

# SHAG RAG

NORTHERN VIRGINIA SHAG CLUB

December 2005 Vol. XII, Issue 12  
Dedicated to the Preservation of  
the Carolina Shag & Beach Music  
Team Editors: Liz Kestler, Gary &  
Sharon Salpini & Nancy Reop

## *Northern Virginia Shag Club's Newsletter—December 2005 Edition* *President's Letter by Janis Grimes*



The year 2005 is drawing to a close, and I am thinking of all the nice times we've had and all the fun we still can look forward to... NVSC has grown, and the spirit of friendship and fun has grown. On behalf of the club, I want to thank the committee chairmen and all volunteers for leading and participating -- the many who have enthusiastically and repeatedly worked so hard to make the fun happen for all of us. Your generosity and gracious spirit underscore the personable, welcoming character of our club, which is widely known for our friendliness.

This past year has been exciting, and we have had a great time, and welcome all new members!!! During the past year, we have had many fun times together, including the following:

In February we had our Super Bowl event at Rene's, and our annual Jackie & Charlie workshops and dance at Fort Myer. Saturday Shag dances at the PSDC dance room throughout the year raised money for the junior fund. Thanks to Kari Jones for initiating the Junior Newsletter. The 2005 Shag-a-thon raised \$14,554 in one afternoon of music and dancing at Springfield Mall. Our free pour at Fat Harold's during SOS Spring Safari was a huge success! In May we had a Sunday Social at Rene's, with great food and a new line dance taught by Nancy Gehley. All who attended enjoyed the Margaritaville party in June given jointly with the Ski Club. Our annual Capital Shag Classic in July was a fabulous party as always, with Bill and Brenda Barber, and attended by many dancers from the East Coast. In August, our annual picnic moved to Gainesville, and all truly enjoyed the splendid surroundings and gracious hospitality of our hostess, Darleen Small. At SOS Fall Migration in September, we repeated the huge success of our free pour at Fat Harold's. Those blinky pins really made it festive! In October, we had workshops and dance with pro shaggers William Greene and Leslie Melton, and were filmed by Channel 7 News for a Good Morning Washington segment. In November, Saturday Shag Dances at Rene's were initiated, and we now have dancing on the weekends as well as our regular Wednesday club night.

December brings the year to a close, with our Holiday Party at the Springfield VFW, which is FREE for members, with a deluxe potluck dinner with all your favorite dishes. Dress up and come to the party, with your donated toy for Toys for Tots, a few surprises, and FREE for members. All in all, it has been a good year for NVSC, thanks to YOU!!

*I wish each of you a very Merry Christmas, Happy Holidays and a Joyous New Year!! Janis*

**Coming up this month :** NVSC Holiday Party **December 10<sup>th</sup>** at the Springfield VFW, DJ's Jim Rose and Eddie O'Reilly. FREE for members--fabulous potluck dinner with many accompaniments, BYOB. Bring a new, unwrapped toy for the "Toys for Tots Campaign". Put it on your calendar NOW!!

**Coming up next month:** Friday nights at the Coast Guard and Saturday night dances at Rene's—check with Gary Salpini for Coast Guard dates and times [gary.salpini@verizon.net](mailto:gary.salpini@verizon.net) and Janis Grimes at [janigrimes@cox.net](mailto:janigrimes@cox.net) for the Saturday night dance schedule.

**Coming in February:** Super Bowl Party, Feb 5<sup>th</sup>, details later; Jackie McGee and Charlie Womble Workshops and Dance at Fort Myer, Virginia, Feb 18th. See information within this newsletter.

Dancing is joyful ... share the joy!

