HOTFOOT STOMPERS SQUARE DANCE CLUB

# The Chatter

Live Lively – Square Dance!

Coon Rapids, MN February 2025 157

## Hotfoot Stompers Presidents

Greetings, fellow square dancers. We hope you are all keeping warm in this frigid weather. The temperature recently was the coldest since 2019 at -21°, and that does not even include the wind chill! Brrrrrrrrr! Several dances were cancelled due to the extreme cold!

Hotfooter's joined in the 10th Anniversary New Year's Eve party to ring in 2026 with Dan Sahlstrom along with guest caller Matt Worley from Virginia Beach, VA at 3 marvelous dances. Tom and Shirelee Feneis joined in celebration with cueing the round dancers. It was a boatload of fun!

Movie Night was the theme for our January 10 dance. Many attendees dressed in outfits that reflected a favorite movie. The 14 squares from 13 clubs had a blast squaring up to the amazing calling skills of Dan Sahlstrom. Sarah Klaphake was fantastic at cueing the round dancers. A great number of dancers also enjoyed our selfie station.

Graduation took place on January 12, and we welcomed the 9 new graduates into our club. Challenges for the evening started with the picture game. Participants guessed which call a graphic represented. For the role reversal dance, all dancers swapped positions. Next was the balloon dance - dancers had to dance with a balloon between their knees. Last was the broom dance in which one person in the square was replaced by a broom.

Congratulations to all of our new club members. We look for the seeing you out at dances.

The first night of our new session of lessons on January 19 brought 26 students, including a large number of children, to check out our wonderful activity of square dancing. It is so great to see all these young people out having fun. They bring a great deal of energy to the atmosphere. There's still time to invite your family and friends to join in our lessons. Our next fast track will be Monday, February 16.

Be sure to mark your calendars for our Be My Valentine Dance on Saturday, February 14. It would be wonderful to have you to join us. At the calling microphone will be Bill Van Bergen and sharing the stage with him will be Sarah Klaphake cueing the rounds. See you there in a square. For our potluck, another reminder that the kitchen will be closed at our dances, so please have your food items ready to serve (serving spoons, tongs, pies sliced, etc.) and place them directly on the table.

Singmaster's Callers Association's Mid-Winter Magic will be held Saturday, January 31 at Faith Lutheran Church in Coon Rapids, and The Square Dance Federation of Minnesota will be hosting their Shindig on February 28 in Richfield. Check the flyers for details.

Hotfoot's annual game "afternoon" on Sunday, January 25 had a great turn out. People had fun playing various games. We helped assemble a puzzle with the Sahlstrom's. Lisa started the puzzle, and then she rejoined us at the end to put the last few pieces in place.

See y'all in a square!

Robert & Sandy Morgan
Hotfoot Stompers' Presidents

## Hotfoot Stompers January Square Dance

There was a lot of fun happening in January. It started with hotfoot bringing in the New year at the New Year's Eve dance called by Dan Sahlstrom and Matt Worley. Then we had our January dance which had the theme of Movie Night there were a lot of different interpretations of the theme for dressing up. We had 14 squares and 13 clubs. We also welcomed 9 new dancers into our club! We are so happy to have them apart from our club!

New Years Dance 2026

We retreived our banner from Cambrige Corners!

We took B&B's Banner!

Hotfoot was at County Line!

Hotfoot at Jolly Promenaders

Are new graduates!

Play 9 game going!

Terry, Fran, and Wayne playing dominos!

Fun Hotfoot game night that happened on January 25th!

