

# Round Notes



Denver, Colorado

February-March 2021

## Presidents' Letter – Steve and Janet Pitts

### Happy New Year, 2021

Unfortunately, we had to cancel the January 2021 FUN Dance due to continuing COVID concerns which started this new year. Thank you to Harold Sears and Justin Del Sol for being understanding. We are planning to hold the February Fun Dance, Feb. 27<sup>th</sup> at the Rose Hill Grange, 7:00 to 9:30 p.m. John Herr and Becky Evans will be cuing.

Even though we have seen an uptick in COVID cases this week (January 13<sup>th</sup>), we are hopeful Adams County will move to "Dial Yellow" and the positivity percentage will go down. Dial Yellow has fewer restrictions. It seems we still need to continue to wear masks during our dances. What was our "Dial setting" back in June? June seems a long time ago.

We are still hoping to have a Spring Dance in April. We are continuing to look for a possible location and hoping the COVID situation will allow us to have the dance. The Board discussed having an informal format this year for the Spring, dance due the uncertainty of whether we will be able to hold a dance. Stay tuned for additional information as the date gets closer.

The next Board Meeting will be Saturday, March 6<sup>th</sup>, 2021 location TBD. All members are welcome. This meeting may or may not be virtual.

Have you renewed your CRDA membership for 2021? If you are not sure or do not remember, please contact Erik at [erikvonh@gmail.com](mailto:erikvonh@gmail.com) or Sunny at [sunnyjwoods@gmail.com](mailto:sunnyjwoods@gmail.com) or call either cell: 970-406-8908 or 303-635-6817. They have sent out reminders to those who haven't renewed.

CRDA is looking for volunteers to fill the 2021 CRDA Committees. They are: Cuer Selection, Hall of Fame, History, Public Relations, Facebook Subcommittee, Square Dance Reps, and the Website committee. If you're interested in helping with ANY of these committees, email Steve (President) at [stevepitts@mindspring.com](mailto:stevepitts@mindspring.com)/ (or call 303-332-1862) or contact Jim or Margie Garcia (Vice-President) at [gar905@comcast.net](mailto:gar905@comcast.net). To find more online about CRDA procedures for different committees, go to [www/CRDA.net](http://www/CRDA.net).

Don't forget to register for the 2021 GALA. The theme for our 2021 Gala is "The Roaring Twenties". Our guest instructors will be Deb and Tim Vogt (NV) and Tom Hicks (WI). Contact Chuck or Melanie Thompson to register or for more information. [melaniechuck@comcast.net](mailto:melaniechuck@comcast.net) or 303-277-0399.



## CRDA Board Members

2021

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

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

Jim and Margie Garcia (23) Vice-President  
303-469-4096 [gar905@comcast.net](mailto:gar905@comcast.net)

Mitchell and Chelsea Thompson (22) Secretary  
720 933-7294 [dancerbowler214@aol.com](mailto:dancerbowler214@aol.com)

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

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

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

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

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)

*\*term-ending years in parentheses*

## COMMITTEE MEMBERS AND CONTACTS

<b>Membership:</b>	Sunny Woods and Erik Von Hortenau <a href="mailto:SunnyJWoods@gmail.com">SunnyJWoods@gmail.com</a> 303-635-6817
<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>	TBD
<b>Fun Dances:</b>	Chelsea and Mitchell Thompson <a href="mailto:dancerbowler214@aol.com">dancerbowler214@aol.com</a> 720 933-7294
<b>Spring Dance 2021:</b>	John and Karen Herr <a href="mailto:jherr1231@gmail.com">jherr1231@gmail.com</a>
<b>Sunshine and Shadows</b>	Margie and Jim Garcia <a href="mailto:gar905@comcast.net">gar905@comcast.net</a> 303-469-4096
<b>Gala 2021:</b>	Melanie and Chuck Thompson <a href="mailto:melaniechuck@comcast.net">melaniechuck@comcast.net</a> 303-277-0399
<b>Cuer Selection:</b>	TBD
<b>Web Page:</b>	Harold Sears <a href="mailto:harold@rounddancing.net">harold@rounddancing.net</a>
<b>Facebook:</b>	Fred Layberger <a href="mailto:layberqerf@aol.com">layberqerf@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



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

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

This was a party time of dancing and sharing. We shared good Christmas stories from our past. We shared our feelings about the pandemic. We laughed and felt closer. We ate a wonderful meal. We shared music and dancing. Christmas time is a time of friends. Many Christmas dances were danced.

### Dancing Shadows (Grand Junction) Tom and Dot Reporting

Still nothing happening here in the western slope. No dancing of any kind! Hope everyone is safe.

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

We took some time off because of Covid and the holidays. We are back dancing once again. Our numbers are small but it sure is nice to be able to dance once again and see friendly faces..

#### Monday and Friday and Tuesday

- We are trying to find ways to come back to dancing! Go down numbers!!

#### Thursday

Reviewed many dances

### Rnd'em Up (Colorado Springs and Franktown) Justin del Sol

On Sundays we are doing levels II-IV. Tuesdays, we are working intermediates and workshopping as needed as we go. We are always open to requests. Our sessions have minimal attendance, and plenty of spaciousness for interested dancers. So, the offer is there. I will be there whether or not dancers Show. Come dance awhile; we have plenty of space and yes, we are using facial masks. Contact Justin at 720-635-7202.

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

Sorry no news this time. Meredith and I got our Covid vaccination shots. Someday soon!

