

# ROUND NOTES



Denver, Colorado

December 2014/January 2015

## Presidents Letter – Rob & Terri Sherwood

2014 wrapped up with a successful Gala at CSU Pueblo. The hardest thing seemed to be finding, for the first time, the parking area near the ballrooms. The host hotel was quite nearby, so after one trip it was smooth sailing. CRDA plans to return to these fine facilities in 2016, so we will know our way around like seasoned travelers.

We now have two volunteers for Hall of Fame, but there is still one position open. Please contact any board member if you are interested in position. [http://crda.net/CRDA\\_BOD.html](http://crda.net/CRDA_BOD.html)

Our hardworking publicity and Fun Dance committee has 2015 mapped out and on our website.

[http://crda.net/flyers/2015\\_FunDanceSchedule.pdf](http://crda.net/flyers/2015_FunDanceSchedule.pdf)

Note the first 2015 Fun Dance is Saturday January 10<sup>th</sup> at The Outpost, with George Smith and Roy and Marcia Knight. With all the holiday goings on, there will not be a fun dance in December.

CRDA, in association with the Denver Area Square and Round Dance Council, presented a cuer clinic on Sunday after the Gala at the Maple Grove Grange. Sharon Parker drew from her years of experience to pass on tips to all attending. Subjects covered were things like etiquette when dancing around the floor when the circle gets bogged down, how an evening of dance is paced in waves of up and down in intensity, and very important microphone techniques. Attendance, including Sharon and Casey, was about 20 people.

Our Annual General Meeting only ran an hour, with presentations from most committees. Election or reelection of officers was handled quickly with a run-off among cuers vying for the maximum three open slots. Cindy and Harold Van Hooser finished their three years of service, and John and Karen Herr joined your board of directors. Otherwise you will see the same faces, with Steve and Janet Pitts assuming the duties of Vice-President.

For CRDA to continue our long tradition of providing a festival for all dance levels II through VI, the consistent support of our members to travel around the state will be required. Multiple halls and two guest-couple clinicians result in a budget that is quite significant. Participation of the Colorado dance community is what makes this possible. Your support of our Gala is the foundation of this CRDA program, and is the only way it can continue in its present form.

Hope to see you on the dance floor.

## Sunshine and Shadows

Contact Dave Smith [bluenova.rounddanceclub@gmail.com](mailto:bluenova.rounddanceclub@gmail.com) if you know of someone who needs to receive a sympathy, get well, encouragement, or congratulations card.

Charlotte & Gary Baxter - sympathy

Ed Glenn get well

Sharon and Casey Parker sympathy

Judy and Hank Scheerer - thanks/retirement

Jan Chu get well

Nancy Piechota get well

Erik and Sunny Woods - get well

### ROUND DANCE TIP Heel Turn general movement --- Tim Lum

The "Heel Turn" is used in several figures. It is the lady's second step in a Telemark or a Double Reverse. It is the man's second step in an Open or Closed Impetus. It takes practice to do correctly and many dancers substitute a toe pivot instead of correctly doing a heel turn. Although you can do this, it changes your balance point and the feel of the figure making it less elegant. The person doing the heel turn steps back with relaxed knees lowering and contacting the floor first with the toe and then rolls back onto the heel. But already the dancer should feel an upper-body frame turn (Telemarks and Double Reverse turn left ---- Open or Closed Impetus turns right) which some refer to as contra body movement. The dancer will bring their free foot in beside their weighted foot and rotate about 1/4 to 3/8 on the heel of the foot they stepped back with on step one. In a Telemark, the lady is stepping back and rotating on step one with her right foot heel and bringing her left foot beside with no weight. According to Roundalab the dancer now transfers weight momentarily to the other heel (i.e. in a Telemark the lady transfers weight from her right heel to her left heel) and almost immediately rolls up onto the toe of that second step foot. The idea is that the dancer rotates perhaps another 1/8 turn before rising up onto the toe and completing whatever more turn is required. (Note that a Double Reverse requires at least 5/8 to 3/4 heel turn). Note also that although the heel turn is the "second" step in a Telemark, the movement actually begins with rotation on the heel at the end of first step (i.e. the back step). Also note that while the dancer is doing the heel turn their partner will be taking their second step and rapidly rising to full height (often in the waltz full height doesn't occur till the third step). This means that the heel rotation must be done early (end of first step, first part of second step) and that the dancer must get onto the toe of the second step soon enough to rise with partner. Lastly, the dancer should not turn independently but rather stay in a good closed position (i.e. maintain good upper body frame facing partner) throughout the entire Heel Turn. Even in a Telemark to SCP, do not turn to SCP until after the Heel Turn is completed. Doing this will result in the couple beautifully turning as "one".

