
ATTIC WINDOWS

❖ The Newsletter and Calendar of CFOOTMAD ❖
The Colorado Friends of Old Time Music and Dance



March April 2010

Denver/Boulder Area

24-hour Hotline: 303-592-3972

www.cfootmad.org

Colorado Friends of Old Time Music and Dance (CFOOTMAD) Mission Statement: CFOOTMAD fosters enjoyment and promotion of American traditional music and dance. CFOOTMAD welcomes all to participate in community events organized by its members, performers and volunteers.



VOLUNTEER SPOTLIGHT – JAMES DUNCAN

When asked what personal rewards he gets from dancing, James Duncan's playfulness pops right out: "I tell people that contra dancing is like a human amusement park with merry-go-rounds and octapuses. Not so much roller coasters or Ferris wheels though."

James started dancing 10 years ago with some avid contra dancer friends in Salt Lake City. He then danced in Wyoming when he accompanied the people he was house sitting for (took him) to a folkdance group that had been there for 30 some years. "I could tell it was a solid wholesome activity and could imagine the history and intended setting of these dances. Where, after a feast everybody would merrily join on in this community highlight. Learning the steps wasn't as important as learning the spirit. That was easy and from that the steps followed. It is true that the dances tell you what to do. The music was beautiful, the people were one and the dances were like group motion prayer."

"It is funny too because I would never have thought of myself as getting into dance. I am an athlete and immaturely used to think dancing was too "dorky." Once when I was really little my mother took me to ballet class. I don't remember much but was told I screamed my head off."

James got started with Denver CFOOTMAD through the Tea Dances and long-time dancer Barbara Resendez. James says, "I really liked how she was warmly welcoming and genuinely concerned about me, and I could tell that is the way she is will all she meets."

"Then also there was volunteer coordinator Pam Brown who was very accommodating, funny and sweet. She helped me find a way to pitch in. I like to be backup and do what is needed most, so I usually help close down after the dance."

James' humor comes out with his vision of what contra dance might do for the world. Playfully. "Since Colfax is the longest street in the country maybe we could set a record with the longest contra dance in the world. We could have a radio station (KGNU) play the music and calls from car radios lined up along the street. Contra dance could be a way to unify our country. Couldn't you just see Rush Limbaugh reeling with Randi Rhodes?"

James claims that dancing is his "day job" and that he moonlights as a part time math teacher.

For hobbies, James likes to play sand volleyball. He says, "The similarities between dancing and volleyball are striking in their movements, lots of rhythm and grace." He is active in community events and also volunteers for organizations like the Boulder Bolder, KGNU, and Carshare.org.

His advice for CFOOTMAD: Balance and swing!

By Carol Fey

WALTZING ON 2ND FRIDAYS AT THE DENVER DANCE

Open Band Waltzing. We have started waltzing every 2nd Friday at the Denver Dance from 7:00 to 7:45.

Open Band Musicians: All skill levels are invited. Please arrive by 6:45 or come earlier for the 6:00 potluck. We will play without microphones. Bring a music stand if you have one. Contact Lou Church at 720-859-3395 or louchurch@yahoo.com if you plan to come.

By Lou Church