



SHAG RAG

NORTHERN VIRGINIA SHAG CLUB

September 2005 Vol. XII, Issue 9
Dedicated to the Preservation of
the Carolina Shag  
and Beach Music - Co-Editors:
Liz Kestler & Gary Salpini

Northern Virginia Shag Club's Newsletter—September Edition

President's Message by Janis Grimes



President's Letter... by Janis Grimes

It is time, almost time, for SOS!!! Fall Migration, here we come..... back to The Beach, to party, party and dance, dance, dance until our feet and legs give out. If you have never been to SOS, you'd better make plans NOW, and get to North Myrtle Beach sometime between September 16-25..... Ask members about SOS, because if you're not there, you'll miss a very large time. NVSC will host a FREE POUR for members on SUNDAY, Sept. 18th, 4:00 p.m. in the back room at Fat Harold's..... be there, or miss out.

Actually, for those who cannot be at SOS, your board has a SURPRISE for you!! On Wednesday night, Sept. 21st, at Rene's, your club is treating members to ONE FREE DRINK (for members only)... for those who are unable to be with us at SOS.. Use your red ticket to redeem your drink at the bar. Also, thanks for remembering to TIP the bartender and the waitresses... they are working hard, trying to make a living.

It is also time, believe it or not, to start thinking about the next election of your board and officers. Would YOU be interested in serving as an officer or board member of your club? Please give this some serious thought... we need new energy on the board, and your club needs you -- all of this fun cannot happen without YOU!

Looking back at the summer, which has zoomed by, we have had a wonderful time at our Margaritaville party, the Capital Shag Classic, the Saturday Shag Dances, and our annual picnic. Many thanks to Darleen Small for graciously opening her fabulous home to our members, for a wonderful day of fun with old friends and new friends, good food, and swimming for the brave in the beautiful pool... and dancing to great music inside and out by our deejays Dennis and Nancy Gehley, and Jim Rose. It just doesn't get any better than this, folks!! Special thanks to Terrie Patullo, assisted by Debra Parrish and Russ White, for orchestrating another fabulous spread of delicious food... topped off by chocolate!


Looking forward, we are excited to have Pro CSA shaggers William Greene and Leslie Melton coming to teach workshops and dance with us on Saturday, Oct. 22nd, at the Elan DanceSport (formerly known as the Virginia Ballroom), in Merrifield, VA. PUT IT ON YOUR CALENDAR NOW.... You really don't want to miss this!! If you are interested in private lessons from William and Leslie, please contact David Rodgers at 703-239-8978, or rodgersd3@cox.net


Coming up in September:

GENERAL MEMBERSHIP MEETING – Sept. 7, Rene's Supper Club – 8:15 - Dancing will resume immediately after the meeting. Be a participant of your club. Give us your input.

SOS – Sept. 16-25, North Myrtle Beach, SC... FREE POUR on Sun., Sept. 18th, 4:00 p.m. at Fat Harold's.

Coming up in October:

Oct. 15 – Saturday Shag Dance at PSDC Dance Room – This dance is for EVERYONE, please invite your friends and come out and dance with us!! FREE shag lesson, FREE pizza, good time for all. Juniors always FREE, with a . Flier inside newsletter and on website.

Oct. 22 – Pro Shaggers  William Greene and Leslie Melton will be here to teach shag workshops and dance. For private lessons, please contact David Rodgers at 703-239-8978, or rodgersd3@cox.net Flier inside newsletter and on website.

CAROLINA SHAG STEPS ON NVSC LIBRARY VIDEOS

If you are interested in learning some additional Carolina Shag steps you can use when you are dancing, check-out some of the many videos in the NVSC library of dance instruction videos. Two of the videos which are available for NVSC members to check-out* are the following video tapes:

More Basics Volume 1 - Charlie Womble & Jackie McGee

Female Underarm Turn Variations	Getting to Closed Position
Male Underarm Turn Variations	Exit from Closed Position
Side Pass Variations--Male	Closed to Closed Position
Side Pass Variations--Female	

Male Lead - Volume 1 - Charlie Womble & Jackie McGee

Duck Under with Reverse Turn	Whip with Sweep
Back Boogie Under	Whip with Flip
Direction Change Boogie	Whip with Leg Around
Back Walk into Side to Side	Walk Away
Whip	Side Spread with Turn in Front

See Jane James at Rene's on Wednesday nights to review the entire list of instructional videos in the NVSC library and check-out a video for two weeks. *Deposit required—see note below.

