

Monday

- Adios Amor (Blackford) RB V+
- 11 Months 29 Days (Wulf) WC V+
- Easy Money (Goss/Figwer) WC V+

Tuesday

- Waltz Basics

Thursday

- A Thousand Years (Armstrong) RB IV+
- Slow Boat to China (Chico) FX IV
- Foxtrot Basics

Telefeathers (Denver Area) Harold and Meredith Sears

Our March dancing is faltering in the face of colds, maybe flu, and injury (but no Corona Virus -- knock on wood). But February was a lot of fun. As always, we discovered some nice dances which are standard enough to pretty much do to cues. (I know, we dance them all to cues; I mean, without a big teach.) I understand Becky & Dave are teaching "You Deserve" also -- total coincidence, but it's nice to be working together and dancing some of the same things. A dancer told me the only version of "You Look Wonderful Tonight" we should be using is Eric Clapton's, so I'll re-do it and have the "proper" music next time.

More info at www.rounddancing.net

Aventure Tango (Schmidt IV TG)

You've Got 4 Possibilities (Bingham IV FT)

The Fair Waltz (Grunder IV WZ)

Go Beyond (Schmidt IV RB)

Hey Baby (Rumble V CH)

A Little Closer (Parker V FT)

Evergreen Bolero (Dierickx IV BL)

You Look Wonderful Tonight (Pelton V BL 2019)..

Can't Take My Eyes Off You 5 (Preskitt V CH)

Winter Light (Preskitt VI BL)

Grace Kelly Redux (Goss/Figwer V JV/FT)

You Are the Reason (Worlock V STS)

You Deserve (Read VI FT)



Sunshine and Shadows



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

Betty Carson—Get Well

Bill & Diane Hoffman—Thinking of You

Jim & Bonnie Bahr—Thinking of You

Jean Montgomery—Get Well

Rob & Terri Sherwood—Thinking of You

Sue Janssen—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.

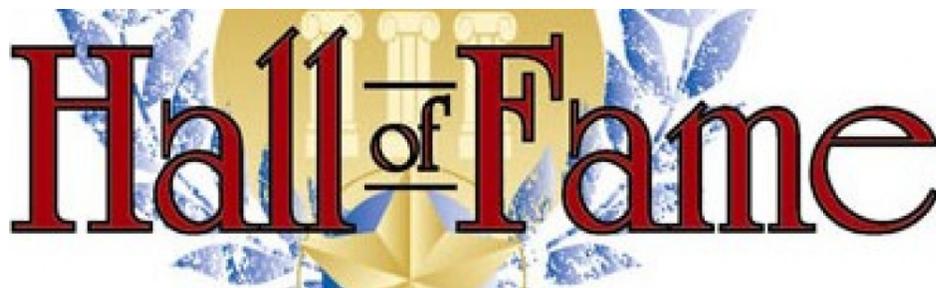
I/We believe they should be in the CRDA Hall of Fame because:

(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
905 Mesa Ct
Broomfield, CO 80020
303-469-4096



Dancing Can Reverse the Signs of Aging in the Brain – Here's How

Reprinted from The Hearty Soul

For centuries, dance has been a form of expression, celebration, part of rituals, and a way to literally shake the stress of the day away. Whether you took dance lessons growing up or you have two left feet, there's no denying that letting loose and dancing the night away feels *good*.



Design credits at:
www.theheartsoul.com/brainlogos

Dance is a beautiful form of expression and can be used to share cultures and stories. Dance also brings people together, as shimmying and shaking to good music is the same in every language. Beyond connecting with others through dance, the art form has plenty of benefits for your health. While dance has been making a name for itself in the physical activity world with classes like Zumba, Barre, and DanceFit, the mental benefits are just beginning to take centerstage. Studies are now showing dance may just be the number one activity for protecting and strengthening your brain.

Dancing and Your Brain

With our aging population in North America, research is constantly being done on the aging brain and how to combat, prevent, and treat age-related diseases such as Alzheimer's, Dementia, and Parkinson's disease. While it has been known for quite some time that exercise has a powerful impact on brain health, scientists have discovered dance, with its infectious music, coordinated movements, and required stamina, may be the best type of exercise out there for your brain for several reasons.

Constant Learning

Dr. Kathrin Rehfeld at the German Center for Neurodegenerative Diseases did a study where she compared various groups of elderly people who were given specific exercise routines for 18 months. While some groups were assigned endurance and flexibility training such as Nordic walking or cycling, one group was given weekly dance lessons. Each week, they were challenged with something new, whether it was a new genre of dance, a new step, or a new routine. While all groups experienced an increase in the hippocampus center of the brain, an area particularly vulnerable to age-related decline and diseases, the dance group experienced a noticeable difference. "We tried to provide our seniors in the dance group with constantly changing dance routines of different genres (Jazz, Square, Latin-American and Line Dance). Steps, arm-patterns, formations, speed and rhythms were changed every second week to keep them in a constant learning process. The most challenging aspect for them was to recall the routines under the pressure of time and without any cues from the instructor." Dr. Rehfeld explained.

