



# American Caller's Association

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## April 2009 Newsletter

### **Area Square Dancers Enjoy Warm Camaraderie and a Fun Cardiovascular Workout**

Larry Cedarquist stood with his wife in the middle of the gym at Good Shepherd Lutheran School in Pekin, IL, while taking a short break before their last tip of the night. After about two hours of learning to promenade, circle left and right and allemande left, sweat was starting to soak through his shirt.

Even though the beginner had not mastered all the moves just yet, it was clear he was getting a workout. But he was smiling "We're still struggling" he said with a laugh, glancing over at his wife, Nanciann. "She said I haven't square danced since the eighth grade."

The retired Pekin couple was two of the latest recruits to the activity their friends rave about. The Cedarquists were encouraged by three people to sign up for square dance lessons through the Pekin Circle Eights Square Dance Club, held at Good Shepherd Lutheran School on Monday nights for the next few months. Several area clubs started lessons and some are still accepting students.

Those involved in the local square dancing scene say it can't be beat. It's a great social activity, where dear friendships develop. Not only is it fun, it also keeps minds and bodies active. And because it's an exercise that doesn't really feel like an exercise, it's one that people are less likely to quit. "You meet truly wonderful people square dancing," said Evelyn Franklin, whose husband, Novis, is the caller and instructor for classes through the Caterpillar Belles-n-Beaus Square Dance Club at the Fondulac Administration Building in East Peoria IL. "We've made some lifetime friends. We see them more than family, most of the time.

There are elderly people that still square dance. I think it keeps the brain alert. It's like a game of chess, a brisk walk, all set to music," she said, noting that their cardiologist and family doctor have recommended it as a good cardiovascular workout.

Dr. Stephen Hipper of the OSP Medical Group also encourages people to give it a try. "It's a good aerobic form of exercise. Some people like to have both the exercise and the social component," he said. "Any exercise is good and the key to sticking to any exercise program is finding something (you) like."

Many square dance Web sites reference a 1994 Mayo Clinic Health Letter that stated dancers can burn between 200 and 400 calories in just one half hour and cover five miles in an evening of dancing. Square dancing can help individuals tone muscles, increase aerobic capacity and lose weight, which in turn helps to lower blood pressure, decrease cholesterol levels, enhance stamina and energy and improve circulation.

Several years ago, Dee Friedrich, now 63, discovered she had degenerative arthritis in her back. Her bone doctor said she would be in a wheel chair within five years. And she said, no, I won't.

She began taking pain pills and working with a chiropractor. One day, she attended a square dance demonstration by the Morton Christian Singles. "I decided to join them for lessons, and I was really amazed at how good I felt after the lesson," Today, Friedrich dances at least two or three times a week and is president of the Peoria Area Square Dance Association. She credits the low-impact exercise with keeping her back in good condition. Marc Colclasure, a physical therapist at the Central Illinois Pane Center, said his experiences with patients who square dance have been positive. "I am impressed with those types of people because they come in and are self-motivated. They want to get back to their friends," he said.

"Anything that gets them out there, gets them moving, gets them excited about life, is great. "It starts slow and easy so you build up endurance," said Pat Edwards of Chillicothe, who has been dancing for 35 years and whose husband, Herb Edwards, is caller and instructor for the Pekin Circle Eights classes. "It keeps your joints limber, gives you a boost emotionally. Besides that it keeps your mind sharp." Square dancing has all the benefits of walking, but a lot more because of the variety of music and movements.

A big thanks to Novis and Evelyn Franklin for sending this newspaper article from a local paper in the Peoria, IL area. We were not able to get all of the article in the newsletter. But we hope the excerpts we used tell the story. The square dancers in the Peoria area are presenting the best selling point we have in square dancing, the health benefits and the social camaraderie.

