



Denver, Colorado

December 2023-January 2024

Presidents' Letter – Steve and Janet Pitts

Happy Thanksgiving and Happy Holidays!

We would like to **WELCOME** Ray DeAngelis and Vickie Borden as new CRDA Board Members for 2024! Also, we wish to thank Jim and Margie Garcia and Dave and Lenora Starr for agreeing to serve for another term! 2024 CRDA board officers will be chosen at our next CRDA Board Meeting on Saturday, December 2, at the home of Chuck and Melanie Thompson.

CRDA is always looking for (more) members to become involved on our committees. Please contact Steve at stevepitts@mindspring.com if you are interested in joining a 2024 committee. Thank you to all the volunteers who supported our organization in 2023. The 2023 Gala was a success because of the many volunteers who helped this year.

Due to the busy Holiday Season, there is no Fun Dance in December. December is a good time to **renew your CRDA Membership for 2024!!** Membership prices are increasing on January 1, 2024!! Contact membership chair: Erik von Hortenau and Sunny Woods, 8237 Swadley Ct., Arvada CO 80005 - **cell:** 970-406-8911; **home:** 303-635-6817 erikvonh@gmail.com. Membership forms are available on CRDA website. Make checks payable to CRDA.

Our first CRDA dance of **2024** will be our **Midwinter's Dream Dance**, on Sunday, January 28, 2024, at 2 PM at the Avalon Ballroom in Boulder. Afternoon teaches will begin at 2:00 p.m. and include a Phase III; Phase IV; Easy Phase V teach. Dinner is on your own with a Programmed Dance following at 6:30 – 9 PM. Flyer is available on the CRDA website or contact Gayle and Jack Baker for more information.

The first **Fun Dance for 2024** will be **Saturday, March 16th** at Rose Hill Grange, 7 to 9 p.m. with cuers Harold Sears and Roy Knight.

The 62nd Annual CRDA GALA will be on October 11th-12th, 2024 at CSU-Pueblo. Our featured cuers will be George & Pamela Hurd (AZ) and Mike & Leisa Dawson (KS). Please navigate to <http://www.crdanet.org/CRDAGala.html#gala> for more information. TO REGISTER for the Gala contact Karen Herr at kherr00@mac.com or **303-681-3147**. For any Gala questions or if you are willing to volunteer, please contact Gala Chairs Jim or Margie Garcia at gar905@comcast.net.

Visit www.crdanet.org for more dance information, Board meeting dates etc. Thank you, Harold Sears, for keeping our website up to date.

Weather Cancellation Policy: If the dance needs to be cancelled due to weather, an email will be sent on the day of the dance to the CRDA membership. It will be posted on CRDA's website or you may contact Steve Pitts at 303-332-1862 or stevepitts@mindspring.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 (26) [2] 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 (26) [2]
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) [0]
609-317-3730 luanpjones@gmail.com

Ray DeAngelis and Vickie Borden (26) [1]
303-359-6708 raymond3@snet.net

**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

2024 Fun Dances: Jim and Margie Garcia gar905@comcast.net 720-933-7294

Spring Dance 2024: TBD

Winter Dream Dance 2024: Gayle and Jack Baker j07baker@yahoo.com 303-770-2789

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

Gala 2024: Jim and Margie Garcia gar905@comcast.net 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

Halloween Supper: Tomato broccoli salad--from operating rooms in Transylvania, Root Vegetable Gratin --From Colorado graves, Spooky Spareribs -From Operating rooms., Apple Pudding Cake -- In memory of Eve and topped with a blood red cherry. And Dancing Halloween Dances.

Castles and Kings (Slater) WZ V
Silhouettes (Herr) IV STS

Send in the Clowns (Parker) WZ IV
Moments of Magic (DeZordo) CH/JV III

Dancing Penguins (Denver Area) John and Karen Herr

Where did the fall go? It seems we were getting ready for the leaves to fall and now we are getting ready for Christmas! Our annual Christmas Party this year will Friday, December 15! Come help us celebrate the holidays and enjoy our dancing friends!