**NEXT CRDA BOARD MEETING:**

**JANUARY 10, 2015**

**1:30—SNACKS**

**2:00—MEETING**

**ROSE HILL GRANGE**

## Notes and dances from around Colorado (CRDA members' input)

### Happy Feet Rounds (Grand Junction) Maxine & Dale Springer

We wish everyone a very MERRY CHRISTMAS AND A HAPPY NEW YEAR. The plans are made for the HOLIDAY BALL with the bright colors of the holiday. Come join us if you can on December 15 at the Masonic Center in Grand Junction from 7:00 - 9:30 for round levels 2-3-4. It's been a busy year, but that is the way we like it. Plans for the new year are already set with a special square and round dance with Scot & Erin Byars in Grand Junction January 12, (Monday) at the Masonic center for rounds 7:00-7:30 and ms/plus 7:30 -9:00 with rounds between tips. See ya round a square!

### Telefeathers (Denver Area) Harold & Meredith Sears

The Gala has given us lots of new dances, and we've been polishing a few: Once Upon A Dec (Vogt IV VW), Midnight Man (Parker IV JV), And I Love Her (Parker V RB), You Raise Me Up III (Schmidt III STS). We'll get to the foxtrot, Fascinating Rhythm, next week. Before the Gala, we were working on Hola Amor (Goss/Figwer V BL), Long As I Live (Worlock VI STS), Blown Away (Worlock VI FT), Uno Paso Mas (Bahr V PD), Long As I Live (Worlock VI STS), and Roman Guitar (Gomez V TG).

More Info: [www.rounddancing.net](http://www.rounddancing.net) e-mail: [harold@rounddancing.net](mailto:harold@rounddancing.net)

### Dancing Penguins (Denver)—John and Karen Herr

Gala is over! It was amazing! The dances that the Parkers & the Vogts brought to us were amazing. We've danced the ones we learned and attempted the others! We've been working on several other dances besides the Gala dances.

#### Monday:

A Wink And A Smile (Rumble)  
Abraca Cha (Nelson K&B)  
Boogie Bumper (Schmidt)  
Capone (Armstrong)  
I Wish You Love (Bahr)  
Last Blues Song (Scherrer)  
My All (Herr)

Sicilienne (Shibata)

Silence Of The World (Moore)

#### Tuesday

Silence (Parker)  
Til We Meet Again (Molitoris/Firstenburg)  
Trickle Trickle (Parker)  
Jesus Is Your Ticket (Scherrer)

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A note from Bob & Sally Nolen to CRDA Members,

You all in Colorado make us in NM feel like we are a part of Colorado. Keep up the good work.

Thank you!

## CRDA BOARD MEMBERS

2014

[boardmembers@crda.net](mailto:boardmembers@crda.net)

Rob & Terri Sherwood - President  
303-722-2257 [rob@sherweng.com](mailto:rob@sherweng.com)

Patrick & Eileen Krause – V.P.  
303-690-0916 [krause.p@comcast.net](mailto:krause.p@comcast.net)

Dave and Tracy Smith – Secretary  
303-578-6588  
[blunenova.rounddanceclub@gmail.com](mailto:blunenova.rounddanceclub@gmail.com)

Chuck and Melanie Thompson—Treas.  
303-277-0399 [mthomp36@aol.com](mailto:mthomp36@aol.com)

Fred and Judy Layberger  
719-268-1233 [laybergerf@aol.com](mailto:laybergerf@aol.com)

Jim & Jane Wamboldt  
303-816-7192 [jwamboldt@q.com](mailto:jwamboldt@q.com)

Jim and Marge Garcia  
303-469-4096 [gar905@comcast.net](mailto:gar905@comcast.net)

Steve and Janet Pitts  
303-666-6524 [stevepitts@mindspring.com](mailto:stevepitts@mindspring.com)

