



CFOOTMAD COMMUNITY DANCES

Colorado Friends of Old Time Music and Dance

Sept/Oct 2017
www.cfootmad.org
720-722-1170

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

- Sept 1** "Half Pelican" (Andy Reiner fiddle, Joy Adams cello) caller Rick Smith
Sept 15 "Brownsville Thomcats" caller Tina Fields
Oct 6 "**Great Bear 5.0!!!**" caller Ed Hall - \$15
Family Dance starts again, 6pm – FREE!
Oct 20 "The Offbeats" caller Carol Fey

Denver Contra Dance - 2nd/4th Fridays

- Sept 8** "The Megaband!" caller Christa Torrens
Sept 22 "Ragged Edge" caller Paul Somlo
Oct 8 "**Great Bear 5.0!!!**" caller Rick Smith - \$15
Contra 2-5pm, Waltz at 1pm
Oct 13 "Andy Reiner & Jon Sousa" caller Tina Fields
Oct 27 "The Offbeats" caller Pat Danscen

Zesty Contra Dance – 2nd Saturday

- Sept 9** "The Offbeats" caller Ed Hall
Oct 14 "Balance & Swing" caller Viki Lawrence

Westminster Community Dance – 4th Saturday

- Sept 23** "Lizard Spring" caller Chris Kermiet
Oct 28 "Larry Edelman & Friends" caller Pat Danscen

Fifth Friday Waltz Dance

- Sept 29** "Southwind" lesson Tom Masterson

CFOOTMAD Music Jam – 1st/3rd Mondays

Fort Collins FOTD Events – 1st/3rd Saturdays

Back at Club Tico!!!

- Sept 2** "John Reading & Friends" caller Viki Lawrence
Sept 16 "New Rhythm Rangers" caller Sam Smith
Sept 23 Waltz Night - check www.fotd.org
Oct 7 "**Great Bear 5.0!!!**" caller Paul Somlo - \$15
Oct 21 "The Offbeats" caller Peter Johnson

-----Special Events-----

Oct 6,7,8 Great Bear 5.0!!! Five person Great Bear = Great Bear Trio + Saxophone + Drums! Only \$15! Special thanks to Robbie and John Cartwright, Stan McMillan, and Mel Haik, providing support for this incredible event!

---In Honor Of---

CFOOTMAD would like to thank Tom and Peggy Sass for their generous donation in memory of Louis Sass. The donation was used to purchase sound equipment for the Denver dance. Louis was a former board member and at one time, ran the Zesty. The dance on Sunday, Oct. 8 will be dedicated to his memory.

Sadly, we also say goodbye to Mary Schlesinger, who passed away at Wednesday Waltz at the Avalon, doing what she loved. Mary enjoyed contra, folk, scandi, and Israeli dance. Mary was a practicing psychotherapist and also an accomplished cellist.

-----Misc-----

We encourage the use of reusable water bottles – love the earth; it's the only place that has contra dancing (that we know of). We're fragrance free – come as you are; clean and au naturel.

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 303-913-25 or Viki_L@earthlink.net.

Westminster Community Dance: Community Contra Dance, always live music! Fun and easy, each dance is taught before the music starts. The Westminster dance features contras, couples dances and other formations. All ages and experience levels welcome, no partner needed. Westminster Grange, 3935 West 73rd. 7-10pm, \$10/\$8members, kids \$5. 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, 1599 City Park Dr, Fort Collins. Lesson at 7pm, dance 8-11, \$10/\$5 students, 970-829-8689, www.fotd.org. Contact Paul at 970-353-6340.



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



GRANT FUNDING RECEIVED FROM:

Meet Jeff McLane

Jeff grew up in Gering, Nebraska. In high school, he was involved in wrestling and football. As his family never embraced music and dance, Jeff dreaded going to dances as rhythm and beat were, and still are, mysteries to him.

10 years ago, Jeff attended a few of the Denver Dances, a new experience for him. After divorcing in 2013, Jeff realized a need for social activity outside of work. Remembering how fun Contra was, he thought, being a walking dance, he might eventually reach his comfort level. Jeff decided to overcome his introversion, plunging into the CFOOTMAD community. He admits to being terrified at first, but a welcoming dance community ensured his return.



Jeff volunteers, setting up chairs, doing food prep, sweeping/cleaning up after dances. He makes himself available to new dancers and does his best to ensure they have a good experience and feel welcome at the dances. Says Jeff, "It's easy to recognize the rewards in being part of this community: acceptance, tolerance, the look of happiness on a dance partner's face, and a sense of we're all in this together. While we all make mistakes at times, we help each other get past them and do better the next time. CFOOTMAD provides recurring opportunities for each of us to give and receive these rewards and for that I'm grateful."

Jeff hopes the community will thrive; he believes the media exposure through CNN is an encouraging sign of a growing interest in active socializing. Jeff spreads the word about CFOOTMAD whenever the opportunity arises and thinks that May's promotional effort was worthwhile, although too brief. He advocates extending the free admission to only the new dancer, and extending the promo period.

Professionally, Jeff has been a software engineer for 31 years. He worked at TRW for 20 years, and currently works for a small company, n~ask, Inc.

In his "spare" time, Jeff reads, does yardwork, tinkers with computers, writes software, and enjoys learning electronics. He also has an old truck he likes to works on.

by Helle Hill

NEXT CFOOTMAD NEWSLETTER DEADLINE

Friday, October 6 is the deadline for the Nov/Dec 2017 newsletter. Submit materials to newsletter@cfootmad.org.

CFOOTMAD is a 501(c)(3) not-for-profit organization. Funds to support CFOOTMAD come from admission fees, memberships, SCFD 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. 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 – *your CFOOTMAD board: Nancy Reindl, Sam Smith, Julie Olson, Paul Somlo.*