*This newsletter will be about things that our members have been involved in. Starting with the next page, you will find a picture of Merrill Folsom playing Honest Abe Lincoln. Thanks to all for the articles.*

By AMY BABCOCK

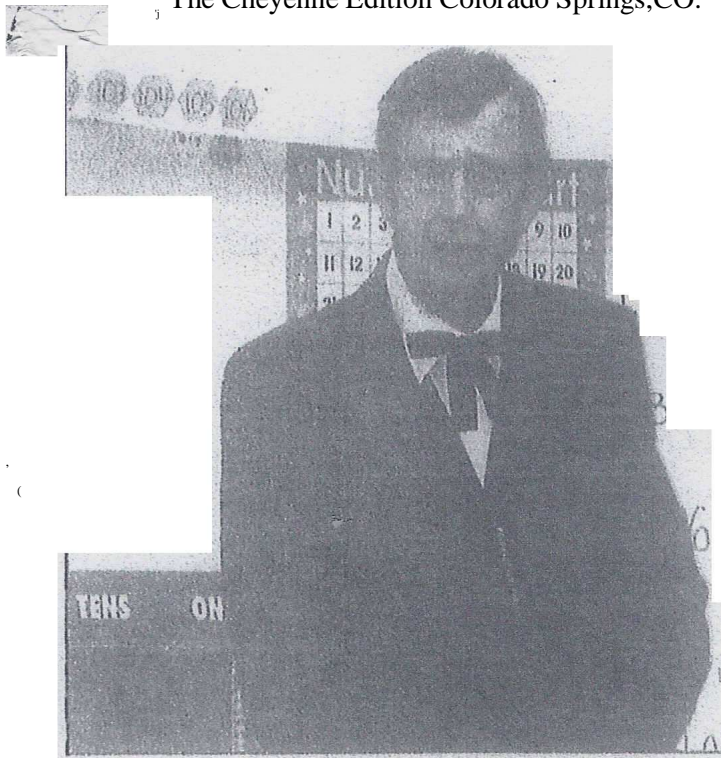
The Cheyenne Edition Colorado Springs, CO.

Honest Abe charmed the primary students at Canon Elementary School Wednesday afternoon while teaching them about life in the early 1800's.

Students heard classic stories about Lincoln's life, growing up in Kentucky and then moving to Indiana when he was 8 years old. Intrigue amongst the students grew as they learned of Lincoln's cabin's dirt floors and the struggles of moving to a new place.

Cheyenne Mountain local impersonator, Merrell Folsom, explained how Lincoln had to walk the 200 miles to Indiana because there was no room in the wagon for him to ride. He also shared the tragedy that befell Lincoln's family when their cows got sick and his uncle, aunt and mother all died from milk fever.

After the death of his mother, Lincoln's sister took over the household responsibilities until his father remarried Sarah Johnston from Kentucky, Johnston was a



**Abe Lincoln portrayed by Merrell Folsom**

widow with three children, all of whom joined the Lincoln family.

At about this time, Lincoln began attending school. Folsom shared how the students sat on stumps for desks, All recited the same lesson at the same time, and attended for only a couple months a

year. While at school, Lincoln discovered his love for reading and writing. He used Johnston's Bible to practice and learn, and often borrowed books from neighbors and family friends.

Folsom brought to life the story of how Lincoln earned \*

\*his nickname. While living in Illinois, the state he moved to in his early 20's, Lincoln began working at a local store. One day a woman left three pennies on the counter by accident.

As the story goes, after work that night, Lincoln trudged through the mud and rain to return the money to its rightful owner. The woman told her neighbors and they all began to call him "Honest Abe."

Lincoln continued his studies, became a lawyer and was eventually elected to the state legislature, congress, and then President in 1861.

Prompted by a curious student, the presentation included Folsom, demonstrating how Lincoln would carry notes in his top hat a legendary story

about the 16th president.

On a final note, Folsom played one of Lincoln's favorite songs on the harmonica, just as Lincoln would have done nearly 150 years ago..

Folsom taught industrial arts, including shop and drivers education, at Cheyenne Mountain High School until he retired in 1987. He has been impersonating Lincoln and teaching students about Lincoln's life for the past 25 years. Folsom had always thought his grandfather bore a striking resemblance to Lincoln. After researching his family genealogy, he discovered that the Folsom's and Lincoln's came from the same general area in England.

Impersonating Lincoln is a

joy for Folsom, as is evident by his quick smile and rich knowledge of the subject. Clearly, Folsom enjoys talking to the students and hearing their questions and responses. He shared he also feels a bit of a responsibility to keep our nation's historical figures alive and educate children about their lives and accomplishments.