Harold & Cindy Van Hooser  
303-423-8970 [cindevh@q.com](mailto:cindevh@q.com)

## COMMITTEE MEMBERS AND CONTACTS

Membership: Ron Blewitt [ronblewitt@gmail.com](mailto:ronblewitt@gmail.com) 303-741-4961

Round Notes: Karen Herr [kherr00@mac.com](mailto:kherr00@mac.com) 303-681-3147

Hall of Fame: Ron & Judy Spahn

Don & Peggy Hutchinson

Pending—Taking volunteers

Fun Dances: Fred and Judy Layberger [laybergerf@aol.com](mailto:laybergerf@aol.com) 719-268-1233

Janet & Steve Pitts 303-666-6524 [stevepitts@mindspring.com](mailto:stevepitts@mindspring.com)

Spring Dance 2015:

Harvest Moon 2015:

Gala 2015: Patrick & Eileen Krause 303-690-0916 [krause.p@comcast.net](mailto:krause.p@comcast.net)

Cuer Selection: Harold & Cindy Van Hooser 303-423-8970 [cindevh@q.com](mailto:cindevh@q.com)

Patrick & Eileen Krause

Jim & Sharon Peyrouse

Web Page: Harold Sears [harold@rounddancing.net](http://harold@rounddancing.net)

Facebook: Mitchell Thompson (720) 933-7294 [dancerbowler214@aol.com](mailto:dancerbowler214@aol.com)

## Future Events by CRDA members:

January 17-24, 2015	Hawaiian Cruise with John & Karen	Hawaii
August 23-29, 2015	Fun Valley with John & Karen Herr & Luttrell & Flippo	Fun Valley
August 21 & 22 2015	Peach Promenade with Weakland & Gomez	- Palisade, CO
August 23, 2015	Peachy Fun Level Dance with Gomez & Springer	Grand Junction, CO
Sept 4,5 & 6, 2015	Labor Day Weekend with George & Pam Hurd	Commerce City, CO
Sept 11–13, 2015	New Mexico Round Dance Festival w/ Preskitt	Albuquerque



### Editor's Byline:

*The holidays are just around the corner. It's hard to believe! This issue has some brief reports about the Gala. There is article about dancing and Alzheimers. Interesting! Thank you for the reprint. Again a big thank you to Harold Sears for his terrific articles. Tim Eum also has given us some thoughts about Heel Turns. MaryKaye Buchtel a first time attendee for the Gala wrote a real nice note to CRDA. And then she wrote to several of her friends about her weekend adventure. She was kind enough to edit it a bit and is letting us enjoy her humor! Thanks! Speaking of humor. There's a new book out. Available on Amazon Kindle. It's called: The Bicycle Waltz: A Novel of Round Dance and Romance by Paul & Jean Zimmer. I've just started reading it. It's great! Enjoy this issue of Round Notes! And we'll see you on the Dance Floor!*

### Gala 2014:

Thanks for all of those helped to make a great Gala. It started from you walked into the beautiful facility. CSU Pueblo was amazing! The floors were easy on the feet. Then the sound, perfect! And the beautiful decorations! Our wonderful greeters and registration table workers made you feel welcome when you came in! The syllabus and the programs again were amazing! The cueing was impeccable! Then the new dances, WOW! The committees was astonishing! Everyone was the difference! Thanks again for the success of the weekend! The list goes on and on and if I tried to list the names, I am sure I would forget someone. Several worked behind the scenes and the impact they had was just as important as the ones that were front & center! I reread this and I keep using the word amazing and using exclamation points but there is no better way to describe the help received! We'll have a Gala Wrap Up on Saturday, Dec. 20. We'll discuss the evaluation sheets and the financial report and help to set goals for the future.

Welcome to CRDA! New members and members returning!

Bill & Dianne Hoffman  
Rick Wallace & Carolyn Mills  
Jim & Bonnie Bahr

Gene & Vicki Spiess  
Alan & Dee Williams

And our featured cuers for 2015—  
Randy & Marie Preskitt

Steve & Lori Harris

Time to encourage your friends to join CRDA!

TO CRDA,

This is a letter of thanks to all the people who were involved with the recent CRDA gala. This was the first time my husband, Bill Starkey, and I attended a gala. We are fairly new round dancers; we both love it and we're eager to expand our skills. Our first thought was that we were not ready for something like this, but trusted our teachers, the Herrs, and signed up albeit with a bit of trepidation.