Monday

Welcome to My World (Herr) FX 52
Bottle It Up (Herr) WC 5
Thanks For The Memory (Preskitt) fx 52

Thursday

Hey (Preskitt) rb 41
Flowers (Hicks) ch 411
Photograph (Mee) rb 401

Tuesday

Jacalyn's Waltz (Wilhoit) wz 2
First Foxtrot (Clark) fx 3

Telefeathers (Denver Area) Harold and Meredith Sears

Of course, we are dancing some of the new dances that were presented at the Gala -- Cha Cha D'Amour (Preskitt III CH), Hey (Preskitt IV RB), Momentos Bolero (Molitoris IV BL), Singin' In the Rain (Molitoris V FT) -- and we continued to work on the advanced teach, Eternity (Shibata VI BL). Some other nice dances that we've picked up recently are: More info at: www.rounddancing.net

The Prayer (Worlock VI WZ)
All About That Bass (Davenport V FT)
Thing About Love (Brown IV JV)
Darling Tomorrow (Dierickx IV HCW)
Sensation (Bradt V TG) Ecstasy (Read VI TG)
Sam, Sam (Goss IV WZ)

I Call Your Name (Goss V WCS/JV)
Dance With the Enemy (Armstrong V TG)
The Vision III (Ito III WZ)
Fool Rumba (Cavness IV RB)
With One Look (Vogt VI RB)
Dream Lover (Byrd IV JV 2023)

Future Events by CRDA Members

43rd New Mexico Round Dance Festival Albuquerque, NM G & P Hurd Sep 6 - 8, 2024

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.

Bill Selchert - surgery, get well
Sally Nolen, surgery - get well
Don Carson - quick healing

Patrick and Eileen Krause - surgeries & get well

“Magic Moments”—Gala 2024

GET READY!

IT'S COMING AND IT WILL BE MAGICAL.

What is it? It's the CRDA Gala Round Dance Festival. The Gala is taking place at the Occhiato Ballroom at the CSU Pueblo campus on October 11th and 12th, 2024. The featured cuers and instructors will be George and Pamela Hurd and Mike and Leisa Dawson. Whether you're a beginning dancer or a seasoned veteran there will be dances for you. For more information you can visit www.crda.net or call Jim and Margie Garcia (303-469-4096), CRDA Presidents Steve and Janet Pitts (303-332-1862), or the Registrar Karen Herr (303-549-2028).

Come join us for the Memories, Friendships and Fun.

Jim & Margie Garcia
303-469-4096

Note from our Membership Chair!

Sunny Woods and Erik Von Hortenau

It's TIME to RENEW!!!

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

Mail your \$20 check (until December and then it's going up to \$24) made out to CRDA to:

Sunny Woods and Erik Von Hortenau

8237 Swadley Court

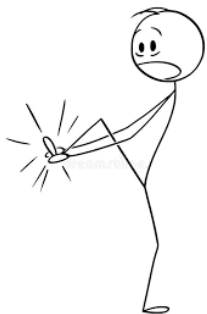
Arvada, CO 80005

Contact: erikvonh@gmail.com

Cell: 970-406-8908

Home: 303-635-6817

**GOLD
MEMBERSHIP**



Oh, My Aching Feet

Sandi Finch

It's 10 a.m. and I've already walked 1,312 steps. I know that because—like so many others—I have a watch that also tracks how far my feet travel each day. “They” say that 10,000 steps a day is optimal for good health. Lately I've read that even if you can't get in that many steps, doing as many as you can, with more gusto, has the same effect. Dancing should skyrocket your numbers!

We have 52 bones in our two feet, about 25% of all the bones in our body, and 7,000 nerve endings. The feet are an evolutionary marvel, bearing hundreds of tons of force—our weight in motion—every day. According to healthinaging.org, one in three people over age 65 has foot pain, stiffness or aching feet. If we give those tooties a little attention, maybe they'll keep us on the dance floor longer.

Did you know that a foot cramp can mean you are dehydrated? Most of us have heard about plantar fasciitis, an inflammation of the plantar fascia, a fibrous band of tissue along the sole of the foot. The job of the fascia is to absorb some of the daily abuse our feet take, but too much strain can cause micro-tears, giving us pain and stiffness. The largest tendon in the body is the Achilles tendon, connecting the calf muscle to the heel bone. It is called into action whenever you run, walk or jump. Shoes that fit badly and give you an “ouch” feeling are probably compressing the extensor tendons that run along the top of the foot and allow you to lift your toes off the ground.

Be happy if you have ticklish feet. Those 7,000 nerve endings in the feet help you stay in balance by alerting your brain to changes underfoot—like walking on ice, jogging across uneven terrain or dancing on a floor with slick spots. Those nerves become less sensitive as we age. The magazine, *The Good Life*, suggests walking barefoot to help keep them sharp.

An article in that magazine recently claimed that most people will walk 75,000 miles by age 50—roughly three times around the equator. Imagine what dancing adds to that! Try these exercises to give your feet an occasional “aah” moment.

With feet flat on the floor, lift toes and curl them under for 5 seconds. Repeat 10 times. Or slowly roll a golf ball or tennis ball under the length of each foot for 60 seconds. Or cross a foot over the opposite thigh and lightly grasp the toes, pulling them gently until you feel a stretch along the arch. Hold for 10 seconds. Try picking up marbles with your toes. Massage the calf down to the heel (for that Achilles tendon). Rotate the foot at the ankle in a circular motion. Apply an ice pack to help eliminate waste from muscle tissue.

