

Hip Circles

Winter 2010

Vol. 5, No. 1

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The Official Newsletter of the High Desert Bellydance Guild

Bend, Oregon



Newsletter available in color at www.highdesertbellydance.org



Fifth Annual High Desert Bellydance Guild Sampler!

January 2010 Showcase

By Yalda, photos by Fred Meyer

Hosted by the Silver Moon Brewing Company (thank you Silver Moon!) on January 17, the First Quarterly Bellydance Guild Showcase of 2010 was dazzling experience.

Rasha took the microphone for introductions with her usual wit and skill, and kicked off the night by introducing Jasmine. Jasmine is one of the Guild's

youngest members, and her performance skills have been growing as fast as she is! She showed off her killer shimmies and her supple spine with outstanding backbends.

Second up was Nalia from Sisters. She has been studying Flamenco and provided a sultry fusion between that dance form and belly dance. It sizzled! Then

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**** March 13 ****

Try out mini-classes by local instructors, experience the huge variety of dance and teaching styles available here in Central Oregon. **March 13 from 2 pm to 5 pm at Gotta Dance Studio, 917 NE 8th Street in Bend.** No preregistration required. \$5 for members, \$7 for public. Bring a refreshment or snack to share.

January 2010 Showcase

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she moved into a knock-out drum solo with live drumming provided by her husband Randy (with their youngest child on his hip) and Dave Goodman (Guild Webmaster). It was impossible to believe that this was her first drum solo.

Next up was the always-lovely Sahirnee. Her classic style, choreography, and lovely costuming delighted the crowd. She really knows how to bring the audience into her dance.

Rasha then took the stage and stunned us all with a fabulous double veil performance. It was absolutely hypnotizing to watch those double rainbow swirl and dance around her.

Raven never fails to be original and gorgeous. Her fusion technique is flawless, and her stage presence makes her seem 10 feet tall.

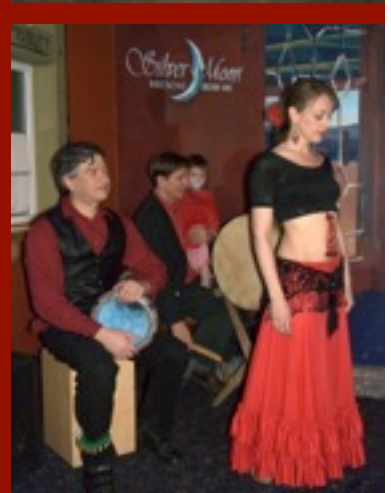
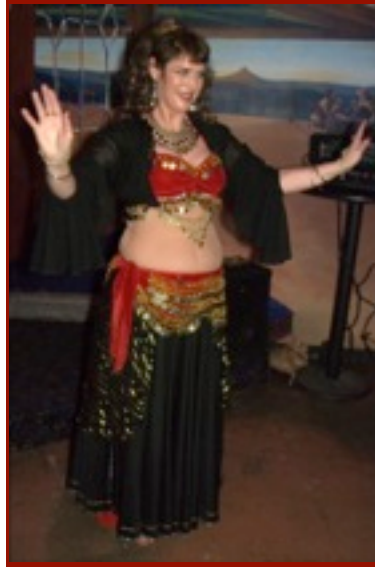
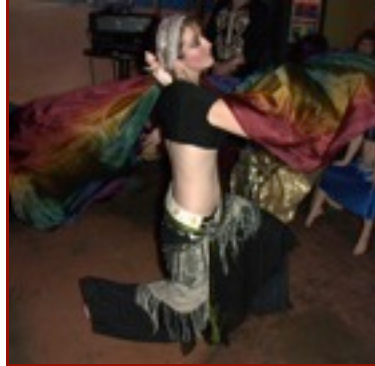
After the break, Leyla entertained us with her engaging style. Her face expressed her joy in dancing and she has the best "eyebrow isolations" in the dance world.

Kamini followed with a two part-performance that started slow and sinuous and moved to fast and lively. Her dance skills and grace are amazing and her dancing, as always, was new and fresh. She makes the difficult look easy, and interpreted her music perfectly.