Karen had assured us that we would find things to which we could dance at our level and that absolutely was true! We found that we'd danced the better part of 12 hours in those two days. We also were able to learn and then put into practice new figures and, for us, even a new rhythm in the slow two step. The clinics and teaches were really exciting for us. It was a wonderful balance of dances we knew and loved and dances offering us a challenge.

But I think the most gratifying part of the weekend for us was the overwhelming sense we had of being welcome! Arriving with some trepidation, we found Cuers we hardly knew were so kind and attentive. The other attendees were friendly and some even stepped up and changed partners with us when they could see we were struggling, thereby lending us the advantage of their expertise and helping us to learn faster. And on a couple of occasions when one of us wasn't dancing, another partner magically appeared so the one "left over" could still enjoy the dance.

Everything about the event was incredibly smooth, the decorations were lovely, the facility simply ideal, and we got to dance to some incredible cuers! From our point of view, it all went off without a hitch from check-in to the warm, inclusive after party.

So from these beginners, thank you to each person who contributed to one of the most fun dancing experiences we have ever had. For us, this was a magical weekend!

Sincerely,

Marykaye Buchtel





**GENERAL INFORMATION**

Since its first formative years, CRDA has enjoyed continuing success. Many activities are sponsored by CRDA each year, including a fall Gala weekend, a Spring Dance, regularly scheduled Fun Dances, website <http://www.crda.net>, and ROUND NOTES. Dancers and instructors who make contributions of their time, energy, knowledge, and skill staff CRDA. A Board of Directors consisting of 9 couples elected from the general membership manages CRDA. It is primarily a dancer-run organization.

Membership in CRDA is a way of supporting the various services that CRDA provides.

CRDA encourages dancers to share in the 4 E's of Round Dancing -

**EXCITEMENT, EDUCATION, EXCELLENCE & 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 & Gala Information
- \*Other Special Dance Events
- \*Articles with tips on dance technique

The newsletter is **INCLUDED** in your CRDA membership and it 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 & clubs, CRDA sponsored dances, round of the month & classic of the quarter, contact information, places to dance around the world and a wide variety of dance related links & groups.

Email notices of upcoming events and notices of dance cancellations due to weather

Opportunity to vote on the dances/songs that will be a part of the program in the various halls for the Gala and the opportunity to vote at the annual membership meeting, as well as having an influence for the future direction and activities for CRDA

**YEARLY DANCE EVENTS:**

CRDA members receive a **SUBSTANTIAL DISCOUNT** at all CRDA events. CRDA sponsors a variety of special dance events each year: Spring Beginner Graduation Dance, Fall Harvest Moon Phase II-IV, regional Fun Dances, & the annual Round Dance Gala.

**The Gala** features an enjoyable weekend of teaches, clinics, and dancing, for ALL LEVELS of Round Dancing (phase II - VI / beginner - advanced).

Nationally prominent guest instructors are hired and local cuers/instructors lend their expertise.

**The Gala is held on the first Friday & following Saturday in November.**

**ALL THIS FOR ONLY \$18.00 PER YEAR -**

**DUE JANUARY 1\***

\* New Member subscribing in a month other than January, multiply \$1.50 by the number of months left in the year to calculate the amount owed for dues (ex: Aug = \$7.50).

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**CRDA APPLICATION FOR MEMBERSHIP**

**\$18.00 per year per address (new members may prorate)**

New Member  Renewal Member  Cuer/Instructor

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 & postage**

**CRDA BADGES: \$12 ea. for pin-style, \$14 ea. for magnetic**  
Style:  PIN  MAGNETIC

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

ANNUAL MEMBERSHIP \$18.00 \$ \_\_\_\_\_

**DUE JANUARY (new members may prorate \$1.50/month)**

CRDA BADGES \$ \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

**MAKE CHECKS PAYABLE TO:**

**"Colorado Round Dance Association" or "CRDA"**

**MAIL TO: Ron Blewitt, Membership  
701 Harlan St, Unit E12  
Lakewood, CO 80214-2505  
303-741-4961**

Please contact me regarding serving on a committee

# Where Should We Put the Slow In Foxtrot?

by Harold & Meredith Sears

You might say, well, that's an easy question. Foxtrot timing is slow, quick, quick. We put the slow first. *But*, we shouldn't feel constrained. Do you remember the **Dancer's License** that you got when you graduated from your first set of classes? One of the freedoms that it confers is the freedom to play with the timing of the music. The standard in Foxtrot is to step on beat 1, hold beat, 2, and then dance our quicks on beats 3 and 4. Usually this flows well and feels good, but sometimes it limits what the music and the dance (and you) are trying to say. Sometimes it feels mechanical — step, pause, march, march — this is not the military!

