

Regina Association of Middle Eastern Dance



Summer '09 Newsletter

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one of the first belly dance
teachers in Regina !
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Lotus of Moose Jaw!

Thank you for the submissions.

Have a lovely summer, and happy dancing!

Kelly Liberet kliberet@sasktel.net

Editor

RAMED Calendar of Events May 2009

Saturday May 9th An Arabian Fantasy

Western Christian College. 4400 - 4th Ave.

Doors open 7pm Show starts at 7.30.

Advance tickets \$15 at the door \$20, Srs and children < 12 \$10.

Tickets can be purchased from your teachers; at Uforia (3024 13th Ave);
or by calling Andrea Schick at 529-0104.

May 23th - Cathedral Village Arts Festival

RAMED has been asked to come out and support the wonderful Cathedral Village Arts Festival, we will have a dance area outside the Crushed Grape, and would appreciate anyone who would like to come and out and dance throughout the day. Please contact Andrea Schick : andrea_schick@hotmail.com or Dianna Graves : d.graves@accesscomm.ca if you are interested in dancing.

Wanted: Good men and women

There will be board positions opening up this year, so please think about joining the board and sharing your talents with others, getting to know your fellow dancers better and helping RAMED to continue to be such a great organization.

The following positions will be vacant:

President

Librarian

Membership Coordinator

Merchandise Person

Special Events Coordinators

For more information on the positions, contact Andrea at ramed_ca@yahoo.ca

Mystique 2009: In the Garden of Gaia

3rd Annual Theatrical Belly Dance Performance & Summer Solstice Celebration

Imagine a time when Goddesses reigned supreme -- a time when they were the divine representation of feminine power and sensuality. Today we sense a calling of the Goddess, they inform us, inspire us, they *are* us! Join us in the "Garden of Gaia" to witness the rebirth of Goddesses through belly dance and music.

- Belly dance performances Friday and Saturday evening
- Saturday afternoon belly dance, poi, and hula hoop workshops for ticket holders of the evening performance
- Saturday afternoon summer fun activities for all ages (trout fishing, horse shoe, croquet, volleyball, relaxing in Gaia's Garden)
- Fire Dance
- Musicians
- Psychic Visionaries
- Henna Artists
- Ethnic goods vendor
- Cash food vendors
- Cash bar
- And much more!

Date: Friday June 19 & Saturday June 20, 2009

Time: Friday and Saturday Evening

6:30 to 7:30 pm – Cash Bar

7:30 to 8:30 pm – Main show in the **Temple of Gaia**

9:00 to 11:00 pm – Garden show

(Fire Dancing Performances, Musicians, Drumming, Henna, Psychics, Vendors, Bar)

Saturday Afternoon (Workshops for evening performance ticket holders, for the beginner, poi and hula hoops will be supplied, on first come basis for Poi and Hula Hoop)

1:00 pm – Belly Dance Workshop – Badriyah (Darla Goettler, Regina)

2:00 pm – Poi Spinning Workshop – Victoria Morris of Mayurichaal, Saskatoon

3:00 pm – Hula Hoop Workshop – Aschera Rose (Beve Gardner, Regina)

Location: The Temple of Gaia (Truly Unique Country Weddings location)

Easily accessed 15 minutes north of Regina on highway #6

Signage will be abundant and a map will be supplied upon purchase of a ticket

For on site camping please contact Kerry Keller at 530-3347

Cost: \$25 per ticket for Friday or Saturday evening show, Saturday afternoon workshops, and on location activities. Children 5 and under free.

Tickets available, as of April 1/09, from:

Fleur't, 2060 Broad Street, 2nd level, 545-7373

Zebra Crafts, 2156 Albert Street, 522-3733

Andrea Lachambre, 924-2612, andreabhall@hotmail.com

For additional information:

www.earthmovesbellydance.ca

www.tucweddings.com

ASCHERA ROSE DANCE UPCOMING EVENTS & WORKSHOPS!

Poi Spinning & Fire Dancing

Intermediate/Advanced Poi with Victoria Morris

May 31st 1-4pm \$55 Pre-registration required

See www.ascherarose.com for registration info.

Location: South Leisure Centre, 170 Sunset Drive



BBQ and Fire Party at Beve's.

- Come any time after 6pm.
- Bring your own meat or Tofu option.
- Salads & condiments provided.



Belly Dance Teachers Training

Location South Leisure Centre 170 Sunset Dr

June 5th, 6th and 7th

\$325 (includes materials)

See www.ascherarose.com for registration info.

This course will give you everything you need to teach Belly Dance steps safely and effectively in the classroom. The course will include a combination of theory and practical exercises. Please contact Aschera Rose for more details. There will be a practical and written exam at the end of the course to demonstrate that you have an understanding of the course material. This course can be used as CEC's for SPRA and Can-Fit Pro.



