

Rhythm & News

www.richmondshagclub.org



SESAC

BMI



Richmond, Virginia

Volume 24, Issue 3 May-June, 2017

Allen Batchelor, President



I have heard this question asked many times, "What do I get for the \$30.00 membership fee?" Well, I am glad you asked! The \$30.00 fee gets you:

- > two free nights of dancing with a shag DJ at Visions Dance Club (NO COVER CHARGE)
- > free dance lessons
- > free hors d'oeuvres
- > free socials
- > free monthly shag jams with a DJ
- > SOS beach party
- > SOS free pour
- > subsidized: Christmas party
 - : Annual party
 - : Summer pool party
- > A great Charity for Children with cancer

Finally, I would like for everyone to remember the number **26**. Twenty-six is the number kids we would love to sponsor to the 2017 Camp Fantastic event. This impossible number(26) is a dream. We, RSC, has sponsored 25 kids, twice, but never **26** in the twenty-five years of Camp Fantastic sponsorship. You may think 25 kids is no problem but sponsoring 25 kids comes in at a cost of \$20,000.00. Remember, these kids require *special* needs and therefore, require extra money for their care and setup.

Our upcoming Charity Golf Tournament and "Silent Auction" are the two money raisers for the kids. So please, please think about ways to raise money or interest by getting friends and/or business associates to come together for a round of golf or the donation of an item for the auction. These two events are the only way the club raises the money for our charity, the kids. **The kids need us!!**

Allen

Bill Boyer, Vice President



Spring Greetings RSC,

As this newsletter reaches you there are a lot of RSC Members that have made more great memories and perhaps new friends at Spring Safari 2017 ! I sure thought a lot about y'all down there in NMB and forced myself to have an extra beer here and there to numb the pain of desertion .

We also participated in "Wine For Cures" at the "Dogwood Wine Festival" with two Dance Exhibitions during the day. This is an annual event that we have permanent invitation to participate in for the future . A beautiful outdoor dance floor of three 4X8, 3/4" Plywood Sheets with bracing and handholds was constructed for the occasion and should hold up for many events to come. The founder of Wine For Cures, Gil Miles, was extremely complimentary of our dancers along with Graham Haddock's humorous presentation . The timing was a bit off for the event this year as the third Saturday in April happened to be the day prior to Easter Sunday . Gil has sworn "Never Again" to endure that constraint ! The event was short of the normal number of vendors and guests due to this date conflict. Still, there was a good healthy donation accrued for the Massy Cancer Center which is a great "partner" to have in conjunction with our Camp Fantastic.

There is still some discussion as to the best route to take regarding Annual Membership Renewals. We should have clarity on this issue within a couple of months. As you all know we have a strong RSC in most every area and participation. I have seen an exciting difference in the atmosphere of our Club with all of the fresh ideas and unique approaches to liven up participation and dancing our dance with gusto. The base of it all is a happy and thriving Membership which consists of each and every one of YOU for which we are very grateful. Renewal of your Membership is the RSC's vital base of operations and it is so important that we all continue to renew on the month we presently have printed on our Cards..

It's going to be a beautiful Spring to DANCE !

RSC Board Members



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*Graham Haddock -
Dance Committee*

I bet you never knew...

I bet you never knew...

I hated dancing in England, which consisted mainly of what is called freestyle dancing. Whenever I did it, which wasn't very often, I was very nervous and had a few rules about doing it. First, I had to have had a few beers for liquid courage, I was not going to be one of the first or only dancers on the floor, we would have to dance in the center of the floor not the outside, and my partner better not do any fancy steps or twirling around that might bring attention to us. Oh, and I prefer to hold onto you while we dance. I also never knew what to do and how to move, so I would try to watch others and copy them, but that turned out to be more difficult with more beers being consumed to give me courage.

So, it took some personal courage to learn to shag, and shagging seems to have overcome my fears in all areas. Shag is done holding on to your partner, I now know what to do, and I'm happy to be first on the floor to claim my slot. I love it when my partner does moves that make me look good and my biggest achievement... no beers required.

Now, you still won't get me on the dance floor to do freestyle dancing unless... I've had a few beers, I'm not going to be the first or only dancers on the floor and my partner better not do any fancy steps or tirling around that might bring attention to us.

Upcoming Dance Lessons

I'd like to promote **May Intermediate lessons** as we are teaching a new series of steps. Joe & Marsha Tedesco will be the instructors. The new series will typically follow the regular series of Lean (Wk1), Belly roll (Wk2), Boogie (Wk3), Pivot (Wk4). Due to SOS and 3 sets of Instructors short this year, RSC is not teaching regular intermediate lesson in April.

The new series is:

Week 5 The Duck Walk - May 2nd

Week 6 The Apple Jacks - May 9th

Week 7 The Stutter - May 16th

Week 8 The Prissy Kick and Walk up - May 23rd

The new **8 week series of lessons will begin Week 1 June 6th. Week 5 will always be the first Tuesday of the new month** should their be 5 Tuesdays in the weeks 1-4 series.



