

Round Notes



Denver, Colorado

April/May 2022

Presidents' Letter – Steve and Janet Pitts

Greetings!

UPCOMING DANCES:

Spring Celebration Festival – Sunday afternoon, April 10th at the International Dance Club in Colorado Springs. This is our spring “lower level” dance. Admission prices are reduced for this dance. New Dancers are \$9 per couple. CRDA members are \$10, non-members are \$11 per couple. We will have a cuer from Pueblo cueing for us!

Our **MAY Fun Dance** features both cuers Melody Albright and John Herr. The dance is at Rose Hill Grange, 7:00 p.m.

In February, our Fun Dance had eight couples attend. THANK YOU for supporting this Dance!!

Our **March Fun Dance** on was very enjoyable as well. Thank you to Roy Knight and to Harold Sears for cueing for us! We had seven couples at the Wheat Ridge Grange.

Have you renewed your CRDA membership for 2022? If you are not sure or do not remember, please contact Erik at erikvonh@gmail.com or Sunny at sunnyjwoods@gmail.com or call either cell at: 970-406-8908 or 303-635-6817. They are sending out reminders to those who haven't renewed. Membership dues is \$20 per year.

CRDA is looking for volunteers to fill the 2022 standing Committees. Help support CRDA by choosing and serving on a committee. Specifically, we need to staff the Hall of Fame committee and Gala Guest Cuer Selection committee. We would be happy to answer any questions. We will be sending out emails soon asking for help with the CRDA committees. Thank You to those who have indicated they will continue and those who stepped up to a new position. OR contact me at stevepitts@mindspring.com

SPEAKING of volunteers: The CRDA Gala for October 7th and 8th, 2022, is being planned. If you would like to help, please contact Frankie Travis at ftravis3@comcast.net or 720-935-4189. Our featured teachers are Susie & Gert-Jan Rotscheid (GA) and Bob & Sally Nolen (NM).

“If you can't get rid of the skeleton in your closet, you'd best teach it to dance.”
-George Bernard Shaw



CRDA Board Members 2022

boardmembers@crda.net

Steve and Janet Pitts - (24)*[2] President
303-332-1862 stevepitts@mindspring.com

Mitchell and Chelsea Thompson (22) [1] Secretary
720-933-7294 dancerbowler214@aol.com

Jack and Gayle Baker (23) [1]
303-770-2789 j07baker@yahoo.com

Dave and Lenora Starr (23) [1]
303-378-4081 Lwhitestarr@comcast.net

Chuck and Melanie Thompson (22) [1]
303-277-0399 melaniechuck@comcast.net

Jim and Margie Garcia (23) [1] Vice-President
303-469-4096 gar905@comcast.net

Frankie Travis and Ken Matuska -(22) [2] Treasurer
720-935-4189 ftravis3@comcast.net

Larylee Hitchins - (24) [1]
719-358-0533 laryleehgood@yahoo.com

Jim Steverson and Pam King - (24) [2]
303-679-3667 kingsmalley@gmail.com

**term-ending years in parentheses
[] how many terms served*

COMMITTEE MEMBERS AND CONTACTS

Membership: Sunny Woods and Erik Von Hortenau SunnyJWoods@gmail.com 303-635-6817

Round Notes: Karen Herr kherr00@mac.com 303-681-3147
Proof Reader: MaryKaye Buchtel starbucket@comcast.net 303-909-0271

Hall of Fame: TBD

Fun Dances: Chelsea and Mitchell Thompson dancerbowler214@aol.com 720-933-7294

Spring Dance 2022: Justin Del Sol shoencue@live.com 720-635-7202

Sunshine and Shadows Margie and Jim Garcia gar905@comcast.net 303-469-4096

Gala 2022: Frankie Travis and Ken Matuska ftravis3@comcast.net 720-935-4189

Cuer Selection: TBD

Web Page: Harold Sears harold@rounddancing.net

Facebook: Fred Layberger laybergerf@aol.com 719-268-1233
Patrick and Eileen Krause
krause.p@comcast.net 303-690-0916



Dances from Around Colorado (CRDA members' input)

Castle Dancers (Denver Area) Roy and Marcia Knight

Marcia fixed a delightful dinner of bread and chicken pot pie, followed by Dark Chocolate Mousse with Toffee Pecan Shortbread Cookies. Dancers enjoyed "Sometimes When We Touch" (Stairs) STS IV and an oldie by Ed Glenn "SH BOOM."

Blue Nova Dance (Lafayette) David Smith

Our beginning students have successfully demonstrated the basics of phase II. They are now learning the intermediate fundamentals. We will continue exposing them to larger events, and hope to engage their community of friends.

Dancing Penguins (Denver Area) John and Karen Herr

Waltz lessons started in February, but between the wonderful snow and sickness we haven't had continuous dance lessons. Despite that, the students are making great progress! It's so much fun to see lights come on and they dance the figures as they are called. That's why we teach!!! We'll continue with waltz until the summer break and then come back with a new rhythm. Taking requests now.

Monday

Cha's Cha Cha (Herr) CH VI

Hit Me With a Hot Note (Goss) WCS V+

Tuesday

Waltz Basics

Belle's Waltz (Herr) WZ II+

Last Waltz Of The Evening (Murphy) WZ II

Thursday

Donde Estas Yolanda (Parker) MB IV

Watermark 4 (Brewer) WZ 4

Rnd'em Up (Colorado Springs and Franktown) Justin del Sol

On Sundays, we are doing levels II-IV. Tuesdays we are working intermediates and workshopping as needed, as we go. We are always open to requests. Our sessions have minimal attendance, and plenty of spaciousness for interested dancers. So, the offer is there. I will be there whether or not dancers show. We are still dancing in Franktown. A fantastic facility with a great floor! Come dance awhile; we have plenty of space and yes, we are making masks discretionary. Contact Justin at 720-635-7202.

