

LAKE NORMAN SHAG CLUB

Volume 9 Issue 6
June 2019

THE SHAGGIN' SHEWS



INSIDE THIS ISSUE:

President's Message	Page 1
Jeff Surratt	Page 2
Hummingbirds	Page 3 & 4
Recipe	Page 5
Chicken Pickin	Page 5
Birthdays	Page 6
Joys & Concerns	Page 7
Editor	Page 8
Club Happenings	Page 9
Club Info	Page 10
Pictures	Page 11-13

2019 Officers

President	Del Meadows
Vice-President	Pat Hensley
Secretary	Patti Quinn
Treasurer	Marianna Hass

Hello LNSC,

Hope you all are doing well in this hot weather. I, for one, am very thankful for AC!

We will start the month of June without one of our LNSC family. George Schieren was one of the good ones! We were unable to attend his memorial, but I hope you feel the love from us and your LNSC tribe Kay. We love ya!

Also, I wanted to remind you TK & Mary will be teaching our dance step on Saturday night. Curtis Treece will be our DJ.

Our annual Fish Fry is scheduled for August 3 with a Fish for your DJ. There will not be dance lessons that night. We will all be busy trying to push Dave Sexton in the pool!

On a more serious note, please let Marianna know if you'll be attending the Fish Fry. Guests are welcome and their cost will be \$16.00. Marianna can be reached at 704-763-5161 if you wish to call or text her. Her email address is Mariannahass@live.com. DEADLINE is JULY 20.

Last, but not least, our 4 blondes have stepped up to oversee the Chicken Pickin again. I hope that all of us who were unable or unwilling to take on this task will personally thank them and give them your full support.

This has always been a great party. Those who have volunteered to oversee this since we have been members have all done an outstanding job. Thanks to you all! And many thanks to you-Vickie Smith, Sandy Wilson, Pat Hensley, and Marilyn Whipp! Y'all are all Rock Stars!

See y'all Saturday!

Del

WATCH THAT HEAT

As you know, we are experiencing some of the hottest May weather we have had. Record temps are expected so outdoor activities need to be watched closely. I for one need to take this advise. I'm outside doing something every day. Working in the yard, in the garden, trimming shrubbery or shoveling mulch. I get busy and forget about the heat and the next thing I know I'm run down and tired and in some cases very weak and dizzy. That is due to lack of staying hydrated and taking more breaks and cooling off. I'm the worst. I get going and keep going and then I'm over the edge. I need to learn to take my own advise.

Here's some tips for you:

- Keep some water with you at all times
- If possible, try to keep a cool wet rag with you. That will lower your body temp quickly.
- Take more frequent breaks. (I need to really learn this tip)
- Keep some Gatorade drinks around and if you get to hot, drink one. They will replace the potassium you need.
- Don't drink alcohol. (Damn, I hate that tip but it's true!!!!)
- When you come inside, take a cool shower as soon as you can. It will refresh you for sure!

Please note that some of these same tips can apply if you are playing instead of working. I play golf most every Sunday and we do not start until 1:00pm. So, it's hot already. I drink two bottles of water and two Gatorades during my round when the temps are in the 90's and the humidity is high. I might sneak a beer in there but only one and it's normally after I have finished, and in the clubhouse collecting all my winnings for the day!!!! (Yeah, right)

So, in summary, WATCH THAT HEAT!!!! It can be dangerous, but it can be somewhat controlled if you follow some of these tips. After all, I want everyone, especially my Shag family to have a safe summer and avoid the possibility of a heat stroke!!!

Jeff "Big Dawg" Surratt

Attracting Hummingbirds



Ruby-throated hummingbirds are common in suburban gardens.

Ruby-throated hummingbirds are the only species of hummingbird that breeds in North Carolina. Generally, ruby-throated hummingbirds are abundant in a range of habitat types across the southeast region of the country. They build small nests of lichens and spider webs on the top of horizontal tree limbs 10 to 30 feet off of the ground.



Red Buckeye provides nectar for hummingbirds in the early spring.

Diversity of Nectar Plants - Ruby-throated hummingbirds feed on small insects and nectar. To attract hummingbirds, include a variety of flowering plants that provide nectar throughout the warmer months. Ruby-throated hummingbirds prefer the nectar from bright, tubular flowers, such as Crossvine, Carolina Jessamine, and Red Buckeye.

Hummingbird Feeders - Hummingbird feeders are good artificial sources of nectar and should be filled with a *boiled solution of four parts water and one part white sugar*.

