



Shag Rag

from your Editor KEPINI

President's Message *by Cathy Metcalf*

What a great time we had at our two **June** weekend parties. It was fun to get together with some new and old friends in our 3rd joint **Margarita Party** with the Ski Club of Washington, DC. **Pete Campbell** of the SCWDC and NVSC did a terrific job organizing and tending the bar. **Judy Hales** provided us with an endless and tasty spread of hors d'oeuvres. A special thanks to these two and all of their many dedicated assistants. You put on a great party!

Many thanks to **Don and Audrey Borja** for a great time at the **picnic** at their lovely lakeside home at Lake of the Woods. Now could you ask for a prettier setting? Our gratitude must be extended to their neighbors all around the lake who were probably dancing to our music all afternoon, as well. I have a fear of leaving out someone, but I can't leave out **Dave Rapson** and **Gary Salpini** who stood over the grills all afternoon with smiles on their faces—you did such a great job, you might be asked to do it again. Thanks to all who prepared excellent side dishes and withstood the I-95 traffic to get to Locust Grove. I'm sure it was worth the trip. Thanks again, Don and Audrey.

July is a very special month with NVSC. Final preparations are underway for our biggest party of the year—**The Capital Shag Classic**. *There is still time to buy tickets for this wonderful weekend-long event—July 23-25.* I look forward to experiencing it with many of our new members this year and to share the excitement of their first Classic—I trust you will not be disappointed. Don't forget, you are also invited to our Classic kick-off "party" which takes place on Thursday evening, July 22nd. We will be decorating the ballroom and putting down our dance floor in preparation for all of the weekend events. And although it is not quite so much fun to take down after the party ends, don't forget the party continues beyond noon on Sunday when everything must be packed away. Come out and get to know your fellow club members in a slightly different environment. All are welcome. The weekend will be full of good music, five great DJs, dance workshops, good food, free pours, a pool party, special entertainment and, of course, plenty of dancing. Our guest instructors, Michael Norris and LeAnn Best, just won first place in the Shag division, Carolina Classic, at the USA Grand Nationals over Memorial Day weekend. This is just one of many honors bestowed on their dancing feet—you will want to make sure that you take part in their 3 workshops on Saturday, which are included in the price of your weekend pass.

On July 31st, NVSC begins a **series of events for junior** shaggers (all under the age of 21). **Kari Jones**, an NVSC award winning junior, will be the lead instructor with other junior assistants. **David Rodgers**, a special junior committee, and the NVSC dance instructors will be coordinating the five events. We need your help in finding juniors who want to learn to dance. The juniors get in FREE to all of these events and the adults who accompany them are also admitted FREE. See the flyer inside for more details.

Don't forget the opportunity to travel to **Richmond** to see a **competitive shag** event--July 9-10. Details are inside. There are reduced ticket prices for NVSC members since our Club is a sponsor of the event.

I offer a special thanks to many who have expressed their kind and encouraging words in recent weeks. You are a treasure.

Remember to ask somebody new to dance each week.

News Flash: Important matters relating to the Capital Shag Classic activities:

RAFFLE TICKETS FOR A FREE PRIVATE LESSON WITH MICHAEL NORRIS AND LEANN BEST

Members of the *NVSC Dance Committee* will be selling during June and July raffle tickets to win a **free** private dance lesson with **Michael Norris and LeAnn Best** during the **Capital Shag Classic** weekend on July 23-25. The raffle tickets will cost \$5.00 for one or \$10.00 for three. The drawing will be held on Saturday night July 24th and the private lesson will be taught at the Holiday Inn on Sunday morning July 25th. You do not need to be present to win, however, you will want to be available to take the lesson on Sunday!

