



Term 1, Week 6, 2014 Newsletter

In this issue

Message from Cate

Performance Schedule

World Down Syndrome Day @ Fed Square

Dancers wanted @ Fed Square

Win a prize @ Fed Square

Beat Fit is coming...sign up now!

Happy Snaps and Videos

Annual Concert – 21 September 2014

"Now I See" Book Launch

Westpac Community Grants - featuring e.motion21

Cast of 'Starbound 10' supports e.motion21

Dear families and friends,

World Down Syndrome Day is next week!! Come and celebrate with us @ Fed Square on Friday 21 March. This will be a very inspiring lunch break as we celebrate all our amazing friends and family members with Down syndrome. We want a HUGE crowd so invite everyone, share on Facebook and bring 10 friends to win prizes!

Todd McKenney, Rob Mills, Jessica Raffa, Jane Kennedy and the Carlton Football players along with our Dancers and Beat Fitters will be providing

awesome entertainment. All e.motion21 dancers are invited to be part of onstage activities – details below so register now!

We had so much fun recently when fourteen e.motion21 dancers from across Victoria drummed up a storm in our Beat Fit trial class! It was all smiles and high-energy music, but the best thing for me was seeing our dancers huff and puff during the 45min class and not even notice! If you think your child could benefit from more fitness in their day then I highly recommend this energetic class. Places available now with action starting Term 2 in Geelong and Kew.

We are very fortunate to welcome Carolyn, Rebekah and Emma into the team - our new Regional Managers for Ballarat, Bendigo and Geelong. These roles are to further develop our regional communities by engaging local partners and promote individual sustainability and vibrancy. Welcome girls!

Sadly, we are fondly farewelling Colette McLaren who finishes her 12month contract with us this week. Colette will be very missed at Mover Base, but we look forward to Colette teaching some classes in the very near future...

Take care and I look forward to seeing many of you next Friday at Fed Square.

Cate x
Founder and CEO (Volunteer)



2014 Performance schedule so far...

Dates for you diary

- **21 March** - World Down Syndrome Day, Fed Square (ALL DANCERS)
- **23 March** - DSV Fun Day (Ballarat, Cranbourne, Geelong & Kew)
- **29 March** - Kew Community (TBC)
- **4 May** - Glenferrie Road Festival (Bundoora, Kew & Pascoe Vale)
- **14 Sept** - Concert dress rehearsal (ALL DANCERS)
- **21 Sept** - Concert (ALL DANCERS)
- **12 Oct** – DSV Step Up for Down Syndrome - Melb (Bundoora, Cranbourne, Kew)

- & Pascoe Vale)
 - **26 Oct** – DSV Step Up for Down Syndrome - Geelong (Ballarat, Bendigo & Geelong)
-



WSDS event 12.30pm - 1.30pm @ Fed Square

Hosted by **Todd McKenney**, the **e.motion21** dancers will perform alongside **Rob Mills**. **Kade Simpson** will lead Carlton Football players to launch the e.motion21 fitness program **Beat Fit**. Don't miss this incredibly inspiring awareness raising event!

Bring 10 friends and win spot prizes on the day.

Over 100 volunteers are working at this event from NAB, Dulux, Cooper Investors, Herbert Smith Freehills and the e.motion21 team. Sponsors include Dulux, 2XU, Federation Square, Australian Communities Foundation, Carlton Football Club and Tag.

WSDS is an annual international event that aims to raise public awareness, celebrate the achievements, and advocate for the rights, inclusion and wellbeing of people with Down syndrome.

[Click here](#) for more details and the 2013 highlights video.

WANTED - e.motion21 dancers onstage @ Fed Square



TWEEN-TEENS-ADULT dancers are invited to dance onstage for our Absolutely Everybody finale with **Rob Mills, Todd McKenney, Jessica Raffa, Jane Kennedy** and the **Carlton AFL players**. No rehearsals required. Dancers will be required from 12:30-1:15pm on the day. Numbers are limited and pre-registration required [click here](#).

KINDER-PRIMARY dancers are invited onstage as Dulux crowd drummers! Front and centre, you will create drum rolls on cue with celebrities to excite the crowds and support the onstage performers. One mandatory rehearsal is Saturday 15 March, 11am – 12pm at Kew. Dancers will be required on WSDS from 12-1pm. Numbers limited, pre-registration required [click here](#).



