



# Florence Shag Club June Newsletter 2020



Hello FSC Members,

I sure hope to see you all Friday night June 5<sup>th</sup> at the Circle Fountain. DJ Bill Jones will be spinning the tunes at 8pm. Get there early for an awesome cheeseburger and an ice-cold beverage of your choice. Bring your hand sanitizer and whatever you need to feel protected. Remember no hugging, or handshaking. Please respect each other's thoughts on the pandemic, we are all Americans and have that right, thanks to those who fought and to the many that died to preserve that right.

The delayed spring meeting has been rescheduled for Tuesday July 21<sup>st</sup>, 7pm, at the Circle Fountain. We will need to assure a quorum of 25 people present to make it official, or we will have to reschedule and that is never fun.

The good news, so far, Fall SOS **has not** been cancelled, the bad news, Fun Sunday and Fun Monday has been cancelled due to lack of funds created by the Shag Clubs not being able to meet and sell Fun Monday raffle tickets this year. I'm sure our shaggers are looking forward to Fall Migration.

CMO has been scheduled for August 7<sup>th</sup> with DJ John Smith. We will discuss the details at our meeting on July 21<sup>st</sup>.

**We will be drawing for the elusive "Pot Of Gold" basket this Friday night, June 5<sup>th</sup>. We have a few tickets left to sell that night before we draw.**

We pray that everyone stays safe and that we will see you all again soon. Thank you for your continued support and kind words.

Hilda Bowen, 2020 President



## 2020 Officers

Hilda Bowen-President  
Email-[hbowen@sc.rr.com](mailto:hbowen@sc.rr.com)

Bayne Hayes-Vice President  
Email-[bhayes68@sc.rr.com](mailto:bhayes68@sc.rr.com)

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Email-[pssharleys@gmail.com](mailto:pssharleys@gmail.com)

Margaret Cline-Treasurer  
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## Directors 2020

Jerry O'Neal - 2<sup>nd</sup> term ends  
12/31/20

Dennis Osborne -1<sup>st</sup> term ends  
12/31/21

Becky Berry - 1<sup>st</sup> term ends  
12/31/22  
[florenceshagclub@aol.com](mailto:florenceshagclub@aol.com)

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## \*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!



### 2020 Tentative Dates to Remember

July 21<sup>st</sup>: Spring Meeting 7pm at the Circle.

September 17 – 26th: Fall Migration SOS NMB. No DJ at the Circle on the 18th & 25th.

October 30- Re-up/Halloween Party at the Circle Fountain.

November- Golf Tournament TBA

December 11- Christmas Party at the Palmetto Room Catered by Venus, DJ Roger Holcomb.

### *Thoughts and Prayers*

We were very saddened by passing of our member Jerry Fussell this past month. Please keep his wife, sweet Sherrill and Jerry's family in your prayers.

Sheila McKenzie was in the hospital for some issues and tests. We are happy to say that she is home and doing fine on the medication prescribed her.

Gerry Hayes was given a heart catheterization due to weakness and shortness of breath. She received a good report, no blockage and her heart is very strong strong.

Hilda Bowen had the second surgery on the tumor located on her back early this month. The surgeon is very sure he got it all this time and she doesn't need radiation. An upper torso cat scan is scheduled in July to make sure nothing has spread. Please keep her in your prayers.



### The Quarantine Might Be What You Need to Improve Your Life!

This quarantine has jolted our entire lives, including the places that we find comfort. And if we use our time wisely, we set ourselves and our families up to try new things, form new habits and challenge the way that we've always done business.

**It gives us time to think** - Most of us lead incredibly busy lives, and we rarely make time for ourselves. It seems like such a challenge to carve out a little quality time with just us because there are so many other things to do.

**This quarantine has given us forced downtime** - We aren't commuting. Most sporting events and group activities are canceled. Very often, the first step to making substantial changes in our lives is to recognize that there is a problem, and the only way we can do that is by taking the time to think and to admit to ourselves that we could be doing things better.

**It encourages us to get creative** - When our routines get messed up, we're forced to adjust and make new ones on the spot. As a result, it's forcing many of us to think more creatively. To try new things or start doing those things that we've always wanted to try.

#### **Use the quarantine to try new things such as:**

- Eating more healthy
- Regular exercise
- Reading more books
- Building a healthier brain
- Home improvements or repairs
- Starting side projects, you always wanted to try

**It forces us into smarter habits** - Financially, the quarantine has revealed challenging areas of our lives. 30% of Americans have no emergency savings. It is recommended that everyone have 6 months of living expenses in a savings account. Also prioritizing our health is a good idea! For example:

- Consume less sodium and fewer carbs
- Eat smaller portions of food, especially for dinner
- Exercise (like walking, biking or weight training) more often. **Conclusion:** Though the quarantine has dramatically changed our lives, that doesn't mean that things will get worse. In fact, this extra time at home might be exactly what you need to start building better habits to improve your life and future.

# June 2020 DJ's and Birthdays



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Bday – Kathy McKenzie	2	3	4	5 DJ -Bill Jones	6
7 Bday – Sara Ellen Munnerlyn	8 Bday – Gregg McGowan	9	10	11	12 DJ – Billy Cook	13
14	15 Bday – Cindy Heutess, Eberhard Knierim	16	17	18	19 DJ- Buck Crumpton Bday- Mary Ann Brooks	20
21 Happy Father's Day! 🍷🍷🍷	22	23 Bday – Beth Clarke	24	25 Bday – Sally Lucas	26 DJ – Dennis Osborne Bday – Jerry O'Neal	27
28 Bday – Susan Moore	29	30 Bday – Gaye McLaughlin				