

Presidents' Letter – Steve and Janet Pitts



Please join us for the **CRDA Spring Dance** on April 16th, 2:00 to 4:15 p.m. at the Boulder Avalon Ballroom (6185 Arapahoe Rd, Boulder, CO 80303) to welcome all the new dancers. New dancers or recently graduated dancers will be admitted for \$10 per couple. CRDA members are \$15, non-members are \$20 per couple. This will be a Phase II through Phase IV dance aimed at newer dancers.

We had 13 couples at our March 5th Fun Dance. Our **next Fun Dance** will be Saturday, May 6th, 2023, 7 p.m. at Rose Hill Grange in Commerce City. John Herr and Harold Sears will be cueing.

The CRDA Board welcomes *new members* Luan Jones and Bill Shauck. They were appointed unanimously at our March 11th board meeting. Welcome aboard!! Please welcome them to the Board and give them your support. Jim Steverson and Pam King needed to resign from the Board due to Health reasons. We wish them a full recovery and look forward to when they can be dancing with us again. The Board is working on filling the Vice President position.

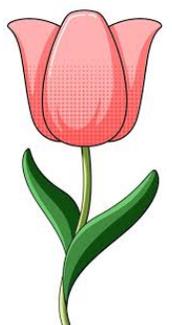
CRDA is **seeking committee members** for our 2023 committees. We need persons to serve on these committees: Historian, Publicity and Flyers, Facebook, Cues Selection committee (one couple or person needed), and Hall of Fame committee. If you are interested, please contact Steve at stevepitts@mindspring.com or call/text Steve at 303-332-1862

New cuers are needed. Let us know if you are interested in a New Cues Workshop. We are working on a class for those interested in learning to cue.

Save the date and mark your calendars for the return of the Midwinter's Dream Dance on Sunday, January 28th, 2024 at the Avalon Ballroom. This will be an Intermediate level dance (III VI). There will be teaches and instruction in the afternoon, a dinner break (on your own), followed by an evening dance.

CRDA is in the early stages of hosting a special dance in Pueblo in August at the RED BARD HALL, on Sunday, August 6th. More details will follow in the future. This will be a Sunday afternoon dance.

We received a favorable Gala report on March 11th. The CRDA Gala 2023 will be October 13th and 14th at CSU-Pueblo. If you wish to help with this year's Gala, contact Chelsea Thompson at chelsea_falk@yahoo.com



CRDA Board Members

2023

boardmembers@crda.net

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

TBD-- Vice President

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

Chuck and Melanie Thompson (25) [2] Treasurer
303-277-0399 melaniechuck@comcast.net

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

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

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

Mitchell and Chelsea Thompson (25) [2]
720-933-7294 dancerbowler214@aol.com

Erik von Hortenau and Sunny Woods (25) [1]
303-635-6817 erikvonh@gmail.com

Bill Shauck and Luan Jones (24) [2]
609-317-3730 luanpjones@gmail.com

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

COMMITTEE MEMBERS AND CONTACTS

Membership: Sunny Woods and Erik Von Hortenau erikvonh@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 2023: Steve and Janet Pitts stevepitts@mindspring.com 303-332-1862

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

Gala 2023: Chelsea and Mitchell Thompson 720-933-7294

Cuer Selection: Jim and Sharon Peyrouse jimpeyrouse@gmail.com
John and Karen Herr kherr00@mac.com

Web Page: Harold Sears harold@rounddancing.net

Facebook: TBD



Dances from Around Colorado (CRDA members' input)

Castle Dancers (Denver Area) Roy and Marcia Knight

We enjoyed Chicken and Corn Chowder and a special Chinese Dinner. We danced many romantic songs for Valentines and Jim and Margie Garcia's upcoming 50th Anniversary.

I can Love You Like That (Johnson) V BO

Gozo rj Merengue (Knight) IV MG

Sometimes When We Touch (Stairs) IV ST

Wonderful Tonight (LeBau) III BO

Dancing Penguins (Denver Area) John and Karen Herr

We are so ready for the Spring! Winter has been cold and we've had our share of sicknesses. Hopefully spring will bring good weather and an end to our sicknesses! Starting April 4th, we will start Jive lessons on Tuesdays. Help us spread the word!

Monday

Candle On The Water (Preskitt) WZ 52

Bottle It Up (Herr) WC 5

Tuesday

Sacred Lovers Rumba (Cooley) RB 31

Cachito (Molitoris/Firstenburg) CHRB 31

We'll start Jive lessons in April. Looking forward to this new class.

Thursday

Devil Cha (Herr) CH 41

Abraca Cha (Nelson K&B) CH 41

A Prayer (Herr) WZ 41

Dear Little Girl (Lefeavers) FX 42

Telefeathers (Denver Area) Harold and Meredith Sears

This past month, we've been focusing on dances being taught in Mesa and on some of the RAL ROQ candidates for the second quarter. The one we've spent the most time on is Hopelessly Devoted (Worlock VI STS). The music is from the movie Grease by Olivia Newton-John and is wonderful. The dance contains a Circular Triple Traveler that dances surprisingly smoothly and Continuous Traveling Right Turns in a sequence that is daunting. But look at the video of the Worlocks dancing it, on Glen & Helen, and admire how smooth, comfortable, and easy they make it look. More info at www.rounddancing.net

Other dances we've done:

The Sensitive Kind (Sperry IV CH)

Cheri Lady (Hicks/Ho IV QS)

Puppet On A String (Buck V FT)

Paper Houses (Goss VI HCW)

Mull of Kintyre IV (Hartzel IV WZ),

Close Your Eyes (Parker IV RB)

Quickstep In the Cantina (Preskitt IV QS),

Hot Rhumba 4 You (Vogt IV RB)

Love and Hate (Lobato IV RB)

Simple Little Things (Schmidt V FT)

Every Day Bolero (Worlock VI BL).

Future Events by CRDA Members

Future Events by CRDA Members

Rocky Mountain Leader's College Plant City, FL J & K Herr Dates TBA 2023

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.

David Evans - sympathy (loss of brother)
Betty Coan - surgery get well
Steve Pitts - sympathy (loss of mother)
Jim Steverson - operation get well.

