

THE SHAGGIN' SHEWS



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Message from Your President:

Well it is almost upon us, Fall Migration! Without a doubt, one of the best events around, with so much good being generated from this event, e.g., Camp Chemo is just one of many. Shaggers are a very special group of people. We know how to have fun and yet with all that fun we are dedicated to helping others that are less fortunate than we.

Your board and LNSC committees have been hard at work planning our next events. The bus trip, we have decided to postpone until later in the fall. We are still working out the details, so stay tuned. We are also working on several JR Shag gatherings after SOS. I will have more on this at our meeting. Chicken Pickin', my goodness! You all know what that was like last year, right? Well, just when you thought it couldn't get any better. JUST WAIT AND SEE!!! Least I forget, we are having a Golf Tournament. The proceeds will all go to a local radio station that promotes Shag music.

I just want to take the opportunity to thank all those who are working behind the scenes to make our club one of the best clubs! So to all those serving, thank you!!!!

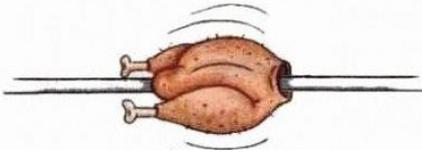
One final note, do not forget about our Pour Party the last Friday of SOS. Bill Cavin does a fantastic job with this party; it is free to members and only \$10 for nonmembers. Invite someone, it is an awesome time for him or her to socialize and get to know our club.

Terry

2014 Officers

- President.....Terry Hopper
- Vice-President...Jeff Bundy
- Secretary.....Renee Muse
- Treasurer.....Greta Moretz
- Past President....Jeff Bundy

Chicken Pickin' 2015 Planning - Heating Up!



The cooler temperatures this week forewarn us that Fall is quickly approaching, but these cooler temps only mean Chicken Pickin' plans are **Heating Up!** In less than 6 months we will once again, enjoy our Annual Party! (For the 27th time!!!)

During this past month, many club members volunteered as chairpersons and began working with us to ensure the success of our party. So far, the following people volunteered as committee chairs.

Wanda Cavin – *Registration*

Carolyn Hopper – *Silent Auction*

Stella Duggins – *T-Shirts (Pre-Sales)*

Shirley Bush – *Door Prizes*

Jim Berry – *A Special Raffle (Items to be announced)*

Taylor & Carol Duggins - *Half & Half*

Chad Duggins & Del Meadows - *Entertainment*

Pam & Jeff Bundy – *Snacks*

Jerry & Johnnie Shue and Larry & Shirley Ramsey – *Hospitality*

Warrens, Duggins, and Bush's - *Decorating*

Beth Galloway – *Jewelry Raffle*

Alan Williams is working on the *Welcome Banner* using Stella Duggin's 2015 T-shirt design.

We still need more volunteers to help us **Heat Up** our planning. One of our needs is a volunteer for T-Shirt Sales Chairperson during Chicken Pickin'. Also, all members are encouraged to sign up for a committee at our September meeting.

If any member has some really nice things to donate to our Silent Auction, please get in touch with Carolyn Hopper carmilhop@charter.net . Remember the proceeds from this auction are donated to charity, so we would like a great selection of items.

Thanks to all of the volunteers who have already committed to help us. Your help makes our job so much easier and more fun! –**Sue Warren**



Here is a Hot Recipe to help you to get into the Chicken Pickin' mood!

I make it for Donnie all the time!

This is Nashville-style fried chicken. Legend says that it was created back in the 1930s by a woman who wanted to scorn her cheating lover. You are in for a **Heated Up** meal, if you like burning lips and watery eyes. (And Roloids and High cholesterol!)

Nashville-Style Hot Chicken

Bon Appétit | June 2014

Yield - **8 servings**

No doubt about it, six tablespoons of cayenne is a lot, but that's what Hattie B's considers "medium." For a milder heat, decrease to two tablespoons.

Ingredients

- 2 3 1/2-4-pound chickens, each cut into 10 pieces (breasts halved)
- 1 tablespoon freshly ground black pepper
- 2 tablespoons plus 4 teaspoons kosher salt
- 4 large eggs
- 2 cups buttermilk or whole milk
- 2 tablespoons vinegar-based hot sauce (such as Tabasco or Texas Pete)
- 4 cups all-purpose flour
- Vegetable oil (for frying; about 10 cups)
- 6 tablespoons cayenne pepper
- 2 tablespoons dark brown sugar
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- White bread and sliced pickles (for serving)

Special equipment:

- A deep-fry thermometer

Preparation

Toss chicken with black pepper and 2 tablespoon salt in a large bowl. Cover and chill at least 3 hours.