*Lisa Atkinson
Ways and Means Committee*

Happy spring..... I am ready for warm weather.....

How are you enjoying our crazy costumes we are wearing while selling the 50/50 tickets? Just trying to make it fun. I want to thank everyone who is supporting and buying 50/50 tickets. The money we raise goes to our Richmond Shag Club to support the running of the club and club events. The winners of the 50/50 have the option to keep the money or donate it back to the Club, donate to Camp Fantastic or Central Virginia Junior Shaggers, Inc. A big thank you to Mike and Fuzzy for donating their winnings. I still need help in selling so if you can help 1 week on a Tuesday, let me know.

We sold raffle tickets to help the South Strand Shag Club in raising funds for **The Junior Shag Association, Shad Alberty Scholarship and The Ellen Taylor Foundation.** They are raffling a one week stay during SOS Fall Migration, September 16-23, 2017, at Ashworth in North Myrtle Beach. The prize is a 3 bedroom, 3 bath condo on the ocean front just a short walk from Main Street.

Tickets are \$10. Participants must be at least 25 years of age. Drawing April 29th. The winner does not have to be present at the drawing. I hope someone from our club wins!!!

Happy Shagging..... And go learn a new step.

Lisa Bane Atkinson

News Flash!!

**Congrats to Sandy Gibson for winning
3rd place in the Rookies Revenge dance contest at
Spring SOS!
And Congrats to Glenda Harris who won the prize at
The IRS (I'd Rather Shag!) party on April 18.**

Judy Petree

Social Committee Chair

Hello Richmond Shaggers!
Our motto is "If you hear music, DANCE!"
The Social Committee is working on upcoming events and will be posting in future newsletters to insure No One Gets Left Out....!

Due to Spring SOS, no Social is planned for April.

We hope the club enjoyed the I.R.S. (I'd Rather Shag Party)! We had good participation by All.

So for now.....Keep on Dancing!

Judy



**RSC
Board Members**



**Lisa Atkinson,
Ways and Means
Committee
(804) 240-6527**

lisagatkinson@gmail.com



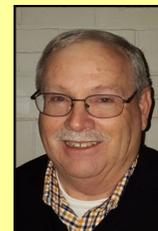
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**Kevin Byrnes, Coordinator
Communications Committee**



Can You Hear Me Now?

The Club uses 5 communication channels to reach and inform our members, namely:

- The **Rhythm and News** newsletter, posted on our website and distributed electronically as an e-mail attachment
- Our website, www.richmondshagclub.org, has been active since Jan 8, 2001, and has received 178,332 hits (at an average of 910 visits per month) since its inception,
- Electronic mail messages, using **Constant Contact**, to the 261 unique e-mail addresses of active member households
- Automated voice messages, using the **Call 'Em All** calling system, to the 241 unique phone numbers in the system
- Our **Facebook** group page (<https://www.facebook.com/groups/51783245956/>) with 567 group members

The **Rhythm and News** is published 6 times a year, with articles, party flyers, membership expiration and birthday notice reminders and paid advertising. The newsletter is compiled by Pam Tinsley who does a great job making the newsletter fun & informative!

Our website, www.richmondshagclub.org, was created by and has been maintained by Kevin Byrnes since day 1. The site went through a major overhaul in 2006, and announces: the annual Board contact info, the annual Shag class instruction schedule, the annual charity golf tournament details, the annual party event details. Additionally, special events (e.g. Brunswick stew sales, Club parties and fundraisers, etc.) are posted regularly, as well as links around the Shag world. The website could be used by the Club to collect **Paypal** payments for annual membership renewal payments, event tickets or other retail operations of the Club.

The **Constant Contact** e-mail system is used to make special,

time-sensitive announcements and reminders. Although our “Open Rate” of roughly 50% (i.e. the percentage of messages that are opened by the recipient) is much higher than industry averages (18%), it shows that about half our members ignore this channel for receiving Club news. This system also supports conducting surveys of members to get information.

The **Call'Em All** robo-call phone message system is an on-line system that records a phone message and re-broadcasts the message to the list of member phone numbers. The system supports text messaging if desired by the Club member. Over the last 10 calls made, the system reached a live person 32.5% of the time, and left a recorded message 57.9% of the time. Just under 10% of the calls reach a busy signal or a bad, disconnected number. This system was preceded by an automated **PhoneTree** message system which was first activated in 2000.

Our Club **Facebook** group page was created around 2010 by former member Dixie Renger and has been maintained by Barbara White, Pam Tinsley and others over the years. As a private group, those that apply to join the site have to be approved by one of the site administrators, including Pam Tinsley, Allen Batchelor, Kevin Byrnes and Debbie Edmonds. Recently, Debbie has stepped up posting pictures and stories from Club activities at Visions and elsewhere to raise awareness of the fun times enjoyed by members. The group site offers group members the opportunity to post pictures, stories, event announcements, all of which are shared among the group members on Facebook.

So what's your favorite Club channel? Send us an e-mail and tell us what you like or dislike about our Club communications program.