## 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:



### By Request – Ellen Taylor

Basic Step	The Sailor Shuffle	Cross Over
Double Time Shuffle	Kick Basic	Double Time Shuffle with Cross Over
Kick Basic	Half Boogie	Hesitation
Side to Side	Stutter Tuck	Swivel

### Shall We Dance - Ellen Taylor

Knee Pop	Augusta	Pivot Review
Female Underarm Turn with brushes	Into a backward boogie	Walk back into Pivot
Pick-up Pivot		Stretch Turn into crossover
Ladies Take Charge		Female crossover in a male underarm turn

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 or Bev Larson at Rene's, telephone David at 703-239-8978 or e-mail: [rodgersd3@cox.net](mailto:rodgersd3@cox.net) to purchase your very own "Video Notebook."!!

### ARE YOU GETTING YOUR MAIL AND OR E-MAILS?????:

Hilda Clemann is gathering and updating member e-mail information for the "Hello Shaggers" list. It is a great way to keep up with what is going on in the club and to remind you of upcoming events. If you have not been receiving mail or e-mails and would like to, please let Hilda know and she will be happy to update your information. Please contact her at [hclemann5@msn.com](mailto:hclemann5@msn.com). Remember, if you change your address or e-mail please contact Hilda so you will continue to receive your "Shag Rag" and/or "Hello Shaggers"!

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## Deejays and Dance Steps for DECEMBER 2005- Lessons Begin at 7:30 p.m.

### Intermediate Level Shag Steps:

December 7	Crossover Basic, Applejack & Male Half Turn
December 14	Kick Basic, Half Turn & Belly Roll
December 21	Pivot & Hug Pivot
December 28	Handshake Wrap Pivot & Pivot into a Belly Roll

Beginner Level Shag Steps: December 7- Basic Step, Start & Female Turn; December 14-Basic Step & Male Turn; December 21-Review Basic Step, Half Turn & Side Pass; December 28-Review Basic Step & Triple Basic

Introductory Level [Basic, Start, & Female Turn] shag steps: December 21 and 28

DJ'S FOR DECEMBER: Dec 7--Dennis and Nancy Gehley; Dec 14—Craig Jennings;  
Dec 21—Jim Rose; Dec 28—Eddie O'Reilly

## Happy Birthdays! To Our NVSC Members in DECEMBER!

If your birthday is incorrect or does not appear here, please contact Hilda Clemann, the membership chair, at [hkc1945@aol.com](mailto: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!

Anne Beeton	12/02	Russ White	12/02
Lela Leakey	12/03	Carolyn Campbell	12/05
Linda McAfee	12/05	Barry Kumar	12/06
Ray Jones	12/07	Jane James	12/09
Melody Wayland	12/09	Kathy Lewis	12/10
Jeffrey Gaines	12/11	Brennar Goree	12/11
Fran Pfeifle	12/11	Cathy Metcalf	12/12
John Tyson	12/13	Marvin Burge	12/16
Helen Jencks	12/16	Darleen Small	12/16
Wynde Sipe	12/17	Dave Rapson	12/19
Michael Browne	12/21	Michael Deese	12/24
Judy Hales	12/27	Steve Hipsley	12/28
Sandy Farwell	12/30	Richard Battle	12/31
Sandra Traylor	12/31		

***WELCOME NEW MEMBERS IN OCTOBER— Susanne Blais, William Blake, Sandy Farwell, William Hocker.***

***WELCOME NEW MEMBERS IN NOVEMBER—Richard Battle, Jacqueline Manuel, Vance White & Jimmy Childers***

***Introduce yourself and ask a newcomer to DANCE!!!!***

# Spinnin' Round...

News from the DJ Booth

By Jim Rose

[beachdj51@yahoo.com](mailto:beachdj51@yahoo.com)

## Happy Holidays

I'd like to take this opportunity to wish all of you and yours a joyous holiday season, and my sincere hope that the New Year will bring each of you all the best.

