



Florence Shag Club September Newsletter 2021



Happy Labor Day to our FSC members...

Was that a fantastic "Cool-Me-Out" Party or not! "WOW"! Great turn out from our Members and Guest. A big thank you to everyone!!

I want to send out a special thanks to Cathy and George Martin, Becky Berry, Marie Isgett, Margaret Cline and Ruby Hayes for a great job decorating, setting up and cleaning for our CMO party. I also want to thank the members who stepped in to help clean up after the party. It was very much appreciated!

Congratulations go out to Mike Muir for winning our 50/50 card draw. Also thanks to all those who participated in this worthwhile fund raiser. You are all winners!! Big thanks to our DJ, John Smith for providing "great music" as usual and keeping the dance floor full.

We want to thank Michael Martin and his staff for the "free pour" to kick off our party and providing all our beverage needs. (Please reference the attachment from Michael, expressing his thanks and gratitude to each member of FSC).

Our Golf Tournament was held August 26th and was a HUGE success. Thanks go out to all of our Hole Sponsors (Business and Members) and Teams! Also, a big thank you to our members that helped with our Tournament...Don Hall, Bayne Hayes, Hilda Bowen, Margaret Cline, Connie Poston, Guy O'Neal and Marie Isgett.

Our First (1st) place Team in our Golf Tournament went to Clark Gibbs, Bobby Gibbs, Carson Coker, and Justin Gibbs. (A special thanks to Clark Gibbs for donating \$200 of his team's winnings back to our club). Second (2nd) place Team went to Scott Campbell, Burt Rogers, Todd Hayes, and Lee Herndon. Closest to the Hole was won by Lee Herndon. **It was a fun day for everyone!!**

The Nominating Committee has given me a list of nominees for the 2022 Officers and Director. They are as follows:

President: Bayne Hayes Vice President: Janice Welch

Secretary: Hilda Bowen Treasurer: Wayne Howle

Director: George Morris

We will vote on these nominees, and any nominees from the floor, at our **Fall Business Meeting on September 14th at the Circle Fountain at 7:00pm. Please attend this very important meeting.**

Our Pre-SOS party will be held on Friday, September 10th with DJ, Bill Jones spinning the great tunes (details to follow). We will not have a DJ provided on Friday, September 17th and 24th due to SOS (September 17th thru September 26th).

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.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!



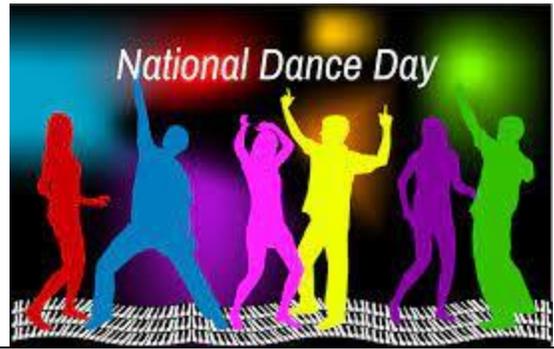
2021 Tentative Dates to Remember September 16-26 Fall Migration

I want to thank everyone for the calls, prayers and thoughts for me during my heart surgery. I am doing good and working toward a full recovery! Thanks, Teresa, FSC Secretary

8 Habits of Super-Healthy People

- 1 / 8. Have Breakfast. ...
- 2 / 8. Plan Your Meals. It'll help you save time and money in the long run. ...
- 3 / 8. Drink Plenty of Water. ...
- 4 / 8. Take an Exercise Break. ...
- 5 / 8. Go Offline. ...
- 6 / 8. Learn Something New. ...
- 7 / 8. Don't Smoke. ...
- 8 / 8. Sleep Well

**HEALING
EATING
ACTIVITY
LIFESTYLE
TOGETHERNESS
HAPPINESS
YOU**



National Dance Day

Break out into a twirl or two-step on National Dance Day on the third Saturday in September. The day focuses on raising awareness about dance. It also encourages Americans to embrace dance as a fun and positive way to maintain good health and combat obesity.

As a cardiovascular exercise, dancing offers numerous benefits. The activity may be low or high impact. However, either one will increase aerobic fitness. Other benefits of dancing include:

- improved muscle tone
- weight management
- flexibility and strength
- strong bones and reduced risk of osteoporosis
- improved balance
- increased cardiovascular health
- enhanced opportunity for social interaction
- helps boost mood

Also, age doesn't matter. Your dancing partner may be a child or someone 20 years your senior. No matter how skilled you are, there's always a new step to learn, too. Grab a partner and get dancing!

Turn on a favorite song and dance. Enroll children in dance classes. While you're at it, sign yourself and a partner up for them, too. You'll improve your health and your social life while engaging with someone you care about. Invite friends to join you and learn as a group. What better way to #CelebrateEveryDay than to start out dancing?

Types of Dances to Learn:

- Tap
- Country Western
- Hip Hop
- Contemporary
- Square Dance
- Line Dance
- Shag

You can also take dance classes to improve your skills and encourage others to do so as well.

September 2021

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------------------------------|-----|--|-----|-----------------------------------|--|-----------------------------------|
| | | | 1 | 2 | 3 DJ – Herb Thompson | 4 Bday – Gerald Carroway |
| 5 Bday – Gail Kirshy | 6 | 7 | 8 | 9 | 10 DJ – Bill Jones Pre SOS Party | 11 Bday – Glen Hunt |
| 12 Bday – Maureen Echols | 13 | 14 Fall Business meeting at 7pm | 15 | 16 | 17 Bday – Ron Baucom SOS | 18 |
| 19 | 20 | 21 | 22 | 23 Bday – Carolyn Henderson | 24 SOS | 25 |
| 26 | 27 | 28 | 29 | 30 | | |
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Hello, Florence Shag Club!

I'd like to take a moment to share some of my thoughts with y'all. What a great turnout for Cool Me Out this past Friday! I want to express my sincere gratitude to each member of the Club for your continued support over all these years. This year's Cool Me Out exceeded my expectations, especially with the obstacles presented to all of us over the last year and a half. The Florence Shag Club has been an integral part of the Circle Fountain for 40 years now, and we couldn't do it without y'all. Thanks to each and every member of the club for continuing to support our small local business, regardless of our flaws and peculiarities. I look forward to every Friday night because of y'all, and I wouldn't have it any other way. Long love the Florence Shag Club! I urge you all to be safe, have fun, and shag on!

Much love and admiration,

Michael Martin.