

CITADEL DANCE MIX



NOV 19–22 / 2025

THE CITADEL:
ROSS CENTRE FOR DANCE

CHOREOGRAPHERS
CODY BERRY-OTTERTAIL
STEPH HARKNESS

CITADEL
LIVE ²⁵/₂₆

CITADEL DANCE MIX

November 19-22, 2025 | The Citadel: Ross Centre for Dance

How Lucky Are We

Choreographer: Steph Harkness

Performers: Morgyn Aronyk-Schell, Sully Malaeb Proulx,
Eilish Shin-Culhane

Technical Costume Designer: Charlotte Carbone

Composer: Benjamin Shapiro

Outside Eye: Rakeem Hardy

AGAAMING (Across a body of water)

Choreographer: Cody Berry-Ottertail

Performers: Mio Sakamoto, Samantha Sutherland,
Jamie Yakubow

Costumes: Cody Berry-Ottertail, Tashina Yeboah

Composer: Paul Geldart

Vocals: Miigwan Buswa

Citadel Dance Mix

Lighting Designer: Mathilda Kane

Stage Manager: Kathy Le

Technical Director: Eliajah Stefura

Citadel Dance Mix 2025 is made possible (in part) by the Government of Canada.

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

Canada

*AGAAMING (Across a body of water) and How Lucky Are We
were created with support from The National Ballet of Canada's Open Space Programme.*

How Lucky Are We

Choreographer: Steph Harkness

Performers: Morgyn Aronyk-Schell, Sully Malaeb Proulx, Eilish Shin-Culhane

Technical Costume Designer: Charlotte Carbone

Composer: Benjamin Shapiro

Outside Eye: Rakeem Hardy

Seeing myself through your eyes / Feeling ease through your touch

Knowing myself through knowing you / Where do I go when you're no longer here?

How Lucky Are We is a glimpse into the wonder, joy, and grief of being in queer community. It's an ode to childhood freedom and excitement, and how friendship keeps the spirit alive as we grow up. Existing in multiple versions — the first a window into the bounding and energetic potential of the playground and this, a pubescent coming-of-age realization — the performers' real long-term friendships with each other are palpable as they work to support each other and grow together. *How Lucky Are We* cherishes fleeting moments of care and understanding between friends that truly see one another.

Special thanks to the original cast members and those who were integral to the creation of this work, Hana Bogacz, Jaedyn Richards, Kaelin Isserlin, Lola Jenkins, Olivia Seward, and Rakeem Hardy.

This work was generously supported by the Canada Council for the Arts, the School of Canadian Contemporary Dance Theatre, and the Toronto Arts Council.

AGAAMING (Across a body of water)

Choreographer: Cody Berry-Ottertall

Performers: Mio Sakamoto, Samantha Sutherland, Jamie Yakubow

Costumes: Cody Berry-Ottertall, Tashina Yeboah

Composer: Paul Geldart

Vocals: Miigwan Buswa

Stuck between concrete and metal, yearning for the opposite shore that holds an empire of dirt. A journey of trial and error in finding a place of belonging between two juxtaposing side regardless of balance.

-For Kwot



Photo: Nadya Kwandibens

Cody Berry-Ottertall

Cody Berry-Ottertall is a dance artist from Gakijiwanong Anishinaabe Nation and currently based in Tkaronto. Cody's training started under the direction of Eryn Waltman (Conteur Academy), and Apolonia Velequez. As a dancer, Cody had the opportunity to perform works by hART Dance Company, Trip the Light Fantastic, Jera Wolfe, Larchaud Dance Projects, Frog In Hand Dance Theatre, and Peridance Contemporary Dance Company. Choreographically, he presented works at New Blue Dance Festival, Fall for Dance North, and for ArtworxTO. Cody is also the recipient of the 2019 Johanna Metcalf Performing Arts Prize in Choreography (Protégé) alongside Santee Smith.



