

Round Notes



Denver, Colorado

June/July 2022

Presidents' Letter – Steve and Janet Pitts

Regarding new members, Erik and Sunny (and CRDA!) have recently added a sizable number of "member units" to our membership roster. We are currently at 92 member units. Welcome Frank, Carol, Denise and Gene, Luan, Juan and Ching, Kit and Ray, Frank and JudyAnne, and Ron and Janet. (Thank to Bill Vander Minden for renewal).

The CRDA Spring Dance on April 10th was wonderful with 46 dancers attending. Thank you to all the cuers both new and experienced who made this a great dance for all who attended. The new(er) cuers did great job and we look forward to seeing them at future events. Special thanks go to Justin Del Sol and Dave Starr for putting together a great program with lots of variety for dancers of all levels. Four new couples joined at the Spring Festival Dance. Welcome also to a new cuer couple to CRDA, Denise & Gene Berens. Welcome to all the new dancers who signed up join CRDA at the dance. THANK YOU cuers for volunteering your time and talent!

Our May 2022 Fun Dance was very enjoyable. Thank you to Melody Albright and John Herr for cueing! We had nine couples and three singles!

Please join us for the next Fun Dance on June 18th, 2022, with and Roy & Marcia Knight and Steve & Lori Harris on Saturday, June 18th from 7:00 to 9:30 p.m. at Maple Grove Grange

The State Square and Round Dance Festival June 10th and 11th. Don't forget to attend the Colorado State Square and Round Dance Festival in Greeley. CRDA Members Steve & Lori Harris are the Featured Cuers. The Festival will be at the University of Northern Colorado (UNC). The Round Dancers will be dancing in one of UNC's great ballrooms with a hardwood floor!

CRDA is still looking for volunteers to fill the 2022 standing Committees. Help support CRDA by choosing and serving on a committee. Specifically, we need to staff the Hall of Fame committee and [Gala Guest] Cueur Selection committee. We are happy to answer any questions. We will be sending out emails soon asking for help with the CRDA committees. Thank You to those who have indicated they will continue and those who stepped up to a new position. Contact me at stevepitts@mindspring.com with any questions.

SPEAKING of volunteers: The CRDA Gala for October 7th and 8th, 2022, is being put together. If you would like to help, please contact Frankie Travis at: fravis3@comcast.net or 720-935-4189. Our featured teachers are Susie & Gert-Jan Rotscheid (GA) and Bob & Sally Nolen (NM).

Regarding the Gala DISCOUNT for first time attendees, the original April date for the discounted 2022 Gala preregistration is past, but we will be asking the board if we can provide an extension for the discount through June. As a note - any first time Gala attendees get a great discount to attend. There will be dancing and teaching for all level of dancers.



CRDA Board Members

2022

boardmembers@crda.net

Steve and Janet Pitts - (24)*[2] President
303-332-1862 stevepitts@mindspring.com

Jim and Margie Garcia (23) [1] Vice-President
303-469-4096 gar905@comcast.net

Mitchell and Chelsea Thompson (22) [1] Secretary
720-933-7294 dancerbowler214@aol.com

Frankie Travis and Ken Matuska -(22) [2] Treasurer
720-935-4189 ftravis3@comcast.net

Jack and Gayle Baker (23) [1]
303-770-2789 j07baker@yahoo.com

Larylee Hitchins - (24) [1]
719-358-0533 laryleehgood@yahoo.com

Dave and Lenora Starr (23) [1]
303-378-4081 Lwhitestarr@comcast.net

Jim Steverson and Pam King - (24) [2]
303-679-3667 kingsmalley@gmail.com

Chuck and Melanie Thompson (22) [1]
303-277-0399 melaniechuck@comcast.net

**term-ending years in parentheses
[] how many terms served*

COMMITTEE MEMBERS AND CONTACTS

Membership: Sunny Woods and Erik Von Hortenau SunnyJWoods@gmail.com 303-635-6817

Round Notes: Karen Herr kherr00@mac.com 303-681-3147
Proof Reader: MaryKaye Buchtel starbucket@comcast.net 303-909-0271

Hall of Fame: TBD

Fun Dances: Chelsea and Mitchell Thompson dancerbowler214@aol.com 720-933-7294

Spring Dance 2022: Justin Del Sol shoencue@live.com 720-635-7202

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

Gala 2022: Frankie Travis and Ken Matuska ftravis3@comcast.net 720-935-4189

Gala 2023: TBD

Cuer Selection: TBD

Web Page: Harold Sears harold@rounddancing.net

Facebook: Fred Layberger laybergerf@aol.com 719-268-1233
Patrick and Eileen Krause
krause.p@comcast.net 303-690-0916



Dances from Around Colorado (CRDA members' input)

Castle Dancers (Denver Area) Roy and Marcia Knight

Marcia got a special treat for all her past work making suppers. We examined the "gotcha" in "For Those Who Are Young" (Herr) WZ IV+. We also enjoyed dancing "Feelin' (Barbee) WZ II. It is hard to believe that it is a Phase II dance with no plus figures, but it dances like a III+

Dancing Penguins (Denver Area) John and Karen Herr

June already! Where did the Spring go? I know! We blinked and we went back to winter. Wasn't that quite the storm we had in May? We are finishing our Waltz Basics in June and we will be starting basic Foxtrot in July. And then we'll start Cha in September. It will be a busy summer with dancing and traveling! Hope to see you on the dance floor in Indiana or Oklahoma. We will continue to dance throughout the summer when we are home.