Rotate the foot at the ankle in a circular motion. Apply an ice pack to help eliminate waste from muscle tissue.

**Editor's
Byline**

Where has the fall gone. It seems like we were just making plans for Gala 2023 and now that is in the history books and 2024 is now being planned. And can you believe the Holidays are just around the corner. Enjoy this issue about FEET! Sandi Finch has again done a great article about how to take care of your feet. And ladies walking (dancing) backwards is actually good for us! Enjoy your holidays and see you again in 2024!



Why walking backwards can be good for your health and brain

By Annabel Bourn Features correspondent

Reprinted with permission from BBC Studios

During the 19th Century, the activity of "retro-walking" was little more than an eccentric hobby, but today research is revealing it can have real benefits for your health and brain.

On an apparent wager to win \$20,000 (about £4,250 at the time), a 50-year-old cigar-shop owner called Patrick Harmon embarked on a curious challenge in the summer of 1915 – he planned to walk backwards from San Francisco to New York City.

With the aid of a friend and a small car mirror attached to his chest to help him see where he was going, Harmon made the 3,900 miles (6,300km) journey in 290 days, apparently walking every step backwards. Harmon claimed the journey made his ankles so strong that "it would take a sledge hammer blow to sprain them". Perhaps he was onto something.

According to research, walking backwards can have surprising benefits for both your physical health and your brain, as Michael Mosley recently explored in a recent episode of the BBC podcast and Radio 4 show Just One Thing.

Retro-walking, as walking backwards is known in academic circles, has a rich history. There are reports dating back to the early 19th Century of people walking hundreds, and sometimes thousands of miles, in reverse. Many were the result of impulsive bets and others were simply attempts to claim the bragging rights to a bizarre new record.

But due to the difference in biomechanics, backwards walking can actually bring some physical benefits. It is often used in physiotherapy to relieve back pain, problems and arthritis. Some studies even suggest that backwards walking can positively affect cognitive abilities such as memory, reaction time and problem-solving skills.

The practice of walking backwards for health purposes is thought to have originated in ancient China, but it has received attention from researchers more recently in the US and Europe as a way of improving sports performance and to build muscle strength.

Janet Dufek, an expert in biomechanics at the University of Nevada in the US, has been researching backwards locomotion for more than 20 years. She and her colleagues have found walking backwards for just 10-15 minutes per day over a four-week period increased the hamstring flexibility of 10 healthy female students. Backwards walking can also strengthen the muscles in the back responsible for spine stability and flexibility. And in another study led by Dufek, a cohort of five athletes self-reported a reduction in lower back pain after periods of backwards walking.

"Our research has shown that, indirectly, backward walking has some benefits relative to lower back pain simply because you're stretching the hamstrings," says Dufek. "Often one of the pieces that's tied to lower back pain is tight hamstrings." Backwards walking and backwards running drills are already used in some sports training, particularly team and racquet sports which require the agility to quickly move forwards, backwards and laterally. As it reduces the stress placed on the knee joints while building strength, retro-running is also a useful for helping to protect athletes from injury.

As well as athletes, retro-walking has been found to benefit the elderly, young, obese individuals, sufferers of osteoarthritis, and post-stroke patients with walking impairments. Backwards walking has also been found to burn more calories than walking forwards.

But why is it so beneficial? "The biomechanics of walking backwards is very different than forward walking," Dufek told Mosley. "In backward walking, there is a reduced range of motion at the knee that can have some benefits for individuals who may be rehabilitating from knee surgery, for example."

One recent study found that the range of motion at both the hip and knee joints is greatly reduced during backwards walking. Whilst the forwards gait begins with heel contact, the backwards gait begins with toe contact and the heel sometimes never contacts the ground. As a result, less impact is felt at the knee joint and it uses different muscles compared to normal walking.

Participants stepping backwards had the fastest reaction times, perhaps because their brains were already used to performing an incongruous task

It is actually the ankle joint which absorbs the most shock during backwards walking. Muscles activated in plantar flexion movement (used when pointing or standing on your toes) play a greater role in backwards walking to decelerate the ankle and absorb shock.

So it seems there is more than a grain of truth in Harmon's claim to superior ankle strength, even if it was likely he took a few train journeys along the way.

But the benefits don't end with stronger ankles.

Researchers have also found differences in the location of neural activity when stepping backwards compared to stepping forwards. The prefrontal cortex, responsible for cognitive skills such as decision making and problem solving, is especially active when stepping backwards.



One Dutch study tested 38 participants' ability to solve a Stroop test – which uses conflicting stimuli such as the word "blue" in red letters to interfere with how quickly people respond to a prompt – whilst stepping backwards, forwards or sideways. It found that participants stepping backwards had the fastest reaction times, perhaps because their brains were already used to performing an incongruous task.