Photo: Drew Berry

Steph Harkness

Steph Harkness (they/them) is a teacher, choreographer, and Dora Award-winning performer based in so-called Toronto. After training at the Canadian Contemporary Dance Theatre, Steph went on to receive a BFA in Dance and a BA in Anthropology, graduating with honors from Purchase College, SUNY in 2022. Steph frequently performs with Toronto-based absurdist dance-theatre company, Rock Bottom Movement. Additionally, they have collaborated with and/or performed works by Eilish Shin-Culhane, José Limón, Norbert De La Cruz III, Rakeem Hardy, and Roderick George.

Steph teaches dance across Ontario and is a certified Conditioning with Imagery instructor, both under the mentorship of Donna Krasnow and Natasha Poon Woo. Their artistic practice explores the potential of dance as a means for cultivating cathartic experiences and fostering community. Their choreography has been presented at the Toronto Fringe Festival and the Guelph Dance Festival.



Photo: Drew Berry

Morgyn Aronyk-Schell | Performer, How Lucky Are We

Morgyn (she/they) is a Dora award winning contemporary dance artist and an arts educator for youth and seniors. They are one of the co-creators behind 'blank space', a series of movement-focused, queer-centered, multidisciplinary community workshops, and they are a co-creator of 'Criss-Cross Curations', a platform which makes cultural dance workshops accessible to communities across Toronto. Originally from Edmonton AB, she moved to Toronto to study at the School of Toronto Dance Theatre (now Dance Arts Institute), graduating in 2019. As a freelancer she has worked with many Toronto-based dance companies and collaborators including Citadel + Compagnie, Tiger Princess Dance Projects, and Rock Bottom Movement to name a few. She creates, curates, teaches, organizes, and performs in an effort to foster community and to inspire others to live creatively.



Miigwan Buswa | Vocals, AGAAMING

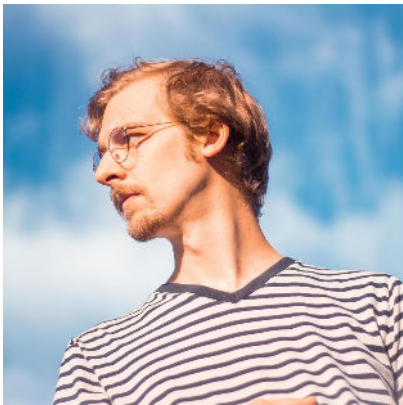
Miigwan Buswa is a singer-song writer, traditional jingle dress dancer, and regalia maker from Whitefish River and Gakijiwanong Anishinaabe Nation. Her presence, voice and creations have graced many cultural gatherings, festivals and beyond.



Photo: Tyne AKA Showpony

Charlotte Carbone | Technical Costume Designer, How Lucky Are We

My name is Charlotte “Char” Carbone (they/them). I am a working class, disabled queer Asian adoptee artist and designer. I hold a BDes and MFA. I am an ex-corporate fashion mercenary (ex-product developer for Disney, Netflix, Walmart) who became a forever-changed creative freelancer. My industry expertise encompasses costume design, community arts, and performance arts, including work with The Canadian Dance Assembly, IKEA Canada, and CBC Arts. Most recently, I completed my first solo exhibition titled *UNADOPT ME*; a multimedia exploration of my transracial transnational Chinese adoptee experiences through a queer critical adoption lens. My lived experiences are inseparable from my work, as I navigate the art/design industry never with the goal to take the oppressor’s place with a marginalized face, but to abolish systems of inequity and injustice through critical praxis and collaborative process. @charcarbone



Paul Geldart | Composer, AGAAMING

Astrolope is a limitless exploration of Paul Geldart's musical imagination. It is a project that draws equally from his experiences in live drumming, video game and film soundtracks, and plundering the endless possibilities of electronic music. His music explores themes of imagining a better future, feeling like an outsider to humanity, or otherwise immersing oneself in some indescribable vibe. Astrolope's music is as unique as it is visceral, never failing to coax his listeners into alternate mental states.