"I hope (my presentations) spark an interest in the children to read a little more and study a little more about the history of our Country," he said.

Each year Folsom holds the honor of reciting the Gettysburg address at the Fourth of July celebration at Rock Ledge Ranch.

Contra Page: Here are 6 contras with unusual choreo and with solid music matches. Spread over a couple of decades, they represent the unique world that western contra lives in.

1) "PICKER PATTERN"

Crossover; Single Progression  
Picker Patter, Ranch House, RLH 103-A

- \* dsd em to ocean wave, hands up (8)
- \* bal fwd & bck (4) trn rt hand half (4)
- \* bal fwd & bck (4) again, trn rt hand half (4)
- \* facing original em, (slow) alle. left (8)
- \* str thru, all face out (4), cal twrl (4), all face in
- \* long lines f & bck (8)
- \* w/opposite cple, star rt (8)
- \* star left (8)

(#2) "RED RIVER"

Crossover, Double Progression  
Senorita, Desert, DR 31

- \* cir left
- \* cir rt
- \* dsd (& "back up")
- \* (as couple) f & b
- \* star rt, full around
- \*\* as couples, dsd, full
- \* active arch, dip & dive 2 cples  
(act over-under, inact under-over)

(#3) TRADE THE WAVE

Crossover, Double Progression  
E-Z Mixer, Grenn 15008-A (see Note below)

- \* dsd em to ocean wave
- \* bale 4), trade the wave (4)
- \* bal(4), cntrs (men) trade (4)
- \* ladies chain
- \* rt & lft thru
- \* cross trail (4), slide thru (4)
- \* circle 1ft (across)
- \* circle rt

(#4) "EL PASO"

Crossover, Single Progression  
"El Paso City" Hi Hat471-A

- \*\* circle left (elbow) 1&1/2
- \* rt & lft thru. Then veer left to
- \* prom. down, wheel turn
- \*\* prom back, weather vane, full
- \* ladies chain
- \* long lines f & b
- tag: face/cnr, butterfly bal f & b (4)  
(tag is every change of figure)

(#5) BILLY JACK

Crossover, Single Progression  
One Friend, UTE UR 2

- \* 2 ladies trn rt (*for continuous motion, these*)
- \* bck left to em (*counts break 9 & 7*)
- \* dsd (em) to ocean wave
- \* bal fwd & bck (4) turn rt (4)
- \* bal fwd.& bck (4), ttm turn left (4)
- \* swing em
- \* prom 1/2
- \* men, left flutter wheel

(#6) DAISY

Crossover, Single, Progression  
"Chains", Rawhide, rwh-161-A

- \*\* *btfly banjo w/cnr. Turn Slowly*  
1&1/4, Ends in btfly, man facing in.
- \*\* start to man's left. Side-together-  
side-touch. Reverse. Repeat L,R,L,R,
- \* dsd (bck to bck)
- \* swing
- \* prom 1/2
- \* 1/2 square thru

#3 Note: The music is "really" Glise A Sherbrooke. But then, I have a 1950, 12in, 78 rpm Folk Dancer/Ralph Page "Glise" subtitled "Monodnock Reel". It's a great tune, whoever!

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FORMATION / ARRANGEMENT MANAGEMENT

We see dancers and callers having some trouble with numbered two-face lines when they really are fairly simple if we will only work them. It is quite easy to set them up and, once there, it is quite easy to get-out of them. A really good use is to set-up #1 RF Two Face Lines and call Half Tag to normal parallel RH Ocean Waves but there are also other good uses. Let's look at some ways to set-up numbered RF Two Face Lines and some of their many get-outs within a couple of calls.

