



Special points of interest:

- News at a Glance
- Adopt a Highway
- Shag Lessons
- Update on Judy Boston

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Sandkicker

The Newsletter of Sandy Beach Shag Club

Volume 4, Issue 6

June 2012

News At A Glance

Important news at a glance— Next party June 16th. Our next deck party is June 24th at Friday Friends on the Catawba River, from 4 until 8pm. The party is a free party so invite your friends to come and see what SBSC is all about. The next trash pickup is June 2nd (see below).

Adopt a Highway Trash Pickup June 2nd, 2012

A highway cleanup is scheduled for Saturday, June 2nd, at 9:30 AM! We will meet in the McDonald's parking lot near the ATM machine. Trash bags, safety vests, gloves (cloth and latex), and pickup tools will be provided. It usually takes about an hour and a half to complete the one-mile cleanup. Call 828-310-6099, if you need additional information! We Need Your Help! Rain date is June 9th.

Shag Lessons

We will start new Beginners 3 lessons in June. Dates are June 7,14,21, and 28 (\$20 per person and you must be a member to take these classes.) The later class will most likely be a Lead and Follow. All activities are at the Morganton Elks Lodge.

From Judy and Glenn Boston

Dear SBSC,

Thank you so very much for your cards, prayers, visits, and kind get-well messages on Facebook. Just when we thought you could not do any more, we received two 2012 memberships to SBSC. Thank you from the bottom of our hearts for all you have done during our difficult journey. We are proud to call you our shaggin friends. Your club is the greatest! Keep up the good work and may God bless. Keep praying!

Love you all.
Judy and Glenn Boston

We would like to wish the Bostons a very special Happy Anniversary on June 2nd!

SBSC Birthdays for June 2012

You are only young once, but you can stay immature indefinitely. –Ogden Nash

Lexi Churchill	6/2
Martha Cartee	6/6
Eddie McGimsey	6/6
Linda Transou	6/6
Sharon Propst	6/8
Beth Barkley	6/9
Janice Fox	6/12
Dean Freisland	6/13
Debbie Ballard	6/14
Becky Ward	6/16
Kenneth McFarland	6/19
Rick Blackwell	6/21
Judy Farmer	6/23
Cindy Robinson	6/24
Gayle Brown	6/25
Will Sloan	6/25
Denise Philyaw	6/27
Carol Austin	6/30
Steve Valentine	6/30

SOS was wonderful without smoke. It was amazing being able to see across the clubs without a smoky haze. You could wear your clothes without changing them due to the smoke, and your hair did not stink. It is a pleasure to hang out in the clubs in North Myrtle Beach.

Your participation in your Club's Committees is needed!

Social/Planning: Dorothy Barrier
 Clean-up: James Bentley
 Adopt-A-Highway: Jim Noggle
 DJ Committee: Steve Coley
 Membership: Robin Morley
 Door: Sam/Annette Smith
 Food/Hospitality: Shirlene Wike
 Decorations: Teresa Wilson
 Website: John Carpenter
 Information/Newsletter: Susan Whisnant/John Carpenter
 By-Laws: Steve Coley
 Ticket and SOS Cards: Sanford Clark and Scott Rogers
 Parade/Float : Doris Shelton, Ken McFarland and Robin Little

If you haven't already done so, you can send an email to John Carpenter to select the committee you would like to serve on. It takes a village! Please help us to continue our mission of having one of the best shag clubs anywhere!

It is extremely important that our success continues. Please consider a position as an officer, board member, newsletter editor, committee chair or member, in the new year. Our Club year begins May 2012. Leadership is needed for our future success!!!

The excitement that you see does not just happen. We make it happen. The more of us that are part of the team, the easier it is to happen.

