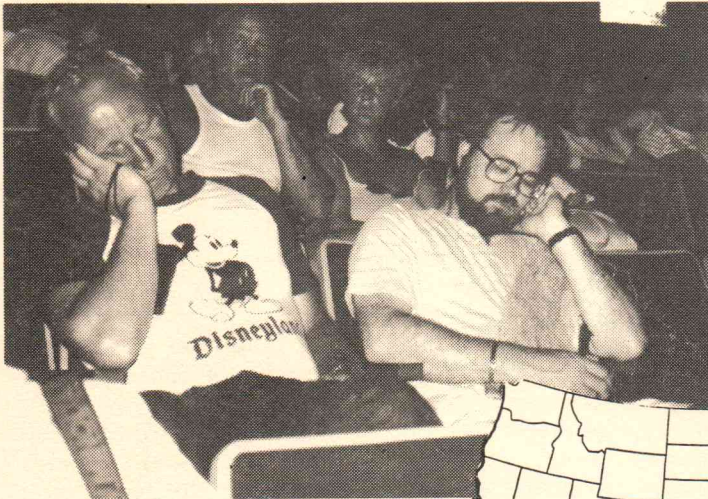


# THE DOUBLE TOE TIMES

Volume 6, Number 10

A Clogging Newsletter

October 1988



## Washington

residents Fred Bresch and Ron Howard at Anaheim, CA National Square Dance Convention. Summer 1988

Seems as though folks are always startled when, at a clogging workshop, they see cat napping. They feel obliged, amidst all the music and dancing, to snap a photograph! This Editor had a marvelous photo of a daddy sound asleep on a quilt in the corner of the main hall during a competition, with five little 'uns (in costume), also sound asleep, all around him.

They say that everyone has a double somewhere in the world, and Fred and Ed fit the bill - especially sleeping!

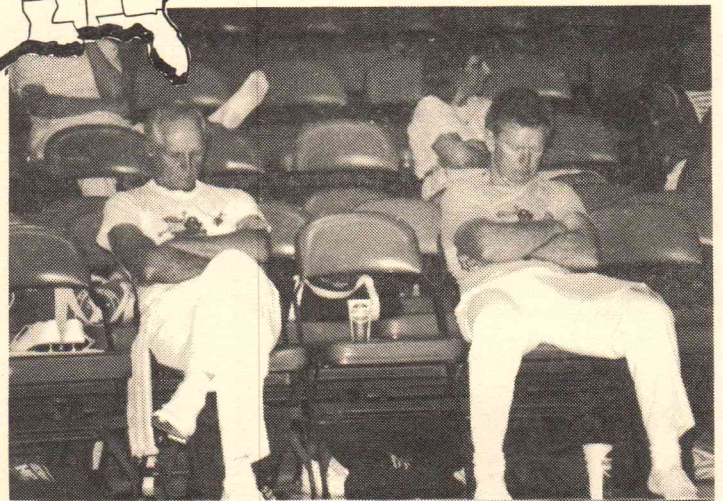
The logical questions remain, "What was being taught during their respective naptimes?" "Is this simply energy conservation or perhaps after-party recuperation?"



## From Coast to Coast They Snooze!

### Floridians

Ed Anderson and Terry Little at the Banjos, Fiddles & Feet Summertime Stomp, Punta Gorda, Florida. Summer 1988



## Who Makes a Successful Team?

My typewriter is a very old model. It still works quite well except for one of the keys. I have wished many times that it worked perfectly. It is true there are forty-three keys that function well enough, but just one not working makes the difference. Sometimes it seems that some Team Members are like this typewriter -- not all are working properly.

You say to yourself: "Well, I am only one person, I won't make or break this team!" But it does make a difference because for a team to be a winner, it needs the active participation and cooperation of every dancer.

So the next time you think you are only one person, and that your efforts are not needed or appreciated, remember this typewriter. Say to yourself. "I am an important cog, a key person on this team and am needed very much!"



## THE DOUBLE TOE TIMES

PUBLISHER/EDITOR

Bobbie Adams

A Clogging Newsletter

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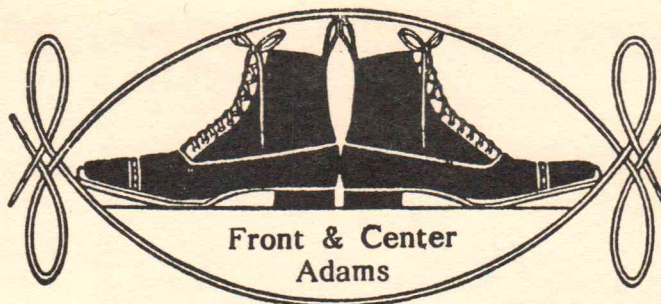
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Front & Center  
Adams

I've always liked the old saw that goes "you can catch more flies with honey than you can with vinegar" or the sage "if you can't say something nice, say nothing at all". For the most part I try to do just that in my observations and articles in this publication. It is amusing, therefore, when I write a 'squib' about a situation as I see it (usually local, but sometimes in response to a specific question from a reader in another locale) and immediately get both phone call and letters from a wide unrelated area demanding "how did you know . . ." or "who told you about . . ."! This simply proves that many situations and problems are similar . . . nay identical . . . in our widening Clogging world.

The most recent "identity crisis" seems to be global in scope. Heavens, I didn't realize my poor words could create such havoc!

This past summer I had a lovely chat with a new Instructor who was genuinely concerned that she was not "qualified" to be an Instructor. "THEY" said she had to pass tests!! I laughed and said "hogwash"! She is the leader of a group of fairly new dancers, and is learning right along with them. In MY book she is an Instructor! (One Instructor friend has just written his first routine, after four years of being the Instructor of two groups, and I don't believe he was ever "tested" or "critiqued" by anyone.) Without any further elaboration, let me state that the Instructor in question is NOT from Australia, nor was I aware of any problems among the growing Australian Clogging community.

From August Front & Center 1988:

The mysterious statement, "I shouldn't be teaching clogging because I haven't passed "the test" " is ludicrous! If you are brave enough to teach clogging to others, you are an Instructor! The fact that one has passed a test doesn't cut any ice with me, the dancers, or most convention planners either!

The following letter is from Jean Beatson, Committee Member, Australian Association for Dance Education (W.A. Branch)  
90 Nicholson Road, SUBIACO, WA 6008 16th August 1988

"In answer to your article which appeared in the August issue of The Double Toe Times re qualifications for Clogging Leaders. The Callers Association of Western Australia asked for guidelines to be set in order to bring Clogging into line with Square and Round dancing in this state, as Clogging has now been affiliated with the Square Dance Society of W.A. for the past four years.

