



Dedicated to the Preservation of the Carolina Shag and Beach Music

October 2006

Keep on Shaggin'

Vol. XIII, No. 10

Shag Rag

October Edition from your Co-Editors Liz Kestler and Gary Salpini, with assistance from Nancy Roop and Sharon Salpini

President's Message *by Janis Grimes*

Well, we're back from SOS Fall Migration 2006. and hopefully, in a healthy condition. Some of us always end up with the SOS cold (otherwise known as the "[SOS] crud") and I brought it home again this year.. but before that, we danced and laughed, and had the best time!! Many of our members were spotted at SOS, and most made it to our Free Pour at Harold's on Tuesday - what a blast that was!! Can you believe it, we had a surprise guest appearance from none other than CRAIG WOOLARD, of the Craig Woolard Band!!

He was in excellent form and sang flawlessly for about 30 minutes of pure excitement and fun - it was AWESOME!! Sincere thanks to our anonymous member who generously arranged that treat for all of us. Many thanks to Marcia Conway, Debra Parrish, Terrie Patullo, Charlotte Ashby, and Russ White for helping to make the free pour party a huge success. The blinky pins have become a great tradition at these parties. We hope that all our members who went to SOS had a wonderful time. Plan on going to Mid-Winter party at North Myrtle Beach in January 11-14, 2007. Remember to save your 2006 SOS card, as you may need to use it for this event.

Elections are fast approaching. At our next General Membership meeting, the candidates for the ~~2006~~ Board of Directors will be presented. It's not too late to volunteer!! Volunteering to serve on the Board gives members a chance to give back to the club, as well as get an opportunity to help make decisions concerning the club. Our club cannot exist without participating volunteer members. Please help out as much as you can! Please say YES if you are asked by the Election Committee to run for an office or board position. If they haven't contacted you, then speak up! Go to them! A list of committee members is in this newsletter.

Please make a point of asking beginner Shaggers to dance (usually use wearing the red dots). All are a little nervous, and appreciate the time and practice. Dancing is joyful. Share the joy!

From the Editors: PAID ADVERTISING is being reestablished in the Shag Rag. If you have a business, or own rental property, and want to run an advertisement for six months or more, we have great rates for you! A business card size ad is only \$25 for 6 months, \$50 for one year. Quarter page ads are \$50 for 6 months, or \$100 annually; Half page ad is \$100 for 6 months or \$200 per year; and a Full page ad is \$200 for 6 months or \$400 annually.

Please contact Liz Kestler at sarejan5@yahoo.com or Gary Salpini at gsalpini@verizon.net or Nancy Roop at nsar33@wmconnect.com. You may also mail your request to the attention of the Shag Rag Newsletter, P.O. Box 5522, McLean, VA 22103. You'll be glad you did!!

Members' Concerns...

LETTER FROM NANCY GEHLEY:

I'm happy to report that, after a week of recovery at home, I'm as "normal" as ever. The toxic treatment at NIH was the worst thing I've ever gone thru but the encouraging thing is that you bounce back after about a week. I have to go back on Sept. 27th and begin the treatment again on the 28th. Dennis is heading to Seattle on Sunday, October 1st so David [her son] will be my "alternate" and Lisa [her daughter] will be coming back on Oct. 2nd for the "roundup"!- Lisa's visit was great - she organized so many areas in the house for me - she has a real talent in that department. David had both our cars "detailed" and they look brand new. I'm telling you, kids are great to have when you're sick! Isn't that why we have them - -lol??

I won't know if any of the treatments worked until Nov. 7th - hey, Election Day - I ELECT a CURE! I have all my scans on the 6th and go to the clinic on the 7th. If the treatments worked, I stay at NIH and begin the whole procedure again on Nov. 8th. I keep doing that until the tumors completely disappear and then I'M CURED!! Too exciting to think about! If the scans show no evidence of tumor improvement, I'm on to plan B but I'm not dwelling on that scenario at all.

I read each and every email and card that you sent and I can't thank you enough. You just don't know how cathartic this process of writing and keeping in touch is for me. I was surprised to notice how little I cared about anything when I was going thru the treatment and I hated that. I'm so happy to be back to my self again. I've even planned an awesome family trip on October 15, 16, and 17 with kids and grandkids. We're also going to Rocky Gap, MD the beginning of November for a Hand Dance party where we have the privilege of DJing. It means so much to me to get to do these fun events before needing more treatment!

