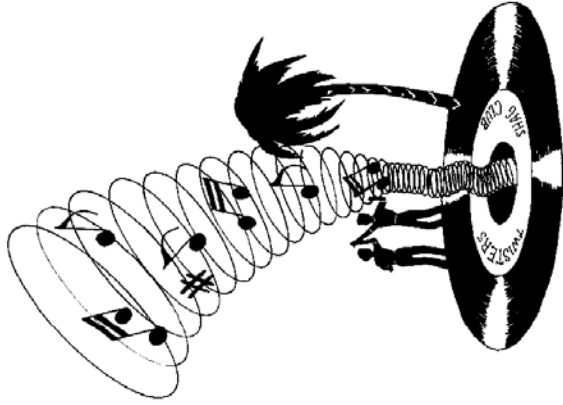


**Twister's Shag Club
PO Box 2310
Cornelius, NC 28031**

First Class Mail



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www.GoShagging.com



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June

2012

Twister's Shag Club

www.GoShagging.com

TSC@Goshagging.com

704-892-1114 or P.O Box 2310, Cornelius, NC 28031

OFFICERS

PRESIDENT-----**(704-892-1114)**----- **Mike Rink**
VICE-PRESIDENT----- **Walter Smith**
SECRETARY----- **Nancy Massengill**
TREASURER----- **Dean Melton**

COMMITTEE CHAIRPEOPLE

Fall Cyclone: Mike Rink (704-892-1114)
Lesson Nights: Nancy Massengill (704-483-7779)
Meet And Greet: Susan Dahl (704-528-8005)
Membership: Walter Smith (704-662-9864)
Newsletter And Publicity: Mike Rink (704-892-1114)
Article Assignments: Jackie Smythe
New Member Spotlight: Tommy & Wilma Laws
Stamps And Labels: Dennis Kerr
Photography: Ray Clark & Gigi Jugart
Social: Ken Kreamer (704-799-1119)
Sunshine: Richard Harrington (704-873-5776)
Web Site: Mike Rink (704-892-1114)

All info must be submitted by the 15th of the preceding month.

Statements in this publication are directed to our members and should not be taken out of context by others. Also, opinions expressed by various authors may not reflect those of our club.

You may re-use items in this publication as long as you credit TSC in your reprint and mail us a copy. (Use address on cover.)

The President's Letter

Hi friends,

The last few months have been very good for TSC and our members. We have hosted a lot of events and had a lot of fun. The next few months will include even more of the same.

We had a great time at the Beckley Party last month. This month's Posse' Trip opportunities will include a Vinyl Party at Lynn's on Saturday, June 2. Several of your favorite DJ's will be playing the music. It's close, and you can get a room cheaply nearby if you want. June 9 is the Boogie to Boone party. And June 16 is Lancaster's annual Jivin June Jam. So there's plenty more chances for you to have a good time with your friends in the coming weeks.

On Saturday, June 23 we will host a bus trip to the Oldies party in Winston-Salem. Over the years this has been a great trip for members and guests. We've had good times going and coming, as well as at the event. I'm sure this trip will create even more great memories. More details are included later in this issue. Read them, and then plan to go with us and have a great time.

Tuesday lesson nights have been very well attended. We sincerely appreciate those of you who have helped out, or will be helping us with any aspect of Tuesdays and perpetuating the shag.

Friday nights at "The Inn" continue to be very successful. But I can't stress enough the importance of every member supporting our "home" location. It only takes a minute to invite a friend or coworker either by phone, email, Facebook or other manner. And even on nights where you can't stay out too late, please come by and have a little fun with all your friends to keep our numbers high. We continue to bring in some of the best DJ's anywhere to make sure the party stays lively. This month we will also have special guest DJ Murl Augustine. He's a long-time friend and will no doubt be determined to make that Friday a full-fledged party!

Remember to shag-4-fun!

Mike

Club Meeting Night

Our monthly meeting will be held on Tuesday, June 5th at Fat Boys Restaurant (I-77, Exit 36) in Mooresville. Social hour starts at 7pm. Business meeting begins at 8pm. Don't miss the food. The full buffet is still only \$4.99.

Walter Smith won the Treasure Chest of \$173 last month. Congratulations to him! Make sure you are there this month for your chance to win.

Jim Forester won \$67 in the 50/50 with \$67 going to our Day Care fund. (Thanks go to those who support this fundraiser each month.)

We have membership applications from Cathy Fletcher, Scott Fletcher, Joan Flynn and Robert Parker. Come out and vote on these applicants this month.

Dance Lessons

By Nancy Massengill

What a great group of students we have! We have 36 in Beginner I (of which only nine are male) and 27 in Beginner II. As you can tell we need the support of all of our male club members to help make this set of lessons a success.

This is the largest Beginner II class that we have had in many, many months and they all seem eager to learn. Come out and help with the lessons as we promote the "Dance of the Carolinas".

Even if you are not needed to partner with students, we always need folks to help students who may be having individual step problems or with spreading the word about our club.

Don't forget, on Friday night June 28th we will have a graduation party for all the students at The Inn. Come out early that night and dance with these folks and make them feel welcome. You might even help TSC gain some great new members.

Upcoming DJ Schedule For "The Inn"

June 1: Dana Grubb

June 8: Murl Augustine

June 15: Butch Metcalf

June 22: Farrell Watts

June 29: Clyde Waller

LYNN'S DANCE CLUB PRESENTS A

**Vinyl
Party**

**Four Great DJ's
Servin' Up Nothin' But
Good Classic Stacks of**

HOT WAX!