Time to win a prize @ Fed Square

You can win spot prizes from 2XU high performance sports apparel:

- 1. Bring 10 friends** to WDSO. Invite 10 friends and create a name for your group. Email the group name and name list to info@emotion21.org.au. The first group to register and confirm all in attendance on the day when announced by the MC will win a prize for every group member. So easy!
- 2. Best photograph taken @ WDSO.** Take pics during the event and upload them straight to our Facebook timeline facebook.com/emotion21inc. The picture with the most likes will get the prize. The winner will be announced at the end of the live show!
- 3. Best dancer in crowd.** Todd McKenny will be keeping an eye on the crowd during the show and will judge the best dancer - so put those dancing shoes on!



Beat Fit is coming... sign up now!

Our new high energy, fun and social fitness program will inspire you to get moving! Taught to suit the learning and fitness needs of people with Down syndrome, this

innovative program exclusive to e.motion21 combines traditional aerobics and dance with fit balls and drumsticks!

Sign up now for Term 2 in Kew and Geelong – open to all dancers aged 12yrs plus. The cost is \$10 per class for existing e.motion21 dancers and includes a free FIT KIT for your personal home use during the term. There is an option to purchase a fitness kit at the end of the program at \$50 (75% discount). Participants will be required to participate in class, at home and in RMIT University research. To register, please email info@emotion21.org.au.



Happy Snaps and Videos

With the e.motion21 dancers there are always so many fantastic photo/video opportunities at community events! We want every dancer to be shown in the best possible light everytime and ask that you be mindful of your photos and ensure that everyone in the image looks their best before sharing. However, we suggest that you seek permission from other parents before posting photos of their child just like we have. Feel free to share any with us so we can all enjoy the memories and thank you for your understanding re sensitivities. During classes, due to privacy and e.motion21 policy, no photos or videos are permitted, unless approved by e.motion21.

e.motion21 Annual Concert

Breaking news...
"Around the World" is
our theme for this
year's concert to be
held at Camberwell
Grammar.

**SUN 14 Sept - Dress
Rehearsal
(compulsory) ALL
sites**

**SUN 21 Sept -
Concert ALL sites**

Please lock this in your
diary now and invite
friends and relatives.
This sell-out show
promises once again
to be an absolute
highlight of the year!!!



"Now I See" - Book Launch

One of our amazing Geelong parents, Carolyn McDiarmid, is launching a book with Angela Blakston called "Now I See". The book is aimed at providing realistic and positive information to new and expectant parents who have received a diagnosis of Down syndrome.

Congratulations Carolyn!