More info at [www.rounddancing.net](http://www.rounddancing.net)

Future Events by CRDA Members  
None scheduled at this time for 2021

#### Editor's Byline

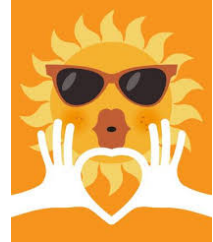
**2021 is here and there are not many changes from the end of 2020. Hopefully you are all staying healthy and getting your names on whatever list you can to get your shot! It's time to think about our resolutions for the New Year. Sure hope it includes to get back to dancing when we can. It may or may not look like it did before all of this, but we will see each other once again. Hopefully you have renewed your CRDA Membership Dues. It's \$20 well spent! CRDA is continuing with their plans for dances and provide many benefits for us. We have renewed, have you???**



# 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.

Jack Baker—Get Well



♪ GETTIN' MY  
HAPPY DANCE  
ON! ♪

## 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:

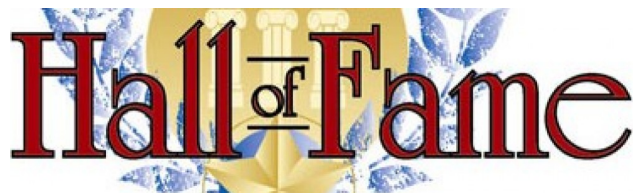
\_\_\_\_\_ to the CRDA Hall of Fame.

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



# IS IT SAFE TO WEAR A MASK?

reprinted with permission from [Dance Center of San Antonio](#)

As in most things during this COVID-19 Pandemic, we are in uncharted territories when it comes to operating our school under new conditions and safety regulations. What is very clear is that we must wear masks to help protect our students, families and faculty while participating in classes at the studio. However, dancing in a mask also raises concerns for safety as airflow into the lungs will undoubtedly be restricted. It is encouraging to know this is not the first time masks have been used for athletic training - many high-level athletes use specialized masks which restrict airflow to simulate training at higher altitudes! Experts have said exercising in masks is safe if you take a few things into consideration. When training at altitude athletes gradually ramp up to allow their bodies time to adjust to the smaller amount of oxygen which is available to the muscles as they work. Eventually the body will adjust to accommodate, allowing the body to become more efficient at using the oxygen it has.

DCSA faculty has discussed the implications of wearing a mask while dancing and the safety measures which need to be taken. All instructors will be ramping up intensity and length of exercises accordingly to help our students' bodies adjust as they get used to the restricted airflow. Additionally, all instructors have been made aware of the warning signs for when dancers are not getting enough air and will remind students often to take a break and let the instructor know if they are experiencing any of the following: lightheadedness, dizziness, tingling, numbness, or shortness of breath. As parents, you can help us by having a conversation with your dancer, reinforcing the importance of taking a break if they are feeling any of these symptoms. Additionally, if your dancer has an existing respiratory condition, such as asthma, please make sure to inform DCSA staff so we can help them to be safe. DCSA is also taking additional measures to help dancers be as comfortable as possible, such as allowing breaks where dancers can go outside and take off their masks to get some fresh air!

CNET wrote a wonderful article about exercising with masks. They interviewed two physical therapists and conditioning specialists, Grayson Wickham and Scott McAfee. CNET writes:

*"Different masks have varying levels of airflow restriction, depending on the thickness of the material," McAfee says. "With less air, your body has less available oxygen to utilize during exercise to convert glucose [sugar] into energy."*

*McAfee says anyone, even those who have a relatively high level of fitness, should expect to fatigue faster when exercising with a face mask, comparing this scenario to altitude training or wearing an oxygen deprivation mask to elicit greater **respiratory fitness** (something elite athletes do).*

*"Over a few weeks, your body will certainly adapt by becoming more efficient at metabolizing oxygen, but this takes time," McAfee says. "If you start to feel dizzy, imbalanced, or overly fatigued, stop. Be smart [and] don't overdo it."*

While we would all prefer to dance mask-less, let's keep this silver lining in mind as we approach these uncharted territories. As we carefully ramp back up, this is an opportunity to be stronger than before!



## A Roaring 20's Gala

### 2021 Gala News:

We are looking forward to next year's "Roaring 20's" Gala which will be October 1-2, 2021 with guest cuers Debbie & Tim Vogt and Tom Hicks at our favorite Ballroom at CSU Pueblo. We are looking forward having some normalcy and to seeing all of you again! If you were registered for the 2020 Gala and did not request a refund, you are already registered for the 2021 Gala, there will be no additional charge. We are planning to have a clinic by our featured cuers on Friday afternoon from 2-4 p.m. There will be two clinic halls (Phase II-IV and Phase IV-VI). Something for everyone regardless of your level. We will also be using three floors on both Friday and Saturday night. This will allow everyone to dance regardless of your level. So, if you are not registered, send in your registration and join the fun!

Our host hotel will be the Ramada Inn. The price is \$65 per night. Our hotel block is for Thursday, Friday and Saturday night. You can book one, two, or all three nights. Whatever works for you. Make sure to mention you want to book a room with the CRDA block to get the special rate.

If you have any questions or concerns, please feel free to call me.

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



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

New members  
Carol Simondson (Australia)  
Debby and Tim Vogt (Nevada)  
Tom Hicks (California)

The 2021 Dues are due now. E-Mails have been sent to renew. Many have but we have many that are still waiting.