### BEACH MUSIC'S TOP 10 SONGS FOR NOVEMBER 2005

1. Til The Day After – Craig Woolard
2. Hold On To The Blues – Lonnie Givens
3. When Love Slips Away – Jay Proctor
4. Sweet Mama Do Right - Coastline
5. Boat Dock – Dave Freeman
6. I Want A Love I Can See – Angel Rissoff
7. Hang On In There Baby – Donny & Susan Trexler
8. Your Grace Is So Good – D. Mac/Big John Thompson
9. Summer Sunday – Nicolas Bearde
10. Something Smooth – Rick Strickland

### JR'S TOP PICKS FOR DECEMBER 2005

Hammerhead Stew – Delbert McClinton / She Boogy'n – Doug MacLeod / Big Blue Cadillac – Kevin Mark  
House On Fire – Danny & The Juniors / Nothing Like It – Tower of Power

### **ALL I WANT FOR CHRISTMAS IS...**

- To have the opportunity to dance more
- To be a better dancer
- To be a better DJ
- All the original vinyl from Big Joe Turner, Earl Bostic, The Dominoes, The Five Keys, The Four Tunes, and so on and so on! LOL!
- The ability and opportunity to promote this great music to more people
- More music
- To have North Myrtle not change
- More Music
- To play at all the clubs in North Myrtle Beach in one SOS week
- More Music
- To play just one time where everyone liked every song I played (LOL)
- For people to embrace more and different music

**And, lastly, it is my deepest wish that we truly had peace on earth and good will to all!**



## —MEET THE OFFICERS & DIRECTORS FOR 2006!!



2006 BOARD MEMBERS:	Janis Grimes	President
	Marcia Conway	Vice-President
	Charlotte Ashby	Secretary
	Russ White	Treasurer
	Hilda Clemann	Director-at-Large
	Linda Coffeen	Director-at-Large
	Cris Gaines	Director-at-Large
	Debra Parrish	Director-at-Large
	Terrie Patullo	Director-at-Large

Whaaahooo!! The official voting took place at Rene's on Wednesday, Nov. 30<sup>th</sup>. Thanks to all who came out to give support to our new cast of board members, and Kudos to our members who came to Vote!! Congratulations to all!!

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### AN OLD CLASSMATE

Have you ever been guilty of looking at others your own age and thinking, "surely I can't look that old?" well... You'll love this one!

I was sitting in the waiting room for my first appointment with a new dentist. I noticed his dds diploma, which bore his full name. Suddenly, I remembered a tall, handsome, dark-haired boy with the same name had been in my high school class some 40-odd years ago. Could he be the same guy that I had a secret crush on, way back then?? Upon seeing him, however, I quickly discarded any such thought.

This balding gray-haired man with the deeply lined face was way too old to have been my classmate. Hmmmm,...or could he??? After he examined my teeth, I asked him if he had attended Morgan park high school? "yes, I did. I'm a mustang," he gleamed with pride. "when did you graduate?" I asked.

He answered, "in 1959. Why do you ask?" "You were in my class!" I exclaimed. He looked at me closely. Then, that ugly, old, wrinkled son-of-a-gun asked, "What did you teach?"

Gary Mann sent me this funny story today:

... "Dear Lord," the minister began, with arms extended toward heaven and a rapturous look on his upturned face. "Without you, we are but dust." He would have continued but in that moment of silence, a very obedient young lady who was intently listening, leaned over to her mother and asked quite audibly in her shrill little girl voice, "MOM, what is butt dust?"

Linda Romero e-mailed a reply:

"It reminds me of first grade. I went to Catholic School in NYC. The Nun had to correct me when she listened closely [to a prayer recital] and realized I was saying "Lead me not into Penn Station." True Story!"





## Why I Want You on My DJ List

By Dennis Gehley

One of the most important tools that I bring to the DJ booth every time I play is a list of songs. Not just any songs, mind you, but songs that are favorites of those who pay money for my services. I learned 10 years ago when I joined the Northern Virginia Shag Club that many NVSC members have favorite songs that they love to dance to and love to hear week in and week out. Over time, some members may come and some may go, but many members keep coming back, week after week, month after month, year after year, and they never seem to tire of hearing their favorite songs. Just ask Jane James how many years we have been playing "It's All in the Game" by Tommy Edwards for her. Ask Jerry Rodgers how many times over the years we have played "Lady Soul" by the Temptations whenever Jerry can make it to a NVSC gathering. Gary and Robbi Mann just know, without even having to ask, that when I am in the DJ booth, they will hear either "Mr. Man in the Moon" by Tom Jones or "Satisfy My Soul" by Paul Carrack.

