



# Shag Rag

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

January, 2001

Keep on Shagging!

Vol. VIII, No 1

## President's Message by Heather Jennings

Hey y'all! I hope that your holidays were warm, wonderful and filled with fun! I also hope that you were able to attend our 2000 Christmas party! **Betty Abshire** did a fabulous job (as always) cooking and coordinating the event. **Linda Silbaugh** did an amazing job decorating and turned the ordinary Springfield VFW into a wonderfully festive and shimmering dance hall. Over 120 people danced and partied to the wonderful music provided by our guest DJ, Steve Baker. Thanks to all those who assisted Betty and Linda in making our 2000 Christmas party the best yet!

At the holiday party we also presented a check for another \$1750 to Hospice of Northern Virginia. For the third year, Hospice representative Bill Meyers attended as our guest to graciously accept the check. I think we may have finally convinced him to learn to shag too! With the presentation of this check, our total donation to Hospice this year exceeded **\$18,000!!!** Way to go folks!!!!

Now that the holidays are over though, it's time to turn our attention toward the coming year. While NVSC has continued to grow (almost 400 members!) and change, we can't stop now! We want to continue to promote and preserve this dance we love. To that end, we have once again, scheduled two of the best dancers and instructors I know, **Jackie McGee and Charlie Womble**. They will be here on January 6 to do three shag workshops. For those who have never taken a lesson from Charlie & Jackie, where have you been? These two are incredible! We'll also have a dance that night. Both the workshops and the dance will be at Ft. Myer. Mark your calendars now!!!

Looking a little bit farther ahead, we are also planning our third major fundraiser for Hospice, our annual **Shag-a-thon**. This year it will be **Feb. 10 at Landmark Mall**. This event is a wonderful opportunity for us to use our love of this dance and this music to both benefit our charity and promote the shag. Every penny donated will go to Hospice and the event is FUN!!! Ask anyone who has been in the past! It's a great feeling to see the smiling faces of those watching YOU smile as you dance..... See Jeff Kincheloe our 2001 Shag-a-thon chair, to sign up.

Finally I want to take this opportunity to thank the outgoing NVSC Board for the wonderful job they have done this past year. Under **Joan McKinney's** leadership, the club has continued to grow and prosper. **Vesta Jones** chaired the 2000 Classic AND the 2000 Shag-a-thon! (whew!). **David Rodgers** was our energetic liaison to the dance committee and **H.K. Lee** steadfastly carried the "green bag" of flyers EVERY Wednesday so that all of us could stay informed about NVSC and out-of-town dance events. THANKS TO ALL for this and everything else you do!!!

To the incoming Board and all NVSC members - **WELCOME** and get ready for a fun and exciting year! I've already had some great suggestions for NVSC activities in 2001 including an NVSC picnic, quarterly Sunday Socials, a junior shag program, a joint dance with another group (e.g., the Carolina State Society, a Carolina alumni club, ski club), and participation in local area festivals. We have lots to do but I'm looking forward to the fun that lies ahead! Now let's shag!

# Coming Soon...



9 Time National Shag Champions, Shag Hall of Fame Members,  
and Living Legends....

# Charlie Womble & Jackie McGee!

*They will teach three Shag Workshops on...*

Saturday, January 6, 2001 at Ft. Myer Community Center

Beginner	11:00 a.m. – Noon
Intermediate	1:00 p.m. – 2:00 p.m.
Advanced	2:15 p.m. – 3:15 p.m.

Cost: \$10 per workshop for NVSC members,  
\$15 per workshop for non-members

\* To schedule private lesson w/ Charlie & Jackie, call David – 703-239-8978.

# Dance Saturday Night!

*at Ft. Myer Community Center, 8:00 p.m. - Midnight*

**Guest DJ:** Hall of Fame Member, Joanne Johnson!!!

**Cost:** \$10 for NVSC members, \$12 for non-members

**Light snacks and Mixers provided, but BYOB!!!**

**Directions:** From Northern Virginia: Take I-395 to exit 8A Washington Blvd, Route 27 North. Take Washington Blvd North to Fort Myer exit on right. Go thru gate and turn left at 1<sup>st</sup> stop sign onto McNair. Community Center is several buildings down on your LEFT. Parking lot on the right.

From West Northern Virginia: From the Beltway, take Rt. 50 East toward Arlington to the Washington Blvd/Pentagon exit. Go south to FIRST exit on right (Courthouse Rd/Ft Myer Exit). Turn LEFT on Courthouse Rd, then Left on 2<sup>nd</sup> street to Ft Myer. Go thru gate and turn left at 1<sup>st</sup> stop sign onto McNair. Community Center is several buildings down on your LEFT. Parking lot on the right.

