



# Behind the Veil

Behind the Veil

Volume 5, October, 1999

## In This Issue

- ❁ *Reporting on Terezka Workshop and Dance Party*
- ❁ *Pregnancy and Bellydancing*
- ❁ *Profiling Dr Lesley Jolly and daughters*
- ❁ *How to find a class*
- ❁ *Upcoming events and Workshops*



*Princess Shahara and the "Shahara Shimmers" - straight from on-stage at the '99 Extravaganza at the Tivoli Theatre Restaurant.*

## TEREZKA WORKSHOP AND DANCE PARTY

By Susan Buntine

Terezka's second dance workshop in Brisbane was again a great success. All four sessions were well-attended, with the drum solo session being the most popular. Participants were inspired by her well-structured teaching methods and depth of knowledge and skill. The Indian-Arabic fusion workshop introduced a new way mixing the dance with the Indian culture. The Drum Solo workshop was exhausting but wonderful - the 9-minute drum improvisation at the end was certainly a challenge. The Khaleegy workshop showed the feminine and graceful aspects of the dance of the Gulf, and Terezka showed a wide variety of moves. The Saiidi/Shababi workshop developed the differences between the male, female and horse forms of the dance. Again, Terezka showed why she is famous for her stick work. Thanks to the drumming participants who added to the atmosphere by playing live.

An unusual touch to this year's workshop was our role in the preservation of Australian wildlife thanks to Brisbane's Sarah-Jane Schramm and North Coast's Sue Tait for babysitting "Baby Louie" - a three-week old baby curlew who had lost his mother in a car accident that week. He really enjoyed the workshop except the thuds produced in the stick section.

## DANCE PARTY

The "Middle Eastern Dance Party" started well. Arrivals at the front entrance were met by the entrancing sounds of the "Moreton Oasis Drummers". Rosalind Fischer (of Rosalind's Retreat) provided a magnificent Egyptian tent and Moroccan windbreak at her exotic bazaar.

*Continued back page*



*A young and talented Oasis dancer, Alesa Layana, a protege of Princess Shahara (Sharon Daley)*



## Harem Gossip

“Have veil will travel” - Maria Masselos and Elenie Vlismis-Smith attended the Albury-Wodonga Festival to conduct weekend workshops mid September - Maria’s notorious with the airline companies for overweight baggage on these excursions as she carts bellydance goodies with her. After being comper at the evening performance Maria was presented with a reproduction “Sistrum” - a big hint Maria!

Welcome to the Palace of Princess Shahara at - <http://homepages.msn.com/shahara/index.html> Aside from some glamorous pictures of Sharon Daley and the Shahara Shimmers, you can access “Behind the Veil” in pdf format - view it on screen in colour/print/ or save it. You need Adobe Acrobat Reader installed on your computer which can be downloaded for free from [www.adobe.com](http://www.adobe.com). This is a project of Judith Hall who designed and does layout of “Behind the Veil” to let you see the newsletter in colour, access any back issues, and make it available to dancers areas outside Brisbane.



Nayima Hassan of Adelaide who was a featured guest teacher/performer at the 1999 Sydney Festival. See Nayima on her website: <http://keving.mtx.net/nayima/index.html> Be patient as her Gallery takes a while to load but then shows a string of gorgeous portraits consecutively.

## PREGNANCY AND BELLYDANCING By Susan Buntine

Thinking of taking up or continuing bellydancing during your pregnancy? Maybe you noticed some of the dancers in the recent Brisbane 10th Annual Middle Eastern Dance Extravaganza and the 6th Araby Bellydance Academy Spectacular” and were obviously mothers-to-be? Bellydancing is one of the best things a woman can do as an exercise, both during and after pregnancy. The benefits of exercise for pregnant and post-natal women is well documented.

### *Benefits of Bellydancing*

Bellydancing, specifically can strengthen and tone the muscles affected most by pregnancy; the pelvic floor muscles, abdominals, and lower back muscles.

Bellydancing also:

1. Improves:
  - circulation
  - balance and co-ordination
  - posture
  - post partum recovery
  - body-image
2. increases:
  - options to handle pain of labour
  - strength of the abdominal muscles
  - sense of well-being and control
3. Reduces:
  - leg cramps
  - backache
  - likelihood of back injury
  - muscle and joint soreness
  - incidence of incontinence
  - likelihood and severity in varicose

veins (due to increased circulation) gastrointestinal discomforts - including constipation swelling

### *Dance Safety and Pregnant women.*

For the protection of the mother and unborn child, it is essential that your teacher is trained in dance safety. In the Academy of Middle Eastern Dance, both Lorelle Hawes and Susan Buntine have much experience working with pregnant and postnatal women. Lorelle, a physiotherapist, has had extensive experience in pre-and post natal general exercise classes and incontinence treatment. Susan, a Bachelor of Human Movements (Dance) graduate, has specialised in anatomy/physiology/dance safety since 1985. Susan also bellydanced through both her pregnancies in 1994 and 1995 and her particular interest is in helping women prepare for labor.

