

# THE DOUBLE TOE TIMES

Vol. 2, No. 2

A Florida Clogging Newsletter

February 1984

## STACK THE WOOD

A YELLOWROCK BY ANY OTHER NAME IS STILL A HUG!!!!!!!!!!!!!!

Webster — HUG — of Scandanavian origin: akin to ON HUGGA to soothe. To press tightly especially in the arms; to hold fast; cherish; to stay close.

Someone recently asked why a hug was called a "Yellowrock"!! As Gomer Pyle says, "Gollleeee"!!!! Never thought about it! Just as tissue is Kleenex, an automobile is a car, feverish becomes a cold — a HUG is a Yellowrock!

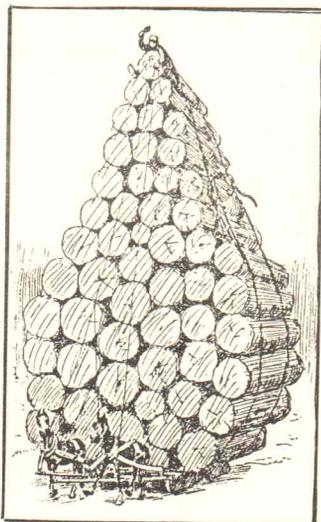
We put it to Danny Robinson, Square Dance Caller, and Editor of the Square Dance Bulletin.

Years ago a hug was called a "clatch" or "kwetch". In California it is known as "Stack the Wood". In the midwest, (Kansas or Arkansas Danny thought), a prominent Caller opened a huge Square Dance Barn and called it The Yellowrock Barn. The hugs there became known as Yellowrocks — a catchy slang word that soon spread from club to club, state to state.

There has been much written recently on "Hugging". Someone sent Danny a book on the subject. A friendly hug just plain makes you feel good. Apparently the book states that 4 hugs a day are a minimum requirement for well being. All this time I thought it was only 3, which probably explains my irritability occasionally. You've heard of Insufficient Funds — I have Insufficient Hugs!! And somewhere in all those medical manuals there is probably an I. H. Syndrome!!

Feeling very smug, I go armed with all this information about Yellowrocks and bait my daughter, the Clogging Instructor! "Do you know where the term Yellowrock came from", I slyly ask. "Sure — in California it's called Stack the Wood, and some fellow in the midwest had a barn called The Yellowrock Barn, etc., etc., etc." When I have recovered sufficiently to close my mouth, I ask where she learned all this. "Oh, Danny Robinson told us all about it, 10 years ago when I was in his Square Dance Class."

I have the Yellowrock well in "arm" — now I have to work on my memory!!!!!!



## '84 CONVENTION NEWS



The Square and Round Dance Program for '84 is almost complete. We should have this program finished in a few weeks, then we go to press and have it ready to distribute to you, the dancers, soon after the first of the year.

I would like to thank the Lakeland Chamber of Commerce for the job they have done in contacting the hotels and motels in the area for rates and room commitments for May 25, 26, and 27th. We have received replies from eleven hotels and motels in the area. The rates are very good for this area. For double occupancy, the range is from \$24.00 to \$40.00 per night. We believe this range should give each one a chance to have a nice weekend and stay within their means. As each of you send in your advance registrations, we will send you a complete listing of motels and hotels with rates and locations.

We have just received a contract from the Lakeland Park and Recreation Department for the use of the Hibiscus Building, which is adjacent to the Lake Mirror facility. This will give the Cloggers more room which they can surely use.

Frank and Frances Smith

Reprinted by permission of Bow & Swing, January 1984.

## Dancin' USA

Osceola County officials have worked out a business deal for national exposure that most local residents will get a chance to watch too.

The deal is with the Nashville Network — Channel 23 in Kissimmee; Channel N in St. Cloud — which produces a show called Dancin' USA. The county and the network have agreed to shoot 10 shows here sometime in February. They will be shown the following May and November.

## KIND WORDS

Cold words freeze people, and hot words scorch them, and bitter words make them bitter, and wrathful words make them wrathful. Kind words also produce their own image on men's souls; and a beautiful image it is. They smooth, and quiet, and comfort the hearer.

Pascal

# THE DOUBLE TOE TIMES

PUBLISHER/EDITOR

Lindy Reyes & Bobbie Adams

The **DOUBLE TOE TIMES** is published by Lindy Reyes and Bobbie Adams.

Club news, comments, and items of interest will be published without charge as space permits. We reserve the right to edit any items submitted. We reserve the right to reject any copy or ads not germane to the spirit of this Newsletter. Copy for ads and news must be received by the 10th of the month preceding next issue. All checks must be payable to:

THE DOUBLE TOE TIMES  
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Longwood, Florida 32750

Lindy Reyes. . . .305/831-1063  
Bobbie Adams. . .305/834-8255

## CLUB DIRECTORY ADS

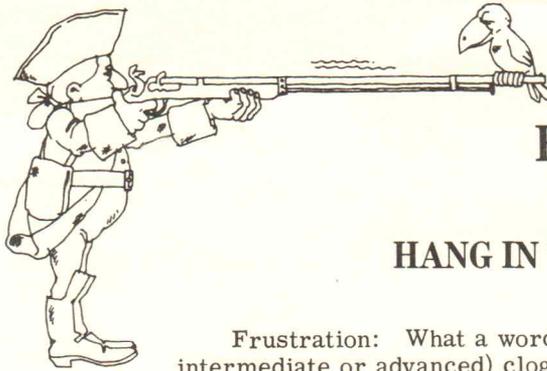
Club Directory Ads will be accepted for \$3.00 per issue. Limit — 30 typewritten spaces across and 5 lines down. Please use the following code:

B = Beginner I = Intermediate  
A = Advanced P = Performance  
Team Only

## AD RATES

Full Page	7 1/2x10	\$75.00
Half Page	7 1/2x5	\$40.00
1/4 Page	3 3/4x5	\$20.00
1/8 Page	3 3/4x2 1/2	\$10.00
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1/16 Page	1 3/4x2 1/2	\$ 5.00
Classified ads (2 lines)		\$ 2.00
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Copies by mail are available by writing to the above address at \$1.00 per issue to cover mailing and handling. Please type or print return address clearly.