Whisk eggs, buttermilk, and hot sauce in a large bowl. Whisk flour and remaining 4 teaspoons salt in another large bowl.

Fit a Dutch oven with thermometer; pour in oil to measure 2". Heat over medium-high heat until thermometer registers 325°. Pat chicken dry. Working with 1 piece at a time, dredge in flour mixture, shaking off excess, then dip in buttermilk mixture, letting excess drip back into bowl. Dredge again in flour mixture and place on a baking sheet.

Working in 4 batches and returning oil to 325° between batches, fry chicken, turning occasionally, until skin is deep golden brown and crisp and an instant-read thermometer inserted into thickest part of pieces registers 160° for white meat and 165° for dark, 15-18 minutes. Transfer to a clean wire rack set inside a baking sheet. Let oil cool slightly.

Whisk cayenne, brown sugar, chili powder, garlic powder, and paprika in a medium bowl; carefully whisk in 1 cup frying oil. Brush fried chicken with spicy oil. Serve with bread and pickles. Do ahead: Chicken can be seasoned 1 day ahead. Keep chilled.



**LAKE NORMAN SHAG CLUB
CHICKEN PICKIN' BY THE SEA
27th ANNUAL CHICKEN PICKIN'**

**February 12, 13, 14, 2015
OD ARCADE & LOUNGE
North Myrtle Beach, SC**

DOOR PRIZES
★ 50/50 RAFFLE
SILENT AUCTION
FREE SHOOTER AT DOOR
★ TABLE DECORATING
★ DANCE COSTUME CONTEST
SPECIAL EVENT

SCHEDULE	
TIME	DJ'S & SPECIAL EVENTS
THURSDAY	
5:00—8:30	Mike Felts
8:30—12:00	Donnie "Fish" Meadows
FRIDAY	
5:00—8:30	Jr. Norfleet
8:30—12:00	Kyle Beam
6:30	HOT DOG MEAL
8:30	SPECIAL EVENT
SATURDAY	
2:00—5:00	Tootie Brown
5:00—8:00	Gene Hensley
8:00—11:00	Eddie Teeter
3:00—4:00	DANCE WORKSHOP DENNIS & FRANKIE JOHNSON
6:00	CONTESTS Table Decorating *Dance Costume
6:30	CHICKEN DINNER

New Event!
Dance Costume Contest on Saturday night for all CP Attendees! Dress in your finest attire reminiscent of the 50's, 60's, 70's or 80's. Prizes awarded to the best costume for each decade!

OD BEACH & GOLF RESORT
1-800-438-9590
15% Discount on Rooms
Mention **LNSC Chicken Pickin'** when making your reservation.
Prepay by January 1, 2015 to be eligible to win a 3 night stay, courtesy of OD Beach & Golf Resort. Drawing January 3, 2015.

FOR MORE INFORMATION CALL: Donnie Warren (704) 902-1011 www.lakenormanshagclub.com
A portion of the Chicken Pickin' proceeds will be donated to Hospice.



Name _____ Tickets@\\$35 _____
Address _____
Email Address (for confirmation) _____
Phone # _____ Primary Shag Club _____



Deadline for Pre-Ordering T-Shirts is January 1, 2015 at www.lakenormanshagclub.co

Make check payable to LNSC and mail to:
LNSC Chicken Pickin' by the Sea
PO Box 2095, Cornelius, NC 28031

Through the National FastDance Assn.,
this event is licensed by:





Chicken Pickin' 2015

T-Shirt Pre-Order Form

(Deadline for Pre-Orders: December 31, 2014)

Name: _____

T-Shirt & Sweat Shirt Prices & Colors below:

Please enter the quantity needed in the box that corresponds to the size you want.

