



NORTHERN VIRGINIA SHAG CLUB

# SHAG RAG

Shagger Newsletter



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

Vol. IV, No. 4

*Keep on Shaggin'*

April 1997

## From the President - By John Belt

Again a special thanks goes out to Pip Thomas and his staff at Kilroy's. Our Sunday Social seems to be going good. Sorry I had to leave early, it was my grandson's sixth birthday. I understand I missed some old friends, C.W. and Linda, Steve and Beverly. I don't think we will have a social in April -- with SOS and our workshop coming up during April, I don't see how we can. I visited with Nicky at HoJo's, and she tells me we are way ahead of last year's reservations. Make those room reservations early. Remember last year sold out, and it looks like we're going to do it again.

The Board will meet on April 7th, and we also have our quarterly general membership meeting on Wednesday, April 9th, at Lulu's, at 8:15. If you want to ask questions about your club and see the direction your board members and the shag club and is going, upcoming events, etc., please be there. We will be selling raffle tickets and the lucky winner will receive a room for two and two meal tickets to our annual Capital Shag Classic.

Also Dave Rodgers has obtained shirts and jackets with our club logo -- help support your club. Again, we will welcome your opinion and will act on that. See you on the floor, and remember, shaggers do it with their feet.

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**FLASH** -- Going to Atlanta for the SOS Grand National Dance Championships? Tickets are now available from Continental and Delta for only \$125 round trip airfare. Better book it now!

## Carolina Shag Workshops with National Shag Champions Sam and Sarah West

Learn the Basic Fundamentals,  
Pivots and Intermediate Steps

When: Saturday, April 26th

Where: **Blackie's Steak House**  
6710 Commerce St., Springfield, VA

Three Workshops: Basics, Pivots & Intermediate

Basics 10:30 a.m. - 12 noon  
Pivots 12:30 p.m. - 2:00 p.m.  
Intermediate 2:15 p.m. - 3:45 p.m.

Cost: Members -- \$10 per workshop  
Non-Members -- \$15 per workshop

**YOU DO NOT NEED A PARTNER!**

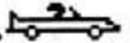
*Don't Miss This!! SIGN UP EARLY to assure your place in class!*

To pre-register, call:  
Mark Rollings - 703-406-9726

*PRIVATE LESSONS are available during the weekend; cost:  
\$50 per hour (\$50 - individual lesson; \$50 - couple).  
To schedule Private Lessons call Mark Rollings - 703-406-9726*

**LATER THAT NIGHT:** Dinner Show demo by Sam & Sarah at the Eastern Invitational Dance Weekend, Sheraton National Hotel, Columbia Pike, Arlington, VA; adm. \$25 w/meal. **SHAG ROOM w/BEACH MUSIC** by Kenny Roesel, 9-12 p.m., adm. to Shag Room for card-carrying shag club members currently under negotiation and will be announced soon!

News/Info -- please contact:  
Editor: Janis Grimes, 703-536-7362



## SOS Spring Safari April 11-20 in North Myrtle Beach, S.C.

It's that time of year again, Shaggers -- time to head for Spring Safari at North Myrtle Beach, S.C., for ten full days of beach, sun, party, party, and dance, dance, dance -- as long as your feet and legs hold up!

For those of you who have not yet been to S.O.S., it is the best time you could ever imagine. Where else can you find over 5,000 friends (old and new!) dancing, partying and generally having a ball, in one place, at one time -- and all because of a regional dance called the Shag? That's right -- for ten days each spring and fall, shaggers from all over the country flock back to Ocean Drive in North Myrtle Beach to celebrate and perpetuate the best party in the world -- S.O.S.

The Association of Carolina Shag Clubs hosts these events by the Society of Stranders (S.O.S.), named after the 35-mile stretch of beach along the South Carolina coast called the Grand Strand. Shag DJs keep the beach music euphoria going from 10 a.m. until *waay* after midnight (*I've heard it goes on until 2 or 3 a.m. each night, but have not yet lasted that long, myself!*).