Coordination and Balance



For the best of us, balance and coordination can be difficult. As we age, it becomes even more so. The challenge with aging is as you become more likely to become dizzy, lose your balance, and fall, you're also more likely to experience a serious injury as a result. Dancing trains and improves all those areas: Spins, turns, quick side-to-side and up and down movements train the areas of the brain and inner ear to deal with those quick changes and sharp movements. This helps you become less dizzy from everyday movements, such as going up the stairs or getting up and out of a chair.

Very few dance moves occur with two feet planted firmly on the ground. Dancing helps to strengthen a variety of muscles in your feet, legs, and hips, as well as your core, so if you do lose your balance, you are more likely to catch yourself. Much of what is involved in learning a new dance is in coordination and muscle memory. The more you dance and practice routines, the more you nurture and develop the brain-muscle connection and neurons.

Improved Memory

Nearly everyone, given the choice, would like better memory, but this is especially pertinent for older adults. Not only is a decreased ability to remember and recall names, dates, places, and facts a part of regular aging, but it can also be a slippery slope to Alzheimer's and Dementia. With dancing, you're connecting the mental (learning new steps and their order) with the physical (actually executing the routine). This results in memory improvement and strengthened neuronal connections in the brain.

Music Stimulates Brain Activity

For some time now, scientists and researchers who study neurodegenerative diseases, have been aware of the profound impact music has on the brain, especially for those suffering from cognitive decline. The power of dance becomes two-fold, with the music stimulating the reward centers of the brain in combination with the sensory and motor circuits activated when you start dancing. Studies done on Parkinson's disease found those who practiced and learned dance had improved balance and fell less, experienced a slower rate of motor-control decline and an overall slower progression of the disease.

Dancing Makes You Happy

Go to any bar, club, dance class, wedding, or concert, and you will be hard-pressed to find people who aren't laughing and smiling as they move their bodies along with the music. The effects of being positive and happy on longevity and health are powerful, due to the following reasons:

It's physical activity. Dancing gets you *moving*. Whatever your dancing style is, chances are you become sweaty and somewhat breathless before the end of the first song. This form of exercise is fantastic for your heart, lungs, muscles, and joints. It's a fun way to burn a ton of calories and get your 'steps' in for the day.

It helps you shed stress. Stress is one of the number one causes of almost every disease and illness we face today, and it's putting a serious strain on our mental and physical health. It's hard to focus on your stressful day at work, recent breakup, or whether your dog loves you or your significant other more when your breaking it down on the dance floor. Dancing is a way to let loose and act a little (or a lot!) silly for a few hours. As Taylor Swift says, dancing literally allows you to *shake it off*.

It allows you to connect with others. Whether it's you and your husband busting a move together on your twenty-fifth wedding anniversary or you're out dancing with a stranger, dancing provides a physical connection to people that no other activity can. For older adults, isolation and lack of contact with others is a big contributing factor to the onset of disease, health problems, and cognitive decline. So, the next time you're at a wedding, grab the elderly man or woman sitting by themselves and ask them to dance, you'll be helping their health and your own.

The Bottom Line

Dancing has physical, mental, and emotional benefits for everyone, but especially for those entering or already in their later years. Whether you're a dancing fool or so uncoordinated you step on your own toes, get out there and let the music make you lose control. Your brain will thank you.



Note from our Membership Chairman!

Welcome New Members:

**Kira Heartsong (Loveland, CO)
Randy & Rose Wulf (Lacey, WA)**

And Lifetime Members:

**Walter Carbaugh (Denver, CO)
George Smith (Denver, CO)
Congratulations!**

Ron also says

Time to encourage your friends to join CRDA!

Mail your check to Ron to guarantee continuous membership.

RENEW your membership early and often!

And Ron is looking for a replacement—we're sad to lose Ron!

Ron Blewitt, 172 Vance St, Lakewood, CO 80226 ronblewitt@gmail.com

or phone him at 303-741-4961. Thanks.

Future Events by CRDA Members

Cancelled	13 th Annual Roundezvous with Nolen and Gomez	Albuquerque, NM
August 16-22, 2020	Fun Valley Week with Herr, Bower, Junck, Luttrell	South Fork, CO
September 04-05, 2020	Labor Day Dance with Steve & Lori Harris (see T. Sherwood)	Commerce City, CO
September 11-13, 2020	New Mexico Round Dance Festival with George & Pam Hurd	Albuquerque, NM

A Roaring 20's Gala

Things are going well, and we are making a few changes for this year, based on the comments we received from last year. Instead of having our normal Friday afternoon trail-in dance cued by local Cuers, we will be having two clinics taught by the featured Cuers on Friday afternoon at 2 o'clock. There will be a clinic for the II-IV dancer and a clinic for the IV-VI dancer. We are still working out the details of what will be done for the clinic. Plan to get to Pueblo early as all levels can participate! As mentioned last month we will also be having three halls both Friday and Saturday night. We will have a Level II-III, III-V and a V-VI hall. If you have not already registered, send in your registration now. The pre-registration discount will soon be gone. Looking forward to seeing everyone at the ROARING 20's Gala.