"Ask not what your Shag Club can do for you, but rather what you can do for your Shag Club"



Party Information

All Parties are held at the Morganton Elks Lodge.
 Members \$5 Guests \$7
 7:30pm until 11:30pm
 Wonderful Snacks, cash bar, and DJ
 All in a smoke free environment

For more details contact: johnthomas@hotmail.com

All members are encouraged to donate a snack. Please bring a serving dish too. Sample items are: peanuts, chips/dip, cookies/brownies, Cheetos, pretzels, pickles/olives etc. Also, All members are asked to help with the clean-up at the end of the party by putting trash in the correct recycling bins.

SBSC Party Dates for 2012

June 16th-Tommy Samole

July 21st-Buck Crumpton

August (no party)

September 2nd-DJ Throwdown

October 13th-Norman Mills

November 17th-Roy Childress

December 15th-Steve Coley

SBSC Deck Party Dates for 2012

June 24, 2012

September 30, 2012

October 21, 2012



Club Information

The close of our re-up effort is fast approaching. If you have not sent us your dues prior to June 30, 2012, you will have to rejoin the club to be a member, along with a new application.

Since May 1, 2012 was the last day of your being an active member, if you attend the party June 16th, you will have to pay the guest rate of \$7 unless you have renewed your dues on or before that date. You can still mail your check to me, John Carpenter at 100 Smith Street, Morganton, NC 28655.

Also, the Board of SBSC has appointed Gary Barlow as our new Board Member at Large, subject to his approval by the General Membership at our next General membership meeting to be held sometime in July. We welcome Gary and look forward to his great assistance to our Club.

The next ACSC Summer Workshop will be July 13 - 15, 2012

Each July the Association of Carolina Shag Clubs gathers its members for a weekend of information sharing & planning. Much of the work of the ACSC is handled during this working weekend. However, you know what happens when a group of shaggers get together. Someone brings some music. Everyone has their dance shoes. The next thing you know there is a major party going on. Now you have a picture of the Summer Workshop. Lots of shaggers. Lots of work. One massive party. The information below will assist you in making your way to the workshop.

**Note— This is a great party too and it would be great to have some SBSC people there!

July 13 - 15, 2012

**ACSC 2012 Summer Workshop
Hosted by First Coast Shag Club in Jacksonville, FL**

This is the first edition for our new newsletter staff!

The Sandkicker Newsletter staff is up and running, or in this case, typing. Lee Wagoner, Debbie Kiracofe, Kimmie Rogers, Scott Rogers and John Carpenter are all working to create the monthly newsletters. We need your help! If you would like to contribute an article, or even start a column, any help would be greatly welcomed. Also, if you have ideas of things you would like to see in our newsletter, please share them with us. We look forward to hearing from you. Please email John Carpenter at

johnthomas@hotmail.com.

Area Happenings-Check out what is happening around us!

Two great websites for Shag Dance Information: www.shagdance.com and www.shagtour.com

Next Monthly SBSC Party June 16, 2012

Our May 12th party features DJ Tommy Samole. See you there!!!

www.sandybeachshagclub.com -

Boone Shag Club

www.booneshagclub.com

The Boone Shag Club meets Tuesdays at 7:30pm in the Meadowbrook Inn in Blowing Rock.

Boogie to Boone is back, Saturday, June 9th 4:30 - 11:00 at the Appalachian Ski Mountain Lodge. DJ's "Gentelman" George Brown and Larry "Bigfish" Calhoun will provide all your favorite tunes and dinner will be served. Space is limited so sign up soon and save a few bucks. For more information, contact [the Boone Shag Club](#). Get the [Boogie to Boone flyer](#).

