Presented by Tracks Dance Company in association with Darwin Festival

# Antidote

## A REMEDY FOR NOW

A suite of offerings reflecting back messages of hope and resiliance

This is a remedy for the times we find ourselves in

# Acknowledgement

Tracks faithfully acknowledges the Larrakia people on whose Gulumoerrdjin land we have enjoyed creating on for over 30 years.

We know that every step or action we take on this land, sky and the surrounding waters, is on unceded country, and that there is a responsibility for us all to respect the wishes of the original keepers of this country.

We acknowledge all the songs, dances, stories and ceremonies that have come from this place that have kept country alive. For this we are indebted, and remain eternally grateful. We extend this acknowledgement and gratitude to all other First Nations people, both here today, but also across this amazing continent and Earth.

We  acknowledge the deeply spiritual nature of the Milkwood Trees that we perform around, as sentinel guardians of this land.

Finding Antidotes

# A word from our Artistic Leadership Team

In times when it's easy to feel overwhelmed, we turn to our community to discover remedies for now. Here at Tracks, we believe in a collective vision and in the deep understanding our community has of itself, along with the dreams and aspirations of our passionate locals. We have created a suite of offerings, each deeply informed by this community.

The ingredients for our antidote come from a diverse range of locals, through four connected events:

1. Dance It - A public and free dance performance celebrating our open-air lifestyles, our amazing Larrakia culture, and everyone committed to building our incredible community.

2. Listen Deep - An evening of sound and music that starts with a soundtrack and then delves deeper into our sonic connections.

3. Tell Stories - An evening of stories shared in captivating ways. We all have a story, and together they form our living culture.

4. A manifesto of antidotes drawn from our workshops, dancers, audiences, and wider community members. Over 300 Antidotes were gathered by our Hope Collectors. Manifesto to be released soon.

Please enjoy our offerings. As always, we are happy to receive feedback on our performances and events. There is a QR at the end of this programme to contribute your thoughts to.

# Dance It

Antidote A Remedy For Now - Dance It Scenario

- The Stage is Set - gathering Antidotes, and handing out prescriptions. The Esplanade comes alive
- Calling to country
  - Larrakia country
  - Yolŋu gathering
  - First Nations from across Australia
  - Honey Bees (Wuyal Sugarbag Man)
  - Other Elders
  - a Balinese Offering
- How to Antidote (Collected from workshop participants, audiences and general collections)
- Tunnelling Through - from Dark to Light
- 7 Sisters - Creating country - earth and sky, and the enduring connection between the earthly and the Spiritual.
- Listening - stories from local community voices, celebrating hope, resilience
- Finale - a celebration of people on Country - Walk Softly on Mother Earth

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# Cast

**Larrakia Elder**
Nadine Lee

**Yolŋu Song Man**
Banula Marika

**7 Sisters**
Aurora Feige-Falconer, Bryn Wackett, Ineke Wallis, Kate Mornane, Kelsey Bricknell, Olivia Marchesi, Tayla Edwards

**Spirits of the Land**
Amalia Briceno-Rossi, Audrey Mottram, Daisy Christal, Dusty Saunders, Florence Mbouti, Meredith Mottram, Tilda Gordon

**Earth Mother**
Sheila Rose

**Other Elders**
Ellen Hankin, Marian Patterson Desak Putu Warti, Nikki Charlesworth Canning Tim Newth, David McMicken Francess Perrett, Michelle Dott

**Endurance**
Maari Gray

**Antidote Dancers (Dote Crew)**
Anita Lakatos, Balla Neba, Demelza Gikopoulos, Georgette De Costa, Jenelle Saunders, Jens Cheung, Kyhanna Tabakovic, Molly O'Hagan, Renee Chan, Tahlia Biggs

**Doctors**
Alyson Evans, Amalia Briceno-Rossi, Audrey Mottram, Ciella Williams, Dusty Saunders, Florence Mbouti, Meredith Mottram, Thomas McCarthy

**Balinese Dancers**
Ashifa Salma Putri Noor, Desak Putu Eka Suciari, Desak Putu Warti, Dyah Purba Ningrum Widyastuti, Eva Susanto, Kadek Ayu Dinda Wulandari

**Honey Bees**
Carson Christal, Florian McHugh, Gupulul Wallis, Ivy Crichton, Lyra Crichton, Maia Greene, Mariwirrku Wallis, Ruth Pardy

**Tai Chi**
Grace Dong

# Listen Deep

## Devised by James Mangohig

**A Sonic Journey to a New Hope.**
**Tracks Dance Studio - Tuesday, August 19**

Step into a meditative soundscape that invites you to slow down and be immersed. Curated and created by music producer James Mangohig and the Tracks leadership team, this immersive listening experience draws on the rich sounds, voices, and instruments from our community that have been collected throughout the process of the team making Antidote. Let the layers of rhythm, ambient soundscapes and cultural textures guide you through this session and give you a moment to reflect on what it means to live in this place.