Telefeathers (Denver Area) Harold and Meredith Sears

We've been picking up or reviewing dances from 1980 (Fortuosity) to 2022 (Happy Hour) - there are so many good dances out there! Heureka (Schmidt V PD), Begin to Color Me (Read VI WZ), Happy Hour (Dierickx III TS), Meditation (Moore V WZ), Tango the Night Away (Worlock VI TG), Wicked (Finch V RB), Stay (Preskitt V WZ), Hey There Rumba (Chadd IV RB), Hallelujah Foxtrot (Preskitt IV FT), Dancing With A Stranger (Goss V WCS), Fortuosity (Rother VI QS), Come Flying With Me (Schmidt IV WZ), Walking in the Rain (Ito IV FT) More info at www.rounddancing.net



Editor's Byline

Spring is here!!! Yeah! But as a typical Colorado spring—snow is still in the forecast. Sure hope you all are registered for the Gala! It looks like it's actually going to happen this October! Check out the great articles in this edition. I enjoyed reading about the five tips! I hope you do, too.

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.

Cindy Haubert—Sympathy
Gary & Sue Dunlap—Thinking of You
Steve & Janet Pitts—Thinking of You
Gayle & Jack Baker—Sympathy

Cindy Van Hooser—Sympathy (loss of Harold)
Margie Garcia—Surgery
Jim & Margie Garcia—Sympathy (loss of brother)



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



From the Ground Up by Sandi Finch

When you want to master any activity, you start from the ground up. Dancing is no different. After more than a year off from dancing due to the pandemic, many of us are thinking about getting back to basics, and ground level is a good place to start.

By ground level, we mean your ankles and making them strong enough to dance. Foot and ankle injuries are said to make up more than half of all dance-related injuries. If nothing else, a little time devoted to making your ankles stronger will pay off in better rise and fall for Waltz and more beautiful Rumba walks on the balls of your feet.

When your ankles are weak, you run the risk of stress fractures to the shin bone from making the leg muscles do the work of those tiny muscles in the foot which became weak. You also risk plantar fasciitis from overloading the connective tissue running under the arch. A few exercises can improve ankle stability and give you some “shock absorbers” to ward off injury.

Stronger ankles will also pay off in smoother dancing by giving you the ability to control foot speed. Think about the last whisk you may have done. The third step—placing one foot behind in whisk position—can be placed there on the beat, probably with a resulting jolt as weight moves onto the foot. Or it can be “caressed” into position with control, maybe even arriving late for a change of rhythmic expression. It takes “good” (read that as “strong”) ankles to do that.

A foot is made up of 26 bones and 33 joints. Our pains—other than in the tissue under the arch—usually come from the metatarsals, the long bones between the ankle and toes, and the ankle itself, which is made up of the ankle bone, called the talus, and the ankle joint, the hinge between the talus and the bones of the lower leg.

Our feet and ankles are our base of support, giving us stability and mobility. They carry the weight of the body and act as shock absorbers. The main action of the ankle is flexing and pointing. Unlike the knee, which can only bend one way, the ankle can flex up-and-down to point the toes or in-and-out to articulate a circle. People may complain about having poor balance. Unless they have a hip problem or an inner ear issue, their sense of poor balance may just be that their ankles are not strong enough to support them.



A ballroom world champion once showed us an exercise she does for stronger ankles. Stand on a stair step, legs straight, heels dangling over the edge. Lift up onto the balls of your feet, then lower slowly, allowing your heels to extend below the level of the step. This should help with wobbly ankles or the tendency to “roll off” the ankle, injuring the joint.

You might see someone preparing to dance with warm-up exercises. A good one is to sit, extending each leg one at a time and draw a large circle in the air with your toes, without moving the leg. This will strengthen the tendons supporting

the ankle. For a variation, sit and put one of those colorful yoga bands, used by physical therapists, around the ball of a foot. Sitting up holding the band, push the foot forward to point the toes, hold, then pull up with the band to bring the foot vertical. You should feel the stretch in your calf.

You may also see a dancer rolling a golf ball around under the balls of the feet, keeping the heel on the floor. This is to increase flexibility of the foot and improve balance.

Before going out dancing, try a yoga move. Get down on the floor on all fours (weight on knees and hands), stretch one leg at a time behind you with a toe on the floor. Extend your heel back and pull it forward to feel a stretch.

For better bounce in Swing or Samba, or just to improve your rise and fall, try an exercise DanceVision calls "Barbie feet." Sitting, lift one thigh and interlace your hands under it to support it so the foot hangs free. Slowly bend and straighten the ankle. Keeping the ankle joint still, bend and straighten the toes only, then flex both the joint and the toes at the same time. After a few times, you should be able to stand on the balls of your feet and tip toe around the room in comfort.

Tips for using your feet: When shifting weight to the front of your foot, feel like you are sending it to the base of your big toe and the second toe. Otherwise, you will tend to roll off the side of the foot. To turn out your feet for good Rumba walks, think of moving your heels in, rather than turning your toes out. This, the experts say, rotates your femurs in their hip sockets, creating true turnout.

So, now that the feet are ready to do their job properly, you are ready to put some "expression" in your dancing. Expression is that element of softness and control WHICH adds new joy to your dancing.

