



NORTHERN VIRGINIA SHAG CLUB

Shag Dancer Newsletter



*Dedicated to the Preservation of the Carolina Shag and Beach Music*

Vol. III, No. 6

*Keep on Shaggin'*

June 1996

**From the President - By Charlie Price**

You know that old cliché -- the more things change the more they stay the same? Well, like most clichés it's true -- and, guess what? Once again, we need your help.

First, if you are planning to stay at the hotel for our June weekend, please call the Howard Johnson Hotel at (703) 329-1400 now and make your room reservation. As I write, we are five rooms short of the minimum number of rooms that we need to sell in order to avoid all charges for our use of the hotel's ballrooms! (As of now, the ballrooms will cost us \$400.) All we need is at least five more people to pick up the phone and make that reservation. I know we can do this; please don't keep us in suspense any longer -- make that reservation now.

Secondly, we are interested in improving our Wednesday nights at Deja Vu. If there is anything at all that we are not doing that you believe will make Wednesday nights more enjoyable, please let one of our officers or directors know. Similarly, if there is anything that we are doing now on Wednesday nights that you do not want us to change, please also let us know. As has been said many times, this is your club and it will only be as good as you are willing to help make it.

On a final note, just in case any of you are not yet aware, our cousins, the DC Hand Dancers, sponsor many parties and dances every month at various venues in Maryland, and it has been my experience over the past couple of years that their bands and DJs play a great deal of beach music. In fact, on Sunday May 5th, the Hand Dancers brought the BAND OF OZ to the Greenbelt American Legion and I was surprised that only a handful of Shag dancers turned out for one of the best beach bands going! So, if you have a hankering to shuffle your feet this summer, check out the calendar and dance announcements at the back of your **Shag Rag** and give the Hand Dancers a try -- my bet is that you'll be glad you did.

**KEEP ON SHAGGIN' AND SEE YOU AT DEJA VU!**

News/Info -- please contact:  
Editor: Janis Grimes, 703-536-7362  
Co-Editor: Trelle Shaw, 703-768-7424

# It's Party Time!!

## Dance Dance Dance

### Capitol Shag Classic June 28-29-30, 1996

We are hosting our FIRST Annual Weekend Party, CAPITOL SHAG CLASSIC, June 28, 29, 30, at the Howard Johnson's on Rt. 1 in Alexandria. This will be a GREAT DANCE PARTY with ACSC DJs, continuous MUSIC, DANCING, and FOOD -- heavy hors d'oeuvres on Friday night, Breakfast and Dinner buffets on Saturday, a Continental breakfast on Sunday morning, and FREE POURS during the weekend. **And all for \$40!**

WORKSHOPS taught by competitive shaggers (Larry & Shirley Jones; and Brent Key & Shea Carver!!) are included. PRIVATE LESSONS will be offered -- call **Rick Hendrix** to schedule.

**CALL AND RESERVE YOUR ROOM NOW!!**  
ROOMS are blocked and available to shaggers for **only \$50 per night (1-4 persons)!!** Yes, you heard right!!  
**CALL NOW** to reserve your room at this special rate -- 703-329-1400. The hotel is very close to historic Old Town Alexandria, and the Nation's Capital.

#### NVSC Officers and Board Members

President	Charlie Price	790-0783
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Board Mem.	Patricia Parrott	435-8906
Board Mem.	Chris Pax	301-972-0642
Board Mem.	Fred Whitman	301-816-2941

*From Deja Vu, It's...*  
**WEDNESDAY NIGHT**  
**LIVE**  
*Shaggers on Cable TV!!*

**By Patricia Parrott**

On Wednesday, July 10th, the Northern Virginia Shag Club will host Pinky O'Neil's television show, "Dancing Around." Ms. O'Neil is affiliated with Channel 10, Jones Communications of Reston; however, her show, which spotlights the local dance community, is also aired at various times throughout the year by other cable stations in Montgomery County and Maryland.

There will be two 30-minute shows. The shows will bring publicity to our club and inform the general public as well as latent, wannabe shaggers out there of our existence and the good times we have every Wednesday night "dancing around." The shows will serve to promote shag and beach music -- the primary objective of our club. Ms. O'Neil will shoot footage of the free lesson and general dancing, she'll feature shag and its music, and conduct interviews. Come and share the fun! *Swing and hand dancers welcome, but the focus is shag.* Bring a blank video tape if you wish to have one made at a cost of \$20, or \$25 with no blank tape.

With the club's endorsement, Ms. O'Neil wants to convey that one doesn't have to be a proficient, experienced shagger to come and dance with the shag club. Everyone starts at some time at point zero. Often newcomers are discouraged and give up with little or no effort when they see the more experienced dancers on the floor. Not to take anything away from those shaggers who have practiced and worked hard to attain their level of dance; this is not for everyone! However, most everyone can enjoy the music, the movement, the camaraderie and club association.

If you are one that has left us, we want you back! Our club is not limited just to great shaggers, though we do have some, but is open also to those whose hearts sing with the beat of the music and whose feet yearn to move to the floor.

