

THE 17TH ANNUAL STITUTE

PRESENTED BY AMAN FOLK ENSEMBLE

A DAY OF WORKSHOPS IN INTERNATIONAL FOLKLORIC DANCE AND MUSIC TRADITIONS WITH WORLD-RENOWNED TEACHERS.

SATURDAY, MARCH 6, 1993

AT THE MAYFLOWER BALLROOM · 234 HINDRY, INGLEWOOD, CA

(2 BLOCKS WEST OF THE 405 FREEWAY, BETWEEN MANCHESTER & FLORENCE)

WORKSHOPS (10:30 A.M. - 6:30 P.M.) WITH:

MIHAI DAVID (ROMANIAN DANCES)

YVES MOREAU (BULGARIAN DANCES)

FRANCE MOREAU (BRETON & FRENCH CANADIAN DANCES) **ATANAS KOLAROVSKI** (MACEDONIAN DANCES)

DANCE NOTES INCLUDED WITH WORKSHOP REGISTRATION

9:30 A.M. CONTINENTAL BREAKFAST FOR WORKSHOP PARTICIPANTS HOSTED BY THE AMAN SUPPORT COUNCIL

DANCE PARTY 8:00 P.M. TO 1:30 A.M.

FEATURING

THE AMAN ORCHESTRA AND SPECIAL GUEST MUSICIANS

DINNER: 6:30 - 8:00 · MIDDLE EASTERN FARE · NO HOST BAR

'93 INSTITUTE	BEFORE FEBRUARY 21		AFTER FEBRUARY 21			
REGISTRATION:	AMAN ALUMNI & ASSOCIATE MEMBERS	NON-MEMBERS	AMAN ALUMNI & ASSOCIATE MEMBERS	NON-MEMBERS	NO. OF TICKETS	SUBTOTAL
WORKSHOPS & PARTY	\$35.00	\$45.00	\$45.00	\$55.00		
PARTY ONLY	7.00	9.00	9.00	11.00		
DINNER*	12.00	12.00	12.00	12.00		

PLEASE NOTE: NO REFUNDS AFTER FEB. 26. ***NO DINNER ORDERS ACCEPTED AFTER FEB. 26.**

□ I AM AN ASSOCIATE MEMBER OF AMAN

NAME

ADDRESS

STATE

ZIP PHONE CITY MAPS AND A COMPLETE SCHEDULE WILL BE MAILED WITH REGISTRATION CONFIRMATION. FOR ANY QUESTIONS, CALL THE AMAN OFFICE AT 213/629-8387 BETWEEN 9–5, MON.–FRI. GRAND TOTAL B

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JANUARY 1993 Volume 28, Number 9

Folk Dance Scene

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FOLK DANCE SCENE is published to educate its readers concerning the folk dance, music, costume, customs, lore, and culture of the peoples of the world. It is also designed to inform them of the opportunities to experience folk dance and culture in Southern California and elsewhere. In addition, it advises readers as to major developments in the Folk Dance Federation of California, South, of which this is the official publication.

The Folk Dance Federation of California, South, is a non-profit, tax-exempt educational organization incorporated under the laws of California. The Federation is dedicated to the promotion of and education about all international folk dancing and its related customs. Membership is open to all races and creeds, and neither the Federation nor FOLK DANCE SCENE shall be used as a platform for prejudicial material. All proceeds from this publication are used to pay the costs of its publication and distribution.

Views expressed in SCENE are solely the opinions of the authors and do not necessarily reflect the policy of the magazine or the Federation. Neither the magazine nor the Federation assumes responsibility for the accuracy of dates, locations, or other information sent in. The Editors have the right to edit and modify all submissions.

MANUSCRIPTS AND NOTICES. The Editors will attempt to include all newsworthy items which are consistent with the policy of the magazine. News items should reach the Editors by one week before the 1st of the month of publication for inclusion. Potential authors of feature articles should correspond with the Editors prior to submitting their manuscripts.

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ADVERTISING. Current rates and specifications are available from the Editorial Office. All ads must relate to and be consistent with the purposes of the magazine. All ads must be camera-ready and accompanied by a check for the correct amount.

MEMBERSHIP. To join the Folk Dance Federation of California, South, one may either affiliate with a member club or join directly as an associate member by contacting the Director of Membership.

FOLK DANCE FEDERATION OF CALIFORNIA, SOUTH OFFICERS

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Tandemonium Dancers

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Many thanks to: Claudia Immerzeel and Jeanne Duranti for the articles, Sid Karama and Mona Reskalla for background information and Madlain Hanna for "a taste of Egypt in So. California" (on the scene)

ON THE COVER:

Claudia Immerzeel with zills.

Calendar

Note: Federation events are in bold type.