Our license is to borrow from one part of a measure and use that little bit of time to enhance another part of the measure. We might borrow from the slow to make one of the quicks not quite so quick. The slow becomes a little shorter than two beats, and the enhanced quick becomes more like a slow. We might even borrow from a quick, dancing that step in less than one beat, so we can linger more during either or both of the other two steps.

Let's compare a Spin Turn to an Spin Overturn (sometimes Over Spin Turn). In both of these figures, we usually begin in closed position, facing reverse. The man steps back on his left foot (woman forward right), and we begin to pivot right-face. The man steps forward right between the woman's feet, rising and completing the turn, and then he recovers side and back (woman side and forward) to end in closed position with the trail feet free. The standard Spin Turn ends with the man facing line and wall. A Spin Overturn turns more and ends facing reverse and wall.

So, a Spin Turn goes around  $5/8$  in one measure of music. How can we go around  $7/8$  in the same length of time? The answer is that we don't have to. We can find more time. The key step is the second one. This is where most of the spin occurs. This is also where the "picture" is. We are rising. Our topline is back and to the left. We are soaring around—so graceful. Conventional foxtrot timing would have us do that in only a "quick," in only one beat of music. It's not enough. That particular step *deserves* more.

Instead of thinking of this measure of music as consisting of four beats: 1 2 3 4; let's think of it as consisting of eight half-beats: 1& 2& 3& 4& (And we could divide it even more finely.) In dancing a Spin Turn, and especially a Spin Overturn, we should not slavishly step on 1, 3, and 4. We should consider using more of these half-beats for the second step. It's the working step. It's the showy step. What if we stepped on the 1, on the "2&", and then on the "4&"? We are taking the second step a half-beat early and the third step a half-beat later. We are "milking" beat 3 of this measure. We are getting into that important second step, showing it off, riding the spin around, and simply not thinking about the third step until we get to where we want to be. Then we exit quickly and move on.

We might even feel that the first step of this figure is the *least* important of the three. We might step on beats 1, 2, and 4. That's more than milking a beat. We're actually dancing the figure "quick, slow, quick"; but it's okay. We can put the slow where we want. We can show off the part of the figure that we want to show off.



## CRDA Gala and MaryKaye

We went to the CRDA Gala weekend Fri. and Sat. and we had a blast!! We got to dance a lot to the low level dances we know and then we got to learn more which was totally fun - still low levels but creeping up on intermediate!! But of course it will be hard to keep the new skills if we don't get to do them much and THAT's sure not gonna happen at the Square dances so we'll just have to work that all out. I had a real kick in the head though and as if once wasn't bad enough, I got 3 of them . I must have a huge "Stoopid" sign on my head or something. Let me give you the list of how I let myself look like an idiot:

1. As often happens, my husband Bill was missing in action. But "**Edelweiss**" started and the friend I was chatting with suggested I ask her hubby to dance that nice level 2 waltz with me. She and her husband are WAAAYYY advanced dancers, but I asked and he was kind enough to say yes. So the very first cue was "**Do sa do**" (to a waltz?!?). I turned my head, looked at him and said, "What IS this"?!? He smiled sweetly and said, "A waltz". As we executed that cue, the cuer called another one I'd never heard before, so I panicked and said, "What **LEVEL?!?!?**" Again he smiled sweetly and said, "Level 5". Omigawd, I'm just happy if Bill and I can get thru most of a Level 3!!! But this gentleman is a REALLY good leader and I pretend to be a good follower so I only kicked him 3 or 4 times and he didn't break out in a sweat from dragging me around the floor. Dear lord, what an embarrassing mess. That was Friday afternoon and only in one of the single halls, so only about 20 people were sitting around in there. Okay....
2. Saturday evening the last part of the program joined the three halls into one **huge** hall so EVERYONE was packed in there all around the sides watching if they weren't dancing - kinda like an arena where the lions ate the Christians now that I think about it. The Cuers *were* cuing a variety of levels so everyone got to dance more or fewer dances depending on their skill set. Doin' just fine doin' what we knew and loving it. But then Bill got tired and changed shoes so he won't have to dance anymore. They start a Jive. Mitchell sees me sitting there not dancing and comes across this HUGE floor and holds out his hand, smiles and signals me to join him. Well,... I like Jive. It's already in a few cues and I knew them all, so I smugly get up to dance Jive with him and - OH DEAR GOD - the cuer goes to Cue Hell and takes all the rest of them with her and **THEY all** know how to get along in hell, but I don't!!! Mitchell smiles serenely and drags and throws me around the floor 'til I either died of humiliation or the dance ended. I'm a little hazy on that part. Bill of course said I did really well and that I didn't even look scared (that's cuz my face froze) and Mitchell said I did really well. Of COURSE he did, 'cause he's cute n' young n' likes to torture ol' ladies.
3. Think I learned anything yet? Well, being a slow learner, I obviously didn't. That a.m., we'd been in Mitchell's waltz clinic and had learned some cool new figures. So a waltz started, which is my FAVE rhythm, and Bill hasn't put his dancing shoes back on yet. So again, Mitchell sees me just sitting there as the dance starts, comes from **way** across the whole other end of the huge floor holding out his hand the whole way, smiling, and I'm thinking, "Well, it's probly the dance he taught us this a.m; I can do that". So I get up, we get started, and next thing I know he's twirling us around and around and around across the floor fast as a whirligig, then back, then forward, then: **WHOA!** - a cue I actually recognize....oh but it's already over too late for me to DO it!! Yep, I see Bill smiling as we waltz past in a blur and then we're at the whole other end of the hall and I see our original waltz mentors smiling as we fly by. I got dizzy a couple of times and wondered if I'd just clunk to the floor, but I guess we weren't back in hell yet, so I got through it and THEN. Ah, yesssss..... then it was over. Now I could speak and I said, "w...w..what level was **that?**" "Level 5", he said, "and you did just fine". So I guess I WAS in hell, 'cause Bill said, "you looked great". One of our mentors said, "You looked really good from the waist up, but if I looked at your feet, I could tell you didn't have a clue." See, you can TRUST your girl friends to tell you the truth! AND **there** was the truth - I did not have a CLUE! I didn't have a clue, but now I can say I've killed two level 5 waltzes. The moral of the story? Dancing can take you to hell! And never, never, never say "Yes" to a dance if you don't know what level it is before you start!

# COLORADO ROUND DANCE CLUBS

## Summary Report

### Popular Dance and Teaches During November 2014

Contributing Cuers: Bahr, Herr, Knight, Sears, & Springer  
compiled by Jim & Marge Garcia

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#### MOST FREQUENT DANCES - THIS REPORT

1 Boogie Bumper	(Schmidt V+0+1 Quickstep)	3 Once Upon A December	(Vogt VI Foxtrot)
1 Capone	(Armstrong V+2 Foxtrot)	3 Perfidia In Brazil	(Hurd V+2 Rumba)
2 Blown Away	(Worlock VI Foxtrot)	3 Sicilienne	(Shibata IV+2 Waltz)
2 Fenestra	(Worlock VI Arg. Tango)	3 The Last Blues Song	(Scherrer V Foxtrot)
2 La Plaza	(Hurd VI Paso Doble)	3 Valentine	(Worlock VI Bolero)
3 Au Revoir Paris	(Preskitt VI Waltz)	3 You Raise Me Up III	(Schmidt III+2 STS)
3 Midnight Man	(Parker IV+2+1 Jive)	3 My All	(Herr V+2 Rumba)

#### TOP DANCES BY PHASE

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<u>Phase II &amp; III</u>	<u>Phase IV</u>	<u>Phase V</u>	<u>Phase VI</u>
You Raise Me Up	Midnight Man	The Last Blues Song	Blown Away
Lullaby For You	Once Upon A December	Boogie Bumper	Fenestra
	Sicilienne	Capone	La Plaza
	Black Tie Tango	Perfidia In Brazil	Au Revoir Paris
	El Reloj		Valentine

# Dancing Away Dementia

ilene A. Serlin, Ph.D.

