

# Round Notes



Denver, Colorado

December 2019-January 202

## Presidents' Letter – Steve and Janet Pitts

Please join us for the first CRDA dance of 2020, **A Midwinter's Dream**, on Sunday, January 26<sup>th</sup>, 2020 from 1:30 p.m. - 9 p.m. at the **Avalon Ballroom** at 6165 Arapahoe Rd, in Boulder, 80303. Earl Smith will be helping us start the New Year with a full day of dancing. There will be three teaches in the afternoon (phase III-IV-V), a break for dinner and a programmed ball in the evening. Contact Steve at [stevepitts@mindspring.com](mailto:stevepitts@mindspring.com) or 303-332-1862 for more information.

Our first **Fun Dance** of 2020 will be on Saturday, February 15<sup>th</sup> at 7 p.m. at the [Rose Hill Grange](#) – featuring Roy Knight and John Herr cuing. ALL the 2020 **Fun Dances** will be held at the **Rose Hill Grange, 4001 E 68<sup>th</sup> Ave, Commerce City, CO 80022**. There is still an opportunity for you to provide feedback regarding the CRDA Fun Dances if you haven't done so already. The link to the on-line survey is available on the [CRDA website](#) in the pink box until January 5, 2020.

The 2019 Gala Wrap-Up meeting was held on Nov 16<sup>th</sup>. Thank you to everyone who filled out 2019 Gala surveys. Many great ideas about purpose, target audience, format, programming, request dance sessions and increasing Gala attendance were shared.

Welcome to our newest CRDA Board Members: Chuck and Melanie Thompson, Larylee Hitchens (to finish out Justin Del Sol's term), Frankie Travis and Ken Matuska and Mitchell and Chelsea Thompson

Chuck and Melanie have served as our treasurers in the past and we are happy to have them back on the board. By the way, they are also our 2020 Gala Chairs!! Larylee Hitchens is involved in Round Dancing and Square Dancing in Colorado Springs. Mitchell and Chelsea teach Round Dance in Ft Collins. They were also the featured cuer couple at the "Get Rhythm" 2019 State Square Dance Convention in Pueblo this summer. Thanks to Frankie and Ken for agreeing to serve another three-year term this year.

Our first CRDA Board Meeting of 2020 will be held at the Rose Hill Grange on Saturday, January 11<sup>th</sup> at 2:00 p.m. (1:30 p.m. Share Snacks!) All members and interested parties are welcome to attend. We will be selecting our new 2020 officers during this first meeting.

**It is not too early to register for the next CRDA GALA!! October 2<sup>nd</sup> and 3<sup>rd</sup>, 2020!** We will hold our 2020 Gala at the CSU-Pueblo Occhiatto Ballroom. The teaching will be superb, and we will have lots of dancing. The theme for our 2020 Gala is "**The Roaring Twenties**". Our guest Instructors will be Randy & Marie Preskitt (WA) and Bob & Sally Nolen (NM). The hardwood ballroom floor is excellent, and the acoustics are great. Contact Chuck or Melanie Thompson to register or for more information: [melaniechuck@comcast.net](mailto:melaniechuck@comcast.net) or 303-277-0399.

*"The job of feet is walking, but their hobby is dancing." Amit Kalantri*

## CRDA Board Members 2019

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

Steve and Janet Pitts - (21)\* President  
303-332-1862 [stevepitts@mindspring.com](mailto:stevepitts@mindspring.com)

Justin Judd Del Sol - (20) V. P.  
720-635-7202 [shoencue@live.com](mailto:shoencue@live.com)

Jim and Marge Garcia - (19) Secretary  
303-469-4096 [gar905@comcast.net](mailto:gar905@comcast.net)

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

Gary and Charlotte Baxter - (19)  
970-593-0137 [cgbaxter50@gmail.com](mailto:cgbaxter50@gmail.com)

Kathryn Dow - (20)  
303-997-3206 [kathryn@bradley-family.com](mailto:kathryn@bradley-family.com)

Kathi Gallagher - (21)  
303 915-2981 [godpod1054@hotmail.com](mailto:godpod1054@hotmail.com)

John and Karen Herr - (20)  
303-681-3147 [kherr00@mac.com](mailto:kherr00@mac.com)

Jim Steverson and Pam King - (21)  
303 679-3667 [kingsmalley@gmail.com](mailto:kingsmalley@gmail.com)

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

Mitchell and Chelsea Thompson (22)  
720 933-7294 [dancebowler24@aol.com](mailto:dancebowler24@aol.com)

Larylee Hitchens (20)  
719-358-0533 [laryleehgood@yahoo.com](mailto:laryleehgood@yahoo.com)