Mail your \$20 check made out to CRDA to:  
Sunny Woods and Eric Von Hortenau  
8237 Swadley Court  
Arvada, CO 80005

Contact: [SunnyJWoods@gmail.com](mailto:SunnyJWoods@gmail.com)  
Cell: 970-406-8908; Home: 303-635-6817

## Can't Wait to Start Dancing?

by Sandi Finch

It's a new year, still strangled by the shutdowns of the pandemic and new daily records of death and hospitalizations, but a vaccine is here! There will be a "normal" again someday. We could be dancing soon!

None of us lived through it, but this is much like a century ago. According to *The Week*, the Spanish flu had arrived in September 1918, killing nearly 200,000 in October that year alone. World War I ended with the armistice signed on November 11 that year, and the world felt like celebrating despite the epidemic. San Francisco had enacted a law to require wearing masks or face a \$5 fine, but resistance forced the law to die - before Christmas. Stores were mostly open, but no visiting Santa Claus in stores that year. Church services were restricted, and people were encouraged to stay home. And like now, there was a second wave in January 1919. That virus was proclaimed to have petered out by the summer of 1919, having killed an estimated 675,000 Americans and 50 million worldwide.

Eat your black-eyed peas now to bring on good luck in this new year. Start exercising (if you have not been) so you will be in shape to dance and make your reservations for the dance conventions coming up this summer—Roundalab for teachers and dancers in Mississippi in June, along with the National Square Dance Convention, and ICBDA in Tennessee in July.

Why be concerned about returning to dance? Because it is one serious way to stay young. Each year, it seems I write about a new study that compares the benefits of dance with other activities. Almost all of them rank dancing as one of the best ways to preserve your brain. Crossword puzzles are good, but dancing requires thinking, cooperation with a partner and reaction to a new stimulus (music).

This year is no exception. A new book was released Tuesday by Dr. Sanjay Gupta, neurosurgeon and television medical authority, which says you can "Keep Sharp: Build A Better Brain at Any Age." In this pandemic time, he says, the best thing you can do for yourself every day is to take a walk, best if it is with a friend, and talk about new ideas. This is physical exercise, shared social interaction, and stimulation to keep the brain firing on all synapses.

Isn't that just like dancing? "Your brain is one organ that can get stronger as you age," Dr. Gupta wrote. The brain weighs about three pounds; it is 73 % water and slight dehydration affects your memory and cognitive skills.

The brain is "exercised" by continuing to learn new things. He said London cab drivers get a mental workout navigating tight, busy streets, but their memory centers may be slowing down because of GPS. Taking a class is better than doing a crossword puzzle because, more than stimulating the brain to remember facts, learning new knowledge pays a bigger reward.

Do "whatever you find joyful, satisfying and meaningful," he wrote. Don't underestimate the power of hand holding. Be with friends, do new things, eat properly, get enough sleep. "Connect authentically with others," he wrote, "and maintain a vibrant social life."

He offers a 12-week plan to improve your mental health, starting with "move more." Try something different to surprise your body and use new muscles, he says. Why not just dance?

That moment when  
you go back to  
dance after a long  
break



## How to Safely Resume Dancing After Recovering from COVID-19 by Garnet Henderson

*reprinted with permission from [Dance Magazine](#)*

As doctors and scientists race to learn more about COVID-19, new information is constantly emerging. This can be confusing, especially because the illness affects people in such different ways. Particularly concerning for dancers are early indications that COVID-19 may lead to lingering cardiovascular issues, which could be exacerbated by exercise. So how can dancers who have recovered from COVID-19 safely return to training?

### How Long to Rest

Many people who are infected with COVID-19 never develop symptoms. If you have an asymptomatic case, you can probably continue with gentle exercise. "I would recommend at least 10 to 14 days of light activity to ensure that symptoms do not develop," says Eugene Chung, MD, director of the Sports Cardiology Clinic at the Michigan Medicine Frankel Cardiovascular Center. "After that, what to do next is up for debate. If there truly were no symptoms, it may be reasonable to go without evaluation. However, if there were symptoms that were more than mild, and I would say having had a fever is more than mild, then I would consult with a physician prior to returning to training."

Dancers who were ill should be asymptomatic for two weeks before starting to exercise again, recommends Julia Lafrate, DO, director of dance medicine at Columbia University Irving Medical Center. "You have to think of COVID like an injury. Before you return to training, make sure you can do activities of daily living. Can you walk up the stairs? If you can't tolerate that, you're not ready to return to dance," she says.



### **The Comeback**

When you feel fully recovered, lafrate recommends starting with light aerobic exercise at about 70 % of your maximum heart rate. "Try doing that for 15 minutes. If you can do that for a couple of days without issues, try 30 minutes at 80 % of your maximum. Then move on to 45 minutes. At that point you can start to include strength training. From there you can go up to a 60-minute threshold, and start to incorporate some dance-specific movements," she says. Be sure to space bouts of exercise at least 24 hours apart. Once you are able to tolerate a full hour of aerobic activity, you are likely ready to go back to dance class.

### **What to Watch Out For**

Many people who recover from even mild cases of COVID-19 appear to have a condition called myocarditis, an inflammation of the heart muscle. This occurs with varying degrees of severity, explains Matthew Tomey, MD, director of the Cardiac Intensive Care Unit at Mount Sinai Hospital. "What we don't yet understand is what the future holds for these patients. Is this a transient part of the healing process or could there be long-term consequences?" he asks.

Either way, it's important to proceed with caution. "When the heart is inflamed and then stressed with intense exercise, one could have a setup for 'irritability' of the heart and subsequent arrhythmias, some of which can be dangerous," says Chung. Similarly, people who recover from COVID-19 may have lung damage, which could be temporary or permanent. Dancers with any concerns, or lingering symptoms like shortness of breath or chest discomfort, should speak with a doctor, especially because recommendations may change as new information comes to light.

