

June 2011
Volume 17 Issue 6

Shag Rag



Dedicated to the Preservation of the Carolina Shag and Beach Music
Northern Virginia Shag Club

PRESIDENT'S MESSAGE *by Tim Farris*

Dear Members of the Northern Virginia Shag Club, the rains of spring have been upon us! But winter's cold is gone, the air is warm and the days grow longer. Yay!

Mark your calendars for our general membership meeting coming up on June 15th which is also birthday and cake night. I promise to keep the meeting as short as the membership wants or needs to discuss club business!

The next Sunday social is scheduled for June 5th at Fast Eddie's in Centerville so mark your calendars. There will be no Sunday social in July. Check the NVSC web site for more details.

And do mark your calendar for our special summer dance party set for July 23rd at the Hilton Hotel near Dulles Airport, the venue for our past several Capital Classics. This year's event, strictly speaking not a "Classic" still promises to be a fun-filled occasion with a free pour, dinner, and plenty of dancing to the wee hours! We have arranged for a special room rate at the Hilton, just mention the club and event for the much reduced rate. Again, check the NVSC web site for more details.

Marcia Conway's daughter and son-in-law have again graciously offered their lovely house as the venue for our summer picnic. The Board had been concerned about overstaying our welcome so had looked at other venue possibilities but found nothing more suitable. Keep an eye out for details to come.

The US Grand National (Dance) Championship in Atlanta, was held May 26th through 29th, and although I was not able to attend the event, I look forward to hearing more details from those club members who attended. There is some exciting news in regard to one of the division contests...see details in this newsletter.

Keep Shagging!

Tim

*Volunteering is a
great way to help
our Club prosper.*

*Contact a Board
Member for details.*

2011 Board Members:

Tim Farris-President—703-243-1548 tfarris11@yahoo.com

Sue Young-Vice President—703-237-8616 suey@theaeap.com

Kathy Norris-Treasurer—703-941-1889 klnorris99@msn.com

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Kathy Miller—703-727-9423 khemp501@aol.com

Marcia Conway—703-361-8159 nclady@comcast.net

Donna Romito—703-971-1618
donsabs@yahoo.com



Board meetings are held each month and are open to any and all members in good standing who wish to attend. Unless a certain matter is placed on the meeting agenda, attendance is for observation, not participation. Since board meetings may not take place at the same time and place every month, please alert the Secretary, at least one week in advance (so that we may be able to accommodate your attendance). Copies of Board Meeting Minutes are available on the www.nvshag.org website, or you may request copy(s) from the Club Secretary.

Condolences are extended to the family of:

MICHAEL B. (Mike) WINTERS, who passed away Friday, May 27, 2011. Mike was a former member of our Club prior to his move to North Myrtle Beach, SC. A gathering of family and friends was held at MURPHY FALLS CHURCH FUNERAL HOME on Wednesday, June 1st. A Mass of Christian Burial was offered at St. James Catholic Church, 103 N. Spring St., Falls Church, VA on Thursday, June 2nd. Interment is scheduled at St. Mary's Cemetery in Skaneateles, NY on Saturday, June 4 at 11 a.m. In lieu of flowers, memorial contributions may be made in Mike's name to the [American Diabetes Association](http://www.american-diabetes-association.org), P.O. Box 11454 Alexandria, VA 22312 **or** [St. James Catholic Church](http://www.stjamescatholicchurch.org), 103 N. Spring St., Falls Church, VA 22046.

Condolences also go to our club member, Pamela Alfano on the loss of her mother, Helene Alfano

Helene passed away Saturday, May 28th at the Capital Caring (formerly Capital Hospice) facility in Arlington, Virginia. A memorial service will take place at a future date. Expressions of sympathy may be sent to Pamela at 4113 South Four Mile Run Drive, Apt. 401, Arlington, VA 22204-3910. Contributions in the name of Helene A. Alfano may be sent to [Capital Hospice](http://www.capitalhospice.org), Attn: Capital Caring, Philanthropy Department, 2900 Telestar Court, Falls Church, VA 22042, or through the web site, <http://www.capitalhospice.org>.

