



move
through life

Annual Report
March 2006 to August 2007



Kirsty Duncan, Bianca Barbon, Kelly Moritz, Brooke Williams, Melissa Hill in *Mocean*, 2007

About Move Through Life Inc

Move Through Life is a non-profit, project based dance company that provides a pathway for highly skilled adult dancers to continue dancing at a challenging and exciting level if they choose not to become professional dancers or have finished their professional dance career. The company provides opportunities for choreographers as well as dancers, and aims to partner with practitioners of other art forms to present work that is engaging for a diverse audience.

Move Through Life's main activities are performances and dance workshops.

VISION

To create a community of dancers that results in ongoing opportunities for people to dance in a challenging and stimulating capacity throughout their lives to promote creativity, and physical and mental health and well being.

MISSION

To engage adults in dance and promote dance in the community by providing opportunities to participate in dance classes, workshops, and performances.

VALUES

- Participation through accessible, inclusive and suitable dance opportunities
- Collaboration in dance creation
- Creative exploration through dance practice
- Physical and mental health and wellbeing
- Commitment to encouraging creative and artistic endeavours throughout life

OBJECTIVES

- To provide an environment which fosters continuity, motivation and improvement in dance practice and performance for adult dancers
- To enable adult dancers to maintain their level of fitness and flexibility
- To provide an outlet for creative expression
- To challenge stereotypes that dancing has an age barrier
- To nurture and promote the maturity and artistry of experienced adult dancers
- To promote the positive influence of dance on health and wellbeing

TARGET GROUP

1. Those who have already achieved a high level of competency in dance (intermediate to advanced) and who want to continue dancing
2. Those who have not danced for some time and would like to become involved in dance again

GENRE

The organisation works predominantly in ballet, modern, contemporary and jazz.



Deb Tapfield and Kirsty Duncan in *one two three*, 2005

Report from the Chair / Director

When Move Through Life started in 2004 as an informal group of dancers putting together some choreography, I dreamed, but barely hoped, we'd reach where we are today. And really these are our first fledgling steps. There is so much more we can be, so much more we can contribute to engaging people in dance throughout their lives.

Since incorporating in March 2006, we've staged two performance seasons, two dance workshop programs, and two choreographic masterclasses. We have provided opportunities for eleven choreographers and nineteen dancers. We now have a studio home at the Glengowrie Uniting Church and have been fortunate to have use of the full length mirrors installed by Starlite Dance Academy. We have managed to raise \$3,874.85 by fundraising, attracted \$10,375 in grant funding and received \$7,302.49 in box office. All up our total income has been \$28,391.55 including membership and participation fees. Our artistic, organisational and financial achievements are a credit to everyone involved with the company, especially since it has been achieved entirely through the efforts of volunteers.

Our recent Adelaide Fringe Festival project, *Mocean*, has been a highlight of the last 18 months. Through collaboration with an array of conservation groups and filmmaker Jasmin McAllister we were able to produce a visually exciting, informative and moving work that raised awareness about marine and coastal environmental issues. Our main conservation partners were Coastcare, the Conservation Council of SA, The Wilderness Society and the SA Department of Environment and Heritage. The project was made possible with funding support from Fosters Community Grants, the Adelaide Mount Lofty Ranges Natural Resource

Management Board, and the City of Marion. The performance was complemented by a surf art exhibition curated by Nev de Boar of Mid Coast Surf, and featured live music and percussion by Paul Richardson. *Mocean* was a great opportunity for new choreographers to contribute to the program. I believe the two choreographic masterclasses that Felecia Hick facilitated in October last year contributed to the confidence and sophistication of new and experienced choreographers alike.

Move Through Life is now at a turning point in its development. We've established ourselves as an ongoing entity. Now we have the opportunity to take a greater leap, to expand our programs and activities to engage a larger number of people in dance, to keep people involved with dance, and to establish an even higher quality performance company. I look forward to a new phase in our development and relish the opportunity to belong to the MTL community

Thank you to everyone who has made the organisation a success thus far, including the dedicated committee members, dancers, choreographers, members, volunteers, collaborators and supporters. It has been a group effort, and one of which I am proud to have been a part.

Jo McDonald

Summary of Activities and Achievements (project outlines)

INCORPORATION

Move Through Life Inc was incorporated under the Associations Incorporation Act 1985 on 7 March 2006.

