

Newsletter



Term 1, 2014 Newsletter



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From the Founder and CEO (Volunteer)

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Thank You!

Dear families and friends

Welcome back! We are off to a flying start this year with all classes now underway across our 7 sites, performances locked in and our new fitness program about to launch. We are really excited and hope you are too for another awesome year of *moving bodies and moving boundaries* together!

It is a delight to see you all again, particularly the smiles, energy and enthusiasm our dancers bring to class - my weekly highlight! I look forward to connecting with all of our e.motion21 families over the coming terms.

The e.motion21 year started with an energetic Creative Kick-Off day - an annual day of fun, inspiration, co-creation and relationship building for our geographically diverse team. We were thrilled that 25 of our dance teachers, site managers and volunteers could make it on this hot Saturday to blaze the way forward for 2014 and beyond. A personal highlight for me though was to see each of our core values of Fun, Care, Learn and Respect brought to life through the contributions, reflections and actions of our dedicated team on the day - go movers!

e.motion21 continues to grow thanks to the combined efforts of our committed volunteers and tiny office team. Whilst we continue to work hard towards being a sustainable organisation, we are delighted to have recently received some funding support which is incredibly valuable for our continued operations. After an extensive recruitment process we warmly welcome Anna Sutherland to take up the new full time role as Head of Movement, encompassing both our dance and fitness programs, from April. In the meantime we are really lucky to have Colette continuing as Head of Dance (part time) whilst Anna implements our new fitness program (part time). Thanks to the generosity of the Sidney Myer Fund and the Myer Foundation we are also in the process of recruiting three part time Regional Managers to support the Ballarat, Bendigo and Geelong sites. Their focus is to build the vibrancy and sustainability of these e.motion21 regional communities and to support our brilliant Volunteer Site Managers in their role each week coordinating and communicating with parents and dancers at our weekly classes.

On Friday 21 March we are excited to be returning to Fed Square at lunchtime to celebrate World Down Syndrome Day. This huge family day out will see e.motion21 dancers on stage alongside AFL footy players, celebrity Australian artists, Dancing with the Stars judges and much more! Lock it in your diary now and bring 10 friends! More details below.

Together we are creating more opportunities for our young people with Down syndrome to be healthy, happy and reach their potential in life. Thank you for

your continued support.

Cate x

Founder and CEO (Volunteer)

2014 Performance schedule so far...

- **1 March** - Auditions 2014 Performance Group (All Sites)
- **2 March** - Discovery Day at Cruden Farm (Cranbourne)
- **21 March** - World Down Syndrome Day, Fed Square (Perf Group) (All e.motion21 sites and community are invited to come to Fed Square for this event)
- **23 March** - DSV Fun Day (All sites)
- **29 March** - Kew Community Festival (Kew and Tap Class)
- **4 May** - Glenferrie Road Festival (Bundoora, Kew & Pascoe Vale)
- **21 Sept** - e.motion21 Annual Concert (All sites!)
- **12 Oct** - Step Up for Down Syndrome - Melb (Bundoora, Cranbourne, Kew & Pascoe Vale)
- **26 Oct** - Step Up for Down Syndrome - Geelong (Ballarat, Bendigo & Geelong)

For up-to-date information about events, please refer to our [Events page](#).

"10 Friends" for World Down Syndrome Day (WSDS): 21 March 2014

On Friday 21 March 2014 from 12.30-1.30pm, bring 10 friends and celebrate WSDS with us! Todd McKenny as MC is leading our entertainment line-up, Carlton footy players are launching e.motion21's new Beat Fit program, our Performance Group will inspire audiences with their dancing and lots more! Watch this space!

We need ALL of you - the e.motion21 community - to come along and support our young people and celebrate World Down Syndrome Day. Bring 10 friends... family members... work colleagues down for the most inspiring lunch break ever! If we each bring 10 friends how amazing will the crowd be!! For our regional families we want you here with us - train down to Flinders St and walk across the road to party with us. Check out this [link](#) for a peak at last year's amazing event.

Volunteers are also needed on the day: email volunteer@emotion21.org.au to express your interest.

Drum up the crowd!

Dancers with Down syndrome aged 4-10 years old are invited to join us onstage at Fed Square as crowd drummers! Front and centre, you will create drum-rolls on cue to excite the crowd and support the on-stage performers.

We need a minimum of 5 participants so please email us quickly if you would like to participate!!



2014 Semester dates, enrolment & fees

Semester 1 3 February - 4 April
Break for Holidays
22 April - 27 June

Semester 2 14 July - 19 September
Break for Holidays
6 October - 12 December

Thank you to those who have enrolled. We are continuing to take enrolments for Semester 1. Please fill out the [2014 Dance Agreement & Enrolment Form](#) and refer to our [website](#) for class information.

