

# OCEAN ISLANDERS NEWS



Follow Us on Facebook at <https://www.facebook.com/oceanislandersshagclub/>



## JUNE 2022 NEWSLETTER

**Join us for the**

**June 18<sup>th</sup> Dance!**

*SEE the Flyer in this Newsletter*



**Dance Schedule  
Change!**

**Beginning in:**

**July**

**the monthly dance schedule  
will change to the:**

**2nd Saturday  
of the month**

**Please make this change  
to your calendar!**



A Proud Member

of the



Through the National Fastdance Association  
our club is properly and legally licensed  
to present copyrighted music.

**SESAC**



Summer is Here! (What happened to spring this year?) Well if it's going to be hot, we might as well enjoy it. That means days at the beach enjoying the cool ocean breeze and nights at an air conditioned club enjoying friends, a cool drink and shagging with my wife while listening to great beach music.

I know I'm not a great shag dancer but I LOVE watching our members...some of you are GREAT. And some of you are like me...just having fun. But fancy footwork or two left feet, there is more to our dances than just dancing!

I love the socializing. I Love the music. I Love seeing your creative outfits and taking your photos. I Love the food (thanks ladies!) and I love to have a cool (and cheap) drink in my hand while being part of our shagging scene at the VFW (and BTW supporting our local veterans by renting the hall). It's fun to *BELONG* and I hope you feel the same about our club. **Your Club!** Don't forget we are all this together. We board members sometimes do the heavy lifting, but you members never fail to pitch in and help when asked. **Thanks!** It's got to be a team effort.

With many new folks moving to our area, why not tell them about our club as a great way to meet people and have fun. A simple word of mouth recommendation goes a long way!

Remember, Beginning in July, the club will be changing the monthly dance schedule to the **second Saturday of the month**. Please note this change in your calendars!

See you at the dance! Bring a Friend! Bring some Food! Wear something Flashy! And don't forget your dancing shoes!



Please join the

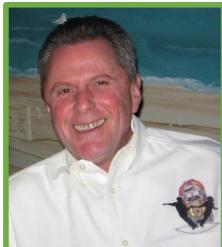
# Ocean Islanders Shag Club

for our monthly

## Shag Dance

Saturday, June 18

6:30 PM - 10:00 PM



DJ Darrel Gaither

Light snack "pot luck" table  
and cash bar available  
(Please, no BYOB)

at the VFW in Calabash  
900 Carter Drive SW, Calabash, NC 28467



### Admission:

OISC Members & Members of other Shag Clubs - \$5/person  
Guests - \$10/person



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to present copyrighted music.



### JOIN THE OCEAN ISLANDERS SHAG CLUB

**6:30 PM TIL 10:00 PM AT THE VFW IN CALABASH**

<u>Dance Dates</u>	<u>D. J.</u>
June 18, 2022	<i>Darrell Gaither</i>
July 9, 2022 (2nd Sat. Starts)	<i>Gary Harman</i>
August 13, 2022	<i>Jay Kinlaw</i>
September 10, 2022	<i>Steve Carter</i>
October 8, 2022	<i>L J McDade</i>
November 12, 2022	<i>Steve Caley</i>
December 10, 2022	<i>Billy Cook</i>

## Shagging is Good for your Health

We all know that the Carolina Shag has a deep-rooted history in North Carolina, in fact it was proclaimed the official state popular dance in 2005. But did you know that shagging is also beneficial for many health reasons?

A 2019 Blue Cross NC Point of Blue article came to the following conclusion: SHAG DANCING IS GOOD FOR YOUR HEALTH!

According to the U.S. Department of Health & Human Services, adults should have at least two and a half hours of moderate-intensity aerobic physical activity per week. One way to achieve this is through dancing. A recent study from Harvard Medical School explains that dancing “increases levels of the feel-good hormone serotonin.” (And here I thought it was from holding hands and looking lovingly into the eyes of my dance partner!)

Dancing can help you improve your balance and muscle tone. If you practice regularly (Hint, Hint), you will not only become a better shagger, but get in better shape. It's a little like jogging in place.

If you find yourself winded after a 2 1/2 minute shag tune, you definitely need to practice more and build up your stamina. Dancing helps you stretch your legs and feet, improve your breathing and even challenges your brain! If you practice enough it also helps you build up your confidence. All the things we seniors need to maintain a healthy and active lifestyle.

