



CFOOTMAD

COMMUNITY DANCES

Colorado Friends of Old Time Music and Dance

Jan/Feb 2020
www.cfootmad.org
720-722-1170

Find us on 

Boulder Contra & Family Dance - 1st/3rd Friday

Jan 3 "Prairie Dog Picnic" w/Viki Lawrence
Jan 17 "The Megaband" w/Helle Hill
Feb 7 "Avourneen" w/Tina Fields
Feb 21 "New Rhythm Rangers" w/Pat Danscen

Denver Contra Dance - 2nd/4th Friday

Jan 10 "Step in Time" w/Devin Nordson
Jan 24 "Avourneen" w/Ed Hall
Feb 14 "Adam Agee & Jon Sousa" w/Helle Hill
Feb 28 "Roma Ransom" w/Paul Somlo

Zesty Contra Dance - 2nd Saturday *NEW LOCATION*

Jan 11 "Sandra & Rodney" w/Helle Hill
Feb 8 "Elizabeth Wood & Ben Cohen" w/Ed Hall

Hands Across Contra Dance - 4th Saturday

Jan 25 "New Rhythm Rangers" w/Sam Smith
This Dance is at the Avalon (Tango Studio)
Feb 22 "TuneMongers" w/Christa Torrens
Also, TYES Family Dance, 4-5:30pm
Potluck 5:30-6:15, All Dancers Welcome!

Friday Boulder Waltz/Contra

Jan 31 "Sandra & Rodney" w/Sam Smith

CFOOTMAD Music Jam - 1st/3rd Monday

Fort Collins FoTD Events - 1st/3rd Saturday

Jan 4 "Prairie Dog Picnic" w/Peter Johnson
Jan 18 "The Buffleheads" w/TBD
Feb 1 "The Coffee People" w/Paul Somlo
Feb 15 "Avourneen" w/Sam Smith

-----Zesty Moving To Boulder!-----

Starting in January, the Zesty is moving to the Tango Studio at the Avalon. The Tango Studio has a separate entrance at the northeast corner of the building. Dance still runs from 7 to 10pm.

-----Hands Across Special January Location!-----
Jan only - Avalon in Boulder (Tango Studio), same time.

-----Misc-----

A huge thank you to all who participated in Colorado Gives Day! Cfootmad received over \$3500 in donations, a new record!

Got a few dances under your belt? Comfortable with the basic figures? Ready for a new challenge? If you answered yes to all of these, then you're ready for the Zesty, Cfootmad's monthly dance party - no secret handshake required! 2nd Saturdays, every month.

We mourn the loss of long time dancer, Fran Enright. Originally from Detroit, Fran settled in Evergreen, teaching high school math and science. An avid naturalist, she was active in the Evergreen Audubon Society. Her xeric garden was featured for many years on the Evergreen garden tour. Upon retiring, she served on the Clear Creek County Open Space Commission. A public memorial is planned for late Spring/early Summer and gifts in her memory can be made to Food Bank of the Rockies.

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.

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 Helle 303-829-9420 or denverdance@cfootmad.org.

Hands Across Contra (Denver): Gender-neutral contra dance, Christ Church United Methodist Church, 690 Colorado Blvd. (7th and Colorado), Beginning lesson 6:15, dance 7-10. Sliding scale \$5 to \$15. Contact Betsy 303-564-6916 or handsacross@cfootmad.org.

Music Jam (Denver): Check the website at www.cfootmad.org for details.

5th 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.

Zesty Contra Dance: Contras for experienced dancers. No lesson, quick walk-throughs and little caller leading. Dances start promptly at 7pm with a waltz. Avalon Ballroom (Tango Studio), 6185 Arapahoe in Boulder. Dance 7-10. \$12/\$10 members, \$5 students. Contact Caroline 303-444-9801 or zesty@cfootmad.org.

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/\$5 students. Contact Paul 970-829-8689 or fotd@fotd.org

Grant Writing Anyone?

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



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Colorado Friends of
Old Time Music and Dance
2134 Glenfair Dr.
Greeley CO 80631



GRANT FUNDING RECEIVED FROM:

Meet Nick Hall

Nick's first exposure to contra dance came in 2017, at a friend's wedding in California. Although nerves got the best of him, keeping him sidelined, a year later he discovered Cfootmad. Although enjoyable, he initially found contra to be emotionally taxing, being what he calls a "social perfectionist". He participated in the lesson several times before actually dancing, and at that, only one or two dances in an evening. In late Spring, he began to gain confidence, and started dancing on a regular basis – he counts Rendezvous as the turning point; during the four day long event, he conquered his anxiety, falling in love with the connection and community that contra dancing creates.



A volunteer at the Hands Across series, Nick relishes each encounter with a new neighbor, trying to meet each one's needs; giving correct weight to neighbor #1, a flourish for neighbor #2, matching neighbor #3's pace, etc.. The dance floor allows Nick the opportunity to be an extrovert. He hopes that the dances remain a place where people can connect, despite any differences.

Off the dance floor, Nick is an aerospace engineer at Ball Aerospace (yes, he's a rocket scientist), having interned for them in 2003. A struggle with depression led to a sabbatical, during which, he's pursued contract work with United Launch Alliance, a company that will literally put you (or rather, your payload) into orbit. At ULA, Nick did structural analysis of booster rockets, creating computer models and doing calculations to ensure that the rockets will survive the journey. Nick has recently received certification as a volunteer crisis counselor for the national Crisis Text Line, which provides free 24/7 support to people in crisis. Before dancing, hiking consumed a lot of his time – he's summited 20 of Colorado's 14'ers and completed the Pike's Peak Ascent four times, once having run the accompanying marathon the next day (although he questions the sanity of that decision).

His advice for the group? You'll have to ask Nick about that.

NEXT CFOOTMAD NEWSLETTER DEADLINE

Friday, Feb 14 is the deadline for the Mar/April 2020 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: Sam Smith, Christa Torrens, Mark Berte, Steve Thomas, Teresa McCoy.*