*** Call to confirm all events

1993

JANUARY

- 10 Pasadena Coop Festival. Glendale Civic Aud, 1401 N. Verdugo Rd., Glendale. 1:30-5:30. Council meeting at 11 a.m.
- 17 Ballet Folclorico Nacional de Mexico. Shows at 2 and 7:30 p.m. at the Pasadena Civic Auditorium, Info: (818) 304-6161
- 19 Ballet Folclorico de Mexico, 8 pm. Cultural Center, Port Hueneme. (805) 986-6598
- 27 KODO, the Heartbeat Drummers of Japan at Beckman Auditorium, Cal Tech. Starts at 8 pm. Info: (818) 356-4652

FEBRUARY

- 5-7 Laguna Festival, hosted by the Laguna Folkdancers. *****NOTE NEW LOCATION***** Ensign Intermediate School, 2000 Cliff Dr., at corner of Irvine Ave., Newport Beach. Institutes with Atanas Kolarovski, Richard Powers on Fri. nite and Sat. afternoon. Valentine Party Sat, 7:30-11 pm. Afterparties Fri and Sat nites. Sun afternoon, Kolo Hour, concert, festival. Info: (714) 646-7082
- 12 Valentines Day Party, W.L.A. Folk Dancers, starting 7:30 p.m. At 1309 Armacost, W.L.A. All-request program, pot luck. Info: (310) 202-6166 or (310) 478-4659.
- 13 Don Cossack Song & Dance Company. Songs, dances & music of Russia. At Pasadena Civic Aud in Pasadena. Info: (818) 304-6161
- 13, 14 World Festival of African-American Cultures at Gindi Auditorium, U. of Judaism, 15600 Mulholland Dr., LA. Includes performances by Djimbe West African Dancers & Drummers, and traditional Brasilian dancing by Lulu Almeida Afro-Brasil. For more info, call (310)476-9777, x-203.
- 26 Preservation Hall Jazz Band performs as part of Cal Tech, Pasadena's 3rd Annual Tribute to African American History. Info: (818) 356-4652

- 27 Folksinger, guitarist Odetta performs as part of CalTech's 3rd Annual Tribute to African American History. Info: (818) 356-4652
- 27 Don Cossacks Dance Company at Cerritos Center for the Performing Arts

MARCH

13

14

27

- 7 Festival hosted by West Valley Folk Dancers, Campus Center, Pierce College, Winnetka Ave., San Fernando Valley. Festival, exhibitions. 1:30-5:30 pm Info: (818) 368-1957
- 12 Preservation Hall Jazz Band at Cerritos Center for the Performing Arts
 - Folkdance Cabaret Night hosted by Haverim Folkdancers. Valley Cities Jewish Comm. Center, 13164 Burbank Blvd., Van Nuys. Info: (310) 202-6166 or (818) 892-5946
 - Krasnayarsk Siberian Dance Co., 2 p.m., Ambassador Aud., 300 W. Green St., Pasadena. Info: (818) 304-6161
- 17 Krasnayarsk Siberian Dance Co., 8 pm. Cultural Center, Port Hueneme. (805) 986-6598
 - Lech Lamidbar (Let's Go to the Desert) Festival, hosted by China Lake Desert Dancers. Ridgecrest Civic Center, 100 W. California St., Info: (619) 375-4381 or 446-6905
- 27, 28 Klezmer Conservatory Band at the Gindi Auditorium, U. of Judaism, 15600 Mulholland Dr., L.A. Sat. at 8:30 pm, Sun at 2 and 7:30 pm. Info: (310) 476-9777 x-203
- 29 Krasnayarsk Siberian Dance Company at Cerritos Center for the Performing Arts

APRIL

2-4

- 1993 Southern California Regional Institute, Royal Scottish Country Dance Society at the Chapman U. campus and the Orange Doubletree Hotel. Teaching, Fri. eve party, Sat PM ball. For more info, call Rob at (619) 433-3562
 - Westwood Coop Festival, Memorial Auditorium, Culver City, 1:30-5:30. Council meeting 11 a.m.

AMAN Folk Ensemble, 8 p.m. Cultural Center, Port Hueneme. (805) 986-6598

MAY

24

23-31 Statewide Festival. Arcadia High School, Arcadia. Institutes, concert, dancing, afterparties. (818) 794-9493

JUNE

11-18 Idyllwild Folk Dance Camp. Desert Sun Science Center. Weekend 6/11-13. Info: (310) 556-3791

NORTHERN CALIFORNIA

1/15-16 Annual Heritage Festival. Institute & Dancing. (415) 327-1759

2/14 Sweetheart Festival. First Presbyterian Church, Napa Valley. 1:30-5:30. (707) 258-0519

2/21 Festival of the Oaks. Brewer School, 13th Ave.at 38th St., Oakland, 1:30-5 pm

3/28 Beginners Festival, UC Davis, Lower Hickey Gym. Teaching 1-2, dancing 2-5. Info: (916) 677-1134

OUT OF STATE

Hawaii

- 1/18-30 Aloha Square Dance Convention (800) 521-2346
- 3/20-27 Makahiki Hou Camp, Kaneohe, Oahu. Folk music and dance classes. (808) 533-7301

