

## Artist Biographies

### **Heather Cameron**

Choreographer



Photo credit: Eagleclaw Thom

Heather Cameron is an electric mover whose choreography fuses the quick, lethal stabs of a black widow spider with the intricate, silky web it weaves. Holding a Bachelor's Degree in Contemporary Dance from Concordia University (Montreal), she moved to Regina in 2005 to co-found FadaDance Troupe, which creates innovative dance experiences by performing in alternative venues and showcasing cross-disciplinary arts collaboration. The Troupe presented *Holloway* - both as a site specific dance performance in the Qu'Appelle Valley (2022) and at the Darke Hall theater (2023). Most recently, the Troupe has created a site specific dance film (2024). Set in the tranquil Qu'Appelle Valley, *the weight of our feet* unfolds as a poetic exploration of connection and reconciliation through four distinct chapters amidst the seasons' passings.

As an independent artist, Heather has performed works by Ralph Escamillan (FakeKnot), Johanna Bundon, Misty Wensel, Bill Coleman, Robin Poitras, I-Ying Wu, Michele Sereda, and Turner Prize\*.

The journey to create *(b)reach* began in 2022 as a series of duets performed in various outdoor locations across the Heritage Neighbourhood. Since then, the work has expanded to include music composer Nicole Lizée and filmmaker Shawn Fulton, with aspirations to develop a dance film that will evolve from the original piece.

For Heather, living life and creating art are inseparable and indistinguishable activities. She sees her role as an artist akin to that of an explorer: venturing, playing, provoking, illuminating, and inspiring.

**Albert Cao**  
Musician



Albert Cao trained at Jacobs' school of music(USA) and Shanghai Conservatory (China) Cao received the first Chinese full scholarship award by Jacobs' school of music and was the first Chinese principal flute in Asian Youth orchestra since year 2000. Multi guest player, competition winner, and best teacher prize winner. Cao received his first piccolo job in the orchestra in his third year in the conservatory 2009 and before 2019 was Principal Flute in the Fujian Province Symphony Orchestra, Shanghai Culture Plaza Orchestra, Principal Piccolo in Shanghai Opera House, Guiyang Symphony Orchestra . Since moving back to Canada from China, Cao has become an electrician and has performed 12 solo recitals in Regina held by Regina health and art society.

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**Reymark Ferrer Capacete**  
Choreographer and Dancer

Bio to come....

## David Cottin

Musician



David Cottin is an accomplished bass guitar player and audio mastering engineer. He plays a variety of styles from rock, heavy metal, funk, reggae, contemporary and more. His versatile sounds have allowed him to play with musicians such as; Jeff Mertick and embark into accompanying his music within the dance arts.

He has performed and entertained audiences throughout Regina and Saskatchewan for over a decade as an independent musician and as a member of his band, Newera. Newera has actively played throughout the years at events and venues such as; Tele-Miracle, The-Exchange, Brandt Center, and various Saskatchewan bars/lounges.

David is also a talented recording engineer with a focus on audio mastering. This has led him to master albums for various bands throughout Canada, the USA and in Belgium. He is currently furthering his audio mastering business by adding teaching tools for other aspiring engineers to strengthen their skills in audio mastering.

([www.dcaudiomastering.com](http://www.dcaudiomastering.com))

**Lindsay Cottin**  
Dancer



Lindsay Cottin is an award winning versatile dancer and movement artist located in Regina, SK. With over a decade of experience, Lindsay is known both locally and internationally for her vibrant performances, choreographies and teaching. She is currently a dance Artist-in-Residence with New Dance Horizons studio under the direction of Robin Poitras and Edward Poitras.

She has performed with various dance companies in Toronto ON and Los Angeles such as; The Arabesque Dance Company, Tsingory Dance, and The Los Angeles Bellydance Academy. Her dance background includes; Contemporary, Middle Eastern, Ballet, Hip Hop, Dancehall, Salsa, Flamenco, Fighting Monkey and Flux movement.

Presently, Lindsay enjoys teaching dance classes for kids to adults and is actively performing and creating dance works.

Besides dance, Lindsay is a Holistic Practitioner and Coordinator. She holds diplomas in Shiatsu Massage Therapy, Recreational Therapy and has various certifications in Reiki and Project Management. She is also a fitness and health advocate with a focus on fitness/movement for those with limiting abilities.

