

DECEMBER 2018 NEWSLETTER BLOG

Archive #236

Editor's Note

Well Fall didn't last long, did it? The holidays are upon us and everyone is super busy, but we do have things to look forward to here at INBC.

This is a single month issue, necessitated by when the newsletters began to be published again. Starting in January of 2019, the newsletter blog will be published bi-monthly (January-February, March-April, May-June, July-August, September-October, November-December). So, mark you're your calendars and look for new blogs during the first month of each bi-monthly set.

Everyone is super busy this time of year, so I wasn't surprised to get very little input. Thanks to Carol Hurley for continuing her sewing column.

However, I know several of you out there had events in November, but no one sent me photos or little write-ups about the events for the newsletter. And I also know there are several of you out there who have classes starting in January and events coming up – but I need to have the information before I can put it in the newsletter to help spread the news! So, get your write-ups and class schedules and photos together for your December events and your information on upcoming 2019 events, and articles of interest, etc., and get them to me by January 2nd to inclusion in the next newsletter.

There are so many holidays to celebrate right now. Whether you are celebrating a particular holiday or all of them – may these busy days be full of fun and laughter for all of you.

Kat Lebo, INBC Newsletter Blog Editor

INBC WINTER BAZAAR!

The 2019 INBC Winter Bazaar will take place on January 19, 2019 at the Murat Shrine Temple in Indianapolis! Free to members and just \$10 for non-members. Get all the details here: https://www.facebook.com/events/279245859294894/?active_tab=about

MEMBER NEWS:

Kat Lebo's Bare Bones Belly Dance program will be moving from the Morton Community Center to the old Happy Hollow Elementary



building.

Morton will undergo extensive renovations and the West Lafayette Parks & Rec activities, plus city office and the Morton staff office, will all be moving to this new location or the next couple of years. Classes will start again the week of January 14, 2019. For information on class schedules, content, and how to register, contact Kat Lebo on Facebook or at katlebo@aol.com.

QUICK SEWING TUTORIAL

by *Carol Hurley*

I wrote some tips for sewing I have picked up over the years on the last newsletter so I decided this time to write a quick tutorial on cut outs. These would be done on a tight fitting area so an A-line skirt or mermaid skirt. They could also be done on gauntlets or fitted sleeves.

You will need a light to medium weight interfacing, paper to draw your design (circle, square, cut out shape), sewing tools (needle, thread, scissors, etc.) and the item (skirt, etc.) you are putting the cut out.

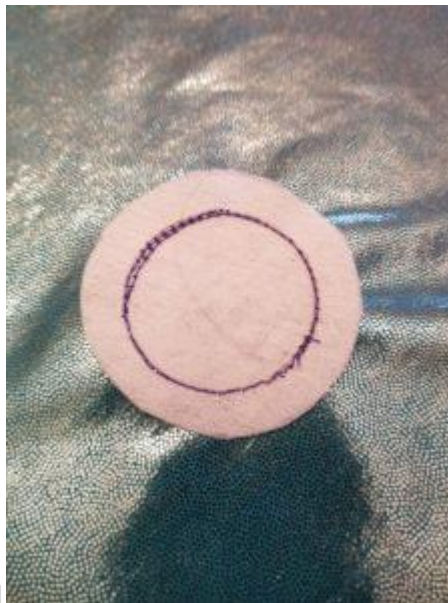
First draw the shape of the cut out on your paper for a pattern. Then trace the cut out where you want it on the skirt. Next trace the cut out on the interfacing giving and

extra inch around the cut out. This will make the interfacing larger than the actual cut out. I am showing you this on a scrap fabric so you can see the stitch work. When sewing you will want to use the same color thread as you fabric so it does not show up on your project.