(45's and LP Records. That
was before CD's & Laptops.)



**Featuring DJ's
Mike Rink, Joanne Johnson
Clyde Waller and Farrell Watts**

Saturday, June 2nd

Doors open at 7pm Music starts at 7:30pm

**Lynns is located at 4819 South Tryon Street, Charlotte, NC
Telephone number: 704-527-3064**

Join Us Saturday, June 23rd On The Bus Trip To The Winston- Salem Shag Club's Oldies Party!



Twister's Shag Club members and guests are invited to join us for a bus trip to the Winston-Salem Shag Club's Oldies Party. Dress the part if you like. Just don't miss the fun! It's only \$25 (total) for the trip and party. *You bring your own choice of adult beverages.* But there will be lots of free food and setups at the party.

The TSC Social Committee will provide snacks, as well as some soft drinks and water on the bus. Plus, members and guests always seem to bring a few added goodies that are enjoyed by all, too. So feel free to bring shooters or something else (food or beverage) to share with your friends on the ride to the party!

The bus will leave from I-77, exit 28 at the bank in front of the Days Inn at 5pm sharp. It will leave Fat Boys at I-77, exit 36 at 5:10. And will leave JR's at I-77, exit 50 at 5:30. We'll head home between 11:00 and 11:30pm so you won't get home too late.

We always have a lot of interest in this event from members and guests, so make plans now. For more info or to hold your spot, call Ken at 704-799-1119 or email him at kkreamer@aol.com.

Winston Salem Shag Club Presents Their

SOCK HOPPIN' OLDIES PARTY

We're Back At The Old School Gym In Clemmons

Saturday Nite June 23, 2012

Dance 6:00 pm to Midnite

(Hotdogs & Potluck & Covered Dish provided)



50's Oldies
R&B & Doo Wop



Beach &
Shag Music



IN PERSON TO PLAY YOUR FAVORITES...
Mike Harding



\$10 at the door
BYOB (or cooler)

Smoke-free facility

Smoking permitted outside



Hotels in the area:

Village Inn 336/766-9121
Holiday Inn Express 336/778-1500
Quality Inn 336/765-6670
Super 8 336/778-0931

1-40 West exit Lewisville/Clemmons Rd; turn left at top of ramp and proceed to Clemmons Rd; turn left and go to Stadium Dr & turn left-gym is on left across from Clemmons Baptist Church



For more information contact

Frank Transon 336/940-4356
Mary Carson 336/971-2510
Dan Willard 336-577-2164

Fun Monday Raffle Tickets Available

Every year the Enhancement Committee works to make Fall SOS better by coordinating the Fun Sunday and Fun Monday events.

Fun Monday and Fun Sunday are essentially outdoor concerts held at the beach that feature some great entertainment.

This year the Mojo Blues Band will be back from Austria to play some of the best music you've ever heard. Many of their songs have been shag hits over the years.

There will also be other groups performing during these two days for the enjoyment of all. It's an event everyone looks forward to.

The funds to pay for all the bands and entertainment come from the sale of raffle tickets. Money left after the bills are paid is donated to "Caring For Kids", a great local charity.

Raffle prizes range from \$250-\$7500. Our own Kathy Thompson won \$2000 several years ago. Tickets are only \$10 each and you do not even have to be present to win!

Please consider buying some of these tickets even if you are not going to be able to go to SOS. You will be helping to perpetuate a great shag event, and you will also have an opportunity to win a lot of money.

See Mike to buy tickets. Our club needs to sell at least the 100 tickets we were issued by the Committee. In the past we have sold far more than the original 100 because our members have stepped up to the plate and participated.

Speaking of participating, if you can help us sell tickets please let Mike know that too. Every ticket we sell will make a difference.

Note: Increase your odds. Once again we will run a special deal. Anyone who spends \$20 can get a 1/5th share of *ten* tickets.

The Beckley Hanger Party

By Khris Sloop

Teresa and I went to our first Hanger Party that the Beckley Shag Club puts on. We had always wanted to go so we joined the "Posse Trip" and went to this one.

A huge dance floor and good DJ's made the party a great one. The food was awesome, too! I highly recommend the party when it comes around again.

Our Posse Trips need more attendance to prove Twisters is still The Fun Bunch. So next time you hear about one of our upcoming adventures, come on!

May 19th Golf Outing Memories

By Wayland Massengill

I can still hear the applause after striking the perfect drive on hole number one. More screams of excitement from the gallery as my second shot flies straight and true toward the flag.

It was Hades in a handbasket after that...

Thank goodness I was teamed up with Nancy and Sloopdog for this event to cover up the disastrous "shotgun" patterned shots I unleashed on the unsuspecting animal population at Mallard Head. I could hear the plants and trees attempting to sway out of danger with every backswing.

A moment of silence for the unfortunate golf balls that sank into the abyss of the water hazards. Thank you.

All in all a fun day of laughter, beverage tasting, and watching my two cohorts play hole after hole with virtually no input on my part. Bless their hearts! Oops! I forgot to mention our fourth virtual player that scored all the birdies that the rest of us gave back. Valiant effort! See ya soon.

The Golf Outing Dinner

By Kathy Kerr

Thank you to everyone that worked to make the golf outing and catered dinner so successful. My very favorite part would have to be the desserts. What a wonderful variety! TSC has some absolutely wonderful cooks. Of course Martha's homemade strawberry cake was there, as usual. Martha planned ahead to make that happen in spite of her recent surgery. She baked the cake layers in advance, put them in the freezer, capped the strawberries, had other ingredients on hand, and talked her sweet sister through the process of putting that together for us. What a thoughtful thing for her and Howard to do! Other desserts were also delicious, and I would love to update my recipes if anyone wants to share.

