



Dedicated to the Preservation of the Carolina Shag and Beach Music

Shag Rag

A Proud Member of:



Sue Young

President's Corner

by Sue Young

Yes, oh yes, it was another great SOS. The weather was perfect and I hope each and every one of you had the best SOS ever.

NVSC was well represented in the Rookie's Revenge contest at the OD Arcade. In this event, partners are selected at random and they do not have an opportunity to practice. Unbeknownst to him, Paul Provost was entered into the contest and ended up taking first place. Pat Cote won second place and Chuck Duymich won sixth place. Congratulations to all of you. You made us proud.

Our back room party at Fat Harold's was well attended. It was a great time with friends and dancing until your feet hurt. Thanks to Ed and Pam Hamer for getting all the food and to everyone that helped out at the snack table and the front desk. If you missed it, it is the greatest adult party

around so start making your plans for Fall Migration. Hope everyone enjoyed the left behind party as well.

On May 22, we are going to have a Sunday Social dance at Revolution Sports Bar in Centreville. There will be a Charlie and Jackie workshop review taught by our own dance instructors Vaughn Royal and Cathy Metcalf. You can pick up a flyer at the club or check out our website at www.nvshag.org.

Thanks to Sherri Wildoner for teaching us the "Uptown Funky Line Dance" last month. That was a lot of fun. We will have another early bird lesson on May 18 at 7:00 pm. Stay tuned for more information.

Mark your calendar for our annual Capital Shag Classic being held at the Dulles Weston Hotel on July 22-23. Our pro instructors for the classic will be Gene and Nancy Pope who won the Senior

Pro Division at the National Shag Dance Championships last month. Besides great instructors we will have two dynamite DJs, two free pours and one heck of a good time so make your hotel reservations now. What a great event this will be so don't miss it. See the flyer for more info.

Good luck to all our members competing in the USA Grand National Dance Championship!

Happy Mother's Day to all the great moms out there.

Keep on dancing.

Volume XXII, No. 5
May 2016

Special points of interest:

- Capital Shag Classic (Page 4)
- C&J Review Workshop (Page 5)
- Hern's Hangar—Annual Mountain Boogie Walk (page 6)
- Junebug Boogie (page 7)
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Through the National FastDance Association, our club dance activities are licensed by:



**There will be a general membership meeting on
Wednesday, May 18th at 8:15 pm.**

When and Where to Shag



Every Wednesday, 6:30–10:00 pm at the **Elks Lodge**, 8421 Arlington Blvd., Fairfax, VA (on Route 50 near Prosperity Avenue). Cover charge: Non-members \$8.00, members \$7.00; free lessons at 7:30 pm, no partners needed. Buffet dinner on the third Wednesday only, 6:45 - 8:00pm, \$9.00, or order from the menu. For example, Appetizers (Buffalo Wings, Quesadilla, etc.), Salads (Caesar, Chef), Burgers & Sandwiches (Bacon & Blue, Pulled Pork BBQ).



May 1st at **JW & Friends**, 6531 Backlick Road, Springfield, VA, 5:00–8:00 pm; no cover charge.

May 13-14, Beckley, WV, **Hern's Hangar** (see page 6)

May 22, Re-learn and Review Jackie and Charlie Workshop Steps, **Revolution Sports Bar**, Centerville (page 5)

Thursdays at **Shannon's Bar & Grille**, Fredericksburg; Battlefield Boogie Club (battlefieldboogieclub.com).

See more places to dance with other ACSC Virginia Shag Clubs, listed on page 3

See more upcoming Shag Events on pages 4-7

Dance Lessons at the Elks on Wednesdays

DJ Schedule

- 5/4: TBD
- 5/11: TBD
- 5/18: TBD
- 5/25: TBD

Beginner Level Shag Steps

- 5/4—Basic and Female Turn
- 5/11—Basic and Start
- 5/18—Basic and Male Turn
- 5/25—Basic, Half Turn, Triple Basic

Intermediate Level Shag Steps

- 5/4—Crossover Basic (from Male and Female Turns)
- 5/11—Behind sailor and Side Pass
- 5/18—Applejack
- 5/25—Stutter Basic & Kick Basic

Beginner lessons are FREE to non-members, but membership is required for the Intermediate class. Membership is \$25/year.
Lessons begin at 7:30 pm. Social dancing from before and after lessons to 10:00 pm.
Please remember to ask Red Dot beginner dancers to dance.
It takes lots of practice to become a better dancer!