Norm Terry - operation, get well
Cindy Van Hooser - get well
Terri Sherwood - get well

Colorado Round Dance Association Hall of Fame Nomination Form

Do you know someone who is or was a member of CRDA? Did they take that extra step and become involved in Galas, committees, the Board of Directors, or Cue? Did they make a difference in the sport of Round Dance, especially in Colorado? Did CRDA or Round Dancing grow or change because of them? If you can say "yes" to any of these questions, the CRDA Hall of Fame Committee is looking for them. Please take the time to fill out the Nomination Form so we can get them the recognition they deserve. Don't wait for someone else to nominate them. Do it today!

I/We nominate:

_____ to the CRDA Hall of Fame.

I/We believe they should be in the CRDA Hall of Fame because:
(include a short statement on a separate sheet of paper)

CRDA Member _____

Please send this nomination form via email or post to:

Jim and Margie Garcia gar905@comcast.net
905 Mesa Ct
Broomfield, CO 80020
303-469-4096



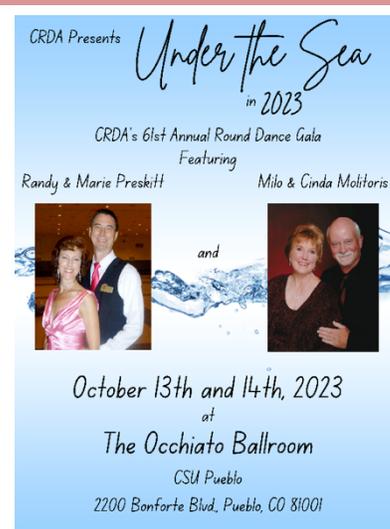


“Come Dance Under the Sea in ‘23”

I know it's only March, but Gala will be here sooner than you think . I want to thank all of you who have volunteered to help putting on this fabulous event. Your time and talents are very much appreciated. That said, we are still looking for a few more volunteers including an Assistant Chair and MCs for the halls. If you would be interested in serving in either capacity, please reach out as we'd love to bring you on board! Quick reminder that our host hotel is currently taking reservations, so make sure you get in early to get the group rate. Looking forward to dancing with all of you Under the Sea in 2023!

Mitchell and Chelsea Thompson, 2023 Gala Chairs
720-933-7294 dancerbowler214@aol.com

Editor's Note: Prices go up on April 30, 2023. Sign up early to get your discount.



Editor's Byline

Spring is finally here!!! Yeah!!! But we all know that Colorado has many different startings to Spring. I am hoping warm weather and flowers blooming will soon show their face!

Hope you enjoy the article: “Use It or Lose It: Dancing Makes You Smarter, Longer”. Erik Von Hortenau found this great article. As we all age, there are several great words of wisdom for us in this article. Erik sent me the article and said it might be worthy for Round Notes. I then contacted the author and gained permission to reprint this article and many others he has written. Watch for his articles in the future. This one is a bit longer than usually is in Round Notes, but I thought it was worthy of the space. Hope you enjoy it also.



GOLD MEMBERSHIP

Note from our Membership Chair!
Sunny Woods and Erik Von Hortenau

**Erik and Sunny had to delete some members because their renewal didn't come in.
Please encourage your friends to renew or better yet, JOIN!!!**

**New members
(Encourage your friends to join)**

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

Sunny Woods and Erik Von Hortenau

8237 Swadley Court

Arvada, CO 80005

Contact: erikvonh@gmail.com

Cell: 970-406-8908

Home: 303-635-6817

Use It or Lose It: Dancing Makes You Smarter, Longer.

Richard Powers

Reprinted with permission

For centuries, dance manuals and other writings have lauded the health benefits of dancing, usually as physical exercise. More recently we've seen research on further health benefits of dancing, such as stress reduction and increased serotonin level, with its sense of well-being.

Most recently we've heard of another benefit: Frequent dancing apparently makes us smarter.

A major study added to the growing evidence that stimulating one's mind by dancing can ward off Alzheimer's disease and other dementia, much as physical exercise can keep the body fit. **Dancing also increases cognitive acuity at all ages.**

You may have heard about the New England Journal of Medicine report on the effects of recreational activities on mental acuity in aging. Here it is in a nutshell.

The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine. Their method for objectively measuring mental acuity in aging was to monitor rates of dementia, including Alzheimer's disease.

The study wanted to see if any physical or cognitive recreational activities influenced mental acuity. They discovered that some activities had a significant beneficial effect. Other activities had none.

They studied cognitive activities such as reading books, writing for pleasure, doing crossword puzzles, playing cards and playing musical instruments. And they studied physical activities like playing tennis or golf, swimming, bicycling, dancing, walking for exercise and doing housework.

One of the surprises of the study was that almost none of the physical activities appeared to offer any protection against dementia. There can be cardiovascular benefits of course, but the focus of this study was the mind.

WTF fun fact #1261

Dancing has been
scientifically proven to make
you healthier and smarter.

wtf-fact.com

There was one important exception: the only physical activity to offer protection against dementia was frequent dancing.

Reading - 35% reduced risk of dementia

Bicycling and swimming - 0%

Doing crossword puzzles at least four days a week - 47%

Playing golf - 0%

Dancing frequently - 76%. That was the greatest risk reduction of any activity studied, cognitive or physical.

Neuroplasticity

What could cause these significant cognitive benefits?

In this study, neurologist Dr. Robert Katzman proposed that these persons are more resistant to the effects of dementia as a result of having greater cognitive reserve and increased complexity of neuronal synapses. Like education, participation in mentally engaging activities lowers the risk of dementia by improving these neural qualities.

As Harvard Medical School psychiatrist Dr. Joseph Coyle explains in an accompanying commentary: "The cerebral cortex and hippocampus, which are critical to these activities, are remarkably plastic, and they rewire themselves based upon their use."

Our brain constantly rewires its neural pathways, **as needed**. If it doesn't need to, then it won't.

Aging and memory

When brain cells die and synapses weaken with aging, our nouns go first, like names of people, because there's only one neural pathway connecting to that stored information. If the single neural connection to that name fades, we lose access to it. As people age, some of them learn to parallel process, to come up with synonyms to go around these roadblocks.

