



**HELEN GRUNDMEYER (2001)**

“I believe that one of the main objectives of the Virginia Shaggers Hall of Fame should be to honor the people of Virginia who have contributed to the Dance. Helen meets this objective.

Helen was raised in Norfolk attended all the teen dances. and later the local dance clubs such as Top Hat, Mecca, Surf Club, Oaks Inn, Casino and Scott’s Center, etc. She went where the music took her.

Helen married and moved to Richmond, Virginia, and raised a family; but she still loved to dance. She moved back to Norfolk, renewed old friendships and continued to dance.

If younger members in the Hall of Fame asked anyone who was here (back) when our beach was swinging, they (would) tell you that Helen was one of the most sought-after, best dancers and one of the best-looking girls on the beach.

These are the people we should honor. Helen helped make it possible for younger people to continue with our Dance. Honor those who came before and brought so much to our Dance.”

- Kitty Novotny (VSHOF, 1987)