Dennis and I look forward to attending this event again next year.

Congo Squares Dessert Recipe

By Wilma Laws

One 1 lb. Box of light brown sugar
3/4 cup shortening (I used margarine) melted
3 eggs
1/2 tsp salt
2 1/2 tsp baking powder
2 3/4 cup of plain flour
1 cup of chopped nuts
1 pkg of semi-sweet chocolate morsels
(Optional) 1/4 to 1/2 cup of butterscotch morsels (I used 1/4 cup)

Mix and bake in 9 x 13 pan at 325 degrees for 30 - 35 min. Let "cool" before cutting as the chocolate is melted.

**Attention TSC Members:
We hope to have an article from YOU next month!**

More Fun "Stuff"

By Susan Dahl (One of the Fun Bunch)

There is too much going on lately I can't keep up!

I guess there was a great turnout for the May 19th golf event. Still would like to get those golf clubs out... out of the cobwebs that is. But no time now.

We are continuing to have good crowds at the Days Inn with great DJ's playing the best music. On Friday 5/25, Stanley and I as well as Rick and Sherry White stayed and danced until the very last dance. Frank Price just kept playing the best tunes.

Thanks to Stanley and Robert, all the ladies got to dance. Hope everybody comes back this Friday.

Our shag lessons are a success again, with a huge Beginner 2 class. They are all excited about The Pivot and Belly Roll.

SOS was the usual "blast". I had four new lady friends plus some of the originals. Claire and Deborah came back after being absent for a while. We all got along so well and all the "newbies" had such a good time.

Thanks to Gerrie, Chris, Suzanne and Jeri, for being such good new roommates.

Twister's parties were good, but we missed Milford at the Pirates Cove and the Long Island Ice Teas.

Thanks to Frances for all her work on the jackets., I love mine!

The group who went to the Beckley Area Shag Club event had a super time. But then that group (and you know who you are) always has a fun time partying... even in their rooms.

Hope to see you all at the next event. *That's all folks!*

Saturday, June 9
4:30-11:00pm



Boogie to Boone

Featuring DJs...



"Gentleman"
George Brown

and

Larry "Bigfish"
Calhoun



BBQ & Chicken Dinner • BYOB • 50/50 Drawing • Door Prizes



Appalachian Ski Mountain

940 Ski Mountain Rd., Blowing Rock, NC



Tickets on sale now!

\$25 advance ticket • \$35 at the door

Limited number of seats available.

Registration packets will be held at the door. Please make checks payable to Boone Shag Club.

Name(s) _____

Number of tickets _____ Total amount enclosed _____

Address _____

Email _____ Phone _____

Mail to Boone Shag Club, PO Box 3734, Boone, NC 28607

For more information, visit www.booneshagclub.com.

Ramblings From The Road

By Wayland Massengill

Listen my friends, and you shall hear. Not tales of Revere, but of of grabbin' gears. Sorry. It sounded good in my head, but turned crappy in print. The Pulitzer is safe.

Warmer weather has arrived. In fact, sometimes it has been downright hot. Colleges are letting out, and the younger chipmunks will be set loose upon society at large, soon. Hence, we have to ramp up our defensive diligence on the roads. An increase in "road gators" (big truck tire casings) on the roads is evidence of my mention the other month of increased tire blowouts among commercial vehicles in hot weather. So, get on by 'em.

Speaking of warmer times, and the recent rains we have had across the country, I feel compelled to bring up hydroplaning. It takes only about 1/8th of an inch of standing water to start piling up under the tires of a vehicle to initiate hydroplaning. Once a vehicle gets "on plane", you have no control until the speed bleeds off and contact with the road returns. Reduction in speed in wet weather is paramount to avoid this dangerous situation. With sufficient water or poor tire condition (i.e., tread depth or improper inflation) this can occur even at slower speeds. Please insure proper maintenance and sufficient caution for the conditions.

Along with the warmer days is increased weekend and vacation traffic, usually consisting of the "in a hurry to get there" and the "I'm not paying attention" travelers. They blaze along in their own world, and maybe in yours too. You can't wait to see the whites of their eyes to react because they are probably glazed over from daydreams of beaches, girls or boys, kegs, left handed "cigarettes", or catching the big one (a wave or a fish).

Sometimes it appears drivers think they have their forcefield or cloaking devise engaged. I am always tickled at the sight of a person driving down the road, two knuckles deep in their honker, and the look of shock on their face when they realize we can see them! It just makes me laugh.

Just a week or so ago, a car loaded with young adults passed me. For a moment I thought they might be having a rain event inside their car. Turns out, they were passing a pipe around and had the car filled with smoke in a fashion Cheech and Chong would have been proud of. Well, apparently someone saw them before I did as a Kentucky unmarked mustang was right behind them. I'm guessing the Trooper wasn't checking to see if they would share when she stopped them. Woe is them.

I am looking forward to the upcoming golf outing, as this jibberish is being composed the Monday before. Hope to see a great turn out by many of you fine, upstanding fellow members of TSC (and you too, Jimmy).

Be safe in your travels. I'll see ya where the road ends and the party begins!

Memories of Spring SOS 2012

By Wilma Laws

Evening of Thursday, April 19th - Everything packed, in the car and ready for take-off on Friday to Ocean Drive. Leaving home at 6:00 AM. We now go to Salisbury, to Wadesboro, and then pick up Hwy #74 East on to the coast (thanks Mike & Peggy for info on this route). The roads are great.