Another study strongly concluded that different forms of backwards locomotion, including backwards walking, watching a video of a backwards train journey, and even just imagining moving backwards, improved participants' ability to recall information.

With larger studies of healthy populations as well as those who are unwell starting to add to the mix of research on retro-walking, the evidence for its benefits and limitations are becoming clearer.

"I think that technology is driving a lot of biomechanics research, presently," says Dufek, "In the day when I was trained if you did a study that had 10 participants, that was huge. And now, I mean even me and my groups are doing work with big data because it's much easier to collect a lot of information and get some very sound statistical outcomes."

But there's also an element of risk when it comes to retro-walking. Care needs to be taken to avoid unseen obstacles and there are cases where walking backwards during physiotherapy has resulted in falls and serious injuries.

There are also other ways of achieving the same results. Scientists in China, for example, found that tai chi and swimming are more effective rehabilitation activities for athletes with lower back pain than backwards walking, jogging, or no exercise at all.

But as Dufek says, there is another reason to give retro-walking a try – the novelty.

"I mean there are other ways you can stretch your hamstrings, you can just do hamstring stretches" says Dufek, "But you may as well do something fun, right?"





Calling All Dancers....

CRDA MID WINTER'S DREAM DANCE

Sunday, January 28, 2024 at the beautiful Avalon Ballroom
6185 Arapahoe Road, Boulder, Colorado 80303

From 2 to 4:30pm, we are sure to delight with our "Cuer Teaches". We spared no expense in bringing them to YOU!

2:00 - 2:30pm	Denise & Gene Berens	Phase III Cha
2:30 - 3:20pm	Becky & Dave Evans	Phase IV Bolero
3:30 - 4:20pm	John & Karen Herr	Easy Phase V Waltz

After dinner you are encouraged to return for our exciting evening program, 6:30 to 9pm. AGAIN...we spared no expense!

We are pleased that Dave Starr, has volunteered his talents to organize the dancing sets for your evening's entertainment. Please see our flyer, on the CRDA website, for more information.

If you so desire, please bring a healthy snack to share. Thank you!

Gayle & Jack Baker, Event Chairmen, 303-770-2789

High Heels Throw Dancers' Feet Off Balance

By Live Science Staff
Reprinted with permission

Wearing high heels while getting your cha-cha-cha on may mean extra pain for your feet, a new study suggests. Walking in high heels has long been a concern of health-care providers, because the fanciful footwear causes an uneven distribution of pressure on the feet. The new study is the first to examine the effects ballroom dancing while wearing high heels has on the feet, according to the researchers.

Wearing high heels while dancing is a common practice among professional and amateur ballroom and Latin dancers. Researchers measured the amount of pressure over the bottom surface of the feet of six professional Latin dancers as they danced barefoot, and then wearing heels of three heights: 1.7 inches (4.5 centimeters), 3 inches (7.5 cm) and 4 inches (10 cm).

They found that dancing while wearing high heels – no matter the height – threw a disproportionate amount of pressure forward onto the toes. Dancing in 4-inch (10-cm) heels tripled the amount of pressure on the toes, according to the study.

Dancing barefoot, on the other hand, provided equal distribution of pressure between the heel and the toe, said the researchers from Liverpool John Moores University in England and the Human Movement Research Center in China. Dancing in high heels means a greater shift in pressure from the heel to the front of the foot. That change in distribution of pressure can lead to plantar fasciitis, an irritation and swelling of the bottom part of the foot that leads to shooting pain in the heel, the researchers said. They advised high-heel wearers to wear shoes that provide adequate cushioning support to avoid this condition.

Next, scientists hope to find a way to improve the design of dance shoes to reduce the adverse effects of wearing them.





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.crdanet.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.crdanet.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?**

CRDA'S 62ND ANNUAL ROUND DANCE GALA

OCTOBER 11TH & 12TH, 2024

Magic Moments



**CSU PUEBLO
OCCHIATO BALLROOM**

**2200 BONFORTE BLVD.
PUEBLO, CO 81001**

FRIDAY

**2-4:00PM CLINICS
7:30-10:30 DANCING PHASE II-VI**

SATURDAY

**9:00AM-4:30PM TEACHES
7:00-10:30 DANCING PHASE II-VI**

FEATURING

George & Pamela Hurd

Mike & Lesia Dawson



2024 GALA REGISTRATION

HIS FIRST NAME _____ HIS LAST NAME _____

HER FIRST NAME _____ HER LAST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

EMAIL ADDRESS _____

PHONE NUMBER _____

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.

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.

