

# FEET RETREAT

an  
Extraordinary  
Dance  
Weekend!

**Sept.  
20-22  
2024**



**Join us for our 39<sup>th</sup>  
year of dancing**

## Hotpoint Stringband

(Mark "Pokey" Hellenberg,  
Hilarie Burhans, Mark Burhans,  
Marlene Shostak, Nick Weiland)

&

## Dam Beavers

(Ben Schreiber, Scotty Leach,  
Ness Smith-Savedoff)

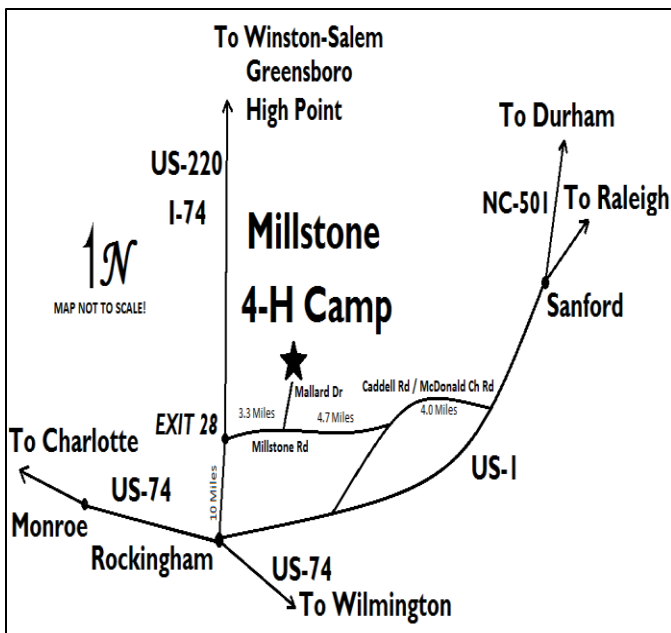
WITH

## Emily Rush

&

## Bob Isaacs

### 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  
THIS DOES NOT INCLUDE OPTIONAL FRIDAY DINNER

Adult - \$225 (after Aug 16 - \$235) ..... \$ \_\_\_\_\_  
25 & under - \$180.00 (after Aug 16 - \$190) ..... \$ \_\_\_\_\_

**FULL PLAN CAMP** - Tent Space, 5 meals, showers, dances, workshops  
THIS DOES NOT INCLUDE OPTIONAL FRIDAY DINNER

Adult \$225 (after Aug 16 - \$235) ..... \$ \_\_\_\_\_  
25 & under \$180.00 (after Aug 16 - \$190) ..... \$ \_\_\_\_\_

**OPTIONAL FRIDAY MEAL** - (Reserve by Wed. 9/9) \$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 16 - \$140) ..... \$ \_\_\_\_\_  
25 & under \$95 (after Aug 16 - \$105) ..... \$ \_\_\_\_\_

**OPTIONAL FRIDAY MEAL** - (Reserve by Wed. 9/9) \$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.

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

**Hotpoint Stringband** is a contemporary Midwestern contradance band that has played for contra and square dances in this same configuration for over 20 years. They are known across the country for the energy, intensity, and drive they put out for dancers. The band consists of the king of contradance percussionists, Mark "Pokey" Hellenberg; clawhammer banjo legend Hilarie Burhans, improvisational and inspired fiddler Mark Burhans; wall-of-rhythm pianist Marlene Shostak, and, keeping us well grounded, bassist Nick Weiland.

**Dam Beavers** are Ben Schreiber on fiddle, Scotty Leach on piano, and Ness Smith-Savedoff on drums. With roots in a wide variety of styles and genres, their music comprises an eclectic mix of old and new, familiar and unfamiliar. Let the current sweep you away as the Dam Beavers build a dam of rhythm beneath your feet.

## CALLERS

**Bob Isaacs** is well known in the contra dance world as author/choreographer of hundreds, if not thousands, of contra dances. His many much-loved dances emphasize flow and energy. His calling is also spot on, energetic and dancer focused. You'll know you are in good hands as you let go and become one with the dance.

**Emily Rush** is a Triangle-area dance caller who is recognized for her nationally-known RUSHFEST! contra dances set to modern music and her energetic traditional contra dance calling at local dances and weekends across the country. Her energy is contagious – you're sure to have a blast!

## WORKSHOP LEADERS

Gaye Fifer / Wayne Albright  
/ Emily Rush /  
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 3:00

**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 Michael Rosen and his son, Sous Chef Jonathan**. Snacks provided during evening dances; Coffee/Tea available at 7:30 am Friday dinner is **OPTIONAL** and an extra fee.

**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 [www.feetretreat.com](http://www.feetretreat.com)