Being a club DJ is a little bit like being a juggler in the circus: while I try to give the best performance possible to the paying customers, each and every time I go into the DJ booth, I am nonetheless surrounded by a never-ending parade of other jugglers (fellow DJs), dancers, club members and guests, club owners and staff, and the occasional wild animals and clowns. Where does my list of NVSC Members' Favorite Songs fit into the circus? Actually, it fits quite nicely as the cornerstone for the entire evening, afternoon, or event. The list of Members' Favorites has worked for me for almost 8 years of DJing for NVSC at Blackie's, Nick's, Cecilia's, Nostalgia's, Rene's, for annual Shag-A-Thons, for quarterly parties and other special NVSC events such as Super Bowl parties, St. Patrick's Day parties, and even a guest appearance once at Legends Oldies Music in Manassas. I hope you get the picture: the events come and go, members come and go, the years pass, but many long-time members renew their membership year in and year out and keep coming back to hear their favorite songs over and over.

Is there a down side to bringing my Members' Favorites list to the DJ booth? Not really. The list serves as a constant reminder of the old DJ adage: "So much music, so little time." Non-DJs may not realize that, in a typical hour, a DJ can only play about 20 songs. A typical NVSC Wednesday at Rene's translates to roughly 2 and ½ hours or about 50 songs. My challenge every Wednesday that I play is to try to come up with the very best mix of Members' Favorites, new stuff that is just emerging on somebody's charts somewhere, maybe something really old that all of us really really like but have forgotten about, and somehow make it fun, exciting, and maybe even a little different from the guy who was in the booth the last time.

So this is my bottom line: if you are a member or a guest at an NVSC function, I want you to be on my DJ list of Members' Favorites. I want you to join our club, have fun, tell me your favorite song, give me a list of your favorite songs and artists, and renew your membership year after year. You, too, can become an "old-timer" in the very best sense of the term. Even when you are gone, your fellow NVSC family members will know that every time I play "Meet Me with Your Black Drawers On" by Gloria Hardiman, I am playing it for Pauline Easby-Smith, and when I play "You Are My Sunshine" by Heaven Davis, I am playing it for Keith Teele. Those were their favorite songs. So far, that is a very short list, but a most important one that I carry with me everywhere I DJ.

## NORTHERN VIRGINIA SHAG CLUB SUPPORTS TOYS FOR TOTS

### U.S. MARINE CORPS RESERVE TOYS FOR TOTS PROGRAM

**MISSION:** The mission of the Marine Corps Toys for Tots Program is to collect new, unwrapped toys during October, November, and December each year and distribute those toys as Christmas gifts to needy children in the community in which the campaign is conducted.

For over 56 years of the *Marine Corps Reserve Toys for Tots Program*, Marines have distributed more than 313 million toys to 151 million children. This charitable endeavor has been made possible by the help of local clubs like the *Northern Virginia Shag Club*. Please bring a new, unwrapped toy to the Holiday Party on **December 10th**. We really need toys for age 2 and under and age 13 and above, but we'll accept all contributions. Together the **Marine Corps Reserve** and **Northern Virginia Shag Club** can continue to make a difference during the Holiday Season!

### Announcements:

#### SPECIAL GET WELL WISHES

Continue to keep Danny Kestler, Liz's brother, in your thoughts and prayers. His wish for the New Year is to reach his goals for a liver transplant in February. Stay well my brother.

### CONGRATULATIONS!!

To Lin McAfee on the birth of her grandson!! We are very happy for you, your son and daughter in law!

Congrats to Dennis Gehley who will retire from the government in January!! Way to go, Dennis!!

