



Pam Barnes (2007)

Pam was born in Norfolk, VA and raised in Virginia Beach. She has been involved with beach music and shag dancing for 30+ years. She was a small child watching her parents dancing, win contests as early as when Pam was 6 weeks old, so Pam tried to emulate them. Pam's father, Bobby Starnes (VSHOF, 1987; deceased 2019), was a VSHOF charter member, making Pam the first "Legacy" member of the VSHOF.

Pam has been a member of the Virginia Beach Shag Club for 30+ years, has served as a Club officer (including Vice President and Secretary), and served on many committees, and travels often to Myrtle Beach, as well as other cities, seeking out shag venues.

Pam and her husband, Gary (VSHOF, 2008) owned Catherine's Restaurant & Lounge (2001-2006), where Gary, a beach music DJ, played shag music to continue to promote the dance and lifestyle.

Pam is an excellent dancer and supports many beach and shag events. Her slogan is: "Life may not be the party we hoped for, but while we're here, we might as well dance".