**Mohana Das**  
Dancer



Mohana Das is a professional Indian Classical dancer with 25 years of experience and a Dance teacher for over 14 years. She is the recipient of the prestigious Indian Council for Cultural Relations (ICCR) Scholarship. She is a “National dance Competition “winner in her home country and performed as a soloist in major dance festivals in India, Bangladesh, Singapore. She also won prestigious dance awards from Government in different times. She is trained in different classical and folk-dance forms and learned under the tutelage of famous classical dance artists and Guru: Sharmila Banerjee, Shaswati Garai Ghosh, Benazir Salam, Vidushi Arushi Mudgal, Nritya Upadhyay Sandip Mallic and many more. She is enlisted as an Artist in National Television. She is the artistic director of her dance school in Regina named 'Nritya Kalpa Yog'. She along with her team performed in different festivals in Saskatchewan. Besides she is also working as Data scientist Manager at SaskTel.

## **Kendra Kembel**

Dancer

Kendra Kembel is a healing and movement artist living on Treaty 4 Territory, the traditional lands of Nēhiyawak, Anihšīnāpēk, Dakota, Lakota and Nakoda People and the homeland of the Métis/Michif people. Kendra's professional life is fulfilling and multi-faceted as a dancer, choreographer, instructor and healer.

Kendra has a rich connection to dance and community with the contemporary dance studio FadaDance. Her collaborations with FadaDance bridge multiple roles in her life as a dancer, instructor, and choreographer. Her most recent collaborative dance work was with Heather Cameron (choreographer) and Isabella Wishlow (fellow dancer) in *(b)reach*, an experimental duet. In recent years, Kendra also performed with the FadaDance Trails Ensemble project (Misty Wensel & Heather Cameron) that performed in *Trespassers Waltz* (2020), at the Regina Symphony Orchestra Christmas Special (2021), the site specific premiere of *Holloway* (2022) and the *Holloway* performance at Darke Hall (2023).

In April of 2025 Kendra will be performing *(b)reach* as part of New Dance Horizons' Spring into Dance Festival. This spring she is also presenting her original choreography in "Rhythm Dust," a FadaDance Troupe dance production.

She offers Reiki, Reflexology and Yoga as part of her weekly offerings. Kendra was first called to this work in her own personal healing 25 years ago, not too long after completing her BA Hon in Sociology. What began with a seemingly single Reiki training, evolved into a practice of professional services which serve a diversity of people and organizations. Kendra's most recent training has taken her into the world of Somatic Experiencing with creative explorations that involve healing and moving with the nervous system.

**Tessa Rae Kuz**  
Choreographer



Tessa Rae Kuz (she/her/hers) is a dance artist, performer and teacher based on the Treaty 4 Territory of Regina Saskatchewan. Her approach is rooted in the intimate connection between the body and its environment, where emotion, quality, space, and texture blend to create a dynamic and visceral physical dialogue.

She is a graduate of Toronto Metropolitan University's Performance Dance BFA program. Her extensive repertoire includes notable works by choreographers Margie Gillis (QC), Robin Potras and Edward Poitras (SK) and Adam Barruch (NYC). She is grateful to be a participant of Ms. Gillis' Legacy Project, a project devoted to transmitting concepts of creation, teaching and humanitarian vision to the next generation of dance artists.

Tessa recently completed the Dancing with Parkinson's teacher training course with Sarah Robichaud and is a DWP teacher offering weekly classes in Regina. In partnership with City of Regina and Listen To Dis', Tessa also facilitates Inclusive Dance - a free inclusive dance class for youth of all abilities.

As a life-long student of dance, Tessa is always aiming to develop and diversify her knowledge of different movement approaches, forms and culturally specific dance expressions. In 2022, she had the chance to enhance her knowledge through participating in Educate And Dance, a dance training program under the guidance of Angelo Aneur, a pioneer in Montreal's hip hop scene. Building on this foundation, Tessa has since continued to explore Metis Jigging, Raqs Sharqi, Bollywood, Bhangra and Afro dance styles.

**Laurence Lemieux**  
Choreographer and Dancer



As artistic director of Citadel + Compagnie for nearly two decades, Laurence Lemieux has established herself as a leader within Toronto's dance community. Her multi-faceted experience as a dancer, choreographer, teacher and presenter has guided the company's mandate of community outreach and engagement and given rise to C+C's distinctive artistic voice.