Melanie and Chuck Thompson
 303 277-0399 melaniechuck@comcast.net



ROUND DANCE TIP INTRO TO CHA by *Tim Eum*

History:

Cuba in the 1800's was the heart of Latin music and people loved to dance to it. By the early 1900's, it had developed into dance forms such as the "Danzon", the "Son", and the "Mambo". By the late 1940's, Enrique Jorrin, modified the Latin music he played by having a very strong first downbeat and less syncopation. Dancers loved it and some improvised a "triple" step when they danced their mambo creating a distinct "cha cha cha" sound. An English ballroom teacher, Pierre Margolie visited Cuba in 1952. He was enthralled and upon returning to England, taught the "Cha Cha" as a new form of dance which quickly became popular worldwide.

General Characteristics:

The Cha Cha is a playful and lively dance using quick steps. It is a Latin dance which features hip motion. Many of the Cha Cha figures begin with "rock and recover" and then finish with a quick "chasse" (side-close-side). This chasse is what gives the rhythm its name "cha cha cha". Most all steps are taken by contacting the floor first with the inside edge of the "ball" the moving foot and then taking weight onto the entire foot (i.e. going flat). As you take a step and settle your weight onto it – you experience the characteristic hip motion. The basic rhythm of the Cha Cha is 1,2, 3&, 4; and thus, there are 5 weight change steps in each measure of Cha. Many ballrooms teach a "4&1" cha rhythm which is the same except delayed by one beat.



More ABCs of Dancing Etiquette by Sandi Finch

In days of yore, it was apparently deemed necessary to publish a list of ABCs to remind us all how to behave as dancers. The late Harmon and Betty Jorristma, (CA) who were once chairmen of RAL (Roundalab) and creators of the current RAL phase rating system, had one such list. Another one has surfaced. This latest one is from the same era, by Shirley Fleck of Ohio. (She and her husband created the first RAL system to rate the difficulty of dances, which was replaced in 1984 by the Jorritsmas'.)

Some of the Fleck etiquette ideas:

- A** You should applaud at the end of each dance to show you enjoyed it.
- B** It is boorish to sit out a teach merely because you've already been exposed. She called it rude and disconcerting.
- C** Cliques are out of place in our activity and every effort should be made to widen one's circle of friends and acquaintances.
- D** Don't neglect square dancing.
- E** Enter the circle as it is being formed.
- F** Forget the cares and worries of the day; your smile helps others achieve the lifting experience our wonderful hobby affords.
- G** Give of yourself in as many ways as you can—a smile, an encouraging word, a helping hand.

The Fleck list went on in that vein through the alphabet. Some of my favorites:

"Only he who has patience to do simple things perfectly ever develops skill to do difficult things with ease."
"Just having exposure to a great number of dances isn't the significant factor of your ability as a dancer. How well you look, and how well you execute dance fundamentals, are far more worthwhile goals of achievement."
And, "You'll get out of dancing just about what you put in. Give it the respect and attention it deserves, and your harvest will be bountiful."

And to conclude: "Zest and enthusiasm are contagious. Were you to contribute no more, your contribution is nothing less than generous."

Thank you, Mr. and Mrs. Fleck. Words as meaningful today as almost a half century ago.

Lifetime Members

*Lifetime Members of CRDA are those, who over a long-time, have had a substantial impact on Round Dancing in Colorado and CRDA. Any CRDA member may submit a name to the CRDA Board of Directors. The Board of Directors then takes a vote after considering all aspects of the prospective member. CRDA has not had very many Lifetime Members. Names of members who have received this status are: **Miriam Nestor, Bobbie Starr, Herb and Cathy Egender, Ann Rotruck and Marlene Langan.** Some of these names may not be familiar to you, but if you go back through the history of CRDA, their names pop up over and over again. At our most recent Board of Director's meeting, two names were brought forth. Both were unanimously voted to be given Lifetime Membership to CRDA. Congratulations to: **Walter Carbaugh and George Smith!***

Dancing with the Stars

by MaryKaye Buchtel

A troupe of professional dancers from “Utah Dance Company”, came to stage a Dancing with the Stars show recently in our Arizona community. Residents wanting to participate put their names in “the hat”. Three men’s names were drawn and then three women’s. Coincidentally, both my name and my husband, Bill Starkey’s name were pulled.

Each contestant picked a dance style out of the six offered, and then met the pro who had choreographed a dance for that rhythm. We each then had a one-hour practice per day for a week with our pro to prepare for our performance.

My three wishes were: a dancer taller than I, a strong lead, and a waltz. I got all three wishes! My pro’s first reaction was, “Oh, you know how to dance! I’ll add some things then”. And he did, every time we practiced! Erich and I waltzed to Aretha Franklin’s “I Never Loved a Man the Way I Love You”. The skit part was me rejecting him and then relenting as we danced.

Bill’s pro’s first reaction to him was, “Oh, you’re leading me! I’m going to add some things to the dance.” Bill’s rhythm was Country Two-Step to “I’ve Got a Brand New Girlfriend”. His skit was quite funny, and we all enjoyed it thoroughly.

The program was geared to be humorous with fast rhythms such as Mambo, Merengue, Salsa, and Hustle. The dances were like dancing skits. Personally, I thought the funniest one was the man dancing Merengue with a walker!! Man, could he use his hips!