\*\*\*

**Believe In Yourself**

*by Bruce B. Wilmer*

*Believe in yourself  
to the depths of your being,  
Nourish the talents  
your spirit is freeing.  
Know in your heart  
when the going gets slow  
That your faith in yourself  
will continue to grow.  
Don't forget ambition  
when others may doubt  
It's your life to live --  
you must live it throughout.  
Learn from your errors --  
don't dwell in the past.  
Never withdraw  
from a world that is vast.  
Believe in yourself,  
find the best that is you.  
Let your spirit prevail  
Steer a course that is true.*



**Did You Know . . .**

. . . that Carolina Shag originated more than 50 (!!) years ago? Yes, Shaggers -- and our unique beach music and dance originated with black artists and dancers. Teenagers partying at night along the seven-mile stretch of beach on the coast of South Carolina, known as the Grand Strand, danced "fast dancing" to the outdoor juke boxes there. It was not heard on the white radio stations, but when the kids went to the black honky tonks they heard it -- and learned to dance to it. It was called "fast dancing," but was really a slowed-down, smooth version of the jitterbug, and was danced to rhythm & blues "beach music." It is now known as Carolina Shag.

\*\*\*

# Shagger Profile -- Barbara Ann Stopanski

*Nickname:* Babs

*Occupation:* Transition - either flight attendant or own business "New Image Consultants"

*Birthday:* April 17 - Aires

*Hometown:* Pennsylvania

*Marital Status:* Divorced -- 11 yrs.

*Self-Portrait:* Hard working; love to communicate w/people; earned my degree at night while employed by IBM Corp.

*Motto:* To seek knowledge is better than having knowledge

*Dream:* Go back to school; become a lawyer or Senator or Member of Congress

*Inspiration:* My English teacher in high school who taught me to strive for better things -- be the best you can be at whatever you do

*Favorite Dance Tune:* Be Young, Be Foolish, Be Happy

*Bad Habit:* Clothes shopping

*Hobby::* Love college football; tennis, racquetball, dancing of course -- also golf

*Luxury defined:* Travel around the world and help people who are less fortunate than I am

*TV Program:* 60 Minutes, 20/20, Dateline, Prime Time Live, CNN News

*Drink or Wine:* White wine or White Russian

*Books at bedside:* Prevention, Time, Newsweek, US News & World Report

*Last words:* To know that I have left the world a better place by helping someone--that is success.

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**WANTED: STORAGE SPACE** for our new dance floor. Do you have access to reasonably priced, climate-controlled storage? We are building our own dance floor for the Capitol Shag Classic weekend party, and need to find a place to store it. Please contact John Belt with ideas, suggestions. Anyone, anyone??

## GALLEY GAL

### Jello-Vodka Shooters

1 - large pkg jello - any flavor  
Dissolve jello w/ small amount of hot water  
Let it cool a little

Stir in vodka to complete the recipe (use about 1/2 water, 1/2 vodka!)

Pour into those small little plastic cups (used for pills or condiments)

Chill. Serve!

Or, if you don't have those little cups, decrease the amount of liquid by 1/3, pour about 1" into an oblong pan; chill; cut into squares. Serve!  
(To remove jello cubes easily, set bottom of pan in hot water for a minute.)

## New Members in May

WELCOME, new members!! Steve Bethke, Eddie Bunch, Isabelle Bunch, Janet Lahr, Helen Lundergan, Craig Singleton, Jake Willingham

## RENEWAL DUES??

Is it time yet to renew your club membership?  
Will it soon be time?

THINK fun, dance, music, party, lessons.....  
THINK socializing, club association, special events.....  
THINK friends, trips, SOS, Myrtle Beach.....  
THINK newsletter, information, network.....  
THINK renew!

(THINK don't renew? . . .  
THINK no more news, deleted from membership  
THINK Non-Member.....  
THINK miss out, no fun..... )

**NOTE:** When it comes time, renew quickly.  
Still a bargain at \$15!!

## FYI.....

JET EXPRESS now offers flights out of BWI to MYRTLE BEACH starting at \$59 (one way)!! Call 1-800-FUN-2-SUN for info.





The Roving Shag Reporter...

### Wedding Bells Are Ringing!!

Sid Strawderman and Linda Minton of Richmond will be married on the 1st of June! Congratulations and Best Wishes for a lifetime of Love and Happiness!

Congratulations to Sam Lewis and Shannon McGonegal, from Fredricksburg, who were married on May 18th! All the best wishes for Love and Happiness to you!!

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## FOR MEMBERS ONLY Instructional Shag Videos

Instructional Shag videos by **Charlie & Jackie; Sy Creed & Dana Brown;** and **Sonny & Judy Carver** are available ON LOAN to members only wanting to brush up on their Shag steps. The Club will loan you a video **for one week, FREE OF CHARGE**. A refundable \$10 deposit permits you to view the tape for one week. A small charge of \$5 for each additional week is required.

See **Larry Camp** - he's available at Deja Vu on Wednesday nights, or call him at 703-823-0282.

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# HEY!!