*\*term-ending years in parentheses*

## COMMITTEE MEMBERS AND CONTACTS

<b>Membership:</b>	Ron Blewitt <a href="mailto:ronblewitt@gmail.com">ronblewitt@gmail.com</a> 303-741-4961
<b>Round Notes:</b>	Karen Herr <a href="mailto:kherr00@mac.com">kherr00@mac.com</a> 303-681-3147 Proof Reader: MaryKaye Buchtel <a href="mailto:starbucket@comcast.net">starbucket@comcast.net</a> 303-909-0271
<b>Hall of Fame:</b>	Jim and Margie Garcia <a href="mailto:gar905@comcast.net">gar905@comcast.net</a> 303-469-4096
<b>Fun Dances:</b>	Frankie Travis and Ken Matuska <a href="mailto:ftravis3@comcast.net">ftravis3@comcast.net</a> 720-935-4189 Fred and Judy Layberger <a href="mailto:laybergerf@aol.com">laybergerf@aol.com</a> 719-268-1233
<b>Spring Dance 2020:</b>	Becky and Dave Evans
<b>Mid-Winter's Dream '20</b>	Earl and Judy Smith
<b>Gala 2019:</b>	Janet and Steve Pitts <a href="mailto:stevepitts@mindspring.com">stevepitts@mindspring.com</a> 303-332-1862
<b>Gala 2020:</b>	Melanie and Chuck Thompson <a href="mailto:melaniechuck@comcast.net">melaniechuck@comcast.net</a> 303-277-0399
<b>Cuer Selection:</b>	Steve and Janet Pitts, Jim and Sharon Peyrouse John and Karen Herr
<b>Web Page:</b>	Harold Sears <a href="mailto:harold@rounddancing.net">harold@rounddancing.net</a>
<b>Facebook:</b>	Fred Layberger <a href="mailto:laybergerf@aol.com">laybergerf@aol.com</a> 719-268-1233 Patrick and Eileen Krause <a href="mailto:krause.p@comcast.net">krause.p@comcast.net</a> 303-690-0916

## Committee



## Dances from Around Colorado (CRDA members' input)

### Round Up (Denver Area) Justin Judd del Sol

We are doing some Level III and III+ at Pikes Peak Grange in Franktown on Mondays. On Sunday afternoons you will be able to do some III/IV in Colorado Springs at the IDC. And starting on November 5<sup>th</sup>, beginning Cha Cha at the Beacon's Point in Aurora will begin. Contact Justin at [shoencue@live.com](mailto:shoencue@live.com) for more info.

### Castle Dancers (Denver Area) Roy and Marcia Knight

Friendship and good eats and dancing and learning! Season favorite cranberry almond cake was also served.

Slow Two Step Study on music and dances.

Let It Snow (Byrd) STS III +

Goodbye (Parker) STS IV

To Make You Feel My Love (Heiny) STS IV

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

December! January! Whoa! The holidays are here and we hope you enjoy being with your family or friends. Maybe we might see you on the dance floor somewhere! On Mondays for intermediate-advanced dancing we are working hard on different dances and adding technique to what we do! Tuesday we are doing Merengue basics and then in January we will start our Waltz lessons. Send a friend or an enemy. We will take all! Thursdays, easy intermediate, are continuing to move their Foxtrot up a notch. And we are adding more dances to their repertoire. And of course on Fridays we will continue our Party Dance format! And put the 1<sup>st</sup> Friday in February on your calendar, as it will be the Penguins Anniversary Dance. It'll be the Black and White Annual Dance.

#### **Monday**

- The Girl from Ipanema (Preskitt) FX V
- Como Dos Tontos (Goss B&C) BO V+
- Caribbean Sunset (Preskitt) RB 5

#### **Tuesday**

- In It For The Love (Brown) JV 32
- Little Deuce Coupe (Koozer) JV III+1

#### **Thursday**

- Cuando Me Enamoro (Gloodt) RB 42
- Chasing The Sun (Collins) RB 42
- Foxtrot Basics

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

One challenge we've faced this past month has been the Goss samba from the Gala: "Shape of You". Jim & Bonnie Bahr gave us another teach on it on Tuesday, and we've been dancing it regularly ever since. It's been nice to add Samba to our repertoire this year. Some other dances we've worked on recently are: **More info at [www.rounddancing.net](http://www.rounddancing.net)**

The First Hello (Dierickx IV BL)

Valentine (Worlock VI BL)

Don't Get Around Much Anymore (Baldwin IV FT)

Answer Me My Love Cha (Kirsch IV CH)

Hot Tango (Wulf IV TG)

Untold Love (Wulf V RB)

Don't Let the Old Man In (Davis VI BL)

Addio Mia Cara (Herr V WZ)

Lucky You (Hilton VI WZ)

## Sunshine and Shadows

Contact Jim and Margie Garcia at [gar905@comcast.net](mailto:gar905@comcast.net) if you know of someone who needs to receive a sympathy, get well, encouragement, or congratulations card.