I think the Callers Association should be congratulated in making this stand and in trying to maintain the high standard of dance in Western Australia. What the other states elect to do is entirely their choice, this was a decision made in Western Australia for Western Australia which has been blown out of all proportion." CC to: Edith Sandy - Chairperson Australian Clogging Association; Pauline Elliott - Co-Editor Clogoz; Steve Turner - President W.A. Callers Association.

A complimentary copy of this issue (of the DTT) will be sent to Jean Beatson who is apparently angry. Jean - fill me in, please? What ARE the requirements for a Clogging Instructor to be a member of the Callers Association of Western Australia? Why did you feel that Clogging had to be "brought into line with Square and Round Dancing"? Do your requirements include dress codes and rules of conduct? Must the Instructors ability be tested, and if so who does the testing? If Cloggers are a part of the Callers Associa-

Continued on Next Page



## Front & Center Continued

tion, do they have an equal voice, proportionate to their numbers, of course?

Even though my thoughts were filled with vinegary ideas after reading this abrupt, unexpected letter, the next maxim that came to mind was "when in doubt, DON'T"! A Rawlism fo sho! Okay Jean, the ball is in your court!



Doesn't this feller look lonely? That great big Hall had about 150 dancers and friends in it only minutes before this photo was taken. Sue and Tom Toor are the directors of the Sunshine Cloggers, Maitland, Florida. Sue, a Fourth Grade teacher, had a school Open House on Sunshine's Graduation night, the first Graduation she had ever missed. Since Tom is always playing practical jokes, Sue put the Cloggers up to Stinkering Tom. While Tom was cueing a routine, the entire group, through four doors, just walked out. Long ago, when this was done to Sue, her comment was "It sure keeps an Instructor humble. Without the Dancers, there's no reason for an Instructor to BE there!"

The August 8, 1988 Time magazine had a feature and cover story on Children that was noteworthy. Through the eyes of Children - Growing Up in America Today.

"In an age of broken families, working mothers and perils like drugs, growing up is not easy. . . . First, children do not remain as they are for very long . . . Second something is missing in the lives of many children nowadays. They are looking for someone --- parents, teachers, ministers --- to set limits and impose discipline. Without walls to bounce against, children seem lost."

This Editor, because of personal experience, has long touted the positive 'whole family' recreation to be found in a Clogging Hall. I know of few other activities where adults and children can participate together. Dad plays handball or golf, Mom goes to PTA or Aerobics, Junior has Cubs or Little League, Sis takes ballet and is a Girl Scout. All of these activities are wonderful but after a sometimes 10 hour day of work, school, day-care and car pools, they do little to

foster the 'togetherness' required to transmit family values from one generation to the next.

The things I see on television shock me. "Movies and TV pour into children a bizarre version of reality." Rock videos, tangled soap operas, talk shows and even off-color game shows "tout sex to children who have no clear idea of what sex is anyway." MTV, with its suggestive rock videos, HBO and Cinemax R-rated violence filled movies are right in our family rooms sans family, with a latch-key youngster watching it all.

Growing up has always been tough. Confused parents, who find their own childhoods so vastly different, have to make new rules and their fight now includes bucking huge Corporations who use any means, both fair and foul, to capture the teen-agers dollars.

I am, therefore, horrified when I attend a Clogging Workshop and watch youngsters in suggestive street-walker attire, or hear lewd off-color remarks made over the microphone by prominent Clogging Leaders, or see an Instructor turn his or her back and emphasize a suggestive body motion which has nothing to do with the dance.

If we are to continue to promote Clogging for the whole family, and we encounter Leaders whose language and actions are distasteful to many, we'd best use our feet and walk away, and more importantly, take our children with us. Perhaps some preliminary verbiage in contracts with featured Instructors could prevent unfortunate situations from occurring. "An ounce of prevention is worth a pound of cure!"



Major Toole, Jacksonville, Florida recovers his Aardvark Hat after an unscrupulous hat collector named Pete Sylvester kept it hidden on his hat tree for two years. We had hoped to photograph Major and hat with Carl Blanton and his Moose Hat, but apparently Carl heard that the 'Hat Snitch' was out and about again!





# UPCOMING EVENTS



## October 1

Iowa Clogging Association  
Convention. Des Moines, IA  
See Van Horn (IA) Directory

## October 1

Kickin' & Grinnin' Workshop  
Waynesboro, MS  
See White (MS) Directory

## October 1 & 2

Tarheel State Clogging  
Championships. Jamestown, NC  
See Martinez (NC) Directory

## October 7 & 8

Fall Fun Frolic  
Sarasota, FL  
See Liedl (FL) Directory

## October 7 & 8

Ga. Peanut Festival Clogging  
Competition. Sylvester, GA  
See Gaughf (GA) Directory

## October 7 - 9

Empire State Festival 88  
Buffalo, NY  
See Haley (NY) Directory

## October 8

Indiana Red Star  
Cloggers Workshop  
Scottsburg, IN  
See Ritchie (IN) Directory

## October 8

Muscatatuck Clogging Competition  
& Jamboree. Butlerville, IN  
See Kell (IN) Directory

## October 14 - 16

Square Dance Jubilee  
(Clogging all three days!)  
San Jose, CA  
See Elling (CA) Directory

## October 15

'Leaf Lookers Clogging  
Jamboree. Franklip, NC  
Dan Langston (704) 524-3161

## October 15

Suncoast Cloggers Hoedown  
Inverness, FL  
See Mixon (FL) Directory

## October 21 - 23

ACHF Grand Championships  
Maggie Valley, NC  
See Page Eight

## October 21 & 22

Missouri Clogging Council  
Fall Clogging Workshop  
Carthage, MO  
See Pearson (MO) Directory

## October 22

Oktober (Clog) Fest  
Columbus, IN  
See Fleetwood (IN) Directory

## October 22

A Texas Clogging Workshop  
New Braunfels, TX  
See Stahl (TX) Directory

## October 28 & 29

9th Jacksonville Clogging  
Jamboree. Jacksonville, FL  
See Ad This Issue

## October 31

Yadkin Valley Workshop  
Yadkinville, NC  
See Hall (NC) Directory

## October 28 & 29

'GOPHER IT!' Workshop  
Gopher State Clogging Assn.  
Bloomington, MN  
See Scheu (MN) Directory

## October 29

LACA Workshop  
Louisville, KY  
See Breehl (KY) Directory

## October 29 & 30

2nd Widdersville Classic  
Clogging Competition  
Valdosta, GA  
See Coker (GA) Directory

