

Regina Association of Middle Eastern Dance



SPRING 2006

IN THIS ISSUE... 

April '06 Show & Workshop!
Show and Event Reviews
Spring Class Schedules
Feature article on Badia Mansabny

And much much more.....!

MESMERA WORKSHOP

DATES: April 22 & 23, 2006
LOCATION: Northwest Leisure Centre,
PRICES: *Early Bird (includes lunch):*
Both Days \$125 One Day \$65 Half Day \$40
After early bird deadline (includes lunch):
Both Days \$140 One Day \$70 Half Day \$40
(The prices above are for RAMED members. Non members please see registration form)



ARABIAN FANTASY SHOW

DATE: Saturday April 22nd, 2006
LOCATION: Riddell Theatre, University of Regina
TIME: Doors Open 7:00 PM, Show Starts 7:30 PM
PRICE: \$15 in advance, \$20 at the door (\$10 children 12 & under)

SEE PAGE 14 FOR FULL DETAILS & WORKSHOP REGISTRATION

Your RAMED Board of Directors

Barbara Tomporowski
President
Phone: 352-3368

Brett Bradshaw
Secretary
Phone: 522-0718

Mea Cicansky
Newsletter Editor
Phone: 781-4305

Barb Bell
Treasurer
Phone: 543-1146

Tracy Bucko
Merchandise Coordinator
Phone: 565-8886

Samantha Leippi
Special Events Coordinator
Phone: 545-6717

Andrea Lachambre
Membership Coordinator
Phone: 924-2612

Contact Us

www.ramed.org

ramed_ca@yahoo.ca

Box 681, Regina, SK S4P 3A3 (306) 352-5042



Upcoming Events



SEE OUR WEBSITE FOR FULL EVENT DETAILS: www.ramed.org

MESMERA: A workshop presented by RAMED

April 22 & 23, 2006 North West Leisure Centre, 1127 Arnason St., Regina

Saturday AM: Impressive Isolations

Saturday PM: Luscious Layering

Sunday AM: Bellydancing Geometry

Sunday PM: Zambara Gypsy

(FULL DETAILS ON PG 14 OF THIS NEWSLETTER)

Arabian Fantasy Show ...Starring MESMERA

Saturday, April 22, 2006, 7:00 PM

Riddell Centre University of Regina Campus

3737 Wascana Parkway, Regina

Normanview Community Days:

May 6, 2006 (Performance Opportunity for RAMED members)

Ruth M. Buck School 6330 7th Avenue North in Regina

Sweetheart Run:

May 13, 2006 (Performance Opportunity for RAMED members)

Physical Education Building, Gymnasium

University of Regina 3737 Wascana Parkway, Regina

Summer Shimmy & Sizzle Presented by Aschera Rose

Saturday, May 27, 2006

Western Christian College 4400 - 4th Avenue Regina 7:30pm \$15/person

Don't miss the wind-up event of the bellydance season!

Regina Drum Circle Presents Malcolm Lim & Barbara Oliveira:

Share the excitement as Brazilian Drum and Dance, comes to Regina, including Dumbek and Frame Drum": Saturday, May 20 - Sunday, May 21, 2006 Regina, Saskatchewan, Canada.

Around the Spice World in 80 Minutes

Presented by Zarifah Dance Troupe Artistic Direction by Aschera Rose

Saturday, November 25, 2006

University of Regina 3737 Wascana Parkway Regina

A foray of ethnic Folkloric Dances from Around the World. Experience an array of colors and rhythms from the Middle East to Spain!

Winnipeg Hosts Belly Dance Workshop with

JALILAH ZAMORA

REVIEW BY ROXANNE ROGOWSKI



Jalilah instructs workshop participants in Winnipeg.

On March 18 & 19, 2006 Saramaga Middle Eastern Dance of Winnipeg hosted a workshop taught by Jalilah Zamora. Jalilah was led by her passion for Belly Dance to thoroughly investigate the many aspects of this art. One of the most interesting aspects of the workshop was hearing her talk about the history of the art form. She has an unbelievable amount of knowledge to share. It would be wonderful just to hear her lecture on the subject. By traveling to various Middle Eastern and North African countries and through research, observation and practice, she assimilated the different styles of traditional dance. Her experience, notably with the Ghawazee of Upper Egypt, gained her the honour of performing with the singer Metqal Qenawi and the group “The Musicians of the Nile” with whom she has toured Europe (Italy, Spain, France, Holland, Slovenia, Austria, Sweden, Denmark and Germany) regularly since 1990.

