



CFOOTMAD COMMUNITY DANCES

Colorado Friends of Old Time Music and Dance

Nov/Dec 2017
www.cfootmad.org
720-722-1170

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

- Nov 3** "Jon Sousa & Andy Reiner" caller Viki Lawrence
Nov 17 "Sandra Wong & Frederic Pouille" caller Paul Somlo
Dec 1 "Steam" caller Sam Smith
 Family Dance at 6pm!
Dec 15 "Deb Carstensen & Friends" caller Peter Johnson

Denver Contra Dance - 2nd/4th Fridays

- Nov 10** "*Continental Drift*" caller Ed Hall
Nov 24 "Deb Carstensen & Friends" caller Helle Hill
Dec 8 "Avourneen" caller Viki Lawrence
Dec 22 "Balance & Swing" caller Sam Smith

Zesty Contra Dance - 2nd Saturday

- Nov 11** "*Continental Drift*" caller Christa Torrens
Dec 9 "Swing Time" caller Paul Somlo

Westminster Community Dance - 4th Saturday

- Nov 25** "Boulder Bogtrotters" caller Helle Hill
Dec 23 No Dance Due To Holidays

Fifth Friday Waltz Dance

- Dec 29** "Balance & Swing" lesson Bob Warden

CFOOTMAD Music Jam - 1st /3rd Mondays

Fort Collins FOTD Events - 1st/3rd Saturdays

Back at Masonic - 225 W. Oak!!!

- Nov 4** "Avourneen" caller Pat Danscen
Nov 18 "New Rhythm Rangers" caller Christa Torrens
Nov 25 Waltz Night - Ragged Edge
Dec 2 "Steam" caller Tina Fields
Dec 16 "Ragged Edge" caller Carol Fey
Dec 25 "Balance & Swing" caller Helle Hill (6-9pm)
Dec 31 "John Sousa & Andy Reiner" caller Viki Lawrence - NYE Contra \$15 (8:30pm-12:30)

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

Nov 10,11 - Continental Drift! Eric Anderson (Seattle) on keyboard, Eileen Nicholson (Rochester, NY) on fiddle, Denver/Zesty

-----Save The Date-----

March 2,3,4 - Pete's Posse! (www.petespossevt.com)

-----Colorado Gives Day-----

Colorado Gives Day is an annual statewide movement to celebrate and increase philanthropy in Colorado through online giving. Dec 5, support CFOOTMAD at www.coloradogives.org

-----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

It's going to be a long winter - dancing is the best antidote

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, Beginning 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: Mostly 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 303-913-2534 or wiki.lawrence@gmail.com.

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: Masonic Lodge, 225 W. Oak St. Fort Collins. Lesson at 7pm, dance 8-11, \$10/\$5 students, 970-829-8689, www.fotd.org. Contact Paul at 970-353-6340.



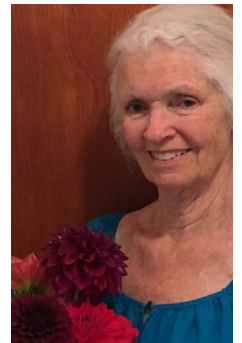
CFOOTMAD
Colorado Friends of Old Time
Music and Dance
2240 Perry St.
Denver, CO 80212-1161



GRANT FUNDING RECEIVED FROM:

Meet Sarah Manno

I grew up on Lake Michigan north of Chicago and spent my early adult years mostly in New York City. I also studied a year each in Paris and Berlin. I've been dancing in some form or another my entire life. In fact, my mother told me that as a child, I didn't walk but rather, I danced from place to place. All this led to a lifelong career in the field including choreography, dance notation and musical theater.



In the mid 70's I came to Colorado for a faculty position at CSU teaching modern dance. I am still at it but currently teach adult ballet and modern classes for the Fort Collins Recreation Department. I found Contra dance in the 80's and I was hooked. CFOOTMAD's Boulder dance grabbed me as well in the early 2000's. When it changed to the same weekend as the Fort Collin dance, dancing in Denver became a happy necessity. I love the friendly ambiance, the great bands and the inevitable high that it all produces. So happy to be addicted and be part of such a wonderful community.

My volunteering for FoTD has consisted of taking money at the door as well as various fundraising and other projects. I hope that we as a dance community can sustain all the contras on the Front Range. In Fort Collins we have excellent venues but they are ever more expensive. We depend on attendance from across the Front Range. Thanks to the dancers who make the drive to the fort on a regular basis.

Along the way to supplement my dance income I have taught French, Spanish and English as a second Language, primarily at CSU and in the public schools. Now I have retired from all that and work only in dance which has always been a great joy. Other interests include singing with a vocal quartet, travel, gardening and spending time with my two sons and three grandkids - AND AS ALWAYS, DANCING WITH JOHN TODD.

by Sarah Manno

NEXT CFOOTMAD NEWSLETTER DEADLINE

Fridav. December 1 is the deadline for the Jan/Feb 2018 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, Christa Torrens, Paul Somlo*