News and Announcements

Where do I Get a Copy of the Shag Rag? Go to www.nvshag.org, click on Newsletters tab, click on the desired month. It's in PDF format. Also, copies will be available at the Fairfax Elks on Wednesdays.

Hello Shagger Emails Are you getting the Hello Shagger e-mails? If not, visit our website at www.nvshag.org. On the left side, click on the blue box that says "Hello Shagger e-mail list" and give us your e-mail address!

Hello Shagger Input Anyone with information to be included in the Hello Shagger email (including DJ schedules and menus), please send to helloslagger@nvshag.org.

Keep Your Membership Information Current Have you moved, changed phone numbers or email address? Let Bonnie Arms know at bjrwa@verizon.net.

Shag Rag The deadline for *Shag Rag* input is the 25th of every month. Please send content (including opinions, humor and recipes!) to Jim Scanlon at [jamescanlon@me.com](mailto:jamesscanlon@me.com).

NEW MEMBERS

When you have the opportunity, please welcome our new member ...

Crystal Harmon

Carmelo Quijano

... who joined NVSC this past month.

When and Where to Dance in the Future

- May 13-14, Beckley, WV, Hern's Hangar (see page 6)
- May 22, Re-learn and Review Jackie and Charlie Workshop Steps, Revolution Sports Bar, Centerville (page 5)
- June 25, Junebug Boogie, Chesapeake, VA, June 25 (page 7)
- July 22-23, NVSC's 21st National Capital Shag Classic at the Dulles Weston Hotel (page)

SOS cards are available here for purchase from Mark Hendrickson for \$30.00 (\$35.00 down at North Myrtle Beach)



May

Jeffrey Ray	05/01
John Romito	05/01
William (Bill) Meyer	05/02
Jane Totman	05/06
Hilda Clemann	05/07
Jeff Kincheloe	05/09
Gary Koerner	05/09
Heidi Mackey	05/10
Joanne Sinclair	05/10
Christine Werner	05/15
Mathilde Hoskin	05/18
Audrey Anderson	05/19
Bob Lutz	05/19
Joan McKinney	05/20
Mary Gunther	05/21
Ann Shimel	05/24
Kevin Goeller	05/25
Betty Elliott	05/26
Joe Miantte	05/28
Bob Matthews	05/29
Joey Fanini	05/30
Connie Randolph	05/31

Other ACSC Virginia Shag Clubs

Visit the club websites for venues and schedules.

- Battlefield Boogie Club, www.battlefieldboogieclub.com
- Boogie On The Bay Shag Club, www.boogieonthebay.com
- Colonial Shag Club (Newport News), www.colonialshagclub.com
- Danville Shag Club, www.danvilleshagclub.com
- Franklin Shag Club, gramelia@yahoo.com
- Lynchburg Shag Club, www.lynchburgshags.com
- Richmond Shag Club, www.richmondshagclub.org
- Roanoke Valley Shag Club, www.rvsc.memberlodge.com
- Virginia Beach Shag Club, www.vbshagclub.com



BRING YOUR OWN MASK!

The Northern Virginia Shag Club Presents Its 21st Annual Capital Shag Classic **A NIGHT IN DISGUISE**

**FRIDAY
& SATURDAY,
JULY 22 & 23,
2016**

Location:

THE WESTIN WASHINGTON DULLES AIRPORT
2520 Wasser Terrace • Herndon, Virginia 20171

Reserve your room by calling The Westin Central Reservations at 866-932-7062. Ask for the Northern Virginia Shag Club special rate of \$89.00 per night, plus tax, until July 8, 2016.

SCHEDULE OF EVENTS

Thursday, July 21, 2016

- Kickoff Party, 7:00 – 11:00 pm, Revolution Sports Bar in Centreville

Friday, July 22, 2016

- Registration, 4:00 – 9:00 pm, Ballroom Entrance
- Hospitality Suite/Appetizers, 5:00 – 7:00 pm, Skyline Suite 821
- Music and Dancing: DJ Larry Black, 8:00 – 12:00 am, Ballroom

