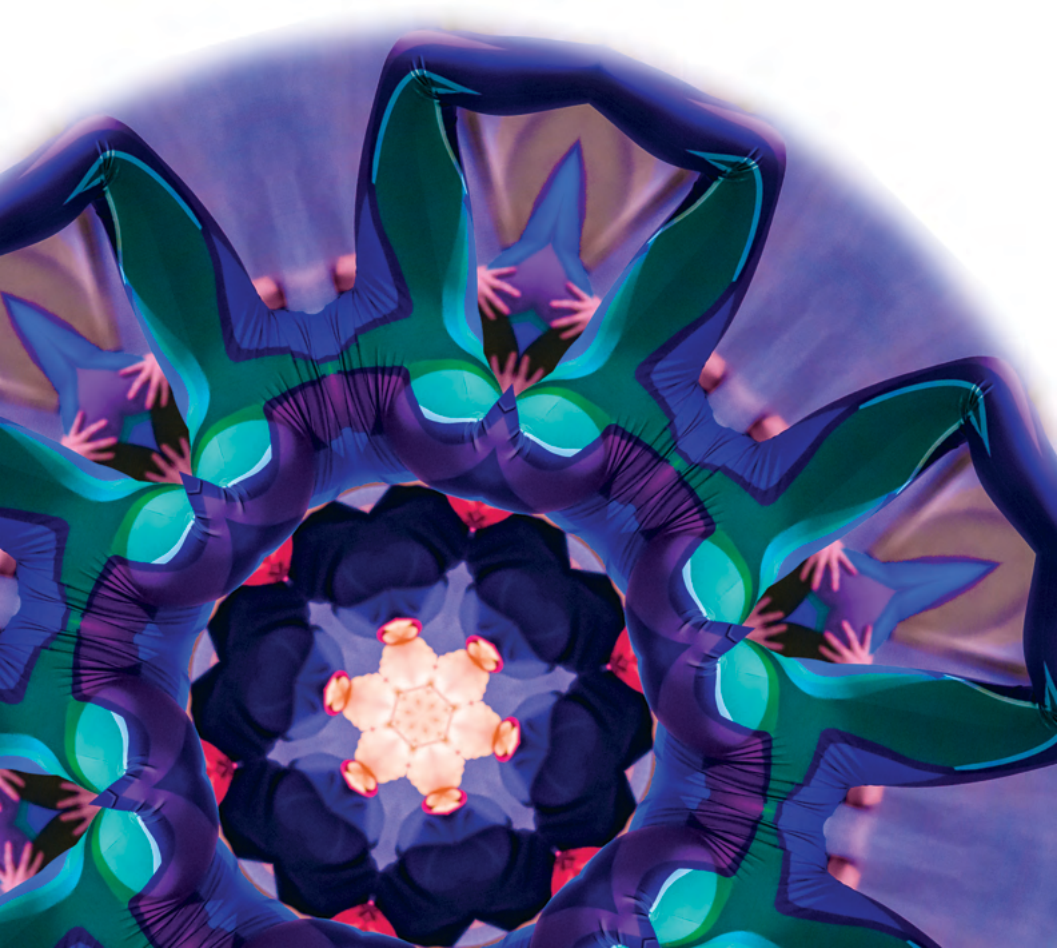


Natasha Carlitz Dance Ensemble *presents*  
**Metamorphoses**

Friday, March 22, 2019  
Saturday, March 23, 2019  
Cubberley Theatre, Palo Alto



# Metamorphoses

*artistic director & producer* Natasha Carlitz

*choreographers*

Zann Aeck

Helena Birecki

Natasha Carlitz

Jeannine Charles

Maggie Hurd

Emma Jahde

Erika Tingey

*company dancers*

Kerry Aradhya

Julia Canavese

Erwin Columbus

Laura Heslop

Maggie Hurd

Emma Jahde

Jeanne-Claudius Martin

Emily Steele

Clara Yang

*composers*

Ludwig van Beethoven

Paul Clothier

Mike Coffin

Fabio Mittino

Christiaan Royer

Kate Stenberg

Luiz-Otávio “Z” Zorzella

*guest performers*

Zann Aeck

Helena Birecki

Gabriella Bruno

Joann Chang

Jeannine Charles

Ji Hae Lee

I-Heng McComb

Stacey Reed

Vanessa Ruotolo *cello*

Kate Stenberg *violin*

Tammy Todd

Crystal Valdez

## Part I: Dances choreographed for a single piece of music

In 2014, Mike Coffin wrote “Circles” for Maggie Hurd’s “Scaled To Fit Page,” which ends this section. But the music suggested very different interpretations to other choreographers...