TENTATIVE SCHEDULE

FRIDAY FROM 2-4PM: FEATURED CUER 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

PRICES

	COUPLE		SINGLE	
	MEMBER	NON-MEMBER	MEMBER	NON-MEMBER
FULL PACKAGE PRE-REGISTRATION (THRU 4/30)	\$160	\$180*	\$80	\$90*
FULL PACKAGE (\$/1 THROUGH 9/15)	\$170	\$190*	\$85	\$95*
AT THE DOOR (AFTER 9/15)	\$180	\$200	\$90	\$100
FULL PACKAGE - FIRST TIME PARTICIPANT	\$130*		\$65*	
SINGLE SESSION	\$80		\$40	

*INCLUDES CRDA MEMBERSHIP FOR THE REMAINDER OF 2024

\$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

THE COLORADO ROUND DANCE ASSOCIATION WEBSITE

WWW.CRDA.NET

**WILL BE UPDATED AS MORE INFORMATION IS
AVAILABLE, SO CHECK BACK OFTEN!**

CONTACT 2024 GALA CHAIRS JIM & MARGIE GARCIA AT
(303) 653-8843 OR GAR905@COMCAST.NET
FOR MORE INFORMATION OR IF YOU ARE INTERESTED IN VOLUNTEERING

2023

Dec 2	CRDA BOD Meeting	Hybrid/Thompson Residence	9:30 am
Dec. 2	GALA Wrap-Up	Thompson Residence	12:00 pm

2024

Jan 28	Mid-Winter Dream Dance	Avalon Ballroom (Boulder)	2:00 pm
Mar. 16	Fun Dance	Rose Hill Grange	7:00 pm
April	Spring Dance	TBD	
May 18	Fun Dance	Maple Grove Grange	7:00 pm
June 14-15	Colo. State Square Dance	Occhiato Ballroom, Pueblo	7:00 pm
July 27	Fun Dance	Masonic Temple, Ft. Collins	2:00 pm
Sept 22	Fun Dance	IDC, Colorado Springs	2:00 pm
Oct. 11-12	CRDA Gala	Ochiattto Ballroom, Pueblo	2:00 pm

Future Gala Dates

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 Annual General Membership Meeting
Sat. October 14, 2023
CSU Pueblo
1:00 p.m.

Meeting called to order by Presidents Steve and Janet Pitts.

Board members/committee chairs in attendance were Steve and Janet Pitts, Jim and Margie Garcia, Melanie, and Chuck Thompson, Larylee Hitchens, Dave and Lenora Starr, Mitchell and Chelsea Thompson, Erik von Hortenau and Sunny Woods, John and Karen Herr, Jim and Judy Taylor. Absent were Bil Shauck and Luan Jones and Jack and Gayle Baker.

Minutes from the 2022 General Meeting were accepted as corrected. (Margie Garcia)

Sunshine and Shadows: Please sign cards for Linda Robinson and Bob and Sally Nolen.

Election of new board members:

Jack and Gayle Baker rotated off the board. Jim and Margie Garcia and Dave and Lenora Starr volunteered to run for a second term. Ray DeAngeles and Vickie Borden also volunteered to be Board Members and were nominated. Nominations for new Board Members were passed by acclamation.

Treasurers report: (Thompsons)

Melanie provided and explained a CRDA Round Dance Association Balance Sheet comparison of Sept. 30, 2023, and Sept. 30, 2022. She also provided and explained a comparison of Income and Expense Summary between said years. Fun dances are breaking even, and the Gala is comparable to last year's expenses and losses. Booking keeping has been changed from Quick Books to Excel and an audit was done. A deposit for the Mid-Winters Dream Dance and next year's Gala will be made soon. A motion was made to accept the report, seconded, and passed.

Presidents Report: (Pitts)

Final Fun Dance for 2023:

Please join us for our final Fun Dance of 2023 on Sat., Nov. 11, with Harold Sears and Becky Evan cueing at Rose Hill Grange. 7:00 to 9:30 p.m.

Save the date for the return of the *Mid-Winter's Dream Dance* on January 28, 2024, at the Avalon Ballroom. This will be an intermediate level dance (3-5). There will be dance teaches in the afternoon, a dinner break (dinner on our own), followed by an evening dance. Thank you to Gayle and Jack Baker for chairing this event.

Dues: CRDA member dues will be going up to \$24 per year on January 1, 2024

Need for volunteers: We have not had a chair for Publicity, Historian or Hall of Fame for 2023. Please consider serving CRDA on one of these committees. Contact any board member if you are willing to serve.

Gala 2024 will be held on October 11th and 12th at CSU Pueblo. If you wish to help with the 2024 Gala contact Jim and Margie Garcia at gar905@comcast.net. A ballroom deposit of \$2100 has been made.