All other teachers in the Academy of Middle Eastern Dance have received professional development in this area by Susan and Lorelle.

If you have any queries about bellydancing and pregnancy, please do not hesitate to contact any of the teachers of the Academy of Middle Eastern Dance.

**\*\*SEE NEXT ISSUE for the story of Gold Coast’s Jeanette Sutton-Yeomans - new mother of twin daughters who danced throughout her pregnancy\*\***

## Azziza’s Bellydance Supplies

Maria Masselos, one of the Academy directors, markets a good range of all types of Bellydance goods including:



- ❁ Beaded fringing
- ❁ Costumes
- ❁ Videos
- ❁ Music (Tape and CD)
- ❁ Jewellery
- ❁ Patterns

Ring Maria for details - Ph/Fax 07-3359 4680 Mobile 0417-500747



## Profiling Lesley Jolly & Her Daughters.

Lesley Jolly first got involved with bellydancing in 1991. She had just returned from a long stay in remote locations on Cape York Peninsula and felt terminally unglamorous. Out with her husband one night, she saw a poster advertising bellydancing classes with Susan Buntine and said she might consider taking that up. HE LAUGHED! Such a challenge could not be refused and Lesley was in class the very next week.

That original dare is not what has kept Lesley involved, however. She has always enjoyed the company of the

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women you meet in bellydancing classes and she soon got addicted to the music, the moves and of course, the costumes. As a social scientist she was interested in how other people related to the dance and did some research on the topic which has been published in the old Taqsim magazine and has been presented at academic conferences.

Lesley (Dr Lesley Jolly Ph.D) obtained her doctorate in 1997 on the topic of Women's Power in an Aboriginal Community.

She loves to see the faces as she stands up to give a paper with a title like "The Bellydancer and the Engineer".



*Lesley and her daughter Hannah at a recent Beledi performance.*

Most people seem to find the same kind of joy in dance and dancers that Lesley herself values, and for the same sorts of reasons.

"With life being "rationalised" all around us, it's nice to have something which revels in the sensual and the instinctual."

Lesley's two daughters were immediately interested in all the pretty things to do with bellydancing and took lessons alongside her for a year or two, but school and competing interests temporarily curtailed dance classes. Lesley broadened her knowledge through academic-style research (what can we tell you, it's her training) and lots of workshops. Hardly a teacher has passed through Brisbane without Lesley spending some time with them.

Alas, she has never been able to coordinate time off her academic job with any of the big festivals interstate, but she did once have the opportunity to spend a

### Drum Class with Abdel El-Imam

Class held Jagera Centre, Musgrave Park, off Cordelia Street Sth. Brisbane every second Monday 5pm to 6pm. Please arrive by 4.45pm to enable a prompt start. Enquiries Susan Buntine 3391-5873 or Abdul 3256-6574 or Mobile 0413 500 640



week in Adelaide with Suraya Hilal, a dancer she admires very much, especially for her Beledi work. Over the years Lesley has made something of a special interest of Beledi and Suraya Hilal has been a constant inspiration.

In 1995 Lesley joined the Academy troupe, becoming a relief teacher, and doing the odd short course of teaching. In 1998 she took over the Camp Hill classes formerly run by Marie Bakker and Lurlene Moore. She likes teaching and finds it a good way to keep challenging herself.

This year her youngest, Hannah, now 17, has returned to the dance and so now Om Hannah (Lesley's stage name meaning Hannah's mother) dances with Hannah.

Of all the joys dancing has brought her, Lesley feels that dancing with her daughters has been the greatest.



For Professional performances for parties, Weddings, Conventions, and Promotions

*Phone Bellydance Artists 33915873 or Bellydance by Shahara 33690832 (incl Children's Parties)*

Private tuition is available. There are classes all over Brisbane - for the group class nearest to you consult the list of locations and teachers - see list above

## Behind the Veil

Behind the Veil is a newsletter produced by the Academy of Middle Eastern Dance on behalf of the teachers and students.

Editorial content ..... The Teachers of the Academy of Middle Eastern Dance  
Page Layout and Design ..... Judith Hall

If you have any enquiries about this newsletter, please contact the teachers. Contact details for teachers are listed on the back page.

If you wish to contribute an interesting photo or small item it will be considered.



## ACADEMY OF MIDDLE EASTERN DANCE - CLASSES :

### BARDON (Sharon Daley)

Wednesday

10.00 - 11.15am (Beginners)

6.00 - 7.15pm (Beginners)

7.30 - 8.45 (Intermediate)

Paddington/Red Hill Community Centre 180 Jubilee Terrace, Bardon.

### CAMP HILL (Lesley Jolly)

Tuesday

6.00 - 7.15pm (Intermediate)

7.30 - 8.45pm (Beginners)

Uniting Church Hall, 626 Old Cleveland Rd, Camp Hill.

### CARSELDINE (Maria Masselos)

Monday

6.15 - 7.30pm (Beginners)

7.45 - 9.00pm (Intermediate)

Church of the Resurrection (Anglican Church Hall)

Ridley Rd, Carseldine/Bridgeman Downs

### NEW FARM (Sharon Daley) New\*\*

Tuesday

7.30 - 8.45pm (Beginners)

Uniting Church Hall, 52 Merthyr Rd, New Farm.