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"New research published in the New England Journal of Medicine shows that dancing dramatically reduces the occurrence of dementia and Alzheimer's disease. But not just any dancing will do. Freestyle dancing requires constant split-second, rapid-fire decision making, which is the key to maintaining intelligence because it forces your brain to regularly rewire its neural pathways, giving you greater cognitive reserve and increased complexity of neuronal synapses. Frequent freestyle dancing was shown by the study to reduce the risk of dementia by 76 percent—twice as much as reading—and playing sports or practicing choreographed dance sequences which had no benefit at all."



Some pictures from Gala. Thanks to Jim & Judy Taylor and Dianne Gum for the photos!



Next year's chairmen  
for Gala 2015! Patrick  
& Eileen Krause



Bill & MaryKaye



Current board &  
future board!



Our newest CRDA Hall of  
Fame inductees! Congrats  
to Jon & LouAnn Shirley!

### Upcoming CRDA Dates 2014/2015

Dec. 20	Gala Wrap Up	Herr House	10:30 a.m
Jan. 10	Board Meeting	Rose Hill Grange	2:00 p.m..
Jan. 10	Fun Dance	The Outpost	7:00 p.m.
Feb. 14	Fun Dance	Maple Grove Grange	7:00 p.m.
Mar 1	Fun Dance	Wheatridge Grange	2:00 p.m.
Apr. 19	Spring Dance	Avalon Ballroom	2:00 p.m.
May 3	Fun Dance	The Barn	2:00 p.m.
July 25	Fun Dance	Rose Hill Grange	7:00 p.m.
Aug. 15	Fun Dance	Rose Hill Grange	7:00 p.m.
Oct. 11	Fun Dance	Carriage Stop	2:00 p.m.
Nov. 6 & 7	GALA		

Karen Herr  
4535 Red Rock Dr.  
Larkspur, CO 80118

Colorado Round Dance Association Presents

# JANUARY FUN DANCE

Sat. Jan. 10, 2015  
7-9:30 PM

## The Outpost

10101 E. Colorado Ave.  
Denver, CO 80247

Information:

Steve & Janet Pitts 303-666-6524  
jpitts@mindspring.com *or*  
Fred & Judy Layberger 719-268-1233  
judeebook@aol.com