Saturday morning started with a lesson in Ghawazee. The Ghawazee are professional Rom “Gypsy” dancers in Egypt. Although numerous in the past, there are now only a few remaining in Upper Egyptian towns such as Qena and Luxor. Classified as a folk dance the steps in this dance are fairly simple. The interesting aspects of the dance are how the groups of dances interact. Jalilah also showed us authentic Ghawazee costume.

While eating lunch, Jililah showed us a video tape of some of Belly Dance’s legendary dancers from the Egyptian cinema. Jililah has collected clips of belly dance scenes from old 40’s and 50’s 2006Egyptian movies. We only had time to see a small sample of what she has collected, but it was fascinating to see a part belly dance history. We ended the day with a choreography based on 1940s/50s Egyptian Style danced in Badia Mansabny’s legendary Casino Opera. One interesting difference is that the accent on a large hip circle is to the front.

Sunday has dedicated to understanding and interpreting belly dance music. Jalilah showed us tips on how to recognize rhythms and how they are played with different instruments. She taught us mini choreographies that demonstrated the traditional dance style suited to each section in a piece of music.

Jililah is a wonderful dancer and teacher with an extensive historical background.

Review of the “Tonight in Cairo Belly Dance show”

By Mea Cicansky



Azura from Regina delights the Winnipeg Crowd

I recently had the pleasure of attending the “Tonight in Cairo” show in Winnipeg hosted by Cheryllyn Saramaga of Saramaga Middle Eastern Dance. The show took place on March 18th at the historic Ramada Marlborough Hotel. What a beautiful place for a show in an old fashioned ballroom overlooking downtown Winnipeg.

The show featured Jalilah, an Ottawa based internationally renowned instructor and performer who has danced her way through Egypt, Morocco and Europe. We were fortunate to watch Jalilah dance three times throughout the evening.

Jalilah’s first performance was a traditional Ghawazee piece. The Ghawazee are professional Rom “Gypsy” dancers in Egypt of which very few remain in present day. Jalilah has actually had the opportunity to study with Ghawazee dancers and is able to recreate the dance with a spirit of authenticity. In fact, during her performance she wore a beautiful antique Ghawazee costume.

Jalilah also performed a traditional Khaleegy style piece. This form of dance originates from the “Khaleeg” or Arab Gulf, is performed in a long robe called a “thobe”, and features movements that imitate facets of daily life in the gulf such as the seaweed being tossed by the waves and the motions of pearl divers.

Jalilah’s last piece was a classical Raqs Sharqi performance to the song “Al Houriyah” composed by Ishan Al Mounzer. Jalilah herself worked together with musicians in Beirut, Lebanon to produce the recording.

The evening also featured many other talented dancers from Winnipeg and guest dancer Azura (Barbara Tomporowski) from Regina.

From Winnipeg we enjoyed pieces by Shayera who performed beautifully while balancing the Shamadan (candelabra), and later treated us to a graceful veil dance. Za’ina mesmerized the audience with her “Two Moons” piece and later her energetic Arabic pop and drum solo had us dancing in our chairs. Nicola showed her versatility by performing first a classical Egyptian Raks Sharqi piece followed by a traditional Saidi cane dance, and a sword duet. Shawnie dazzled us with her precise technique and personal style dancing to Natasha Atlas’ “I put a spell on you”, and later to “1001 Nights” from Jalilah’s “Journey of a Gypsy Dancer”. Karla Yanina displayed her classical style in a piece adapted from a choreography by Jalilah.

We also enjoyed two performances from Regina’s own Azura who displayed her precise zilling technique to “Yalla ya Chabab” from Desert Roses 2, and a beautifully executed double veil piece filled with grace and color.

All in all it was a wonderful evening of dance filled with diverse styles, music and costumes. Thanks Cheryllyn for all your hard work in producing an exciting show.

