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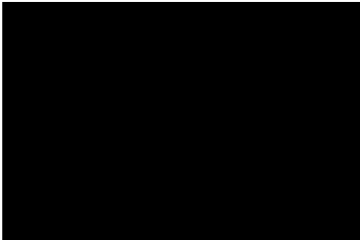
MAY/JUNE. 2008

President

Gerie Shearrow

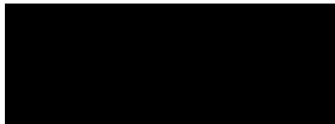


Vice President



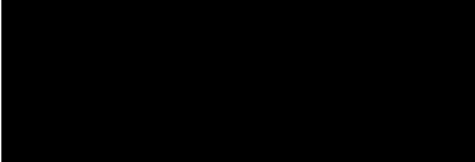
Treasurer

Gail Claycomb



Secretary

Heddy Charleston



Newsletter Editor

Donna Barbrick Carlton



Welcome, New Members!
Conny Fisher

ISAMETD Bi-Monthly Meeting

Date: April 13, 2008

Location: Lawrence Library Community Room

Attendees: Heddy Charleston, Dennis Ciurej, Lynn Ciurej, Gail Claycomb, Conny Fisher, Sava Goode, Gerie Shearrow. Guest: David McAndrews

Call to Order: President Gerie Shearrow called the meeting to order at 3:35 pm. The minutes from the February meeting were read. The minutes were approved.

Treasurer's Report: Gail reported the following: Income from memberships: \$266. Expenses: cost to mail Penrod information \$5.70; costume workshop instructor fees \$150; costume workshop scrapbooking supplies \$14.30; newsletter supplies and mailings \$301. Checking Balance: \$6,458.30. Savings Balance: \$6,581.26 for a total of \$13,039.56.

Public Relations/Newsletter Report: The deadline for submissions for the May/June issue is February 15. Send items to Donna Barbrick at donna@allaboutbellydance.com or contact her at 812-330-1831.

Correspondence: There was no correspondence.

Old Business:

Seminar/Workshop for 2008: A reminder to send suggestions for potential teachers to Bonnie Dieter at bdieter@sbcglobal.net or 765-566-3474.

Web Site: Gerie reported that only the calendar has been updated through May. She has received an email from Margaret Lion, troupe director of Different Drummer Belly Dancers and a Webmaster, offering her services in updating the ISAMETD website. Gerie has sent her an email asking if Margaret was volunteering to do this or would she charge a fee? Gerie would prefer not to have a volunteer but would rather pay a webmaster to maintain the website. When Gerie receives a response from Margaret, she will send an email to the officers so they can make a decision.

Member Handbook: Gerie is still working on it. The bylaws still need to be reviewed by the officers.

New Business:

Officer Nominations: (? not available at press time)

will be running for President, Lynn Ciurej for Vice President, Gail Claycomb for Treasurer, Conny Fisher for Secretary and Beth Braun and Kat Lebo as newsletter editors. Heddy Charleston has volunteered to be Membership Coordinator and take over that function from the Treasurer. She will obtain a copy of the current membership and create an Excel spreadsheet to keep track of members. Membership renewals in June will be sent to her. Gerie Shearrow will act as backup.

Announcements: If any members are interested in renting the club's sound system, the cost is \$50. Contact Dennis Ciurej at 317-894-9006 to make arrangements.

There being no further business, the meeting adjourned at 4:30 pm.

Recording Secretary
Heddy Charleston

Next Members Meeting: The next meeting will be held on Monday, June 2, at 7 pm at Cairo Café, 3047 Lafayette Road (926-2233). New officers will be installed. All members are welcome!



About This Newsletter

The ISAMETD NEWSLETTER is published six times a year by and for members of the Indiana State Association of Middle Eastern Teachers & Dancers, Inc., a not-for-profit organization incorporated in the State of Indiana. Opinions expressed herein are those of the individual writer.

Membership dues are \$18/year. Deadline for the next issue is June 15. Please send articles, artwork, photographs, address updates, corrections, etc. to Beth Braun or Kat Lebo. Preferred format for electronic submission is MS Word documents. Otherwise please be prepared to send hard copy in the mail. Please run a spell check if possible. Submissions are subject to being edited for length or style. Articles that are submitted after deadline may not be included.

Editor's note: to receive the most current roster, please contact Heddy Charleston or an ISAMETD officer.