Meredith Sears—Surgery and Get well  
Bill Hoffman—Illness and Get well  
Wayne Harris—Surgery and Get well  
Ed Glenn—Accident and Get well  
Terri Sherwood—Thinking of you

Ruth Gray—Thinking of you  
Irv Easterday—Sympathy-loss of wife Betty  
Anne Rotruck—Thinking of you

## 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](mailto:gar905@comcast.net)  
905 Mesa Ct  
Broomfield, CO 80020  
303-469-4096



## **Note from our Membership Chairman!**

### **Welcome New Members**

Kevin and Diane Denning of Wichita, Kansas

### **Returning Members:**

Mike and Leisa Dawson of Overland Park, Kansas

Paul and Linda Robinson of Oologah, Oklahoma

*Ron also says*

*"Thank You to everyone that has already paid their 2020 CRDA Dues!"*

*Time to encourage your friends to join CRDA!*

*Mail your check to Ron to guarantee continuous membership.*

*And it's that time of year again! RENEW your membership early and often!*

**Ron Blewitt, 172 Vance St, Lakewood, CO 80226**

**[ronblewitt@gmail.com](mailto:ronblewitt@gmail.com)**

**or phone him at 303-741-4961. Thanks.**

### **ROUND DANCE TIP**

#### **Half Moon**

**(Bolero—Level V)**

*By Tim Eum*

If you have ever danced the classic "**Sleeping Beauty**", then you have danced the figure "Half Moon". In fact, you have danced the "Half Moon" and immediately after you danced "Start a Half Moon". The "Half Moon" is actually two figures and is a complete figure – not half of a figure. There is a figure called "Full Moon" but it is a completely different figure. If you Round Dance two "Half Moons" in a row – it is not a "Full Moon". Do not be confused – the two figures were developed separately, and you learn them that way – first as one figure called "Half Moon" and another different figure called "Full Moon" with little relation one to the other.

To help you with learning "Half Moon", you can think of it as two single measure figures put together and thus you do "Bolero Shadow New Yorker" and "Bolero Cross Body" one after the other. Note that the Half Moon begins with trail foot and with right hands joined in a handshake.

In "**Sleeping Beauty**" there is the cue "Start of Half Moon" which is just the first measure of the "Half Moon" and could instead be cued as "Bolero Shadow New Yorker" or assuming Bolero-cued simply as "Shadow New Yorker"..

### Future Events by CRDA Members

February 21-23, 2020	Mesa Magic with D & L Dodge and TJ & B Chadd	Mesa, AZ
March 15-23, 2020	Cruise down the Mississippi River on a Steam Paddle Ship with J & K Herr	
August 16-22, 2020	Fun Valley Week with Herr, Bower, Junck, Luttrell	South Fork, CO
September 04-05, 2020	Labor Day Dance with Steve & Lori Harris (see T. Sherwood)	Commerce City, CO
September 11-13, 2020	New Mexico Round Dance Festival with George & Pam Hurd	Albuquerque, NM

### A Roaring 20's Gala

The Roaring 20's will be the theme of the next gala. It will be a great time with Randy & Marie Preskitt and Bob & Sally Nolen. You can preregister for the price of \$100 until April 26<sup>th</sup>, 2020. After that the price will go up. The host hotel is the Ramada Inn. You can make your reservations now. If you have an interest in being on a committee to help make a fantastic gala, please let Melanie Thompson know. We definitely plan to have II-III, III-IV, IV-VI halls for Saturday night again. We are looking to see what other options are available and will work for an extra-special Friday afternoon and Friday and Saturday night.

### Gala Programming Report

With our Gala, we're trying to do something unique among festivals. Other groups, like ICBDA and even the RAR Institute, have broadened their phase ranges, but not many try to do II-VI -- attracting first-year beginners *and* serving the most advanced dancers. Our second goal, one that truly makes it difficult, is our effort to "dance together," to be a part of one family, not segregated by phase level, as we mostly are at home.

Beginner dancers might enjoy mixing with other dancers they don't often see and enjoy watching dances they can't do, yet -- but they look forward to growing into. Or they might prefer to dance more at their own level and in their own hall. Some advanced dancers enjoy dancing at all levels and the camaraderie which goes along with that, but others do not. They want to be challenged in their own advanced hall.

Here is the grade received on our evaluation forms by the different dance sessions (% rated "good" or better):

Friday Afternoon -- 17/23 = <b>74%</b>	Friday Evening -- 19/28 = <b>68%</b>
Saturday Evening Lower -- 15/15 = <b>100%</b>	Saturday Evening Intermediate -- 16/16 = <b>100%</b>
Saturday Evening Advanced -- 19/21 = <b>90%</b>	

Overall, dancers seemed happier with the Saturday split halls.