## November 4 & 5

Bearfoot Cloggers Fall  
Festival. Jaffrey, NH  
See Dionne (MA) Directory

## November 4 & 5

Rocket City Round-Up  
Huntsville, AL  
See Miller (AL) Directory

## November 4 - 6

NCHC Fall Festival  
Columbia, SC  
See Center Pages

## November 5

Cuyahoga Valley Cloggers  
Workshop. Lakemore, OH  
See Truax (OH) Directory

## November 12

4th Annual Carpet Capital  
Hoedown. Dalton, GA  
See Brown (GA) Directory

## November 18 & 19

Carousel Country Clogging  
Carnival. Bradenton, FL  
See Munson (FL) Directory

## November 18 - 20

Lake Cumberland Workshop  
Jamestown, KY  
See Burns (KY) Directory

## November 25 & 26

Nat'l C.L.O.G. Convention  
Charlotte, NC  
See Lemmond (TX) Directory

## December 8.

Sunshine Cloggers'  
Christmas Dance  
Maitland, FL  
See Toor (FL) Directory

## December 9 & 10

NE Georgia Competition  
Athens, GA  
See Stowe (GA) Directory

## January 13 & 14

4th Country Jamboree  
Bonifay, FL  
See Mary Smith (FL) Directory

## January 13 - 15

Southern States Competition  
Daytona Beach, FL  
See Heard (FL) Directory

## January 27 & 28

Northern Connection Winter  
Festival. Wheeling, WV  
See Adkins (OH) Directory

## February 4 & 5

NCHC Competition Meeting/  
Judges & Directors Workshop  
Place TBA  
See Farlow (NC) Directory

## February 17 & 18

3rd Orange Blossom Clogging  
and Hoedown Festival  
Eustis, FL  
See McRae (FL) Directory

## March 31 - April 2

NCCA Convention  
Santa Clara Cty. Fairgrounds  
See Hanzel (CA) Directory



# West Virginia Clogging Championships

Charleston, West Virginia  
by Bob Boyd



**CBS Travelers**  
**Garland Steele, Director**

One of the outstanding competitions of the year was held in Charleston, West Virginia and was hosted by the CBS Travelers. The attendance was excellent and consisted of highly competitive teams from all over the Southeast. In West Virginia, you see cloggers that you only see once a year and that in itself makes it a special event and adds to the fun.

Over sixty clogging and smooth teams, bucks and wings, show routines and hundreds of solo's lined up one after another from 9AM to midnight, nonstop clogging. All of this was judged by Lib Mills, Pansy Steele, Ruth Landis, Jeff Driggs, Paul Vaught, Earl Powell, and Bob Phillips.

Highlights of the day included Master City's open precision and lines, Dixie Dew's southern Appalachian smooth, Hickory Flat's hard-driving freestyle dancing, Flatland's Kentucky hoedown and southern Appalachian, and The Electric Company. "Who in the world is The Electric Company?" you ask. In my opinion, they are the most outstanding bluegrass band in all of West Virginia. To give you an idea of how good they are, they play tunes like "Billie in the Lowground", "Sugar in the Gourd", "Mississippi Sawyer", "Arkansas Traveler", "Saint Claws", "Golden Slippers", "Turkey in the Straw", "Red Apple Rag", and a long list of others. The last tune of the day was just as peppy as the first. They played for all traditional teams and one precision team. The precision team they played for won Over-All Grand Champion and took home a hand-carved, black walnut, banjo playing hillbilly trophy,



**Overall Grand Champions: The Flatland Cloggers, Chesapeake, Virginia, Bob Johnson, Director with Chip Smith, Regional Manager of Bob Evans Restaurants, WV Championship Sponsor. Photos: Thanks to Lou Maiuri, Glasgow, West Virginia.**

that was carved by an artist who's work is displayed in the Smithsonian. The team director gave The Electric Company credit for help needed to win.

Other noteworthy items were the order of dance and a well planned schedule which kept the teams dancing all day. Each solo number had a name combined with it which was repeated everytime the emcee called the number, a nice personal touch.

The only drawback I noticed was the "solo call back." Everyone who danced at all got called back and in most divisions, the winner got four or five callbacks. Solo competition lasted over four hours with no surprises at the end.

This festival was so good and enjoyable to everyone that it would serve no purpose to name the winners of the trophies. Everyone who danced and gave it their all, won, and the real rewards were good fellowship, good dancing, good competition, and renewing old friendships.

The CBS Travelers deserve a Big Bob Evans WELL DONE! (Bob Evans, not Hardees)



**Chip Smith presenting Donna Carter Woodall with Individual Female Grand Championship trophy**



# 6th Canadian National Square & Round Convention

by Doug & Shirley McConnell  
Oakville, Ontario, Canada

The first full clogging program at a Canadian national convention was held in Hamilton, Ontario on August 4 - 6, 1988. Approximately 300 cloggers were registered for the event, and the room was in high gear from start to finish. Eleven clogging leaders from four provinces and two from the United States taught various levels of dances. Each evening there was a dance party following the teach. Groups from many areas put on clogging demonstrations for the enjoyment of all.

On Thursday, August 4th, the **Maple Leaf Cloggers**, under the direction of Shirley McConnell, gave a demonstration of clogging for the Showcase Program. On Thursday evening, the same group performed two other clogging numbers, and on the Saturday evening for the entertainment portion of the program, the **Maple Leaf Cloggers** were joined by cloggers from Cambridge, Ontario, under the direction of Jack and Dorothy McCulloch and dancers from Toronto, Markham, Aurora, and Scarborough under the direction of Sylvia Hunka.

Outside the Copp's Coliseum the heat and humidity were almost unbearable, while inside the air-conditioned clogging room, the dancers warmed up to a number of new routines and then danced the evening away to a number of more familiar numbers. All a clogger needs to get started is to hear a good, lively piece of music and immediately they are up on the floor.

Introduction to clogging sessions were held each day of the convention, and over 400 people participated. Likewise, some of the cloggers saw square and round dancing for the first time, and some went to dance in the contra room.

The square dancers may have noticed in some of the demonstration routines that there were California twirls, swings, box-the-gnat and swat-the-flea and other square dance moves being used. Those round dancers in the introduction to clogging room could easily relate to the vine and the rock step.

A clogging register is presently being prepared, and we would ask that anyone send information regarding their club: name, address, nights, times, and level of dance and any comments to us at 1221 Springwood Crescent, Oakville, Ontario, Canada, L6M 1V8.

We look forward to the 7th Canadian National Square and Round Dance Convention and heartily endorse a full clogging program. We would be pleased to assist in any way we can.



# CALLERLAB

The International Association  
of Square Dance Callers

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717-646-8411

## Take a Little Peek

The Contra & Traditional Committee of CALLERLAB announces the Traditional Dance for the fourth quarter of 1988 -- **Take a Little Peek**. This dance is particularly useful for first night lessons and one night stands. We recommend this dance as a good starting point to any caller who would like to begin using a few traditional figures. It's contents are also consistent with use in the community dance program.