All my love to you and a very big thank you to those who brought food or sent gifts. My friends and family are beyond compare - I'm so very blessed! Hugs, Nancy

[from the editor: Nancy is going through the rough times now and with future treatments (end of Sept/first of October) and she has told me that her friends and family help her get through these really bad times. Her address is 6901 Barnack Drive, Springfield, VA 22152 if you'd like to send her a card—Thanks, Liz]

H.K. Lee is going through treatments

Longtime member HK Lee is undergoing radiation and chemotherapy treatment at this time...Keep him in your thoughts and prayers. Cards may be sent to his home, 8012 Craddock Road, Greenbelt, MD 20770. Get well soon HK!

From Liz: My brother Danny is doing well considering his liver condition. He now has approval from Duke to start the fundraising for medical expenses related to his upcoming (no date yet) liver transplant. Let the fundraising begin!! I'll give you all more details as soon as I can!

NVSC NEEDS YOU

By Vaughn Royal*

Every year, our Club has an election in the fall for the nine members of its Board of Directors. The Board consists of a president, vice-president, secretary, treasurer and five directors-at-large who are elected for terms of one year. To serve as secretary, treasurer or a director-at-large in 2007, a person must have been a member since no later than January 1, 2006. To serve as president or vice-president in 2007, a person must have been a member since no later than January 1, 2006, and must have served on the Board at any time for at least one year.



Please consider serving on your Board of Directors. Many of the things you enjoy about NVSC are the result of the volunteer efforts of the members of the Board. If there are things you about NVSC, which you think should be done differently, here

is your opportunity to get involved and improve the Club.

There are seven members of the Nominating and Election Committee this year. They are: Tom Brett, Chair; Terrie Patulo; Nancy Roop; Kit Farwell; Robbi Mann; Hilda Clemann; and Bill Hocker. Don't be surprised if a member of the Committee approaches you to ask if you are interested in running for a position on the Board. We are very interested in finding some newer members of the Club to run this year. Feel free to ask any member of the Nominating Committee or of the current Board of Directors any questions you may have about serving on the Board.

[*amended 9/30/06 by Liz Kestler]

[Top 10 Reasons to Serve on the Board of Directors for NVSC:](#)

10. **Giving your talents to a great organization**
9. **Planning events/workshops**
8. **Understanding the workings of our corporation**
7. **Making good decisions**
6. **Making good choices**
5. **Building friendships-getting to know other board members**
4. **Learning new ways of problem solving—thinking outside of the box**
3. **Budgeting 101—spending, raising funds and sticking to a budget**
2. **Helping others and demonstrating your commitment**

And, the #1 reason to serve on the Board of Directors of Northern Virginia Shag Club is...

1. **NVSC NEEDS YOU!!**

You'll be glad you did!—Liz

IMPORTANT DATE: OCTOBER 25th at 8:15

The next general membership meeting will be held at Rene's Supper Club, immediately after the shag lessons. Its very important that you be present at this important meeting to meet the candidates for next year's Board. This meeting is not to be missed! Come early, around 8, or earlier if you want to take the shag lessons.

50/50 RAFFLE...1 for \$1, 3 for \$2, 10 for \$5, etc...HELP NEEDED

The 50/50 raffle is one of the club main fundraising activities. It brings in revenue of an average of \$150 - \$200 a month. I need club members to volunteer to sell these tickets on Wednesday at our regular dance night at Rene's. It is a wonderful opportunity to meet and chat with club members and even those who are visiting for the first time. Please give me a call or e-mail me if you would like to be a part of this team and support a major fund raiser for the Northern Virginia Shag Club.

THANKS NVSC SHAGGERS FOR YOUR SUPPORT!!!!!! Marcia Conway, NVSC Vice-President and Charity/Fundraising Chairman 703-361-8159 nclady11@comcast.net

CONWAYS CORNER ORDER YOUR CLUB SHIRTS FROM MARCIA

NVSC LOGO ITEMS: Have you noticed the NVSC logo items that club members are proudly displaying? These items are available to everyone. Contact Marcia at NCLady11@comcast.net. She has the following:

NVSC Shirts & T-Shirts	\$15 - \$35
Shoe Bags	\$20
Shag Rags (towels) \$10	Golf Towels \$13

The shirts are by special order. Also, ask Marcia about Capital Shag Classic Shirts. If you are interested in purchasing any of the above items, please contact **Marcia Conway**. She is at Rene's on Wednesday nights, or you may call her at: 703/361-8159. Her e-mail is NCLady11@comcast.net

PAID ADVERTISING IN THE SHAG RAG—GET YOUR AD IN TODAY!!

