



Free

Vol. 8 Issue 1

May 2009

Now available online

www.usay.ca

PREP



JONATHAN CHEECHOO

ARTS & ENTERTAINMENT

SUMMER PREP MUSIC, MOVIES, BOOKS & ART

Poised for Success

Building Confidence and Leadership Through Modeling

by Helen McPhaden

Early on Tuesday April 14, a group of the Stardale girls gathered together at the Glenbow Museum to prepare for the 10:45 debut as young aspiring Aboriginal models. The girls started out with having Olga do their makeup, while the Designers carefully organized, draped, tucked and tied the garments that each girl would be modeling.

At show time, 13 young ladies stepped into the Conoco Phillips Theatre to demonstrate through modeling what they had learned. The crowd was gracious. They applauded over and over for the girls. In turn the girls were just beaming. Many attended the show were crying. The girls exhibited such confidence and poise!

After the finale, when the show was over, people kept coming up to the girls to congratulate them. This was a whole new beginning for them. They are pumped up for the next show. The saying 'You Go, Girl', applies here.

The Stardale Model for programming follows a two-pronged approach to meeting the needs of participants, building mentoring relationships and nurturing artistic expression. The culturally-sensitive girl-focused content of the program is delivered in a weekly afterschool programming format engaging girls aged 12-17 in the areas of health and wellness,



conflict resolution, boundaries, communication, healthy relationships, violence and abuse, and residential schools.

The programming builds on the unique experience of fashion modeling as a tool for imparting skill sets in etiquette, poise, public speaking, personal hygiene, body

awareness, and confidence while challenging the participants to discover a new lens for perceiving and engaging with fashion media. Modeling, as a dimension of performance art, opens group discussions to the depths of exploring beauty of self and of investigating the many ways of representing self to the world. Body awareness, personal calm, and coordination are further emphasized by guest instructors in yoga and dance.

Community outings to culturally relevant events such as a Pow Wow and Round Dance, and well as popular culture events such as concerts, dinners, and gallery visits, acquaint the girls with the myriad personally-enriching activities available to them in the Calgary area. Additionally, journaling and scrapbooking will complement the self-explorations and group-explorations of themes that surface in sharing about life experiences.

It took a team of dedicated and caring individuals to make this show happen. Thanks you to the Calgary Sexual Health Centre and Deanna Starlight of Tsuu T'ina for supplying the much needed space to have the girls attend the classes. Then there is the amazing Ashley Perez, the choreographer, who empowered the girls to think beyond the moment. She taught them to act with each step they took. To strut their stuff!!! In addition, there



The models prepping and posing at the show.

Photos provided by Helen McPhaden



is Olga Onulov, a dynamic lady full of energy who taught the girls make up techniques. The girls love her! For the Glenbow performance she did an amazing job!

Then there is Yolanda Jacobs from Tsuu T'ina. Yolanda had a dream that she would like to help the girls from Tsuu T'ina experience what she did not as a young girl growing up. Many of the Tsuu T'ina girls live in Calgary and come and go onto the reserve. Therefore she gathered the girls together focusing here energy on empowering the girls through the Stardale after school programs. It was

this team under the supervision of Helen McPhaden, executive director of Stardale that made it happen.

The fashion designs were supplied by local Calgary designers - Diella Ocran, Tiffany Wollman, Samantha Reed, and Vanessa Riego. What is great is that each designer has a special passion with their work. They are socially conscious women. This world view and compassion was transferred to the girls through the talking and supporting of the aspiring young

models.

For more information and to register for the Stardale Girls fall programs: Program is FREE of cost

Stardale Women's Group (403)243-6615
Fax: (403)206-7075 or email stardale@gmail.com

www.youtube.com/watch?v=11KN11HsOIk

11 roommates 3 provinces 1 life changing experience!

Apply now for fall 2009!

Katimavik
1 888 525-1503 www.katimavik.org
Get out there for a change!

With the participation of:
Canada Heritage Patrimoine Canada

Canada



U AROUND TOWN





U AROUND TOWN