PERFORMANCE PROJECTS

Singles

Description

Singles combined short snippets of contemporary dance, live music and film in the relaxed ambience of a cabaret setting. The performance was a medley of short, individual pieces of dance, film and live music, many with a theme inspired by the title. The reference to singles may have been as simple as a solo dancer or musicians or an exploration of the more thought provoking issues of isolation and the need for connection inherent in human nature.

Performance Dates

13-15 July 2005

Venue

Star Theatre, Sir Donald Bradman Drive,
Hilton

Collaborators

Moerae Productions (short films)
Emily and Thom Combe (live music)

Funding Support

None

Cast

8 dancers
2 guest artists
5 choreographers

Media

Editorial in Pulse, Messenger newspapers
and website The Program

Review published in The Independent
Weekly's daily email Indaily



Karen Humphreys and Kirsty Duncan in *Singles*, 2006

Mocean

Description

Mocean was a tribute to the many mood and nuances of the ocean through dance, film and surf art. The project explored key issues that threaten the stability of the marine and coastal environment and highlighted the fragility and splendour of the southern beaches and diverse marine life within. Performed during the Adelaide Fringe Festival. *Mocean's* content was developed following consultation with a number of environmental groups. A surf art exhibition coincided with the performance in the adjacent Sturt Room

Performance Dates

Preview, 10 March 2007
Adelaide Fringe Festival Season, 29-31
March 2007

Venue

Marion Cultural Centre, Diagonal Road,
Oaklands Park

Collaborators

Film by Jasmin McAllister
Surf Art Exhibition curated by Nev de
Boar of Mid Coast Surf
Live music by Paul Richardson

Environmental Partners

Coastcare
The Wilderness Society
The Conservation Council of South Aus-
tralia

Inkind Support

Underwater film footage from Depart-
ment of Environmental and Heritage
Curator time from Mid Coast Surf
Promotional support from Dance Informa,
Southern Ocean Divers Club

Funding Support

Fosters Community Grants (\$5,730)
Adelaide and Mount Lofty Ranges Natu-
ral Resource Management Board (\$3,000)
City of Marion (\$1,500)

Cast

15 dancers
10 choreographers
1 guest artist

Media

Editorial from Dance Informa
Review by The Advertiser



Cathy Chittleborough, Kelly Mortiz and Karen Humphreys in *Mocean*, 2007

TRAINING PROGRAMS

Summer Dance Program 2007

What:

Series of six 60-minute workshops over three weeks

When:

Thursday 8, 15 and 22 January 2007

Where:

At Starlite Dance Academy Studio, Glengowrie Uniting Church, Cnr Beadnall Terrace and Butler Crescent, Glengowrie

Objectives

- To give participants a taste of the dance style of various choreographers
- To introduce new dancers to Move Through Life
- To give interested company members the opportunity to develop their skills in facilitation and choreography

Workshops:

Facilitator	Style
Cathy Chittleborough	Ballet
Melissa Hill	Jazz
Jo McDonald	Yoga
Kelly Mortiz	Contemporary
Effie Saloniklis	Jazz
Alice Wagstaff	Contemporary

Winter Dance Program 2007

What:

Series of eight 60-minute workshops over three weeks

When:

Thursday 5, 12, 19 and 26 July 2007

Where:

At Starlite Dance Academy Studio, Glengowrie Uniting Church, Cnr Beadnall Terrace and Butler Crescent, Glengowrie

Objectives

As for Summer Dance Program

Workshops:

Facilitator	Style
Guests:	
Aidan Kane Munn	Contemporary
Chris Shepherd	Jazz
Company Members:	
Cathy Chittleborough	Ballet
Dan Turbill	Contemporary
Effie Saloniklis	Jazz
Jo McDonald	Yoga
Kelly Mortiz	Contemporary
Melissa Hill	Jazz

Choreographic Masterclasses

What:

Choreographic Masterclasses, in preparation for Mocean

Facilitator:

Felecia Hick

When:

Saturday 28 October and Saturday 16 November 2006

Where:

At Starlite Dance Academy Studio, Glengowrie Uniting Church, Cnr Beadnall Terrace and Butler Crescent, Glengowrie

Aim

To broaden and enhance the choreographic skills and knowledge amongst Mocean participants.

Objectives

- to introduce a variety of approaches to choreography, choreographic techniques and devices
- to develop understanding of how to develop work in consultation with dancers
- to develop skills in incorporating themes and issues into dance works
- to increase understanding of how to seek inspiration for choreography

NEWSLETTERS

MTL has published three newsletters in April 2006, September 2006 and March 2007.