### Study in Entomology 2016

choreography Natasha Carlitz  
music Mike Coffin, “Circles” (arranged for string quartet)  
costumes Natasha Carlitz, Nutmeg McDougal, Ruby McDougal  
dancers Erwin Columbus, Laura Heslop, Emma Jahde, Jeanne-Claudius Martin, Emily Steele, Clara Yang  
understudy Kerry Aradhya

### Intermediary 2019

choreography Erika Tingey  
music Mike Coffin, “Circles” (arranged for guitar quartet)  
dancers Julia Canavese, Joann Chang, I-Heng McComb, Tammy Todd

### Paths 2016

choreography Helena Birecki  
music Mike Coffin, “Circles” (arranged for string quartet)  
dancers Helena Birecki & Maggie Hurd

### growing forget-me-nots. 2019

choreography Emma Jahde  
music Mike Coffin, “Circles” (arranged for guitar quartet)  
dancers Ji Hae Lee, Jeanne-Claudius Martin, Stacey Reed, Crystal Valdez, Clara Yang

### SPIRITed Body 2019

choreography Jeannine Charles & Zann Aeck  
music Mike Coffin, “Circles” (arranged for string orchestra)  
dancers Zann Aeck & Jeannine Charles  
understudy Monika Chock

### Kaleidoscope 2018

choreography Natasha Carlitz  
music Mike Coffin, “Circles” (arranged for percussion instruments)  
costumes Natasha Carlitz  
dancers Kerry Aradhya, Julia Canavese, Laura Heslop, Emma Jahde, Jeanne-Claudius Martin, Clara Yang

### Scaled To Fit Page 2014

choreography Maggie Hurd  
music Mike Coffin, “Circles” (arranged for string quartet)  
dancers Gabriella Bruno & Maggie Hurd

~ Intermission ~

## Part 2: Music composed for a single piece of choreography

Natasha Carlitz choreographed “Tempus Fugit” to Beethoven’s music in 2008. In 2018, she commissioned six composers each to choose an excerpt from the dance to inspire a musical response. Watch how the themes go through different moods and then all come together in tonight’s final piece.

### Fanfare 2018

- music Mike Coffin, “Kestrel”
- costumes Natasha Carlitz
- dancers Kerry Aradhya, Julia Canavese, Maggie Hurd, Emma Jahde, Jeanne-Claudius Martin, Emily Steele, Clara Yang
- understudy Laura Heslop

### Jam Every Other Day 2018

- music Christiaan Royer, “Constants & Change”
- costumes Heather McDougal
- dancers Erwin Columbus & Laura Heslop, Julia Canavese & Emma Jahde
- understudies Kerry Aradhya, Maggie Hurd, Jeanne-Claudius Martin, Emily Steele, Clara Yang

### Wait for Me 2018

- music Kate Stenberg, “On Sleepless Ground”
- costumes Natasha Carlitz
- musicians Vanessa Ruotolo, cello  
Kate Stenberg, violin
- dancers Kerry Aradhya, Maggie Hurd, Emma Jahde, Clara Yang
- understudies Julia Canavese, Laura Heslop, Jeanne-Claudius Martin, Emily Steele

*Composer’s note on the music: “On Sleepless Ground” was inspired by the unique exploration of Carlitz’s dance choreography set to the final movement of the famed Beethoven Violin Concerto. Naturally, as a violinist and lover of dance I was drawn to this project. Beethoven’s music has always been an inspiration to me and so I decided to weave into the fabric of this piece hints of his music, for example the Vivace movement from the String Quartet Op. 135 as well as the first movement of the violin concerto. I was also influenced by Robert Power’s “The Overstory” where he beautifully describes the complex soil beneath our feet and its dance of constant renewal. Thanks to Natasha, this was a chance to get my feet wet as a composer!*

### Live Your Life 2018

- music Luiz-Otávio Zorzella, “For My Children”
- videographer Yaron Kidron
- city dancer Maggie Hurd
- dancers Julia Canavese, Erwin Columbus, Laura Heslop, Emily Steele
- understudies Emma Jahde, Jeanne-Claudius Martin, Clara Yang

### We the People 2018

- music Paul Clothier, “Anticipation”
- dancers Kerry Aradhya, Erwin Columbus, Laura Heslop, Maggie Hurd, Jeanne-Claudius Martin, Clara Yang
- understudies Julia Canavese, Emma Jahde, Emily Steele