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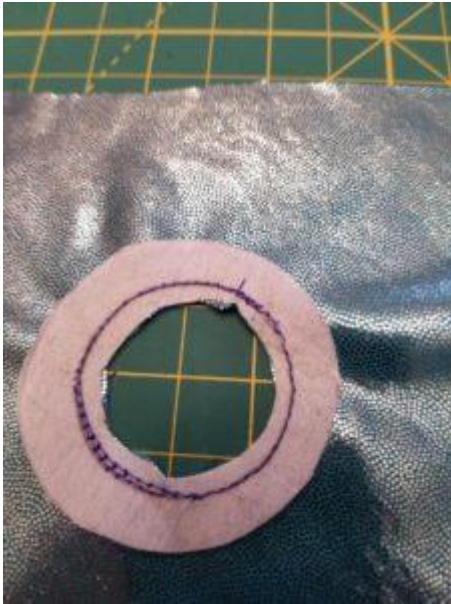
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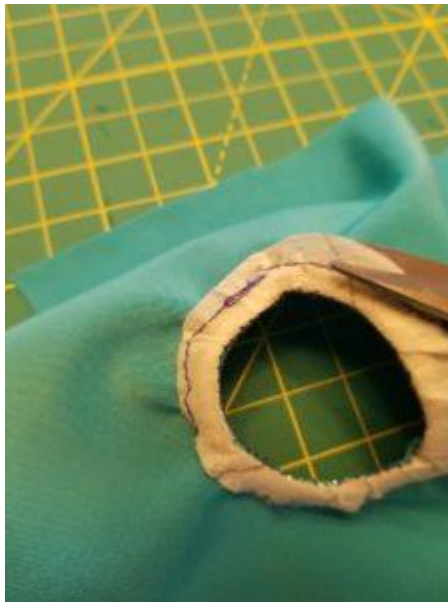
Next place the interfacing on the right side of the skirt, don't worry it won't show up when you are done. Pin the interfacing cut out in place and sew it to the skirt. You want to sew along the line that measures the actual cut out size not the extra interfacing amount.

Cut out inside the lines be careful not to cut the stitches. Try to cut a few millimeters or 1/8th inch away from the stitches.

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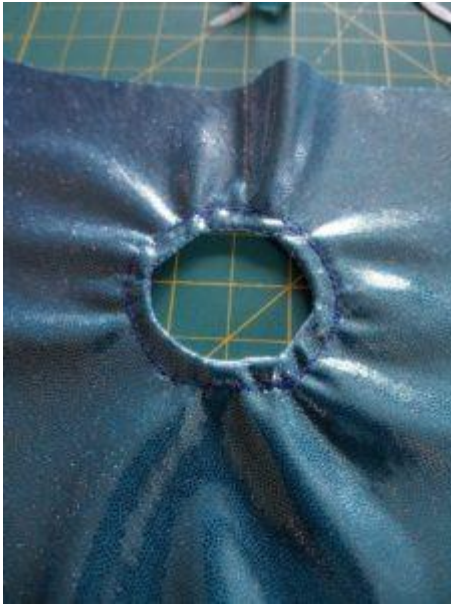


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It doesn't have to be perfect. Next flip the interfacing toward the wrong side of the fabric and pin it. This will create a clean edge for the cut out. Next sew a top stitch around the cut out. Now trim the excess interfacing.

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#5[/caption]

You can now add decorations or if you would like more coverage you can add mesh to the cut out. To add mesh cut out pattern with 2 cm excess and pin inside of skirt and then sew.

Hope this helps give everyone idea when doing their next sewing project.

RECIPE!

For those of you looking for something different for your Winter Holidays table, here is a recipe from the December 1981 newsletter. I no longer remember who the author is, but I'm betting it could be Sandy Smith, who was an active member prior to her move to Florida.

Sandy's Spanokopittes:

2 pkgs of frozen chopped spinach or 2 lbs of fresh spinach

2 eggs slightly beaten

½ lb. crumbled feta cheese

8 oz. cottage cheese

1 T chopped parsley

¼ t dillweed

¼ C chopped green onion

Filo dough

1 stick butter

Cook green onion in oil until limp. Defrost spinach. Squeeze well to remove moisture. Combine spinach and green onion with eggs, feta, cottage cheese, parsley, and dillweed. Mix.

Melt butter. Butter one sheet of filo with the melted butter. Add another sheet. Cut into 4 strips. Add a tablespoon of the spinach mixture and fold. Brush with melted butter. Place on an ungreased cookie sheet. Bake at 375 degrees for 20 minutes.

ONLINE RESOURCES: YOUTUBE VIDEOS

By Kat Lebo

Disclaimer: NOTHING replaces an in-person instructor.

Youtube is loaded with how-to videos for anything you might want to learn. It's my go to when I have a question about Wordpress, or want to find out anything about computer programs, or new makeup tricks, or hairstyle how-tos, recipes, essential oils. You name it and there is probably a Youtube video on it! Some are great. Some are awful. I'll leave it to you to decide if any particular video is of use. That said, here are a few with which I'm familiar:

Howcast has videos on a variety of subjects. I you go to Howcast's channel (<https://www.youtube.com/user/Howcast>), then click on the magnifying glass on the right side to search "belly dance," a lot of how-to videos will pop up! Here is one on how to do a traveling hip lift: <https://www.youtube.com/watch?v=SIXZh17fAq4>

Magnolia Bellydance has many videos –performance, how-to, etc.
<https://www.youtube.com/channel/UC6WRT6ggRx5f76KI2sy8pgw> This one is her
“beginner how-to video:” <https://www.youtube.com/watch?v=iP185UgWM74>

Helen Santa Maria has a comprehensive website
<http://www.santamariabellydanceonline.com/> and channel
<https://www.youtube.com/channel/UC3taDVTfXTv6zf5SrEY1a0A> This video is one of
her hipwork drills: <https://www.youtube.com/watch?v=gKHLfsIW4wE> I also found
video by her on the channel DanceClassVideo.

