



Shag Rag

Dedicated to the Preservation of the Carolina Shag and
Beach Music

February 2004

Keep on Shagging'
No 2

Vol XI,

President's Message *by Cathy Metcalf*

February finds us kicking off the month with a super Super Bowl Party on Sunday, Feb. 1st at Nostalgia's--don't forget to be there for a fun time of dancing, good music, football, old friends, new friends, FREE admission, and FREE food. A second very important annual event for NVSC occurs on Saturday, February 7th, when Charlie Womble and Jackie McGee join us for three afternoon workshops and a dance that evening. These are names that you will hear often in the Shag world -- words just can't describe what a treat it is to have these professional shaggers here for the weekend, to learn from them and to be entertained by their exhibition dance that evening. If you are not there, when you hear others talking about it, you will quickly know that you missed a treat so just plan now to be there for all events--I don't want you to miss out on anything. Details of these events are on our website at nvshag.org or in this newsletter.

I am always very concerned about how welcome and confused our new club attendees/members feel so I will often write with them in mind as opposed to you old timers. Even if you have only been coming to shag with us for a short time you have probably heard about and questioned what this "SOS" thing is. I know that I did - When I was a new member of the Club, I kept hearing about SOS but was uncertain as to what this was and whether it pertained to me. I want to try to clarify this mysterious "SOS" thing. Yes, it does pertain to all of us. It is a wonderful event at North Myrtle Beach, SC, our Global Shag Headquarters, that is for all levels of dancers. Incidentally, SOS stands for "Society of Stranders" since the beach areas of South Carolina are called the Grand Stand. There is no way that I can give you a complete description in this limited space but I do want to somehow encourage you to make plans to experience it yourself. Some have called it "Beach Week for Adults". SOS happens once in the spring and once in the fall with a mini version called Mid-Winter that just took place in January. The spring and fall events run for 10 days while Mid-Winter is just a long 4-day weekend. Well, the upcoming Spring SOS will be April 23rd through May 2nd, so it is time to start finding roommates and booking a place to stay. I would like to encourage and assist our newer members to attend by having a sign up sheet on our flyer table so that we can assist you in finding a new friend and roommate to share the event with. Also, in a future edition of the Shag Rag, I plan to be able to provide a listing of possible accommodations.

Well, I still haven't told you much about what SOS is. In the area around Main Street at North Myrtle, there are numerous small clubs that cater to the shaggers. We congregate there for 10 days of intense concentration on shag where the music will begin at noon and continue until about 2:00 a.m. There are multiple workshops taught almost daily by some of the best shaggers in existence-Charlie Womble & Jackie

McGee, Ellen Taylor, and Sam and Lisa West. Competition is not generally a part of SOS, however; there might be a handicap contest (such as, dancing in flip flops, dancing with your arms contained in your shirt, a beach ball held between you and your partner while dancing, and all sorts of other creatively fun things) or a **President's Letter (continued)**

smoothies shag contest. There might be a parade or live bands playing in the street or a "beauty" contest where the contestants are men, yes, men dressed in ladies attire (if you don't believe me, just ask our own Dennis Gehley who had the title of Ms. Fun Monday for a year--pictures could be made available).

My version of what SOS is could be entirely different from that of someone else. For me, a trip to N. Myrtle means removing the golf clubs from the car before I leave home since my focus will be on dance (I can hear you golfers groaning). For others, the golf clubs must go in the car to enjoy golf and shag in the same trip. For me, I hardly ever set my feet in the sand as I am spending days and evenings in the clubs dancing or watching the many pro dancers there. Others plan to enjoy the beach and dancing. For some, breakfast is at 3:00 a.m. after a late night of dancing while for others, it is at a more normal morning hour. SOS, for me, is taking advantage of as many workshops by the pro shaggers as I possibly can though that might mean rising "early" for an 11:00 workshop while others are unaware that these classes are going on. I almost always feel that I come home being a better dancer than before. SOS for me is sometimes feeling guilty for spending more time with SOS friends than friends at home. Part of SOS is usually a trip to Judy's to purchase my new favorite shag tunes that were discovered during the week. Remember to pack you foot massager, the pain relievers, and the anti-inflammatory drugs and please learn to pace yourself. Anyway, I hope you will take the opportunity to find out what SOS is to you--begin making your plans for the spring event now. Let's shag!

