



## Spring 2008 News Letter

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\* For the next RAMED newsletter, you are invited to submit items at the beginning of June!

## A Canadian Belly Dancer in Paradise

In the Spring of 2007 I was asked if I would perform on our next trip down to the Grand Palladium in the Mayan Riviera. This would be our third time down to this wonderful resort which we fondly refer to as our "home away from home".

This was such a big honour for us and my heart swelled with the offer. The excitement built all summer as I choreographed routines, picked out the perfect costumes, received the most beautiful hip scarves from Egypt, and just had fun planning for our next vacation and corresponding with the Management of the resort.

I am one of the Assistant Managers on the Palladium Addict site ([www.palladiumaddict.net](http://www.palladiumaddict.net)), and the managers and members on this site became fond supporters of my upcoming performance and helped me in deciding which song to choose as my highlight to Mexico. There were a lot of suggestions, and the one that kept coming up was *Tequila* :o)

We arrived at the Grand Palladium on January 27th, 2008. There are just not enough words to describe this amazing resort, management and staff. Our room and view from the balcony left us breathless. The weather was perfect all week (especially since it was -5°C in Weyburn, SK). The food was scrumptious, the drinks refreshing. The Caribbean was the most gorgeous : blue and warm.

We met with Ricardo of the Fun Team on our second night there. Everyone there makes you feel like long lost family members; after hugs, kisses, and a baby gift for Rodrigo (Ricardo and Erica's new Baby Boy), we had the performance and practice dates set.

Yes, they asked me to perform, not once but twice. What a rush!

My first performance was on January 30 in the Colonial Theater. After the most beautiful introduction, I performed *The Mummer's Dance* (candles), *Marina*, and *Tequila*. I bowed to the cheers and applause. Bill said I nailed it, and went backstage



to a standing ovation with hugs, kisses and a, "Will you be our Shakira in our Finale tonight?" What an honour! And talk about an impromptu run through on the choreo with the lead dancer, as we chuckled between my basic Spanish, their better English, and a lot of sign language. We ended the night with a bang, had everyone up dancing, did the Finale introductions, and felt so totally at ease with them on their stage. The comments and feedback from the audience were amazing and we met the 3 sweetest girls for whom I reached into my belly dance bag and found a few extra hip scarves.

My second performance was on February 1 in the Colonial. Another beautiful introduction and I came out to perform *La Tortura* (veil), *Rivers of Babylon*, and my Finale was *The Captivation*. As I was asked to be in the Palladium's Finale, I returned the favour and asked the Palladium dancers to join me, wearing the hip scarves I had given them earlier that week.

Now, between those two finales, I'm not too sure who was more nervous, me or them!

It just goes to show you that no matter where you are and in what culture, smiles, a good attitude, friendliness, fun, and dance goes a long way to join people from around the world. Ricardo (The Fun Team Manager) is from Mexico; Katja (The Grand Palladium Choreo-grapher) is from Cuba; the dancers are from Spain, Italy, Brazil, Columbia, Puerto Rico, Dominican, Argentina, Africa, Argentina, Mexico (of course); and now they said they have a Canadian to add to their Team :o)

Oh, and no matter where you go, backstage antics are all the same!

And last, and the most important ... My biggest thanks has to go to my husband, Bill, for being my strongest supporter, motivator, photo-grapher, videographer, costume carrier, chauffer, sanity post, sound man, stage hand, prop man, the list goes on and on... the Perfect Belly dancer's Husband. Bill took these amazing photos while we were on vacation at the Grand Palladium in the Mayan Riviera



## AZURA WORKSHOP REVIEW by Elisabeth Smith

On Saturday March 8/08 I spent an afternoon with Azura (Barbara Tomporowski) at her workshop entitled "Fast & Slow: Interpreting Music with Shimmies, Isolations, and Graceful Moves".

Azura is one of Regina's best-known belly dancers, specializing in the Oriental style of belly dance. The workshop covered techniques and concepts that are useful for improvising & developing choreography. In the 2 1/4-hour mini-workshop we focused on using both hip shimmies as well as shoulder shimmies with layering, accents, level changes & poses for fast music. We also focused on travelling movements, isolations, and combinations for slow music. We also reviewed several ways that the space behind a dancer could be used.

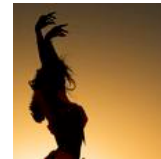
Azura teaches in a very clear and precise manner which is easy to understand and follow. Movements are broken down in detail and repeated enough to make them easier to remember. She had recently

taken a workshop in Calgary with Aziza and taught us some special "Aziza moves".