Indiana

5/28-31 1993 Square Dance weekend, Madison, Indiana. Info: Grand Recordings, 1709 Belmar Dr., Louisville, KY 40212-1407

Missouri

6/23-26 1993 National Square Dance Convention, St. Louis, MO. Info: P.O. Box 13570, St. Louis, MO 63138

Washington

1/16/93 Playford Ball, sponsored by the English Country Dance Society, Seattle, WA. 17th-18th Century dress preferred. Info: (206) 329-7289

FOREIGN Bermuda

3/6-17 1933 Square and Round Dance Convention & Festival. (617) 963-0713

FOLK DANCE CANP June 11-18, 1993 TEACHING STAFF

JERRY DUKE PAUL GINIS THEA HUIJGEN JERRY HELT JAAP LEEGWATER

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Cajun, zydeco, clog Greek Eastern European American Bulgarian

GOOD NEWS! We've moved back up to Idyllwild to a private school, Desert Sun Science Center, not far from ISONATA. Classes will be in an air conditioned gymnasium with a good wood floor. Also, a videotape of camp dances will be available this year.

NOTE THE DATES! Camp is earlier than last year!.

VERY INPORTAIN NOTE! The 1992 camp was almost cancelled because so many people waited until the last minute to send in their reservation. PLEASE, if you're planning to come to Idyllwild, we must have your reservation by MARCH 1st or sooner.

**************************************	**************************************
Mail to: Fran Slater, 1524 Cardiff Ave., Lo	s Ang eles, CA 90035 Info.: 310/556-3791
WEEK, per person: (June 11-18) Room,Board,Tuition\$390 Tuition Only\$195 Name(s):	Room, Board, Tuition\$190
Address:State:	Zip:
Phone(H)() - (W)() - Smoke-Y_N
	hold a reservation for ONE person* . No refunds after May 1st, 1993.
Enclosed is a check or money orde \$	r payable to IDYLLWILD F.D.CAMP for
Sponsored by the Folk Dance Fede	eration of California, South, Inc.



Lech Lamidbar

China Lake Desert Dancers will host their bi-annual Lech Lamidbar (Come to the Desert) Festival on Saturday, 3/27/93. The festival will be held at the Ridgecrest Civic Center in the Kerr McGee Community Center, 100 West California Ave., Ridgecrest, CA.

The program includes dancing Saturday afternoon and evening and an exhibition from a leading Southern California folk dance group. Happy hour Saturday evening and breakfast and dancing Sunday morning conclude the weekend's activities. For more information, call (619) 446-2795 or (619) 446-6905.

The Clan MacLeod Dancers

The Clan MacLeod Dancers, formed in the summer of 1983, perform the great social dances of Scotland with emphasis on the historically correct dances of the Isle of Skye, which lies off the west coast of Scotland. The group's dance mistress, Evelyn Swindle, a native of St. Andrews, Scotland, is a dance instructor certified by the Royal Scottish Dance Society, Edinburgh, Scotland.

Since its inception, Clan MacLeod Dance Troupe has performed by invitation twice in Scotland on the Isle of Skye at Denvegan Castle, the ancestral home of the MacLeods. In addition, they have performed throughout California, and in numerous locations across the United States.

Their programs are not limited to dancing...some include a Great Kilt Wrap demonstration, singing, and story telling. For more information, call Diana Gavaller (818) 780-0934 or Evelyn Swindle, (805) 484-4801.

Valentines Day Party

The West Los Angeles Folkdancers are hosting a Valentine's Day Party on Friday, February 12 at Brockton School, 1309 Armacost in West L.A., starting at 7:30 pm. The entire evening will be an ALL REQUEST program, run by Irwin and Beverly Barr. Bring pot luck snacks and desserts, and join in the fun! For more info, call (310) 202-6166 or (310) 478-4659.

Cabaret Night

The Haverim Folkdancers are planning a Cabaret Folkdance evening on Saturday, March 13 at the Valley Cities Jewish Community Center, 13164 Burbank Blvd, Van Nuys. Programming by Beverly and Irwin Barr. For more info, call Beverly at (310) 202-6166 or (310) 478-4659.

New Laguna Festival Location

After 22 years in the Laguna High gym, the Laguna Folkdance Festival will be moved to Newport Beach this year. Regrettably, Laguna High is not available this year. After a thorough but unsuccessful search for another suitable site in Laguna, a location was found in neighboring Newport Beach. The gym at Ensign Intermediate School is slightly inland from Pacific Coast Highway, at the corner of Cliff Dr. and Irvine Ave. The Ensign gym is slightly larger than Laguna's, has a nice wood floor, plenty of seating space, and nearby parking.

No other changes in the festival are anticipated. Atanas Kolarovski and Richard Powers will still teach macedonian and Vintage dance respectively at the 3 workshops. The afterparties, featuring request dance, are still scheduled for Friday and Saturday nights. The Interfolk band will play for the Valentine Dance on Saturday. The Sunday afternoon program of a kolo hour, dance concert, and festival dance will complete the weekend's activities.

