



Florence Shag Club

June Newsletter

2021



President's Letter,

June is here along with some Hot weather. We could really use some rain! This time last year we had an extremely wet month and could certainly use it now!!

I sure hope to see all of our members Friday night, June 4th. DJ Jimmy Buffkin will start off the month with great music we love so much at 8:00pm.

As most of you know, Spring SOS has been rescheduled to June 19th through June 26th. Your 2020 SOS cards can used for the Spring and Fall SOS events. There will be no DJ scheduled for Friday, June 25th due to SOS.

Please remember to speak to our guests and introduce yourself. The feedback I get from our guests is how special it makes them feel. Also, if you get the chance, try to visit another shag club as they do ours.

We are still looking for Hole Sponsors for our Golf Tournament on August 26th, so please get the word out to everyone.

We would like everyone to please read the attached special "thank you" note we received from George Morris and family. George and Margie have always been a special part of the Florence Shag Club.

Thank you for being a Florence Shag Club member and supporting our club!

See you on the dance floor...

Ron Isgett, President



2021 Officers

Ron Isgett-President
Email- risgettsr@gmail.com

Hilda Bowen-Vice-President
Email-hbowen@sc.rr.com

Teresa McDonald-Secretary
Email-pssharleys@gmail.com

Margaret Cline-Treasurer
Email-mcline20@hotmail.com

Directors 2021

Bayne Hayes – 1st term ends
12/31/23

Dennis Osborne –1st term ends
12/31/21

Becky Berry – 1st term ends
12/31/22

www.florenceshagclub.com

**Address: Florence Shag Club
PO Box 5538
Florence, SC 29502**

Our Purpose

The purpose of the Florence Shag Club shall be to preserve, encourage and promote the education and perpetuation of the Shag, to provide social activities at which emphasis is placed on the dance, and to inform its members of beach music and Shag dancing activities.

May Florence Shag Club forever be a part of our lives as we keep on Shagging!



2021 Tentative Dates to Remember.

June 19th – 26th – Tentative date for postponed Spring Safari
August 26th – FSC Golf Tournament
Please Sponsor a Hole, Support your Club!

FUN FACTS ABOUT JUNE

1. June is the month with the longest daylight hours of the year in the Northern Hemisphere, and conversely, June has the shortest daylight hours of the year in the Southern Hemisphere.
2. June's birthstone is the pearl, the Moonstone and the Alexandrite.
3. The June birth flower is the Rose and the Honeysuckle.
4. In 2009 June was the 662 most popular name for girls in the USA.
5. June is derived from Juno, the goddess of marriage.
6. In both common and leap years, no other month begins on the same day of the week as June. Weird, isn't it?
7. June is international men's month.
8. June is accordion awareness month, as well as candy, dairy and papaya month.



Ways to Prepare your Mind, Body and Soul for Summer

#1 A Mantra-The first and only rule for having a 'beach body' is to have a body and head to the beach. Let's make this our mantra. Being beautiful is all about feeling beautiful, and we do not need to stick to unrealistic stereotypes

#2 Begin to Unwind-The days are longer, happier and a little lazier. This laziness can be a good thing and at certain points, in the day we can indulge in it. A sense of tranquility, balanced control and peacefulness can allow the mind to stop racing, calm down and focus. Whenever you feel overwhelmed, take the time to breathe deeply (sounds clichéd but it's proven to work!).

#3 Keep Up Your Exercise Routine-When it comes to preparing the body for summer, there are two alternatives. One is simply maintaining your year-round exercise routine. The other is to use this routine as your basis and add something new for a bit of added variety.

#4 Something New-Good weather makes us feel more inspired, creative and daring. It's a good idea to track your progress when starting a new activity or challenge, so you are encouraged as you start to reach your goals. Be it reaching a new personal best in running, or surprising ourselves by overcoming our fears and trying a new activity (like an Aerial Fusion, inversion-therapy Yoga swing!), this is a great way to stay motivated and focused.

#9 Make Changes-When seasons change so should we. It's the perfect time to adapt not only what we wear, but also our surroundings and the areas we spend most of our time in. Mark a day in your diary to create a wardrobe inventory, giving away what is just taking up space and hasn't been used in the past year; this is a good rule of thumb to decide what should stay and what should go. Create a mental image of what you want to achieve, envisage the perfect end result, and if the object doesn't fit the vision, then it's time to give it away.

June Birthdays and DJs



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Bday – Kathy M.	2	3	4 DJ – Jimmy Buffkin	5
6	7 Bday – Sara M.	8 Bday – Gregg M.	9	10	11 DJ – John Smith	12
13	14	15 Bday – Cindy H., Eberhand K.	16	17	18 DJ – Dan Spivey	19
20	21	22	23 Bday – Beth C., Kelly H.	24	25 DJ – SOS No DJ Bday – Sally L.	26 Bday- Jerry O.
27	28	29	30 Bday – Gaye B.			

Note from George Morris:

Dear Florence Shag Club,

Thank-you so much for
the beautiful flowers
sent to us during this
time. We appreciate your
kindness. Sincerely,
The News Family