

YOUNG LUNGS DANCE EXCHANGE


20TH ANNIVERSARY FESTIVAL

JUNE 26-29, 2025
FRIDAY, JUNE 27





"How to Raise a Ghost" (2023) / if you need the photo credit it is
by Julia Wasilewski



Young Lungs Dance Exchange recognizes our responsibility in reconciliation. We acknowledge that this sacred land that we are dancing on has been the site of dance for more than 15,000 years. We give thanks to the caretakers of this territory: the Anishinabek, Inninewak, Anishininew, Dakota, Red River Métis, and Dene Peoples.

We honour Treaty number 1 and our responsibility to peaceably share and care for the resources found here in the prairies.

Today, the place we now call Winnipeg is still home to many First Nations, Inuit and Red River Métis peoples from across Turtle Island.

We are grateful for the teachings of Indigenous peoples, colleagues, Elders, and peers, sharing traditional and contemporary Indigenous knowledge.

We are grateful for the ability to dance and celebrate, and for creative freedom on this land. We acknowledge ourselves as visitors living, working and dancing in this territory.

Message from the Artistic Director:

I am a choreographer today because of Young Lungs Dance Exchange. Twenty years ago this organization created a platform for dance makers like myself to create new work with peers, as well as foster an open and encouraging environment for collaboration with all art makers. I was thrilled at the opportunity to step into this position a year ago and offer back the abundance I have received.

Editing the book we created as part of our 20th Anniversary reminded me of the ground breaking work we were making and the conventions we were defying. Whenever I felt discouraged, my forever-mentor Tedd Robinson would remind me to focus on the work of collectives and organizations like Young Lungs Dance Exchange.

I am one player in a pool of many who have made this massive feat a reality. Former Director Zorya Arrow was given the task of planning our 20th Anniversary season two years ago. She selected 20 artists, myself being one. When I became Director in 2023, it was an obvious curatorial choice for me, to trade places with Zorya. To offer her the place of artist, dance maker, performer. As an artist-driven organization we dance around each other and share the layers of administrative and artistic periods.

As you dance through this festival I hope you feel a glimmer of how it all started, and a shaft of light from where it's going. Here's to 20 more years of artistic exchange.

With love and gratitude,



Alex Elliott

Executive Director and Festival
Artistic Director
Young Lungs Dance Exchange

Thank you to our funders, sponsors, and partners.



Canada Council
for the Arts

Conseil des arts
du Canada

MANITOBA
ARTS COUNCIL



CONSEIL DES ARTS
DU MANITOBA



WINNIPEG
ARTS COUNCIL

Funded by the Government of Canada
Financé par le gouvernement du Canada

Canada

Money doing more. 
Assiniboine
Credit Union™



**PLUMBING
& HEATING LTD.**

Residential & Commercial
Licensed Gas Fitter

CCFM



CENTRE CULTUREL
FRANCO-MANITOBAIN

A note from the Programming Curators:

The festival offers a chance to witness an impressive 20 year retrospective of living contemporary dance here in this place. The range of work, the calibre of art and the joy of risk through seasons goes to show how important and necessary this dance exchange has been to artists of all disciplines, and audiences alike.

As curators we approached this invitation to organize the exchange of dance that would happen on each of the 4 days of the festival with the following considerations:

Practical needs

Moods and themes

Links from one piece to the other

And

Variety on each day

The breath of fresh air that Young Lungs so joyously invited into the room by opening the window here on Treaty 1 has been life giving, and industry changing. We hope you breathe in what the festival has to offer, and enjoy the exchange that happens back and forth, in and out.





Aria Evans

Each program is its own constellation, with artists in conversation through movement, style, and energy - distinct voices orbiting a common centre. Connections started to emerge - shared themes, common threads in how artists were thinking and moving, while also uplifting the varied approaches to making..->



Luther Konadu

There's a wealth of variety in this celebratory showcase which made the work of curating rather galvanizing. I wanted to pass some of that eclectic and inspiring experience to audiences across each day of the festival. In this way, the public comes away discovering and learning something new upon every visit..->



Charlene van Buekenhout

Connections shining through for me were those of bodies and vessels engaging with varying spaces, textures, and lifecycles from the tactility of earth, to the atmosphere of imagination and how these meet, merge, and move together. I saw the journey through experience and beyond, with artists investigating the movement of life, death, and spirit through these cycles..->

Show Order: Friday, June 27 @ 7PM

D-Anne Kuby

Stedroy

Freya Björg Olafson

INTERMISSION

Mia S. van Leeuwen

Emma Beech and Zorya Arrow

D-ANNE KUBY



D-Anne Kuby is of Slavic and Anglo Saxon descent. She has been working in dance since the late 70's. Performer, teacher, choreographer, rehearsal director, producer/administrator. In the mid 90's she took a step away from performing to study film at Simon Fraser University. She quickly became much sought after for video work in the Vancouver dance community. In 2005 D-Anne felt the pull of the prairies and headed to Regina as manager of New Dance Horizons. Full time admin led to burn out. In 2008 she moved back to Winnipeg. To rest. She slowly reconnected with performance working with artists including, but not limited to Doug Melnyk, Maggie Nagle, Ian Mozazen and Zorya Arrow.