## Throughline 2018

- music Fabio Mittino, “Chords”
- costumes Natasha Carlitz
- dancers Maggie Hurd & Emily Steele

## Tempus Fugit: Movement in Present Tense 2008

*for my father*

- music Ludwig van Beethoven, Violin Concerto in D, III: Rondo - Allegro  
David Oistrakh, violin, with the Orchestre National de la Radiodiffusion Française, conducted by André Cluytens
- costumes Natasha Carlitz, Vince Gabrielsen, Karen McWilliams
- rigging Howard & Mike Coffin
- dancers Kerry Aradhya, Julia Canavese, Erwin Columbus, Laura Heslop, Maggie Hurd, Emma Jahde, Jeanne-Claudius Martin, Emily Steele, Clara Yang

# About the Company

Founded in 2005, the Natasha Carlitz Dance Ensemble presented its inaugural concert in partnership with the internationally acclaimed California Guitar Trio, and since then has produced nine more full-length programs as well as appearing in group concerts and festivals around the Bay Area. Athletic and spirited, NCDE dancers bring both strong technique and emotional depth to their performances. The Dance Ensemble uses a wide variety of music, from classical to contemporary rock, and critics have commented on the company’s musicality: “Serious and graceful work... displays creativity and talent that are worth seeing... One of the really successful features of Carlitz’ work is that the selected music and choreography fit so well together,” writes Michael Phelan of *baydance.com*. Tonight’s concert takes that collaboration to the next level with music composed especially to accompany Natasha’s choreography.

In 2010, NCDE was invited to represent the United States at the Egyptian International Modern Dance Festival, performing evening-length concerts in Cairo and Alexandria. “Last week the Natasha Carlitz Dance Ensemble presented a breathtaking show,” wrote Rania Khallaf for Cairo’s *Al-Abram Weekly*. “A choreographer and dancer, Carlitz imbued the stage with a spirit of enthusiasm, romance and joy. The ensemble... resonated with a sense of ecstasy and challenge.”



**Natasha Carlitz** began her dance training in Palo Alto more than 40 years ago with Grace Butler, a former Nikolais dancer, and performed as a child and young adult with CHORD (Children’s Original Repertory Dance) and SMDC (the Saturday Morning Dance Company). She has studied dance in California, London, Amsterdam, Massachusetts, and Maine—including improvisation and choreography workshops with Pilobolus founder Jonathan Wolken and aerial dance in the Sierras with Bandaloop. For the past 25 years, Natasha has choreographed and performed around the Bay Area, both independently and as a member of the collective High Release Dance. Natasha has shown her choreography in a variety of festivals and showcases, including productions by sjDANCEco, ODC, and Dance Mission, and has created more than 50 works for NCDE. At the Egyptian International Modern Dance Festival in 2010, Natasha led a modern master class with Egypt’s national dance company; she now teaches on occasion and works at Google to support her expensive habits: the dance company, her garden, and her cat, Perboly.

# Company Dancers



**Kerry Aradhya** began her eclectic dance training at Long's School of Dance in Erie, Pennsylvania, but fell head over heels for modern dance during her college days at Duke University. Barbara Dickinson, Clay Taliaferro, Betty Jones, Gerri Houlihan, and Alvin Mayes are among the teachers who have inspired her the most over the years. Today she is a senior science writer and editor at an international nonprofit organization but continues to pursue her passion for dance. Kerry has performed with the Houston Grand Opera, the Isadora Duncan Project, Joan Karff's New Dance Group, the Michele Brangwen Dance Ensemble, and Kinor Dance Company. A founding member of NCDE, she is honored to be dancing with the company again after a long hiatus.



**Julia Canavese** has been an active member of the Silicon Valley arts scene for more than 20 years. Graduating from Santa Clara University with a BA in both History and Theatre Arts (Dance Emphasis), Julia studied primarily modern dance technique—Horton, with additional training in Graham, Cunningham, and Lewitzky—although she also has training in jazz, tap, ballroom, and folk dance. In both 2012 and 2016, Julia participated in two-week dance intensives at the Trinity Laban Conservatoire of Music and Dance in London where she studied a mix of contemporary technique, contact improvisation, choreography, and Flying Low technique. She is honored to dance with Lauren Baines Dance/Theatre, Kusanovich Dance, NCDE, and High Release Dance. In addition to dance performance, Julia is a passionate arts administrator and communications specialist, as well as an occasional poet. Volunteer activities include genARTS Silicon Valley and FanimeCon's Black & White Ball. Julia strives to engage with and support the arts community at every available opportunity.