You will need an S.O.S. pass (cost \$35) to be able to go back and forth between all the clubs and lounges (last year we counted twelve (12) dance floors within a few block radius!). It is well worth the cost, believe it! In addition to the dancing, there are several complimentary buffets throughout the week, as a gift from the clubs to the shaggers. And it's right there at The Beach.

Come join the party at S.O.S. in Myrtle Beach -- Shag Mecca, a dancer's paradise.

### **For Hotel and Condo Info in North Myrtle Beach:**

- Bel-Aire Motel, 102 N. Ocean Dr. 800-342-0078
- Helms Vista Motel, 300 N. OD 803-249-2521
- Beachcomber Realty 800-334-3798
- Coastal Condos 803-280-0005
- Blockade Runner, 1910 N. OD 803-249-3561
- Summer Sea Inn, 109 S. OD 803-249-4411
- Days Inn North, 1321 S. OD 803-272-5131
- Marion Earl Motel, 1401 S. OD 803-272-5181
- Ocean Sands, 1525 S. OD 803-272-6101
- Red Tree Inn, 1415 S. OD 803-272-5353

Also try: • *Ambassador*; • *Buccaneer*; • *Sands*;  
• *Seaside* -- in NMB!  
• *Near Main Street*

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## Road Trips With Gypsies ..... ACSC Winter Workshop -- What in the World Is It? . . . by Vesta Jones and Pauline Easby-Smith

The Association of Carolina Shag Clubs (ACSC) has five meetings a year, two at SOS, one at Mid-Winter, and two Workshop Weekends. Two board members from each club must attend the two workshops and are encouraged to attend the other meetings. However, it's not all work and no play, **Pauline** and **Vesta** can vouch for that! Although plenty of work was done, so was plenty of play . . . let us tell you, those Southern shaggers can DANCE!

The Charleston and Islander Shag Clubs sponsored this workshop and it was a really good weekend event. There were demos by Hall of Famers, a demo of one of the presentations done at the Olympics, a raffle for a fabulous 14K gold shag charm bracelet, and plenty of good food.

Some of the main points of the meetings:

- **Fun Monday** - the first Monday of Spring SOS -- NEW event!! Watch for flyers.
- **The Parade** at Spring SOS -- clubs are encouraged to participate. Floats, cars with VIPs, clubs walking with their banners -- anything!
- **SOS Company Store** - NEW! Will have a permanent presence and is looking for volunteers to work throughout SOS.
- **Beach Run** -- Fall SOS.
- **Shell Awards** -- Ballots were distributed. Vote for your favorites; form included in this issue.
- **No open containers** are allowed in North Myrtle Beach.
- **REMEMBER: Keep up with your SOS card.** It cannot be replaced that week if you lose it.

The Charleston and Islander Shag Clubs were hospitable and well organized -- a clear indication that there was a lot of behind-the-scene support and weeks and weeks of preparation.

Speaking of preparation, our Capital Shag Classic flyer got kudos from **Richard Porter**, president of the Sanford Area Society of Shaggers. He said ours was the best one distributed at the workshop; the red, white and blue theme is a great idea, and the Capitol building in the background, and the size of it, all make it stand out. What a great start on our Capital Shag Classic weekend!

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## Shagger Profile -- Betty Abshire

Occupation: Mortgage Loan Officer

Birthday:: September 13

Hometown: Woodbridge, VA last 32 yrs; originally from Norfolk, VA

Marital Status: Single

Self Portrait: Full of energy

Motto: You can do whatever you commit to

Dream:: Become a great dancer

Inspiration: Raquel Welsh

Bad Habit: Not following up in a timely manner

Favorite Dance Tune: Fox Trot - Sinatra; but big desire to change to Shag

Hobby:: Shopping; little sailing; novice at golf

Luxury Defined: Travel at will

Drink or Wine: Wine; Scotch & water

TV Program: Frazier; Murphy Brown; Superman

Books at Bedside: Road Less Traveled by Scott Peck

Last Words: "Peter Rabbit" -- in new company it's better than saying an expletive

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## Northern Virginia Shag Club On The Web!