## Front and Center

### HANG IN THERE

**Frustration:** What a word!!! As a beginner, (new intermediate or advanced) clogger, you have probably felt this. I have felt frustrated wondering if I'd ever get a routine, step or sequence down pat. I worried about it for so long that it was beginning to get me down. I wondered if clogging was worth it and almost gave it up. If clogging was supposed to be fun, why was it becoming a chore? I was trying so hard to keep up with everyone else, I would not admit I was having trouble learning a certain step, afraid that if I didn't learn it before a new routine was taught, I'd never learn it!! How wrong I was.

One learns a lot from clogging, it's like work or school, one has to learn or do at one's own pace. When this became apparent, the steps seemed to come easier. Sometimes I have to wait until the music starts or ask someone how it starts off, but my feet soon start remembering, and away we go. Even now as an advanced dancer, I forget step sequences, so I laugh it off and watch and wait for the next remembered step sequence and keep on clogging.

Who cared that I repeated Beginners (one time I was even an Angel) and Intermediates twice. I did so to pick up routines I'd either missed or was struggling with, and I was starting to have fun. Even the frustration taught me something; if you don't get it right the first time, practice and try again!!!! Clogging is so rewarding and there's always someone who will help you with a particular step. All you have to do is ask. If they don't know, they'll direct you to someone who does.

Continue to clog and get ready to do your first performance. But remember — no one expects more than you can handle. I'll never forget my first performance!! Who would have thought I'd remember Devil's Dream (it was, to me, one of the hardest to remember) and forget Amos Moses. Thank goodness it was open to all dancers and I wound up laughing through the whole thing.

So, clog away, practice, learn to laugh and above all — **HAVE FUN!!**

BY: Cathy Bowden  
Sunshine Cloggers



## Sideline Support

Articles have been written about the dancers and instructors of clogging groups, but few are written in regard to the patient, dedicated group of individuals who sit on the sidelines. They support and help in any way when needed. These individuals can easily be identified in the crowd of on-lookers by the proud gleam in their eye and confident smiles while their team is performing. They lead the applause at the end of the performance with enthusiasm next to none. Their responsibilities are great: chauffering, helping to organize, cooking, sewing, negotiating and fund raising.

Hats off to this group of individuals. We all know who you are. No team would be complete without their support. . . . **PARENTS!!!!!!**

BY: Kim Lyons

# Caution: Knee under Construction!

BY: Jacky  
Pacesetter Cloggers

I was asked to do a guest editorial, and this request came to me during the Christmas holidays. Not really being certain what to write on, I examined some choices close at hand, or should I say, foot? During the holidays I underwent a relatively simple surgery on my knee. Unfortunately it will allow my clogging shoes to collect several weeks worth of dust. So, being laid up, without input from the dance hall, as I'm unable to get there at the present time, I will write about the care of the clogging feet.

The first human being stood up about 1 million years ago. At that time our feet took on a double load, freeing our hands for other things, and civilization was born. With this event, came shoes. The first type being simple skin sandals that protected feet from cold and injury. Since that time, shoes have become a status symbol, rather than a shoe for comfort, and function.

Early Greek actors wore platform shoes to make the main character on stage stand above the supporting players. In England, during the 16th century male dandies wore shoes with extremely pointed toes. Although it nearly crippled them, upper class Chinese women bound their feet so they could wear tiny shoes, a sign of being well bred. Today's high heels are almost as rough on modern women's feet, so it's no surprise that 80% of all foot problems occur in women.

Men's feet haven't fared too well either. Stress and inactivity of contemporary life often lead to a few extra pounds. If that isn't enough to make a pair of feet ache, the out-of-shape, weekend athlete doesn't always wear the right kind of shoes, for the right kind of activity.

Fortunately, most foot problems can be prevented.

The foot has 26 bones, (almost one quarter the total number in the entire body!) Thirty-three joints make the feet flexible, and approximately 20 muscles control movement of foot parts. More than 100 ligaments hold the whole structure together.

The wrong shoes can aggravate or cause foot problems. With all the stomping and pounding that a clogger does, wearing correct shoes is extremely important.

The construction of the shoe is an important consideration. Leather is the best material, because it breathes like skin. Cheaper materials are okay for fast growing children's feet. The soles of a shoe should be strong and flexible. Leather is recommended for fitting a pair of taps. Insoles should be cushioned to absorb the hard jolts that clogging provide. There are several new inserts available at many of the new sports retail shops. These types are recommended for joggers, but I'm sure they will aide our clogging feet!! High heels are fun and look nice, but it is recommended by several sports oriented magazines, and physicians "Care of Feet" pamphlets, that the high heels should not be worn for too long a time period, or for much walking. Besides cramping your toes, they change body posture, and could cause back aches. Can you imagine what they do to you when you clog for 3 to 6 hours at a convention?

Fitting a shoe is really important. Only you can tell if a shoe fits, and if they aren't comfortable when you try them on, **DON'T BUY THEM!!** How many of us say — "Well, they're leather and they will stretch out!" **WRONG!** If they aren't comfortable when you put them on, don't buy them. If they are a little uncomfortable on one foot, have a shoe repair shop stretch them.