Do you own a condo at the beach (or elsewhere) that you would like to rent? Do you run your own Business? Or perhaps you offer dance lessons or services as a deejay. Get your ads to Liz Kestler @ sarejan5@yahoo.com or to Nancy at nsar33@wmconnect.com or via regular mail to NVSC, Advertising, P.O. Box 5522, McLean, VA 22103

The COSTS are as follows:

Business card size--\$25 for 6 months or \$50 annually

Quarter-page--\$50 for 6 months or \$100 annually

Half page--\$100 for 6 months, \$200 annually

Full page--\$200 for 6 months, \$400 annually

THANK YOU FOR YOUR SUPPORT!!

✧ OCTOBER BIRTHDAYS

Happy Birthday! To each of you!!

Lewis Thurman	10/1	Doodah	10/20
Weldon Waites	10/3	Paul Conn	10/22
Pamela Alfano	10/8	Martha Raynor	10/22
Isabelle Bunch	10/9	Walter White	10/22
Carolyn Thomas	10/9	Kit Farwell	10/23
Phil Rapson	10/10	Lisha Frail	10/23
Marion Hales	10/12	Mary K. Wingerson	10/24
Danny Kestler	10/13	Jo Brett	10/25
Dean Hipps	10/16	Barry Holt	10/25
Paul D'Amato	10/18	Janet Rose	10/26
Linda Silbaugh	10/19	Gregory Chambers	10/28
Jake Willingham	10/19		

If your birthday is incorrectly listed or does not appear here, please contact Hilda Clemann, the membership chair, at hclemann@msn.com to add your birthday to our database. Be sure to attend the once a month BIRTHDAY DANCE in honor of your BIRTHDAY and enjoy a delicious CAKE made especially for this occasion by Birthday chair, CRIS GAINES—she makes wonderfully scrumptious cakes! Thank you Cris!

WELCOME NEW MEMBERS (OR THOSE RE-JOINING) IN AUGUST— Gail Hamilton, Larry Reaves, Eric Beaver, Jody Gibbs, Barbara Hallead and Carol Taousakis

WELCOME NEW MEMBERS IN SEPTEMBER
—Eric and Gail Immediato; Barbara Dennis; Marilyn Holt; Linda Hood; John Killian; Joe McLaughlin; Dianna Perkins and Phil Rapson!! We are very happy to have you all join us!!

Introduce yourself to new members (and beginners) and ask them to DANCE! Look for the Red Dots! The beginners get red dots after their lessons. Please take time to practice with them. Your patience and thoughtfulness is appreciated!

FREE INTRO AND BEGINNER LESSONS AT RENE'S SUPPER CLUB ON WEDNESDAY EVENINGS...FROM 7:30 TO 8:15 P.M.. You must be a member for free Intermediate Lessons--\$20 Annual Membership fee--Join Up! You'll be glad you did!

Deejays and Dance Steps for SEPTEMBER 2006- Lessons Begin at 7:30 p.m.

Intermediate Level Shag Steps:

October 4- Joanie and Funky Applejack

October 11 -Side to Side Basic & Handshake Wrap Pivot

October 18 - Leg Up Basic and Lean

October 25 - Stutter Basic; Sugarfoot and Front Walk-Up

Novice Level Shag Steps:

October 4 - Tuck from a Pivot and Tuck from a Half Turn

October 11 - Double Kick Basic Step and Applejack

October 18 - Behind Sailor Shuffle and Pivot

October 25 - Hesitation Basic; Pivot; & Hug Pivot

Beginner Level Shag Steps:

October 4—Crossover Basic Step and Triple Basic

October 11—Basic Step; Start, & Female Turn

October 18—Half Turn and Male Turn

October 25—Kick Basic and Side Pass

DJ'S FOR SEPTEMBER*: October 4- Jim Rose; October 11 - Craig Jennings; October 11-Dennis and Nancy Gehley; October 25- Eddie O'Reilly

***DJ rotating schedule subject to change.**

Mark your calendar...

Oct. 20 & 21 - Inland Beach Blast with Class, Clarksburg WV

Oct. 25 - NVSC General Membership Meeting at Rene's Supper Club, Wed. 8 p.m.