Luca Baricchi, two-times world standard champion, says good feet help avoid "clipping," coming out of a slow count too fast in foxtrot. There are four half-beats in a slow (two full beats of music), and four letters in the word slow. He suggests spelling out—S-L-O-W—when doing the first step of a feather to give full expression to the step.

Toni Redpath, former world American smooth champion, suggests occasionally trying to not dance the 1-2-3 in waltz as even counts. Power on beat 1, step again on first part of beat 2, and "hang time" on count &3 to finish the rise and lower with style.

Practice a waltz impetus to semi, say into a weave. To give the impetus new expression, try QSQ as the timing. Man steps back on soft knees into a heel-turn, not worrying that the heels are together, just parallel, and trying not to rise. Let the lady's forward movement make him turn. Her movement will cause their rise. The effect is early speed with a Q, then a hovering action, and step out late on the second Q.

There are lots of places where playing with timing can make dancing more fascinating. Steal time from one step to emphasize the next. It doesn't work everywhere—but think Hover Telemark, Chasse to Semi or Banjo. If you do this, you will love having worked on the ankles.



“A Journey through the Decades”

We are so excited about our 2022 Gala which will be held October 7th and 8th in the beautiful CSU Occhiato Ballroom(s) in Pueblo. We are pleased to have Susie and Gert-Jan Rotscheid and Bob and Sally Nolen as our guest cuers. Did you know this will be our 60th Gala? We can hardly wait!

We are gearing up and gathering volunteers to help. I still need some volunteers, so please feel free to call me if you would like to join the fun! Any help is really appreciated. I promise I won't work you too hard and that we will have fun making this a great Gala.

The flier is on the [CRDA](#) website if you need further information.

Frankie Travis and Ken Matuska

fravis3@comcast.net

Cell: 720-935-4189

2022 Gala Chair

Future Events by CRDA Members

Future Events by CRDA Members

Rocky Mountain Leader's College Plant City, FL J & K Herr Oct 24-29-2022

Note from our Membership Chair!

Sunny Woods and Eric Von Hortenau

New members

Terry and Debbie Gossman

(Encourage your friends to join)

It's time to encourage more new members!

Mail your \$20 check made out to CRDA to:

Sunny Woods and Eric Von Hortenau

8237 Swadley Court

Arvada, CO 80005

Contact: erikvonh@gmail.com

Cell: 970-406-8908; Home: 303-635-6817

**GOLD
MEMBERSHIP**

How To Become A Better Dancer: 5 Tips

by Leon Turetsky

([www..passion4dancing.com](http://www.passion4dancing.com))

(reprinted with permission)

So you want to know how to become a better dancer?

Here are 5 important tips that will help you improve as a dancer fast:

1. Take Lessons Consistently (You're not special)

Some people think that they can get good without ever taking any dance lessons...

This is a mistake. Think about everything else you ever learned in your life, did you just wing it? No, you probably took lessons to become good at it. The same goes with dancing. You can take lessons in person or online. For in-person lessons you can do group classes or private lessons. For online lessons you can learn from videos. Check out their ballroom videos on their website.

Furthermore, it is important to take the time to find the right dance teacher for your goals, because some are definitely more qualified than others. My recommendation is try out a lesson with several teachers before committing to one specific dance instructor.

2. Practice Daily at Home/Studio

One of the most important habits you need to adopt is daily consistent practice. No matter how naturally good you are, you need to practice if you want to **become a better dancer**. Many people assume just because they take lessons, they don't need to practice. This could not be further from the truth. It is precisely **because** you take dance lessons, you need to practice even more to make sure you retain everything you've been learning.

Becoming a better dancer requires muscle memory. And muscle memory requires a lot of repetition through practice. So don't overthink it - simply make some room in your living room, get a mirror, and practice the things you worked on at your last lesson/class. Check out our practice guide for Ballroom Dancers.

3. Have A Goal

One of the fastest ways to improve your dancing is simply to have a goal to work towards. The goal can be a performance at your studio's showcase or party. It can also be a dance competition. Even if you don't want to perform, you can still come up with a social dance goal such as "be able to dance comfortably at next month's party." Be creative with it, as there are no wrong or right goals. The most important thing is to have one and to have a future date you're working towards. This will keep you motivated with your daily practice!



4. Feel your body

After you've learned the mechanics of the steps and routines, you need to make sure you let your body "feel" the movements so all the steps and styling can really sink into your muscle memory. You don't want to be stuck in your head when you're practicing or taking lessons, you need to be in "your body" to retain the dance moves, and progress faster.

After you got it pretty good, just put on the music and try to feel your body going with the music. This will also add enjoyment to your dancing.

5. Keep yourself inspired

It is critical to work on staying inspired and motivated with your "getting better in dancing" goal. Life gets in the way, so some days you will be more inspired than others. The key is to figure out some specific triggers which can energize you quickly to get back in the groove, whenever you're not feeling it.

For example, let's say you don't feel like going to your dance practice today. What you can do is to watch some videos of your favorite dancers performing your favorite choreography on YouTube!

That should get you back on track fast.

Colorado Round
Dance Association
Presents:
**DANCING THRU THE DECADES
GALA**
October 7 & 8, 2022



**Three Beautiful
Hardwood Floors**



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

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

**GERT-JAN & SUSIE
ROTSCHIED**



**BOB & SALLY
NOLEN**



Host Hotel: Wingate by Wyndham Pueblo
4711 N. Elizabeth, Pueblo, CO 81008
Phone #719-586-9000

The rate is \$99 per night plus 11.7% tax. A hot breakfast is included. Please wait until Jan. to call the direct number above & ask for the Colorado Round Dance Assoc. block in order to receive the special rate. You may book 1, 2, or 3 nights, whichever works for your schedule. The After Party will be held at this hotel.

