



# Shag Rag

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

May 2003

Keep on Shagging'

Vol. X, No 5

## **President's Message** *by Pamela Alfano*

Everything is going great at Nostalgia's on Wednesdays. Each week we have a large turnout of members, and see many new faces. The beginner and intro dance classes are full. Everyone appears to be having a good time. Our regulars are dancing with the beginners and introducing them around. I want to thank everyone for continuing to prove NVSC's reputation as the "friendliest" shag club. Also, a big "Thank You" to the members of the Dance Committee who continue to devote their time and efforts to teaching the classes. The classes are a big part of why we attract so many new faces. It is because of everyone's efforts that these new faces return and become a part of our regular Wednesday night group.

We had a good turnout for the spring spins and turns workshop with **Dahlia Hirsch**. She gave us various exercises to do which left most of us quite dizzy. But, in the end, we were all turning and spinning like whirling dervishes. (Not exactly like Dahlia, but close.) At the dance afterward, Dahlia did a demo with that TV Star, **Glitter Bob Lutz** -- that is, until the other men who could not overcome their envy cut in. Of course, Dahlia was able to outlast them all. **Larry Black and Cindy Goree**, members of the Colonial Shag Club and NVSC, played some fabulous music for us while much spinning and turning went on. Thank you Larry and Cindy!

We are producing a beginner and intermediate shag instructional video for our members. It is intended as a review of the steps we teach in our Wednesday evening classes at Nostalgia's. Thank you to the Dance Committee members who participated in filming the instructional video. **Hollywood Bob Lutz** did a wonderful job with camera, sound, lighting and special effects, and **Heather Jennings** was an extraordinary director and producer. No doubt Hollywood will soon be beckoning to both. Thank you Bob and Heather! Also, a huge thank you to **Valerie Swiger** who turned her home "sound stage" over to us for the day of filming. I continue to be amazed by our NVSC members who give so generously of their time and efforts on our behalf. This is what makes NVSC such a great Club. Thank you all!

We have several special events coming up. The 2003 **Shag-a-Thon** to benefit **Hospice of Northern Virginia** will take place at on **June 21** at Springfield Mall. We have raised over \$60,000 in the last few years for this worthy cause. See the flyer in this month's *Shag Rag*. If you are interested in participating or would like to know more about it, please contact Vaughn Royal or Cathy Metcalf. Instead of our annual pool party, we will have a great **beach party** on **June 28** at the home of **Don and Audrey Borja**. (see flyer for details). Please put these events on your calendar.

The Eighth NVSC Capital Shag Classic will be here before we know it. (July 25-27, 2003) We are now looking for volunteers to assist. If you are interested in volunteering, please contact Valerie Swiger. **WE NEED ALL THE HELP WE CAN GET.**

I am now off to Myrtle Beach for the annual Spring SOS. I hope to see many of you there. If not, I will see you when I return and **KEEP ON SHAGGIN'!**