YLDE has been instrumental in fanning the flame of her passion for movement. D-Anne combines her movement practice with "just sitting" as they both pull her into her body, the root of her existence.

D-ANNE KUBY

"last days" is a durational work happening in the Gallery throughout the festival.

Thursday, Friday, Saturday 6:15pm - 10:00pm
Sunday 1:15pm - 5:00pm

Viewers are encouraged to watch for as little or as long as they like, and to feel free to chat with each other the way they might while looking at a painting, sculpture, or installation.

Concept/choreography: D-Anne Kuby
Creative consultant/assistant: Zorya Arrow
Performers: D-Anne Kuby and Zorya Arrow
Sound Design: Erin Buelow

Huge thanks to YLDE. And to the myriad individuals, both living and dead, who inhabit this work.

"last days" was developed with the financial assistance of the Manitoba Arts Council.

STEDROY CRUMP



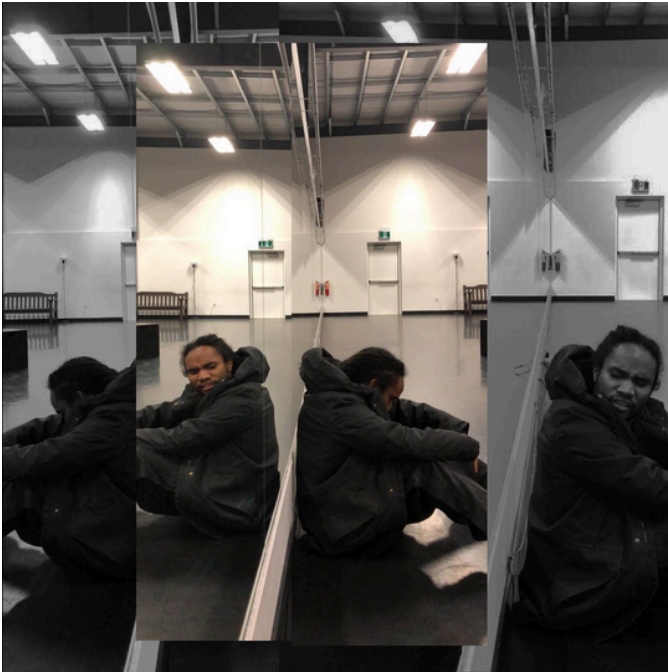
Stedroy has been in love with dance since the age of 12. His introduction to the craft was influenced by his mother as well as his sisters, however his passion grew immensely throughout his life, as it allowed him to form deeper connections with his siblings, friends, family, and himself. Using dance as a medium to express his feelings is something that he is extremely grateful for, as he found it difficult at times to do so verbally.

Stedroy believes that dance made a positive impact on his life, and he dedicates it to helping kids use dance as a medium to express themselves, or as a simple way to get some exercise, build confidence, and have fun! He currently teaches at DBSD, as well as indigenous communities in Northern Manitoba.

STEDROY CRUMP

7 Stages of Heartbreak 💔

1. Shock
2. Denial
3. Anger
4. Bargaining
5. Depression
6. Testing
7. Acceptance



Stedroy Crump, 'Me vs Myself', Screen Dance Mentorship Residency, 2022. Photo self portrait

FREYA BJÖRG OLAFSON



Freya Björg Olafson is an intermedia artist who works with video, audio, animation, motion capture, XR, painting, and performance. Olafson holds an MFA in New Media from the Transart Institute / Donau Universität. In 2020 Olafson was one of the longlist 'Sobey Art Award' recipients and in July 2021 their work MÆ-Motion Aftereffect was selected for the Lumen Prize for Art & Technology longlist. From 2017 - 2021 Olafson was an Assistant Professor in Screendance at York University's Department of Dance in Toronto. Since July 2021, Olafson has been an Assistant Professor in Digital Media at the University of Manitoba School of Art. freyaolafson.com.

