

President's Corner

BY BONNIE ARMS

I attended the ACSC Summer Workshop hosted by the Rock Hill Shag Club July 12-14 in Charlotte, NC. **Joe Peoples, Jason and Jeanne Potter, Linda Trader and Joe Miente**, and I represented NVSC at this fun event. There were many vendors selling their wares. Of course I purchased a 35th ACSC Anniversary T-shirt. Boogie on the Bay Shag Club (BOTBSC), Portsmouth, VA., will be hosting the ACSC Summer Workshop July 9-11, 2021.

We had a large turnout and grand time at the Summer Social held on July 28 at the Revolution Darts & Billiards sports bar in Centreville, VA from 4-8 p.m. We danced to music from **PINK**, enjoyed food and adult beverages, and socialized with each other.

DON'T FORGET that our Capital Shag Classic is coming up on Aug 16-17 at the Dulles Westin. The theme is Feelin' Groovy. The guest dance instructors on Friday will be **Craig and Heather Jennings** and on Saturday will be **Bill and Brenda Barber**. The ABSCDJs will be our very own NVSC member Craig Jennings and Buck Crumpton.

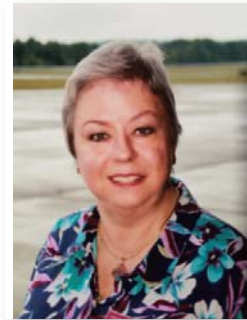
SOS Fall Migration will be held September 12-21. **Mark Hendrickson** has SOS cards available for sale for \$30. If you wait until you get down to

North Myrtle Beach (NMB) they will cost \$35.

Fun Monday tickets are available for purchase from any Board of Director member. They are only \$10 each and you could possibly win up to \$7500. After the expenses are paid for Fun Monday, a donation is made to Caring for Kids, a local North Myrtle Beach Charity and the SOS Charitable Foundation, Inc.

NVSC will have their **Back Room Party** at Fat Harold's on **Tuesday, September 17 from 3-5 p.m.** For any NVSCers that are not able to go to NMB, there will be a **Left Behind Party** at the Elk's Lodge 2188 on **Wednesday, September 18**. If you are a current member of NVSC you will get a ticket for one FREE drink of your choice at either event. The **All Virginia Party** will be at Ducks on Friday, September 20 from 1-5 p.m.

It's not too early to mark your calendar for the NVSC Christmas Party. It will be held on December 7 at the Kingstown Snyder Center, 6450 S. Van Dorn St., Alexandria, VA 22315. More details will be forthcoming.



Inside

Ziggy's Lament4
 Get Ready for the Classic5
 Ten Dance Taboos from the Dance Diva6
 Need to Know8
 Shag Calendar9
 Birthdays, etc. ... 10





Contact us:

General Inquiries:

shaglist@nvshag.org

Membership:

membership@nvshag.org

Webmaster:

webmaster@nvshag.org

Hello Shagger:

helloshagger@nvshag.org

Through the National FastDance Association, our Club activities are licensed by:



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. Cover charge: Members \$10, Guests \$11.

COME JOIN US!

2019 Board Members

President	Bonnie Arms	703-819-9654	bjrwa@verizon.net
Vice President	Sherri Wildoner	760-212-0981	smwildoner@yahoo.com
Secretary	Linda Barna	703-455-1090	linda.jean.barna@gmail.com
Treasurer	Mark Hendrickson	703-691-3053	mark_hendrickson@verizon.net
Director at Large	Pamela Alfano	202-414-9312	pamela.alfano@aol.com
Director at Large	John Dent	703-440-0451	jdent3@gmail.com
Director at Large	Barbara Ebersole	703-321-8211	ebersole_2@yahoo.com
Director at Large	Jack Jones	703-801-3555	jackejones@verizon.net
Director at Large	Sue Young	703-573-6870	susan.young19@yahoo.com