Set-up

TO #1

- 1. HEADS(S) LEAD RIGHT...TOUCH 1/4...ENDS ,CIRCULATE...CENTERS RUN
- 2. HEADS(S) SQUARE THRU...TOUCH 1/4...SWING THRU...CENTERS RUN
- 3. HEADS(S) TOUCH 1/4...GIRLS RUN...PASS THRU...TOUCH 1/4...CENTERS RUN
- 4. HEADS(S) PASS THE OCEAN...GIRLS RUN...VEER RIGHT...TOUCH 1/4...CENTERS RUN

Set-up To #2

- 1. HEADS(S) LEAD RIGHT...TOUCH 1/4...CENTERS TRADE...CENTERS RUN
- 2. HEADS(S) SQUARE THRU...TOUCH 1/4...CENTERS TRADE...CENTERS RUN
- 3. HEADS(S) STAR THRU...DOUBLE PASS THRU...FACE RIGHT.
- 4. HEADS(S) SQUARE THRU...TOUCH 1/4...CENTERS CIRCULATE...CENTERS RUN

You can convert any of the #1 set-ups to #2 by simply calling Couples Circulate. The converse is also true for converting any #2 set-up to #1.

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Get-outs From #1

- 1. HALF TAG-----Normal Parallel R.H. Waves
- 2. TAG THE LINE -IN...STAR THRU -----Normal Double Pass Thru
- 3. CENTERS CROSS RUN...TAG THE LINE- IN----- Normal Facing Lines
- 4. ENDS CIRCULATE...TAG THE LINE - IN----- Normal Facing Lines

Get-outs From #2

- 1. HALF TAG-----Normal Parallel 1/2 Waves
- 2. CENTERS CIRCULATE...TAG THE LINE - IN----- Normal Facing Lines
- 3. BEND THE LINE...TOUCH 1/4...BOYS RUN----- Normal Double Pass Thru
- 4. HALF TAG...BOYS RUN----- Normal R.F. 2 Face Lines

Using the first line from all four of the above we could build a routine that would go something like the following.....

HEADS LEAD RIGHT...TOUCH 1/4...ENDS CIRCULATE...CENTERS RUN...HALF TAG...  
RECYCLE...TOUCH 1/4...CENTERS TRADE...CENTERS RUN...HALF TAG...BOYS RUN... FERRIS  
WHEEL...ZOOM...PASS THRU...LEFT ALLEMANDE

## Setting--Up and Getting-Out -- Numbered Boxes

Some of the 8-Chain Thru (Box) formations are much easier to set up than you might imagine and are certainly easier to get-out of than first impressions might indicate. let us look first at some different Box Formation. To set-up this box from static square we can easily do it in several ways - some of which are.....

- 1.HEADS(S) TOUCH 1/4...GIRLS RUN...PASS THRU (Same sex facing box)
2. HEADS(S) HALF SASHAY...TOUCH 1/4...GIRLS RUN
- 3.HEADS(S) TOUCH 1/4...BOX CIRCULATE... Girls) WALK & (Boys) DODGE
4. HEADS(S) SWING. THRU...SINGLE HINGE...WALK & DODGE
5. HEADS(S) PASS THE OCEAN...GIRLS RUN...VEER RIGHT
6. HEADS(S) HALF SASHAY...TOUCH 1/4...WALK & DODGE

## Easy Get-Outs for Box Formations above to Normal Formations

1. TOUCH 1/4 .... CENTERS TRADE... BOPYS... RUN... (Ends in Lines)
2. SWING THRU...SCOOT BACK...BOYS RUN. (Ends in Lines)
3. TOUCH 1/4.... CENTERS CIRCULATE...BOYS RUN (Ends in Lines)
4. TOUCH 1/4....CENTERS CIRCULATE...SINGLE HINGE (wave)
5. SWING THRU...SINGLE HINGE...BOYS RUN
6. TOUCH 1/4....CENTERS TRADE...SINGLE HINGE (wave)

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## SAD NEWS

*On January 12, 2009. Delma Allison left us. To Joyce and the family we extend our deepest sympathy. Delma and Joyce were a team he did the calling she did the rounds. They provided many years of enjoyment for dancers in Georgia and Many other places with their special brand of calling and round dancing.*

*On January 28,2009. Bill Davis passed away. To Bobbie and the family we extend our deepest sympathy. This gentleman will be missed by many people that knew Bill and Bobbie. Bill had called for many years in California. Callers knew him all over the world for the fine note service he provided for many years.*

*Novis Franklin of Illinois wife Evelyn pass away to Novis and the family our deepest sympathy. Novis and Evelyn were very involved in square dancing in the Peoria ,IL. Area. We shall miss Evelyn.*