<http://www.sbolnet.com/shag>

NVSC has hit the World Wide Web at <http://www.sbolnet.com/shag>, thanks to Vesta Jones. Come and visit . . . submit comments, suggestions and articles to include to [vjones@sbolnet.com](mailto:vjones@sbolnet.com). It will take all of us to make it a really good site. I accept volunteers to improve it, write for it, design for it . . . anything to make it a notable shag site . . . we are among the first very few shag clubs to have a site, although all of us at the ACSC Winter Workshop were encouraged to consider developing one.

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## FOR SHAGGERS ONLY...

Dear Readers: Do you have shag questions or problems that you need help in resolving? Gabby (Shagmaster's alter ego and "better half") will give you the help you need. Call or write to Gabby, c/o the Editor.

### Dear Gabby:

Can you help me? I love spicy food with lots of curry, garlic and anchovies. Naturally, out of consideration for whomever I might dance with, I always floss, brush and rinse before an evening of shag dancing. Lately though, my teeth have been breaking and chipping. My dentist says it's common as one gets older. If this keeps up, my teeth will all be gone and no one will want to dance with me! On the other hand, if I don't floss and brush . . . well, I'm sure you can imagine what would happen. I can't give up the food I love, nor the dance I love. Whatever shall I do? **Breathless**

### Dear Breath:

Oh, my. It's a glaring fact of life that parts of us age faster than others . . . at least your feet haven't started disintegrating -- that's the main thing! While we enthusiastically advocate dental hygiene . . . for several reasons . . . just don't pick (or click!) your teeth on the dance floor, okay?

### Dear Gabby:

I'm a college student at American University. I find that I score much better on my Friday exams when I've been to the Wednesday shag event at Blackie's. Has anyone done research on this? I suppose if anyone knows, it would be you, Ms. Gabby. **No Name**

### Dear Reader:

Well, bless your heart! Of course Gabby understands how you excel, having done her own research on the Joy of Twirl. If it works for you, too -- keep on shaggin'!

Got a question? Call or write to Gabby, c/o the Editor.

## ATTENTION

The Washington, D.C. Carolina Club  
and the D.C. Young Alums  
cordially invite you to join us for

**An Evening of Beach Music**  
Saturday, April 12th, from 7-10 p.m.  
Trophy Room, St. Alban's School  
Corner of Wisconsin & Massachusetts Ave., NW  
Washington, D.C.

Music Provided by  
**Deejay Craig Jennings**

Cost: Single \$15, Couple \$25  
Wine, Beer and Appetizers Provided

\*Proceeds from the event will go to a local charity. If you can, bring a non-perishable food item for donation to a local food bank.

# SOS

## The First Time

by  
the Virgin Trippers

SOS was undoubtedly the biggest and best five day party ever attended by the virgin trippers - **Vesta Jones, Donna Leibowitz, Trelle Shaw, Linda Singleton** (Trelle's NC friend) and **Karen Wagley**. We expected a good time, but our first SOS far exceeded our dreams. If you've never been to SOS you've got to begin making plans for your virgin trip NOW - we all agreed that we'll be returning as experienced SOSers in September.

### Trippin'

In anticipation of all the fun, Trelle suggested renting a car with a huge trunk so we could party together all the way down to Myrtle Beach. It turned out that we had to pay extra for additional drivers, but Trelle knew that when her toes hit the sand she would not want to get back in the van until it was time to go home (she made no bones about it - when the sun was up she would be sleeping on the beach and when the sun went down she would be shagging - she didn't even need to stop for meals - just a quick Duck's burger once a day), so Karen signed on as the additional driver so everyone else could shop. Well, if you want to get a van for the price of a car, take Karen along. Karen is an expert about renting cars. She noticed a sign that said if you bring a car back empty it would be filled up at a charge of 99 cents a gallon. Obviously much cheaper than the gas pumps around here. Not only that, she had the same birthday as the rental clerk so they gave us a van for the price of a car! The trip was a success before we even headed South, except for the fact that no one guessed that after the first night we would never see Karen again until it was time to go home (except over coffee in the morning when everyone woke up).