Monday

Cha's Cha Cha (Herr) CH VI
Hit Me With a Hot Note (Goss) WCS V+
If One Day (Armstrong) BO V

Tuesday

Waltz Basics
Belle's Waltz (Herr) WZ II+
Peace In The Valley (Skillett/Terrell) WZ II+

Thursday

Watermark 4 (Brewer) WZ IV
A Prayer (Herr) WZ IV
Entre Mis Recuerdos (Gloodt) BO IV+

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

Rnd'em Up will be taking a break. There might be some Tuesday nights we'll dance, but nothing on a regular basis. Justin is off to have spinal surgery. *Editors Note: Best Wishes Justin and we all are hoping this will finally fix all of your issues. Hugs to you!*

Telefeathers (Denver Area) Harold and Meredith Sears

We've been trying a lot of new material lately - "Nina" (Garza IV MX TG); "A Very Special Love Song" (Cavness IV BL); "Autumn" (Preskitt VI WZ); "Frenesi Cha" (McKenrick IV CH); "You've Got Soul" (Pelton V FT); "Cinco de Mayo in Memphis" (Hichman IV RB); "Eternal Waltz" (Hicks IV WZ); "Autumn" (Preskitt VI WZ); "Like A Rock" (Townsend-Manning IV JV); "The Colors Of Autumn" (Hurd VI WZ); "London is London" (Worlock VI FT); "These Foolish Things" (Bahr IV MX); "Cake By the Ocean" (Rumble VI WCS); "Like A Rock" (Townsend-Manning IV JV); "Autumn" (Kenny IV WZ); "Longing To Kiss You" (Worlock V WZ); "Am I Blue" (Lamberty VI FT); "My Cup of Love" (Bahr VI WZ); "Volveras" (Goss VI BL). More info at www.rounddancing.net

Future Events by CRDA Members

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41st New Mexico Round Dance Festival Albuquerque, NM G & P Hurd Sept. 9-11, 2022
Rocky Mountain Leader's College Plant City, FL J & K Herr Oct 24-29-2022



Sunshine and Shadows

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

Kristine Nelson—Sympathy (loss of Bruce)
Melody Albright—Sympathy (loss of mom)

Dave Guille—Sympathy
Frankie Travis—Get Well--Surgery



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
905 Mesa Ct
Broomfield, CO 80020
303-469-4096



Where Am I (in space and time)? by Sandi Finch

Most dancers don't think too much about getting out of bed in the middle of the night or walking across a grass lawn. You can do it without thinking, yes? Yet those seemingly simple occurrences require a complex system within the body to work together to keep you upright. It's called "balance," and we all take balance for granted.... until something disrupts it.

Merriam-Webster online dictionary has 183 synonyms and antonyms for "balance." By whatever name, balance is an essential part of everyday life, and unquestionably necessary for dancing. And, even here, Covid strikes again. Dancers who have not been dancing much during the pandemic may find they have some lightheadedness or concentration issues upon returning to their old dance schedule. That's because lack of use may have disrupted part of their natural balance system. The good news is you can get it back in most cases.

Balance depends on information received by the brain from your eyes, ears, and muscles. When any part of that system is disrupted--either by illness, injury, aging or even non-use, you may experience dizziness, fatigue, lightheadedness, or concentration difficulties. Some doctors understand this and don't dismiss complaints about dizziness among our age group as "just aging." In Southern California and many other areas, you might be able to be referred to a physical therapist who has a machine which uses "computerized posturography," like the one at right, to diagnose the source of balance problems. It is called the EquiTest System. You stand on a pad inside its telephone booth-like equipment. As the pad moves slightly, the machine evaluates your reaction, reading impulses from your heel and the ball of your foot.

If this sounds space age, it is. NASA needed this kind of machine to measure astronauts' equilibrium on return from space, according to NASA Spinoff. The inside of the International Space Station is designed to give astronauts the illusion of being upright, with uncluttered "floors," lights in the "ceiling" and equipment packed onto the "walls." NASA said astronauts experiencing weightlessness learn to use their eyes more than their other senses to establish orientation, and it takes as much as a week to re-adjust when back on earth.

How do the feet figure into this? It goes back to an astronaut who ignored warnings to avoid sports on his return from the space station. He joined a game of basketball with his son. All was well until he went for a jump shot and didn't know "how I was going to get down." He had become disoriented as soon as he lacked information from the bottom of his feet, according to NASA.

One of our Southern California dancers recently experienced the EquiTest machine. He had been told his dizziness was occurring because he was just getting older. Some physical therapists offer gait and balance training to minimize the problem, and a few can do more than just provide exercises.

Those with access to "the machine" can spot the source of problems to pinpoint treatment. Asking not to be named for privacy reasons, our dancer was referred to a physical therapist in Irvine who had one of the machines. The machine showed he had a "disconnect" between his brain and his inner ear. It may have been there before the pandemic, but lack of use made it worse. The test also showed enough of the connection existed to be corrected through exercise. Interestingly, this is the same machine that Peggy Roller, a Southern California dancer, physical therapist, and Cal State Northridge professor, teaches physical therapists around the country to use.



Balance relies on impulses coming to the brain from your eyes, inner ear, and joints, muscles and even skin (called “proprioceptive” information). Cues from the foot indicate sway relative to the standing surface and even whether that surface is hard, slippery, or uneven. The inner ear tells the brain about motion and equilibrium. Light striking receptors in the eyes tells the brain how you are oriented relative to other objects.