### SOUTH BRISBANE (Susan Buntine)

Monday

6.15 - 7.30pm (Mixed levels)

Jagera Arts Centre, Cordelia Street, South Brisbane.

\*New! Children's class commencing October 4 (Phone Susan first please)

(Drumming -Abdel- starts 5pm every 2nd week. Ph Susan)

Tuesday

6.00-7.00 (Beginners (Phone Susan first))

### STAFFORD (Maria Masselos)

Tuesday

6.15 - 7.30pm (Beginners One)

7.45 - 9.00pm (Beginners Two)

St Clement's Church Hall, Eudunda & Reuben St, Stafford

### ST LUCIA (Lorelle Hawes)

Tuesday

6.30 - 7.45pm (Intermediate)

8.00 - 9.15pm (Beginners)

Christ Church Hall, Cnr 9th & Central Ave, St Lucia

### SUNNYBANK (Sharon Daley)

Monday

6.15 - 7.30pm (Beginners)

Paloma Reception Centre, 121 Mains Road, Sunnybank

### WEST END/SOUTH BRISBANE (Susan Buntine)

Wednesday

6.15 - 7.30pm (Beginners)

\* New Beginners please phone first

7.45 - 9.00pm (Intermediate)

St Andrews Anglican Church Hall 160 Vulture St

### WINDSOR (Maria Masselos)

Saturday

12.15 - 1.30pm (Beginners)

Windsor School of Arts, Lutwyche Rd, Windsor

*Continued from front page*

**Yummy food from "The Sitting Duck" and a wonderful variety of stalls met the eyes of those who ventured down the path towards the larger-than-life size screen of old Egyptian dance movies. Henna painting by the lovely Margaret McKenzie of the North Coast was also available.**

The Pathedy fashion parade, under the capable hands of Pat and Hedy Keogh, commenced at 7.00pm. The parade was interrupted by a sudden downpour of rain for about 7 minutes. This also put the sound system out of action. Pat and Hedy quickly re-located upstairs to the BEMAC room and continued on with the show without either music or microphones. Congratulations to all for performing so well under difficult circumstances.

While Susan organised another sound system, and her children Callum and Jordan, supervised by Sarah-Jane Schramm, re-dried all the outdoor seating, Adel Amin and the North Coast's Nomadic Soul Drummers proved the show always goes on. Proving the troupers that they are - they put on a spectacular show with no sound system. Terezka joined them for a dazzling display of Saiidi dancing.

Just as Susan went to announce that everyone could go back outside for the last show - the second sound system failed to eventuate. Arabisque, with bandleader - Abdel Fattah El-Imam - provided the final show upstairs courtesy of George's ( the bazuki player ) sound system - the third sound system to feature during the evening. Terezka topped off the night with an awe-inspiring" dance oriental "show. .... "THANK YOU"

**A big thank you to Ros and Leonie Barke who were responsible for the beautiful decorations, and to Jude Hall for her work on all the promotional material. Also a big thank you to Sharyn Kann who was responsible for much of the pre-party organisation, and her family who did much of the set-up before-hand and clean-up afterwards.**

... WELFARE

Thank you to everyone who contributed to the evening, to all those

performers who displayed great patience in trying circumstances, and to those of you who kept me sane in the lead-up to the event ( you know who you are!)

Last but not least - thank you to our representatives from the Turkish community who came and spoke about the tragedy that unfolded in Turkey recently. The profits from the evening have all been donated to the Queensland Turkish Fund's Earthquake Appeal.

## LAST HAFLA FOR THIS CENTURY!

Don't miss it! The last Hafla for this century - Saturday November 6th, 1999.

Doors open at 7pm and performances commence at 8pm. Everyone is welcome, and student performers are encouraged.

If you would like to register to perform or to have a stall at this Hafla booking is essential.

Contact person is organizer Oriel Macpherson (see "Events" column for details).

## Upcoming events - put this in your Diary!

Nov 6 - \* HAFLA - Windsor School of Arts Lutwyche Rd Windsor. Contact Oriel Macpherson 3889 7303 or mobile 0419 713255

Nov 28 - (Sunday) AMED Xmas Party Banquet at "Caravanserai" 12noon-4pm. Bookings via your teacher

Dec 5 - Buy/Swap/Sell - contact Maria Masselos 33594680

January 2000 - "Raks Sharqi Summer School 2000" to be held at Lennox Head NSW. Contact Jenny Bates at Toowoomba. 46327189 (Printed leaflets now available.)

Contact numbers for teachers : Susan Buntine 3391 5873, Maria Masselos Ph/Fax 3359 4680 (Mobile 0417 500747) , Sharon Daley 3369 0832, Lorelle Hawes 3878 6878, Lesley Jolly 3899 2794.  
Gold Coast enquiries Araby Belly Dance Academy : Elenie Vismas-Smith 07 55395229 or Rosannah Fairweather 07 55744198.

