



Dedicated to the Preservation of the Carolina Shag and Beach Music

A Proud Member of:



Shag Rag



Sue Young

President's Corner

by Sue Young

Volume XXII, No. 8
August 2016

Our 21st annual Capital Shag Classic "A Night in Disguise" was a great event again this year. Thanks to all of you that participated in the mask contest. Congratulations to Vaughn Royal, Joan McKinney, and our two guests, Cindy Black and Ed for winning the contest. Check out all the creative masks on our Facebook page.

Hats off and a big thank you to Jeanne and Jason Potter, our Classic co-chairs for organizing such fun activities and for the many hours spent in preparing such a successful event and party.

We had a great line up of very talented DJs thanks to our music chair Fran Mong. They filled the dance floor with their extensive collection of beach music.

The workshops and dance exhibitions were great. Thanks to Pamela Alfano for bringing in shag pros Gene and Nancy Pope. We were treated to several dance exhibitions by the pros and our own talented members. Thanks to all of you that participated in that.

Famous Dave's BBQ, free pours, and shooters were enjoyed by all. Thanks to Fran Mong and her hospitality committee for keeping us entertained and our glasses full.

Many thanks to Emily Maroon and John Rippingale for decorating the room. To Dave and Nancy Williams for making sure everyone had someone to dance with. To Bonnie Arms for managing the registration. To John Romito for taking pictures and posting them on Facebook. To Barbara Ebersole for managing the 50/50 drawing. And a Huge thank you to Marcia Conway and Adele Robey for producing the program.

Last, but not least, my thanks and appreciation to all the NVSC volunteers who gave their time unselfishly to work at the free pours in the hospitality room, the ballroom and the registration table.

If you are going to the SOS Fall Migration in North Myrtle Beach in September, plan to attend the SOS NVSC Party in the back room of Fat Harold's from

3:00 - 5:00pm on Tuesday, September 20th. Also, there will be an All Virginia Party again at Ducks on Friday. More information will be available soon.

And speaking of SOS, we are now selling Fun Monday tickets. As a member of ACSC, we need to support this event.

The Fun Monday drawing was started as a way to finance the events of Fun Monday.

It only takes \$10 to make you eligible to be in the drawing. The first ticket drawn wins \$7500, the second wins \$2000, the third wins \$1000, the fourth wins \$500 and the fifth and final ticket wins \$250. Five chances to win.

After all the bills are paid there is a donation made to Caring For Kids, which is the chosen charity for the Fun Monday Enhancement Committee. The Caring for Kids charity is a great organization that helps a lot of kids.

Please support this event and buy a raffle ticket from one of your Board members.

Special points of interest:

- Dancing as Therapy (page 4)
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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, August 24th immediately following the dance lessons.

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).



August 14th & 28th at **JW & Friends**, 6531 Backlick Road, Springfield, VA, 5:00–8:00 pm; no cover charge.

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

See more upcoming Shag Events on page 3

Dance Lessons at the Elks on Wednesdays

DJ Schedule

- 8/3: Craig Jennings
- 8/10: Bill Frostick
- 8/17: Dennis Gehley
- 8/24: Crystal Ashton
- 8/31: Butch Adeimy

Beginner Level Shag Steps

- 8/3—Basic and Female Turn
- 8/10—Basic and Start
- 8/17—Basic and Male Turn
- 8/24—Basic, Half Turn, Triple Basic
- 8/31 — Beginner Review with Technique

Intermediate Level Shag Steps

- 8/3—Hug Pivot & Pivot
- 8/10—Pivot with Tuck Turn
- 8/17—Pivot & Belly Roll
- 8/24—Sugarfoot w/ Back Prep & Front Prep
- 8/31 — Review of Classic Workshop Step

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 jamesscanlon@me.com.

News From the Dance Committee

The Dance Committee has made some exciting changes to the dance curriculum. Many of our Club members have been requesting that we add to or make changes to our program. As you are already aware, there is a new basic variation class at 7:00 PM on the first Wednesday of the month. The class will be taught by Joan McKinney and Sherri Wildoner. In addition, we decided to add new steps to the Intermediate A curriculum. Hope you enjoy the changes.

