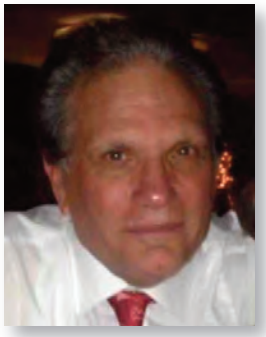
NORTHERN VIRGINIA SHAG CLUB

Shag Rag

JULY 2025

President's Corner

BY JACK JONES



Hi Fellow Shaggers! Hope all the Dads enjoyed Father's Day and those club members who went on vacation during June (with some of them doing overseas trips) had an enjoyable time.

Our club promoted Shag dancing at the local **Healthy Together Fairfax** (HTF) event held on Sunday, June 8, at Franconia Park in Alexandria, VA (formerly Lee Park). The event was held in the huge rec center gymnasium and we were provided a booth and large floor space to demonstrate the Shag. We had several attendees stop by our booth for brochures and to watch our dancers plus some did ask for some basic dance lessons. Thanks to all our club members who participated in the event and for **Cathy Metcalf** and **Vaughn Royal** for being the DJs.

The third annual **joint party with the Battlefield Boogie Club** called the "Beat Goes On!" at the Moose Lodge in Lorton was held on June 28. **Jim Rose** was the DJ and **David Barna** won the 50/50. Thanks to **Audrey Borja** and **Kathy Kropat** for planning the event, to **Liz Kestler** for donating a gift basket for the door prize, and to everyone else who volunteered their time to make the event a success

The next **Sunday Social at Clare and Dons Beach Shack** is scheduled for **July 13** and the remaining dates for this yeaer are August 10,and October 12. We surveyed the club members to see if they would prefer changing the event time from 2-5 PM to 1-4 PM and are still waiting for the results.

The annual **Cannonball Blast Dinner Dance** sponsored by the Battlefield Boogie Club is scheduled for Saturday, August 16 at Lake of the Woods in Locust Grove, Virginia.

And last but not least, the NVSC paid tribute to all Army Vets during the 250 Year Anniversary Celebration of the US Army held on June 14.

Inside

Dance Calendar ...3
On the Floor.....4
Down South 6
By the Numbers.....8
Need to Know....10
Birthdays and Cocktails 12

NORTHERN VIRGINIA SHAG CLUB

A Proud Member Of The: National FastDance Association

About Our Organization...

Northern Virginia Shag Club (NVSC) was organized to preserve the Carolina Shag dance and its accompanying Beach music. Visit us at www.nvshag.org

2023 Board Members

General Information		info@nvshag.org
President	Jack J.	president@nvshag.org
Vice President	Dick P.	vicepresident@nvshag.org
Secretary	Linda B.	secretary@nvshag.org
Treasurer	Mark H.	treasurer@nvshag.org
Director at Large	Pamela A.	
Director at Large	Barbara E.	
Director at Large	Kathy K.	
Director at Large	Liz K.	
Director at Large	Bee B.	

2023 Committees/Chairs

Audit	Linda Z.	
Capital Shag Classic	Vacant	
Shag-A-Thon	Vacant	
Dance	Pamela A.	DanceChair@nvshag.org
Music	Vaughn R.	MusicChair@nvshag.org
Historian	Vacant	
Membership	Barbara D.	Membership@nvshag.org
Hello Shagger	Kathy K.	Communications@nvshag.org
Shag Rag Newsletter	Adele R.	Communications@nvshag.org
Facebook	Jack J.	Communications@nvshag.org
Twitter/Instagram	Adele R.	Communications@nvshag.org
Photographer	Jack J.	NVSCPhotographer@nvshag.org
Public Relations	Vacant	PublicRelations@nvshag.org
	Adele R.	PublicRelations@nvshag.org
Social/Hospitality	Vacant	info@nvshag.org
Webmaster	Loren K.	webmaster1@nvshag.org
Sunshine	Maryann L.	SunshineChair@nvshag.org

*Denotes Standing Committee

Contact us:

General Inquiries:
shaglist@nvshag.org

Membership:
membership@nvshag.org

Webmaster:
webmaster@nvshag.org

Hello Shagger:
communications@nvshag.org

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

We Create Music ASCAP www.ascap.com

SESAC

BMI

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

www.nvshag.org

Contact us: info@nvshag.org

Follow us!