(Cont'd on Page 14 )



## Upcoming Events

- 
- |            |   |
|------------|---|
| Jan. 28    | Sunshine Cloggers PIRATES BALL<br>Maitland Civic Center - 9am-Midnight<br>Info: 305-834-8255 or 305-831-3822<br>Tickets Available at Door - \$8.00  |
| Jan. 29    | C. F. C. A. Meeting - All Cloggers<br>are Urged to Attending this Meeting<br>1:30 pm - The Clogging Barn -<br>Silver Spurs Rodeo Grounds in<br>Kissimmee, Florida<br>(See Article pg. 11) |
| Feb. 5     | Dance-A-Thon for Easter Seals<br>1-5 pm - Volusia County Fairgrounds<br>Info: 904-357-0796 (See Ad this Issue)  |
| Feb. 11    | Clogging Workshop, Dinner & Dance<br>Dixie Dance Hall - 9am - 10pm<br>For more info: 305-677-0169   |
| Feb. 11    | Sue Adam's & Tom Toor's Wedding   |
| Feb. 18    | Donna Blann & Ray Grimm's Wedding   |
| Mar. 17    | Treasure Coast Clogging Shindig<br>St. Lucie County Civic Center<br>9am - 11pm - Info: 305-283-1095   |
| Mar. 23-24 | TALLAHASSEE - Clogging Convention<br>For Registration Contact:<br>Gaynelle Mullis, Route 15, Box 750<br>Tallahassee, FL 32301<br>904-877-7605   |
| Apr. 14    | 1st Annual Clogging Festival and<br>Family Fun Day - Cypress Gardens<br>(See Ad this Issue)   |
| Apr. 20-22 | 2nd Annual Possum Holler Clogging<br>Workshop - Fontana Village, N.C.<br>For more info: 404-934-1691<br>(See Ad in April's Issue)   |
| May 5      | C. F. C. A. Dance - See Page 11   |
| May 25-27  | Florida State Square and Round<br>Dance Convention - Lakeland, FL   |

### NOTICE!!!

Any Club purchasing an ad for an Upcoming Event may submit copy for a feature article for their Club and the event. If the event is to benefit a charitable organization, such as Easter Seals, we will include it in Upcoming Events free of charge.



# Let's Go Two-Steppin'!

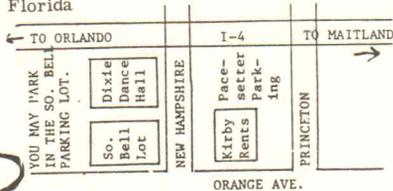
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CLUB NAME \_\_\_\_\_ NUMBER OF MEMBERS \_\_\_\_\_

TICKET ORDER: # \_\_\_\_\_ ADULT TICKETS X \$7.50 EA. = \$ \_\_\_\_\_

# \_\_\_\_\_ CHILD TICKETS X \$5.00 EA. = \$ \_\_\_\_\_

( ) I AM A DIRECTOR & WILL ATTEND WITH MY GROUP OF 16 OR MORE TO RECEIVE MY COMPLIMENTARY ADMISSION

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FRIDAY 4/13/84 # \_\_\_\_\_ CAMPERS AT X \$2.00 EA. = \$ \_\_\_\_\_

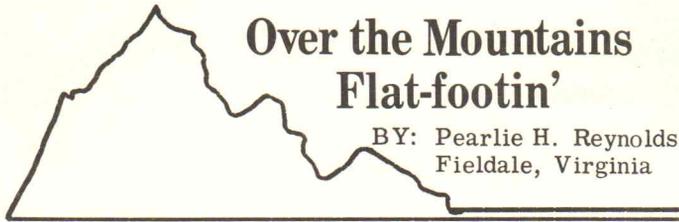
SAT. 4/14/84 # \_\_\_\_\_ CAMPERS AT X \$2.00 EA. = \$ \_\_\_\_\_

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# Over the Mountains Flat-footin'

BY: Pearlie H. Reynolds  
Fieldale, Virginia

We recently had an opportunity to correspond with a dear lady by the name of Pearlie Reynolds from Fieldale, Virginia. We asked her to give us a little information on the cloggers in her area, and what special dances or routines they liked. We had heard that most of the folks in her area did "flat-footing" and we were quite curious to find out a bit more about this "flat-footing" and pass it on to you. Here is her reply.

Flat-footing and buck dancing are the same. I also think you will find Kentucky jiggling to be very similar. Flat-footing is a shuffle. Your feet stay very close to the floor and your head should not move (bob up and down) over four inches while dancing. Your arms are down by your side but limber. My style of flat-footing comes from the Blue Ridge Mountains. I haven't taken any lessons, but I do learn additional steps by watching other people. When I teach a flat-footing class, I teach five different steps and also two polka steps. The people in our community love to polka. We don't have any clogging groups in our area, and the closest is taught in Greensboro, North Carolina (about 50 miles away).

I have a dance group of fourteen people called the Patrick Henry Travelers ranging in age from 9 years to 52 years old. As a group, we do not enter any clogging contests because we don't have enough in any age group to compete. Most judges would call our style of dancing Traditional or Kentucky Hoedown style of clogging. As a group, we prefer to be called flat-footers and not cloggers but I do have some that add clogging when we perform. We are regular members of the Fiddle and Banjo Club in Roanoke, Virginia, performing every other month.

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# THE FICKLE FINGER OF FATE

B. METZ - Seattle, Washington - Tape received. Thanks! Will record message and return soon!

D. COBIA - Salt Lake City, Utah - Is there really a D. Cobia?

J. A. GIBBS, T. BARRETT, D. SPENCER - Local Hospitals report a rash of broken ankles and sore thigh muscles (known as Buck Step Syndrome) on New Years Day 1984.