2019 Committees/Chairs

Audit*	Fern Seigler	
Capital Shag Classic	Christine Werner	fleur15@verizon.net>
Shag-A-Thon*	Sherri Wildoner	smwildoner@yahoo.com
Dance*	Pamela Alfano	pamela.alfano@aol.com
Hello Shaggers	Kathy Kropat	helloshagger@nvshag.org
Historian	Sherri Wildoner	smwildoner@yahoo.com
Membership*	Bonnie Arms	bjrwa@verizon.net
Music*	Fran Mong	franmong@aol.com
Newsletter Editor	Adele Robey	arobey@fusemail.com
Newsletter Publisher	Adele Robey	arobey@fusemail.com
Photographer	Jack Jones	jackejones@verizon.net
Public Relations*	Jeanne Potter	jeanne.potter@outlook.com
Social/Hospitality*	Jeanne Potter	jeanne.potter@outlook.com
Sunshine	Maryann Lesnick	mlesnick@mlesnick.com
Webmaster	Loren Kropat	webmaster@nvshag.org

*Denotes Standing Committee

When and Where to Shag

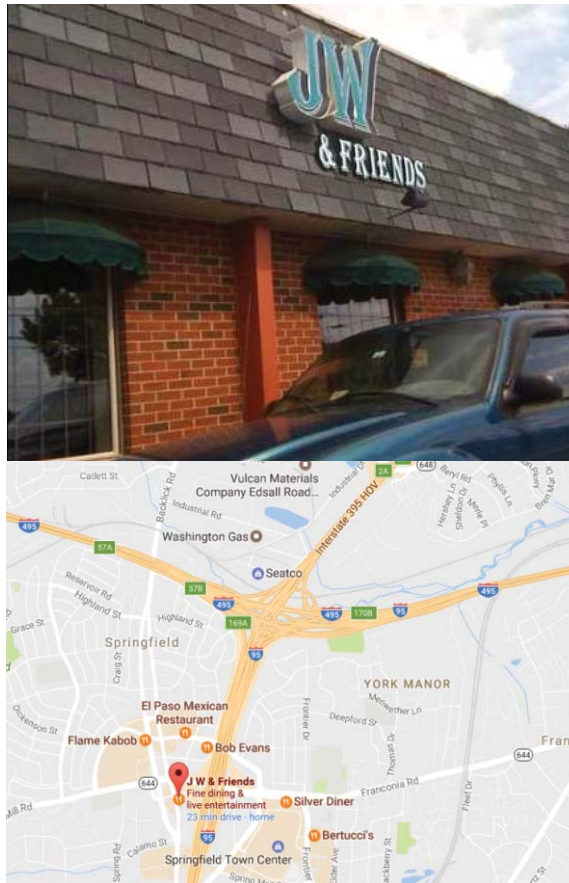
Every Wednesday, 6:30-10:00 pm at the Elks Lodge

8421 Arlington Blvd., Fairfax, VA (on Route 50 near Prosperity Avenue). Cover charge: Non-members \$11.00, members \$10.00; free lessons at 7:30 pm, no partners needed. Buffet dinner available, 6:45 - 8:00pm or order from the menu. For example, Appetizers (Buffalo Wings, Quesadilla, etc.), Salads (Caesar, Chef), Burgers & Sandwiches (Bacon & Blue, Pulled Pork BBQ).



August TBD at Mixing Bowl (formerly JW & Friends)

6531 Backlick Road, Springfield, VA. 5:00-8:00 pm, no cover charge. .



DJ Schedule

Please check the website for updates to the DJ schedule

Dance Lesson Schedule at the Elks on Wednesdays

Beginner Level Shag Steps

August 7	Basic and Female Turn
August 14	Basic and Start
August 21	Basic and Male Turn
August 28	Basic, Half Turn, Triple Basic

Intermediate Level Shag Steps

August 7	Hug Pivot and Pivot
August 14	Pivot & Tuck Turn
August 21	Pivot & Belly Roll
August 28	Sugarfoot with Back Prep & Front Prep

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 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!

See more places to dance with other ACSC Virginia Shag Clubs, listed on page 10.

Ole Ziggy's lament... Of wine, women and ... women?

ZIGGY ALOEBAUM

The NVSC scheduled its Wine Tasting Event at Joe Pushit's house in Annandale. Joe is an amiable guy of considerable age, the type of person who would agree to just about anything because of his hearing disability; he replies "Huh" to just about anything you say, and that huh often is taken as agreement. That's how he got committed to hosting the event.

