

Sandra Lamouche

Out of Wounds

ABOUT INDIGENOUS PERFORMANCE INITIATIVES:

Programming in Nozhem First Peoples Performance Space is overseen by a circle collective, Indigenous Performance Initiatives. Founded in 2004, Indigenous Performance Initiatives (IPI) collective members include: Marrie Mumford (Métis Chippewa Cree); Elizabeth Osawamick (Anishinaabe); Elder Shirley Ida Williams (Anishinaabe); Paula Sherman (Ardoch/Algonquin); William Kingfisher (Anishinaabe, Rama First Nation); Kerry Bebee (Michi Saagig Anishinaabe); and Jenn Cole (mixed-ancestry Algonquin Anishinaabe).

NOZHEM CREATIVE TEAM:

Artistic Director: Jenn Cole

Associate Artistic Producer: William Kingfisher

Technical Director: Don White

Theatre Coordinator: Lee Bolton

Front of House and Cultural Mentor: Sheri Smith

Artistic Support and Social Media: Shenoa Poirier and Hannah McCammon

PUBLIC ENERGY PERFORMING ARTS TEAM:

Executive Director: Bill Kimball

Managing Director: Eva Fisher

Bookkeeper: Josh Raspberry

Digital Content Producer: Michael Morritt



November 1-2, 2024
Nozhem First Peoples Performance Space
Nogojiwanong, Ontario



Nozhem First Peoples
Performance Space



PERFORMING ARTS

OUT OF WOUNDS

Sandra Lamouche

Co-presented by Nozhem First Peoples Performance Space
& Public Energy Performing Arts

Created and performed by: Sandra Lamouche (Bigstone Cree Nation)

Cultural knowledge consultant: Kevin Cardinal (Bigstone Cree Nation)

Elder: Mike Beaver (Bigstone Cree Nation)

Sound Designer: Daneille La Rose (Metis/ Mennonite)

Costume Designer: Julie Lamouche (Bigstone Cree Nation)

Ribbon Dress: Margaret Lamouche (Bigstone Cree Nation)

**Thank you to those who contributed to the development
and supported this work including:**

Dancer's Studio West (Calgary, AB), Santa Fe Art Institute (NM),
Dancing Earth (Santa Fe, NM), Canada Council for the Arts

ARTIST BIOGRAPHY, SANDRA LAMOUCHE:

Sandra Lamouche is a Nehiyaw Iskewew (Cree Woman) from the Bigstone Cree Nation in Northern Alberta she is married into the Piikani Nation in Southern Alberta and mother to two boys with braids. She completed her B.A. in Native American Studies from the University of Lethbridge in 2007. In 2021 she successfully defended her M.A. Thesis at Trent University, titled "Nitona Miyo Pimadisiwin (Seeking a Good Life) Through Indigenous Dance" which examines Indigenous Dance as a Social Determinant of Health and Well Being. Sandra is a multidisciplinary creator and storyteller, she is a Champion Hoop Dancer, award winning Indigenous Educational Leader, two-time TEDx Speaker, artist, and an award winning author. She has over 30 years experience as a dancer, starting early in childhood and in many different dance styles. The hoop dance teachings that include all of life and lessons of unity and equality allow her to live in accordance with her identity, culture and passion for the environment and social justice. She has decades of experience as an advocate and is relentless in her pursuit of peace, justice, love and equality.

NEXT FROM PUBLIC ENERGY PERFORMING ARTS:



RAVEN MOTHER

Dancers of Damelahamid (Gitxsan & Cree, Vancouver)
Market Hall Performing Arts Centre
November 26, 2024 @ 7:30 PM

Raven Mother is the Dancers of Damelahamid's newly choreographed dance work in honour of late Elder Margaret Harris (1931 – 2020). *Raven Mother* is the Dancers of Damelahamid's most ambitious production and will be the culmination of generations of artistic and cultural work. *Raven Mother* is a tangible remembrance of a woman's spirit, marking the shift between generations that has sparked a new role for our daughters as the force to hold their grandmother's vision.



NEW WORKS: HERYKA MIRANDA AND NORMA ARAIZA
(Guatemalan American, Yoeme Nation & Mexican Basque)
A co-production with Indigenous Performance Initiatives
Nozhem First Peoples Performance Space
Feb 28-Mar 1, 2025 @ 7:00 PM

"Norma Araiza and Heryka Miranda are old friends of Nozhem: strong female Indigenous performing artists who bring deep practices of connection to cultural roots, earth, and land. They both dance with fluidity between beings. We look forward to seeing these new works!"

-Jenn Cole, Artistic Director, Nozhem First Peoples Performance Space

PUBLIC ENERGY PERFORMING ARTS WOULD LIKE TO THANK OUR GENEROUS SUPPORTERS:



Canada Council
for the Arts

Ontario



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO
an Ontario government agency
un organisme du gouvernement de l'Ontario



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peterborough
outside the ordinary



Formation
Thought-provoking work for charities

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Sales Representative
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The Lloyd Carr-Harris Foundation

ABOUT NOZHEM

NOZHEM is the Ojibwe word, which denotes the female bear. We’ve chosen this animal to represent our space because she embodies the characteristics of transformation, balance and knowledge, which are essential components of Indigenous way of knowing.