Deposit Fee Reduced--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 \$20.00 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.

Purchase your own NVSC INSTRUCTIONAL VIDEO—and, or DVD—For ONLY \$10—FEATURING our DANCE INSTRUCTOR-MEMBERS! The Videotape/DVD contains most of the steps taught on Wednesday nights at Rene's. See David Rodgers at Rene's, telephone him at 703-239-8978 or e-mail: rodgersd3@cox.net to purchase your very own "Video Notebook."!!

J's and Dance Steps for SEPTEMBER 2005

Lessons begin at 7:30, except* as noted below: Intermediate Level Shag Steps:

September 7	Leg Up Basic & Arch
September 14	Crossover Basic, Applejack & Male Half Turn
September 14	Special Review of Bill & Brenda Steps @ 7p.m* (as taught @CSC)
September 21	Kick Basic, Half Turn & Belly Roll
September 28	Pivot

Beginner Level Shag Steps: September 7th-Review Basic, Triple Basic; 14th-Basic, Start, Female Turn; 21st-Review Basic, Male Turn; 28th-Review Basic, Half Turn, Side Pass
Introductory Level [Basic, Start, Female Turn] shag steps: September 7 and 28th

DJ'S FOR SEPTEMBER: Sept. 7--Dennis and Nancy Gehley; Sept. 14--Craig Jennings; Sept. 21--Jim Rose; Sept. 28--Eddie O'Reilly

*Sept 14, Wed, at 7:00 some of the members of the NVSC dance committee will lead a review of the steps taught by Bill & Brenda Barber during their intermediate level lesson which was taught on Saturday morning during the Capital Shag Classic weekend. Regular NVSC beginner and intermediate lessons will begin at 7:30 pm as usual

Happy Birthday! To Our Special Birthday Members in September!!

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! Thank you Cris!

Ernie Garcia	9/1	Jerome Cooper	9/3	Walter Herrity	9/3
Lex Fleming	9/4	Debra Parrish	9/5	Ed Mixon	9/7
Bev Larson Farris	9/9	Darlene Olsen	9/9	Joan Hicks	9/11
Lanny Blaine	9/12	Betty Abshire	9/13	Frances Meckle	9/13
Pete Campbell	9/14	Marsha Sheehan	9/15	Peggy Dongieux	9/16
Maryann Lesnick	9/16	Bonnie Mahoney	9/16	Gerry Scott	9/16
Karen Crawford	9/17	Shawn Bergeron	9/18	Cindy Goree	9/18
Barbara Jones	9/19	Ron Warner	9/19	Eddy Bunch	9/20
Michael Edmonston	9/20	Cecile Rocek	9/20	Audrey Borja	9/21
Eve Fish	9/21	Ralph Tedesco	9/21	Mike Francella	9/24
Dennis Stewart	9/25	Lorraine Rohlik	9/26	Pat Parrott	9/27
Carolyn Payne	9/29	Kristin Stone	9/29		

WELCOME NEW MEMBERS in July—Lori Hahn, John Tyson, Joan Hicks, Walter Kraus, Sally and Steve Hipsley

WELCOME NEW MEMBERS IN AUGUST—Judith A. Robison and Lynn Littlefield--Please introduce yourselves to these new members—ask them to dance!