To take advantage of Karen's suggestion and calculate exactly where to fill the car up on the way home, Trelle suggested that they not fill the car up until it registered empty. Everyone agreed with the idea until it became apparent around Lumberton, NC that Trelle's idea of empty was running out of gas on the highway and using Vesta's AAA plus card to have the van towed back to Alexandria. Trelle was overruled and the van ended up being turned in with 1/8th of a tank of gas.

### Lessons Learned

A week before leaving for Myrtle Beach, experienced SOSer Val Swiger gave Vesta some advice to share with the group: "If a man has gray hair and is tapping his toes, ask him to dance -- he's bound to be a good shagger." On the trip down, Trelle bragged, "I could never get worn out shaggin'. I can shag all night long. I hope there are plenty of gray-haired men tapping their toes." Trelle got her wish but ate her words before the place closed down on the second night. She was hobbling by midnight and had already iced her ankle and massaged her feet before everyone else returned.

We were fairly certain that we were well equipped with all our NVSC shag lessons and Val's expert advice, but Donna wondered if we would know all of the same mirror steps as the gray-haired toe-tappers. Of course with a group of women there

is always an answer to everything. We all agreed when a man asked us if we knew a strange step we would say "No, but do you know the Magnolia?" In case he was a wise man and asked us to show the steps to him, we agreed that we would tell him, "It is very complicated and involves about eight six counts." Donna was the only one with the guts and the memory to test the plan. While dancing with her seventeenth gray-haired toe-tapper she was finally asked if she knew the Dippety Roll. When she gave him the Magnolia response his eyes sure enough lit up and he said, "Show it to me." Needless to say Donna's response left him gaping, but he didn't ask her about any more mirror steps.

All the way to Myrtle Beach Vesta worried about getting there in time to buy dancing shoes so she would look like a shagger to go dancing Wednesday night (even brought her cell phone so she could call for directions to the Shoe Center from the car). When we reached Myrtle Beach, she called but was told the store closed in 10 minutes and we would not be able to buy shoes until Thursday morning. Turned out for the best, Trelle's friend Linda is a real Southern shagger from Emerald Isle, NC. Linda explained to Vesta that it would take more than shoes to make her look like the real Southern shagger -- it was gonna take GOLD -- gold earrings, gold belt, gold visor and gold dancing shoes, a true GOLDEN GIRL -- and sure enough Vesta shagged with many more than her share of shaggers (was it really the gold?).

After the first night, Donna was told so often that she talked funny, she requested Southern as a second language lessons from Linda. Just ask how she asks a guy to shag now -- "Do y'all s h a y a g?" She got so good at her Southern drawl, she surprised them when she admitted she was from Washington, D.C. She loved the reactions she got: "I didn't know people know how to shag that far north"; "Say WHAT????"; "Oh Lawd, you're really out of your element"; "You mean Washington, NC?"; "But where did you learn to shag?"; "Are you SERIOUS?"; "Do you work for the IRS?"; "You're a Yankee?????"

### Top Ten Lessons Learned at SOS

- 10 When renting a car, get everyone licensed to drive (Karen wasn't there)
- 9 Girls need to rent a van and party while they travel - it's better than a year of therapy
- 8 Groups are great in the van - but not on the dance floor
- 7 Crowded SOS dance floors prove Rick Hendrix right - real shaggers take TINY steps.
- 6 Two beach chairs and two beach towels will work for five girls - rotate every hour chair to towel (Karen wasn't there)
- 5 Take at least one real Southerner along in your group to interpret
- 4 Even if you agree on a favorite beach tape, you don't have to listen to it all the way home
- 3 A four-roll pack of toilet paper is not enough for five girls for five days (In spite of the fact that Karen didn't use her share)
- 2 Men LOVE to dance with a single woman. (Definition of a single woman: a woman standing alone, ALL BY HERSELF, standing beside Karen (Karen wasn't there))
- 1 Not all gray-haired toe-tappers can shag

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**DIRECTIONS to N. Myrtle Beach --  
the Absolute SHORTEST ROUTE\***  
(\*6 1/2 hrs. drive time Springfield to NMB)

95 South to Lumberton, NC

Take Exit 14 (Rt. 74 East) -- TURN LEFT at end of exit,  
heading East.