The key here is Dr. Katzman's emphasis on the complexity of our neuronal synapses. More is better. **Do whatever you can to create new neural paths.** The opposite of this is taking the same old well-worn path over and over again, with habitual patterns of thinking and living.

When I was studying the creative process as a grad student at Stanford, I came across the perfect analogy to this:

The more stepping stones there are across the creek,
The easier it is to cross in your own style.

The focus of that aphorism was creative thinking, to find as many alternative paths as possible to a creative solution. But as we age, parallel processing becomes more critical. Now it's no longer a matter of style, it's a matter of survival — getting across the creek at all. Randomly dying brain cells are like stepping stones being removed one by one. Those who had only one well-worn path of stones are completely blocked when some are removed. **But those who spent their lives trying different mental routes each time, creating a myriad of possible paths, still have several paths left.**

As the study shows, we need to keep as many of those paths active as we can, while also generating new paths, to maintain the complexity of our neuronal connections.

In other words: **Intelligence — use it or lose it.**

Intelligence

What exactly do we mean by "intelligence"?

You'll probably agree that intelligence isn't just a numerical measurement, with a number of 100 plus or minus assigned to it. But what is it?

To answer this question, we go back to the most elemental questions possible. Why do animals have a brain? To survive? No, plants don't have a brain and they survive. To live longer? No, many trees outlive us.



As neuroscience educator Robert Sylwester notes, mobility is central to everything that is cognitive, whether it is physical motion or the mental movement of information. Plants have to endure whatever comes along, including predators eating them. Animals, on the other hand, can travel to seek food, shelter, mates, and to move away from unfavorable conditions. Since we can move, we need a cognitive system that can comprehend sensory input and intelligently make **choices**.

Semantics will differ for each of us, but according to many, if the stimulus-response relationship of a situation is **automatic**, we don't think of the response as requiring our intelligence. We don't use the word "intelligent" to describe a banana slug, even though it has a rudimentary brain. But when the brain evaluates several viable responses and chooses one (a real choice, not just following habits), the cognitive process is considered to be intelligent. As Jean Piaget put it, **intelligence is what we use when we don't already know what to do**.

Why dancing?

We immediately ask two questions:

Why is dancing better than other activities for improving mental capabilities?

Does this mean all kinds of dancing, or is one kind of dancing better than another?

That's where this particular study falls short. It doesn't answer these questions as a stand-alone study. Fortunately, it isn't a stand-alone study. It's one of many studies, over decades, which have shown we increase our mental capacity by exercising our cognitive processes. Intelligence: Use it or lose it. And it's the other studies which fill in the gaps in this one. Looking at all of these studies together lets us understand the bigger picture

The essence of intelligence is making decisions. The best advice, when it comes to improving your mental acuity, is to **involve yourself in activities which require split-second rapid-fire decision making**, as opposed to rote memory (retracing the same well-worn paths), or just working on your physical style

One way to do that is to learn something new. Not just dancing, but anything new. Don't worry about the probability that you'll never use it in the future. Take a class to challenge your mind. It will stimulate the connectivity of your brain by generating the need for new pathways. Difficult classes are better for you, as they will create a greater need for new neural pathways

Then take a dance class, which can be even more effective. **Dancing integrates several brain functions at once — kinesthetic, rational, musical, and emotional — further increasing your neural connectivity.**

What kind of dancing?

Do *all* kinds of dancing lead to increased mental acuity? No, not all forms of dancing will produce the same benefit, especially if they only work on **style**, or merely retrace the same **memorized paths**. Making as many split-second decisions as possible, is the key to maintaining our cognitive abilities. Remember: *intelligence is what we use when we don't already know what to do*.

We wish that thirty years ago the Albert Einstein College of Medicine thought of doing side-by-side comparisons of different kinds of dancing, to find out which was better. But we can figure it out by looking at *who* they studied: senior citizens 75 and older, beginning in 1980. Those who danced in that particular population were former Roaring Twenties dancers (back in 1980) and then former Swing Era dancers (seniors participating in the 1990s), so the kind of dancing most of them continued to do in retirement was what they began when they were young: freestyle social dancing -- basic foxtrot, waltz, swing, and maybe some Rumba and Cha Cha.

I've been watching senior citizens dance all of my life, from my parents (who met at a Tommy Dorsey dance), to retirement communities, to the Roseland Ballroom in New York. I almost never see memorized sequences or patterns on the dance floor. I mostly see easygoing, fairly simple social dancing — freestyle lead and follow. But freestyle social dancing isn't that simple! It requires a lot of split-second decision-making, in both the Lead and Follow roles. Read more about the differences between the three different kinds of ballroom dancing here, to gain a better understanding of the role of decision-making in social or ballroom dance.



At this point, I want to clarify that I'm not demonizing memorized sequence dancing, or style-focused pattern-based ballroom dancing. Although they don't have much influence on cognitive reserve, there are stress-reduction benefits of any kind of dancing, cardiovascular benefits of physical exercise, and even further benefits of feeling connected to a community of dancers. So all dancing is good.

But when it comes to preserving (and improving) our mental acuity, then some forms are significantly better than others. While all dancing requires *some* intelligence, this study encourages you to use your *full* intelligence when dancing, in both the Lead and Follow roles. The more decision-making we can bring into our dancing, the better.

Who benefits more, Follows or Leads?

In social dancing, the Follow role automatically gains a benefit, by making hundreds of split-second decisions as to what to do next, sometimes unconsciously so. As I mentioned on this page, this role doesn't "follow"; they *interpret* the signals their partners are giving them, and this requires intelligence and decision-making, which is active, not passive.

This benefit is greatly enhanced by dancing with different partners, not always with the same person. With different dance partners, you have to adjust much more and be aware of more variables. This is great for staying smarter longer

But Leads, you can also match this degree of decision-making, **if** you choose to do so.

Here's how:

1) Really pay attention to your partners and what works best for them. Notice what is comfortable for them, where they are already going, which signals are successful and which aren't, and constantly adapt your dancing to these observations. That's rapid-fire split-second decision making

2) Don't lead the same old patterns the same way each time. Challenge yourself to try new things each time you dance. Make more decisions more often. Intelligence: use it or lose it.