There were three seasoned judges who gave honest-to-mean feedback. This was all meant to mimic the television show, but not to be taken seriously because judges’ scores were NOT factored into totals. Our Ballroom was full of residents and each could only vote once during the break by depositing their ticket into the box with their favorite’s name. Not surprisingly, it was ultimately a popularity contest. It turns out the Pickleball contingent held sway and the Hustler won!

Bill and I agree we both had fun and it was worth doing.



Editor's Byline

Spring is finally here, well maybe! Snow is still in the forecasts, so we shall see. At least the calendar is saying it’s **SPRING!** Dancing has been put on a temporary hold. And we’re saying **TEMPORARY!** We are hoping this horrible virus gets under control soon so we can go back to our dancing and our “hugs!” Research has proven we need our hugs—so for now, we’re sending virtual hugs! See you hopefully soon on the dance floor!



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, Winter Dance, 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 October starting in 2020.

**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

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**

Colorado Round Dance Association Presents:



FLAUNTING ROARING 20s GALA

Three Beautiful Hardwood Floors

Phase II-VI Level Dances
Figure Clinics
Taught by Outstanding Teacher/Cuers

OCTOBER 2-3, 2020

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



Randy & Marie Preskitt



Bob & Sally Nolen

Host Hotel: Ramada Inn, Pueblo
4703 North Fwy Rd. Pueblo, CO 81008
Phone #719-544-4700
Mention CRDA when calling to make a reservation
The rate is \$55 per night plus 11.7% tax. Breakfast is included. This special price is only available until the block is filled. You can start booking rooms now. 15 rooms have 2 queen beds & 30 rooms have a king & a sleeper sofa. The After Party will be held at the Ramada Inn.

For more information:
Chuck & Melanie Thompson
melaniechuck@comcast.net
303-277-0399

RV Information: 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 2-4 PM: Clinic
Friday Evening: Party Dance
Saturday Daytime:
Dance Teaches, & General Board Meeting
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

2020 Colo. Round Dance Association's 60th Anniversary Gala Registration Form

His Last Name	His First	Her Last Name	Her First
Street Address	City	State	Zip
Phone Number	E-mail Address		
First Time Gala Participant	\$90		(singles pay half) _____
FULL PACKAGE (pre-registration until 4/26/2020)	\$110 Members	\$128 Non-Members (Includes remaining 2020 membership)	(singles pay half) _____
FULL PACKAGE (4/27/2020—9/20/2020)	\$120 Members	\$138 Non-Members (Includes remaining 2020 membership)	(singles pay half) _____
PRICE AT THE DOOR	\$130 Members	\$148 Non-Members (Doesn't include remaining 2020 membership)	(singles pay half) _____
Saturday, Teaches Only (9:00 am-4:30 pm)		\$85/couple	\$47.50/single _____
Saturday, all day & evening		\$110/couple	\$60/single _____
Friday AND/OR Saturday Evening(s) only		\$60/couple, \$35 single For <u>ONE</u> Evening	\$85/couple, \$47.50./single For <u>BOTH</u> Evenings _____
Make checks payable to CRDA. Mail to:			
Karen Herr			
4535 Red Rock Dr. Larkspur, CO 80118			
TOTAL _____			
<i>\$5 cancellation fee prior to 9/1/2020 NO refunds after 9/1/2020 (one time rollover allowed)</i>			



COLORADO ROUND DANCE SUMMARY REPORT

Popular Dances and Teaches During March 2020

This Month's Contributing Cuers

Del Sol, Evans, Herr, and Sears



Most Frequent Dances - March

1 For Valerie (5) (McCue) WZ IV+1 (E)	1 The Blue Moon (La Luna Blu) (5) (Dierick) RB V+0+2 (E)	4 Coney Island (4) (Gloodt) WZ IV (HJ, De)	4 You Deserve (4) (Read) FT VI (E, SH)	21 Danced 3 Times
1 Moves Like Jagger (5) (Kincaid) CH IV+1 (HJ, De)	4 Do You Wanna Dance (4) (Healea) TS II (HJ, De)	4 Touched By You (4) (Gloodt) BL V+2 (E)	4 Sam (4) (Kannapel) WZ IV (De)	42 Danced Twice