Saturday, July 23, 2016

- Registration, 10:00 – 6:00 pm, Ballroom Entrance

- First Shag Workshop, 11:00 – 12:00 pm, Ballroom
- Second Shag Workshop, 12:30 – 1:30 pm, Ballroom
- Open Dancing: DJ John Smith, 1:30 - 3:30 pm, Ballroom
- Hospitality Suite/Snacks, 4:00 – 5:00 pm, Skyline Suite 821
- Ballroom Closed, 4:00 pm
- Dinner, 6:00 – 8:00 pm, Ballroom
- Registration, 7:30 – 9:00 pm
- Music and Dancing: DJ John Smith, 8:00 – 12:00 am, Ballroom

All of this plus... Basket of Cheer | 50/50 Drawing | Cash Bar | \$10.00 Buffet Breakfast Voucher | Door Prizes

TICKETS: \$89.00 per person (\$99.00 after July 1, 2016). No refunds after June 30, 2016. TICKETS MUST BE PURCHASED IN ADVANCE.

Name(s) _____

Primary Shag Club _____

Address _____

Phone _____

City, State, Zip Code _____

No. of Tickets _____ Amount Enclosed _____

Make check payable, and return to Northern Virginia Shag Club
Post Office Box 2298, Merrifield, Virginia 22116.

Registration contact: jeanne.potter@outlook.com. Visit our website at: www.nvshag.org

REGISTER EARLY!

Through the National Fast Dance Association,
this multi-day event is licensed by





Re-learn & Review Jackie and Charlie Workshop Steps

Join us for an evening of dancing, and music by
DJ Jerry Hardy

Sunday, May 22, 2016

4:00 pm – 8:00 pm

Workshop taught by our own club members,
Vaughn Royal and Cathy Metcalf

Free admission

Revolution Sports Bar in Centreville

Newgate Shopping Center 14114 Lee Highway, Centreville, VA 20120

703 266-1888

Just off I-66 at the intersection of Highways 28 and 29





Beckley Area Shag Club's 22nd Annual Mountain Boogie Walk

May 13-14, 2016

Hern's Hangar Airport Road Exit 125B off I-64E, Beaver, WV

The Best Shag Music featuring: John Smith & Ed Timberlake

Instructors: Sam & Lisa West

Tickets are \$65.00 each - 1 day tickets will not be sold

Get yours early - This party always sells out!

Free soft drinks, water, set-ups and snacks

--- BYOB and BEER ---



Friday	*7:00 pm	*Sandwiches- Late night coffee & doughnuts - 50/50 drawing
Saturday	11:00 am	*Shag workshop - Pizza served following the workshop
	6:30 pm	*Catered Buffet Dinner
	11:00 pm	*50/50 drawing - Late Night Dancing

Reservations: *Microtel Inn & Suites/Eisenhower Drive*, Beckley, 3 miles from the Hangar and is 100% non-smoking. 304-255-2200. Shag Club Rate - Single \$59.99, Double \$64.99, Suite \$69.99.

Reservations: *Sleep Inn/Beaver* \$70/night - Shag Club Rate - 304-255-4222

The Sleep Inn is located 1 mile from the Hangar (Room requests kings, non-smoking, etc. are limited due to the size of the Sleep Inn).

Shuttle Service to and from hotels Friday & Saturday nights

Send check to: Beckley Area Shag Club, P.O. Box 395, Beckley, WV 25802

Tickets will not be mailed so please fill out the form below completely and return with your check. We will verify receipt of your check and add your name to the master list for the Hangar Party.

Contact: Karen Callahan @ 304-228-3757 email: shagbasc@suddenlink.net www.beckleyshagclub.com

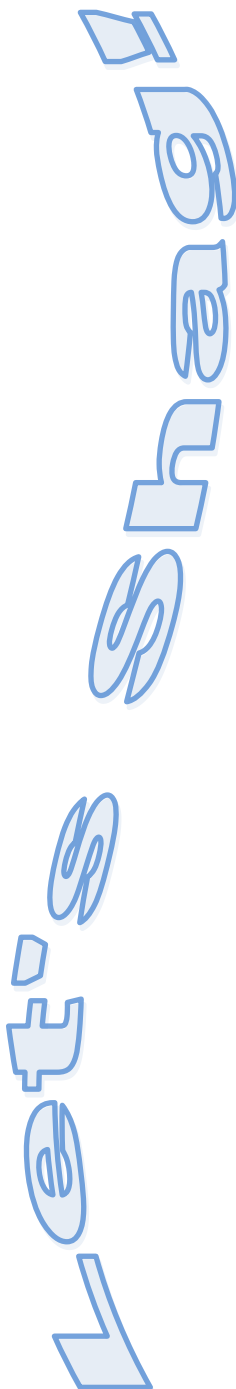
MBW 2016 **Tickets are non refundable but may be transferred**

Name(s) _____

Shag Club _____

Address _____

e-mail address: _____



BOOGIE ON THE BAY SHAG CLUB PRESENTS JUNEBUG BOOGIE



Workshop, Dinner and Dance

Saturday June 25, 2016

Eagles Club

521 Maple St. Chesapeake VA 23324

Directions: www.tinyurl.com/EaglesClub

Event Website: www.tinyurl.com/JunebugBoogie

Workshop Instructors:

Craig and Heather Jennings
Northern VA Shag Club

Two Workshops!

