

ADELKA POLAK

PERFORMANCE ARTIST

- Pierrot International Mask Festival Stara Zagora, **Bulgaria** **2009**
International Mask Festival Aeroe Isle, **Denmark** **2009**
- Rebound Festival, **Audobon Center for the Arts**, New Haven, CT **2008**
-selected to present 10 minute mixed media dance theater solo entitled, "Patterns Out of Focus"
- Video for "Anthropic Bathing," **Tokyo, Japan** **2007**
-premiered with live music at **Stinger Café**
- Anthropic Bathing**, Sculpture Barn, New Fairfield, CT **2007**
-45 minute original site-specific mixed media performance for gallery's "Abstractions in Time and Space" exhibition. Improvisational dance fused into structure set by video, sound & predetermined manipulation of found objects. An intimate view into a personal account of observation. Displays potential interaction between nature, technology & the human body.
- "In Between Everything Blue" movement solo, Placencia, Belize **2007**
- Once There Was a Village**, Czechoslovak-American Marionette Theatre, LaMaMa E.T.C. **2007**
-involved in the development and performance of this work inspired by found object artist Yuri Kapralov & directed by Vit Horejs. A 400 year account of the history of the East Village and stories of immigrants. Emulating the junk tower of Avenue B & 6th St., vacuum cleaners, ironing boards & suitcases are only a few items recreating a grim narrative into a whimsical environment.
Preview of **Once There Was a Village** at Lincoln Center Outdoors
2006
- Ting (an inept angel)** by Rolande Duprey, NYC Puppet Library, Grand Army Plaza Arch **2006**
-performed nonverbal performance piece introducing Rolande Duprey's solo show involving several media of puppets
- From Mourning to Moonlight**, Digital Performance Institute, Gertrude Stein Repertory Theatre **2005**
-original 10 minute solo piece adapted from full-length show described below, performed in series of Digital Performance, collaboration with video artist Zoë Woodworth. 3 video screens encased my small environment, becoming a carapace colored by moving media. Created effect of getting lost in the crowd with 1 performer and 3 projections of multiple people walking.
- GH4**, Pittsburgh Glass Center Art Gallery **2004**
-collaborative improvisational dance theatre piece with Gia Cacalano. Involved video and movement from glass-making process.

Rodeo Smackdown by Squonk Opera, Byham Theatre, Pittsburgh, PA
2004 -involved in development & performance of new show by Pittsburgh-based avant-garde theatre troupe

Squonk Opera's Inferno, U.S. Tour (Stanford University, Humbolt University 2002-2003
-ensured technical tricks & visual illusions occurred backstage; developed & performed movement for puppet with projected faces

Squonk Opera's BigSmorgasbordwunderwerk
Edinburgh Fringe Festival 2003, 2004
Uijeongbu Music Theatre Festival in S.Korea & U.S.Tour 2002-2003
-adapted choreography from Broadway version for new performers & spaces; set up technical & set elements in each new space.

Audience by Vaclav Havel, The Slaughterhouse Gallery & Studios, Pittsburgh, PA 2004
-directed show & performed Vanek character for Art-All-Night event in Pittsburgh, PA

From Mourning to Moonlight, Chatham College Theatre Department, Pittsburgh, PA
2002 -Performance piece for 6 performers, video & installation. Video by Zoë Woodworth. Inspired by Franz Kafka's Metamorphosis. Accompanying the performance is text examining the effects of war on the human conscious as expressed through the body. **REVIEW** Squonk Opera's Rodeo Smackdown was hailed "their best show since BigSmorgasbordwunderwerk broke all the rules on Broadway" by the Pittsburgh Post Gazette (June 12, 2004). They also wrote, "And it's an absolute joy watching the role of stage manager-choreographer Adelka Polak grow from muted stage hand to a central character with a bouyant face and elastic body movements."

ARTIST RESIDENCY

Ix Chel Farm, San Ignacio, Belize 2007

Health Education Theatre

Concerned Citizens for Humanity & Our Community Puppet Theatre 2008
-perform HIV Education puppet show for grades 1-3 in all schools in Hartford, CT
-lead Q&A for the students about HIV & Caring for Our Community

Workshops / Dance & Theatre Pedagogy

The Moving Body New Centre for the Arts 2007
-created new movement class to enable actors development skill to make their work full-bodied
-restructured class for Teen Intensive program, making them more confident individuals

Shakespeare: Walk the Walk Cornwall Players
2006

-created and conducted workshop in collaboration with voice coach, Anne Jaffe
"Talk the Talk"
-was a part of a full month series of workshops focusing on Shakespeare
-aided in preparing the body for a Shakespeare performance