NOZHEM is very close to the earth, and therefore she knows the plants and their medicine properties. She’s the one animal that fasts all winter, thus in that way, she undergoes a transformation. She gives birth and in doing so, in bringing forth new life, she achieves a sense of balance. She’s very protective of her young and in this way, very similar to the human being. Because of her knowledge of medicine plants her physical and spiritual strength and her resilience, she is respected as a healing spirit in our community.

In theatre there is transformation which takes place as actors take on specific roles, but there is another transformation which occurs within the individual actor as they find their own healing through their personal creative expression. There is also healing for the audience as they empathize greater awareness of the human condition and the situations of others in society. Thus it is fitting for our Indigenous performance space to honour that spirit of the bear with her name **NOZHEM**.
- Edna Manitowabi

NOZHEM SUPPORTERS:



ABOUT PUBLIC ENERGY PERFORMING ARTS:

PUBLIC ENERGY PERFORMING ARTS is Nogojiwanong/Peterborough’s animator of dance, theatre, performance and interdisciplinary work. Since 1994 we have presented a mainstage series of artists drawn from across Canada and beyond, commissioned new work in concert with other Canadian presenters, supported the development of the local dance, theatre and performance community and nurtured audiences that are knowledgeable and passionate about the performing arts.

Public Energy works in Treaty 20 territory situated in the traditional territory of the Michi Saagiig and Chippewa Nations, collectively known as the Williams Treaties First Nations. We honour that we are in Nogojiwanong, the Anishinaabe word for “place at the end of the rapids”, a gathering place where stories have been shared for millennia. We acknowledge the Indigenous people for their stewardship of these lands and we recognize our responsibility to foster respectful relationships with the water, the land, and its people. Public Energy recognizes that treaties did more harm than good, criminalizing cultural practices and displacing Indigenous people from their territories. We commit to doing all we can to repair this legacy by providing a platform for the voices and artistry of Indigenous artists to be heard and respected.



YOU CAN WATCH *OUT OF WOUNDS* ONLINE

You can watch a recorded version of *Out of Wounds* at home beginning on Tuesday November 5th. Access is complementary with the purchase of an in-person ticket. Visit publicenergy.ca/public-energy-home-theatre/ and use password **Sandra**

FILMS:

HONOURING THE CHILDREN (2021)

A short dance and spoken word film that honours those who survived residential schools, remember those who didn’t, and build hope for the future. The jingle dress is a healing dance and is said to originate during the Spanish flu pandemic.

Music: Brock Stonefish (Delaware) a musician that has performed internationally and is based out of Ontario.

Video: Rick Gaudio (Metis), he is an educator, writer and film maker based in Alberta.

Jingle Dress made by Sandra Lamouche, **dance, choreography and spoken word**, also by Sandra Lamouche.

Funded by: Calgary Arts Development.



Honouring the Children, still

WAUKIMUSIKAN (2024)
INTERVIEW WITH ELDER MIKE BEAVER (BIGSTONE CREE NATION)

CREE TRANSLATION:

“I am grateful to help my relative, for what she is going to do for us here in the bush area and the lake. Creator we are thankful for the land. The grandmothers and grandfathers for still teaching us through the land and that we are still following them. Thank you grandmothers and grandfathers for still teaching and showing us through the land. We call this waukimusikan. It is used many ways. It has medicine.

It can be used for ear aches’ It is found on diamond willow, You can use it when hunting burn when you kill something. Burn it to help us live. It smells so good, that’s why we use it. Sometimes people are bothered by thunder or when you are scared you can use it. When asking for prayers this is what is mostly used in our area. The Blackfoot like to trade it. It can be used when you are lonely too.

I didn’t lose my language, it is important to never lose the language. I hope you have a good day, a good life. You are blessed and you’re dancing and your family. I am thankful for you.”



Waukimusikan, still

NOZHEM FIRST PEOPLES
PERFORMANCE SPACE
2024-25 SEASON

**DECOLONIAL POETRY
WORKSHOP**
WITH SARAH LEWIS AND ZIYSAH VON BIEBERSETIN
New Date TBD
1 pm

HOOP DANCE WORKSHOP
SANDRA LAMOUCHE
November 2
1 pm

**SANDRA LAMOUCHE
OUT OF WOUNDS**
Nov 1&2
7 pm

MEET THE MURAL
BY
JOSH MORELY
November 8
1 pm
at Artspace

**DANCERS OF DAMELAHAMID
WORKSHOP**
November 25
1 pm

**HERYKA MIRANDA
AND NORMA ARAIZA
IN PERFORMANCE**
February28 and March 1
7 pm

MOVEMENT WORKSHOP
WITH NORMA ARAIZA AND HERYKA MIRANDA
March 1
noon

**FEED THE BEAR
CEREMONY**
February

TRICKSTER TRAILS
KEHEWIN NATIVE DANCE THEATRE
March Date TBD
1pm

**ANISHINAABEMOWIN
GIIZHIGAD**
March 25

EVERYONE WELCOME

PWYC