Tiazza Rose has many videos, from how-to dance to actual choreography videos, on
her channel: <https://www.youtube.com/user/tiazzawilson/videos> and on her website:
www.freebellydanceclasses.com. In this video, she is working with hipwork:
<https://www.youtube.com/watch?v=Af6Wp9N0DFg&t=116s>

Leilah Issacs' channel, Leilah Bellydance,
https://www.youtube.com/channel/UCP908fnr7j34vJ3l5ns_U3g, focuses on fitness.
So, if you want to sweat, this may be your favorite! Here's a shimmy challenge video
from Leilah: <https://www.youtube.com/watch?v=BbpCzPTNHOU>

Melissa BellyDance can be found on Youtube here:
<https://www.youtube.com/channel/UC5DtpcCZ9irWDp1v7JTm4yA>, and at her website:
www.melissabellydance.com. Here's an hour-long class from her Youtube channel:
<https://www.youtube.com/watch?v=pvky4ppTJfs>

Sahira Bellydances, at
<https://www.youtube.com/channel/UC1xm2xeZolZ7vyLkl4AyaPA>, is a channel full of
all things belly dance. This video is on the Moroccan Shimmy (6/8)
<https://www.youtube.com/watch?v=cVOJhskY6CM&t=136s>

Elisa Jade of Belly Dancer Diaries
https://www.youtube.com/channel/UC7_BFjFi8MF1rxSQeysKCOA calls her
subscribers “Shimmy Shakers.” The site is full of how-tos of basic movement,
different level technique, combinations, and more. Here Elisa Jade covers the top 6
circles of belly dance: https://www.youtube.com/watch?v=NFMR_NEjbsl

LiaVerra's Youtube Channel is found at

<https://www.youtube.com/user/LiaVerra?reload=9&fbclid=IwAR3P2ZufsQ2UYveH8kKZgsrodfzJGGnZd7Sp0uD6sHVBia8CpCqXdcnVPbc> She is not an English language
speaker, but I found her very easy to follow. Her channel is full of lots of informative
videos. In this video, she is teaching about the balady style of dance.
<https://www.youtube.com/watch?v=y-MW5oLbm7g>

Zahida Palma and Dance Pandemic: Once again, we have a dancer who can and does
speak English, but for whom English is not her first language. Her Website, where
you can sign up for her e-mail newsletter, is at <https://dancepandemic.com> and her
Youtube channel is found at
<https://www.youtube.com/channel/UCc4-qkj1CkpoB0Os-j3Mo6g>. On her channel you

will often find twin copies of her instruction videos – one in English and one in her native language. Here she is teaching the hip drop with kick:

<https://www.youtube.com/watch?v=M-RYjc-v5LQ>.

Mao and her Sparkly Belly trademark are less about how to dance and all about how to costume! You can sign up for her e-mail newsletter on her website at <https://www.sparklybelly.com/> and see you many videos on her Youtube channel at <https://www.youtube.com/channel/UCTkgMqUDGOwcCduvnrBINJA>. The channel has not only free how-to video, but teaser ads for classes she offers. In this video, Mao teaches how to make a reversible dance skirt:

<https://www.youtube.com/watch?v=T2bE0jYpbYg> BTW, one of my former students made this skirt and it turned out great!

No Youtube list would be complete without Mahin's channel:

<https://www.youtube.com/user/mahinmar/featured>. You may know her from her Bellydance Quickies, which are not only on youtube, but come to subscribers by e-mail, too. Her website: www.shes-got-hips.com is also a great source for articles, how-tos, combinations, drills, and the like. In this video, she breaks down a traveling combination: <https://www.youtube.com/watch?v=Nv9iVRFEJnQ>

Believe me, there are a ton more Youtube channels that feature how-to instruction for all styles of belly dance. Try searching just on “how-to belly dance,” or be more specific with a search that is “how-to tribal style belly dance,” or “how-to Lebanese style bellydance.” Myself, I'm mostly interested in nightclub/restaurant styles or folkloric styles as you can tell from the above listing, but you can find how-to videos on any style you'd like.

For instance, a search on “how to tribal style belly dance” brought up a few how-to videos:

Damoon of Wildcard Bellydance has a whole series of how-to videos on her Youtube channel (<https://www.youtube.com/channel/UCS832gUb77p5XNy-Y4VZIoA>), like this one on the Egyptian Basic: <https://www.youtube.com/watch?v=uDc1xS9mIWw>.