Mid-Winter Halfi Review

By Andrea Lachambre



We shimmied the night away on February 25, at the Odd Fellows Hall. We had a great turn out of dancers and spectators. People were coming through the doors before we even had a chance to get the decorations up. The walls were draped with yards of fabric (who knew I had so much in the basement!). We had a mini bazaar, with tables loaded with beautiful wares, RAMED merchandise and a library display table. A sumptuous table was laid with trays of cheese, fresh vegetables & dips, hummus & pitas, fresh fruit & chocolate dips and of course cookies! We started the night with Circle Beladi dance and then were entertained by the Rhythm Chicks demonstrating the best moves to do with the various rhythms. Azura did a wonderful dance showing us her zilling skills. Bedouin of the Red Tent showed us that once you have the basic moves under your tassel belt you can dance to any kind of music. We also had the opportunity to dance to some enthusiastic live drumming thanks to some fellow members, and others from the Regina Drumming Circle. Personally speaking the drums drew me up to do some very spontaneous shimming. Thanks to all who came out, and to those who helped us with the decorating, and food setup.

Spring Free From Racism

By Andrea Lachambre

Spring Free from Racism was held Saturday March 18 at the Italian Club. RAMED was again given the opportunity to perform at this well attended event. We had a perfect table this year that faced the stage so that we could enjoy all the other performers though out the day. There were approximately 36 different dance displays this year.

We set up our table with some hips belts and RAMED merchandise. As people would keep picking up the belts people heads would turn at their wonderful sounds and by the end of the day we had given away all of our information brochures.

Although we only had three groups perform this year, we were represented very well by the Rhythm Chicks showing their crisp and clear moves, followed by the always enthusiastic tribal dancers, a combination of the Daughters of Gaia, Sisters of the New Moon, and "Monday" Cousins, had the crowd clapping and zagareeting. Farasha finished the set with a wonderful veil dance. We were all given a very warm applause by the crowd. Having danced there for a few years I can honestly say how nice it is to dance for an appreciative audience.

There was great food again this year with 11 different booths from a variety of countries. To those of you who have never attended this event you should mark your calendar for next year, either to dance or just to come out and enjoy the food and entertainment. Thank you to all who danced. Also a special thanks to Barb Bell, Barb Musleh, Pat Rogan, and Meghan Trenholm who volunteered to sit at our table.





RECIPE CORNER

By Mea Cicansky

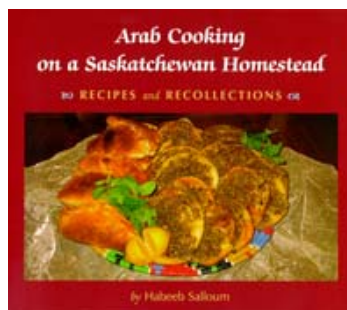
*I recently heard a very interesting interview on CBC Radio's **Afternoon Edition**. The host was speaking with author Habeeb Salloun about his book "Arab Cooking on a Saskatchewan Homestead" published by the Canadian Plains Research Centre. The book is an interesting mix of recipes and recollections of the author's own childhood growing up in rural Saskatchewan. The author spoke of his childhood, and how the other children at school would often make fun of him because of his "different" foods. In fact, he would often hide in the school yard to eat his lunch.*

Hearing the interview with the author and listening to the interesting tales of his the food of his childhood peaked my interest in this book, so I logged on to the internet so see what else I could find out about his book. I found the synopsis below from the McNally Robinson website and the sample recipe on the following page from the CBC Radio Noon Edition Website. This is a book I will definitely pick up from my local independent bookseller!

Arab Cooking on a Saskatchewan Homestead Recipes and Recollections

Author: Habeeb Salloum

(Synopsis from www.mcnallyrobinson.com)



In Arab Cooking on a Saskatchewan Homestead, over 200 recipes and the author's recollections from childhood combine to tell the story of a little-known group of early immigrants to the Saskatchewan prairies--the Syrians (most of them later known as Lebanese). There was a significant Syrian community in Saskatchewan during the Depression, and as Mr. Salloum points out, their traditional foods and crops were well-suited to the dryland farming that the drought of the 1930s demanded. Thus they thrived during this difficult period on the prairies. Their traditional foods--such as yogurt, chickpeas, and burghul--were, at the time, virtually unknown to their fellow homesteaders; today, however, these same foods are an important part of an increasingly varied and globally influenced North American cuisine.