2023 Fun Dances: We have had 6 Fun Dances this year so far. Through the September Fun Dance, we had an average of 8 couples attending per dance. We need 8 or 9 couples to break even.

(Losses are affected by differing costs of venues.)

March – 26 people – made \$100.

May – 15 people – lost \$10.
June – 12 people - \$lost \$50.
Jul – 21 people – made \$65.
August – 12 people – lost \$55.
September – 12 people- lost \$50.

2023 Spring Dance (April): We made \$53.33 on the Spring Dance at the Avalon Ballroom. Thirty-four people attended.

Special Dance: CRDA promoted a special FREE dance with the SE Square Dance Council in Pueblo in August at the Red Barn Hall, on Sunday afternoon, August 6. Thank you, Denise Berens, and Andrith Davis for volunteering your cueing talents for about 14 couples.

Electronic Payments: The CRDA Board has been discussing options for being able to accept credit cards and other electronic payment methods to pay dues or admissions online.

Gala 2023 Report: (Thompsons)

A warm welcome by Chelsea Thompson and a big round of applause for our featured cuers. Evaluation forms are available at the registration desk, in the syllabus and will also be available online at the CRDA website.

2024 Fun Dances: There will be 5 Fun Dances next year held in the months of March, May, July, Sept, and Nov. A calendar schedule of the 2024 years dances is available now.

Gala 2024: (Garcias)

Jim and Margie Garcia are chairing the 2024 Gala “Magic Moments” held at the Occhiato Ballroom again at CSU Pueblo. Featured Cuers will be George and Pamela Hurd and Mike and Leisa Dawson. Register this weekend and get discounts on your 2024 membership and next year’s Gala weekend fees.

Cuer Selection: (Karen Herr)

Featured Cuer Couple for 2025 Gala are the Garzas. If you have any other ideas for the second featured cuer couple, please let Karen know.

Hall of Fame: There is a nomination form in the syllabus you can use to nominate someone.

Membership: (von Hortenau and Woods)

There are seventy-nine member units.

Denver Area Square and Round Dance Council: (Taylors)

Taylors shared reciprocal advocacy between CRDA and DAS&RDC. The November Anniversary dance of DAS&RDC is held the first Sunday in November. The featured cuers at the State Festival are the Thompsons. Thanks to the Taylors for taking photos at our Gala.

New Business:

In 2025 the ICBDA Convention will be held in Denver at the Crown Plaza Hotel. Steve and Janet Pitts are the chair couple.

Jim Taylor reports that the Highland Lodge has a nice size hall that can be rented for \$200 a day. What a deal. It is located at Federal and 35th. Bears looking into.

Meeting Adjourned.

Submitted by Margie Garcia



COLORADO ROUND DANCE SUMMARY REPORT

Popular Dances and Teaches During November 2023

This Month's Contributing Cuers

Albright, Davis, Evans, Herr, Knight, Krause, Riggs, and Sears



Most Frequent Dances - November

1 Hey! (10/4) 40 (Preskitt) RB IV (E, HJ, KR, SH)	3 The Prayer (7/2) 14 (Worlock, C&T) WZ VI (NC, SH)	6 Dance With The Enemy (4/2) 8 (Armstrong) TG V (NC, SH)	6 One Lost Moment (4/2) 8 (Hoffman) WZ IV (E, KR)	6 Thanks For The Memory 5 (4/2) : (Preskitt, R&M) FT V+2 (HJ, NC)
2 Flowers (8/3) 24 (Hicks, T) CH IV+1 (HJ, NC, SH)	5 West Texas Waltz (5/3) 15 (Riggs) WZ II (A, HJ, RI)	6 Feathers (4/2) 8 (Renauld, C&E) STS IV+1 (E, HJ)	6 Photograph (4/1) 4 (Mee, D) RB IV+0+1 (HJ)	6 Watermark (4/1) 4 (Brewer) WZ IV (HJ)
3 Eternity (7/3) 21 (Shibata) BL VI (E, NC, SH)	6 A Prayer (4/3) 12 (Herr) WZ IV+1 (HJ, NC, SH)	6 I Call Your Name (4/2) 8 (Goss, B&C) WCS/JV V+2+1 (NC, SH)	6 Singing In The Rain (4/2) 8 (Molitoris, M&C) FT V+2 (E, HJ)	15 Danced 3 Times

Most Popular Dances - November

1 Hey! (10/4) 40 (Preskitt) RB IV (E, HJ, KR, SH)	3 Eternity (7/3) 21 (Shibata) BL VI (E, SH, NC)	* Must have at least 3 cuers to be eligible	5 A Prayer (4/3) 12 (Herr) WZ IV+1 (HJ, SH, NC)	6 Glimpse Of Us (3/3) 9 (Hicks, T) HCW VI (HJ, SH, NC)
2 Flowers (8/3) 24 (Hicks, T) CH IV+1 (HJ, SH, NC)	4 West Texas Waltz (5/3) 15 (Riggs) WZ II (A, HJ, RI)	6 Axel F (3/3) 9 (Mathewson) CH III+1 (A, RI, KP)	6 Irish Washerwoman (3/3) 9 (Buckmaster/Reigel) CH III (DA, KP, RI)	

