

# LAKE NORMAN SHAG CLUB

Volume 9 Issue 7  
July 2019

## THE SHAGGIN' SHEWS



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### 2019 Officers

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

Hello LNSC,

Summer is now in full swing. Summer parties, summer trips and summer evenings on the deck. Enjoy them all for they are limited.

I spent part of the first week of June with some special ladies at NMB. Two winos, one vodaka and one fireball. I'll let you guess their identities. I'm positive we solved all the world's problems! Donnie & I spent the second week of June in Myrtle Beach. It was a "work" thing for him. We worked very hard! (At having fun) The third week of June included an overnight Pinehurst trip with my favorite golfer. The end of the week was spent with Paul & Patti Quinn. The Quinn's joined us in a "topless" trip to the NC mountains. Paul had to break in his new Mustang. (And boy, did he break it in!) Patti is an excellent planner and navigator!

This trip reminds me of something. When is the last time you visited another Shag club or event? We visited Linville Area Shaggers at Land Harbor on Friday night. We danced to music provided by world famous Gene Hensley. They were a friendly bunch and that dance floor was great! On the way home Sunday, we stopped by Sandy Beach Shag Club's deck party. Robbie Leggett played some great tunes. This party is a good one and we go every chance we get. We were joined by John & Marianna Hass, Terry Paxson and his friend, Debbie. (These 4 enjoyed a "topless" day trip!) Please get out there and visit our Shag friends. You will be glad you did!

If you haven't signed up for our annual Fish Fry, please do so as soon as possible. You can email Marianna at [MariannaHass@live.com](mailto:MariannaHass@live.com) or text her at 704-763-5161. We will also be taking signups on Saturday.

Remember, our next meeting will be June 29 with no meeting in July. Tommy & Kim Beachum will be our dance instructors with Gene Hensley spinning the tunes.

See you there!  
Del

## Living with Spinocerebellar Ataxia type 8

This is the definition of what I have: (SCA8) Spinocerebellar ataxia type 8 (SCA8) is an inherited **neurodegenerative** condition characterized by slowly progressive ataxia (problems with movement, balance, and coordination). This condition typically occurs in adulthood and usually progresses over decades. Common initial symptoms include dysarthria, slow speech, and trouble walking. Some affected individuals experience nystagmus and other abnormal eye movements. Life span is typically not shortened. This condition is inherited in an autosomal dominant manner, although not all individuals with abnormalities in the disease-causing gene will develop the disease (called reduced penetrance).

I just wanted the club members to know what I live with daily, and to understand that I had no symptoms until three and 1/2 years ago. It took about three years and many specialists to determine my problem. Unfortunately, at this time, there is no cure and I take no medication. I am supposed to take part in a clinical trial starting in a few weeks, and I pray that this medication will offer some help in slowing the progression. This disease is very rare; therefore, not much research has been done on it, unlike some other neurological diseases.

At this time, I have fallen several times, and I really need to hold onto Donnie (if I can find him) or use a walker for stability. I cannot write anymore, but do I use the computer for correspondence. So far, my eyesight has been minimally affected, so I read more. Donnie has become my Uber driver, so he cannot be over served. On a positive note, I am fortunate to have a wonderful spouse to help me and lift my spirits. I have also been blessed with a wonderful family and friends. This disease has allowed me to develop new interests and hobbies. I am trying to focus on what I Can Do, and Let Go of what I Can't physically do anymore. Please keep me and Donnie in your prayers as we continue this journey.

Other news from me is: Donnie's birthday is June 20, and our 16th wedding anniversary is June 21, Also, my son and wife are expecting twins in October! They are both girls. We are so excited, and they will increase our Grands to 10! We just had our oldest Grand graduate from high school last weekend, and she will follow in her Mom's and Dad's footsteps in going to Appalachian. We are so proud of her many, academic and athletic accomplishments.

Sue Warren

I was privileged last month to watch a legend teach a shag step at our party. TK Robinette is the true definition of a smooth shagger. I grabbed the notes he had written on some things he wanted to share with the club so that I might share it with the members who were unable to attend our party. Thanks to Amanda Berry for assisting TK, since Mary couldn't be there!

Here in TK's words are what he shared with the group:

"Nice, pretty, smooth shag dancing is about 3 or 4 basic elements":

1. Timing - when to initiate lead
2. Position - where you are in relation to your partner within the step (don't outrun or out dance your partner)
3. Direction - Look where you are going, your toes follow, no flying elbows, no reaching, bring partner to you.
4. Flow - try not to turn again yourself, etc.
5. Follow the path of least resistance, go where the "positioning leads you", no hands "fighting overhead".