Readers will delight in Habeeb Salloum's childhood recollections and his tales of encounters with food around the world. Cooks will be inspired by his love of cooking, by his deep appreciation for his culinary heritage, and by his enthusiasm for new discoveries in food through his travels.

Note:

The recipe instructions are simple, straightforward, and thorough. Recipe names are provided in English as well as in Arabic with phonetic spelling. Arab proverbs throughout the book provide both insight and humour.

Recipe Corner... continued from previous page

The following sample recipe is from CBC Radio's Noon Edition website (<http://www.cbc.ca/nooneditionsask>)

From "Arab Cooking on a Saskatchewan Homestead" by Habeeb Salloum, published by the Canadian Plains Research Center:

Meat Kubba -- Stuffed and Fried

Kubbat Araas serves 6 to 8

The word kubba, which comes from the Arabic verb meaning "to form into a ball," has taken its name from this recipe.

one kubba naya recipe (see below)
one kubba stuffing recipe (see below)
oil for frying

Place in the palm of one hand a ball of kubba naya about the size of a gold ball. Using a forefinger, press a hole and begin expanding the hole by rotating and pressing against palm of hand until you have a shell of 1/4 inch (6mm) thickness. Place a heaping tablespoon (about 15 ml) of stuffing into the hollow shell. Close end of shell, then form into an egg-like shape. (Use cold water on hands to help shape and close shells.) Deep fry in oil, turning until golden brown. Serve hot.

Kubba Naya

Anyone who has a taste for French or Australian Tartare will enjoy this dish, which can be served as a main entree or as an appetizer.

1 cup fine burghul 250 ml
1 1/2 pounds fresh lean beef or lamb 680 g
2 medium onions, finely chopped 2
2 teaspoons salt 10 ml
1 teaspoon crushed dried mint leaves 5 ml
3/4 teaspoon pepper 3 ml
3/4 teaspoon cumin 3 ml
1/2 teaspoon allspice 2 ml
1/4 teaspoon cinnamon 1 ml
1/8 teaspoon cayenne 1/2 ml
a few sprigs fresh mint a few sprigs
2 tablespoons olive oil 30 ml

Soak burghul for 15 minutes in warm water, then drain by pressing water out through a fine strainer. Place meat in a food processor and process until well ground, then add burghul and remaining ingredients, except sprigs of mint and olive oil, and process into thick paste. Spread on a platter, then decorate with mint sprigs. Sprinkle with olive oil just before serving.

Kubba Stuffing

Instead of being served raw, kubba can be stuffed and cooked in various ways.

3 tablespoons butter 45 ml
1/2 pound ground lamb or beef 227 g
1/4 cup pine nuts or chopped walnuts 60 ml
1 medium onion, finely chopped 1
1 teaspoon salt 5 ml
1/4 teaspoon allspice 1 ml
1/4 teaspoon black pepper 1 ml

In a frying pan, melt butter, then sauté meat until it begins to brown. Stir in remaining ingredients, then sauté further until onion is limp. Set aside for use as stuffing.

Aschera Rose

Check my website at
www.ascherarose.com
for a full listing of all classes

Need Costumes, Supplies,
Music, or other accessories?
Call 543-9762 or email
thornrose@accesscomm.ca

CLASSES HELD AT SOUTH LEISURE CENTRE

Intermediate Technique(props): Wed. 5:45 – 6:45 March 29, \$80/ 10 weeks
Advanced Technique: Thurs. 7:15 – 8:30 March 30, \$100/ 10weeks
Folkloric Review: Ghawazee: Mar. 29, Apr. 12&26, May 10&24 / \$40/ 5 sessions
Folkloric Review: Tribal Sword: Apr. 5&19, May 3&17 / \$32 / 4 sessions
Intermediate Choreography: Sat. 10:45 – 12:30, April 1, \$84/ 6wks
Advanced Choreography & Technique: Wed. Mar 29, 8 – 9:30, \$108/ 9wks