A small number of COVID-19 patients experience muscle pain as a symptom, says lafrate. If you notice unusual pain, speak with a doctor. Keep your activity light, and don't use medications to cover up the discomfort in order to dance.

Some reports also indicate that [rhabdomyolysis](#)—a breakdown of skeletal muscle tissue, known as "rhabdo" for short—is a possible manifestation of COVID-19. This appears to be rare, but lafrate says that rhabdo is most often caused by strenuous exercise after a long period of inactivity. That means dancers could put themselves at risk if they are too aggressive when they return to training. Classic rhabdo symptoms to look out for are a combination of muscle pain, muscle weakness and dark urine.

### **Take It Slow**

Remember that even if you weren't seriously ill, you will be deconditioned from your time away from the studio, which puts you at higher risk for injury. "Dancers may also have old, chronic injuries which are feeling better right now because they haven't been irritating them. But those things can sneak back up," says lafrate. Seek treatment for any pain you're feeling beyond normal muscle soreness. Most importantly, listen to your body. "Don't push yourself to the point of utter exhaustion," says Tomey. "Gently test the edge of today's capacity so that tomorrow's is one step greater."





# CRDA Membership



## GENERAL INFORMATION

Since 1961, CRDA has been an unusually active state, round dance organization. CRDA sponsors dance events throughout the year, most notably the fall Gala weekend with nationally recognized guest cuers-instructors, an informative bi-monthly newsletter, Round Notes, and our website at [www.crda.net](http://www.crda.net). CRDA is primarily a dancer-run organization, staffed by both dancers and instructors who contribute their time, knowledge, and skill. CRDA is managed by a Board of Directors consisting of 9 couples elected from the general membership. Membership in CRDA is an important way to support the services that CRDA provides and to support round dancing generally. If you love round dancing, support it through your membership! CRDA encourages dancers to share in the 4 E's of Round Dancing --

**EXCITEMENT, EDUCATION,  
EXCELLENCE and ENJOYMENT.**

## ROUND NOTES

ROUND NOTES is a bi-monthly newsletter sponsored by CRDA to help keep Round Dancers aware of local and national activities and to promote Round Dancing.

A few of the featured articles include:

- \*A listing of both local and out-of-state Round Dance activities and festivals
- \*Round dance lessons and workshops information
- \*Dance Parties and Gala Information
- \*Other Special Dance Events
- \*Articles with tips on dance technique

The newsletter is **INCLUDED** in your CRDA membership and is a great way to stay in tune with what is being offered locally and nationally.

## WEBSITE <http://www.crda.net>

The CRDA website began in 1989 and includes a wide variety of information, including: state classes and clubs; CRDA sponsored dances; round of the month and classic of the quarter; contact information; places to dance around the world; and a wide variety of dance-related links and groups.

Email notices are sent for upcoming events and notices of dance cancellations due to weather.

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

## DANCE EVENTS THROUGHOUT THE YEAR:

CRDA members receive a **SUBSTANTIAL DISCOUNT** at all CRDA events: the Spring Beginner Graduation Dance,

phase II-easy IV, an Intermediate Dance, phase III-easy V, monthly Fun Dances, & the Fall CRDA Gala, phase II-VI. The Gala features an enjoyable weekend of teaches, clinics, and dancing, for **ALL LEVELS** of Round Dancing (beginner – advanced). Nationally prominent guest instructors are hired and local cuers/instructors lend their expertise. The Gala is held on the first weekend in October.

## **ALL THIS FOR ONLY \$20. 00 PER YEAR – DUE JANUARY 1\***

\* New Member subscribing in a month other than January, multiply \$2.00 by the number of months left in the year to calculate the amount owed for dues (ex: Aug = \$10.00)

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### 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 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 \$20.00 \$ \_\_\_\_\_

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

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

**MAKE CHECKS PAYABLE TO:**

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

**MAIL TO: Sunny Woods and Erik Von Hortenau  
8237 SWADLEY COURT  
ARVADA, CO 80005  
[SunnyJWoods@gmail.com](mailto:SunnyJWoods@gmail.com)**

COLORADO ROUND DANCE  
ASSOC. PRESENTS

# A ROARING 20'S GALA OCTOBER 1 & 2, 2021

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



**3 Beautiful, Hardwood  
Dance Floors**

**PHASE II-VI LEVEL DANCES  
FIGURE CLINICS TAUGHT BY  
OUTSTANDING TEACHER/CUERS**

## FEATURED CUERS



**DEBBY & TIM VOGT**



**TOM HICKS**

**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 \$65 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.

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

**Tentative Schedule**

**Friday Afternoon 2-4 PM:** Clinic  
**Friday Evening:** Party Dance  
**Saturday Daytime:**  
Dance Teaches, &  
General Board Meeting  
**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)

**2021 Colo. Round Dance Association's 60th Anniversary Gala Registration Form**

His Last Name	His First Name	Her Last Name	Her First Name
<b>Street Address</b>	<b>City</b>	<b>State</b>	<b>Zip</b>
<b>Phone Number</b>	<b>E-mail Address</b>		
First Time Gala Participant	\$100		Singles Pay Half _____
FULL PACKAGE (pre-registration until 4/30/2021)	\$120 Members	\$140 Non-Members (Includes remaining 2021 membership)	Singles Pay Half _____
FULL PACKAGE (5/1/2021-9/15/2021)	\$130 Members	\$150 Non-Members (includes remaining 2021 membership)	Singles Pay Half _____
PRICE AT THE DOOR	\$140 Members	\$160 Non-Members (doesn't include remaining 2021 membership)	Singles Pay Half _____
Individual Sessions include: Fri. afternoon, Fri. Evening, Sat. morning, Sat. afternoon, & Sat. evening: \$40 per session -Singles Pay Half _____			