Most Frequent Dances Last Twelve Reports

1 Blues In '42 (79) (Garza) CH IV+0+1 (B, E, HG, SH, Wu)	4 Thoroughly Modern Millie (41) (Preskitt) QS IV+0+1 (B, E, GB, HG, HJ, KP, SH)	9 Af En Af (36) (Seurer) TS II (De, HJ, SD, SH, T)	11 The Girl From Ipanema (35) (Preskitt) FT V+1 (B, HJ, KP, SH, Wu)	16 West Texas Waltz (31) (Riggs) WZ II (De, HJ, RI, Wu)
2 Havana (69) (Goss) CH VI (B, E, GB, HG, HJ, SH)	6 Hushabye Mountain 5 (40) (Rotscheid) WZ V+2 (B, E, HG, HJ, SH, Wu)	9 Groovy Foxtrot (36) (Worlock) FT V+2 (E, SH)	14 Syncopated Clock (34) (Gloodt) FT/JV IV+2 (De, E)	18 Tijuana Taxi (30) (Prow) QS IV+0+1 (E, SH)
3 Better Place (51) (Johnson) RB V+2 (B, E, GB, HG, HJ, SH)	7 Sedalia (38) (Kenny) RB IV+2+1 (HJ, GB, KR, SH)	11 Cuando Me Enamoro (35) (Gloodt) RB IV+2 (E, GB, HG, HJ, SD, SH)	15 It's About Time (33) (Shibata) WCS VI (B, E, HG, SH)	5 Danced 28 Times
4 Jesse (41) (Shibata) WZ V+0+3 (B, E, SH)	8 Whenever Wherever (37) (Kincaid) MR V+2 (B, E, SH)	11 The Alligator Stroll (35) (Gloodt) WCS IV+2+3 (B, E, HG, HJ, KP, SH, T)	16 Hot Tango (31) (Wulf) TG IV+1 (E, HJ, SH, Wu)	

Top Dances By Phase - March

Phase II	Phase III	Phase IV	Phase V	Phase VI
1 Do You Wanna Dance (4)	1 5 O'clock Jive (3)	1 For Valerie (5)	1 The Blue Moon (La Luna Blu) (5)	1 You Deserve (4)
2 Day Dream Believer (3)	1 Baby's Got Blue Jeans (3)	1 Moves Like Jagger (5)	2 Touched By You (4)	2 Havana (2)
2 Rock And Roll Waltz (3)	1 Better Place III (3)	3 Coney Island (4)	3 11 Months And 29 Days (3)	2 Hallelujah Waltz (2)
2 When I Lost You Waltz (3)	1 Dancing In The Street (3)	3 Sam (4)	4 A Guy Is A Guy (2)	
5 Come Dance With Me (2)	1 Englebert's The Last Waltz (3)	5 A Thousand Years (3)	4 A Little Closer (2)	12 Danced Once
5 Country Sunshine (2)	1 Irish Washerwoman (3)	5 Calendar Girl (3)	4 Blue Berry Hill (2)	
5 Famous Last Words (2)	1 Last Night Cha (3)	5 Cuando Me Enamoro (3)	4 Caribbean Sunset (20)	
5 Green Waves (2)	1 Laughter In The Rain (3)	5 Hot Tango (3)	4 Easy Money (2)	
5 Love Is Like A Butterfly (2)	1 Night Fever Cha (3)	5 Never (3)	4 Old Foxy Piano (2)	
5 Madeleine (2)	1 Tulsa Cha (3)	5 Slow Boat Foxtrot (3)	4 The Girl From Ipanema (2)	
5 So Good In Love II (2)	1 Walkin' After Midnight (3)		4 Untold Love (2)	
5 Whipped Cream (2)			4 You Are The Reason (2)	

Top Dances By Phase Last Twelve Reports

Phase II	Phase III	Phase IV	Phase V	Phase VI
1 Af En Af (36)	1 Little Deuce Coupe (28)	1 Blues In '42 (79)	1 Better Place (51)	1 Havana (69)
2 West Texas Waltz (31)	2 Baby's Got Blue Jeans (27)	2 Thoroughly Modern Millie (41)	2 Jesse (41)	2 It's About Time (33)
3 Do You Wanna Dance (24)	3 Good Old Days (26)	3 Sedalia (38)	3 Hushabye Mountain 5 (40)	3 Malaguena (28)
4 Love Lifted Me (20)	4 Beach Party Cha (23)	4 Cuando Me Enamoro (35)	4 Whenever Wherever (37)	4 Someone Like You (27)
5 Come Dance With Me (19)	5 Candida Rumba (21)	4 The Alligator Stroll (35)	5 Groovy Foxtrot (36)	5 He's A Pirate (20)
5 Piano Roll Waltz (19)	5 Walkin' After Midnight (21)	6 Syncopated Clock (34)	6 The Girl From Ipanema (35)	6 Retango (19)
7 Could I Have This Dance (17)	7 Irish Washerwoman (20)	7 Hot Tango (31)	7 El Gringo (28)	7 Anything Can Happen (18)
8 Country Sunshine (16)	7 Night Waves (20)	8 Tijuana Taxi (30)	7 I'm Falling (28)	7 Summertime (18)
9 Valerie (15)	9 Here, There, Everywhere (19)	9 All Of You (28)	9 Shape Of You (27)	9 Be My Girl (17)
10 Jacalyn's Waltz (14)	9 Last Night Cha (19)	10 Senorita Tango (26)	10 El Mismo Sol V (24)	9 River Waltz (17)



Saturday, March 7th, 2020
Rose Hill Grange, 2:00 PM

Call to Order: Meeting was called to order by President Steve Pitts at 1:57 PM.

Attendance: Mitchell & Chelsea Thompson, Larylee Hitchens, John & Karen Herr, Jim Steverson and Pam King, Kathi Gallagher, Frankie Travis and Ken Matuska, Steve and Janet Pitts, Chuck and Melanie Thompson, Kathryn Dow.

Minutes: Motion made, seconded, and passed to approve minutes as corrected. Correction was "Correspondence" was changed to "Sunshine and Shadows" for clarity.