C. HARKER - Bothell, Washington - List dated 2/4/84 MUST UPS Pkg. Now!!!

FUTURE C. F. C. A. MEMBERS - Go Incognito! Smile!

E. & J. SARANO - Happy Valentine's Day!!!

J. G. - Received your gracious thank you for our efforts on your behalf. Rest assured we will support future events.

NORTH CALIFORNIA & SOUTH CALIFORNIA - No word Heard!! Could it be San Andreas fault?

KENTUCKY, TENNESSEE, ALABAMA, TEXAS, MISSISSIPPI, MISSOURI, COLORADO, NEW ENGLAND - Have all switched to Reggae dancing and no longer communicate with Cloggers.

PHILADELPHIA, PA. - Hot Roasted Chestnuts!!!! Clogging in Philly? What would the Mummies say!?!?

MOM - Am so glad YOU like our paper!

SUNSHINETTES - ABC Cleaners is running a special on TuTu's this month. J. G. will pick up and deliver.

PACESETTERS - Your Santa did not bring what I asked for! Can I get my money back?  
R. B.

SUNSHINE - Your der Bel Snickle did not bring what I asked for! Can I get my money back?  
R. B.

VILLAGE - Your Santa did not bring what I asked for! Can I get my money back?  
R. B.

NOTICE TO SANTA & DER BEL SNICKLE - What I wanted would have lit my fire nicely -- I did not need the coal and switches!!!  
R. B.

NOTICE TO ALL CLOGGING INSTRUCTORS:  
Three Instructors drowned last week in a sea of last years routines and steps. In an all out effort to S. O. I. (Save Our Instructors), we are recommending and endorsing a consecutive 94 day 9 A.M. to 9 P.M., no Sundays or Holidays off, crash program to catch up on last years material.

# "Kick up your Heels for Easter Seals"

## CLOG-A-THON

• FEBRUARY 5, 1984 • 1 - 5 P.M. •

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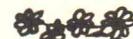
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# Ye Olde Blacksmith Shoppe

BY: David & Roy Moyer

What kind of taps are best? A question oft asked. "Taps for a clogger" is a little bit like "what is the best type of dog?" Kinda depends on you and what you're gonna use 'em fer!!!

There are solid taps, jingle taps, tel-tone taps, Stevens stompers and probably several others ah ain't never seen afore. Now every tap has pluses and minuses. So, if ah tell ya some about each, maybe it'll help ya decide, because you know you better than ah do!

Solid taps are a single piece of cast aluminum. They are the least expensive. They give a single sound when tapped on the floor. As far as long lasting, they are about the best, especially if you dance on a concrete floor very much. Most of them have a lip that wraps over the toe of the sole (nice for those of you who can do that little toe click). In general they are the best with which to begin.

Now jingle taps help lazy toes, (like mine sometimes). Two pieces of aluminum are riveted together loosely. When you flip them on the floor you get a jingle sound. The big disadvantage is that the rivet gets looser and looser. When it gets real loose, the two sections will overlap each other. If you stomp down when they are overlapped, you just might crack that center section; or the rivet gets loose and wallers out-the-hole; or you wear the head of the rivet off (concrete floors do this real good!!) The big advantage of this tap is the sound. Why, you can even clog on carpet and get some sound!!

The tel-tone tap is a one piece aluminum tap. However the sound you'll get is a heap louder than a solid tap. Reason being is that it's sorta hollow underneath and it sets on a hard fiber plate. Everybody will know whether you are getting a good double toe. The tap is attached by some screws. Now, that is good and bad. The "good" is that you can loosen those screws and get a bit of a jingle sound. The "bad" is cloggers tend to step right hard and the screws get even looser. Then you may lose a screw or gouge a wooden floor — some folks take poorly to havin' their beautiful wooden floors antiqued by cloggers! Also, tel-tone taps sit a little higher than others and may be uncomfortable, especially on small size shoes. Even with all these drawbacks, they do make a pretty sound.

Stevens stompers are made much like a jingle tap but are made of steel instead of aluminum. Therefore, they weigh about two to three times as much. They should last real good and give a good sound. I really can't say a whole lot about them, as they haven't been out long and I don't have a lot of experience with them.

As you get more experience you might want to try a combination of the types; one type on the toe and another on the heel.

Well, ah see the old U.S. Mail burro is here. Ah ain't sure if she wants this here letter or to get shoed!!!!

TO: R. M.

A friend is a priceless gem  
for the crown of life and a  
cherished star in memory  
forever.

Cyrus Nusbaum

FROM: J. T.

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SUNSHINE CLOGGERS DRESSES & SHIRTS

# Ask Elvira Advice Column

Dear Elvira,

I love clogging but like slow dancing also. My problem; when I clog I get hot and sweaty and the girls get hot and perspire. When we slow dance they slip out of my hold. Any suggestions?

Bare Hugger

Dear Bare,

I like to use a baseball pitcher's rosin bag. Just dab liberally on the slippery parts.

Elvira

P.S. Do not dance to songs such as "Slip, Slidin' Away" by Simon and Garfunkle.

Dear Elvira,

Are you free on Saturday nights?

Bubba

Dear Bubba,  
No, censored censored censored  
censored censored censored expensive.  
Elvira

Dear Elvira,

Never before have I met anyone with such vast knowledge on so many subjects. Your always perfect answers combined with your sense of humor and writing style are a tribute to your intelligence. Keep up the good work.

M.

Dear M. ,

Thanks Mom, I needed that.

Elvira

Dear Elvira,

Someone told me that clogging is good exercise, true or false?