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The brain measures all that information against “learned” information about your world. A person becomes disoriented if the sensory input received from one of the sources conflicts with what is received from the others. Higher level thinking and memory though can override the sensory input, according to the Journal of Vestibular Research, 2006, and based on all that, the impulses from the brain back to the organs and muscles can allow a person to maintain balance.

Lack of sleep, some medications, viral infections, and illness (stroke, low blood pressure) can cause balance issues. Eating less salt, drinking plenty of fluids, and exercising go a long way in preventing balance problems.

Babies learn to walk through practice, as impulses from the senses to the brain and back to the muscles create learned pathways. It is also the reason dancers should practice building neural pathways so more difficult ways of moving become automatic. If a problem develops with one of the senses, the balance system can reset and relearn.

Don’t undertake any exercise program without medical guidance, but for those interested in how our dancer began correcting his disconnect problem: Try walking a few steps in a straight line but look to one side and then the other or stand on a foam pad and close your eyes (being sure to have something to hang onto close by). Sounds easy, until it isn’t.



Editor's Byline

It’s June already! This issue has two good articles which might be interesting to several of you. One is about dancing with very little effort. There are several good pointers. The other article is from Sandi Finch about a machine to help with your balance. Very interesting and made me want to know more. Summer is a time for traveling and dancing! If you are looking for somewhere to combine your dancing with traveling, maybe we will see you in Greeley for the Colorado State Square and Round Festival. Travel to the east and you will find some great squares and even better rounds in Evansville, IN for the Nationals. From there head to the south and Roundalab and ICBDA await you!. Fun summer!

“A Journey through the Decades”

Our 2022 Gala is just around the corner - October 7th and 8th in the beautiful ballroom(s) located at CSU Pueblo. We are pleased to have Susie & Gert-Jan Rotscheid and Bob & Sally Nolen as



our guest cuers. It sounds like they have planned some fun teaches for us! The Gala Committee is saying "Hats off to the 60th CRDA Gala" and we are so excited about this year's event!

We also need all dancers to vote for their favorite dances. There will be dancing at all phase levels on Friday and Saturday evenings, and we can create a better program with your help. What dances do you most enjoy? You can find our voting form at <http://www.crda.net/CRDAvote.html>. . Go to the phase levels where you plan to dance, and you'll find hundreds of dances to choose among. Check them off in the green column. And if a favorite is not listed, you can write it in at the bottom of the form. We will accept up to 40 dances per dancer. Or you can email a list to mail@haroldsears.com. (Harold Sears is tallying the votes.)

If you would like to volunteer to help in any way, we would love to have you join our 2022 committee. You can call me -please leave a message if you miss me. In the meantime, we hope to see you on the dance floor!

2022 Gala Chair Frankie Travis and Ken Matuska ftravis3@comcast.net Cell: 720-935-4189

Note from our Membership Chair!

Sunny Woods and Eric Von Hortenau

New members

Denise and Gene Berens

Michael Birkenfeld

Frank Greenwood

Ray and Kit Hune

Luan Jones

Frank Wright and JudyAnne Light

Carol Mescall

Juan and Ching Ramirez

Ron and Janet Ruckdeschel

And welcome back to:

Bill Vander Minden

(Encourage your friends to join)

It's time to encourage more new members!

Mail your \$20 check made out to CRDA to:

Sunny Woods and Eric Von Hortenau

8237 Swadley Court

Arvada, CO 80005

Contact: erikvonh@gmail.com

Cell: 970-406-8908; Home: 303-635-681

**GOLD
MEMBERSHIP**

Does Dancing Ever Become Effortless?

by George Pytlik

([www:https://delta.dance](https://delta.dance))

(reprinted with permission)

Last week a student asked me, "Does dancing ever become effortless?" It was a great question because the answer is not as simple as it might seem.

Dancing is a physical activity. It involves the use of muscles and various forms of energy. It also involves mental awareness. This is why it consistently shows up in medical studies as being the best way to stay young and mentally healthy. In that sense, it can never, and should never be effortless. Truly effortless dancing would be boring to watch, just as it would be boring to experience a singer or musician who put no effort into their performance. But the kind of effort changes over time as dancers progress in their skill.

When we watch a world champion, it can seem, especially to someone new to dancing, that their movement is effortless. They certainly make it look that way! And they typically create volume in their dancing which seems impossible given the amount of effort they appear to be using. A top dancer has mastered the use of natural forces, allowing them to move more with less physical effort, but that doesn't mean their dancing is effortless. Far from it! They are putting effort into many aspects of their performance you can't actually see unless you are also a highly trained dancer. That's why it is so important for ballroom dance judges to be qualified through extensive experience as dancers.

An effective way to think about it is to consider the simple act of walking down the street. Is it effortless? Not exactly, but unless you're power walking, the amount of effort seems pretty minimal. You've walked your whole life and as a result you've learned how to minimize the effort involved. If you hadn't, you would get completely exhausted after a couple of blocks. You learned, over time, how to use the muscles in your legs in the most efficient way, while avoiding the use of your upper body, except for how your opposite arm moves to help counterbalance your weight distribution.

Now imagine if you walked while adding unnecessary muscles while you were walking. Imagine tightening up your rib cage, applying back muscles, tightening the abs and neck while you were walking. You wouldn't walk any further than you normally would. But you would quickly be drained. It wouldn't make any sense. The good news is that your body figured all those things out a long, long time ago, before you even started school! Dancing is pretty much the same. When we first learn to dance, we are thinking about a whole bunch of details. Where to place the feet. Which part of the foot to use. When to turn our bodies. Where to look. When to move. When not to move. Added on top of all that is trying to do it to a musical count. And with a partner. It can seem overwhelming to someone learning for the very first time!

