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SEPT 18–21 / 2024

DON'T WORRY
ABOUT IT

CITADEL
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PHOTO BY GUY AROCH

DON'T WORRY ABOUT IT

SEPTEMBER 18-21, 2024 | 8pm | The Citadel: Ross Centre for Dance

CO-PRESENTED WITH PULGA DANCE

SEEN

Choreographer: Pulga Muchochoma
Performers: Katie Adams-Gossage,
Christina Litt Belch, Adèle Ross
Music Composition: Christina Litt Belch, Stephen Joffe
Lighting Designer: Chris Malkowski
Costume Designer: Cara Johnson
Stage Manager: A.J. Morra

NGOMA

Choreographer and Performer: Pulga Muchochoma
Music Composition: Stephen Joffe
Sound Composition: Laurel MacDonald
Lighting Designer: Chris Malkowski
Costume Designer: Cara Johnson
Stage Manager: A.J. Morra
Dramaturge and Creative Advisor: Daniel Lieberman

Running time approximately 75 minutes including a 15-minute intermission.

This performance uses haze.

It's with great pleasure that I get the opportunity to share *NGOMA*
and *SEEN* with all of you tonight.

Knowing that *SEEN* raises questions of personal curiosity,
relationships, life stories and more, I also understand that there is a
place where all of those questions get the same attention as the
answers themselves.

How can we prioritize the questions just as much as the answers?
That is the question behind the trio, *SEEN*.

Then, *NGOMA* is about me continuing to find the
path that I have been searching for as an
individual and as an artist...sometimes it is clear,
and sometimes it isn't.

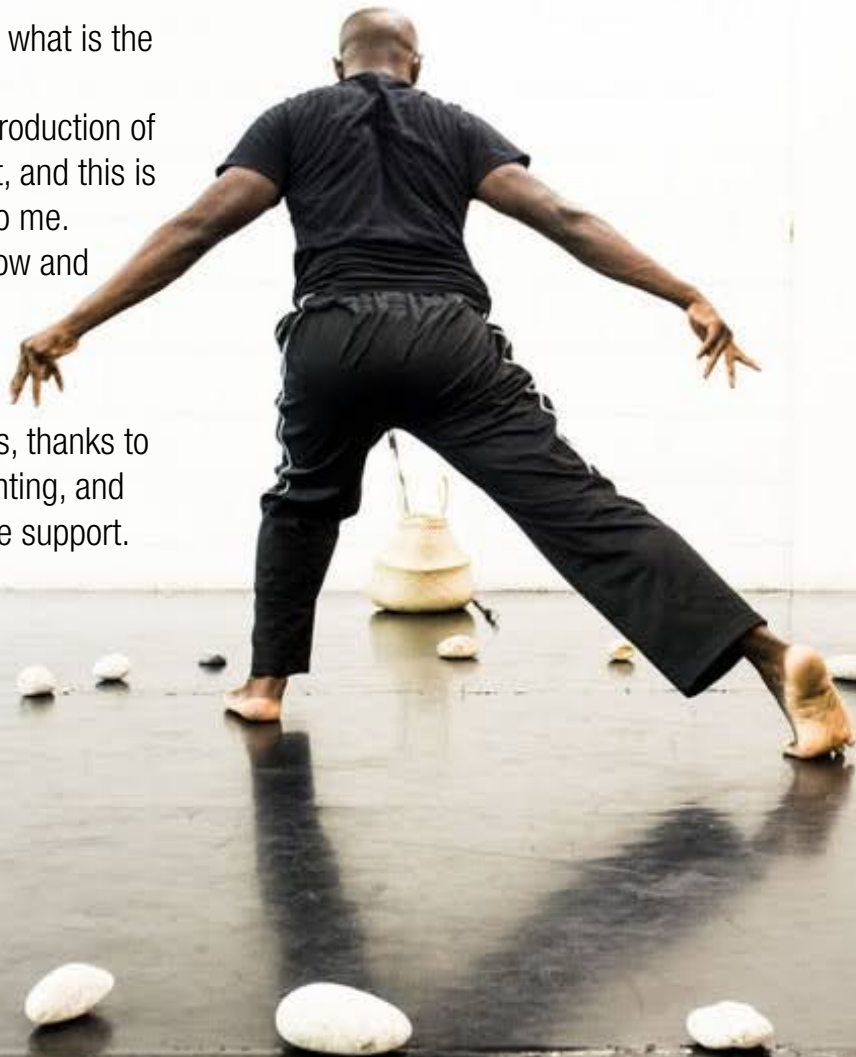
What is the right question to ask and what is the
right answer?