### **50/50 RAFFLES**

HELP OUR CLUB RAISE MONEY FOR VARIOUS CLUB NEEDS, AS WELL AS DONATING TO GOOD CAUSES--Buy your raffle tickets on Wednesday's and at Special Events and see how lucky you can be and support your club at the same time! Our latest Wednesday night winner was Lin McAfee!!



### ANNOUNCEMENTS

On February 25<sup>th</sup> go to *Steppin Out* in Virginia Beach. *Vesta Jones Denning*, will be inducted into the *Virginia Shaggers Hall of Fame*. Come celebrate with her at this Induction/Charity dance. Watch for details in "Hello Shagger" e-mails.

Announcement: Board meetings--Officers and Directors at Large meet on the first Monday of each month.



## CHARITY-MERCHANDISE COMMITTEE REPORT

By Marcia Conway

Looking for a gift for someone? Check out *Conway's Corner* for a list of shag merchandise that you could select for a Christmas gift. If you need something to be special ordered, I would need it by December 4<sup>th</sup>.

I would like to thank **Linda Coffeen**, chairperson of the 50/50 raffle and her committee for selling raffle tickets on Wednesday nights. Members of her committee are **Mike Deese, Charlotte Ashby, Dale Rinker, Janet Cave and Darleen Small**. We need a new chairperson for next year so give me a call if you would like to volunteer. Proceeds from the 50/50 raffles went to support *Capital Hospice*, Katrina hurricane victims, Cooter's (of Ducks) operation fund, Junior Shaggers and other special club expenses.

Please mark Saturday, March 18 for the **SHAG-A-THON** at Springfield Mall. This is the club's major fundraising event for *Capital Hospice*.

Many, many thanks to all the club members who have helped make my job easier by volunteering to help with the fundraising events.

## HAVE A MERRY CHRISTMAS AND A HAPPY NEW YEAR!!!!

### SHAG-A-THON 2005 – a note from 2005 co-chair, Liz Kestler

As Marcia states in her report above, our major fundraising event is our annual **Shag-a thon**. I am so glad that NVSC chose (several years ago) to sponsor this great organization. I am really inspired by the people and volunteers at **Capital Hospice** who give their time and talents to help others in need. I am proud of our members who volunteer (some of them, year after year) their time and enthusiasm for this event. There are so many fundraising organizations with worthy causes, yet we chose hospice. As we move forward to another year of raising money for hospice, let us not lose sight of our reasons for doing it. We help pay for hospice nurses, social workers and counselors. We help individuals and families deal with death and dying.

Yes, do plan on volunteering for the **Shag-a-thon** on March 18<sup>th</sup>, 2006. Tell your friends and relatives (early and often) that you want them to sponsor you in this "marathon dance" for such a worthy cause. To find out more about **Capital Hospice**, log onto [www.capitalhospice.com](http://www.capitalhospice.com). Following is an excerpt from one of Capital Hospice's consumer articles for securing hospice care...

**Those who are considering hospice care—either for themselves or for a family member—often need help getting started. Here are some suggestions:**

- **Bring up the possibility with your doctor.** If you detect a negative bias, ask why.
- **Be aware that home hospice care does not supply round-the-clock nursing assistance.** Private help may be necessary unless a family member is able to be around all the time.
- **A diagnosis of a terminal illness is not in itself enough to trigger eligibility for hospice coverage.** A physician must certify that death is expected within the next six months.
- **Your doctor should be able to put you in touch with a qualified local hospice service accredited by Medicare, your state, and the Joint Commission on Accreditation of Health-Care Organizations.** Otherwise, contact the National Hospice and Palliative Care Organization (800-658-8898; [www.nho.org](http://www.nho.org)) for direction.
- **Make sure your physician is affiliated** with the backup hospital for the hospice just in case an emergency develops that might require hospitalization.
- **Meet with the hospice coordinator and get all your questions answered.** There is no such thing as a silly question. The coordinator should display sincere interest and compassion. After all, kindness and empathy are what hospice is all about.



