

**method**  
*dance society*

# CONVERSATIONS IN SIX

*Featuring work by*

*Cai Glover*

*Amber Downie-Back*

*Anya Saugstad*

*Gwynne Bilski*

*Giselle Liu*

*Melissa McCracken*

**NOVEMBER 9TH AND 10TH 2023**

**PRINCE GEORGE PLAYHOUSE**



BRITISH COLUMBIA  
ARTS COUNCIL



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Supported by the Province of British Columbia



**METHOD DANCE SOCIETY IS GRATEFUL THAT  
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THE LHEIDLI T'ENNEH FIRST NATION.**

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THANK YOU TO OUR AMAZING TEAM OF VOLUNTEERS AND SUPPORT STAFF BONNIE RICHARDSON, CAROL CARLSON, SHELLEY FUNK, JANET THWAITES, LISA DICKSON, BARB PARKER, HEATHER MCGOWAN, RAYMOND MORGAN, KENDRA & BRIELLE HAMELIN, EDEN LITNOSKY, ISLA ZANETTE AND BRADLEY CHARLES.

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# DANCERS

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ABIGAELE MCCORMICK



CAITLIN MCCORMICK



SAM PRESLEY



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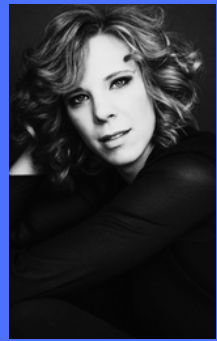


# CHOREOGRAPHERS

**Gwynne Bilski**, a Canadian choreographer and multi-disciplinary artist based in Scotland, explores memory and lived experience through performance, installation, and various artistic mediums. Raised on the traditional territory of the Lheidli T'enneh in Northern BC, her work delves into personal geography, using the body to redefine our connection with surroundings. Integrating her background in visual arts, creative writing, and dance, Gwynne's creations meld contemporary movement, literary, and conceptual art practices.



In her eleven years abroad, **Giselle Liu** has made significant contributions to the dance world, ranging from community-based projects to commercial and contemporary works. She danced in the Dance On Series 'Puzzle' by Flora Hon and Kelvin Lam, toured with cantopop star Fiona Sit, and choreographed for beauty pageants. Returning to Canada, she collaborated with various artists and continues to share her passion for art's beauty, creativity, and empowerment.



**Melissa McCracken**, an emerging choreographer hailing from Prince George, British Columbia, received her professional dance training at The Ailey School and Peridance Capezio Center in NYC. Her recent works include Trembling Shelf and Undark, an experimental dance film showcased in international festivals. Certified in Simonson Technique, Melissa is also a guest choreographer and workshop facilitator for Method Dance Society.



**Cai Glover** honed his craft as a performer and choreographer with Cas Public from 2012 to 2022. He contributed to 8 creations for the company, showcasing his innovative approach. Recently, he founded "A Fichu Turning," exploring the intersection of poetry and movement. As a hard of hearing artist, hearing differently has become a driving force of his artistry and originality as a mover, interpreter and choreographer.

**Amber Downie-Back** (she/they) is an interdisciplinary movement artist based on the unceded territory of the lək wəŋən Peoples. Collaborating with sound artist Angus Gaffney, Amber integrates dance with sound and video art, exploring transformative experiences in physical and digital spaces. With a BFA in Contemporary Dance, Amber challenges boundaries, investigating the interplay between process, product, performer, and audience. Their work has been showcased at prestigious venues like Festival TransAmeriques and Toronto Harbourfront Centre, reflecting Amber's innovative and boundary-pushing approach to art.



**Anya Saugstad**, Vancouver-based dancer and choreographer, explores movement and storytelling on traditional lands of Skwxwú7mesh', Stó:lō, and xwməθkwəyəm First Nations. Trained at ArtsUmbrella and SFU, she tours globally with works like "Ocean Roaring" and "Flora Fauna," addressing climate crises through raw, femme-centric performances. Recognized with the Iris Garland Emerging Choreographer Award, Anya collaborates with emerging artists, fostering site-specific works, advocating for environmental consciousness and accessibility in performance art.



# REUNION DESIGN

custom design and renovation

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# THURSDAY-9 NOV 2023

## ELSEWHEN

Choreography: Gwynne Bilski

Music: Syntheatrics, Ruth de las Plantas Poem: Alycia Pirmohamed

Dancers: Lauren Fisher, Shayla Dyble, Angela Piche

Elsewhen is an intimate and ethereal portrait of dissonance. It's a dreamscape in which the dancers meet each other in surreal but familiar territories, meet themselves in unknown realms. Flickers of frenzied movement murmur through tranquil moments and erupt into chaos. The fantastic and the mundane collide as on stage, the dancers work through the ebb and flow of discovering their own realities.

## TREMBLING SHELVES

Choreography: Melissa McCracken

Sound: Nik Bartsch

Dancers: Lauren Fisher, Shayla Dyble, Andrea Brown, Shelby Richardson

Under the pressure of its own weight and the pull of gravity, a glacier is in constant motion outwards and downwards. The acceleration of melting and eroding threatens our ecosystems and rising sea levels, and rifts tear the ice apart like open wounds that cannot be mended. In Trembling Shelves, the breath and bodies of the dancers lend themselves to the idea of internal deformation and the devastating consequences of a force that is both out of our control and within it.

## ADRIFT/ HIGH TIDE LOW TIDE

Choreography: Amber Downie-Back

Sound: Angus Steele-Gaffney

Dancers: Sara McGowan, Jenna Magrath

Downie-Back's High Tide Low Tide/ Adrift work examines the erosive processes that shape our lives. As a former resident of Prince George herself, Downie-Back is excited to remount this work on dancers from the North.



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# FRIDAY - 10 NOV 2023

## BEHIND VEILED EYES

Choreography: Giselle Liu

Sound: Giselle Liu

Dancers: Caitlin and Abigael McCormick

"Behind Veiled Eyes" is an intimate duet that uncovers the connection between two sisters. This performance explores the theme of healing through generations. An immersive experience takes the audience through a unique blend of spoken and unspoken conversation, gaining a deeper appreciation for the intricate complexities of family relationships.

## A MATTER OF DEVIANCE

Choreography: Cai Glover

Sound: Adrian Copeland

Dancers: Abigael McCormick, Angela Piche, Sam Presley

It's a matter of deviance; we can have these bodily signs that expose something unusual about the signifier. Something apart, something a part of us that is inextricable and yet exposes a decided upon moral status within the routines of social intercourse. And we are forced to wear it, this stigma, like a backpack full of unknown and unnecessary weight.

## HERE IT IS

Choreography: Anya Saugstad

Sound: Stefan Nazarevich

Dancers: Caitlin McCormick, Sam Presley, Laura Buchanan, Sara McGowan

'Here it is' is a new work created in response to a fear of death. It acknowledges our brief existence, and the longing and pain we hold in a world where we leave one at a time. This work started in Vancouver as a duet but has been adapted and expanded for Method Dance with a four person cast. "That we are made to die, one at a time, here in the first draft of existence—that is the pain and the longing. That is the beautiful." (Sheila Heti from the book Pure Colour).

**This rash of influence**

**An inflection in the way I walk**

**Like high heels but without the confidence of sound**

**Locked fingers and dirty fingertips**

**A candid tipping towards the deep end**

**But**

**Like so many knives, dulled by over-use**

**I am like so many lives, dulled by over-use**

**Cutlery in the kitchen sink**



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