That is one of the reasons why this production of
DON'T WORRY ABOUT IT came about, and this is
such an important statement to me.

For that I hope you enjoy the show and
don't worry about it.

Special thanks to all my collaborators, thanks to
Citadel + Compagnie for co-presenting, and
thanks to TAC, OAC and CAC for the support.

- Pulga





Photos: Ömer Yüксеk

SEEN

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SEEN is a new work choreographed by Pulga Muchochoma featuring dancers Adèle Ross, Christina Litt Belch, and Katie Adams-Gossage. The idea of this trio was to highlight each dancer's individual personality and style. Pulga met the artists during their time studying at Dance Arts Institute, formerly The School of Toronto Dance Theatre, and wanted to create space for the artists to be seen both as performers and as individuals, to allow them to get to know who they are. *SEEN* raises questions of personal curiosity, relationships, life stories and how to bring these into the work. The main goal of this work is for the artists to feel seen without criticism or judgment. Allow people to see them, without any effort. "You need to be seen..."



Photos: Ömer Yükseker

NGOMA

Choreographer and Performer: Pulga Muchochoma
Music Composition: Stephen Joffe
Sound Composition: Laurel MacDonald
Lighting Designer: Chris Malkowski
Costume Designer: Cara Johnson
Stage Manager: A.J. Morra
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NGOMA is a self-choreographed solo by Pulga Muchochoma. It was first created as a short solo presented by Lua Shayenne at Wassa! Wassa! Africa Dance & Drum. The initial piece was 5 minutes of non-stop dancing with the intention to dance to every single beat at the same time. The new extended version toggles between making the choice of dancing to every single beat at the same time or ignoring every single beat at the same time and noticing the relationship this creates in the body. As always, Pulga's work leans on the hands of his Ancestors.

A portrait of Pulga Muchochoma, a Black man with a shaved head and a goatee, looking directly at the camera. He is wearing a blue and orange striped shawl draped over his left shoulder and a necklace with a large circular pendant featuring a map of Africa. The background is a textured, light-colored wall.

PULGA MUCHOCHOMA

Pulga Muchochoma is a choreographer, dancer and teacher born in Quelimane, Mozambique. His dance career and training began in Quelimane with Montes Namuli Dance Company. In August 2006, he came to Toronto with the company for the International AIDS Conference.

With Montes Namuli/Sharespeare Link Canada, he performed in several shows in venues in Toronto and Mozambique. When Montes Namuli returned to Mozambique, Muchochoma stayed in Toronto to study at Dance Arts Institue, formerly The School of Toronto Dance Theatre.

In 2009, Pulga joined Toronto Dance Theatre, where he spent 11 years as a company member under the Artistic Direction of Christopher House. Pulga is now an independent artist and founder of Pulga Dance since 2015.

pulgadance.com

@pulgadance

@pulgamuchochoma



KATIE ADAMS- GOSSAGE

Katie Adams-Gossage (she/her) is committed to a holistic dance philosophy, and consequently centres education, performance, process, relationships, and social context in equal measure. She puts emotional and physical intelligence at the forefront of all her contributions. As a dancer, Katie has worked with notable choreographers and presenters including adelheid, Toronto Dance Theatre, Darryl Tracy, Maxine Heppner, Jenn Goodwin, and Tavia Christina. She nurtures her teaching practice by demonstrating for Peggy Baker and Rosemary James's classes. Katie also has a blossoming choreographic voice; her original work has been presented by Nuit Blanche, SummerWorks, and the Museum of Contemporary Art.