Pamela Alfano
Dance Committee Chair

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.lyncburgshags.com
- Richmond Shag Club, www.richmondshagclub.org
- Roanoke Valley Shag Club, www.rvsc.memberlodge.com
- Virginia Beach Shag Club, www.vbshagclub.com



August

Larry Camp	08/05
Kathy Miller	08/08
Linda Szyszka	08/08
Jack Jones	08/11
Diane Moody	08/13
Christina Niessen	08/13
Paul Provost	08/16
Gary Tidmore	08/18
Linda Romero	08/21
Dave Buegler	08/23
David Rodgers	08/23
Fran Mong	08/24
Carmelo Quijano	08/25
Fern Siegler	08/28

When and Where to Dance in the Future

September 16-25 - SOS Fall Migration,
North Myrtle Beach, SC

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

Dance Through Life
By Rafi Eldor (Israel)

Dancing as Therapy

I am very happy to share my struggle to overcome the Parkinson's Disease (PD) symptoms. I am fighting the P.D. 24 hours a day for the last 8 years. When I was diagnosed and in the first 2 years my body was very stiff and I could hardly move. Then I began to use ballroom dancing in addition to conventional medicine. To my surprise my stiff body became flexible and I am feeling much better and it is being confirmed by my doctor.

I am still working as a university professor and in addition I am giving many lectures about P.D. and ballroom dancing. In the past 14 month I have organized in different places more than 20 groups of P.D. that have started dance and they filling much better. I thank god of giving me the great opportunity to carry out programs that help other patients. I am very optimistic that a cure or vaccination would be found in the near future. Until than I will keep on dancing.



Steps to Better Leading

(From the October-
December 2009 Next
Generation Swing

Don't Be Pushy— It's good to remember that leading is the act of providing your follower with the opportunity to do a move, or to get creative, or to pause a moment. It's not the act of telling, forcing, or commanding. If the follower isn't interested in what you've got planned . . . then be nice and change the plan.

Stay Relaxed— Sometimes when you are caught up in the moment and you're inspired to do the absolutely best move you know . . . you can be too intense. Moves always work best when you stay relaxed. **Listen To Your Follower**— Your follower is doing you the favor of paying attention to your lead . . . so you should return the respect by paying attention to how things are going for her. She might not have been completely comfortable with the last move and may want to pause for a couple of beats or do a couple of basics to provide some relax time. Or maybe she is really feeling the music and wants to take a few beats to do some footwork or the latest Underarm Pass Variation she's learned or invented. Give her the time.

Connection is Everything— Because so much Swing and other fastdance styles is (sic) done in an open position, with only your hands touching, it's super important that the connection with you partner be smooth and quiet, not rough or jerky. The (sic) needs to be a flex in your arm, you need to wait for you partner to finish one pattern before starting the next, and you must think of the point of contact of your hand with her hand as being a stable point, a dependable, steady, seriously relaxed connection.

Simple First— Make sure that you can easily do simpler patterns first before doing the quadruple twisted dip to an unsuspecting follower. Build up to the harder moves.

Dancing Is a Fun Conversation— What's really nice about Swing and other fastdance styles is that it's all set up to be give and take process between the leader and follower. The more you allow that give and take to happen, the more fun the conversation will be. You don't compete against your partner. You have a good time together.

Pay Attention To The Music— If it's your favorite song, this will be easy, but . . .well . . . some were really never meant to be swing songs. But you're still out on the floor. You've still got a partner . . . so make lemonade out of that lemon of a song. The best way is to search for an interesting detail in the music. If you're lucky, even discover what it was that possessed the DJ to play it in the first place.

Watch How Others Dance— It's easy to dance all night and hardly give a thought to the other couples on the floor but it can be a learning experience. As a leader you are not exposed to as many new moves as the follower. So thake (sic) a look around sometimes and see what the other leaders are doing. You might find some inspuration.

Take a Class Or a Lesson— Just like watching other leaders dancing, taking lessons can give you new ideas to try to keep your dancing fresh. This can clue you in tp (sic) the latest trends and you'll have an easier time when your follower does something you've never seen before.

It's All About having A Good Time— Even if you're a hardened competitor, it's still about having a good time. There's really no other purpose to dancing. Besides, happiness is healthy.

The Adventures of Ziggy Aloebaum

(SOME MEMBERS ASKED WHAT HAPPENED TO ZIGGY, WELL, HE JUST TOOK A REST FOR ONE MONTH)

It was time for the intermediate lesson to begin. The gals and guys lined up in the usual manner; I found myself opposite Gloria Nipantuck, an attractive woman about 70, with perfectly coifed silver hair and the face and body of a 30-year old. The lesson was the usual pivot and the hug-if-you-want-to-get-slapped-pivot, our instructors were Martha Coldbut and Harry Finewire. Being at the end of the line, it was difficult to hear, but through sign language Gloria and I managed to get the gist of what was being taught.