Spinnin' Round...News

VOL. 2, No. 9
September 2005

from the DJ Booth

By Jim Rose

BEACH MUSIC'S TOP 10 SONGS FOR August 2005

1. Let's Get It On (2005 Shag Mix)-Marvin Gaye
2. Build Me Up - Al Green
3. Hold On To The Blues - Lonnie Givens
4. Summer Sunday - Nicolas Bearde
5. In The Middle Of The Night
6. Each & Every Kiss - Pat Carpenter Band
7. City Of Angels - Jean Jacques Milteau
8. Love Is Like Fire - Louie Strahm
9. Good Thing - Rhonda McDaniel
10. Dixie Moon - Mark Roberts

JR'S TOP PICKS FOR September 2005

Bottom Line - Chairman / Thunderbird - Rudy Blue Shoes / When Love Slips Away - Jay Proctor
House On Fire - Danny & The Juniors / 96 Miles - Mississippi Hippies

BEACH & SHAG DJ'ING FOR DUMMIES - 10 EASY STEPS

- STEP ONE:** Buy the Beach Music Anthology Box Set. Just get the first box; six CD's should be enough for any function.
- STEP TWO:** Buy a big Boom Box with speakers that can be moved 2-3 feet away from the box. This makes your setup look bigger. Don't bother buying a back up, they never go down.
- STEP THREE:** Buy a really cheap pair of headphones. Broken ones that someone is throwing away will work since you never have to use them. You do need to put them on occasionally to make people think you're really doing something.
- STEP FOUR:** Buy a cheap microphone. Sometimes you have to make an announcement, although nobody listens anyway.
- STEP FIVE:** Don't be concerned about which songs you play and in what order. Hey, it's just Beach Music. Let the crowd sort out what songs they want to dance to.
- STEP SIX:** If someone complains that the song is too fast or too slow, just say that someone else requested it to be played at that speed. Remember, that boom box doesn't have a pitch control...whatever that is!
- STEP SEVEN:** When someone requests a song you don't have, don't worry. Just say, "Oh, I didn't bring that song tonight. I'll be sure to have it next time."
- STEP EIGHT:** If you get bored while playing; bring a book or magazine to read. No need to watch the crowd and how they react to a song. Remember, it's just Beach Music.
- STEP NINE:** Don't bother keeping up with what's being played elsewhere or by other DJ's. Just keep on playing the same old songs. You know how shaggers hate change.

STEP TEN:

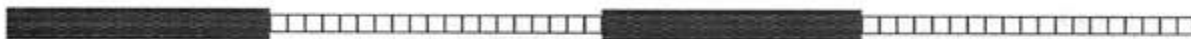
Go ask all the people you know and any DJ you meet to make you some copies of the Beach Music they have. Pleading "poor-mouth" always helps and may get you a song or two to surprise the crowd with.

OK, that's it! You are now ready to go out into the Beach & Shag world and play yer butt off! Good luck! Until next time... See ya on the dance floor! **BEACH MUSIC'S TOP 10 SONGS FOR July 2005**

1. Build Me Up – Al Green
2. Hold On To The Blues – Lonnie Givens
3. Each & Every Kiss – Pat Carpenter Band
4. Summer Sunday – Nicolas Bearde
5. I Can't Go For That – Donnie Osmond
6. Special Kind of Love Dina Carrol
7. Way You Move - Outcast
8. Let's Get It On (2005 Shag Mix)-Marvin Gaye
9. Dixie Moon – Mark Roberts
10. Something Smooth – Rick Strickland

JR'S TOP PICKS FOR August 2005

Sweet Mama Do Right – Coastline / That Drum-O-Gum - MUBA / When Love Slips Away – Jay Proctor
Shoot That Moon – Downchild Blues Band / 96 Miles – Mississippi Hippies



ANNOUNCEMENTS:

PRIVATE LESSONS WITH LESLIE MELTON & WILLIAM GREENE

Leslie Melton and William Greene, pro-level Carolina Shag dancers who placed second at the 2005 National Shag Championships and third at the 2005 Grand Nationals Dance Championships, will be teaching private lessons on October 22 and 23 at Valerie Swiger's house in Vienna.