FREYA BJÖRG OLAFSON

CPA [Consistent Partial Attention]

Concept / Direction Freya Björg Olafson

Performed with Ming Hon & Warren McClelland

Originally Researched & Performed with Lise McMillan & James Phillips

Costume Wanda Farian

Advisor Tedd Robinson

Music Clips in order of occurrence Caribou, GudrunGut, Dave Aju, Caribou, David Thor Jonsson, Nicole Moudaber and Skin, Arca, Hessel Sound, Jeremy Greenspan, Nils Bech

CPA [Consistent Partial Attention] is led by a video score of pre-existing Internet footage of people dancing in their homes. The performers sight-read the choreographic score by referencing various sources and monitors. CPA sustains as an exercise in 'nowness'; the performers engage as interfaces in the act of realtime translation of data / movement vocabulary from the video score. Through the rich confluence of sources in CPA, dance emerges as a vernacular, learned language that both reflects and reshapes embodied experiences in the age of the Internet. Originally presented in 2016, CPA [Consistent Partial Attention] was developed in partnership with dancers Lise McMillan and James Phillips. What a gift to re-stage excerpts of this work in 2025, almost ten years later — Thank you Young Lungs!

Thank you to Tedd Robinson (for consultations at Centre Q), Shawna Dempsey & Lorri Millan (mentors during the Young Lungs research series) and Carol Ann Bohrn (dancer during the Young Lungs research series), Ashley Majzels (for outside eye feedback during the final research phase), Hugh Conacher for the original lighting design for the premiere, Matt Magura and Ylfa Ósk Magura Olafson for supporting our basement rehearsals!

The development of this series was generously funded by: The Canada Council for The Arts & Manitoba Arts Council.

FREYA BJÖRG OLAFSON

Collaborators:

Ming Hon

For the stage life, Ming has been chased down, engaged in love affairs with multiple Xerox machines, and even resurrected a local chain of adult video rental stores. Yet, she has never been a 'Happy Phantom' onstage for Mia Star van Leeuwen, nor performed in the digital dance landscape of Freya Olafson. Ming's old lungs can indeed still learn new tricks, and she is so HAPPY to be celebrating with all Young Lungs artists, past and present. Presents for all!

Warren McClelland

Warren McClelland is a 2014 graduate from the Professional Program of the School of Contemporary Dancers. McClelland has worked with many national and international choreographers throughout his 10 year career, most recently with Winnipeg Contemporary Dancers under the direction of Jolene Bailie. Warren is so grateful for this fun and exciting project and is looking forward to sharing the stage with Freya and Ming.



Ming Hon



Warren McClelland

MIA S. VAN LEEUWEN



Mia S. van Leeuwen practices the body of performance to explore wide-ranging themes while playfully blurring the lines between theatre, ritual, and visual art.

Ventures include co-curating and producing the Waking Death Arts & Culture Event Series (Lethbridge 2023), directing the award-winning object theatre adaptation of Hrotsvitha's *Sapientia* (New York City 2023, Montreal 2019, Lethbridge 2018, Winnipeg 2015), the Caryl Churchill inspired *Destroy She Said* (Edmonton 2014, Winnipeg 2018), the museum-tour-skewer *Postcolonial Postcards* (Dalnavert Museum, 2017), and performing the satirical *White Bread* (Edmonton, Antwerp, Munich, Innsbruck, Belgrade, 2014-2016). She is currently an Associate Professor in the Faculty of Fine Arts/Piiksinaasin at the University of Lethbridge. Her recent work embodies hauntings - ritualized performances inspired by her ongoing contemplations of death, dying, grief and ghosts!
miavanleeuwen.com.

MIA S. VAN LEEUEWEN

How to Raise a Ghost: little phantoms on the prairie edition

Home is where the haunt is. I am thrilled to return to my hometown with work conjured through *How to Raise a Ghost* — a sprawling, tentacular project rooted in the ancient practice of *memento mori* (remember, you must die!). This special edition, *little phantoms on the prairie*, unfolds as a series of 4 hauntings: short, ritualized performances born of spooky amusements, ancestral longing, contemplations on finitude, and the aching afterglow of loss. Performed, of course, by a gaggle of ghosts.

hauntings conceived + directed by: Mia S. van Leeuwen
performed in collaboration with: Natasha Torres-Garner, Ming Hon, Brenda McLean, Charlene Van Buekenhout, Tanja Woloshen
musician + vocalist: Ashley Roch
projections + lighting: Jaymez
time lapse imagery: BioFilm Productions (Joel Penner + Anna Sigrithur)
costumes: Julia Wasilewski + Jaime Johnston
assistant + dresser: Zoë McKay
featuring music by Alexis Kochan/Paris to Kyiv (remixed by Ken Gregory), The Pixies and Kathy Heideman

EMMA BEECH



Emma Beech is a dance artist from Treaty 1 Territory / Winnipeg, Manitoba. She has performed the work of many choreographers including Zorya Arrow, Ali Robson and Natasha Torres-Garner for Weather Parade Dance Theatre, Sam Penner, Alex Elliot, Sharon Alward, Carol-Anne Bohrn, Alexandra Garrido and Christina Medina/@tendance. Emma has been exploring her own choreographic practice with works for stage and film. This includes a new solo work on dancer Naomi Wiebe, a new co-created duet with Zorya Arrow and a new collaborative work with We Quit Theatre premiering in September 2025. She has a BA Honours in dance from The School of Contemporary Dancers/University of Winnipeg (2016), and a Bachelor of Fine Arts from the University of Manitoba (2022).

