

ROUND NOTES



President's Letter – Rob and Terri Sherwood

Denver, Colorado

December 2007/January 2008

As the year winds down, we enjoyed another Gala with approximately 95 couples in attendance. The board appreciates all the volunteers who gave of their time to make it happen. Speaking of the board, CRDA would like to thank our outgoing board members for their three years of service. A tip of the hat to Patrick & Eileen Krause, Jack & Anita Baker and Ron & Judy Spahn. Returning to board membership are Don & Peggy Hutchinson with their years of experience, and new members Ron & Susan Flesch and Katie Cantrell & Justin Stute.

As was announced at the Annual General Meeting, Round Notes will have a new format with this issue. Every member will receive an e-mail copy in December, even if you normally receive the publication my mail. Please look it over, and see if printing it yourself is much more practical than with the old 8.5 x 14 inch landscape format. Maybe now is the time to switch to the electronic version.

December will be the first month of an experiment with an Internet-based version of Round of the Month. We will be exchanging a few cuers in the Denver area meeting in person monthly for the potential of all CRDA cuers being able to submit dances and vote on their choices. All cuers will receive an e-mail or letter explaining the new system, how it works and what is needed to participate. Cuers will need to send their e-mail address to rob@sherweng.com to be put on the "list server". As of November 12th, there were 7 cuers already signed up for the new system.

The Gala committee will be reviewing the comment sheets from November, to assist in fine tuning next year's festival in Greeley. Some of the volunteer positions are already filled, but many are still open. Please consider giving an hour or two of your time in 2008 by contacting Patrick or Eileen at 303-690-0916.

The monthly fun dance for December will return to Rose Hill Grange at 7 P.M. on the 8th, so please put it on your busy holiday calendar. Patrick & Eileen and Chris and Terri will be handling the cuing for the evening. As always, the selection of dances will be made on the fly, based on those in attendance.

The next board meeting will be Saturday January 19 at Rose Hill Grange. Refreshments and beverages will be served at 9:30 AM, with the meeting starting at 10 A.M. and wrapping up by Noon. Incoming and outgoing board members are encouraged to attend and of course, all members of CRDA are invited.

MEMBERSHIP REMINDERS

Membership dues for each year are payable in January, new members can pro-rate their membership if joining at other times of the year. THANKS!

Dues are \$ 18.00 per address.

Badges are \$ 10.00 each or \$ 18.00 for two (sent to same address).

FOR MEMBERSHIP INFO, ADDRESS CHANGES, BADGE ORDERS

Please write or call the Membership Chairman:

**Jean Montgomery
1495 Braewood Avenue,
Highlands Ranch, CO 80129
303-791-1054**

CRDA Annual General Meeting
3 November 2007

Called to order at 12:15
Approximately 60 people in attendance.

Chris Cantrell: Reading of minutes from last AGM

Chuck Thompson: Treasurer's report

Balance ~\$21,000

Net profit ~\$3,100

Patrick Krause: election of officers

By acclamation

President's report: see President's letter

"Fun dances"

Round Notes: change to normal portrait, letter sized paper.

ROM changes: discuss later

Cuer Selection

Working on 2010, 2011, 2012

Hall of Fame

Congratulations to Herrs and Holms as newly elected honorees

Jim/Judy Taylor: SSDA representatives

Upcoming anniversary dance

Send email to Jim to get Gala pictures

Chuck Thompson: ROM

Only ½ dozen or so cuers involved

Ideas to improve participation considered

Current procedure reviewed (1st Saturday CRDA cuers assemble at Maple Grove Grange to select CRDA

ROM);

Krause's proposed internet-based process; listserver rom@crda.net

Send cued mp3 file & cue sheet for consideration; video submittals also possible

Ed Glenn: can follow Round-a-lab's model

John Herr: could use RAL ROQ as starting point

Terri Cantrell: could it be online – would we need to send CD & paper cue sheets

Roy Knight: current policy allows anyone (not just teachers) to attend ROM meeting

Ed Glenn: how long will the "test" be for?

Terri Cantrell – Web Page

1400 hits/month

Videos from last year's Gala

Encourage instructors to submit changes to schedules

Old business: none

New business: none

Minutes by Chris Cantrell



For those of you who would like to submit articles for Round Notes...

Your next deadline will be January 15, 2008 for the February/March Issue.

As you submit articles please keep in mind that they need to be in MS Word format and kept to 500 words or less. You may include pictures in JPEG format. Articles should be relevant to Colorado Round Dancing, Round Dancing, or Current Club Events.

Articles will be printed on a space available basis and if not time sensitive, may be held for a later issue when space is available.