B. R.

Dear B. R. ,

True. Have you ever seen an overweight clogger? (Well, true up to a point.)

Elvira

Dear Elvira,

Will you send me your picture?

N. A.

Dear N. A. ,

No.

Elvira



Got a problem? Write Elvira. All questions and answers kept confidential until the day of publication. Put your questions in a plain envelope and deliver or address them to the Editors of this paper.

## CLOGGING EXTRAVAGANZA

If you were there, you know it was nice. If you were not there, what you missed was NYCE. The New Year's Clogging Extravaganza, sponsored by Buckles and Bows and The Clogging Machine, had to be one of the most unique opportunities for clogging ever offered in Central Florida.

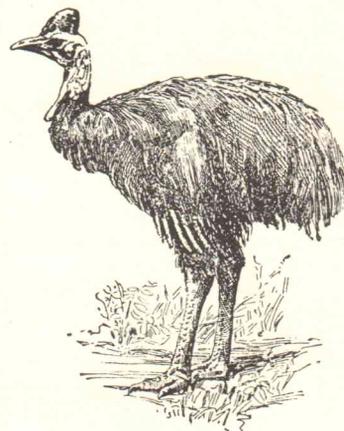
Making their first "working" appearance (Is clogging really work?) in Central Florida were members of the Possum Trot Cloggers Workshop Team; JoAnn Gibbs and Tandy Barrett from Georgia, and David Spencer from Mobile, Alabama. If you are not familiar with the names, the routines these people have written are unforgettable; Rocky Top, Stay A Little Longer, Flash Dance, and Down On The Corner to name a few. This group, along with Sue Adams and Ray Grimm led dancers through eight hours of workshops, and an evening filled with everything from mountain style dancing and two-stepping, to Freak-A-Zoid dance contests and "real" line dances in which the dancers were tied together with string.

Syllabuses containing the routines taught were in short supply, however, those who paid for one to be sent to them should be checking their mail box. They have now been printed and should be on their way shortly.

NYCE was a good way to spend New Year's Eve and filled the workshop gap between Jacksonville and Tallahassee, but more than that, it provided Florida Cloggers with exposure to new and varied styles of clogging which we don't see, unless we make a trip out of state. Let's clog out the old year again next December. . . . . Won't it be N Y C E in '84.

### EDITORS NOTE:

All of us who attended NYCE would like to thank Kathy and Tim Register of Rainbow Express and Buckles & Bows, and Alice and John PerMar of The Clogging Machine for a super Clogging New Year's Eve!!! Sure beats watching the ball go down with Guy Lombardo!!!!



Did Tandy say . . Bird Walk?!?

NEW YEAR'S  
CLOGGING  
Extravaganza

January 31, 1983

RAINBOW EXPRESS  
THE CLOGGING MACHINE



Broken Ankle Step

JoAnn Gibbs David Spencer Tandy Barrett



and a good time  
was had by all!

MISS ENERGETIC - Tandy Barrett



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CHRISTMAS DANCE

December 17, 1983

Good Food!!  
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Good Fun!!



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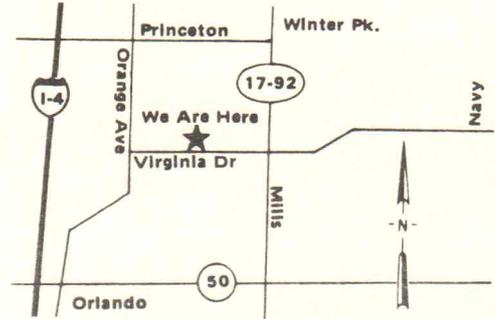
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# C.F.C.A. Report

## MINUTES - January 8, 1984 Meeting

The third meeting of the proposed C.F.C.A. was held Sunday, January 8, 1984, at 1:30 pm at the Loch Haven Neighborhood Center, Formosa Avenue, Orlando, Florida. Seventy-three people attended, representing twenty-two clubs in the nine county Central Florida area.

Roy Moye moved that the C.F.C.A. be organized as an existing organization with the purpose of establishing communication and promotion of clogging among all persons interested in clogging in the Central Florida area. Richard Whipple seconded the motion. The motion was unanimously passed.

Nominations were taken for temporary officers. It was agreed upon that only one person per club would serve as an officer of the board. Those officers elected were:

Forman Heard	Chairman
Roy Moye	Vice Chairman
Cheryl Baker	Secretary
Bill Irvine	Treasurer

This slate of officers was unanimously elected.

It was generally agreed by those present that two signatures be required on all checks.

After discussion of membership and voting rights, it was moved and seconded that there be one vote per club. The motion was defeated by a majority of those present.

It was moved and seconded that individual voting privileges, with each member having one vote, be adopted. This motion was passed.

Items for consideration at the January 29, 1984 meeting are:

1. Loch Haven reservation for the proposed Association Dance - May 5, 1984
2. C.F.C.A. bar at 83¢ each.
3. Dues
4. Discount at Club Dances or Workshops for C.F.C.A. members.

The next C.F.C.A. meeting will be held at The Clogging Barn, January 29, 1984, at 1:30 pm in Kissimmee, Florida.

It was determined that The Double Toe Times would notify all Clubs regarding the next meeting.

A motion was made and seconded that the meeting be adjourned.