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Hey NVSC shaggers...want to win two (2) free tickets to what will be one of the hottest shag/swing events in the DC area this year? Check out the link below to Dave Moldover's Dance Swing weekend! All you need to do is to be clever enough to come up with a new name for the event this year. The event will headline our Club and the Carolina Shag along with other forms of swing. The event is scheduled for **November 17-20** at the Hyatt regency in the Reston Town Center. More information to come but in the mean time, but on those thinking caps for a chance to win 2 free tickets!

Here's the site to go to: <http://www.vsoswing.com/>

Special Out of Town Dance Events:

"Roaring Twenties" August 5-6 hosted by Richmond Shag Club, www.richmondshagclub.org. (see flyer table on Wed at Renes)

A party within a party! At the August 11-14 Jekyll Island Beach Music Festival, the **Shag in the Golden Isles--Shag-A-Ganza 21 Party** is on Thursday evening August 11th, at the Beach Music Festivals Magnolia Hall, starting at 7:00 pm to the music of DJ Murl Augustine. This is the year that the Golden Isles Shag Club annual party has its 21st birthday. The first one was in 1990 and has been going ever since. For details go to: www.goldenislesshagclub.com

From John Carpenter, President- Sandy Beach Shag Club—A Mega-Fest Event

I hope you will consider visiting the **Sandy Beach Shag Club** on Labor Day Sunday, September 4th, for the first ever DJ Throwdown Sandkicker MegaFest! 10 of the finest Shag DJ's in the business will play throughout the day with plenty of food, drink, and dancing on one of the best natural oak floors anywhere in the country. In addition to the very large area inside, we will have an outside area set up to help enjoy the day, and we will be going from 4pm until 11pm. See the attached flyer for all of the information. If you haven't been to the Foothills of Western North Carolina (much cooler in September), and the beautiful town of Morganton, NC, this might be the perfect Road Trip for you and your club. Tickets are only \$15 at the door. I hope to see some of you there!

ENJOY BEACH MUSIC ANYWHERE

Carolina Beach Music. . .

Stream Carolina beach music at work or home when working at your computer or to share with others. Use it to practice your shag steps at home. Go to www.949thesurf.com (94.9 FM) for some of the best shag music straight from the number one beach music station in the country and SOS's official radio station in North Myrtle Beach. Insert the station on your favorites list like I have done. Helps to reduce stress - in my opinion. Enjoy!



- Barry Newman

The **Battlefield Boogie Club** has moved their weekly dance night to Thursday.

They now dance from 7:30 to 10 p.m. at:
Shannon's Bar & Grill
2801 Plank Road (Central Park)
Fredericksburg, VA 22401

Call Wes at 540-226-6007 for more information.

JOIN US AT TOMMY'S PLACE ON FRIDAY NIGHTS

Friday Night Dancing at TOMMY'S PLACE

8910 Mathis Ave, Manassas, VA

(703) 368-6500

How many of our members remember Friday nights down at *Legends* in Manassas? Here's a treat for all shag dancers: On Friday nights, Gene Griffin (a former DJ at Legends) will DJ from 6:30 until 9:30 p.m. Gene will play Shag/Beach Music (CD's provided by Gary Salpini and others). Enjoy the food, the management, the prices, the seating arrangements, the dance floor, and **NO COVER!** THIS VENUE is encouraged for all shag friends to join together for a few drinks, dinner, and dancing on Friday nights. **SEE YOU THERE!**

June Birthdays

Pat Walker	1st
Kirk Davis	3rd
Vicki Tedesco	4th
Heather Jennings	6th
Donna Samblanet	6th
Donna Romito	7th
Sharon Salpini	7th
Denny Koski	10th
Frank Sulik	15th
Mary Ferguson	17th
Susan Shawver	17th
Bonnie Ginn	18th
David Strobel	19th
Ella Nunn	20th
Don Borja	20th
H.K. Lee	20th
Ron Bishop	20th
Samuel Wray	21st
Gary Mann	24th
Momcilo Cvijanovic	27th
Ruth Rapson	30th

DEEJAY SCHEDULE FOR JUNE

Craig Jennings	1ST
Eddie O.	8TH
Eddie O.	15TH
Dennis	22ND
Guest DJ	29TH

*Share the joy—invite
someone to Dance!*

NEW MEMBER IN MAY

Courtney Cecil

WELCOME TO OUR CLUB!