So, at first, it's natural that we put in way more effort than we need to. We are learning to use new muscles we didn't even know we had. Combined with that is the mental effort of trying to connect all the parts of dancing.



Over time, the effort changes. I'm not going to say it diminishes. It changes. Once we know where the feet go, we don't have to think about that anymore. But there are still things to think about. Plenty of them. We become more aware of our partner and what they need to feel from us so that we move more efficiently as a couple. We put effort into how we shape our arms and how we use our head weight. We begin to understand how to use natural forces like gravity and centrifugal or centripetal energy to make the movement larger with less effort. We become more aware of the floor space and where other dancers are so that we can make changes as needed to our planned movements.

Eventually we start to notice other things, such as which foot our partner is on. We think about what our hands and fingers are doing. For dancers who perform, we start to put effort into how and where we project energy, facial expressions, and how the lines of our bodies are aligned for the most pleasing visual impact. All these things are still considered effort, but the effort is different.

Eventually even some of these things become second nature. But that doesn't mean the effort goes away. Our focus changes to details like the music. We gain a deeper awareness of musicality. Where the musical phrases are. Which phrase we are on. We begin to notice other parts of the music beyond the basic rhythm. The vocals. We start to hear instruments which previously went unnoticed. We begin to think about how we can use movement and emphasis in our dancing to bring out details in the music that others might not even realize are there, helping our dancing to stand out from others.

In short, there should always be effort in dancing. But how we apply that effort changes over time with experience and practice.

Gala Dancers!!

We are all so excited that CRDA Gala is a happening thing for 2022! Would you consider giving little of your time over the Gala to help with registration at the front table? No-one wants to miss out too much on the dancing, but if enough people give a little of their time it will be a case of "many hands make light work". Or perhaps "it takes a village" to make a Gala.

Follow this Sign-Up Genius link to sign up to give us a bit of your time. When you give us your time, it's a chance for you to rest your dancing feet for half an hour! Check out the [Sign-Up Genius Link](https://www.signupgenius.com/go/10C094DAEAA29AAF94-2022) to see what time works best for you! It'll be a great time at the ol' table with you!

(<https://www.signupgenius.com/go/10C094DAEAA29AAF94-2022>)

Meantime, if you have any questions please call/text Jim Steverson at 303 875 8386 or Pam King at 720 421 4640 or email shadow888@centurylink.net



Colorado Round
Dance Association
Presents:
**DANCING THRU THE DECADES
GALA**
October 7 & 8, 2022



**Three Beautiful
Hardwood Floors**



**Phase II—VI Level Dances
Figure Clinics
Taught by
Outstanding Teacher/Cuers**

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

**GERT-JAN & SUSIE
ROTSCHIED**



**BOB & SALLY
NOLEN**



Host Hotel: Wingate by Wyndham Pueblo
4711 N. Elizabeth, Pueblo, CO 81008
Phone #719-586-9000

The rate is \$99 per night plus 11.7% tax. A hot breakfast is included. Please wait until Jan. to call the direct number above & ask for the Colorado Round Dance Assoc. block in order to receive the special rate. You may book 1, 2, or 3 nights, whichever works for your schedule. The After Party will be held at this hotel.

For more information:
Frankie Travis & Ken Matuska
ftravis3@comcast.net
720-935-4189

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>

2022 Colo. Round Dance Association's 60th Anniversary Gala Registration Form

| His Last Name | His First Name | Her Last Name | Her First Name |
|---|-----------------------|--|------------------------|
| Street Address | City | State | Zip |
| Phone Number | E-mail Address | | |
| First Time Gala Participant | \$100 | | Singles Pay Half _____ |
| FULL PACKAGE (pre-registration until 4/30/2021) | \$130 Members | \$150 Non-Members (includes remaining 2021 membership) | Singles Pay Half _____ |
| FULL PACKAGE (5/1/2021—9/15/2021) | \$140 Members | \$160 Non-Members (includes remaining 2021 membership) | Singles Pay Half _____ |
| PRICE AT THE DOOR | \$150 Members | \$170 Non-Members (doesn't include remaining 2021 membership) | Singles Pay Half _____ |
| Individual Sessions include: Fri. afternoon, Fri. Evening, Sat. morning, Sat. afternoon, & Sat. evening: \$50 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 9/1/2022 NO refunds after 9/1/2022
(One Time Rollover Allowed)



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. 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)

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: \$14.50 ea. for pin-style, \$16.50 ea. for magnetic-style: PIN MAGNETIC

First Name _____ Last Name _____

First Name _____ Last Name _____

ANNUAL MEMBERSHIP \$20.00 \$ _____

DUE JANUARY (new members may prorate \$2.00/month)

I (We) am/are a cuer _____ (yes or no)

CRDA BADGES \$ _____ TOTAL \$ _____

MAKE CHECKS PAYABLE TO:

"Colorado Round Dance Association" or "CRDA"

MAIL TO: Sunny Woods and Erik Von Hortenau
8237 SWADLEY COURT
ARVADA, CO 80005
erikvonh@gmail.com

2022

| | | | |
|----------------------------|-------------------|------------------------------|-----------------|
| June 10 & 11 | CO State Festival | UNC Greeley, CO | 7:00-10:00 pm |
| June 18 th | Fun Dance | Maple Grove Grange | 7:00-9:30 pm |
| July 23 rd | Fun Dance | Rose Hill Grange | 7:00-9:30 pm |
| August 14 th | Fun Dance | Wheat Ridge Grange | 2:00-4:30 pm |
| September 17 th | Fun Dance | Maple Grove Grange | 7:00-9:30 pm |
| October 7 and 8 | Gala | CSU-Pueblo Occhiato Ballroom | 2:00-10:00 p.m. |
| November 12 th | Fun Dance | Rose Hill Grange | 7:00-9:30 pm |

Future Gala Dates

October 6 and 7, 2023

October 4 and 5, 2024

Karen Herr
4535 Red Rock Dr.
Larkspur, CO 80118

Saturday, May 21st,2022
ZOOM Meeting, 9:30AM

Call to Order: The meeting was called to order at 9:32AM by President Steve Pitts.