The new Gala chairs, Melanie & Chuck Thompson and others, are beginning to look at our goals for the Gala. What do we want it to be? They are considering some changes in format, including:

- Greater use of split halls,
- Reinstating Request Rounds, especially to include very new dances not on the vote list,
- Reinstating a Phase II teach,
- Spreading out the dance-throughs of teaches during the evening, rather than saving them for the end
- Increasing the emphasis on clinic work

If you would like to help with the planning of next year's Gala, please do contact Melanie or Chuck.

Harold Sears

## **It's Dance Improvement Time by Sandi and Dan Finch**

When we learned to dance, we were concerned about where our feet had to go. As we progressed, we learned it was more than that. A dancer eventually wants to learn how to better use that wonderful assembly of the body—with its three hinges (hip, knee, ankle) which control movement. Just stepping on beat 1 and then on beat 2 does not create good dancing. Dancing is all about how you get from one step to another. In other words, how you use your body can transform your dancing from an exercise to an experience.

A whole new season of Dancing with the Stars' celebrities are in the process of learning this. Good dancing begins with good posture. Stand up straight, with head, shoulders, torso and hips in alignment and balanced over the standing foot. Set a good frame—solid from elbow to elbow—then whatever you do, don't mess with it as you go from step to step. You may have heard one of the DWTS judges criticize a celebrity dancer recently for his droopy right elbow. Right there on national TV! It shows and it makes a difference.

We learn early in our dance experience that a main characteristic of waltz is rise-and-fall, and we learn a formula for when to rise and when to lower (fall). But unless we have balance, we will not do it well. Consider how many times you must rise (and lower) in a typical dance. Every measure of 1,2,3 has rise and fall, meaning you must generally rise and fall about 70 times throughout a dance. With that in mind, knowing something about your core and how to find your best balance point becomes critical.

The DWTS celebrities will get a crash course on rotation. Most of us understand the basic rule of physics—two objects cannot occupy the same space at the same time—but we generally don't think about that when we are dancing. A couple dancing together fills a three-dimensional space. Most of the problems we see on the dance floor arise from failing to acknowledge that. For any rotation to work, the partnership must figure out how to make its front half (the partner) and back half (the leader) get through a turn.

Imagine driving a car around a corner. Picture one of those old Cadillac Eldorados, with the hood that seemed to go on forever. The dynamics of driving it through the turn are different than for a Smart car, where the driver practically sits on the front bumper. Having a partner in closed position is more like handling the Eldorado. In other words, when we dance, our "vehicle" is the space from the leader's spine to the partner's back. We have all seen feathers end up with partners hip to hip. Or a closed telemark where partner feels she's being strangled. Or a natural twist-turn when the leader doesn't time his unwind with partner's runaround. Or a maneuver where partner gets to the end before her leader. In each case, the individuals were dancing alone together, not as a partnership.

We can fix this by starting with a solid frame with elbows always in front of the body. Next, imagine dancing with a shopping cart. (You can try this for real the next time you are in Costco.) This develops an awareness that one partner must make allowances for the space filled by the other partner. You need to recognize there are insides and outsides of every turn. The person going forward will generally be on the outside of a turn, will generally have further to travel and will need to take a bigger step to ensure getting around.

We can also improve our dancing by playing with the music. This is called musicality or finding your inner song. We can be technically perfect and dance well, but musicality is what gives you those "ahh" moments on the dance floor. It is your emotional reaction to the music which affects your timing, your sense of space and your energy.

This is your dance STEW (space, time, energy, weight). Any step can be personalized if you change your thinking about any of those four elements. Change where you put the "&" count in a syncopated run, for instance. Try dancing to what you hear in the bass section of the music, then concentrate on the other instruments in the orchestration. Do an explosion with fast energy or slowly, focusing on the arm sweep. In the new rumba Better Place, use an arm action to fill the time before a slow turn to face in the intro, or swivel quickly to face, then express something with your arms. You can be faithful to the choreography, but you can make it yours with a little feeling.



**Editor's Byline**

**Can you believe 2020 is just around the corner? They say time moves faster as you age, so I must really be aging. Time moves very, very fast! You might say you just received a Round Notes and you would be right. We were a bit late with the last issue and so we are trying to get back on the regular schedule. We will wish you an early Happy Holidays and a very joyous New Year. Lots of dancing and celebrating will be happening. Hope to see you on the dance floor.**

**Midwinter's Dream Dance**

**The CRDA Midwinter's Dream dance will be held at the beautiful Avalon ballroom in Boulder (6185 Arapaho Road) on January 26, 2020**

**Three "winter theme" dances will be taught in the afternoon; a phase III slow Two Step, a phase IV "Rambo" (combination Slow Mambo and Fast Rumba) and we are currently trying to choose between a phase V Foxtrot and a Bolero, both of which have terrific music.**

**Apart from the winter theme, these dances were carefully selected for nice music and interesting choreography which can be taught in a one hour time slot. We think these dances are really nice and we promise you a great time. You will not want to miss this midwinter event.**