Send your submission to Justin and Rose del Sol, Hvnborn@msn.com



Dance to Live

Presents
A Gala For All Levels of Round Dancing

Live to Dance

Featuring



Mark and Pam Prow



Judy and Hank Scherrer

November 7 & 8, 2008
University Center
University of Northern Colorado, Greeley, Colorado

3 separate halls with wood floors for dancing
Easy: Phase II – III Intermediate: Phase III – V
Advanced: Phase IV – VI

Including
2 phase II View & Cues, 2 Phase II-III Figure Clinics,
2 Phase III Teaches, 2 Phase IV Teaches, 2 Phase V-VI Teaches



**Colorado Round Dance Association
48th Anniversary Gala Registration Form**

His Last Name	His First	Her Last Name	Her First			
Street Address		City	State	Zip	Phone Number	E-mail Address
FULL PACKAGE (pre-registration until 4/1/08)		\$60 Members	\$79 Non-Members (includes 2008 CRDA membership)		(singles pay half)	_____
FULL PACKAGE (after 4/1/08)		\$70 Members	\$79 Non-Members (NO membership included)		(singles pay half)	_____
OPTIONAL CATERED LUNCHEON on Saturday (price not included in registration fee)			\$26/couple		\$13/single	_____
Saturday, teaches only (9am – 4pm)			\$40/couple		\$20/single	_____
Saturday, all day & evening			\$60/couple		\$30/single	_____
Friday AND/OR Saturday Evenings(s) only			\$20/couple, \$10/single for ONE evening		\$40/couple, \$20/single for BOTH evenings	_____
2008 CRDA Membership (separate check please)			\$18/ mailing address			_____
						TOTAL: _____
Make checks payable to CRDA. Mail to: Patrick & Eileen Krause, 5433 South Walden Street, Centennial, CO 80015						
<small>\$5 cancellation fee prior to 10/1/2008. NO refunds after 10/1/2008 (rollovers allowed)</small>						

COMFORTABLE DANCING

Squeeze the Trigger

In target shooting, we are told to “squeeze the trigger.” Don’t pull it—with an abrupt action, you will miss the target. In dancing, too, we want to be “on target.” We don’t want to be bouncing about, ricocheting from here to there. We don’t want to jerk the trigger; we want to squeeze it, and what we’re really talking about is isometric muscular control. In exercise, an isometric contraction is one where there is little actual movement, because another muscle is counteracting the effort of the first. Think about your dance frame. The uncontrolled dancer lets his elbows hang at his sides and even waffle around. His right hand slides down and wanders about. His left hand pushes and pulls, as he tries to “steer” her. The controlled dancer uses isometrics to dampen all this meaningless activity and maintain a toned frame.

Of course, we don’t want to stop movement. Dancing is movement, but we want the frame to move as a unit, not as independent parts. Isometric control is one set of muscles propelling us across the floor and an opposing set, working in other directions, to limit and fine-tune that motion.

One basic tool that we use are the shock absorbers that are present in our feet, ankles, and knees. In taking any step, we bend our knees, ankles, and maybe toes. For each step, make an effort to use both sets of muscles—those that cause the bending and those that resist and smooth out that action. So, when you dance a Chair, don’t land flat-footed with a sharp bump. Point your foot, land on the ball of your foot, lower to the heel, and allow the ankle and knee to flex enough to make the landing gentle. Or dance heel to toe. The rolling from the heel to the ball of the foot will similarly absorb some of the forward momentum and gentle the landing.

Second, think about rise and fall in the whole body. The Chair and many other figures are described as involving a “lunge” in some direction. But we mustn’t simply throw ourselves out there. In dancing a Right Lunge, lower first in a controlled manner, and then squeeze yourself out to the man’s right. Squeeze the arrival too by allowing the inside edge of your trail feet to contact the floor first, and then roll onto the flat of the foot. This horizontal trajectory is more gentle than a plummeting arc, and the rolling footwork absorbs some of the energy of the step and dissipates it gradually.

Third, stay close to your partner. Maybe you’re doing Open In and Out Runs. In semi-closed position, you step through with the trail feet, and the man turns right and steps to the side with his left. Just don’t step too far to the side. Barely shift to her right side and scoop her up in a cozy, left half-open position facing line. The third step is forward down line. If you make all three steps progress toward the wall, you’ll go too far, you’ll tug on her, and her Run will be a frantic dash to make the distance.

Keep your knees and ankles unlocked and ready to absorb and soften changes in speed and direction. Use gradual rise and fall to eliminate rocket take-offs and crash landings. Stay close to your partner so that your orbits around each other remain small and under control. Squeeze the trigger—don't jerk it.

Harold & Meredith Sears
www.rounddancing.net/dance/



From the 2007 Gala-Chair Patrick & Eileen Krause:
Thank-you to all of the 2007 Gala volunteers for a wonderful Gala!