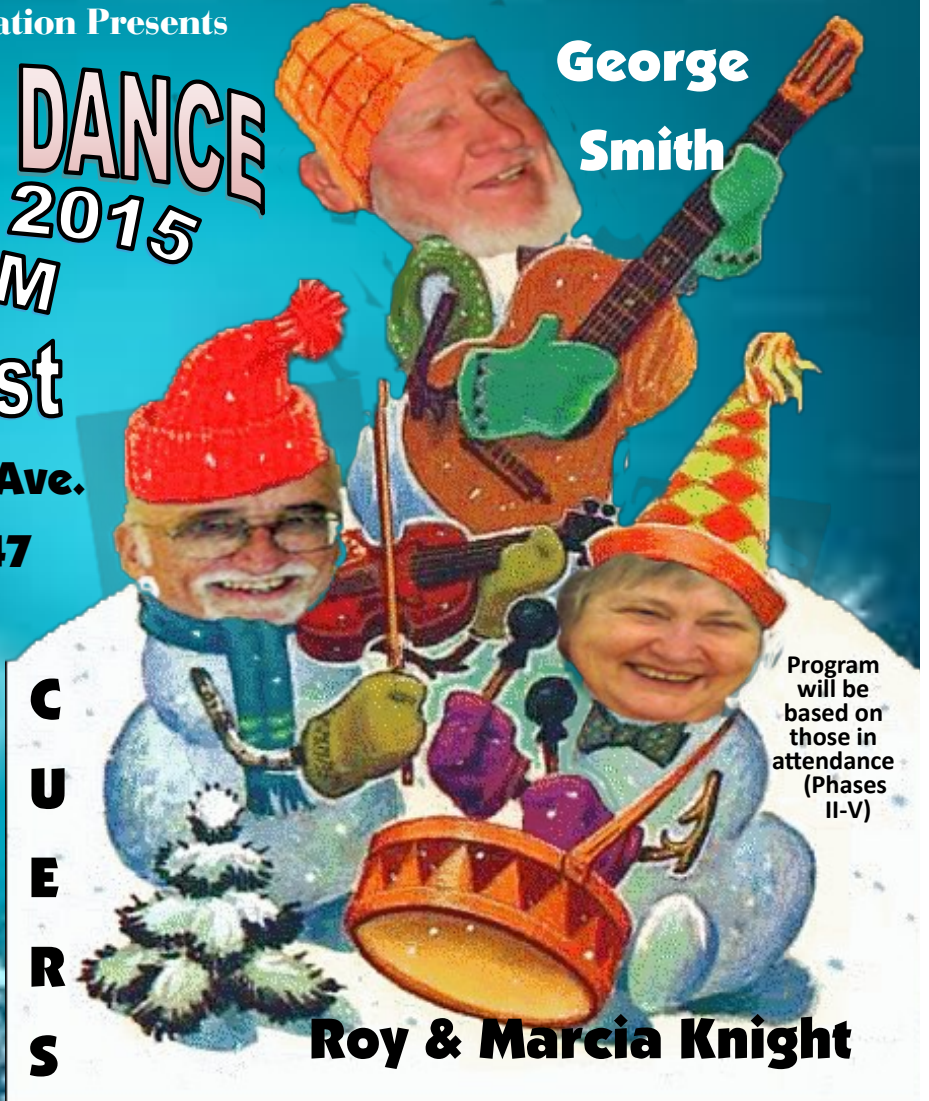
Maps & Directions:  
<http://crda.net>

**George  
Smith**

**C  
U  
E  
R  
S**

Program  
will be  
based on  
those in  
attendance  
(Phases  
II-V)

**Roy & Marcia Knight**







Colorado  
Round Dance Association



# 2015 DANCES

<p><b>Sat.</b> <b>Jan. 10</b></p> <p><b>The Outpost</b></p> <p>George Smith and Roy &amp; Marcia Knight</p> <p>7-9:30 pm</p>	<p><b>Sat.</b> <b>Feb. 14</b></p> <p><b>Maple Grove Grange</b></p> <p>John &amp; Karen Herr and Chris Cantrell</p> <p>7-9:30</p>	<p><b>Sun.</b> <b>March 1</b></p> <p><b>wheat Ridge Grange</b></p> <p>Dave &amp; Tracy Smith and Mitchell Thompson</p> <p>2-4:30 PM</p>
<p><b>Sun.</b> <b>April 19</b></p> <p><b>Spring Dance</b></p> <p><b>Avalon Ballroom</b></p> <p>2-4:30 PM</p>	<p><b>Sun.</b> <b>May 3</b></p> <p><b>Berthoud Barn</b></p> <p>Peter &amp; Chama Gomez and Ed &amp; Elvira Glenn</p> <p>2-4:30 PM</p>	<p><b>Fri.-Sun.</b> <b>June 12-14</b></p> <p><b>State Festival in Denver</b></p>
<p><b>Sat.</b> <b>July 25</b></p> <p>Phase II - III+ 7-9 PM Phase IV &amp; V 9:00-9:30 PM</p> <p><b>Rose Hill Grange</b></p> <p>John &amp; Karen Herr and Barb Haines</p>	<p><b>Sat.</b> <b>Aug. 15</b></p> <p><b>Rose Hill Grange</b></p> <p>Patrick &amp; Eileen Krause and Becky &amp; Dave Evans</p> <p>7-9:30 PM</p>	<p><b>Sun.</b> <b>Sept. 27</b></p> <p><b>Harvest Moon Dance</b></p> <p><b>Avalon Ballroom</b></p> <p>1:30-4 PM Wkshps/6:30-9 PM Dance</p>
<p><b>Sun.</b> <b>Oct. 11</b></p> <p><b>Carriage Stop</b></p> <p>Milo &amp; Grace Ferry and Justin deSol</p> <p>2-4:30 PM</p>	<p><b>Fri.-Sat.</b> <b>Nov. 6-7</b></p> <p><b>The Gala</b></p> <p>Colorado Mesa University Grand Junction, CO</p>	<p><b>December</b></p> <p>No Fun Dance This Month.</p> <p>Renew Your CRDA Membership!</p>