EXTRA! EXTRA! we want you to join us Thursday July 22 in Old Town

For those who are coming to the **Holiday Inn** Thursday night (July 22) to help decorate or to set up the dance floor, the start time will be 6 p.m. Get there as soon as you can. **Bring work gloves and a party spirit! JUST BE THERE AND VOLUNTEER OR CONTACT Tim Farris @703/255-3020, our organizer regarding help with the floor and Jane James @703/323-8799 for help with decorating.**

WAFFLE WAFFLE!! NO!! I SAID "RAFFLE RAFFLE" FOR A FREE ROOM AT THE HOLIDAY INN and WEEKEND PASS to the CLASSIC!!!! \$2 for 1 ticket, or \$5 for 3 tickets. Winner will be drawn July 21st at Nostalgia's. Do not need to be present to Win. Purchase from any Board Member: Cathy Metcalf, Dave Rapson, Vaughn Royal, Dan Ferguson, Marcia Conway, Beverly Farris, Doo-Dah, Liz Kestler or Gary Salpini



WANTED:

DONATIONS OF DOOR PRIZES FOR THE CLASSIC !!

BRING YOUR GIFTS (WRAPPED OR UNWRAPPED) TO DAVE RAPSON OR BEVERLY FARRIS @NOSTALGIA'S ON WEDNESDAY NIGHTS OR AT ANY CLUB FUNCTION—We have some exciting giveaways donated by our members. Won't you add yours to the fun? We want everyone to be a winner!

D J's and Dance Steps for June 2004



July 7 - Dennis and Nancy Gehley July 14 - Craig Jennings
July 21 - Eddy Farmer July 28 - Gerry Scott

PRACTICE YOUR DANCE STEPS, HERE'S JULY/AUGUST LESSON PLANS:

Advanced Level Shag Steps: June 30 & July 28

Intermediate Level Shag Steps:

June 30 -Hesitation Basic; Pause Walk-Up

July 7 - Forward Sailor Basic; Pivot

July 14 – Leg Up Basic; Pivot; & Side Walk-Up July 21 – Crossover Basic; Applejack; & Male Half Turn

July 28 - Kick Basic; Half Turn; & Belly Roll

Beginner Level Shag Steps:

June 30, July 7, 14, 21, 28 & Aug. 4

Introductory Level Shag Steps:

July 7, 14, & Aug. 4

Night Club 2 Step – July 21

NEW MEMBER NIGHT AT NOSTALGIA'S!! THIS WEDNESDAY, JULY 7, 2004 AND ONCE A MONTH THEREAFTER, THOSE WHO APPLY FOR MEMBERSHIP WITH NORTHERN VIRGINIA SHAG CLUB, GET A REFUND ON THEIR DOOR FEE (CURRENTLY \$6.00) WHEN THEY PAY THEIR MEMBERSHIP DUES OF \$20, AND IF THEY ARE SPONSORED BY A CURRENT MEMBER, THAT MEMBER GETS HIS OR HER DOOR FEE REFUNDED – ONLY ON NEW MEMBER NIGHT—ONCE A MONTH AT NOSTALGIA'S!!

Welcome - New Members in June/July
Libby & Marvin Burge; Helene Guarino



July Birthday Babies

Happy Birthday!

Red Whitman	7/1	John Seely	7/16
Mike Winters	7/5	Tim Foster	7/17
Larry Winstead	7/6	Mary Camp	7/18
Dale Fluri	7/8	Jerry Crews	7/26
Nancy Thomsen	7/8	Libby Ash	7/27
Patty Brasseur	7/10	Dickie Gee	7/28
Larry Boyer	7/10	Vaughn Royal	7/29
Dan Ferguson	7/12	Gary Salpini	7/29
Joan Salvadore	7/13	Vesta Jones	7/29
Jean Whitman	7/15		

NVSC LOGO ITEMS:

Have you noticed the NVSC log items that club members are proudly displaying? These items are available to everyone. We have the following:



NVSC Shirts & T-Shirts	\$15 - \$35
Shoe Bags	\$20
CD Cases [NOW on Sale!]	\$7
Large Coffee Mugs	\$9

The CD Cases, Shoe Bags and Coffee Mugs are in stock, however the shirts are by special order. If you are interested in purchasing any of the above items, please contact **Marcia Conway**. She is at Nostalgia's on wednesday nights, or you may call her at 703/361-8159. Her e-mail is NCLady11@aol.com.