Northern Virginia Shag Club

Invites You to Join Us For Our Eighth Annual

# CAPITAL SHAG CLASSIC

Continuous Dancing  
and Music by  
Great Association DeeJays

## CLYDE WALLER AND DAVID SESSOMS

CRAIG JENNINGS ● LARRY JONES  
DENNIS & NANCY GEHLEY ● GERRY SCOTT

### JULY 25TH - 27TH, 2003

Party starts 4 p.m. on Friday and continues on till 12 noon on Sunday

*FREE SHAG WORKSHOPS on Saturday*  
*Jeff Hargett and Nikki Kontoulas*

### Fourth Annual Golf Tournament

Friday July 25th - Cart, Green Fees & Lunch. \$75.00

Partial proceeds Go To Hospice of Northern Virginia

**Holiday Inn Hotel & Suites**

625 First Street

Alexandria, Virginia 22314

**\*\*Request Special No. Va. Shag Club Rate**

**\*\*Rooms \$89\*\* (1-4 persons)**

Reservations: 703-548-6300

**\*\*HOTEL DISCOUNT RATE RESERVATION CUT-OFF JUNE 26TH!! NO EXCEPTIONS!!**

**FREE ALL-YOU-CAN-EAT MENU \* FREE POURS**

**Friday Night is T-Shirt Night - wear your club shirt!**

**Saturday Pool Party - Bring your swimsuit**

**Smoke-Free Ballroom**

**Weekend Tickets \$70 thru June 27th; \$80 After That**

*Buy Your Tickets Early!*

**NO REFUNDS AFTER JUNE 30TH**

**RAFFLE: For only an extra \$2. Take a Chance on a FREE ROOM and 1 Weekend Pass!!**

For Classic information, call Jane James at 703-323-8799

For Golf information call Joe Cornish 703-887-2715 or Laura Lightbourne 703-266-1028

or you can check out our website at: [www.nvshag.org](http://www.nvshag.org)

Tickets will be held at check-in desk: include a self-addressed, stamped envelope to receive confirmation

Make Check Out & Return to: Northern Virginia Shag Club - P. O. Box 5522 - McLean, Virginia 22103

**Weekend Tickets \$70 thru June 27; \$80 After June 27**

**Golf Tournament Fee - \$75. Partial proceeds go to Hospice of Northern Virginia**

**NO REFUNDS AFTER JUNE 30TH**

Name(s) (Last, First) \_\_\_\_\_

Address \_\_\_\_\_

Primary Shag Club \_\_\_\_\_

City, State \_\_\_\_\_

Phone \_\_\_\_\_

No. of Classic Tickets \_\_\_\_\_

No. of Golf Tickets \_\_\_\_\_

Amount Enclosed \$ \_\_\_\_\_

For Classic Information, call Jane James at 703-323-8799

For Golf information call Joe Cornish 703-887-2715 or Laura Lightbourne 703-266-1028

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## Intermediate Dance Steps

<b>May 7</b>	Crossover Basic, Applejack
<b>May 14</b>	Kick Basic, Half Turn, Belly Roll
<b>May 21</b>	Pivot, Hug Pivot
<b>May 28</b>	Handshake Wrap Pivot, Pivot into Belly Roll
<b>June 4</b>	Side to Side Basic, Front Prep, Walk-Up



Upcoming Line Dance Classes **May 7, June 4**

Upcoming Advanced Shag Classes **May 14, June 11**

## 5th Annual NVSC Shag-a-thon

**On June 21, 2003 at Springfield Mall**, the Northern Virginia Shag Club will sponsor the fifth annual Shag-a-thon! Now, what is a Shag-A-Thon? This is our primary fundraiser of the year for the Club's charity, **Hospice of Northern Virginia**. In addition to raising money for such a good cause, we will be able to promote the dance we love and hopefully attract new dancers to our group. It is a fun event that dancers of all levels will want to participate in.

To participate in the event you first need to **sign-up and receive a packet**. Packets available at the club on Wednesday nights. Next you need to take your pledge sheet to as many friends, family and co-workers as possible and ask them to "sponsor" you for this event. By sponsoring you, they agree to pay a certain amount for each dance you do during the event or they may choose to make a flat donation. This is not an endurance event - you may dance as many or as few dances as you like. Each sponsor needs to fill out a pledge sheet with their name, address and pledge amount - it is as simple as that! Please try and get as many pledges as possible!

On the day of the event, some of our DJ's will be playing our favorite tunes in the court in front of **JC Penney's at Springfield Mall**. Dancing will begin at **noon and end at 5:00**. Some of our friends from Hospice will be there to provide information about Hospice while we dance, dance, dance.

This event raised \$15,000 for Hospice of Northern Virginia last year. Our goal this year is to raise \$20,000. Over the years, NVSC has raised over \$66,000 in support of Hospice. If you can't dance that day, consider sponsoring one of the other dancers or just come by and cheer us on.

