



Colorado
Friends
Of
Old
Time
Music
And
Dance

CFOOTMAD COMMUNITY DANCES

Colorado Friends of Old Time Music and Dance

May/June 2015
www.cfootmad.org
720-722-1170

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

- May 1** "The Latter Day Lizards" caller Paul Somlo
\$12/6 students, also Family Dance 6-7:20pm
- May 15** "New Rhythm Rangers" caller Tina Fields
- June 5** "Lizard Spring" caller Duffy Boyle
No family dance – on break 'till September
- June 19** "Brian Mullins, Julia Hays, Teri Rasmusson"
caller Rick Smith

Denver Contra Dance - 2nd/4th Fridays

- May 3** "The Latter Day Lizards" caller Ed Hall
\$12/6 Waltz from 1-2pm, Contra from 2-5pm
- May 8** "Sandra and Rodney" caller Bev Bernbaum
- May 22** "Purple Zephyr" caller Ed Hall
- June 12** "Deb and the Pariahs" caller Viki Lawrence
- June 26** "Traditional Blend" caller Christa Torrens

Zesty Contra Dance – 2nd Saturday

- May 9** "Falcon Flight" caller Bev Bernbaum
- June 13** "Traditional Blend" caller Rick Smith

Westminster Community Dance – 4th Saturday

- May 23** "TBA", caller TBA
- June 27** "TBA", caller TBA

Fifth Friday Waltz Dance

- May 29** Elizabeth Wood and John Reading, lesson by Bob Warden at 7pm

CFOOTMAD Music Jam – 1st /3rd Mondays

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

- May 2** "The Latter Day Lizards" caller Viki Lawrence
\$12/6 students
- May 16** "Balance and Swing" caller Christa Torrens
- May 30** "The New Rhythm Rangers" caller Carol Fey
- June 6** "Stringfire" caller Paul Somlo
- June 20** "Delicate Balance" caller Patricia Danscen

May 1-3, Contra Dance w/special guests, The Latter Day Lizards!! A huge thanks to Terri Olson for her support, helping to keep prices low for this very special weekend.

June 19, 20, 21 - Boulder Dance Coalition International Festival. Live music, performances, participatory dancing. CFOOTMAD is a proud member of the BDC. More info at www.boulderdancecoalition.org.

Look for "Steam" at the July 3rd Boulder Contra Dance, check 'em out at www.dancetosteam.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.



CFOOTMAD
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2240 Perry St.
Denver, CO 80212-1161



GRANT FUNDING RECEIVED FROM:

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Meet Daniel Palmer

Daniel grew up in Flint, Michigan, which is now considered one of the most violent cities in the country. He's had a tough life but says, "It's given me a perspective that allows me to be grateful and to appreciate the many "little things" in life that are truly the "big things" that make life so precious and beautiful!"

Daniel had wanted to learn to dance for a long time so when a friend invited him to a Contra dance, how could he refuse? His friend suggested that he Google "Contra Dance", but Daniel decided to just jump right in. Soon after starting to Contra dance, he discovered swing dancing but continued to Contra dance because of the high energy level.

Daniel considers himself an "unofficial volunteer" in the dance community, helping out when and where needed, whether it is setting up, tearing down, or helping with the sound. Daniel almost always shows up for the lesson to be an "extra" if needed.

Daniel says, "I enjoy that the Contra dances aren't just a "dance venue" and that there is a great community of people who love to spread joy and help one another." He would like to see more swing dancing during the breaks, though (so he can show off, LOL!)

During the day, Daniel works as an electronic technician, troubleshooting and repairing medical surgical generators, but he's working on a certification to become a Passion and Intimacy Coach. "I'm really at a point in my life where I'm truly looking to switch gears and find the calling of my heart. I am very excited for this opportunity!"

When asked about his hobbies, Daniel answered, "dancing, dancing, dancing; mad, mad, mad, passionate dancing! I also enjoy hiking 14'ers and finding any excuse to be outdoors in this big beautiful backyard we have in Colorado. I enjoy live music (all genres) and did I mention, dancing?"



by Helle Hill

NEXT CFOOTMAD NEWSLETTER DEADLINE

Thursday, May 28 is the deadline for the July/August 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.

