

# ROUND NOTES



Denver, Colorado

April/May 2008

## *President's Letter – Rob and Terri Sherwood*

April is at hand, and the Spring Beginners Dance is on Sunday, April 6<sup>th</sup> at the Arvada Methodist Church. Where did the snow and winter go? It tried to “Snow on our Parade” at The Barn in Berthoud, but luckily, most of it landed south in the Denver area. Bill and Karen Holm and Ed and Elvira Glenn took turns at the microphone for the 16 couples present at our first Fun Dance to the north. Ed and Bill have already reserved “The Barn” again on August 10<sup>th</sup>, while guaranteeing it will not snow. This will result in two regional Fun Dances in August, with the other after the Peach Festival on Sunday August 24<sup>th</sup>. This should not be a practical conflict since the two venues are so far apart.

February 9<sup>th</sup> was another enjoyable evening, hosted by John & Karen Herr and Mitch Thompson, keeping 20 couples on the floor at Rose Hill Grange. The board appreciates the continuing support of CRDA dancers who are enjoying regular monthly floor time.

We are tentatively looking at another Fun Dance in Colorado Springs in May, so keep your eye on the web site for details. ([www.crda.net](http://www.crda.net))

It is time to consider nominations for the Hall of Fame. Look for the form here in Round Notes or on the web site. The board appreciates the new volunteers to that committee: Walter and Marilyn Carbaugh and Chuck & Melanie Thompson, joining Dave and Joan Parker as chair.

We will need some volunteers to set up chairs for the Spring Dance, and to bring snacks. Please contact Ron and Sue Flesch if you have any questions. Their phone number is on the web site.

Finally we need a chairperson to run the Harvest Moon Dance on Sunday, September 14<sup>th</sup>. Last year entertained us with a mix of classic and newer dances. So think out of the box and come up with a cute idea for this year.

## **MEMBERSHIP REMINDERS**

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

Dues are \$ 18.00 per address.

Badges are \$12.00 or \$ 24.00 for two (sent to same address).

FOR MEMBERSHIP INFO, ADDRESS CHANGES, BADGE ORDERS

**Please write or call the Membership Chairman:**

**Jean Montgomery**

**1495 Braewood Avenue,**

**Highlands Ranch, CO 80129**

**303-791-1054**

## STROLLING ROUNDERS

The “Strolling Rounders” visit Colorado round dance clubs to promote special dances and tell the dancers about CRDA. Visits are usually made to as many clubs as possible before the Spring Dance, the Harvest Moon Dance and the Gala.

### Strolling Rounders Q & A

**Who can be a “Strolling Rounder”?** Any CRDA member is welcome to be a stroller.

**How many visits do we need to make?** You may make as many as you are able to, from one up.

**What do we do when we visit?** Talk to the club members and promote the upcoming event and CRDA. One Stroller in the group should make an announcement during the announcements time at the dance and one Stroller should take flyers and CRDA membership forms to distribute. Someone in the group should let the cuer know that Strolling Rounders plans to visit.

**How many couples should go to a club?** One couple can make a visit, or as many couples as are available to go. We will coordinate the schedule for people available to visit.

If you have any more questions about Strolling Rounders or would like to volunteer, contact Don and Peggy Hutchinson at [donpeghutch@msn.com](mailto:donpeghutch@msn.com) or 303.697.8963. Couples from anywhere in Colorado, not just the Denver area are needed. We want to make visits to all Colorado clubs.



### Volunteers Needed

Monthly Fun Dance Coordinator. Job consists of scheduling the hall at various locations, and lining up two cuers for each event.

2008 Harvest Moon Chair (couple) Time & Place is set, but teachers need to be selected and the dance program has to be chosen.

Non-Cuer Couple for Cuer Selection and Hall of Fame. This important job requires out-of-state travel to other festivals so future cuers can be booked.

Gala Chair for 2009. While the clinicians are under contract for the festival at UNC, a hard worker needs to co-ordinate all the various jobs.



Dance to Live

Presents  
A Gala For All Levels of Round Dancing

Live to Dance

Featuring



Mark and Pam Prow



Judy and Hank Scherrer

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

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

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

**For more information:** Patrick & Eileen Krause at 303-690-0916, email: krause.p@comcast.net or <http://www.crda.net>

 <b>Colorado Round Dance Association</b> <b>48<sup>th</sup> Anniversary Gala Registration Form</b>						
His Last Name	His First	Her Last Name	Her First			
Street Address	City	State	Zip	Phone Number	E-mail Address	
<b>FULL PACKAGE</b> (pre-registration until 4/1/08)		\$60 Members	\$79 Non-Members (includes 2008 CRDA membership)		(singles pay half)	
<b>FULL PACKAGE</b> (after 4/1/08)		\$70 Members	\$79 Non-Members (NO membership included)		(singles pay half)	
<b>OPTIONAL CATERED LUNCHEON</b> on Saturday (price not included in registration fee)			\$26/couple		\$13/single	
Saturday, teaches only (9am – 4pm)			\$40/couple		\$20/single	
Saturday, all day & evening			\$60/couple		\$30/single	
Friday AND/OR Saturday Evenings(s) only			\$20/couple, \$10/single for ONE evening		\$40/couple, \$20/single for BOTH evenings	
2008 CRDA Membership (separate check please)			\$18/mailling address			
						TOTAL:
<b>Make checks payable to CRDA. Mail to: Patrick &amp; Eileen Krause, 5433 South Walden Street, Centennial, CO 80015</b>						
<small>\$5 cancellation fee prior to 10/1/2008. NO refunds after 10/1/2008 (rollovers allowed)</small>						

## 2008 GALA BEAT

### SAVE THE DATE

The 2008 Gala will be held on November 7th & 8th, 2008 at the University Center Ballrooms at the University of Northern Colorado in Greeley.