**Vaughn Royal** is the chairman for this year's event. He can be reached at [vroyal@royal-law.com](mailto:vroyal@royal-law.com). Volunteers will be needed to set up, work at a registration or information table, provide snacks, and clean up. Please put this on your calendar, pick up a packet to start gathering pledges/donations, and volunteer before being asked!



Please join us for the



5th Annual Northern Virginia Shag Club

# Shag-A-Thon!!



HOSPICE OF  
NORTHERN  
VIRGINIA

THE HOSPICES  
of the NATIONAL CAPITAL REGION

[www.nvshag.org](http://www.nvshag.org)

[www.hospiceonline.org](http://www.hospiceonline.org)

## Keep on Shaggin'!

Saturday, June 21, 2003

Noon until 5:00 pm

Springfield Mall

[www.springfieldmall.com](http://www.springfieldmall.com)

JC Penney Court, Lower Level

(Franconia Road Exit from I-95. Exit is less than one mile south of I-495)

Springfield, Virginia 22150-1701

- Prizes
- Refreshments and snacks for all participants!
- Great music by NVSC DJ's!

*All proceeds from this event benefit*



Participants are asked to raise money through *flat pledges* or *per dance pledges*.

To register and receive a pledge sheet see either Vaughn Royal or Cathy Metcalf at Nostalgia's in the Fair Oaks Holiday Inn, 11787 Lee Jackson Memorial Highway, Fairfax, VA 22033

Wednesday nights between 7:30-9:30pm or  
e-mail: [vroyal@royal-law.com](mailto:vroyal@royal-law.com) or  
[ccmetcalf@earthlink.net](mailto:ccmetcalf@earthlink.net).



# THE CLASSIC IS COMING

**What is the Classic?** It is a WONDERFUL weekend party of dancing hosted by the Northern Virginia Shag Club. The Classic will be held **July 25<sup>th</sup> through 27<sup>th</sup>**, at the Holiday Inn Hotel and Suites in Old Town Alexandria. If you have never attended a Shag Weekend Party, you have missed a great time. Dancing starts at 4 PM on Friday and continues until Sunday at noon (with breaks for sleep and eating, of course). If you really want to know what it is all about, ask any of our members who have attended previous classic weekends.

## Friday July 25<sup>th</sup>—Classic Golf Tournament

Registration fee— \$75.00

Location-----Ft. Belvoir

Contact person ----Joe Cornish at 703-750-6449 or email him at [nishjci@prodigy.net](mailto:nishjci@prodigy.net)



**The Classic Needs your help. If you are willing to volunteer, contact one the following people:**

Decorations:	Pamela Alfano
Hospitality:	Valerie Swiger
Hospitality Suite:	Betty Abshire
Floor:	Jane James
50/50:	Doodah

## CAPITAL CLASSIC PROGRAM



Guess What! It is that time again. We are making plans for the Classic and we need your help. We are looking for special pictures taken of our members for our center page in the program. If you have any you would like to share, please get them to me or **Heather Jennings by May 28th.**

## BORROWING SHAG VIDEOS.....

is EASY at NVSC!!! Whether you have taken all of the shag classes offered at NVSC or are just looking for new steps or tips on technique... our club has a constantly growing library of shag instructional videos. These videos contain more steps and tips that you can shake a stick at and they're **FREE to club members!** All you have to do is put down a **FULLY refundable \$25 deposit.** See our "**video men**" Bruce Piner and Denny Koski on Wednesday nights to borrow a video!!! If you don't know Bruce or Denny, just ask a fellow club member!!!

## NVSC GOLF TOURNAMENT

Please join the Northern Virginia Shag Club, for the fourth annual NVSC golf tournament at Fort Belvoir golf course at Fort Belvoir, Virginia. The Hospice of Northern Virginia which provides nursing care for the elderly and terminally ill and their families.