# Shag A Thon by Jeff Kinchloe

Our third annual **Shag-A-Thon** for **Hospice** is scheduled for **Saturday, February 10, 2001**, from **12:00 Noon to 5:00 PM** at the **Landmark Mall** in Alexandria, Virginia. This year's Shag-A-Thon, coming as it does just before Valentine's Day, will have a Valentine's theme. The idea behind the dance is to obtain a pledge of support for Hospice of Northern Virginia for each dance that you do or a flat amount in honor of your participation in the event. Checks are made out directly to Hospice of Northern Virginia (they have recently opened branches in Washington and suburban Maryland also).

This is a marvelous opportunity to share with your friends, family, coworkers and others your passion for our dance while raising money for a worthy cause. Last year was a dream come true for me. With a little sign on my back indicating that I was dancing for over \$50 a dance, I had women lining up to dance with me to ensure the maximum contribution to Hospice. Hey, as a shy person, I'll take any help I can get! My reward for raising the most money is I get to chair the event this year, which actually has been a fun assignment thus far.

At the recent wedding of a nephew, I had several people say that I was a real inspiration for everyone at the dances that preceded and followed the wedding. This amazed me since in comparison with many of you, I would consider myself somewhat of a novice. It also made me realize what a small group we dance enthusiasts are. I know there is a deep yearning out there amongst everyone to dance, so the Shag-A-Thon is a great opportunity to expand our circle of dancers. As we teach others this dance we love, our own enjoyment is greatly magnified. My 85-year-old aunt took some dance classes after her husband died. She said one of her biggest regrets was she and her husband never danced because he refused to dance. I feel a particular mission to get the guys off their commonly held position that they can't dance.

I had lunch recently with the President of Hospice of Northern Virginia who pledged to encourage greater participation from their employees, volunteers, and supporters. I am coming across more and more families these days that have been deeply touched by the experience of having a family member cared for by hospice.

In talking with some of you, I find that the biggest barrier to participation is embarrassment about asking for money. I want to reassure you that if done respectfully and without pressure, asking for money for a worthy cause can be a very intimate, enlivening, and fulfilling experience for both the one who asks and the one who gives. While asking for Shag-A-Thon contributions last year I often found myself being invited into some wonderful conversations about dancing and hospice. Sometimes I've even done some impromptu talks on the origins of shag ("when the jitterbug met rhythm and blues" according to the Smithsonian magazine) and coaching on the basic shag step.

For more information about how to sign up to participate and to obtain pledge forms, flyers, and an instruction sheet, please contact me: **(Home) 202-543-9436; (Work) 202-547-7424;**  
**kinchel@yahoo.com**

## Mark Your 2001 Calendars - - - Now!!!!!!!

**January 6** at Ft. Myer, daytime workshop and evening dance with Charlie & Jackie

**February 10** at Landmark Shopping Center, **Shagathon** for Hospice

**March 24** at Nicks and Virginia Ballroom, daytime workshop and evening dance  
(Instructors TBA)

**July 27-29** Capital Shag Classic weekend

**September 8** at Ft. Myer, pre-SOS dance

**October 13** at Nicks and Kenmore Country Club, daytime workshop and evening dance.  
(Instructors TBA)...

**December 8** Christmas Party, at Springfield VFW

## SHAG TAPES FOR LOAN

To help you practice your shag moves, we have the following tapes, that are on loan to members of Northern Virginia Shag Club, for **one week**, for a refundable \$25.00 deposit:

**Charlie & Jackie:** Mirror Patterns/Male Lead, Tape 1  
Mirror Patterns, Tape 2  
Lead and Follow, Vol 1  
Basic Variations, Vol 1 (2)  
Basics Plus (2)  
More Basics Plus, Vol 1  
More Basics Plus, Vol 2  
Female Footwork  
Male Lead Vol 1  
Workshop Notebook Vol 1 & 2

**Sam & Sarah West:** Carolina Shag for Beginners (2)  
Basic Polish - Techniques in Basic Patterns (2)

**Ellen Taylor:** Basic Technique

**Sy Creed & Dana Brown:** Learn to Shag  
**Virginia Beach:** Mirror Steps

See Nancy Gehley to check out video, or call her at 703-451-6764 OR EMAIL her at [ngehley@aol.com](mailto:ngehley@aol.com).

