

Star Dancer News

www.isisandthestardancers.com

metro 817-498-7703

October 2009

508 Harwood - Bedford, TX, 76021

2009 Edition 8

FALL EVENTS AND THE CHRISTMAS HAFLA IS COMING! WINGS HALLOWEEN COSTUME PARTY, AUDITIONS, SILENT AUCTION!

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HAFLA S

September Hafla Photos - 5-6-7



Instructor:

Isis

Isis' Star Dancer Studio

2010 NEW BEGINNER BELLY DANCE CLASSES

January 5 - Thursday 6:30 pm

January 9 - Saturday 9:00 am

**\$50.00 month -
\$10.00 registration fee**

Have fun ...
improve health and
stamina ... find the
inner you - the one
who feels good ...
make new friends ...
bring a friend ... and
dance!!!

DRUM CLASSES

NEW BEGINNERS 2010

January 5 -

Tuesday 6:30 pm

January 9 -

Saturday 10:00 am

Visit our

DOUMBK BAZAAR ...



**\$50.00 month -
\$40 if current Belly
Dance Student
\$10.00
registration fee**



Instructor:
Al' Abbas

HULA CLASSES

NEW BEGINNERS 2010

January 4

Monday 6:30 pm

Enjoy the passion
of the islands -
increase your
gracefulness of
movement -
learn to dance the
Hawaiian way!



Instructor:
Analei

**\$50.00 month - \$10.00 registration fee
\$40.00 if a current
Belly Dance student at Studio**

**Date Reminder:
December 13**

**CHRISTMAS HAFLA
SILENT AUCTION
ANNUAL AWARDS
SUNDAY
DECEMBER 13**

Information on line:
isisandthestardancers.com

Gala Show DVD

at the
Palace Theatre
in Texas

honoring:
**Raqia Hassan &
Dr. Samy Farag**
with his music from "Classical
Egyptian Belly Dance Music"

including two layouts
of extra photos
from this exciting event!

Star
Performances
featuring:

Amaya
Fahiem
Maryam
Souhail Kaspar

The Wings of Isis
and The Isis
Professional
Performing
Company

Karen Barbee
Vashti
Yasmine
Tamra Henna
Raksanna
Desert Flames
Khali

\$25.00

metro 817-478-7703
toll-free 888-918-4747

www.isisandthestardancers.com

Auditions for Performing Companies - Performer & Professional 2009

Sunday - November 22 12:00 pm
(be prepared to perform by 12:45 pm)

Audition Requirements:
*Solo (2 minute with entrance & exit),
Group Choreography & Interview*

Professional Performing Company

Choreography Requirements:

In addition to requirements listed above: *Must
know Dancing Driams, LuLu, Adam Basma,
Amayaqueña - will draw one and perform it with
a group.*

Performing Company Choreography

Requirements:

In addition to requirements listed above: *Must
know Super Belly Dance, Miserlou, Amayaqueña
- will draw one and perform it with a group.*

Sign-up at the Front Counter ...

Reserve your time!!

The Chronicles... A Belly Dancer's Oasis

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2-year
subscription!!

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Coloring Book

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birthday or holiday gift
for your favorite
drummer or dancer!

AUDITIONS FOR THE CHRISTMAS HAFLA:

November 16 - 21

Flyers ARE available on the Stage of the Isis Studios and at the Counter of Belly Dance Treasures. Time to do that choreography you always wanted to do ... play with new music and props ... become a great new team ... dance those performance requirements needed ... gain new entertainment skills & have fun!!!

Solos: 1 1/2 - 2 1/2 minutes

Duets: 2 1/2 - 3 1/2 minutes

Trios: 3 1/2 - 4 1/2 minutes

Quartets or more: 4 1/2 - 5 1/2 minutes

CHRISTMAS HAFLA AWARDS & SILENT AUCTION:

Sunday - December 13, 2009

Accepting
donations for
the Silent
Auctions - see
page 14

DOORS OPEN AT: 12:30 PM
SHOWTIMES: 1:00, 2:00, 3:00, 4:00,
5:00, 6:00 PM
AWARDS & SPECIAL ENTERTAINMENT:
7:00 PM

Beginner GRADUATIONS

Belly Dancers

Thursday - December 17 - 7:00 pm
Saturday - December 19 - 9:30 am



Congratulations!!!