When and Where to Shag

Join us at the Elks Lodge for dancing every Thursday!

Address: 8421 Arlington Blvd., Fairfax

Open dancing: 7:00 - 10:00 p.m.

Admission Cost: $10 Members; $11 Non-Members

We will be dancing downstairs in the Fairfax Room. Food and drink may be purchased from the Elks at the bar next to the Fairfax Room. There is an elevator at the rear of the building for those who find stairs challenging.

DANCE INFO

Deejays:

July 10
Cathy Metcalf and Vaughn Royal

July 13 (Sunday Social)
Jack Jones

July 17
Loren Kropat

July 24
TBD

July 31
Jack Jones

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.danvilleshag.com*
Franklin Shag Club	*Find them on Facebook*
Lynchburg Shag Club	*www.lynchburgareashagclub.com*
Richmond Shag Club	*www.shagRVA.org*
Roanoke Valley Shag Club	*Find them on Facebook*
Virginia Beach Shag Club	*www.vbshagclub.com*

Come dance with us!

On the floor: Shagging for you health!

NVSC promoted shag dancing at the local Healthy Together Fairfax (HTF) event held on Sunday, June 8, at Franconia Park in Alexandria, VA.

Club members demonstrate Shag dancing for fair attendees

Our Sundays are social. Very social.

Members enjoy lunch, dancing, and conversation at Clare and Don's Beach Shack in Falls Church.

And reporting in from the south…

BY ADELE ROBEY

I have been trying to get this written for months now, with something always getting in the way (call it life). I promised myself I'd do it this month and a couple of 100 degree days have relegated me and the dog to inside and, as usual, in front of the computer.

I think most folks know that last September I made the big transition to full time living in Cherry Grove Beach, South Carolina. For the uninitiated that's the next small town over from Ocean Drive (North Myrtle Beach).

Okay so that's DC, a devil I know, to SC an unknown quantity. I've been coming here since I was a kid (a young kid) and we've had this little beach house for many years so it's not like it was exactly new. But full time is WAY different from three weeks in August.

Although I have vowed this several times, this is the last move. I mean it. There's nothing worse than moving. Worst moving company, terrible storage area outfit, a large rat in the house, broken stove and trying to fit even my pared down belongings into this tiny house. First task: get rid of all the furniture that was here when I had it as a beach rental. I no longer needed five double beds, a couple raggedy chairs and a 20-year-old dining table. I also had to get some work done, like building in a closet (old beach houses have no storage), ripping out the 30-year-old bathroom, replacing porch doors... all time consuming, money consuming and ultimately uninteresting projects. And contractors? Okay, they're the same everywhere. (Except you, Paul Young.) They lie through their teeth, don't show up, decide to use their own imagination on projects and basically don't like to deal with women. Crabby carpenter man says to me: "Your house is crooked." I say "It's a 60 year old beach house on stilts, and it's ridden through untold number of hurricanes. Of course it's crooked." Jeesh, just finish already and go away.

Sunset from the back porch.

But we're past that thankfully. Things are working, the rat was caught and I am rat-proofed, gutters installed and sea wall repaired. And since I can't spend any more money I'm calling it done.

But as I have been known to say (in looking for the positive), there's always the ocean. I am fortunate to be a block from the beach and backed up to one of Cherry Gove's series of tidal channels that were built in the 50s. So you can fish from the little back dock (if that's your thing) or just watch the egrets slowly pacing up the channel in search of a meal. That's more *my* thing. The beach at low tide is enormous and the dog and I try to get at least a mile in twice a day. It's harder in tourist season (now) because, well, tourists. Also dogs can't go on the beach until after 4 (or before 10) until Labor Day. But we manage.

I had great hopes that I would land here, immediately start dancing, find some theater work, continue my graphics business and sort of be my normal life with sand. Not exactly. I tried to join the OD shag Club last November and was asked to please wait until January as they are on a calendar year renewal. Oh, okay. I was happy to pay but no, I'll wait. Out went some letters and resumes to local venues with my theater resume thinking, well, someone might bite. The end result? After months the Alabama Theatre offered me a position in "wardrobe" at $12.00/hour. Um. Wardrobe means you wash costumes, help the actor/singers change and basically schlep costumes around from one side of the theater to the other. And do sewing repairs as needed. The women in the cast like to call me the most overqualified wardrobe assistant they've ever known (and maybe the oldest).