The lead was to gently pull the lady toward his right side with his left hand, with all four fingers touching each other and his thumb pointing about 17 inches to the left of her left shoulder, and to move your eyes to the right, followed by moving your head also to the right. The lady was to respond by moving forward and smiling in a manner that communicated affirmation of the desire to be gently hugged while moving, thus completing the first step, the count of One.

Some of us guys could not get the eye movement and head turn synchronized, so the instructor had to give us special attention. Only one of the gals could not get the "desire to be hugged" look, so she was talked to in private. After we repeated this initial move about 6 or 7 times, it was on to the "and" and step 2, as in "One and Two." The "and" part was no problem, then on the count of two, we were told that the guy should be looking over the left shoulder of the gal if she was small enough, if not then looking at her left arm pit, but definitely not at her left breast. We had to repeat this movement 4 or 5 times, because some of our shorter guys were sneaking a peek. Then it was on to steps "Three and Four."

About this time, the DJ started playing music, which screwed everyone up and we had to start all over again. By then we had to switch partners, with the ladies moving down the line to their right. This hiatus gave me time to introduce myself to my new partner, Velveeta Hammerhold, a portly gal with tapioca thighs and a quizzical look about her that communicated her admiration of my newly-grown black goatee that I streaked with Just-for-Men Touch of Gray to match my black and grey plaid slacks. I said, "Velveeta, how about continuing this lesson at my house after the dance?" To which she replied: "No way, Jose, what do you think I am, some kind of floozy? Darn! Foiled again!

So I decided to call it a night, go home and practice the pivot with the shag club video and a doorknob for a partner.


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

Come Dance with Me

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Recipe

CHUCK BURGERS WITH PINEAPPLE SAUCE

(12 burgers, 1/2 pound each)

6 pounds coarse-ground chuck, largest possible chunks 6 teaspoons MSG

1 1/2 teaspoons salt 12 slices bacon

Combine ground chuck, salt and MSG. Toss lightly, coating all pieces. Form large burgers (do not pack). Wrap slice of bacon around each burger and secure with a toothpick. Place in refrigerator for 4 hours before grilling.

Pineapple Sauce:

1 cup butter, melted	2/3 cup pineapple juice
1 clove garlic, minced	1/2 cup lemon juice
1 teaspoon sugar	1/4 teaspoon Tabasco sauce
2 teaspoons salt	1/2 teaspoon thyme
1/2 teaspoon pepper	4 teaspoons flour
	Pineapple chunks

Melt butter, add garlic, blend in flour and add remaining ingredients except pineapple chunks. Do not cook. Cool the mixture and then refrigerate. Spoon mixture on burgers while grilling. Place pineapple chunks on burgers during last few minutes of grilling.



Quasi Humor

To commemorate her 69th birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP.

One of the musical numbers she performed was "My Favorite Things" from the legendary movie "Sound Of Music". Here are the lyrics she used:

Sing it!

Maalox and nose drops and needles for knitting.
Walkers and handrails, and new dental fittings.
Bundles of magazines tied up in string.
These are a few of my favorite things.

Cadillacs and cataracts, and hearing aids and glasses.
Polident and Fixodent, and false teeth in glasses.
Pacemakers, golf carts and porches with swings.
These are a few of my favorite things.

When the pipes leak.
When the bones creak,
When the knees go bad,
I simply remember my favorite things.
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions.
No spicy hot food or food cooked with onions.
Bathrobes and heating pads and hot meals they bring.
These are a few of my favorite things.

Back pain, confused brains and no need for sinnin'.
Thin bones and fractures and hair that is thinnin'.
And we won't mention our short shrunken frames.
When we remember our favorite things.

When the joints ache.
When the hips break.
When the eyes grow dim.
Then I remember the great life I've had.
And then I don't feel so bad.

2016 Board

President	Sue Young	703-573-6870	president@nvshag.org
Vice President	Bonnie Arms	703-819-9654	vicepresident@nvshag.org
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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
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	Hello Shaggers	Kathy Norris (helloshagger@nvshag.org)
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*	Membership	Bonnie Arms (vicepresident@nvshag.org)
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	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!!!**

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."



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

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