Drum

Thursday - December 17 - 7:00 pm
Saturday - December 19 - 9:30 am

BUDDY VOUCHERS



Don't forget - after you've graduated from the Beginner Belly Dance Classes and received your Middle Eastern diploma, you are eligible to earn free classes.

If a friend signs up for new Beginner classes, lists you on her registration form, then receives a certificate after the full six months, you will earn a free month of classes!!

Pick up your voucher at the front desk immediately after her graduation!

Turn in your voucher for your free month of classes! Opa!

Thank you for being such a valuable part of our world.

Get in a Better Mood FAST!!

According to a recent study, less than a half-hour of moderate exercise can substantially improve your mood.

In the study, which was conducted at the University of Vermont, "everyone in the exercise group showed significant positive effects on mood .. regardless of age, gender, or fitness level .. for up to 12 hours after only 20 minutes of moderate-intensity cycle exercise", says lead author Jeremy Sibold. The participants worked at 60% of aerobic max capacity, which is the equivalent of light cycling or brisk walking.

Some evidence suggests that exercise may boost feel-good endorphins, relieve muscle tension, help you sleep, and reduce the stress hormone cortisol. According to the Mayo Clinic, it also increases body temperature, which can have a calming effect. If nothing else, it gives you a break from thinking about the things that are making you depressed or stressed. It may even be helpful just to get out and interact with other people. So, the next time you're having a bad day, go for a walk with friends or work out to your favorite music.

credit: Parade Magazine by Michael O'Shea

**Exercise can make a bad day better
and dance is GREAT exercise!!**

SECURITY SHIRT NOTICE

Hey - fabulous **Security Stars** for Isis and the Star Dancers Christmas Hafla and Yaa Halla, Y'all at the Grapevine Convention Center ...

We are trying to do an accounting of T-Shirts to see what we need.

- 1) If you are current security (this year), please return all but one of your shirts to the studio so we clean, count and see where we stand and what we need to order.
- 2) If you used to do Security (don't now) and have shirts, please return them to the studio for the same purpose.

Thank you so much! Isis and Sandy



Test-Outs

with
LIM MAYA

*Is it time to move on to the next level?
Have you been putting it off?*

*Shouldn't you test out on those
choreographies you performed at
Yaa Halla, Y'all while you
still remember them?*

**CHECK WITH THE FRONT DESK
for OCT/NOV Testout Dates**

CURRENT CLASSES 2009 - DRUM & HULA NEW BEGINNERS CLASSES IN JANUARY 2010

Drum Classes:



Tuesday - Beginner - 7:30 pm
Thursday - Advanced II - 6:30 pm
 Advanced III - 8:30 pm
Saturday - Beginner - 12:30 pm
 Intermediate - 1:30 pm



Hula Classes:

Monday - Beginner - 6:30 pm
Intermediate/Advanced - 7:30 pm

DOUMBEC BAZAAR

**DRUMS AVAILABLE
CHECK WITH
RANDY CRYER
SUITE "L"
ISIS ACADEMY OF
PERFORMING ARTS**

SEPTEMBER HAFLA

SEPTEMBER HAFLA

September HAFLA



PHOTOS
BY:
HEATHER
BIRD



SEPTEMBER HAFLA



PHOTOS BY:
HEATHER
BIRD



PHOTOS BY: JULIE ADORANTI

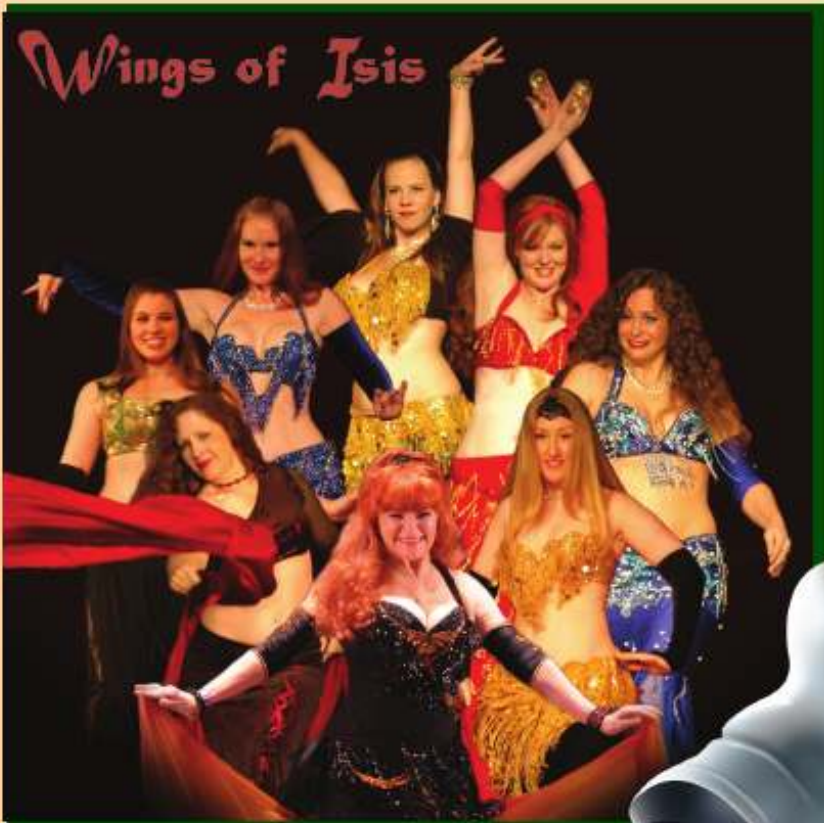


SEPTEMBER HAFLA



PHOTOS BY: JULIE ADORANTI





Rachael, Kata Maya, Sidonqa, Kede, Nezzana, Isabella, Sarafina & Isis

COSTUME CONTEST

Come for Dinner and the Show in costume and be eligible to win Prizes - 5 Categories:
(No Belly Dance Costumes)

- Most Creative**
- Funniest**
- Scariest**
- Best Couple or Group**
- Age 12 and under**



Photo of a few of previous contestants at Byblos

November 1, 2009

HALLOWEEN HAFLA

The Wings and the Isis Foundation
Annual Costume Party and Fundraiser!

BYBLOS LEBANESE RESTAURANT -

1406 North Main Street - Fort Worth

5:00 pm seating - 6:00 pm Showtime

- Tickets will be available
at the Studio!

Dinner and Show!!

*Sunday early
evening!*



4 EXCITING RAFFLES:
\$1.00 per ticket or 6 for \$5.00
(Raffle Tickets can also be bought
in advance at the Studio)

- * A Private lesson with the Wing of
your Choice - 2 Raffles
- * Full Day Wings Workshops and
Show - 2 Raffles - (one for Sat,
one for Sun w/Sat Show)



Isis Foundation
Board Members:
Lini Maya,
Magi, Ghaziya,
Sabra, Isis, Del



\$24.50 each person (includes buffet, dessert,
coffee or tea, TAX & TIP!)

RESERVATIONS: Starting in October
817-498-7703

www.isisandthestardancers.com

GET YOUR RAFFLE TICKETS AT THE STUDIO NOW!!



4 RAFFLE CHANCES:

\$1.00 per ticket or 6 for \$5.00

**A Private lesson with the Wing
of your Choice**

2 Raffles - \$50.00 value each

**Full Day Wings Workshops &
Show January 30/31, 2010**

2 Raffles - \$45.00 workshop
and \$15.00 show

\$60.00 value each raffle

*(one for Saturday and one for Sunday
both raffles include Saturday night show)*

**Raffle Winners will be drawn November 1 at the
Wings Halloween Fundraiser Event at Byblos**

PLUS MORE:

SILENT AUCTION
at the Event

**1) Full Basket of ALL
Foundation Products:**

Magazine, DVDs &
CDs



**2) YHY 2010 Tenth
Anniversary Day of
Workshops &**

Yaa Balla, Yall
Evening Show

**3) You put on a Party
- One of the Wings
will dance for your
party -**



**4) Belly Dance
Treasures donation:
Belly Dance
Costume**





Vegas going home - Rata
Maya back at A & M



Rachael and Sarafna
with Elvis & showgirls

The Wings & Jsis in Las Vegas



We made you proud, and saw great friends!