Oct. 27-28 - CSA Contest, including Juniors in Hamlet, NC

Oct. 27-29 - VA Beach Bash (info at www.vbshagclub.com/)

Oct. 28 - Richmond Shag Club's Halloween Party, Dinner at 5, Dancing 6 to midnight-The Acca Temple

Go to www.RichmondShagClub.org for more details

Nov. 3-5 - Twister's Shag Club's Fall Cyclone—go to www.GoShagging.com for available tickets/rooms

Nov. 3-4 - CSA contest, Atlantic Beach, NC

Nov. 22 -Election of 2007 NVSC's Officers and Board of Directors—Rene's Supper Club--be there!!

Dec. 16 - NVSC Holiday Party at Fort Myer Community Center—please note this new date!

Notes of Interest or Announcements from some of our CLUB MEMBERS:

Kari Jones has been selected to receive the Junior Scholarship Award at this year's National Living Legends event!!! Kari is most deserving of this honor, and deserves all recognition and honors. She is an extraordinary gifted dancer, as well as a superb student, now attending college to become an air traffic controller.....This is great NEWS!!

Hey! During SOS at the ARCADE: Congrats to Club members Brenda Bishop who won first place and Brenda Franklin won third place in the Rookie's Revenge dance contest at the Arcade. Congratulations to the Brendas'. It was a blast and the crowd loved them.

KUDOS!! TO THE PERSON who arranged the appearance and performance of **CRAIG WOOLARD** of **THE CRAIG WOOLARD BAND!!! THANK YOU** for your generosity!!!

LOST AND FOUND: **David Rodgers** lost his pocketknife on Sunday morning at the Classic, while the dance floor was being taken up. It's a small two-blade pocketknife. Call David at 703-239-8978.

Gary Salpini has an FIS tote bag with some club paperwork, a couple of umbrellas, and some other stuff that was left in the ballroom Sunday, July 30th (at the Classic of course!)

<i>Shag Club Treasurer Report (as of September 25th)</i>	
<i>Regular Acct</i>	<i>3,823.16</i>
<i>Junior Acct</i>	<i>1,234.57</i>
<i>Special Events</i>	<i>913.17</i>
<i>Charity Acct</i>	<i>187.24</i>
<i>TOTAL</i>	<i><u>6,158.14</u></i>

For some smooth dancing news, check out www.smoothnez.com events

FOR NVSC SHAG EVENTS, & OTHERS, GO TO: www.nvshag.org or www.shagdance.com

Shaggin in Fredericksburg! Submitted by Audrey Borja *The Carolina Shag is contagious and to help satisfy the crave, come out and try the **Battlefield Boogie Club's (BBC) Tuesday night** at The Loft, 1005 Princess Anne Street, in old town Fredericksburg, Va. Dancing to the tunes of the Jim Rose, ACSC DJ, the BBC meets on Tuesdays starting around 7:00 with dance lessons at 7:30. Line dancing is taught once a month. Socials and dance events are always happening geared to keep you dancing and happy! -- So, come out and join in and meet many of your friends! There are lots of high spirits and fun waiting for you! Come early and beat the traffic! We will be looking for you! ---For more information, please contact rocknwithruss@aol.com or Jim Rose at beachdj51@yahoo.com or go to www.battlefieldboogieclub.com*

ATTENTION FRIDAY NIGHT SHAGGERS---JOIN US AT: Sweethearts at the Greenbrier Shopping Center on Route 50 in Fairfax, VA about 2 miles west of Fair Oaks Mall. The fun starts at 6:00 and ends around 9 or 10 depending on when the band starts to play.

ATTENTION ALL READERS:

If you have information for the **Shag Rag**, please call Liz at 703-917-0720 or Gary at 703-425-2848 or e-mail Liz at sarejan5@yahoo.com Thank you for your support!

A message from David Rogers, Chairman for the Dance Committee

Changes in the NVSC Dance Instruction Program (edited 9/26/06)

Beginning Wednesday, September 13th NVSC dance instructors began teaching dance lessons at Rene's using a revised dance instruction program. We are teaching many of the steps that we have taught for several years, but instead of teaching introductory, beginner and intermediate level lessons, the lessons have been rearranged into beginner, novice and intermediate level lessons. Each Wednesday night, there will be three lessons taught from 7:30 – 8:15 PM.