Born in Québec City, Lemieux studied dance at L'École Supérieure de Danse du Québec, and at The School of Toronto Dance Theatre. Her performance career began when she joined Toronto Dance Theatre in 1986, dancing for founders David Earle, Peter Randazzo and Patricia Beatty, and later for Christopher House. A member of the company for 8 years, Lemieux's 1998 performance in House's *Cryptoversa* earned her the Dora Mavor Moore Award for Best Performance in Dance.

Over the course of her career, Lemieux has danced for some of Canada's most prominent choreographers, including William Douglas, Margie Gillis, James Kudelka, Benoît Lachambre, Sylvain Émard, and Jean-Pierre Perreault. Since presenting her first choreography in 1983, Lemieux has created over thirty original works, drawing deeply on personal experiences that resonate strongly with audiences and presenters alike. As an educator, Lemieux has taught at many respected institutions including Ryerson University, York University, Concordia University, the University of Quebec in Montreal, l'École Supérieure de Ballet Contemporain and Canada's National Ballet School. Lemieux uses her cumulative artistic experience to inform her programming choices for the company's multiple presentation series, showcasing the work of diverse talent from emerging, marginalized and established choreographers.

In 2012, Lemieux created the Citadel Dance Program and brought high quality, accessible dance classes to children and youth living in Toronto's Regent Park. She is a passionate advocate for the arts and is President of the board of Daniel Leveillé Danse in Montreal.



Lemieux's satisfaction as an artist comes from sharing her passion and talent with dance audiences and students, and as a deeply engaged and active member of the dance community.

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## **Nicole Lizée**

Composer

Called “a brilliant musical scientist” (CBC), “breathtakingly inventive” (Sydney Times Herald), and “utterly inspiring” (I Care If You Listen), award winning composer and filmmaker Nicole Lizée explores themes of malfunction, turntablism, rave culture, urbex, film theory, psychedelia, game culture, experimental fashion, and thrash metal to create a new kind of expression.

Nicole's compositions range from works for orchestra and solo turntablist featuring turntable techniques fully notated and integrated into a concert music setting, to other unorthodox instrument combinations that include the Atari 2600 video game console, vintage board games, omnichords, stylophones, Simon™, Merlin™, Ouija boards, and karaoke tapes. In the broad scope of her evolving oeuvre she explores such themes as malfunction, reviving the obsolete, and the harnessing of imperfection and glitch to create a new kind of precision and expression.

Her commission list of over 60 works includes the Kronos Quartet, BBC Proms, New York Philharmonic, San Francisco Symphony, Bang On A Can, Colin Currie, stargaze, National Arts Centre Orchestra, l'Orchestre symphonique de Montréal, Vancouver Symphony Orchestra, Toronto Symphony Orchestra, Tapestry Opera, Ligeti Quartet, Southbank Sinfonia, Donaueschingen Festival, Musée des beaux-arts de Montréal, Continuum, Quatuor Bozzini, and Sō Percussion.

Nicole's works are regularly performed worldwide to international acclaim. Awards include the 2023 Music Critics Association of North America Award for Best New Opera, the 2022 Dora Mavor Moore Award for Outstanding New Opera, the 2019 SOCAN Jan V. Matejcek Award, the 2017 Prix Opus for Composer of the Year, the 2013 Canada Council Jules Léger Prize for Chamber Music, and the Canada Council Robert Fleming Prize for achievements in composition. She's received multiple JUNO nominations and is a Lucas Artists Fellow (California) and a Civitella Ranieri Foundation Fellow (Italy). In 2018 she created the music for the new National Film Board logo. In 2016 she was selected by composer Howard Shore to be his protégée as part of the Governor General's Performing Arts Awards.

## **Marcus Merasty**

Choreographer and Dancer



**Marcus Merasty** is an independent multidisciplinary artist with ancestral roots from Wapâwikoscikanihk, Pelican Narrows, Saskatchewan and of Asinîskâwitiniwak, Rocky Cree, heritage. He completed the Professional Program at the School of Contemporary Dancers in Winnipeg, MB, in 2021. A Past Artist-in-Residence at New Dance Horizons (NDH), Regina, SK. Marcus' passion lies in exploring Indigenous contemporary dance performance and creation. In 2024 their work was presented at the Remain Modern (Saskatoon, SK) and at NDHs Stream of Dance Festival (Regina, SK). Recently Marcus has worked as an interpreter for; The Saskatoon Symphony Orchestra, The Globe Theatre, NDH/Rouge-gorge, and Lara Kramer.