CHRISTINA LITT BELCH

Christina Litt Belch (she/her) is a contemporary dance artist, composer, choreographer, musician, teacher, and arts administrator based in Toronto. She has trained at various renowned schools such as Alberta Ballet School and Dance Arts Institute (formerly known as The School of Toronto Dance Theatre). Christina is currently completing an Honours BFA in Dance at York University and is a collaborator with companies such as Pulga Dance, ZahraMoves, and Kaeja d'Dance. She is the founder of Litt Dance Collective, where she researches symbiotic music and movement creation while focusing on mind and body wellness.

A portrait of Adèle Ross, a young woman with long, wavy brown hair and freckles, wearing a dark blue tank top and a necklace with a circular pendant. The background is a light grey wall.

ADÈLE ROSS

Adèle Ross is a Montreal-based performer and choreographer who, through Hip-Hop, developed a passion that led her to choose a professional path. By training in many different styles, she developed a profound fascination for partner work, floor work and imagination within movement. Adèle sees dance as a way to connect ourselves to our instincts, and to directly plug into sensations of pleasure and pleasure of expression. Adèle believes that dance is a precious vector of community.



Photo: Stevie Daniel Dortas

STEPHEN JOFFE

Stephen Joffe is an actor, musician, sound designer, and graduate of The National Theatre School of Canada. He has appeared in such series as *Fargo*, *Alias Grace*, *Reign*, and *Slasher*. He has also performed on such stages as Factory, Canadian Stage, BIBT, and more. His music lives under the name Birds of Bellwoods, through which he played many of Canada's largest festivals. He has composed for companies including Factory, Articus, and Vazari Arts, as well as films including *The Anniversary* and *White Night*. You can hear him next in Citadel + Compagnie & Vazari Arts' upcoming co-production *everything I wanted to tell you*.



DANIEL LIEBERMAN

Daniel Lieberman, known by many simply as “Dragon”, is a Toronto based artist, designer, performer, teacher and writer, whose training, practice and passions weave across disciplines. His performance background is as a dancer (including studying in the Professional Training Program at The School of Toronto Dance Theatre), musician (guitarist and vocalist), and actor. He also has an extensive background in the visual arts, architecture and design, including an Honourary Bachelor of Architecture from the University of Toronto. His musical collaboration with Dimitri Papatheodorou *Thoughts in Shadow* was released as an album in 2013. In recent years, as one half of DragonRoc RPG Design he has spent time writing and designing third-party material for Dungeons & Dragons, and as an occasional performer in streamed TTRPG actual plays. No matter the disciplines involved in a project, Daniel relishes making the experience of collaboration a core part of any creative process.



Photo: Ryan MacDonald

LAUREL MACDONALD

Laurel MacDonald is a singer and composer based in Toronto. She has released five solo CDs and has performed extensively, most recently in the dance production *Moving Parts* (Fujiwara Dance Inventions). Laurel has composed the music for many film productions, including the dance films *Kitchen Dances* (Kaeja d'Dance) and *Love Learn Listen* (Fujiwara Dance Inventions), and for the documentary film *You Are Here*. Laurel is soon to start recording a new solo album entitled *I Eat the Stars*, but in the meantime, she is thrilled to be working with Pulga Muchochoma on his new production for Citadel + Compagnie.

improbablemusic.com



Photo: David Cooper

CHRIS MALKOWSKI

Chris Malkowski is a professional lighting designer based in Toronto, Canada and has designed lights for over 100 productions in dance, drama, opera, musical theatre, art installations and live events. His work has been staged at many theatres in Canada including the Stratford Festival, Shaw Festival, Vancouver Opera, Soulpepper Theatre, and Canadian Stage. His work has also taken him globally gracing international festival stages in Europe (Germany, Netherlands, Belgium, Poland) and North Africa (Egypt, Tunisia, Morocco).



