

SHAG RAG

NORTHERN VIRGINIA SHAG CLUB

May 2005 Vol. XII, Issue 5
Dedicated to the Preservation
of the Carolina Shag and
Beach Music - Co-Editors:
Liz Kestler & Gary Salpini

Northern Virginia Shag Club's Monthly Newsletter

President's Message by Janis Grimes



So how are your feet holding up, Shaggers? April has flown by And we WILL recover from all the fun and frenzy of SOS Spring Safari.....in time for SOS Fall Migration, September 16-25!! Make your plans early so you can walk to all the clubs...

I'd like to take this opportunity to say Thanks to Everyone! for your continued support of our club and our activities. Your enthusiasm and charm make it easy for new people to feel welcome and at home. Attendance at Rene's is increasing, and we are glad – it means more FUN and more FRIENDS! A big Thanks also to Kari Jones and Tyler Ervin, junior shaggers extraordinaire, who have given so generously of their time and energy in teaching shag workshops for us at the Saturday shag dances at the PSDC Room in Vienna. Imagine..., these Juniors are now teaching US how to shag!!

Special thanks to longtime member Craig Hutchinson, for his continued support of NVSC. Through Craig's generosity and dedication to DANCE, we have been able to sponsor Saturday dances that bring us new members, donations for the junior fund, and opportunities for our junior shaggers to learn, and also to teach and share their dance expertise with us. We are grateful, and thinking of Craig as he deals with health issues. Please note: There are new flyers and articles (some old, some new) on the table for your reading enjoyment. Take a few minutes and learn something more about the history and lifestyle associated with our dance – the **CAROLINA SHAG.**



Remember...Dancing is joyful – Share the Joy!:

COMING UP THIS MONTH:

May 15th – Sunday Social at Rene's, with FREE new Line Dance lesson by Nancy Gehley at 4 p.m., Happy Hour, Free Heavy hors d'oeuvres, and music by Dennis and Nancy Gehley!! See Flyer inside Shag Rag.

May 18th – Wednesday- General Membership Meeting, following the FREE lesson at Rene's, before the dancing starts, at 8:15 p.m.

May 20th-21st-22nd – Virginia Beach Music Festival (CSA Contest Cancelled)

May 26th thru 30th – USA Grand National Dance Championship, Atlanta, GA

May 29th – Sunday – Beach Music and Classic Car Show—featuring The Embers, King George, VA

NEXT MONTH: June 4th Margaritaville Party! See Flyer in this Shag Rag.
PSDC Room. See Flyer

June 18th – Saturday night Shag Dance –



Reprinted from the JSA Newsletter...
March/April/May 2005
Junior Shaggers Association

Three Tidbits of Good Advice

By Bill Barber



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I remember when I first started Shagging, after 36 beginner lessons, my teacher told me I didn't have it. I asked her what she meant by "it." She said the "basic" for one thing, and dancing ability the other. She even tried to give me all the money back that I had paid her for lessons. She was just being honest with me, yet it did hurt a little, so I worked and I worked and yet she still said I looked, and I hated it when she said it, but "beginnery." So, I decided I needed to learn more "steps." So I took lessons from as many people as I could find that would take my money and teach me a new step. After a year or so, I decided I was ready for the competitive dance floor... even though my original teacher said I was not ready.

After finishing last or next to last in my first year of competition (this was back when the Amateur Division of S.P.A. had 20 or more couples in every division). I decided to ask the best dancer/teacher in the Shag world why I was always finishing in the back of the pack. He explained to me that I knew more steps than anyone in my division, but that I couldn't dance them because my "basic" was really bad! He told me to stop learning any more steps for one year, and just practice my "basic." He showed me a couple of different footwork variations of the "basic" and I practiced them hard. We now have a low spot on our practice floor that I have worn down from dancing the "basic" in one spot. It has taken 14 years and numerous dance shoes to get that spot worn down and smooth. After taking his advice, in a matter of months, I saw my placements move from the bottom to the top of the Amateur Division.

Competition is what you make of it. It can be exhilarating, challenging and fun! Everyone who competes does so for their own reasons, the camaraderie, the fellowship, the love of the dance and music. I chose to compete because of all those reasons, and to make myself a better social dancer. Every teacher that I have taken lessons from has agreed on one thing, dance with as many people socially as you can, it makes you a better dancer.

When I started judging, I really realized then how important the "basic" was, as I could see right away who could dance and who could not, just by watching their "basics." It was right in front of me in black and white. In that first judging experience, I learned all over again about what the most important part of the dance is, the "basic"! Maybe that is why they called our dance the "Basic" before they called it the Shag?!?!