The ladies of the club brought snacks, the guys brought wine, and the club had arranged for a sommelier to bring wine in hope of sales. As the club members began arriving, Joe noticed a newcomer who came with a member friend. She was with Harry Knobknees, who is one of our better dancers, dedicated to promoting shag dancing and beach music. She was very attractive and had a smile a mile-wide. Harry introduced me to her as Terry Threedollar, his cousin from Charlottesville. Another member, Frank Feelingbottom also arrived with an attractive gal, but I didn't get to meet her immediately because I was helping Joe with the wine glasses. Later, I managed to talk to Frank when he was alone. I said: "That's an attractive gal you brought with you, is she your steady?" He said: "No, Wanda's my daughter!"

Not wanting to seem too eager, I replied: "Well, by golly, you sure have attractive genes!" Later, when the opportunity arose, I introduced myself to her: "Miss Feelingbottom, your dad and I have been friends for a long time, but I didn't know he had such an attractive daughter. She replied: "My name is Wanda Wiggleroom now, I was married and then divorced." Yahoo, here I am with two delectable babes, just waiting for ole Ziggy to make his move.

As the afternoon progressed I didn't get a chance to talk to either gal alone. But eventually the members started leaving. I saw Terry and Wanda talking, so this was my chance to start my routine and line up both of them. I interrupted their conversation by asking: "Did you gals enjoy the vendor's wine? Wanda came back with: "It was a bit puckerish; Terry said she thought it was OK, but not worth \$40 a bottle. I wanted to keep the conversation going, so I asked them if they found any of the guys at the event worthy of dating. Terry said: "We didn't have the opportunity, we both found each other so attractive that I am going to move in with Wanda." Oh, good Lord, why did I have to find two beauties with more interest in each other than ole Ziggy?

SUPPORT THE NVSC SILENT AUCTION

Our Capital Shag Classic, now in its 23rd year, is the biggest annual event produced by NVSC. This year, to help support the event, we will again be doing a silent auction during the party. To make the silent auction successful requires two things from our members: contributions of items for the auction beforehand and purchasing tickets to bid on items during the Classic weekend. If you would like to donate an item for the silent auction, please give the item to Cathy Metcalf or Vaughn Royal on a Wednesday evening. Be imaginative! New or lightly used household items are fine. Dance related items tend to sell well. If you would like to contribute a themed gift basket, they attract bids. Last year, we had some wonderful objects of art created by some of our talented members.

If you would like to help with the planning or preparation of the silent auction or if you would like to help with running the auction during the party, let us know. Your support will help make this year's Classic a success!



Our annual Capital Shag Classic is fast approaching and we couldn't be more excited!

Get your Go-Go Boots, Tie Dye Shirts and Bell Bottoms out of the closet and get ready for two days of far-out partying with our biggest event of the year, our Capital Shag Classic. You are not going to want to miss this big party we have planned on August 16-17 at the Westin Washington Dulles Hotel

This year's theme is **Feelin' Groovy** and we are going to take a trip back to the era of Flower Power.

Friday night is a 60s theme so come dressed in your 60s best as there will be a costume/best dressed contest. Don't miss our early bird shag dance lesson at 4:00 pm with Pro Shaggers, Craig and Heather Jennings. Then it is on to the **Free Pour** for some pizza, drinks and the company of your fellow shaggers. Be sure to pick up your **shag bingo card** before the dancing starts for a chance to win a prize.

On Saturday, we are thrilled to welcome back National Shag Champions, Bill and Brenda Barber. They will be teaching us two shag lessons as well as showcasing their dancing skills. **Don't miss your chance to learn from these world-class dancers!** After dancing in the afternoon, join your friends for another Free Pour before our Seated Dinner at 6:00 pm. And then we are going to shag until we drag.

This will be one incredible weekend featuring, two free pours, shag lessons by not two, but **four Pro Shaggers, Craig and Heather Jennings and Bill and Brenda Barber**, fun, food, shag bingo, prizes, hippie bus photo op and of course dancing all night long to great tunes by two members of The Association of Beach and Shag Club DJs, Craig Jennings and Buck Crumpton.

It's going to be A Happening so Get Your Tickets now. Pick up a flyer at the Elks or go to our website at nvshag.org and click on the Classic flyer.

Chinese Auction Items Needed

Please help by donating "new" or gently used items to our auction. Items, gift certificates or gift baskets can be dropped off at the Elks on Wednesdays. Any donated items welcome.

Thank you in Advance for your Donation. For more information, contact Vaughn Royal at vaughn.royal@gmail.com

Wine Donations needed too!

