



Dedicated to the Preservation of the Carolina Shag and Beach Music

Shag Rag

A Proud Member of:



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President's Corner

by Sue Young



Sue Young

Well, another SOS has come and gone. It is such a fun event to attend. You get to see old friends and make new ones as well as dance until you can't dance any more.

Our back room party at Fat Harold's was well attended. Thanks to everyone that volunteered to help at Fat Harold's and the All Virginia Party. Special thanks to Ed and Pam Hamer and Jeanne and Jason Potter for getting all the food and supplies. Thanks to Marcia Conway for helping set up and a big thanks Bonnie Arms for managing registration and for attending the ACSC meeting for me on Saturday.

The Left Behind party was also well attended. Thanks to everyone that helped out at the front desk.

Our Nominating and Elections committee (Tom Brett, Ed Hamer, Jason and Jeanne Potter, David Barna, Barbara Ebersole

and Ella Nunn), will be contacting you in the near future to ask if you will serve on the Board for the upcoming year. If you have an interest in contributing to our club, please consider running for the Board of Directors. We need you!

The nominations will be on October 26 and campaign speeches on November 2. Elections will be held on November 16. Please read Kathy Norris' article in this issue on why you should run for the board.

What's on the calendar this month?

We will start back up with our 7:00 early bird lessons on Oct 5th and 19th. Sherri Wildoner will be teaching us some new steps including a new line dance called "the Cyclone". Come early and learn some new moves.

On October 9th for the first time, we are having a Charity Wine tasting to benefit Capital Caring.

Join us for an afternoon of wine tasting and having a great time with friends and meeting new ones. We'll also have some finger foods and sweet treats. The most important part: we'll be raising funds for a number of charitable organizations. Don't miss out on a fun and entertaining afternoon that supports a great cause. See flyer in this issue or check out our website for more information.

Get your costumes ready party people because on Wednesday, October 26th we are going to have a Halloween bash at the Elks. Halloween isn't just for the kiddos. Prizes and lots of fun so join us for a frighteningly good time. See flyer for more info.

Have a great month! Thanks for being a part of the Northern Virginia Shag Club! See you on the dance floor!

There will be a general membership meeting October 26, 2016. This will be your opportunity to meet the candidates running for the 2017 Board.



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



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 available, 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).

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



October 9th & 23rd at **JW & Friends**, 6531 Backlick Road, Springfield, VA, 5:00–8:00 pm; no cover charge.

See more upcoming Shag Events on page 3, 6 & 8

Dance Lessons at the Elks on Wednesdays

DJ Schedule

- 10/5: Craig Jennings
- 10/12: Bill Frostick
- 10/19: Dennis Gehley
- 10/16: Crystal Ashton

Beginner Level Shag Steps

- 10/5—Basic and Female Turn
- 10/12—Basic and Start
- 10/19—Basic and Male Turn
- 10/16—Basic, Half Turn, Triple Basic

Intermediate Level Shag Steps

- 10/5—Hug Pivot & Pivot
- 10/12—Pivot with Tuck Turn
- 10/19—Pivot & Belly Roll
- 10/16—Sugarfoot w/ 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 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 helloshagger@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 [jamescanlon@me.com](mailto:jamesscanlon@me.com).



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

NEW MEMBERS

When you have the opportunity, please welcome our new member ...

Mary Burleigh

Bill Howard

Eileen Sloyan

Connie Vanderpool

... who joined NVSC this past month.



October

- Leta DeAngelis 10/07
- Pamela Alfano 10/08
- Kathleen Strobel 10/08
- Judith Trewin 10/10
- Richard Long 10/11
- Emily Maroon 10/14
- Jeanne Botto 10/16
- Paul D'Amato 10/18
- Jake Willingham 10/19
- Bill Howard 10/21
- Joe Capobianco 10/23
- Kit Farwell 10/23
- Barry Holt 10/25
- Linda Trader 10/27
- Gregory Chambers 10/28

When and Where to Dance in the Future

October 1 - 5th Annual CVJS Shag Jam

Hopewell, VA

See flier, page 8

By Kathy Norris

Something to Consider

Why Run for the NVSC Executive Board?

Some newer members may wonder what they are getting themselves into by running for the Board. It's tempting to just say "no" and let someone else do it. But there are benefits to serving on the Board:

1. You will learn how the club really works – what goes on behind the scenes, and what goes into making each event a success.
2. Everyone will know your name – people in the club who have never spoken to you before will want to talk to you.
3. You will form friendships with your fellow Board members and Committee Chairpersons.
4. Whether you contribute ideas or help execute them, you will gain the satisfaction of building and improving the club.
5. Your sense of membership will be enhanced – you will be truly part of the club, not just someone who comes to the events.

