



Colorado
Friends
Of
Old
Time
Music
And
Dance

CFOOTMAD COMMUNITY DANCES

Colorado Friends of Old Time Music and Dance

Sept/Oct 2015
www.cfootmad.org
720-722-1170

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

- Sept 4 "Jon Sousa , Andy Reiner" caller Barb Kirchner
 Sept 18 "Swing Time" caller Carol Fey
 Oct 2 "**Great Bear Duo**" caller Patricia Danscen
 Oct 16 "Julia Hays, Dexter Payne, Brian Mullins, Teri Rasmusson" caller Tina Fields

Denver Contra Dance - 2nd/4th Fridays

- Sept 11 "Josie Toney, John Reading" caller Ed Hall
 Sept 25 "Balance & Swing" caller Peter Johnson
 Oct 9 "Laura Light (Avantgardeners), Barb Kirchner, Brett Bowen" caller Tina Fields
 Oct 23 "Andy Reiner, Jon Sousa" caller Duffy Boyle

Zesty Contra Dance – 2nd Saturday

- Sept 12 "Step in Time" caller Paul Somlo
 Oct 10 "Laura Light (Avantgardeners), Barb Kirchner, Brett Bowen" caller Viki Lawrence

Westminster Community Dance – 4th Saturday

- Sept 26 "Restless Spirit" caller TBA
 Oct 24 "Polly's Folly" caller TBA

Fifth Friday Waltz Dance

- Oct 30 "Caroline McCaskey (fiddle), Sherilyn Urben (guest cellist from NM), Teri Rasmusson (piano)" lesson by Bob Warden at 7pm

CFOOTMAD Music Jam – 1st/3rd Mondays

Fort Collins FOTD Events – 1st/3rd/5th Saturdays

- Sept 5 "Eric Levine, Rodney Sauer" caller Tina Fields
 Sept 19 "Ragged Edge" caller Christa Torrens
 Oct 3 "**Great Bear Duo**" caller Ed Hall
 Oct 17 "Josie Toney, John Reading" caller Rick Smith
 Oct 31 "New Rhythm Rangers" caller Patricia Danscen

October 2,3 - Contra Dance w/special guests, "The Great Bear Duo", featuring Andrew and Noah VanNorstrand. Two nights only, Boulder and Fort Collins, only \$12! (www.greatbeartrio.com)

Coming Attractions!!!

Nov. 20-22 "Buddy System" - Featuring a Live Techno Contra in Boulder! (www.buddysystemband.com)

March 4-6 "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
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2240 Perry St.
Denver, CO 80212-1161



**NATIONAL
ENDOWMENT
FOR THE ARTS**

GRANT FUNDING RECEIVED FROM:

Making It Possible.

Meet Lanita Trehern

Lanita was born in Mississippi and grew up in Mobile, Alabama. She started ballet in the 6th grade and added tap, ballroom, square dancing, and folk dancing over the years. In 2010, she was folk dancing at Wash Park, and got invited to a Contra dance. She went the first time by herself to check it out – ready to leave early if she was uncomfortable, but she loved it! She danced every dance, went home hot and tired, and knew she had found a new favorite dance!

Lanita says, “I love contra dancing. I appreciate the exercise of it, enjoy the friendliness of changing partners every dance, have fun “dressing up” and wearing “sparkly skirts”, delight in the smiles and laughter of the dancers, and have met some very interesting people.” She invites people to try Contra dancing and tries to be friendly and welcoming to all dancers. Lanita is thankful to the CFOOTMAD organization for providing a wonderful opportunity for fun and she particularly likes the Masonic Lodge venue.



Lanita is retired from office management and being a landlord, and now spends her time volunteering with the History Museum and giving tours at the Governor's Mansion. She is in two book clubs, and is especially interested in philosophy, history, self-help - and escapes into novels when the day has been too much. And she loves to dance, too, of course!

Lanita has lived in Colorado for 33 years. She says, “Once you've lived in Colorado, it's really hard to live anywhere else. I love all the seasons (especially the beauty of winter snow) and the inspiration of the mountains.” But sadly, Lanita is moving back to Alabama to help care for her elderly parents and to be closer to her brother and his family. It has been a difficult decision to make, but she feels that this is the right thing to do. She hasn't closed the door to returning to Denver in the future, but as someone said, “Family trumps everything”.

One final thing Lanita wants to add, “Thanks to all of you for the laughing, dancing, and pleasure you have given me the last 5 years”. We will miss Lanita's smile and enthusiasm on the dance floor. Good luck and, hopefully, we will see you back on the dance floor in Colorado again.

by Helle Hill

NEXT CFOOTMAD NEWSLETTER DEADLINE

Thursday, Oct 1 is the deadline for the Nov/Dec 2015 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.