Lake Hickory Shag Club

www.lakehickoryshagclub.com

Next party: Saturday, June 9th

7:30-11:30 VFW Hickory

DJ Frank Price

\$5 Members and \$7 Guests

Brushy Mountain Shag Club:

North Wilkesboro, NC

www.brushymountainshagclub.com

Their next party is June 23rd with DJ Larry "Big Fish" Calhoun

At the Elks Lodge in N. Wilkesboro from 8pm until 11pm

\$5 members and \$7 guests

What is SOS - by John Carpenter

At first glance, one would think that SOS is a cry for help, but when it comes to the Carolina Shag, it stands for the Society of Stranders. S.O.S. is a for profit organization that is owned by the Association of Carolina Shag Clubs. This organization has several very well known events during the year. Every year shaggers from all over the country come on a pilgrimage to these events. I am not going into the history of S.O.S., but rather I am going to give neophytes to shag dancing, a brief look into what is S.O.S. and what to expect when you get there, where to go, and what to do. This will not be a comprehensive study of S.O.S., as this would be much too long for our newsletter. Suffice it to say, we will be doing additional articles about S.O.S., and we will in time, cover many aspects of this great organization and the parties they sponsor!

There are two main S.O.S. events. The first is called Spring Safari and it is held in April. The second event is known as Fall Migration, and this is held in September. Each event has its own personality and the time of year that it is held makes a big difference in what you can expect to do at S.O.S. The Spring is always unpredictable from a weather standpoint, and it can be cold, wet, windy, or warm, mild, and wonderful. Fall S.O.S. is always warmer and sometimes it is downright hot. Rain is always a possibility, but unless there is a tropical system, the weather tends to be more predictable. A third event is called Mid-Winter and this is held in January. This is usually a smaller event mostly due to the cold weather that is normally present during this time of year and this is a 4 day event.

The Spring Safari is the time when the great spring parade is held on the second Saturday of the 10 day event. S.O.S. will run from Friday to Sunday of the following week. If you are fortunate, you can attend for all 10 days. The Fall Migration has Fun Sunday and Fun Monday which take place that first weekend of the event. Fun Sunday has a number of bands that play behind Ducks, and Pirate's Cove on the one side, and O.D. Arcade on the other side. It is a big event that is attended by a multitude of people. Bring a hat as the sun is likely to beat down on you and give you a bad sunburn. On Fun Monday, Main Street is blocked off and there are many vendors to enjoy and bands that are there for your entertainment. On Fun Monday, they announce the winner of the Fun Monday raffle which boasts a grand prize of \$7,500. I have known several of the winners over the years, but so far, Sandy Beach Shag Club has not had a winner.

The main clubs at S.O.S. are O.D. Arcade, O.D. Pavilion, O.D. Café, Spanish Galleon, Pirate's Cove, Ducks, and Fat Harolds. These clubs all participate in the "S.O.S. Card program" except for the Pavilion and for \$30 (\$35 if you buy your card at the beach), you can purchase a card. There are other clubs in addition to these, but these clubs have all been around for a long time in North Myrtle Beach. Each club has its own personality. It doesn't take long for that personality to be realized by the newcomer. People tend to go to the club that best suits their socializing and dancing requirements. Some clubs have amazingly good food, and you will find your favorites. There are other restaurants in the area that serve pizza, seafood, breakfast, and ice cream. There are great places to shop and buy shag memorabilia, shoes, shirts, and music. It is pretty much of a shagger's paradise.

What is SOS continued- by John Carpenter

New shaggers have a tendency to shag all day and night, take many lessons, and wear themselves to a frazzle. Many of them need a vacation to recover from their vacation. The seasoned veterans tend to eat at the house/condo more, hit the beach for hours at a time, and pace themselves so they don't end up with the "S.O.S. Crud", exhaustion, or hangover. As new shaggers that brave S.O.S. soon realize, it is just a lot of fun and enjoyment no matter what you do. SBSC always has a club party at Fall Migration. Normally, there are groups of our club that will invite members to their home/condo for a gathering. You can also venture away from the main drag and go to 2001 Nightclub and to Boom Boom's, and other fine establishments in the area.

The Association of Carolina Shag Clubs has their business meetings for all the shag clubs on the second Saturday of each 10 day event. SBSC has been in attendance at every meeting since we rejoined the Association in 2005.