The huge side-benefit is that your partners will have much more *fun* dancing with you when you are attentive to their dancing and constantly adjusting for their comfort and continuity of motion. And as a result, you'll have more fun too.

Full engagement

Those who fully utilize their intelligence in dancing, at all levels, love the way it feels. Spontaneous leading and following both involve entering a flow state. Both leading and following benefit from a highly active attention to possibilities.

That's the most succinct definition I know for intelligent dancing: **a highly active attention to possibilities**. And I think it's wonderful that both the Lead and Follow role share this same ideal.

The best Leads appreciate the many options that the Follow must consider every second, and respect and appreciate the Follow's input into the collaboration of partner dancing. The Follow is finely attuned to the here-and-now in relaxed responsiveness, and so is the Lead.

Once this highly active attention to possibilities, flexibility, and alert tranquility are perfected in the art of dance partnering, dancers find it even more beneficial in their other relationships, and in everyday life.

Dance often

The study made another important suggestion: do it often. Seniors who did crossword puzzles four days a week had a measurably lower risk of dementia than those who did the puzzles once a week. If you can't take classes or go out dancing four times a week, then dance as much as you can. More is better.

And do it now, the sooner the better. It's essential to start building your cognitive reserve now. Some day you'll need as many of those stepping stones across the creek as possible. Don't wait — start building them now.





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

CRDA BADGES: \$17.00 ea. for magnetic style:

(Please indicate how you would like your name on your badge—first name only, both names, nickname, etc.)

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

Please contact me regarding serving on a committee.
Committee preference?



2023 Gala Registration Form - October 13th & 14th, 2023

HIS LAST NAME HIS FIRST NAME HER LAST NAME HER FIRST NAME

STREET ADDRESS CITY STATE ZIP CODE

EMAIL ADDRESS PHONE NUMBER

	Couple		Single	
	Member	Non-Member	Member	Non-Member
Full Package Pre-Registration (thru 4/30)	\$140	\$160*	\$70	\$80*
Full Package (5/1 through 9/15)	\$150	\$170*	\$75	\$85*
At the Door (After 9/15)	\$160	\$180	\$80	\$90
Full Package - First Time Participant	\$110*		\$55*	
Single Session	\$60		\$30	

**Includes CRDA membership for the remainder of 2023*

\$5 Cancellation Fee Prior to 9/1 - NO REFUNDS after 9/1 (One Time Rollover Allowed)

Make Checks payable to "CRDA" and mail to Karen Herr at 4535 Red Rock Dr., Larkspur, CO 80118

Host Hotel and RV Information

We will be back at the Wingate by Wyndham Pueblo this year. It is located at 4711 N Elizabeth, Pueblo, CO 81008 and their phone number is (719) 586-9000. The rate will be \$99/night plus tax. Make sure to mention the Colorado Round Dance Association when making your booking to get the group rate. ACT FAST, as this price is only good until all rooms in the block have been booked. For RV hookups, KOA is located at 4131 Interstate 25 N, Pueblo, CO 81008 (6.8 miles from the venue). Their phone number is (800) 562-7453.

Tentative Schedule

Friday from 2-4PM: Featured Cue Clinics
Friday 4-7PM: Dinner
Friday from 7-10:30PM: Party Dance
Saturday 9-11AM: Dance Teaches
Saturday 11AM-2PM: Lunch & Board Meeting
Saturday 2-4PM: Dance Teaches
Saturday 4-7PM: Dinner
Saturday 7-10:30PM: Party Dance
Saturday 11-???: After Party at Host Hotel

General Information

Food breaks are on your own, but there are multiple restaurants in the area as well as a cafeteria at the venue. On both Friday and Saturday evening we will have 3 halls with all levels of rounds.

Who to Contact

Interested in volunteering or need more information? Contact Mitchell & Chelsea Thompson at dancecbowler214@aol.com or (720) 933-7294

2023

April 16	Spring Dance	Avalon Ballroom (Boulder)	2:00 pm
May 6	CRDA BOD Meeting	Hybrid/Rose Hill Grange	9:30 am
May 6	Fun Dance	Rose Hill Grange	7:00 pm
June 17	Fun Dance	Maple Grove Grange	7:00 pm
July 22	Fun Dance	Masonic Temple (Ft. Collins)	2:00 pm
Aug 6	Special Event	Red Barn (Pueblo)	12:30 pm
Aug 13	Fun Dance	IDC (Colo Spgs)	2:00 pm
Aug 26	CRDA BOD Meeting	Hybrid/Rose Hill Grange	9:30 am
Sept 16	Fun Dance	Maple Grove Grange	7:00 pm
October 13 & 14	Gala	CSU Pueblo	2:00 pm
Nov. 11	Fun Dance	Rose Hill Grange	7:00 pm
Dec 2	CRDA BOD Meeting	Hybrid/Rose Hill Grange	9:30 am
2024			
Jan 28	Mid-Winter Dream Dance	Avalon Ballrom (Boulder)	2:00 pm

Future Gala Dates

October 11 and 12, 2024 October 10 and 11, 2025
(these dates may be changed with CSU Pueblo's availability)

Karen Herr
4535 Red Rock Dr.
Larkspur, CO 80118

CRDA Board of Directors HYBRID Meeting
Saturday, March 11, 2023
Rose Hill Grange
4001 E. 88th Ave., Commerce City, CO 80022
(DRAFT Minutes—Not approved until next meeting)

Call to Order: The meeting was called to order by President Steve Pitts at 10:00 a.m.

Attendance: Steve and Janet Pitts, Melanie and Chuck Thompson, Jim and Margie Garcia, Luan Jones and Bill Shauck, Lenora & David Starr, Erik von Hortenau, Jack and Gayle Baker, Karen Herr, Mitchell & Chelsea Thompson, Brian Robertson (online proxy for Larylee Hitchens).

Minutes: (Margie Garcia)
Minutes from Dec. 3rd meeting, 2022 approved as read.