**Teaches: 1:30-4:30 p.m.,**

**Dinner Break: 4:30 - 6:30 p.m.**

**Evening**

**Dance: 6:30 - 9:00 p.m.**

**Earl and Judy Smith—Chair**

**Ballroom Dancing Helps Fight Dementia and Alzheimer's  
Fred Astaire Dance Studio Blog**

**Can ballroom dance prevent Alzheimer's disease?**

According to research, it does! Studies indicate that ballroom dancing and other stimulating activities may lower the risk of cognitive decline. More importantly, they greatly enhance quality of life, which is something dementia steals from Alzheimer's patients and their families. Alzheimer's Disease International (ADI) reports 35.6 million people worldwide have some type of dementia. This number is expected to triple by 2050. Alzheimer's disease (AD), a debilitating brain disease, is the most common form of dementia. Not only does it cause memory problems, but it also affects thinking, behavior and personality. While the risk of Alzheimer's disease increases with age, it is not "old timers' disease" or "old age senility" as some people call it. It is not a normal part of aging at all, and it can affect people as young as their 30s and 40s. AD robs people of their whole essence, ravishing both the mind and body. This degenerative disease is a terminal illness with no cure.



### **Can this dreaded disease be prevented?**

This question is one which intrigues doctors, scientists and researchers, and there are no clear-cut answers. The Alzheimer's Association and other groups continue to fund research on the development and progress of dementia. This is where ballroom dancing and other leisure activities come in. Recent studies are encouraging. Ballroom dance, piano playing, crossword puzzles and other activities appear to keep Alzheimer's disease at bay. Two well-known studies: the Bronx Aging Study and the Religious Orders Study — suggest mind-challenging activities may prevent or delay the onset of dementia in older adults.

### **Does physical activity have the same effect as mental exercise on the development of Alzheimer's?**

It really depends on the activity. According to the research, ballroom dancing seems to be one of the few physical activities which can delay the onset of dementia and re-wires the cerebral cortex. In addition to physical exercise, ballroom dancing is a cognitive activity requiring concentration. "Ballroom dancing involves precise physical activity, listening to the music, remembering dance steps, and taking your partner into account, which is very mentally testing, "In fact, ballroom dancing is more effective than working crossword puzzles for preventing dementia. The mental challenge of dancing requires a person to think harder. Unlike the effects of purely physical activity, hard thinking will not wear out the brain. In fact, the more people use their "brain muscles," the sharper they become. Dr. Jacqueline C. Dominguez, Memory Center director at St. Luke's Medical Center in the Philippines, states ballroom dancing is an easy and inexpensive way to combat dementia. Ballroom dancing has everything in it for people to keep their wits. There can be cardiovascular benefits of many different physical activities for seniors but the only physical activity to offer protection against dementia was ballroom dancing on a regular basis.

Reading – 35% reduced risk of dementia

Playing golf – 0%

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

Bicycling and swimming – 0%

Dancing frequently – 76% (offered the greatest risk reduction of any activity, cognitive or physical).

Quoting Dr. Joseph Coyle, a Harvard Medical School psychiatrist who wrote 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. "Persons seem to be 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 some certain activities lowers the risk of dementia by improving cognitive reserve. Our brain constantly rewires its neural pathways, as needed. If it doesn't need to, then it won't. A study done by The Albert Einstein College of Medicine also showed 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 synapses.

### **But does any kind of dancing lead to increased mental acuity?**

No, not all forms of dancing will produce this benefit. Not dancing which, like golf or swimming, mostly works on style or retracing the same memorized paths. The key is the decision-making. Intelligence is what we use when we don't already know what to do. But when it comes to preserving mental acuity, some forms are significantly better than others. When we talk of intelligence (use it or lose it) the more decision-making we can bring into our dancing, the better. "Rapid-fire" decision making is what leads to this improvement in intelligence. Ballroom dancing requires a lot of quick decision making, in both the leading and the following roles. Ballroom dancing integrates the mind, the emotions and the physical which studies suggest work together to improve mental health. It's never too early or too late to start strengthening your mind. In conclusion, to help stimulate the mind and the soul, we recommend taking some ballroom dancing lessons if you haven't already!

#### **References:**

1. <http://annettersmith.hubpages.com/hub/ballroom-dancing-and-alzheimers-disease>
2. <http://socialdance.stanford.edu/syllabi/smarter.htm>



# CRDA Membership



## 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 are the CRDA staff. A Board of Directors consisting of nine 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 CRDA provides.