Arrived at Condo World and found that our condo is available early so we can move right in. (This is a good thing). Weather is iffy, but we manage to find something to do. Got a "Tee" time for Tommy and I to play golf on Saturday. Signed up for 7:00 AM! Chilly start but weather ok. Still, getting up at 5:30... I question my sanity.

First Tea Party on Saturday Night at Harolds - Good music, tea, and shagging friends to enjoy. Sunday morning we went to the Pirates Cove Gospel Hour for Grits and Shrimp for the first time. Love that gospel shag music. Huge crowd there to enjoy all of the Bloody Marys and music!

We had ordered a couple of drinks and as Tommy paid Marty (the bartender for this AM party) he handed \$5 back to him. The money had stuck together. Tommy could have kept it, but being the person of integrity that he is he returned the money. Thanks again, Marty!

Tuesday, enjoyed a golf game with Roger and Laura. Again chilly windy weather, but had a great time.

Wednesday, still too cool to stay on the beach. Heading out to the car for a trip across town and find that our car has been backed into. Oh my! There was a note on the windshield that read, "I hit your car" with a name and phone number on it. We were doubtful about this. However we called the number and someone answered and said that he had indeed backed into the car. We met him later in the week in the parking deck and he gave us his insurance info so we could get the car repaired. There are still good honest people out there! He was from PA and was there playing golf.

Wednesday night "shooter" party at Ducks - The "Bend me Over" was a hit. Good choice! Thursday brings the TSC Captain's Choice Golf Game. Weather is great, and we had a good turn out. Congratulations Ken and Greg Culpepper, Joan and Lynn on your win, and to Marvin, Dave, and Jackie with your close "two under" score! All of the other teams... well we had a good time.

Friday, finally a warm day, we spent a couple of hours on the beach taking in some rays with Marvin and Betsy. But it is now time to get everything packed up, (ugh) and get ready for the trip home on Saturday. But first, it is time for the Friday Tea Party at Pirates Cove. Much to the delight of many of us we had the choice of the beverage we wanted (in lieu of tea) and we "liked" this!

Missed my "bear hug" this year! Hope to get it back again in September!

Saturday morning - In the car at 7:00 AM and headed back to Statesville, lots of good memories, we were "not" sun burned as usual, but had a great time. Looking forward to Fall SOS.

What's Happening In The Shag World **(GoShagging.com Has More Items And Details)**

April 3: TSC monthly meeting at Fat Boys.

May 31, June 1, 2: Southern Comfort hosted by Palmetto Shag Club. \$60. For more 803-750-1712 or email btaylor41@sc.rr.com

June 2: Vinyl Party at Lynn's in Charlotte. See flyer in this issue.

June 9: Class Shag Blast hosted by Camden Lugoff Area Shag Society. Call 803-432-1800 for more info.

June 9: Boogie to Boone hosted by The Boone Shag Club. 4:30 - 11:00 pm. \$25 before June 1st., \$35 after. DJs: George Brown, Carlton Vinson and Eddie Teeter. More details can be found at www.booneshagclub.com.

June 15-16: Shaggin' On The Boulevard hosted by Charleston Area Shag Society of WV. \$55-\$65. DJ's Eddie Teeter and Larry Edwards. 304-541-8881, info@wvshag.com or www.wvshag.com

June 16: Jivin June Jam hosted by the Lancaster Shag Club. \$25. DJ's Gene Sistare and Ray Scott. 803-285-5254 or jvick@comporium.net or www.lancastershagclub.com for info.

June 23: TSC bus trip to the Winston-Salem Oldies Party. Members and guests are welcome. More info in this issue.

June 30: Celebrate America. hosted by Lancaster, Rock Hill Area, Lake Wylie and York Shag Clubs. \$10 til June 18, \$15 at the door. DJ Eddie Teeter. 803-242-0792, for more information.

July 13-15: ACSC Summer Workshop in Jacksonville, FL. More details can be found at www.shagdance.com.

July 18-23: Junior SOS at North Myrtle Beach.

July 26-29: Shaggin On The Santee hosted by Orangeburg Area Shag Club. \$65-\$75. DJs Murl Augustine, Furman Dominick, Jeff Foster and Jim Bowers. 803-473-0639 or fdinwyboo@yahoo.com or www.theoasc.com for more info.

July 27-29: Sparkle City Celebration in Spartanburg, SC. Hosted by R&B Shag Club. \$65-\$70. DJs David Graham, David O'Quinn, Pat Patterson, Mike Swords, & Billy Waldrep. 864-583-4656 or drakepg@aol.com or www.rbshagclub.org for more info.

July 28: Frozen Fantasy Party. Details announced next month.

Aug 3, 4: Meet Me in the Middle Party in Greenville, SC hosted by Carolina Shag Club. \$50-\$55. DJs Jack Moore, John Wilson, Terry Hopper, Billy Waldrep and Nick Columbus 864-915-9851 or jrcoley@charter.net or www.carolinashagclub.com

August 10-11: Runway Boogie hosted by the Beckley Area Shag Club. 304-573-1965 or shagbasc@suddenlink.net for more info.

Aug 16-19: Shag Tracks hosted by Choo Choo Shag Club in Chattanooga TN. \$65. DJ's Tottie Brown, Mike Hall, Butch Davidson and Ken Hughes. rmkellar@aol.com or www.choochooshagclub.com for more info.

Sept 14-23: Fall SOS at North Myrtle Beach.

