



Florence Shag Club October Newsletter 2021



Hello FSC Members... Welcome to October 2021!

If you missed the Fall SOS 2021, you missed a great time. Great entertainment from a variety of Bands and DJ's. It was a chance to see old friends and meet new folks that love the Shag Lifestyle as we all do.

Our Halloween Party/Re-up party is scheduled for October 29th starting at 7:00pm at the Circle Fountain. We will have a costume contest along with cash prizes for our members: \$200 first place, \$100 second place and \$50 honorable mention. We also plan to have a separate contest for non-members that wish to enter the contest with a cash prize for first place. I would love to see everyone dress up and support our Halloween party. It will be a fun time!! Please reference the Halloween flyer located on Flyers tab on FSC website for more details.

If you are a current FSC member and wish to re-up, the cost is \$30 up until November 30, 2021. After the cutoff date, the cost will be \$35. You can print off an application form from our website and bring it on Friday night prior to the party or we will have them available at the club. All new members cost will be \$35.

We are also planning a Carolina/Clemson tailgate party on Friday night, November 26th at 7:30pm. Plan to decorate your own table to represent your favorite team! (more details to follow via email at a later date)

We have the new 2022 SOS cards and will start selling them this Friday night at the Circle Fountain. The price is \$30 per card if you buy them through the club versus \$35 at the beach. (we have limited number of cards, so get yours early)! You will need this card for Mid-Winter, January 13th – 16th as well as both Spring and Fall SOS.

Thank you for your continued support of the FSC.

See you on the dance floor...
Ron Isgett, 2021 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.floreshagclub.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

Oct. 29 – Halloween/Re-Up Party

Nov, 26 – USC/Clemson Party

Dec. 10 – Christmas Party at Shag Club (Door Prizes)



Healthy Tips for a Healthier Fall

1. Unplug to connect: September is a great reminder to eat regular meals at home with family. Family meals reduce stress, boost self-esteem and make the whole family feel connected.

2. Savor seasonal flavors: Fall brings new seasonal produce and recipe inspiration for family meals. Sign up to receive a free cookbook with heart-healthy, delicious recipes from the American Heart Association.

3. Spend time outside: Take advantage of cooler temperatures by spending time outdoors for better physical and mental well-being. Spending time outdoors has been shown to reduce stress and improve mood.

4. Shop smart: Grocery shopping can be overwhelming, no matter the season. To find foods that can be part of a heart-healthy eating pattern, keep an eye out for the American Heart Association's Heart-Check mark.

Get clever with costumes

Choosing costumes wisely is an important part of Halloween safety. Follow these tips:

The brighter the better. Choose bright colors and flame-retardant materials. If your child will be outdoors after dark, attach reflective tape to his or her costume or treat bag.

- **Size it right.** If it's chilly outdoors, make sure your child's costume is loose enough for warm clothing to be worn underneath — but not long enough to cause tripping. Avoid oversized shoes and high heels.
- **Skip the masks.** A mask can obstruct your child's vision, especially if it slips out of place. Use nontoxic makeup instead.
- **Limit accessories.** Pointed props — such as wands, swords and knives — might pose safety hazards.

Trick or treat with care

Before your children start trick-or-treating, review these safety rules:

- **Get in on the fun.** Accompany trick-or-treaters younger than age 12. Pin a piece of paper with your child's name, address and phone number inside your child's pocket in case you get separated. Encourage older kids to trick or treat with friends, parents or older siblings. Make sure someone in the group has a flashlight with fresh batteries.
- **Set ground rules.** If your child will be trick-or-treating without you, plan a familiar route and set a curfew. Review safety rules, including staying with the group, walking only on the sidewalk, approaching only clearly lit homes, and never going inside a home or car for a treat. Have your child carry a cellphone.
- **Inspect treats before indulging.** Don't let your child snack while he or she is trick-or-treating. Feed your child an early meal before heading out, and inspect the treats before your child eats them. Discard anything that's not sealed, has torn packaging or looks questionable.



October 2021



SUN

MON

TUE

WED

THU

FRI

SAT

					1 DJ – Dennis Osborne	2
3 Bday – Brenda Rhodes	4	5 Bday – Charles Henderson	6 Bday – Robert Powers	7 Bday – Jane Johnson	8 DJ – Skip Mallios	9
10	11	12	13	14	15 DJ – John Smith	16
17	18	19	20	21	22 DJ – Buck Crumpton	23
24 Bday – George Martin	25	26	27	28	29 DJ – Roger Holcomb Halloween/Reup Party & Costume Contest, \$ prizes	30 Bday – Lynne Jackson, George Morris
31 						