Attendance: Steve & Janet Pitts, Chuck & Melanie Thompson, Mitchell & Chelsea Thompson, John & Karen Herr, Jim & Margie Garcia, Lenora Starr, Frankie Travis, Justin del Sol (proxy for Larylee Hitchens), Jim Steverson & Pam King, Roy Knight, Jack & Gayle Baker, Fred & Judy Layberger.

Minutes: (Chelsea Thompson)

Motion was made by Gayle Baker, seconded by Jim Garcia, and passed by unanimous vote to approve the minutes as submitted.

Sunshine and Shadows: (Margie Garcia)

March -

Cindy Van Hooser - sympathy

Kristine Nelson - sympathy

Melody Albright - sympathy

Dave Guille - sympathy

Frankie Travis will be sent a get well card for eye surgery.

John Kancir will be sent a get well card for back injury.

Treasurer's Report: (Frankie Travis)

Frankie presented the report to the board. Motion was made by Jack Baker, seconded by Jim Garcia and approved by unanimous vote to approve the treasurer's report as presented.

President's Report: (Steve Pitts)

New Members: Erik & Sunny states that CRDA have recently added a good number of "member units" to our membership roster. We are currently at 92 member units. Welcome Frank G, Carol M, Denise & Gene B, Luan J, Juan and Ching R, Kit and Ray H, Frank & Judyanne W, Ron & Janet R. (Thank you Bill Vander Minden for your renewal).

Committees: CRDA is still looking for volunteers to fill the 2022 Standing Committees.

Help support CRDA by choosing and serving on a committee. Specifically, we need to staff the Hall of Fame Committee & [Gala Guest] Cuer Selection Committee. We are happy to answer any questions. Thank you to those have indicated they will continue and those that stepped up to a new position or contact me at stevepitts@mindspring.com

Vice President's Report: (Jim & Margie Garcia)

Jim has used the statistics to determine the most popular dances done by cuers over the last 12 months. We are hoping this will help with the Gala programming in addition to the voting. The number of sessions has been a little sporadic, but we're hoping it will become a little more consistent soon. Karen has requested a breakdown of how Jim has arrived at his numbers. He will keep the summary to one page but will add a legend on the statistics pages that explains how these numbers are determined.

Secretary: (Chelsea Thompson)

No report

2022 Gala Report: (Frankie Travis)

We have 76 people registered at this time.

Frankie presented the preliminary budget for the Gala. It was determined that we need to add travel costs for the Nolens, as well as double check the value presented for facilities, as Melanie believed it should be higher. Frankie had factored in a monies for ASCAP licensing. A couple of people questioned if we still need it, but after some discussion, it was determined to leave it in the budget regardless of if we need it or not, so, we can decide on that at a later date. Motion was made by Lenora Starr, seconded by Chelsea Thompson and approved by unanimous vote to approve the budget as presented. Karen Herr will check on the need of an ASCAP license for the Gala.

We briefly discussed the program for the weekend. Frankie expressed concerns about having enough volunteer cuers to staff 3 halls both nights. A couple of names of cuers that were registered but, had not been asked to cue were thrown out and Frankie will be reaching out to them before we make any final decisions on the program.

Jim has asked for a list of confirmed cuers at the Gala for the next list of cuer statistics. Karen also asked that we remind cuers of half price registration. Steve mentioned that we need to let the after-party chair know we have paper products.

We are still in need of a Co-Chair for the 2022 Gala and a Chair for the 2023 Gala.

Spring Celebration Dance at IDC, April 10, 2022: (Steve Pitts)

The Spring Celebration Dance on April 10 was wonderful with 46 dancers attending. Thank you to all the cuers both, new and experienced, who made this a great dance for all who attended.

The new(er) cuers did a great job and we look forward to seeing them at future events.

Our Special Thanks go to Justin Del Sol and Dave Starr for putting together a great program with lots of variety for dancers of all levels. 4 new couples joined at the Spring Festival Dance.

Welcome also to a new cuer couple to CRDA, Denise & Gene Berens. Welcome to all the new dancers who signed up to join CRDA at the dance. THANK YOU cuers for volunteering your time and talent!

2022 Fun Dance Report: (Steve Pitts)

Our May 2022 Fun Dance was very enjoyable. Thank you to Melody Albright and John Herr for cueing! We had 9 couples & 3 singles!

Our next Fun Dance. Please join us for the next Fun Dance on June 18, 2022, with Roy & Marcia Knight and Steve & Lori Harris on Saturday, June 18th from 7 to 9:30 PM at MAPLE GROVE GRANGE.

Steve will get with Chelsea about the access code for Maple Grove Grange.

Membership: (Steve Pitts)

We currently have 92 member units.