Azura has been belly dancing for quite a few years and has studied with some of the top teachers and performers from Canada and elsewhere. Her knowledge, expertise and dedication to this dance form are evident.

I would recommend taking a workshop with Azura anytime she is offering one. I took an afternoon workshop last year as well, which focused on veil work, and it was equally rewarding.

Check out her web page, which is linked to the RAMED 'classes' page for more information and some very interesting articles that Azura has written about belly dance.



## Show review by Elaine Gill

I was lucky to be able to attend Zarifah Dance Troupe's "Good Girls Bad Girls" show and dinner on March 7<sup>th</sup> at the Ramada Inn, Regina. First of all, the dinner was delicious! We dined on a great selection of salads, ratatouille and mushroom-sauced chicken breasts, followed by a wide assortment of cheesecakes and other goodies.

The show that followed was also a delicious assortment of styles, improv, costumes and characters! We were treated to an appearance by Marlene Dietrich, complete with top hat and cigarette holder by Aschera Rose; Tahirah, the Black Magic Woman who could probably put a spell on just about anyone; the ever innocent Dorothy from Oz, done to perfection by Fadiyah and a couple of gypsies (Seher and Sidra) whom you wouldn't want to turn your

back on! Then there is the constant battle between good and evil, an interpretive piece danced brilliantly by Drea and Lindsay. We were visited by Raja, the Queen of the Underworld, who surprised everyone with her funky feathered mask; Seher Shadiya, who got a good arm workout with her beautiful skirt movements; Seher whose Tribal Fusion costume and dance was gorgeous, and a couple of wild bikers chicks (Fadiyah and Tahirah) who really looked and played the part! All of these characters were rounded up by none other than Wonder Woman herself -- Anja! Three other group pieces were performed; one very special one with choreography by Nath Keo which really was very stunning and exotic.

All of these ladies did a great and generous job collecting about \$300.00 to donate to Sofia House from the collection of Belly Bucks; a very nice ending for a very unique show

Aziza's latest workshop in western Canada proved that she is continuing to develop as a world-class teacher and performer. Jumanah hosted Aziza in Calgary on February 2-3, 2008.

Aziza began with an inspirational talk about the sense of "wonder and amazement" dancers should feel about their movements. She described the way in which neurons relay messages to the muscles as miraculous, and suggested that dancers should be aware of this to convey that sense of wonder to the audience. Yet while the movements are inherently amazing, Aziza emphasized that the transition between them is just as important. She led an exercise called the "five second countdown" which enabled the workshop participants to practice transitions. This exercise involves having the dancers improvise for about thirty seconds. Then she would call out a movement or combination, and give a five second countdown so they could flow smoothly into the new move.

During the "conditioning for dancers" session, Aziza drilled basic movements such as pelvic rotations and hip pushes. She added level changes and arm positions, but the emphasis was on performing each move slowly to perfect the technique. This was followed by the "21 minute and 10 second shimmy drill". It focused mostly on the Egyptian shimmy, but she broke the time up with a few shoulder shimmies and hand shimmies. The participants laughed at the suggestion that the Egyptian shimmy is a good time for the dancer to relax and let her "voluptua" quiver.

Aziza's ability to innovate came through during the veil session of the workshop. While she taught some of the same movements as in previous workshops, her combinations demonstrate a greater awareness of different levels and the space around, behind, and above the body. She also demonstrated a creative way to fold and maneuver the veil. She folded it in half and turned it so the crease faced upward and it formed a narrow vertical rectangle. From this position she moved in and out of a miniature veil envelope, allowed it to billow behind her as she travelled, twirled it, and

slid it from one shoulder to the other like a Roman cape. While Aziza said that she hadn't figured out how to get into the starting position gracefully, the resulting combination is beautiful and unusual.

Aziza also taught some lovely combinations inspired by dancers such as Raqia Hassan and Mahmoud Reda. One of the workshop sessions focused on an Oriental choreography to "Salamat Om Hassan" on Leila's *Sukara* album. The complex combinations featured the *ronde de jambe* (in which the dancer sweeps one foot from the front around to the back) and the *passé* (in which the dancer slides one foot up her lower leg, resting her raised foot against her knee). One combination involved a cute framing movement in which the dancer bends her left arm at the elbow, with her fingers touching her forehead. She then raises her right knee and brings it in to touch the left, while peeking through the crook of her left arm as if she's looking through a triangular window. To the delight of the workshop participants, Aziza also demonstrated the tail spin and the floating genie step, two of her signature moves.