### **REGISTRATION**

Early registration for the gala lasts until April 1, 2008. Early registration is \$60/couple for CRDA members and \$79/couple for non-CRDA members (includes the 2008 CRDA membership) – singles pay half. After April 1, 2008, registration will be \$70 couple for CRDA members and \$79/couple for non-CRDA members with no membership included.

### **SLEEP INN RESERVATIONS**

The host hotel for the gala is the Sleep Inn in Greeley. To insure a spot at the hotel, please make your reservations early! A breakfast bar and soup bar are available. To make reservations, call their direct number (970)356-2180 and ask for the CRDA gala block (the 800 number does not have the special rate).

### **GREELEY RV PARK**

The Greeley RV Park is 3 miles from the UNC University Center. The phone numbers are (970)356-6476 and (800)572-2130 for reservations.

### **CONTACT INFORMATION**

If you have any questions or would like to volunteer to help, please feel free to contact us: Patrick & Eileen Krause at (303)690-0916 or krause.p@comcast.net

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 became involved in Galas, committees, the Board 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 answer yes to any of these questions, the CRDA Hall of Fame 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 \_\_\_\_\_ 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 by June 30,2008 to

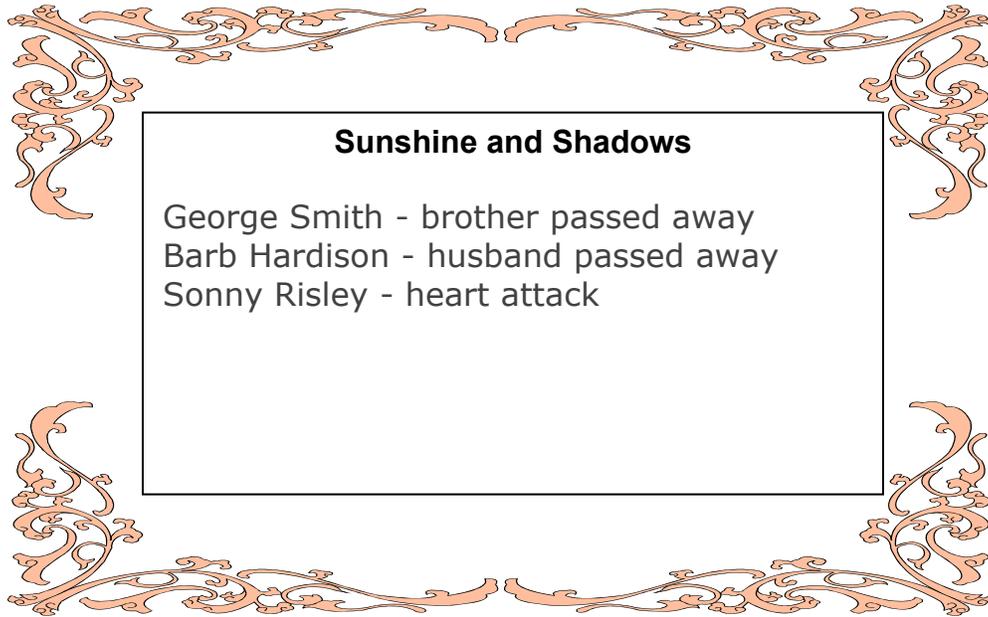
**David & Joan Parker**  
2823 Saulsbury St.  
Denver, CO 80227

**CRDA March Round of the Month**

**Rock and Roll III**, Phase III by Larry and Adrienne Nelson.

**CRDA April Round of the Month**

**Forest Gump**, Phase V Waltz V, by Moore



**CRDA BOARD OF DIRECTORS**

<b>CRDA BOARD OF DIRECTORS</b>		
PRESIDENT	<u>Rob &amp; Terri Sherwood</u> **	303-733-6110
VICE PRESIDENT	Ron and Susan Flesh*	719-487-0242
SECRETARY	Rick Mallinger & <u>Linda Miller</u> ***	720-344-4210
TREASURER	<u>Chuck, Melanie &amp; Mitchell Thompson</u> ***	303-277-0399
OTHER MEMBERS: * term ends 12/31/10 ** term ends 12/31/08 *** term ends 12/31/09	<u>Herman &amp; Jean Allmaras</u> **	970-464-7686
	Don & Peggy Hutchinson*	303 697-8963
	<u>Justin Judd &amp; Rose del Sol</u> ***	303-646-4629
	Rick Mallinger & <u>Linda Miller</u> ***	720-344-4210
	<u>David &amp; Joan Parker</u> **	303-988-6224
	Ron & Susan Fleisch*	719-487-9242
	Katie Cantrell & Justin Stute*	303-503-3032