Photo: David Leyes

A.J. MORRA

Based in Toronto, A.J. is a graduate of the Technical Theatre Program at Toronto Metropolitan University, and has enjoyed an active career as a Technical Director, Production Manager, and Stage Manager for contemporary dance, opera, circus, and theatre. Selected credits include three seasons with Toronto Dance Theatre, eight seasons with the Festival of Dance Annapolis Royal, and assorted projects with Canadian Contemporary Dance Theatre, Fujiwara Dance Inventions, ProArte Danza, Dreamwalker Dance Company, Groundling Theatre Company, Holla Jazz, Zero Gravity Circus, Soundstreams, and Signal Theatre.

PULGA DANCE

Pulga Dance was founded in 2015 by Pulga Muchochoma and is based in Toronto and the GTA. The company creates choreographic works that aim to provide support to empower the next generation of artists while bringing personal life stories into the art. Pulga Dance also provides educational classes locally and abroad and has provided workshops in places such as Colombia, Cuba, Wales, Mozambique, and Grenada. The company's classes provide a fusion of traditional African dance from Mozambique and music from Africa. The choreography is based on the history of culture and traditions in conversation with Canadian culture combined with Mozambique culture. Under Pulga Dance, Pulga has created many works for the students at The School of Toronto Dance Theatre, Montes Namuli Dance Company, TDT, Dance Immersion and many more. Pulga has also created his own works such as *NGOMA*, *Mascara*, and *Nkosi*, and co-created *Mukutho* with Nafro Dance founder and choreographer, Casimiro Nhussi.

Citadel + Compagnie is an artistic and community entity with a dual purpose. It is at once both place and people.

The Citadel: Ross Centre for Dance is a remarkable building nestled in the Regent Park neighbourhood of Toronto. Since 2012, The Citadel has established itself as an open and welcoming space for artists to rehearse, create and perform, and where the community can learn, communicate, and share.

The Citadel plays host to a range of presentation platforms and residency programs for some of Canada's most interesting choreographers and dance companies. It is also the home of the Citadel Dance Program, providing free dance education to local children and youth, and neighbour Toronto Council Fire's Indigenous dance program, *First Fire*.

Compagnie de la Citadelle is the professional dance company within Citadel + Compagnie. Founded in 2000, the Compagnie is known for its creative processes and intimate performances of classic works and new creations. Through remount initiatives, the Compagnie also dedicates itself to the preservation of important Canadian dance work, making available iconic repertoire to a new generation of dance artists.

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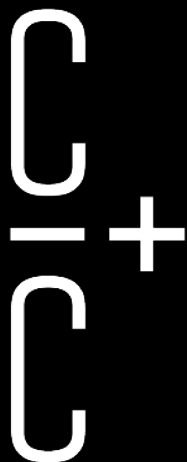
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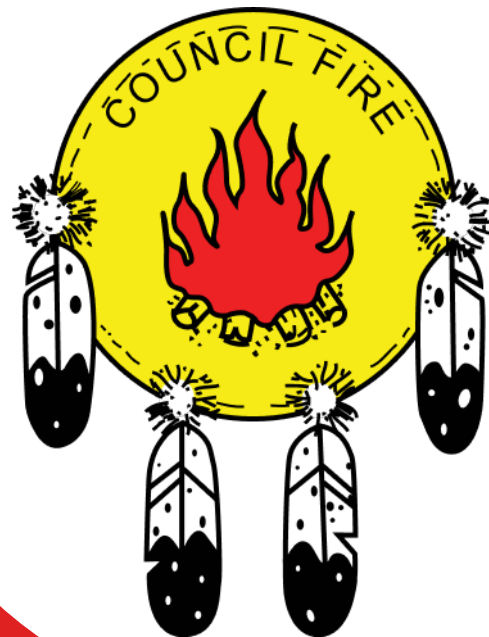
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We apologize in advance for any omissions.*

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