



ÉVÉNEMENT
QUÉBEC DANSE
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APRIL 29, 2015
QUEBEC MESSAGE ON INTERNATIONAL DANCE DAY
BY HAROLD RHÉAUME

At my house, we didn't dance. It wasn't part of our lifestyle. My first images of dance came from musicals that I watched on TV as a child, after coming home from school. The first two men I ever saw dance were Fred Astaire and Gene Kelly. I remember the impact it had on me. I couldn't believe that so much emotion could be expressed by simply dancing. To be powerful, agile, funny, smooth, rhythmical, sensual, athletic, touching, exciting: all that by simply moving one's body! It's absolutely crazy, when you think about it. But that's what dance is all about. Crazy, inexplicable and accessible to all.

When I began to dance professionally, it was to express things I couldn't say in any other way. No words could convey what I felt as much as movement.

"Everything that is in motion must be moved by something," said Aristotle.

Everyone of us, to varying degrees, alone or in a group, has this deep desire to move, to advance. And "to move" makes me think of "to be moved." We are often moved when seeing a child or elderly person dance, in the simplest way. Dance, in its most basic form, is accessible to all.

Many things unite the human race. And I think that dance is one of them. All of the earth's peoples, all of its tribes and societies have incorporated dance in their traditions and cultures. However personal, ritualistic, sacred or joyous it may be. To celebrate life, death, birth, the solstice, or simply an emotion that can find no other outlet than through the body.

Let's put aside our differences, our opposing views, our taboos and judgements. Let's forget our embarrassment or unease.

Let dance move us, in both senses of the word.

Together, let's dance.

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You can also read the [international message](#) for International Dance Day by the Spanish choreographer-dancer **Israel Galván**, and the [Canadian message](#) by **Luca "Lazylegz" Patuelli**, the choreographer-dancer and founder of ILL-Abilities.

Harold Rhéaume



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Harold Rhéaume has been the President of the Regroupement québécois de la danse since October 2014. A driving force in Quebec's artistic community, Harold Rhéaume has developed an approach oriented toward the general public, young audiences and *in situ* works, helping to increase the visibility of contemporary dance in the most diverse communities. A highly versatile artist, he has created choreographies for theatre, opera and film, and has recently begun to collaborate with Cirque du Soleil. Harold Rhéaume is also a teacher, host, lecturer and artistic advisor. With his company, Le Fils d'Adrien danse, he has played a major role in raising the profile of professional dance in Quebec City, and in helping to develop and promote new talent.

On the program of International Dance Day

As part of the *Québec Danse* event, in full swing until May 3, some 100 activities are being presented in **Montreal**, the **Quebec City region**, **Chaudière-Appalaches**, **Eastern Townships** and **Abitibi**, as well as other cities throughout Quebec, all centred around International Dance Day. Discover all the activities of the 4th edition of *Québec Danse* listed in the dance agenda at www.quebecdanse.org. **The most complete dance agenda on-line!** To pique your curiosity, here is a [selection of special activities](#) taking place on April 29.

Catch the fever of dance and share the excitement!

Follow the event on Facebook and Twitter with the hashtag #QD15. And download the [Québec Danse Mobile](#) app, available free of charge at App Store and Google Play.

Regroupement québécois de la danse

The RQD brings together over 500 dance professionals, promoting their interests in the public and political spheres. Founded in 1984 with the aim of giving Quebec dance a unified voice, the RQD has over the years played a leading role in organizing formative projects for the discipline.

The RQD is pleased to schedule this 4th edition of *Québec Danse* during National Dance Week, coordinated by the Assemblée canadienne de la danse/Canadian Dance Assembly (ACD-CDA).

Acknowledgments

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For its Montreal activities, *Québec Danse* receives funding from the Borough of Ville-Marie, the Borough of Plateau-Mont-Royal, the Service de la culture, and the program *A Montreal School for All*. In Quebec City, *Québec Danse* receives financial assistance under the cultural development agreement between the Ministère de la Culture et des Communications and the Ville de Québec.

For its regular activities, the RQD is funded by the Conseil des arts et des lettres du Québec, the Canada Council for the Arts, the Conseil des arts de Montréal, Compétence culture, Emploi-Québec, as well as the Ville de Montréal and the Ministère de la Culture et des Communications du Québec through its *Diffusion du patrimoine montréalais* program.

– 30 –

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