**Erwin Columbus** is a Chemical Engineer who discovered dance at Iowa State University in 2012. He has honed his talent performing with Orchestras I and II at ISU, and enjoys choreographing as well as performing. Erwin attended the American Dance Festival and has performed at FACES and Octagon Arts Festival in Iowa. Since moving to the Bay Area, he has appeared with Zohar Dance Company, ArtistEDGE, and High Release Dance. Currently, Erwin is an active member of ArtistEDGE, NCDE, Monsoon Dance Company, and Aguas Dance Company, with which he recently traveled to Peru for an international dance festival.



**Laura Heslop** was born in Hollidaysburg, Pennsylvania, and began her dance training at the age of three, receiving her classical training from Allegheny Ballet Company. While in high school, Laura studied modern and jazz dance at Penn State Altoona. She received further training at the Radio City Rockette Summer Intensive, American Dance Festival, and White Mountain Summer Dance Festival. Laura began college as a dance performance major at George Mason University before transferring to receive her education degree from Indiana University of Pennsylvania. She previously performed with Ramm Dance in Honolulu, Hawaii, before moving to the Bay Area.





**Maggie Hurd** grew up in the Bay Area and began her dance training at the Adage School of Performing Arts and Teen Dance Company of the Bay Area. In 2012 she received a Bachelor of Fine Arts in Dance from UC Santa Barbara, in which she was awarded Honors Distinction in the major as well as Emerging Choreographer. She has had the opportunity to perform with many dance projects throughout the Bay Area and California such as Blind Tiger Society, Ka.nei.see Dance Collective, Scratch Dance, and H2O Dance Company. Maggie also has her Doctorate in Physical Therapy from Long Island University Brooklyn and is currently a Physical Therapist at Westcott Physical Therapy in Los Altos.



**Emma Jahde** has been dancing and performing ever since she could first stand up. After training at various studios throughout the Bay Area, she went to Muhlenberg College and obtained a Dance Science degree. At Muhlenberg she had the opportunity to work with both local and international artists, favorites including a re-staging of Donald McKayle's "Songs of the Disinherited" and working with Charlotte Boye-Christensen, and chances to participate in American College Dance Association (ACDA) conferences. She also choreographed for the school's annual Candlelight Carols concert and collaborated on a piece about

bones with several dance science peers. She returned to the Bay Area inspired, and has since been working for CLAP Arts, teaching dance at various preschools and community centers throughout the south Bay Area, as well as dancing with the kids at her church, Spark Church. She is excited to dance in a full-length concert again and to debut her choreographic skills to the Bay Area!



**Jeanne-Claudius (JC) Martin** is a Bay Area native who began their dance career studying jazz with Marie Stinnett and appearing in local community theater productions both on and off stage. They continued dancing through their time at Humboldt State University, falling in love with modern dance and how it celebrated all the weird and wonderful ways you could move your body. Since emerging from the emerald forests of Northern California they're happy to have found a home for their love of dance and performing as they pursue their career as a science educator. A former camp counselor for the Girl Scouts of America, JC is also a designated removal escort for any bugs that find their way into the studio during rehearsals.



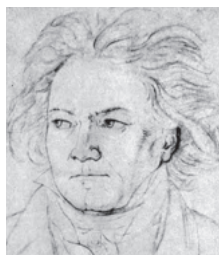
**Emily Steele** began her training in classical ballet at Pacific Ballet Academy where her love of dance and performing followed her through her involvement in community theater as well as intensives at Central Pennsylvania Youth Ballet, the American Academy of Ballet, and the Mark Morris Dance Group. During her undergrad at Humboldt State University she tacked on a minor in Dance Studies to her degree in biochemistry as she discovered jazz, modern, and lindy hop as well as a chance to work as a student choreographer. She currently works as a chemist for the wine industry and enjoys knitting, bubble tea, aquariums, and Wes Anderson films.



**Clara Yang** fell into the wonders and joys of dance through her seven years competing in colorguard and winterguard. She loves the whole rehearsal process and how movement, colors, breath, song, and acting all come together for a moment's connection with a stranger. At Syracuse University, she dove deeper into the world of dance through a potpourri of dance classes and through dancing and choreographing with Orange Pulse Dance Troupe. After graduation, she returned to the Bay Area where she got the privilege to pioneer and teach a dance and flag ministry at Forerunner Christian Church and dance with ArtistEDGE Dance Company.