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

## 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, Summer End's Dance Phase II-IV, regional Fun Dances, and 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 and following Saturday in October starting in 2020.**

**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

NAME \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY STATE ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

EMAIL \_\_\_\_\_

**We would like to receive our Round Notes (check one)**

By EMAIL (thank you!)  By Regular Mail

Email version: added content, in color, saves trees and postage

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

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

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

ANNUAL MEMBERSHIP \$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  
172 Vance St  
Lakewood CO 80226

Colorado Round Dance Association Presents:

Phase II-VI Level Dances

Figure Clinics

Taught by

Outstanding

Teacher/Cuers



# FLASHING ROARING 20s GALA

Beautiful  
Hardwood  
Floors

## OCTOBER 2-3, 2020

**LOCATION:**

**OCCHIATO BALLROOM,  
CSU PUEBLO  
2200 BONFORTE BLVD.  
PUEBLO, COLORADO  
81001**



*Randy & Marie  
Preskitt*



*Bob & Sally  
Nolen*

**Host Hotel:** Ramada Inn, Pueblo  
4703 North Fwy Rd. Pueblo, CO 81008  
Phone #719-544-4700

Mention CRDA when calling to make a reservation  
The rate is \$55 per night plus 11.7% tax. Breakfast is included. This special price is only available until the block is filled. You can start booking rooms now. 15 rooms have 2 queen beds & 30 rooms have a king & a sleeper sofa. The After Party will be held at the Ramada Inn.

**RV Information:**

For hook-ups, KOA is located at 4131 Interstate 25 North, Pueblo, CO 81008 (6.8 miles from the Ballroom).

The phone number is  
(800) 562-7453.

**Tentative Schedule**

**Friday Afternoon:** Trail-in Dance

**Friday Evening:** Party Dance

**Saturday Daytime:** Figure Clinics,  
General Board Meeting, &  
Dance Teaches

**Saturday Evening:** Party Dance

Details will follow later:

**Watch the CRDA Website for**

**latest information: <http://crda.net>**

**For more information:**

Chuck & Melanie Thompson  
[melaniechuck@comcast.net](mailto:melaniechuck@comcast.net)

303-277-0399

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

**2020 Colo. Round Dance Association's 60th Anniversary Gala Registration Form**

His Last Name	His First	Her Last Name	Her First
Street Address	City	State	Zip
Phone Number	E-mail Address		
<b>First Time Gala Participant</b>	\$90		(singles pay half)
<b>FULL PACKAGE (pre-registration until 4/26/2020)</b>	\$110 Members	\$128 Non-Members (Includes remaining 2020 membership)	(singles pay half)
<b>FULL PACKAGE (4/27/2020—9/20/2020)</b>	\$120 Members	\$138 Non-Members (Includes remaining 2020 membership)	(singles pay half)
<b>PRICE AT THE DOOR</b>	\$130 Members	\$148 Non-Members (Doesn't include remaining 2020 membership)	(singles pay half)
<b>Saturday, Teaches Only (9:00 am-4:30 pm)</b>		\$85/couple	\$47.50/single
<b>Saturday, all day &amp; evening</b>		\$110/couple	\$60/single
<b>Friday AND/OR Saturday Evening(s) only</b>		\$60/couple, \$35 single For <u>ONE</u> Evening	\$85/couple, \$47.50./single For <u>BOTH</u> Evenings
			TOTAL

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

*\$5 cancellation fee prior to 9/1/2020 NO refunds after 9/1/2020  
(one time rollover allowed)*

**Upcoming CRDA Dates 2019:**

**2020**

January 11	Board of Directors Meeting	Rose Hill Grange	2:00 p.m.
January 26	Midwinter's Dream	Avalon Ballroom	1:30 p.m.
February 15	Fun Dance	Rose Hill Grange	7:00 p.m.
March 14	Fun Dance	Rose Hill Grange	7:00 p.m.
April 24	Spring Beginner Celebration	Avalon Ballroom	1:30 p.m.
May 23	Fun Dance	Rose Hill Grange	7:00 p.m.
July 25	Fun Dance	Rose Hill Grange	7:00 p.m.
August 15	Fun Dance	Rose Hill Grange	7:00 p.m.
September 20	Fun Dance	Rose Hill Grange	2:00 p.m.
October 2 and 3	CRDA GALA DANCE	Pueblo, CO	
November 7	Fun Dance	Rose Hill Grange	7:00 p.m.

**Future Gala Dates**

October 1 and 2, 2021

October 7 and 8, 2022

Karen Herr  
4535 Red Rock Dr.  
Larkspur, CO 80118



# COLORADO ROUND DANCE SUMMARY REPORT

Popular Dances and Teaches During November 2019

This Month's Contributing Cuers

Bahr, Del Sol, Evans, Herr, Knight, Krause, Sears, and Smith, D.