Mark Your Calendars

- | | | |
|--------------------------|----------------|--|
| July 23-25 th | Fri. thru Sun. | ◆ NVSC Capital Classic Holiday Inn, Old Town Alexandria |
| Sept 11 th | Sat. | ◆ Pre-SOS Party, Springfield VFW |
| Nov 6 th | Sat. | ◆ Workshops and Dance Ft. Myer (note: originally scheduled for 10/9) |
| Dec 11 th | Sat. | ◆ Holiday Party Springfield VFW |

ALEXANDRIA, VA (HOLIDAY INN ON FIRST ST. IN HISTORIC OLD TOWN)

ANNUAL NORTHERN VIRGINIA PARTY "THE CLASSIC" July 23, 24, 25

SEE OUR FLYER AT: <http://www.nvshag.org/flyer.htm> or print out flyer (see newsletter)

VIENNA, VA PSDC DANCE ROOM—A JUNIORS' EVENT!!

Two FREE Junior Dance Workshops 5:00-7:00 p.m. (See flyer in this newsletter)

Free Hot Dogs & Trimmings for All

Free Dance for Juniors After Lessons 7:30-9:30 p.m.

At the PSDC Dance Room

146 Maple Ave East (Route 123), in Vienna, VA

INFO CALL: David Rogers - 703-239-8978 or email rogersd3@cox.net

A SPECIAL LETTER FROM ONE OF OUR JUNIOR SHAG MEMBERS:

Recently I have had the opportunity to attend some dances and events here in Northern Virginia, occasionally with my dance partner, Adam Sheppard. Many from the Northern Virginia shag community have taken Adam and me in like family. We have been allowed to teach lessons, dance with members, and are developing a special relationship with everyone.

Two instances I must mention: Adam and I gave a demo dance at the Potomac Swing Dance Club sponsored by Janis Grimes one Saturday night and Eric Fink donated his winnings to help Adam and me with our dancing expenses. We were unable to attend the Saturday night shag dance on April 24, 2004. However, when the 50/50 drawing took place, deejay Eddy Farmer generously donated the entire proceeds to Adam and my dancing fund. To be in the hearts and minds of Northern Virginia shaggers, even in our absence, shows how much effort is being generated for myself and other juniors.

When I began to learn the basic, many people constantly took their time to help and teach me. Adam and I would like to return that favor. Please don't hesitate to ask either of us to dance or help you with a step. We enjoy helping promote the shag. Adam and I appreciate the Northern Virginia Shag Club allowing us to teach, give exhibitions, etc. Our involvement in these activities helps us further our dancing careers and makes us feel a real part of the Northern Virginia Shag Club.

I would like to give a special thanks to Janis Grimes, Kathy Metcalf, David Rodgers, (sorry too many names to mention) that have taken us under their wing. We sincerely enjoy working with the club and especially helping Northern Virginia juniors.

Thank you again,

Kari Jones

FREDRICKSBURG, VA

DO YOU KNOW WHERE YOU NEED TO BE AT 7:00 PM Thursday night?... **UNCLE SAM'S...**

THAT'S WHERE! FOR THE MUSIC...FOR THE DANCE...FOR THE FRIENDS...NO COVER

HARGE FREE DANCE LESSONS: 7:30 - 8:00 PM MUSIC & DANCING: 7:00 - 10:00 PM

Directions: Take I-95 to exit 130, Rt. 3 WEST. Make a right at the first light onto Carl D. Silver Parkway. Go to the third light and make a left onto Central Park Blvd. Uncle Sam's is on the right at 1440 Central Park Blvd.