Send it to: kfbyrnes@verizon.net

Kevin Byrnes



RSC SHAGGERS are EVERYWHERE!



Lessons & demos at the Dogwood Wine Festival

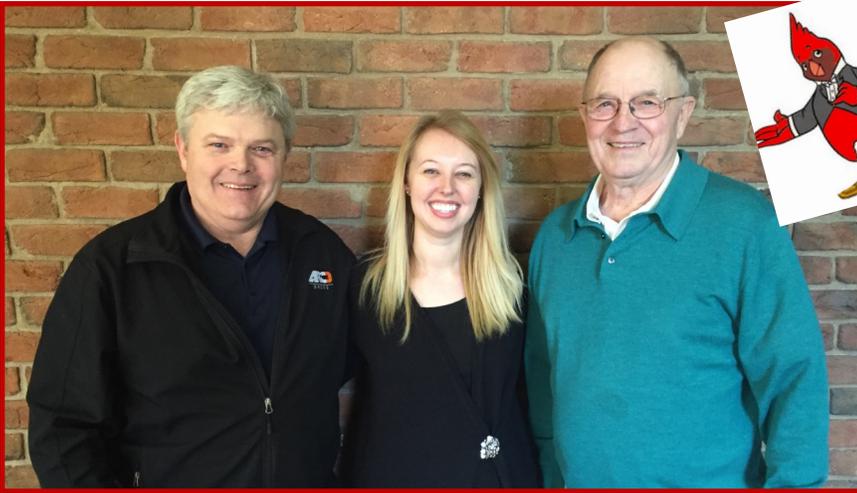


Sandra Cook finds a friend at Charles City Courthouse



Waiting to ride the ferry at Jamestown

Acknowledging Community Service



Lots of Shagger at SOS, sending great photos to the "Left Behind Crowd"!



Doubling the Impact

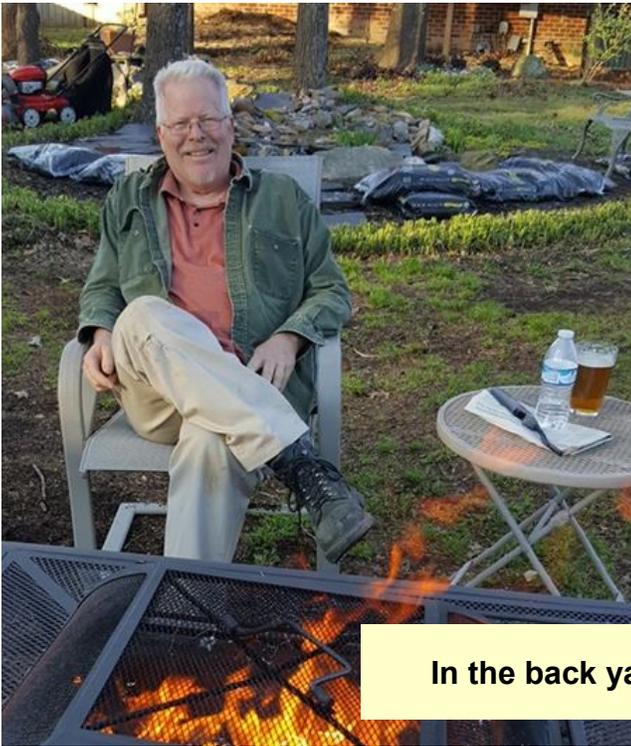
For seven years, employees at Arc³ Gases have been supporting Children's Hospital Foundation through individual employee donations that are then matched by company leadership. In February, Tim Atkinson, Richmond Branch Manager, (left), and Parker Dillard, Co-President (right), presented Sarah Irby, Director of Community Relations, CHF, with a gift of \$8,755.00, bringing the company's cumulative contributions to \$31,735 since 2010.

Shag Jam at Independence Golf Club.

Thanks to Janis and Steve for the great lesson!



We are EVERYWHERE!



In the back yard



Shaggers in the woods!



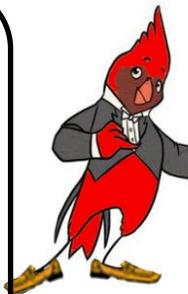
Who Are these masked women?

Another adventure for Pam!



Posing with Johnny Mathis!!

From the Editor—
Some of these photos were “borrowed” from Facebook, with the thought that if they are published on FB, you won’t mind sharing your photos with more friends through our newsletter.



Thanks for snapping and sharing so that we all can enjoy!



March 29, 2017

Walk, Stretch or Dance? Dancing May Be Best for the Brain

Could learning to dance the minuet or fandango *[or shag!!]** help to protect our brains from aging?

A new study that compared the neurological effects of country dancing with those of walking and other activities suggests that there may be something unique about learning a social dance. The demands it places on the mind and body could make it unusually potent at slowing some of the changes inside our skulls that seem otherwise inevitable with aging.

