



NEWSLETTER

October 2005



Artistic Directors Lisa Mellett and Constance Cooke would like to welcome all new and returning students to the VDC. Classes are well on the way and students are settling into their schedules. With the expansion to our facility and the formation of the Victoria Arts Connection we can look forward to a very successful and exciting year ahead.

VDC OFFICE

VDC Office Hours:

Monday to Friday.....2:00 to 7:00 p.m.

Saturday.....11:00 to 2:00 p.m.

The First Saturday of each Month9:00 to 2:00 p.m.

Telephone: 250 477-9089.....Email: info@victoriadanceconnection.com

VDC FEES

November fees and the costume deposits are now due and payable. There are some monthly fees that still are outstanding. Please make sure your account is up to date. Please note: The office has just received our Visa, MasterCard and Debit machine so we apologize if we are behind in processing your payments for the months of September and October. Any questions regarding your account please call the office or email us.

VDC YOUTH COMPANY

Auditions for the VDC Youth Company were held **Friday September 23rd**. Ten dancers were accepted into the Company this year including four new members. The 2004/2006 Company members are Aria Evans, Nancy Truong, Magdalaina Tamasik, Brianna Ferguson, Celine Van Eckhout, Kayla Henry, Justine Pervis, Erica McFarlane, Gabriole Sinclair and Leah Gibson. This year is going to be an exciting and busy year for the Company working with both guest and resident choreographers, as well as participating in a number of performances and events including Gala's, outdoor events, special events, school tours and Company Shows.

VDC CLASSES

There is still space left in some of the class and registrations are still being accepted for the 2005/2006 season. VDC has grown significantly this year, in the size of its student body and variety and kind of classes offered. Not only do we have a large youth program but we offer a number of classes for adults as well in ballet, hip-hop, jazz and pilates. One of our newest classes to be offered here at the VDC is our **Musical Theatre Program**. This year we have taken a new approach to the structure of this program. We are very proud to be able to offer this opportunity to our students as we are one of the only dance studios in Victoria to offer this type of training. This year our Musical Theatre course is broken down into three individual components. **The course is comprised of a 30 minute singing and vocal lesson, a 45 minute acting/improv class and a 45 minute dance and technique class. Students' interested in singing, acting or dance should come try this exciting class.**

CLOTHING & SHOE SALE

We will continue to have our sale table set up in the downstairs lobby until the end of October. A variety of dance clothing, logo wear and shoes are available for purchase through the office. The VDC has a variety of dance logo wear and dance bags for purchase. **GREAT GIFT IDEAS!**

DRESS CODE

A reminder to all VDC students to follow the dress code guidelines set by the school. Copies of the Dress Code are available in the office or at the information table. Please come prepared to class with all the necessary equipment as grooming is part of the discipline of dance. Students that come unprepared for class may not be able to participate.

CLEAN UP

Please help keep the VDC looking good! If you use the kitchen facility or eat food while you are here please clean up after yourself. There are many garbage cans available within the facility. Please dispose of any garbage or recycling that you create. Your help is greatly appreciated.

VDC LOST & FOUND

Over the course of the dance year we accumulate a significant amount of lost items. If you are missing anything, please come and check our lost and found box in the office. Any items not claimed by the end of the year will be donated to the Salvation Army.



VDC SPECIAL EVENTS

The VDC and the VAC will be hosting a **Children's Gala on Saturday December 4th from 2:00 to 5:00 p.m.** The Gala consists of an Art Exhibit showcasing work by Artists and their children. The event will also include performances by the VDC Youth Company, professional guest dancers, creative dance classes, story telling, puppet show, art stations for children, live video instillations, face painting and Children's Theatre performance. This Gala is open to everyone so please invite your family and friends. Admission \$5.00.

VICTORIA ARTS CONNECTION NEWS

Thank you to all those who came out and supported our newest endeavor at our **Gala Opening September 1st**. The **Victoria Arts Connection Gala** was a huge success with well over 600 people attending. It was great to see so many notable people from the Arts Community come out and support us. Since our Gala the VAC has continued to grow and has gained the attention of a number of Victoria's Arts Organizations. New members to the Victoria Arts Connection include Out of the Box Productions an Avant Garde Opera Company, Tripod Dance Collective and the Victoria Shakespeare Society. Many special events have been planned and have been booked into our facility. We can look forward to a variety of exciting shows, workshops, art exhibits, productions, film screenings and more to take place here over the course of this year. Tripod Dance Collective is offering an open modern class every **Friday from 2:30 to 4:00p.m.** More details on these and other upcoming events can be found on our "Soon to be Launched" VAC website at www.VictoriaArtConnection.com.