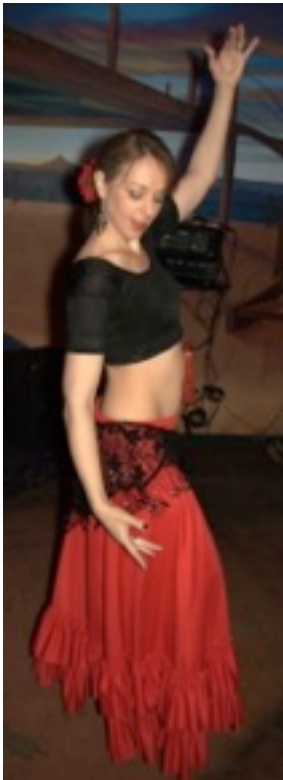
Sahirnee returned for a lively and upbeat Indian-influenced performance that got us clapping. Her costume matched her music perfectly and was lots of fun.

Raven came back to put a spell on us all with her fusion performance and mysterious black veil.

Finally, Rasha completed the evening with a spirited and flashy classic piece.



As always, it was a joy to watch our beautiful and talented local dancers — and to feel a part of this wonderful dance community. Thank you everyone! ☺



Get to Know a Member Your 2010 Board

Co-Chair: **Rasha**



Rasha, a founding member of High Desert Bellydance Guild, began belly dancing through COCC's Beginning Bellydance class with Maya in 1996. Nine years later, she began teaching the class herself, and has expanded her teaching to high school and elementary students through Bend Parks and Recreation. She also enjoys dancing for little girls' birthdays, and performs every first Friday at the Taj Palace in Downtown Bend. When she is not dancing, Rasha spends her time

with her two children, and enjoys Hawaiian quilting and exploring the beautiful High Desert landscape.

Co-Chair: **Quinn**



When Quinn began studying American Tribal Style with FatChanceBellyDance in 1994, she never would have believed what a huge part of her life this dance would become! After moving to Bend in 1998, she taught a couple of girlfriends to dance, and soon they outgrew her living room. Today, Quinn teaches 6+ classes a week, directs Gypsy Fire, a performing troupe, and Sister Fire, a student troupe. Quinn has completed ATS Teacher Training, and also studies with Suhaila and Jamila Salimpour, holding

Level 1 in Jamila's format. In her 11 years with Gypsy Fire, she's had many opportunities to teach, and dance, but her most compelling experience remains her relationship with her dance sisters.

Secretary: **Nalia**



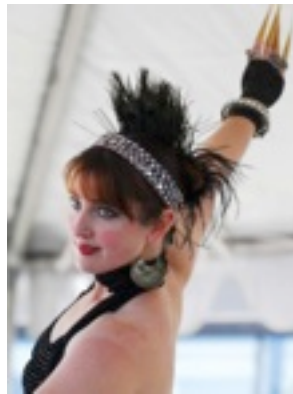
Nalia is a founding and current member of Raqsafara Bellydance Troupe in Sisters, where she co-teaches a COCC beginning bellydance class with her troupmate, Julie Cash, aka Tasmeeen. She is proud to be a founding and current boardmember of the High Desert Bellydance Guild.

Membership Coordinator: **Lauren**



Lauren is a new to belly dancing, but quickly feel in love with the art form. Lauren is a mortgage professional and entrepreneur, as well as an Ex-Navy firefighter and a mother of one daughter, Lela. She is married to Brian.

Publicity: **Kamini**



Kamini has been studying and performing various forms of improvisational Tribal belly dance for over 9 years. Currently she performs as a Tribal Fusion soloist and with the award winning Tribal Fusion duet, The Bijou Project. Kamini's approach to belly dance is one of constant evolution. She embraces movement on a variety of mental and physical levels. For Kamini, belly dance is not a strictly defined, isolated dance

form, but a platform on which an individual may create their own form of expression through dance.

Treasurer: **Jerusha**



Jerusha began belly dancing in Sept. 1999. Her first teacher was Maya, with whose guidance and support she started teaching belly dance at COCC in 2003 at the Redmond Senior Center. One of her

greatest pleasures is watching a student blossom in their interpretation of dance. Jerusha was a member of the troupe Sahara's Dream for two years where she studied under Sahara. She enjoys performing at various events and functions when the opportunity presents itself.

Outside of the dance world, Jerusha loves to oil paint, sketch, play the piano and take pictures of sunsets, clouds, and as her husband says just crazy enough to sit on top of a building during a thunderstorm trying to catch that elusive picture of a lightning strike.

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Your 2010 Board cont'd

Librarian: **Steve bint Jerusha**

Steve bint Jerusha originally began dancing back in the late 80's to work on upper body control and isolations to improve her dressage seat.