Date: Friday 21 March 2014

Time: 6-7:30pm

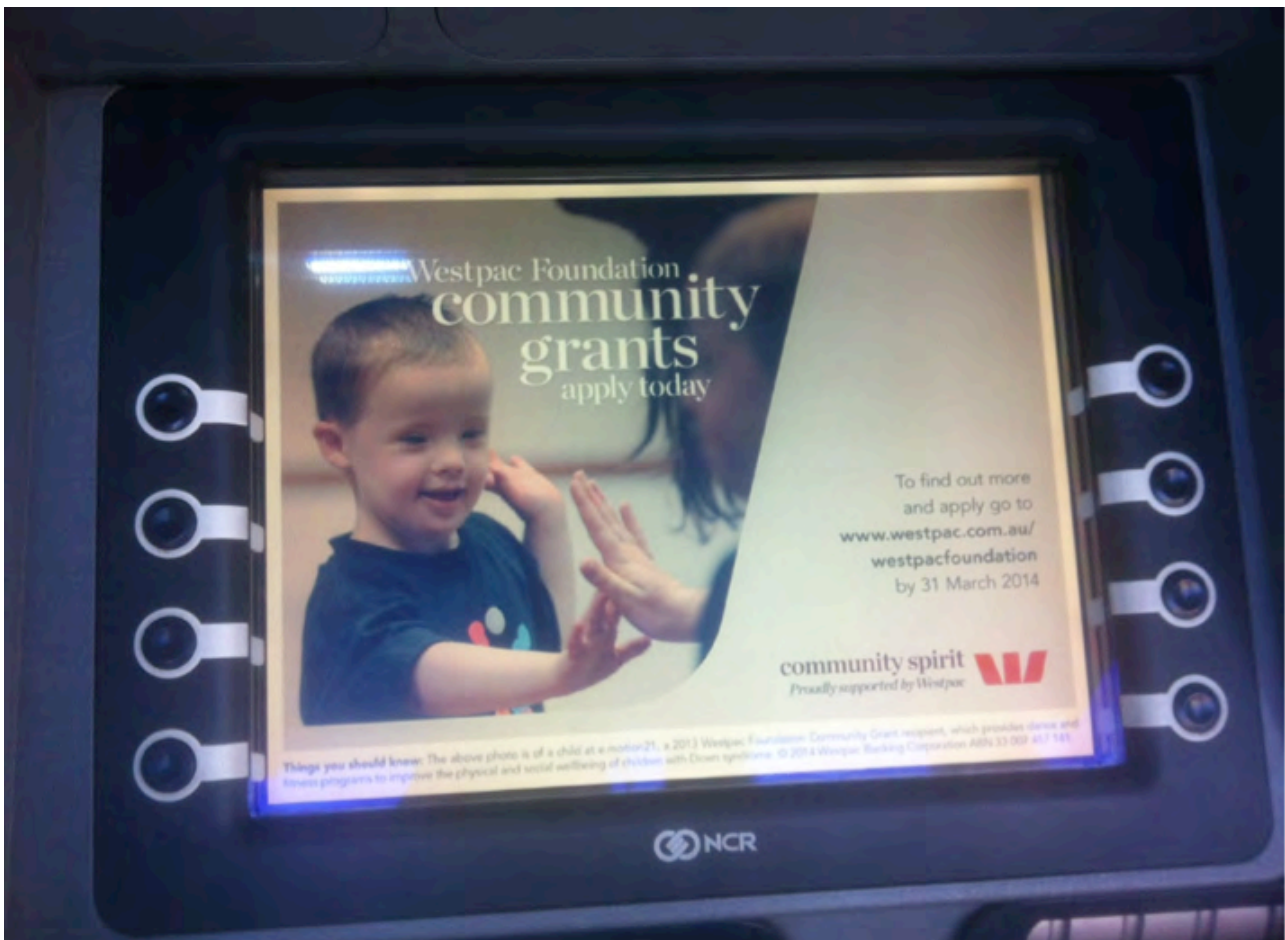
Place: The Geelong Club, 74 Brougham Street, Geelong

Tickets: \$10 per person

RSVP: Tuesday 18 March, Margaret Grant (Ticket Secretary), 5221 5374 or
damarg37@bigpond.net.au

Westpac Community Grants - Featuring e.motion21

If you bank with Westpac, you may have seen beautiful Clem from our Geelong site who is promoting e.motion21 through the Westpac Foundation Australia-wide! This is a great opportunity for us to spread the word about our programs.



Cast of 'Starbound 10' supports e.motion21

A massive shout out to Everett Joy and the cast of a show called 'Starbound 10'. The 70 young singers and dancers held a pre-show 'leg waxing' fundraiser. Ouch! In a show of solidarity for their fellow dancers, they donated

fundraiser. Even in a show of solidarity for their fellow dancers, they donated the money raised to e.motion21. A big thank you on behalf of everyone at e.motion21.

Some of the organisations we love

[TwoSocial](#)

[50 Kaliber](#)

[Ausdance](#)

[Truly Deeply](#)

[YMCA](#)

[AFL](#)

[Carlton Footy Club](#)

[Funky Kids Radio](#)

[Down Syndrome Victoria](#)

[Down Syndrome Australia](#)

[Dulux](#)

[Tag](#)

[Westpac](#)

[Zanity](#)

Contact us

Have you a question or suggestion for e.motion21? Get in touch!

A: 188 High Street, Kew, VIC 3101

E: info@emotion21.org.au

T: 03 9853 2121

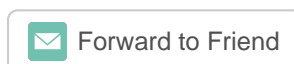
W: www.emotion21.org.au

Social Space

Connect with us: Like us on Facebook!



Would this email be valuable to someone you know? Share it!



Copyright © 2014 e.motion21, All rights reserved.

[unsubscribe from this list](#) [update subscription preferences](#)

MailChimp.