But back to the shag club. I did join, paid my $45.00, and raised my hand to volunteer figuring that's a good way to meet folks. St. Patrick's Day

My little house on stilts.

Parade was first up. I would say that over-the-top would barely describe the St. Pat's celebration. As I searched for parking so I could go sell raffle tickets, down I went and fractured my hand. So I'm thinking great, my first volunteer job is wrecked, and now I'll probably be fired from my new wardrobe job since zipping up people with one hand is tricky. But that actually didn't happen. I took a week off then cinched up my hand with the brace and worked with one good hand on the right and two fingers on the left. As for the volunteer job, they had plenty of help. FYI the OD Shag Club has something like 400 members!

I persevered in the volunteering and raised my hand to help them paint the float for the Spring SOS parade. They take this even more seriously than St. Patrick's Day. They were so happy when I showed them our VW bus from the Classic a few years ago as they REALLY needed someone to paint. That was fun, I met some super nice folks most of whose names I have forgotten (see the FYI 400+ members). Funny thing is, I have yet to dance. Gonna fix that soon.

Still, the transition has had me feeling a bit like a fish out of water. I'm a schlep in flip flops and the women around here are full hair and make up to go to Kroger's. Plus they work out endlessly. The beachwalkers with deep tans, power-pumping arms and straight-ahead stares are intimidating. I also don't own any sequins. I have no clue what to wear and DC dressed-down chic doesn't really get it. But those are all minor (and self-inflicted). I do find that no matter what, folks are polite, not a trait you always find in DC. Our politics may be 180 degrees opposite but as long as we don't discuss that, we're all good. Although I admit to joining the local Horry County Democrats. It's small but mighty.

In a couple of months I will have been here for a year which seems both endless and incredibly fast. Winter was tough — by which I mean we had a large snow storm. They handle that by closing everything down and waiting for the sun to melt it. Not an exaggeration. My little beach house was not meant for freezing weather so I guess that'll be my project for the fall...insulating it within an inch of its life.

Who knows what the future will bring? I promised myself at least a year and it looks like I'll make that. I miss family and friends and the artistic tribe I was part of (that doesn't really exist here). But I'm keeping an open mind. And I do know some folks… Angie Bushey and I have dinner and do shows frequently and keep each other sane.

And when all else fails, there is always the ocean.

Painting the backdrop.

Alabama Theatre costumes.

It's a dog's life.

Far left: the porch in snow. Near left, the beach with snow (yes, it happened).

CLUB INFO

By the Numbers

May revenue:
$1,273

May expense:
$986

Balance:
$8,456

Active Membership

2018	185
2019	129
2020-21	127
2022	115
2023	90
2024	105

Please consider a gift to NVSC!

Donate online at nvshag.org

And join us at a dance!

Here's a good idea!

We have Gift Certificates available for purchase for $10 each. Do you know someone who might enjoy coming to the Elks for a NVSC dance? Maybe pre-pay and all they have to do is present the certificate and they are in at the member rate. You can also purchase these for your personal use if you'd like to grab a few when you have cash on you and keep them in your dance bag in case you didn't get a chance to run by the ATM that day. It's a brilliant back-up plan!

Having the big 9-0?

The Board of Directors now offers folks who have circled the sun 90 times or more (those 90 years of age or older) a free lifetime membership. This means that the yearly membership renewal fee of $25 is waived. These valued members of our group will enjoy all the benefits of a paid in full membership. They will pay the member rate for admission to events and will attend club events with free admission such as the holiday party and club picnic. When we take membership applications, we do not ask for nor do we track the year of birth, so if you qualify, please be sure to make note on your renewal letter or contact us immediately so that we can update our records. If you have any questions, please let us know.

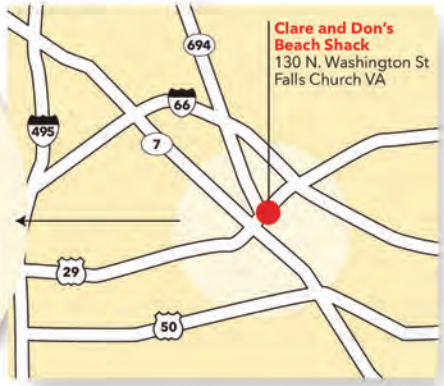
SUN DAY FUN DAY!