The workshop was suitable for dancers of different levels. Beginning and intermediate dancers could learn new movements during the conditioning and veil sessions, while advanced dancers would benefit from drilling the movements and learning new combinations. The choreography was fairly challenging, but it contained some combinations suitable for intermediate dancers and Aziza repeated them often enough for everyone to learn them. The workshop was well-organized and very successful. Hopefully Jumanah will sponsor more world-class dancers like Aziza in the future.

## *Mystique – FIRE!*

*In the beginning there was fire,  
From fire came life,  
From life came passion,  
And from passion came dance – the original  
dance,  
Belly Dance!*

Join us for our 2<sup>nd</sup> annual Midsummer Eve celebration, as Earth Moves Belly Dance and Exalta Tribal Connections present *Mystique – FIRE!* You can not miss this explosion of the senses, as we experience many things fiery and passionate.

Belly Dance	Fire Dance
Musicians	Psychic Visionaries
Body Paint Artists	Bonfires
Hot eats	Cold Drinks (cash bar)

Bright summer starry night as only seen in a country setting  
Fireworks welcoming the arrival of summer  
And much more!

**Date:** Saturday, June 21, 2008

**Time:**

7:30 to 8:30 pm - Outdoor pre-show  
9:00 to 10:00 pm - Main show in the large Desert Tent  
10:00 to 10:45 pm - Hot eats and Cold drinks  
10:45 to Midnight - Fire Dancing Performances, Musicians, Drumming,  
Fireworks

**Location:** A Country Oasis (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

There is camping on locations for tents and RVs. If interested please contact Kerry Keller at 530-3347

**Cost:** \$20 per ticket (all ages)

**Tickets available from:** Fleur't, 2060 Broad Street, 2<sup>nd</sup> level, 529-6059  
Zebra Crafts, 2156 Albert Street, 522-3733  
Andrea Lachambre, 924-2612, [andreabhall@hotmail.com](mailto:andreabhall@hotmail.com)

**For additional information contact:** Darla at [badriyah\\_raks@hotmail.com](mailto:badriyah_raks@hotmail.com)

## Three Dance Events over Three Days By Barbara Tomporowski – March 2008

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February was very busy for the mainstream dance community in Regina. Three events were held on February 14-16, 2008: the Sinner's Ball on Valentine's Day as well as the Ice and Fire Carnival, and a Regina Ballroom Dance Association event on the 16<sup>th</sup>.

The Sinner's Ball transformed the Delta Hotel into a scene from the underworld. After being greeted with champagne and performers in Greek costume, the guests wandered into an eerie hall where dead branches and water seemed to ripple on the walls. A narrator on a raised dais told the story of Orpheus and Eurydice. Orpheus was a Greek musician who lost his true love (Eurydice) to the jealousy of Hades, lord of the Underworld.

Fada Dance portrayed Hades' henchmen during their first routine, which was reminiscent of the dark, fantastical choreography of Wade Robson from the "So You Think You Can Dance" series. Their spiked hair, elaborate make up, and white and black costumes seemed to be inspired by A Clockwork Orange. During the second dance, Fada Dance portrayed Hades' minions. After leaping to fast music, the routine ended when they carried Eurydice off to the underworld. A triumphant Hades appeared among the guests during the intermission. Dressed as Lucifer on stilts, he leered at the female guests, joked with the men, and hopped onto a bar to chat with the bartender.

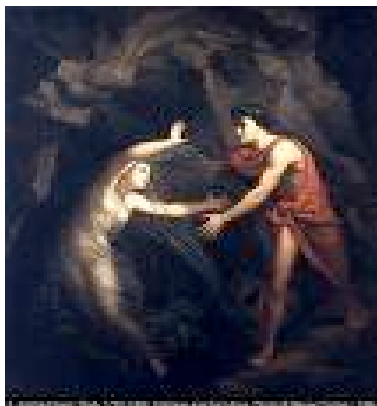
Desperate to find Eurydice (whose memory has been stolen), Orpheus

organized a party for the lost souls of the underworld. Fada Dance wore skeletal wire skirts and danced like broken dolls.

The routine ended when they collapsed to the floor and the stage went dark. The lights came back up a moment later, displaying Eurydice on a trapeze. She performed an acrobatic routine which included hanging suspended by the trapeze bar in the crook of her neck. Upon seeing her, Orpheus reclaimed Eurydice's memory by playing his lyre, and Hades stomped out, abusing his minions.