Mark your calendar for March 27th for our major annual fundraiser for our Club's charity, Hospice of Northern Virginia.

Jackie and Charlie are Coming!!!!!!!

The Northern Virginia Shag Club will be hosting shag workshops on Saturday, February 7th, 2004 with National Shag Champions, Charlie Womble & Jackie McGee!!

Charlie & Jackie will teach 3 one-hour shag classes: "Male Lead/Female Follow" 12:30; "Pivots & Pivot Variations"; 1:45 and "Funky Footwork" 3:00. All classes are for Beginner/Intermediate dancers.

Classes are \$10 each for club members/\$15 for non-members/Juniors FREE.

Classes will be held at Ft Myer Community Center in Arlington, Virginia. Dance/party that night 7:30 - 11:30 also at Ft Myer Community Center with beach music by Myrtle Beach DJ, Wilkie Whaley. Cost: \$10 for members/\$12 for non-members/Juniors FREE. Party is BYOB. Please be prepared to present photo ID when entering Fort Myer. E-mail Rodgersd3@aol.com or see www.nvshag.org for more info and directions.

GOOD LUCK TO ALL NORTHERN VIRGINIA SHAG CLUB MEMBERS DANCING IN THE SHAG PRELIMINARIES

Rob Baen and Sheila Purkey
Brennar Goree
Craig and Heather Jennings
Kari Jones
Tory Robinette and Justin Poston
Rodger Woodson

Intermediate Dance Steps

Feb 4 - Crossover Basic, Applejack, & Male Half Turn

Feb 11 - Kick Basic, Half Turn, & Belly Roll

Feb 18 - Pivot, & Hug Pivot

Feb 25 - Handshake Wrap Pivot, and Pivot into a Belly Roll

NVSC Instructional Video now Available

Have you ever taken a class on a Wednesday night and gone home to practice only to discover that you can't remember exactly how to do the step? Well, you're not alone and now there's a FUN solution! In order to help our fellow club members, the NVSC Dance Committee has recorded a "video notebook." The videotape contains most of the steps taught every Wednesday at Nostalgia's and is available for \$10. Yours to keep!!! No returning or deposits!!! See David Rodgers at Nostalgia's or call David at 703-239-8978 or email David at rodgersd3@aol.com to purchase your "video notebook."

Want to be on the Hello Shaggers Email list?????
Just email Valerie Swiger at valerievms@aol.com and you will be added

We want to Spread the Shag

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 committees chair David Rodgers at rodgersd3@aol.com

New Members in January

Pete Harmatuk, Vicki Harmatuk, Janet Rose

DJ's for February 2004



Feb 4 Craig Jennings
Feb 11 Dennis and Nancy Gehley
Feb 18 To Be Announced
Feb 25 Gerry Scott

FEBRUARY 25, 2004 LAST DAY TO BUY SOS CARDS THROUGH
THE NORTHERN VIRGINIA SHAG CLUB FOR \$30.00.



Superbowl Party

February 1st

Nostalgia's

5PM until the game is over

Free for Members



February Birthday Babies

Robert Busey	1
Shirley Baucom	2
Beverly Horn	2
Bruce Frail	3
Jeanne Harris	6
Dee Orlando	6
Michael Reingruber	6
Sara Brodsky Sieman	7
Eric Fink	7
Sandra McGee	7
Brenda Bishop	8
James Raney	8
Tom Romero	13
James Taylor	19
Chuck Pinkston	20
Donna Larman	24
Bernadine Fanini	25
John Wood	25
Marcia Conway	26

Congratulations to Russ White on his retirement from teaching.

Quick recovery wishes go out to Betty Davidson who recently had hip replacement, hope to see you on the dance floor soon.

Condolences go out to Chris Robinette and his family, Chris's father died January 25th.

It is with great sorrow we report the death of Fred Fritz, January 16th, from cancer. Fred and his wife Chris Pax were active members of our club in the mid 1990's, Chris served on the board for one year and was part of our instructional dance committee.



Have you noticed the NVSC log items that club members are proudly displaying? These items are available to everyone. We have the following:

NVSC T-Shirts	\$12.00
Classic Embroidered T-Shirts	\$15.00
Shoe Bags	\$20.00
CD Cases	\$10.00

The CD cases and shoe bags are in stock but the shirts are by special order. If you are interested in purchasing any of the above items, please contact a **Marcia Conway**.