ZORYA ARROW



Zorya Arrow (she/they) is an artist of European ancestry, working and living as a choreographer, dancer, actor, performance artist, educator, arts administrator, auntie, advocate, storyteller, gardener, and clown on Treaty 1 Territory, in Winnipeg, Manitoba.

Zorya is passionate about working in collaborative, experimental, and trans-disciplinary contexts. Zorya has created over fifteen original performance works, often surrounding questions of being, loss, and relationship. A member of Steppe Koleytyv, a Ukrainian folk arts collective, Zorya holds an honours degree in Dance from the University of Winnipeg, in affiliation with The School of Contemporary Dancers Senior Professional Program, and has completed training as an End-of-Life Doula and Therapeutic Recreation Facilitator for Older Adults. YLDE has played a critical part in Zorya's development as an artist, and Zorya is thrilled to be a part of YLDE's 20th anniversary celebrations alongside collaborators Emma Beech and D-Anne Kuby, and all others involved!

EMMA BEECH & ZORYA ARROW

This is what happens

Choreography: Zorya Arrow & Emma Beech

Sound Design: J Riley Hill

Costume Design: Sarah Struthers

Thank you to the Manitoba Arts Council, Marjorie Huculak, Aria Evans, D-Anne Kuby, Delf Gravert, Debbie Struthers, Christopher Sobczak, Prairie Theatre Exchange Art Common, and Young Lungs Dance Exchange.

We acknowledge the First Nations residing in Treaty 2 Territory, where we began our research - Keeseekoowenin Ojibway First Nation, Ebb and Flow First Nation, Waywayseecappo First Nation, Rolling River First Nation, Tootinaowaziibeeng First Nation, Gambler First Nation, and Sandy Bay Ojibway First Nation. We thank the caretakers of this Indigenous land.

This work grew out of Zorya and Emma's 15-year history of working together in dance, and an interest in experimenting with a collaborative approach to choreography. We began research for this work in 2024 as artists-in-residence at the Deep Bay cabin in Riding Mountain National Park, Treaty 2 Territory. We were inspired by landscapes to create architectural shapes with our bodies using partnering as a metaphor for shifting structures.

In this co-creation process we have uncovered a work that, to us, represents cause and effect, inertia, and the need for adaptation as humans interacting with our environments and each other. Through interlocking our bodies, we present intersecting lines, negotiating an ever-shifting balance of weight sharing and support.

Let your eyes relax into observing the slowly moving images and structural shapes presented in this meditative 18 minute duet.

Young Lungs Dance Exchange 20th Anniversary Festival

Curators

Aria Evans
Charlene van Beukenhout
Luther Konadu

Artistic Director

Alex Elliott

Programming Manager

Gaby Ortiz

Marketing and Promotion

Erica Urías

Graphic Designer

David Oro

Production Manager

Tanner Manson

Lighting + Technical Director

jaymez

Stage Manager

Paige Lewis

Technician and Operator

Josh Ranville

Technician and Assistant Stage Manager

Ethan Stark

Volunteer Coordinator

Ntara Curry

Photographer

Pablo Riquelme

Videographer

Landon Lake

Board of Directors

Kayla Jeanson
Aria Evans
Branwyn Bundon
Nicole Shimonek
Ntara Curry
Sarah Struthers
Laura Vriend
Yuri Karube
Sage Cloud

Acknowledgements:

Young Lungs Dance Exchange would like to thank the following people, organizations and businesses for their ongoing support and assistance: all contributing artists, curators, writers, and photographers; Canada Council for the Arts, Winnipeg Arts Council, and Manitoba Arts Council; past, present, and future partners Dancer Transition Resource Centre, Video Pool Media Arts Centre, aceartinc., Drop In Dance, School of Contemporary Dancers, Winnipeg's Contemporary Dancers, Gas Station Arts Centre, Art Holm, Arts Accessibility Network Manitoba, Cluster: New Music and Integrated Arts Festival, Dance Manitoba, Salsa Explosion, LAHRK Consulting Worker Co-Op, Artspace, Théâtre Cercle Molière, Synonym Arts Consultation, The Forks Renewal Corporation, and Winnipeg Film Group; and our main Festival Sponsor le Centre Culturel Franco Manitobain.



Emma B & Zorya A by delf G



Zorya Arrow and Emma Beech, 'This is what happens', 2025. Photo Delf Gravert

YOUNGLUNGS.CA

Lise McMillan and Jaime Black-Morsette in research by Black-Morsette, 2017. Photo by Leif Norman

