



The Colonial Crier

newsletter of

Colonial Shag Club, Inc.

a member of the Association of Carolina Shag Clubs (ACSC)

May 2020

Hampton, Newport News, York County, Poquoson, Williamsburg, Virginia Founded In 2001

President's corner

May 1, 2020

May Day. Dancers of the World Unite!

We aren't gonna to take it anymore.

Enough of this social distancing. We wanna dance!!!

And we will. Hopefully this is the month we see the reopening of all of the businesses that make our lives, well, our lives. Especially Two Left Feet.

We May need to make some adjustments in how we interact, but I'm willing to give it a try. I hope you are too.

If you saw this week's Newsy, our club Vice-President, Sheila Kerr-Jones has organized a food drive for the Peninsula Food Bank. If you would like to help, please check your emails for the details, or contact Sheila @, 2skj1s1@gmail.com.

May is also the month for the uniquely American/Mexican holiday of Five-o de May-O, or, Cinco de Mayo. It falls on Taco Tuesday this year, so we're touching all of the Made in America bases. After you have your guacamole, salsa, fajitas, tacos and lots of margaritas, it's time to dance. Your President's Pick for this most famous of Mexican holiday's is, of course, Mexico, by James Taylor. Great song and very Shaggable. Enjoy Senyors and Senioritas. HOT PLATE, HOT PLATE.

Now that you've brought up the subject of "President's Picks", I would like to ask any club member that has a song they would like to dance to, that we don't usually hear played at the clubs, to join me in finding President's Picks. A song that



would qualify would be one that we don't normally shag to, has the right 1 and 2, 3 and 4, rock-step rhythm, and is actually a good song to listen to. Any song submitted will be considered for the ultimate pick and the submitter will receive a year of their club dues paid for by the club president. If we have enough songs submitted, one of our ABSCB&DDJ deejays might even be willing to risk their license to provide us with an evening of these tunes to dance to, if we ever get back together again.

In the meantime, (The meantime, where is that anyway? Does it come before or after a nice time? Asking for a friend.) wash your hands, your face, the back of your neck. Heck, take a shower, shave, some of you ladies too, and get some clothes on. And dance, dance, dance.

Hope to see you soon.

Tim

Colonial Shag Club

A Proud Member
Of The:



Colonial Shag Club, Inc.
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Newport News, VA 23612-2104
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Through the National FastDance Association, our club
dance activities are licensed by:



The beat goes on thanks to our

club board of directors and committees

Directors and Officers

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Committees

Beverage — Sheila Kerr-Jones

Cards — Diane Capps

Charity — Sheila Kerr-Jones

Christmas party — tbd

Communications

Newsletter — Lloyd Pitzen

Social Media (Facebook) — Lisa Jones, Connie Sledd

Website — Joe Mitchell

Dance instruction — Jerry Nichols

Junior program – Joe Mitchell

Membership — Cyd Kroskey

Music — Tim Kroskey

Nominating — tbd

Photographers — Alan Michaelis, Malcolm Mann

Social — tbd

Venue negotiations – Joe Mitchell, Jerry Nichols, Harry Walthall

Venue Operations — J R Jones

Venue Supplies — John Bright, Christina Campana, Malcom Mann, Stan Crocket, Patty Swan

Ways & Means (50/50 raffle)— J R Jones



5	Susan L. Akins	20	Janet Roper
9	Pam G. Deihl	21	Jeanne Creecy
12	Michael Johnson	22	Harold Goodman
14	Diane Capps	23	Malcolm Mann
14	Deborah Federico	24	Sharron Jones
14	Lorraine Jackson	25	Jerry Canada
14	Debbie McCusker	25	Henry Roper
16	Richard Smith	25	Skip Spencer
17	Jodi Munroe	28	Rosalie Shockley
20	Dwight Hash	31	George Joyner

Condolences.

I'd like to offer our condolences to Shirley Williams on the passing of her husband Norm Williams. Our thoughts and prayers are with you and your family.

