

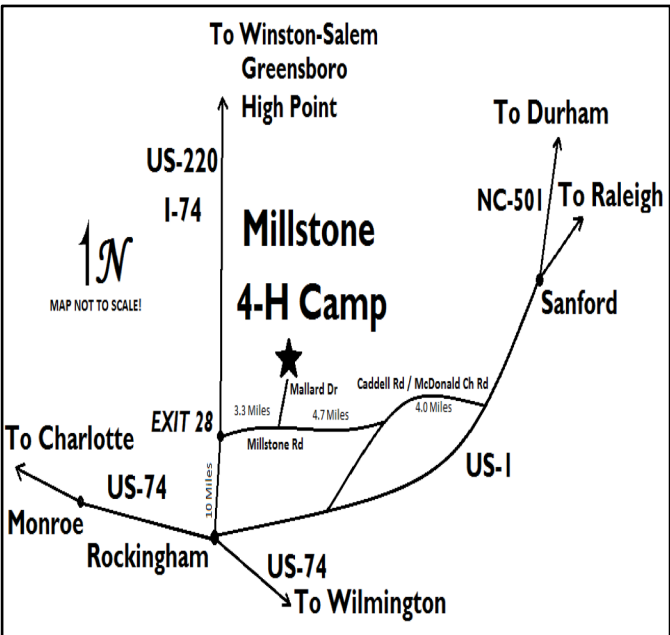


**Join us for our  
38<sup>th</sup> year of  
dancing**

**Mean Lids  
&  
Buddy System**

**Emily Rush  
&  
Charlotte  
Crittenden**

**Camp Millstone \* Ellerbe, NC**



**REGISTER!**

Please include a **separate form** for each registrant.  
Please print legibly.

Name \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Circle One: Male Female

- FRIDAY DINNER** - \$10.00 Reserve by Aug. 30 ..... \$ \_\_\_\_\_
- FULL PLAN** - Lodging, 4 meals, (Sat & Sun), all dances and workshops
  - Adult \$180.00 (before Aug 16) ..... \$ \_\_\_\_\_
  - Adult \$195.00 (after Aug 16) ..... \$ \_\_\_\_\_
  - Dancing Child (14 and under) \$95.00 ..... \$ \_\_\_\_\_
- CAMPING** - Tent Space, showers, dances, workshops (NO MEALS)
  - Adult \$110.00 per person (before Aug 16) ... \$ \_\_\_\_\_
  - Adult \$125.00 per person (after Aug 16) ... \$ \_\_\_\_\_
  - Dancing Child (14 and under) \$65.00 ..... \$ \_\_\_\_\_
- MEALS** - 3 Saturday, 1 Sunday \$55.00/person ..... \$ \_\_\_\_\_
- DANCES ONLY** - All dances and workshops. NO food, NO Lodging
  - Adult \$105.00 (before Aug 16) ..... \$ \_\_\_\_\_
  - Adult \$115.00 (after Aug 16) ..... \$ \_\_\_\_\_
  - Child \$55.00 ..... \$ \_\_\_\_\_
- SINGLE DANCE** - (Full registration takes priority) \$25.00 ..... \$ \_\_\_\_\_  
Specify Dance(s) \_\_\_ Friday \_\_\_ Saturday \_\_\_ Sunday
- SINGLE WORKSHOP** - (Full registration takes priority) \$8.00 .. \$ \_\_\_\_\_

**TOTAL DUE** .....

\$ \_\_\_\_\_

\*\* For those who wish to arrive Thursday night, a fee of \$10/\$20 will be charged for camping/cabin space.

**Willing to Volunteer (We will be in touch)**

**FOOD (Circle One):** omnivore veggie

**CABIN PREFERENCE (Circle One):** Women Men Mixed Family

**Make checks payable to: Fiddle & Bow Country Dancers**  
Mail to: **Patty Davis, 4631 Bridle Path, Winston-Salem, NC 27103**  
The entire amount must be enclosed to reserve your space.

**FULL REFUND LESS \$10 PRIOR TO AUGUST 16.**

Registration will be confirmed by email.

