



# CFOOTMAD COMMUNITY DANCES

Colorado Friends of Old Time Music and Dance

July/Aug 2019  
www.cfootmad.org  
720-722-1170

Find us on 

## Boulder Contra & Family Dance - 1<sup>st</sup>/3<sup>rd</sup> Friday

- July 5 "New Rhythm Rangers" w/Helle Hill
- July 19 "Prairie Dog Picnic" w/Christa Torrens
- Aug 2 "Baba Yaga's Stew" w/Peter Johnson
- Aug 16 "The Parson Sisters" w/Sam Smith

## Denver Contra Dance - 2<sup>nd</sup>/4<sup>th</sup> Friday

- July 12 "Rodney & The Coffee People" w/Viki Lawrence
- July 26 "Step in Time" w/Tina Fields
- Aug 9 "The Offbeats" w/Paul Somlo
- Aug 23 "Deb Carstensen & Friends" w/Sam Smith

## Zesty Contra Dance - 2<sup>nd</sup> Saturday

- July 13 "Temporary Topologists" w/Paul Somlo
- Aug 10 "Step in Time" w/Christa Torrens

## Hands Across Contra Dance - 4<sup>th</sup> Saturday

- July 27 "Barb Kirchner & Friends" w/Ed Hall
- Aug 24 "Avourneen" w/Christa Torrens

## Rendezvous Weekend @ The Avalon!!!

- Aug 30- *Elixir & Buddy System w/Nils Fredland & Lisa*
- Sept 1 *Greenleaf - four days of dancing!!!*

## CFOOTMAD Music Jam - 1<sup>st</sup>/3<sup>rd</sup> Monday

## Fort Collins FoTD Events - 1<sup>st</sup>/3<sup>rd</sup> Saturday

- July 6 "Step in Time" w/Helle Hill
- July 20 "Prairie Dog Picnic" w/Viki Lawrence
- Aug 3 "Baba Yaga's Stew" w/Rick Smith
- Aug 17 "The Offbeats" w/TBA

### -----Special Events!-----

**Labor Day Weekend 2019 - Rendezvous!** A CFOOTMAD dance weekend at the Avalon w/Elixir, Buddy System, Nils Fredland, and Lisa Greenleaf! **NOW SOLD OUT - 235 people have registered, with 127 coming from out of state!** We are expecting some cancellations - if you'd like to be added to the waitlist, email [rendezvous@cfootmad.org](mailto:rendezvous@cfootmad.org).

"Baba Yaga's Stew" plays two dances the first weekend of August, featuring Lucia Thomas (of Gypsy Caravan fame) on fiddle, and Dianna Davis (of The Coffee Zombies) on keyboard.

### -----New Cfootmad Dance Series!-----

Hands Across Contra features inclusive gender-neutral contra dancing every 4<sup>th</sup> Saturday. Calls are made using the terms "larks" (on the left) and "ravens" (on the right) rather than the traditional "gents" and "ladies". We encourage all dancers to choose whichever role or roles they prefer; stick to the role you know or try something new! Come help us build a new community of friendly, fun, and inclusive dancers. Lesson at 6:15, dance starts at 7pm, 690 Colorado Blvd, Denver.

### -----Misc-----

Our dances are open to all - anyone can dance any role they wish

We encourage the use of reusable water bottles

We're fragrance free - come as you are; clean and au naturel

Try the Zesty dance - no secret handshake required!

## 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](http://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:** 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.

**Hands Across Contra (Denver):** Gender-neutral contra dance, United Methodist Church, 690 Colorado Blvd. (7<sup>th</sup> and Colorado), Beginning lesson 6:15, dance 7-10. Sliding scale \$5 to \$15. Contact Sam 814-933-7704.

**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](mailto:duffyboyle@gmail.com)

**5<sup>th</sup> Friday Boulder Waltz-Contra:** Contras plus Waltzes, live music. Avalon Ballroom, 6185 Arapahoe in Boulder. Contra lesson 7:30pm, dance 8-11. \$10/\$8 members, \$5 students. Contact Viki 303-913-2534 or [viki.lawrence@gmail.com](mailto:viki.lawrence@gmail.com).

**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 6:45pm, dance 7:30-10:30, \$10/\$5students. Contact Paul 970-829-8689.

## Grant Writing Anyone?

We're looking for an apprentice who can help with the CFOOTMAD SCFD grant. Contact Caroline Fuller, [grantwriter@cfootmad.org](mailto:grantwriter@cfootmad.org).



## CFOOTMAD

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



GRANT FUNDING RECEIVED FROM:

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A program of Community First Foundation

## Meet Elaina and Paul

Paul and Elaina moved to Colorado in January, leaving behind the Golden State. Along the way, they took in the Grand Canyon, arriving in Denver by way of Santa Fe – just in time to attend the Boulder dance that evening.

Elaina's parents were contra dancers and met dancing - Elaina likes to say that she began dancing "in utero". Her mother ran a local dance and Elaina began dancing on her own at the ripe old age of six. She's contra danced ever since, anywhere from three or four times a year to three or four times a week. Paul found contra through modern western square dance which led to folk dancing. He didn't contra dance regularly until several years later, after moving to the Bay Area.



Elaina has become involved with the new Hands Across series, helping with tear down and arranging picnics prior to the dance, weather permitting. Paul is also enthusiastic about the Hands Across series, having enjoyed Larks and Ravens dances in Northern California – his hope is that both new and experienced dancers will give Hands Across a try. In addition to enjoying the music and the dancing, Paul finds CFOOTMAD dances to be a great way to meet people in his new environs.

When not dancing, Elaina is a building energy researcher at NREL. She's involved herself in many other dance forms, both social and performing, including several sessions with the Denver Diamond Dolls, an all-female vintage dance troupe. Among her interests are board games and puzzles (check out Panda Magazine). As far as Colorado experiences, she's enjoying Clear Creek in Golden and the mountains. And with help from Paul, she's learning to enjoy cooking. When not on the dance floor, Paul enjoys bike riding, board games, and baking bread. He's also square dancing again, after a short hiatus.

### NEXT CFOOTMAD NEWSLETTER DEADLINE

Friday, Aug 2 is the deadline for the July/Aug 2019 newsletter. Submit materials to [newsletter@cfootmad.org](mailto: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, Christa Torrens, Mark Berte, Steve Thomas, Teresa McCoy.*