### Take a Little Peek (a.k.a. Take a Peek)

Formation: Square

Music: Any good hoedown with a country sound or a strong fiddle lead such as: Grenn "Cinnamon Twist", Red Boot "Smokey Mountain Break-down", TNT "Stallion Grey".

Example Introduction:

All jump up and never come down,  
Swing your honey around and round,  
Swing her high and swing her low,  
Promenade around you go.

\* \* \* \* \*

Figure:

First (2nd, 3rd, 4th) couple bow and then you swing

Lead on out to the right of the ring

Go around that couple and **Take a Little Peek\***  
Back to your own and swing your sweet (or cheat)

Around that couple and peek once more  
Now circle up four in the middle of the floor

Leave that couple go on to the next\*\*

\*Repeat from here with couples 3 and 4

\*\*After dancing with the last couple; for "on to the next" substitute "go back home" and add an ending such as "Everybody dance and everybody swing -- Now promenade that pretty little thing."

\* \* \* \* \*

Sources:

**Dance a While**, by Harris, Pittman & Waller, various editions.

**Honor Your Partner**, by Ed Durlacher, 1949.

**Square Dances of Today**, by Richard Kraus, 1950.

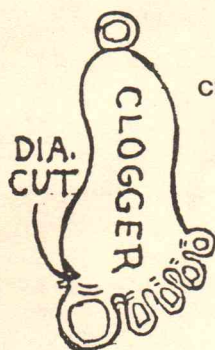
**Let's Create "Olde Tyme" Square Dancing**, by Ralph Sweet, 1966.

**The Complete Book of Square Dancing**, by Betty Casey, 1976.

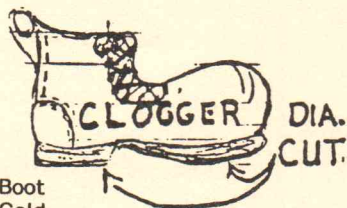
**Piute Pete's Down Home Square Dance Book**, by Piute Pete, 1977.



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America's Clogging Hall of Fame (ACHF), a non-profit organization, was formed in 1984 and is heavily involved in the sanctioning of clogging competitions and the attendant Rules and Interpretations, Score Sheets, Judges, and Calendar. It is also devoted to honoring past and present leaders in the clogging community through annual inductions into the **Hall of Fame** and the forty-eight member **All-American Team** composed of current, top dancers from all over the country. They also award two college scholarships to outstanding high school seniors/cloggers every year.

ACHF's home base is **The Stompin' Ground** in Maggie Valley, North Carolina, and all Hall of Fame honorees' plaques adorn the walls of the lobby. A Spring Workshop and Fall Competition are held in **The Stompin' Ground** with the Fall Competition incorporating annual honors, the presentation of **Hall of Famers** and the **All-American Team**. Members receive free admission to both. All first, second, and third place winners from ACHF sanctioned competitions are invited to compete at the Fall Competition with no registration fee. NCHC has been invited to participate by sending their winners to the Fall Competition in Maggie Valley. The **Ben Smathers Award**, given to the highest scoring winner for male and female (over sixteen years old), will receive an invitation to dance on the **Grand Old Opry** (at Ben Smathers' discretion).

ACHF Rules for Competition and information regarding ACHF Sanctioning, Score Sheets, Judges, and Calendar are available from the Secretary. Please forward all correspondence and inquiries to ACHF, Lib Dickson, Secretary, Route 1, Box 311-A, Westminster SC 29693 or contact Earl Powell, President, Route 2, Box 247, Horse Shoe NC 28742.

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## ACHF Membership Application

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_-\_\_\_\_ Work (\_\_\_\_) \_\_\_\_-\_\_\_\_

Check the following that apply to you:

( ) New Member ( ) Renewal ( ) Clogger ( ) Instructor  
( ) Director ( ) Parent of Clogger ( ) Judge ( ) Other

Teams(s) associated with: \_\_\_\_\_

Director's Name: \_\_\_\_\_

I began clogging (year): \_\_\_\_\_

Enclosed is ( ) Check No. \_\_\_\_\_ ( ) Money Order No. \_\_\_\_\_  
in the amount of \$15.00 for my annual dues. This entitles me to all voting  
rights and other privileges of the organization.

I hereby make application to **American's Clogging Hall of Fame** and will adhere  
to and will abide by their Constitution and By-Laws.

\_\_\_\_\_  
(Signature)



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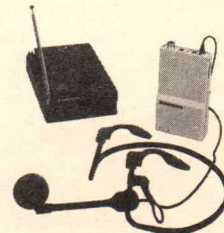
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# HEAT

by Linda T. Boyd, Pamela Hastings  
Shurett, and Caroline Coburn  
Reprinted from the *American Journal  
of Nursing*, July 1981.

Last summer's blistering heat wave caused an outbreak of heat-related illnesses. Emergency rooms across the country were crowded with victims. Over 1,000 people in the southwestern United States died; others were left permanently disabled.

In one southeastern state where the temperatures ranged up to 105°F, 118 people died. The tragedy is that heat-related illnesses are preventable.

Certain groups of people can be identified as high-risk in relation to these illnesses. Athletes and military personnel who are undergoing rigorous training and conditioning in hot, humid weather are particularly vulnerable.

Anytime there is a combination of poor air circulation, ambient temperature that is close to body temperature, and high humidity, the setting is ripe for heat-related illnesses.

If high environmental temperatures persist over a period of several months, acclimatization usually occurs. This requires gradual daily exposure to high temperatures.

There are three types of heat-related illness: heat cramps, heat exhaustion, and heat stroke.

**Heat Cramps.** These are intermittent, painful contractions of skeletal muscles. These cramps often occur in acclimatized individuals who replace the fluid lost in sweat by drinking water, but do not replace sodium. The sodium depletion is believed to be responsible for the cramps. Heat cramps usually occur in muscles that have been involved in strenuous activity - most often those of the legs. The cramps last a few minutes and generally disappear spontaneously. With heat cramps, the body temperature is normal and the serum sodium may be normal or low.

The treatment is to replace sodium with salt tablets or an electrolyte solution.

**Heat Exhaustion.** This is the most common heat-related illness seen clinically. Excessive salt and/or water loss due to sweating account for the symptoms, which include central nervous system disturbances, such as headache, dizziness, weakness and irritability; and gastrointestinal disturbances, such as nausea and vomiting.

Patients are generally sweating profusely, and body temperature may be mildly elevated. Since these symptoms are not exclusive to heat exhaustion, Page 10

the history of exposure to hot, humid weather is necessary to make a diagnosis.

Treatment of heat exhaustion is rest, a cool environment, and intravenous replacement of sodium and water. If untreated, heat exhaustion can progress to heat stroke.