Workshops are an important part of the Laguna Festival. Atanas Kolarovski will teach dances of Macedonia. He's a native of Dracevo, a village near Skopje, Macedonia, and comes from a family of dancers and musicians. Atanas' first teaching tour of the U.S. in 1964 awakened interest in the music and dance of Macedonia. Though he has continued to teach throughout the U.S., he has not taught in Southern California for several years. Richard Powers, a popular figure at many folkdance camps throughout the U.S., Europe and Japan, will be teaching American and European dance from the 19th and early 20th centuries.

Plan to come to Newport Beach February 5-7 and enjoy the 23rd Annual Laguna Folkdance Festival.

For more information, call (714) 646-7082 or (714) 533-8667

Karila News

Karila will be leading a cruise from 3/1-3/5 on Royal Carribean's "Viking Serenade, with shuttle buses leaving from many southland areas (including Burbank and Ontario, and a Pasadena shuttle leaving from and returning to the Pasadena Hilton) to take passengers to the boat docked in San Pedro. The ship sails to San Diego, Catalina and Ensenada, taking folkdancers and other passengers on the cruise. For more info, call Karila at (818) 790-7383.

Idyllwild Folk Dance Camp changes location

Devotees of Idyllwild Camp have seen several changes over the last few years. They will be pleased to find we are making a dramatic change, for the better, this year. We will still be in Idyllwild at the "Desert Sun Science Center", a private school not far from ISOMATA.

The success of last year's camp was marred only by some complaints about the rooms and food, so the Idyllwild Committee decided to take drastic action. The new location should solve those problems. In addition, we will be having our classes in an air conditioned gym with a good



wood floor!

Mark your calendar for the 1993 camp -- June 11-18 (NOTE: it's earlier this year than last year's camp!) More information to come next month.

West Valley Folk Dancer's Spring Festival

The West Valley Folk Dancers are joining with the Community Services Department of Pierce College in Woodland Hills in the San Fernando Valley to host a spring festival at the college from 1:30-5:30 pm on Sunday, March 7.

All dancing will be on the parquet floor in the Pierce College Student Center. A teaching session, covering some of the dances from the main dance program, will be conducted shortly before the main dance session to introduce people in the area to the pleasures of folk dancing and to encourage them to participate in the main dance session. The main session will include a selection of dances we usually enjoy doing at festivals. In addition, a performance by at least one exhibition group is planned.

Pierce College is easily accessible from the Ventura Freeway (101). Go north on either Desoto Ave. or Winnetka Ave. from the freeway to Victory Blvd. From there you will find an entrance to the parking lot that is most convenient to the Student Center.

Camp Makahiki Hou 1993

This year's camp, at the Kokokahi YWCA, features teaching by Joe Graziosi (Greek), Marilyn Wathen (French and Balkan), and Virginia Kalua (hula). The musicians, who will play live music at all evening parties, include Dan Auvil (tupan), Souren Baronian (clarinet, gajda, zurna), Polly Ferber (dumbek), Ruth Hunter (tambura, accordion, singing), Lise Liepman (santouri), Haig Manoukian (oud), Kip McAtee (guitar, tambura), and others. Enrollment is limited, so send for brochure/registration SOON! Write to P.O. Box 22463, Honolulu, HI 96823-2463.

UCLA Corner

The Department of Dance at UCLA publishes a Calendar of Events, featuring performances of ethnic and other forms of dance, as well as work shops available through the department. Included in the upcoming performances are:

3/17/93--6 pm: Pau Hana, an informal performance of dances from other cultures by Department of Dance students and faculty. In Performance Space 208, Dance Building, UCLA.

2/12-2/14/93: Dance Ethnology Forum, UCLA's annual national conference, includes presentations of scholarly papers, demonstrations and media presentations on world dance. In the Dance Building, UCLA.

All of the above events are free.

A Taste of Egypt in So. California

For those interested, here's a short list of things Egyptian available in So. Cal.

- Tivoli. Greek & Middle Eastern food, with a magic show every Thurs. p.m. At 11127 Palms, WLA. (310) 559-0877
- Fame Cafe. Arabic food. Arabic nightclub entertainment and dancing Fri & Sat pm. 6633 Hollywood Blvd. (213) 464-7127
- Al Amir Lebanese and Arabic food. International music for dancing. 5750 Wilshire Blvd. (213) 931-8740
- Layalina Lebanese and Arabic food. Belly dancing and orchestra for dancing. 5948 Lankershim, North Hollywood. (818) 766-6575
- El Nile Middle Eastern food, belly dancing. 1161 N. Vermont. (213) 661-5309

Message from the President—

1992 promises to be a fascinating year with major political changes around the globe and at home. We folkdancers were way ahead, always identifying the nationality of our dances quite specifically. Now let's make new advances, adding dances to our repertoire from every corner of our wonderfully diverse world, from Chines ethnic minority communities to the dances of the Andes. I invite dancers and musicians from all areas to contact us offering to share your traditions with our folk dancers.