We will also have a wine basket raffle again at this year's Classic. **Please donate a bottle of your favorite wine** to help offset the cost of the wine basket. Wine donations can be given to Jeanne and Jason Potter at any Wednesday night dance. If you are not able to attend the Wednesday dance, but would like to help, you may make a monetary contribution toward the wine basket raffle. Please make your check payable to NVSC and mail it to Jeanne Potter at 4205 Lenox Drive, Fairfax, Virginia 22032.

We Also Need Your Help...We can't have a party like this without volunteers! Sign-up to help with registration at the Elks or contact Christine Werner at fleur15@verizon.net



- 6 Time National Shag Dance Champions
- 2 Time USA Grand National Champions
- US Open Sophisticated Swing Champions
- Beach Shaggers National Hall of Fame
- National Living Legends
- Teaching Shag for 27 years

THE BARBERS ARE COMING!

The Capital Shag Classic is just around the corner. We are very excited that this year our pros will be Bill and Brenda Barber from Murrells Inlet SC. They are extremely accomplished dancers who have won many competitions and are members of the National Living Legends of Dance and the Beach Shaggers National Hall of Fame. The Barbers will be teaching two workshops at the Classic. You will not want to miss this opportunity to the to experience these wonderful dancers. There is still time to purchase a ticket for a front row seat.

Ask the Dance Diva: 10 Dance Taboos

CARRIE SEIDMAN

Reprinted by express permission of the author only; all rights reserved.

Part of the Dance Diva series

carrie.seidman@gmail.com.

Here are 10 absolutely irrefutable dance taboos that bear repeating. If you can't absorb them all, at least commit the 10th to memory because it supercedes all others. If you choose to ignore them, do it when the Diva is not around. A well-placed heel can be a painful thing!

1. Thou shalt not give advice to a partner on the social dance floor unless asked for it. There is nothing more disheartening, deflating or irritating than when a social dance partner offers an unsolicited critique, no matter how subtle or well-intended. I don't care if you do know more than your partner. I don't care if you are trying to be helpful. I don't care if you use nice, encouraging language. It's still a put-down. If your partner doesn't ask, don't tell.

2. Thou shalt not fail to protect your partner. An incredible, synergistic dance is what we all want, but first and foremost, no one should get hurt trying to achieve it. This is directed more toward leaders who are in charge of maneuvering and floor craft, but it is incumbent upon anyone, male or female, to try to avoid a collision or disaster if you notice one looming. Protecting your partner from a flailing arm, a flared heel, or an out of control speedster, is your first obligation.

3. Thou shalt not guide your partner, nor receive a lead, with unnecessary force. In partner dancing, the proper amount of pressure and connection to use is the least amount necessary to get the desired result. This will vary from partner to partner of course, but it is never OK to shove, push, strong arm or clamp down on your partner's hands nor to twist limbs into positions that are anatomically unnatural. It also pretty much guarantees the receiving partner will never want to dance with you again.

4. Thou shalt not talk or give advice while an instructor is teaching a group lesson. The teacher is doing his/her best to impart useful information. Your partner is doing his/her best to listen. If you don't agree with the instructor or think you know better, leave the floor. Then you will be free to go out of earshot where you can relish your superiority with your biggest fan—you.

5. Thou shalt not refuse to dance with partners of lesser ability. Everyone likes to dance with someone who is advanced and a proficient partner. It's more challenging, more fun and, most of the time, more successful. But the truly great dancers are the ones who are happy to dance with

anyone of any level, taking it as a challenge to provide a satisfying experience. I don't care how good you are, nobody likes a dance snob.

6. Thou shalt not apologize for your insufficiencies. It's rare when you are matched with a partner of the exact same ability. So whether you blow a lead or miss receiving one, there is no need for sealing it with a "Sorry" or "My bad". Move on and if you're both game, try the move again. If the Diva had been required to beg forgiveness for all of her petit faux pas on the floor, she would not have any words left with which to impart her valuable wisdom

7. Thou shalt not do choreographed routines, aerial lifts and flamboyant arm styling on a crowded social dance floor. There is a reason the dance world has competitions and exhibitions. They are the proper venues for dramatic presentations. If you are a talented dancer, it will show... even if you're doing an understated beginner pattern. If you're not, all the theatrics you throw in will just make you look like a show off and a jerk. (See commandment 10)

8. Thou shalt not ignore or oppose the line of dance. Social dancing works because there are rules of the road. If you don't know them, ask a teacher to explain where to best position yourself for different dances and according to your skill level. If you prefer to be more free-form, leave the dance floor and try a mosh pit.