Beside getting in shape, one of the main benefits of Shag dancing are the emotional and social aspects. Making friends, building relationships and looking forward to seeing them at dances has important phycological advantages.

Retirees often feel the loss of a sense of purpose. Joining a Shag club may be a good remedy. Volunteering your time to help organize dances or teaching others how to shag can be a rewarding way to have purpose and give back to the community.

Your ears can benefit too! A couple of hours a week listening to some good old beach music can do a lot to lift your spirits and get your feet tapping to the beat.

### OISC Financial Report- May 2022 Ending

May 2022 ending cash on hand is \$2,610.00, down from \$2,746.43 April ending. The net loss from May is -\$136.43, which does not include unrealized April liabilities of \$160.00.

Income for May was \$492.34, mostly from membership renewals, the 50/50 raffle, and dance fees. Expenses were \$628.77, mostly for the DJ fee, the May venue fee, payment of SOS card sales to SOS, and the SOS Spring Safari ‘after parade’ free pour event. The June venue check did not clear in May, and is noted as an unrealized liability.

#### May 2022 Summary

Income	\$492.34
Expense	\$628.77
Net	(\$136.43)
Cash-on-Hand	\$2,610.00
Unrealized Liability	\$160.00

## OISC WEBSITE UPDATE

### We could use your expertise

Work has begun on the creation of a website for our club. Jane Arnold (Board member at large) is leading this effort.

While Jane has extensive coding experience, she could really use **help in researching web hosting options and web design.** So... if you have expertise in these areas and are willing to provide ideas/advice, consider joining our website committee by emailing

[jane.arnold30@gmail.com](mailto:jane.arnold30@gmail.com).

Current plans are to have the following posted to the website for easy reference:

- Dance Schedule/Flyers and DJs
- Newsletters
- Link to Facebook page
- Membership forms
- By-laws & Membership dues policy
- Contact form for communication with board
- Board member pics and bios

If there is anything else that you feel ought to be included, Jane

## May Dance Photos...THANKS to Wendy Carney



### MAY DANCE REPORT

We had 32 dancers at our April dance, all having a great time socializing and dancing to the tunes from DJs Pope & Smokey.

Four members renewed their memberships.

Thanks to Debbie & Sonny Berry for volunteering to man the registration desk.

### SOS Cards Available

SOS cards are available to be purchased from the club at a discounted price of \$30 each. The cards provide free access to many lounges/clubs in NMB during SOS events, discounts at many shops and restaurants, a subscription to CareFree Magazine as well as other advantages.

Hurry, We have only 3 or 4 cards

**Several members of the Ocean Islanders Shag Club will be making waves next February aboard the Carnival Magic on a Shag Cruise.**

**They have already booked their cabin. It's not too late to join the Fun...**

All About Travel/Tours, Inc.  
Presents

**2023 Making Waves Cruise**  **Carnival Magic**

**FEB. 19 - 25, 2023**

**THE EMBERS**  
**Featuring**  
**CRAIG WOOLARD**

*With GUEST APPEARANCE  
BY RHONDA McDANIEL*

**DJ JAY KINLAW**  
*with 94.9 The Surf  
will be joining us for  
this fabulous cruise!*

**Dance Instructors:**  
**Don Bunn & Debbie Peterson**

**Sailing from Port Canaveral**

- Day 1-Sail from Port Canaveral
- Day 2-Fun Day at Sea
- Day 3-Half Moon Cay
- Day 4-Grand Turk
- Day 5-Amber Cove, Dominican Republic
- Day 6-Fun Day at Sea
- Day 7-Port Canaveral

**Cabins**  
**PLEASE CALL FOR  
YOUR SPECIAL PRICING!**

**All About Travel**  
is offering a  
**\$100 On-Board Credit.**

**\$250 Per Person Deposit, Final Payment Due by OCTOBER 31, 2022**

ALL ABOUT TRAVEL TOURS, INC.  
telephone: 843-281-0480 email: All\_About\_Travel@hotmail.com  
PRIVATE EVENTS ARE EXCLUSIVELY FOR GUESTS BOOKED WITH ALL ABOUT TRAVEL.

ZoeBeeDesigns.com



Wednesday, June 15, 2022 —  
Blackwater Band

Wednesday, June 22, 2022 —  
The British Invaders Band

Wednesday, June 29, 2022 —  
Chip and the Old Blocks

Come listen to the Sunset Beach Wednesday evening  
Summer Concert Series

Use your mobile device and the QR code below to  
access the Concert Series Schedule Website for more  
detail.