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.

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

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>

For more information:
Frankie Travis & Ken Matuska
ftravis3@comcast.net
720-935-4189

2022 Colo. Round Dance Association's 60th Anniversary Gala Registration Form

His Last Name	His First Name	Her Last Name	Her First Name
Street Address	City	State	Zip
Phone Number	E-mail Address		
First Time Gala Participant	\$100		Singles Pay Half _____
FULL PACKAGE (pre-registration until 4/30/2021)	\$130 Members	\$150 Non-Members (Includes remaining 2021 membership)	Singles Pay Half _____
FULL PACKAGE (5/1/2021—9/15/2021)	\$140 Members	\$160 Non-Members (Includes remaining 2021 membership)	Singles Pay Half _____
PRICE AT THE DOOR	\$150 Members	\$170 Non-Members (doesn't include remaining 2021 membership)	Singles Pay Half _____
Individual Sessions include: Fri. afternoon, Fri. Evening, Sat. morning, Sat. afternoon, & Sat. evening: \$50 per session -Singles Pay Half _____			

Make checks payable to CRDA. Mail to:
Karen Herr
.4535 Red Rock Dr.
Larkspur, CO 80118

\$5 Cancellation Fee Prior to 9/1/2022. NO refunds after 9/1/2022
(One Time Rollover Allowed)



CRDA Membership



GENERAL INFORMATION

Since 1961, CRDA has been an unusually active state round dance organization. CRDA sponsors dance events throughout the year, most notably the fall Gala weekend with nationally recognized guest cuers-instructors, an informative bi-monthly newsletter, Round Notes, and our website at www.crda.net. CRDA is primarily a dancer-run organization, staffed by both dancers and instructors who contribute their time, knowledge, and skill. CRDA is managed by a Board of Directors consisting of 9 couples elected from the general membership. Membership in CRDA is an important way to support the services that CRDA provides and to support round dancing generally. If you love round dancing, support it through your membership! 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.

DANCE EVENTS THROUGHOUT THE YEAR:

CRDA members receive a SUBSTANTIAL DISCOUNT at all CRDA events: the Spring Beginner Graduation Dance,

phase II-easy IV, an Intermediate Dance, phase III-easy V, monthly Fun Dances, & the Fall CRDA Gala, phase II-VI. The Gala features an enjoyable weekend of teaches, clinics, and dancing, for ALL LEVELS of Round Dancing (beginner – advanced). Nationally prominent guest instructors are hired and local cuers/instructors lend their expertise. The Gala is held on the first weekend in October.

ALL THIS FOR ONLY \$20.00 PER YEAR – DUE JANUARY 1*

* New Member subscribing in a month other than January, multiply \$2.00 by the number of months left in the year to calculate the amount owed for dues (ex: Aug = \$10.00)

CRDA APPLICATION FOR MEMBERSHIP

\$20.00 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 \$20.00 \$ _____

DUE JANUARY (new members may prorate \$2.00/month)

CRDA BADGES \$ _____ TOTAL \$ _____

MAKE CHECKS PAYABLE TO:

"Colorado Round Dance Association" or "CRDA"

**MAIL TO: Sunny Woods and Erik Von Hortenau
8237 SWADLEY COURT
ARVADA, CO 80005
erikvonh@gmail.com**

2022

April 10	Spring Dance	IDC, Colorado Springs, CO	2:00-4:30 p.m.
May 7 th	Fun Dance	Rose Hill Grange	7:00-9:30 pm
May 21	CRDA BOD Meeting	Hybrid	10:00-12:00 am
June 10 & 11	CO State Festival	UNC Greeley, CO	7:00-10:00 pm
June 18 th	Fun Dance	Maple Grove Grange	7:00-9:30 pm
July 23 rd	Fun Dance	Rose Hill Grange	7:00-9:30 pm
August 14 th	Fun Dance	Wheat Ridge Grange	2:00-4:30 pm
September 17 th	Fun Dance	Maple Grove Grange	7:00-9:30 pm
October 7 and 8	Gala	CSU-Pueblo Occhiato Ballroom	2:00-10:00 p.m.
November 12 th	Fun Dance	Rose Hill Grange	7:00-9:30 pm

Future Gala Dates

October 6 and 7, 2023

October 4 and 5, 2024

Karen Herr
4535 Red Rock Dr.
Larkspur, CO 80118

Saturday, March 19th, 2022
Hybrid ZOOM/In-Person Meeting, 9:30AM

Call to Order: The meeting was called to order at 9:42AM by President Steve Pitts.

Attendance: Steve and Janet Pitts, Mitchell and Chelsea Thompson, Chuck and Melanie Thompson, Dave and Lenora Starr, Karen Herr, Jim Garcia, Jim Steverson, Jack and Gayle Baker, Frankie Travis and Ken Matuska, Roy Knight, Justin del Sol, Kathi Gallagher, Larylee Hitchens and Michael Birkenfeld.

Minutes:

Motion was made by Jack Baker, seconded by Lenora Starr and passed by unanimous vote to approve the minutes as presented.