Officers and Directors 2004

President	Cathy Metcalf	703-690-2631
Vice President	Dave Rapson	703-978-8656
Secretary	Vaughn Royal	703-354-2463
Treasurer	Dan Ferguson	703-791-6524
Director	Marcia Conway	703-361-8159
Director	Beverly Farris	703-255-3020
Director	Doo-Dah	703-923-0727
Director	Liz Kestler	703-205-3953
Director	Gary Salpini	703-425-2848

Mark Your Calendars

Feb 1	Super Bowl Party
Feb 7	Charlie & Jackie Workshop and Dance Ft. Myer
March 27	Shag A Thon
April 3	Workshop & Dance Springfield VFW
June 5	Margaritaville Party Springfield VFW
July 24-26	NVSC Capital Classic Holiday Inn, Old Town Alexandria
Oct 9	Workshops and Dance Ft. Myer
Dec 11	Holiday Party Springfield VFW

"The Internal Revenue Service notified NVSC on April 19, 1999, that we have been accepted as a non-profit social club exempted from paying Federal income taxes. Anyone interested in reviewing NVSC's application and supporting documents provided to IRS, the IRS exemption letter, or the club's annual Form 990 to the IRS, please contact the club Treasurer."

Board Meetings are held each month and are open to any and all members who wish to attend. Unless put on the agenda, attendance is for observation, not participation. Since board meetings, at this time, are at board members' homes, please alert the secretary, if you are interested in attending. Copies of Board meeting minutes are available to members upon request from the secretary.

A Donation that really counts!!!! *By Joan McKinney*

Some of us already knew that Ernie Garcia is soooo cool -- especially the women who've danced with him.

Ernie? He's our iron-worker, Harley-riding shagger. Still can't place him? He's that great dancer with the long, straight, jet-black hair down to his waist. A very Native American look. -- Except on one recent Wednesday, Ernie showed up at Nostalgia's with just a bob of a ponytail. All of that glorious hair (well, most of it) -- gone!!!

Ernie has donated his hair to Locks of Love. This is the wonderful outfit that turns shorn locks into wigs for children who've lost their hair to chemo-therapy or for other medical conditions.

The Washington Post recently did a kids-page story on Locks of Love & reported that: The donated hairpieces are made entirely of human hair. Several hair salons in our area will cut hair and send it to Locks of Love, and individual donors also simply mail their hair to the Florida-based organization. About 2,000 ponytails are sent everyday, and most come from kids.

We think our friend Ernie is a kid at heart, in the very best sense of that phrase.

-The end-

6th ANNUAL NVSC SHAG-A-THON

On March 27, 2004 at Springfield Mall, the Northern Virginia Shag Club will sponsor the sixth 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 are 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 amount 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, our DJ's will play our favorite tunes in the court **in front of Macy'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.

Over the years, NVSC has raised over \$75,000 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.

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! For further information, you can contact either Vaughn Royal (vroyal@royal-law.com) or Marcia Conway (nclady11@aol.com).

Borrowing Shag Videos

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 and they are free to club members! All you have to do is put down a fully refundable **\$25.00 deposit**, take the tape home for a week, return the tape and get your deposit back. Or you can leave the deposit, return the tape and check out another. After you have checked out all the tapes you wish to view, your deposit will be returned.

Inventory and status of Video Tapes as of 01/01/03

<u>Teachers</u>	<u>Tape Name</u>	<u>Tape No.</u>
Charlie & Jackie	Mirror Patters/Male Lead, Tape 1	1,25
Charlie & Jackie	Mirror Patterns, Tape 2	10
Charlie & Jackie	Lead and Follow, Vol 1	2,21
Charlie & Jackie	Basic Variations, Vol 1	3,9,18
Charlie & Jackie	Basics Plus (2)	7,8,26
Charlie & Jackie	More Basics Plus, Vol 1	15,36
Charlie & Jackie	More Basics Plus, Vol 2	16,19
Charlie & Jackie	Female Footwork	17,20
Charlie & Jackie	Male Lead, Vol 1	22
Charlie & Jackie	Workshop Notebook, Vol 1	23
Charlie & Jackie	Workshop Notebook, Vol 2	24
Sam & Sarah West	Carolina Shag for Beginners	11,14
Sam & Sarah West	Basic Polish-Techniques in Basic Patterns	12,13
Sam & Sarah West	Pivot Variations	29
Sam West/Sarah West Kemp	Fancy Male Leads	30
Sam West/Sarah West Kemp	Together Steps, Vol 1	31
Sam West	Dance Technique for the Male Shagger, Vol 1	28
Sam West	Dance Technique for the Male Shagger, Vol 2	34
Sam West	Together Steps, Vol 2	35
Sam West	Learn to Spin, Vol 1	32
Sam West	Learn to Spin, Vol 2	33
Sy Creed & Dana Brown	Learn to Shag	5
VA Beach Shaggers	Virginia Beach Mirror Steps	6
SOS Parade		27