Dan and Ryan playing Risk

## Important Info

- Please join us for a general meeting on **Wednesday February 4, 2026,** from **6 to 9pm**. We will be meeting at Johnsville Library Meeting Room, the start time for the meeting at **6:30**. The address of the library is 12461 Oak Park Blvd NE, Blaine, MN 55434. If you have any topics that you want to cover let Robert and Sandy know and we will add them to the agenda. More details of the agenda will be sent to your emails.
- We have a new lesson set that has started so we have brand new students. Angels, we are always looking for help if you have Mondays free. **February 16th** will be at Faith Lutheran church for Fast track which means **NO Plus** on **February 16th**.
- Daytimers is **February 3rd & 17th** from 9:30am – 11:30am at the coon rapids senior center Wayne Tauer is calling and it is $4.
- Saturday, **February 14th** is our February dance themed "Be My Valentine" Plus starts at 7:30pm – 8 p.m. and Star Tip Plus 10 – 10:15 p.m., MS 8 – 10 p.m. it is at Northdale Middle School being called by Bill VanBergen and cuer Sarah Klaphake
- Feed my starving children is on **Tuesday, February 3** from 7:15 - 8:45 p.m., please arrive by 7 p.m. the address is 401 93rd Ave NW Coon Rapids, 55433
- Hotfoot monthly breakfast is on **Wednesday, February 4th** 9:00 am. At Perkins in Blaine, near the Northeast corner of Main Street and Ulysses, close to Highway 65.
- NORTH SHORE TRIP: Planning Meeting **Monday, Feb. 2nd** at 7 p.m. during lessons. **The trip is Friday, February 20 – Sunday, February 22** in Two Harbors, MN. Most will be staying at the Northern Rail Train Car Inn in Two Harbors. Meeting at Tobies in Hinkley at 9 a.m. on Friday, Feb. 20. Hiking after breakfast and then heading to the Train Car Inn. Potluck supper and games. Saturday, more hikes with hot dogs/brats over a fire for lunch. Come prepared to go walking in Lake Superior if you would like! (water shoes and towels are helpful) Sat. night is dinner together with more games. If you are staying over until Monday the 23rd, some of us are going up to Thunder Bay for the day on Sunday. All the rooms are full so far, but if you would like to go, you can be put on a waiting list in case we have a cancellation, or you can go to one of the other hotels in Two Harbors (and meet up with us for all hiking, games, and food). Please let Peggy Kohl (763-339-3996) know if you are going to a different hotel or on the waiting list. We would love you to have you join us. We have lots of fun and it is beautiful hiking. You can hike behind a frozen waterfall! And did I mention wading in Lake Superior?!

Hotels: Superior Shores: $129.00 per night
Voyageur Motel: $109.00 per night
Country Inn of Two Harbors: $189.00 per night
AmericInn Two Harbors: $210.00 per night.

- On **Monday June 1st, 2026,** at 6pm hotfoot is having their annual banquet that is going till 9:30pm that day. So, make sure to save the date in your calendar you will have more information when the day gets closer.

# From “I’m Busy” to “Allemande Left”: One Dancer’s Square Dance Story

(Dancer *Tammy Lakeman* interviewed by Chatter editor Shy Eichele)

*Interviewer:* Everyone has a “how I got here” story. How did square dancing finally reel you in?

*Dancer*: It is both a long story and a short one—like a square dance tip. My friend Debbie Almen asked me every year for five years to try square dancing. And every year I give the most classic answer known to modern adults: “I’m busy.” Which, of course, is hilarious—because everyone is busy. What I really meant was, “I’m busy protecting my carefully overextended life from one more commitment.” I did not want to add something new and watch my calendar implode. But Debbie did not give up. One year she invited me again—except this time, my husband Keith was standing right next to me, and her husband Kerry was there too. Suddenly it was a four-person call, and both of us heard it loud and clear. I said my usual line, “I will think about it,” fully intending not to put it on the calendar. Then she called me the day of the event to remind me—and Keith said, “Let’s go.” And just like that... I swung through the door.

*Interviewer:* What is your favorite part of a square dance event?

*Dancer:* The music—hands down. It builds energy and lifts you up. When you’re dancing, you’re surrounded by people who are all focused on the same thing: each other and the caller. Everything else from the day just... fades out. It’s like happy, energized meditation. Your brain is engaged, your body is moving, and you’re connected to a whole community at once. Every single time I go home from a dance, I feel better than when I arrive. That’s a pretty great return on investment for a couple of hours.

*Interviewer:* How have you seen square dancing change since you started?

*Dancer:* Square dancing is adapting—just like dancers do. Clubs recognize that people today have packed schedules and lots of demands on their time. They’re experimenting with new schedules, formats, and ways to welcome people in. The heart of square dancing is still the same, but the delivery is evolving—and that’s a good thing. There are so many people who would love this if they just knew there was a place for them.

*Interviewer:* What have you personally learned from being part of the square dance community?

*Dancer:* That my brain is capable of amazing things. Square dancing keeps my mind flexible and strengthens memory retention. There’s something amazing about learning a call, remembering it, and then translating it into movement—with other people—in real time. It’s proof that your brain and body can work together beautifully, no matter your age. Plus, it’s way more fun than brain puzzles.

*Interviewer:* What would you say to someone who’s nervous about attending their first square dance?

*Dancer:* Just do it. Truly. Don’t wait. If you end up loving it, you’ll kick yourself for the years you spent avoiding trust me. Yes, it’s hard at first. Yes, you’ll feel nervous. That’s normal. Find your inner GRIT and take that first step. Square dancers are some of the most patient people you’ll ever meet. They want you to succeed and will guide you every step of the way. Fair warning: we’re a bit of a touchy group. It feels awkward at first... and then it just feels like dancing.

*Interviewer:* What role do you play in the club?