Intermediate: 3:30-4:15
A Step Above Basic: 4:30-5:15

Music by:

ABSCDJ/NAR&BDJ D.J.
Harvey Taylor

Doors open at 3:00 pm

Workshops 3:30-5:30

Dinner 6:00-7:00

Dance 7:00-10:00



Through the National FastDance Assn.,
our dance club activities are licensed by:



Tickets \$20

No refunds, but may be transferred.

Tickets available from:

Sarah Wilson 757.589.8058 or silw928@aol.com

Committee Chair:

Donna House 757.200.7640 or
2ndvp@boogieonthebay.com

BYOB. Setups and Chicken Dinner provided.
Last Name A-J: Please bring an Appetizer to share!
Last Name K-Z: Please bring a Dessert to share!

Sponsored by:
Boogie on the Bay Shag Club
www.boogieonthebay.com



The Adventures of Ziggy Aloebaum

Another Wednesday shag dance and there I was sitting at a table with Wanda Lewindowsky, a phantasmagoric bottle blonde with a figure like a coke bottle, Maude Cornshucker, a great shag dancer with auburn hair, jello thighs and a "E-cup" rack that kept me at arm's length, and Evelyn Coldpants, a redhead with sensuous lips but a lisp that sprayed me whenever we talked.

Our conversation focused on the correct way to dance the Sugarfoot. Maude said it was a series of four-counts because you changed from the basic on the 5th count and that negated the traditional shag basic. Wanda disagreed, she felt that the six count was maintained, but that you just kept counting until you reached 18. Evelyn said you just keep crossing your legs (something she is good at) until you get tired. And I said I don't give a shag. So we changed the conversation to politics and the forthcoming presidential election. Maude and Evelyn felt we should elect someone who hasn't shown an interest in running the country, because it seems like it could run okay without a leader. Wanda said "Elections! What elections?" And I said frankly my dear, I don't give a shag.

To keep this intelligent conversation going, I asked what everyone thought about starting to dance, but I was quickly overruled by my companions. They felt that the split-up between Murray Paperwhite and Lola Bangalot which Evelyn heard about at 7:13 PM as she was walking in the door, and that Maude and Wanda heard from separate sources at 7:14 PM should be discussed.

Information like that is the only thing that travels faster than the speed of light (something Einstein never considered). So I grabbed the one gal in the whole Elks Lodge who was available to dance — all the others were busy talking about Murray and Lola.

DANCING MAKES YOU SMARTER

It's been scientifically proven that the only physical activity to offer protection against dementia is frequent dancing.

- Reading - 35% reduced risk of dementia
 - Bicycling and swimming - 0%
 - Doing crossword puzzles at least four days a week - 47%
 - Playing golf - 0%
 - Dancing frequently - 76%.

Study made suggestion: do it often. Seniors who took dance lessons 4 days a week had a measurably lower risk of dementia than those who did it only once a week.

Recipe

Portobello with Saga-Blue Chees

Portobello mushrooms
Saga-Blue cheese

Toast rounds
Sage

Toast bread and cut into rounds. Place a mushroom on it and spread with Saga-blue cheese. Top with a sprinkling of sage.