Neuroscientists and those in middle age or beyond know that brains alter and slow as we grow older. Processing speed, which is a measure of how rapidly our brains can absorb, assess and respond to new information, seems to be particularly hard hit. Most people who are older than about 40 perform worse on tests of processing speed than those who are younger, with the effects accelerating as the decades pass.

Scientists suspect that this decline is due in large part to a concomitant fraying of our brain's white matter, which is its wir-

ing. White matter consists of specialized cells and their offshoots that pass messages between neurons and from one part of the brain to another. In young brains, these messages whip from neuron to neuron with boggling speed. But in older people, brain scans show, the white matter can be skimpier and less efficient. Messages stutter and slow.

Whether this age-related decline in white matter is inexorable, however, or might instead be changeable has been unclear.

For the [new study, which was published this month in Frontiers in Aging Neuroscience](#), researchers from the University of Illinois in Urbana and other schools decided to look at the effects of several different types of exercise on the wiring and the function of older people's brains.

They began by recruiting 174 healthy people in their 60s and 70s with no signs of cognitive impairment. Most were sedentary, although some occasionally exercised.

Then they invited the men and women to a university lab for tests of their aerobic fitness and mental capacities, including processing speed and a brain scan with a sophisticated M.R.I. machine.

Finally, the researchers randomly divided the volunteers into several groups. One began a supervised program of brisk walking for an hour three times a week. Another started a regimen of supervised gentle stretching and balance training three times a week.

The last group was assigned to learn to dance. These men and women showed up to a studio three times a week for an hour and practiced increasingly intricate country-dance choreography, with the group shaping itself into fluid lines and squares and each person moving from partner to partner.

After six months, the volunteers returned to the lab to repeat the tests and the brain scans from the study's start.

The differences now proved to be both promising and worrisome. By and large, everyone's brain showed some signs of what the scientists termed "degeneration" of the white matter. The changes were subtle, involving slight thinning of the



* editor's comment : :-)

Walk, Stretch or Dance? (continued)

size and number of connections between neurons.

But the effects were surprisingly widespread throughout people's brains, given that only six months had elapsed since the first scans, said Agnieszka Burzynska, the study's lead author and a [professor of human development and neuroscience at Colorado State University](#) in Fort Collins. (She was previously a postdoctoral researcher at the University of Illinois.) The degeneration was especially noticeable in the oldest volunteers and those who had been the most sedentary before joining the study.

However, one group showed an actual improvement in the health of some of the white matter in their brains, compared to six months before. The dancers now had denser white matter in their fornix, a part of the brain involved with processing speed and memory.

It seems likely that the cognitive demands of the dancing, which required people to learn and master new choreography throughout the six months of the study, affected the biochemistry of the brain tissue in the fornix, Dr. Burzynska said, prompting increases in the thickness and quantity of the wiring there.

Interestingly, none of the changes in the volunteers' white matter were obviously reflected in their cognitive performance. Almost everyone performed better now on thinking tests than at the study's start, including tests of their processing speed, even if their white matter was skimpier.

These results indicate that there could be a time lag between when the brain changes structurally and when we start having trouble thinking and remembering, Dr. Burzynska said.

But, more encouraging, she said, they also suggest that engaging in "any activities involving moving and socializing," as each of these group programs did, might perk up mental abilities in aging brains.

"The message is that we should try not to be sedentary," she said. "The people who came into our study already exercising showed the least decline" in white matter health, she points out, and those who took up dancing showed white-matter gains.

Of course, this study was relatively short-term. Dr. Burzynska hopes in the future to study the brains of people engaging in different types of exercise over the course of several years.

But for now, she says **the data provide another rationale for moving — and perhaps also learning to contra dance and sashay.**



SHAG!



Golf Tournament Update (4/16/17)

Preparations for our June 12th charity golf tournament for Camp Fantastic at Meadowbrook Country Club are progressing well; with all 24 volunteers recruited (thanks to Dick Robinson), meal caterers recruited (thanks to Jerri Cowan, Graham Haddock and Stephanie Hockaday), meal sponsors secured (thanks to Jerri Cowen & Parker Dillard). Gift certificate and hole sponsor donations are rolling in (*keep 'em coming, please!*) and team and player sign-ups are picking up steam!

The box score on our progress compared to our event goals is shown below.



Metric	Commitments	Participant # Goal	\$ Received	\$ Goal	% Of Goal
Volunteers	24	24	-	-	100
Teams / Players	6 / 24	28 / 112	\$2,400	\$11,200	25
Raffle gifts	23	60	\$737	\$2,000	38
Net Player Income	24	112	\$1,440	\$6,720	21.4
Hole Sponsors	21	50	\$1,600	\$5,000	32
Corporate Sponsors	4	6	\$2,750	\$4,000	79
Gaming Revenue	N/A	56	N/A	\$4,280*	0
Event Net Revenue	N/A	N/A	\$5,790	\$20,000	28.9

Contrary to some rumors, we are going back to the distribution of canned beer and other beverages from 2 roving beverage carts on the front and back nine. Two free beer tickets will be provided each player and additional beer will be available for sale from the cart @ \$3/can. The golfing contest events of “closest to the pin” (everyone), “closest to the line” (ladies), longest drive (men) will be again supplemented with 50/50 raffle, mulligan tickets (3 max per player), and the poker run card game, with the added option of a final draw of up to 3 cards (at \$1 per card) to improve your hand before turning in your poker card. The “Hole-in-One” contest hole will again be sponsored by Williamsburg Hyundai and some special prizes may be auctioned off to raise the total revenue purse for Camp Fantastic!

