



Free Spirit News



Free Spirit
DANCE COMMUNITY INC.



Empowerment thru dance

:Summer: :2011:

Inside

Welcome

Richelle, Chairperson of Free Spirit Dance Community Inc shares some highlights of the year ahead

3

Our classes

Updates from some reps, term timetable, and other important dates for your diary

4

Tribal Code

Some life lessons, as practiced by tribal dancers- an insight into what makes this dance form so special and increasingly popular

5



Free Spirit AGM & Christmas Party

Deb Hinton, Secretary

The community held their first Annual General Meeting on the 14th December 2010. A huge thank you from the outgoing committee to all members who attended and those who submitted their proxy - we really appreciate your support.

Richelle's chairperson's report was a great reminder of the community's achievements during 2010 and Kerry's treasurer's report provided us with an overview of the community's financial position. Some constitutional changes were voted on and accepted and a new committee was formed for 2011. I am still amazed at how much ground we managed to cover in less than an hour!

The AGM was followed by the community's Christmas party.

We had an abundance of goodies to eat and drink, games to play, prizes to win, great conversation and lots of laughs. It was a lovely way to finish the year. Oh, speaking of games - I for one did not know how much fun you can have with stockings, balloons and potatoes...

I personally would like to thank the members who attended, contributed and participated in both the AGM and the Christmas party. It is you and your spirit that makes the community such a great and unique organisation to be part of.



HafLa Plus Plus

Photos: Richard Stein
Hazel Leaf Studios

Pirates! Faeries! Santa! December Rain! Community Spirit Awards! VoiceMale!?! Xmas HafLa 2010

Elsewhere around Fremantle, it was pouring with rain on the evening of Saturday December 4, but in the open air at South Freo High, we were lucky to get just a few light showers. Thank you Miss Betsy! Nothing could dampen the spirits of the Free Spirit Dance Community for their final hafLa of 2010. The Community is growing a reputation for the quality of these evenings– and the calibre of dancers we are attracting is impressive! The Christmas HafLa saw the usual silliness from the Bolly crew, festive madness of the Free Spirit Gypsies and performances from all the FSDC Inc classes. The large crowd were also treated to a fabulous variety of delightful entertainers including the sensational Faerie Cara, the gorgeous gothic fusion of the Absinthe Faerie, not one but two troupes of pirates, Kardeshlik and the vocal

renditions of local choir VoiceMale. The bazaar was busy all night with many goodies on offer, and we had some gret calendrs and note cards featuring the FSDC Inc committee available for purchase.

Community Spirit Awards

The committee decided to recognise the outstanding contribution of two members of the community by presenting the “FSDC Inc Community Spirit Awards”. One went to Tina Frost, a most dedicated student who has a wonderful giving nature and is always there to help. Another generous spirit recognised with an award was Richard “Uncle Dick” Stein who attends most hafLas and photographs them

(exquisitely!) for love. Thank you Tina, Uncle Dick, guest artists and all the members of the FSDC Inc for seeing out 2010 in style!





Welcome

back, everyone to the Free Spirit Dance
Community for

2011.

It's going to be a fantastic, fabulous and very successful year, celebrating Year of the Rabbit! Which I am told should be a very peaceful, happy year.

As you can see from our timetable on page 4, we have some fabulous classes on offer again this year in Bellydance, Tribal, Bollywood and Yoga. It's hard to make a choice, so why choose—do many!!!

We also have many other events planned, our four regular Haflas we run at the end of each term, a Ladies Night and our sensational 'Hey Hey Its Halloween in August!' Quiz Night. Most tantalizing is the West Australian Middle Eastern Dance WAMED Festival that runs over 4 days of wonderful workshops, magical performances and awesome shopping at the Grande Bazaar. The FSDC are Gold sponsors again this year and will be hosting the Raqs Cafe on the Sunday evening at a venue near Freo!

The Free Spirit Gypsies and Tribalive have been invited to dance at the WAMED Gala concert on the Saturday so we hope to see loads of people come along to support us and the WAMED team. If you would like to assist in any way please let us know and we can put you to work!

The FSDC Inc is run by a group of beautiful volunteers who meet regularly and help support and sustain this growing community. All clubs and community groups need a strong, dedicated

Continued

5

The

Free Spirit Dance Community

Inc

is a not for profit organization.

We rely mainly on our annual membership fees, haflas and other events to provide us with much needed funds, so we urge you to help out by promoting and attending events and classes where possible.

Tell your friends and family about us too, you can find us on facebook! We are all about promoting good, affordable fitness and fun, with friendships thrown in for free!

Tribal update The Free Spirit Gypsies performed at the Harvest Lakes moonlight markets in Byford on 15 Jan (photo right). Despite a couple of inconveniences; ie the single speaker sound system, the sprinklers coming on and being locked out of our changing area, it went well! We will be performing there again in the near future. In addition to our progressive Gypsy Caravan tribal class, we are pleased to announce that we will be conducting a new beginners' class. For more information, please see our website or call our Tribal rep Janet on 0401 351 180. Tribalive have a beautiful new website- check it out at www.tribalive.com



Photo: Richard Stein
Hazel Leaf Studios

Bellydance update Several teachers offer belly dance (beledi) lessons through the Free Spirit Dance Community. 2010 saw a small group of enthusiastic women, some of whom had never done any form of dancing, join a beginners class, which grew and grew. The girls performed at the Free Spirit haflas and also participated at the World Belly Dancing Day in



Perth (photo, left). Selina represents belly dance on the FSDC Committee, so let her know your suggestions.