9. Thou shalt not put a priority on making yourself, rather than your partner, look good. You will attract a lot more-and better- future partners by ensuring that your current one looks competent, relaxed and enthused. It's incumbent on both sides to find a common denominator and to make the partnership the priority, not personal aggrandizement.

10. Thou shalt not be a jerk. Really, need I say more? Be a gentleman. Be a lady. Remember the etiquette your mother taught you? Do unto others and all that good stuff. If you keep this foremost in your mind, you will always be a gracious partner. That has nothing to do with dancing. That has to do with being a good person!

Northern Virginia Shag Club's Capital Shag Classic

Feelin' Groovy

August 16 & 17, 2019

Saturday Shag Workshops with Bill and Brenda Barber

Friday Early Bird Workshop with Craig and Heather Jennings

Guest DJs: Buck Crumpton & Craig Jennings

Location: Westin Washington Dulles Airport, 2520 Wasser Terrace, Herndon, Virginia 20171
Room Reservations 866-932-7062 or 703 793-3366. Ask for the Northern Virginia Shag Club rate of \$89/night plus tax until July 16. Buffet Breakfast for 2 is included.

Schedule of Events

Friday, August 16, 2019

Registration opens 3 pm, Ballroom Entrance

Early Bird Shag Workshop 4-4:45 pm, Ballroom

Hospitality Suite/Food 5-7 pm, Skyline Suite 821

Music & Dancing 8pm-Midnight, Ballroom

DJ: Craig Jennings



Come dressed in your hippie best!
Prizes for best 60s dress.

Saturday, August 17, 2019

Registration opens 10 am, Ballroom Entrance

First Shag Workshop 11am-12 pm, Ballroom

Second Shag Workshop 12:30-1:30 pm, Ballroom

Open dancing 1:30-3:30 pm, Ballroom

DJ: Craig Jennings

Hospitality Suite/Snacks 4-5 pm, Skyline Suite 821

Ballroom Closed 4 pm

Seated Dinner starts at 6 pm, Ballroom

DJ: Craig Jennings

Registration Opens 7:30 pm

Music & Dancing 8 pm-Midnight, Ballroom

DJ: Buck Crumpton

Free Pours Friday and Saturday

Early bird workshop on Friday

Saturday shag workshops

Friday free pour with food

Saturday seated dinner

Buffet breakfast (hotel guests only)

Shag bingo

Prizes

50/50 Drawing

Wine basket raffle

Large dance floor

Exhibition dances

Join us for a groovy time! Tickets: \$89 each until July 31, 2019. \$99 thereafter. Non-refundable but may be transferred. Tickets must be purchased in advance.

Name (1) _____

Name (2) _____

Address: _____

City, State, Zip: _____

Phone: _____ E-Mail _____ Primary Club _____

Amount Enclosed: _____

Please indicate number if required _____ Gluten Free _____ Vegetarian

Make check payable and return to Northern Virginia Shag Club

PO Box 2298, Merrifield, Virginia 22116

Web address: www.nvshag.org

Registration contact: Christine Werner fleur15@verizon.net. Questions? Sue Young 703-573-6870 or susan.young19@yahoo.com

Don't Worry - Be Hippie





**Welcome
New Members**

Sam Maroon
Amanda Stone

Need to Know?

Where do I Get a Copy of the Shag Rag?

Go to www.nvshag.org, click on *Shag Rag* 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 right 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 Adele Robey at arobey@fusemail.com

J.R.'s Framing & Photography

JOHN ROMITO
6020 Westcott Hills Way • Kingstowne, VA 222315



High Quality Framing at Great Prices!
Photographs, Prints and Posters
Artwork including Oils, Water Colors & Pastels
Shadow Boxes, Mirrors & Cross Stitch



Service and Quality Guaranteed!

Call John at 703-971-1618 for an appointment or email him at jrdancer0501@yahoo.com



Dennis Gehley The Time Machine



Hits from terday and Today
Beach, Shag, Rhythm & Blues, Oldies, Top 40

703-451-6764

E-mail: dmgehley@me.com



PHOENIX GRAPHICS INC.