- Honey and red food coloring are not recommended.
- Feeders can be left up year round. Ruby-throated hummingbirds are neotropical migrants that will migrate even if feeders are left up, and some individuals or other unusual hummingbird species (e.g., rufous hummingbird) may visit a feeder during the winter. Most ruby-throats leave North Carolina and other southern states by mid October and don't return until late March.
- If bees, wasps, or other insects are a problem at hummingbird feeders, try a five-to-one water-to-sugar mix, and avoid feeders with yellow in them (insects are attracted to the color yellow). Also, many feeders come with bee and wasp guards that may help prevent problems with insects.
- Hang a feeder below an open container filled with water to deter ants; this acts as a moat that keeps ants out. Some feeder designs include the ant moat.
- Change sugar water at least every three to five days to prevent mold and deadly fermentation. Clean feeders at least once a week with hot water and a bottle brush. Don't use soap or a detergent. You can also clean hummingbird feeders by filling with a dilute bleach solution, but make sure to rinse them very thoroughly and allow them to air dry completely before refilling.

Did you know:

- ** Ruby-throated hummingbirds is the only species of hummingbird that breeds in North Carolina.
- ** Hummingbirds have no sense of smell and depend on visibility for feeding alternatives. This is why you most commonly see red associated with feeders available in stores. The contrast with the habitat stands out well.
- ** They also prefer sunny spots, so keep that in mind when hanging your feeders.
- ** Hummingbird feeders are good artificial sources of nectar and should be filled with a boiled solution of four parts water and one part white sugar.
- Honey and red food coloring are NOT recommended.

Ruby Throated Hummingbird Migration



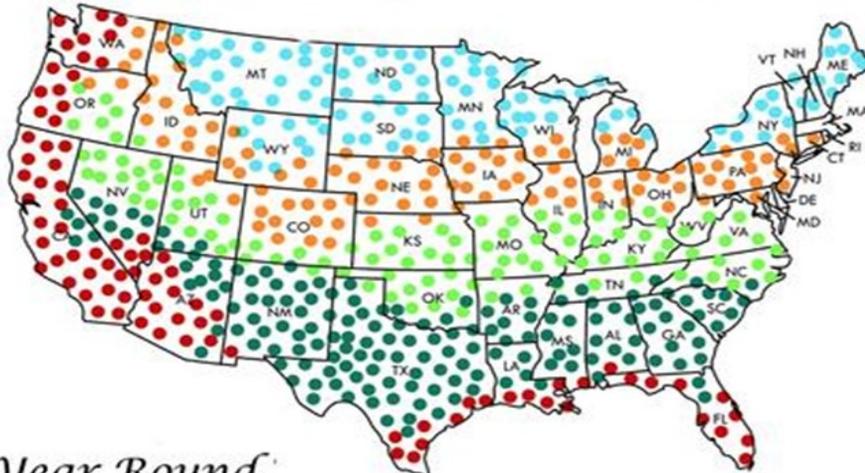
Please:
 1 c water,
 1/4c pure sugar,
 Nectar is best!
 Fresh nectar everyother day

- March 1-15
- March 15-30
- April 1-15
- April 15-30
- May 1-15



HummingbirdPots.com

Highest Hummingbird Activity Times



- Year Round
- March 1-November 1
- April 1-Oct 25
- April 15-October 15
- May 1-Oct 5



HummingbirdPots.com **POTS**

Drunk Jack Frosties

Patsy Fuller

INGREDIENTS

1. 1 c. vodka
2. 1 c. Champagne
3. 1/2 c. Blue Curacao
4. 1/2 c. lemonade
5. 3 c. ice
6. Lemon wedge
7. white sanding sugar

DIRECTIONS

In a blender, combine vodka, champagne, blue curacao, lemonade and ice. Blend until combined.

Run a lemon wedge around the rim of each glass then dip in sanding sugar.

Pour Frosties into rimmed glasses and serve immediately.

Yields 4-5

2020 CHICKEN PICKIN'

Well Lake Norman, it's time we start preparing for the 2020 Chicken Pickin'! The shag committee from 2019 did a LOT of thinking and a LOT of talking and a LOT of "NO" but after seeing Stella's design for our 2020 Chicken Pickin' t-shirts The Blondes said YES! (Help us!). We want everyone to know that it's late in the game so things will be a little different but don't fret, I'm sure you Shaggers will make it a fun event!

The theme this year is: Margaritaville

Get out your furry flip flops, Parrots and your Jimmy Buffett attire and come enjoy your 2020 Chicken Pickin' at the OD Arcade.

Coming soon will be registration forms and t-shirt sales posted on our website and at some of our meetings so keep your eyes 👁️ wide open and remember..."It's 5 O'Clock Somewhere"

Stay tuned!