She is thrilled to have the opportunity to grow as a dancer and performer with the talented and fun group of NCDE and to be a part of bringing Natasha's creative ideas to life.

## Composers



**Ludwig van Beethoven** (1770-1827), born in Bonn, Germany, was a crucial figure in the transition between the Classical and Romantic eras in classical music and remains one of the most recognized and influential of all composers. He displayed his musical talents at an early age and was taught by his father Johann van Beethoven and composer / conductor Christian Gottlob Neefe. At 21 he moved to Vienna, where he began studying composition with Joseph Haydn and gained a reputation as a virtuoso pianist. His best-known compositions include 9 symphonies, 5 piano concertos, 1 violin concerto, 32 piano sonatas, 16 string quartets, a mass, and an opera. He is the only composer to be on this program unwittingly.



**Paul Clothier** is from London, England, and now lives in Sausalito, California. He originally came to the US for a six-month vacation, but after discovering Lake Tahoe, skiing, and all-you-can eat buffets—extended his stay another 30 years. He's now a learning specialist at Apple, an artist, and a dancer. He composes music whenever he can and has recently focused on developing compositions for dance choreography. Paul's collaboration with NCDE arose from a fortuitously timed email, as Paul was looking for dance collaborators just at the same moment that Natasha was seeking composers for *Metamorphoses*.



**Mike Coffin** started playing classical guitar in grade school and began writing guitar music soon after. Thankfully, most of his early music has been lost. In the last few years he has begun composing for other instruments and ensembles as well. His new music sounds as if it might have been written by one of the slower-witted students of J. S. Bach, though he also sprinkles in bits of flamenco, jazz, and blues. If you like what you hear, you can listen to more of his compositions at [soundcloud.com/mhcoffin](https://soundcloud.com/mhcoffin). He first collaborated with NCDE in 2012 and has been the company's Composer in Residence since 2015, composing all the music for NCDE's 2017 production *Acadia and other stories*.





**Fabio Mittino**, based in Milan, Italy, began studying classical guitar at age 13 at the conservatory in Milan. In 1998 he was introduced to Robert Fripp's Guitar Craft in Salisbury, London, which blew his mind. From that moment he kept going with this technique, playing as a session man and in various bands and taking lessons with Bert Lams of the California Guitar Trio. He plays original music on electric guitar with his own solo project, "Simple Music For Difficult People," and tours with Bert Lams, playing the music of Gurdjieff/De Hartmann, arranged for guitars. Find Fabio's music online at [www.fabiomittino.com/music/](http://www.fabiomittino.com/music/).



**Christiaan Royer's** first performed composition took place in front of his 8th grade class. In high school, he wrote many classical, jazz, and Latin songs with the help of keyboards, MIDI, and the school's Mac computers. At Stanford, he wrote the scores to three musicals. Since college, he has continued to write jazz, Latin, and funky tunes. Lately, he has been listening to a lot of Snarky Puppy and Esperanza Spalding. You can check out some of Christiaan's work at [www.soundclick.com/soulvernacular](http://www.soundclick.com/soulvernacular). Professionally, Christiaan writes software in Java to make it easier for others to write servers. He and his wife, Kashi, take care of two energetic nine-year-olds (Hi Brandon and Maya), Ruby the cat, and 15+ chickens.



**Kate Stenberg's** violin playing has been described as "highly virtuosic and deeply communicative... full of character and presence" (*NewMusicBox*), as heard in performances in a dozen countries and on numerous CDs from New World Records, Sono Luminous, Newport Classics, Other Minds, and New Albion labels. She is a leading interpreter of contemporary chamber music, having premiered more than a hundred works, including pieces incorporating multi-media and improvisation. As a "Bay Area new-music luminary" (*San Francisco Chronicle*) Stenberg has commissioned, recorded, and premiered new works by Peter Sculthorpe, Chinary

Ung, Ronald Bruce Smith, Tania Leon, Charles Amirkhonian, Per Nørgård, Kui Dong, and many others. Kate developed and produced new chamber music as co-founder of the Left Coast Chamber Ensemble and Real Vocal String Quartet and from 1995-2015 served as first violinist of the Del Sol String Quartet, two-time top winner of the Chamber Music America/ASCAP Award for Adventurous Programming. Currently, Kate performs with pianist Sarah Cahill in the the Stenberg|Cahill Duo, dedicated to promoting the American experimental tradition and expanding it through commissioning new work, with recent appearances at San Francisco Performances' PIVOT Series and the Berkeley Museum of Art.



