



# Shag Rag

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

March, 2001

Keep on Shagging'

Vol. VIII, No 3

## **President's Message** by Heather Jennings

Well... as usual, the wonderful and generous members of this club again pulled together to ensure a very successful Shag-a-thon in February! Thanks so much to **Jeff Kincheloe** for chairing our 3rd annual NVSC Shag-a-thon. This year almost 80 people participated on February 10 at Landmark Mall, dancing to raise money for the **Hospice of Northern Virginia**. Thanks to ALL those who came out to dance or simply to support our club members. A GREAT BIG THANKS to the junior dancers from ODU who came up to dance for us!!! Thanks to all our wonderful volunteers who helped with the set up, food, registration and information tables, we couldn't have done it without you.. So far we have collected **\$10,518** and pledges are still coming in!! Dancers, remember to have remaining pledge money in to **Jeff by March 7** so we can distribute the money to Hospice in a timely manner. **THANKS!**

Looking ahead, there are plenty of great dance events occurring in the month of March. If you're interested in heading down to North Myrtle Beach, the Association of Beach and Shag Club DJ's is having their 10th annual "DJ Throwdown" at Ducks/Ducks Too on March 1-4. The "**Fantastic Shakers**" and "**Eddie Clearwater**" will be performing LIVE on Thursday night. While there is a cover charge to see the bands, the rest of the weekend is FREE with music provided by multiple DJ's all weekend and FREE food each day at 1:00pm. It's always a FUN event!

March 8-10 is the weekend of the **National Shag Dance Championship finals**. There are several couples competing this year from Virginia including several juniors from our own club! Many folks have told me they are planning to head on down to Myrtle Beach to see the show. This year's contest will be held at a new facility called "The Beach Place." If you're interested in attending, check out the web site at **www.shagnationals.com** for more info.

For EVERYONE ready to have some FUN (that's you!!!), MARK YOUR CALENDARS NOW for our second quarterly **shag workshop** being held on **March 24!** This year we have scheduled two wonderful PRO dancers and members of the National Shag Dance Team, **Jimmy and Cameron Caruso!** They will be here, as I said, on March 24 to do three shag lessons. These two have been competing and performing for years and are awesome! All lessons will be at Nick's. We'll also have a dance that night at the beautiful Virginia Ballroom in Fairfax, VA. See flyer for details.

Finally, if you haven't had enough dancing yet (and who has??), you have MULTIPLE options for the last weekend in March. Some folks are heading on up to the Steel City Boogie Club's annual "Boogie in the Burgh" party in Pittsburgh, with **Dennis & Nancy Gehley** DJ'ing part of the event. Others are heading south to Nags Head for the annual "Spring Break" party hosted by the Outer Banks Shag Club, where **Charlie Price** will be DJ'ing part of the event. If you're staying at home, you can head on over to Vienna's Tap Room on March 31 for the PSDC's semi-annual "Myrtle Beach Days" dance. Our own **Craig Jennings** will split DJ time at that dance. Whew! What a month to dance! Look for flyers at the club for more info about all events. Hope to see you shaggin' everywhere!

# *The Northern Virginia Shag Club Presents...*



National Pro Shag Competitors

## **Cameron & Jimmy Caruso**

*Teaching three Carolina Shag Workshops*

**March 24, 2001**

Workshops to be conducted at:

### **Nicks**

642 South Pickett Street, Alexandria, Virginia

Phone: 703-751-8900

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

\* For more info about workshops or dance, call Heather – 540-775-5342.

## **Dance Saturday Night!**

*At The Virginia Ballroom, 8:00 p.m. - Midnight*

**Guest DJs: Denny Martin & Eddy Farmer!!!**

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

**Light snacks, Mixers and Beer provided!!!**

### **Directions to the Virginia Ballroom**

**From the Capital Beltway (I-495):** Take Arlington Boulevard (Rt 50) West towards Fairfax. Turn right at the third light onto Prosperity Avenue. Turn left at the first light, which is Lee Highway (Rt 29), Virginia Ballroom will be the second building immediately on your right. Enter from the front or the back entrance.

**From I-66:** Take the Nutley Street exit towards Rt. 29 (Do not head towards Vienna). At the 3rd light, take a left onto Lee Highway (29). Go through the next 2 lights. Virginia Ballroom is approximately one mile further on your left. If you pass the intersection of Prosperity and 29 you have gone too far.

## BEACH MUSIC AT JAXX *by Gary Salpini*

The inaugural beach music party at Jaxx on Saturday night turned out to be quite successful. The band, Hardway Connection, was good and the music very danceable. Our club was well represented by a turnout of over fifty members, count provided by Mike "Numbers" Fortunato. The Lynchburg club had a good representation and Brenda Franklin provided an excellent lesson. It looked like everyone had a good time.