Nov 2-4: Fall Cyclone 22 in Mooresville, NC. Details to be announced soon on www.goshagging.com

Upcoming Birthdays

| | | | |
|--------------------|-------|-------------------|-------|
| Gigi Jugert | 06/02 | Bruce Tinsley | 07/08 |
| Gerald Morgan | 06/06 | Donna Kelly | 07/10 |
| Iris Binder | 06/17 | Marcia Long | 07/11 |
| Audrey Brock | 06/18 | Barbara Zimmerman | 07/16 |
| Marvin Chapman | 06/19 | Jimmy Melton | 07/24 |
| Khrist Sloop | 06/24 | Suzanne Fulton | 07/25 |
| Wayland Massengill | 07/01 | Dick Bigham | 07/26 |

Happy Birthday Sloopdog!

Enjoy your new "Low-ped"
(a combination low rider and moped)

*Put Your Personal Message
in the next issue of the TSC News.*

Through the National Fast Dance Association, our dance club activities are licensed by:

**Lancaster Shag Club's 28th Annual
JIVIN' JUNE JAM**

**Saturday, June 16, 2012
4:00 p.m. til Midnight**

Lancaster Moose Lodge, 200 Moose Dr., Lancaster, SC

CRUISIN' TO FUN
Ray Scott & Gene Sistare

**"Shag Fever"
Jr. Shag Team
Exhibition**

**Raffles!
Half & Half!
Door Prizes!**

**Limited Tickets!
Get yours early!**

Free Beer & Vodka Drinks!

**Shooters!
Cash Bar!
Drink Specials!**

**Special
Guests!**

Free Shag Lesson w/Ashley & Tobitha Stewart 5 p.m.
Our Famous Low-Country Shrimp Boil 6 p.m.

Tickets \$25 til June 1 \$30 after

Hotels: Jameson Inn: 803-283-1188 Super 8 Motel: 803-789-7688

Details: Renee Baker at 803-283-9003 or e-mail shagginghamlet@yahoo.com
Mail Registration to: Lancaster Shag Club, P.O. Box 2114, Lancaster, SC 29721

| | |
|------------|--------------|
| Name: | Address: |
| City: | State/Zip: |
| E-mail: | Phone: |
| # Tickets: | \$ Enclosed: |

Your Shag Club:

Spring SOS Memories

By Kathy Strantz

S - Special thanks to Dick, Lloyd & Cindy, Richard & Diane, and David & Donna who helped make my week very special! Great choices for restaurants, too.

P - Parties were great, especially Twister's Tea Parties (all three)! Bob Rea's "I won't leave! You can't make me!" Susan's Chocolate Martini Party.

R - Rest, Relax, Read by the pool and on the beach.

I - "I won't leave, you can't make me" thanks to Cindy & Bob Rea!

N - Never a dull moment with Dick, Sharon, Arlene, Kaye, Susan.

G - Great D.J's - Thanks to Norman Mills, Mike Rink, etc. Congratulations to new HOF member Clyde - You deserve it!

S - Shrimp N Grits at Pirate's Cove with Clyde. They were good!

A - All the special places to shag - OD Arcade, Pirates Cove. Ducks, Spanish Galleon and Fat Harolds!

F - Fun Fashion Show at Fat Harold's - Thanks to Shelia and Two Blondes on the Beach. Always a treat!

A - Awesome hosts - David Shaw, Fat Harold, Milford, etc.

R - Renewing friendships, making new friends - "One is silver, the other gold"!

I - I am sooooo looking forward to September!

PS Congratulations to Peggy Cavin, the "last man standing" at Fat Harold's when SOS ended! (There were others but they were leaning, not standing!!!!)

Attention TSC Members:

**We will have some space available
for your article in the next issue!**

Please send in something for us to read.

Dancing, Toning And Exercising

Contributed by Wilma Laws with some exerts
taken from the PHC Healthy Outlook Bulletin

Exercise is a very important part of staying healthy. Yet even those who hate to exercise may enjoy dancing for better health. It is great for all ages and can have mental / social benefits as well as physical ones.

Similar to walking, cycling or aerobics, dancing represents a weight bearing activity that can be performed moderately & at low impact levels- making it safe and doable. Plus, it's fun! Consider the many physical benefits of dancing: - Gliding or grooving around the dance floor can help you:

- Improve your balance and posture, helping to prevent falls.
- Strengthen muscles and bones without harming your joints.
- Increase flexibility and stamina.
- Reduce tension and stress.
- Lose weight while toning your entire body.

Dancing works muscle groups in different ways than other forms of exercise. For example, ballroom dancing often requires moving backward in long sweeping steps giving the backs of the thighs and buttock muscles a great workout. Dancing also helps to build a strong body core, improving abs and back muscles. If your weight is 150 lbs. you can burn about 150 calories during 30 minutes of social dancing.

In addition to the many physical benefits, dancing is also proving to boost brain power & provides social outlets. Remembering different dance steps helps you to think on your feet as you dance around the floor, improving your memory skills. A study in the New England Journal of Medicine found that shagging and ballroom dancing just twice a week made people less likely to develop Dementia. Research has also shown that some people suffering from Alzheimer's disease can remember forgotten memories when dancing to the music they used to know.

You don't have to be an expert, just enjoy your own dance style whatever your choice then "Dance Like No One Is Watching!" As a great dance instructor once told me, "Don't worry about people watching you dance. The bystanders are only watching the "best" dancers!" That immediately took the pressure off of me.

Time Away From TSC

By Bruce Tinsley

I'm at Hawk's Nest sailing on Chesapeake Bay. Last night we anchored in a beautiful little cove off the East River in Va. The water is as smooth as glass. The geese are making "V's" as they glide across the surface. A couple of Osprey have nests (large presence on the Bay) near our anchorage.