Photo: Kenza Vandenbroeck

Sully Malaeb Proulx | Performer, How Lucky Are We

Sully Malaeb Proulx (he/they) is a Québécois-Lebanese freelance dance artist based in Tkaronto. After training at the Canadian Contemporary Dance Theatre, they earned a BFA in dance from The State University of New York at Purchase College (2020). They received additional training at the London Contemporary Dance School and Springboard Danse Montréal. Sully has performed works by and with artists from near and far, performing across Canada, New York, Spain, Denmark, and India. They were part of the Dora Award-winning productions of *everything I wanted to tell you, but couldn't so here it is now* by Jessie Garon (co-produced by Citadel + Compagnie, 2025) and James Kudelka's *The Man in Black* with Citadel + Compagnie (2024). In addition to performing, Sully is a dance educator, incorporating the Limón modern dance technique into their teaching, focusing on progressive Western technical training.



Photo: Geanderson Melli

Mio Sakamoto | Performer, AGAAMING

Mio is a Toronto based dance artist originally from Japan. She is a Dora nominated performer, choreographer, dance filmmaker, and Co-Founder of MillO Dance Projects. Mio has performed (selected) *Architecture of Violence* by Jaber Dance Theatre (Sweden), *Soft* by Chimera Projects Dance Theatre (Toronto), *Act II* by Jarkko Mandelin (Toronto), *Nine Bronze Pieces* by Maxine Heppner (Italy), *Miigis: Underwater Panther* by Red Sky Performance (North American tour), *TouchX & I am the Child of...* by Kaeja d'Dance (Toronto), and *Mani.Deux* by Northfoot Movement (Toronto). She's a recipient of 2020 RBC Newcomer Arts Award by TAF and 2021 & 2025 Artist in Residence of Kaeja d'Dance.



Photo: Bradley Golding

Benjamin Shapiro | Composer, How Lucky Are We

Benjamin Shapiro is a music producer, composer, and multi-disciplinary artist based in Toronto. He currently releases music as Glutenhead and boystuff, and also makes music for live performance, film, dance, and theatre.

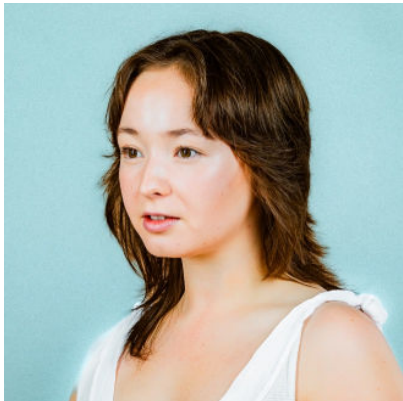


Photo: Kendra Epik

Eilish 김정 Shin-Culhane | Performer, How Lucky Are We

Eilish 김정 Shin-Culhane is a Tkaronto-based queer mixed-Korean movement artist. Holding a BFA from Marymount Manhattan College in New York, Eilish feels equal parts mover and maker. Since returning home to Toronto in 2020, Eilish has furthered their artistic curiosities through various commissions, residencies, and performances. Eilish has had the privilege to perform in works by Peter Chu, Bill T. Jones, Nicole von Arx, Nova Bhattacharya, Frog in Hand, Angela Blumberg, Katherine Semchuk, Vim Vigor, and Esie Mensah. Their choreography has been presented through Peggy Baker Dance Projects, George Brown, TO Live's Discover Dance, TDT's Pilot Episodes Program, the COC's Expanding the Canvas Program, Citadel + Compagnie's Night Shift, and upcoming in DanceWorks' Sweet Ephemera. They center joy, discussion, and catharsis through their collaborative process, prioritizing deep connections and continual growth. Eilish continues to be inquisitive in both her mover and maker selves - valuing community, play, and curiosity.