Other classes offered: Fitness, Yoga & Sculpt, Beginner Bellydance, SIAST & Moose Jaw Classes. See my website at www.ascherarose.com



SARAMAGA

Middle Eastern Dance
Costumes & Accessories

Check Out Our Website at:
www.bellydancecostumes.ca

- * Tops
- * Coins
- * Jewelry
- * Hipscarfs



- * Music
- * Arm Bands
- * Hand Drums
- * Harem Pants



Cherylynn Saramaga (204)774-4914
<http://www.bellydancecostumes.ca>
Email: saramaga@bellydancecostumes.ca

Classes with Azura



Belly Dance - Intermediate
Tuesdays 8-9 p.m.
April 25 – May 30, 2006
Glencairn Recreation Centre
\$35 for 6 sessions

This class will introduce Ghawazee and Saidi dance (including the raks assaya, the cane dance). It will also focus on interpreting music and performing taxim.

To register call Barbara Tomporowski (Azura) at 352-3368.

azurabellydance@yahoo.com

<http://azura.sasktelwebsite.net/>

Jeanne

Book your private and semi-private lessons, workshops and performances. Teachers, I'm also available for subbing!

For more info, call (306)585-6588, e-mail derosier@accesscomm.ca, or visit users.accesscomm.ca/derosier.

LINDA'S CLASSES

BEGINNER BELLY DANCE

Tuesday nights from 7:45 to 8:45 PM

April 11 to May 30.

The cost is \$ 60.00 for 8 weeks

The location is the Pasqua Rec. Centre

Please call Linda at 545-4623 to register

Designs by Fadiyah

**For all
of your
costuming
needs.**

Phone (305) 775-2555
Cell: (306) 537-3770

Daphne Budding

Now Accepting Newsletter Submissions for Summer 06

Email Mea at
meacicansky@yahoo.com

With your ads, class schedules,
workshop information, book, video
& show reviews, articles, teachers
tips, recipes, and anything else
you'd like to contribute.

RAMED Advertisement Policy

¼ page = \$10

Enhanced Members receive ¼ page
free, and \$10 per every additional ¼
page

Ads should be emailed in the size and
format you'd like them to appear.

Tracy's Classes

Beginner Veil

Location: Cathedral Village Neighbourhood Centre

Time: Monday 6:00 - 7:00 PM

Starts 10 Apr 06 (6 weeks) Cost: \$35.00

Intermediate

Location: Davin School

Time: Tuesday 7:00 - 8:00 PM

Starts 11 Apr 06 (6 weeks) Cost: \$35.00

Introduction to Bellydance

Location: To Be Announced

Time: Tuesday 6:00 -7:00 PM

Starts 11 Apr 06 (6 weeks) Cost: \$35.00

**To register call Tracy @ 565-8886 or email
golden_goddess@hotmail.com by Apr 7th.**

Darla's Spring Classes

Belly Dance Boot Camp

Appropriate for both new and continuing students, the focus of this class will be on enhancing technical skill, dance endurance, and confidence. Foundational moves, simple and complex combinations will be drilled. Additional strength building exercises will be incorporated.

Thursdays 7:00-8:00 pm; April 13 to May 25; Rotary Seniors' Centre, 2404 Elphinstone; \$50 for 7 sessions Register with Darla by April 5th

Basic Middle Eastern Drumming

Learn to play 10 basic Middle Eastern rhythms as well as how to use the drum for meditative purposes. Perfect for Belly dancers to better acquaint themselves with the structure of Middle Eastern music, and for those just wanting to groove. No musical experience necessary. Bring a hand drum or cooler style water bottler.

Thursdays 8:10-9:10 pm; April 27 to May 11; Rotary Seniors' Centre, 2404 Elphinstone; \$35 for 3 sessions Register with Darla by April 5th

Level 2 Middle Eastern Drumming

Learn variations of the most popular basic rhythms with structured group and individual practice time.

Thursdays 8:10-9:10 pm; May 18 and May 25; Rotary Seniors' Centre, 2404 Elphinstone; \$25 for 2 sessions This class only, register with Darla by May 10th

Contact Darla at 757-9930 or gdjtrudeau@sasktel.net

All classes require pre-registration and payment. Classes are dependent upon minimum number of required participants.