Got something to share with the Free Spirit Dance Community- upcoming events, reviews of gigs or outings, juicy news, pics, insights or suggestions? We'd love to hear and send it out to our members.

Send contributions for the Free Spirit News to freespiritdancecommunity@gmail.com

First term resumes Monday 31st January. The timetable looks like this:

Monday	Studio	5:30-6:30	Flow Yoga (starts 7th Feb)	Marg
		6:30-7:30	ATS Beginners	Amy
		7:30-9:00	Tribalive Performance group	Amy
Tuesday	Hall	5:10-6:10	Progressive Gypsy Caravan Janet / Richelle	
		6:10-7:30	Bollywood workout	Richelle
	Studio	5-6pm	Isis troupe rehearsal	
		6:15-7:15	Beginners Bellydance	Selina
		7:30-9 pm	Free Spirit Gypsies troupe	
Wednesday	Studio	5:15-6:15	Beginners Bellydance	Ayesha
		6:15-7:15	Progressive Bellydance	Ayesha
		7:30-8:30	Tribal Fusion	Claire
Thursday	Hall	6:15-7:15	Belly Bitza	Marie
	Studio	6:00-7:00	Beginners Gypsy Caravan	JanetP
Saturday	Studio	8:00-9:30am	Ashtanga Yoga	Natalie
		10:30-11:30	Beginner Bellydance	Janet Hof
		11:30-12:30	Progressive Bellydance	Janet Hof
		1-4pm	Stay tuned for upcoming workshops	



For the diary

DanceSafe Workshop

1 [Saturday 26 Feb] 1-4pm. With Renate, techniques to protect yourself in dance. Very few places available. Contact Richelle:

Autumn Hafla

2 [Saturday April 16] Bazaar starts 6pm, dancing from 7pm. Bring a picnic to enjoy under the stars while being entertained by Free Spirit dancers and guests

Ladies Night

3 [Saturday May 14] A very special night of pampering and dancing, just for the ladies!

Raqs Café

4 [Sunday June 5] Hosted by FSDC Inc, an intimate evening with the stars of WAMED

The Tribal Code

Commitment: Be there for your dance sisters. Whether it's making sure your cues are strong or getting to a gig on time, we all need to depend on one another.

Communication: Ask questions and learn from the more experienced dancers and teachers. Also, don't let things fester. Express yourself in a constructive, respectful way.

Awareness: Be aware of how your words or actions can affect others. What makes sense to you may be understood differently by someone else. Take considerations to think before you speak or act.

Teflon: Don't take things personally! There are too many unique individuals in this group to avoid minor misunderstandings. Let things slide off your ego - don't let things stick!

Humility: We all can benefit from going to Level 1 and Level 2 classes and working on technique. We can also benefit from allowing room for all our personalities to exist.

Trust: This dance form is founded on trust, on

and off the dance floor. Earn people's trust and give yours as well.

Respect: Treat your fellow dancers (and human beings) with compassionate respect and be mindful of others' talents and limitations. Respect the dance form for what it is rather than how you would change it.

Support: Come to the shows of your fellow dancers. Not only does it support the dancers, it is a great way to learn about performance!

Joy: Dance for the love of it! Enjoy yourself and the company of others.

Created by the lovely ladies of FatChanceBellyDance:

(Continued) committee to provide a solid foundation to make for a smooth running community. Luckily we have a very talented and dedicated team, so if you have any suggestions or ideas please share them. We love to have your input. You will find all the committee members names and email addresses on our website at

www.freespiritdancecommunity.com

We wish you many happy shimmies/down-dogs for the first term of dance/yoga, and look forward to seeing you all very soon.

Namaste and many blessings to you all

Richelle, FSDC Inc Chairperson

Did you know the Free Spirit Dance Community Inc are proud sponsors of a **Gold** scholarship to WAMED 2011. Get to the WAMED website to find out more or ask one of the Free Spirit Committee reps

WAMED
festival

3 - 6 June 2011

el Tarab
where dance & music meet

Calling all cooks

Do you have a favourite recipe you would love to share with our community?

Free Spirit Dance Community Inc is collecting favourite recipes to print in a DELICIOUS book. The final product will be sold to raise funds for the Community.

So if you have a fabulous recipe to share with us—your standby when you get in from dancing, a special brekky, perhaps your grandma's famous soup, please send it to Kerry at freespiritdancecommunity@gmail.com



Free Spirit News

[SUMMER] : [2011]

Congratulations

to Julitha Barber on becoming a grandma to Baby Eveline Freda Richards, born Jan 23, 8lb 13oz. Here's a photo of her. That's Julitha, not the baby! Welcome to the world, Eveline.

Blessings to baby and family.

Zaghrouta!



Free Spirit
Dance

Community Inc



www.freespiritdancecommunity.com

Term Dates 2011

Term 1: January 31 to April 22	HAFLA April 16
Term 2: May 9 - July 8	HAFLA July 9
Term 3: July 27 - September 30	HAFLA October 1
Term 4: October 17 - December 18	HAFLA December 10