



Resource Centre for the Arts
Visual Guide / Social Story



For

Mom's Girls Gone Wild

Showing at the

LSPU Hall Main Stage

May 13-15, 2021, 8pm

May 15, 2021, 2pm (Relaxed Performance)





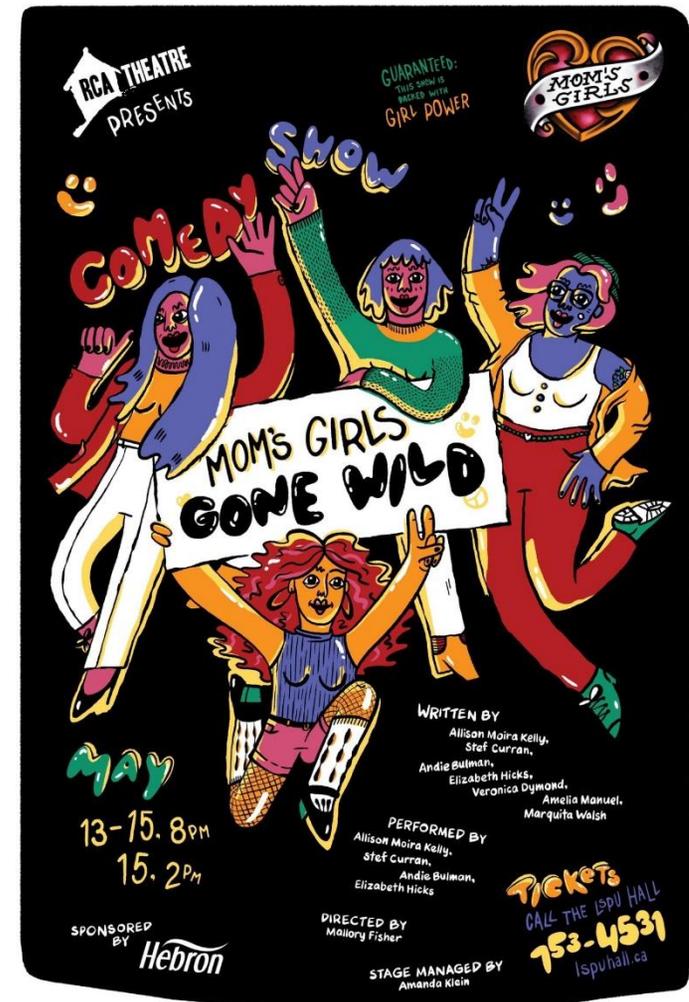
Mom's Girls Gone Wild

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Visual Guide / Social Story

Mom's Girls Gone Wild is a sketch comedy show that highlights the essence of female empowerment in our community. It is both local and ubiquitous, silly and satirical, joyful and unafraid. *Mom's Girls Gone Wild* is produced, written, built, and performed entirely by female and non-binary artists that aim to show critics that women belong on the comedic stage. With songs, sketches, and movement, Mom's Girls (Elizabeth Hicks, Stef Curran, Allison Kelly, and Andie Bulman) will take you on a fast-paced, high-energy ride- think the Scrambler at Thomas Amusements, but instead of your stomach hurting from those awful jolting motions, it'll hurt from all the giggling. All hands, arms, and legs must be inside the ride at all times. Strap in and get ready to laugh.





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Mom's Girls Gone Wild is a sketch comedy show. Sketch comedy comprises a series of short scenes or vignettes, called "sketches", commonly between one and ten minutes long. Such sketches are performed by a group of comic actors or comedians, either on stage or through an audio or visual medium such as radio and television.

Most people will recognize sketch comedy from seeing it on TV. It rose to popularity in the 1960s and 1970s, with notable examples *Monty Python's Flying Circus*, *The Carol Burnett Show*, *SCTV* (*Second City Television*) and *Saturday Night Live*.

Mom's Girls' goal is to shed light on the world of sketch comedy written entirely by women and non-binary artists, since they noticed a lot of comedy programming in their community dominated by men.





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What is a Relaxed Performance?

A relaxed performance is offered to anyone who would benefit from a more casual theatre environment. This is including (but not limited to) Neurodivergent patrons, or patrons who find it difficult to sit for extended periods of time.