Sunshine and Shadows: (Karen Herr and Margie Garcia)

Sunshine and Shadows will be chaired by Margie Garcia.

Treasurer's Report: (Frankie Travis)

Motion made, seconded, and passed to approve the Treasurer's Report as presented.

President's Report: (Steve Pitts)

CRDA Presidents' Report from Steve and Janet Pitts for March 7, 2020

- **Midwinter Dance-** The Midwinter's Dream Dance was well received and had reasonable attendance. We think this event should continue next year in its current form. CRDA lost \$6 on the event. We had a quality event with good routines taught and an excellent evening program all on a fine wood dance floor. Not many evaluations were returned. Janet has provided responses from evaluations received.
- **New Membership Chair Needed-** Ron Blewitt, our current Membership Chair for CRDA has requested CRDA to find his replacement. He provided a write-up of the Membership Chair duties and techniques. He also made himself available to provide training and assistance to the new membership chair(s). Karen Herr suggested Liz Petersen or Beverly Moore as a replacement
- **Dance Schedule for 2021-** The Fun Dance committee and the CRDA board need to set the 2021 Dance Schedule, to avoid the crunch of setting up all the dances, Cuers and flyers during the month preceding the Gala! We will be discussing and reviewing the 2021 calendar during the meeting to solicit potential dates for the Winter, Spring and Monthly Fun Dances.
- **Notes For later discussion-** 2021 Avalon availability for Winter and Spring Dances: January and April 2021, only the last Sundays. We will check to see if Tango Class is actually held in the main Ballroom on 1st and 3rd Sundays. Should we ask about cost and availability of the Joyful Ballroom? It is smaller than Avalon.
- **Rose Hill Grange Availability-** Most Saturday evenings for Fun Dances. Fun Dance Months are February, March, May, July, August, September, November. One Sunday Fun Dance up North: date/location?
- **Dance Listings in SD Bulletin-** Calendar corrections were sent to Warren Leggate after checking our 2020 Dance calendar.
- **Gala guest instructor contracts for 2021-** We have signed contracts from Vogt & Hicks for the 2021 Gala.
- **2020 Fun Dances:** Contracts have been signed and returned by most of the Cuers.
- **Dates and Locations for Future Board Meetings:**
 - May 30, Morning:** John and Karen Herr's home, potluck after
 - August 29, 2:30:** Maple Grove Grange for Gala Planning
 - December 5, Morning or Afternoon:** Rose Hill Grange for Election of 2021 Officers

We discussed a date for next year's Midwinter Dream dance. Melanie Thompson mentioned moving the Midwinter Dream dance to early January might allow us to catch people in town for the holidays. A definitive date was not selected, but the dance will be kept in January. Janet Pitts asked for ideas on getting people to fill out Fun Dances evaluations. Suggestions included handing out surveys at the beginning, part way through the dance; or after teaches (at Midwinter Dream and Spring dances); and having surveys announced by Cuers.

Vice President's Report: (Larylee Hitchens)

No report - It was brought up the Vice President's duties include nominations. Steve Pitts will find assistance for Larylee in this regard. It was brought to our attention the Herrs are coming off this year and we will have an opening For a Cuer.

Secretary's Report: (Chelsea Thompson)

No report

Spring Celebration Report: (Steve Pitts for Becky Evans)

STATUS REPORT on **2020 Spring Dance** (from speaking with Becky) by Steve Pitts - Disclaimer: Program is not finalized.

There will be two afternoon teaches. Dave Smith and Kathi Gallagher are teaching a Level II Two-Step by Chadd. Becky may be teaching a Level III Two-Step. Her philosophy is to follow a Level II 2 TS routine with another routine with more advanced figures in that same rhythm. Becky is striving to have Teaches which are fun for beginners, as well as for more experienced dancers. (Rumor has it the Level III 3 TS has a RIGHT turning box!). The evening dance program consists of Level II, III, and a few easy Level IV. There are be dance-throughs of the dances taught in the afternoon. The focus for this dance: Make it fun for new dancers and everyone else!! Schedule: 2 p.m. to 4:30 p.m. Teaches; 4:30 p.m. to 6:30 Dinner Break; 6:30 p.m. to 8:30 p.m. Evening Dances

Logistics:

- Avalon (key, deposit, Insurance). Steve will pick up key and pay deposit. Margie provided Liability Insurance Form. Provide copy to Chelsea.
- Sound equipment – Becky is bringing her equipment – Steve will do stage setup
- Hearing assist - Frankie/Ken - Steve can bring a backup unit
- Printed programs and Printed Evaluations – Janet
- Board to bring simple refreshments
- Need help with the following:
 - Kitchen organizing and clean up and drinks
 - Registration Table
 - Dance Registration
 - Gala Registration Support (This is the last day for the pre-registration price)
 - Membership Registration (new dancers get a free CRDA membership for 2020)
 - Greeters

Karen Herr mentioned for future Spring Dances, the Dance Programmer should reach out to beginning level teachers to find out what rhythms they are teaching and focus the Teaches and Program on rhythms being taught.