Photo: Aidan Tooth Photography

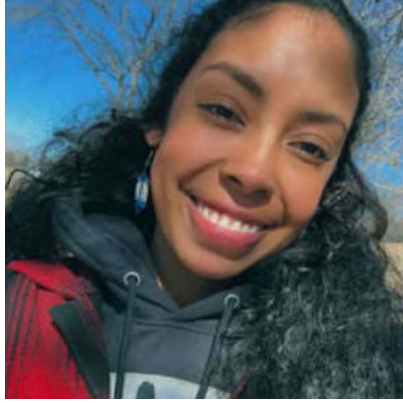
Samantha Sutherland | Performer, AGAAMING

Samantha is a contemporary dance artist, choreographer, and teacher based in Tkaronto. Her ancestry is Ktunaxa and Scottish. Samantha has been choreographing dance works since 2021 and has had the pleasure of presenting in festivals across Turtle Island. Some include the Matriarchs Uprising Festival, Sharing the Stage with The National Ballet of Canada, dance: made in canada/fait au canada, and SummerWorks. She has performed in dance works by Indigenous choreographers Santee Smith, Alejandro Ronceria, and Jera Wolfe. She is currently on faculty at The Centre for Indigenous Theatre, and an Artistic Associate with O.Dela Arts.



Jamie Yakubow | Performer, AGAAMING

Determined to dive into her dance career headfirst, Jamie moved from Alberta to Toronto in 2016 after being accepted into Conteur Academy's Professional Training Program. She trained under Eryn Waltman, Ryan Lee, Kelly Shaw, and other acclaimed artists. Previously, she performed with 02 the Dance Company in Alberta, mentored by Sarah Dolan. In Toronto, she has performed with Larchaud Company at Dance Weekend Ontario and works alongside Eryn Waltman as an assistant. Recent credits include *"SPLIT BILL," "Parkdale Live Performance,"* and *"TragiCom Dance Theatre."* Passionate about artistic exploration, Jamie continues to expand her creative development in Toronto.



Tashina Yeboah | Costumes, AGAAMING

Tashina is an Anishinaabe woman from the Treaty 3 area, raised in a traditional home deeply rooted in Anishinaabe culture. Her lifelong connection with choreographer Cody has been marked by a shared dedication to fashion, sewing, beading, and their cultural heritage. Currently, Tashina expresses her artistic vision through beading and sewing.



Photo: Mathilda Kane

Mathilda Kane | Lighting Designer

Mathilda Kane (she/they) is a Tkaronto based Lighting Designer, Theatre Maker, and a 2023/24 Nightwood Theatre Innovator. She is a Queer second generation Canadian of Scottish, Indian, German, and Guyanese descent. She attended Toronto Metropolitan University for Performance Production and Design. Within their practice they are focused on exploring the boundaries of 'designable space' in theatre, they take a collaborative approach to creation and care greatly for fostering long term creative relationships. Select credits Include: *Killing Time: A Game Show Musical* (Mixtape Projects), *ECHO* (a front company), *A Perfect Bowl of Pho* (Send Noods Productions).



Photo: Rodrigo Viotti

Kathy Le | Stage Manager

Originally from Surrey, BC, Kathy Le is a movement collaborator in Tkaronto, Ontario. Kathy is a George Brown dance performance alumnus where she went on to receive mentorship from Hanna Kiel upon graduating. Additionally, her performance skills extend beyond the body to assist her as stage manager for movement-based shows. She takes pride in all aspects of production and enjoys bridging the gap between the creative and technical sides of a show. Between her work on and off stage, you may have seen her credited with Human Body Expressions, Rock Bottom Movement, the Canadian Contemporary Dance Theatre, Fall for Dance North, the Garage TO and more.