Moroccan Hamam Opens on Indianapolis Northwestside

What is a hamam? In Turkey and many other eastern countries, it is a public steam bath. It was this designation that led to controversy when Karim Bouriga and Julia Fonte planned to open a spa-like establishment on North Michigan Road in Pike Township. The designation of “bath house” would have lumped this business in the same category with adult entertainment establishments. Manana’s Moroccan Hamam provides “steam room therapy,” exfoliation, hair and skin treatments. They offer separate hours of service for male and female customers.

Co-owner Julia Fonte has offered to show ISAMETD members the establishment and provide a site for one of our meetings so that we could all see for ourselves what the hamam is about. The hamam is located at 8840 North Michigan Road, phone number (317) 337-0455. One our members, Helena Zahara, posted to the ISAMETD news group:

Just wanted to share with all my friends -

“I’m not sure if everyone is aware that there’s a Moroccan Hamam that just opened on the north side

of Indy. It’s located at 8840 N. Michigan Road, near 86th Street, near the Costco. Their telephone number is 317/337-0455. As is stated in their literature, ‘the Hamam is an ancient tradition of relaxation and cleanliness that is more than 1,400 years old.’

A friend and his wife recently visited the Hamam, and they said it was a fabulous experience. The day after his visit, my friend’s skin was still flushed pink from the steam and vigorous scrubbing he received.

From the promotional card my friend brought back, it’s all decorated with Moroccan furnishings, and they have a line of natural Moroccan skin care products.

I am definitely going to check this place out.”



FROM THE ISAMETD ARCHIVES: Can you name this long-time ISAMETD member?

Hint: Her favorite color is turquoise. Send in your answers to ISAMETD Historian, Elizabeth Ann Braun at Geist-Dancer@sbcglobal.net. Answer to this month’s *FROM THE ISAMETD ARCHIVES* can be found in the next ISAMETD newsletter.

Do you have any old photos of you, your troupe, or other ISAMETD members and events? Elizabeth Ann is collecting photos for the ISAMETD Archives and she needs your old photos scanned and digitalized or send her a copy of your photo (do not send your only copy) so we can preserve the most important aspect of ISAMETD- its members!



An Afternoon of Learning with Leila Gamal

By Christine DeHart aka Shekhina Noor,
wynter65@hotmail.com

I've just returned from a wonderful Sunday spent in the sold-out drum solo workshop by Leila Gamal at Palos Health and Fitness in Orland Park, Illinois. Perched high atop a hill, the facility itself was beautiful. The studio was huge, with mirrors all around, and hardwood floors for perfect acoustics. The workshop was arranged by Gypsy Magda of the Chicago area.

Leila was very warm and energetic. She delivered a vibrant performance and wore out many of the younger attendees. I found her teaching approach to be very earthy and full of imagery. Being a Reiki practitioner, it was easy for me to relate to her talking about drawing energy in and releasing energy out. She used much imagery in the class, which I found extremely helpful.

The women in the workshop were all shapes and sizes. Leila told us of a student she had who was also a well known performer, who was hesitant on letting herself go during the dance, since she had ample curves as opposed to a very thin woman. Leila encouraged her to let the dance free her and told her that having curves is a good thing! Bellydance is an art in which you use what you have. It is a dance of the divine feminine.

We learned the importance of playing to the audience and to the drummer. When working with a DVD, visualize that you are dancing to a live drummer. You will find that you exude more energy and your dance is more expressive. Thus, you create a captivating performance. Body language is critical. Do not do anything halfway. Bellydance is all about abandon and relishing the moment. Hold your head high, position your arms sturdily. Limp arms convey insecurity and that you are unsure of yourself and not really into the performance, that you couldn't care less if you (and your audience!) were there or not. Don't be weak. Be strong and beautiful! From the moment you step onstage, take that audience! Let them know you are here, you command their attention and have something great for them.

I highly encourage you to take as many workshops as you can. There is always something new to learn. It's wonderful to be taught by one of the legends like Leila Gamal.

Below is the routine we worked on in class:

DRUM SOLO

RAKIYA'S TABLA: cut 10 "The Rough Guide to Belly Dance" (RGNET 1085)

Start with weight on right. Drop left hip moving around in a pelvic circle on the left side 4x. This is done while tying veil around hips. 16 cts.

Drop left hip 2x in plie. Body wave up and lock. Shoulder shimmy 4 ct. Drop left hip 2x 4w in plie. Body wave up and lock step forward left, step forward right. Pivot around for quick turn left. 16 cts.