Badge price has gone up by 50¢. Harold Sears will need to update the membership form with this new information. This change will be effective immediately, but for anyone that has ordered at the \$14 rate, CRDA will cover the difference in cost.

Cuer Selection Committee: (Steve Pitts)

We have a draft letter to send to Tim & Debbie Vogt asking them to cue for us in 2024. We are holding off on booking another cuer, as the board is considering going down to one featured cuer couple depending on the 2022 Gala final line.

Promotion/Publicity: (Judy & Fred Layberger)

Judy will be bringing Gala flyers to the State Square Dance Festival. Hurds & Wulfs have also been given flyers to distribute as well.

Round Notes: (Karen Herr)

7/8 done. We are just waiting on an updated Gala report and minutes from today's meeting, but otherwise everything is ready to go. Karen has been sending them via the google groups and has received complaints about people not receiving the Round Notes. She has asked us to investigate a better distribution system as a lot of people are not getting emails sent to this group. Mail Chimp was brought up as an option. Steve will be looking into this before the next board meeting.

Historian: (Meredith Sears)

No report

CSSDA&RDC Report: (Justin del Sol for Larylee Hitchens)

No report

DAS&RDC Report: (Justin del Sol for Larylee Hitchens)

No report

New Business:

Scholarships for Beginning Cuers:

Karen has proposed \$100-\$150 scholarships to be granted to new cuers in order to attend school. She would like this to be in effect before the school schedule for October as we already have some cuers showing interest in attending. After some discussion about the feasibility in the budget, a motion was made by Chelsea Thompson that we would grant up to a total of 5 scholarships for \$150 based on a letter of intent to attend submitted to the board by interested parties, due by the next board meeting so that they can be approved and granted before the October cuer school. The motion was seconded by Lenora Starr, and passed by unanimous vote. This will be added to future budgets.

Extend Gala Full Package Pre-Registration to June 15th, 2022:

It was mentioned that the price increase was not well advertised, and it was proposed that we extend the pre-registration deadline to June 15th. After discussion, a motion was made by Melanie Thompson to extend the pre-registration deadline to June 15th and refund \$10 to those who have registered at the \$140 rate upon their request. The motion was seconded by Lenora Starr and passed by unanimous vote.

Increasing the Cost of the Gala:

Per discussions held by the board last year about continuously upping the price for Gala

every year, Steve asked if we wanted to entertain a motion to increase the prices again for 2023. A motion was made by Chelsea Thompson to raise the 2023 Gala \$10 for couples across the board (the cost for singles still being half price the couple cost. The motion was seconded by Frankie Travis and passed by unanimous vote.

Business Agreement for CSU:

Steve has asked for approval to enter into discussions about a business agreement with CSU for use of the CSU Ballroom next year. The request was approved by the board.

Next Board Meeting:

The next board meeting will be Saturday, August 27th, 2022 at 9:30AM for snacks and 10:00AM for the meeting. This will be another hybrid meeting with there being an in-person gathering at the Rose Hill Grange and a ZOOM component for those who do not wish to gather. The focus of this meeting will be primarily on the Gala.

Motion to Adjourn:

Motion was made by Jim Garcia, seconded by Melanie Thompson, and passed by unanimous vote to adjourn the meeting.

Respectfully submitted by Chelsea Thompson

COLORADO ROUND DANCE STATISTICS FOR MAY 2022

CUERS KEY (44)

A = Albright
B = Bahr, J&B
Be = Berens, D
Ch = Chadd
Da = Davis, A*
De = Del Sol, J*
Do = Dodge
E = Evans, B&D
F = Ferry, M&G
GB = Goss, B.
GD = Goss, D.
GE = Glenn, E&E
GK = Gloodt, K&E
GP = Gomez, P&C
HB = Holm, B&K

HG = Hurd, G&P
HJ = Herr, J&K*
HL = Harris
Ho = Hogan
HT = Hicks, T
KP = Krause, P&E*
KR = Knight, R&M*
Mc = McBride
NC = No Cuer
Ne = Nelson
No = Nolen, B&S*
PM = Prow
PR = Preskitt, R&M
Ri = Riggs, A*
Ro = Robinson

Sc = Schrant
SD = Smith, D.
SG = Smith, G.
SH = Sears, H&M*
Sp = Springer
Sr = Starr, D*
St = Storm
T = Thompson, M&C
TF = Travis, F
Vo = Vogt, D&T
WC = Worlock, C&T
We = Weiss
Wo = Wolford
Wu = Wulf

* = Contributing Cuers for the month = 9

RHYTHMS DANCED (19)

5-Count (5CT) = 0
Am. Tango (AmTG) = 0
Arg. Tango (ATG) = 0
Bolero (BL) = 20
Cha Cha (CH) = 48
Foxtrot (FT) = 47
Hesit. Canter Waltz (HCW) = 4
Jive (JV) = 17

Lindy Hop (LH) = 0
Mambo (MB) = 9
Merengue (MR) = 2
Mixed (MX) = 17
Paso Doble (PD) = 5
Polka (PK) = 2
Quickstep (QS) = 9
Rumba (RB) = 71

Samba (SB) = 1
Single Swing (SS) = 0
Slow Two Step (STS) = 20
Tango (TG) = 10
Two Step (TS) = 59
Vien, Waltz (VWZ) = 1
Waltz (WZ) = 96
West Coast Swing (WCS) = 18