Over the years, the one thing I have never done is blame anyone else for my placements, good or bad, such as judges or politics. I've always been able to look in the mirror, and see how bad I really am, and work on the basic. To this day, I get nauseous when I watch myself dance on video. But I still love to dance, and I continue to try to improve, and I still appreciate that great advice I received 13 years ago. To this day, I try to teach the Basic as the most important part of the dance.

- The three Tidbits: 1) The Basic is the key to the Dance!
2) Work hard, if it was easy, everyone would be doing it!
3) Be honest with yourself when you look in the mirror!

Ed. Note: Pro Dancers, Bill and Brenda Barber have won numerous shag contests. They have the distinction of winning First Place at the 2002 US Open Swing Dance Championships in Anaheim, CA! and, THEY ARE OUR GUEST INSTRUCTORS FOR THE CAPITAL SHAG CLASSIC IN JULY!!



D J's and Dance Steps for MAY 2005

Intermediate Level Shag Steps:

- May 4th Double Kick Basic; Front Prep; Lean
- May 11th Behind Sailor Basic; Pivot; Hug Pivot
- May 18th Back Prep; Sugarfoot; Tuck
- May 25th Stutter Basic; Boogie Walk; Funky Applejack
- June 1st Hesitation Basic; Pause Walk-Up

Beginner Level Shag Steps: May 4, 11, 18, 25 & June 1

Intro. Level shag steps: May 11 & 18

DJ'S FOR APRIL: May 4 Jim Rose May 11 Craig Jennings
 May 18 Dennis & Nancy Gehley May 25 Eddy Farmer



Happy Birthday! Birthdays in May Members!!

If your birthday is incorrect or does not appear here, please contact Hilda Clemann, the membership chair, at hkc1945@aol.com to add your birthday to our database. Be sure to attend the once a month BIRTHDAY DANCE in honor of your BIRTHDAY and enjoy a delicious CAKE made especially for this occasion by Birthday chair, CRIS GAINES—she makes wonderfully scrumptious cakes!



Gregory Owens	5/1	Andy Playso	5/4
Rick h.d. Mesmer	5/5	Charlotte Ashby	5/5
Hilda Clemann	5/7	Jeff Kincheloe	5/9
Dan Droze	5/12	Rob Baen	5/15
Patrick Sipe	5/15	Helen Tocco	5/16
Linda Coffeen	5/16	Donna Harrington	5/18
Dennis Heath	5/19	Bob silver Lutz	5/19
Joan s.q. McKinney	5/20	Tim Farris	5/20
Ann Shimel	5/24	Betty Elliott	5/26
David Blanco	5/26	Jean red hat Teele	5/27
Nancy Polisky	5/27	Mary Groom	5/28
Joey shaggin Fanini	5/30		



WELCOME New Members in March—Bill & Bonnie Amshey, Eileen Crisson, Jessica Pipkin, Larry Reaves, Stephanie Robertson, Mary Ann Kirkpatrick, Sandy LeBeau and Thomas Woll

WELCOME NEW MEMBERS in April—Mary Graham, Bernard Herrity, William Myer, Marsha Sheehan

Please introduce yourselves to these new members—ask them to dance!

from the DJ Booth
By Jim Rose

SPINNIN' ROUND NEWS

Vol. 2, No. 5, MAY 2005

BEACH MUSIC'S TOP 10 SONGS FOR May 2005

Q's and
Funny A's

1. Hold On To The Blues – Lonnie Givens
2. Is The Magic Still There – Gary Brown
3. Get Away Car – Hall & Oats
4. City of Angels – Jean Jacques Milteau
5. Whole Damn World's Gone Crazy-Jacqui Williams
6. Love To The Music - Temptations
7. Something Smooth – Rick Strickland
8. Each & Every Kiss – Pat Carpenter Band
9. Look Me Over – Susan Duffy
10. Let's Get It On (2005 Shag Mix)-Marvin Gaye

Top 10
Songs for
May

HEY MR. DJ...