The luncheon will be catered by Petersburg Provisions, Inc. and consist of a hardy sandwich, small bag of chips, a piece of fruit (i.e. apple or banana) and a cookie. The sandwich choices will include some variety of meats, cheeses and breads.

The dinner will be catered by Carabbas Italian Grill and will consist of a chicken pasta dish, Caesar salad, rolls and mini-cannolis for desert. A donated mini-keg of Stone’s IPA will provide an additional beverage choice with dinner.

From the chart above, it is evident that more players & teams, hole sponsors and gift donors are still needed to reach our event goals! **Please consider how you can help** (e.g. ask your favorite restaurant for a gift card donation) **and contact me if you have any questions or need any event forms** (which are all available on the RSC website)! *The event will be here before we know it!*



Kevin Byrnes,
Tournament Coordinator



Happy Birthday, Shaggers!

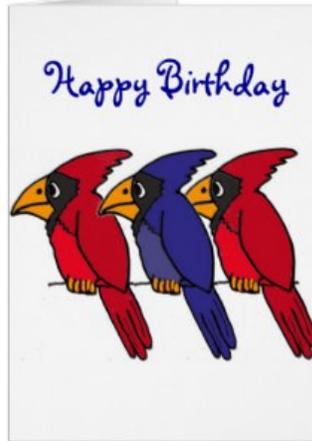


May

May and June Birthdays

June

Jack	Kavanaugh	4	
Avery	Goodwin	5	4
Nancy	States	5	8
Jerry	Morrow	5	11
Jean	Wildes	5	11
Louisa	Blair	5	12
Kelli	Mallinger	5	12
Kathy	Russell	5	12
Leonard	McAdams	5	17
C.J.	Blankenbeckler	5	18
Larry	Ricker	5	18
Barbara	McCord	5	19
Phillip	Mitchell	5	19
Gene	Anderson	5	20
Dwight	Hash	5	20
Paul	Hodge	5	20
James	Osborne	5	20
Cherry	Seagraves	5	21
Barb	White	5	23
Larry	Herbert	5	24
Charlie	Agosti	5	25
Mike	Montalbano	5	27
Alan	Michaelis	5	28
Gladys	Peters	5	29
Joey	Fanini	5	30
Charlotte	Oliver	5	30



Vicki	Tedesco	6	4
Michael	Fielding	6	7
Graham	Haddock	6	8
Deb	Goodloe	6	10
Debbie	Shelton	6	12
Nancy	Verser	6	13
Janis	Hannuksela	6	14
Stephanie	Hockaday	6	14
Emett	Nuckols	6	15
Dexter	Oliver	6	15
Steve	Switzer	6	15
Richard	Brandau	6	16
Kim	Woolf	6	16
Annette	Johnson	6	17
Tommy	Atkinson	6	18
Jim	Hall	6	20
Bill	Long	6	22
Martha	Foley	6	23
Philip	Harrison	6	24
James	Minor	6	24
Jim	Easter	6	26
Brute	Vaughan	6	26
Steve	Harris	6	29
Keith	Mawyer	6	30



Watch your e-mail,
our web page
www.RichmondShagClub.org ,
and listen for robo-call
messages for more information
on upcoming events.

Also, look for the Richmond
Shag Club group on **Facebook**
where event information
will be posted.

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RSC ACTIVITIES 2017

May

	May 1	2	3	4	5	6
		<u>6:30 pm - 7:30 pm</u> RSC Intermediate Shag Class @ Visions		<u>6:30 pm - 7:30 pm</u> RSC Beginner Shag Class @ Visions <u>9 pm - 9:40 pm</u> RSC 2nd 'Shag to Braq' Dance Contest		
7	8	<u>6:30 pm - 7:30 pm</u> RSC Intermediate Shag Class @ Visions	10	<u>6:30 pm - 7:30 pm</u> RSC Beginner Shag Class @ Visions	12	13
14	15	<u>6:30 pm - 7:30 pm</u> RSC Intermediate Shag Class @ Visions	17	<u>6:30 pm - 7:30 pm</u> RSC Beginner Shag Class @ Visions	19	20 Armed Forces Day
Mother's Day Mother's Day						
21	22	<u>6:30 pm - 7:30 pm</u> RSC Intermediate Shag Class @ Visions	24	<u>5 pm - 12 am</u> USA Grand Nationals Dance Championships, Atlanta GA <u>6:30 pm - 7:30 pm</u> RSC Beginner Shag Class @ Visions	<u>5 pm - 12 am</u> USA Grand Nationals Dance Championships, Atlanta GA	<u>5 pm - 12 am</u> USA Grand Nationals Dance Championships, Atlanta GA
<u>5 pm - 12 am</u> USA Grand Nationals Dance Championships, Atlanta GA	 Memorial Day <u>5 pm - 12 am</u> USA Grand Nationals Dance Championships, Atlanta GA	30	31	<u>6:30 pm - 7:30 pm</u> RSC Beginner Shag Class @ Visions	2	3