**Heat Stroke.** This is the most serious of the heat-related disorders. It is characterized by a body temperature of at least 40.6°C (105°F), central nervous system disturbances, and usually, a lack of sweating that results from unexplained failure, or exhaustion, of the sweat glands. The patient's mental status may vary from agitation or confusion to lethargy, stupor, or coma.

Heat-related illnesses can be prevented. Persons engaging in strenuous activities during hot weather should limit the activity to the cooler times of the day. Acclimatization is accomplished by gradual exposure to hot weather - 10 to 15 minute increments over a period of 10 to 20 days. Full acclimatization may, however, require up to two months. There is a misconception that because one runs three miles at 7 o'clock every morning when it is cool, he/she can compete at 9 AM in a running meet when it is hot, and expect to be acclimatized. Such a misconception could prove life threatening.

Salt tablets are beneficial, but must be accompanied by an increased amount of fluid. The drinks consumed during exercise might include electrolyte-rich products (Gatorade, Thirst Quencher); however, most juices, canned drinks (especially diet drinks), and buttermilk contain sodium.

When temperatures are unusually high, strenuous outdoor activities should be canceled, and individuals should be cautioned against starting weight reduction programs that include heavy exercise.

Clothing should be light-weight, light-colored, and loose-fitting. In addition, as little clothing as possible should be worn indoors. If it is necessary to go outside, clothing should cover as much skin as possible, and direct sunlight should be avoided. Shade can be created by a parasol or wide-brimmed hat. For those accustomed to air conditioning, going outside should be limited to cooler times of the day. Exertion should be minimal, and adequate hydration is imperative.

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**Editor's Note:** Due to a recent tragedy involving a heat stroke, related death, we have had many requests via mail and phone to reprint this article from the July 1984 issue. May we suggest that instructors and directors copy this article for their dancers.





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## The Breezin' Easy Cloggers - One Year Old



by Nancy Mahan  
Eustis, Florida

The Breezin' Easy Cloggers celebrated their first anniversary with a picnic at Wooten Park in Tavares, Florida. Over 138 cloggers, families, and friends enjoyed the evening playing volleyball, eating, and of course, clogging.

The Breezin' Easy Cloggers have enjoyed a very successful year. We hosted the first "Spring Break Workshop" in Eustis, Florida, and have an excellent exhibition team. Our exhibition team has performed at many functions in and around Lake County and at the Pirate's Ball in Orlando. We recently performed at the Lake Square Mall for the Jerry Lewis Muscular Dystrophy Telethon.

We realize we couldn't be successful without a lot of support from our clogging friends and our director and instructor, Kim Carson. Although Kim just turned twenty years of age, we feel she has done a fantastic job - Thanks, Kim. We owe a lot of thanks to Sue and Tom Toor, Marge Callahan, Geneva Spivey, Roy Moye, our cloggers, our friends and families, and Bobbie Adams for her support and encouragement to "hang in there."

We are looking forward to next year and more clogging, and more clogging, and more clogging.

## The Orlando Cloggers Dance at Disney World

by Nancy Dorow  
Orlando, Florida

For the last several months, Walt Disney World has run an ad to all "clogging enthusiasts" inviting them to participate in their Magic Music Days program.

After hours of practicing, a demo tape was made and sent to Disney, and we waited. Well, you can imagine the excitement when Disney sent a letter of acceptance! More practice, costumes ironed, petticoats fluffed, shoes shined, hair combed, and a "petticipants check."

Saturday, September 3rd arrived. The group met their escort, Stuart, at the pre-stage area for

## County Line Cloggers

by Jeff Hill  
Smithfield, Virginia

How's this for a success story? I started teaching clogging at the Franklin YMCA in 1987. Within a year and a half my team, **The County Line Cloggers**, performed at the state fair in Virginia.

It wasn't all that easy. My cloggers work very hard. Practice is three hours per week plus helping with the basic class - also three hours. Plus all the performances we do amounts to a lot more than three hours a week. We danced at the Suffolk Peanut Festival, Smithfield Ham and Gourmet Food Festival with Johnny Rivers, Norfolk 5th National Banquet for the hearing impaired, and Virginia Beach Square Dance Festival for MDA.

Performances are filling up our year at an incredible rate. We've been told that our unique style and stage performances make for more than just a clogging show.

I just thought I'd let you know that clogging is alive and well in Virginia - and **The County Line Cloggers** are doing their part.



final instructions and to change into their costumes. Showtime was 12:30 at the Fantasy Faire Stage at Fantasyland; the music played, the stage lights came on, and the **Orlando Cloggers** performed for twenty minutes. The audience loved them!

Backstage, after the show, Stuart, on behalf of the Walt Disney Company, presented the group with a beautiful engraved plaque as a thank you and a memento of their visit.

Everyone agreed that the experience, excitement, and a look at behind the scenes will never be forgotten. The team will apply to dance again when the weather is cooler.





WALT DISNEY World Co.

Dear Clogging Enthusiasts:

This letter is to introduce the WALT DISNEY WORLD **Magic Music Days** Program/**American Heritage Showcase** to you!

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Clogging groups have often expressed an interest in performing at WALT DISNEY WORLD, and we would enjoy adding cloggers to the entertainment experience of our guests throughout this summer. We would be happy to send you **Magic Music Days** application information which explains our procedures and guidelines.

Again, **Magic Music Days** is an ongoing program, so if a later date would be more convenient, we welcome applications for future performances. Our objective is simply to inform you that this opportunity exists.

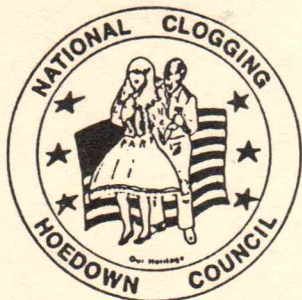
For more information on how your group can participate in **Magic Music Days**, please contact our office at:

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SEE COMPLETE SCHEDULE OF EVENTS AND FEES ON FOLLOWING PAGE.