**Registration Fee: \$75 per golfer**

**Includes: greens fees, cart, goodie bag.**

**Date: Friday 25 July 2003**

**RSVP by: 15 July 2003**

**Registration: 6:30am**

**Shotgun start: 8:00am**

**Luncheon 12:30pm**

**Prizes awarded for:**

**Longest drive for men & women**

**Closest to the pin for men & women**

**Lowest team score**

**!!!! And lots of Door prizes!!!!**

## FT. BELVOIR GOLF COURSE:

is located 15 minutes south of the beltway on I95, take I95 south to the Newington/Ft. Belvoir exit(166A) you will be on the Fairfax Cty. Pkwy. Turn left on John J. Kingman Rd turn left on Beulah St. The clubhouse is 1/2 mile on the left.

## Hole In One Prize

**Sponsored By:**

**J. Koons Pontiac, GM**



## SPONSORSHIPS

**Sponsorship opportunities for  
Individuals and companies include:**

**Corporate sponsorship**

**Business sponsorship**

**Prize sponsorship**

**Holes sponsorship**

**For more information, contact JOE**

**703-887-2715 or e-mail**

**@nishjci@prodigy.net**

## REGISTER AS A SINGLE OR A TWOSOME, NO FOURSOMES

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone H \_\_\_\_\_ W \_\_\_\_\_

Playing partner \_\_\_\_\_

Name \_\_\_\_\_

Handicap \_\_\_\_\_ or Avg. score \_\_\_\_\_

Please send form and check payable to

NVSC:

NVSC

P O Box 5522

McLean, VA. 22103

Golf tournament shirts available for  
\$35 in large qty. ( ) medium qty. ( )  
small qty. ( ) and include amount in  
check total.



**Hello to all!** Another month has passed and the spring and summer party pressure begins. April, man oh man, parties every Wednesday at Club Boca located at Broadway at the Beach. Featured bands for April were The Entertainers, Band of Oz, The Fantastic Shakers, and The Catalinas. We attended the OD Shag Club Luau held at Pirates Cove. The club provided great entertainment, games, and food. We all dressed in island garb and pretended to be at some wonderful beach.

**Spring Safari** is well under way at this point and for those who are not able to make it, we will miss you and for those of you who are here, we will hopefully have seen you by the time you read this. Our granddaughter and her PaPa will be part of the **SOS parade on Saturday, May 3rd** - I get to wave from the sidelines. As soon as SOS is over, we'll be back to our same old routine - we'll be going to Club Boca to see the Johnny Dollar Band, The Fantastic Shakers, Coastline Band, and The Embers. Then we will go to the Pawleys Pavilion Reunion party. This is great fun. It is held out of doors by the old Pavilion where they rocked in Pawleys Island. This year's band will be The Entertainers.

Okay, we're going to share some humor from the Ocean Breeze (O. D. Shag Club Newsletter):

**You know you're from Myrtle Beach if.....**

- ...you order chicken bog at a restaurant and they actually have it:
- ...you know there are enough fireworks stands to warrant a visit from the UN weapons inspectors
- ...nobody works after noon on Fridays in the summer
- ...you eat seafood for breakfast and pancakes for dinner
- ...you have learned not to pronounce the "H" in Horry
- ...you know better than to feed the seagulls
- ...you think everything on the other side of the waterway is country
- ...you know the term "17 By-Pass" is an oxymoron

Don't have time to fill you in on everything going on because we are on our way out the door to join all the other SOSers. We'll catch up next month - my this life is exhausting!!

*Are you a member of a club, church or other organization which might be interested in learning about the Carolina shag? NVSC can put together dance demos, talks and special introductory shag lessons for other organizations.*

*For more information, contact our Dance Committee Chair, Heather Jennings, at [hjennings@sentel.com](mailto:hjennings@sentel.com) or 540-775-5342.*

**New Email for Hello Shaggers**  
**Valerievms@aol.com**