Questions we hear in the booth...And answers you won't hear! (Laugh people, it's a joke)

1. Hey, would you play that song you played last time? You know, the one that sounds like, ah...you know!
Answer: Sure, I'll play it. I've just got to find it here somewhere.
2. I'm leaving, would you play (XYZ Song) next before I leave?
Answer: I've got 10 other requests from people who are leaving in front of you. Come back next time and I'll make it the very first song I play.
3. Would you play some good dance music?
Answer: Sure, but you'll have to wait till after 10:00 PM. We only play junk stuff until then. It thins the crowd out so we'll have more room on the floor.
4. The music is too loud.
Answer: Don't stand so close to the speakers.
5. The music is too low.
Answer: Move closer to the speakers.
6. How about some Beach Boys?
Answer: Wrong coast!
7. You DJ's got it made. This is easy money!
Answer: You're right, would you mind helping me load my equipment into my new tour bus? My equipment man and chauffer are off tonight.
8. We should save some money and just get people to bring in music and play ourselves. I've got a lot of music. Maybe I should be a DJ. It's just music. By the way, would you make me a copy of that old song I've been looking for...I just can't find it! And where do you get that slow version of (XYZ song), the one I got is too fast to dance to. It's also got a section in it that's terrible.
Answer: LOL

COMING NEXT MONTH

A Changing of the Guard...Big changes may be ahead for Ocean Drive, and the music being played in the shag clubs at North Myrtle Beach. We'll take a look at what's happening around the beach.

Until then, keep shaggin'. I'll see ya on the floor at SOS!!!!

NVSC SHAG INSTRUCTIONAL VIDEO—and DVD—FEATURING our DANCE INSTRUCTOR-MEMBERS! 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 newer shag dancers, the NVSC Dance Committee has recorded a "video notebook." The videotape/DVD contains most of the steps taught every Wednesday at Rene's and is available for \$10. Yours to keep!!! No returning or deposits!!! See David Rodgers at Rene's, telephone him at 703-239-8978, or email: roddersd3@cox.net to purchase your very own "video notebook."

Borrowing Shag Videos 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 up to two weeks, 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. CONTACT JANE JAMES* AT RENE'S ON WEDNESDAY NIGHTS. If videotape is not returned within 30 days, your deposit may be used to purchase a replacement without notice.



NVSC MEETS WEEKLY AT RENE'S SUPPER CLUB

3251 Old Lee Highway, Fairfax, VA 22030 (703) 385-0077

www.nvshag.org www.renessupperclub.com

Shag Classes: 7:30 – 8:15 PM Dancing: 8:15 – 11:00 PM

Happy Hour Drink Prices 4:30 – 7:30 PM Cover Charge - \$5.00

Juniors' welcome - with Adult supervision!

Location: Near Fairfax Circle, across the street from Artie's Restaurant.

Directions: Fairfax Circle is about 3 miles west of the I-495 Beltway at the intersection of Route 50 (Arlington Blvd.) and Route 29 (Lee Hwy.) At the Circle, look for McDonald's. McDonald's is at the corner of Old Lee Highway. Take Old Lee Highway south for about 1/10 mile. Rene's is on the ground floor of an office building on your left with a lighted blue sign, across the street from Artie's Restaurant.



THE TREASURER'S REPORT—Russ White

	March	April
Regular Account	\$10,526.94	\$10,473.56
Special Events	\$ 2,678.07	\$ 2,678.07
Charity	\$ 456.24	\$ 476.24
Junior's Fund	\$ 684.51	\$ 991.51
Total NVSC Accounts	\$14,345.76	\$14,619.38

MAY 15, 2005

SUNDAY Social



www.nvshag.org

Location: Rene's Supper Club
3251 Old Lee Highway
FAIRFAX, VA 22030

Line Dance Workshop

4 - 5 PM

with

Nancy Gehley

MUSIC by: Dennis & Nancy Gehley

DANCING: 5 - 10 PM

And, FREE hors d'oeuvres



\$5.00 Cover Charge

(JUNIORS under 21 admitted FREE with Adult)

Happy Hour ½ -Price

Drinks

5 - 6 PM

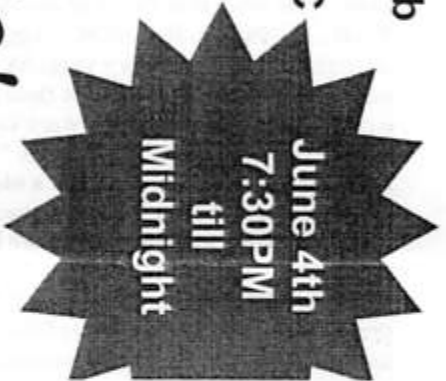
The Northern Virginia Shag Club

and

The Ski Club of Washington DC

Join Together for

Shaggin' In Margaritaville!