The newsletter circulation is now over 300. The newsletter is distributed to members, mailing list subscribers, Arts Industry, Dance Studios, Dance Suppliers, Ausdance SA, City of Marion arts staff and councillors, media, community centres and libraries.

FUNDRAISING

MTL has used a variety of fundraising strategies, as shown below:

Cadbury Fundraising Chocolates

MTL has been selling Cadbury chocolate frogs as a fundraiser. The chocolate boxes are sold through the dancers and members of MTL.

The chocolate boxes are an excellent fundraiser because they are convenient, easy to sell and have a 50% return (we sell a box for \$48 and pay Cadbury \$24).

MTL is in its third Cadbury fundraising drive and plans to continue to have two Cadbury sales drives each year, which will raise \$1,920.00 (2 drives x 40 boxes x \$24 profit/box).

Zilzie Wines

MTL has been fortunate to have been given the opportunity to sell boxes of discounted wines from Victorian wine company Zilzie Wines. \$5 from every dozen wines sold is donated to MTL. Three wine drives have been held thus far, netting between \$500 and \$1,000 per drive. The success of the wine sales has been largely due to the efforts of Neil and Kirsten Alexander.

Movie Nights

MTL has held two movie fundraising nights at the Capri Cinema in Goodwood. The first was held in December 2006 with the film Casino Royale, and the second in May 2007 with the film Pirates of the Caribbean III. The Capri Cinema charges MTL \$7 per ticket, and we are able to onsell the tickets for \$12, which is at least \$3.50 below a full price Adult ticket at other cinemas. MTL held a raffle during the first movie night fundraiser.

Management Committee

As a not-for-profit incorporation, MTL is managed by a Committee. The Committee is responsible for the operations of the organisation, and its role is to:

- consult with members and other stakeholders
- develop and approve strategic, business and marketing plans
- approve administrative policies and procedures
- plan activities such as performance projects and workshops
- appoint facilitators
- resolve grievances
- establish membership fees and benefits
- ensure the organisation meets its legal obligations
- financial management.

The day-to-day functions of MTL are carried out by volunteers who are committed to the organisation.

The Management Committee was formed in July 2005. Under the guidance of this Committee, the organisation officially incorporated on 7 March 2006

Below is a list of all members of the Management Committee since it was formed in July 2005.

	Role	Joined	Resigned
Jo McDonald	Chair	Jul 05	
Kirsten Alexander	Public Officer	Jul 05	
Melissa Hill	General Committee Member	Oct 05	
	Treasurer	Apr 06	
Leanne Albers	Secretary	Jul 05	Oct 06
Natalie Papps	Treasurer	Jul 05	Mar 06
	General Committee Member	Mar 06	Dec 06
Paul Richardson	General Committee Member	Jul 05	Jul 06
Brooke Williams	Fundraising Officer	Aug 06	
Dan Turbill	General Committee Member	Jul 07	

Contributors

CHOREOGRAPHERS

Kirsty Duncan
Danny Hales
Melissa Hill
Leigh Hodgkiss
Karen Humphreys
Charmaine Kuhn
Jo McDonald
Kelly Moritz
Natalie Papps
Deb Searle (nee Foster)
Deb Tapfield
Dan Turbill
Alice Wagstaff
Kate Whelan

DANCERS

Dan Albers
Leanne Albers
Kirsten Alexander
Bianca Barban
Cathy Chittleborough
Kirsty Duncan
Michelle Edlington
Danny Hales
Chris Hewitt
Melissa Hill
Leigh Hodgkiss
Karen Humphreys
Charmaine Kuhn
Jo McDonald
Ken McGill
Kelly Moritz
Natalie Papps
Stefanie Rossi
Deb Searle (nee Foster)
Deb Tapfield
Nicola Tomlinson
Dan Turbill
Alice Wagstaff
Kate Whelan
Brooke Williams

MUSICIANS

Emily Combe
Thom Combe
Paul Richardson

GUEST PERFORMERS

Jed Odermatt

Volunteers

Move Through Life is run completely by volunteers. Without the dedication and input from these people, the organisation would not exist. Those who have generously volunteered their time to Move Through Life since its inception include:

Kirsten Alexander	Costumes, Front of House, Ticketing, Fundraising
Neil Alexander	Fundraising, Front of House
Dave Blackmore	Lighting Design, Lighting and Sound Technician
Ann Duncan	Costumes
Kirsty Duncan	Graphic Design, Costume Design
Andrew Ferors	Lighting Design
Ian Foster	Stage Manager
Helen Hayes	Front of House
Darren Hill	Front of House
Melissa Hill	Fundraising
Sue Hill	Front of House, Dresser
Leigh Hodgkiss	Front of House
Theresa Kuhn	Dresser
Steve Long	Sound Technician
Lee McAvaney	Front of House, Dresser, Front Desk
Jo McDonald	Administration, Marketing, Photography
Natalie Papps	Ticketing
Linden Reynolds	Projected Imagery
Paul Richardson	MC, Stage Hand, Photography
Effie Saloniklis	Rehearsal Assistance, Costumes, Front of House, Dresser
Deb Searle (nee Foster)	Marketing
Dan Turbill	Fundraising, Marketing
Margaret Whelan	Dresser
Brooke Williams	Fundraising



Duncan Taylor, Dave Blackmore, Jasmin McAllister, Jon Grotto, Ian Foster and Andrew Ferors, Crew for *Mocean*, 2007

Finance

STATEMENT OF FINANCIAL PERFORMANCE AS AT 30/6/2007

Income	\$	\$
Ticket Sales	7,302.49	
Membership Fees	435.00	
Participant Fees	2,107.00	
Fundraising	6,197.05	
Sponsorship	-	
Grants	10,375.00	
Donations	637.84	
Advertising	245.00	
Mechandise	430.00	
Sundry income	641.05	
Interest	21.12	
Total Income		<u>28,391.55</u>
 Expenses		
Promotion		
Advertising	4,742.56	
Printing	1,604.83	
Distribution	239.25	
Graphic Design	-	
Projects		
Venue Hire	2,439.00	
Theatre Costs	5,625.25	
Licensing	382.42	
Costumes	1,162.20	
Contractors	6,770.00	
General		
Copying	335.50	
Postage	311.60	
Stationery	133.17	
Phone	-	
Insurance	-	
Internet	205.15	
Merchandise		
Fundraising	2,322.20	
Bank Fees	151.72	
Sundry Expense	193.45	
Gifts	286.87	
Catering	526.50	
Total Expense		<u>27,431.67</u>
 Total Surplus or Deficit		 <u>959.88</u>

STATEMENT OF FINANCIAL POSITION AS AT 30/6/2007

Assets	\$	\$
Bank – Working Account	5,116.42	
Bank – Maxi Direct	5.26	
Float	63.20	
Accounts Receivable	175.00	
Total Assets		<u>5,359.88</u>
Liabilities		
Accounts Payable	4,400.00	
Total Liabilities		<u>4,400.00</u>
Accumulated Funds		<u>959.88</u>

PROJECTS FINANCIAL PERFORMANCE AS AT 30/6/2007

Income	Singles	Mocean	Summer Workshop	Winter Workshop	Newsletter	General
Ticket Sales	2,949.45	4,353.04				
Membership Fees						435.00
Participant Fees	675.00	972.00	460.00			
Fundraising	103.00	888.55				5,205.50
Sponsorship						
Grants		10,375.00				
Donations						637.84
Advertising					210.00	35.00
Merchandise	430.00					
Sundry income						641.05
Interest						21.12
Total Income	4,157.45	16,588.59	460.00	-	210.00	6,975.51
Expenses						
Promotion						
Advertising	1,663.34	3,079.22				
Printing	357.60	1,146.23			101.00	
Distribution	239.25					
Graphic Design						
Projects						
Venue Hire	969.00	1,302.00	72.00	96.00		
Theatre Costs	2,008.45	3,616.80				
Licensing	71.28	311.14				
Costumes	291.60	870.60				
Contractors	1,900.00	4,720.00	150.00			
General						
Copying		335.50				
Postage		93.70			72.45	145.45
Stationery		13.47				119.70
Phone						
Insurance						
Internet						205.15
Merchandise						
Fundraising						2,322.20
Bank Fees						151.72
Sundry Expense	43.45	150.00				
Gifts		286.87				
Catering	350.00	176.50				
Total Expense	7,893.97	16,102.03	222.00	96.00	173.45	2,944.22
Total Surplus or Deficit	-3,736.52	486.56	238.00	-96.00	36.55	4,031.29