So, in short, S.O.S. is the best adult party that you will ever go to. It lasts 10 days during Spring Safari, and Fall Migration. Whether you have had one lesson, no lessons, or are an accomplished shag dancer, I guarantee you will have a great time. For any additional information, you can always contact me at johnthomas@hotmail.com.

What in the world is "Fun Monday?" by Scott Rogers

At last summer's Sandy Beach Shag Club dances, you may have been approached by this beautiful, enthusiastic, energetic lady who wanted you to buy a \$10 ticket for something called "Fun Monday." Long-time shag dancers know what this is, but there were those who didn't know much about this event, so this lady, Kimmie, also known as my wife, would proceed to describe the event in such a way that most everyone realized that they just HAD to have a ticket. For most of us, Monday is not usually a day that we think of as being "fun" in any way, so what exactly is it?

Fun Monday takes place on the only Monday of SOS Fall Migration in September of each year. There are great bands, merchandise vendors, food and drink vendors, and a lot of fun to be had on the streets of North Myrtle Beach, and it's all free! Then why does someone need a \$10 ticket? Well, you can't win the prize if you don't buy a ticket. There's a drawing, where the winner gets \$7,500! Could you use \$7,500? Even if you don't win first prize, there are also prizes of \$2000, \$1000, \$500, and \$250. Some of the remaining funds are used to pay for these events that occur on the streets on both Sunday and Monday. Maybe you're thinking that I never win everything, that I'd just be making a donation with my money. Well, the good thing there is that a portion of the proceeds goes to Caring for Kids, a local North Myrtle Beach charity, and the SOS Charitable Foundation, Inc. Anyone who knows much of anything about Fat Harold's Beach Club, for example, knows that helping kids is a very important piece of these festivities. Who doesn't like to help kids in some way? So what you need to do is to be on the lookout in the very near future for these ticket sales and buy at least one, or maybe you could sell some to others in your circle of friends. It's all for a great cause!

Having Fun at Sandy Beach -by Lee Wagoner



Our mark on the world is as fleeting as the tide washed sands. But it sure is fun to make your mark

It's Saturday night. You've been looking forward to this all week long. It's time for Sandy Beach Shag Club's monthly party and you are ready to shag the night away. All your shagging buddies will be there so you know it's going to be a fun time.

So how do you have fun at a Sandy Beach party? Is it by dancing to as many songs as possible? It is sipping on a cold drink and visiting with your friends? Or do you have fun by making sure that our visitors or guests are having a good time, too?

I can hear a bunch of you saying, "Huh? What?" So let me explain. Having visited several area shag clubs, I have seen how they react and interact with guests. Most are all very friendly and inviting when you pay your admission. But there have been instances where hardly anybody will even talk to you or even say thanks for dropping in. My experience would have been enhanced if someone had just bothered to say "I'm glad you came here tonight, I hope you have a great time."

The worst thing we can do as a social organization is to ignore our guests and visitors. A prime example is once while visiting my hometown, I went to the local shag club's monthly party. Since it was free, we never had to meet anyone from the club at the door. We danced for a couple of hours and no one, absolutely no one, said a word to us. No "hellos", no "glad you came", nothing. We didn't feel welcome. As a result, we'll probably never go back there.

Now you are probably saying that "Sandy Beach is one of the friendliest shag clubs around." And that is true. Folks rave about how friendly we are. We are friendly. And it's not by accident. There is a small dedicated group that makes a point to seek out newcomers and visitors and make them feel welcome. Thanks to them for undertaking this important obligation. But we shouldn't leave it to a small select group of members to carry out this important function; we all need to do this. To emphasize this, just think about your first visit to Sandy Beach. Did someone you didn't know speak to you, thank you for coming, answer any questions you had about the group? Probably, which is likely the reason why you are a Sandy Beach member today.

If their feet aren't in the right place, at least their hearts are.

