



**Join us for our
39th year of
dancing**

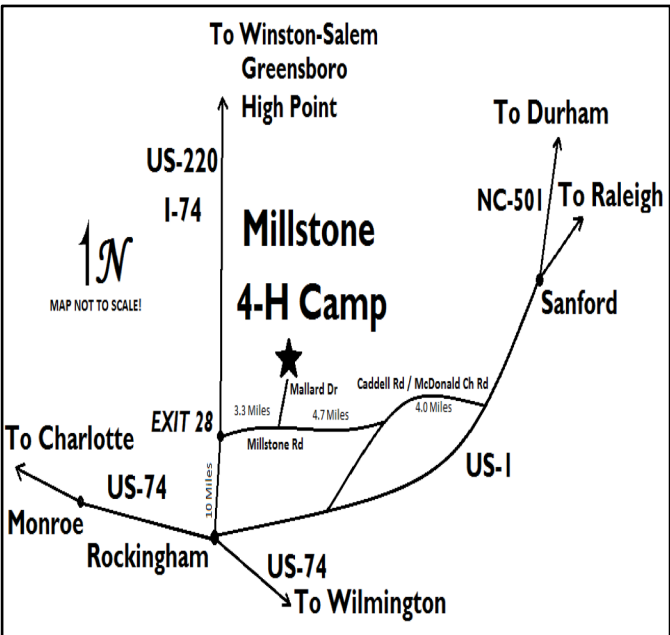
Faux Paws
(Noah VanNorstrand, Chris Miller, Owen Morrison)

&

Playing with Fyre
(George Paul, Rob Zisette, Steve Kemble)

**Gaye Fifer
&
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 _____

- FULL PLAN** - Lodging, 4 meals, (Sat & Sun), all dances and workshops
 Adult \$180.00 (before Aug 19) \$ _____
 Adult \$195.00 (after Aug 19) \$ _____
 25 & under \$135.00 (after 8/19 \$145) \$ _____
- CAMPING** – Tent Space, showers, dances, workshops (NO MEALS)
 Adult \$110.00 per person (before Aug 19) ... \$ _____
 Adult \$125.00 per person (after Aug 19) ... \$ _____
 25 & under \$75.00 (after 8/19 \$90) \$ _____
- MEALS** – 3 Saturday, 2 Sunday \$50.00/person \$ _____
- DANCES ONLY** – All dances and workshops. NO food, NO Lodging
 Adult \$105.00 (before Aug 19) \$ _____
 Adult \$115.00 (after Aug 19) \$ _____
 25 & under \$70.00 (after 8/19 \$80) \$ _____
- SINGLE DANCE** – \$30.00 / 25 and under \$25.00 \$ _____
 Specify Dance(s) ____ Fri ____ Sat(day) ____ Sat(eve) ____ Sun
- SINGLE WORKSHOP** – (Full registration takes priority) \$8.00 . . \$ _____

TOTAL DUE \$ _____

- Willing to Volunteer (We will be in touch)**
- FOOD (Circle One):** omnivore veggie
- CABIN PREFERENCE (Circle One):** Women Men Mixed Family

*If you feel unwell, please do not attend Feet Retreat.
We will issue a refund, less \$2 for postage etc.
WE WILL NOT REFUND EVENTBRITE FEES*

Make checks payable to: Fiddle & Bow Country Dancers
Mail to: Patty Davis, 4634 Woodsman Way, Winston-Salem, NC 27103
The entire amount must be enclosed to reserve your space.
Registration will be confirmed by email.

THE TALENT

The Faux Paws Noah VanNorstrand, Chris Miller, and Owen Morrison are an exciting trio of musicians who bring a wide-ranging acoustic powerhouse sound ranging from groovy to old-time originals and standards. Noah on fiddle and feet; Chris on saxophones and banjo; Owen performs guitar, mandolin, and foot percussion across the United States and abroad.

Playing With Fyre George Paul on piano – The man. The myth. The keyboard. Rob Zisette on fiddle – he’s classically trained; raised on rock, pop, funk, soul, folk, and everything in between. Steve Kemble on percussion - Rivals George for biggest smile. Fluent in various musical genres such as rock, blues, jazz, funk, salsa, reggae, soca, soukous, zydeco, and more.

Copious Notes Mara Shea on violin and and Julie Gorka on piano will provide music for various workshops on Saturday.

CALLERS

Gaye Fifer is an accomplished contra caller and an active dancer, from Pittsburgh, PA, who understands the subtleties of making contra dances particularly satisfying for dancers. She’s not afraid to lead very challenging contras. An easy smile and delightful sense of humor are part of Gaye’s relaxed style. She will also be leading a waltz workshop with Wayne Albright.

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

Gaye Fifer / Wayne Albright
Charlotte Crittenden/ Emily Rush / Rob Zisette
Terry Doyle / Warren Doyle
Hampton Thrower / Olivia Peachley

Print Flyer at www.feetretreat.com

INFO:

Patty Davis - cell (336) 287-5363 pattydavis@triad.rr.com
George Segebade - cell (336) 644-6522 gsegebade@triad.rr.com

WHAT'S HAPPENING?

<FRIDAY>

4:30 – Check-in Begins

8:00 – 11:30 CONTRA

11:30 – 12:30 COUPLES DANCING

<SATURDAY WORKSHOPS>

Waltz * Couples * Yoga * Singing

RUSHFEST * Contra Madness * Swing

Challenging Contras & Squares

<SATURDAY NIGHT>

8:00 – 12:00 – GRAND FALL BALL

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 & lunch Sunday will be served by the Camp Staff. Snacks provided during evening dances; Coffee/Tea available at 7:30 am

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

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.

**Proof of Covid vaccination required;
Masks optional**

Online registration at EventBrite!