Design and production for print

Adele Robey | 202.544.0703 | arobey@fusemail.com

VAUGHN W. ROYAL ATTORNEY AT LAW

Real Estate, Will, Trusts, Estate Planning, Administration of
Decedents' Estates, Corporate Law, Contract and Business Civil Litigation

Chevy Chase Pavilion, Suite 440
5335 Wisconsin Avenue, NW
Washington, DC 20015-2079
at Friendship Heights Metro

(202) 895-1530 Telephone (202) 686-6405 Facsimile

E-Mail: Vroyal@Royal-Law.Com

ADMITTED IN VA, MD AND DC

There's a whole lotta shaggin' goin' on!

MARK YOUR CALENDARS!

August 16-17, 2019

NVSC Capital Classic 2019

Dulles Westin Hotel

See page 6 for details

August 22-24, 2019

Tampa Bay Beach Boppers 27th Beach Boogie

Hotel: Sirata Beach Resort, 5300 Gulf Blvd., St. Pete Beach, Fla 33706

Phone: 800-344-5999 or 727-363-5100

Instructors: Michele DeRosa, Mike & Debbe Lapina, and Ashley & Tobitha Stewart

DJs: Buck Crumpton, Jane Harrington, John Smith, and Billy Waldrep

Website: tampabaybeachboopers.com

October 12, 2019

Battlefield Boogie Club

Second Sunset Toast

Lake of the Woods Clubhouse

102 Lakeview Parkway, Locust Grove, VA 22508

website: www.battlefieldboogieclub.com

September 12-21, 2019

SOS Fall Migration

North Myrtle Beach, SC

September 17, 2019

NVSC Back Room Party

Fat Harold's, North Myrtle Beach, SC

3-5 p.m.

September 18, 2019

NVSC Left Behind Party

Elk's Lodge 2188, Fairfax, VA

September 20, 2019

SOS Fall Migration All Virginia Party

Duck's, North Myrtle Beach, SC

1-4 p.m.

Flyer coming soon

December 07, 2019

NVSC Christmas Party

Kingstowne Snyder Center

6450 S. Van Dorn St., Alexandria, VA 22315

DJ: Jerry Hardy



National Living Legends of Dance Inductees

Berta Lull and the Board of Directors of the National Living Legends of Dance would like to announce the new National Living Legends of Dance inductees for 2019....

CONGRATULATIONS to All !!

And they are:

Ken Akin, Aiken, SC

Jim Bowers, Mt. Pleasant, SC

Larry Boyer, N. Myrtle Beach, SC

Craig & Debbie Cole, Friendswood, TX

Tom Edwards & Kathy Manny, Smithfield, VA

Susan Funderburk, Charlotte, NC

Dawn Garrish, Damascus, MD

Bill Harper, N. Myrtle Beach, SC

Bob & Mona King, Orange Park, FL

Loretta McIntosh, N. Myrtle Beach, SC

Margie McRae, Chesapeake, VA

Santos Nedera, Norfolk, VA

Sharole Negrete, Calabash, NC

Connie Perrard, Pearland, TX

Jean Piedmont, Portsmouth, VA

Howard Rodriguez, Deer Park, TX

Debbie Spicer, Mooresboro, NC

Ray Trusty, Friendswood, TX

Rodney & Laura Williams, N. Augusta, SC

etc.

August Birthdays



Patricia Bailey
August 03

Darren Benjamin
August 03

Larry Camp
August 05

James Harmon
August 07

Kathryn Miller
August 08

Dale Strawser
August 09

Jack Jones
August 11

Paul Provost
August 16

Anita Huffman Strawser
August 17

Gary Tidmore
August 18

Ronald Wichin
August 18

Patti Crooke
August 21

Linda Romero
August 21

Dave Buerger
August 23

David Rodgers
August 23

Fran Mong
August 24

Fern Siegler
August 28

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.lynchburgareashagclub.com

Richmond Shag Club, www.richmondshagclub.org

Roanoke Valley Shag Club,
www.rvsc.memberlodge.com

Virginia Beach Shag Club, www.vbshagclub.com

ShagRag

Northern Virginia Shag Club
P.O. Box 2298
Merrifield, VA 22116

We're on the Web!
www.nvshag.org

And on Facebook at
Northern Virginia Shag Club