Shimmy & Sizzle 2009 June 27th A Family Belly Dance & Burlesque Show

Call 543-9762 for tickets

Doors Open 7:00pm Show 7:30pm

Adults \$20/advance \$25/door

Children under 12 \$7/advance \$10/door

@ the U of R Riddel Theatre

There is a limited space for soloists and outside groups.

Please send request in writing by May 1st.

Spring Classes Start April 20th lots of Classes and
Styles to choose from check out www.ascherarose.com

Summer Classes will include: **Belly Latin Shimmy
Cardio Class, Hula Hoop Dance Fusion Class, Poi Spinning
and Belly Dance & Burlesque Solo Development Class. Keep
your eye on the website for details**



A Workshop with Jim Boz

See www.ascherarose.com for registration info.

Don't miss his

"Shut Up and Shimmy Tour!"

Oct 17th & 18th 2009

The logo for Zarifah Bellydance Troupe features the name "Zarifah" in a large, elegant cursive font, with a purple flower icon above the letter 'i'. Below it, "BELLYDANCE TROUPE" is written in a smaller, purple, sans-serif font.



10th Anniversary Show with Guest Artist Jim Boz!

Oct 17th at the Exchange 2431 8th Ave

Doors Open 7:30pm Show 8:00pm

Adults \$20/advance \$25/door

Children under 12 \$7/advance \$10/door

For Sale / Wanted to Buy

Item: light purple hip scarf w/ iridescent beads
and silver coins

Price: \$30

Contact: april@fleurt.ca or 529-6059

Item: lilac-coloured silk scarf; “regulation” size; never used

Price: \$40.00

Contact: Kelly at kliberet@sasktel.net or phone 352 2581

Item: Ghawazee coat I’ve outgrown; worn once! in show last fall

Price: \$ 50.00

Contact: kelly at kliberet@sasktel.net or phone 352 2581

Wanted: Belly dance Instructor for Kindersley area.

Price: to be negotiated

Contact: Evelyn 306 968 2921 or marengokid@sasktel.net

AND...

have a look at this GORGEOUS stuff made of re-worked saris and all fairly traded. www.freesetbags.co.uk One of our dancers, Shauna Joice has found this site. For more info or group orders contact Shauna at matthiesjoice@hotmail.com

Also! Ten Thousand Villages has drums and ankle bells, if you are looking for such things for dancing OR if you are also a drummer. They are on the east side of town, behind the Vic Square Mall. All fairly traded and non-profit items.



Introducing Lotus!

The Moose Jaw troupe, Lotus, is excited to be performing at the Arabian Fantasy Show this May. Jolyn Sorensen, Ann-Marie Ursan, Amy Johnson and Jobina Prestie have been meeting once a week for the past four years to practice belly dance. The group has changed sizes many times over the years but these four have stuck together by encouraging each other and keeping things new and fun.

For the past year the group has been receiving instruction from Cheryl Bosley. Cheryl is formerly know as Semura and was one of the original RAMED

members. Cheryl performed for over 25 years in and around Moose Jaw and abroad. And with her many years of experience she has been able to guide this dedicated group through choreography as well as aiding them in increasing their knowledge of belly dance.

This will be the first time Lotus has performed in a year and a half. They are looking forward to the opportunity as well as the chance to see others perform. Lotus plans to perform again at the June Shimmy and Sizzle Show.



Back row: Cheryl (instructor), Ann-Marie, Amy
Front row: Jobina and Jolyn

Let's welcome our Moose Jaw sisters to the Regina show!



The Rhythm Section

Arabic rhythms used in belly dancing

Adapted from worldbellydance.com

Knowing Arabic rhythms help you a lot as a belly dancer. You don't need to be able to play drums or be an expert on Arabic or Egyptian music, but developing an understanding of the rhythms will help a dancer a lot in creating belly dance choreographies, improvising and also enjoying dance in general with more accuracy and therefore confidence.



There are several Arabic rhythms used in belly dance, a few of which will be highlighted over the next few issues. Most are Egyptian -- the ones I have come across or heard about most

frequently during my few short years of studying belly dance.



You likely recognize names such as: baladi, maqsoum, saidi, or maybe malfuf. How about zaar or masmoudi, fallahi, or chiftetelli. Every issue, we'll look at two or three rhythms and see which moves go best with each type of rhythms.

Join us next issue for a close look at baladi.

Recipes : Drinks for summer

from: amideastfeast.com



Middle Eastern Pomegranate Juice

Pomegranate juice is not only one of the healthiest drinks on earth, it is also very tasty and quite easy to prepare.

