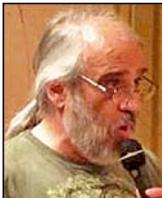




HCD Contra Bulletin

Vol. 11, No. 3 • March 2019



Rich Sbardella

This month's HCD contra dance will be **March 9** at the **Griffith Academy**, 275 Main Street, Wethersfield. The new-dancer workshop will begin at **7:15**, followed by the dance **from 7:30–10:30**.

Live music will be provided by the trio of **Eric Eid-Reiner**, **David Cantieni**, and **Ron Grosslein**. The caller will be **Rich Sbardella**. There will be a free **new-dancer workshop** from **7:15–7:30**.

If you're new to contra dancing, the workshop will have you dancing in no time. And even if you're a contra pro, come to the workshop to show the newcomers some of your experienced moves.



Eric David Ron

Admission: Students, \$5; volunteers, free; everyone else, \$12. If you haven't danced with us in 2016–18, we'll admit you for free. If you have danced with us but bring a friend who has not, we'll admit both of you for free. These are all part of our **Get-In-Free Promotion**. In order to make contra dancing accessible to all, we will work with anyone who cannot pay.

Directions: Take I-91 to Exit 26, "Old Wethersfield." If you're coming from the north, turn right at the bottom of the ramp onto Great Meadow Rd.; if you're coming from the south, turn left at the bottom of the ramp onto Great Meadow Rd. Then take an immediate left onto Marsh St. and follow Marsh St. to Main St. (landmark: flagpole). Turn right onto Main St., then drive one block to the **Griffith Academy**, 275 Main St., Wethersfield, a white churchlike building on the left.



Wear what makes you feel like dancing, as long as it includes clean, comfortable, flat-soled shoes.

Future HCD Contra Dances:

- April 13 Please & Thank You Stringband, with caller Bill Fischer
- May 11 The Fiddleheads, with caller Ted Crane
- June 8 Chicks 'n Sync, with caller Steve Holland

Dance Cancellations: With winter well upon us, remember that there is always a chance we will have to cancel one of our dances because of dangerous driving conditions and parking bans at our Wethersfield venue. If we are forced to cancel a dance, we will let you know in a number of ways: if you are on our list to be emailed the *HCD Contra Bulletin* each month, we will send you a cancellation notice via email by 3:00 p.m. on the day of the dance; also by 3:00 p.m. on the dance date there will be a cancellation notice on the homepage of the [Hartford Community Dance website](#); and cancellation notices will appear in lists of cancellations broadcast by local radio and TV stations.

Safety Suggestions: Please be mindful of safety as you dance.

- Dancers (especially children) must be able to dance on their own—i.e., no three-somes, no kids being carried, no babies in backpacks, etc.
- Don't lift anyone off the floor; be gentle with hands, thumbs, and fingers; and respect your partner's wishes for swing speed and twirls.
- Crowded dance floor? Swing with your elbows bent and close to you. Your neighbors will appreciate not being elbowed.
- Report your safety concerns to a dance volunteer.

A Word From the Contra Committee Chair



March comes in like a lion—at least in terms of our caller and band. We welcome back a favorite caller, Rich Sbardella, with an extra-special band: Eric Eid-Reiner, David Cantieni, and Ron Grosslein (superb musicians and members of Wild Asparagus, Moving Violations, Swallowtail, and other great contra bands).

I'd like to thank all in our dance community for your support, but our need continues: First, we'd like to increase our attendance, so do continue to come out to our dances, spread the word about how much fun contra is, and bring friends. (Remember our first-time promotion to encourage new—or new-to-our-dance—dancers.) Second, contribute, if you can, any amount, large or small, to HCD Contra. (We're a 501c3, so contributions are deductible—to the extent that the recent tax changes haven't messed that up.) And finally, we always need volunteers for positions ranging from one-time to long-term.

Rob Lindauer, Contra Committee Chair

Our Latest Flyer: Feel free to print copies and display them on bulletin boards at your church, school, or wherever. You can access a printable pdf file of the flyer below [here](#).



January–June 2019

HCD 2nd-Saturday Contra Second Saturday of Every Month

Griffith Academy

275 Main Street, Wethersfield • Minutes off I-91 Exit 26

New-Dancer Lesson 7:15–7:30 • Dance 7:30–10:30

Students \$5 • Volunteers Free • All Others \$12

→ All dances are taught and prompted.

→ Our dances are smoke-, alcohol-, and fragrance-free.

→ Wear clean, comfortable, flat-soled shoes.



→ **Get-In-Free Promotion:** If you haven't danced with us in 2016–18, we'll admit you for free; if you have danced with us but bring a friend who has not, we'll admit *both* of you for free.

January–June 2019

January 12 Band: New Haven Jammers Callers: George Thompson & Jen Jasenski	February 9 Band: Fifer's Delight Caller: Don Heinold	March 9 Band: Eric Eid-Reiner & Friends Caller: Rich Sbardella
April 13 Band: Please & Thank You Stringband Caller: Bill Fischer	May 11 Band: The Fiddleheads Caller: Ted Crane	June 8 Band: Chicks 'n Sync Caller: Steve Holland

HCD Contra is part of **Hartford Community Dance**. Learn more about us online at <http://www.hcdance.org>. Call us for info, including cancellation notices, at 1-860-232-2504, or email HCD.Contra@gmail.com.



The *HCD Contra Bulletin* is emailed to subscribers on the Wednesday preceding each HCD Contra dance (which is held on the second Saturday of each month). If you are not a subscriber but would like to be one, [reply to this email](#) with SUBSCRIBE ME in the subject line and your full name in the body of the email.

Questions? Call 1-888-423-0423 or [email us](#).

For more info, [reply to this email](#) with INFO in the subject line and your question(s) in the body of the email.

Volunteers at our dances receive free admission in exchange for 30 minutes of their time. To be added to our list of prospective volunteers, [reply to this email](#) with VOLUNTEER in the subject line and your full name in the body of the email.

This contra dance series is part of [Hartford Community Dance \(HCD\)](#). [Sign up here](#) to receive info about all our dances, including cancellation notices.

 See us on [facebook here](#).

To be removed from this HCD Contra email list, [reply to this email](#) with REMOVE in the subject line.