Brett Bradshaw gave an excellent performance at the Sinner's Ball. Bradshaw is a member of Regina's belly dance community as well as Fada Dance. Her confident, flowing movements stood out so that she was recognizable despite her unusual hair and makeup.

Bradshaw performed again at the Ice and Fire Carnival on February 16<sup>th</sup>. Under the leadership of Robin Poitras with New Dance Horizons. The carnival brings community members together and highlights different dance styles. The volunteers wore bison hats and bunny ears as they waltzed on the skating rink in Victoria Park. When their impromptu performance ended, Bradshaw performed a fire dancing routine to throat singing music by Inuit artist Tanya Gillis. She ventured onto the ice with furry boots under her black dance pants, sleeveless top and elbow-length gloves. The crowd was impressed with Bradshaw's backbends and graceful hip moves as flames twinkled along the metal fans in her hands.



The Regina Ballroom Dance Association held a ballroom event that was very different from the relaxed atmosphere of the Ice and Fire Carnival. The event had a “Hollywood” theme, so the dancers wore evening gowns and tuxedos, outfits like those of Marilyn Munroe and Audrey Hepburn, and costumes inspired by Zorro and Cleopatra. The event opened with a foxtrot workshop that taught a beautiful but complex nine-part combination. The musical program featured several foxtrots, which provided a chance to practice the new steps. There were also other smooth dances, such as the waltz; lively Latin numbers such as the samba, rumba, cha cha and merenge; and the polka and two-step.

Several members of Regina’s belly dance community have begun taking ballroom lessons. Ballroom is an excellent way to improve one’s footwork and learn

how to dance with a partner, which is very different from dancing as a soloist or troupe member in Oriental dance. Best of all, the Regina Ballroom Dance Association has practice dances every two weeks, four theme dances annually, and practice sessions between classes, so there are lots of opportunities to practice.

Many belly dancers have also branched out into other ethnic dance forms, from East Indian to flamenco. It is wonderful to see our dancers developing a wider range of skills and a greater appreciation for the beauty of dance in all its forms.




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## LINGUINI WITH GARLIC, LEMON & CHILI by Elisabeth Smith

Serves at least 4



This is not a Middle Eastern Dish, but it is one of my favourite quick, easy & delicious recipes. While dining at an upscale restaurant a few years ago, I ordered this dish & the title I’ve given you is the same one that was on the menu. I thought it was delicious & said to myself, ‘this seems easy; I could make it at home’. So this is my version.

Onion, ½ finely chopped

Garlic, do same to 2 or 3 cloves

If you place sea salt on the cutting board in a little mound, and chop the garlic on top of the salt it’s much easier to chop and brings out the flavour of the garlic.

Lemon, juice from 1 – 1 1/2

1. Using a deep fry pan, sauté the onion & garlic in at least 4 tablespoons of olive oil.  
The olive oil and the lemon juice is what makes the sauce so you need a fair bit.  
\* (Add the lemon juice at the end of the cooking process).
2. Add a 1/2 tsp. or more of dried chilli peppers and sauté with the onions.
3. Meanwhile cook pasta in a pot of salted boiling water. You can use dried or fresh pasta.  
The dried kind actually works well with this kind of sauce.
4. When the pasta is al denté, drain and add to the pan of onions.  
Gently stir together with the lemon juice.
5. Adding frozen peas and/or shrimp to the onions during the cooking process makes it even more delicious & hearty.

Adjust amounts and seasonings to your taste.....

## *Belly Boutique Fashion Show and Massive Spring Sale*

*Friday, April 11, 2008  
Fleur't, 2060 Broad Street, 2<sup>nd</sup> Level  
7:30 to 10 PM*

*All boutique items will be reduced 10% to 50% And no tax!  
Don't miss this opportunity to purchase your spring show costume items  
at significant savings.*

### *Special Features*

*Door prizes from:*

- *The Belly Boutique*
- *Fleur't*
- *Fix to Health*
- *Earth Moves Belly Dance*

*Get your  
Belly Boutique Shop and Save Customer Appreciation Card*



## **Shimmy & Sizzle 2008 & workshop with Suzy!**

**May 31<sup>st</sup> and June 1<sup>st</sup> at the  
The Exchange 2431 8<sup>th</sup> Ave**

See [www.ascherrose.com](http://www.ascherrose.com) or call **543-9762** for more details.