Mark you calendars, the next band will be Bill Deal and the Rhondell's on March 31st. Look for flyers in the near future at Nick's & Legends. Watch for The Band of Oz and The Chairman of the Board in following months.

Special thanks to Jewell Pradier for her stunning promo banner for the Shag-a-Thon, and thanks to Dennis and Nancy for providing the music between the band's sets.

## NVSC LOGO ITEMS----- FOR SALE

### T-SHIRTS IN BLACK OR WHITE

S, M, L, XL \$12

XXL - \$13 XXXL \$14

SHOE BAGS \$20

VA IS 4 SHAGGERS --- LICENSE PLATE FRAMES \$12

TO ORDER, SEE PAMELA ALFANO AT NICK'S ON WEDNESDAYS.



## SHAG/SWING DANCE!!!! SATURDAY, MARCH 31, 2001 VIENNA'S TAP ROOM MYRTLE BEACH NIGHT!!!!

A musical salute to the great R&B that makes Shaggers and West Coast Swingers such great cousins.

**Hosted by the Potomac Swing Dance Club. (PSDC)**

**DJ's:** Craig Jennings, DJ of the Northern Virginia Shag Club,  
AND Virginia State Open Swing DJ: Doug "The Gator" Levitas!!!

**Beginning West Coast Swing Lesson:** 7:30 - 8:30 p.m.. with Craig Hutchinson

**Beginning Shag Lesson:** 7:30 - 8:30 p.m... with Craig & Heather Jennings

**DANCE from 8:30 - Midnight.**

### ADMISSION for LESSON/DANCE

PSDC or NVSC Member: \$3 for lesson/\$12 for dance

Non-Member: \$6 for lesson/\$14 for dance

**Location:** Vienna's Tap Room is in basement of the **White Tiger Restaurant, 146 Maple Ave.. East (Route 123), Vienna, VA.** THREE DRINKS are included in price of admission. Cash Bar after that. See flyers for directions Vienna's Tap Room.

# Get Ready for the Best Classic Yet!

MARK YOUR CALENDARS NOW!

*The Northern Virginia Shag Club Presents*

## The Sixth Annual Capital Shag Classic

July 27, 28, & 29, 2001

Where: Holiday Inn and Suites  
625 First Street  
Alexandria, Virginia 22314  
Reservations: 703-548-6300

How much: \$60 up to month prior

*Your Party Admission includes:*

The Best in Rhythm and Beach Music by Association DJs  
Shag Workshops  
Delicious All-You-Can Eat Menu  
Free Pours With Your Favorite Beverages  
Special Guest Entertainment  
Limited Attendance for Your Dancing Pleasure  
Reduced Hotel Rates in Old Town Alexandria

**Special Golf Outing Friday July 28th**

More information will follow as we plan our  
BEST EVENT YET!

For general information contact:  
Linda Silbaugh 703-256-4917 – Event Coordinator  
Heather Jennings 540-775-5342 – Club President

For golf information contact:  
Joe Cornish 703-449-8449 – Golf Coordinator  
Laura Lightbourne 703-820-9782 – Golf Coordinator

Get the latest from our soon to be updated website:  
[www.nvshag.org](http://www.nvshag.org)

Large  
Dance  
Floor!

Free  
Pours

Great  
Food!

Friday  
Golf  
Outing!

Extend  
Your Stay!

See the  
Nation's  
Capital

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

**March 24** daytime workshops with **Cameron & Jimmy Caruso** at Nick's and a dance that night at the Virginia Ballroom.

**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

## A Great way to Keep Informed

### E-MAIL

Join our "Hello Shagger" Email list?  
E-mail, Valerie Swiger, at [vms@olg.com](mailto:vms@olg.com).

## 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).

## Dance Magazine

Looking for something to read while enjoying your morning coffee? Try Barry Durand's---**5678 Magazine**, covers dance events in shag, west coast swing, lindy hop, and hustle.

For information check out: [www.5678swing.com](http://www.5678swing.com)

## DJ Throwdown March 2,3, and 4

If you happen to be in North Myrtle Beach, SC for the DJ Throwdown, stop by Duck's Saturday night **March 3**, and enjoy the music of the "Shooter Dudes" our very own:: **Craig Jennings and Larry Jones.**

## New Members in February

*Bill Bailey, Mary Bailey, Melonee Clark, Bill Meyer, Guy Mullinax, Theresa Mullinax, Ellis Speed, Jean Vogel, Mark Woodfork*

## DJ's

**Mar 7** Dennis & Nancy Gehley  
**Mar 14** Charlie Price  
**Mar 21** Craig Jennings  
**Mar 28** Larry Jones  
**Apr 4** Dennis & Nancy Gehley





## Recipe of the Month

by Shannon Lewis

### Sweet Potato Casserole (Christmas party --so good)

2 15oz cans sweet potatoes (not in syrup)  
2 Cups sugar  
4 Eggs  
3 tsp. vanilla  
1 cup melted butter  
2/3 cup milk

Beat all of the above together, pour into 13 x 9 casserole dish,

#### Topping:

1 cup dark brown sugar  
1 cup chopped nuts (pecans work well)  
1/3 cup flour  
1/3 cup melted butter

Mix together, crumble over the top of casserole, bake 350 degrees for 40 minutes.