Facing forward: In half time, push right hip out, push left hip out. In full time, lock right hip in, lock left hip in, lunge back on right foot. Center on left foot. Repeat facing left front corner. Repeat facing right front corner. 24 cts.

Moving around yourself clockwise: Karshlama step with hip roll and $\frac{3}{4}$ shimmy. Finish facing left front corner. 16 cts.

Double drop right hip front and back. Contract forward and lift. 3x for 24 cts. On the first repeat, hold and lock torso. On the second repeat, use the contract and lift.

Moving in large circle clockwise: Push back on left hip, press forward on right foot with small shimmy. Accent rhythm with lock of pelvis and right hand gesture. 30 cts.

Bounce twice to catch rhythm and circle hip. Repeat for 4x. 16 cts.

Drop right hip out and in 4xs. Shimmy hips, then shoulders for 4 cts, bringing arms up. Repeat and accent last count with pelvic lock back. 16 cts.

3 step turn right. 3 step turn left. 3 step turn right to back. 12 cts.

Moving forward but facing right: In half time, weighted left hip drop, close right foot. Repeat. 8 cts.

Moving forward but facing right: Undulate 2x. 8 cts.

Facing right side; shimmy and circle pelvis 4x. Character spin left. Facing left side: shimmy and circle pelvis 4x. Character spin right. 32 cts.

Continue character spin for 8 ct. Take hair and twirl to drop and lift to finish. 4 cts.

Records & Tapes to CD or Computer, Part 2

by Dennis Ciurej

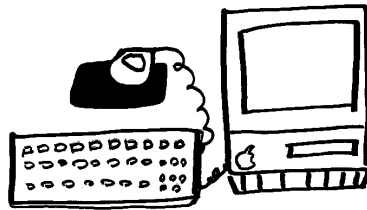
(Editor's note: Continued from last issue of newsletter, articles intended to help out those of us old-timers who would like to archive our rare and out-of-print LPs and cassettes onto CD or computer.)

Last time I told you that it could be done, this time I'm going to tell you how to do it. The first part of this article covers the harder, cheaper way to do it and then I'll tell you about the easy, more costly way to do it.

Connections

First, look on your computer. You should see mini ports that say either "microphone" or show a little picture of a microphone. If you have used this connector before, you know what kind of mini plug you need to listen with your headphones.

Now, look on the back or side of your computer for the same type of port that says "line out" and another port that says either "line in" or "record". These are the two connections that you will use. If you then look on your turntable, cassette deck or stereo receiver, you'll see that the inputs and outputs aren't the same type as the ports on your computer. These are known as RCA ports. So you're going to have to go to a store and get adapter cables that have the mini port on one end and the RCA connectors on the other. Get one set if you are going to only run your cassette deck or turntable into your computer for recording purposes, get two sets if you have your sound system near your computer and you want to use your computer's hard drive to store music and play back on your stereo.



Adjusting volume and inputs

Do you know where the volume control is on your computer? For Windows XP click on the "start" button, click on "control panel", then click on "sounds, speech and audio devices". Click on "adjust the system volume". A box comes up with "device volume". Then put a check in the box that says "place volume icon in the task bar". Now you can see the little speaker down in the task bar at all times and you can adjust the volume as needed.

Don't close that box yet! Click on the "Advanced" button. You will now see the Master Volume box. It looks like a mixer box that we use in our club sound

system and it's meant to imitate it. Note that it allows you to control the volume of your CD player on your computer, the line in, the microphone, the wave control (for sounds/music that are already on your computer) and finally the master volume after all of the others have been preset. Look in the upper left hand corner of the box and click on "options", then click on "properties". This is where you can choose what you want to have in your master volume box. You should at least choose wave, CD audio, line in and microphone.

You ain't done yet! Notice that there are options for playback and recording. Click on the "recording" options and make sure that CD audio, line in and microphone are checked. Click "OK" and the Recording box is now up. This will allow you to adjust the volume of any sound coming into your computer.

Now, when you double click on the little speaker icon in your task bar, the Master Volume control will come up all the time. Click on "options" to switch between recording and playback as needed.

