



CFOOTMAD COMMUNITY DANCES

Colorado Friends of Old Time Music and Dance

Sept/Oct 2018
www.cfootmad.org
720-722-1170
Find us on 

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

- Sept 7** "New Rhythm Rangers" guest caller Bob Isaacs!
Free Family Dance, caller Ed Hall, 6pm!
- Sept 21** "Royston Hunget, Teri Rasmusson, Phil Norman"
caller Tina Fields – **Larks/Ravens Dance!***
- Oct 5** "Balance & Swing" caller Duffy Boyle
Family Dance 6pm!
- Oct 19** "**Wild Asparagus w/George Marshall!!!**" - \$17*

Denver Contra Dance - 2nd/4th Friday

****New Venue - Scheitler Rec Center!****

- Aug 24** "New Rhythm Rangers" caller Christa Torrens
- Sept 14** "**Ben Schreiber & Scotty Leach**" caller Ed Hall
Paul Somlo's Bday, special band !!!
- Sept 28** "Ragged Edge" caller Krysten Raymond
- Oct 12** "Junk Yard Dogs" caller Rick Smith
- Oct 21** "**Wild Asparagus w/George Marshall!!!**" - \$17*
****At Highlands Masonic – 3550 N Federal****
- Oct 26** "The Offbeats" caller Tina Fields

Zesty Contra Dance – 2nd Saturday

- Sept 8** "Avourneen" caller Rick Smith
- Oct 13** "Deb & the Pariahs" caller Ed Hall

Westminster Community Dance – 4th Saturday

- Aug 25** No Dance - Cancelled
- Sept 22** "New Rhythm Rangers" caller Duffy Boyle
This will be the last Westminster dance

Fifth Friday Boulder Waltz-Contra

- Aug 31** "Sandra Wong & Rodney Sauer" caller Paul
Somlo, Contras and Waltzes, Contra lesson 7:30

CFOOTMAD Music Jam – 1st /3rd Mondays

Fort Collins FOTD Events – 1st/3rd Saturdays

- Sept 1** "The Coffee People" caller Sam Smith
- Sept 15** "**Ben Schreiber & Scotty Leach**" caller Rick
Smith, Paul Somlo's Bday, special band!!!
- Oct 6** "TBA" caller TBA
- Oct 20** "**Wild Asparagus w/George Marshall!!!**" - \$17*
- Oct 27** Wild Goose Ball at the Avalon!

-----**Special Events**-----

Oct 19,20,21 - Wild Asparagus Returns to Colorado!!!
Five amazing musicians on piano, flute, fiddle, bass,
concertina! Sliding scale \$15-\$20, students \$10
www.wildasparagus.com

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

March 1,2,3 - Rhythm Raptors! (courtesy of Mary Headley)
Labor Day Weekend 2019 – CFOOTMAD dance weekend at the
Avalon! Elixir and Buddy System!
www.cfootmad.org/madness

-----**Larks/Ravens Sept 21 Boulder Dance**-----

*In order to promote inclusivity, some dance communities have
switched to gender neutral language. All remains the same,
except "gents & ladies" are referred to as "larks & ravens". As
usual, anyone may dance any role.

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 720-352-1770.

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: New Venue! Scheitler Recreation Center at Berkley 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.

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 duffyboyle@gmail.com

5th Friday Boulder Waltz-Contra: Contra plus Waltzes, live music. Avalon Ballroom, 6185 Arapahoe in Boulder. Lesson 7:30pm, dance 8-11. \$10/\$8 members, \$5students. Contact Viki 303-913-2534 or viki.lawrence@gmail.com.

Westminster Community Dance: *Sept 22 will be the last Westminster dance.* Westminster Grange, 3935 West 73rd. Dance 7-10pm, \$10/\$8members, kids \$5. Contact Helle at 303-829-9420.

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 303-444-9801.

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



CFOOTMAD

Colorado Friends of Old Time
Music and Dance
2240 Perry St.
Denver, CO 80212-1161



GRANT FUNDING RECEIVED FROM:

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NATIONAL
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FOR THE ARTS



A program of Community First Foundation

Meet Mary Headley

Mary's first contra dance experience was in the late 1970s at the Concord Scout House in Massachusetts, when a friend invited her to try contra. Although new to social dancing, Mary was surprised how much she enjoyed it and quickly became hooked!

In 1983, Mary moved to Boulder County, and she sought out the local dance community, then meeting in area granges. She has contra danced on and off since, but now says she can't imagine life without contra. In fact, she broke both hands in 2016, one after the other, but because she feels contra dancing is important for her all-around wellness, she kept dancing with casts on.

Mary promotes contra dancing whenever she can, encouraging friends to give it a try and selling a night of contra at church fundraising auctions. She seeks out newbies at dances, offering encouragement and tips. Her birthday wish is to help bring an out-of-town band here for a special dance weekend to celebrate her recent retirement, her 70th birthday, and 40 years of contra dancing.

Mary says, "Little in this world beats listening to great live music with your whole body! Contra provides the immensely satisfying feeling of being a part of a harmoniously synchronized organism. It's a wonderful cure for the doldrums at the end of a long or lonely week! I've made some great friendships through CFOOTMAD over the years."

She hopes CFOOTMAD continues to thrive, saying there are so few intergenerational social opportunities these days to build community. She is encouraged by the many young people who have discovered the joy of contra dancing. She would like to see CFOOTMAD continue to offer family nights and encourage a culture of friendly inclusiveness to the many types of people and skill levels present.

Mary's career has included managing company libraries, writing technical documentation, and running her own editorial services business for 28 years. She retired earlier this year.

Mary enjoys just about anything outdoors: hiking, biking, gardening, snow shoeing, Nordic skiing. After she and her non-dancer husband divorced in 2010, she started ballroom dancing at the Avalon, and now regularly enjoys the waltz and swing nights. Mary loves to travel to experience different cultures and explore scenic areas; last year she spent a month in India with her daughter. Mary also enjoys yoga, concerts, books and movies that make you think, and playing with her new rescue dog. - *Helle Hill*



NEXT CFOOTMAD NEWSLETTER DEADLINE

Friday, Oct 5th is the deadline for the Nov/Dec 2018 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: Nancy Reindl, Sam Smith, Julie Olson, Christa Torrens, Mark Berte, Steve Thomas*