Sunshine and Shadows: (Margie and Jim Garcia)

Jan. 2022

Cindy van Hooser - throat, esophagus surgery

Justin del Sol - sympathy (loss of mother)

Cindy and Norm Harbert - sympathy (loss of Cindy's mother)

Mar. 2022

Gary Dunlop - thinking of you

Steve and Janet Pitts - thinking of you

Gayle Baker - sympathy (loss of daughter-in-law)

Cindy van Hooser - sympathy (loss of husband)

Treasurer's Report: (Frankie Travis)

Presented was the End of Year Balance Sheet and Income and Expense Summary for 2021 as well as the Balance Sheet and Income and Expense Summary for year to date 2022. Motion was made by Jim Steverson, seconded by Chuck Thompson and passed by unanimous vote to approve the reports as presented.

President's Report: (Steve Pitts)

CRDA is looking for volunteers to fill the 2022 Standing Committees. Help support CRDA by choosing and serving on a committee. Specifically, we need to staff the Hall of Fame committee and [Gala Guest] Cuer Selection committee. We would be happy to answer any questions. We will be sending out emails soon asking for help with the CRDA committees. Thank You to those have indicated they will continue and those that stepped up to a new position, or contact me at stevepitts@mindspring.com.

SPEAKING of volunteers!! The CRDA Gala for October 7 and 8, 2022, is being planned. If you would like to help, please contact Frankie Travis at ftravis3@comcast.net or 720-935-4189. Our featured teachers are Susie and Gert-Jan Rotscheid (GA) and Bob & Sally Nolen (NM).

Email on COVID protocols at CSU Pueblo: (From Donna at CSU Pueblo):

“Thank you so much for the questions and general inquiry. As you might guess, it is nearly impossible to guess what Fall 2022 will be yet. At this time, we anticipate masks being lifted this spring [2022], and we do not believe it is likely that the university/CSU System will require

vaccinations for guests (though, certainly, many variables are at play here and our decision may change). Should any of these policies change, Brent and his team will have communication with as much lead time as possible. Please feel free to reach out to me directly if you have any questions or concerns. Thank you, Steven. --Donna, VP, Operations and Advancement”

Vice President’s Report: (Jim and Margie Garcia)

As COVID restrictions are being lifted, more dance sessions are being reported. It’s great to see everyone getting back to dancing!

Secretary: (Chelsea Thompson)

No report

2022 Gala Report: (Frankie Travis)

We are getting more volunteers to help serve on the committees and things are progressing apace. I sent out a preliminary budget for the Gala before the meeting today.(A Board E-Mail vote will happen to approve the budget) It is structured similarly to the one Melanie had put together for previous years when the Gala was canceled. It was requested that a list of current committee chairs and what positions need to be filled be sent for the website. Harold can put on the website that we are looking for certain chairs.

Spring Celebration Dance at IDC, April 10, 2022: (Steve Pitts for Justin del Sol)

Our Spring Celebration Dance will be on Sunday afternoon, April 10th at the International Dance Club in Colorado Springs. This is our spring “lower level” dance tailored to new round dance class graduates. We would like to encourage all CRDA members to attend and support the graduating dancers.

Justin has SEVEN cuers from CRDA signed up to cue!! Great JOB Justin!! Thank you to Dave Starr for pitching in and helping Justin with the Spring Dance.

Admission prices for this dance: New Dancers are \$9 per couple. CRDA members are \$10 per couple, non-members are \$11 per couple. We will have a new-to-CRDA Cuer from Pueblo cueing for us and some additional new cuers!

A flyer has been created for the Spring Celebration Dance. The flyer has been posted to the CRDA website. Janet will generate the pocket programs for the dance. We will email the flyers to CRDA members. We need a volunteer to take money and sign in dancers at the registration table.

Dave Smith at Blue Nova Dance has announced and plugged this Spring Dance. He has a group of dancers that he has introduced to round dancing starting in Fall of 2021. Hopefully, some of those dancers will come and enjoy Justin and the other cuers’ programs.

We would like to request that the CRDA board bring cookies or snacks etc. The board typically does this for the Winter and Spring dances. Steve and Janet will make coffee and hot water available.

Jim Garcia and Frankie Travis both volunteered to work the sign-in desk, and Larylee is going to handle communications with the hall. Chelsea will order and send a copy of the insurance certificate to Justin sometime this week to be forwarded to the IDC. The program is in the final stages, and a copy will be sent out once it is finalized for those that would like to practice the dances beforehand. So far we have 12 Phase

2s, 10 Phase 3s, 10 Phase 4s, and 2 Phase 5s with a good mix of rhythms including some West Coast Swing, Quickstep and Jive. Steve will be sharing the preliminary program with the board.

2022 Fun Dance Report: (Steve Pitts)

Our January 2022 Fun Dance was canceled due to COVID.

In February 2022, our Fun Dance had eight couples attend. THANK YOU to all the dancers that supported this dance!!

Our March 2022 Fun Dance was very enjoyable as well. Thank you to Roy Knight and Harold Sears for cueing for us! We had seven couples at Wheat Ridge Grange.

Attendance at our Fun Dances is a little down. We are always open to suggestions for making our Fun Dances more appealing and fun for everyone. We always want to make it about the dancing and the dancers. We do have some expenses involved. We like to lean toward breaking even at our Fun Dances. At Rose Hill Grange, with 8 couples attending, we break even. Maple Grove and Wheat Ridge Granges are similar. Two and a half hours of dancing is a lot of dancing when there is lower attendance. (Some of us feel like we should dance nearly every dance to encourage the cuers and dancers attending.) Should we consider shortening our Fun Dances to 2 hours in 2023?

UPCOMING DANCE: Our MAY Fun Dance features Melody Albright and John Herr cueing. Dance is at Rose Hill Grange. Dance is on Saturday, May 7, 2022, 7 to 9:30 PM.