## Most Frequent Dances - November

1 Blues In '42 (17) (Garza) TG IV+0+1 (B, E)	5 Goodbye (7) (Parker) STS IV+0+1 (B, E, HJ, KR)	8 Shape Of You (6) (Goss ) SB V+0+3 (B, SH)	11 Little Deuce Coupe (5) (Koozer) JV III+1 (HJ)	11 Danced Four Times
2 Hot Tango (10) (Wulf) TG IV+1 (E, SH)	5 It's About Time (7) (Shibata) WCS VI (B, E)	8 The Girl From Ipanema (6) (Preskitt) FT V+1 (B, HJ)	11 Once Upon A December (5) (Vogt) V. WZ IV+2 (E)	30 Danced Three Times
3 Better Place (9) (Johnson) RB V+2 (B, E)	5 Swing Uptown (7) (Foral) QS IV (E)	11 Como Dos Tontos (5) (Goss ) BL V+2 (HJ, SH)	11 Shotgun (5) (Simpson) CH/RB IV+1+1 (E)	
3 Havana (9) (Goss) CH VI (B, E)	8 Good Old Days (6) (Easterday) TS/QS/SS III+2 (E, SH)	11 Cuando Me Enamoro (5) (Gloodt) RB IV+2 (E, HJ, SD)		

## Most Frequent Dances Last Twelve Reports

1 Havana (69) (Goss) TG VI (B, E, GB, HG, HJ, SH)	5 All Of You (43) (Gloodt) FT IV+1 (B, E, KP, SH)	8 Sedalia (36) (Kenny) RB IV+2+1 (GB, HJ, KR, SH)	11 Legend (34) (Nelson) RB V+0+2 (B, E, HJ, KR, KP, SH)	14 Whenever Wherever (33) (Kincaid) MR V+2 (B, E, SH)
2 Blues In '42 (64) (Garza) TG IV+0+1 (B, E, HG, KR, SH, Wu)	6 He's A Pirate (42) (Goss) TG VI (B, E, GB, HG, SH)	8 The Alligator Stroll (36) (Gloodt) WCS IV+2+3 (B, E, HG, HJ, SH)	14 Better Merengue (33) (Townsend Manning) MR V+1+1 (B, GB, KP, SH)	18 Better Place (32) (Johnson) RB V+2 (B, E, SH)
3 Hushabye Mountain 5 (55) (Rotscheid) WZ V+2 (B, E, HG, HJ, SH, Wu)	7 Af En Af (39) (Seurer) TS II (De, HJ, KP, KR, SH)	11 Cuando Me Enamoro (34) (Gloodt) RB IV+2 (B, E, GB, HG, HJ, SH)	14 Someone Like You (33) (Preskitt) RB VI (B)	18 Black Tie Tango (32) (Moore) TG IV+2 (B, E, GB, HG, HJ, KP, KR, SH)
4 Thoroughly Modern Millie (52) (Preskitt) QS IV+0+1 (B, E, GB, HG, HJ, SD, SH)	8 Jesse (36) (Shibata) WZ V+0+3 (B, E)	11 El Gringo (34) (Goss) PD V (B, E, GB, HG, HJ, KP, SH)	14 West Texas Waltz (33) (Riggs) WZ II (De, HJ, R, T, Wu)	18 Syncopated Clock (32) (Gloodt) FT/JV IV+2 (E, Mc)

## Top Dances By Phase - November

Phase II	Phase III	Phase IV	Phase V	Phase VI
1 West Texas Waltz (4)	1 Good Old Days (6)	1 Blues In '42 (17)	1 Better Place (9)	1 Havana (9)
2 Colorado Christmas (3)	2 Little Deuce Coupe (5)	2 Hot Tango (10)	2 Shape Of You (6)	2 Itqxs About Time (7)
2 Dungaree Doll (3)	3 Guantanamera (4)	3 Goodbye (7)	2 The Girl From Ipanema (6)	3 Valentine (3)
2 Meet Me Under The Mistletoe (3)	3 Santa Lost A Ho (4)	3 Swing Uptown (7)	4 Como Dos Tontos (5)	4 Adios Muchachos (2)
2 Piano Roll Waltz (3)	5 Baby's Got Blue Jeans (3)	5 Cuando Me Enamoro (5)	5 Bells Of Angelus (4)	4 Autumn Leaves Tango (2)
2 Take Me Home (3)	5 Bad Moon Rising (3)	5 Once Upon A December (5)	5 Caribbean Sunset (4)	4 Malaguena (2)
2 Vacation (3)	5 Chaka Chaka (3)	5 Shotgun (5)	5 Jesse (4)	4 Someone Like You (2)
2 Valerie (3)	5 It's Alright (3)	8 Legends Of The Fall (4)	5 Jurame (4)	4 Summertime (2)
12 Danced Twice	5 Marvelous Toy (3)	8 Never (4)	5 Whenever, Wherever (4)	4 You've Got A Friend In Me (2)
	5 Merry Christmas From The Family (3)	8 Second Tango (4)	7 Danced Three Times	15 Danced Once
	5 San Antonio Stroll (3)			