## Shag Fest

First Coast Shag Club Jacksonville FL

**June 23 - 25, 2022**  
**Park 'n Party, Party, Party**

**Southbank Hotel Jacksonville Riverwalk**

Shag DJs John Smith & Buck Crompton  
Sam & Lisa West Shag Workshops



### EVENT SCHEDULE

Thursday Evening:  
Meet & greet hospitality  
Vinyl Kickoff party with  
DJs Tony Gonzalez & Jimmy Lucree  
"Club shirt night" theme party

Friday:  
Line dance workshop  
Shag workshop  
Open dancing  
Hospitality with our famous  
Mana-Tea Punch  
Dance to DJ Buck Crompton  
"Back to the Beach" theme party  
Spotlight dances for recognition  
& Juniors Dance for \$\$  
50/50 Drawing

Saturday:  
Line dance workshop  
Shag workshop  
Hospitality - lite snacks  
Pool party & duck races with DJ Paul Spaulding  
Plated dinner - select on registration form  
Dance to DJ John Smith at our  
"Black & White" theme party  
Spotlight dances  
50/50 Drawing

### FULL EVENT TICKETS

**Prior to May 2nd:**  
Full event \$100

**After May 1st:**  
Full event \$120

### NO SINGLE DAY TICKETS

Send a check to avoid convenience fee of  
\$5 per ticket or use debit/credit cards online  
via PayPal with \$5 per ticket convenience fee  
**NO REFUNDS / Transferable** with notification  
Limited tickets sold

**SOUTHBANK HOTEL**, 1515 Prudential Drive,  
Jacksonville, FL 32207  
Single & double standards rooms, \$119  
River or pool view, \$139  
Call 904-396-5100 to book reservations  
Group code "Shag Fest 2022"

### MUST MAIL REGISTRATION FORM & SIGNED WAIVER

Shag Fest Chair: Mona King  
Cell 904-652-5000  
MonaWKing.5678@gmail.com

Through the National FastDance  
Association, our dance activities are  
properly and legally licensed by:



Next Dance is June 18th at the Calabash VFW



# FRIDAYS

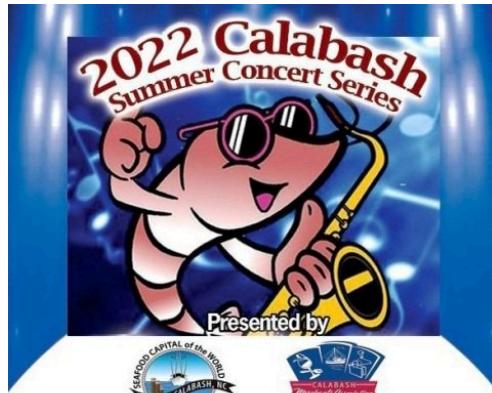
6:30 PM - 8:00 PM  
Town Center Park

*all concerts are FREE!*

<b>May 27</b> Chocolate Chip & Company	<b>Aug. 5</b> The Main Event Band
<b>June 3</b> North Tower Band	<b>Aug. 12</b> The Holiday Band
<b>June 10</b> The Tonez	<b>Aug. 19</b> Cat 5 Band
<b>June 17</b> Special Occasion Band	<b>Aug. 26</b> The Magnificents
<b>June 24</b> Gary Lowder & Smokin' Hot	<b>Sept. 2</b> The Extraordinaires
<b>July 1</b> Blackwater Band	
<b>July 8</b> Band of Oz	
<b>July 15</b> The Entertainers	
<b>July 22</b> Jim Quick & Coastline	
<b>July 29</b> Too Much Sylvia	



For concert information, please visit [oibgov.com](http://oibgov.com)



## FREE FAMILY OUTING

Tuesdays from 6-8:30 PM

Bring your lawn chairs and enjoy  
a great night of FREE Entertainment.

On Site Enjoy Kona Ice and Dixieland Kettle Corn  
and Those Famous Calabash Hot Dogs

### 2022 Summer Schedule

June 7 - Chocolate Chip & Company  
June 21 - Band of Oz  
June 28 - Too Much Sylvia  
July 5 - Cat 5 Band  
July 19 - Embers featuring Craig Woolard  
July 26 - Southside Saints  
Aug 2 - The Entertainers  
Aug 16 - The British Invaders

Calabash Town Park, 868 Persimmon Rd.