# THE TALENT

**MEAN LIDS** Mix one part smooth Irish session, one part spicy cajun-zydeco, one part hot western swing, with two parts driving southern old-time and take it down to the local dance hall. There you have the Mean Lids, a young, energetic acoustic trio currently residing in central Illinois. Miriam Larson—flute, jaw harp. Miriam has been playing flute since she was a youth. Ben Smith—fiddle, baritone fiddle, banjo, low whistle, kick drum. Dr. Smith started playing music as a boy in the foothills of the Appalachian mountains in Alabama, but matured in the finger-lakes region of NY, absorbing Celtic influences from NY city, Cape Breton and Quebec. Matt Turino—guitar, fiddle, feet. Urbana, IL native, Matt grew up playing in bands with his father and in a variety of genres, including Old Time string band music, the music of southwest Louisiana, and various Celtic traditions.

**BUDDY SYSTEM** creates live sonic landscapes that'll put you in a dance trance. They will be playing acoustically this weekend and their new CD is outstanding

**Noah VanNorstrand** is known for his playing with The Great Bear Trio, one of the hottest and most influential dance bands in the country, as well as the Andrew and Noah Band and Giant Robot Dance. His driving rhythm, epic dynamics, creativity, and uniquely rocking style have given him a loyal following.

**Julie Vallimont** performs nationwide with the bands Nor'easter, Firecloud, and more. She is known for her driving piano style, skill in matching tunes to dances, and music with heart. The pioneer of this new live form of techno contra, she fuses musical worlds and strives to create a transcendent dance experience.

**Emily Rush** is a local dance caller, producer, and instructor from Durham, NC. Founder of the wildly popular RUSHFEST! Contra Dance series, her workshops and dance programs are favorites of dancers from near and far!

**Charlotte Crittenden** is fast becoming a popular regional caller who has recently called at Old Farmer's Ball, River Falls, Grey Eagle, Chattanooga and Sautee. She has also called at Glen Echo and Contrathon. Her enthusiasm is contagious.

## WORKSHOP LEADERS

Emily Rush / Charlotte Crittenden / Warren Doyle  
Terry Doyle / Catherine Farmer & Page Ghaphery  
Hampton Thrower / Olivia Peachley / Gail Lacy  
Music by Ted Ehrhard and Maria Fairchild

### INFO:

Patty Davis call(text) (336) 287-5363 or email [pattydavis@triad.rr.com](mailto:pattydavis@triad.rr.com)  
George Segebade call (336) 644-6522 email [gsegebade@triad.rr.com](mailto:gsegebade@triad.rr.com)

# WHAT'S HAPPENING?

## <FRIDAY>

4:30 – Check-in Begins  
6:00 – Optional Dinner - \$10.00 Reserve by 8/30  
8:00 – 11:30 CONTRA with Emily, Charlotte,  
Mean Lids, and Buddy System  
11:30 – 12:30 COUPLES DANCING

## <SATURDAY WORKSHOPS>

Waltz \* Flatfooting \* Yoga \* Singing \* RUSHFEST  
Musician's Workshop \* Contra Madness  
Caller's Workshop \* Swing  
Contra & Squares \* English Country Dance

## <SATURDAY NIGHT>

8:00 – 12:00 – GRAND FALL BALL with Charlotte, Emily,  
Buddy System, and Mean Lids  
12:00 – 1:00 Late Night Couples Dancing

## <SUNDAY>

Wake up Waltzing \* Yoga  
Farewell Contra til 2:00

**WHERE:** Feet Retreat will be held at Millstone 4-H Camp in Ellerbe, NC. In the heart of the Sandhills Game Lands, Millstone sits among some of the most beautifully restored longleaf pine stands in the southern U.S. Millstone has many natural treasures spread over its 320 acres, from unique ecosystems to specialized recreational facilities. **Pets and alcohol are prohibited at the camp.**

### LODGING:

- There are 14 cabins, each with 10 bunk beds. Bring your own pillows, sheets, sleeping bags, towels, flashlights, etc. **Cabins will be assigned in advance, so mark your cabin preference and attach a list of potential cabin-mates.**
- Campsites have no electricity, but showers and water are available.
- For those who wish to stay off-site, the cities of Rockingham and Pinehurst are 14 and 25 miles away, respectively.

**MEALS:** 3 meals Saturday and breakfast Sunday will be prepared by Executive Chef Jay Christmas. There will also be an **optional** Friday night dinner for an additional \$10.00 (reserve by 8/30).

**SOUND:** Sound will be provided by Jamie Platt of Dancing Planet Productions from the Greater D.C. Area

[www.dancingplanetproductions.com](http://www.dancingplanetproductions.com)

**CHILDREN:** Children of all ages are welcome; however, there are no planned children's activities. Parents are responsible for their children at all times.

Register online or print this registration flyer at  
[www.feetretreat.com](http://www.feetretreat.com).

