



CFOOTMAD

COMMUNITY DANCES

Colorado Friends of Old Time Music and Dance

Nov/Dec 2015
www.cfootmad.org
720-722-1170

Boulder Community Contra and Family Dance 1st/3rd Fridays

- Nov 6** "Falcon Flight" caller Viki Lawrence
Also, Family Dance @ 6pm
- Nov 20** **"Buddy System" caller Ed Hall – Live Techno
Contra! Club Lighting, Techno Beat \$10!!!**
- Dec 4** "Front Range Megaband" caller Peter Johnson
- Dec 18** "Lizard Spring" caller Duffy Boyle
- Jan 1** No Dance – BIFD New Years Day Party

Denver Contra Dance - 2nd/4th Fridays

- Nov 13** "Front Range Megaband" caller Paul Somlo
- Nov 22** **"Buddy System" caller Rick Smith – Special
Contra, only \$10!**
- Nov 27** "Step in Time" caller Helle Hill
- Dec 11** "New Rhythm Rangers" caller Peter Johnson
- Dec 25** "Purple Zephyr" caller Ed Hall

Zesty Contra Dance – 2nd Saturday

- Nov 14** **"Larry Unger and Karina Wilson" caller Peter
Johnson , Special Contra – Regular Price!**
- Dec 12** "Jon Sousa & Andy Reiner" caller Rick Smith

Westminster Community Dance – 4th Saturday

- Nov 28** "Avourneen" caller TBA
- Dec 26** "Boulder Bog Trotters" caller TBA

CFOOTMAD Music Jam – 1st/3rd Mondays

Fort Collins FOTD Events – 1st/3rd Saturdays

- Nov 7** "Falcon Flight" caller Helle Hill
- Nov 21** **"Buddy System" caller Viki Lawrence – Special
Contra, only \$10!**
- Nov 28** "Waltz Night w/Rodney Sauer & Friends"
- Dec 5** "Joel Hayes & Friends" callers Paul Somlo/Sam
Smith
- Dec 19** "Avourneen" caller Peter Johnson
- Dec 31** **"Eric Anderson (Seattle), Eileen Nicholson
(Rochester)" caller Tina Fields – NYE Contra!**

**Nov 20, 21, 22 - "Buddy System", featuring
Andrew VanNorstrand and Julie Vallimont.
Techno Contra in Boulder, Regular Contra in
Fort Collins & Denver, only \$10!!!
(www.buddysystemband.com)**

**Coming Attractions!!!
March 4-6 (2016) "Nova" - Three incredibly talented 20
somethings from New England play three dances!
(www.nova-trio.com)**

BASIC CFOOTMAD INFORMATION

CFOOTMAD organizes the events listed below and occasional special events. Prices may vary for special events. Children are welcome at dances if supervised by a responsible adult. For CFOOTMAD dance information, call 720-722-1170, Jerry at 303-665-1429 (h) or 303-497-1315 (w), or look us up on the web at www.cfootmad.org.

CFOOTMAD EVENT DETAILS

Boulder Community Contra Dance: Avalon Ballroom, 6185 Arapahoe. Lesson 7:15. Dance 8-11. \$10/\$8 members/\$5 students. Contact Teri at 303-827-3844.

Boulder Family Dance (right before the Boulder Community Dance): First Friday, 6:00, September thru May. No lesson needed; all dances taught. \$15/\$14 family; \$5 individual. Contact Teri at 303-827-3844.

Denver Contra Dance: Highlands Masonic Center, 3550 N. Federal Blvd, Lesson 7:15. Dance 8-11. \$10/\$8 members/\$5 students. Contact Duffy at 303-882-9361.

Music Jam (Denver): 1st and 3rd Mondays. 7:00 pm. Duffy Boyle and Nancy Reindl's house: 2240 Perry St. Refreshments provided. Contact Duffy at duffyboyle@gmail.com or 303-882-9361.