The silence here is precious, broken only by the geese honking, the Ospreys' splash as they dive for breakfast and an occasional waterman as he tends his crab traps.

Last night after dinner we enjoyed our wine (two-buck chuck Merlot... I'm retired ya know) we were treated to an exposition in "sculling". The Matthews County Sculling team uses the river as their training ground. It was a hoot. Six boats filled with what appeared to be the JV team. The coach was in a small runabout and we were sure he was in the verge of a coronary he was so upset.

The best part was when one of the boys hollered he had to pee. Poor Keven got lots of hoots and whistles after he jumped over the side and went in the river after the other three guys in his boat mutinied at the coach's mention that it was his problem.

We spent three days worried about the first Tropical Storm but that passed without incident. Tried a little shaggin on the foredeck but a tippy deck is no substitute for "The Inn".

Miss you guys. If I were there I'd be involved with lessons.

Plan to be back the second week in June.

The Eternal Reef

By Nancy Massengill

As many of you are aware, Wayland and I were not at SOS this spring. We traveled to the beach the weekend before SOS to participate in the building of an eternal reef. Wayland's sister, Lucille (who recently passed away) had investigated this living memorial and had strongly suggested that this is what should happen to her cremated remains.

The "bell" as it is known is an outside structure resembling a large soccer ball with spaces left open around on it. In the inside, middle bottom is the "pearl". The pearl is actually where the person's remains are mixed with a special concrete. There is a bronze plaque on the outside giving personal information.

The family helps in making the pearl and in personalizing a collar to go on top the bell. This happened on Friday. On Sunday there was a dedication ceremony. On Monday we traveled out of Calabash on a boat that is part of the Hurricane fleet to meet a shrimp boat, the "Andrea Dawn" and a small vessel that included an official with the State of North Carolina who marked the places where the bells would be placed to become part of the reef.

On Monday morning Wayland's sister was interned to be part of the Southport Jollymon Memorial Reef to provide shelter to the creatures of the sea. She loved the beach. She loved the ocean. She just hated the water. But on that Monday morning she overcame that in a completely calm sea. The ceremony included the following from John F. Kennedy's speech *"I really don't know why it is that all of us are so committed to the sea... I think it is because we all came from the sea. It is an interesting biological fact that all of us have in our veins the exact same percentage of salt in our blood that exists in the ocean. And therefore we have salt in our blood, sweat and in our tears. We are tied to the ocean, and when we go back to the sea, whether it is to sail or to watch it, we are going back from whence we came."*

Eternal Reef has a web site for those of you wanting further information. It is www.eternalreefs.com

Newbie Explores SOS

By Suzanne Fulton

As a newbie to NC as well as to SOS, the Spring Safari was, well, like a safari. Susan Dahl, our experienced guide, knew all about the animals and the lay of the land. Trekking behind Susan through the herds was very slow going, not only because the haunts were shoulder to shoulder, but also because every few feet she was nuzzled and loved.

Five women shared our condo perched on the edge of the beach. Susan was the only one I knew prior to the trip. Our slow-motion mornings were spent in robes sipping coffee on the screened-in deck. We had a whole lotta gossip goin' on before getting our shopping or dancing on. Although my roommate Arlene had a perpetual case of "I can't find _____," she was fun, connected me to good dancers, and answering my prayers, did not snore!

A couple of funny things happened on the way. Shy Chris, after exposure to a few days of the "go for it" dance culture, spurred a couple of us to stop by The Pavilion on the way back to the condo after lunch out. We teased her about her transformation. Arlene, Susan and I had to tease Chris and Gerri on a different day when we came into the kitchen to find a waterfall of soap suds spewing out of the dishwasher. Guess what caused that?

Maybe it's because I'm a Yankee, but I got a big kick out of the concept of the Sunday morning Gospel Hour at Pirates' Cove; dancing to Gospel tunes, lining up for delicious shrimp and grits and drinking bloody Marys. Hallelujah, I like that tradition!

Although we encountered periodic drizzle and chilly weather several days of my stay, the walk to our destinations was only about two blocks. It was fortunate that I didn't commit to a full week because I caught the notorious SOS "crud." On Tuesday night I began a multi-day bout with a seriously sore throat and case of the blahs. On my drive home, I used Rte. 9 through S. C., viewing peaceful, nondescript rural USA until the Charlotte metro area. Looking forward to seeing y'all.

Spring SOS (Part I)

Written By Peggy Cavin At O.D.

Mike and I came down before SOS on Sunday April 15th. (Somebody had to get things started.) We ran around and got both our Tea Party and Golf Outing events re-confirmed. Days later we are knee deep in fun as our club members and friends are slowly coming into town.

The first week weekend of SOS has been an absolute ball. Our club members are down to help start the week off right. A few of our shag students are here, too. Scott and Cathy have been amazed at the crowds and have hung with us even on our late night adventures. They were only going to SOS the first weekend but now have made plans to come back next weekend! They told us that each year they go down to the Keyes for nine to party and said they do believe, although they have fun in the Keyes, SOS was just as much fun if not a tad more fun! Walter and Frances came down on Friday night and along with several other members helped us close down Harold's, Ducks, and OD Arcade etc. Our last stop each night was to see Dottie at the Plantation House; a great breakfast place. Unfortunately and sadly Walter and Frances also had to leave Sunday but they will be back, soon.

I am also happy to say that I celebrated the one-year anniversary of my first surgery last year. It is something of a milestone for me as I am coming back from a year of having to sit back and watch all the fun. Now, I am in the midst of it again.

