

# Living Traditions News

Edition 2 • October 2006

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## In this edition...

1. October Events Guide
2. Featured Artist – Marina Bistrin
3. Living Traditions Annual General Meeting – 2 Oct 2006
4. Performer Expressions of Interest
5. About Living Traditions
6. About this Newsletter (including how to subscribe or unsubscribe)

## October Events Guide

This section lists performances and events involving Living Traditions members during the coming month.

**SAT 30 SEPT:** Ria Soemardjo CD Launch with guests Chris Sprague, Glen Kniebeiss, Adrian Sheriff and Jeremy Dullard. Prana House, Level 1, 885 High St, Thornbury. 7:30pm. \$15/\$12. Bookings 9354 1039. Supper afterwards.

**FRI 6 OCT:** Umanee live at Bar 303, 303 High St, Northcote. 8pm. No door charge. [www.umanee.com](http://www.umanee.com).

**SAT 7 OCT:** Daylesford Neighbourhood House "Come & Try Day". 10-2pm. Marina Bistrin will demonstrate fans and zills from 1pm. More info: 03 5348 3569, [info@dnc.com.au](mailto:info@dnc.com.au), [www.dnc.com.au](http://www.dnc.com.au).

**SAT 28 OCT:** Ria Soemardjo. Melbourne Festival show with Glen Kniebeiss, Adrian Sheriff and Jeremy Dullard. BMW Edge (Fed Square). 2pm (1hr show). \$25/\$18.75. Bookings through [ticketmaster.com.au](http://ticketmaster.com.au) 1300 136 166.

**SAT 28 OCT:** Umanee live at Casa De Artes, 2/284-288 High St, Northcote. 6:30pm. \$15. [www.umanee.com](http://www.umanee.com).

**SAT 28 OCT:** Vjerba Dance Theatre presents Svetlana's Lullaby – exploring the rich and dynamic Russian culture. Special guests – BabaGanoush. Randall Theatre, 44 St Martins Lane, Sth Yarra. 7.30pm. \$20/\$18. [www.vjerba.com](http://www.vjerba.com).

**SUN 29 OCT:** Umanee performs at Phoenix Park, Chadstone. 4pm. Free entry. Special event for World Vegan Day.

**SUN 29 OCT:** BabaGanoush @ The Famous Spiegeltent, Southbank. 2pm. Free entry. Special guests: Matt Stonehouse (percussion), Sarah Turner (bellydance). Also appearing: Stiletto Sisters, Cosmo Cosmolino. [www.babaganoush.info](http://www.babaganoush.info).

**THU 2 NOV:** Glen Kniebeiss (tabla) & Chris Sprague (surbahar) with Jenny Thomas (violin) and Sam Evans (tabla). Dantes Restaurant and Wine Bar, Cnr. Gertrude and Napier St, Fitzroy. 8.30pm. [www.melbournemusic.info](http://www.melbournemusic.info). *Note: this is Chris's final performance for 2006 before leaving for an intensive study period in India. He will be back in February 2007.*

**SAT 4 NOV:** Marina Bistrin veil-dance workshop – exploring the use of veils in bellydance and Flamenco dance. Uniting Church Hall, 251 High St, Northcote. 1-3pm. \$30. [www.dance-explorer.com](http://www.dance-explorer.com).

**TUES mornings:** Marina Bistrin, Dance-Explorer classes. Rosanna. [www.dance-explorer.com](http://www.dance-explorer.com).

**THURS nights:** Marina Bistrin, bellydance classes. Heidelberg. [www.dance-explorer.com](http://www.dance-explorer.com).

**SAT afternoons:** Marina Bistrin dance workshops in Daylesford. 1-3pm. \$30. Bookings essential: 03 5348 3569.



## Featured Artist – Marina Bistrin.

**Marina Bistrin** is a performer and dance teacher based in Heidelberg, Melbourne. Her passion is **traditional improvised dance forms**, including Gypsy dance (Flamenco, Eastern Europe and Turkish), Middle-Eastern dance (especially Egyptian and Turkish-style bellydance), plus Silk-Road classical and folk-dances.

Although this sounds like a diverse set of influences, these dance forms are connected through the historical process of cultural cross-fertilisation that occurred along trade routes. Along the Silk-Road, for example, classical dance forms from Xinjiang in China (a Moslem Turkic language state) all the way through to Iran in the Middle East show marked similarities. Many of these beautiful dance elements are also seen in the dances of the Russian and Spanish Gypsies – the expressive use of the body and arms, rhythm-play, spins, body bends, sudden stops and poses, and animal imitation elements that may originate in ritual dances (e.g. snakes, birds, horses, bulls, cats stalking prey). To experience the beauty of these dance

forms, Marina recommends the Arts Library collection of the State Library in Swanston St, which has a great video series called the JVC Video Anthology of World Music and Dance. It includes Silk-Road examples.

