



# CFOOTMAD COMMUNITY DANCES

Colorado Friends of Old Time Music and Dance

Mar/Apr 2019  
www.cfootmad.org  
720-722-1170  
Find us on

## Boulder Community Contra and Family Dance 1<sup>st</sup>/3<sup>rd</sup> Fridays

- Mar 1 “Rhythm Raptors” caller Peter Johnson!  
plus Family Dance @ 6pm!  
Mar 15 “Megaband” caller Christa Torrens  
Apr 5 “North Valley Tune Tangles” caller Rick Smith  
plus Family Dance @6pm!  
Apr 19 “Sandra & Rodney” caller Carol Fey

## Denver Contra Dance - 2<sup>nd</sup>/4<sup>th</sup> Friday

- Mar 3 “Rhythm Raptors” caller Paul Somlo!  
Waltz 1-2, adv. Contra 2-5, 3550 N. Federal  
Mar 8 “String Key Incident” caller Sam Smith  
Mar 22 “Balance & Swing” caller Viki Lawrence  
Apr 12 “Ragged Edge” caller Ed Hall  
Apr 26 “New Rhythm Rangers” caller Pat Danscen

## Zesty Contra Dance – 2<sup>nd</sup> Saturday

- Mar 9 “String Key Incident” caller Helle Hill  
Apr 13 “New Rhythm Rangers” caller Viki Lawrence

## Fifth Friday Boulder Waltz-Contra

- Mar 29 “Avourneen” caller Christa Torrens

## CFOOTMAD Music Jam – 1<sup>st</sup>/3<sup>rd</sup> Mondays

## Fort Collins FOTD Events – 1<sup>st</sup>/3<sup>rd</sup> Saturdays

- Mar 2 “Rhythm Raptors” caller Tina Fields!  
Mar 16 “Offbeats” caller Ed Hall  
Apr 6 “Avourneen” caller Carol Fey  
Apr 20 “Rodney & Julia Hayes” caller Christa Torrens

### -----Special Event-----

March 1,2,3 - Rhythm Raptors! (courtesy of Mary Headley)  
[www.rhythmraptors.com](http://www.rhythmraptors.com) \$13/7 students

### -----New Cfootmad Dance Series!-----

Hands Across Contra features inclusive gender-neutral contra dancing every 4<sup>th</sup> Saturday. Calls are made using the terms “larks” and “ravens” rather than the traditional “gents” and “ladies”, and we encourage all dancers to choose whichever role or roles they prefer. Hands across is also a great place to experiment if you’d like to learn a new role! Different language, but preserving the traditions that make contra such a fun and engaging dance form, such as, fantastic live music, a welcoming community, and vibrant dancing to thrill experienced dancers and 1<sup>st</sup> timers alike. There’s a beginner’s lesson and each dance is taught by the caller. Everyone is welcome, no partner or experience needed! Check [cfootmad.org](http://cfootmad.org) for details.

### -----Save the Date-----

Labor Day Weekend 2019 – Rendezvous! A CFOOTMAD dance weekend at the Avalon w/Elixir and Buddy System! A four day long dance party, this will be the bash of the year! Registration now open at [www.cfootmad.org/rendezvous](http://www.cfootmad.org/rendezvous)

### -----Misc-----

We encourage the use of reusable water bottles  
We’re fragrance free – come as you are; clean and au naturel  
Try the Zesty dance – no secret handshake required!

## 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](http://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 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 720-352-1770.

**Denver Contra Dance:** Scheitler Recreation Center at Berkley Park, 5031 W 46 Ave (I-70 @ Sheridan), Beginning lesson 7:15. Dance 8-11. \$10/\$8 members, \$5 students. Contact Duffy 303-882-9361.

**Hands Across Contra (Denver):** Gender-neutral contra dancing, coming soon! Check [cfootmad.org](http://cfootmad.org) for details!

**Music Jam (Denver):** 1st and 3rd Mondays, 7:00 pm. At the home of Duffy Boyle and Nancy Reindl, 2240 Perry St., refreshments provided. Contact Duffy 303-882-9361 or [duffyboyle@gmail.com](mailto:duffyboyle@gmail.com)

**5<sup>th</sup> Friday Boulder Waltz-Contra:** Contras plus Waltzes, live music. Avalon Ballroom, 6185 Arapahoe in Boulder. Contra lesson 7:30pm, dance 8-11. \$10/\$8 members, \$5 students. Contact Viki 303-913-2534 or [viki.lawrence@gmail.com](mailto:viki.lawrence@gmail.com).

**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 303-444-9801.

## FOTD DANCE DETAILS

Friends of Traditional Dance - Masonic Lodge, 225 W. Oak St. Fort Collins. Lesson at 6:30pm, dance 7:30-10:30, \$10/\$5students. [www.fotd.org](http://www.fotd.org), 970-829-8689 or Paul at 970-353-6340.

## Grant Writing Anyone?

We’re looking for an apprentice who can help with the CFOOTMAD SCFD grant. Contact Caroline Fuller, [grantwriter@cfootmad.org](mailto:grantwriter@cfootmad.org).



## CFOOTMAD

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



*Making It Possible.*



NATIONAL  
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FOR THE ARTS



A program of Community First Foundation

GRANT FUNDING RECEIVED FROM:

## Let's Talk... dance weekends

This is the perfect time for us to chat about dance weekends. For those of you who haven't been, a typical weekend consists of a Friday night dance, dancing and workshops during the day on Saturday, a Saturday night dance, and several hours of dancing on Sunday – you get more dancing in one weekend than you would typically get in a month. These weekends occur in almost every state, and if you're willing to fly or drive long distances, you can attend at least one a month. What will this magical experience cost you? Well, registration can be anywhere from \$75 to \$200, which may include a lunch or two, maybe breakfast. Then, figure two nights of lodging or if you're lucky, you can find hospitality with the locals. Add things up, and you're probably north of \$300.

Fortunately, there's an alternative; it's called Rocky Mountain Rendezvous (Rendezvous, for short). Our very first contra dance weekend, it takes place at the beautiful Avalon Ballroom in Boulder. It's close enough that most of you will be able to drive home and sleep in your own bed. \$150 gets you four days of dancing to world class talent (both bands and callers), three breakfasts, two lunches. Now, far be it from us to discourage you from traveling - our neighbors do put on some great weekends. There's Wasatch Wiggle in Salt Lake, Pilgrim's Progression in Kansas, and Folkmadness in New Mexico. But you'll have to drive or fly – and Rendezvous is right in your own backyard. And while the regular weekly dances can be fairly frenetic (find a partner/dance, find another partner/dance, rinse and repeat), a dance weekend allows for much more social, especially with meals.

Our hope is that Rendezvous will garner the support that it needs to become a regular thing and we'll continue to offer our usual three dance event in the Spring. Speaking of, these "three dances, three cities" events really are a bargain; you're dancing to some of the best bands in the country on the cheap. In fact, we go to great lengths to keep prices low, hoping that more of you will attend all three dances. As a point of reference, most weekends require full registration, no partials – those that do make allowances often charge \$25 for just the Saturday night dance. Enough pontificating – I think you get the idea. If you have a topic you'd like to see covered here in the future, ask away – *Paul Somlo*

### NEXT CFOOTMAD NEWSLETTER DEADLINE

Friday, Apr 5 is the deadline for the May/June 2019 newsletter. Submit materials to [newsletter@cfootmad.org](mailto: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, Christa Torrens, Mark Berte, Steve Thomas*