**Luiz-Otávio "Z" Zorzella** says:  
*A boy was confronted with two paths ahead:  
 He did love his music, and yet, he instead  
 Chose, for work, to compute  
 Over playing the Lute;  
 He figured he'd want a roof over his head*

Well, I grew up, and my day job gave me the financial freedom to remain engaged in music on my own terms, while also spending quality time with friends and family; so I continue to play, sing, compose, teach, record, produce, conduct, learn, practice, arrange, perform, and otherwise share my passion for music with others, including in concerts with my band, the Mid-Life Crises. I'm thrilled to collaborate with Natasha for her show. Peace.

# Guest Choreographers



**Zann Aeck**, a native Houstonian, began her formal dance training with Patsy Swayze, but after a few years narrowed her focus to train professionally as an apprentice for the Greater Houston Civic Ballet. Zann started modern training as a student at the High School for the Performing Arts and continued her study at the University of Houston and then at Southern Methodist University where she received her BA. During this time she performed with Texas-based companies such as Joan Karff's New Dance Group. Now based in the Bay Area, Zann has danced or studied with Jeannine Charles, Gary Masters, Maria Basile, Bih-Tau Sung,

Natasha Carlitz, and Cheryl Chaddick. Zann currently teaches modern dance at DanceVisions in Palo Alto and has choreographed for DanceVisions and for ArtistEDGE.



**Helena Birecki** has been moving to music (and silence) since her third Christmas when her parents put on a record of the Nutcracker and she lost all interest in the presents. She later earned a BFA in dance from the University of Michigan. Since moving back to the Bay Area, she has had the pleasure of performing with groups including number9/kelly kemp, David Herrera Performance Company, Lizz Roman and Dancers, and High Release Dance, and has presented her own choreography at West Wave Dance Festival, Collaboration! Music and Dance, and the San Jose Choreographer's Project. Helena is thrilled to be performing again with NCDE.

When not in the dance studio, she can most often be found teaching Pilates, hiking, or volunteering at the animal shelter.



**Jeannine Charles** has danced and choreographed professionally for the past 27 years. Early training included ballet with Kip Watson (founder of what is now Orlando Ballet) and at Belgium's Mercador Ballet School, affiliated with the London Royal Ballet. She majored in Performance/Choreography at the University of Washington, receiving two choreography awards as well as the National Dance Association's Dance Major of the Year. Since relocating to the Bay Area, she has performed with sjDanceCo, Company Chaddick/SF, Nina Galin Music & Dance, Margaret Wingrove, Dancing Sun, Jose Ibarra, Lisa Burnett, and Ehud Krauss, among others. Jeannine's

first company, founded in 1995, has evolved into ArtistEDGE, whose mission is to find artistic edges in dance by collaborating with artists from other disciplines; projects include choreography for several operas; site-specific work at Villa Montalvo with Spanish Visual Media Artist Daniel Canogar; and partnering with Stilt Artist / Artistic Roller Skating Champion Trey Knight. A popular teacher all over the Bay Area, Jeannine will teach three Modern Dance Master Classes in May, Wednesday nights at 7:45 at Zohar in Palo Alto.



**Erika Tingey** started studying dance at age six with Grace Butler (along with Natasha) and continued through college, performing and choreographing. In 1994 she graduated from Mills College with an MFA in Choreography and went on to dance with Jennifer Brightbill and the Pneuma Dance Company. For a year she was a performing member of the San Francisco Taiko Dojo. In 1999 she joined High Release Dance and has choreographed and danced with them ever since. Erika was also an early member of NCDE; she left when her daughter was born in 2006.

# Guest Performers



**Gabriella Bruno** is a Bay Area native who received her BFA in Dance and graduated Magna Cum Laude from Chapman University in 2014. She then spent three years in Brooklyn, New York, dancing professionally for several companies including abunDANCE and Psychosomatic Dance. She also choreographed several works that premiered throughout Brooklyn as director of her own group, SHIFT Dance Collective. Since moving back to the Bay Area a year ago, Gabriella has been teaching and directing the Tap Department at Dance Academy USA. She is excited to be dancing with her long-time friend Maggie Hurd!