Jsabolla & Jsis with
Rhonda, Carolyn & Fran



Wings with
Shira



Wings with
Sylvia, Harry & Betty Saroyan

ST MICHAEL'S CATHOLIC CHURCH

SEPTEMBER 26, 2009

PHOTOS PROVIDED BY
MARIA COMIN-TAYLORDANCERS:
TOP LEFT
MAHSATI,
FRANCESCA,
NAJIDA,
JISELA,
KAYELAH,
KARYANA

SILENT AUCTION DONATIONS FOR THE CHRISTMAS HAFLA

Donations are being collected starting in October ... if you have items in new condition that you would like to not have any longer, that take up space and dust in your house, we would love to have your great stuff for our Christmas Silent Auction. All donations are tax-deductible ...

... toys, vases, jewelry, services (dog-walking, babysitting, massages, computer lessons or repair service), games (unopened), crystal, decorations, things large and small - all are fun to bid on ... all those gifts you've received that you'll never use - put them to good use and get a tax deduction.

Why donate to the 2009 Christmas Hafla's Silent Auction?

- 1) You get to rid your house of some great, but not really "you" items!
- 2) Experience the excitement of watching someone find a treasure in your donation!
- 3) We'll create the vouchers for you to promote your donation.
- 4) If you or your friends or family have a business, your business card will be included in the program to advertise your donation if the card is received in time.
- 5) If you don't have a business card, you'll still be acknowledged in our program.

AND THEN, COME
SHOPPING!!

CURRENT MIDDLE EASTERN (BELLY DANCE) CLASSES

For those of you who have been out for personal reasons (congratulations on your weddings, babies, new houses), and for those of you who have missed any individual classes, below is the current schedule of classes to help you plan times to make up for any classes you have missed! Call if you have any questions!

Middle Eastern (Belly Dance) Classes:

- * Intermediate Beginner Classes:
Thursday night - 6:30 p.m.
Saturday morning - 9:00 a.m.
- * NEW Beginner Classes:
Monday night - 6:30 p.m.
Saturday morning - 10:00 a.m.
- * Advanced I Classes:
Monday night - 7:30 p.m.
Wednesday day - 12:30 p.m.
Thursday night - 7:30 p.m.
Saturday morning - 11:15 a.m.
- * Advanced II Classes:
Monday night - 8:30 p.m.
Wednesday day - 12:30 p.m.
Thursday night - 8:30 p.m.
Saturday - 12:30 p.m.
- * Advanced III Class:
Tuesday night - 6:30 p.m.
- * Advanced IV Class:
Tuesday night - 7:30 p.m.
- * Performer Star Dancer Class:
Tuesday night - 8:30 p.m.

★ 2009 Current



Children's Middle Eastern (Belly Dance) Classes

- * Seasonal - To be Announced

Middle Eastern Classes (Continued)

- * Professional Performing Company,
Wings of Isis:
Wednesday night - 7:00 p.m.
- * Angels Performing Company:
Wednesday - 6:30 p.m.
- * Isis Performing Company:
Tuesday night - 8:30 p.m.
(Second Tuesday Monthly)
- * Cultural Dance Team - 3:00 pm
(Second Saturday Monthly)

Middle Eastern Combination Class:

- * Advanced III/IV Class:
Saturday - 1:30 p.m.
(Open Class - Combos)



Tribal Fusion

- * NEW Beginner - Monday 6:30 p.m.
- * Intermediate - Monday night - 7:30 p.m.
- * Advanced - Monday night - 8:30 p.m.

Men's Middle Eastern Dance Classes:

- * Men's Beginner Belly Dance Class:
Saturday - 1:00 p.m.

Hannah Setu, LMT



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CONGRATULATIONS



Congratulations to **Veronica Godbey Weinberg**, whose baby is due in January, visited us the last week of October and looks great!

Congratulations to **Amanda Byrd** and **Jerrod Stone**, who are now engaged as of September 13, 2009 - beautiful orange sapphire ring!

Congratulations to **Wati Lim**, who moved to England - we'll miss you!

Congratulations to **Luna Kim** who went back to Korea after the summer here with her family and us! We'll miss you!