Discussion was held regarding the length of the fun dances in 2023. Melanie made a comment that if we shorten the dance, the time will come out of the lower level program where those dancers are already sitting out for the higher level portion of the program. Some of the other options that were mentioned were reinstating the 30 minute clinic or scheduling a couple short breaks throughout the dance.

Membership: (Steve Pitts)

Erik has recently removed 7 member units from our membership roster. We are currently at 84 member units.

Cuer Selection Committee: (Steve Pitts)

For the 2022 Gala this next October, we have Susie & Gert-Jan Rotscheid and Bob & Sally Nolen.

For the 2023 Gala we have booked Randy and Marie Preskitt with Milo & Cinda Molitoris.

Do we wish to have 1 or 2 guest instructors for the 2024 Gala? Do we wish to see if Vogt and Hicks are available for 2024?

Keep in mind that the 2020 and 2021 Galas were canceled. We incurred few if any expenses for those two events. We need to see what our attendance will be for 2022 and 2023. We may need to reduce cost by hiring only one out-of-state instructor for future Galas. Guest instructor expenses and venue expenses are the two MAIN costs in putting on the Gala. The Gala has not made money for many years, even with good attendance.

Discussion was held regarding having 1 featured cuer at Gala starting in 2024. The comment was made that it's hard to know what attendance will be like going forward since we haven't held the Gala in 2 years. Looking at the numbers, we had 68 registered people for last year, but even if we had 90 attendees we would still lose money on the Gala. With the hall and the cuers being the largest expenses, it seems like the best place to cut costs. It was asked if a good solution would be to have an out of state cuer and a local cuer featured at the Gala. The problem with that is there are things in the bylaws that prevent us from doing that. We would have to change the bylaws to have this be the case. Karen proposed that we go after one cuer for 2024 and depending on how the 2022 and 2023 Galas go, we can try and hire a secondary cuer at a later date. Melanie mentioned that if you move to one out of state cuer that will cause the local cuers to work a lot more during the weekend. And with an already dwindling cuer base, it's a lot to ask of the local cuers. CRDA used to alternate between one and two cuers and also between two and three halls respectively.

After some additional discussion, Dave Starr moved that we only hire one out of state cuer for 2024 at this time, and whether or not we will hire a secondary out of state cuer will be decided after the 2022 Gala. The motion was seconded by Chuck Thompson and passed by unanimous vote.

Karen then made the proposal that if we would like to hire the Vogts we should do so soon as their schedule is filling quickly.

Chuck Thompson made a motion to approve the cuer selection committee to hire the Vogts for 2024. The motion was seconded by Larylee Hitchens and passed by unanimous vote.

COVID Protocols at Dances Going Forward: (Steve Pitts)

Steve would like the board's input on how to handle COVID protocols going forward. The current guidelines we are using are that those who are fully vaccinated can attend the dance without wearing a mask and we are strongly suggesting those who are unvaccinated wear a mask, though we are not checking cards. The general consensus after discussion is that we will follow the governmental, county and facility regulations, whichever are stricter. Doing so will cover CRDAs liability waiver. It was mentioned that if there are any restrictions in place at the time of the dance, they should be communicated in the reminder email sent about the dance.

Promotion/Publicity: (Judy and Fred Layberger)

No report

Round Notes: (Karen Herr)

Karen is hoping to do the March summary early and is asking for the reports from the board as soon as possible. The deadline for the following issue will be May 15th. As always, Karen is looking for articles to include, so feel free to send anything interesting her way.

Historian: (Meredith Sears)

No report

CSSDA&RDC Report: (Steve Pitts for Larylee Hitchens)

Steve Pitts attended the meeting along with Larylee and the only thing of note was discussion being held about if they would host the State Festival. It sounds like they are going to have it regardless of if they meet

the registration goal. The loss will be absorbed by profit from the 53rd Nationals and potentially a contribution from the Denver Area Council to the MAPS Council.

DAS&RDC Report: (Jim and Judy Taylor)

The number of clubs in the Metro area are down from 19 to 13.

New Business:

New Website Host and Reflector List Issues:

Steve explained a little bit about the reason why the reflector list has gone away. The hosting service had a catastrophic failure of their systems which they were working on for over a month. After several attempts at communication that received no response, we left our current hosting service and along with it the reflector list has gone away. We are currently using a server that Harold Sears is gracious enough to let us use. Some compensation will be looked at. There have been a lot of issues with Google Groups and the general consensus is that Google Groups has not been a sufficient replacement. Melanie proposed that we look into another service, potentially even one that is paid. Constant Contact and Mail Chimp were proposed. Steve and Harold will work together to get a new mailing service pinned down.

Has CRDA Paid Roundalab Dues?

Yes. CRDA has paid dues. Frankie verified that the check has cleared our account.

Promotional Update from Steve:

Steve has elected to spend \$32 to advertise all CRDA events in the Denver Area Bulletin for the rest of 2022. This bulletin comes out once a quarter at this time.

Website Hosting:

With having left our current hosting service, Steve is working on finding us a new host but has not had success so far. We are currently being hosted by Harold. Steve would like authorization from the board to pay Harold for hosting CRDA. Steve will get in touch with Harold to see if they can work out some compensation and will potentially seek approval via email from the board once a dollar amount has been agreed upon.