Video tapes are available to all **CLUB MEMBERS**, for a refundable deposit fee of **\$25.00**. Borrowed videotapes should be returned **within a week**. If a videotape is not returned with **30 days**, your deposit may be used to purchase a replacement without notice.

Get Your SOS Cards NOW

No more waiting to receive your SOS cards in the mail. This year the Northern Virginia Shag Club can sell you a discounted SOS card for **\$30.00**, instead of the \$35.00 dollars you would pay in North Myrtle Beach **AND** you will get your card **immediately**. You have until **February 25** to buy your 2004 SOS card through the Northern Virginia Shag Club. **Your treasurer Dan Ferguson has the forms and the cards.**

For information on our events, other local dance events and out of town dance events:

Go to NVSHAG.ORG
And
Click on the EVENTS TAB

A **flyer** for each Northern Virginia Shag Club event will be available on the website. Just click on the link and download. Remember you must have **Adobe reader** to download. If you do not have Adobe 6.0 you can download a FREE copy by going to our Newsletter website.

How do you find the newsletter?

- Nvshag.org
- Place mouse pointer on top left blue tab "About NVSC"
 - Click on newsletter
 - Download Adobe
 - Open newsletter

The newsletter is in a PDF format, it is a LARGE FILE, be patient, it will take awhile to download based on your internet connection.

There's a new shag web site available to dancers of all ages... the link is www.juniorshaggers.com and has several pages of information relevant to both "young" and not-so-young" dancers. Shaggers may obtain information about junior shag events and also about the Junior Shag Association, including how to join. Check it out today!

Committees and their Chair Person or Persons

Dance	David Rodgers
Web Site	Vesta Jones
Capital Shag Classic Co-chairs	Dave Rapson and Beverly Farris
Charity/Fundraising	Marcia Conway
Membership	Valerie Swiger
Newsletter	Valerie Swiger
Public Relations	Michael Browne
Communications	Larry Boyer
Music	Vaughn Royal
Social/Hospitality Co-chairs	Judy Hales and Gary Salpini
Audit	Cris Gaines
Birthday Cakes	Cris Gaines

If you would like to be on a committee please contact the person or persons listed above. All help is greatly appreciated.

Saturday Shag Dance -- February 28th

PSDC Dance Room in Vienna, Virginia

7:30 - 8:15 : FREE Intermediate Shag Lesson

UCCAE - 8:15 - 11:30 p.m. to Great Beach Music!!!

NOTE of PSDC Members only \$8... Non-Members \$10

Includes Dance, Refreshments and

FREE Shag Lesson!

Info / RSVP: CALL Janis Grimes - 703-536-7362 or email
janigrimes@starpower.net

PSDC Dance Room, Vienna, VA*

****formerly the Vienna Tap Room***

NEW!! LARGE 1,600 sq. ft. DANCE FLOOR!!

***DIRECTIONS to PSDC Room, Vienna, VA.**

From Beltway in VA: Rt. 66 WEST to FIRST Exit. NUTLEY Street North. Go to 4th traffic light.
Turn RIGHT on Rt. 123, Maple Ave. Go through several traffic lights, until
you see WholeFoods on the right - PSDC Dance Room is directly across the street on the left side.
It's in the Basement of the building at 146 Maple Ave East (Route 123), in Vienna
ENTRANCE: The Left Side Door w/steps. Plenty of parking in the area.
ALL ARE WELCOME -- JUNIORS (UNDER 18 YRS.) FREE OF CHARGE!!

***Please Note:* THIS IS A SMOKE-FREE AND ALCOHOL-FREE FACILITY**

Take the time to live!!! Life is too short... Dance, SHAG, Boogie, Enjoy!!!!!!!!!!!!