Frankie Travis will run the registration table. She wants to have a separate sign in sheet for new dancers vs CRDA members, so the memberships who will need to comped will be easier to identify. Although the memberships are provided at no cost, they still need to fill out the CRDA membership form.

A typo in pricing on the flyer for full-day new dancer couples was addressed. The flyer states the prices for singles as \$8 and couples as \$18. As many flyers have already been distributed and the dance is a little over a month away, the flyers will not be updated at this time. The correct price for couples is \$16 and this will be honored at the door.

Jim Steverson and Pam King have volunteered to help with the kitchen and registration table. Steve and Janet Pitts will bring paper products for refreshments.

2020 Gala: (Chuck and Melanie Thompson)

March 7, 2020

2020 Gala Report by Melanie Thompson

We have worked with both Cuers and they are both willing to do a clinic on Friday afternoon. Therefore, instead of having a Fun Dance by local Cuers on Friday afternoon, we will have two clinics being taught by the featured Cuers. There will be one for the II-IV dancers and one for the IV-VI dancers. We don't know what each clinic will be yet. Mitchell will be working with them to get this figured out. Because the featured Cuers now must start at 2:00 p.m. on Friday, they need to come in on Thursday. The hosts for the Preskitts will host them Thursday evening. We will put the Nolens up at the Ramada in for Thursday night.

We will have three halls for both Friday and Saturday night and then still get everyone together for the end of the evening. We have not worked out all the details yet, but we will definitely have three halls both nights.

We have received only one more registration for two people, for a total of 67 people. All the positions are filled except MC's and the program printing. Mitchell is to give update on Programming.

As the Friday afternoon program has changed, the flyer needs to be adjusted to reflect this. The board wants Cuers to announce this change to get the word out. Introductions have been made between Mitchell Thompson (Programmer), Cuers and their respective host couples. Mitchell has been in contact with the Nolens. The Cuers are willing to work together to determine rhythms for clinics and teaches. Rollover registrations are included in Melanie's total number of registered dancers. Karen will reach out to the rollover registrants to see if they are planning on attending, so we can move them from rollovers to being registered.

Midwinter Dream Dance Report: (Steve and Janet Pitts)

See the President's Report above.

2020 Fun Dances Report: (Ken and Frankie Travis)

Our one Fun Dance this year went well. We have another one next Saturday with a clinic beforehand. On the February Fun Dance, we received good comments on John & Karen's teach. New people were in attendance. It was mentioned that, going forward, Cuers who did not do the clinic should start the cuing. It will make for an easier transition since the teachers don't have to take time to prepare their first set, and also make it so one Cuer isn't cuing for 45 minutes straight.

Cuer Selection Committee: (Karen Herr)

2021 is set. 2022 will require a meeting to finalize. As of now, just the Rotcheids have been selected. The committee is waiting on people to return from trips in order to meet. Karen Herr mentioned names have been given by the community, however that doesn't guarantee they will be selected. It is a group effort to select the featured Cuers. Steve Pitts would like the Hurds to be reconsidered as featured Cuers at the Gala. They have not been considered for some time, as we generally require our featured Cuers to not cue in the area before the Gala and the Hurds put on a festival in Colorado over Labor Day Weekend every year. However, there is nothing in the bylaws prohibiting it and the weekends they offer in our area are all higher Levels.

Promotion/Publicity: (Fred and Judy Layberger via email)

Changes were made to the 2020 Gala flyer and were sent to Melanie, Harold, Karen, and the Pitts, including the ½ page for the Round Notes. The Preskitts and Nolens were given several flyers to take with them. The Blackfords, Hurds, and the Harris's were also given several copies of the Gala flyer. We're planning to attend the National Sq. and Round Dance Convention in Spokane, and ICBDA, so we'll be taking flyers and the poster board with us. Fun Dance reminders have continued to be emailed to members each month with attached flyers for dancers included.

Membership: (Ron Blewitt)

See current member list. We have 103 current members after removing those members who did not renew by the end of February.

Round Notes: (Karen Herr)

Deadline is March 15th.

Web Site: (Harold Sears)

No report.

Steve proposed the following questions: What do we want the role of the website to be? We have had videos of dances up on the website to show people what Round Dancing is like, but there are BMI ASCAP issues with this. Discussion was held about possibly adding links to other websites which have videos. John Herr mentioned if we have them up, the worst that happens is ASCAP will tell us to take them down. It was also mentioned we could hash cue to public domain music such as "Happy Birthday" to avoid these issues entirely.

It was also proposed we look at getting a better web hosting service before Forthought renews in April. Fat Cow and Jumpline were proposed as alternatives. Kathryn Dow will reach out to find out what her brother's host is.

Historian: (Meredith Sears)

No report

CSSDA Report:

No report.

Larylee has volunteered to be the CRDA rep at CSSDA meetings.

DAS&RDC Report:

No report.

Jim and Judy are willing to go over the DAS&RDC calendar to make sure our dates are correct in the Denver bulletin and be our liaison at the council meetings.