*Learn from the pros by
watching their
instructional DVD's. See
Sue Young for details and
availability of rentals*

☺ Happy Birthday!

WANT TO LEARN NEW STEPS? BORROW 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 DVD or videos. These DVD's contain more steps and tips than 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 SUE YOUNG on Wednesday nights to borrow a DVD or video!!! Or to purchase our club's dance lessons on DVDs for \$10!

We have just added FIVE more instructional DVDs to our rental collection to help you improve your style and technique whether you're a beginner, novice or advanced dancer. You must be a member to rent our DVDs and we offer a fully refundable \$25 deposit. The new DVDs are listed below:

Charlie and Jackie Male Lead Volume 1: Patterns for men to do by themselves. A great follow up to Basics Plus - for all levels of dancers.

Sam and Lisa West:

- 1. Introduction to Carolina Shag 101** - All the basic steps. Perfect for any beginner or someone brushing up on their basic steps.
- 2. Social Patterns for Beginner Dancers** - is designed to take beginner dancers from their basics through their next progression of patterns. This DVD includes some to the great traditional steps like the Sugarfoot, Duck Walk, and Boogie Walk.
- 3. Female Steps & Patterns 2004** - takes you through each pattern by breaking it down step by step. They concentrate on proper footwork, connection with your partner and how to use your upper body to smoothly flow through your steps.
- 4. Female Steps & Patterns** - This DVD includes some basic variations and female turns.

the 17th annual event...

Congratulations to Club members
Cathy Metcalf and Vaughn Royal, who
placed 3rd in the Non-Pro Carolina Classic,
Shag Division at the **USA Grand
National Dance Championships** held
in Atlanta, GA - Memorial Day Weekend



AND, (Drum roll, please)

*The road is not
lonely with
Friends*

OUR VERY OWN

JOAN MCKINNEY AND TOM EDWARDS

**WON FIRST PLACE IN THE NON-PRO
CAROLINA CLASSIC SHAG DIVISION !!!**

**PLEASE GIVE THEM ALL A BIG ROUND OF
APPLAUSE AND YOUR HEARTY CONGRATULATIONS!!**



DANCE TILL YOU DROP. . .

Does it help your cholesterol level? It's true. Be it ballroom, salsa, or jitterbug, dancing helps you lower your cholesterol and blood sugar levels. It can also build your immunity and stave off dementia. Some of the physical effects are obvious: dance can – among other things — boost cardiovascular health and [bone strength](#) (because it's weight-bearing exercise), as well as improve balance and flexibility. But there's evidence it does much more. It preserves our physical, mental, and emotional well being. Learn more about how you can boogie your way to healthier and longer life at www.aarp.org/danceforhealth.

- Barry Newman
(AARP Magazine May/June 2011, p.6)

REMINDER—JOIN US FOR

An Evening in Paris

July 23, 2011 @ THE DULLES HILTON

NVSC Logo Merchandise and SOS Cards

Members Kathy Miller and Nancy Cox are the contacts for **NVSC logo merchandise**. They have the following:

Shirts-in several colors and styles, \$18 and up

CD Cases \$15

Coffee Mugs \$5

Baseball Caps \$15

Twinkling Glasses \$10

Cook Books \$15

2011 SOS CARDS

Kathy Norris, our club Treasurer, is selling 2011 SOS cards for \$30. That's a savings of

\$5. Cards sell for \$35 at North Myrtle Beach. You may use them for Mid-Winters, Spring Safari and Fall Migration. Kathy is at Rene's on Wednesday nights but if you can't make it to Rene's, mail your \$30 check payable to NVSC and mail to P.O. Box 5522, McLean, VA 22103. Include a self-addressed stamped envelope.