Sunshine and Shadows: (Margie Garcia)
David Evans - sympathy (loss of brother)
Betty Coan - surgery, get well.
Steve Pitts - sympathy (loss of mother)
Jim Steverson - operation, get well.
Terri Sherwood - get well.
Norm Terry - operation, get well.
Cindy Van Hooser - get well.

Treasurer Report: (Melanie Thompson)
Total Liabilities and Equity are \$30,176.96. We are transitioning from Quick Books to Excel. We are in the process of changing signatures on our accounts, conducting an audit, and will then be able to put a deposit on this year's Gala. We will roll over a CD maturing Mar 26th of this month and will renew it hopefully with a 4 to 5 % interest rate. We are meeting expenses and have \$100 of profit from the Fun Dances.

Presidents' Report: (Steve and Janet Pitts)
CRDA officers were elected at the previous Board of Directors Meeting on Dec. 3rd, 2022.
They are Steve and Janet Pitts - President, Jim Steverson and Pam King - Vice President, Melanie Thompson - Treasurer, Margie Garcia - Secretary. Jim and Pam have asked to step down due to health issues.

Luan Jones and Bill Shauck have agreed to serve on the Board. We will appoint them to the Board at this meeting.

Our Spring Beginners' Dance will be at the Avalon Ballroom in Boulder on Sunday, April 16th from 2 to 4:15 p.m. It will be a level II - IV dance.

Our next Fun Dance will be on Saturday, May 6th at Rose Hill Grange with John Herr and Harold Sears cuing.

We **need new Committee Chairs** for the Hall of Fame Committee, Publicity Committee, Face Book Committee, and an Historian.

If you are interested, please contact Steve at stevepitts@mindspring.com or call/text Steve at 303-332-1862.

Help needed. CRDA is looking for a volunteer to find a good, economical email hosting service for CRDA. Our current server has issues. We need a tool to handle 100 to 150 email addresses to send Round Notes and other information to the CRDA membership. Please contact Steve Pitts if you would like to help or have a solution.

Luan Jones and Bill Shauck were appointed to the CRDA Board. The Vice President position and appointment is postponed to a later date.

Fun Dance Schedule: (Chelsea Thompson)

There will be a Fun Dance in Colorado Springs and Ft. Collins this year. Janet is doing flyers for this year. Margie Garcia will do the schedule for next year and hopefully it will be ready by this year's Gala. We are considering reducing the numbers of fun dances to a more manageable number which would be a better match with our current number of available cuers. We would be sure to have Round Dance opportunities during nine months of every year.

2023 Gala Report: (Mitchell and Chelsea Thompson)

This year's Gala *Under the Sea in 2023* will be held on October 13th and 14th at the Occhiato Ballroom at CSU Pueblo. Our fabulous Gala featured cuers are Randy & Marie Preskitt and Milo & Cinda Molitoris. The host hotel is Wingate by Wyndham located at 4711 N Elizabeth, Pueblo, CO 81008. Their phone number is (719) 586-9000 and the rate will be \$99/night plus tax. ACT FAST, as this price is only good until all rooms in the block have been booked. For RV hookups, KOA is located at 4131 Interstate 25 N Pueblo. They are 6.8 miles from the venue and their phone number is (800) 562-7453. Interested in volunteering or need more information? Contact Mitchell & Chelsea Thompson (720) 933-7294.

Most of the Committee Chair positions have been filled. Needed are an assistant chairperson and a host couple. Lenora and Karen are doing the syllabus together. We hope that Jim Steverson will be able to do Registration as he did an excellent job for us last year.

Membership: (Erik Von Hortenau)

We currently have 79 membership units. A motion was made, seconded and passed to continue giving the Finches in California a free membership for 2023. To encourage members to renew on time, it was suggested that you could get a discount if you renew early, and the same discount would apply for a multiple year early one time renewal. The more members we can catch at the Gala to register for the following year's Gala and membership at the same time the better.

Another option to encourage paying membership fees and make paying easier in general, I would be to have electronic payments for fees and registrations. Dave Starr will chair a committee with Melanie and Steve to write a proposal to address viability, costs, checks and balances, and fees. Hopefully this could be initiated at the Gala this year.

Our previous badge vendor, Mark Werner has closed his business. Marshall Blaney and Molly Baines have a company called DBA Middlebrooks Impressions, Ltd. They have been chosen to produce CRDA badges after providing a sample badge. The new badges will be engraved as opposed to being laser printed.

Spring Dance: (Dave and Lenora Starr)

The Spring Dance will be held on Sunday afternoon, April 16th, from 2:00 to 4:14 p.m., at the Avalon Ballroom in Boulder. This is our spring "lower level" dance tailored to new Round Dance class graduates. We would like to encourage all CRDA member to attend and support the graduating dancers. Thanks to David Starr for generating the Spring Dance Program and coordinating cuers for this dance. Many thanks to Bear Miller for extending to us

his **very low rates** he contracted with the Avalon for his dances. We will always book the Avalon thru Bear Miller and the Avalon knows of this agreement. Is a contract required for this agreement?

New dancers pay \$10 per couple, CRDA members pay \$15, and non-members pay \$20 per couple. New dancers can sign up for a free 2023 membership. The Avalon Ballroom rental fee is \$210 and the Secretary needs to check and see if an insurance certificate needs to be sent to the facility.

A flyer has been created for the 2023 Spring Dance and posted on website. It has been sent to CRDA membership, posted in the Square Dance Bulletin and distributed at Council Meeting. Please pass out flyers at any dances you attend and encourage new dancers to attend.

Help needed:

Janet will generate pocket and table programs for the dance. Final program needs to be posted on the CRDA website and sent via email to the CRDA membership as a reminder. Set up begins at 1:30 p.m. Gayle and Jack Baker will do registration. Margie Garcia will do refreshments and the Board will bring cookies/snacks. Mitchell Thompson will bring speakers. Steve Pitts will do the announcements and be the MC. Chelsea Thompson will announce the Gala.

Special Report on Avalon rental fees: (Jack and Gayle Baker)

Over the last number of years, CRDA has enjoyed dancing at the Avalon Ballroom in Boulder. Rent increase has priced CRDA out of this facility for our dances. However, an opportunity has been offered to CRDA to secure a much more favorable rent structure thanks to Bear Miller, cuer extraordinaire.