Tim



Norman Williams passed away on April 29

He and his wife, Shirley, of fifty years were involved with the Hampton Roads and Outer Banks shag clubs. At the Virginia Beach Shag Club socials, one could always find Norm sitting by

Shirley and helping her with the books in her role as VBSC membership administrator.

The Colonial Crier is published monthly for the Colonial Shag Club members.

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Online dancing has a lot of value

An article entitled *The Coronavirus Outbreak Keeps Humans from Touching. Here's Why That's So Stressful*, written by Megan McCluskey, was posted on the Time.com website on April 10. Excerpts from the article are presented below. Referring to the excerpts below, a few paragraphs, as indicated by ellipses, have been taken out to shorten the article while still keeping its content about dancing.

With people around the world practicing social distancing and self isolation to curb the further spread of coronavirus, some are starting to feel the effects of a lack of human touch. Whether it's shaking a coworker's hand or hugging a friend, most people are accustomed to some level of platonic physical touch on a daily basis. But for those who are quarantining alone or with people with whom they don't have physical contact, loneliness and social isolation are growing health concerns.

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According to Dacher Keltner, a professor of psychology at the University of California, Berkeley, a lack of physical touch can affect people in more ways than they might realize. "Touch is the fundamental language of connection," says Keltner. "When you think about a parent-child bond or two friends or romantic partners, a lot of the ways in which we connect and trust and collaborate are founded in touch."

It's not just about how we feel emotionally. Keltner adds that "touch deprivation" can impact people on a psychological and even physical level. "Big parts of our brains are devoted to making sense of touch and our skin has billions of cells that process information about it," he says. "The right type of friendly touch — like hugging your partner or linking arms with a dear friend — calms your stress response down. [Positive] touch activates a big bundle of nerves in your body that improves your immune system, regulates digestion and helps you sleep well. It also activates parts of your brain that help you empathize."

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Although there's no exact substitute for human touch, if you're struggling with this aspect of self-isolating in particular, there are a few alternatives that can offer similar health benefits for people who are social distancing. Zak suggests video chatting, which many people seem to have discovered on their own. "In-person interactions have a big effect on the

brain releasing oxytocin, but interacting via video is actually not that [different]," he explains. "It's maybe 80% as effective. Video conferencing is a great way to see and be seen." If you're using a video chat service for work or school, Zak recommends that you take five minutes at the beginning of the call to focus on interpersonal connection. "You can facilitate that oxytocin release and reduction of anxiety if you make an effort to connect to the person you're talking to," he says. "Taking the time just to ask them how they're feeling is a pretty effective way to build an emotional connection."

Keltner adds that dancing, singing or doing yoga with others via an online platform can also be highly effective substitutes for physical contact. "Human cultures have been working on bodily ways to cultivate the benefits of touch for thousands of years," he says. "Dance is about a lot of the same things [as touch] — I'm connecting to you, we're moving in the same ways — but you can do it without actually touching each other."

Radha Agrawal, the co-founder and CEO of the global dance and wellness movement Daybreaker, coined the term D.O.S.E. — an acronym for the four neurochemicals responsible for happiness: dopamine, oxytocin, serotonin, and endorphins—to illustrate how dance parties like Daybreaker can be beneficial for people's physical and mental health. "When you create a dance experience driven by music, community and participation, that's how you're able to release all four happy brain chemicals," Agrawal says. Prior to the coronavirus pandemic, Daybreaker was hosting sober early morning dance parties in 28 cities around the world. Now, they've switched to a virtual dance party dubbed Daybreaker Live. "When COVID-19 happened, we had to shut down all of our events across the world," Agrawal says. "Emails started pouring in from our community members asking us to create an online dance experience so that they could continue feeling the sense of community that we've given them over the past seven years of doing Daybreaker." Daybreaker Live had thousands of people join its last two live streams, which cost between \$9 and \$15 to virtually attend. More virtual dance party options abound, but you can also organize a more intimate online dance party with just your own friends or family members to get those same dance-induced health benefits for free.

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