**Jeff Mertick**  
Musician



Multi-instrumentalist, vocalist, and songwriter, Jeff Mertick!

Jeff has been playing the Saskatchewan music scene for over 25 years and has been an avid supporter of the local Regina music scene. He has arranged & hosted many songwriter's performance event opportunities at various venues throughout Regina. In 2018 sprung the release of three albums from, The Jeff Mertick Band. During his music career he has also hosted his own funk/soul radio show on CJTR called Sounds of the Inner City airing from 2017- 2022.

Jeff's soulful renditions of popular songs from many different genres, mixed with some of his own beautifully crafted tunes, makes every performance a memorable experience of both discovery and nostalgia. Jeff Mertick's music can be found on most music streaming services.

## **Krista Solheim**

Dancer



**Krista Solheim** is an independent dance artist and movement teacher based in Regina, SK. She received her early dance training at the Youth Ballet Company of Saskatchewan, then completed a BFA in Contemporary Dance from Concordia University in 1998. In 2014, she became STOTT PILATES® certified instructor. Over the past 20 years, Krista has pursued an independent creative and performative dance practice. As choreographer, Krista has been active in developing her voice as a soloist. As performer, she has worked with a range of choreographers from across Canada. Since 2017, Krista has been working with New Dance Horizons (NDH) Creation Base, NDH/ Rouge-gorge; dancing in the creations of Robin Poitras and Edward Poitras.

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## **Gabriela Garcia Ortiz**

Choreographer and Dancer

Bio to come...

## **Robin Poitras**

Choreographer and Dancer



Robin Poitras, C.M. (Co-Artistic Director) is one of Saskatchewan's most prolific dance and performance creators. Creating dance, performance, and installation works, she has been actively engaged in contemporary dance practice since the early 80s. For many years Robin has traversed the formal worlds of dance and performance art. She co-founded New Dance Horizons in 1986, with Dianne Fraser where she continues to act as Artistic Director. She is a recipient of the 2021 Order of Canada, the 2016 Lieutenant Governor's Lifetime Achievement Award, the 2006 Mayor's Awards for Business & The Arts' Lifetime Achievement Award, and the 2004 Women of Distinction Award for the Arts.

### About Robin's creative process

My practice is rooted in a physical world comprised of choreography, dancing and actions/acts. My performance works often involve the use of found or formed objects, texts, images, sound and/or other media. I am curious about relationships and resonance among the worlds of art, science and nature and in exploring how these worlds feed back and forth in mythical, mysterious, elusive and sometimes obvious ways.

## Isabella Wishlow

Dancer



Photo credit: Shawn Fulton

**Isabella Wishlow** is an emerging dance artist from Regina, Saskatchewan. She is a captivating performer whose movement is described as intricate, playful, passionate and rigorous.

She has studied dance since she was five years old, primarily at FadaDance Studio. As part of the FadaDanceYouth Company, she had the opportunity to travel to Jamaica (2009), Taiwan (2012) and Denmark (2015) to perform at Dance and the Child International conference (daCi).

In 2019, Isabella danced the Trails Ensemble project led by choreographer Misty Wensel. She performed *Trails in Trespassers Waltz* in 2020 as part of the National Arts Center's Grand Acts of Theater. In June 2022 she performed in *Holloway* choreographed by Misty Wensel and the Trails Ensemble. In August 2024 Isabella performed in *(b)reach*, a contemporary dance film project choreographed by Heather Cameron. Recently, Isabella has been involved with the FadaDance Youth Company, choreographing dance work for *Rivulets* in 2023, *Unravel & Thread* in 2024 and *Rhythm Dust* in 2025.

As a solo dance artist, Isabella began performing at Saskatchewan music festivals in 2022. Bringing a fresh, unique movement to the recent electronic music festival scene. She has performed at Emotion Music Festival (2022, 2023 & 2024), Electric Sky (2022) and Ness Creek Music Festival (2022).

In 2024, Isabella choreographed and performed her first solo work *Caught in the Web*, as a member of FadaDance Troupe's Emerging Ensemble for *Unravel & Thread*. A double billed dance show featuring the FadaDance Youth Company and Emerging Ensemble. Creating this solo work has inspired her to continue developing her career as a dance artist.

In April of 2025 Isabella will be performing *(b)reach* as part of New Dance Horizons'

Spring into Dance Festival. This spring she is also presenting her original choreography in *Rhythm Dust*, a FadaDance Troupe production.