REMINDER-KEEP YOUR MEMBERSHIP INFO CURRENT

Have you moved, changed phone numbers or email?

Contact Valerie Swiger at valerievms@aol.com.

This is especially important if you want to receive "Hello Shaggers" emails— a terrific way to keep in touch with NVSC news, current events, and activities.

WHERE DO I GET A COPY OF THE SHAG RAG?

Go to the NVSC website, www.nvshag.org, click on Newsletters tab, click on the month you want. It's in PDF format. Or, for a yearly fee of \$5, you may have it mailed to your home. Also, copies will be available at Rene's on Wednesday's.

ADVERTISE YOUR BUSINESS IN THE SHAG RAG—CONTACT LIZ KESTLER AT sarejan5@yahoo.com for details.



JUNE DANCE LESSONS AT RENE'S-WEDNESDAYS

Lessons Begin at 7:30 p.m.

Reminder, **ALL LESSONS** are **FREE--BEGINNER** lessons are **OPEN** to Non-club members. **NVSC MEMBERSHIP** is **required** for the **NOVICE** and **INTERMEDIATE** classes.

INTERMEDIATE LEVEL SHAG STEPS

JUNE 1—Belly Roll, Pivot into a Belly Roll

JUNE 8—Sugarfoot including Front & Back Preps

JUNE 15—Male Half Turn, Boogie Walk

JUNE 22—Joanie, Funky Applejack

JUNE 29—Special Fifth Wednesday Class for Novices & Intermediates

NOVICE LEVEL SHAG STEPS

JUNE 1—Double Kick Basic, Applejack

JUNE 8—Behind Sailor Shuffle, Front Walk-Up

JUNE 15—Hesitation Basic, Hug Pivot

JUNE 22—Pivot, Tuck from a Pivot

JUNE 29—Special Fifth Wednesday Class for Novices & Intermediates

BEGINNER LEVEL SHAG STEPS

JUNE 1—Basic, Start, Female Turn

JUNE 8—Half Turn, Male Turn

JUNE 15—Kick Basic, Side Pass

JUNE 22—Crossover Basic, Triple Basic

JUNE 29—Special Fifth Wednesday Review Class

OPEN DANCING FROM 8:15 UNTIL 10:30 P.M.

JUNE 5, 2011

**2011 SUNDAY SOCIAL-DANCE
PARTY SCHEDULED:**

**JUNE 5TH, SUNDAY
FROM 4PM TO 7PM**

JOIN US AT FAST EDDIE'S.

GATHER, SOCIALIZE, DANCE AT



FAST EDDIE'S SPORTS GRILL

14114 LEE HIGHWAY, CENTREVILLE, VA 20120 703-256-8888

NEXT SUNDAY SOCIAL AT FAST EDDIE'S IS: AUGUST 7TH

Silent Auction Item Request for our July Event

We would love everyone's help in securing quality Silent Auction items for our first "Evening in Paris" dinner/dance event. If you have a potential item or know of an individual or business that might be willing to donate an auction item, please contact Sue Young at 703 237-8616 or suey@theacap.com

Sample auction items:

- Artwork, jewelry, homemade items
- Themed baskets (example: "gardener's basket" with gardener's gloves, seeds, small tools, and hand lotion)
- Gift certificates for services such as dance lessons, massage, manicure/pedicure, gutter cleaning, etc.
- Golf packages
- Restaurant gift certificates

SOS FUN MONDAY RAFFLE

Drawing will be held September 19, 2011. The raffle tickets are \$10 each. A portion of the proceeds will be donated to CARING FOR KIDS, a local North Myrtle Beach charity and a portion will go to the SOS Charitable Foundation, Inc.