SIGN UP NOW for private lessons with Leslie and William by e-mail at rodgersd3@cox.net or call David Rodgers at 703-239-8978 to place your name on the list. Lessons will be scheduled in the order in which their requests for private lessons are received. Costs of the private lessons are \$60 an hour lesson with Leslie and William. Thank you. David

SHAG MUSIC FROM THE BEACH

IF ANYONE NEEDS A FIX OF SOME SHAG MUSIC, tune in to LARRY JONES, former resident of Virginia and member of the Northern Virginia Shag Club. He now lives at THE Beach—North Myrtle, of course. Listen now at <http://www.beachshag.com/> He DJ's from 12 til 6 each day and takes email requests. Give him your support. They are trying to get 40 more listeners today. I'll even give you his email so that you are not scrambling to write it down later when you are eager to make a request:

endlesssummernetwork@sc.rr.com

[submitted by Cathy Metcalf]

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.



CHECK OUT THE FLYERS--& CHECK OUT NVSC'S SUGGESTION BOX! Located on or near the Flyer Table at Rene's--Make suggestions! Really! Please do! Answer some survey questions which are available on the flyer table and drop them in the box, it's easy, helpful and informative for those of us who plan NVSC Club events. -----

ALSO on the Flyer Table (or somewhere nearby) we have a Collection Jar for Contributions to the JUNIOR SHAGGER FUND. We appreciate your donations of any amount!

THE BOARD MEMBERS, COMMITTEE CHAIRS AND CO-CHAIRS ENCOURAGE NEW (AND OLD) MEMBERS TO PARTICIPATE IN OUR CLUB. WE CAN USE YOUR TALENTS! PLEASE REVIEW THE LISTS OF BOARD MEMBERS, COMMITTEES AND CONTACT ANY OF THE BELOW LISTED TO VOLUTEER YOUR SERVICES!! YOU'LL BE GLAD YOU DID!

The Board Members:

President	Janis Grimes	703-536-7362	<u>Janis Grimes</u>
Vice President	Dave Rapson	703-978-8656	<u>Dave Rapson</u>
Secretary	Liz Kestler	703-917-0720	<u>Liz Kestler</u>
Treasurer	Russ White	301-654-0548	<u>Russ White</u>
Board	Hilda Clemann	703-631-1929	<u>Hilda Clemann</u>
Board	Marcia Conway	703-361-8159	<u>Marcia Conway</u>
Board	Beverly Farris	703-255-3020	<u>Beverly Farris</u>
Board	Debra Parrish	703-369-6688	<u>Debra Parrish</u>
Board	Terrie Patullo	703-392-6347	<u>Terrie Patullo</u>



COMMITTEES:

Audit 2004	Cris Gaines, Bob Lutz & Tim Farris
Birthday Cakes	Cris Gaines
Capital Shag Classic Co-chairs	Dave Rapson & Beverly Farris
Charity/Fundraising	Marcia Conway
Communications	Liz Kestler
Dance	David Rodgers
Historian	Liz Kestler
Junior Committee Co-chairs	Janis Grimes & Kari Jones
Membership	Hilda Clemann
Music	Denny Koski
Newsletter Co-chairs	Liz Kestler & Gary Salpini
Photographers	Charlotte Ashby, Sandra Ferony, H.K. Lee, Jessie March, Eddie O'Reilly, Tom Romero, & Dave Rapson
Public Relations	Mike Mitchell
Shag-a-thon 2005	Marcia Conway, Chair; Liz Kestler, Co-Chair
Social/Hospitality	Russ White, Terrie Patullo & Debra Parrish
Web Site Co-chairs	Dan Ferguson & Liz Kestler

THE TREASURER'S REPORT—Russ White

	JULY	AUGUST
Regular Account	\$ 18,152.56	\$ 7,336.46*
Special Events	\$ 2,713.07	\$ 2,713.07
Charity	\$ 1,433.24	\$ 229.24
Junior's Fund	\$ 1,104.57	\$ 1,104.57
Total NVSC Accounts	\$23,403.44	\$11,383.34