Ingredients: (serves 4)

- Top quality juicer
- 1kg pomegranate (the red semi-sour kind)
- 3 tbsp freshly squeezed lemon juice
- 2 tbsp mint leaves
- 1 tbsp sugar (or healthier substitute, to taste)
- 1 c. ice cubes

Directions:

1. Cut each pomegranate into 2 pieces, and soak in water 1 hour
2. Juice the pomegranates and filter out the unnecessary bits.
3. Put the pomegranate juice in a bowl and add the lemon juice.
4. Mix well, and cool in the fridge for 1 hour.
5. Add the ice cubes, mint leaves and sugar. Mix well, and enjoy your healthy, delicious and refreshing pomegranate juice.



Sinai Black Tea Recipe

This Middle Eastern tea recipe comes from the Bedouins of the Sinai desert. It is a wonderful experience to sit on the beautiful blue beaches of Sinai and to drink this sweet, warm beverage. But don't think you have to go all the way to Sinai to enjoy it! You can easily prepare this special tea at home, even outdoors.

Ingredients: (serves 4)

- Teapot, Strainer
- 3 Tsp black tea leaves
- 4 cups boiled water
- 4 Tbsp sugar (you can use less)
- 5 fresh sage leaves

Directions:

1. Put the black tea leaves in the strainer, put the strainer on the teapot, then pour the boiled water on the leaves into the teapot (repeat for stronger tea)
2. Add sugar and sage, mix well, and that's it! Your Sinai tea is already ready!



“Absolutely not!” is how Linda would respond to her daughter’s request to follow in her mother’s footsteps. I’m not talking about belly dance footsteps; I’m referring to Linda’s former life – as a member of the military (reserves). Yes, the elegant Linda, as we know her, went from mili-tary ‘grunt’ to graceful goddess.

Linda said that she wasn’t tomboyish, or anything like that, but at the age of 17, when she convinced her father – against her mother’s wishes – to let her join the military, she believed that she had something to prove. Don’t we all at that age – even if it’s just to ourselves?

But alas, the fair Linda was terrible at polishing boots (and was most-likely too jovial for the military anyway)! so was kicked out. Actually, I believe she said she quit. For one, as she explained, “the military is very hard on the self-esteem.”

Good thing! By 21, Linda got married to Mark Yablonski, not long after which, she discovered belly dance. With nothing she needed to prove any more, and wanting to do something no one else she knew was doing, she took it up. And unlike the military, it helped her self-esteem – or helped her to re-gain what she’d had bruised through her former lifestyle.

This self-esteem enhancement is also one of many things Linda loves about teaching belly dance. She especially loves teaching beginners because they change so quickly – going from self-conscious, body-hiding women to lovely elegant dancers who are finally allowed to move their bodies and even show them off a bit.

Thanks to friends and family who liked Linda’s dancing and recognized her ability, she started her teaching career. This was about 13 years ago, making her one of our first belly dance teachers in Regina!

And thank goodness she did it because her enthusiasm – which just might be a throw back from her high school cheerleading days – is infectious, and has certainly helped make belly dance grow and become a success.

If you’re expecting Linda’s classes to be serious, forget it. Oh, you’ll learn, all right! But there will also be lots of laughing; she and (co-teacher) Carleen now dance for the pure fun of it. Indeed, her most recent belly dance incarnation was as a toothless pirate. Very sexy!





. . . . to our lovely dance friend, Elisabeth Smith.

“As some of you already know, Len & I are planning a move to Vancouver Island. Not sure exactly where yet, but likely somewhere between Nanaimo and Courtenay.

It’s something we have been talking about for a while now, but there has always been one reason or another to delay our plans, until one day we decided to, “just do it!”

We are still in the beginning stages of our move, which is to sort out and disperse items we are not taking along. Then we’ll list our property here, and search for something suitable there. We plan to move sometime this summer or early fall.

I shall miss the wonderful belly dance community in Regina and Saskatchewan, but I look forward to participating in Middle Eastern dancing and yoga on the island. I have already taken a 5-day workshops on Denman Island, and know there’s a thriving community throughout the islands and mainland. I may even try kayaking which I have never done before!

I am changing my email address to elisabetha.smith@yahoo.ca. Once I move I’ll no longer be using my accesscomm account. I hope to stay in touch with my wonderful belly dance friends, and hope that if you are ever out on the island, you’ll look me up.

I have been honoured to be a RAMED board member these last couple of years. I hope it continues to be the fabulous organization it is: promoting community and Middle Eastern dance in the province. If any of you are considering joining the board for which several positions will soon be open, I sincerely hope you will take the opportunity to do so. It is a very rewarding experience.

Happy dancing!

Elisabeth Smith
RAMED membership co-ordinator & librarian