NVSC SUNDAY SOCIAL!

COME AND DANCE!
2 to 5 PM
CLARE & DON'S BEACH SHACK

JULY 13!

Spend a Sunday afternoon dancing and mingling with Northern Virginia Shag Club!
Clare and Don's Beach Shack is located at 130 No. Washington, Street, Falls Church, VA, convenient to Routes 66 and 7. Enjoy lots of good food and drink with musc by our fabulous NVSC DJs.



FREE!

Check the website www.nvshag.org for latest info on dates.

Need to Know?

Where do I Get a Copy of the Shag Rag?

Go to ***www.nvshag.org*** and look for the box in the upper right corner.

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 ***communications@nvshag.org***.

Keep Your Membership Information Current

Have you moved, changed phone numbers or email address? Let Barbara D. know at ***membership@nvshag.org***.

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 ***adelerobey97@gmail.com***

PHOENIX GRAPHICS INC.

Design and production for print and beyond

Adele Robey

202.841-6457
adelerobey97@gmail.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

Advertising in the Shag Rag

Members may have their business card sized ads added to the *Shag Rag* for free!

Advertise your services, activities or business
Business Card size:

Members	no cost
Non-Members	$60 a year / $10 month

For a quarter page ad, pricing for all is $100 a year or $50 a month.

Dance with us every Thursday!

Battlefield Boogie Club

Invites You To Its 20th Anniversary Party

Beach Lake Boogie!

Carolina Shag Old Time Rockn' Roll

Registration Fee: $50

Date: August 16, 2025 Time: 5:30pm – 9:30pm

Partial Proceeds go to St. Jude's Children's Hospital

LAKE OF THE WOODS CLUBHOUSE

LAKEVIEW PKWY, LOCUST GROVE, VA 22508

Dress: Beach Casual & Bring your Dancing Shoes

REGISTER NOW: LIMITED SEATING CAPACITY

CONTACT: AUDREY BORJA 703-401-5050

etc.

July Birthdays

Fred Whitman
July 1

David Watson
July 4

Jean Whitman
July 15

Paul Young
July 17

Mary Camp
July 18

Vaughn Royal

Gary Salpini
July 29

Find a hammock and celebrate your independence!

Catch some fireworks, eat some s'mores, sip a red white and blue cocktail.

Red, White and Blue Cocktail

For this recipe, you need vodka and then red, white, and blue elements.
2 oz grenadine
6 oz lemonade
3 oz vodka
2 oz blue curacao

This layered drink is easy to make but needs clear lines to prevent the colors from bleeding together.

First, we have to layer the ingredients in a specific order, so they don't immediately bleed together. And second, the pouring technique is critical. The white layer is lemonade and vodka. Because the red and blue layers are very sweet,try a lightly sweetened lemonade like Simply Lemonade.

The blue layer is Blue Curacao liqueur. Blue curacao is a citrus-flavored liquor, like triple sec. While there are high-quality high-end brands, you can keep things basic for this cocktail. You can make a blue lemon drop martini with the leftovers!

For the vodka, use any brand of unflavored vodka you like. I know it can be tempting to add more flavor but there is a lot going on in this drink and want to keep things balanced.

How to make the layered cocktail

For this drink, you want a tall glass. I usually use a pint glass or fluted water glass.

Step 1: Red Layer
Divide the grenadine between your 2 glasses. Then fill your glass with ice.
Do not add the ice first. The grenadine is thick and will coat the ice cubes turning the whole drink pink when you add the white layer.

Step 2: White Layer
Mix together the vodka and lemonade. You can do this in a cocktail shaker. I typically just stir it together in a glass measuring cup because it has a nice spout for pouring. SLOWLY pour in the lemonade. Some recommend pouring over the back of a spoon. A slow, steady pour works well.

Step 3: Blue Layer
Place a spoon upside down over the glass and slowly pour the blue curacao over the spoon. Just like bartenders make a black and tan. The purpose of the spoon is to cascade the liquid because it is heavier than the blue layer.