Cheryl Baker  
Secretary



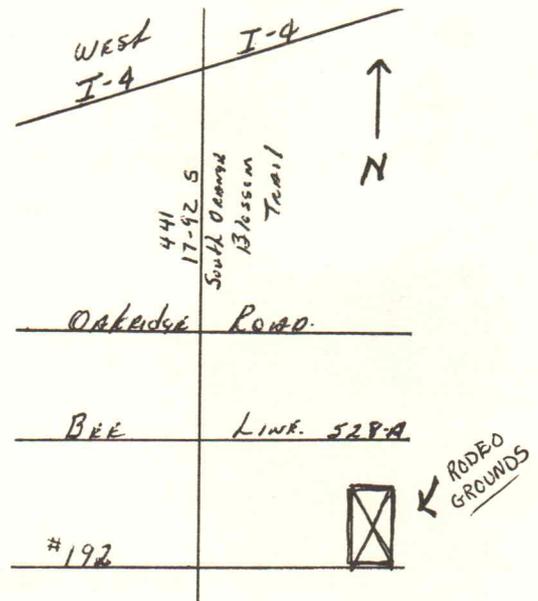
Eleanor Longval phoned to give directions, from which we drew the above map. She said that the Clogging Barn is on the Silver Spurs Rodeo grounds.

## AGENDA - January 29, 1984 Meeting

At a C.F.C.A. Executive Board meeting held January 14, 1984, the following items were discussed and suggested for consideration and vote at the January 29th meeting.

1. The official name shall be the Central Florida Clogging Association.
2. There is no C.F.C.A. membership by "Club", membership is by individual.
3. Individual membership dues - \$4.00 per year.
4. C.F.C.A. badge bars to be printed at 83¢ each - valued at \$1.00.
5. C.F.C.A. meetings be held quarterly on the last Sunday of each quarter.
6. The Double Toe Times to be used for notification of C.F.C.A. meetings and activities.
7. Two C.F.C.A. sponsored dances a year.
8. C.F.C.A. Spring Dance to be held May 5th at Loch Haven Neighborhood Center. \$2.00 per dancer - \$1.00 per spectator - C.F.C.A. members free.
9. Sponsorship of the Southern Night Cloggers

If you wish to become a member of C.F.C.A., come prepared to pay for \$4.00 membership fee, (assuming item number 3 above is accepted). Once the fee is established, voting will be done only by paid members. The January 29th meeting of the Central Florida Clogging Association will be held at The Clogging Barn, next to the Silver Spurs Rodeo, on Highway 192 in Kissimmee. If you need directions contact Fred Longval, 908 Van Lieu Street, Kissimmee, Florida 32741 - Phone 305-847-0727.



# Sunshine Cloggers

Sue Adams, Instructor

## WEDNESDAY

Beginners—7-8:30 pm

Intermediates—8:30-10 pm

## THURSDAY

Advanced—7:30-9:30 pm

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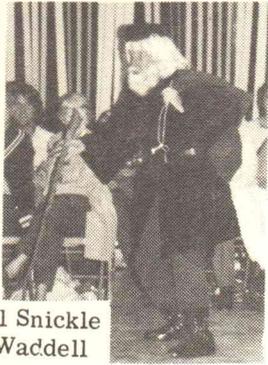
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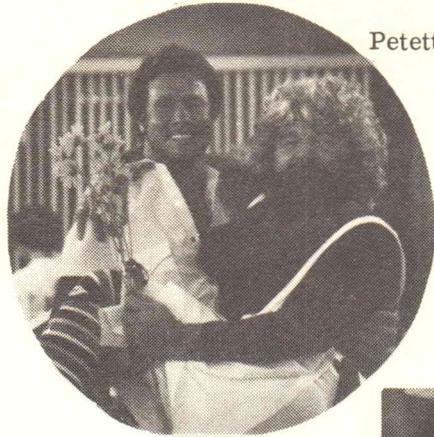
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SUNSHINE CLOGGERS 'TIS THE SEASON DANCE

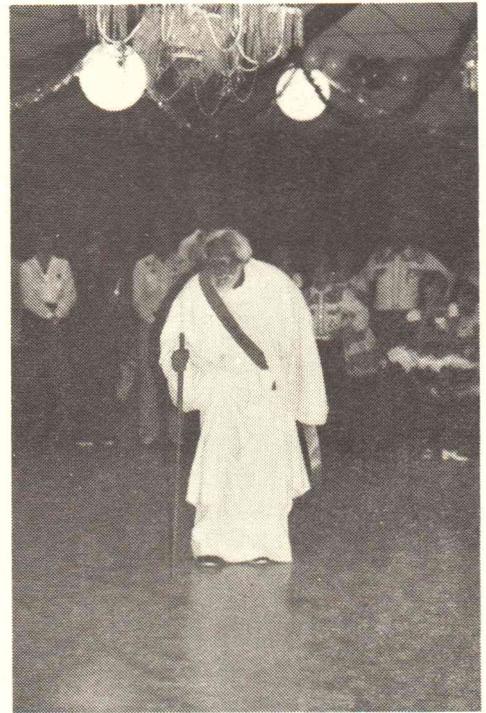
December 29, 1983



der Bel Snickle  
Mike Waddell



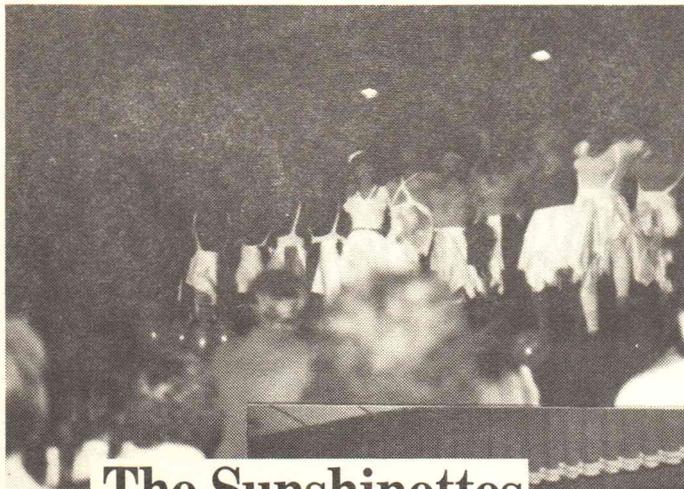
Petette



Father Time - Nap Reyes



Baby New Year  
Preston Toor



A Caller with a Bear/Bare Tree!!!!