RSC ACTIVITIES 2017

June



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 <u>5 pm - 12 am</u> <u>USA Grand</u> <u>Nationals Dance</u> <u>Championships,</u> <u>Atlanta GA</u>	29  <u>Memorial Day</u> <u>5 pm - 12 am</u> <u>USA Grand</u> <u>Nationals Dance</u> <u>Championships,</u> <u>Atlanta GA</u>	30	31	June 1 <u>6:30 pm - 7:30</u> <u>pm</u> <u>RSC Beginner</u> <u>Shag Class @</u> <u>Visions</u>	2	3
4	5	6 <u>6:30 pm -</u> <u>7:30 pm</u> <u>RSC</u> <u>Intermediate</u> <u>Shag Class</u> <u>@ Visions</u>	7	8 <u>6:30 pm - 7:30</u> <u>pm</u> <u>RSC Beginner</u> <u>Shag Class @</u> <u>Visions</u>	9	10
11 <u>2 pm - 6 pm</u> <u>RSC Shag Jam</u> <u>@ Another</u> <u>Round (Formerly</u> <u>Celebrity Room)</u>	12 <u>11 am - 6 pm</u> <u>RSC Charity Golf</u> <u>Tournament for</u> <u>Camp Fantastic</u>	13 <u>6:30 pm -</u> <u>7:30 pm</u> <u>RSC</u> <u>Intermediate</u> <u>Shag Class</u> <u>@ Visions</u>	14  <u>Flag Day</u>	15 <u>6:30 pm - 7:30</u> <u>pm</u> <u>RSC Beginner</u> <u>Shag Class @</u> <u>Visions</u>	16	17
18  <u>Father's Day</u>	19	20 <u>6:30 pm -</u> <u>7:30 pm</u> <u>RSC</u> <u>Intermediate</u> <u>Shag Class</u> <u>@ Visions</u>	21	22 <u>6:30 pm - 7:30</u> <u>pm</u> <u>RSC Beginner</u> <u>Shag Class @</u> <u>Visions</u>	23	24
25	26	27 <u>6:30 pm -</u> <u>7:30 pm</u> <u>RSC</u> <u>Intermediate</u> <u>Shag Class</u> <u>@ Visions</u>	28	29	30	1



August 4 & 5

RSC Party Features

Guest DJs
Ed Timberlake & Larry Black
 Association of Beach and Shag Club DJs

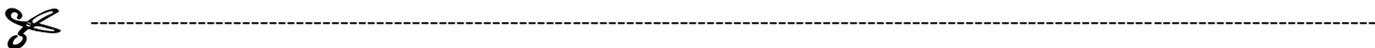
Two Free Shag Workshops
 Featuring
Charlie Womble & Jackie McGee

Free Nightclub Two-Step Workshop
Joey & Bernie Fanini

- Thursday Night Early Bird Party
At Visions in the Doubletree Inn
- Friday evening heavy hors d'oeuvres
- Three free workshops
- Saturday brunch & buffet dinner
- Free pours Friday and Saturday
- Pool party on Saturday
- Entertainment on Saturday night
- Silent Auction Friday night
- Large Dance Floor
- Seating for Everyone
- Smoke-Free Ballroom
- Saturday Vendors

Four Points by Sheraton Hotel
 9901 Midlothian Turnpike, Richmond, VA 23235
 Call 1-804-323-1144 and ask for the "Richmond Shag Club" rate of \$104/night plus tax until July 10

For more information, contact **Joan Byrnes** at (804-270-1454) jbyrnes425@verizon.net
 Check our website at www.RichmondShagClub.org for updates



Name(s) _____ Phone _____

Address _____

E-Mail _____ Club _____

Weekend Until July 1 _____ tickets X \$90 = \$ _____ **Saturday Only** Until July 1 _____ tickets X \$65 = \$ _____

Tickets(s) After July 1 _____ tickets X \$95 = \$ _____ **Tickets(s)** After July 1 _____ tickets X \$70 = \$ _____

Tables of ten may be reserved at time of reservation 10 tickets X \$90.00 (or \$95.00) = \$ _____