**Correction to Minutes: Fall Dance is Sept 14th, not 15th**

# COMFORTABLE DANCING

## by Harold & Meredith Sears

### Be Gentle

Dancing certainly is a contact sport—but it's *not* wrestling—and we would often benefit if we could focus a little less on getting through the figure and a little more on being gentle with each other. I wonder if this is a plea mostly to the men...he-men, cavemen. Mostly—but anyone, man or woman, can be over-enthusiastic, intense, rushed, or pushy. In round dancing, we focus so strongly on the steps—we focus so strongly on our feet—that “details,” like gentle execution, definitely can be overlooked.

### Moderation —

One way to cultivate a gentle style is to make our movements moderate and smooth, instead of huge and jerky. Well, some dance steps should have some abruptness to them. A Surprise Whip should have a surprise in it, but a gentle surprise. As in most aspects of life, we want moderation—some sharpness when called for, but not too often or too much.

We know that long, gliding steps often look good. Maybe we have watched competition ballroom dancers soar from one end of the floor to the other. But take care that your effort doesn't become a sudden leap or lunge. Then, the resulting momentum is hard to resist, so recovery must be muscular and crudely jerky in its turn. We strive for rise and fall in most of the smooth rhythms, but don't pop up to the tippy-toes like a jack-in-the-box and then thump down onto the heels and into deep knee bends. Often, we add arm- or legwork to a figure. If the cuer calls for it or if the tempo allows it, fine. But don't dance every Fence Line “with arms.” Don't do every Open Break with a big, vertical arm thrust. Don't dance every Cross Body with a twirl. Don't struggle to turn every Lariat into a Rope Spin. Don't struggle at all—be gentle.

### Think Ahead —

Another smoothing strategy is to anticipate the next figure, even as you are dancing the current figure. For instance, if you are dancing a Three Step and then a Natural Weave, you will hear the second cue early. As you do, adjust the last step of the current figure. Turn it a little to the right, and you will flow so much more gently into the Weave. If you're doing Hip Rocks to a Spot Turn, on the last Hip Rock, turn your foot out to allow the Spot Turn to flow.

As a matter of fact, listen for that word *to* in the cueing. “Open Break *to* a Natural Top.” The *to* warns you that you especially need to anticipate, in this case, to turn the end of the Open Break to the right so that the Natural Top will flow smoothly. In essence, you have begun the Natural Top at the end of the Open Break. You are overlapping the figures. If we can consciously transition from each figure into the next, with a small action or maybe only with a mental readiness, then we will have one smooth dance, rather than lots of separate, isolated, and choppy figures.

### Lead But Don't Force —

Men, your job is to lead your partner. Is “leading” the same thing as “making her go where you want her to go?” Do you ever find yourself dragging her across during a Wing? Don't do the caveman thing. Invite her across but don't force it. Open the door for her in a gentlemanly fashion, but don't push her through. If she doesn't get quite as far as you thought she should, let it be. A smaller move will certainly look better (and feel better) than a forced “correct” move.

We talk casually about “lead and follow,” as though the information flows only from the man to the woman, from a captain to his crew, but it is really a conversation. He offers a lead, she responds, he reads that response and uses that information to fine-tune his next lead. A caveman lead is rough and awkward. A conversational lead is smooth and gentle.

### Thank Your Partner —

And finally, at the end of the dance, you have one more opportunity to be gentle. Instead of reviewing every bobble and blunder —“Stop tugging on me.” “Keep your arms up.”— think of the good parts. Say, “That felt good.” If it didn't feel good, at least the music was nice. Smile. Say, “Thank you.” Be gentle.

# CRDA Spring Dance

Phase II (square dance level) plus a few Phase III

Join us in a dance to welcome new graduates!

**Sunday April 6, 2008**

**2:00 p.m. to 4:30 p.m.**

Cued by several local cuers.

Arvada United Methodist Church  
6750 Carr Street  
Arvada, Colorado

**Purchase tickets at the door**

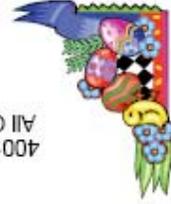
<u>New Dancers</u>	<u>CRDA Members</u>	<u>Non-Members</u>
\$6/couple (\$3/person)	\$8/couple (\$4/person)	\$10/couple (\$5/person)

**Sponsored by**



Rob & Terri Sherwood, Presidents

Information: Ron and Susan Flesch, Chaircouple  
719-487-9242  
ronaldflesch@aol.com



All CRDA Members are welcome to attend, questions: [Rob & Terri Sherwood](#)  
4001 E. 68th Ave, Commerce City, Colorado (corner of 68th & Colorado Blvd)  
(11am meet & eat)

**Next Board of Director Meeting**  
**19 April 2008 11:30am -1:30pm**



Terri Sherwood  
Round Notes Printing  
1268 South Ogden St  
Denver, CO 80210