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

**\$5 Cancellation Fee Prior to 9/1/2021 NO refunds after 9/1/2021  
( One Time Rollover Allowed )**

February 27	Fun Dance	Rose Hill Grange	7:00 p.m.
March 6	Board Meeting	TBA	10:00 a.m.
March 14	Fun Dance	TBA	2:00 p.m.
May 1	Fun Dance	Rose Hill Grange	7:00 p.m.
June 12	Board Meeting	TBA	10:00 a.m.
June 19	Fun Dance	Maple Grove Grange	7:00 p.m.
July 24	Fun Dance	Rose Hill Grange	7:00 p.m.
August 8	Fun Dance	Rose Hill Grange	2:00 p.m.
August 21	Board Meeting	TBA	10:00 a.m.
September 4	Fun Dance	Maple Grove Grange	7:00 p.m.
October 1 and 2	CRDA GALA (Dance)	Pueblo, CO	
November 20	Fun Dance	Rose Hill Grange	7:00 p.m.
December 4	Board Meeting	TBA	10:00 a.m.

**Future Gala Dates**

October 7 and 8, 2022

October 6 and 7, 2023

Karen Herr  
4535 Red Rock Dr.  
Larkspur, CO 80118

Saturday, December 5, 2020  
ZOOM Meeting, 10:00 AM

**Call to Order:** The meeting was called to order at 10:01 a.m. by President Steve Pitts.

**Attendance:**

John and Karen Herr, Mitchell and Chelsea Thompson, Jim and Margie Garcia, Dave and Lenora Starr, Larylee Hitchens, Steve and Janet Pitts, Roy Knight, Justin del Sol, Frankie Travis, Patrick and Eileen Krause, Kathi Gallagher, Jack and Gayle Baker, Chuck and Melanie Thompson, Dave Smith, Jim Severson and Pam King, Fred and Judy Layberger.

**Minutes:**

Motion was made, seconded and passed to approve the minutes as corrected. Corrections were the spelling of Rotsschied in three different places in the minutes.

**Sunshine and Shadows: (Margie Garcia)**

Erik Von Hortenau (Pacemaker) - Get Well  
Leroy Shade (Heart Issue) - Get Well  
Family of George Smith – Sympathy  
Georgeanna Pavlica (Broken Ribs) - Get Well

Jack Baker, who was at the meeting, will be receiving a Get-Well card in the future, but the Board did wish him to get well during the meeting.

**Treasurer's Report: (Frankie Travis)**

Motion was made, seconded and passed to approve the treasurer's report as presented.

**President's Report: (Steve Pitts)**

We are looking forward to 2021. We will bid the year 2020 a very quick farewell at the stroke of midnight!! Let's look forward with optimism to dancing in 2021 and to our 2021 Gala in Pueblo.

Chelsea Thompson has agreed to coordinate the 2021 Fun Dance schedule and will finalize the schedule before the end of the year. Watch the CRDA website for the 2021 Fun Dance schedule and list of CRDA Events.

CRDA held its annual general membership meeting (AGM) via ZOOM on October 3<sup>rd</sup>. We elected new board members for 2021. Welcome to Jack and Gayle Baker, Dave and Lenora Starr, and Jim and Margie Garcia to the 2021 Board. Thank You to Kathryn Dow, John and Karen Herr, and Larylee Hitchens for their service to CRDA on the Board (these fine folks are going off the board).

The last Fun Dance of 2020 was on October 10<sup>th</sup> with cuers Mitchell & Chelsea Thompson and Justin Del Sol. Thank you to all the cuers and dancers who have been flexible and cooperative during 2020, allowing us to continue to hold some dance events.

When should we decide to proceed with or cancel the Spring Dance? We will be setting the 2021 Board meeting dates at today's meeting. Typical months in the past have been January, March, June (or July), and September (Gala focus). Officers for 2022 will be chosen at a Board meeting in December 2021.

CRDA membership renewals are due by January 1, 2021.

**Vice President: (Larylee Hitchens)**

No report

**Secretary: (Chelsea Thompson)**

No report

**Election of Officers for 2021: (Steve Pitts)**

**Treasurer:** Frankie Travis was nominated as the 2021 CRDA Board Treasurer. She was approved by acclimation.

**President:** Steve and Janet Pitts were nominated as the 2021 CRDA Board Presidents. They were approved by acclimation.

**Vice President:** Jim Severson and Pam King were nominated, but they declined the nomination. Jim and Margie Garcia were nominated. They were approved by acclimation.

**Secretary:** Mitchell and Chelsea Thompson were nominated. They were approved by acclimation.

**Committees:** Steve will be sending a message out to the board and the membership to gauge interest in serving as a committee chair. We will discuss the different chair positions later in the meeting.

**2021 Gala: (Melanie Thompson)**

We started off discussing the Gala chairs. Most of the 2020 volunteers have agreed to be chairs for the 2021 Gala as well. The only chair not confirmed was the Syllabus chair, as they may not be returning to dancing in 2021. Melanie may be reaching out for additional volunteers for that position.

It was also noted that membership needs to indicate the featured cuers as “printed” on the membership list, so they don’t receive the membership emails.

We also discussed the issue of the additional licensing. Karen will be reaching out to Roundalab for more information.