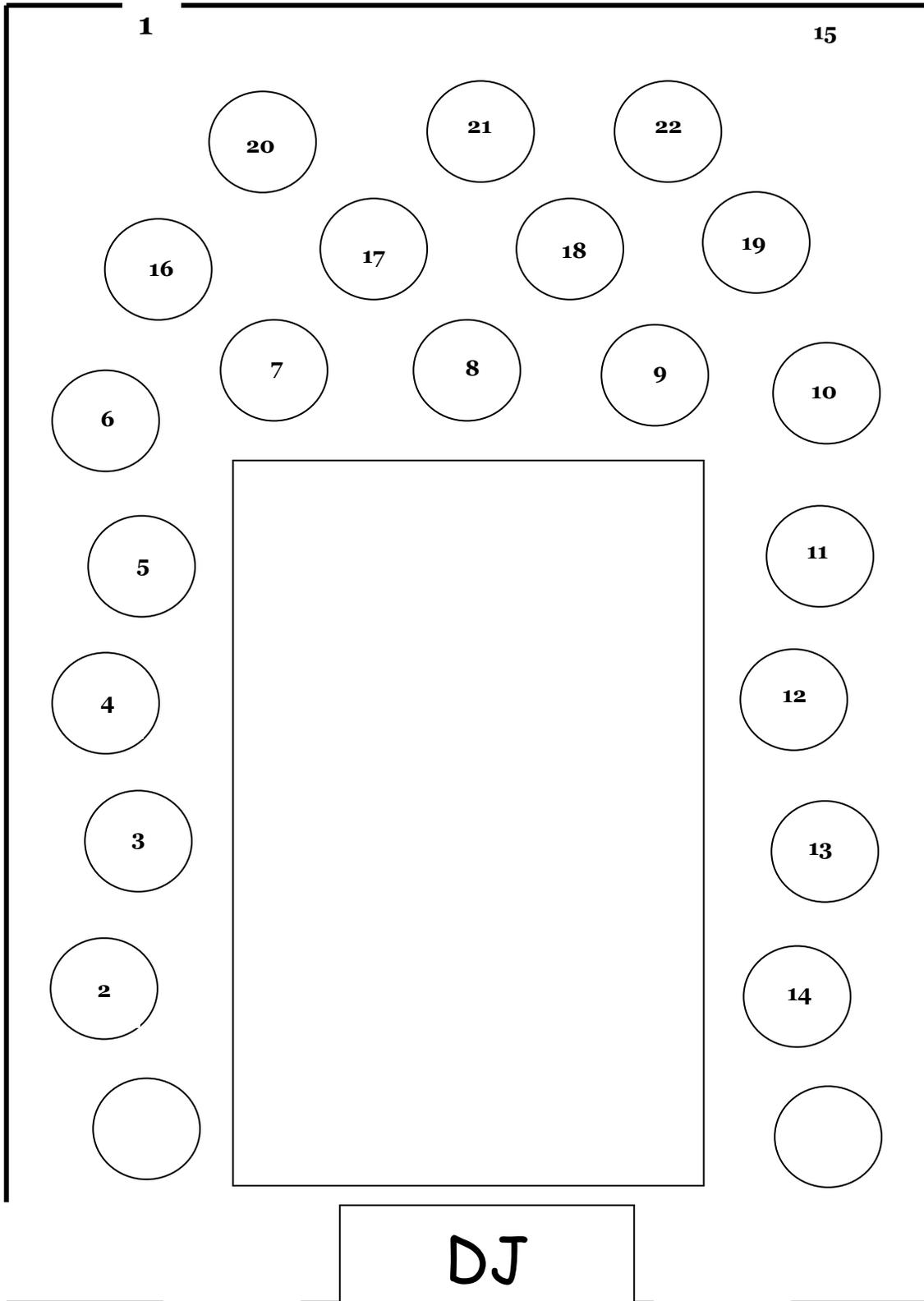
Total Amount Due \$ _____

If purchasing table, 1st choice table# _____ 2nd choice table# _____. Provide forms for **everyone** at table
 Make checks payable to Richmond Shag Club and **mail** to: **Joan Byrnes, 2511 Cedar Cone Drive, Richmond, VA 23233**

Make checks payable to Richmond Shag Club and mail to:
Joan Byrnes, 2511 Cedar Cone Drive, Henrico, VA 23233-2825

If you and your friends would like to sit together and have a reserved table, you will need to pay for the **entire** table when you submit your registrations. Each table seats 10 people.

Selection of preferred tables will be made in the order in which the tables are purchased. See diagram below. If you have any questions or want information regarding available tables, check the display on RSC Club night or contact Joan Byrnes at (804) 270-1454 or email at jbyrnes425@verizon.net.