NUTCRACKER AUDITIONS

Congratulations to all those who auditioned for the Nutcracker Ballet. The following students have parts in the upcoming Nutcracker performance: Marina Ma (Claire), Marisa Monnett (a rabbit), and Candice Rissley (a mouse) who is in both the Nutcracker and Ballet Victoria's Alice. Congratulations to you from the faculty and students at VDC. We look forward to seeing you perform in the Nutcracker Ballet.

Nutcracker Ballet: November 25th & 26th at 2:00 a.m. and 7:00 p.m. at the Royal Theatre.

A DANCERS NUTRITION WORKSHOP

"Food as Fuel" with Stacey Horton

SATURDAY, NOVEMBER 5TH 2:00 – 3:30 p.m. Victoria Arts Connection Board Room

What are the best snacks to eat before dance class for increased energy and better performance? How can timing help in the prevention and recovery of muscle soreness? What are the best sport drinks for a dancer to consume and when is supplementation necessary? Come find out the answers to these questions and more in this 90-minute nutrition workshop designed specifically for dancers. Presented by Professional Dance Artist and Registered Holistic Nutritionist Stacey Horton, Food as Fuel will help dancers and their families plan for optimal performance and health.

FOR DANCERS OF ALL AGES \$15.00 for Workshop To register, please see office or call 477-9089

DANCE FESTIVALS & COMPETITIONS

Every year the VDC takes a number of Choreographed dance pieces to festival. It is up to the discretion of the teacher to decide which classes and students are ready to participate. At this time decisions are still being made by the VDC faculty. Group choreography is done during class time. Solo, duo and trio choreography is done in private rehearsals, which must be arranged with your individual instructor, (times based on studio and instructor's availability). Festival is a great opportunity for students to challenge themselves, build confidence set goals and have the experience to perform. Not all classes will participate in the festival. However, all classes will perform in our Annual Year End Concert in June. Those students performing in festival are encouraged to embrace the opportunity to perform with both enthusiasm and commitment. Further information regarding festival will be posted on our bulletin board and our website. Forms will be sent home with additional information to those who are asked to participate. Final decisions will be made by the end of November.

OPEN HOUSE – VIEWING WEEK

On **Monday December 12 to Saturday December 17** we invite parents, family members and friends to come and watch classes during this week. Camera and video equipment are welcome!

All our faculty are committed to excellence and strive to bring you the very best in the Performing Arts.



VDC and VAC CALENDAR OF EVENTS

October 16	10:00 – 4:00 p.m.	Lighting Workshop (Media Net)
October 22	8:00 p.m.	Improv Victoria Show
October 29	1:00 – 3:00 p.m.	Out of the Box (Annual General Meeting)
November 5	2:00 – 3:30 p.m.	Nutrition for Dancer Workshop
November 5	2:00 – 6:00 p.m.	Gilbert & Sullivan Auditions
November 5	8:00 p.m.	Improv Victoria Show
November 6	12:00 – 3:00 p.m.	Gilbert & Sullivan Auditions
November 7	7:00 – 8:30 p.m.	Swing! (New session begins – call Red Hot Swing to register)
November 11	No Classes	Remembrance Day
November 19	8:00 p.m.	Improv Victoria Show
November 25	7:00 – 9:00 p.m.	Media Net Screening
November 26	12:00 – 5:00 p.m.	Media Net Workshop
December 3	TBA	Motion Picture Screening (Media Net Ticketed Event)
December 4	2:00 – 5:00 p.m.	Children’s Festival & Art Show Gala Event
Dec. 12 to 17	Open House	Class Viewing Week
Dec. 19 to Jan. 2	No Classes	Winter Break
January 3	Tuesday	Classes resume
March 19 to 26	No Classes	Spring Break
March	TBA	Victoria Sculpture Guild Art Show
March 26 to April 7		Nanaimo Festival
April 8		Nanaimo Festival Gala
April 14 to 16	No Classes	Easter Break
April/May	TBA	Greater Victoria Performing Arts Festival
May 7 to 15		Dance Works Festival
May 17		Dance Works Gala
June 1	TBA	VDC Dress Rehearsal (Royal Theatre)
June 3	TBA	Year End VDC Show (Royal Theatre)
June 5 to 9	TBA	Workshop Week

VDC CONTACT INFO



The Victoria Dance Connection's new entrance is at the front of the building on Quadra Street.

Suite 110- 2750 Quadra Street
 Victoria, B.C. V8T 4E8

Tel: (250) 477-9089
info@victoriadanceconnection.com