We're looking forward to a outstanding Statewide Weekend in Arcadia. Make your reservations soon. When a chairperson does it the second time around with no need to "reinvent the wheel", he can put his efforts towards making it bigger and better than ever!! At least one of the evening events will feature live music, so hold on to your hat! Plan to dance 'til you drop!!

Our January 10th meeting (preceding the Glendale Festival) will feature discussion and resolutions for Federation revitalization. We intend to really get our act together, so be sure to join us and put in your "two cents worth".

In cooperation with Northern California, we've set November 6-7, 1993 as International Folk Dance Weekend. Every group is asked to plan a small party, demonstration, concert, mini-festival or other dance program for that weekend. We're planning to solicit recognition from our State Governor (and eventually, our President). This requires cooperation from all of you in organizing some sort of folk dance activity on November 6 or 7, the first weekend in November. Be sure to let your Federation officers know what you plan so we can consolidate information for our recognition request.





A BULGARIAN SEMINAR LIKE NO OTHER:

Friend, how would you like to be a professional dancer in **Bulgaria**? Rehearse with a State Ensemble? Learn the songs and dances? Wear the costumes? Perform with them in public concert? Well, **now you can**. For 14 days / 13 nights, you may join the folk artists of the: State Ensemble for Folk Songs and Dances "Gabrovo."

Our dance program will teach you the inner functioning of a professional ensemble and put you on stage, trained, in costume, in a public concert of Gabrovan, Dobrudzhan, and Shope folklore. Beyond your immediate training in warm-up and dance, you will receive audio and video cassettes, and complete dance notes for the material covered.

Simultaneously, our context program will teach you the historic, social, artistic, and political context of Bulgarian folk songs and dances:

- Meetings with neighboring ensembles and ethnographers.
- The opportunity to buy costumes, footwear, and other folk art.

• Tours of important sites: Veliko Tûrnovo, Bozhentsi, Dryanovo Monastery and cave, Shipka Pass, Sokolski Monastery, Tryavna, Sevlievo, Etûra Ethnographic Museum, and the World Center of Humor and Satire.

So join us next June 27 in Gabrovo, the geographical and cultural center of the Bulgarian Renaissance, and Industrial and Educational Revolutions. No other Bulgarian town contains so much of interest to you. And the price? Only \$995 for 2 weeks of room, board, and tuition. Spaces are limited. Write now for details: The Society of Folk Dance Historians, 2100 Rio Grande, Austin TX 78705.



THE TRADITIONS, DANCE, FESTIVALS AND ARTS MAY 10 - 30: Greece . Turkey ATHENS, THRAKI, ISLAND OF THASSOS. THE LANDSCAPE, TOWNS OF CAPPADOCIA, AND THE WONDERS OF ISTANBUL. Romania Hungary AUGUST 2 - 21 A VILLAGE FAIR, DANCING IN TRANSYLVANIA, A SPA, STUDIES Pacific Beach Travel 1356 Garnet Ave., San Diego, Ca. 92109 619/273-8747





The Fellahin



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Claudia Immerzeel

Dance and Costume of Egypt

When the (in)famous dancer Little Egypt performed the dances of the famous *Ghawazee* (gypsies) of Egypt in the early part of this century, the American public was in shock. The sight of a "barbaric" woman shaking her hips with abandon outraged moralists. At the same time, some historians believe that the *Ghawazee* costume was the origin of the flapper dress of the 1920's, and before long, hundreds of women calling themselves Little Egypt were dancing at fairs around the country, and the first wave of American belly dance began.

But who were the *Ghawazee*? Why did their dance shock and delight western audiences?

Around the world, tribal societies, with their emphasis on fertility, have evolved dance forms that express the natural sensuality of women. Although we associate swaying, or shaking hip movements with Egyptian dance, in fact, every part of the body is in constant motion. It is the ability of Egyptian dancers to dance with total abandon and delight in their own bodies which has fascinated westerners since the 19th century.

No one truly knows the early origins of Egyptian dance. We have no way of knowing how the ancient Egyptians danced, although we do know that dance was an important aspect of their culture. Some dance ethnologists believe that the dance originated among Black Africans. Among the tribes of East Africa, we can see upper and lower body undulations and stamping feet, and the rhythm of nature flow through the body's movement, which ballet and european social dances long ago abandoned. Another theory is that gypsies (*Romani*) brought the <u>Nautch</u> dances of India to the Middle-East. The <u>Nautch</u> were temple dancers in ancient India. Originally, the rolling hip motions and abdominal undulations simulated love-making, in celebration of the sensual beauty of the mother goddesses of India. As the *Romani* left India and travelled through the Middle-East, some of them probably were dancers and musicians who spread this style of dance throughout the area.