*note: recent expenditures made for Capital Shag Classic party

CONWAY'S CORNER

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

NVSC Shirts & T-Shirts	\$15 - \$35
Shoe Bags	\$20
CD Cases	[Reduced from \$10] \$5
Large Coffee Mugs	\$8

The CD Cases, Shoe Bags and Coffee Mugs are in stock, however the shirts are by special order. If you are interested in purchasing any of the above items, please contact **Marcia Conway**. She is at Rene's on Wednesday nights, or you may call her at 703/361-8159. Her e-mail is NCLady11@comcast.net



NORTHERN VIRGINIA SHAG CLUB

EXCITING NEWS FOR NORTH CAROLINA... A message from Elizabeth Dalton, CSA member and Pro dancer about the NC Bill on the State Dance:

NC Senator Walter Dalton sponsored SB 128, making the Shag the Official State Popular Dance of North Carolina! While this bill has been introduced in previous years, it has never passed until now. If you would like to thank Senator Dalton for his efforts, email walterd@ncleg.net or call (919) 715-3038.

[Senator Walter Dalton is Elizabeth Daltons father. The Senator worked hard on the bill and was excited to be able to do this. It has been introduced several other times by other legislators and has never passed (mainly because of the large western part of the state - thus the reason for the state folk dance being included in the bill and all the history about the Shag in NC).

Please take time to thank Senator Dalton.

A Challenge to All Shaggers

Anonymous, from the Beach Shaggers of Birmingham newsletter

Of this earth there are many dances; and the dancers of these dances revel in them, and take them into themselves. But those of us who are shaggers know there is only one dance that can have the whole of us, our being; that can soothe us with simplicity, yet fire our hearts with meaning. In the groove, we tread lightly; more softly than our hearts are beating - when we are really in it for a dance, or for only an instant when our partner is with us and we are floating together in the slot and in the same feeling. It is then that we are one with Shag till we are dreaming it, this healing dream; that we would sleep forever, this dance, if we could.

The Shag was born of the sea; not of waves crashing on a shore, but of deep, smooth currents; and came ashore through crystal sands, was purified, anchored and settled in the sane - waiting. And then the music came; and young men, who wanted more, who needed more, were at the beach and heard the music and stomped in the sand where the dance was and stirred it; and the silicon in the sand eased their steps till they were sliding in the music and their movements became smooth, like the deep current; and watching eyes of young girls quickened; and they gave the young men their hands and followed them and The Shag became alive; and we all are in it now, as it is within us.

We know that The Shag is so much more than a dance. If you are true to it, and the way it makes you feel, then it must be a pathway of your life in the Family of Shaggers. For you will age, as I am aging; and you will disappear and become just a memory in some other shagger's mind. Yet your dance must survive you and live on for all generations. The future of Shag is up to you.

So cherish The Shag. Keep it pure. Resist the infiltration of other dances. Let other dances take from us; do not take from them. Always practice your craft. When you dance, let your countenance show your pleasure, your joy, for others are watching. Dance with them if they show interest. Take time to instruct. The smallest act on your part could plant a seed, to grow in them and blossom into a love for Shag. Do not be so absorbed with your own pleasure in The Dance that you forget, your higher cause should always be The Shag's survival - because there are just too few of us for it to have a long life without your most determined efforts. Take it with you when you travel - to the corners of the earth. Indoctrinate your children, your siblings, your friends. Speak of it to everyone you meet. Seek out converts. Praise; testify; cajole; beg, if you must.

All who inhabit this world are dancers through life, in a way. But the record playing for us is a 45, and it is damn short. Like our water and air, The Shag should be given a chance for pure survival. So do what you can. Just don't let the deejay pack up. Don't let the band stop playing. Just give us one more dance; one more Shag; one more SHAG, FOREVER.....

REMEMBER...

Don't be irreplaceable. If you can't be replaced, you can't be promoted. If you always tell the truth, you don't have to remember anything. Duct tape is like "the Force." It has a light side and a dark side and it holds the universe together.

