



Colorado
Friends
Of
Old
Time
Music
And
Dance

CFOOTMAD

COMMUNITY DANCES

Colorado Friends of Old Time Music and Dance

July/Aug 2015
www.cfootmad.org
720-722-1170

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

- July 3 "Steam" (from Arizona) caller Patricia Danscen
- July 17 "Avourneen" caller Helle Hill
- Aug 7 "Balance & Swing" caller Paul Somlo
- Aug 21 "Deb and the Pariahs" caller Viki Lawrence

Denver Contra Dance - 2nd/4th Fridays

- July 10 "Boulder Bogtrotters" caller Barb Kirchner
- July 24 "AAA" caller Paul Somlo – Special Event!
- Aug 14 "Swing Time" caller Helle Hill
- Aug 28 "Avourneen" caller Rick Smith

Zesty Contra Dance – 2nd Saturday

- July 11 "Hen Party" caller Christa Torrens
- Aug 8 "Purple Zephyr" caller Ed Hall

Westminster Community Dance – 4th Saturday

- July 25 "AAA" caller Patricia Danscen – Special Event!
- Aug 22 "Junkyard Dogs" caller Carol Fey

Fifth Friday Waltz Dance

- July 31 "Mark Brissenden, Amy Self, Barb Kirchner"
lesson by Bob Warden at 7pm

CFOOTMAD Music Jam – 1st/3rd Mondays

Fort Collins FOTD Events – 1st/3rd/5th Saturdays

- July 4 No Dance – Enjoy the Fireworks!
- July 18 "Rodney Sauer & Friends" caller TBA
- Aug 1 "Josie Toney & Rodney Sauer" caller Rick Smith
- Aug 15 "Joel Hayes, Dave Firestine, Larry Clyman"
caller Helle Hill
- Aug 29 "Purple Zephyr" caller Ed Hall

"AAA", featuring Andrew VanNorstrand (Great Bear Trio), Amy Engel (Free Raisins), Audrey Knuth (Free Raisins). This is an incredible opportunity to dance to this band as they pass through Colorado! They play Denver and Westminster, regular price!

Coming Attractions!!!

October 2, 3 "Great Bear Duo" - Andrew and Noah VanNorstrand, two dances, Boulder and Fort Collins.

Nov. 20-22 "Buddy System" - Featuring a Live Techno Contra in Boulder! (www.buddysystemband.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 Community Contra Dance: Avalon Ballroom, 6185 Arapahoe. Lesson 7:15. Dance 8-11. \$10/\$8 members/\$5 students. Contact Teri at 303-827-3844.

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.

Denver Contra Dance: Highlands Masonic Center, 3550 N. Federal Blvd, 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.

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

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: 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.



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2240 Perry St.
Denver, CO 80212-1161



NATIONAL
ENDOWMENT
FOR THE ARTS

GRANT FUNDING RECEIVED FROM:

Making It Possible.

Meet Roxy Johnstone

Roxy was born in Colorado and grew up in a military family, which traveled quite a bit as Roxy was growing up.

Jeff Johnson invited Roxy to a Contra dance about six years ago. Roxy says, "He said I would have a good time and he was not kidding....I did! I was hooked right from the start....it was lively, creative, expressive, and a really joyful activity." Roxy has always enjoyed Square Dancing but she likes Contra even more.

Roxy enjoys getting her weekly exercise in a fun setting rather than going to a gym. She likes the social aspect of making new friends, whom she spends time with both on and off the dance floor. She looks forward to ending her week by seeing her friends and dancing to the live music of talented musicians. She feels she is treated to a personal concert every week.

Roxy helps out CFOOTMAD by greeting newcomers and dancing with them, taking money at the door, and assisting with the clean-up of the kitchen at the end of the dance. Roxy has been between jobs for a couple of years, being semi-retired. She spends her time with family and friends and volunteering for different organizations as a way of giving back to the world. "I have been an artist for about 25 years. I also love hiking the high country in the summer. I have been a member of Toastmasters, Colorado Trail Foundation, Jeffco Spellbinders, tell stories to 1st and 2nd graders in Jeffco School District, and I have done hospice work, although that would be more of a calling than a hobby, I think. I also have training in audio, describing for the blind at Denver Center for the Performing Arts. This is a program that is offered to the visually impaired so they can enjoy the operas, plays and stage shows. My job is describing via headphones the characters, costumes, stage setting and action on the stage as it happens in real time."

Roxy hopes that the young people, who attend the dances, will continue to add their support, energy, and enthusiasm. Her advice to the group as a whole is: "Just keep showing up with such appreciation, passion and energy for what contra dancing has to offer."



by Helle Hill

NEXT CFOOTMAD NEWSLETTER DEADLINE

Thursday, July 30 is the deadline for the Sept/Oct 2015 newsletter. Submit materials to newsletter@cfootmad.org.

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.