



**Join us for our 41st
year of dancing**

All The Rage

(Larry Unger, Glen Loper,
Tory Horner, Betsy Branch)

Ice Cream Truckers

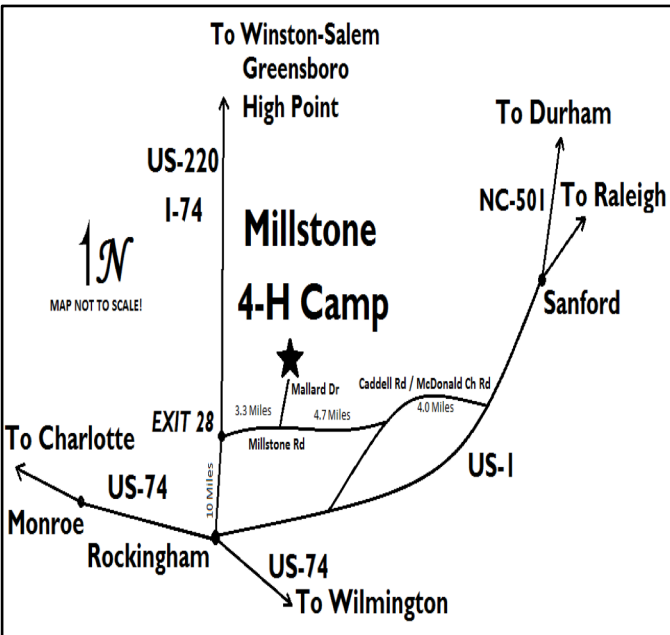
(Noah VanNorstrand, Kelsey Wells,
Helen Kuhar)

Calling by:
Gaye Fifer
Rick Mohr

Rob Zisette, George Paul, RUSHFEST!
Forest Doyle, Terry Doyle
Hampton Thrower

Gender Neutral Calling Terms

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 FRIDAY NIGHT OPTIONAL DINNER

Adult - \$265 (after Aug 14 - \$275) \$ _____
25 & under - \$220 (after Aug 14 - \$230) \$ _____

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

Adult - \$245 (after Aug 14 - \$255) \$ _____
25 & under - \$205 (after Aug 14 - \$215) \$ _____

à la carte pricing:

MEALS – 3 Saturday, 2 Sunday \$90.00/person \$ _____

CAMP/DANCE – Tent Spot, All dances and workshops. NO meals

Adult - \$165 (after Aug 14 - \$175) \$ _____
25 & under - \$125 (after Aug 14 - \$135) \$ _____

DANCES ONLY – All dances and workshops. NO meals, NO Lodging

Adult - \$145 (after Aug 14 - \$155) \$ _____
25 & under - \$105 (after Aug 14 - \$115) \$ _____

OPTIONAL FRIDAY MEAL – (Reserve by Fri. 9/11) \$18.00 \$ _____

Friday Eve, Saturday morning/afternoon, Sunday
walk-ins welcome – **pay at the door**
****NO SATURDAY NIGHT WALK-INS****
SINGLE DANCE – \$40.00 / 25 and under \$30.00
SINGLE WORKSHOP – \$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

We will issue 50% refund until September 1. No refunds after Sept 1 –
but registration is transferrable. MUST notify FR Staff in advance.

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

All the Rage is a stellar contra dance band bringing together four accomplished musicians. **Larry Unger** has been a full-time musician since 1984, performing across the United States, Europe, and Scandinavia, and has been dubbed "master guitarist" by *Dirty Linen* magazine through years of playing with top-tier contra dance bands. **Glen Loper** of Stomp Rocket is a Maine Fiddle Camp veteran, music teacher, and performing folk musician based in Portland, Maine. **Victoria Horner** is a Boston/Cambridge-based fiddler, active contra and fusion dancer, and member of Here on the Hill Band. **Betsy Branch** is a classically trained, versatile multi-genre musician who fell in love with folk fiddle and has since wandered musically through the traditions of Ireland, Scotland, Appalachia, Quebec, Sweden, England, and New England. She plays regularly for contra dances, English Country Dances, Irish ceilis, and Scottish Country Dancing. Together, these four bring a rich depth of tradition and joyful energy to every dance floor they grace.

Ice Cream Truckers the ultimate contra dance band that brings joy and energy to every gathering! Featuring the dynamic Noah VanNorstrand, who masters both fiddle and feet, alongside the delightful melodies of Kelsey Wells on fiddle and the infectious rhythms of Helen Kuhar on guitar, this trio is sure to get your feet moving.

Rob Zisette & George Paul Two members of Playing with Fyre, Rob on fiddle and George on keyboard, will provide music for workshops you won't want to miss!

CALLERS

Gaye Fifer is an accomplished caller from Pittsburgh, PA. An active dancer herself, Gaye understands the subtleties of making dances particularly satisfying for dancers. Her instructions are clear and concise, as she is a teacher by profession. An easy smile and delightful sense of humor are part of Gaye's relaxed, pleasant style at the microphone. Gaye calls contra and English dances throughout the US and Canada.

Rick Mohr author of many of your favorite contra dances, hails from the Philadelphia area where he has written and called for many years. This is Rick's first Feet Retreat – let's make him feel welcome!

WORKSHOP LEADERS

Emily Rush

Terry Doyle / Hampton Thrower / Forest Doyle

Print Flyer at www.feetretreat.com

INFO:

Patty Davis cell (336) 287-5363 pdaviswvnc@gmail.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 * ECD * Yoga * Callers * Flatfooting * Musicians

RUSHFEST * Contras & Squares * Salty Dog Rag

<SATURDAY NIGHT>

8:00 – 12:00 – GRAND FALL CONTRA BALL

12:00 – 12:30 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 11 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 Chefs Jeff & Andrea Bacon. Snacks provided during evening dances; Coffee/Tea available at 7:00 am

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

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.

Please be healthy!

Online registration Feetretreat.com!