Waltz Night: All waltzes, live music. Avalon Ballroom, 6185 Arapahoe in Boulder. Fifth Friday when there is one. Lesson 7pm, Dance 8-11. \$10/\$8 members/\$5 students. Contact Viki at 303-666-0561

Westminster Community Dance: Traditional American squares, reels, contras, couple, and circle dances. Beginners and experienced dancers of all ages. Westminster Grange, 3935 West 73rd. No lesson needed; all dances taught. 7-10. \$8/\$6members, kids \$2. Contact Pat at 303-827-5828.

Zesty Contra Dance: Contras for experienced dancers. No lesson, quick walk-throughs and little caller leading. Dances start promptly at 7pm with a waltz. Scheitler Recreation Center at Berkeley Park, 5031 W 46 Ave (just SE of I-70 at Sheridan). Dance 7-10. \$12/\$10 members/\$5 students. Contact Caroline at 303-444-9801.

FOTD DANCE DETAILS

Friends of Traditional Dance: Club Tico in City Park, 1599 City Park Dr. Lesson 7:00. Dance 8-11. \$9/\$5 students, 970-493-8277, www.fotd.org. Contact Paul at 970-353-6340.



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Colorado Friends of Old Time
Music and Dance
2240 Perry St.
Denver, CO 80212-1161



GRANT FUNDING RECEIVED FROM:

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NATIONAL
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Meet Erika Gilmore

Erika has always lived in the Denver area where she has been actively involved in Ballet, Tap, Jazz and Pointe classes since the age of five. As a teenager, she even attended the same ballet class as her mother. In 2003, she was told about Contra by an out-of-town Scottish dancer and has never looked back.

Erika volunteers at CFOOTMAD dances, taking money at the door and helping with clean-up afterwards. At present, she devotes time to the Family Dance in Boulder and the Intermediate Lesson prior to the Denver dance. She values CFOOTMAD because of its size and diversity. She says, "My primary hope for the group is that we help our young dancers find opportunities to be involved, including leadership roles. I believe their perspective and fresh views will strengthen the community. I also want to see our community grow. I hope that we present a welcoming, fun, helpful face to new dancers so they want to become a regular part of this wonderful community."

As far as specific advice for the dance community, Erika says, "First, choose the shortest line when lining up so the lines are not so cramped. Second, take hands four immediately upon lining up - it keeps the energy higher. Third, because we want to talk to our friends, we can have the tendency to talk through the walk through. My advice is to put the conversation on hold while the caller walks us through the dance. I personally find it very difficult to listen to both the caller and those around me at the same time."



Currently, Erika is looking for the next great opportunity in her career as a Project Coordinator/Manager. Erika's interests include Scottish Country Dance, English Country Dance, Irish Set Dancing, Israeli Folk Dance, and Victorian Dancing. She is also a member of the Meridian Mid-Day Toastmasters. Erika is an active member and serves on the Executive Board of the Front Range Chapter of Daughters of the American Revolution. She has sewn various outfits representing the 1860's and part of an 1890's day dress. These include the under garments as well as the outer garments. She also enjoys firing historic and reproduction cannons.

In closing, Erika would like to add, "After traveling and talking to people, I am so grateful we have so many opportunities to dance in our area."

by Helle Hill

NEXT CFOOTMAD NEWSLETTER DEADLINE

Friday, Dec 4 is the deadline for the Jan/Feb 2016 newsletter. Submit materials to newsletter@cfootmad.org.

Consider a Donation to CFOOTMAD

CFOOTMAD is a 501(c)(3) not-for-profit organization. Funds to support CFOOTMAD come from admission fees, memberships, SCFD and other grant funding, and from generous individuals who give above and beyond their membership dues. Consider making a CFOOTMAD donation to sponsor a dance in celebration of your birthday, anniversary, or any other reason that strikes your fancy. To sponsor an event, contact the dance series coordinator for that event. Thank you to all CFOOTMAD members and a special thanks to those who have made additional donations. Thanks also to the many members of the CFOOTMAD dance community who donate their time and talent in ways large and small.

You may have noticed that we're sporting a new logo. Have no fear; we're still the same organization. It's just a little "facelift" or better communicate what it is that we do. We'll continue to bring you the same high quality programming that you've come to expect.