Ground loop problems

If you have purchased the connecting cords, attach your cassette deck (hold off on the turntable) to the "line in" jack on your computer. Turn your cassette player on, put a tape in and hit play. Listen through your computer speakers or headphones. Do you detect a low hum or buzz when you turn the volume up in the quieter passages? You have a ground loop hum problem. This is usually caused because of one unit being plugged into one outlet and your computer being plugged into another and the outlets do not share a common ground. If you don't hear a hum you're lucky, I wasn't. You can purchase ground loop isolators, they run about 20 to 30 bucks each or you can look them up on Ebay or Amazon.

You can do this with your turntable but you cannot attach your turntable directly to your computer. Remember that your stereo receiver had a special "phono" input? That was because the output from a turntable was 1/10 of the volume of your cassette deck, so your receiver had a special phono amplifier that pre-amplified the signal. You need to have the same thing between a turntable and your computer. You can buy outboard phono preamps, they run from 20 bucks to 200 bucks on Amazon and Ebay. If you have a newer turntable, the

(continued next page)



EVENING AT THE OASIS, MARCH 1 IN LAFAYETTE: Kat Lebo sent these images from spring show in which several ISAMETD members participated. On the left: a Khaleegi number with dancers Vivian Reeves, Lesa Wise, Sunny Ritchie, Lori Bramer and Samantha Cash. On the right: Paul Radecki and Michael Ongcor accompany Gabriella dancing. Below: "Paul Radecki and Jennifer Radecki drumming and Diana Brown ON the drum. :-) LOL gives "on the drum" new meaning, eh?"

Records & Tapes to CD or Computer, Part 2

(continued from previous page)

preamp may already be built in.

Recording Software

Now the fun begins. Once you have your deck or turntable connected, how do you record? Windows does NOT have recording software built in. The best recording software available is also a free download, called Audacity. But it ain't the easiest thing to use. You are going to have to click on the Help box and read through the extensive menus to figure out how to set it up. Audacity is highly complicated because it was designed for professionals who want to control every aspect of the sound coming in, split the sound up into little bits and control every aspect of the playback including elimination of hiss, pops and crackles that your tapes and records were prone to have. As a result, you are going to have to do some extensive reading and experimentation before getting it right.

There are other recording software out there, they all run about 30 bucks or more and I have not investigated them fully, but they have their pro's and cons.

Now for the easy way out

Note so far that your cost will be about 5 bucks for cords, 40 to 50 bucks for possible ground loop isolators

and 25 bucks for a phono preamp and then some study time to figure out Audacity.

Want an easier way?

I normally do not advocate a specific product, but there is one out there that solves a lot of the above problems. DAK Industries (www.dak.com) sells a collection of software, the ground loop isolator and the phono preamp for \$77.00 including shipping. Drew Kaplan has put together a mini stereo mixer that has a built in phono preamplifier and a ground loop isolator. He also throws in simplified recording, click, pop and hiss eliminator software with it. He also includes a tutorial to tell you how to do it all in e-book form. He even throws in the connector cord between your computer and mixer box. Look for the melting record on his website and you'll be able to read his blurb on the mixer and software. Drew is also known for being a bit wordy and talkative as you will see.

I could be more specific about types of turntables, cassette decks and software, but I will leave that discussion for our newsgroup so only those interested can get more information.

Please feel free to contact me if you have more questions at dcuirej@excite.com. Or my home number is 317-894-9006 in the evenings and weekends.



Is it time to renew your ISAMETD membership?

ISAMETD Officers

If you joined in 2007, here's all you need to do:

- 1) Complete the form included in this newsletter
- 2) Write a check for \$18 dues (July 2008-June '09), payable to ISAMETD INC.
- 3) Mail to Membership Coordinator Heddy Charleston, 8910 Alibeck Court, Indianapolis, IN 46256.
- 4) RELAX! Now you'll continue to receive future newsletters, discounts on workshops and other benefits of an active membership with ISAMETD.

Thank you to the officers who are completing their two-year terms on June 30, 2008:

Gerie Shearrow, President
Lynn Ciurej, Vice President
Gail Claycomb, Treasurer
Heddy Charleston, Secretary
Donna Barbrick Carlton,
Newsletter

We appreciate your time and service to ISAMETD.

Please be sure to VOTE for officers. This process is part of our by-laws as a not-for-profit corporation in the State of Indiana. Your ballot is included in this issue of the newsletter. Ballots should be mailed to the Secretary, Heddy Charleston, whose address is on the front of this newsletter. On the ballot for terms July 1, 2008-through June 30, 2010, are:

*?, President **
Lynn Ciurej, Vice President
Gail Claycomb, Treasurer
Conny Fisher, Secretary
Beth Braun & Kat Lebo,
Newsletter

New officers will be installed at the next member meeting.