	S	M	L	XL	XXL	3-XL	4-XL	5-XL
Short Sleeve T-Shirts: \$13.00								
Short Sleeve T-Shirts: \$16.00								
<i>Color: White</i>								
	S	M	L	XL	XXL	3-XL	4-XL	5-XL
Long Sleeve T-Shirts: \$18.00								
Long Sleeve T-Shirts: \$20.00								
<i>Color: White</i>								
	S	M	L	XL	XXL	3-XL	4-XL	5-XL
Sweatshirts: \$25.00								
Sweatshirts: \$30.00								
<i>Color: Ash</i>								
Total Ordered:								

Total Amount Due: _____ Check #: _____ Cash: Paid / Not Paid

Checks payable to: Lake Norman Shag Club Attn: Chicken Pickin' T-Shirt

Jeff Surratt

August 26, 2014

Hello fellow LNSC family! I hope that you all have had a wonderful summer and are looking forward to SOS Fall Migration. I know that Sandi and I are. We have been wondering if the month of August would ever end. It seems to be lasting forever. Understand that we are not wishing our lives away. We are just wanting Fall SOS to get here so we can spend time with great friends and have an adult beverage or two, or three or four or.....well, we'll just stop there for now.

This is my first article that I have submitted for the "Shaggin' Shews" and I'm not sure how this will turn out. I didn't know what to write about. So, I decided to write about my and Sandi's adventure over the last few months. We wanted to let everyone know where we have been over these past few months. We have both been.....well as the saying goes....."off the grid for a while". We have missed several LNSC meetings and have not made it to "The Landing" this year. In addition, we missed one of our most favorite events and that being the "LNSC Fish Fry". That one my friends was a very hard one for me personally to miss. But, for those who don't know, here's why.

Both Sandi and I for some time now have been wanting to try and improve our health by trying to get some of our weight off. You know, we are not as young as we once were. Oh.....you mean some of you did not know we were over weight? Thanks to those of you that did not notice (ha-ha). However; Sandi and I noticed it every single day of our lives. So.....on April 29th, I went in for surgery to have what is called a "Vertical Sleeve Gastrectomy". What is that? Well, a normal stomach is the size of a football and will hold 60 ounces. Mine might have been two footballs big. In any event, once they were done with my surgery, my new stomach is now the size of a banana and will only hold 4 ounces of food. At first, I could only drink fluids for 2 weeks, then I progressed to what is called "pureed food" for two weeks and then on to soft foods for 2 weeks. I have gradually been able to add foods back to my diet. Today, I can eat most anything I want but can only eat a small amount. Since my surgery I have never been hungry and I get full very fast. It is so wonderful and something I have not experienced since I was a little boy!

(Continued on page 7)

On July 29th, Sandi went in for her surgery to have the very same procedure that I had. She has had to follow the same eating rules that I had to follow and is now at the stage where she is adding back foods to her diet. She too has realized that being hungry is gone and the "full feeling" when you eat comes much quicker than it did. In fact, we are now splitting meals when we go out. That's something we NEVER DID or wanted to do! She is doing really great and I'm really very proud of her. I just hope that all those men at SOS won't be trying to pick her up as she is really looking good!

Oh well, I guess I better end my article as I'm sure this may not be as interesting as other articles. Oh.....in case anyone wants to know or is interested in our weight lose journey. As of today, August 26th, Sandi has lost a total of 50 pounds and I have lost a total of 80 pounds. Together that's a total of 130 pounds or almost one whole person. Yes, new clothes are certainly in the very near future for both of us. We are walking daily which is something I personally have never been able to do. We have a long ways to go, but, we are certainly going in the right direction. Oh and by the way, YES I STILL CAN AND STILL WILL drink my Bud Light! I put that to the test in July when we went to Florida to visit our friends Bill and Cille Hillard. I just can't drink quite as many and they will last longer!! The Crown Royal Reserve also is going down quite smooth!

Again, we hope to see each and every one of you at Fall SOS. And, as they say, Sandi and I are "back on the grid"!

Thanks to each and every one of you for having Sandi and I be a part of the LNSC family!

Jeff "Big Dawg" & Sandi "Ms. Big Dawg" Surratt

SEPTEMBER BIRTHDAYS

Stella Duggins	9/2
Susan Godfrey	9/2
Mike Felts	9/5
Ron Lewis	9/6
Ray Ratchford	9/9
Don Williams	9/12
Junior Little	9/14
JJ Murdock	9/16
Gerald Miller	9/17
Bob Craven	9/19
Randy Godfrey	9/19
William Randall	9/20
Mack Robinette	9/20
Hunter Nelson	9/21
JB Nelson	9/24
Jo Beatty	9/25
John Hass	9/25
Larry Stamey	9/26
Julia Moore	9/28
Richard Elmore	9/29



Let's Celebrate!!