PHASES

Phase VI = 42
Phase V = 70
Phase IV = 143

Phase III = 94
Phase II = 107
Phase I = 0

DANCES

Danced At Least Once = 456
Total Dances = 668
Dance Sessions = 42



COLORADO ROUND DANCE SUMMARY REPORT

Popular Dances and Teaches During May 2022

This Month's Contributing Cuers

Davis, Del Sol, Herr, Knight, Krause, Nolen, Riggs, Sears, and Starr



Most Frequent Dances - May

- | | | | | |
|--|--|--|--|---|
| 1 West Texas Waltz (9/4) 36 (Riggs) WZ II (DA, De, HL, R) | 5 Hit Me With A Hot Note (5/1) 5 (Goss) WCS IV+2 (H) | 6 Belle's Waltz (4/1) 4 (Herr, J&K) WZ II+2 (R) | 6 Don't Break My Heart (4/1) 4 (Hoffman, M&A) TS II+1 (R) | 6 Moves Like Jagger (4/2) 8 (Kincaid) CH IV+1 (De, HL) |
| 2 Autumn Waltz (8/3) 24 (Preskit, RBM) WZ VI (Mc, NC, SH) | 6 A Japanese Umbrella (4/1) 4 (Sato) CH III-12 (H) | 6 Better Place II (4/2) 8 (Yoshikawa) RB III+1 (DA, R) | 6 If One Day (4/1) 4 (Armstrong) BL V (R) | 6 Nina (4/2) 8 (Garca, RBS) TG IV+2+2 (NC, SH) |
| 3 Lovely Lough Conn (7/2) 14 (Healea, S) WZ II+1 (DA, R) | 6 A Prayer (4/1) 4 (Herr) WZ IV+1 (H) | 6 Candlelight (4/2) 8 (Goss) WZ V (HL, NC) | 6 Little Café Rumba (1/2) 8 (Seurer) RB III+1 (DA, De) | 6 Piano Roll Waltz (4/2) 8 (Green) WZ II (HL, R) |
| 3 Watermark (7/1) 7 (Brewer) WZ IV (H) | 6 A Thousand Years (4/3) 12 (Armstrong) RB IV+1 (H, De, Ne) | 6 Could I Have This Dance (4/3) 12 (Eddins) WZ II+1 (De, HL, S) | 6 Many Years Ago (4/1) 4 (Dodg) JV III+2 (De) | 6 Rock You Gently (4/1) 4 (Del Sol, J) RB II (De) |
| | | | | 6 San Antonio Stroll (4/3) 12 (Watrobe) CH III (De, Ne, R) |

Explanation of numbers after the dance title: First no. is number of times a dance was danced. Second no. is the number of cuers who cued the dance. The third no. is the product of the first two numbers and is used to determine the popularity of a dance.

Most Popular Dances - May

* Must have at least 3 cuers to be eligible

- | | | | |
|--|--|---|--|
| 1 West Texas Waltz (9/4) 36 (Riggs) WZ II (DA, De, HL, R) | 3 A Thousand Years (4/3) 12 (Armstrong) RB IV+1 (H, De, Ne) | 3 San Antonio Stroll (4/3) 12 (Watrobe) CH III (De, Ne, R) | 6 Jacalyn's Waltz (3/3) 9 (Wholt) WZ II (DA, De, RR) |
| 2 Autumn Waltz (8/3) 24 (Preskit, RBM) WZ VI (Mc, NC, SH) | 3 Could I Have This Dance (4/3) 12 (Eddins) WZ II+1 (De, HL, S) | 5 Af En Af (3/3) 9 (Seurer) TS II (HL, KP, RR) | 6 The Last Blues Song (3/3) 9 (Scherrer) FT V (H, Ne, SH) |

Most Frequent Dances Last Twelve Reports

- | | | | | |
|---|--|---|--|---|
| 1 West Texas Waltz (72/5) (Riggs) WZ II | 5 Sugar Sugar (42/7) (Warlock) CH IV+2+1 | 9 One Call Away III (32/5) (Drumheller) RB II+2 | 11 Out Of Africa (30/3) (Shibata) WZ IV | 17 The Alligator Stroll (28/7) (Goodt) WCS IV+2+3 |
| 2 Cuando Me Enamoro (57/7) (Goodt) RB IV+2 | 6 Could I Have This Dance (40/9) (Eddins) WZ II+1 | 10 Better Place II (21/5) (Yoshikawa) RB III+1 | 14 Axel F (29/3) (Markuson) CH III+1 | 17 Van Connigo (28/2) (Davis) CH IV+2 |
| 3 Sedalia (52/5) (Kenney) RB IV+2+1 | 7 Candlelight (35/4) (Goss) WZ V | 11 A Thousand Years (30/6) (Armstrong) RB IV+1 | 14 Little Café Rumba (25/3) (Seurer) RB III+1 | 15 Fly Me To The Moon Rumba (27/4) (Preskit) RB IV |
| 4 Af En Af (50/8) (Seurer) TS II | 7 Remember When IV (35/5) (Mee, D) STS IV+2 | 11 Irish Washerwoman (30/6) (Buckmaster/Reigel) CH III | 14 Watermark (25/3) (Brewer) WZ IV | 15 Just Another Woman In Love (27/3) (Nolen) RB II |