In committing to rent the Avalon's smaller back dance room on a monthly basis from 2-4 p.m. for 3rd Sunday square dances, Bear Miller has contracted a lower hourly fee for dance rooms in the facility. If the larger ballroom is available on any 3rd Sunday, Bear Miller has agreed to let CRDA use this room. The fee would be \$70/hr. A payment check will be written to Bear Miller with the understanding that Bear will not be providing insurance for the CRDA cuers or attendees.

The ballroom is available on the 3rd Sunday, April 16th 2023 from 1:30 to 4:30 p.m. (3 hours) for the Spring Dance for a cheap rental fee of \$210.

As of February 10th, 2023, the 4th Sunday on Jan. 28, 2024 or the 4th Sunday on February 25, 2024 is available from 1-10 p.m. (9 hours) for consideration by CDRD for their "Mid-Winter" dance. The rental fee would be \$630, plus \$50 for Bear to open and close the facility, totaling \$680.

Many thanks to Jack and Gale Baker for arranging this opportunity for us and submitting this detailed report.

Proposal for extra dance in Pueblo from Andrith Davis

Date: Sunday afternoon, August 6th, 2023

Location: Red Barn Hall, 3320 Arena Rd., Pueblo, CO 81005

Who: Andrith Davis and Denise Berens (Southeast Square Dance Council)

Cost: free

Cuers: Andrith Davis and Denise Berens

Format: open

The Southeast Council's annual Hi Country Square and Round Dance Weekend is August 4th-6th. It will be held at the Red Barn in Pueblo. It is a nice venue with real hardwood floors and air-conditioning. Joe Salel and Mike Hogan are the callers and Peter and Chama Gomez are the featured cuers.

The venue is paid for through midnight on Sunday, but nothing is scheduled for the afternoon. Would CRDA be open to the idea of sponsoring a dance that afternoon? The advantages to doing so are the venue is already paid for, there is no clean-up, and they would also have their equipment available. You essentially get a free dance, free advertising, and a chance to have a dance in the southern part of the state and promote the Gala.

Contact information: Andrith Davis
Mobile phone: 719-480-2809
Text message: 719-539-7877

CRDA Board response: This is a good opportunity to encourage Round Dancers in a different part of the state. This dance is held the weekend before our Fun Dance in Colorado Spring on Aug. 13th at the IDC and would be a way to draw more/different dancers from southern Colorado to said Fun Dance. It would also be a way for CRDA to encourage and recognize Round Dancers of that area as a valuable part of our community. Consensus is "let's do this."

Cuer Selection Committee : (Steve and Janet Pitts)

Karen Herr has volunteered to serve on this committee. Jim and Sharon Peyrouse have been contacted to see if they will continue. We need one more couple or individual to be on this committee. To contract cuers for the 2024 Gala we must be penciled in on the CSU Calendar.

Round Notes: (Karen Herr)

Compiling and publishing our Round Notes is a big job and Karen is only going to send **one email reminding us of the deadline when things are due. The deadline is 15th of the month.** Put it on your calendar. It is our responsibility to get our information to her by that deadline. If you have an extenuating circumstance let her know and she will work with you. Please be respectful of her efforts and the time it takes to accomplish this important document and communication tool.

Promotion and Publicity: position open/no report

Historian: position open/no report

Webmaster: (Harold Sears) No report.

CSSADA: position open/no report

DAS&RDC Report: (Jim and Judy Taylor)

The Denver Square and Round Dance Council invites us to their annual Fun Friendship and Fame Dance and their Hall of Fame Celebration. It will take place on May 7th, 2023, at the Wheat Ridge Grange located at 3950 High Ct., Wheat Ridge. It starts with 6:00 p.m. Rounds and Squares from 6:30 p.m. to 8:30 p.m. The cost is \$10 in advance/\$12 at the door and new dancers half price. All dancers are welcome.

The Colorado Festival is on June 9th and 10th of this year.

Judy gave a cordial report to DAS&RDC advertising our Spring Dance and giving them the CRDA Website to locate information on this dance.

If you want to make a 53rd Grant Request, the deadline is March 15th for Educational activities starting 7/1/23 through 6/30/24. This grant reimburses your expenses.

New Business: (Steve and Janet Pitts)

Should CRDA sponsor a New Cues Workshop to recruit and train new cues for the future? Said workshop could be connected to a party dance. We could advertise it on the Gala flyer and announce it at all our dances. Maybe we could write and submit a grant proposal to the 53rd or 54th Grant Request committee of DAS&RDC.

Motion to Adjourn.

Our next meeting will be May 6th at Rose Hill Grange. Come at 9:30 a.m. for snacks and the meeting will start at 10:00 a.m. Board members who can't attend must get a non-Board member proxy.

P.S. Can anybody out there volunteer for something?

Respectfully submitted by Margie Garcia



COLORADO ROUND DANCE SUMMARY REPORT

Popular Dances and Teaches During March 2023

This Month's Contributing Cuers

Davis, Evans, Herr, Knight, Krause, Nolen, Riggs, Sears, Starr, and Thompson



Most Frequent Dances - March

1 Every Day Bolero (7/3) 21 (Worlock, C&T) BL VI (SH, NC, Ne)	4 Irish Washerwoman (6/4) 24 (Buckmaster/Reigel) CH III (HJ, DA, K (Preskitt) STS VI (E, HJ, SH)	7 Lost (5/3) 15 (Healea, S) WZ II+1 (SH, DA, Ri)	11 Green Waves (4/1) 4 (Townsend-Manning) WZ II+2 (HJ)	17 2000 Blues (3/1) 3 (Nelson) JV IV+1 (HJ)
1 Hopelessly Devoted (7/3) 21 (Worlock) STS VI (SH, NC, Ne)	4 Lovely Lough Conn (6/3) 18 (Healea, S) WZ II+1 (SH, DA, Ri)	7 The Last Blues Song (5/2) 10 (Scherrer) FT V (HJ, SH)	11 Legends Of The Fall (4/2) 8 (Gloodt) WZ IV+2 (HJ, KR)	17 Adagio Rumba (3/1) 3 (Ito) RB IV (HJ)
1 West Texas Waltz (7/3) 21 (Riggs) WZ II (HJ, RI, Sr)	7 A Thousand Years (5/2) 10 (Armstrong) RB IV+1 (HJ, T)	11 A Prayer (4/2) 8 (Herr) WZ IV+1 (HJ, NC)	11 Quickstep In The Cantina (4/3) 1 (Preskitt, R&M) QS IV+1 (SH, NC, Ne)	17 Adios (3/3) 9 (Cullip/Norman) WZ IV+1 (HJ, KI)
4 Better Place III (6/3) 18 (Yoshikawa) RB III+1 (HJ, RI, T)	7 Axel F (5/4) 20 (Mathewson) CH III+1 (SH, DA, KP, Ri (Brown) CH III+2 (HJ)	11 Chilly Cha III (4/1) 4	11 Waltz Me To Heaven (4/1) 4 (Carver, N&W) WZ II+1 (Ri)	17 Af En Af (3/3) 9 (Seurer) TS II (HJ, KP, T)