The beginner lesson series will be four weeks long and will include all the steps, which are currently being taught in our beginner series. These lessons will be free to anyone who wants to take them. Students are strongly encouraged to begin this series of lessons on the first week of the series, which begins for the first time on September 13th.

The new novice lesson series will be four weeks long and will include some of the easier dance steps, which used to be in taught in the intermediate level lessons. Students will need to master all of the steps taught in the beginner series before starting the novice lesson series. To take the novice lessons, students must be members of NVSC. The novice lessons were added to ensure that students have mastered more dance steps before they advance to the intermediate level lessons.

The intermediate lesson series will be eight weeks long and students must be NVSC members to take these lessons. Some of the most difficult steps formally taught in the intermediate lesson series have been deleted. Students will need to master all of the steps taught in the novice lessons series before starting the intermediate level lessons.

Some of the changes in the new dance instruction program taught by NVSC dance instructors beginning on September 13th are:

- **Instructors will begin the lessons by leading the students through a series of warm-up steps that were taught in earlier lessons. Instructors will not have time to teach those warm-up steps to students who have not mastered them. The new steps will be taught in the last 40 minutes of the lessons.**
- **After the dance lessons end at 8:15 PM, DJs will play two slow shag songs while instructors keep the students on the dance floor practicing the new steps they have just been taught. Instructors will ask the students to change partners between songs.**
- **DJs will invite non-students to come out on the dance floor and start dancing while the students are trying out the steps they learned that night.**
- **The third song DJs will play will be announced as a “Red Dot” dance. Students from the intermediate and novice lessons and members who did not take the lessons will be asked to find a “Red Dot” new dancer and ask them to dance.**

NVSC MEETS WEEKLY AT RENE'S SUPPER CLUB*-- WEDNESDAYS

3251 Old Lee Highway, Fairfax, VA 22030 (703) 385-0077

www.nvshag.org or www.renessupperclub.com

Shag Classes: 7:30 – 8:15 PM Dancing: 8:15 – 11:00 PM Buffet - \$5.00

NEW—Happy Hour Drink Prices 6:00 – 8:00 PM Cover Charge – **(new)** \$6.00

Juniors (under 21 yrs.) welcome – with Adult supervision!

(new) \$5.00 Dinner Buffet—watch “Hello Shagger” announcements for menus

Location: Near Fairfax Circle, across the street from Artie’s Restaurant.

Directions: Fairfax Circle is about 3 miles west of the I-495 Beltway at the intersection of Route 50 (Arlington Blvd.) and Route 29 (Lee Hwy.) At the Circle, look for McDonald’s. McDonald’s is at the corner of Old Lee Highway. Take Old Lee Highway south for about 1/10 mile. Rene’s is on the ground floor of an office building on your left with a lighted blue sign, across the street from Artie’s Restaurant.

*Note: Please do not bring in food or drink, i.e. bottled water, etc. to RENE’S SUPPER CLUB –Thank you!

CHECK OUT THE FLYERS--& CHECK OUT NVSC’S SUGGESTION BOX! AT RENE’S ON WEDNESDAYS

BOARD MEMBERS, COMMITTEE CHAIRS AND CO-CHAIRS ENCOURAGE NEW (AND OLD) MEMBERS TO PARTICIPATE IN OUR CLUB. WE CAN USE YOUR TALENTS! PLEASE REVIEW THE LISTS OF COMMITTEES AND CONTACT A CHAIR PERSON OR BOARD MEMBER TO VOLUNTEER!!

See the flyer table for Committee chairs, or go to www.nvshag.org

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



Your Officers and Directors of the NVSC Board for 2006

President	Janis Grimes	703-536-7362	janigrimes@cox.net
Vice President	Marcia Conway	703-361-8159	nclady11@comcast.net
Secretary	Charlotte Ashby	703-978-2022	Cashby0505@msn.com
Treasurer	Russ White	301-654-0548	Russwhite@starpower.net
Board	Hilda Clemann	703-631-1929	Hclemann5@msn.com
Board	Linda Coffeen	703-794-9276	twb@titleva.com
Board	Cris Gaines	703-591-4969	crismkcg@yahoo.com
Board	Debra Parrish	703-369-6688	debraparrish@comcast.net
Board	Terrie Patullo	703-392-6347	Tap5671@netscape.com

Please feel free to contact any of the Board members—they will be happy to answer your questions!