## Top Dances By Phase Last Twelve Reports

Phase II	Phase III	Phase IV	Phase V	Phase VI
1 Af En Af (39)	1 Little Deuce Coupe (24)	1 Blues In '42 (64)	1 Hushabye Mountain 5 (55)	1 Havana (69)
2 West Texas Waltz (33)	2 Baby's Got Blue Jeans (20)	2 Thoroughly Modern Millie (52)	2 Jesse (36)	2 He's A Pirate (42)
3 Piano Roll Waltz (24)	2 Night Waves (20)	3 All Of You (43)	3 El Gringo (34)	3 Someone Like You (33)
4 Valerie (23)	4 Here, There, Everywhere (19)	3 Sedalia (36)	3 Legend (34)	3 Mystique (29)
5 Jacalyn's Waltz (19)	5 Chilly Cha III (18)	4 The Alligator Stroll (36)	5 Better Merengue (33)	5 Malaguena (28)
6 Do You Wanna Dance (17)	5 Uptown (18)	6 Cuando Me Enamoro (34)	5 Whenever, Wherever (33)	6 Cuppa Joe (23)
7 Waltz Across Texas (15)	7 Beach Party Cha (17)	7 Black Tie Tango (32)	7 Better Place (32)	7 The Colors Of Autumn (22)
8 Come Dance With Me (14)	7 Feed The Birds (Buck) (17)	7 Syncopated Clock (32)	8 My Cup Of Love (30)	8 It's About Time (21)
8 Could I Have This Dance (14)	9 Let Me Love You Tonight (16)	9 Senorita Tango (30)	9 I'm Falling (29)	9 Summertime (19)
8 Love Lifted Me (14)	9 When You Look (16)	10 Oh What A Night (28)	9 I'm Gonna Sit Right Down (29)	10 Retango (18)



Colorado Round Dance Assoc. Presents:

# Midwinter's Dream

SUNDAY, JANUARY 26, 2020

AVALON BALLROOM

6185 Arapahoe Rd. Boulder, CO 80303



## Purchase Tickets at the Door

### CRDA Members:

Half Day \$10/cpl-\$5/sgl

Full Day:\$20/cpl-\$10/sgl

### Non-Members:

Half Day: \$11/cpl-\$5.50/sgl

Full Day: \$22/cpl-\$11.00/sgl

TEACHES: 1:30-4:30 PM

PHASES III-V

DINNER BREAK: 4:30-6:30

DANCE: 6:30-9:00 PM

**Maps & Directions:**

**<http://crda.net>**

Colorado Round Dance Assoc.

# February Fun Dance

Sat. Feb. 15, 2020 from 7-9:30 PM

Rose Hill Grange

4001 E 88th, Commerce City, CO 80022

Dancers at  
ALL Levels are  
WELCOME!

\$16 Couples  
\$7.50 Singles

## Featured Cuers



John & Karen Herr Roy & Marcia Knight

**For Maps & Directions:**

**[HTTP://CRDA.NET](http://CRDA.NET)**

**For More Information:**

**Frankie Travis**

**720-935-4189**

**[travis3@comcast.net](mailto:travis3@comcast.net)**

**Midwinter's  
Dream**  
Sun. Jan. 26  
Teaches: 1:30-4:30 PM  
Dance: 6:30-9:00 PM  
Avalon Ballroom  
**January**

**Sat. Feb. 15**  
7-9:30 PM  
Rose Hill Grange  
John & Karen Herr  
and  
Roy & Marcia Knight  
**February**

**Sat. March 14**  
7-9:30 PM  
Rose Hill Grange  
Becky & Dave Evans  
and  
Harold & Meredith  
Sears  
**March**

**COLORADO 2020 ROUND DANCE SCHEDULE**

**SPRING  
DANCE**  
April 26, 2020  
Avalon Ballroom  
Teaches: 1:30-4:30 PM  
Dance: 6:30-9:00 PM  
**April**

**Sat. May 23**  
7-9:30 PM  
Rose Hill Grange  
Allynn & Bob Riggs  
&  
Becky & Dave Evans  
**May**

**Colorado State  
Festival**  
June 5 & 6  
Grand Junction,  
Colorado  
**June**

**Sat. July 25**  
7-9:30 PM  
Rose Hill Grange  
John & Karen Herr  
&  
Roy & Marcia  
Knight  
**July**

**Sat. Aug. 15**  
7-9:30 PM  
Rose Hill Grange  
Becky & Dave Evans  
&  
Harold & Meredith  
Sears  
**August**

**Sun. Sept. 20**  
2-4:30 PM  
Rose Hill Grange  
Harold & Meredith  
Sears  
& Peter & Chama  
Gomez  
**September**

**GALA**  
October 2 & 3  
Occhiato Ballroom,  
CSU Pueblo  
2200 Bonforte Blvd.  
Pueblo, CO. 81001  
**October**

**Sat. Nov. 7**  
7-9:30 PM  
Rose Hill Grange  
Harold & Meredith  
Sears &  
Becky & Dave Evans  
**November**

**MERRY  
CHRISTMAS**  
**December**