The general consensus at previous meetings is that, although we appreciate Harold being willing to host us, we would like for our host to be independent of the organization. It was asked what CRDA had budgeted for paying Forethought. It was \$200/yr. Dancing Penguins is hosted by Jumpline at \$220/yr. Karen believes that we could find a hosting service for between \$200-250 that includes a new reflector list.

Next Board Meeting:

The next board meeting will be Saturday, May 21st, 2022 at 9:30AM for snacks and 10:00AM for the meeting. This will be another hybrid meeting with there being an in-person gathering at the Rose Hill Grange and a ZOOM component for those who do not wish to gather. The next board meeting is posted on the website, published in the Round Notes, and Steve will send out a reminder email to the membership a week before the meeting.

Motion to Adjourn:

Motion was made by Mitchell Thompson, seconded by Jim Garcia, and passed by unanimous vote to adjourn the meeting.

Respectfully submitted by Chelsea Thompson



COLORADO ROUND DANCE SUMMARY REPORT

Popular Dances and Teaches During March 2022

This Month's Contributing Cuers

Del Sol, Herr, Knight, Krause, Nelson, Nolen, Sears, and Starr



Most Frequent Dances - March

1 Volveras (8/3) 24 (Goss, B&C) BL VI (NC, No, SH)	5 Belle's Waltz (6/2) 12 (Herr, J&K) WZ II+2 (HJ, KR)	6 Dancing With A Stranger (5/2) 11 (Goss, B&C) WCS V+2 (No, SH)	6 Sedalia (5/3) 15 (Kenny) RB IV+2+1 (De, HJ, KR)	15 Hit Me With A Hot Note (4/1) 8 (Goss) WCS V+2 (HJ)
2 Af En Af (7/4) 28 (Seurer) TS II (De, HJ, KP, KR)	6 A Thousand Years (5/4) 20 (Armstrong) RB IV+1 (HJ, KP, NC, No)	6 Irish Washerwoman (5/3) 15 (Buckmaster/Reigel) CH III (De, KP, KR)	6 The Alligator Stroll (5/2) 10 (Gloodt) WCS IV+2+3 (HJ, SH)	15 Sugarcane (4/2) 8 (Vogt, D&T) WZ V+1 (No, SH)
2 Begin To Color Me (7/3) 21 (Read) WZ VI (NC, No, SH)	6 Cherry Pink (5/4) 20 (Bahr) CH IV (HJ, KP, NC, SH)	6 My Cup Of Love (5/5) 25 (Bahr) WZ V (HJ, KP, KR, NC, SH)	15 Candlelight (4/2) 8 (Goss) WZ V (HJ, No)	15 Tango The Night Away (4/2) 8 (Worlock, C&T) TG VI (NC, SH)
2 Watermark (7/2) 14 (Brewer) WZ IV (HJ, KR)	6 Cuando Me Enamoro (5/3) 15 (Gloodt) RB IV+2 (De, HJ, SH)	6 Rock Paper Scissors (5/3) 15 (Hoppe/Landstrasse) TS II (De, KP, KR)	15 Cha's Cha Cha (4/1) 8 (Herr, J&K) CH V+2 (HJ)	24 Danced 3 Times

Most Popular Dances - March

* Must have at least 3 cuers to be eligible

1 My Cup Of Love (5/5) 25 (Bahr) WZ V (HJ, KP, KR, NC, SH)	3 Cherry Pink (5/4) 20 (Bahr) CH IV (HJ, KP, NC, SH)	7 Cuando Me Enamoro (5/3) 15 (Gloodt) RB IV+2 (De, HJ, SH)	7 Rock Paper Scissors (5/3) 15 (Hoppe/Landstrasse) TS II (De, KP, KR)	11 One Call Away (3/3) 9 (Goss) RB V+2 (NC, No, SH)
2 Af En Af (7/4) 28 (Seurer) TS II (De, HJ, KP, KR)	5 Volveras (8/3) 24 (Goss, B&C) BL VI (NC, No, SH)	7 Irish Washerwoman (5/3) 15 (Buckmaster/Reigel) CH III (De, KP, KR)	7 Sedalia (5/3) 15 (Kenny) RB IV+2+1 (De, HJ, KR)	11 Valentine (3/3) 9 (Worlock) BL VI (NC, No, SH)
3 A Thousand Years (5/4) 20 (Armstrong) RB IV+1 (HJ, KP, NC, No)	6 Begin To Color Me (7/3) 21 (Read) WZ VI (NC, No, SH)			

Most Frequent Dances Last Twelve Reports

1 Cuando Me Enamoro (65/7) (Gloodt) BL IV+2	4 Could I Have This Dance (41/8) (Eddins) WZ II+1	6 One Call Away III (33/5) (Drumheller) RB III+2	12 Spoonful Of Sugar (29/3) (Worlock, C&T) QJS V+2	12 Out Of Africa (26/3) (Shibata) WZ IV
1 West Texas Waltz (63/5) (Riggs) WZ II	6 Sugar Sugar (39/8) (Worlock) CH IV+2+1	6 A Thousand Years (32/6) (Armstrong) RB IV+1	12 Irish Washerwoman (28/7) (Buckmaster/Reigel) CH III	12 The Alligator Stroll (26/6) (Gloodt) WCS IV+2+3
3 Sedalia (52/5) (Kenny) RB IV+2+1	6 Remember When IV (35/5) (Mee, D) STS IV+2	6 Ven Conmigo (32/2) (Davis) CH IV+2	12 Little Café Rumba (27/3) (Seurer) RB III+1	12 Night Waves (25/4) (Kenny) RB III+1
4 Af En Af (49/9) (Seurer) TS II	6 Candlelight (34/5) (Goss) WZ V	12 Just Another Woman In Love (29/6) (Nolen) RB III	12 Better Place III (26/4) (Yoshikawa) RB III+1	12 Valentine Bolero (25/5) (Donoughe) BL III+1