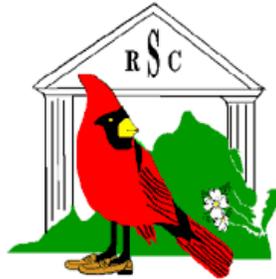


Membership Expirations

May, 2017

5/31/2017	Boone	Donna
5/31/2017	Bradbury	Jeffrey
5/31/2017	Clark	Barbara
5/31/2017	Grantier	Cecilia
5/31/2017	Grantier	Barry
5/31/2017	Hodge	Paul
5/31/2017	Hodge	Barbara
5/31/2017	Pfeiffer	Susan
5/31/2017	Pfeiffer	William
5/31/2017	Shehane	Cheri
5/31/2017	Thomas	William
5/31/2017	Underhill	Roger
5/31/2017	Underhill	Denise

**Keep your
membership
up to date!**



April, 2017

6/07/2017	Chiles	Bobby
6/30/2017	Bowker	James
6/30/2017	Burnette	Cliff
6/30/2017	Byrnes	Kevin
6/30/2017	Carney	Mike
6/30/2017	Chiles	Judy
6/30/2017	Elwood	Johnson
6/30/2017	Forstmann	Kathy
6/30/2017	Hannuksela	Janis
6/30/2017	Hash	Dwight
6/30/2017	Hott	Carl
6/30/2017	Lambert	Nelson
6/30/2017	Lambert	Mary Ann
6/30/2017	McBride	James
6/30/2017	Persons	Susan
6/30/2017	Tinsley	Pam
6/30/2017	Tripp	Joanne

To the Richmond Shag Club:

As a newcomer in the Richmond Shag Club who has not officially moved to RVA yet, I wanted to share some reflections from my visits from time to time with you. I currently live in Charleston SC and am a member of the East Cooper Shag Club in Mt. Pleasant.



What I have been most impressed by with the Richmond Club is the plethora of shag lessons offered so freely to all who want to dance. You seem to have such an abundance of talented shag dancers who give of their time and talent most generously. I don't know of any clubs which offer this many opportunities to increase shag skills and offer it for free to members and visitors. The club is welcoming and friendly and that speaks volumes to me about its membership.

Hopefully my house in Mt Pleasant will sell soon so I can move here and be a more regular attendee. In the meantime, I sing your praises to my fellow shaggers in the Low Country. You have a lot to be proud of.

Sally Vale

Sent from my iPhone

Thank you, Sally!



Richmond Shag Club

PO Box 35771, Richmond, VA 23235
www.richmondshagclub.org

 Find us on Facebook



Home of the Best Beach and Shag Music in Richmond

Membership Fee is \$30.00 (7-1-2012)

**** \$25 fee for returned checks ****

- New Member
- Renewal/Returning Member

Pick up your membership card at the RSC Club desk.

Date: _____

New Expiration Date: _____

Please complete form in full & write legibly!

Name #1: _____
Last First Nickname Birthday (Year Optional)

Name #2: _____
Last First Nickname Birthday (Year Optional)

Address: _____
Street or PO Box City State Zip Code

Phone: _____ Occupation: _____
Home/Primary Cell/Secondary Work (optional) (Optional)

Email Address #1: _____

Email Address #2: _____

NOTE: Home phone and email address provided above are used to provide you with the newsletter, messages about Club activities, club-related events, member news, etc. They are not shared with other groups or organizations. Do not include if you do not wish to receive these notices.

I was encouraged to join the RSC by _____
RSC member's name)

I would be interested in helping with the following committee(s):

- ___ Annual Party (August)
- ___ Golf Tournament (June)
- ___ Host & Hostess (RSC desk)
- ___ Social (Sunday Socials, Parties, etc.)
- ___ Ways and Means (Fund-raising)

New Members

- I learned about the RSC from:
- ___ A friend that is a member
 - ___ Another shag club
 - ___ A demonstration at an event
 - ___ The Internet/Website
 - ___ Other _____

This information is true to the best of my knowledge. By my signature, I agree to abide by the rules and by the bylaws of the Richmond Shag Club. I understand that my membership may be revoked by the Club at any time it may be deemed necessary. I agree that the Richmond Shag Club and its Board of Directors shall not be held responsible for any accidents, personal injury or loss of any personal property associated with my attendance at, or participation in, any Club function.

Member #1: _____
Signature Printed Name Date

Member #2: _____
Signature Printed Name Date

For RSC Staff Use Only: Next Membership Renewal Date: _____ Card Made
Cash: \$ _____ Check: \$ _____ Check #: _____ Received by: _____



Pam Tinsley, Editor
pstinsley@verizon.net

The Richmond Shag Club offers beginner and intermediate dance lessons
On Tuesdays and Thursdays at VISIONS Dance Club.
Following each lesson there is OPEN dancing for all levels & ages from amateur to pro!

**TOGETHER TO SERVE YOU
— BETTER —**

Virginia Commonwealth Bank and Bank of Lancaster have merged to offer more services and more accessibility for our customers.

vcb.bank **vcb** Virginia Commonwealth Bank
Member FDIC



If you know of a club member who is ill or has a personal “crisis” and would appreciate hearing from the RSC, please let Kathy Lane know the details (email: socrmom8286@yahoo.com)

If you have personal news that you would like to share with the club membership, please email the details as you would like for them to be conveyed to Kevin Byrnes kfbyrnes@verizon.net.

Also, please specify that you would like for that information to be sent in a bulk email or phone tree to the members. (We do not want to compromise anyone’s privacy.) Thanks!

RSC Members!
See your business ad here!
Contact Kevin Byrnes or details.
kfbyrnes@verizon.net