



# Florence Shag Club October Newsletter 2020



Hello FSC Members,

I heard many good things from our members that went to the "cancelled" Fall SOS week. It is a wonderful thing the love and lifestyle of the Shag is embedded in so many of us!

The Fall Business meeting has been scheduled for Tuesday October 13, 7pm at the Circle Fountain. The Nominating Committee's slate of officer nominees are as follows. Ron Isgett, President; Hilda Bowen, Vice President; Teresa McDonald, Secretary and Margaret Cline Secretary. Bayne Hayes has been nominated to run for the director's position replacing Jerry O'Neal. Please try to attend this very important meeting, we need 25 people to attend so we can vote.

We still have our Reup/Halloween party scheduled for October 30<sup>th</sup> at the Circle fountain. We intend to have a costume contest with prizes for our members. Start planning your costumes now. This is always a fun time and we look forward to it every year.

If you plan to rejoin the FSC for 2021 October is the time. You can mail your dues to FSC, PO Box 5538, Florence, SC 29502. \$30 for existing members during Oct & Nov. First time new members are \$35 for the first year.

Our Christmas party will be held at the Circle this year on December 11<sup>th</sup>. We have a wonderful committee in place to help with the party and I'm sure it's going to be one of our best ever. Food will be catered by Venus Catering. A flyer will be made available.

Thank you to each and every one of you for your support and kind words,

Hilda Bowen, 2020 President

Please keep our members in your prayers. We love and miss you all that haven't been back out and we appreciate and love you that do come. May God bless us.



## 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)

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

Margaret Cline-Treasurer  
Email-[mcline20@hotmail.com](mailto:mcline20@hotmail.com)

## 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  
[floreshagclub@aol.com](mailto:floreshagclub@aol.com)

[www.floreshagclub.com](http://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!



### **2020 Tentative Dates to Remember.**

October 13 – Fall business meeting at 7 pm to elect new officers for next year.

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

December 11 - Christmas Party at the Circle Fountain Catered by Venus, DJ Roger Holcomb.

**Make sure you don't miss out on our fun Re-up/ Halloween party on October 30! Here are some dance costume ideas, just google the following:**  
**Disco Costumes**  
**Sock Hop Costumes**  
**Movie Dance Costumes**  
**Dance Costumes from actual dances (ballet, tango, etc)**  
**Costumes with skirts to twirl (cowgirls, Little Red Riding Hood, etc.)**



## **Nine Reasons Why Good Sleep is Important**

- 1. Poor sleep is linked to higher body weight** – Short sleep duration is one of the strongest risk factors for obesity
- 2. Good sleepers tend to eat fewer calories** – Sleep-deprived individuals have a bigger appetite and tend to eat more calories
- 3. Good sleep can improve concentration and productivity** - sleep is important for cognition, concentration, productivity and performance
- 4. Good sleep can maximize athletic performance** - longer sleep has been shown to improve speed, accuracy, reaction times, and mental well-being
- 5. Poor sleepers have a greater risk of heart disease and stroke** - sleep quality and duration can have a major effect on many health risk factors
- 6. Sleep affects glucose metabolism and type 2 diabetes risk** – poor sleep habits are strongly linked to adverse effects on blood sugar in the general population. Those sleeping less than 6 hours per night are at increased risk of type 2 diabetes
- 7. Poor sleep is linked to depression** – 90% of people with depression complain about sleep quality
- 8. Sleep improves your immune function** – getting at least 8 hours of sleep can improve your immune function and help fight the common cold
- 9. Sleep affects emotions and social interactions** – get your sleep so you can interact and dance on Fridays!



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 DJ – Dennis Brumble	3 Bday – Linda Haynes, Brenda Rhodes
4	5 Bday – Charles Henderson	6 Bday – Robert Powers	7 Bday – Jane Johnson	8	9 DJ – John Smith	10
11	12	13 Fall Meeting and Election of 2021 Officers	14	15	16 DJ – Buck Crompton	17
18	19	20	21	22	23 DJ – Billy Cook	24 Bday – George Shelton Martin
25	26	<u>27</u>	28	29	30 DJ – Jimmy Buffkin Bday – Lynne Jackson, George Morris	31 