From the 2008 Gala-Chair Patrick & Eileen Krause:
We are looking for volunteers to help with the 2008 Gala. If you would like to help, please email us at: krause.p@comcast.net or call us at: 303-690-0916 We are looking forward to another successful Gala

CRDA Hall of Fame 2007 John and Karen Herr



John and Karen Herr are very active in the round dancing world. Karen has been round dancing for about 30 years and John 21 years. They began teaching round dancing in 1987 and teach levels II through VI.

They served on the CRDA Board for three years and held the office as secretary during those years. They were also chairman of the Hall of Fame committee for six years. They were Gala chairman in both 1994 and 2000 and have cued for over 12 years at the Gala. They have also served as the Program Chairman for the Gala, Spring Dance and Harvest Moon Dance. Other responsibilities they have held have been the Round Notes newsletter editor for one year, registration for the Gala for

one year, sound equipment for six years and host couple for four years. They also helped raise money for the dance floor for the 2004 National Square Dance Convention.

They are members of URDC, DRDC, the Denver Area Caller and Cues' Association and Roundalab and currently serve on the Board of Directors for Roundalab.

They have cued at National Square Dance Conventions and taught at the 2004 National here in Denver. They cue for several local square dance clubs as well as their own round dance clubs and classes. They enjoy teaching at out of state weekend dances.

CRDA Hall of Fame 2007 Bill and Karen Holm



Bill and Karen have been cueing and teaching in the Fort Collins area over 30 years. They are active in CRDA and have been board members, including the office of treasurer. They are also members of the Northeast Council caller and cues association.

In 1969 Bill started round dancing in Cheyenne, Wyoming. Karen began dancing with the Aggie Haylofters at CSU in 1963.

For the 2006 CRDA gala they taught one of the workshop clinics and have cued at the gala for between 15 and 20 years. The halls would be very quiet if cuers like Bill and Karen did not take the time to provide and set up the equipment. A job they have done for 10 years.

Bill and Karen have been involved in the CRDA Spring and Fall dances doing the program, teaching, cueing, and setting up the sound system,

They have taught at two National Square and Round Dance festivals and cued at eight. They have also attended USAWEst festivals where they taught at two and cued at four.

Bill and Karen were part of the workforce that raised money for the installation of wood floors for the round dance halls at the 53rd National in Denver in 2004.

One of Bill's many activities is teaching ballroom dancing to 5th and 6th graders at a local school. The music teacher sets up time for the lessons. After a month of lessons the class has a parent night to demonstrate their dancing skill.

It is people like Bill and Karen who put that extra effort into promoting dancing that makes them special.

CRDA November Round of the Month

Easy Level Round: "When I'm 64" by The Beatles
Phase 2+1 two step



Intermediate Round: "Beach Party Cha"
Phase III

CRDA December Round of the Month

Easy Level Round: "Pas The Bananas"
Phase 2+1 Polka.

Intermediate Round: "Ding Dong Mambo"
Phase IV

For those of you who have chosen to receive Round Notes electronically, the MP3 files and cue sheets are attached.



WELCOME to our new CRDA Board Members

Returning to the board are Don & Peggy Hutchinson with their years of experience. New members Ron & Susan Flesch and Katie Cantrell & Justin Stute.



CRDA BOARD OF DIRECTORS

PRESIDENT	<u>Rob & Terri Sherwood</u> **	303-733-6110
VICE PRESIDENT		
SECRETARY	Rick Mallinger & <u>Linda Miller</u> ***	720-344-4210
TREASURER	<u>Chuck, Melanie & Mitchell Thompson</u> ***	303-277-0399
OTHER MEMBERS: * term ends 12/31/10 ** term ends 12/31/08 *** term ends 12/31/09	<u>Herman & Jean Allmaras</u> **	970-464-7686
	Don & Peggy Hutchinson*	303 697-8963
	<u>Justin Judd & Rose del Sol</u> ***	303-646-4629
	Rick Mallinger & <u>Linda Miller</u> ***	720-344-4210
	<u>David & Joan Parker</u> **	303-988-6224
	Ron & Susan Flesch*	719-487-9242
	Katie Cantrell & Justin Stute*	303-503-3032

All CRDA members are encouraged to attend the upcoming board meeting. Your input is a valuable part of this round dance organization and we would like you to help determine its direction for the new year.

The next board meeting will be Saturday January 19 at Rose Hill Grange. Refreshments and beverages will be served at 9:30 AM, with the meeting starting at 10 A.M. and wrapping up by Noon. Incoming and outgoing board members are encouraged to attend and of course, all members of CRDA are invited.

It was wonderful to see so many of you at the Gala in November. Jim and Judy Taylor along with Diane Gumm have posted pictures to the web, <http://picasaweb.google.com/jimta17>. If you have the capability, take a look and see who they caught smiling.



Sunshine and Shadows

Ken Clements - mother passed away

Ken Hardison - hospitalization

Nancy Nagy - mother passed away

Marcia Knight - surgery

Ginny Devine - Dale passed away