.....  
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Group(s) Associated With: \_\_\_\_\_

Director's Name: \_\_\_\_\_

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## NCHC FALL FESTIVAL SCHEDULE

Friday, November 4, 1988

HALL "A" / HALL "B"

6:00PM - 7:00PM Registration Open / Come to the NCHC Hospitality Booth  
7:00PM - 7:30PM Grand March and Welcome Dance  
7:30PM - 8:00PM Mixers & Line Dances / "Special Lil' show for all y'all folks"  
8:00PM - 8:30PM Old Timey Square Dance / "Grab your Partners and Away we Go"  
8:30PM - 9:00PM Nine Pins & Hoedowns / Pick the Best Dressed  
"Good ole Mtn Style Fun / "Hillbilly Couple" \*Award for Most Original  
9:00PM - 9:30PM Old Timey Buck Dance Contest / "Come meet the Judges"  
\*Award for Best Dressed  
9:30PM - 11:00PM Request & Exhibitions / "Broom Dancing Under the Moonlight"

Saturday, November 5, 1988

8:00AM - 9:00AM Registration  
9:00AM - 9:45AM Line Dance / So. Appalachian Dancing Figures & Progression  
10:00AM - 10:45AM Beginner Steps / How to call Figures  
11:00AM - 11:45AM Workshop for Beginners / Line Dance  
12:00PM - 12:45PM Show Workshop / Smooth Mountain Square Dance  
1:00PM - 1:45PM Two Step, Western Swing / Line Dance  
2:00PM - 2:45PM Intermediate Steps / Running Set Hoedown  
3:00PM - 3:45PM Line Dance / Learn to Write a Precision Routine  
4:00PM - Finish MALE SOLOS / FEMALE SOLOS (\$6.00 per person)  
7:00PM - 11:30PM GRAND CHAMPION DANCE-OFF\* with Open Dance and Mixers  
11:30PM - Approx. Awards Given

Sunday, November 6, 1988

8:00AM - 9:00AM NCHC Business Meeting  
9:00AM - 9:30AM Registration - Check-in for Duets/Duos (\$6.00 per person)  
9:30AM - Until Duos / Duets

\* \* \* \* \*

### FESTIVAL FEES

\$15.00 - Dancer - Non-member.  
\$16.00 - NCHC Membership includes admittance to all except entry fee for competition.  
Free - If current member, includes admittance to all except entry fee for competition.  
\$4.00 - Spectator's fee for Friday.  
\$6.00 - Spectator's fee for ALL DAY Saturday.  
\$4.00 - Spectator's fee for Saturday Night only.  
Under six years of age - entry is free.

\* \* \* \* \*

### INSTRUCTORS INCLUDING THE FOLLOWING:

Garland Steele	Bill Nichols	Jean Stephenson	Chip Woodall
Donna Carter-Woodall	Chip Summey	Sharon Gentry	Elliott Skeen

\*Entry Fee to Grand Champion Dance-off is by invitation only. All dancers dancing in this part of the program receive free admission into the Festival for Saturday night.



# Hilltop Cloggers

by Ginny McShinsky

Greetings to all our fellow cloggers! The Hilltop Cloggers are proud to inform you that we are alive and definitely kicking high in the beautiful Green Mountain State of Vermont. Our group performed at the Music Festival in Hunter Mountain, New York where we shared billing with the great, "knock 'em dead" Carl Perkins and the reknown Chet Adkins. During our demo, we performed "Yakety Sax" and "The Birth of Rock & Roll" for Chet and Carl which we dedicated to them.

Clogging is really "on a roll" now in Vermont after a slow beginning for a few years. We are thrilled to hear people tell us that they look forward to seeing us dance. A few years ago we were constantly being asked, "What is clogging?" or the old familiar remark when we appeared anywhere in our costumes, "Oh, you must be square dancers."

Our club has been very busy this summer with demos somewhere nearly every week. We have performed in New Hampshire, Maine, New York, and Vermont. We recently shared billing with Alabama at the Champlain Valley Fair in Essex, Vermont, where we performed a routine to mountain music. That, to us, was being in Cloggers' Heaven! The next day we danced on a float in the big Labor Day Parade in Northfield, Vermont and won the trophy for No. 1 Out-of-Town entry.

As you can see, we are all addicted to clogging and are blessed with very supportive husbands. We have sixteen members ranging from mid-30's to mid-60's and a cameraman and public relations man who work very hard fetching and carrying; taping; booking; playing the music; announcing; and transporting. They are our most loyal fans and severest critics. Take a bow, Sam Izzo and Robert McShinsky - you deserve it!

Our club has a very close family relationship. We share each other's joys and sorrows and have an extremely capable, talented and loving instructor.

## 6th Annual Blue Ridge Mountain Clogging Competition

by Dave Phillips

The 6th Annual Blue Ridge Mountain Clogging Competition was held August 5-7 at the beautiful 2,700 seat Georgia Mountains Center in the heart of the Blue Ridge Mountains in Gainesville, Georgia. Over 100 teams, 350 solos, and 85 duets competed in this NCHC sanctioned event. Some of the best clogging teams from all over the Southeast competed for more than 300 awards.

The event began Friday at 3:30PM with fifty-five teams to dance in the show and line categories. When it was all over, Dixieland Dolls, under the direction of Shannon Lowery from Snellsville, Georgia, were Grand Champion Show winners. The Mel-



Irene Izzo, Carl Perkins, & Ginny McShinsky  
Hunter Mountain Music Festival (New York)

We all envy southern cloggers whom we secretly suspect were born with silver, buck taps on their feet. However, we converts are slowing catching up with you here in the north country and are grateful for the help we get from instructors who come up here to our workshops.

Cue sheets continue to be rather confusing to some of us Green Mountain folks. I especially have difficulty reading the ones that start from the bottom and read up, and the ones that omit important instructions, or the ones that are written in hieroglyphics. Please, choreographers, give us a break and let us all synchronize cue sheets.

We really appreciate The Double Toe Times and to all our brothers and sisters in the great clogging world, we say, "Bless you, and keep on a cloggin'."

ody Hoedown Cloggers of Flowery Branch, Georgia, took Grand Champion Line. Melody Hoedown Cloggers, under the direction of Chip Woodall, received the Overall Grand Champion for Friday. To end the day, we hosted a party at the Holiday Inn, to let anyone dance who still had the energy to do so.

The event resumed on Saturday morning with a little over 350 solos competing. Scotty Bilz and Sonja Sheppard-Vaughn were named Overall Male and Female Solo. Fifty-two teams began dancing at 2:30PM. Winners in their respective categories are as follows:

- Four Couple - Hickory Flat,  
Elliott Skeen, Hickory Flat, NC
- Southern Appalachian - Buckin' Mule,  
Tim Winkle/Foreman Heard, Sanford, FL
- Open Precision - Melody Hoedown,  
Chip Woodall, Flowery Branch, GA
- Non-Sanction Line - Clogging Express,  
Tootie Coker, Valdosta, GA



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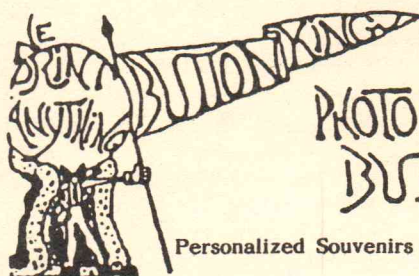


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# The CHICKEN Came First!



by Bobbie Adams

This morning I made deviled eggs for a Labor Day picnic this afternoon. It has been such a long time since I've made deviled eggs that I had to get some help from my tattered, 1956 Better Homes and Gardens Cookbook. While waiting for the eggs to hardcook (not hard boil, mind you), I read through all the egg recipes, all twenty-six of them, with variations. The incredible, edible egg!