Most Frequent Dances Last Twelve Reports

1 Better Place III (50/6) (Yoshikawa) CH III+1	5 Axel F (34/6) (Mathewson) CH III+1	9 Irish Washerwoman (29/4) (Buckmaster/Reigel) CH III	12 Lovely Lough Conn (27/4) (Healea, S) WZ II+1	17 A Prayer (25/5) (Herr) WZ IV+1
2 West Texas Waltz (43/6) (Riggs) WZ II	6 Little Cafe Rumba (33/8) (Seurer) RB III+1	9 Watermark (29/4) (Brewer) WZ IV	14 Bottle It Up (26/3) (Herr, J&K) WCS V	17 Could I Have This Dance (25/8) (Eddins) WZ II+1
3 Candlelight (35/7) (Goss) WZ V	7 Havana (30/5) (Goss) CH VI	11 Flowers (28/5) (Hicks, T) CH IV+1	14 Hot Rumba 4 You (26/4) (Vogt, D&T) RB IV	19 Af En Af (24/9) (Seurer) TS II
3 Hopelessly Devoted (35/4) (Worlock) STS VI	7 Sedalia (30/4) (Kenney, J&S) RB IV+2+1	12 Fly Me To The Moon Rumba (27/3) (Preskitt) RB IV	14 The Last Blues Song (26/5) (Scherrer) FT V	19 Every Day Bolero (24/3) (Worlock, C&T) BL VI

Top Dances By Phase - November

Phase II	Phase III	Phase IV	Phase V	Phase VI
1 West Texas Waltz (5/3)	1 Axel F (3/3)	1 Hey! (10/4)	1 Dance With The Enemy (4/2)	1 Eternity (7)
2 Boogie Woogie Bugle Boy (3/2)	1 Better Place III (3/2)	2 Flowers (8/3)	1 I Call Your Name (4/2)	1 The Prayer (7)
2 Jacalyn's Waltz (3/1)	1 First Foxtrot (3/1)	3 A Prayer (4/3)	1 Singing In The Rain (4/2)	3 Carrickfergus (3)
	1 Irish Washerwoman (3/3)	3 Feathers (4/2)	1 Thanks For The Memory 5 (4/2)	3 Glimpse Of Us (3)
	1 Little Cafe Rumba (3/1)	3 One Lost Moment (4/2)	5 Caribbean Sunset (3/2)	5 Begin To Color Me (2)
	1 Ricordi Waltz (3/2)	3 Photograph (4/1)		5 Malaguena (2)
	1 San Antonio Stroll (3/2)	3 Watermark (4/1)		5 Speak Softly Love (2)
10 Danced Twice	19 Danced Twice	4 Danced 3 Times	6 Danced Twice	10 Danced Once

Top Dances By Phase Last Twelve Reports

Phase II	Phase III	Phase IV	Phase V	Phase VI
1 West Texas Waltz (43/6)	1 Better Place III (50/6)	1 Sedalia (30/4)	1 Candlelight (35/7)	1 Hopelessly Devoted (35/4)
2 Lovely Lough Conn (27/4)	2 Axel F (34/6)	2 Watermark (29/4)	2 Bottle It Up (26/3)	2 Havana (30/5)
3 Could I Have This Dance (25/8)	3 Little Cafe Rumba (33/8)	3 Flowers (28/5)	2 The Last Blues Song (26/5)	3 Every Day Bolero (24/3)
4 Af En Af (24/9)	4 Irish Washerwoman (29/4)	4 Fly Me To The Moon Rumba (27/3)	4 Welcome To My World (21/4)	4 Santa Maria (23/2)
5 Don't Mess With Jim (20/1)	5 Just Another Woman In Love (18/6)	5 Hot Rumba 4 You (26/4)	5 I Dream Of You (20/4)	5 Carrickfergus (22/5)
6 Mira River Waltz (18/3)	6 I Train (17/1)	6 A Prayer (25/5)	6 Capone (19/4)	6 My Confession (21/3)
7 Waltz Me To Heaven (16/1)	6 Night Waves (17/5)	7 A Thousand Years (23/4)	6 Forrest Gump (19/6)	7 Glimpse Of Us (18/3)
8 Edelweiss II (14/3)		8 Cuando Me Enamoro (22/6)	8 Addicted To You (17/3)	8 If I Didn't Have You VI (15/2)
8 Miss Frenchy Brown (14/5)			8 Butter (17/4)	8 Nothing At All (15/4)
8 Spinning Wheel Waltz (14/5)	5 Danced 16 Times	3 Dance 21 Times	10 Felicia Tango (15/3)	3 Danced 14 Times