**The Sunshinettes  
Nutcracker Suite**





BY —  
Bobbie Adams

Dear Cloggers & Friends,

We know how very busy are the Directors of Clogging Clubs. Their phones always ring busy or answering-machine messages are seldom returned! May we suggest that each Club appoint a member to handle news items to be sent to the Double Toe Times and Footnotes. One or two photographs (returnable) now and then would be delightful. We have received three articles this month from individual dancers (see Hang In There; Sideline Support; Excuse # 231) and "Elvira" has answered a number of your questions. (No, she is not a member of our Staff. We've had to censor some of her answers, since we are a Family newsletter!!!)

Each designated correspondent will receive a Double Toe Times Columnist Bar. Correspondence need not be typewritten, in fact, random thoughts scratched on the back of a grocery list are acceptable! If all else fails, a phone call (your nickel) would be great!!!

This is your newsletter — if the articles and photos seem to be primarily a few clubs, it is because they submit them. (Lindy and I don't even own working cameras!) Let's hear it from ANYBODY!!!!!!

## FUN BARS

Does your badge feel naked? You need a fun bar!! Fully initiated Oomie Goomies know that earning some of these fun bars can only be done through mystic secret rituals!! Other bars require a complete shock and surprise element and are individual bars, such as the Broken Bone, or Zipper Stripper, (an uncooperative dress zipper at a dance). The Clogging Duck — clogging in a swimming pool or lake, (without shoes of course), or Clogging Grasshopper, (self explanatory) are usually done at Conventions. The Double Toe Times will publish a Bar-Of-The-Month column. Contributions of unusual bars, with a complete explanation, are welcomed!!!

**STINKER** - ALL dancers must be prepared to completely walk out of the hall while the director is cueing or teaching a routine, leaving the Director, cueing to a totally empty hall. This includes guests and spectators!!!

Be prepared to initiate a "Bar Tender" into your Club. He or she will need a small hand jewelers drill and needle nose pliers, available at hardware stores. Most badge suppliers will make bars to match your badge, or P & H Engravers has Fun Discs and a special pin to attach them to. They also publish a small booklet with scores of fun bars (discs) and an explanation of each.

## EXCUSE #231

"Gosh, I accidentally brought two Left shoes!!!!"  
V. T.

Knee Under Construction (Cont'd from Page 3 )

Feet spread with age. You can't wear the same size you used to wear when you were "19" — so, have your feet measured every time you buy shoes. Both feet should be measured, and it's recommended that you buy for the biggest foot. (Both feet are usually not the same size.)

Go shoe shopping in the afternoon. Your feet swell, and, with all the dancing you do, you want to make sure your feet are comfortable all the way through those late night dances! In the afternoon your feet have expanded from the days activities, so it's best to shoe shop then.

The toes should fit comfortably, and you should be able to wiggle those toes inside the shoe. The heel should fit in snugly, and the instep should not gape open.

If you can't find shoes that fit comfortably, go to a specialist in shoes. He or she may recommend certain brands, or special inserts to make you more comfortable

Above all, treat your feet with Extra Special Care. Many of us dance many long hours, and it's difficult enough to learn new routines, but if your feet hurt, it adds much discomfort to the whole activity!!

How did I end up with my knee problem? Well — it wasn't because the shoes didn't fit! I wore my high heeled shoes with my jeans and western shirt. The jeans were cuffed, and I did one of the fancy little kicks, and got my high heel caught in the cuff, and landed on the floor. That was over 3 years ago, and due to that, I've developed a problem with my knee. Surgery has hopefully cured it, but it's an expensive way to learn a lesson!!

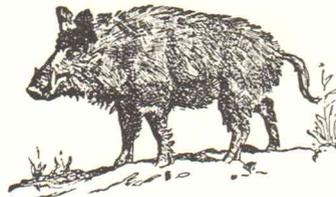
Be Careful and Happy Clogging.

Jacky  
Pacesetter Cloggers

This article was written with the added input of Dr. Gwinn Murray, A sports Orthopedic Physician and the Patient Information Library's pamphlet "Foot Owners Manual" Copyright 1980, 1983 by PAS Publishing, Daly City, CA

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A Pig to sing;  
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and it annoys the Pig!!!

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# Clogging Club Directory

Brave Country Cloggers  
Boone Community School  
2000 S. Mills Ave., Orlando, FL 32806  
Phone: 305-898-5492  
B - Wed. 7-9 pm I - Thur. 7-9 pm  
A - Mon. 7-9 pm (M. Gravely, D. Parker  
and M. Shelley)

Dixie Dance Hall  
310 E. New Hampshire Ave.  
Orlando, FL - Phone: 305-898-5663  
Saturday Night Dances (Open)  
305-677-0169 or 305-671-2578

Florida Bandit Cloggers - Performance  
Robbie Berry and Renee Wise  
Post Office Box 938  
Longwood, FL 32750  
305-323-4952 or 305-275-0293

Freedom Cloggers - Performance  
Cheryl Baker, Director  
1604 Hickory Drive  
Maitland, FL 32751  
305-830-4390