It is most likely that modern Egyptian dance descended from these and other sources, and it continues to absorb new influences to this day.

The Fellahin and the Beledi

A clue to the origins of Egyptian dance can be seen in the dances of the *Fellahin*, the peasants of rural Egypt. It is more akin to African dance, than what we think of as belly dance. There is a great deal of stamping and clapping. The emphasis is not on the movement, but on the spirit, moving with the drums. Many of these dancers go into a state of near-trance when they dance. Most of the dancing is actually done by men and young boys. They are peasants, performing for their family and fellow villagers, and are not professionally trained. Very young girls will dance only for their own families, and married women may not dance in front of any man.

The old style of *Fellahin* dance still survives among peasant farmers, but professional dancers also picked up the dance and developed the *Beledi* (country) style of dance. The movements are much more like *Ghawazee*, or even nightclub dance, but the dancers are usually demurely dressed in long flowing robes, with, or without sleeves, and headscarves. They will often dance with canes, originally a men's style of dance, or water jugs. The *Beledi* dresses were once made of *Asuit* fabric, which is a woven, lacey cloth, into which pieces of metal have been hammered. The fabric is extremely heavy, and is now produced in only one factory in the town of Asuit. The patterns aren't nearly as complex as they once were, and the fabric has become very expensive. It was popular in the U.S. during the 1920's, when it was used for curtains and table runners, so it is possible to find it here. Most contemporary *Beledi* dancers use any flowing fabric for the dresses.

The Birth Dance

Its emphasis on the movements of the abdominal area and its close connection to sensuality have made the "belly dance" a celebration of childbirth. For many centuries, it has been the custom in Egypt to bring a dancer into the room when a woman is giving birth. Most births take place in the family home, with all the women of the extended

are believed in well as cate practice sprea rises, and rement in the Ubirth dance.

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family present. The movements of the dancer are believed to ease the pain of childbirth, as well as entertaining the bystanders. This practice spread to other parts of the Middle-East, and recently, there has been a movement in the U.S. to establish the belly dance as birth dance.

The Ghawazee

The Ghawazee (singular form: Ghaziya) are the gypsies of Egypt. Whether they are actually related to the Romani gypsies is unknown, but they constitute a class of professional street entertainers. They first became famous when European travelers and artists in the 19th century brought sketches & lithographs of these exotic dancers home to europe. these women were often prostitutes and used dancing to advertise their charms.

As Egypt was then a province of the Ottoman Empire, these women had adopted a pseudo-Turkish style of costume: loose, billowy-bloomers, a long sheer tunic and a long coat that buttoned down the front. Being





prostitutes however, the coats were very form fitting and the necklines were cut low on the bust. Chin and cheek tatoos were used as beauty marks and many scarves were tied around the hips and the head.

The Ghawazee style of dance is very energetic. The hips & shoulders shake and even the head moves from side to side. This style has a simpler style of hand movement than cabaret dance, and the arms act as a frame for the body.

Sometime around the turn of the century, the *Ghawazee* simplified their dance costume, for unknown reasons. The long coat and bloomers were replaced with a simple skirt and short bolero. Over the skirt a belt with long fringe was worn. Underneath the bolero, a tunic, or blouse was still worn, for the sake of modesty. During the course of this century, the skirt became shorter, but remained essentially unchanged.



There were rumors in the mid-80's that the last family of *Ghawazee* had retired, but recent reports suggest that there are still *Ghawazee* performing for the tourist trade.

Hollywood and Contemporary Dance

The film industry wasted no time in bringing the exotic dancers of the East to the movies. Most of the "Egyptian" sirens of the early years of film were American actresses with no knowledge of dance. The costume designers produced compiex, ornate designs, in which no Egyptian woman would ever have danced. This lack of authenticity continued into the present, and distorted the American public's perception of Egyptian dancers.

In an effort to appear more glamorous, the Egyptian movie industry of the 1940's and '50's adopted the Hollywood style of costuming, abandoning ethnic costuming for beaded styles. The *Ghawazee* skirt, bolero and belt eventually developed into the standard cabaret style costume used in Egyptian nightclubs and in the U.S., which includes a decorated bra and hip belt and full skirt or harem pants. American belly dancers have taken this costume to extremes. Many dancers wear bras and belts so heavily beaded and sequined that they sometimes detract from the dance. Egyptian dancers also use the cabaret costume, but with modifications. In Egypt, it is illegal to show a bare midriff in public, so dancers wear body stockings underneath their costumes. Many Egyptian nightclub dancers have abandoned the cabaret costume altogether, and prefer to wear tight fitting beaded evening gowns that provide modesty, but still allow the full range of movement. In the U.S. most cabaret dancers use veils, which they discard during the slower parts of the dance. Egyptian dancers rarely use veils, and do not discard them, as this would be considered "stripping" and quite vulgar.