COLORADO ROUND DANCE

STATISTICS FOR

NOVEMBER 2023

CUERS KEY (48)

A = Albright*
 AP = Armstrong, P&W
 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
 Mo = Molitoris
 NC = No Cuer
 Ne = Nelson
 No = Nolen, B&S
 PM = Prow
 PR = Preskitt, R&M
 R = Robinson

Ri = Riggs*
 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 (8)

RHYTHMS DANCED (17)

5-Count (5CT) = 0
 Am. Tango (AmTG) = 0
 Arg. Tango (ATG) = 0
 Bolero (BL) = 14
 Cha Cha (CH) = 41
 Foxtrot (FT) = 34
 Hesit. Canter Waltz (HCW) = 2
 Jive (JV) = 13

Lindy Hop (LH) = 0
 Mambo (MB) = 3
 Merengue (MR) = 1
 Mixed (MX) = 10
 Paso Doble (PD) = 4
 Polka (PK) = 0
 Quickstep (QS) = 7
 Rumba (RB) = 50

Samba (SB) = 0
 Single Swing (SS) = 0
 Slow Two Step (STS) = 14
 Tango (TG) = 6
 Two Step (TS) = 36
 Vien, Waltz (VWZ) = 1
 Waltz (WZ) = 89
 West Coast Swing (WCS) = 13

PHASES

Phase VI = 18
 Phase V = 53
 Phase IV = 120

Phase III = 80
 Phase II = 67
 Phase I = 0

DANCES

Danced At Least Once = 338
 Total Dances = 482
 Dance Sessions = 34



CRDA'S

MID - WINTER'S DREAM

DANCE

SUNDAY, JANUARY 28TH, 2024

2:00-4:30pm and 6:30-9:00pm

The Avalon Ballroom

6185 Arapahoe Road, Boulder, CO 80303

AFTERNOON TEACHES

2:00PM - PHASE III

2:30PM - PHASE IV

3:30PM - EASY PHASE V

EVENING DANCE FROM 6:30-9:00PM

	MEMBER	NON-MEMBER
ONE SESSION	\$15/couple	\$20/couple
BOTH SESSIONS	\$30/couple	\$35/couple

CONTACT JACK & GAYLE BAKER
FOR MORE INFORMATION
(303) 770-2789

2024 Round Dance Calendar

 JANUARY Midwinter's Dream January 28, 2024 2-4:30pm & 6:30-9pm The Avalon Ballroom 6185 Arapaho Rd Boulder, CO 80303	 February NO DANCE 	MARCH CRDA Fun Dance March 16th, 2024 7-9:00pm Rose Hill Grange 4001 E 68th Ave Commerce City, CO 80022 Harold Sears & Roy Knight 	 April CRDA Spring Dance Date TBD
may CRDA Fun Dance May 18th, 2024 7-9:00pm Maple Grove Grange 3130 Youngfield St Wheat Ridge, CO 80215 Patrick Krause & Melody Albright 	 June NO CRDA DANCE Colorado State Square Dance Festival CSU Pueblo June 14th & 15th, 2024 Ochiatto Ballroom - CSU Pueblo 2200 Bonforte Blvd Pueblo, CO 81001 Doug & Leslie Dodge Cueing 	 July CRDA Fun Dance July 27th, 2024 2-4:00pm Masonic Temple 225 W Oak St Fort Collins, CO 80521 John Herr & Mitchell Thompson	AUGUST NO DANCE 
September CRDA Fun Dance September 22nd, 2024 2-4:00pm International Dance Club 2422 Busch Ave Colorado Springs, CO 80904 Denise Berens & Andrith Davis 	 OCTOBER CRDA Gala CSU Pueblo October 11th & 12th, 2024 Ochiatto Ballroom - CSU Pueblo 2200 Bonforte Blvd Pueblo, CO 81001 Featuring George & Pamela Hurd and Mike & Leisa Dawson 	 NOVEMBER CRDA Fun Dance November 9th, 2024 7-9:00pm Rose Hill Grange 4001 E 68th Ave Commerce City, CO 80022 Harold Sears & Becky Evans	December NO DANCE Happy Holidays and See You in 2025! 

For more information, visit www.crda.net

CRDA's



St. Patrick's Day

Fun Dance

SATURDAY, MARCH 16TH, 2024
7:00-9:00PM

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

Featuring

Harold & Meredith
Sears

and

Roy & Marcia
Knight

\$10/person