

## **Dance is Movement, Movement is Life with Lance Lim and the Carnegie All Bodies Dancers. Hosted by Rianne Svelnis**

This interview with Lance is full of beautiful, funny, and challenging stories about growing up in Strathcona, Chinatown and the Downtown Eastside, and how the changing shape of those neighbourhoods is part of his and his community's identity. We also hear about Lance's journey in martial arts training at the SFU dance program, and how he has come to be an integral part of the All Bodies Dance community.

Carnegie Community Centre <https://vancouver.ca/parks-recreation-culture/carnegie-community-centre.aspx>

Ukrainian Hall Strathcona <https://www.auucvancouver.ca/>

Oppenheimer Park [https://en.wikipedia.org/wiki/Oppenheimer\\_Park](https://en.wikipedia.org/wiki/Oppenheimer_Park)

Japanese Canadian Baseball Team - Asahi <https://www.asahibaseball.com/history.html>

Strathcona Park history <https://scoutmagazine.ca/2020/07/27/hobo-jungle/>

Contemporary Wushu <https://www.jihongtaichi.com/courses/contemporary-wushu/>

Julie Lebel <https://foolishoperations.org/about/>

Karen Jamieson Carnegie Dance Troupe <https://www.kjdance.ca/now/dance-in-and-for-the-community-program>

### **Lance Lim bio**

Lance Lim is a disabled interdisciplinary artist, who grew up in Strathcona district and his original movement background came from studying martial arts and Wu Shu. Lance joined All Bodies Dance in 2016 and performed in TRACE. He continues to be an active member of his local community and is passionate about dance, movement for everyone and creating community dance.