RAMED Library hours

Come and browse the fantastic items available in our library

1st Saturday of the month from 1 - 5pm

605 Douglas Park Road

Contact: Darla (306)757-9930 gdjtrudeau@sasktel.net

3rd Saturday of the month 1 - 5pm

35 McCusker Avenue

Contact: Samantha (306)545-6717 sammage73@hotmail.com

All library items are also listed on our website

www.ramed.org



BADIA MANSABNY by Jalilah (Lorraine Zamora Chamas)

Continued from page 8

The nightclub was a huge success. Mansabny created a program with both European and Arab artists performing shorter acts which appealed to European tastes. Badia danced and sang several numbers herself. She and El Righany got back together for a brief time, but then split again, this time for good. Badia moved her nightclub to a better location and named it “Casino Badia”. A diverse entertainment program featured local dancers, singers, musicians and comedians as well as various European acts. There was even a matinee in the afternoon for women only. It was at this time that oriental dance in the form of both “Raqs Sharqi” as well as the traditional “Raqs Baladi” began to undergo significant changes.

The term “Oriental Dance” first came about when Egypt was occupied by foreign powers. “Raqs Sharqi”, which actually translates as “eastern dance” was used to distinguish the dance from European, or western, dances—“orient” as opposed to “occident”. In the same way, “Raqs Baladi” was used to differentiate between “native” or “local” dance and foreign dances. At the time of Badia Mansabny, the nightclub version of these dances was referred to as “Raqs El Hawanim” or “Dance of the Ladies”.

Up to the 1920s dancers had performed mostly in peoples homes, in coffee houses or at outdoor religious festivals known as “mawalid” (plural of “mulid”). Having been originally performed in small spaces, the dance had to be adapted for the stage. Mansabny employed western choreographers such as Isaac Dixon and Christo who added elements from other dance traditions, for example, the turns and traveling steps from ballet. The two-piece costume with beads and sequins, which we now associate inseparably with Oriental Dance, first appeared during this period, inspired by Hollywood films and European nightclubs such as the “Moulin Rouge”. It might be added that the costumes were partially created to suit the tastes of European colonists who didn’t find the original costumes revealing enough!

All went well, both professionally and privately, until Badia’s nephew, Antoine, who had become her theater director and was married to her adoptive daughter, Julia, fell in love with Beba Azzadine, a dancer in Badia’s ensemble. He and Beba left to open their own nightclub in the same style as “Casino Badia”. In spite of this set-back, Badia remained successful, constantly working to improve her program and always recruiting new talents.

Badia Mansabny was a tough woman. According to Karin van Nieuwkerk in her book “A Trade Like any Other”, journalists wrote that Badia had no need for a bodyguard as she herself was one, even going as far as to threaten intrusive journalists with a gun. Perhaps her childhood had forced her to become tough.

In 1937 Mansabny invested and lost all her money in a film project which flopped. She declared bankruptcy and left Cairo to tour upper Egypt with her troupe. A young Tahia Carioca, still in her teens, was part of the entourage. In debt, Badia borrowed money to open up her biggest project yet: a nightclub with a movie theater, restaurant, café and an American bar. “Casino Opera” opened in 1940 and was extremely successful. World War II had broken out and the streets of Cairo were filled with English and French soldiers wanting to be entertained. This, of course, was a great opportunity for “Casino Opera” and the program was adapted to suit the soldiers’ tastes. Due to the performance of a Hitler parody, however, Mansabny was placed on Hitler’s list of people to be executed once he took over Egypt. Fortunately, the Germans never made it to Cairo.

CONTINUED ON NEXT PAGE>>>



BADIA MANSABNY by Jalilah (Lorraine Zamora Chamas)
Continued from previous page.