This is the large version of this recipe, if you have a small group, cut the filling part of the recipe in half, but make the topping with the same quantities.

## Shag A Thon Peanut Butter Dip

by Jamie Callahan

1/4 cup peanut butter (low fat)  
2 tablespoons thawed orange juice concentrate  
1/8 teaspoon cinnamon

Mix well, garnish with cinnamon sticks, mandarin orange sections or sliced oranges.

Serve with carrots, sliced apples, crackers, mini rice cakes, whatever strikes your fancy.

If you have any left over, spread on toast for high energy breakfast.

## SOS Parade - - - - - May 5, 2001

For the past **three** years the **Northern Virginia Shag Club** has participated in the **SOS Parade** that is held in North Myrtle Beach, SC on the **last Saturday** of Spring SOS. The first two years our "marching unit" took **1st place** and the third year we took **2nd place**. What did we win? **\$\$\$\$\$ for the club**

Those of us who have coordinated the "marching unit" are "**plum**" out of ideas.  
**We need NEW ideas!!!!**

If you have an idea for an entry **and** are willing to coordinate the entry, please let a board member know. There are probably 40 or 50 of our members that go to SOS each spring, so finding bodies to participate is easy, we just need a leader with an idea.

## Are you that person?

## Info on Junior Shaggers...

As many of you know, NVSC now has several junior shaggers (those under 21) as members of our club. These include **Kari and Kristin Jones, Ben and Tory Robinette, Justin Testa, Amanda Tedesco and Brennar Goree**. We are thrilled to have these kids as members since one of the primary goals of this club is to promote and preserve the shag. Juniors are the future of our dance and as such, we want to support them in any way possible. To that end, the NVSC Board voted in January to establish a junior shaggers account. To finance this account, the proceeds from the first 50/50 of each month will be deposited into the account. Any private donations received from NVSC members (we've already received one very generous anonymous donation!) will also be placed into this account. The kids may then request funds from the account in order to further their dancing. For example, the kids may request funds for: membership to junior SOS, junior contest entry fees, and lessons and coaching for juniors. Each request will be considered by the Board and granted based on the practicality of the request (no, we can't afford to send y'all to Hawaii!) and the balance in the account. We hope that in this way, we can continue to support our juniors and by doing so, this dance we all love. We will, of course, also continue with the NVSC policy of allowing juniors to attend ALL NVSC events (with an adult) for FREE (with the sole exception being the Capital Shag Classic), and continue to support the juniors through our corporate membership of the Junior Shag Association. So remember folks – if you have kids, grandkids, nieces, nephews, friends or family that are under 21, BRING THEM TO DANCE! They are more than welcome at any of our events and it is FREE for them. Also – if you are interested in donating to the juniors, see Dennis Gehley, our Treasurer, or buy extra 50/50's the first Wednesday of each month.

### **Got the Winter Blahs??** *by Charlie Price*

#### **A Spring Break on the Outer Banks Might shake the Blahs!!!**

Join your fellow club members at NVSC's table at the Outer Banks Shag Club's "Hawaiian Spring Break" weekend, **March 30 - April 1, 2001**, on the beach in Nags Head, NC. **CHARLIE BYRD** is the featured DJ at Saturday night's "Luau" and NVSC's **CHARLIE PRICE** will join the OBXSC'S DJs in spinning your favorite tunes the rest of the weekend! Weekend tickets are only \$60.00 and rooms at the Comfort Inn can be had for \$45.00 a night! Ticket price includes 2 free pours, 4 meals, 1 continental breakfast, a lesson with junior all stars Jac Crowder and Erin Olson, and all your rowdy friends!

### **Intermediate Dance Steps for March**

- |               |  |
|---------------|--|
| <b>Mar 7</b>  | <b>Double Kick Basic; Front Prep; Walk-Up</b>              |
| <b>Mar 14</b> | <b>Stutter Basic; Boogie Walk; Side Pass w/Boogie Walk</b> |
| <b>Mar 21</b> | <b>Back Prep: Sugarfoot</b>                                |
| <b>Mar 28</b> | <b>Crossover Basic; Applejack</b>                          |

**Advanced lesson March 7**