Dancing is in the upstairs bar area to the right.

For more info, contact DJ, Jim Rose at beachdj51@yahoo.com

GAITHERSBURG, MARYLAND – DC HAND DANCE ON MONDAY NIGHTS

Gentleman Jim's West Diamond Grille – visit <http://www.dchanddanceclub.com/> for more details.

OTHER EVENTS:

July 9 & 10th - Richmond, VA – 2nd Annual SPA/CSA Sanctioned Shag Contest-ASK about NVSC's discount—call Cathy Metcalf @ 703/690-2631 for details

July 8-11: ACSC/SOS Summer Workshop sponsored by Shag-Beach Bob-Etc. Savannah, GA, contact Bob McEwen at 912-927-4784 or email mcewen5@bellsouth.net

August 5 - 8: Pittsburg Area Jitterbug Club, "Jitterbug Dance Weekend and Beach Party", contact Sandy Wiedt at 412-551-0830. Flyers available at Nostalgia's on Wednesday.

For more Shag Events go to <http://www.shagdance.com/parties.htm>

NVSC Shag Instructional Video-Starring NVSC Club Members!

Have you ever taken a class on a Wednesday night and gone home to practice only to discover that you can't remember exactly how to do the step? Well, you're not alone and now there's a FUN solution! In order to help our newer shag dancers, the NVSC Dance Committee has recorded a "video notebook." The videotape contains most of the steps taught every Wednesday at Nostalgia's and is available for \$10. Yours to keep!!! No returning or deposits!!! See David Rodgers at Nostalgia's, telephone him at 703-239-8978, or email: rodgersd3@cox.net to purchase your very own "video notebook."

Borrowing Shag Videos

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 videos and they are free to club members! All you have to do is put down a fully refundable \$25.00 deposit, take the tape home for up to two weeks, return the tape and get your deposit back. Or you can leave the deposit, return the tape and check out another. After you have checked out all the tapes you wish to view, your deposit will be returned.

CONTACT JANE JAMES* AT NOSTALGIA'S ON WEDNESDAY NIGHTS. *Jane has recently taken over the job of bringing the NVSC collection of rental videos to Nostalgia's. **Members--Please contact Jane for the video you want to borrow.**

Inventory and status of Video Tapes as of 06/27/04

<u>Teachers</u>	<u>Tape Name</u>	<u>Tape No.</u>
Charlie & Jackie	Mirror Patters/Male Lead, Tape 1	1,25
Charlie & Jackie	Mirror Patterns, Tape 2	
Charlie & Jackie	Lead and Follow, Vol 1	21, 43
Charlie & Jackie	Basic Variations, Vol 1	39
Charlie & Jackie	Basics Plus	42
Charlie & Jackie	More Basics Plus, Vol 1	15, 40

Charlie & Jackie	More Basics Plus, Vol 2	41
Charlie & Jackie	Female Footwork	44
Charlie & Jackie	Male Lead, Vol 1	22
Charlie & Jackie	Workshop Notebook, Vol 1	
Charlie & Jackie	Workshop Notebook, Vol 2	
Sam & Sarah West	Carolina Shag for Beginners	14
Sam & Sarah West	Basic Polish-Techniques in Basic Patterns	12,13
Sam & Sarah West	Pivot Variations	29
Sam West/Sarah West Kemp	Fancy Male Leads	
Sam West/Sarah West Kemp	Together Steps, Vol 1	31
Sam West	Dance Technique for the Male Shagger, Vol 1	28
Sam West	Dance Technique for the Male Shagger, Vol 2	34
Sam West	Together Steps, Vol 2	35
Sam West	Learn to Spin, Vol 1	32
Sam West	Learn to Spin, Vol 2	33
Sy Creed & Dana Brown	Learn to Shag	5
VA Beach Shaggers	Virginia Beach Mirror Steps	6
SOS Parade		27
Mike & Kay Anderson	Learn the Basics	37
Mike & Kay Anderson	Intermediate, Vol 2	38

Video tapes are available to all **CLUB MEMBERS**, for a refundable deposit fee of **\$25.00**. Borrowed videotapes should be returned **within two weeks**. If a video tape is not returned within **30 days**, your deposit may be used to purchase a replacement without notice.