The Egyptian film industry was flourishing at this time, producing countless musicals requiring singers and dancers. Many of the nightclub scenes in the films of this era were actually filmed in “Casino Opera” and many of the dancers were discovered there. The program in both “Casino Badia” and “Casino Opera” featured group dances. The more talented dancers were allowed to dance in front of the others and, if one of them went over well with the public, she earned the chance to be featured as a solo artist. Many dancers who started out as chorus girls ended up as soloists and many soloists ended up in films. The most famous of these were Tahia Carioca and Samia Gamal, who became popular movie stars in Egypt, and Nadia Gamal, who later became a star in Lebanon. All these dancers credited Mansabny for helping them get started and for teaching them what they needed to know in the beginning of their careers. According to Nadia Gamal in an interview in *Arabesque* magazine, Mansabny trained her dancers every afternoon at the Casino. She was an expert at “zaggat” (finger cymbals) and played them herself on stage. Not only dancers, but also many well-known singers and musicians, including Farid El Atrache and Mohamad Abdel Wahab, got their start with Mansabny.

Badia Mansabny earned good money during the war years and “Casino Opera” continued to prosper after the war as well. In 1951 the Egyptian government demanded that Mansabny pay 74,000 Egyptian pounds in back taxes. It was impossible for her to come up with such a large sum of money without being ruined financially. She escaped from Egypt in a private jet and returned to Lebanon. There she bought a small farm in the north where she lived the rest of her days, by her own account, in peace and tranquility. Badia Mansabny passed away in 1975.

This article was based on Badia Mansabny’s own autobiography which appeared in the book “Bauchtanz” by Dietlinde Karkutli, as well as interviews with “old timers” such as Ibhahim Akif and El Hami Hassan who were there and remember Badia Mansabny.



WE WANT YOU !

RAMED is looking for volunteers for our upcoming workshop
and Arabian Fantasy Show (April 22 & 23, 06)

HAVE FUN! MEET PEOPLE! GET INVOLVED!

email us at: ramed_ca@yahoo.ca

call us at: 352-5042

Mesmera Workshop

Location:

Northwest Leisure Center
1127 Arnason Street
Regina, Saskatchewan

Schedule:

	Sat. April 22
9:00 -10:00	Registration & Bazaar
10:00 -12:00	Workshop - Impressive Isolations
12:00 - 1:00	Lunch & Bazaar
1:00 - 3:00	Workshop - Luscious Layering
3:00 - 4:00	Bazaar
	Sun. April 23
9:00 -11:00	Workshop - Bellydancing Geometry
11:00 - 11:30	Lunch & Bazaar
11:30 - 1:30	Workshop - Zambara Gypsy
1:30 - 3:30	Bazaar and Farewells

Light lunch will be provided both days.

Mesmera will teach the following topics:

"Impressive Isolations" Combinations, layering, and accents with emphasis on what to move and what to hold still.

"Luscious Layering " How to combine moves and transitions smoothly.

"Bellydancing Geometry" Expand your range of creative freedom and spacial awareness.

"Zambara Gypsy" Spirited, skirt-flying, foot-stomping, hair tossing spicy good time.



MESMERA

Registration:

Name _____
Address _____
City _____ Prov. _____
Postal Code _____
Ph () _____ Fax () _____
e-mail _____

Workshop Fees

Early registration – paid by April 1, 2006:

RAMED members: (includes lunch)

2 days - \$125 = _____

1 day - \$65 = _____

Half Day - \$40 = _____

Non-members:

2 days - \$140 = _____

1 day - \$70 = _____

Half Day - \$40 = _____

Paid after April 1, 2006:

Members and non-members:

2 days - \$150 = _____

1 day - \$75 = _____

Half day - \$40 = _____

If participating in 1 day or half day, please indicate which day: _____

Lunch included with half day.

Vendor

Tables 1st \$25 2nd \$20 = _____

Racks 1st \$25 2nd \$20 = _____

Show Tickets

_____ tickets @ \$15.00 = _____

Total Enclosed = _____

Send cheques or money orders payable to:

R.A.M.E.D.

P.O. Box 681,

REGINA, SK S4P 3A3

e-mail: chiron@accesscomm.ca

An Arabian Fantasy Show

Saturday, April 22, 2006

Riddell Centre

University of Regina Campus

3737 Wascana Parkway

Regina, Saskatchewan, Canada

Doors open: 7:00 p.m. Show: 7:30 p.m.

Advance Tickets - available at Uforia

3024 13th Avenue, Regina

Adult - \$15 in advance or

\$20 at the door

Children (12 and under) - \$10