All my genuine farm friends will probably laugh when they read this, but my experiences with the producer of eggs - THE CHICKEN - for the most part was one of my most delightful memories of THE FARM. We bought pullets, two dozen I think, White Leghorns. The chicken house was ready with neat boxes on the wall in tiers and metal feeder troughs, glass waterers, and oystershell pan, all filled. The first, small pullet eggs took a whole days production to make a breakfast for six people. We went out and bought more pullets.

Another four dozen, as I recall. That made a total of seventy-two chickens, and though we lost a few chickens in the beginning, we were soon bringing nearly sixty eggs per day from the barn. The children 'sanded' the eggs to clean the shells. This, for my city friends, is exactly what it sounds like - a wooden-handled buffer with sandpaper attached to lightly clean any dirt from the eggs.

I learned quickly that fresh eggs could be kept at room temperature for quite a while; that fresh eggs simply cannot be peeled; that twenty-six egg recipes were not enough! Our three dogs and seventeen cats had their diet supplemented by fresh, raw eggs every day. Four to six dozen was the rule for egg salad; the family got to the point where they begged for corn flakes in the morning. We delivered free eggs to friends and family gladly.

Thinking that we could sell some of the surplus eggs to pay for the chicken feed, we discovered that our neighbor, who had 10,000 chickens, had cornered the local market. Through our Agway feed store, whom we supported handsomely, we heard about a health food store owner who was looking for organically grown vegetables. Our garden was definitely organic - pure horse manure as fertilizer (nine horses) and no chemical bug sprays since we'd not had time to bother. Contact was made, and once a week he would arrive to purchase whatever was ripe. When he saw the wire baskets filled with eggs, he was at first ecstatic and then crestfallen. In order for him to sell the eggs as 'organic', we

had to 1) feed the chickens chemical-free feed; 2) have a rooster! The chicken feed was easy - Agway had it - and it was even a dollar less per hundred weight. The rooster was a bit more difficult to find. A local farm boy was raising a Penn State experimental flock, and we acquired the most incredible, multi-colored, big rooster I've ever seen. He was promptly dubbed "Gregory Peck" and every morning he crowed his joy at his work. Our organic buyer was delighted and every week brought egg boxes and hauled away the extra eggs at a far better price per dozen than my neighbor got for his eggs.

As we began to close up the Pennsylvania farm for our move to Florida, I had nightmares about what to do with the chickens. One morning, I was watching the Aussie Galloping Gourmet on TV. He be-bopped onto the screen and plopped a scrawny, plucked chicken on the counter. "The ONLY chicken one should use for broth and stock and certain recipes is an older, scrawny chicken!" he declared. The fate of our Leghorns was sealed. They were crated and delivered to a chicken processing plant in Doylestown, and a week later I picked up cleaned, frozen birds. They were tough! I cooked four to six at a time for the better part of a day, but they made wonderful pies and croquettes.

And so ends my chicken story. If you are fortunate enough to have chickens, a rooster, chemical-free feed, and are within an hour's drive from Orlando, let me know! I haven't had a fresh egg in years, and I have fifty-nine egg recipes!

P.S. "Gregory Peck" went back to the neighbor's farm to retire! P.P.S. If anyone has a sick chicken, I have a 'kill or cure' PEPPER BALL Remedy!

## Blue Ridge - Continued

Running Set Hoedown - Buckin' Mule,  
Tim Winkle/Foreman Heard, Sanford, FL  
Open Traditional - Tootie's Toots,  
Tootie Coker, Valdosta, GA  
Country Hoedown - Clogging Express,  
Tootie Coker, Valdosta, GA  
Smooth - Buckin' Mule,  
Tim Winkle/Foreman Heard, Sandord, FL

After all eight categories were danced, again Melody Hoedown came out the Overall Grand Champion for Saturday. Having won both Overalls both days, this was truly a happy team. This is the second year in a row they have won Overall Grand Championships for both Friday and Saturday.

Sunday we ended the competition with twenty-one duets. The overall winners were Laura Barnes and Todd Coker of Clogging Express, Valdosta, Georgia. With thirty-eight duos, male and female, the overall winners were again from Clogging Express, Todd Coker and Tommy Cowart. A new category we offered for the first time this year was Show Duets/Duos. Of the eighteen teams competing, the Overall winners were Stacey Jackson and Christy Vaughn of Kalico Kids, Meridian, Mississippi.

Next year, the dates will be August 5-6, 1989. We hope to see all of you there.





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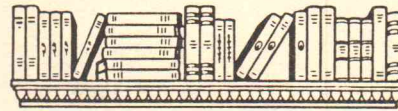
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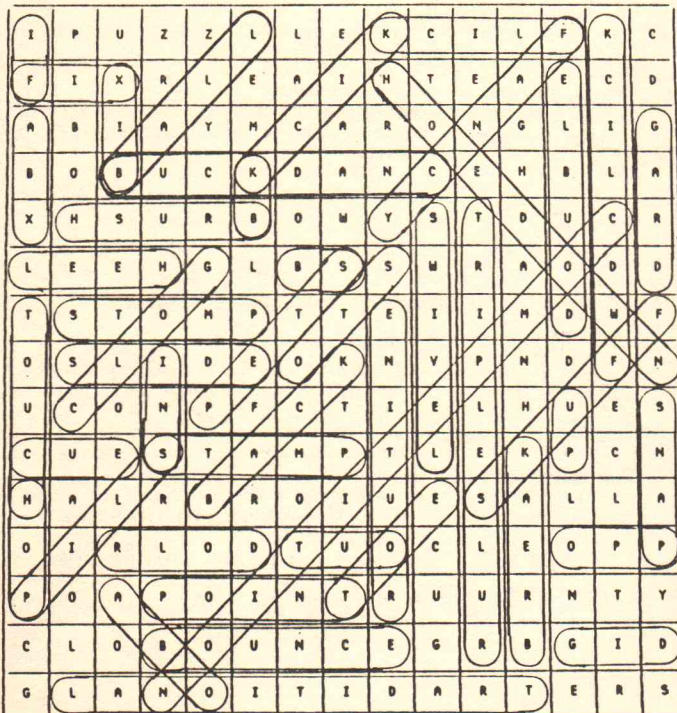
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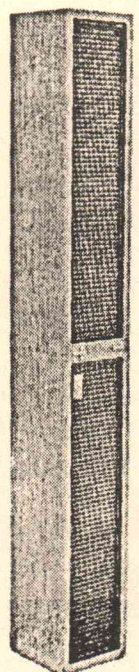
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# Use Your Head When it Comes To Your Feet

by Steve Smith  
3363 Iron Work Pike  
Georgetown KY 40324

Reprinted from the  
September 1986  
issue by request.