This video is from Elizabeth Allison on how to do the Sidewinder movement:

<https://www.youtube.com/watch?v=1Y-I0sEcjsQ&index=25&list=PLYIH5dY5VH8J31d9s52Gm8bdhtC2YmJaP>

This video from Bea Bartus has English subtitles in her breakdown of how to layer the Hagala step with arm and shoulder movement:

<https://www.youtube.com/watch?v=CTFa-8NKHh0&index=32&list=PLYIH5dY5VH8J31d9s52Gm8bdhtC2YmJaP>

From AlhambraTribalDance comes this video drill on arms:

<https://www.youtube.com/watch?v=L6iXYbNDZUY>. Alhambra has several how-to videos on the channel, found here:

https://www.youtube.com/channel/UCcCcoQCY_liuS-DeNjqWUUQ

And let's not leave out the musicians among us! Youtube has an abundance of how-to for drummers of the Middle Eastern goblet shaped drum called doumbek, table, darbuka, or derbecki! Let's look at some of them.

Karl Wilkoszewski has a very well organized drumming channel on Youtube (<https://www.youtube.com/user/RexSoli>). An example is this video on the maksum rhythm: <https://www.youtube.com/watch?v=SrBPRoIXDek>

DarbukaPlanet has several how-to videos on it's channel (<https://www.youtube.com/user/ykarvat>), including this one on how to play the Bolero rhythm (which I learned as Rhumba Bolero): <https://www.youtube.com/watch?v=SHMSz3-RbjU>

If you are a frame drum player, you might like River Guerguerian's channel: <https://www.youtube.com/user/RiverGuerguerian>. Here's an example of videos you'd find there: <https://www.youtube.com/watch?v=KDSOzNf-6Y>.

Darbuka Dave, who some of us had the good fortune to study with at an Indy Doumbek workshop, has how to videos on his channel, too (<https://www.youtube.com/user/DarbukaDave/videos>). Here his how to on the butterfly roll: <https://www.youtube.com/watch?v=j4RiZPFY86c>

Guy Shalom is another drummer with a channel that includes how to videos: <https://www.youtube.com/user/guyschalom/videos>. Here's his take on what I learned as the Saudi rhythm, what he calls the Khaleeji or Adani rhythm: <https://www.youtube.com/watch?v=l5n25Bm53Yg>

The ArabInstruments channel (<https://www.youtube.com/user/assafkassel>) has both drum and oud how to videos. Here's one for the doumbek: https://www.youtube.com/watch?v=imM_rCtZheg and here is one for the oud: <https://www.youtube.com/watch?v=FOy8FCO0wcU>

The channel Izif (<https://www.youtube.com/channel/UCbG455Oy78J3fCE958kQ1OQ>) has video on multiple instruments, including doumbek and oud. I note that there is not only how to play the instrument, but in some cases, how to play particular songs on those instruments. Here's a how to play oud vide from that channel: <https://www.youtube.com/watch?v=d9-J5NQ9MRo>

CBC Music offer this how to play oud video from Demetrios Petsalakis: <https://www.youtube.com/watch?v=H4he47X8CY4>

And, of course, there are videos for playing riq, as well. Let's look at some of those.

Marshall Bodiker (<https://www.youtube.com/user/mbodi1/videos>) has both how to drum and how to play riq videos, and more, on his site. Here's his video on 3 different ways to play the riq: <https://www.youtube.com/watch?v=VshmX3kJ0OI>

Gencer Savas has a simpler how-to video: <https://www.youtube.com/watch?v=o-cbYpUFs-c>

Here's one from Hakan Percussion:

https://www.youtube.com/watch?v=pxgSiOAeo78&list=PLHA_9cMSWAXTic3S0WBhTHuJaeqAHHoex&index=3

Like many others, Carmine Guida has both drum and riq videos on his channel:

<https://www.youtube.com/user/CarmineGuida>. This one is his "baby beginner" video:
<https://www.youtube.com/watch?v=1O2fpwsg4p4>

Youtube is a bonanza for anyone wanting to learn to play the instruments we associate with belly dance music. I didn't do any searches on how to play the mizmar, or the rebaba, but I'm sure they exist! Go forward and practice!

Next issue we'll look at dancers who offer lessons by Skype, mail-in video, and other styles of online and digital instruction.

Keep the conversation going! Discuss and post your favorite YouTube instructors in the forum at:

<https://www.isametd.com/forums/topic/online-resources-december-2018-newsletter/>

**DEADLINE FOR SUBMISSIONS TO THE JANUARY-FEBRUARY INBC NEWSLETTER
BLOG IS JANUARY 2!**