Also, please note these non-elected positions:

Heddy Charleston, Membership
Beth Braun, Historian
Bonnie Dieter, Seminar Chair

(*not available at press time)

What Lola Wants is to Study in Egypt!

Here's a film that's sure to be of interest to dancers everywhere. *Whatever Lola Wants* is the story of a New York postal worker who travels to Cairo and ends up studying dance with a legendary instructor. The music is said to be very catchy and Morocco was one of the choreographers on the dance numbers. The film stars Laura Ramsey, an actress from Wisconsin, who had never studied oriental dance before, but who worked very hard in preparation for filming. The instructor is played by Carmen Lebbos. The film's locations include New York City, Cairo and Morocco. Perhaps this film will inspire another wave of Western interest in Egyptian-style dance.



PLAN AHEAD

MAY

- 10 ROXXANNE in Centreville, OH.
www.kirasoasis.com
- 10 Workshop/hafla with Donna Carlton,
Bloomington. donna@allaboutbellydance.com
- 14 AKILA, Louisville. www.ruric-amari.com
- 17,18 MOHAMMED SHAHIN, EVA CERNIK in
Indianapolis. www.fatenmunger.com
- 16-18 ISLAND OF ISIS with JASMIN JAHAL,
Loveland, OH. www.habeebas.com
- 24 LAUGHING MONKEY HAFLA, Muncie, IN.
765-288-4048
- 30 HAFLA, Greek Islands, Indianapolis
- 31 SAHRA SAEEDA in Mishawaka, IN.
www.rubyjazayre.com

JUNE

- 2 ISAMETD members meeting, 7 pm, Cairo
Cafe, Indianapolis.
- 14 Workshop with Donna Carlton, Bloomington.
donna@allaboutbellydance.com
- 20-21 MOHAMMED SHAHIN, Chicago.
alexandriaraks@yahoo.com
- 20-21 TRIBAL REVOLUTION, Elk Grove, IL
www.tribalrevolution.com



Above: The ISAMETD website has a calendar page with a new look from Google Calendars.
www.isametd.org

Any questions on the calendar, contact Dennis Ciurej dciurej@excite.com

**Next Members Meeting
Monday, June 2
7 pm at Cairo Café,
3047 Lafayette Road
(317 926-2233)**

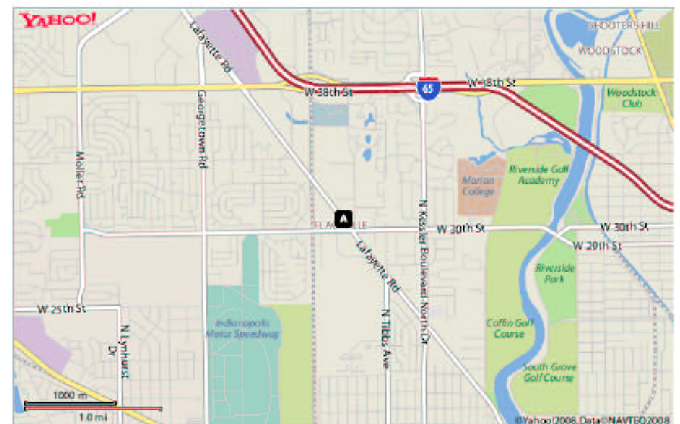
Join Us at Cairo Cafe

Yahoo! Maps - 3047 Lafayette Rd, Indianapolis, IN 46222-1301

Cairo Cafe & Mediteranean (317) 926-2233 ★★★★★

Yahoo! Maps - 3047 Lafayette Rd, Indianapolis, IN 46222-1301 **YAHOO! LOCAL** Maps

**New officers will be installed.
All members are welcome!**



When using any driving directions or map, it's a good idea to do a reality check and make sure the road still exists, watch out for construction, and follow all traffic safety precautions. This is only to be used as an aid in planning.

The Cairo Cafe gets rave reviews on the Internet, so let's hope it turns out to be a good place to hold a meeting. If coming from the west side of town & I-465, take the 38th Street exit heading east to Lafayette Road, then turn right or south. If coming from the south or east on I-65, exit the interstate at 38th Street and continue west to Lafayette Road, then turn left or south. The restaurant is in a strip mall on the east side of Lafayette Road.