### Intermediate Dance Steps for January

**Jan 3** Side-to-Side Basic; Pivot into Belly Roll; Handshake Wrap Pivot

**Jan 10** Double Kick Basic; Front Prep, Walk-up

**Jan 17** Stutter Basic; Boogie Walk; Sid Pass w/boogie Walk

**Jan 24** Back Prep; Sugarfoot

Advanced lesson Jan 3 and 10

**January 10th Dance Committee Meeting, back room of Nick's, 8:15**

### New Members in December

*Vonnie Baucom, Neicie Coticchio, Larry Delaney, Jay Greenblatt, Melissa Greene, Janet Rowan*

### DJ's

**Jan 3** Dennis & Nancy Gehley  
**Jan 10** Doug "Gator" Levitas  
**Jan 17** Charlie Price  
**Jan 24** Larry Jones  
**Jan 31** Craig Jennings



## SHAG ON THE WEB (Part 1 of 2) - by Vaughn Royal

Those with access to the Internet have an enormous amount of useful information about the world of Carolina shag dancing at their fingertips. In this two part article, I list web sites of interest to shaggers which I discovered or which people have called to my attention in the last couple of years. Without further ado, here they are!

### Shag Club Sites

About 40 shag clubs have web sites. For a complete list of links to clubs with web sites, visit <http://www.sunshag.com/acsc.htm>. The clubs with web sites include:

Northern Virginia Shag Club. <http://www.nvshag.org/> Our own web site. It has information about our dance lesson program, Club photographs going back to 1996, details of upcoming local and out-of-town shag events, contact information for board members and officers, and the full text of the Club Bylaws. Visit regularly.

Beckley Area Shag Club (Beckley, WV). <http://www.beckleyshagclub.com/>

Boogie on the Bay Shag Club (Portsmouth, VA). <http://groups.hamptonroads.com/BoogieontheBay/>

Capital Area Shag Club (Raleigh, NC). <http://members.aol.com/cascnews/>

Charlotte Shag Club (Charlotte, NC). <http://bettybbungalow.tripod.com/index.htm>

Ocean Drive Shag Club (North Myrtle Beach, SC). <http://members.tripod.com/odshagclub/>

Richmond Shag Club (Richmond, VA). <http://www.richmondshagclub.org>

ShagAtlanta (Atlanta, GA). <http://www.shagatlanta.com/>

ShagPlus (Columbus, GA). <http://www.mindspring.com/~imadancer/>

Southern New England Shag Club (Boston, Newport, MA). <http://www.sunshag.com/snesc.htm>

Steel City Boogie Club (Pittsburgh, PA). <http://www.realpittsburgh.com/community/groups/scboogie/>

Twisters Shag Club (Lake Norman, NC). <http://hometown.aol.com/tscwebpage/index.html>

Virginia Beach Shag Club (Virginia Beach, VA). <http://edifax.com/~fhemmings/>

### Hand Dance Club Sites

Metropolitan Washington DC Hand Dance Preservation Society. These are our friends who dance at the 94<sup>th</sup> Aero Squadron in College Park. <http://users.erols.com/danceclub/>

MD, DC and VA Hand Dance Association. This is Denny and Eddy's club – the one with which we sometimes have joint dances. <http://dcdancenet.com/handance/index.shtml>

### Bop Site

American Bop Association. Dedicated to preservation of bop, swing, jitterbug and shag.

<http://www.americanbopassociation.com/>

### Professional Shag Instructor Sites

Charlie and Jackie. Buy video tapes, CD's and dance shoes online. Get information about the Grand National Dance Championships. Be sure that you are accessing the new web site. <http://www.charlieandjackie.com/>

Ellen Taylor. Has Ellen's shag biography, information about upcoming workshops, photos of Ellen and an order form for her video. Again, be sure that you are accessing Ellen's new web site. <http://www.etshag.com/>

Sam West and Lisa Austin West. The shag/swing newlywed couple's site.

<http://hometown.aol.com/lisaswing/myhomepage/profile.html>

### Junior Shagger Information

Junior Shag Association. Information about membership and Junior SOS.

<http://www.shagdance.com/info/juniors.html>

Junior Shaggers in Charleston, SC. Information not limited to Charleston. Includes event information and details on the Dewey Kennedy scholarship. <http://www.sunshag.com/junior.htm>

Virginia Beach Junior Shaggers. <http://sites.communitylink.org/shag/>

Also, there is a good article on junior shag from 5-6-7-8 Magazine at [http://www.5678swing.com/Jr\\_shag.htm](http://www.5678swing.com/Jr_shag.htm).