# Tell Stories
## Devised by Alyson Evans

**A heartfelt evening of storytelling exploring the world we live in and the futures we imagine.**
**Tracks Dance Studio - Thursday, August 21**

Featuring real stories from local voices, this performance celebrates hope, resilience and joy across cultures and generations. Developed through the making of Antidote, each story invites the community to reflect on where we've come from and where we're going. Tell Stories is a celebration of lived experience and collective vision. Join us for a night of community narratives that connect, uplift and imagine new possibilities for the future.

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## Cast

**Live Story Tellers**
Ellen Hankin
Grace Dong
Maari Gray
Alyson Evans

**Dancers**
Ellen Hankin, Julie Pudney, Lyn Minchin, Nikki Charleworth-Canning, David McMicken

**Recorded Stories (Drawn from Antidote - Dance It)**
Banula Marika Marita Smith, Janine Sutter, Jacinta Chartres, Jenni Attrill, Ange O'Donnell, Julie Pudney, Katrina Harding, Mara Dobrini, Francess Perrett, Jaimie Page, Sheila Rose

# Credits

**Sound System**
Speargrass HiFi

**Creative Team**
Rachael Wallis
David McMicken
Jenelle Saunders
Alyson Evans
James Mangohig

**Production Manager**
Duane Preston

**Show Technician**
Ward Hancock

**Site Crew**
Richard Mann

**Administrator, Marketing and Communications, Front of House**
Jocelyn Tribe

**Front of House Manager**
Sally Crawford

**Front of House Volunteers**
Libby Nuss, Marg O'Hurley, Ruttiya McElroy, Sheila Rose, Claudia Lee

**Costumes**
Many props and costumes were made during a community making day.

Thank you to all the volunteers who turned up:
Natalie Leysley
Emma Corrick
Caiti Baker
Dani Heilbronn
Electra Srbinobski
Bryn Wackett
Ineke Wallis
Special thanks go to: Nikki Charlesworth-Canning, Aurora Feige-Falconer, Jill Feige, Eirini Mbouti

**Poster design**
Creepy Curlew

**Photography**
Duane Preston

**Vox Poppers**

Anna Thomson
Di Lucas
Sarah Katz
Lesley Merrett
Crystal Brunyee

**Huge thanks also**
To the hundreds of community members who provided us with their Antidotes, stories, sounds and minds

Dan from 1300TempFence
City of Darwin

# Staff

Artistic Director: David McMicken
Artistic Leadership Team: Rachael Wallis, James Mangohig, Jenelle Saunders, Alyson Evans.
Company Director: Sean Pardy
Production Manager: Duane Preston
Dance Animateur: Kelly Beneforti (On parental leave)
Administrator: Jocelyn Tribe
Bookkeeper: It Figures. Auditors: AMW Audit

# Board

Chairperson: David Taylor
Treasurer: Glenn Bernardin.
Ordinary Members: Andrea Wicking, Claudia Lee, Max Stretton, Lachlan Peattie, Rachael Wallis, Venaska Cheliah, Sarah Rennie. Ex-Officio: David McMicken, Sean Pardy

**Donate Now!**
Become a Tracks regular giver and help grassroots dance continue to flourish in our community. Regular gifts, of even small amounts, can make a big difference to the Tracks family.

**Feedback!**
Scan this QR code to let us know your thoughts, this helps us to create even better events in future and make sure we are doing everything we can to keep up with our community!

**Antidote 2025 Programme**
Scan this QR code to see a digital copy of this programme. Thanks for coming, we hope you enjoyed the works.

**What's on next?**
Scan this QR code to access ticket links to all the upcoming events in our 2025 program, exciting times ahead, book now and we'll see you at the next show!

Tracks is proudly sponsored by the Northern Territory Government, and assisted by the Australian Government through Creative Australia, its principal arts funding and advisory body.

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