

# Shag Tracks Newsletter



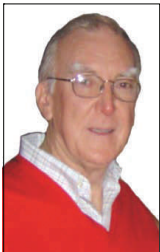
## Choo Choo Shag Club



Fall Edition

Mimi Hooker Editor

September 2011



### PRESIDENTS CORNER:

All clubs are driven by the enthusiasm and effort of their Board Members. The Choo Choo Shag Club has been blessed the last two years I have served as President, with some of the most hard working and detailed Board Members I have seen in my seven years associated with this club.

The President can only be as effective as the Board Members and Directors working with him / her. I can truly state that our weekly dances, yearly Re-Up party, Christmas Party, as well as Shag Tracks could not have happened without the work by the Board Members. I can only hope that the people who serve for the 2012 year are as loyal and dedicated to the promotion and growth of the Choo Choo Shag Club and Shag as a dance form. Our yearly fund raiser in mid August, "Shag Tracks", (Seventeen years now!) was again a big success. Thanks to all who worked so hard to make it happen, especially Rose Keller, our Shag Tracks chairperson, who somehow through hard work and insight manages to coordinate and pull together another three day pool and dance party attended not only by most of our members, but also about 260 people from clubs as close as Rome and far away as Daytona.

Every year due to funds raised during Shag Tracks, we are able to contribute a significant amount to the sustaining fund of the Alhambra Shrine in Chattanooga to help continue their work with our young people who have health issues that the families just cannot meet.

Again, I would like to thank all of you for attending Shag Tracks. YOU are the ones who made it a success. Without you there would have been no party and no fundraiser. Every year I get a lot of satisfaction from looking at the smiling faces of our guests enjoying themselves around the pool, taking free dance lessons, and in dancing the night away!

*James Harmon*



### START DANCING & IMPROVE YOUR HEALTH

The federal government has introduced an initiative, Healthier US, which recommends incorporating more physical activity into your daily life as one simple step toward healthier living.

**Increase your heart health.** Studies show that making connections with others is associated with a lower risk of heart diseases. You'll meet lots of new people and start down a fun path to healthiness.

**Lose weight.** A half-hour of sustained dancing can burn from 200 to 400 calories. A study at the University of Colorado Health Sciences Center showed that taking 2,000 extra steps each day will prevent the 2-pound-a-year weight gain most Americans experience. During a recent Latin Club Dance class, one student (wearing a pedometer) counted 1,394 steps. A recent Salsa class led another student through 1,050 steps."

**Manage your stress.** Movement reduces your level of cortisol, the stress producing hormone.

**Protect against Alzheimer's.** A study by the Albert Einstein Center found partner dancing to be the only regular physical activity associated with a significant drop in the incidence of dementia.

**Release endorphins.** Movement releases the brain's feel-good hormones (think runner's high without the running).

**Improve your mood.** A Duke University study concluded that 45 minutes of exercise three times a week are better for improving your mood than a prescription for antidepressants.

**Reduce your risk of osteoporosis.** The American Academy of Obstetricians and Gynecologists recommends that "...all peri and postmenopausal women...engage in regular weight-bearing exercise such as walking" (and dancing!).

**Live longer.** A moderate level of exercise cuts in half your risk of dying prematurely, according to the Cooper Institute for Aerobics Research in Dallas. (continued)

**Beat the boredom of the treadmill.** Gyms can be boring, dancing is not. You can dress up, look good, and meet new people while improving your physical health. Studies show that the more different cardio activities you engage in, the more likely you are to stay with an exercise program.

**Improve your stamina, flexibility and balance.** Like any other moderate, weight-bearing exercise, dancing on a regular basis can increase endurance and flexibility, improve balance, and strengthen bones.

**Get off the couch.** Studies show a direct correlation between the number of hours spent watching television and the amount a person is overweight. Get out of the house and dance!

SHAKE IT SHAG IT SHAKE IT SHAG IT

Mel Vandergriff



**Your Unknown Neighborhood Poet Writes:**

There was a sweet woman named Rose,  
Who, at Shag Tracks, tore her new hose.  
She said, "What the hell... I'm doing so well!"  
And she shagged all the night on her toes.



**CHOO CHOO SHAG NIGHT**

**Every Thursday Night**

**Elks Club 1067 Graysville Road**

**Chattanooga, TN 37421 (423) 894-8850**

**Lessons 6:45 / Dancing 7:30 PM**

**Members \$5.00 & Guest \$7.00**

**Invite A Friend, First Time Free**



*Hello Shag Trackers*



**DID WE HAVE FUN THIS YEAR OR WHAT???**

Sending a heart felt thanks for everything that all of you did to make this year's Shag Tracks A great success! And Dr. Duck...what a man...uh, duck! Congratulations to our winners! As you know this is our Club's Charity Event. The Club donates \$23.50 from every ticket sold to the Alhambra Shrine Temple to be used for their Charity Work. In 2010 following Shag Tracks, we presented approximately \$10,000 to the Temple and an additional \$500 in December to support their Transportation Fund. So for the price of a ticket you are rewarded with food, drinks, music, workshops, pool parties, hospitalities, plus the added bonus of supporting the Alhambra Shrine Temple. They and their charities are very appreciative of your generous support. We appreciate everyone who attended our major fundraiser and we hope you'll be back again next year! Listen, I think I hear Dr. Duck and the Ducketts now? I do, I do, I do, I see them coming, quack, quack, quack.... splish splash. *Rose Kellar* **MAKE PLANS FOR AUGUST 16--18, 2012**

**UPCOMING EVENTS, 2011**

**September 24, 2011** Hawaiian Luau VFW Riverside Drive would like to invite everyone to a wonderful dance and costume party on Saturday September 24 at the VFW. As many of you know the VFW is located next door to the "Boat House" on Riverside Drive. If you decide to attend you can expect a live band that plays a wide variety of music, a large dance floor (much larger than most floors in Chattanooga), and drink prices that are lower than you are use to paying on Thursday nights. It's a great place to dance, and good opportunity to dress up and have some fun. We Would Be Happy To Have You Join Us!

**September 29-Oct.1** Derby City Bop hosts Boogie in the Bluegrass, Louisville, KY

**CONTACT: Boogie@DerbyCityBop.com**

**October 21-22, 2011 MESS Fall Bash SOLDOUT.**

**November 4-6, 2011 FALL CYCLONE** Party hosted by Twisters Shag Club Mooresville, NC

**CONTACT: <http://www.shagdance.com/flye>**

**November 9-13 2011 MOVE ACROSS THE RIVER** Party hosted by Cincinnati Bop Club

**CONTACT: PaulHennessey(513) 697--6351**

**January 21-28, 2012 Dancin' On The High Seas,**  
A 7 day Caribbean Cruise

**CONTACT: [stlinda@aol.com](mailto:stlinda@aol.com) or [ggarychaney@aol.com](mailto:ggarychaney@aol.com)**

**Book through Just Crusin' Inc. 1-800-727-9577**

