

Camel Tracks

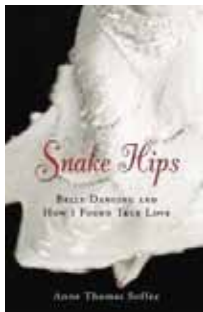


Jan/
Feb 2012

Book Review: Snake Hips

By Racheal
Wallace

I really love Anne Thomas Sof-fee. I can relate to her, we could be friends. She's funny, down to earth and brutally honest. I don't want to ruin the story for anyone - because I really think the book is worth reading - but Anne shares her story of how she found belly dance, how she progressed, how she learned what the 'scene' was like, etc. I love how she uses the dance to help her overcome personal struggles, which so many of us have done.



Of course, my very favorite part of the book is the call out about our beloved Aegela. Anne describes her dance as "...[i]t's an elusive quality, nothing that I can specially define, but it's strong. I guess the closest I can come to describing it is that what makes Aegela better is her certainty that she is the best dancer we've ever seen - and not only that, but that we are the best audience she's ever had." I just love people who know how special our Aegela is.

If you are looking for a fun read about dance, life and change, I suggest you pick up Snake Hips. You'll find things that make you giggle, empathize with the negative and find inspiration.

Notes on workshops

By Cheryl Johnson

If you get a chance to go to a workshop...GO! There is much to be learned, some good, some bad, and some VERY UGLY!

I went to Aegela's workshops in Cincinnati and NY. Aegela used her trademark humor and Southern style to charm the ladies. When the days were done, the ladies had a lot more tools for their belly dance toolbox. For me, I was able to see Aegela in new venues. Just like in class, the workshops moved at a pace where the beginner wasn't frustrated and the advanced students weren't bored. I also believe that each student, no matter their level, left with a feeling of self-confidence and fell a little more in love with the dance.

I've recently gotten a chance to take a class with Aida at her home in Michigan. Her love of the dance and teaching showed before we got there in setting up the class. For example, she met us at the car for a group hug! The class didn't start when we got in. The first thing we did was a tour of her museum/library. She has been collecting dance information and artifacts for a very long time and she wants to share it.

Her style isn't exactly like what we use at the studio and she acknowledged that. She asked us to try it her way. She was very aware of posture and spoke of its importance. She spoke of weight placement and also explained, for each dance, where we should be at certain points of the dance which goes a long way towards looking like a cohesive group. Our three hour workshop tuned into a six or seven hour workshop complete with food, two choreographies, music, food, costume information, food, videos, pictures and so much more (did I mention food?)!

And then there's Suhaila. I can't say enough about her November workshop, but since I'm limited in my words here, I will only say that I completely concur with Racheal Wallace's column in the last issue of Camel Tracks - please go and re-read it!

My last workshop was with Nourhan in Columbus. Many know the name because it's on the tag in our dance pants (Sharifwear). She is a great business woman and a very accomplished dancer. During the workshop, I learned some combos for my belly dance toolbox (and some that were just a little too 'New York' to add to my toolbox).

Her style is also unlike our studio style. She's not big on muscle driven movements and she let that be known. You must pump your knees for the best shimmy. You'll be in a ton of pain and your knees will be shot, but hey, you'll look good (it took me a good week to recover from the workshop)!

Workshops are great, take them when you can. When you're there, just like a store, look at everything, take what you like and leave the rest for someone else. Never stop learning!

Aegela Centers for Middle Eastern Dance

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Camel Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7 Coptic Christmas	8 Aegela Workshop One Spirit Studio
9 Mini-Series Begins	10	11	12	13	14 Aegela as Speaker Pan Pacific SE Asia Women's Assoc.	15 Aegela in San Francisco
16 Aegela in San Francisco	17 Aegela in San Francisco	18 Aegela in San Francisco	19 Aegela in San Francisco	20 Aegela in San Francisco	21 Aegela in San Francisco	22 Aegela in San Francisco
23 Aegela in San Francisco	24 Aegela in San Francisco	25 Aegela in San Francisco	26 Aegela in San Francisco	27 Aegela in San Francisco	28 Aegela in San Francisco	29
30 Winter Series Begins	31					

January 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11 Aegela Workshop Cleveland, OH	12 Aegela Workshop Cleveland, OH
13	14	15	16	17 Jadyn Darrouzet-Nardi's birthday	18	19 Latisha Williams' birthday
20	21	22	23	24	25	26
27	28	29				

February 2012

Have You Heard?

Kathleen Shope is sporting an engagement ring from boyfriend, Germano Bressan. He surprised her Christmas morning with a beautiful ring and word is he is already planning the nuptials. Congrats Kathleen!



Studio friend, Kira LaFave (Dayton, OH) is closing her lovely studio after 7 years of workshops, monthly hafas, classes and special events. In her words, she will "re-invent myself and make some changes to my path." We are saddened by the closing of the Oasis, but know this dynamic personality will be a success in any endeavor.

Congratulations to Monsters Jen Bak, Carrie Cannon, Elif Erturk, Cheryl Johnson, and Kendra Scarlavi for completing Phase I of the Teacher Training program. In this portion, they studied dance history, the biographies of dancers who influenced both Egyptian and Turkish styles of dance, and dabbled in some role playing as they learned to maintain order in a classroom. It's rumored that Aegela can be a really difficult student.

It seems we aren't the only ones who've noticed Kelly Bollin's talents. Kelly was recently promoted to a Customer Service Rep 2 at First Solar. Congrats Kelly! And because she was so beautiful on her wedding day - here's a nice photo. Sometimes we can't help ourselves.



Racheal Wallace sadly has made her move to the South more permanent and purchased a house in Nashville. The good news is she now has room for visitors. (*cough* hint *cough*)