Most dancers in Egypt still come from poor families, and for them dancing is a way to escape. They rarely have any professional training. Girls learn the dance by watching other dancers and incorporating movements into their own dance. Technical skill is unimportant. Interpretation of the music, flirting with the audience and expressing the soul of the dance are what makes a great dancer. Among American belly dancers, the emphasis is on technical skill. American audiences prefer thin, athletic looking dancers, while Egyptians prefer dancers who look "womanly". The reigning queen of Egyptian dance, Lucy, recently appeared on TV in a National Geographic Explorer Special. None of her movements were especially difficult, and an American dancer with minimum training could do them as well. But, she had a spirit and a rapport with the audience that any American dancer would die for.

Dance styles from other parts of the Middle-East and western dance have influenced modern Egyptian dance. Although Egyptian dancers are still famous for their quick hip shimmies, there is now a greater emphasis on flowing arm movements and body undulations. Egyptian dance will continue to evolve and the spirit of Little Egypt will dance into the future.

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The Egyptian culture lasted over 3000 years. There were thirty-two Dynasties of Egypt beginning around 3,500 B.C. It began with Menes uniting Upper and Lower Egypt and ended with the last pharaoh, Queen Cleopatra the Seventh. Most of what we know today of the foods and drink of Ancient Egypt has been derived from the paintings and papyrus remnants found in tombs. Shards of various kitchen utensils, pottery pots and other cooking items also have offered many clues to the diet of the Ancient Egyptians.

The Egyptians were excellent farmers. Each July, the Nile would rise, flooding the lush, fertile plains on each side of the river. The alluvial soil deposits provided ideal farm land in which just about any crop thrived. This land provided the Ancient Egyptians with an abundance of various fruits, vegetables, fish, meat and poultry.

In the New Kingdom, around 1350 B.C., foods from nearby cultures were also grown in Egypt. The Persians brought apples and pomegranates. Coconuts from North Africa, were a highly prized food and considered a lavish treat. The main staple of their fruit intake consisted of various melons. These were the ancestors of today's watermelons, casabas, pumpkins, gourds and cantaloupes. In addition to nutrition, these melons provided water to tribes which lived in the arid desert regions. Fruits we take for granted, apples, oranges, lemons, pears, peaches, cherries and bananas, did not exist in pharonic times. If the fruit selection seemed small, the grape crops made up for it. Egyptians had many red and white varieties. Various nuts, figs and dates were added additional variety to meals.

The vegetable selection was much broader than the fruit selection. It consisted of leeks, onions, beans, garlic, lentils, chick peas, radishes, lotus root, spinach, turnips, carrots, cucumbers, and various lettuces. Our own California avocado tree has it's roots in ancient Egypt.

Egyptians ate their salads dressed with oil

made from the bak tree until the olive was introduced in Ptolemy's time. Castor oil was also used for medicinal purposes and for lighting lamps.

The art of baking bread and brewing beer was a forte of the Egyptian culinary arts. Petrified bread has been found in tombs along with wine casks. Archaeologists have even unearthed wine bottles with liquid still inside! The records of Pharoah Ramses III listed over a million loaves of various breads in honor of Amun-Ra, the popular god of the times. The Egyptians would naturally leaven their breads, topping them with onions, garlic and other exotic spices of the Middle East. They even created a version of sourdough bread that any San Francisco native would enjoy.



The cow was a sacred icon in Egypt and represented various attributes of the goddesses, Nut and Hathor. However, unlike the peoples of India, the Egyptians loved to eat beef. Herds of oxen, derived from the long-horned wild ox, were especially fattened for slaughter. As today, the filet was considered the best cut. Lamb and goat was also consumed. On rare or special occasions, one might sit down for an entree of oryx, gazelle or the ibex. The most common meat was the abundant wild fowl. The wild fowl industry was very organized in the Delta region of Egypt. It was similar to the major chicken suppliers of today. Ducks, geese, pigeons, quails and cranes were trapped in enormous numbers while flocks of domestic geese and ducks were raised for the table.

Fish was eaten but not in the quantity you might think. Religious taboos influenced the consumption of fish. At one time, it was thought that certain kinds of fish were sacred to the god Set. Since he was the god of change and destruction, Egyptians approached eating certain fish with caution. Pigs were not eaten and considered unclean for human consumption.

The ancient Egyptians were experts in wine making and the brewing of beer. Barley beer was the drink of the masses. In addition to this, various red and white wines



were drunk by the upper classes. They certainly had a lavish choice of foods for their tables. But it should be stresses that, unlike Roman culture, the Ancient Egyptians believed in moderation. They frowned on excessive consumption of food and over indulgence in drink.