*Dancer:* I currently support the club through the Marketing and Finance teams. I also served as President of the Hotfoot club in 2023–24, which taught me one big lesson: marketing always needs more hands. If you’re wondering how, you can help your club, consider joining a team—marketing or otherwise. Many hands make light work, and lighter work means more fun and less “work.” That’s a win-win in my book.

*Interviewer:* And finally—what do you enjoy doing outside of square dancing?

*Dancer:* Anything outdoors. I love gardening, growing plants, and lately I’ve been specializing in flowers. If it gets me under the sun and into the fresh air, I’m all in. Turns out, square dancing and gardening have a lot in common: patience, practice, and the joy of watching something grow.

*Editor's Note:* This dancer's journey is a reminder that sometimes the best step forward is simply saying "yes"—or at least letting your spouse say it for you. If you've been "thinking about it" for years, consider this your friendly reminder call. The square is forming!

## Hotfoot Volunteers 2025-26

**Presidents:** Robert & Sandy Morgan
**Vice President**: _____
**Treasurer**: Doug Brodeen
**Vice Treasurer:** _____
**Secretary:** John Bittner
**Past President:** Anna Soland & Julie Bittner
**Sunshine Contact:** Anna Soland & Julie Bittner
**Queen: Mary** Jensen
**Banner Chief:** John Bittner & Julie Bittner
**Chatter Editor:** Shylin Eichele
**Historian:** ___
**Photographers:** Sandy & Robert Morgan & Tammy Lakeman
**The ROUNDUP Reporter:** Julie Bittner
**The ROUNDUP ads & dance listings:** Audrey Cecko
**Spotlight Editor:** _____
**Website Webmaster:** Rachel Katkar & Cathy Gates
**Caller Booker:** Les Marier

---------- Committees ----------
**Banquet Committee:** _____
**Decorating Committee:** Peggy Decker, Coni Winterfeld (Bob & Arlene Johnson storage), Marian Love
**Door Prizes:** Terri Axelson, Fran Sorensen
**Greeters:** Queen Mary Jensen, Margaret Theisen, Jocelyn Borgan
**Lesson Set Up Committee:** Sandy & Jim Quasbort
**Lesson Cleanup Committee: Mark** & Sheila Brouhard
**Marketing Committee:** Tammy Lakeman, Audrey Cecko, Jerry Steinworth
**North Shore Weekend:** Dave & Mary Dahlheimer, Peggy and Lee Kohl
**Sign Placer:** Mel Wallner
**Social Committee:** _____
**Social Media**: Sandy Morgan, _____
**Student Retention Committee:** _____
**Telephone Committee:** Marilyn Vialle, Cathy Gates (leader + Hotfoot News + roster + communicator)
---------- Coordinators ----------
**Community Ed Contact**: Cathy Gates

**Dance Service Coordinator:** _____
**Student Coordinator:** Danielle Rust, Anna Soland & Julie Bittner
**Demo Coordinator**: _____

**We are on the WEB** **www.HotfootStompers.org**

# Hotfoot Stompers

Minnesota Square Dance Club
Coon Rapids, MN

Presidents Robert Morgan 612-250-3330
Sandy Morgan 612-298-3770

**2025-26 Dance Schedule**

Saturday, 7:30-8:00 pm Plus, star tip at 10:00 PM, 8:00-10:00 PM MS**,** potluck
**Northdale Middle School**, 11301 Dogwood St NW Coon Rapids - Rounds between tips *****Service Committee **Treasurer Assistant

**Feb 14** - Bill VanBergen MS- Sarah Klaphake rounds-Potluck – Theme: Be My Valentine **Terry Cathers, __
**Mar 14** - Bryan Bush MS- Doug Brodeen rounds- Potluck-
Theme: Movie Night **Terry Cathers, __
**Apr 11** - Brian Freed MS- Doug Brodeen rounds- Pie and Ice Cream – Theme: Royalty Night- *__,__
** Rosemary Valentine
**May 9** - Caller: TBD - Cuer: Sarah Klaphake – Potluck- Ice Cream Social - *__,__,__,__,__
**Terry Cathers, __
_____

**Answers will be in the next chatter.**

**Riddle:**
One of the appeals of square dancing is the so-called "puzzle solving" aspect of the activity. In the spirit of that, in this sequence I'll give you clues and you can figure out what the call is. Trying to get your square to agree on things is a good idea.

Heads feel 25 cents and marmalade
Side men about face
What a door swings on
It's a backgammon variant
Tailgate the guy next door and hold the mayo
Stroll and evade
Crease the shortest distance between 2 points
Prepare for a sailing voyage
Female deer observes female deer
Go like a southerner to a small tsunami
Awesome jive thru
Make a breeze on the Driedel
Kareem Abdul Jabar and Robert Parish angrily sprint
Liberal Jive Thru
Banana ice cream sundae circulate
Lengthen, and a conservative and liberal big piano