When the husband came along, horses and dance went bye-bye. Once husband became wasband in 2008, she started again with Jerusha and now studies with Shahara as well. She dances because she loves it!



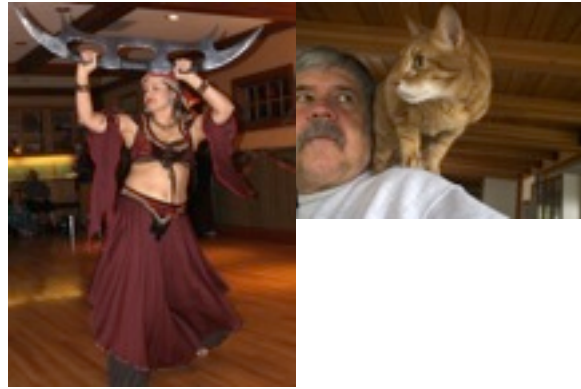
Newsletter Editor: **Yalda & Nils**

Yalda and Nils moved to Bend in 1989, and consider it the best thing they ever did. They ski, canoe, hike, and take care of their three cats. Nils is a photographer, technical writer, and belly dance fan (he's seen Bellydance Super Stars twice!) and Yalda is currently reassessing her career. Dance has become an important part of her life, adding beauty, confidence and wonderful friends.

Webmaster: **Dave**



Dave plays dombek, riq, djembe, cajon, didgeridoo and Native American flute. He enjoys shooting photos and video, and is a blogger and aspiring novelist. He likes to hike with his wife Connie (a belly dancer), and lives out in the boonies beyond Sunriver. His day job is programming computers in C++, and his dance name is "Broken Robot."



Tribal Moon Belly Dance

Web: www.tribalmoonbellydance.com
 Email: tribalmoonbellydance@yahoo.com

Class Locations:

Redmond – Thursdays, 5:45–7:00pm, Sante Wellness Center, 916 SW 17th Street, Suite 204

Bend – Details coming soon

Upcoming 2010 Workshops:

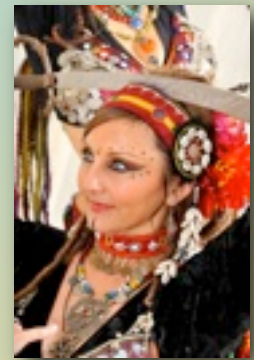
Tribal Arms and Hypnotic Hands
Shimmies for Every Body
Zills Skills and Drills
Tribal Cues & Transitions
Intensive Intro to Tribal Slow and Slinky Moves
Intensive Intro to Mid Tempo and Fast Tribal Moves

Check website for 2010 location and class schedules



Improvisational Tribal Belly Dance Classes in Redmond/Bend

Taught by Kathy Stahlman, Teacher/Troupe Director



Kathy is a former member of FatChance BellyDance and has been teaching American/Improvisational Tribal Style (ATS) belly dance since 2002. She has built a reputation as a skilled and compassionate teacher and has performed and taught workshops worldwide. You can see her in three FatChance instructional videos: "Advanced Steps," "Cues and Transitions," and "Directors Cut."



Dancing Inside the Music

Zweena's Bellydance Guild Workshop

By Yalda

We've all seen dancers whose movements flow seamlessly from the music. How does she do that? Zweena addressed this question in her "Dancing inside the Music" workshop in August 2009. This article only skims the surface of what could be a six-week course! (Note: Any errors here are the fault of the author or editor and not of the instructor!)

Most of us pick our music by finding something we like and then dancing to it. Zweena tells us that to dance inside of the music we must take it further than that. A dancer needs to understand the rhythm, melody, and words so that she can interpret the music for her audience.

Zweena uses what she calls 10 Guiding Questions to help her dive deeply into a piece of music. Following is a summary of these ten questions (in no particular order).

1) Where does the music come from? What culture? What style? Once you know the music's country of origin and language, you can move on to style. Knowing the style helps you visualize its source and the feeling that it has.

2) What are the music's rhythms? Rhythm is important; it can give clues about style, and you can't dance to the music if you can't hear the rhythm. The rhythm of the music is the structure for everything else that's happening in the song. The most important belly dance rhythms to know are Ayoub, Maqsoum, Baladi, Chiftitelli, Bolero, Rhumba, Saidi, and Malfuf.

3) Which part of the routine is the music for? Most American cabaret dancers traditionally use a 5-part routine that includes: a lively zill-filled number with some variation in rhythm, veil, slow taqsim, a drum solo, and an upbeat short finale. If the music is created for this kind of routine, it's important to know which part it was created for.

