



# FEET RETREAT

an  
Extraordinary  
Dance  
Weekend!

**Sept.**  
**22-24**  
**2023**



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

## Faux Paws

(Noah vanNorstrand, Chris Miller,  
Owen Morrison)

&

## Playing with Fyre

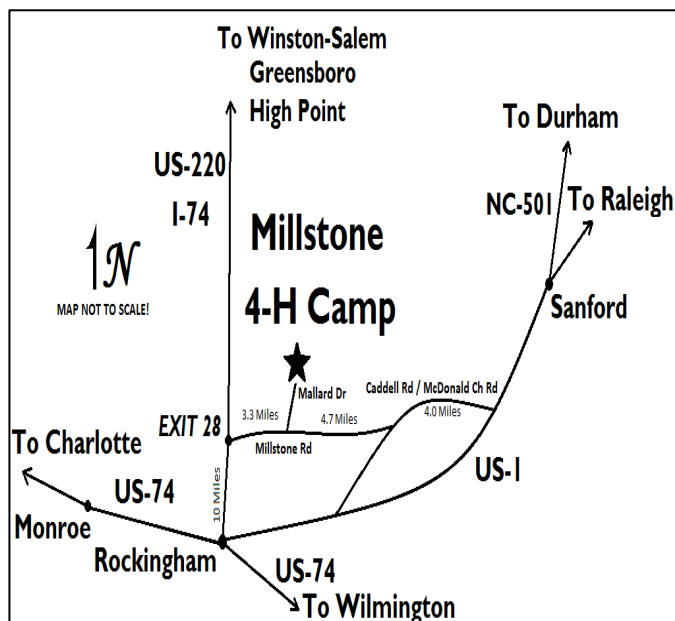
(George Paul, David DiGiuseppe,  
Rob Zisette, Steve Kemble)

## 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 CABIN**, Bunk, 5 meals, (Sat & Sun), all dances & workshops

Adult - \$225 (after Aug 18 - \$235) ..... \$ \_\_\_\_\_

25 & under - \$180.00 (after Aug 18 - \$190) ..... \$ \_\_\_\_\_

☐ **FULL PLAN CAMP** – Tent Space, 5 meals, showers, dances, workshops

Adult \$225 (after Aug 18 - \$235) ..... \$ \_\_\_\_\_

25 & under \$180.00 (after Aug 18 - \$190) ..... \$ \_\_\_\_\_

☐ **OPTIONAL FRIDAY MEAL** – (Reserve by Wed. 9/13) \$14.00 \$ \_\_\_\_\_

à la carte pricing:

☐ **CABIN (\$40)** or ☐ **CAMP (\$40)** ..... \$ \_\_\_\_\_

☐ **MEALS** – 3 Saturday, 2 Sunday \$70.00/person ..... \$ \_\_\_\_\_

☐ **DANCES ONLY** – All dances and workshops. NO food, NO Lodging

Adult - \$130 (after Aug 18 - \$140) ..... \$ \_\_\_\_\_

25 & under \$95 (after Aug 18 - \$105) ..... \$ \_\_\_\_\_

☐ **OPTIONAL FRIDAY MEAL** – (Reserve by Wed. 9/13) \$14.00 \$ \_\_\_\_\_

☐ **SINGLE DANCE** – \$35.00 / 25 and under \$25.00 ..... \$ \_\_\_\_\_

Specify Dance(s) \_\_\_\_ Fri \_\_\_\_ Sat(day) \_\_\_\_ Sat(eve) \_\_\_\_ Sun

☐ **SINGLE WORKSHOP** – (Full registration takes priority) \$10.00 . \$ \_\_\_\_\_

**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. David DiGiusepe on accordion – a multi-faceted performer known for his emotive playing, has been playing professionally since 1978. 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.

## 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 / Hampton Thrower

Print Flyer at [www.feetretreat.com](http://www.feetretreat.com)

#### INFO:

Patty Davis - cell (336) 287-5363 [pdaviswvnc@gmail.com](mailto:pdaviswvnc@gmail.com)  
George Segebade - cell (336) 644-6522 [gsegebade@triad.rr.com](mailto: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 \* Contras & Squares\* Swing

## <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 prepared by **CHEF JAY** Christmas. 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](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.

**Covid Protocol:**  
**Masks optional & welcomed!**

**Online registration at EventBrite!**

