

Holiday 2010

VANCOUVER Vistas

Downtown Living Magazine

Chan Hon
Goh *takes a
grand jeté*

inside

Glam Style • Fred Lee, Exposed • Showing Heart

PASSION play

Vistas speaks with an inspirational ballerina and businesswoman who is dancing to her own beat.

Special Guest for Holiday 2010
Chan Hon Goh, Director of Goh Ballet

Question Chan, what besides your parent's influence, inspired you to become a ballet dancer?

Answer The need to express the music and to personify its emotions was always irrepensible in me, even as a young girl with no formal training. I was also inspired by the beauty and grandeur of classical ballet. These, combined with my desire to perform made ballet my passion.

Q Ballet is a very demanding on the body, and your physique is the tool of your craft. How do you prevent injuries, or if you get any, how do you recover and take care of yourself?

A With all the repetitions in pursuit of an unattainable perfection, injuries - whatever major or minor - do happen. I've learned to listen to my body, which is much easier said than done, as the dancer's drive is so strong.

Didn't someone say that "Rome wasn't built in a day?" When injuries happen it is best to get expert medical advice and do other things that supplement dancing and/or recovery. Keeping a positive mental outlook is also vital to coming back strong and ready.

Q How do you feel about the arts scene in Vancouver right now? Are we doing all we can to support our local arts groups?

A Vancouver has a diverse arts scene and we need to support our local talents by attending performances and events. Making discoveries and finding out what is most suitable for your cultural experience will ensure sustainability of the best organizations.



photo by Sian Richards

Q Chan, what would you say to young girls who want to pursue their dream, whether it is ballet, another form of dance, or another profession they desire?

A I'm a strong believer in realizing one's dream and believing that it is possible. Never let others bend your will to succeed. Enjoy the journey as you grow within and do not be bound by pre-conceptions. Surround yourself with a good support system of people who will help make sure that intelligence and confidence go hand in hand.

Q Where do you see yourself, and by "extension," the Goh Ballet Academy, in 10 years time?

A In my everyday, it is hard to know what might happen in the next 10 minutes let alone the next 10 years. But let's start with the Goh Ballet Academy. I hope that within 10 years the academy would have a brand new facility which houses residence and a theatre to call our own.

For myself... professionally, I hope to have trained a new generation of dancers who lead the world's most notable dance companies. So then personally... I hope to have the wisdom to enjoy life and to know when things are "good enough."