## VOLUNTEERS NEEDED

to

# HELP

with

### Capitol Shag Classic Party

**CONTACT JOHN BELT**

★ ★ ★ ★ ★ ★

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## Happy, Happy Birthday

### June Birthdays:

- 1 - John McDaniel
- 2 - Robin Landry
- 6 - Heather Lovern
- 7 - Nancy Gehley
- 7 - Sharon Salpini
- 10 - Ron Nicholson
- 15 - Janice Yetman
- 17 - Lee Antton
- 17 - Mary Ferguson
- 17 - George Harmon
- 18 - Bert Nelbach
- 20 - H.K. Lee
- 21 - Beverly Sgroi
- 25 - Gwen Mandel
- 28 - Keith Abernathy
- 28 - Bob Benoit
- 29 - Fred Suthard
- 30 - Ruth Rapson

\*\*\*

## NEED INFO??

ABOUT MYRTLE BEACH /  
ANYTHING SHAG

### CALL 1-800-SHAGGER

**FOR RENT:** Nice CONDO in North Myrtle Beach: 2 BR, 2 Baths, 4 blocks from Fat Harold's, 2 blocks from Ocean. Sleeps 6. Swimming pool, washer/drier. (SORRY--not available during SOS!) CANVASBACK -- Contact Beachcomber Realty, 800-334-3798



## MYRTLE BEACH - Mid-Winter Party By Donna Harrington

It went through your skin, even your bones, and reached your soul. You truly could feel it before you even realized you were hearing it. The jolt of energy it created was real, electric; you felt alive. Even in the doldrums of winter you experienced the rebirth of Spring surge through your blood.

"IT" was BEACH MUSIC, and we had arrived at Main Street and Ocean Drive for Mid-Winter Party!

In addition to dancing at Harold's (with **Susie Beaver, Shirley & Larry Jones**); Ducks (with **Charlie Womble & Jackie McGee**); the Spanish Galleon (with **Sonny & Judy Carver**); and the Boulevard Grill (where **Brent Key, Sy Creed** and **Dana Brown** took our breath away!), we were treated to buffet dinners, heavy hors d'oeuvres and Sunday a.m. brunch. Of course, then we had to do more dancing to burn off all those calories, but we were happy to oblige. "Oh, what a thrill," to be able to shag until your feet are swollen and sore. And, when you aren't dancing you watch, mesmerized, as dancers do the shag with style and grace and, oooh, those sensuous moves....."

This party at Myrtle Beach, S.C., is sponsored by the Association of Carolina Shag Clubs (ACSC) as a thank you to all of its members for keeping alive and promoting the dance we love so much, the Carolina Shag.

You need to be there where the shag began with dancers who have respected and sustained its unique style -- then it gets inside you and you'll want to return to Main Street and Ocean Drive over and over again.

As **Bob Wood**, former Chairman of SOS, said, "It's great to be able to socialize when we meet at our clubs, but we should not forget that the reason for the very existence of our clubs is the "preservation of the Carolina Shag and Beach Music." Let's commit to do all we can to be faithful to that goal!" *Reprinted from a previous edition of Shag Rag.*

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**Shaggers Do It With Their Feet**

## FREE - Carolina Shag Lessons

Every Wednesday night at 7:30 sharp, **FREE BEGINNER SHAG LESSONS** are given by NVSC members at **Deja Vu** -- in Blackie's, Commerce Street, Springfield.

Dance afterwards to **BEACH MUSIC** by **BERT NELBACH** from 8 - 12 p.m. Cover \$2.00. Call 703-971-4200 for directions.

## The Shagmaster Says....

Want to learn to Shag? It looks easy, but it's not. Remember...

- Attitude
- Posture
- Style
- Presence

• Go to Myrtle Beach: Home of the Shag -- a Dancer's Paradise.....



*From the Editor.....*

Just back from **Charlie & Jackie's SOS Grand National Dance Championships** weekend in Atlanta! Again, it was a first-class\* production, with some of the best dancers in the country there to compete in several dazzling styles of swing, and also just to dance and party. **Brent Key** and **Shea Carver** (who will be here for our **Capitol Shag Classic Weekend Party**), were in top form in the Junior Shag Division. In fact, *all* of the junior shaggers were *awesome* -- they are taking our dance to a new level, folks.

Members seen shaggin were **Larry Roach, Mark Rollings, Sherry Winter, Janis Grimes, Craig Hutchinson, Ken Roesel**, and our northernmost member from Boston, **Sarah Brodsky**. (We know that **Chris Meyer** was there in spirit, although he was far, far away on a European vacation.) **Ken Roesel** and **Donna Ramundo** looked great competing in the Classic Division, and surprise guest **Robert Duval** (yes, the Academy Award winning actor!) wowed the crowd with a unique (!) rendition of the Argentine Tango. For the second year in a row, **Virginia Beach Bash** won the Shell Award for Favorite Club Weekend Party; and DJ **Judy Collins** won the Shell Award for Favorite Deejay. \*A highlight for me was **Andre**, the room service waiter, who sang a lovely song for me after serving my breakfast! If you weren't there, you really missed it!!

See ya Shaggin' .....

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