**Joann Chang** received intensive training in ballet at Western Ballet and in gymnastics at Twisters in the Bay Area. In high school, she was a dancer on the drill team and cheerleading squad while training in hip hop, jazz, and lyrical dance. It was not until college that she delved into modern dance at UC San Diego's Theater & Dance Department under the direction of Patricia Rincon. Around the same time, Joann discovered a love for swing dancing, especially lindy hop, and soon became an avid salsa and blues dancer as well. Joann's passion is to use dance as a healing agent for others who have undergone trauma. In 2010, she danced with a traveling faith-based group in Hong Kong, Malaysia, Thailand, and the Philippines. Since then, Joann has traveled to Cambodia to provide dance therapy for at-risk girls who have been sexually or physically abused. Joann has choreographed and taught workshops locally and globally. Currently, she runs her own private studio teaching music and dance. An all-around performer, Joann often sings on stage as well as dancing.



**Ji Hae Lee** was born and raised in the Bay Area. In third grade, she was invited to a ballet class by a friend and fell in love! As she grew older, she became more and more involved with her dance studio and eventually joined the competitive performing team. In college, after being inspired by the movie "You Got Served," she decided to try something new and join a student-led hip hop group. Little did this ballerina know that she'd enjoy such a loose and free-flowing style of dance. After she moved to San Francisco, she continued to explore the world of hip hop and danced for EDSF and Groove Against the Machine. Currently, she enjoys her positive dance community with Allegra which includes all styles of dance. She is thankful that she can continue doing what she loves even as an adult. When she's not dancing, you can find her baking, teaching kids math, cuddling with her dogs, or traveling the world!



**I-Heng McComb** started school when she was four years old and never left. In kindergarten, she wrote in her Me Book that she wanted to be a "mommy and a teacher" when she grew up, so three children and many thousand students later, here she is. What she didn't foresee then was that somewhere around the turn of the millennium, she would start dancing regularly and never stop. I-Heng joined High Release Dance in 2006, in addition to performing with Zohar and ArtistEDGE. She not only is a choreographer and dancer but also has added lighting design and stage managing to her portfolio.



**Stacey Reed** fell in love with dance and musical theater at a young age. After receiving her degree in Dance from San Jose State University, she has been an active teacher and performer in the Bay Area. Currently she is the dance teacher and director at The King's Academy, and enjoys her busy schedule full of football game performances, choreographing musicals, and teaching dance all day everyday. She is excited for a chance to perform in *Metamorphoses!*



**Vanessa Ruotolo** serves as a lecturer in music, in cello, at the University of California Santa Cruz. She received her musical training from the New England Conservatory in Boston, Boston University (BM), and San Francisco Conservatory of Music (MM). She is concurrently affiliated with Santa Rosa Symphony, San Jose Chamber Orchestra, Midsummer Mozart Festival Orchestra, Skywalker Sound Orchestra, Symphony Silicon Valley, and Shorenstein Hays Nederlander. Dedicated to bringing music into our schools, Vanessa has worked for the San Francisco Symphony's Adventures in Music program for the last five years, in which she has scripted and performed interactive educational programs for every elementary school in the San Francisco Unified School District. Vanessa is also a member of The Rhythm Sisters, a string quartet dedicated to educational outreach, with which she has performed programs for thousands of children throughout the Bay Area and beyond. Vanessa enjoys playing a wide variety of music and has performed with several popular musicians including Mary J. Blige, rap artist Jay-z, Donna Summer, Ray Charles, Barry Manilow, Il Divo, and Kenny Loggins. She has recorded for motion pictures and popular video games and performed with Broadway shows in San Francisco and on national tours.



**Tammy Todd's** journey in dance began at the age of three when she took ballet lessons at a tiny studio in San Mateo. She moved overseas to Singapore when she was seven and continued to dance, exploring jazz, tap and musical theater. While in Singapore, she was fortunate to do work in commercials, TV shows, and industrials. She returned to the Bay Area to attend college and that is where she took her first modern dance class. Her love for contemporary dance took her to a graduate program at San Jose State where she joined the resident dance company, Danceworks. She has been an active part of the DanceVisions community since 1992, teaching, choreographing, and performing. Tammy is a Behavior Therapist / Early Interventionist. She joined High Release Dance in 2012.



