CFOOTMAD COMMUNITY DANCES
Colorado Friends of Old Time Music and Dance

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 Tina Fields

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 Urban (guest cellist from NM), Teri Rasmusson (piano)” lesson by Bob Warden at 7pm

Zesty Contra Dance – 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!!!

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 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.


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/$6 members, kids $2. Contact Pat at 303-827-5828.


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.
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

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.