It was a true pleasure to watch & listen to an Icon show us how to do the dance we all love so much.

Thank you TK for sharing your love of the dance with us!

Note: I may have missed some of the words trying to read TK's hastily written notes.

Patsy

## Tater Tot Breakfast Casserole - Adapted from Messforless.com

Submitted by Sandy Hamilton

Prep time: 15 minutes; Cook time: 40 minutes;

### Ingredients

6 eggs  
1 lb. ground sausage (or turkey sausage)  
1 cup of milk  
16 oz. package frozen tater tots  
2  $\frac{1}{2}$  cups shredded cheese  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  tsp black pepper  
I put Cavender's in mine, but recipe doesn't call for it.

### Instructions

1. Preheat oven to 350 degrees
2. Grease a 13x9 baking dish
3. Brown your sausage, drain grease and spread in bottom of baking dish.
4. In a large bowl, beat together milk, eggs, salt, and pepper.
5. Cover the sausage in the casserole dish with the egg mixture.
6. Cover with one cup of cheese (If you will be serving this the next morning like I did, cover and Refrigerate at this point, you will be performing the next steps in the morning).
7. Spread 16 oz. of tater tots on the top of the cheese.
8. Add the remainder of the cheese on top
9. Bake for 40 minutes at 350 degrees.
10. Let cool for 2-3 minutes then serve and enjoy!



A Teaser from the Chickin Pickin Committee-50/50 winner at the 2019 Chicken Picken -

Dean Yancey

## Strawberry Cinnamon Rolls

Submitted by Shay Thompson

### Ingredients:

$\frac{3}{4}$  cup milk  
1/3 cup margarine or butter (softened)  
3  $\frac{1}{4}$  cups all-purpose flour  
1 .25 ounce package of instant yeast - 2 tsp  
 $\frac{1}{4}$  cup white sugar  
 $\frac{1}{2}$  tsp salt  
1 egg  
 $\frac{1}{4}$  cup water

### For Filling:

1 cup strawberry jam (+/-)  
 $\frac{1}{2}$  tsp cinnamon  
2 cups sliced strawberries

### For Icing:

1 cup powdered sugar  
 $\frac{1}{4}$  tsp cinnamon  
1-2 tbsp. milk

### Directions:

1. Heat the milk in a small saucepan until warm. Mix in the butter until melted. Let cool to luke-warm.
2. In a large bowl combine 2  $\frac{1}{4}$  cup flour, yeast, sugar, and salt. Mix well.
3. Stir in egg and 1/4 cup of water. Mix well. Now stir in the milk mixture until dough forms.
4. Stir in another cup of flour. When dough comes together, flip it onto a lightly floured surface and knead until smooth.
5. Return the dough ball to the bowl, cover with a damp towel, and let rest for 10 minutes.
6. Roll out dough into a 15x10 inch rectangle. Spread the strawberry jam all over the dough. Sprinkle with cinnamon. Then evenly cover with the chopped strawberries.
7. Roll up the dough and pinch the seam to seal. Cut into 12 equal size rolls.
8. Place rolls cut side up in a greased 11x13 baking dish. Cover and let rise until doubled (30 mins).

While waiting, Preheat oven to 375 degrees F. 9. Bake in the preheated oven for 30 minutes or until golden brown.

### Icing:

1. Mix the powdered sugar and cinnamon with 1 tbsp. of milk. Stir until glaze forms. You may need to add up to another tablespoon of milk for desired consistency. Drizzle glaze over finished rolls. Dairy Free: Substitute almond milk, coconut milk, etc.,

Hello fellow shaggers:

Those of you who know me well know that I like the Blues in any form. My favorite blues song of all time is KEY TO THE HIGHWAY. The lyrics at the beginning of the song are usually something like this:

- I've got the key to the highway. Billed out and bound to go.
- I'm gonna leave here runnin' 'cause walkin' is most to slow.

Just a few of the people who recorded this classic are listed below.

- Big Bill Broonzy - Wrote the song in 1941
- B. B. King and Jeff Beck - Jeff Beck was lead guitarist for the Yardbirds. An interesting fact on BB King is that he could not sing and play at the same time. You could verify this by listening to any of his songs.
- Dinah Washington - Recorded for decades. Of course the shag world knows her for SEPTEMBER IN THE RAIN.
- Derek and the Dominoes - A group of four musicians, one of which was Eric Clapton. I could not verify this but I read one time that because of contract issues, Clapton could not record for another label under his name so he recorded under another label as Derek and the Dominoes. This still happens today, point in case MAMA'S DRINKING LICKER AGAIN by King Tyrone & Graveyard Ramblers (aka Jim Quick and Coastline.)
- B.B. King and Eric Clapton - Was obviously a favorite of these two also.
- Little Walter - Harmonica and vocals; long time recording partner of Muddy Waters.
- Rolling Stones - They started out in Liverpool and played only R&B. On their last tour some article writer referred to them as the Strolling Bones.
- Richard "King Biscuit Boy" Newell - Came to us from Canada; extraordinary harmonica player.