**Crystal Valdez** has always labeled herself “the dancing scientist.” She received a BS in biochemistry along with a minor in dance at Cal Poly, San Luis Obispo, where she was an active member of the Orchestis Dance Company and Variable Velocity Performance Group. While her dance roots are strongly planted in the world of modern dance and break dancing, her love for hip hop and salsa flourished while she pursued her PhD in computational chemistry at UCLA. Currently, Crystal is enjoying her new role as mom to an 8-month-old girl and an active member of the Allegra Dance Community. Crystal treasures these opportunities to pursue her love of dance and is very thankful to be a part of *Metamorphoses!*

# Production Crew

director & producer	Natasha Carlitz
lighting designer	Brian Kimmy
sound engineer	Byron Binns
theatre manager	Brian Haines
stage managers	I-Heng McComb, Erika Tingey
stagehands	Ji Hae Lee, Crystal Valdez
wardrobe mistress	Emily Steele
videographers	Virginia & Tim Bock
photographer	Sasakthi Abeysinghe
graphic designer	Natasha Carlitz
box office managers	Tracey Stanelun & Eric Anderson, Paul & Alice Colley
house managers	Brian Haines, Dave Lindberg
ushers	Monika Chock, Krystina Columbus, Elena Grindley, Rachel Horst, Rachel Mudge, Julianna Woodman

# Acknowledgements



For their consistent encouragement, inspiration, and support, thanks and love to Barbara Carlitz, Mike Coffin, Felicia Fong, and Grace Butler.

Thanks to JC Martin for voluntarily cleaning the floor before every rehearsal, which is a big deal for dancers; to Maggie Hurd for effectively becoming the company's physical therapist; to Elena Grindley for getting everyone's palms to face the right way (and more) in cleaning rehearsals; to Heather McDougal for "Jam" costumes; to Basia Korel and Gilly Blachford for their advice on costume fabrics; to Basia, again, and Emily Steele for costume repairs; to Sasakthi Abeysinghe for staying up all night triaging photos; to Yaron Kidron for the amazing video turnaround; to Howard & Mike Coffin for their feat of mechanical engineering; to Virginia & Tim Bock for their time and worry-free approach to videography; to Mike Coffin, Xiaoming Jia, Aditya Mahajan, Yang Yu, and Z for laying the marley floor; to stage manager extraordinaire I-Heng McComb; and to all the volunteers making both front-of-house and back-of-house run smoothly.

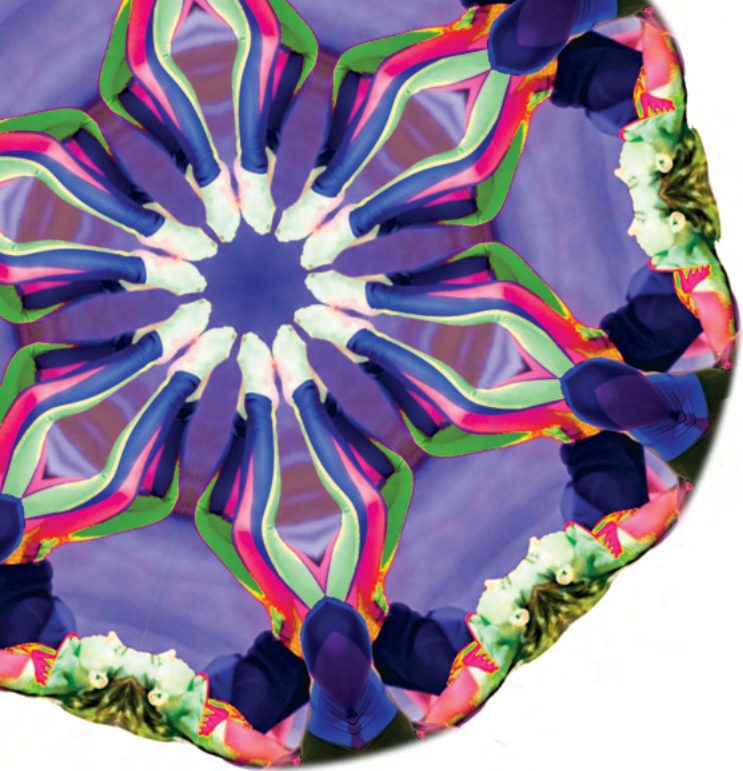
Thanks to the composers, guest choreographers, and guest performers for sharing their work, and to the dancers for their blood, sweat, and good cheer in undertaking the unprecedented experiment of dancing the same piece seven different ways! That takes an entirely new set of skills and provides a bizarre challenge to muscle memory.

Thanks to DanceVisions for sponsoring NCDE and to High Release Dance for loan of some stage equipment.

And special thanks to our patrons, who contributed funds for this show:

Arthur Gleckler, Semele Heller, Barbara & Charles Kingsley, Sheila Martin, Angela Taylor, Xue Wang, Fabiel & Mariana Zuniga, and any others who donated after this program went to print; we appreciate you in your anonymity.





[www.carlitzdance.org](http://www.carlitzdance.org)

*Kaleidoscope photos by Kyle Adler*