Most of these dance styles are improvised, blending technique with creative expression and emotional release. Marina comments on the crossover between dance and therapy: "There are many moods in music, so you can work with anything that's on your mind through dance – if you're that way inclined." In many countries dance, rhythm and chanting are used as a psychotherapeutic and medicinal tool as well as for social bonding. Examples include trance dances from the Middle East such as Hadra, Zaar and the sufi rituals from the Middle East and Silk-Road. Tony Gatlif's great film "The Exiles" includes a trance ritual from Algeria. In a Western context, dance therapy, music therapy and visual arts therapy are each rich sources of learning and are cross-fertilising each other.



Marina is a high-profile performer at music events in Melbourne and beyond, appearing with groups including the Sanctuary Ensemble and BabaGanoush. Her **classes and workshops** are a welcoming, affirming space in which to enjoy the experience of improvised movement and to engage with particular dance traditions. Her classes provide permission to enjoy yourself while getting to know how your body works and learning easy, efficient ways to move. Marina incorporates elements of mind/body movement techniques such as Alexander Technique into her work. She says, "I try to show easy ways to get the feeling of each style – to get a feel of the essence of it without getting too bogged down in steps and choreography. I do this mostly through imagery that suggests different postures and qualities of movement, and by giving a kinetic warm-up that encourages you to enjoy the feeling of movement just as you did playing as a child."

Marina also teaches more specialised workshops looking at particular dance styles and techniques, such as veil-dance, Egyptian stick dance, and Gypsy skirt dance. For details, see events listing above or contact Marina on (03) 9440 5882, mobile 0438 580 889, email [marinabistrin@optusnet.com.au](mailto:marinabistrin@optusnet.com.au) or visit her website: [www.dance-explorer.com](http://www.dance-explorer.com).

## Living Traditions Annual General Meeting – 2 Oct 2006

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The Living Traditions Annual General Meeting will be held on the evening of Monday 2 October in Macleod. Business will include presentation of the 2005-6 Annual Report and election of the 2006-7 Committee of Management. The AGM will be followed by a Committee Meeting discussing projects and events for 2007. All members of the Association are welcome to attend; please phone 0429 136 596 to RSVP and for details of the time and place.

## Performer Expressions of Interest

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Expressions of Interest are invited from artists and ensembles who are interested in performing at Living Traditions events in 2007. We are planning workshops and concerts featuring culturally diverse music and dance. If you would like to be considered for inclusion in our programming, please forward detailed information about your act to: Living Traditions, PO Box 754, Macleod VIC 3085. Musicians/bands should include a recent recording. Please note, materials will not be returned. If we decide to program your act in an upcoming event, we will contact you to negotiate the details.

## About Living Traditions

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Living Traditions is a not-for-profit community organisation based in Melbourne, Australia. Our purpose is to foster and promote high quality, culturally diverse music and dance. Living Traditions creates opportunities for cultural expression through performance events, workshops, festivals, tours, recordings and other activities. We support innovative projects that bring culturally diverse art forms to a wider audience. We also support artists and practitioners of traditional, world and folk music and dance. Living Traditions celebrates diversity and promotes mutual respect and cultural openness.

If you support the aims of Living Traditions, we invite you to become a member. Memberships are \$22 (individual) or \$44 (organisation) per year. The membership form is at [www.livingtraditions.org.au](http://www.livingtraditions.org.au). We welcome your ideas and involvement.

## About this Newsletter

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Living Traditions News is the monthly email newsletter of Living Traditions. Its primary purpose is to publicise the activities of Living Traditions and its members. Events involving Living Traditions members are listed free; other events may be listed for \$5 per event. Larger advertisements may also be accepted; current rates are \$25 per half page, \$50 per full page. The newsletter currently reaches around 1,000 people. Living Traditions News is distributed on the last day of each month, for the following month. Email items for submission to [newsletter@livingtraditions.org.au](mailto:newsletter@livingtraditions.org.au). The editors reserve the right to edit, include or omit items at their discretion. **Deadline for November edition: Thurs 26 October.**

Living Traditions News is forwarded through a decentralised email list by various Living Traditions members. If you wish to unsubscribe, please email the person who sent you this newsletter and ask to be removed from their Living Traditions list. If you wish to subscribe to our core list, please email [subscribe@livingtraditions.org.au](mailto:subscribe@livingtraditions.org.au).