Golf Humor

In My Hand I Hold A Ball,
White And Dimpled, Rather Small.
Oh, How Bland It Does Appear,
This Harmless Looking Little Sphere.
By Its Size I Could Not Guess,
The Awesome Strength It Does Possess.
But Since I Fell Beneath Its Spell,
I've Wandered Through The Fires Of Hell.
My Life Has Not Been Quite The Same,
Since I Chose To Play This Stupid Game.
It Rules My Mind For Hours On End,
A Fortune It Has Made Me Spend.
It Has Made Me Yell, Curse And Cry,
I Hate Myself And Want To Die.
It Promises A Thing Called Par,
If I Can Hit It Straight And Far.
To Master Such A Tiny Ball,

Should Not Be Very Hard At All.
But My Desires The Ball Refuses,
And Does Exactly As It Chooses.
It Hooks And Slices, Dribbles And Dies,
And Even Disappears Before My Eyes.
Often It Will Have A Whim,
To Hit A Tree Or ! Take A Swim.
With Miles Of Grass On Which To Land,
It Finds A Tiny Patch Of Sand.
Then Has Me Offering Up My Soul,
If Only It Would Find The Hole.
It's Made Me Whimper Like A Pup,
And Swear That I Will Give It Up.
And Take To Drink To Ease My Sorrow,
ut The Ball Knows ... I'll Be Back Tomorrow.

*Advertise Your
Business in the
Shag Rag!
CONTACT
Sue Young at
suey@theaeap.com
for details.*

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David Rodgers

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703-259-8978
rodgersd3@cox.net

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 if you wish to attend (so that we may accommodate you). Copies of Board Meeting Minutes may be available on the www.nvshag.org website, or you may request copy(s) from the Club Secretary.

"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."

2016 Board

President	Sue Young	703-573-6870	president@nvshag.org
Vice President	Bonnie Arms	703-819-9654	vicepresident@nvshag.org
Secretary	Donna Romito	703-971-1618	secretary@nvshag.org
Treasurer	Mark Hendrickson	703-282-1033	treasurer@nvshag.org
Director-at-large	Jason Potter	703-220-6697	jasonpotter2@msn.com
Director-at-large	Pamela Alfano	202-414-9312	palfano@reedsmith.com
Director-at-large	Fran Mong	703-368-2792	franmong@aol.com
Director-at-large	Ken Morford	202-465-5970	kwm1719@yahoo.com
Director-at-large	Loren Kropat	561-213-3966	webmaster@nvshag.org

NVSC COMMITTEES/CHAIRS FOR 2016

*	Audit	Fern Siegler
	Capital Shag Classic	Jeanne and Jason Potter
*	Shag-A-Thon	Sherry Wildoner
*	Dance	Pamela Alfano
	Facebook	Angie Bushey (angelaabushey@yahoo.com)
	Hello Shaggers	Kathy Norris (helloshagger@nvshag.org)
	Historian	Sherri Wildoner (smwildoner@yahoo.com)
*	Membership	Bonnie Arms (vicepresident@nvshag.org)
*	Music	Fran Mong (franmong@aol.com)
	Newsletter Editor	Jim Scanlon (jamesscanlon@me.com)
	Newsletter Publisher	Maryann Lesnick (mlesnick@mlesnick.com)
	Photographer	John Romito
*	Public Relations	Kathy Norris, Jeanne Potter, Sharon Geyer, Joe Cook, Jack Jones
*	Social/Hospitality	Jeanne Potter
	Sunshine	Maryann Lesnick (mlesnick@mlesnick.com)
	Webmaster	Loren Kropat (webmaster@nvshag.org)
* Denotes Standing Committee		

BORROWING SHAG VIDEOS..... is easy!!!

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 **REFUNDABLE \$25 deposit.** See **SUE YOUNG on Wednesday nights to borrow or purchase a DVD or video!!!**



General Inquiries: shaglist@nvshag.org
 Membership: membership@nvshag.org
 Webmaster: webmaster@nvshag.org
 Hello Shagger: helloslagger@nvshag.org

**Dedicated to the Preservation
 of Carolina Shag and Beach Music**

WE'RE ON THE WEB!
 WWW.NVSHAG.ORG

AND ON FACEBOOK AT
 "NORTHERN VIRGINIA SHAG
 CLUB"



About Our Organization...

Northern Virginia Shag Club (NVSC) was organized to preserve the Carolina Shag dance and its accompanying Beach music. NVSC dances the Carolina Shag every Wednesday night at:

Elk's Lodge, 8421 Arlington Blvd, Fairfax, VA

Come join us — learn the Carolina Shag! Free beginner lessons begin at 7:30 pm. A Buffet dinner is available for purchase. Social dancing is from 6:30 to 10:00 pm.

COME JOIN US!



Shag Rag

NORTHERN VIRGINIA SHAG CLUB
 P.O. Box 2298
 Merrifield, VA 22116

[https://www.facebook.com/
 NorthernVirginiaShagClub/](https://www.facebook.com/NorthernVirginiaShagClub/)