So when the Nominating Committee contacts you and asks you to run, please give it careful consideration. We need you!



Board Member Duties are described on Page 5



Recipe

GUATEMALAN LAYERED DIP

Canned refried red beans	Green onions, thinly sliced
Sour cream	Black olives, thinly sliced
Avocado, chopped	Sharp Cheddar cheese, chopped
Fresh peeled tomato, chopped	Garlic salt
Canned chopped green chilies d green chilies	Side dish of fresh green chilies, chopped

On a large serving plate, spread the ingredients in layers, in the order as listed. Ring the plate with parsley garnish. Serve the fresh green chilies on the side for adding by the guests

Duties of the Directors of NVSC

By Vaughn Royal

The Northern Virginia Shag Club is a corporation, and is governed by a Board of Directors. The Board consists of nine Directors: the President, Vice President, Secretary, Treasurer and five Directors at large. The Board of Directors is elected annually and each Director serves a term of one year, from January 1 through December 31.

Directors must have been members of the Club in good standing for at least one year before taking office, and during their terms of office must remain members in good standing. The President and Vice President must have served at least one year on the Board before running for President and Vice President. The prior year of service could have occurred at any time. Directors may serve multiple terms, which may be successive.

The *general* duties of each Director include the following:

- **To attend all regular and special meetings of the Board.** Regular Board meetings are held monthly. A Director who misses four or more regular meetings without a good reason can be removed.
- **To serve as the Chairperson of a Standing Committee or as the Board's liaison to a Standing Committee.** The Standing Committees are the Nominations and Elections Committee, Audit Committee, Dance Committee, Music Committee, Social and Hospitality Committee, Charity and Fund Raising Committee, Membership Committee and Public Relations Committee. Liaisons are appointed where the Chairperson of a Standing Committee is not a member of the Board. Liaisons communicate Board policies and decisions to the Standing Committees and report to the Board on the work of the Standing Committees.
- **To support Club projects and attend a reasonable number of Club functions, to personally help conduct Club projects and functions, and to recruit volunteers to help conduct projects and functions.**
- **To provide viewpoints during the policy discussions of the Board.**
- **To preserve and give to their successors all records and documents received in the course of the Club's business.**

The officers of the Club have *special* duties, which include the following:

- **President.** The President is the principal executive officer of the Club and presides at all meetings of the Board and meetings of the members at which he or she is present. The President must attend all five (5) required annual meetings of Association of Carolina Shag Clubs (ACSC) or ensure that the Club is represented at required ACSC meetings. The President names the Chairpersons of Standing Committees and the Newsletter Editor and Capital Shag Classic Coordinator. The President also exercises general supervision over the affairs of the Club.
- **Vice President.** The Vice President assists the President and performs the duties of the President in the event of the President's unavailability.
- **Secretary.** The Secretary keeps the minutes for the meetings of the Board and members, sees to it that all required notices are duly given, and keeps a current roster of the membership of the Club.
- **Treasurer.** The Treasurer is responsible for all funds of the Club, makes a report on the financial status of the Club at every regular meeting of the Board, makes available to the Board, all books and financial records of the Club for audits and verifications, and files all documents and returns required by federal and state tax codes.

All of the information in this article comes from the NVSC Bylaws, which are available on the Club's web site, <http://www.nvshag.org/bylaws.htm>. A copy of the Bylaws can also be requested from a Board member.

**Northern Virginia Shag Club's
Halloween Costume Dance Party
2016**

**Wednesday, October 26th
6:30 - 10:00 PM**

Fantastic Music by ??

Costume Contest

Prizes

50/50



**Join us at the
Arlington-Fairfax Elks Lodge**

**Come in costume and
receive \$1.00 off admission**

Please join the Northern Virginia Shag Club for a

CHARITY WINE TASTING

A Portion of the Proceeds Benefit



SUNDAY, OCTOBER 9TH

1:00 – 4:00 pm

Jim Scanlon's House

3600 Devilwood Court

Fairfax, VA 22030



Admission is FREE but we ask that you bring an appetizer or dessert.

We're supporting a variety of causes at this event which will feature 9 tastings of ONEHOPE wines by winemaker Rob Mondavi Jr. Each award-winning wine supports a different cause and the tastings are FREE. Wines will be available to order and a portion of the proceeds will benefit Capital Caring along with other great charities.

The more the merrier so please feel free to invite your friends to join in the fun and give back to so many great causes.

