



# Florence Shag Club

## September Newsletter

### 2020



Hello FSC Members,

I hope everyone is doing well during this crazy year. I admit, it's certainly had me feeling a little down at times. I do look forward to going to the Circle Fountain on Friday nights as I know some of you do too. The DJ's have been great and play their hearts out for the small crowd that comes out.

Sometime during this fall, we will have our second official meeting for the year. We need to elect 4 officers and 1 director for the 2021 year. If you love the Shag and the FSC please consider volunteering your name to serve as an officer.

Since Fall SOS has been cancelled, we got the ok from Michael to schedule a DJ (Jimmy Buffkin) to play the first weekend, Friday night September 18<sup>th</sup>. Many of our members are going to the beach on the second weekend so we aren't planning a DJ for the 25<sup>th</sup>.

Hopefully next year things will be different and we can get back to normal with our parties and fund raisers. In the mean time please try to support your local businesses and pray they can stay open.

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.

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.

Thank you to each and every one of you for your 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)

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  
[florescshagclub@aol.com](mailto:florescshagclub@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

No DJ at the Circle on Friday, September 25th.

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

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



### Fun Facts About Labor Day

The first U. S. Labor Day was celebrated on Tuesday, September 5, 1882 in New York City.

Oregon was the first to declare Labor Day an official holiday in 1887.

Labor Day is considered the unofficial NFL season kickoff.

The first Waffle House opened on Labor Day.

**Fulfillment comes when we no longer want or need anything we don't currently have.**

However, we tend to rely too much on large achievements for our fulfillment. We set our sights on starting businesses, publishing books, running marathons, getting rich, etc.. But achieving these things is often out of our control.

So, instead, we need to focus more on the little things. We need to build our lives so that each and every moment counts for something, and so that each and every day feels like a new adventure.

### **Walk, Skip, Run, Dance...Just Move!**

Our modern, highly-digital world has made us sedentary. But as humans, we're meant to be active, which is why excessive idleness leaves us feeling dissatisfied and unfulfilled.

As a result, it's important to add physical activity to your daily routine. Yet this doesn't mean you need to start training for a marathon or a weightlifting competition. Instead, it means finding ways to engage in physical activity you enjoy.

Some examples include walking around the neighborhood, running up the stairs to your office, throwing a dance party in your room, and playing pickup basketball in the park. But it doesn't really matter, so long as you're moving and having fun.

When you reach the end of the day and feel tired, but you also feel accomplished and proud. As a result, the goal should be to try and replicate this feeling every day, which you can do by adding physical activity to your daily routine.



# September 2020 DJs and Birthdays



SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 DJ - Skip Mallious Bday – Gerald Carroway	5 Bday – Gail Kirshy
6	7 <b>LABOR DAY</b>	8	9 Bday – Paul Plein, Lou Vause	10	11 DJ – John Smith Bday – Glenn Hunt	12 Bday – Maureen Eckels
13	14	15	16	17 Bday – Ron Baucom	18 DJ – Jimmy Buffkin	19
20	21	22	23 Bday – Carolyn Henderson	24	25 No DJ	26
27	28	29 Bday – Donna Camblin	30			