Eliajah Stefura | Technical Director

Eliajah Stefura (He/Him) is a technician in the city of Toronto. He began working professionally in the industry after his graduation from Toronto Metropolitan University in 2019. Eli joined the C+C team in 2021 and is now The Citadel's Technical Director, also acting as engineer of the company's livestream programming.

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.

Citadel + Compagnie

Artistic Director: Laurence Lemieux

General Manager: Kaitlin Standeven*

Interim General Manager: Jake Ramos

Production Manager: Marianna Rosato

Artistic Producer: Sierra Chin Sawdy

Outreach + Box Office Coordinator: Rachana Joshi

Financial Director: Simon Rossiter

Digital Producer: Juliette Coleman

Assistant to the Artistic Director: Christina Litt Belch

Front of House Coordinator: Kéïta Fournier-Pelletier

Technical Director: Eliajah Stefura

Bookkeeping: Morgyn Aronyk-Schell

Poster Design: Messenger

*on maternity leave

C+C BOARD OF DIRECTORS

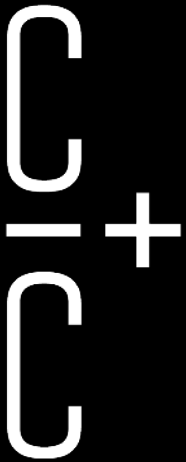
Terry Gardiner, Chair

William Milne, Treasurer

Patricia Fraser, Secretary

Janet Minor

Micheline McKay



CREATE.
CURATE.
CULTIVATE.

OUR SUPPORTERS

Citadel + Compagnie wishes to express its deep gratitude towards the following supporters whose significant lifetime giving of over \$100,000 has helped us create not only The Citadel: Ross Centre for Dance but has also helped with our operations, productions and tours. Thank you!

Gretchen & Donald Ross	Felicia Ross
David & Torunn Banks	Delaney Family Foundation
Lindy Green Family Foundation	Gail Hutchison
Janice Lewis & Mitchell Cohen	Jerry & Joan Lozinski
Jim & Sandra Pitblado	Robin Vaile Robinson

The 2025/26 season is generously supported by



**METCALF
FOUNDATION**

PRESENTING PARTNERS

Night Shift 2025 is co-presented with Fall for Dance North

Citadel Dance Exchange is presented in collaboration with The National Ballet of Canada's Creative Action Programme

Venue Sponsor ArtHubs Events and Daniels Spectrum

GOVERNMENT SUPPORTERS

Canada Council for the Arts
Government of Canada
Ontario Arts Council
Government of Ontario
Toronto Arts Council

FOUNDATIONS

Lindy Green Family Foundation
Hal Jackman Foundation
K.M. Hunter Charitable Foundation
Kingfisher Foundation
The I & I Fund
The Metcalf Foundation
The Zita and Mark Bernstein Family Foundation
Tippet Foundation**
Bulmash-Siegel Foundation
Edward A. Krucker Charitable Foundation

CORPORATIONS

Jumpstart**
Hull Life Insurance Corporation

SPECIAL THANKS TO

Delta Bingo & Gaming

**Donation directly supports C+C's Citadel Dance Program, providing free dance education to children and youth living in Regent Park.

SEASON SUPPORTERS

\$25,000 and above

Jerry & Joan Lozinski
Jim & Sandra Pitblado

\$10,000 - \$24,999

Robert Sirman
Robin Vaile Robinson

\$5,000 - \$9,999

Ricardo Gomez-Inausti
William Milne*
Barbara & Kit Moore

\$1,000 - \$4,999

Terry Gardiner
Christopher House
Lucille Joseph
Tammy Lipson
Lynn McDonald
Janet Minor
Lisa Richter Davey
Michael Trent
Anonymous

\$500 - \$999

James Austin
Peggy Baker
Anna Blewchamp
Stephen Delaney
Janice Oliver
Micheline McKay and
Richard Comparey
Kenny Pearl
James Robertson
James Scott
Jim Searle
Karen Sparks
Laura Wills