*Christian M.
Chensvold*

SBSC Litter Pick Up Schedule:

Here's the schedule thru Dec. 2012. We will meet at 9:30 each Saturday. The alternate pickup schedule, in the event of bad weather, is the following Saturday. We meet in the parking lot near McDonald's restaurant. Trash bags, gloves (cloth & latex), safety vests, and pickup tools are provided. Call Jim Noggle 828-310-6099 if you need more information

Saturday, June 2, 2012...Alternate: Sat., June 9

Saturday, August 4, 2012...Alternate: Sat., August 11

Saturday, October 6, 2012...Alternate: Sat., October 13

Saturday, December 1, 2012...Alternate: Sat., December 8

Shag 101: Introduction to Shag Dancing

By Debbie Kiracofe

One of my best friends, Loretta Moses, suggested I try shag lessons as a way to get out, have fun and meet new people. Wow! Am I ever glad I listened to her. From the very first lesson, Robin and John took me under their wings, making me feel welcome and comfortable.

Robin suggested I join SBSC immediately, and I can honestly say this group is some of the nicest people I have ever encountered. At my first dance, I had one lesson under my belt. I was reluctant to even get on the floor. But every gentleman I have danced with has been so patient and willing to teach me new things, and there are some awesome dancers in our club. I have also made many new friends and our social gatherings are the best! My advice to anyone who is thinking of shagging, just do it!

My tips for other newbies:

- (1) Always remember - unless you are very good, no one is watching you anyway (per Robin)
- (2) Guys and Girls - don't be afraid to ask someone to dance
- (3) Dance with a variety of people, it only helps you get better
- (4) We're here to have FUN; I guarantee you will have fun with this crowd!

T.H.U.S.– by Gary Barlow

I was thumbing through some magazines at a doctor's office awhile back when I came across an article about bananas. Bananas are a great food in its own skin. They are a good source of energy that provides vitamin C and B6 in one medium size banana. Since this is a shag newsletter you must be wondering where I am going with this. The agriculture lesson continues!!! The banana plant (mother) bears fruit. They are harvest but the plant is still in the ground forming shoots that are called "daughters". The growth that occurs with this plant is a continuous multiplication. I'm not calling anyone at Sandy Beach Shag Club a banana but I will encourage you to let's look at this phenomenal fruit and adopt its characteristics toward helping our club grow. The mothering and planting of SBSC new birth has been established. The shoots (daughters) are already out, whether they bear fruit or not are really up to us (the members). I remember a JFK quote that said "from those to whom much is given, much is required." I feel we have been given a great opportunity to be part of such a notable shag club. I feel we have a responsibility to spread the word and bring in new members. It's a challenge to become a top banana, but with our shoots in the ground we can work toward this goal. Dance like there's no tomorrow.

The Banana Test

**There is a very, very tall coconut tree and there are 4 animals,
A Lion , A Chimp, A Giraffe..... and a
Squirell**

**They decide to compete to see who is the fastest to get a banana off the
tree. Who do you guess will win?**

Your answer will reflect your personality.

So think carefully

Try and answer within 30 seconds. Got your answer?

Now head to the next page to see the analysis.

:

The Banana Test continued...

If your answer is:

Lion = you're dull.

Chimpanzee = you're dense.

Giraffe = you're a complete moron.

Squirrel = you're hopeless.

A COCONUT TREE DOESN'T HAVE BANANAS

How I got here.....by Kimmie Rogers.....

Okay.....We all experience change, whether it's the death of a loved one, divorce, a job change or even retirement, one thing we cannot control is that life brings us change. I experienced a divorce which caused me to do some soul searching in trying to determine what it was I wanted from this thing called life. Up to this point I had always done what people told me to do and it only seemed natural to continue on this journey.

