CFOOTMAD COMMUNITY DANCES
Colorado Friends of Old Time Music and Dance

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 720-352-1770.

Denver Contra Dance: Scheitler Recreation Center at Berkeley 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 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 dufeyboyle@gmail.com

5th 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.


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/$5 students. www.fotd.org, 970-829-8689 or Paul at 720-353-6340.

Grant Writing Anyone?
We’re looking for an apprentice who can help with the CFOOTMAD SCFD grant. Contact Caroline Fuller, grantwriter@cfootmad.org.

Hands Across Contra features inclusive gender-neutral contra dancing every 4th 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 “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

-----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!

-----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

-----New Cfootmad Dance Series!-----
Hands Across Contra features inclusive gender-neutral contra dancing every 4th 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

-----Special Event-----
March 1,2,3 - Rhythm Raptors! (courtesy of Mary Headley)
www.rhythmraptors.com $13/7 students

-----Grant Writing Anyone?-----
We’re looking for an apprentice who can help with the CFOOTMAD SCFD grant. Contact Caroline Fuller, grantwriter@cfootmad.org.

----- 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!
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