This article is a follow-up to last months' article on foot care. Information on foot-strengthening exercises was given last month and my own experience with foot injuries was shared. In this article, I have provided illustrations of foot-stretching exercises and will discuss foot supports/shock absorption.

I can think of no other form of dance or athletic activity that has so neglected the attention that should be given the feet and legs of its participants as has clogging. As clogging has developed to be a sometimes strenuous and athletic activity, it has become imperative that emphasis be placed on foot care. Runners now have many choices of excellent foot wear that provide protection from injury. Much research was done in order to properly design appropriate running shoes. There are shoes for aerobics, basketball, baseball, tennis, ballet, jazz, etc. Are there shoes for clogging?

Oh sure, there are vendors who advertise shoes for clogging. But, do they have good arch supports? Do they have cushioning in the balls and heels of the shoe? Do they provide lateral support? Do the soles allow adequate slippage so the knee joints are not atrained? My answer to these questions is NO!!! Clogging utilizes different muscles and provides different tensions on the feet and legs than other activities. Therefore, the shoes that you walk in that feel so comfortable may be awful choice to clog in.

If you clog at all--especially if you clog a lot--consider some form of cushioning in your shoes. Forget the Dr. Scholls pads. They are useless. They flatten over time and provide little support. An economical and better choice are SPENCO supports. I have found these in running stores and large sporting goods stores. They will not lose their elasticity over time and provide very good cushioning. I promise you that if you get used to them you will never believe that you danced without them. They tend to make your shoe tighter so I have had to order shoes  $\frac{1}{2}$  size larger to accommodate them. I like the ones with flexible arch supports.

As a result of my injuries, I have been forced to move to more expensive supports called ORTHOTICS. These are made from a cast formed by each foot. In other words, they are tailor-made foot supports. They will cost you anywhere from \$200-\$300. For me it was never a choice. I could not clog without them. I now wear them every time I dance and most of the other times that I am in shoes. My injuries have virtually disappeared as a result of the

supports and exercises that I have outlined. I have read where approximately 75% of professional football players wear them.

We are just learning how damaging that concrete, asphalt, astroturf, etc. are on our feet. I believe that if I had restricted my clogging to wooden floors that I probably would not need orthotics today--- but that would have restricted 90% of my clogging!!!

Foot-stretching exercises are so important!!! Not only will stretching aid you in avoiding injuries, it will make you a more flexible dancer! Not a bad side effect huh? Below are illustrated foot-stretching exercises. Try them and notice the difference--- especially the day after.

I hope that these articles have been helpful to you. I'm still learning about foot care, I have to if I want to clog when I'm 70. I hope your're there with me!

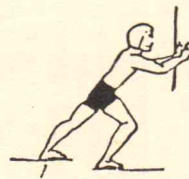
## STRETCHING



### PLANTAR FLEXION

1. Kneel or sit on the edge of a chair.
2. Point your toe and place the top part of your foot on the floor.
3. Slowly press your ankle and foot into the floor until you feel a stretch.

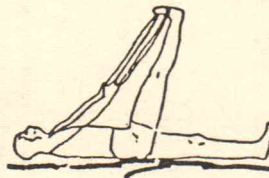
HOLD FOR COUNT OF 10



### ACHILLES STRETCH

1. Lean on wall.
2. Keep heel of back foot on the ground.
3. Slowly lean forward until a stretch is felt.

HOLD FOR COUNT OF 10--REPEAT 6 TIMES



### HAMSTRING AND ACHILLES STRETCH

1. Lie on your back.
2. Using a strap, lift your leg with your knee straight and ankle fully bent toward your head.
3. Hold this stretch position for 10 counts then push down with your foot for 3 counts.
4. Relax your muscles as you bring your leg up to the stretch position again.

REPEAT 6 TIMES FOR A TOTAL OF 60 SECONDS

\*Do not go any higher than you can with your knee straight.

### QUAD STRETCH

1. Stand erect.
2. Grasp ankle or foot.
3. Move leg backward from your hip.
4. Do not lean forward with your trunk or arch your back.

HOLD FOR 10 SECONDS--REPEAT 6 TIMES





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HATS OFF! to Margo Howland, clogger from Columbia, Maryland, who sent us this fun puzzle below. The puzzle is composed of traditional and contemporary terms, buckdance terminology, and some standard movement abbreviations. Margo says all forty-nine words are written backwards, forwards, up, down, diagonally, some sneakily overlapped - and you complete the phrase beneath the puzzle by filling in the blanks with any unused letters from the puzzle. Have fun - we did!

# PUZZLE

Example:

B A L L

## Word List:

Back  
Ball  
Bk.  
Bounce  
Break  
Brush  
Bs.  
Buck  
Click  
Clog  
Competition  
Cue  
Dance  
Dig  
Double  
Drag  
Fancy  
Flick  
Fwd.  
Heel  
Hoedown  
Hop  
If  
Ins.  
Kick  
Oba.  
Opp.  
Ots.  
Out  
Point  
Rlod.  
Routine  
Skuff  
Slide  
Slip  
Slur  
Snap  
Stamp  
Step  
Stomp  
Swivel  
Toe  
Touch  
Traditional  
Triple  
Up  
Xba.  
Xib.  
Xif.

I	P	U	Z	Z	L	L	E	K	C	I	L	F	K	C
F	I	X	R	L	E	A	I	H	T	E	A	E	C	D
A	B	I	A	Y	M	C	A	R	O	N	G	L	I	G
B	O	B	U	C	K	D	A	N	C	E	H	B	L	A
X	H	S	U	R	B	O	W	Y	S	T	D	U	C	R
L	E	E	H	G	L	B	S	S	W	R	A	O	D	D
T	S	T	O	M	P	T	T	E	I	I	M	D	W	F
O	S	L	I	D	E	O	K	N	V	P	N	D	F	N
U	C	O	N	P	F	C	T	I	E	L	H	U	E	S
C	U	E	S	T	A	M	P	T	L	E	K	P	C	N
H	A	L	R	B	R	O	I	U	E	S	A	L	L	A
O	I	R	L	O	D	T	U	O	C	L	E	O	P	P
P	O	A	P	O	I	N	T	R	U	U	R	N	T	Y
C	L	O	B	O	U	N	C	E	G	R	B	G	I	D
G	L	A	N	O	I	T	I	D	A	R	T	E	R	S

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Solution on Page 19





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