The modern Egyptian diet is the standard diet seen throughout the Arab world. Islam guidelines vary only slightly from coun-



try to country. The diet is simple but spices such as cinnamon, saffron, cloves, ginger and cardamom are used in various combinations. Rose-water or orange blossom water and cardamon are often used in puddings, yogurt and sweets. Yogurt is called laban and is a favorite thirst quencher when diluted with water and seasoned with salt. Tahini, sesameseed sauce, is used on everything: bread, fish, meat, rice, bulgur, salad and soup. Tahini is a great source of protein in the predominately carbohydrate diet of the Middle East. Fava beans, known as fool in Arabic, have been eaten in Egypt since the pharonic times and is still part of the diet today. Wheat, legumes, white beans and garbanzo beans are grown throughout the Arab world. Rice came to Egypt by the way of Pakistan.

One of main dishes of the Arab household is kibbe. This is a category of minced, molded, stuffed and layered ground meat. Lamb, the symbol of hospitality, is served in honor of special guests.

Finally, eating on the floor is traditional in the Arab world. Foods are minced or cut up for easy enclosure in pieces of soft, chewy pocket bread. Forks and spoons are widely used today. It is proper to only eat with the right hand. The Arabic custom of washing hands before and after the meal is based on religious tenets of cleanliness which have been practiced for centuries.

What follows are some recipes which stem from ancient biblical times. However, as you read through these recipes, you will discover that you can "Egyptianize" just about any modern recipe.

Duck in Grape Juice

2 - 5 lb. ducks4 C grape juice (red or white)1 1/2 C whole wheat or barley flour1/2 C red wine vinegar1 cup cooking oilpepper to taste

Cut up the duck into pieces. Salt the duck and roll into flour. Fry in oil until brown. Pour off oil and add grape juice and vinegar. Cook over medium heat for 40 minutes or until tender.

Perch with Tahini

6 medium size perch or any solid white fish

Salt and pepper to taste	1/4 C sesame oil (not oriental)
3 T parsley	2 med. onions, sliced
2 T vinegar	2 cloves garlic, chopped
2 T whole wheat bread crumbs	1/2 cup tahini.

Score the fish on both sides, salt and pepper and sprinkle with 1 tbls. vinegar. Oil a baking pan and preheat oven to 400 degrees. Mix two tbls. of parsley with the bread crumbs and sprinkle over the inside of the baking pan. Fry fish in 3 tbls. of oil until golden. Reserve oil in skillet. Place fish in preheated baking pan.

In reserved oil, saute onions, add garlic after 2 minutes until garlic is golden. Add remaining tbls. of vinegar and tahini to the onions and mix well. Spoon over fish. Bake for 15 minutes. Garnish with remaining parsley.

Whole Baked Onions & Garlic (My favorite!)

 large onion per serving
T rich stock for each onion or bouillon powder to taste large cabbage leaves garlic to taste.

Peel each onion. Cut top of onion off. Core each onion so that 5 or six cloves of garlic will fill center. Peel layers away from onion slightly. Push bouillon powder down between layers of onion to taste. Pour stock or water into each onion and wrap in cabbage leaves. Place in baking dish. Bake at low heat 200-250 degrees for 2 1/2 hours. Check onions. If they are translucent throughout, remove from oven. If not, continue baking until onion is translucent and soft. Both onion and garlic become sweet and easy to eat.

Watermelon in Ginger Wine

1/2 watermelon
1 C water
2 pieces of candied ginger

1/2 C dry wine honey to taste

Use melon baller or cut seeded watermelon into bite sized chunks. Combine water, wine and honey. Heat gently. Add ginger. Let cool. Pour mixture over watermelon. Refrigerate for several hours. Green ginger wine can also be used in place of wine honey and candied ginger.

Cucumbers Stuffed with Barley & Raisins

6 cucumbers1 onion chopped2 T olive oil1 C cooked barley1 C raisins (soaked for 1 hour & drained)1 T vinegar2 T fresh mint or 2 tsp. dried mint 1/2 tsp. cinnamon1 1/2 C water

Halve cucumbers lengthwise and remove seeds. Peel only if they are waxed. Saute onion in oil until golden and remaining ingredients (except water). Stuff cucumbers and place in large pot. Add water and bring to boil. Simmer for 35 minutes until tender.

Basboussa

2 C semolina2 tsp. baking powder1 C plain yogurttahini to grease pan

1 C sugar 1/2 tsp. baking soda 1 C milk and grated rind of 1 orange

Syrup

2 1/2 C sugar 1 T lemon juice 1 3/4 C water 1/4 C rose water

Combine seminola, sugar, baking powder, baking soda and mix. Stir in yogurt. Add milk and orange rind. Lightly grease 9 by 14 baking pan with tahini. Pour in batter and set aside for 30 minutes. Bake 20 minutes at 350 degrees. Cut into squares. Prepare syrup by boiling sugar and water for five minutes. Add lemon juice and rose water, simmer for 10 minutes. Pour syrup over the hot cake and leave at room temperature until absorbed.

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TORRANCE. Cultural Arts Center, 3330 Civic Center Dr., (310) 781-7150

Call for address.

WEST L.A., Emerson Jr. High Gym, 1670 Selby, behind Mormon Temple

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