I began to date a man who lived at the beach. I wanted to learn about the game of golf and how people I had been close to most of my life could want to play this game at every given chance. I enrolled in a golf class at the community college to help myself get ready for golf at the beach. It was fun. He taught me the game of golf and I played some amazing courses and got to meet some wonderful people; however, I didn't want to be on the golf course every Friday, Saturday and Sunday as he did. I truly enjoyed being outdoors but I wanted other things. I wanted to learn of this thing called the shag dance and wanted more time with my toes in the sand. I wanted to go listen to live beach music. I realized this was not what this man wanted. We parted as friends and I thank God that I did not try to change him, nor did he try to change me.

I enrolled in the community college and took several courses, such as pottery, bowling and even decided to take golf again, just for me. I noticed a man who had been in my class before. We became friends and we talked about golf and many other things. I learned he really wanted to spend more time at the beach. We liked many of the same things and both of us wanted to learn to shag. We took shag lessons at the Elk's Lodge with Bobby Brown & Carol Huffman. We had such fun learning the steps and making new friends along the way. We have visited several shag clubs but mostly enjoy the SOS events at North Myrtle Beach. It is the friendships, the music, the beach, the shoes and the bands, the sun, the fact that all of this is such a big part of our lives now. I cannot imagine life without this thing called the shag and most of all this thing we call the Sandy Beach Shag Club.

I want to share with you my journey with our club. To be continued.....Kimmie Rogers

**SANDY BEACH
SHAG CLUB**

Where we party:
Morganton Elks Lodge
500 Golf Course Road
Morganton, NC

Mailing address: 100 Smith Street
Morganton, NC 28655

Phone: 803 760 2947
E-mail: johnthomas@hotmail.com

Find us on www.sandybeachshagclub.com or on **Facebook**. Just type Sandy Beach Shag Club in the search box.

Sandy Beach Shag Club is a non-profit social dance club that promotes the Carolina Shag Dance. Our mission is the bringing together people of like minds with the goal to preserve the Carolina Shag Dance and the music to which we dance. We are members of the Association of Carolina Shag Clubs. For any information, go online to www.sandybeachshagclub.com or contact the President, John Carpenter: johnthomas@hotmail.com

President: John Carpenter

VP: Dorothy Barrier

Secretary: Susan Whisnant

Assistant: Susan Duncan

***Treasurers: Scott Rogers, and Leah
Turner***

Members-at-large: Jim Noggle

Former President: Arlene Coley

Sandy Beach Shag Club

UWD

United We Dance

Member Nancy Gordon's Press release for her new book!

"...a passionate description of the future of healthcare – a future in which mind and spirit play a major role, where decision and choice are key"

Dr Larry Dossey, Author, *Reinventing Medicine and Healing Words*

Publication date : 25th May 2012

This book is for practitioners and lay people, alike... anyone who currently occupies a body and wants to be healthy and whole. The time has come to create a **new philosophy** that focuses on a more holistic approach to healthcare — one that is built on the concept that the body-mind-spirit is one thing— fully connected.

We must shift our focus from **treatment** to **prevention** and in order to do this we must clearly understand how to use our thoughts, emotions, and beliefs as **tools** to create health and wellness. We must broaden the scope of Western medicine to incorporate this concept into how we provide and participate in healthcare.

In order to become healthy and whole we must begin to view and treat the body-mind-spirit as ONE.

Psychoneuroimmunologist Dr. Nancy Gordon, addresses the role of energy, belief, the subconscious mind in health and healing. By stressing "what we focus on expands", she makes it clear that medical practitioners must enhance health by addressing the patients thoughts, emotions, beliefs and experience, underpinnings that cause the symptoms of dis-ease. This insightful book is highly recommended to all who desire true health, as indeed, we are what we think!

John L. Turner, MD, Author, *Medicine, Miracles and Manifestations*

Dr Nancy Gordon is a psychoneuroimmunologist and has worked for 22 years as a national wellness consultant, lecturer, and coach helping people become the best they can be.

www.nancygordonwellness.com.

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