Congratulations to **Claudia Montemayer** and her **husband**, who are expecting the end of February.

Congratulations to **Katia Fuentes**, who is back in class after her new baby - and looks GREAT!

Congratulations to **Sheryl Miller**, who WON a trip for two to Maui!

Congratulations to **Rose Marie Jeffries' brother Ralph** and **Dusty** who got married September 6, 2009.

Congratulations to **Shannon Martin** and **husband**, whose twin girls, Adeline Elizabeth and Ellery Tate were born on July 7th and joined big sister Avery. Gorgeous girls!

Congratulations to **Thelma Baker**, who is a great-grandmother - her new grandson, Liam Alexander Lara, was born August 29 at 9 lb 4 oz, 24" - good grief, that's a full grown child!!

Congratulations to **Marisa and José Poot** - we received a picture of their beautiful daughter, Lucia.

Congratulations to **Linda Mallon** who performed for the United Way Gala at the Granbury Convention Center on September 18th!



Adeline,
Avery,
Ellery



Lucia

OUR THOUGHTS ARE WITH YOU!



Get Well Wishes for **Neva Wetzel!**

Get Well Wishes for **Cat Rosenau Fryman!**

Get Well Wishes for **Denise Cannizzo!**

Get Well Wishes for **Chris Beaird's Mom!**

Get Well Wishes for **Everyone with the flu!**

And we're so happy for those of you who are
OVER the flu!!

Our Sympathies for **Barbara Arnold-Feret** whose
Uncle passed away in September.

Our Sympathies for **Michelle Brantley** whose
Grandmother passed away.



Ruvani

*We love and
appreciate all
of you ... please
forgive us if
any of your
exciting
moments or
devastating losses
are missing ...
much love and
many prayers for
you all!!!*

**Welcome Back Dancers who've been gone
- we're excited to see you again!!!**

**And welcome New Beginners - we're
delighted to have you join us!**

Bra and Belt Workshop Sunday - November 15, 2009

2:00 pm

*Instructor: Thelma Baker
Professional Seamstress*

If you can't find bras and belts to fit OR you can't find
exactly the design you are looking for, this is the class
for you ... flyer with information is at the studio

Fabulous ARMBANDS

Need Armbands
to match your
costume?
check at the
front counter or
order custom ones to
co-ordinate with your
favorite costume for
a professional look!

CALENDAR OF EVENTS

Halloween & Thanksgiving Fun!

October - *New Beginner Classes
November - *Wings & Foundation
 Halloween Costume
 & Dance Party &
 Fundraiser
 - *Auditions
December - *Christmas Hafla,
 Silent Auction and Awards



NOVEMBER

November 1, 2009
 Sunday - 6:00 pm - Wings Halloween Fundraiser
November 10, 2009
 PC Tuesday - 8:30 pm
November 14, 2009
 Cultural Dance Team - 3:00 pm
November 16-21, 2009
 Christmas Hafla Performance Auditions

November 22, 2009
 Pro-Performing and Performing Company Auditions
November 26, 2009
 Thanksgiving - **ISIS STUDIO CLOSED**
 Classes resume on Saturday - November 28
November 30 - December 5, 2009 -
 Class Dress Rehearsals

DECEMBER



December 5, 2009
 Volunteer Staff Dress Rehearsal
December 8, 2009
 PC Tuesday - 8:30 pm
November 12, 2009
 Cultural Dance Team Dress Rehearsal - 3:00 pm
December 13, 2009
 Christmas Hafla, Silent Auction and Awards
 Grapevine Convention Center

December 14 - 19, 2009
 Classes, Graduations and White Elephant Parties
December 17, 2009
 Beginner Belly Dance Graduation - Thursday - 7:00 pm
December 17, 2009
 Beginner Drum Graduation - Thursday - 7:00 pm
December 19, 2009
 Beginner Belly Dance Graduation - Saturday 9:30 am
December 19, 2009
 Beginner Drum Graduation - 9:30 am

December 21, 2009 - January 1, 2010 ISIS STUDIO CLOSED FOR HOLIDAYS



JANUARY 2010

January 4, 2010 - Current Classes Resume plus New Beginner Classes Jan 7 and Jan 9

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 sometimes Sun 1-5



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