Unfinished Business:

None

New Business:

Set Dates for all 2021 CRDA Dance:

John brought up having a set schedule which remains the same every year. Discussion ensued. A process was proposed for scheduling CRDA Fun Dances:

- 1) Send out a list of dates CRDA is suggesting for having a Fun Dance to all the Cuers, inquiring what dates they are available. Give them a deadline to respond.
- 2) Cuers will respond with dates they are available.
- 3) Judy will set the schedule within X amount of time after the deadline.

The board discussed moving the Midwinter Dream dance to the Joyful Ballroom so we can have a bigger dance not on the 4th Sunday, to accommodate Northern Colorado dancers.

Add Walter Carbaugh as a life member of CRDA (Karen Herr):

Walter was an original member of CRDA. He no longer dances and has not renewed his membership. Karen would like for him to be able to receive Round Notes to stay connected to the community. Motion was made, seconded, and passed to make Walter Carbaugh a lifetime member of CRDA.

Add George Smith as a life member of CRDA (Karen Herr)

George Smith has been a CRDA member for many years and has made a huge impact on Round Dancing. Motion was made, seconded, and passed to make George Smith a lifetime member of CRDA. Karen will prepare a certificate to mail to each of them and write a blurb in Round Notes about it.

501c3 (Mitchell Thompson)

Mitchell Thompson proposed making CRDA a 501c3 to get funding from King Soopers purchases. The Herrs said we would have to re-file the articles of incorporation and re-write the by-laws (among other things), if we wanted to convert from our current 501c7 to a 501c3. The Thompsons will reach out to Jean Snodgrass (attorney who helped CRMD get their 501c3) to see what would be required to change over.

Next Board Meeting Date:

Saturday, May 30th, 2020. Herr Residence. 9:30 AM.

Motion to Adjourn:

Motion was made, seconded, and passed to adjourn the meeting.

Respectfully submitted by Chelsea Thompson

CRDA PRESENTS:
SPRING DANCE 2020
Sunday, April 26, 2020

Avalon Ballroom
6185 Arapahoe Rd.
Boulder, CO 80303



Easy Level (Phase 2 & 3)
Teaches from 2-4:30 PM
Dinner (on your own)
From 4:30-6:30 PM
Party Dance
From 6:30-9:00 PM

WELCOME
NEW & EXPERIENCED
DANCERS!

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

Purchase Tickets at the Door

New Dancers:

Half Day: \$9/cpl-\$4.50/sgl

Full Day: \$18/cpl-\$8/sgl

(Includes 2020 CRDA Membership)

CRDA Members:

Half Day: \$10/cpl- \$5/sgl

Full Day: \$20/cpl- \$10/sgl

Non-Members:

Half Day: \$11/cpl- \$5.50/sgl

Full Day: \$22/cpl- \$11/sgl

CRDA Presents:

MAY FUN DANCE

SAT. MAY 23, 2020
From 7- 9:30 PM

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

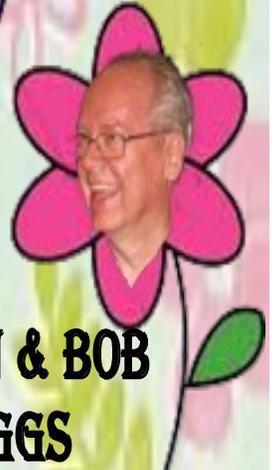
**DANCERS
AT ALL
LEVELS ARE
WELCOME!**

\$15 Couples
\$7.50 Singles

FEATURED CUERS

For Maps & Directions:
HTTP://CRDA.NET

For More Information:
Frankie Travis
720-935-4189
travis3@comcast.net



**BECKY & DAVE
EVANS**

**ALLYN & BOB
RIGGS**

**Midwinter's
Dream**
Sun. Jan. 26
Teaches: 1:30-4:30 PM
Dance: 6:30-9:00 PM
Avalon Ballroom
January

Sat. Feb. 8
7-9:30 PM
Rose Hill Grange
John & Karen Herr
and
Roy & Marcia Knight
February

Sat. March 14
7-9:30 PM
Rose Hill Grange
Becky & Dave Evans
and
Harold & Meredith
Sears
March

COLORADO 2020 ROUND DANCE SCHEDULE

**SPRING
DANCE**
April 26, 2020
Avalon Ballroom
Teaches: 1:30-4:30 PM
Dance: 6:30-9:00 PM
April

Sat. May 23
7-9:30 PM
Rose Hill Grange
Allynn & Bob Riggs
&
Becky & Dave Evans
May

**Colorado State
Festival**
June 5 & 6
Grand Junction,
Colorado
June

Sat. July 25
7-9:30 PM
Rose Hill Grange
John & Karen Herr
&
Roy & Marcia
Knight
July

Sat. Aug. 15
7-9:30 PM
Rose Hill Grange
Becky & Dave Evans
&
Harold & Meredith
Sears
August

Sat. Sept. 19
7-9:30 PM
Rose Hill Grange
Harold & Meredith
Sears
& Peter & Chama
Gomez
September

GALA
October 2 & 3
Occhiato Ballroom,
CSU Pueblo
2200 Bonforte Blvd.
Pueblo, CO. 81001
October

Sat. Nov. 7
7-9:30 PM
Rose Hill Grange
Harold & Meredith
Sears &
Becky & Dave Evans
November

**MERRY
CHRISTMAS**
December