4) What is the music's melody? Zweena taught us the term "Maqam" to help us understand Middle Eastern music. A maqam is more than a scale, less than a melody; it has 8 notes like a scale, but has a tradition of certain pauses and phrasing—this is what dictates the feeling, mood, and color of the music. Dancers who really feel the music know their maqam. All songs, whether classical, pop, or dance, are created in a maqam.

5) What are the accents and what are the dynamics? Answer this question by listening to the music. Where should your accents be the strongest? Be

When you combine your knowledge of the music with your own emotional response and intentional interpretation, you're inside the music!

a mirror of the music. Middle Eastern accents are often on the odd-numbered beats, especially beats 3 and 7. Think soft and loud movements for soft and loud music; smooth and sharp movements for smooth and sharp music.

6) What is the instrumentation? The instrumentation can include strings, percussion, wind, western instruments. What the instruments are asking you to do? Are there lots of instruments? Then take up space! If there are few instruments, then stay in place.

7) What does the music mean? In Middle Eastern music, the lyrics are very important. The singer is the most important musician.

Even if your audience doesn't speak Arabic, understanding the lyrics helps you to get inside the music. Translations are often available on the Internet.

8) What is the song structure? Where are the repeats, the bridges? Breaking a song down into its component parts is helpful.

9) Do I need to be cautious? Is the song political? Be cautious if the song includes the name of a city or country, or is a Debke (which are folk songs that are frequently political). Is it religious? Be cautious if the song includes the words din (religion), Mohammed or Ahmad (variant of Mohammed), Rasool (Messenger), or includes parts of the call to prayer ("Allah U Akbar, etc....").

10) What is YOUR intention? When you combine your knowledge of the music with your own emotional response and intentional interpretation, you're inside the music! @



10 Guiding Questions of the Music

Origin
Rhythm
Routine
Melody
Accents
Instrumentation
Meaning
Structure
Sensitive words
Dancer's intention



Mez's Annual Retreat Turns 20

By Samara of the Bijou Project

Three years ago I attended Mez's annual retreat for the first time. After staying up way too late and laughing so hard I nearly wet myself, I felt fully recharged and inspired. Even in the throws of the event I knew it was destined to become a yearly journey for me.

As a school teacher, the timing of this event has its pluses and minuses. The retreat is scheduled for an extended weekend (Friday through Monday) directly after school starts. I can't take the extra days off, and as a result I wind up missing most of Friday and all of Monday. However, nothing alleviates the stress of the first week of school like a weekend of dance and sisterhood!

This retreat was every bit the shot in the arm that I have come to expect. I arrived earlier than usual on Friday evening. After catching up a bit with my beloved friend Mez I was able to catch the tail end of dinner. Jodi had prepared a delicious main dish for our Central Oregon crowd that I eagerly enjoyed. With dinner finished, I got a few things set up in the cabin, and headed for the campfire.

At campfire each camper introduced herself, gave a brief bio, and told the crowd how many years she'd been coming to retreat. I was impressed by the number of dancers who had been coming since the events inception. There were several people at all points along the spectrum ranging from the dichards (20 years, or close to it) to the first timers.

We prepared a piece that wound up being my first opportunity to fall on my ass in front of crowd.



After campfire the dancing began. The first night's show seemed shorter than in the past, but full nonetheless. There was a wide variety of styles, experience levels, and arrangements in each piece. As with shows in the past, the audience was amongst the most receptive and rewarding I have danced for. It is rare for a performer to find so many faces filled with such undivided attention and sheer joy at your every move.

The next morning Kamini and I taught some signature Bijou moves while Sahara taught an array of American Cabaret combos opposite us. In the early afternoon Sedona taught an isolations workshop that went beyond the typical pops and locks to a more full bodied festival of articulations. At the same time Ayesha taught a fun and fast paced series of bhangra combos. Later, Genie of Eugene offered a peak into the spiritual aspects of dance from the vantage of Guedra.

The evening showcase for Saturday was packed. There were troupes, duets, and soloists of all types. Kamini and I were lucky enough to be a part of that evening's show. We prepared a piece that wound up being my first opportunity to fall on my ass in front of crowd—literally. While I won't go into details, I'll simply say that in retrospect I could learn to enjoy the sensation. There's something to be said for the rising pitch of the audience as you fall backwards to the ground.