Top Dances By Phase - May

| Phase II | Phase III | Phase IV | Phase V | Phase VI |
|---------------------------------|------------------------------------|---------------------------|--------------------------------|------------------------------|
| 1 West Texas Waltz (9/4) | 1 A Japanese Umbrella (4/1) | 1 Watermark (7/1) | 1 Hit Me With A Hot Note (5/1) | 1 Autumn Waltz (8/3) |
| 2 Lovely Lough Conn (7/2) | 1 Better Place III (4/2) | 2 A Prayer (4/1) | 2 Candlelight (4/2) | 2 Return To My Hawaii (3/2) |
| 3 Belle's Waltz (4/1) | 1 Little Café Rumba (4/2) | 2 A Thousand Years (4/3) | 2 If One Day (4/1) | 2 Rumba II Solo (3/2) |
| 3 Could I Have This Dance (4/3) | 1 Merry Years Ago (4/1) | 2 Moves Like Jagger (4/2) | 4 And I Love You So (3/2) | 4 Cappa Joe (2/2) |
| 3 Don't Break My Heart (4/1) | 1 Rock You Gently (4/1) | 2 Nina (4/2) | 4 Oh, Pretty Woman (3/2) | 4 Hallelujah Waltz (2/2) |
| 3 Piano Roll Waltz (4/2) | 1 San Antonio Stroll (4/3) | | 4 The Last Blues Song (3/3) | 4 London Is London (3/1) |
| | 7 Irish Washerwoman (3/2) | 11 Danced 3 Times | | 4 Nothing At All (2/1) |
| 5 Danced 3 Times | 7 Just Another Woman In Love (2/2) | | 10 Danced Twice | 4 Sam's Song (2/1) |
| | 7 Summer Place (3/1) | | | 4 Tango The Night Away (2/1) |
| | 20 Danced Twice | | | 4 Valeros (2/1) |

Top Dances By Phase Last Twelve Reports

| Phase II | Phase III | Phase IV | Phase V | Phase VI |
|-----------------------------------|-------------------------------------|------------------------------------|--|---------------------------------|
| 1 West Texas Waltz (72/5) | 1 One Call Away III (32/5) | 1 Cuando Me Enamoro (57/7) | 1 Candlelight (35/4) | 1 Sea In Autumn (23/3) |
| 2 Af En Af (50/8) | 2 Better Place III (4/2) | 2 Sedalia (52/5) | 2 The Last Blues Song (25/8) | 2 Begin To Color Me (22/3) |
| 2 Could I Have This Dance (40/9) | 3 Irish Washerwoman (30/6) | 3 Sugar Sugar (42/7) | 3 Caribbean Sunset (22/3) | 3 I'm Feeling Good (20/3) |
| 4 Jacalyn's Waltz (22/6) | 4 Axel F (29/3) | 4 Remember When IV (35/5) | 4 Hit Me With A Hot Note (10/3) | 4 Cake By The Ocean (18/3) |
| 5 All Shook Up (20/5) | 4 Little Café Rumba (23/3) | 5 A Thousand Years (30/6) | 5 Don't Let The Sun Catch You Crying (1) | 4 Havana (18/5) |
| 5 Valerie (20/3) | 6 Just Another Woman In Love (27/3) | 5 Out Of Africa (30/3) | 6 And I Love You So (12/6) | 4 Lost (18/3) |
| 7 I'd Fall In Love Tonight (19/2) | 7 Night Waves (23/4) | 7 Watermark (25/3) | 6 Walking In The Rain (17/3) | 4 Valeros (18/3) |
| 8 Rock Paper Scissors (18/4) | 7 San Antonio Stroll (23/3) | 8 The Alligator Stroll (28/6) | 8 Spoonful Of Sugar (16/3) | 8 Nothing At All (17/3) |
| 8 Spinning Wheel Waltz (18/4) | 9 Baby's Got Blue Jeans (21/4) | 8 Van Connigo (28/2) | 8 Sugarcone (16/4) | 8 St. Michel's Quickstep (17/2) |
| 2 Danced 16 Times | 9 Many Years Ago (21/1) | 10 Fly Me To The Moon Rumba (27/3) | 3 Danced 15 Times | 10 You Raise Me Up (16/3) |





June
CRDA
FUN DANCE



Saturday
June 18, 2022
7:00-9:30
Maple Grove Grange

Cost:
\$20/couple
\$10/single

Sat. January 15
7-9:30
Maple Grove Grange
John & Karen Herr
& Roy & Marcia
Knight
January

Sat. Feb. 26
7-9:30 PM
Rose Hill Grange
Mitchell & Chelsea
Thompson &
Harold & Meredith
Sears
February

Sun. March 13
2-4:30 PM
Wheat Ridge Grange
Harold & Meredith
Sears &
Roy & Marcia
Knight
March

Sat. May 7
7-9:30 PM
Rose Hill Grange
John & Karen Herr
&
Melody & Todd
Albright
May

**Colorado State
Festival**
June 10 & 11
Greeley,
June

Sat. June 18
7-9:30
Maple Grove Grange
Steve & Lori Harris
& Roy & Marcia
Knight
June

Sat. July 23
7-9:30 PM
Rose Hill Grange
John & Karen Herr
& Harold & Meredith
Sears
July

Sun Aug. 14
2-4:30 PM
Wheat Ridge Grange
Mitchell & Chelsea
Thompson &
Roy & Marshall
Knight
August

Sat. Sept. 17
7-9:30 PM
Maple Grove Grange
Harold & Meredith
Sears &
Melody & Todd
Albright
September

GALA
October 7 & 8
Occhiato Ballroom,
CSU Pueblo
2200 Bonforte Blvd.
Pueblo, CO. 81001
October

Sat. Nov. 12
7-9:30 PM
Rose Hill Grange
Steve & Lori Harris
& John & Karen Herr
November

**MERRY
CHRISTMAS**
December