A total of \$11,250 will be given away

<i>First Prize:</i>	<i>\$7,500</i>
<i>Second Prize:</i>	<i>\$2,000</i>
<i>Third Prize:</i>	<i>\$1,000</i>
<i>Fourth Prize:</i>	<i>\$ 500</i>
<i>Fifth Prize:</i>	<i>\$ 250</i>

TICKETS ARE ON SALE NOW AT OUR CLUB, RENE'S ON WEDNESDAY NIGHTS. Contact a Board Member for ticket purchases.

An Evening in Paris-get your tickets NOW

Join us on Saturday, July 23, 2011, for a very special dinner and dance at the Washington Dulles Hilton. It will be a night to remember-*An Evening in Paris*. You are going to want to be there for a spectacular evening of great food, music, cocktails, dancing and entertainment.

The party begins with a one hour shag lesson by our own pro-competitors *Heather and Craig Jennings*. DJ Craig Jennings will play a variety of rhythms and requests to keep everyone happy.

Discount pre-sale tickets are \$55 for members until June 30th, so **get your tickets now**. For hotel reservations call (703) 478-2900 and ask for the NVSC group discount of \$79. There are a limited number of rooms at this price so don't delay, book now! To register, complete the registration on the flyer attached to this newsletter and mail with your check to NVSC, P.O. Box 5522, McLean, VA 22103. See you there!



The Northern Virginia Shag Club Presents

*An Evening in Paris
Dinner Dance*

Saturday, July 23rd, 2011

Don't Miss This Event!

- ★ FREE shag workshop by our own pro competitors
Heather and Craig Jennings
- ★ Hospitality suite/hors d'oeuvres
- ★ A sumptuous French buffet dinner
- ★ Silent auction
- ★ Live entertainment
- ★ 50/50 drawing
- ★ Cash bar
- ★ 10% discount for breakfast at hotel
- ★ Dancing to the sounds of our own DJ *Craig Jennings*

Located at the Dulles Hilton Hotel

13869 Park Center Road, Herndon, VA 20171

Reserve your room at

www.washingtondulles.hilton.com

Use group code NVS or call (703) 478-2900

Ask for the Northern Virginia Shag Club special rate of \$79/night plus tax until June 30th, 2011

Schedule of Events:

- 2:30pm Registration
- 3:00–4:00pm Free Shag Workshop
- 4:30–5:30pm Hospitality suite/Hors d'oeuvres
- 6:00–7:30pm Dinner
- 7:30pm–12:00am Music and Dancing



Register Early!

Discount Pre-sale Tickets: \$55 members \$60 non-members (until June 30th, 2011)

\$60 members \$65 non-members (after June 30th, 2011)

No refunds after June 23rd. Tickets must be purchased in advance!

Name(s): _____

(Last, First)

Address: _____ Primary Shag Club: _____

City, State, Zip: _____ Number of Tickets: _____

Phone: _____ Amount Enclosed: _____

Make check payable and return to Northern Virginia Shag Club, P.O. Box 5522, McLean, VA 22103

Registration Contact: valerievms@aol.com or suey@theaeap.com

www.nvshag.org

Shag Rag

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*Happy St. Patrick's
Day March 17th*

***Northern Virginia
Shag Club***
P.O. Box 5522
McLean, VA 22103

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David Rodgers



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rodgersd3@cox.net

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Business Card Size Ads are:

**\$60 for NVSC Members; \$75 for Non-Members
(both are Annual Rates)**

About Our Organization...

Northern Virginia Shag Club ("NVSC") was organized to preserve the Carolina Shag Dance and its accompanying music—Beach Music!

NVSC dances the Carolina

Shag every Wednesday night at Rene's Supper Club, located near Fairfax Circle in Fairfax, Virginia at 3251 Old Lee Highway. Rene's telephone number is 703-385-0077.

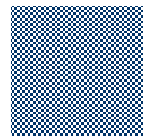
Come join us—learn the Carolina Shag! Free beginner lessons begin at 7:30 p.m. to 8:15. There is open dancing from 8:15 to 10:30 p.m.

COME JOIN US!

We're on the Web!

See us at:

www.nvshag.org



SPRING SOS PICTURES—COURTESY OF JOHN ROMITO

