

ATTENTION ATTENTION...

Ottawa English Country Dancers AND Ottawa Contra Dancers!

We are co-presenting two AWWWWESOME English Country Dancing & Contra callers this spring...

TRY SOMETHING NEW (OR NEWISH) TO YOU!!!!!!!

April 5-7 : NILS FREDLAND from Keene, New Hampshire

Who is Nils??? Nils is one of the busiest and most sought-after callers in North America. He shares his infectious energy with dancers and singers of all levels of ability, coast to coast and beyond, nearly every weekend!



English Country Dance (FRI 730-10pm @ Mlacak Centre, \$5 special for contra members)

Come try English Country Dancing... Nils is a masterful caller and the music will be impeccable plus you will be dancing to the impeccable music of Crowfoot!

Instant Choir (SAT 2-330pm @ Churchill Rec Centre, \$5)

This is singing for all with no experience required! Nils has taught singing from Denmark to Texas and will be bringing community singing traditions from around the world. Be ready for harmonies, multi-parts and other great fun as part of the instant choir.

Mostly Waltz (SAT 4-5:30 @ Churchill Rec Centre, \$8 regular, \$7 for members, ECD visitors, & students)

... you can combine with evening contra for 17\$ regular, 15\$ members, ECD visitors, & students)

Part of an awesome weekend, Crowfoot will be playing mostly waltzes as well as the occasional schottis, hambo, swing, and other couples dance. All levels of dancers welcome! No experience necessary (no intro lesson but you can catch on).

Option of going out for dinner at a local restaurant between Sat afternoon and evening events. Sign up Sat afternoon!

Contra Dance (SAT 8-11pm, intro lesson 730pm @ Churchill Rec Centre, \$12 regular, \$10 members & students, 16 and under free)

Come join Nils and Crowfoot for a high drivin' hot contra dance!

Caller's workshop (SUN 10am-12pm with potluck lunch, \$10, contact cathburns@sympatico.ca for the location)

Nils will be focusing on how to teach contra dances including specific moves so come with a few dances and the keenness to learn lots!

May 3-5 : DAVID MILLSTONE from Lebanon, New Hampshire

Who is David??? A caller for more than 35 yrs, David is currently the president of Country Dance and Song Society and coordinates the Square Dance History Project. He has produced three DVDs and has written extensively on dance history. He knows LOTS and is fun... a great combo!



English Country Dance (FRI 730-10pm @ Mlacak Centre, \$5 special for contra members)

David has oooooles of experience calling English Country and will create an incredible evening for all new and experienced English dancers.

Evolution of Contra Dance (SAT 330-530 @ Churchill Rec Centre, \$8 regular, \$7 for members, ECD visitors, & students)

... you can combine with evening contra for 17\$ regular, 15\$ members, ECD visitors, & students)

A dance for all, linking historical English and French traditions to the current contra world! We'll start with dances typical of the late 18th century and will dance our way up through the centuries, looking at major changes as they occurred in contra dance. Nor'Easter will play!

Potluck between the afternoon & evening dances starting at 5:30pm. Come with a yummy dinner dish to share!

Contra Dance (SAT 8-11pm, intro lesson 730pm @ Churchill Rec Centre, \$12 regular, \$10 members & students, 16 and under free)

Come join David Millstone & Nor'Easter for a wickedly grand contra dance.

Talk/Presentation: Contrás vs Squares: 300 Years of Country Dance History (SUN 1030am-1230pm @ Churchill Rec Centre, \$5)

What are the roots of American country dancing and how does this link to English/French traditions? What changes emerged in the 19th century? Who are the individuals in the 20th century who helped revive older traditions? How did changing musical styles in recent decades affect the dances? David's presentation will be illustrated with audio examples and time for audience participation and questions.

more info: www.ottawacontra.ca OR www.ottawaenglishdance.org

Presented by: The Old Sod Folk Music Society of Ottawa and The Ottawa English Country Dance Club