\$10 - \$499

Dorothy Abott
Miriam Adams
Heather Alloway
Gillian Ashton
Laurie Barrett
Mimi Beck
Johanna Bergfelt
Atin Bhattacharya
David Binet
Marc Boivin
Nathalie Bonjour
Sylvie Bouchard
Linda Brett
Ginelle Chagnon
Marie-Josée Chartier
Andree Chenier
Barbara deKat*
Raquel del Carmen
Miran Desoysa
James Dunn
Yasmin Emery
Gordon Foster
Lucille Fournier
Lorne Fox
Patricia Fraser
Judith Gallant
David Genoway
Randy Glynn
Peter Goring
Peter Gossage
Marie-Andrée Gougeon
Pamela Grundy
John Gzowski
Marc Hammond
Andrew Hartley
Maxine Heppner
Leslie-Ann Holbrow
Johanna Householder
Karen Kaeja
James Kudelka
Benoit Lamarche

Coreen Lapointe
Christiane Lemieux
Lilia Leon
Deborah Lundmark
Susan Macpherson
Patricia Marino
Tom McGillis
Jean McNeil
Rob Miskey
Keith Morino
A.J. Morra
Jeff Morris
Stephen Murphy
Selma Odom
Kaz Ogino
Gail Packwood
Joan Phillips
Shan Richardson
Karen Sasaki
Lane Slayer
Jane Spooner
Vicki St. Denys*
John Stanley
Myra Stephen
Jacqui Strachan
Anisa Tejpar
Gail Vanstone
Anne Watrous
Mary Ann West
Suzanne Wilcox
Barbara Willis-Sweete
Christine Wright
Anonymous (5)

Your Name Here

Interested in
supporting C+C?

Click [HERE](#) for
more info.

*Monthly donor

This list represents all donations made between June 1, 2024 – October 28, 2025.
It has been updated as of October 28, 2025. We apologize in advance for any omissions.

SEX DALMATIAN'S HOT HOLIDAY SPECTACULAR



[CLICK HERE
FOR INFO!](#)

DEC 17-21 / 2025

 ADA SLAUGHT HALL



CHOREOGRAPHER
ALYSSA MARTIN

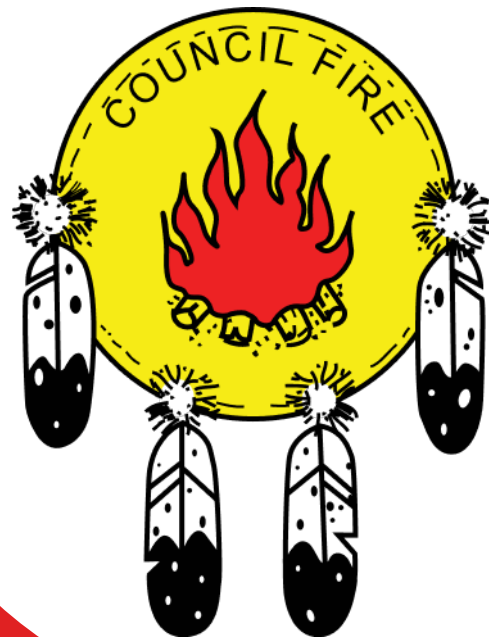
ARTHUBS
EVENTS

DANIELS
SPECTRUM

CITADEL
LIVE ²⁵/₂₆
CITADELCIE.COM

PHOTOGRAPH BY BRYAN

TORONTO COUNCIL FIRE NATIVE CULTURAL CENTRE



Get to know our neighbours

Toronto Council Fire Native Cultural Centre is one of many Aboriginal service providers in the Greater Toronto Area that work together to address the social, health, education, economic, and cultural needs of the Toronto urban Aboriginal population.

**CLICK
HERE**
TO DONATE

On an annual basis they interact with over 200,000 clients made up of youth, adults, seniors, and families who are established in the community or in transition.