### Dance Nightclub Sites

Ducks and Ducks Too (North Myrtle Beach, SC). <http://www.ducksatoceandrive.com/>

Fat Harold's (North Myrtle Beach, SC). <http://www.fatharolds.com/>

Pirate's Cove (North Myrtle Beach, SC). <http://chesty.hypermart.net/>

Next month, in the second part of this article, Dance Event and Competition Sites, Beach and Shag Music Sites, and several Incredibly Useful Sites. If you would like an electronic copy of this article (from which you can cut and paste web addresses), write to me at [vroyal@royal-law.com](mailto:vroyal@royal-law.com).



## **Recipe of the Month** *by Nancy Roop*

### **PUMPKIN ROLL**

#### **Cake:**

3 eggs  
1 cup sugar  
1 teaspoon baking soda  
3/4 cup flour  
2/3 cup pumpkin  
1 teaspoon salt  
1/2 teaspoon cinnamon  
1/2 cups chopped nuts (optional)

#### **Filling:**

8 oz cream cheese, softened  
2 teaspoons butter  
1 cup powdered sugar  
1 teaspoon vanilla

Mix all cake ingredients well. Grease a large, ledge cookie sheet and place wax paper on top leaving an edge to grab on to at both ends. Bake Cake at 375 degrees for 15-20 minutes.

Prepare filing by blending ingredients until smooth.

Sprinkle powdered sugar on a dish towel (not terry cloth), when cake is done let cool for 15 minutes and turn onto prepared dish towel. Then roll lengthwise and place in fridge for an hour or until you are ready to fill.

Unroll cake , spread filling evenly, roll cake up, wrap in foil and store in freezer. Remove and slice 15 minutes before serving.

Thanks Nancy for the great recipe, which not only tastes great but can be made ahead of time.

## **Hardway Connection** *by Gary Salpini*

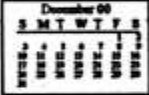
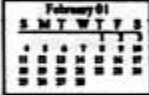
The JAXX nightclub in Springfield, VA will be hosting the **Hardway Connection Band** on the night of **January 17th**. The Hardway Connection is know for the song "**It Must Be Love**" and they performed during SOS Fun Monday. Flyers for this event will be available on Wednesdays.

## **Mascara Tip** *by Jean Teele*

*When applying mascara look down and apply mascara to the top of lashes in a downward motion. Look up and reapply mascara from underneath. Apply to lower lashes using the tip of the brush first and brush the total lash.*

# January 2001

## Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 8:00 PM Coconuts, Crofton,MD	3 7:30 PM FREE Shag Lessons	4 8:00 PM Galaxy,FC	5 6:30 PM Legends	6 Jackie and Charlie
7 8:30 PM Vienna Grill	8	9 8:00 PM Coconuts, Crofton,MD	10 7:30 PM FREE Shag Lessons	11 8:00 PM Galaxy,FC	12 6:30 PM Legends	13
14 8:30 PM Vienna Grill	15	16 8:00 PM Coconuts, Crofton,MD	17 7:30 PM FREE Shag Lessons	18 8:00 PM Galaxy,FC	19 6:30 PM Legends	20
21 8:30 PM Vienna Grill	22	23 8:00 PM Coconuts, Crofton,MD	24 7:30 PM FREE Shag Lessons	25 8:00 PM Galaxy,FC	26 6:30 PM Legends	27
28 8:30 PM Vienna Grill	29	30 8:00 PM Coconuts, Crofton,MD	31 7:30 PM FREE Shag Lessons	 		

## National Shag Dance Prelims by Janis Grimes

We are pleased and proud to announce that we will have **TWO** Junior Couples competing in the National Shag Dance Prelims, in January. The Prelims are held at Studebaker's in Myrtle Beach, South Carolina.

Brennar Goree and Kari Jones  
and  
Ben and Tory Robinette

### Mid Winter Passes

Are you going to Mid Winters in North Myrtle Beach, SC the weekend of January 18? Then you will need a pass. Contact Valerie Swiger at 703-218-9193 or email her at [vms@olg.com](mailto:vms@olg.com).

## 2001 SOS Memberships

2001 SOS memberships are on sale now through the Northern Virginia Shag Club. If you buy through the club the cost is \$30.00. If you wait and buy your SOS pass in North Myrtle Beach the cost is \$35.00. Forms will available on the club table or get one from Vesta Jones.