There were numerous incredible acts that evening. Amy Sigil of Unmata gave us a stunning solo performance that video would fail to capture. Her piece had such an intimate quality that taking it from that space would seem an injustice. Belly Funk of Salem brought an edgy modern flavor to the venue that was visually diverse and aesthetically pleasing. Aisha's Oasis used some fun new veil props to highlight the elegant flow of their piece.

Sunday has always felt like the lazy day of retreat for me, this is really only due to my own mind set because there's no shortage of activity! Sidonia of Boise taught a skirt swishingly sassy zhambra workshop that I found the energy to sit in on. After that we were off for lunch. Each day of retreat offered a new variety of potluck dishes for lunch, and Sunday's was overflowing with new delectable dishes as well as those from the pervious days.

I had to leave directly after my fan workshop on Sunday. As is par for the course with me I missed the dazzling delights of Sunday night's show, and the workshops held on Monday (including Unmata's). Even with everything I missed out on, the weekend was still filled up and rounded out with all things good. While part of me wants to do it all over again as soon it's done, I also realize that having this event once a year makes me covet it all the more. This anticipation allows me to truly appreciate the sisterhood that surrounds me each year, and waits our reunion as we travel around the sun. ☺

Editor's Note: Put September 10–13 on your calendar for Mezdulene's 21st Bellydance Retreat!

Photo Circle

Selected photos from the 2009 files (sorry, credits not noted)



2010 Events

HDBD events in bold

February

Friday 2/5: Rasha performs at the Taj Palace in downtown Bend every 1st Friday starting at 7 pm.

Friday 2/12: Raven performs at the Taj Palace in downtown Bend every 2nd Friday, starting at 7 pm.

Saturday 2/13: HDBG monthly board meeting held on the second Saturday of every month from 10:15 until 11:15 in the Deschutes County Library's upstairs meeting room, downtown Bend. All members welcome!

Friday 2/19, Gypsy Fire performs at the Taj Palace in downtown Bend every 3rd and 5th Friday, starting at 6:45 pm.

March

Friday 3/5: Rasha performs at the Taj Palace in downtown Bend every 1st Friday starting at 7 pm.

Friday 3/12: Raven performs at the Taj Palace in downtown Bend every 2nd Friday, starting at 7 pm.

3/12–15: Rakkasah West in Richmond, CA.
www.rakkasah.com/west

Saturday 3/13: HDBG Annual Teacher's Sampler @ Gotta Dance Studio 917 Northeast 8th Street, Bend, 2:00–5:00 pm, monthly board meeting to follow. Here's your chance to try out mini-classes by local teachers!

Friday 3/19, Gypsy Fire performs at the Taj Palace in downtown Bend every 3rd and 5th Friday, starting at 6:45 pm.

3/26–28: Tribal Cues & Tattoos in Seattle, WA.
www.troupehipnotica.com

April

TBA: HDBG Quarterly Showcase at Silver Moon! Please check website for date and time: www.highdesertbellydance.org

Friday 4/2: Rasha performs at the Taj Palace in downtown Bend every 1st Friday starting at 7 pm.

Friday 4/9: Raven performs at the Taj Palace in downtown Bend every 2nd Friday, starting at 7 pm.

Saturday 4/10: The Guild's monthly board meeting from 10:15 until 11:15 in the Deschutes County Library's upstairs meeting room. All members welcome!

April cont'd

Friday 4/16 & 4/30, Gypsy Fire performs at the Taj Palace in downtown Bend every 3rd and 5th Friday, starting at 6:45 pm.

4/23-25: Saqra's Showcase Festival in Hillsboro, OR.
www.bellydanceshowcase.com/aprshowcase.html

May

Saturday 5/8 (tentative): Guild Annual Fund-raiser! Gala of Glitter featuring the showing of "Belly," an award winning documentary about bellydance.

Saturday 5/8: The guild's monthly board meeting. Guild meetings are held on the second Saturday of every month. This meeting will be concurrent with the Fundraisers.

May 12th-16th: Tribal Fest in Sebastopol, CA.
www.blacksheepbellydance.com/tf10

June

6/5–6: Belly Dancer USA in Canyonville, OR.
www.bellydancerusa.com

July

7/9–11: Oregon Country Fair in Veneta, OR.
www.oregoncountryfair.com

Sunday 7/18: High Desert Bellydance Guild Summer Showcase for the whole family, to be held at Mirror Pond Plaza in downtown Bend, 5:30 to 7:30 pm.