Committees and their Chair Person or Persons

Dance	David Rodgers
Web Site	Vesta Jones
Capital Shag Classic Co-chairs	Dave Rapson & Beverly Farris
Charity/Fundraising	Marcia Conway
Membership	Heather Jennings
Newsletter Co-chairs	Liz Kestler & Gary Salpini
Public Relations	Michael Browne
Communications	Larry Boyer
Music	Vaughn Royal
Social/Hospitality Co-chairs	Judy Hales & Gary Salpini
Audit	Cris Gaines
Birthday Cakes	Cris Gaines

If you would like to be on a committee please contact the Board or the person or persons listed above. All help is encouraged and greatly appreciated.

Officers and Directors 2004

President	Cathy Metcalf	703-690-2631
Vice President	Dave Rapson	703-978-8656
Secretary	Vaughn Royal	703-354-2463
Treasurer	Dan Ferguson	703-791-6524
Director	Marcia Conway	703-361-8159
Director	Beverly Farris	703-255-3020
Director	Doo-Dah	703-923-0727
Director	Liz Kestler	703-917-0720
Director	Gary Salpini	703-425-2848

\$1 BILLION DOLLARS FREE
YOUR TAX DOLLARS HAVE PAID FOR IT
EXTEND YOUR STAY and SEE YOUR NATION'S CAPITAL!

Fantastic New Exhibits and Monuments Now Open**

NORTHERN VIRGINIA SHAG CLUB'S NINTH ANNUAL CAPITAL SHAG CLASSIC

JULY 23 - 25, 2004

HOLIDAY INN HOTEL AND SUITES

625 First Street, Alexandria, Va. 22314

In Historic "Old Town Alexandria"

Reservations: 703-548-6300

Special Rate: \$94.00 per night (plus tax)-Rate guaranteed til June 22, 2004
Vacation and see Washington, D.C. - \$94.00 room rate extended two days before and/or two days after

Three Free Workshops by Pro Competitors

Michael Norris & LeAnn Best

National Shag Dance and USA Grand Nationals Shag Champions

Members of the National Shag Dance Championship Teams

Special Guest DJs

Billy Waldrep and Wilkie Whaley

With our own ABSCDJ DJs

**Eddy Farmer, Nancy & Dennis Gehley,
Craig Jennings, Jim Rose and Gerry Scott**

Delicious All-You-Can-Eat Menu

Special Guest Entertainment

Free Pours of Your Favorite Beverages

Free Massages

Large Dance Floor - Free Parking

Pool Party - Shoe Vendor

Friday night is Club T-Shirt Night!

Weekend Tickets:

\$70.00 through July 1st/\$80.00 after July 1st

Sign up now for the best rates - Ticket Sales are Limited

No Refunds After June 30th

**~Buy a \$2 Raffle ticket for a chance to win a
FREE ROOM and WEEKEND PASS~**

****Sights to See**

New Smithsonian Air & Space Museum

760,000 sq. ft. of Spectacular Exhibits

including the NASCAR IMAX

Viet Nam Veterans Memorial

Korean War Memorial

Washington Monument

Lincoln Memorial

Jefferson Memorial

Shopping

National Zoo

National Gallery of Art

Fire Arms Museum

FBI

U.S. Mint

U.S. Capitol

Holocaust Museum

New World War II Memorial

Declaration of Independence

U.S. Constitution

The Bill of Rights

~Smoke-Free, Junior Friendly Event~

Visit www.nvshag.org for questions and links to plan your trip!