FREE Beginner Shag Lesson
7:30 - 8:30
No Partner Required

Featuring an almost endless supply of Frosty Margaritas, Beer, Wine, Pina Colodas, and Sodas with hors d'oeuvres

Party Starts at 8:30



Springfield VFW 1405 N. SULLY ROAD Lorton, VA 22079 Shag and Beach Music by NVSC DJ Craig Jennings	Members \$15 Guests \$17 Junior Shaggers Free!
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Beach Music and Classic Car Show
 Sunday, May 29th, 4-7 pm
 \$10 per person in advance until May 24th
 \$15 at the Gate
 12 and under admitted without charge, accompanied by Adult
 featuring **The Embers**
 The Heart and Soul of Beach Music
 Eagle Bay On The Potomac
 Caledon Road-Route 218 and
 Eagles Nest Lane-Route 642
 King George, Virginia
 Gates Open 1 PM Show 4 PM
 Hosted by The Optimist Club of King George, VA
 Fundraising event to underwrite youth activities/scholarships
 Tickets online
CleaningExpo.com/BeachMusic

NVSC CAPITAL SHAG CLASSIC

If you have never attended the Capital Shag Classic - usually held every year in July - you may be interested in learning something about this annual dance weekend event.

Back in 1996 the members of the Northern Virginia Shag Club (NVSC) decided to follow the lead of some older shag clubs in the Association of Carolina Shag Clubs and host a weekend dance party for their members and out of town guests. If you have never been to one of these weekend dance events sponsored by one of the clubs in the association, you are missing out on an exciting, fun-filled weekend of dancing 'til your feet hurt too much to dance. Those NVSC members who made the decision back in 1996 to host the first-ever NVSC Capital Shag Classic were visionaries who wanted to offer our club members a memorable three day dance weekend event in Northern Virginia. They quickly discovered that hosting one of these events requires planning far in advance, locating a suitable facility, getting lots of club members to agree to serve on the many committees which are responsible for different activities during the weekend, promoting the event, and encouraging people from all around the Carolina Shag community to attend. NVSC even had to purchase the materials to build our own dance floor to accommodate several hundred dancers because the Club didn't have enough funds in the treasury to rent a dance floor that large.

Every year since that first Capital Shag Classic, NVSC has continued to host the Capital Shag Classic at a hotel in Northern Virginia. It is NVSC's biggest party of the year and it has attracted a loyal following who look forward to attending the Classic every year. As the years have gone by, NVSC has changed the location of the event to move to a nicer hotel, enlarged the dance floor, and refined the format of the event to provide attendees with a first class weekend dance party. If you want to attend this event, you may want to plan to stay at the hotel where the event is held so that you will be close to the "action" and won't miss any of the activities offered during the weekend. NVSC arranges for a "group rate" for a block of rooms for Classic attendees, so be sure to make your reservations early before the rooms are all filled. Remember that traffic around the Washington area can be unusually heavy during weekends in the summer, and there is something on the schedule almost all the time during the Classic.

NVSC invites well-known guest pro-level dance instructors to teach workshops for the attendees at the Classic, provides out-of-town and local DJs to play music for dancing, provides free-pours and free food for some of the meals, and arranges for two breakfast meals and one dinner meal to be included in the package price for a weekend ticket.

The Classic begins about 4:00 PM on Friday afternoon when the registration desk opens for people who have purchased weekend tickets. A DJ will start playing music in the ballroom at that same time and the music will keep playing for dancing until the wee hours of the morning on Saturday. On Saturday morning after breakfast, dance workshops will be taught by the guest dance instructors. After lunch a pool party is usually hosted by NVSC while DJs also keep playing music for afternoon dancing in the ballroom. The ballroom closes at 4:00 PM for meal set-up and then reopens in the evening for a buffet meal. After dinner there is social dancing, exhibition dancing for entertainment, and the party goes on until the wee hours of Sunday morning. On Sunday morning DJs play music for dancing during breakfast and until it's time for the party to end about 12:00 noon.

If less than 300 weekend tickets are sold for the Classic, the Classic Committee may sell a limited number of single night tickets. These single night tickets allow entry to the ballroom only after 8:00 PM on Friday or Saturday night. They do not cover meals and free pours, workshops, the hospitality suite, the pool party or afternoons in the ballroom.

Plan to come to the Capital Shag Classic and join in this fun-filled, exciting weekend of dancing to shag music played by great DJs, make new friends with shaggers from other shag clubs, and dance to shag music until you are worn out. If you want to be a part of all the activities of the weekend, sign up to be on one of the committees which are necessary to plan and run an event of this size. Volunteers are always welcome to participate before and during the Capital Shag Classic.

Submitted by David Rodgers

