




CFOOTMAD COMMUNITY DANCES

Colorado Friends of Old Time Music and Dance

May/June 2018
www.cfootmad.org
720-722-1170
Find us on 

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

- May 4** "Half Pelican+Rodney" caller Rick Smith
Family Dance 6pm!
May 18 "Ragged Edge" caller Sam Smith
June 1 "Avourneen" caller Ed Hall
June 15 "The Offbeats" caller Pat Danscen

Denver Contra Dance - 2nd/4th Fridays

- May 11** "Deb & the Pariahs" caller Krysten Raymond
May 25 "New Rhythm Rangers" caller Helle Hill
June 8 "Balance & Swing" caller Peter Johnson
June 22 "Adam Agee & Jon Sousa" caller Tina Fields

Zesty Contra Dance - 2nd Saturday

- May 12** "The Offbeats" caller Pat Danscen
June 9 "Step in Time" caller Paul Somlo

Westminster Community Dance - 4th Saturday

- May 25** "Barb Kirchner & Friends" caller Krysten
Raymonds
June 23 "Deb & the Pariahs" caller Paul Somlo

Fifth Friday Boulder Waltz-Contra

- June 29** "Step in Time" caller Rick Smith, WALTZ lesson
by Tom Masterson @7pm (no contra lesson)

CFOOTMAD Music Jam - 1st/3rd Mondays

Fort Collins FOTD Events - 1st/3rd Saturdays

Back at Masonic - 225 W. Oak!!!

- May 5** "Sandra & Frederic" caller Ed Hall
May 19 No Dance!
June 2 "The Offbeats" caller Pat Danscen
June 16 "Coffee People" caller Rick Smith
May 12 Wild Asparagus Ball at the Avalon!

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

Oct 19,20,21 - Wild Asparagus Returns to Colorado!

Labor Day Weekend 2019 - CFOOTMAD dance weekend at the Avalon! Four days of dancing and music with Elixir and Buddy System! Check www.cfootmad.org/madness for preliminary details

-----New Formats For Westy and 5th Friday-----

The Westminster dance now features a mix of both contras and couples dances, while the 5th Friday Boulder dance now features a mix of both waltz and contra. The lesson at Westminster will vary each month, while at the 5th Friday, only waltz will be taught.

-----Misc-----

We encourage the use of reusable water bottles - love the earth; it's the only place that has contra dancing
We're fragrance free - come as you are; clean and au naturel
Just a reminder - is your membership up to date?
Try the Zesty dance - no secret handshake required.
Experienced doesn't mean expert!

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 720-352-1770.

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 720-352-1770.

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.

5th Friday Boulder Waltz-Contra: Experienced Contra plus Waltzes, live music. Avalon Ballroom, 6185 Arapahoe in Boulder. Waltz lesson 7pm - **NO CONTRA LESSON!**, Dance 8-11. \$10/\$8 members/\$5 students. Contact Viki at 303-913-2534 or viki.lawrence@gmail.com.

Westminster Community Dance: Contras and Waltzes, always live music! Fun and easy, each dance is taught before the music starts. The Westminster dance features contras and couples dances. All ages and experience levels welcome, no partner needed. Westminster Grange, 3935 West 73rd. Dance 7-10pm lesson beforehand, \$10/\$8members, kids \$5. Contact Helle at 303-829-9420.

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:

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NATIONAL
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FOR THE ARTS



A program of Community First Foundation

Meet Nancy Reindl

When I was very young, I wanted to learn to dance. My neighbor was a couple of years older, and she said she would teach me. I went over to her house, she put on a record, and told me to just move to the music. I was very disappointed - I wanted her to tell me the moves! I did not want to wiggle indiscriminately to music. It was a long haul of many years, trying to dance in the “disco” era, always being very awkward. In fact, I was such an awkward dancer my friends nicknamed me “Dancy Nancy.” Fast forward 40 years; a group from Mile High Church was going to the Denver Contra Dance and I joined them. When I saw contra dancing that night, I was captivated. This was exactly what I had in mind when I was 5 years old. Finally, my kind of dancing – with a caller and great live music! I was hooked from the start.



The regular dancers were very nice, teaching me to contra dance. One Friday night, the lesson instructor, Duffy Boyle, asked me to dance. During the do-si-do, he motioned to his eyes to make eye contact after each spin. What fun! In 2014, we were married, and for our reception we had a contra dance at the Masonic Hall. We always say we fell in love in a do-si-do.

Duffy and I like to go to dance weekends in the Western States when we can. We’ve also danced in St Croix, Canada and England, and in June we’ll dance in Denali, Alaska. Next year I plan to retire from my job as an early childhood special educator, so we may have even more time to travel. We love being part of the contra dance community. I’m on the CFOOTMAD board now, and my wish is to draw more people to share the joy of dancing. - Helle Hill

NEXT CFOOTMAD NEWSLETTER DEADLINE

Friday, June 1st is the deadline for the July/Aug 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, Mark Berte, Steve Thomas*