Pass Rt. 130; go through Fairmont.

Take Rt. 41 WEST. (It really goes South, but it says  
"West"!!)

At Lake View, take Rt. 9 South.

Stay on Rt. 9 through Nichols and Loris.

Take Rt. 17 South; turn left on Main Street into N. Myrtle  
Beach -- then you're HOME!!

\* \* \*

## New Members in March

WELCOME, new members!! Gary Crowden, Emily Curry,  
Jeffrey Zaun

\* \* \*

## Happy, Happy Birthday

### April Birthday Babes:

- 1 - Kathleen Clark
- 1 - Betsy Milspaugh
- 1 - Renee St. James
- 2 - Dallas Campbell
- 3 - Bill Smyth
- 5 - Ronnie Reid
- 5 - Linda Terry
- 7 - Judy Lance
- 7 - Kitty Senge
- 8 - Marsha Popp
- 10 - Beth Endres
- 11 - John Katon
- 13 - A.J. Nowaskey
- 13 - Nick Tisak
- 15 - Fred Griffin
- 18 - Linda Arthur
- 22 - Rita Perrotti
- 27 - Bonnie Torguson

**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  
S.O.S.!) Valerie Swiger's condo is at  
CANVASBACK -- Contact Beachcomber Realty,  
800-334-3798



**WINNER -- Cool Condo Award**

## It Was Wall-to-Wall and Back-to-Back at Kilroy's in February . . . by Pauline Easby-Smith and Vesta Jones

The Valentine's Day Shag Party was a gift from  
Kilroy's: food -- really good food -- a Carolina "pig  
pickin'," complete with sandwich fixin's, cole slaw, fresh  
oysters -- a place to dance, and an opportunity to share our  
dance and our love of it with people who had never seen it  
or heard of it.

**Craig Jennings** and **Chris Pax** deserve special awards  
for the evening. **Craig** was faced with technological  
problems, far beyond his control . . . but he managed to  
get some beach music playing. And when the replacement  
equipment arrived, **Craig** came on as we know **Craig** . . . a  
great variety of music and good deejaying. **Chris** -- soft-  
spoken **Chris** -- taught a beginner shag class in a  
challenging environment. Since the bar was not just for  
shag lessons, many were still talking and laughing and  
having a good time -- which is a good thing -- but made it  
very tough for **Chris**. However, the lessons must have  
been a success because the students continued to practice  
throughout the evening.

We saw many of our shag club friends who find it tough  
to get to Blackie's on Wednesdays. It was great seeing  
them -- we miss them, and hope they come back often.

How was Kilroy's? We've all been asked that. Well, in  
my opinion, Kilroy's was a friendly, generous bar that  
gave us another place to shag. The "dance floor" was  
crowded -- perhaps we could get more tables moved aside  
-- and the dance floor was not a smooth polished wooden  
floor. Actually, it reminded me a lot of the floor in the  
soda fountain ("Pup" Phillips' Pharmacy and Soda  
Fountain on Main Street in College Park, GA), where I  
shagged as a teenager . . . when my mother thought I was  
working on the yearbook. It's a good thing we were not at  
Kilroy's to compete or practice complicated steps, but  
were there to have fun . . . and fun we did have . . . and we  
did share the shag . . . and that's a lot of what we are about,  
isn't it?

## See NVSC Cable TV Video! . . . by Patricia Parrott

The club has purchased a copy of the video made last  
July for the cable television show "Dancing Around." We  
will know later when the video might be scheduled for  
viewing on local cable stations. Meanwhile, if you're  
interested in seeing the club's copy, we'll check it out to  
you on a first-come basis for one week only, from  
Wednesday to Wednesday. That way it will always be  
available for someone new each Wednesday night.  
Because of anticipated heavy demand, and to assure its  
availability for the next person, we will require a \$5  
deposit which will be given back to you only upon timely  
return of the video. Please see **Fred Whitman** or **Pat  
Parrott**.