My personal favorite version - Sonny Terry and Brownie McGhee. Sonny Terry lost his sight in an accident at a very young age and found he could make a living playing his harmonica and whooping the blues. He started playing in Shelby, NC. I will write at another time about

Brownie McGhee and his brother Stick McGhee.

Don Williams

## July Birthdays

Jennings Ford	7/3
Becki Leonard	7/5
Gwynn Ford	7/6
Tommy Wallace	7/8
Michael Gennosa	7/13
Amanda Berry	7/16
Pam Bundy	7/19
Doug Keaton	7/19
Johnnie Shue	7/22
Donnie Meadows	7/26
Virginia Buckley	7/30
Dean Yancey	7/30



## JOYS

*Happy Anniversary:*

*Gordon & Rita Barnes 31 years on 7/3*

*Doug & Doris Keaton 42 years on 7/8*

*John & Michelle Stewart 8 years on 7/11*

*Donnie & Del Meadows 45 years on 7/14*

*James & Wanda Smith 45 years on 7/17*

*Jennings & Gwynn Ford 17 years on 7/27*

## CONCERNS

Our thoughts & prayers go out to:

Kathy Swartz Back Surgery

Bill Cavin had triple bypass surgery

Glenda Brown broken arm

Johnnie Shue just underwent her 3rd knee surgery April

Jr Norfleet who is experiencing some health issues

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 months, they are still in need of our prayers.



Note from your editor....

Thank you to Sue Warren, Sandy Hamilton, Don Williams & Shay Thompson for the articles & recipes for the newsletter this month!

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](mailto:patsyfulle@att.net) to get your info in the newsletter

Thanks!  
Patsy

# The Shaggin' Shews



## MEMBERSHIP

LNASC currently has **157** members.  
**Have you re-upped???** If not do it today!!!

## HAPPENINGS

Donnie "Fish" Meadows

July 19th High Briar, Mooresville

Gene Hensley

July 4th Buffalo Campground, Blowing Rock  
July 8th Blue Moon  
July 12 & 13th ACSC Workshop  
July 17th Redd's on Union  
July 20th Land Harbor in Linville  
July 22nd Blue Moon  
July 24th Hilltop Oyster Bar  
July 27th Lake Tillery Shag Club

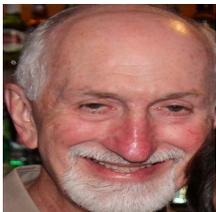
Curtis Treece

July 10th The Landing

Lake Norman Shag Club  
New Members:

**Rick & Dottie Ayers**  
**Tommy Wallace**

Welcome to the LNASC Family!



June 29th

Gene Hensley will be the DJ

Ron & Anita Lewis will be greeting everyone at the door



August 3rd - Fish Fry

Donnie "Fish" Meadows will be the DJ

Frank & Sharyn Darden will be greeting everyone at the door

## NOTE FROM YOUR EDITOR

Deadline for the August newsletter is July 24th. Send your articles, recipes, notes, and/or pictures to me at:

[patsyfulle@att.net](mailto:patsyfulle@att.net)

Patsy Fuller

### LAKE NORMAN SHAG CLUB

P.O. Box 2095

Cornelius, NC 28031

[www.lakenormanshagclub.com](http://www.lakenormanshagclub.com)

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

### Where to find information in the Shag World:

[www.lakenormanshagclub.com](http://www.lakenormanshagclub.com)

[www.shagdance.com](http://www.shagdance.com)

[www.shagtour.com](http://www.shagtour.com)

### LNSC Committee Chairs

Membership.....Patti Quinn [quinn1015@comcast.net](mailto:quinn1015@comcast.net)

Webmaster.....Jr Norfleet [jrnorfleet@gmail.com](mailto:jrnorfleet@gmail.com); Alan Williams [AW4090@aol.com](mailto:AW4090@aol.com)

Newsletter.....Patsy Fuller - [patsyfulle@att.net](mailto:patsyfulle@att.net)

Joys & Concerns....Glenda Brown [glendapivot@gmail.com](mailto:glendapivot@gmail.com)

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



Welcome new members Rick & Dottie Ayers

# The Shaggin' Shews



**Thank you TK**

# The Shaggin' Shews



# The Shaggin' Shews



Welcome back Tommy!