Invoices will be issued once enrolment agreements are received and processed. Invoices are per semester (equal to two terms) and families now have the option to pay by direct debit.

Please contact the office if you would like to confidentially discuss invoice payment options.

Let's dance!

Dance classes

Term 1 is all about coming together for fun, friendship and to learn new dance skills - bring a friend along to the class to try it out!

In terms 2 and 3 we will be working towards our major annual concert performance in September - it is going to be our best yet!

Term 4 is about exploring new dance moves, fun expression through dance and participating in Christmas events.



New Tap Class on Saturdays

You asked for it - we heard you! All dancers aged 11 to 40 years are invited to attend a dedicated tap class on Saturdays @ Kew 11.10am. Led by experienced e.motion21 teacher Cat Bland, this highly motivational and fun class is a great way to connect with dancers across all sites. Tap shoes are provided so book in and come this week!

Hip-hop Fridays

Come along teens and adults for some fun, friendship and groovy moves each Friday 5.30pm-6.15pm. Open to participants aged 15-40years - join the

crew with the option to continue socialising with dinner after class! Our wonderful teacher Jasmine Fowler is waiting for you to join her to end the week on a high.



Performance Group - Auditions 1 March

Each year e.motion21 offers the opportunity to our dancers to be part of our Performance Group. The group was formed in 2011 to give e.motion21 dancers additional opportunities to perform in line with our vision to change perceptions of Down syndrome within society. Opportunities have included the trip to South Africa to open the World Down Syndrome Congress, performing on stage with Vanessa Amorosi at Federation Square and in Canberra at the National Disability Awards Gala Dinner 2013.

To register your interest, please email info@emotion21.org.au.

Team members

We are excited to welcome the following new team members:

- **Head of dance:** Anna Sutherland, commencing full-time from April 2014. Anna has recently returned from living and travelling in Germany and New Zealand.
- **Program coordinator:** Susanne Audsley, a long-term volunteer and lawyer, recently joined us as our full-time program coordinator.
- **Comms coordinator:** Samantha Hastie comes to us from Channel 10 and 50 Kaliber, and has worked with us whilst in these roles.
- **Bendigo assistant teacher:** Bernadette Rohde completed full time dance last year in Melbourne before returning to Bendigo. She is now studying to be a personal trainer.

- **Cranbourne assistant teacher:** April Bryceland has completed a full time dance course as well as a Bachelor of Teaching and Bachelor of Contemporary Arts. She is currently also teaching at Elisabeth Murdoch College.
- **Bundoora assistant teacher:** Alyshia Clarke is in her final year of a full time dance course and brings a lot of performance experience to the team.

"Active kids are healthy kids": Australian Government report

This article from the Herald Sun talks about the Federal Govt's recently released physical activity guidelines for healthy Australians. **Do you do 60 mins of moderate to vigorous physical activity every day? Do you use electronic media/TV for more than 2 hrs per day?** The recommendation includes children take up traditional exercise and structured activities such as dance!

Check out the full report from the Department of Health [here](#).



New fitness program!!!

Fitness, motivational, social, fun and exclusive performances!

Our innovative Beat Fit program is choreographed and taught specifically to suit the learning and fitness needs of people with Down syndrome. Combining traditional aerobics, dance and the powerful beat and rhythm using fit balls as drums, this class will be a highlight of the week!

This exciting class is initially being offered in Geelong and Kew for adolescents and adults. Commencing Term 2, this 10 week program is heavily subsidised

and includes a free FIT KIT for your personal home use during the term. RMIT University are evaluating the fitness outcomes for pilot participants so you can read about the benefits we know you're going to see and feel!

Places are strictly limited - 20 for Kew and 20 for Geelong. Book now to avoid disappointment.

FREE Beat Fit workshop!!!

Curious about the program? Want to try before you buy? Join us THIS SATURDAY 22 FEBRUARY as former Australian Aerobics Champion and industry expert Sharon Kolkka and the e.motion21 teaching team drum away at Hawthorn Arts Centre!

WHO: All e.motion21 dancers aged 15-40 yrs

WHEN: Sat 22 Feb 11:30am - 12:15pm

WHERE: Hawthorn Arts Centre

To express your interest, please email info@emotion21.org.au.

Thank you!

To our beautiful families, volunteers and supporters for your continued support of e.motion21.

Whilst there are too many of you to thank individually (which is inspiring), we would like to include a special thank you to Kelly and Bill Walker (Amy's mum and dad) who designed, made, painted and donated this fantastic information and photo board for our Cranbourne dance group! Thank you!!



Some of the organisations we love

[TwoSocial](#)

[50 Kaliber](#)

[Ausdance](#)

[Truly Deeply](#)

[YMCA](#)

[AFL](#)

[Funky Kids Radio](#)

[Down Syndrome Victoria](#)

[Down Syndrome Australia](#)

[Dulux](#)

[Tag](#)

Contact us

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

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