Spring SOS (Continued)

By Peggy Cavin

The first weekend was a blast! The rest of the week was a hoot. The Shooter Party at Duck's Too was another great party. We were really rocking when Walter and Frances got back to SOS that night. Those two people can hang with the best. Later in the week we had the pleasure of again partying with new members Cathy and Scott who were only coming the first weekend, wink, wink!

Robert Parker, another new Fun Bunch, member, kept up with Susan and her crew. Susan can break a SOS newbie in right. I think she's taken over that task from Bob Rea.

The Thursday afternoon Golf Outing was a lot of fun. It was my first golf game in over a year and a half. I thank Wilma, Tommy, and Mike for carrying me all day. I pooped out several times, but was surprised that some of my shots were used, anyway.

Mike and I visited with Milford Powell before and after his surgery. He was his normal charming self. We wish him a quick recovery and look forward to the “shooters” we promised to do with him in the Fall. As usual, the Pirate’s Cove staff took great care of us during our Tea Party on the last Friday of SOS. Marty did a great job with the food and Blake is a terrific bartender.

We also visited with Fat Harold one afternoon to make sure he was doing OK. While chatting with him we bought his book, “The King of Shag” by Howie Thompson. Harold signed a copy for us. It will be a treasure in our home for years to come. Thank you, Harold, for all the good times with you over the years, and also our times with Kenny and Elizabeth. We have crawled out the front door of Harold's on several occasions with those two. Ha ha.

By the way, Harold, I personally kept your seat at the bar warm for you until closing time several nights during SOS. Your girls took really good care of all of us. We also helped closed down Harold's on the last night of SOS with the “I'm Not Leaving SOS and You Can't Make Me” Party. This party has become an SOS tradition.

If you've never stayed the last Sunday of SOS, you need to try it. This year Kathy and Dick were there with us and they had a blast.

We stayed a few more days after SOS after most everyone else had left the beach for home. It gave us time to get some much-needed rest after having so much fun for ten days (or was it twenty days?)

Spring SOS 2012 was a great party! I can't wait to get back to the beach this summer, and then again at Fall SOS.

The Fun Bunch Supports Relay For Life

By Peggy Cavin

If you missed coming out to Queen's Landing on Sunday May 20th, you missed a good time. This was a great bunch of people supporting a great cause; The American Cancer Society. Area Firefighters were on location with their Pink Fire Truck selling pink T-shirts in support of cancer patients in the area.

Adults and children came to participate in an afternoon of games, exhibitions, vendors, and just plain fun. The emcee for the day was Mrs. North Carolina, Jessica Harvey. Her father is Bryan Harvey, a former MLB player who was also present. Strong Man Champion Adam Scherr, the South Sea Dancers, and a group of young people who called themselves "Shout" (and sang the song "shout") were also there. For the kids, the most popular attraction was the Foam Party Pit where bubbles flowed freely. When the kids came out, they looked like one big bubble! There was a Hoops Shoot-Out with Damien Argrett, Putt Putt Golf, Fire Knife Dancers, a Volleyball Tournament, Corn Hole Tournament and a dunk tank.

When TSC took the stage, several people came up to learn the Basic Steps. Mrs. North Carolina also stepped in and took our basic lessons. Our Facebook page and web site have pictures.

I want to thank all The Fun Bunch Members who showed up to help support this worthy cause. Mike and I appreciated your help and your support. Plus, this event was great publicity for TSC.



More About Relay For Life

By Charlie Binder

It was an almost cloudless, sunny day. The Relay for Life Fundraiser was well under way. Kids were gathered around the bubble machine and were happily getting themselves covered in bubbles. Vendors were busy demonstrating their wares and people of all ages were engaged in sports activities. It was definitely the largest crowd I had ever seen at Queens' Landing.

At three o'clock the DJ turned the stage over to Mike Rink and he began the shag demonstration. Mike did his typical job of getting some volunteers up to the stage and soon had the beginners doing not only the basic but also the male and female turns!

It was fun getting out there and doing the demo. We enjoyed ourselves. The only improvement we could ask for was wishing the stage had something other than a concrete floor so that we could do those turns with a little flair.

Get Your 2011-2012 Calendar

We've put together a nice calendar that you can hang or file for future reference. The calendar shows club meeting nights, when new shag lessons start, when TSC is offering special "one-night" classes, newsletter deadlines, parties and more.

Hard copies are available from Nancy Massengill. You can also get a copy from the main page of the TSC web site www.goshagging.com. It's a great way to keep up and also to plan for upcoming activities with all of your friends in TSC. Get your calendar today and plan to have more fun.

The ACSC Elections

I have been part of the shag world for nearly 25 years. During that time I have been heavily involved in shag clubs, the ACSC, SOS, the Association of Beach and Shag Club DJ's, the Junior Shag Association, The Ellen Taylor Foundation, shag lounges, shag events and most everything else shag related.



Over the years I have also taught shagging both in and outside of our club *without charge* to help perpetuate our music and dance. I have helped provide shag demonstrations at many community events and have helped local charities with time, money, and shag related efforts. I've also been involved with junior shaggers for many, many years to help ensure future generations enjoy the shag.

Those who know me best will tell you that I am “a worker”. I get things done no matter how long it takes or how difficult the task is, often with innovative ideas and efforts. I have been helping Twister's Shag Club succeed for over 21 years. Now, I am offering my services to all of the other shag clubs in the ACSC, too.