### **TEACHERS TRAINING WORKSHOP**

**Qualifies for 20 continuing education credit with S.P.R.A.**

**May 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> 2008**

**[www.ascherrose.com](http://www.ascherrose.com) or 543-9762**

**LOCATION:** South Leisure Centre 170 Sunset Drive, Regina

**COST: \$325 (includes all materials)**

### **NEW Spinning without Fire The Art of POI**

Come out and learn the basic spin techniques including the butterfly, weaves and turns.

**At the Regina Fieldhouse**

**Sat. 11am - 12noon May 10th**

**#65402 Cost \$10.50**

**Upcoming Spring Classes registered or drop in start after Easter.**

**See [www.ascherrose.com](http://www.ascherrose.com) for details.**

# JEANNE

I'm available for private lessons,  
workshops, performances, and  
choreography consultation.  
Teachers, I'm available for subbing!

For more information call (306)585-6588, e-mail [derosier@sasktel.net](mailto:derosier@sasktel.net),  
or visit [Jeanne.sasktelwebsite.net](http://Jeanne.sasktelwebsite.net)

## FOR SALE

FOR THE ENTIRE MONTH OF APRIL,  
CHAKRA GEMS IS HAVING A SPRING JEWELLERY SALE!


- Belly dance jewelry for tribal wear
- Big bold and beautiful rings
- Pendants, necklaces, earrings & bracelets

- All made with genuine gemstones & sterling silver - Reduced sale prices.  
Pick out a pendant and have a unique necklace/earring set made by me, or wear it on a chain.

\* See the web page for samples of sets. [www.chakragems.info](http://www.chakragems.info)

BY APPOINTMENT ONLY.

Contact Elisabeth to set up a time to come & browse. Day-time, early evenings, or week-ends


 949-7907 Email < [eamsmith@accesscomm.ca](mailto:eamsmith@accesscomm.ca) >

You can visit the RAMED library at the same time!!!

**Silk Veils, Orange or Lilac**

Brand new (used only twice for practices)

Asking: \$30.00 each

CONTACT: Kelly  352 2581 Email < [kliberet@sasktel.net](mailto:kliberet@sasktel.net) >



Two bedlah. Brand new.

1. Main colour: turquoise with purple, fuscia, green and silver accents; hanging fringe and a fitted belt (curved that fits over your bum....)

Size : Halter Bra small C or Large B cup; up to 37 inches (can be made smaller)

Belt : up to 36 inches (can be made smaller).

2. Main colour: gold, has also brown, green and silver.

Size : 34 - 38 C halter. Belt : 36-40 (can go larger).

Both are brand new -- only tried on. Custom made in Egypt; one of a kind definitely

Price: \$190 each.

Contact: Wendi  245-3751 Email [queenie@yourlink.ca](mailto:queenie@yourlink.ca) [www.yourlink.ca/~queenie](http://www.yourlink.ca/~queenie)

## Want to buy



Tribal skirt, about size 10 long.

Contact: Kelly 352 2581 or [kliberet@sasktel.net](mailto:kliberet@sasktel.net)

## Spinach Salad with Yogurt



*From "A Book of Middle Eastern Food" by Claudia Roden*

*Spinach has a remarkable affinity with yogurt, and it is delicious prepared in this particular manner.*

### Ingredients:

fresh spinach, one pound or frozen leaf spinach, half pound  
yogurt, half cup  
garlic, 1 clove, crushed  
Salt and black pepper

### Method:

1. Wash the spinach carefully, snipping off any hard stems. Drain.
  2. Chop the leaves and stew them in their own juice in a large covered saucepan until tender, about 15 minutes.
  - \* If using frozen spinach, defrost it in a colander and simmer until cooked. Allow to cool.
  3. Beat the yogurt and garlic together, and add the mixture to the pan.
  4. Mix well and season to taste with salt and pepper.
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## Stuffed Eggs Beyth Mahshi



*From "Arab World Cook Book" by Nahda Salah, Saudi Arabia*

Serves 6

### Ingredients:

6 hard-boiled eggs  
1 teaspoon sherry  
6 oz. cooked spinach  
1/2 pint [herb dressing](#)  
1 tablespoon yoghurt  
1 teaspoon olive oil  
1 teaspoon French mustard  
Salt and pepper

### Method:

1. Cut a slice from pointed end of each egg and remove the yolks, taking care not to break the whites.
2. Sieve the yolks and put in bowl with the yoghurt, sherry, olive oil, mustard and seasoning.
3. Mix well together, then fill the whites with mixture. Stand eggs upright on a bed of spinach and add herb dressing. Chill for 1 hour before serving.

**Bon apétit!**