Hilltop Stompers - Clermont, FL  
Joyce Hensley, Instructor - 305-422-4112  
B - Tue. 7:30-8:30 pm  
P - Tue. (Club) 8:30-10:00 pm  
Jenkins Auditorium, Clermont  
Children's Classes: Sat. 10:00-12:00 am  
City Hall, Minneola

Pacesetter Cloggers - 305-898-5663  
P - Children's Exhibition Team - Sat.  
P - Adult Exhibition Team - Mon.  
P - Club Team - Thurs.  
Director - J. Egli - 305-677-0169

Pacesetter Cloggers  
B - Sun. & Tue. 7-8:30 pm  
I - Sun. & Tue. 8:30-10:00 pm  
A - Thur. 7-8:30 pm  
Information: J. Egli - 305-677-0169

Rainbow Express - 305-830-4168  
B - Mon. 7:15-8:15 pm  
I & A - Mon. 8:15-10:00 pm  
Slovak Gardens - Howell Branch Road  
Maitland, FL - Phone: 305-322-8300

Rocky Water Cloggers, Melbourne, FL  
Ray Grimm - Instructor  
B & I - Tue. 5:30-7:00 pm  
A - (Club) Tue. 7:00-9:00 pm  
305-259-8327 or 305-254-3481

Southern Night Cloggers - B & I  
Contact - Debora Leisy - 305-849-2288  
For Handicapped Individuals  
649 West Livingston St., Orlando 32801  
c/o Orlando Bureau of Recreation

Sunshine Cloggers of Maitland, FL  
B - Wed. 7-8:30 pm  
I - Wed. 8:30-10 pm  
A - Thur. 7:30-9:30 pm  
Instructor: Sue Adams 305-831-3822  
Maitland Civic Ctr. 305-647-2111

## Clogging Club Directory (Continued)

Village Cloggers - Cheryl Baker, Inst.  
B - Sun. 6:30-7:30 pm  
I - Sun. 7:30-8:30 pm  
A - Sun. 8:30-9:30 pm  
Longwood Village Hall - Route 427  
Longwood, FL 305-830-4390

Walsie Ward Girls Club  
Joyce Hensley, Instructor  
Pine Hills, FL - 305-422-4112  
B - Mon. 7:30-9:00 pm

KEY: B = Beginner  
I = Intermediate  
A = Advanced  
P = Performance  
Team Only



## Clogging Instructors

Sue Adams - Member FCC, CFCA  
Instructor of the Sunshine Cloggers  
of Maitland, Florida  
Post Office Box 563, Longwood, FL 32750  
305-831-3822 or 834-8255

Cheryl Baker, Instructor  
The Village Cloggers - Longwood  
1604 Hickory Drive  
Maitland, FL 32751  
305-830-4390

Tom & Katy Baker  
Two Step Instructors - Dixie Dance Hall  
15644 Bermuda Street  
Orlando, FL 32826  
305-568-4489

Lynn Cleary - Dixie Dance Hall  
Pacesetter Cloggers  
553 Roughbeard Road  
Winter Park, FL 32792  
305-671-2578 or 305-898-5663

Jacky R. Egli - Dixie Dance Hall  
Pacesetter Cloggers  
2861 Buccaneer Drive  
Winter Park, FL 32792  
305-677-0169 or 305-898-5663

Ray Grimm - Member FCC, CFCA  
Rocky Water Cloggers  
158 Ulster Lane  
Melbourne, FL 32935  
305-259-8327 (H) - 305-853-9717 (W)

Foreman Heard  
101 E. 7th Street  
Sanford, FL 32771  
305-323-9132

## Clogging Instructors (Continued)

Joyce Hensley - Member FCC, CFCA  
Instructor - Hilltop Stompers  
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Martha Lyle  
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Winter Springs, FL 32708  
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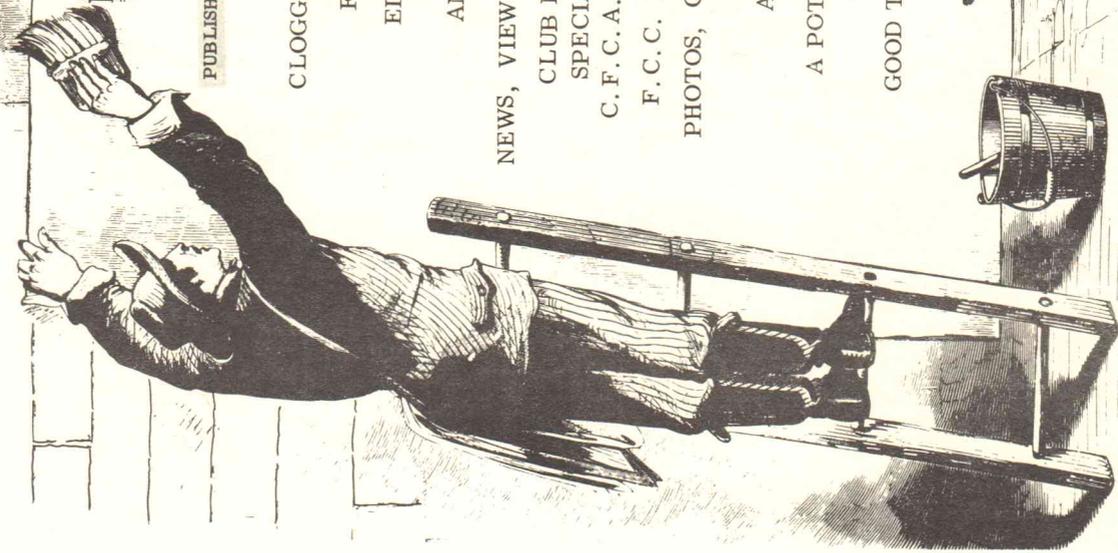
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