**2020 Fun Dance Report: (Ken Matuska, Frankie Travis, and Steve and Janet Pitts)**

Thank you to everyone who was willing to attend Fun Dances with the mask requirements.

**2021 Fun Dance Coordination Status: ( Chelsea Thompson)**

Motion was made, seconded and passed to cancel the January Fun Dance. Karen will cancel the booking of the Maple Grove Grange for the January Fun Dance. Chelsea will send out an email to cancel the cuer services for the January Fun Dance, as well as an email to the membership letting them know the Board has elected to cancel the January Fun Dance and to be on the look-out for information regarding the February Fun Dance. We have not gotten official cuer agreements out but aim to have them out by the end of the year.

**Membership: (Erik Von Hortenau and Sunny Woods)**

Currently we have 108 member units. We still need to send the link to the reflector list out to the Board.

**Cuer Selection Committee: (Karen Herr)**

Steve was unable to contact one of the cuers. Karen will assist him in this matter.

**Promotion/Publicity: (Judy and Fred Layberger – via email and read by Steve Pitts)**  
Flyers are in the works for the 2021 Fun Dances.

**Round Notes: (Karen Herr)**

Thank you to those who submit articles. They are a wonderful addition to the Round Notes. Karen is willing to continue as the Round Notes committee chair.

**Website: (Harold Sears)**

No report. As always, contact Steve or Harold if there are any corrections or additions which need to be made to the website.

**Historian: (Meredith Sears)**

No report

**CSSDA Report:**

No report. We need to find out if we actually have a CSSDA representative to give this report going forward.

**DAS&RDC Report: (Jim and Judy Taylor via email and read by Steve Pitts)**

Most dances have been cancelled, due to Covid-19 restrictions. Check the website: [DAS&RDC](#) for up-to-date info or check with individual dance clubs. But the Colorado State Festival (June 4, 5, 6) and the National SDC (June 23, 24, 25) are still being planned.

“Butch” Pritchett reports: “I spent time with George's (*Smith*) son, Quade, on Monday but got no real information on their direction. They are still working on getting (*George's*) book into an e-book format and getting a cheaper black and white version in bookstores.”

Covid-19 restrictions make it difficult to conduct a large memorial service currently. George's sons will be considering what can be done. When plans have been made, we will let you know.

Should you wish to contact the family, here is an address:

The Sons of George N. Smith  
10175 E Colorado Ave.  
Denver, CO 80247

**USDA Group 501c3 Webinar: (Steve Pitts)**

Steve attended the 501c3 Webinar. USDA has applied and become a 501c3 Administrator, meaning they can accept applications for entities wanting to become a 501c3 organization. Jim Taylor emailed Mitchell Thompson with the information on how to apply. We would have to pay a \$100 application fee as well as become a member of USDA and pay \$25-\$50 membership fee each year. Steve looked into the benefits of becoming a 501c3. The largest benefit is donations to CRDA are made tax free and we could set up a King Soopers program, where any time people shop at King Soopers, money is donated to CRDA. Frankie made note that she has participated in the King Soopers program and the payout is minimal. You can also only pay out to one entity so members who are already donating to another organization may not be willing to start donating to CRDA. A square dance club which has done very well with the King Soopers program is the Ponderosa Promenaders, and Mitchell has volunteered to reach out to them to find out more about it. We could apply for 501c3 on our own and not pay the membership to CRDA, but that would

be a little more difficult. Again, does CRDA even qualify for 501c3? We would probably have to change our mission statement to include something about education in order to qualify.

### **CRDA Becoming a 501c3 Entity – Should We Continue? (Mitchell Thompson)**

Discussion was held regarding the information presented in the 501c3 webinar. With all the changes to CRDA and monetary contributions required, we are not sure it is worth it. Mitchell is going to reach out to Ponderosa Promenaders, a square dance club in Fort Collins, which is a registered 501c3 and has utilized the King Soopers program in the past to find out how much money they actually make to see if the cost incurred for becoming a 501c3 would be worth it for our organization.

### **New Business: (Steve Pitts)**

#### **Set BOD meeting dates for 2021:**

- Saturday, March 6<sup>th</sup>, 2021 at 10:00 a.m.
- Saturday, June 12<sup>th</sup>, 2021 at 10:00 a.m.
- Saturday, August 21<sup>st</sup>, 2021 at 10:00 a.m.
- Saturday, December 4<sup>th</sup>, 2021 at 10:00 a.m.

All locations TBD. We believe the Rose Hill Grange will be available for all dates should we be able to meet in person. If we are able to meet in person, we will gather at 9:30 a.m. for snacks before each meeting.

### **Committee Chairs:**

If people are interested in serving as a Committee Chair or know someone who may be willing, please let Steve and Janet know. The committees can be found in the CRDA Operating Manual (which is also on the CRDA website) and are as follows:

- Membership
- Hall of Fame
- Cuer Selection
- Newsletter
- Publicity/Flyers
- Website
- Facebook
- Hearing Assist Equipment
- Historian
- Sunshine and Shadows
- CSSDA and DAS&RDC Representative
- Reflector List
- Square Dance Bulletin
- Fun Dance

Karen believes the Hall of Fame and Cuer Selection committees have term limits. Steve will look into the bylaws. Patrick Krause and Karen Herr will work together to update the “Red Book” with changes the Board makes to our operating procedures.

### **Cards to CRDA Members:**

Margie would like to send cards out to all CRDA members to let them know we are thinking of them, wanting to get them excited about getting back to dancing. The Board thought this was a wonderful idea.