RSVP to Sue Young at susan.young19@yahoo.com

**GOOD COMPANY | GREAT WINES | TASTY APPETIZERS
ALL FOR A GOOD CAUSE!**

The 5th Annual CVJS Shag Jam

Saturday, October 01, 2016

Hopewell Moose Lodge

Western St. & Cousins Ave. Hopewell, VA 23860

\$\$ Donation at the Door \$\$

Doors open at 2:00 p.m. Workshop starts at 3:00 p.m. (free to all)

Workshop taught by Sam and Lisa West

Contests: New Comers and Amateur Divisions start at 6:00 p.m.

Jr I and Jr II Divisions to follow. (1800.00 in cash and trophies)

Open dancing before and after contests

Guest DJ: **Craig Jennings (from Northern VA)**

Food will be available (Jr's eat Free)

Exhibition by Shagtime 2 and Wee Baby Blues

Hotel: Baymont Inn & Suites 5380 Oaklawn Blvd.

Prince George, VA 23875 (804-452-0022)

(ask for the LOYAL ORDER of the MOOSE (rates)

For more information contact Joyce Burnley: cvjshaggers@yahoo.com or 804-931-9040

COME JOIN US FOR OUR 5th JUNIOR SHAG EVENT

The Adventures of Ziggy Aloebaum

I got to JWs early that Sunday evening, well decked out in my finest duds, washed blue jeans with a ripped hole in the right knee, 2015 ACSC/Capital Classic T-shirt, and my black-dyed hair swirled up Elvis style, ready to dine and shag with the possible love of my life.

Lisa brought me my favorite, fish and chips with a glass of sauvignon blanc. The room filled up quickly with the usual shaggers. And, as usual, the male shaggers finished their meals faster than the females, so they were asking the gals to dance while they were still eating, something our gals have gotten used to over the years. That is when she walked in the door.

Wow! She was elegantly dressed in a tailored pantsuit, with her hair coifed in a Taylor Swift bob-and-bangs style, and had fantastic pectorals and tight buns. She took a seat at a table in the far corner, gave Lisa her menu order, which included a glass of cabernet franc.

When her food arrived, she had to move her chair up to the table — and knowing that I had been ogling her — did not use her hands, but pumped it up with just the movement of her hips! "Holy Helen Hotpants!"

My libido went through the ceiling. This obviously was a gal who knew what it took to drive a suave guy like me out of my senses.


So, I patiently waited until she finished her meal before I made my move, sauntered over to her and said: "I've never seen you before at any of our club's shag events, have you been shagging for some time?" She answered me with a distinct British accent, "Shag? Is this some sort of preliminary activity to jumping in bed with someone?"

That response totally befuddled me to the point where I could not reconcile my knowledge of what "shag" means in the UK, with the redistribution of blood that was occurring in my body. I began to stutter. I said: "Nnnno, yyyyou ssssee hhhere aaaaalong tttthe mmmid AAAAtlantic cccoast, wwwwww cccall tttthe ddddancing yyyyou ssssee ggggoing on hhhere sssshag.

By this time I was so embarrassed that I asked her forgiveness for being such a dork. To which she replied: "That's okay, it seems to happen to me quite often when I am travelling on business. Could you teach me to shag?" Oh my goodness, I've died and gone to heaven, this has to be a dream!

Damn! It was.


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



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*From the October-
December 2009
Next Generation
Swing Dance Club
newsletter.*

Steps to Better Leading

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 done in an open position, with only your hands touching, it's super important that the connection with your partner be smooth and quiet, not rough or jerky. There 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 a 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 take a look around sometimes and see what the other leaders are doing. You might find some inspiration.

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 to 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.



2016 Board

President	Sue Young	703-573-6870	president@nvshag.org
Vice President	Bonnie Arms	703-819-9654	vicepresident@nvshag.org
Secretary	Donna Romito	703-971-1618	secretary@nvshag.org
Treasurer	Mark Hendrickson	703-282-1033	treasurer@nvshag.org
Director-at-large	Jason Potter	703-220-6697	jasonpotter2@msn.com
Director-at-large	Pamela Alfano	202-414-9312	palfano@reedsmith.com
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
	Facebook	Angie Bushey (angelaabushey@yahoo.com)
	Hello Shaggers	Kathy Norris (helloshagger@nvshag.org)
	Historian	Sherri Wildoner (smwildoner@yahoo.com)
*	Membership	Bonnie Arms (vicepresident@nvshag.org)
*	Music	Fran Mong (franmong@aol.com)
	Newsletter Editor	Jim Scanlon (jamesscanlon@me.com)
	Newsletter Publisher	Maryann Lesnick (mlesnick@mlesnick.com)
	Photographer	John Romito
*	Public Relations	Kathy Norris, Jeanne Potter, Sharon Geyer, Joe Cook, Jack Jones
*	Social/Hospitality	Jeanne Potter
	Sunshine	Maryann Lesnick (mlesnick@mlesnick.com)
	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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