Most Popular Dances - March

* Must have at least 3 cuers to be eligible

1 Irish Washerwoman (6/4) 24 (Buckmaster/Reigel) CH III (HJ, DA, KP, Ri)	3 Hopelessly Devoted (7/3) 21 (Worlock) STS VI (SH, NC, Ne)	6 Lovely Lough Conn (6/3) 18 (Healea, S) WZ II+1 (SH, DA, Ri)	10 Adios (3/3) 9 (Cullip/Norman) WZ IV+1 (HJ, KR, KP)	10 Little Café Rumba (3/3) 9 (Seurer) RB III+1 (E, HJ, SH)
2 Axel F (5/4) 20 (Mathewson) CH III+1 (SH, DA, KP, Ri)	3 West Texas Waltz (7/3) 21 (Riggs) WZ II (HJ, RI, Sr)	8 Lost (5/3) 15 (Preskitt) STS VI (E, HJ, SH)	10 Af En Af (3/3) 9 (Seurer) TS II (HJ, KP, T)	10 Miss Frenchy Brown (3/3) 9 (Tetzlaff) TS II (DA, HJ, RI)
3 Every Day Bolero (7/3) 21 (Worlock, C&T) BL VI (SH, NC, Ne)	6 Better Place III (6/3) 18 (Yoshikawa) RB III+1 (HJ, RI, T)	9 Quickstep In The Cantina (4/3) 12 (Preskitt, R&M) QS IV+1 (SH, NC, Ne)	10 I Dream Of You (3/3) 9 (Hurd) BL V+2 (E, NC, SH)	

Most Frequent Dances Last Twelve Reports

1 West Texas Waltz (53/6) (Riggs) BL II	5 Sedalia (32/5) (Kenny, J&S) RB IV+2+1	9 Axel F (28/6) (Mathewson) CH III+1	13 Af En Af (25/9) (Seurer) TS II	16 Little Café Rumba (22/7) (Seurer) RB III+1
2 Better Place III (38/6) (Yoshikawa) RB III+1	6 Alley Cat Blues (31/3) (Davenport, B&B) FT IV	9 Candlelight (28/6) (Goss) WZ V	13 Belle's Waltz (25/3) (Herr, J&K) WZ II+2	16 San Antonio Stroll (22/2) (Watanabe) CH III
3 Lovely Lough Conn (36/3) (Healea, S) WZ II+1	7 Could I Have This Dance (30/8) (Eddins) WZ II+1	11 Cuando Me Enamoro (27/7) (Gloodt) RB IV+2	15 Hr. Me With A Hot Note (24/5) (Goss) WCS V+2	19 Nothing At All (21/4) (Johnson) BL VI
3 The Last Blues Song (36/4) (Scherrer) FT V	7 Watermark (30/2) (Brewer) WZ IV	12 Autumn Waltz (26/5) (Preskitt, R&M) WZ VI	16 A Prayer (22/3) (Herr) WZ IV+1	19 The Alligator Stroll (21/6) (Gloodt) WCS IV+2+3

Top Dances By Phase - March

Phase II	Phase III	Phase IV	Phase V	Phase VI
1 West Texas Waltz (7/3)	1 Better Place III (6/3)	1 A Thousand Years (5/2)	1 The Last Blues Song (5/2)	1 Every Day Bolero (7/3)
2 Lovely Lough Conn (6/3)	1 Irish Washerwoman (6/4)	2 A Prayer (4/2)	2 Butter (3/2)	1 Hopelessly Devoted (7/3)
3 Green Waves (4/1)	3 Axel F (5/4)	2 Legends Of The Fall (4/1)	2 Candlelight (3/2)	3 Lost (5/3)
3 Waltz Me To Heaven (4/1)	4 Chilly Cha III (4/1)	2 Quickstep In The Cantina (4/3)	2 I Dream Of You (3/3)	4 Autumn Leaves Tango (3/2)
5 Af En Af (3/3)			2 Orange Colored Sky (3/1)	4 La Plaza (3/2)
5 Belle's Waltz (3/2)				
5 Miss Frenchy Brown (3/3)				
20 Dance Twice	7 Danced 3 Times	9 Danced 3 Times	16 Danced Twice	8 Danced Twice