### **Spring Dance: (Steve Pitts)**

The Spring Dance is typically a new dancer dance. Will we have enough new dancers to host a new dancer dance? Most of the cuers on the meeting expressed that they are not really doing Beginner Lessons at this time. We discussed potentially hosting the Spring Dance as a new cuer dance rather than a new dancer dance. Larylee mentioned there a couple of newer cuers in Colorado Springs and that the International Dance Club, a venue in Colorado Springs, might be a good place to host it. After further discussion, we decided we would move forward with this. We are looking at the 18<sup>th</sup> of April. Larylee will be looking into booking the IDC for



the event. It will be something of an “open mic night” for anyone that would like to try it out. We will still hire cuers to work the dance if we don’t have many new cuers, as well as for licensure reasons.

**Next Board Meeting: (Steve Pitts)**

Next Board meeting will be March 6<sup>th</sup>, 2021 at 10:00 a.m. At this time, the meeting will be held via ZOOM, but if restrictions lessen, we will try to hold the meeting in person at the Rose Hill Grange (provided the hall is available).

**Motion to Adjourn:**

Motion was made, seconded and passed to adjourn the meeting.

Colorado Round Dance Association

# FEBRUARY FUN DANCE

**Weather Cancellation Policy:**

If the dance needs to be cancelled due to weather, check the CRDA Website: <http://crda.net>

**Masks Must Be Worn!**

**Please call Steve/Janet or leave a message if you plan on attending the Feb. Dance since attendance is limited.**

**SAT. FEB. 27, 2021  
7-9:30 PM**

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

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

**GUERS**

**JOHN & KAREN  
HERR**

**BECKY & DAVE  
EVANS**

**\$15 Couples  
\$7.50 Singles**

**Information:  
Steve & Janet Pitts  
303-332-1862  
[jpitts@mindspring.com](mailto:jpitts@mindspring.com)**



**CUERS**

Mitchell & Chelsea  
Thompson  
Harold & Meredith  
Sears

# MARCH FUN DANCE

Sun. March 14, 2021

2:00 - 4:30 pm

Location- TBD

Program will be based on those  
in attendance (phase II - V)  
\$7.50 / person (\$15 / couple)

**Weather Cancellatio Policy:**  
If the dance needs to be  
cancelled due to weather,  
check the CRDA Website:  
<http://crda.net>



**Masks  
need to  
be worn.**



Please call Steve/Janet  
or leave a message if  
you plan on attending  
the March Dance since  
attendance is limited.

**Information:**  
Steve & Janet Pitts  
303-332-1862  
[jpitts@mindspring.com](mailto:jpitts@mindspring.com)



# 2021 CRDA DANCES

**January**

No January  
Fun Dance

**February**

**SAT. FEB. 27**  
Rose Hill Grange  
John & Karen Herr  
Becky & Dave Evans  
7-9:30 pm

**March**

**SUN. MAR. 14**  
T.B.D  
Mitchell & Chelsea Thompson  
Harold & Meredith Sears  
2 - 4:30 PM

**April**

T.B.D.  
**SPRING DANCE**

**May**

**SAT. MAY 1**  
Rose Hill Grange  
Becky & Dave Evans  
Roy & Marcia Knight  
7-9:30 PM

**June**

**Sat. June 19**  
Maple Grove Grange  
Mitchell & Chelsea Thompson  
Justin Judd  
7-9:30 PM

**JULY**

**SAT. JULY 24**  
Rose Hill Grange  
Harold & Meredith Sears  
Melody & Todd Albright  
7-9:30 PM

**August**

**SUN. AUG. 8**  
Rose Hill Grange  
Mitchell & Chelsea Thompson  
Roy & Marcia Knight  
2-4:30 pm

**September**

**SAT. SEPT. 4**  
Maple Grove Grange  
JOHN & KAREN HERR  
MELODY & TODD ALBRIGHT  
7 - 9:30 PM

**October**

**THE GALA**  
FRIDAY & SAT.  
OCT. 1 & 2  
CSU Pueblo

**November**

**NOV. 20**  
Rose Hill Grange  
Harold & Meredith Sears  
Justin Judd  
7-9:30 PM

**December**

**NO FUN DANCE  
THIS MONTH**  
Renew your CRDA  
Membership!  
HAPPY HOLIDAYS



# COLORADO ROUND DANCE SUMMARY REPORT

Popular Dances and Teaches During January 2021

This Month's Contributing Cuers

Del Sol, Herr, Knight, and Nolen



## Most Frequent Dances - January

1 Sedalia (7) (Kenny) RB IV+2+1 (De, HJ, KR)	4 Better Place III (4) (Yoshikawa) RB III+1 (De)	4 The Spinning Wheel (4) (Smith) WZ IV (De, KR)	8 Moves Like Jagger (3) (Kincaid) CH IV+1 (De, HJ)	21 Danced Twice
2 Perfect Love Cha (6) (Townsend-Manning) CH IV+1+2 (De)	4 Famous Last Words Of A Fool (4) (Francis) WZ IV (De)	8 Cuando Me Enamoro (3) (Gloodt) RB IV+2 (De, HJ)	8 One Call Away (3) (Drumheller) RB III+2 (De)	
3 Ven Conmigo (5) (Davis) CH IV+2 (De)	4 Rose Of Tralee (4) (Glenn) WZ II+2 (De)	8 Lady Marmalade (3) (Dechenne) CH IV+1 (De)		