2020 Chicken Pickin'
February 13, 14 & 15
Theme: Margaritaville

June Birthdays

Alan Williams	6/6
Pat Hensley	6/8
Tommy Fuller	6/15
Larry Tucker	6/17
Donnie Warren	6/20
Ruth Kerley	6/21
Wanda Smith	6/21
Joan Wolfe	6/25



JOYS

Happy Anniversary:

Chad & Stella Duggins 24 years on 6/3

Gene & Pat Hensley 51 years on 6/8

Stan & Shirley Bush 51 years on 6/8

Mike & Joan Wolfe 29 years on 6/9

David & Beth Galloway 17 years on 6/15

Clyde & Jan Swedenberg 26 years on 6/19

Donnie & Sue Warren 16 years on 6/21

Jr & Sarah Little 50 years on 6/27

George & Kay Schieren would have been 29 years on 6/30

CONCERNS

Our thoughts & prayers go out to:

Kay Schieren on the loss of her husband and our friend, George.

Jr Norfleet who is experiencing some health issues

Carl Phillips had Gallbladder surgery just before SOS

Pam Bundy's mother (Helen Wood) who is still in need of our prayers.

Julia Williams Mother is in need of our prayers

Marianna Hass Mother is in need of our prayers

Also, continue to remember our members who have lost loved ones in the past several



Note from your editor....

Thank you to Carol Duggins for the pictures & to Jeff Surratt & Vickie Smith for the article for this newsletter!

Remember -If you have anything you wish to see in the newsletter, please let me know & I'll be happy to add it!!

Shoot me an e-mail at patsyfulle@att.net to get your info in the newsletter

Thanks!
Patsy

The Shaggin' Shews



MEMBERSHIP

LNSC currently has 149 members.
 Have you re-upped??? If not do it today!!!

HAPPENINGS

Donnie "Fish" Meadows	June 7th June 19th	High Briar, Mooresville Summer Shaggin
Gene Hensley	June 1 June 7 June 8th June 10th June 15th June 19th June 21st June 24th June 26th	Boppers Shag Club Highlighters—Belmont, NC Monroe Shag Club Blue Moon in Newton Land Harbor—Linville Redd's on Union Land Harbor—Linville Blue Moon In Newton Hilltop in Monroe
Jr Norfleet	June 7 6-21 & 22	Lynn's Shag Night Charleston Area Shag Society of West Virginia
Curtis Treece	June 1 June 15	LNSC Sandy Beach Shag Club
Tommy Samole	June 14th June 28th	Finish Line Mooresville, NC Lynn's Dance Club

Lake Norman Shag Club
 New Members:

Welcome to the LNSC
 Family!



June 1st

Curtis Treece will be the DJ

Vickie Smith & Sandy Wilson will be greeting everyone at the



June 29th

Gene Hensley will be the DJ

Frank & Sharyn Darden will be greeting everyone at the door

NOTE FROM YOUR EDITOR

Deadline for the July newsletter is June 21st. Send your articles, recipes, notes, and/or pictures to me at:

patsyfulle@att.net

Patsy Fuller

LAKE NORMAN SHAG CLUB

P.O. Box 2095

Cornelius, NC 28031

www.lakenormanshagclub.com

[Like us on Facebook- Lake Norman Shag Club](#)

Where to find information in the Shag World:

www.lakenormanshagclub.com

www.shagdance.com

www.shagtour.com

LNSC Committee Chairs

Membership.....Patti Quinn quinn1015@comcast.net

Webmaster.....Jr Norfleet jrnorfleet@gmail.com; Alan Williams AW4090@aol.com

Newsletter.....Patsy Fuller - patsyfulle@att.net

Joys & Concerns....Glenda Brown glendapivot@bellsouth.net

Chicken Pickin'.....Steve & Vickie Smith, Mike & Sandy Wilson, Gene & Pat Hensley, Dean & Marilyn Whipp (AKA THE BLONDES)

LAKE NORMAN SHAG CLUB

Lake Norman Shag Club was organized in 1983 to promote the ever-popular dance of the south, "The Shag."
Lake Norman Shag Club meets the 1st Saturday night of each month at Cowan's Ford Golf Club.

Directions: From I-77 Take Exit 25. Go west on Sam Furr Rd (Highway 73). Go past Cowan's Ford Dam; Turn right at the next light (Club Drive) 1 mile on the left. Address is 761 Club Drive. From Hwy 16. Take Hwy 73 East, go 2 miles, 2nd red light, turn left on Club Drive, 1 mile on the left.

The Shaggin' Shews



The Shaggin' Shews



Thank you Lee & Cathy



The Shaggin' Shews



The Shaggin' Shews