Fun Sunday



September 14, 2014

1 PM TO 5 PM

1st Avenue, Beside the OD Arcade



KB and The Shifters

TOO MUCH SYLVIA



*Come be a part
of the Best Party
Weekend of the Year*

SPONSOR FOR FUN SUNDAY & FUN MONDAY
The Shoe Center

NO COOLERS PERMITTED

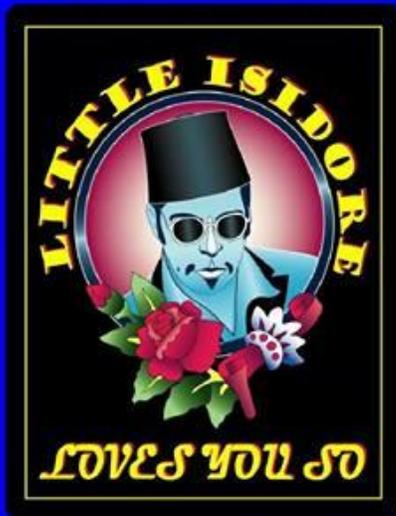


Fun Monday



September 15, 2014

12 PM TO 5:30 PM Main Street OD



SOS FUN MONDAY DRAWING

- | | | | |
|------------------|---------|------------------|-------|
| 1st Ticket Drawn | \$7,500 | 4th Ticket Drawn | \$500 |
| 2nd Ticket Drawn | \$2,000 | 5th Ticket Drawn | \$250 |
| 3rd Ticket Drawn | \$1,000 | | |

NO COOLERS PERMITTED

We would like to thank the members of the Lake Norman Shag Club for all the love and support we received during the loss of our brother, Watson Stevens. All your thoughts, prayers, cards, messages and phone calls were much appreciated and they were a comfort to us. The Lake Norman Shag Club really is a family and we are blessed to be a part of such caring and thoughtful group of friends.

Our best,

Kathy Sapp and Wanda Smith

Thank you for all the phone calls, cards and support I have received during this sad time of my life with losing my brother. This is the second brother I have lost to cancer in less than 8 years. I am so thankful to have such great and thoughtful friends. I hope to see everyone soon.

Pat Hensley

CONCERNS

Please remember Beverly Byers as she undergoes a heart ablation procedure and needs our prayers.

Condolences to Pat Hensley in the loss of her brother.

Condolences to Kathy Sapp and Wanda Smith in the loss of their brother.

Continue to remember Charles Leslie as he recovers from his heart surgery.

Continue to remember Sonny Brown and Sam Wilson as they battle health issues.

JOYS

Happy Anniversary Jeff Bundy!
 Cannot believe it has been 30 years.
 Here's to 30 more!!
 Love you. – Pam



MEMBERSHIP

LNSC currently has **176** members.

Welcome our newest members:
Curtis Treece and Sandy Hamilton



HAPPENINGS

September 6 – LNSC Meeting/Dance

September 12-21 – Fall Migration

October 4 – LNSC Meeting/Dance

November 1 – LNSC Meeting/Dance

December 6 – LNSC Christmas Dinner

Next Meeting

Saturday, September 6

DJ – Eddie Teeter

Meeting at 7PM

Dancing at 8PM

Shag Lessons – Beginner Level

Tuesday, September 9 – Cowan's Ford Club Room
7:30 to 9:00PM – Cost is \$50 per person – for all 5 weeks.

Instructors are TK Robinette and Patty McIlroy

Partners not required. For more information contact:

TK Robinette – 704-562-2317 - shagdadytk@miconnection.com

Patty McIlroy – 704-896-9444 - pmcilroy@roadrunner.com

NOTE FROM YOUR EDITOR

Deadline for the October Newsletter is September 27.

Send those articles, notes and /or pictures to me at:

bundy2pd@gmail.com

Pam Bundy

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

www.keepshaggin.com

LNSC Committee Chairs

Membership.....Carolyn Hopper

Webmaster.....Jean Rome – mjrome@bellsouth.net

Newsletter.....Pam Bundy – bundy2pd@gmail.com

Joys & Concerns.....Glenda Brown

Chicken Pickin'.....Donnie & Sue Warren/Stan & Shirley Bush/Chad & Stella Duggins

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.