



CFOOTMAD COMMUNITY DANCES

Colorado Friends of Old Time Music and Dance

July/Aug 2017
www.cfootmad.org
720-722-1170

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

- July 7** "New Rhythm Rangers" caller Peter Johnson
July 21 "Julia Hays, Phil Norman, Teri Rasmusson"
 caller David Winston (Asheville, NC)
Aug 4 "Fifth Reel" caller Ron Young (Grand Junction)
Aug 18 "Balance & Swing" caller Helle Hill

Denver Contra Dance - 2nd/4th Fridays

- July 14** "Prairie Dog Picnic" caller Peter Johnson
July 28 "The Buffleheads" caller Helle Hill
Aug 11 "**Ben Schreiber and Scotty Leach**" caller **Ed Hall**
Aug 25 "Step in Time" caller Duffy Boyle

Zesty Contra Dance - 2nd Saturday

- July 8** "Sandra & Rodney" caller Jacqui Grennan (CA)
Aug 12 "**Ben Schreiber and Scotty Leach**" caller **Rick Smith**

Westminster Community Dance - 4th Saturday

- July 22** "Lizard Spring" caller Pat Danscen
Aug 26 "Restless Spirit" caller Helle Hill

Fifth Friday Waltz Dance

No Dance - See You in September

CFOOTMAD Music Jam - 1st /3rd Mondays

Fort Collins FOTD Events - 1st/3rd Saturdays

Temporary Location - 225 W. Oak St

- July 1** "The Coffee People" caller Viki Lawrence
July 15 "Prairie Dog Picnic" caller Sam Smith
Aug 5 "Ragged Edge" caller Peter Johnson
Aug 19 "The Offbeats" caller Paul Somlo

-----Mini Special-----

August 11,12 Ben Schreiber & Scotty Leach!

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

October 6,7,8 Great Bear 6.0!!! Six person Great Bear = Great Bear Trio + Saxophone + Clarinet + Drums!

-----Volunteer-----

We're always looking for people to work the door, help in the kitchen, and stick around after for hall cleanup. Talk to Pam Brown, our volunteer coordinator, or any of the series coordinators.

-----Misc-----

Check us out on Facebook - upcoming events, carpooling, etc..
 We encourage the use of reusable water bottles - love the earth; it's the only place that has contra dancing.
 We're fragrance free - come as you are; clean and au naturel.
 Videotaping performers? Respect their space and ask permission.
 Is anybody out there? Tell Paul Somlo you saw this, get a free smile.

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 303-913-2534 or Viki_L@earthlink.net.

Westminster Community Dance: Community Contra Dance, always live music! Fun and easy, each dance is taught before the music starts. The Westminster dance features contras, couples dances and other formations. All ages and experience levels welcome, no partner needed. Westminster Grange, 3935 West 73rd. 7-10pm, \$10/\$8members, kids \$5. 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: Masonic Temple, 225 W. Oak St, Fort Collins. Lesson at 7pm, dance 8-11, \$10/\$5 students, 970-829-8689, www.fotd.org. Contact Paul at 970-353-6340.



CFOOTMAD
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 Music and Dance
 2240 Perry St.
 Denver, CO 80212-1161



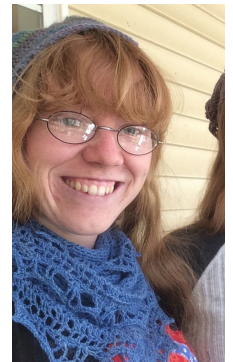
GRANT FUNDING RECEIVED FROM:

Meet Betsy Keith

Betsy grew up in Boulder, spent a few years in Massachusetts (school), but couldn't wait to get back to Colorado. She's been in Denver since.

As a child, her family attended folk dances led by Tom Masterson. The Virginia Reel proved chaotic, as neither young Betsy nor her sister could arch tall enough to accommodate the dancers. A dance class in college included contra and other called dances. Being a women's college, Betsy got an early intro to dancing both roles, and says she's still working on leading.

Several years ago, Betsy's mom suggested contra, finding the CFOOTMAD website. Betsy and her parents attended a dance, deciding it was worth another look. At first, Betsy was a sporadic dancer; since last summer, though, dancing has become a weekly ritual for her.



Regarding CFOOTMAD, Betsy says, "CFOOTMAD is such a great and welcoming community. I really enjoy getting to spend time with the regulars and meeting new folks. I love contra dance for so many reasons—it's intrinsically fun, it's fantastic stress relief after a long week, and it's good exercise. The live music each week is great too."

Betsy's day job is teaching three to five year olds in early childhood education at Colfax Elementary. She's also halfway through a master's degree in educational leadership.

Besides dancing and teaching little ones, Betsy likes to dye, spin, and crochet her own yarn. She loves sewing, including costuming, clothing, and embroidery. She also enjoys reading - often fantasy or sci-fi.

Betsy has an identical twin; she contra dances with Triangle Country Dancers in North Carolina. About a year ago, prior to Betsy having danced back there, a visitor to a CFOOTMAD dance asked her if she had lived in Chapel Hill - he was sure he recognized her. Says Betsy, "Rose has come to our contra a few times too - it's a lot of fun to dance in the same set and surprise everyone who doesn't know that there are two of us."

by Helle Hill

NEXT CFOOTMAD NEWSLETTER DEADLINE

Friday, August 4 is the deadline for the Sept/Oct 2017 newsletter. Submit materials to 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: Paul Somlo, Sam Smith, Nancy Reindl, Julie Olson.*