At the Summer Workshop in Jacksonville, FL (July 13-15) I will be seeking the office of Vice-Chairman of the Association of Carolina Shag Clubs. I feel I am exactly the type of person the ACSC needs and should want to fill this job. I have enthusiasm and ability, as well as unique knowledge and experience that will help push the ACSC (and SOS) forward.

Whether a club is big or small, successful or struggling, the fact that it is a part of the ACSC means that we are all on the same team. I believe that the ACSC needs to do much more to support every one of them and I have personally been a significant part of helping out shag clubs in the past. As examples, I created the ACSC/SOS Web Site and the ACSC Reference Manual (White book). I proposed the policy to give shag club members a \$5 discount on SOS cards, and I have proposed discounts on sales of the upcoming book on the shag, too. But we can do much more.

I also believe the ACSC can accomplish more if all of the shag clubs are striving toward common goals and working together. Some of you may recall that I lead an effort years back to get the shag clubs in our local area (there are approximately 20 within a 50 mile radius) to work together to support each other. In addition to other accomplishments, several clubs in our group ended up hosting one of the most successful parties ever held in this area.

That type of cooperation could make the ACSC better, too. So we need to get the individual shag clubs more involved, keep them better informed about what is going on in their organization, and then involve them in more decisions about our future.

Many people may not realize that the ACSC officers also serve as members of the SOS Board. In fact, the ACSC shag clubs own SOS. Here again, I can be a great asset to our organization. In fact, I am friends with the owners and managers of each and every SOS participating lounge at North Myrtle Beach. Many years ago I was instrumental in getting the O.D. Arcade to be a part of SOS and Mid-Winter. Later on I was personally responsible for sealing the deal between SOS and the Pirate's Cove. Both of those lounges are now vital parts of our events.

We have all seen politicians make claims about what they *will do* if elected. But it is much more revealing for voters to look at what an individual *has done*. The best candidates are the ones that have *already* been doing things for the group they want to represent. Being well-known in a group, demonstrating knowledge, offering ideas and providing support are much better indications that a candidate is qualified and willing to put forth the effort it takes to help out the group than any promises another candidate can make.

The ACSC needs and deserves a proven performer. I am that person. A partial list of things I have already done for the shag world is included on the following two pages. But I genuinely hope to be able to do even more for the ACSC and all of the local shag clubs as the next Vice-Chairman. So please let me know if you have ideas of how we can make the ACSC or SOS better. Thanks!

Mike Rink

704-534-4151 or mikesmail@mindspring.com

Mike's Shag World Involvement

- Helped update the ACSC and SOS Bylaws and then created electronic files of all of our organizations' documents (back in the mid 90's before widespread personal computer use).
- Created the first organizational charts and training packages used for shag club orientation.
- Created the ACSC/SOS website (www.shagdance.com). Also gathered and/or wrote most of the site's information, and regularly updated the site for several years while serving as shagdance.com's original webmaster (at no cost to the ACSC).
- Consolidated all of the multiple shag club contact records that previously existed and created the single, official shag club information listing that now exists on shagdance.com.
- Envisioned and then created the existing ACSC Reference Manual ("The White Book") as well as much of its content to help shag clubs. Also created many of the documents and forms the ACSC now uses.
- Participated in over 100 meetings of the Association of Carolina Shag Clubs.
- Participated in every SOS and Mid-Winter event over the last 20+ years.
- Instrumental in getting the O.D. Arcade to be an SOS participating lounge.
- Responsible for getting the Pirate's Cove to be an SOS participating lounge.
- Lobbied to get SOS membership cards changed from paper to plastic (many years ago).
- Proposed the policy that gives ACSC Shag Clubs a \$5 discount on SOS memberships.
- Helped create the yellow SOS Membership Information Pamphlet that promotes SOS. (These need to be put back into use to help encourage membership in our organization.)
- Helped design and implement various improvements to the SOS Carefree Times.
- Contributed dozens of articles and informational items that have been included in the SOS Carefree Times.
- Helped organize, promote, and carry out all facets of two shag cruises hosted by the ACSC.

- Helped organize, promote and carry out all facets of the 2000 ACSC/SOS Millennium Celebration.
- Received the Shagging Icon Award in 2003.
- Helped update the Shagging Icon Award nomination documents and process.
- Served on the Shagging Icon Award Selection Committee.
- Recognized by the ACSC as the individual who sold the most Fun Monday tickets in 2001.
- “Life” Member of the Association of Beach and Shag Club DJ's. Joined the first year of that organization and have played for many shag clubs and every SOS participating lounge.
- Long-time adult member/sponsor of the Junior Shaggers Association.
- Have provided free DJ services for junior shaggers and junior shagger events.
- Envisioned and then created the Junior Shaggers Association web site (www.juniorshaggers.com) and served as its webmaster for several years (all at no cost to the juniors).
- Served as a Board Member of the Ellen Taylor Foundation For Junior Shaggers.
- Served as ACSC Vice-Chairman 1995, 1996, 1997.
- Served as ACSC Chairman 1998, 1999.
- Served as SOS Board Member 1995-2004.

- **Local Club Involvement**

- Charter President of Twister's Shag Club (TSC)
- Created the Fall Cyclone Party and served as Chairman or Co-chairman of all 22 Fall Cyclone Parties as well as the four ACSC Winter Workshop events hosted by Twister's.
- Editor of the Twister's Shag Club Newsletter for 22 years.
- Created the TSC web site www.goshagging.com and served as its webmaster since creation.
- Served as shag dance instructor for TSC for many years (with no monetary compensation)
- Have attended all but two of TSC's monthly meetings during the past 22 years as well as almost every weekly shag night or shag lesson night during that time.

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