For more information call: 910-579-6747

**Helpful Links***Internet Based Music Stations*<http://shagdance.com/netmusic.htm>*Local Radio Stations Across Several States*<http://shagdance.com/radiostations.htm>*Links to General Shag Dance Sites & Info*<http://shagdance.com/links.htm><https://carolinashaggers.com>*Info on Shag Club & Band Schedules in NC*<http://www.carolinashagger.com>**OISC Facebook Page:**<https://facebook.com/oceanislandersshagclub/>**SOS Facebook Page:**<https://www.facebook.com/groups/41293702070/>**OISC Board/Officer Contact Information****Gary Matthews – President****440-570-1120****Rick Walton - Vice President****(910) 269-9164****Open - Treasurer****Looking for someone with a  
Financial background to Join us****Pam Breedlove - Secretary****252-904-4806****Jane Arnold - Director at Large****412-496-0018****Laura Spivey - Director at Large****267-977-4559****Contact the Board members****[ncoisc@gmail.com](mailto:ncoisc@gmail.com)****SUPPORT OUR OTHER SHAG CLUB FRIENDS. BY ATTENDING THEIR DANCES!****Society of Brunswick Shag Club (SOBS)**<http://www.societyofbrunswickshaggers.com>**6:00 PM til 10:00 PM****Oak Island VFW, - 103 S. 50<sup>th</sup> St., Oak Island****June 24 with D. J. Ken Jones****July 1- OKI MIDDLETON PARK, OKI "BEACH DAY" SHAG CONTEST W/DJ JIM BRUNO****July 8 with D. J. JERRY BURRAGE****OD Shag Club**<https://odshagclub.com>**6:00 PM til ?****June 21st, at Seville's**



## The Ocean Islanders Shag Club (OISC)

Member: National Fast Dance Association - Member: Association of Carolina Shag Clubs

### MEMBERSHIP APPLICATION FORM

MEMBERSHIP YEAR IS FROM **JANUARY 1<sup>ST</sup>** THROUGH **DECEMBER 31<sup>ST</sup>**

**DATE of APPLICATION (MM/DD/YYYY):** \_\_\_\_\_

**DUES FEES ARE PER PERSON FOR THE CURRENT YEAR ONLY!**

**"NEW MEMBER" FEE AS OF CURRENT MONTH: (Jan-Jun \$30) (Jul-Dec \$15)**

(Please Print Information)

**His Last Name** \_\_\_\_\_ **First Name** \_\_\_\_\_

**Her Last Name** \_\_\_\_\_ **First Name** \_\_\_\_\_

**Address** \_\_\_\_\_ **City/State/Zip** \_\_\_\_\_

**His Phone** \_\_\_\_\_ **E-mail** \_\_\_\_\_

**Her Phone** \_\_\_\_\_ **E-mail** \_\_\_\_\_

**\*Birthday (Month / Day)** His: \_\_\_\_\_ Hers: \_\_\_\_\_

\*Optional

**OISC cannot function without volunteers, so please consider areas in which you can help!**

I/We would like to volunteer during the membership year:

- HOSPITALITY:** (Greeters, Door Duty, Inter-Club relations)
- COMMUNICATION:** (Newsletter, Articles, Web, Publicity, Photos)
- ENTERTAINMENT:** (Set-Up, Clean-Up, Decorations)
- SOCIAL:** (Fund Raisers, SOS Parade, 50/50 Raffle, Cook)
- AS NEEDED:** (All of the above plus any special skills)
- OTHER**(Note skills/talents): \_\_\_\_\_

\*All membership applications must be approved by the Board of Directors, and all applicants must be at least 21 years of age.

\*I/We agree to abide by the Ocean Islanders (OISC) Charter and Rules.

\*I/We hereby make application to join the Ocean Islanders Shag Club (OISC).

\_\_\_\_\_  
Signature of Applicant(s)

\_\_\_\_\_  
Date

**Make Checks Payable to Ocean Islanders Shag Club** (Write 'OISC Membership Dues' in Comments):

If mailing, please include this application with the check, and send to:

Jane Arnold

6558 Castlebrook Way SW

Ocean Isle Beach, NC 28469

Or, Bring Completed Application with check or cash to an OISC Dance

<b>CLUB USE ONLY</b>			
<input type="checkbox"/> Cash <input type="checkbox"/> Check #	Amount	Received By	Date
<b>Comments:</b>			

**THIS FORM SUPERCEDES ALL PREVIOUS MEMBERSHIP FORMS (October 2021)**