Top Dances By Phase Last Twelve Reports

Phase II	Phase III	Phase IV	Phase V	Phase VI
1 West Texas Waltz (53/5)	1 Better Place III (38/6)	1 Sedalia (32/5)	1 The Last Blues Song (36/4)	1 Autumn Waltz (26/5)
2 Lovely Lough Conn (36/3)	2 Axel F (28/6)	2 Alley Cat Blues (31/3)	2 Candlelight (28/6)	2 Nothing At All (21/4)
3 Could I Have This Dance (30/8)	3 Little Café Rumba (22/7)	3 Watermark (30/2)	3 Hit Me With A Hot Note (24/5)	3 Hallelujah Waltz (20/4)
4 Af En Af (25/9)	3 San Antonio Stroll (22/2)	4 Cuando Me Enamoro (27/7)	4 Felicia Tango (19/3)	4 Adeline (18/4)
4 Belle's Waltz (25/3)	5 Senorita (18/2)	5 A Prayer (22/3)	5 Bottle It Up (16/1)	5 Every Day Bolero (17/3)
6 Rock Paper Scissors (15/3)	6 Irish Washerwoman (17/4)	6 The Alligator Stroll (21/6)	5 Capone (16/1)	6 Lost (16/4)
6 Spinning Wheel Waltz (15/4)	6 One Call Away III (17/4)	7 A Thousand Years (20/7)	5 Caribbean Sunset (16/2)	6 Somewhere In Time Bolero (16/2)
8 El Lobo (13/2)	8 Baby's Got Blue Jeans (16/3)	7 Fly Me To The Moon Rumba (20/2)	8 I Dream Of You (15/4)	8 Bla Bla Cha Cha (15/3)
8 Feel It Still (13/3)	8 Beach Party Cha (16/3)	7 Legends Of The Fall (20/5)	8 Only One Time (15/4)	8 Dance In The Old Fashioned Way (15)
8 Rose Of Tralee II (13/7)	8 I Train (16/1)	2 Danced 19 Times	10 Beat Of Your Heart (14/6)	8 If I Didn't Have You VI (15/2)



COLORADO ROUND DANCE

STATISTICS F

MARCH 2023

CUERS KEY (44)

A = Albright
 B = Bahr, J&B
 Be = Berens, D
 Ch = Chadd
 Da = Davis, A*
 De = Del Sol, J
 DN = Denning
 Do = Dodge
 E = Evans, B&D*
 F = Ferry, M&G
 GB = Goss, B.
 GD = Goss, D.
 GE = Glenn, E&E
 GK = Gloodt, K&E
 GP = Gomez, P&C
 HB = Holm, B&K

HG = Hurd, G&P
 HJ = Herr, J&K*
 HL = Harris
 Ho = Hogan
 HT = Hicks, T
 KP = Krause, P&E*
 KR = Knight, R&M*
 Mc = McBride
 NC = No Cuer
 Ne = Nelson
 No = Nolen, B&S*
 PM = Prow
 PR = Preskitt, R&M
 R = Robinson
 Ri = Riggs, A*
 RO = Rotscheid

Sc = Schrant
 SD = Smith, D.
 SG = Smith, G.
 SH = Sears, H&M*
 Sp = Springer
 Sr = Starr, D*
 St = Storm
 T = Thompson, M&C*
 TF = Travis, F
 Vo = Vogt, D&T
 WC = Worlock, C&T
 We = Weiss
 Wo = Wolford
 Wu = Wulf

* = Contributing Cuers for the month (10)

RHYTHMS DANCED (19)

5-Count (5CT) = 0
 Am. Tango (AmTG) = 0
 Arg. Tango (ATG) = 1
 Bolero (BL) = 22
 Cha Cha (CH) = 39
 Foxtrot (FT) = 40
 Hesit. Canter Waltz (HCW) = 3
 Jive (JV) = 19

Lindy Hop (LH) = 0
 Mambo (MB) = 2
 Merengue (MR) = 3
 Mixed (MX) = 9
 Paso Doble (PD) = 5
 Polka (PK) = 1
 Quickstep (QS) = 8
 Rumba (RB) = 47

Samba (SB) = 2
 Single Swing (SS) = 0
 Slow Two Step (STS) = 18
 Tango (TG) = 9
 Two Step (TS) = 49
 Vien, Waltz (VWZ) = 2
 Waltz (WZ) = 94
 West Coast Swing (WCS) = 14

PHASES

Phase VI = 37
 Phase V = 73
 Phase IV = 124

Phase III = 73
 Phase II = 79
 Phase I = 1

DANCES

Danced At Least Once = 387
 Total Dances = 578
 Dance Sessions = 33



CRDA
Spring Dance

April 16, 2023
Sunday
2:00-4:15



Avalon Ballroom
6185 Arapahoe Road
Boulder, CO 80303

Phase II-IV



For More Information
Steve Pitts
303-332-1862
stevepitts@mindspring.com

Admission at the Door
New Dancers: \$10/cpl
CRDA members: \$15/cpl
Non-members: \$20/cpl
Singles pay half



May

CRDA
Fun Dance

Harold & Meredith
Sears

John & Karen
Herr

Saturday
May 6, 2023
7:00-9:30pm
Rose Hill Grange



Cost
\$20/Couple
\$10/Single

2023 CRDA Fun Dances

<i>January</i>	<i>February</i>	<i>March</i>
No Dance	No Dance	 Sunday, March 5, 2023 Harold Sears, Mitchell Thompson Rose Hill Grange 2:00 – 4:30pm
<i>April</i>	<i>May</i>	<i>June</i>
 CRDA Spring Dance Sunday, April 16, 2023 Avalon Ballroom 2:00 – 4:15pm	 Saturday, May 6, 2023 John Herr, Harold Sears Rose Hill Grange 7:00 – 9:30pm	 Saturday, June 17, 2023 Harold Sears, Mitchell Thompson Maple Grove Grange 7:00 – 9:30pm
<i>July</i>	<i>August</i>	<i>September</i>
 Saturday, July 22, 2023 John Herr, Mitchell Thompson Masonic Temple, Ft. Collins 2:00 – 4:30pm	 Sunday, Aug. 13, 2023 Allyn Riggs, Denise Berens IDC, Colorado Springs 2:00 – 4:30pm	 Saturday, Sept. 16, 2023 John Herr, Melody Albright Maple Grove Grange 7:00 – 9:30pm
<i>October</i>	<i>November</i>	<i>December</i>
 CRDA Gala “Under the Sea” October 13-14, 2023 Occhiato Ballroom CSU Pueblo	 Saturday, Nov. 11, 2023 Harold Sears, Becky Evans Rose Hill Grange 7:00 – 9:30pm	No Dance Renew your CRDA Membership

August 6, 2023
SUNDAY AFTERNOON
ROUNDS AFTER HOURS

Co-Sponsored by
COLORADO ROUND DANCE ASSOCIATION
And SOUTHEAST COUNCIL

*****12:30-2:30*****

Cuers :

Denise Berens

Andrith Davis

AND SPECIAL GUESTS TBA

Come Dance with us and
KICK UP YOUR HEELS!