Top Dances By Phase - March

Phase II	Phase III	Phase IV	Phase V	Phase VI
1 Af En Af (7/4)	1 Irish Washerwoman (5/3)	1 Watermark (7/2)	1 Dancing With A Stranger (5/2)	1 Volveras (8/3)
2 Belle's Waltz (6/2)	2 Here, There, Everywhere (3/2)	2 A Thousand Years (5/4)	1 My Cup Of Love (5/5)	2 Begin To Color Me (7/3)
3 Rock Paper Scissors (5/3)	2 One Call Away III (3/2)	2 Cherry Pink (5/4)	3 Candlelight (4/2)	3 Tango The Night Away (4/2)
4 Green Waves (3/1)	2 Pop Goes The Movies (3/2)	2 Cuando Me Enamoro (5/2)	3 Cha's Cha Cha (4/1)	4 Valentine (3/3)
4 Honey I'm Home (3/1)	16 Danced Twice	2 Sedalia (5/3)	3 Hit Me With A Hot Note (4/1)	
4 Life Is A Slow Dance With You (3/2)		2 The Alligator Stroll (5/2)	3 Sugarcane (4/2)	9 Danced Twice
4 Waltz Across Texas (3/2)				
4 West Texas Waltz (3/2)		8 Danced 3 Times	7 Danced 3 Times	
12 Danced Twice				

Top Dances By Phase Last Twelve Reports

Phase II	Phase III	Phase IV	Phase V	Phase VI
1 West Texas Waltz (63/5)	1 One Call Away III (33/5)	1 Cuando Me Enamoro (65/7)	1 Candlelight (34/4)	1 I'm Feeling Good (24/3)
2 Af En Af (49/9)	2 Just Another Woman In Love (29/6)	2 Sedalia (52/5)	2 Spoonful Of Sugar (29/3)	2 Sea In Autumn (21/3)
3 Could I Have This Dance (41/8)	3 Irish Washerwoman (28/7)	3 Sugar Sugar (39/8)	3 Caribbean Sunset (22/3)	3 Begin To Color Me (18/3)
4 Valerie (18/3)	4 Little Café Rumba (27/3)	4 Remember When IV (35/5)	4 The Last Blues Song (20/6)	3 Havana (18/5)
5 Jacalyn's Waltz (17/6)	5 Better Place III (26/4)	5 A Thousand Years (32/6)	5 Beat Of Your Heart (19/7)	5 The Carousel Waltz (17/2)
6 Famous Last Words (16/1)	6 Night Waves (25/4)	5 Ven Conmigo (32/2)	5 Capone (19/4)	6 Cake By The Ocean (16/3)
6 I'd Fall In Love Tonight (16/2)	6 Valentine Bolero (25/6)	7 Out Of Africa (26/3)	5 Walking In The Rain (19/3)	6 Lost (16/3)
8 All Shook Up (15/5)	8 Axel F (24/8)	7 The Alligator Stroll (26/6)	8 Cuando Me Cha (18/2)	6 Someone You Loved (16/3)
8 Love Lifted Me (15/2)	9 Syncopated Clock III (21/3)	9 Fly Me To The Moon Rumba (23/3)	8 Forrest Gump (18/5)	
8 Rock Paper Scissors (15/5)	9 Uptown (21/2)	2 Danced 22 Times	10 A Guy Is A Guy (17/4)	9 3 Danced 15 Times



CRDA

Spring Celebration Dance

April 10, 2022
Sunday
2:00-4:30

International Dance Club
2422 Busch Ave
Colorado Springs , CO 80904

Admission at the Door
New Dancers: \$9 / cpl
CRDA members: \$10 / cpl
Non-members: \$11 / cpl
Singles pay half

Phase II -IV+

For More Information
Justin del Sol
720-635-7202
shoencue@live.com



Sat. January 15
7-9:30
Maple Grove Grange
John & Karen Herr
& Roy & Marcia
Knight
January

Sat. Feb. 26
7-9:30 PM
Rose Hill Grange
Mitchell & Chelsea
Thompson &
Harold & Meredith
Sears
February

Sun. March 13
2-4:30 PM
Wheat Ridge Grange
Harold & Meredith
Sears &
Roy & Marcia
Knight
March

Sat. May 7
7-9:30 PM
Rose Hill Grange
John & Karen Herr
&
Melody & Todd
Albright
May

**Colorado State
Festival**
June 10 & 11
Greeley,
June

Sat. June 18
7-9:30
Maple Grove Grange
Steve & Lori Harris
& Roy & Marcia
Knight
June

Sat. July 23
7-9:30 PM
Rose Hill Grange
John & Karen Herr
& Harold & Meredith
Sears
July

Sun Aug. 14
2-4:30 PM
Wheat Ridge Grange
Mitchell & Chelsea
Thompson &
Roy & Marshall
Knight
August

Sat. Sept. 17
7-9:30 PM
Maple Grove Grange
Harold & Meredith
Sears &
Melody & Todd
Albright
September

GALA
October 7 & 8
Occhiato Ballroom,
CSU Pueblo
2200 Bonforte Blvd.
Pueblo, CO. 81001
October

Sat. Nov. 12
7-9:30 PM
Rose Hill Grange
Steve & Lori Harris
& John & Karen Herr
November

**MERRY
CHRISTMAS!**
December