August

Sunday 8/8: First Annual HDBG Hafla & Bar-beque @ Pioneer Park in Bend. All members and family are welcome!

November

11/12–14: Saqra's Showcase Festival & Competition in Hillsboro, OR.
www.bellydanceshowcase.com/novshowcase.html

Belly Dance Class Schedule Winter 2010

COCC Continuing Education Program

Instruction available in Bend (Rasha), Redmond (Jerusha), and Madras (Marina). See www.noncredit.cocc.edu for information.

Kathy Stahlman

Beginning Tribal Style Belly Dance Classes. Classes start Feb 4, Thursdays 5:45 - 7:00 pm @ Sante Wellness Group /Center for Integrated Medicine Building, 916 SW 17th Street, Suite 204 (Sante Yoga Studio), Redmond. Classes are on-going, drop-in or sign up for monthly series. \$10 for drop-in / \$8 per class with purchase of 4 or more class cards. Bend classes will also be available. Contact tribalmoonbellydance@yahoo.com or see website: www.tribalmoonbellydance.com

Marina

Belly Dance for all levels. Wednesday nights starting 6:00-7:30p.m @ Dance Arts Unlimited, 13 SW F Street, Madras. Check www.danceartsmadras.com or contact (541) 693-3702 or 475-1841 for schedule and fees.

Quinn

Beginning Tribal/ATS Level 1 begins February 16; Tuesdays, 8:00-9:00 pm; \$55/ 6-week session at Terpsichorean Dance Studio, 1601 NW Newport Avenue, Bend.

Fundamentals Level 2: 12-week cycles (enroll with Instructor permission), Tuesdays 9:00-10:00 pm. Drop-in rate: \$11, discounted punch cards available.

Contact (541) 420-5416 or gypsyfirebellydance@yahoo.com

Rasha

Beginners and returning students, Wednesdays, April 14-June 26:30-8pm @ Pilot Butte Middle School in Bend. \$45 for an 8-week session. Contact COCC Continuing Education to register: 541-383-7270 or online at <http://noncredit.cocc.edu>

Sahara

Next 6-week term of "Bellydance with Sahara" begins March 7th, Sundays 4:00-6:00 pm @ Terpsichorean Dance Studio, 1601 NW Newport Avenue, Bend. \$72 for term if paid first day of class, \$15 drop in. All levels. Contact (541) 788-0480 or saharasdream@gmail.com

Zweena

Mixed-level old-style bellydance. Next session begins February 4 through May 27 (no class 3/18 or 3/25) @ Sunriver Dance Academy 17411 Meadow Way, Sunriver. All Levels welcome, Thursdays 7:30-8:30 pm, with live drumming by Dave! Contact zweena@zweena.com to register or call 541-593-3558. Pre-registration recommended. Veils and hip scarves provided for beginning students.

For more information about HDBD teachers and classes, please visit www.highdesertbellydance.org

Live Bellydance at the **Taj Palace**
First Fridays!
Feb. 5
Mar. 5
April 3

With **Rasha**
3 Performances Beginning at 7 pm
917 NW Wall St. Call (541) 330-0774 for reservations
Rasha - Bellydance Performance & Instruction - (541) 410-4614
Photo by Pink Bridge Photography

Featured Recipe **POMEGRANATE CHICKEN**

By Yalda

This recipe came from an effort to duplicate a delicious dish from Dervish, a wonderful Persian restaurant in Claremont, California. This comes close!

This lower fat Persian chicken dish features succulent skinless, boneless chicken thighs in a pomegranate and walnut sauce. Pomegranate juice, which is available in most supermarkets, delivers more antioxidants than any other drink. Antioxidants protect our bodies against free radicals, the molecules that can cause premature aging, heart disease and Alzheimer's disease.

Preparation:

Heat oil in a large nonstick skillet. Brown chicken thighs on both sides and transfer to a plate. Add spices and chopped onion to skillet, and cook until onion has softened. Return chicken to skillet; add walnut paste and pomegranate juice.

Simmer for 20 minutes, until chicken is cooked and sauce has reduced and thickened slightly.



Ingredients:

- 2 tsp olive oil
- 1-1/2 pounds skinless, boneless chicken thighs
- 1 tbsp cumin
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp turmeric
- 1 medium onion, chopped
- 1/4 cup walnuts, ground into a paste
- 1 cup pomegranate juice

Serves 4-6



High Desert Bellydance Guild

P.O. Box 6644
Bend, OR 97708