## Most Frequent Dances Last Twelve Reports

1 Sedalia (48) (Kenny) RB IV+2+1 (De, HJ, SH, KR, No)	4 One Call Away (27) (Drumheller) RB III+2 (De, HJ, KR, T)	8 Cuando Me Enamoro (25) (Gloodt) RB IV+2 (De, E, HJ, SH)	11 Moves Like Jagger (22) (Kincaid) CH IV+1 (De, HJ, T)	16 Slow Boat Foxtrot (20) (Chico) FT IV (HJ)
2 A Thousand Years (30) (Armstrong) RB IV+1 (E, HJ, SH, De, No)	6 Better Place III (26) (Yoshikawa) RB III+1 (De)	8 Laughter In The Rain (25) (Watanabe) RB III (De)	14 Better Place (21) (Johnson) RB V+2 (B, E, No)	16 The Fair Waltz (20) (Grunder) WZ IV+2 (E, SH)
3 Hallelujah Waltz (29) (Read) HCW VI (E, SH, No)	6 Traces Of Love (26) (Ball) STS III+2 (De)	11 Can't Take My Eyes Off You 5 (22) (Preskitt) CH V (E, SH)	14 Candida Rumba (21) (Seurer) RB III+1 (De, HJ)	5 Danced 19 times
4 Little Café Rumba (27) (Seurer) RB III+1 (De, HJ)	8 A Time For Waltz (25) (Nelson) WZ III+2 (B, De, E, HJ, KR)	11 Evergreen (22) (Dierickx) BL IV+1+1 (E, SH)	16 Rhythm Of The Night (20) (Shotting) CH IV (De)	

## Top Dances By Phase - January

Phase II	Phase III	Phase IV	Phase V	Phase VI
1 Rose Of Tralee (4)	1 Better Place III (4)	1 Sedalia (7)	1 A Thousand Miles (1)	1 All The Ways (1)
2 A Lazy Prairie Spring (2)	2 One Call Away (3)	2 Perfect Love Cha (6)	1 Ain't Misbehavin' (1)	1 Begin To Color Me (1)
2 Love Lifted Me (2)	3 Adorame (2)	3 Ven Conmigo (5)	1 Better Place (1)	1 Hallelujah Waltz (1)
2 We Wish You A Merry Christmas	3 Black Horse And Cherry Tree (2)	4 Famous Last Words Of A Fool (4)	1 Candle On The Water (1)	1 I'm feelin' Good (17)
2 West Texas Waltz (2)	3 Dream Dream Dream Gritty (2)	4 The Spinning Wheel (4)	1 Dancing With A Stranger (1)	1 Journey To The Past (1)
2 White Christmas (2)	3 From A Jack To A King (2)	6 Cuando Me Enamoro (3)	1 Hushabye Mountain 5 (1)	1 My Confession (1)
7 A Quarter At A Time (1)	3 Little Café Rumba (2)	6 Lady Marmalade (3)	1 Mi Amante (1)	1 Regresa A Mi (1)
7 Blue River Waltz (1)	3 Manuela (2)	6 Moves Like Jagger (3)	1 Orient Express Foxtrot (1)	1 Secret Garden Rumba (1)
7 Christmas Cookies (1)	3 Marshmallow World (2)	9 Calendar Girl (2)	1 The Last Blues Song (1)	1 You Raise Me Up (1)
7 Dance With Me Henry (1)	3 Rock You Gently (2)	9 Dancing At Washington Square (2)	1 You Are The Reason (1)	
			1 You Needed Me (1)	

## Top Dances By Phase Last Twelve Reports

Phase II	Phase III	Phase IV	Phase V	Phase VI
1 So Good In Love II (18)	1 Little Café Rumba (27)	1 Sedalia (48)	1 Can't Take My Eyes Off You 5 (22)	1 Hallelujah Waltz (29)
2 Famous Last Words (16)	1 One Call Away (27)	2 A Thousand Years (30)	2 Better Place (21)	2 Havana (18)
2 Love Lifted Me (16)	3 Better Place III (26)	3 Cuando Me Enamoro (25)	3 Touched By You (18)	3 Winter Light (15)
4 Af En Af (15)	3 Traces Of Love (26)	4 Evergreen (22)	4 Tampa Jive (17)	4 Secret Garden Rumba (14)
5 Do You Wanna Dance (12)	5 A Time For Waltz (25)	4 Moves Like Jagger (22)	5 The Blue Moon (La Luna Blu) (16)	5 Harlem Nocturne (11)
5 Life Is A Slow Dance With You (1)	5 Laughter In The Rain (25)	6 Rhythm Of The Night (20)	6 Hit Me With A Hot Note (14)	6 You Deserve (10)
7 Husbands And Wives (11)	7 Candida Rumba (21)	6 Slow Boat Foxtrot (20)	6 You Are The Reason (14)	7 La Gloria (9)
7 Their Hearts Are Dancing (11)	8 Come Monday (19)	6 The Fair Waltz (20)	8 You Only Live Twice (13)	7 Malaguena (9)
9 West Texas Waltz (9)	8 Syncopated Clock III (19)	9 Girl Crush (19)	9 And I Love You So (12)	9 Anticipation (7)
10 A Lazy Prairie Spring (8)	10 Dream Dream Dream Gritty (18)	9 Happy As The Sun (19)	10 Baby It's Cold Outside Bolero (11)	9 No Walls, No Ceilings, No Floors (7)
10 Rose Of Tralee (8)	10 Good Old Days (18)	9 The Spinning Wheel (19)	10 Free Spirit (11)	9 Summertime (7)
10 The Poet and I (8)	10 Uptown (18)		10 Mermaid In The Night (11)	