Everyone is welcome to attend Relaxed Performances. *Mom's Girls Gone Wild* has one Relaxed Performance scheduled **Saturday, May 15 at 2 PM**

A relaxed performance features adjustment to the technical parts of the show to lower the sensory information in the space. This will include:

- The house lights being left on at a low level – so it is easier to come and go from the theatre for trips to the restroom and breaks in the second space!
- The sound effects, music, and lighting cues are set at a lower level – so there is overall less sensory information





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Mom's Girls create sketch comedy in a collaborative setting. They begin by taking some time to talk about what is on their minds, and what they are finding funny these days. They pitch ideas, go off to write them, and come back to read the first drafts. Very similar to the dramaturgical process for regular plays, they give and receive notes, do re-writes, and bring them back to the table! This is all before they ever get on their feet to rehearse. The process is not the same every time they begin a new project, but the collaborative spirit remains the same. *Mom's Girls Gone Wild* is delighted to have friends Veronica Dymond, Marquita Walsh, and Amelia Manuel in the room writing.





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Let us introduce you to the
Writer's Room, the Cast, and
the Crew of
Mom's Girls Gone Wild



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Veronica Dymond is a writer, comedian, and cartoonist from St. John's. A mainstay of the Newfoundland standup comedy scene, she is known for her wit, charm, and puns. She has performed alongside Canadian comedy greats like Adam Christie, Matt Wright, and Mary Walsh. Her essays and comics have been published on Cracked and CBC, including her debut essay, "I Never Lie, Except That One Time About Being Straight for 28 Years." In 2019, she headlined at the Braxton Comedy Festival and was a featured speaker at TEDxStJohns. With her friend Andie Bulman, Veronica co-wrote/co-directed the short film "Witchy Prostitute #3," which premiered at the Charlottetown Film Festival. Her play "Cross-Stitch" was part of the St. John's Shorts Festival in 2020. It can take her hours to make a cup of tea because she forgets she boiled the kettle. She is easily distracted and doesn't always finish her

Photo by Ritche Perez





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Marquita Walsh is a multi-disciplinary artist from Fleur de lys, NL. With a Bachelor of Fine Arts acting from Memorial University Grenfell Campus she is a dynamic actor for Theatre and television. Marquita has worked for several theatre companies across the island including Resource Center for the Arts and TNL. For her television debut, she starred as Reynolds for two seasons on CBC's Little Dog. Marquita is also a singer-songwriter. Her debut album into The Night was nominated for Music NL's Pop album of the year and she was chosen to perform at Toronto's NXNE Fest in 2018. In 2009 Marquita was cast in Terre Bruce Productions premier production No Change In the Weather- A Newfoundland Musical. The show went on to tour extensively across the province and Canada. Recently, Marquita completed the first draft of her brand-new original play She Is Here. This project marks her first credit as playwright and the developmental stages of the work begin this summer.

Favorite credits include: Tempting Providence-Gros Morne Theatre Festival, Revue 2018- Rising Tide Theatre, Brazil Square-RCAT.





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Amelia Manuel is an actor/singer/writer from Clarenville, NL. She has starred in the films, *Hunting Pignut* and *Black Conflux*, and has appeared on CBC's *Republic of Doyle*. Past theatre roles include Dorine in *Tartuffe* (National Arts Centre), Millie in *Birthday Balloon* (Rising Tide Theatre), Helena in *A Midsummer Night's Dream* and Velma Kelly in *Chicago* (Stephenville Theatre Festival), Anna in *Closer* (c2c Theatre), Juliet/Mercutio in *Romeo & Juliet* (New Curtain Theatre Company), and Myra Bennett in *Tempting Providence* (Theatre Newfoundland Labrador). Amelia has written and performed and toured in the musical *Brand New Beat*, as well as the political sketch comedy show *Revue '10,'11,'12,'16,'17,'19* (RTT).





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Allison Kelly is an actor from Gander, Newfoundland and Labrador. Allison holds a Bachelor of Fine Arts (Acting) from Memorial University, Grenfell Campus, and a Master of Fine Arts (Acting) from York University. Select theatre credits include: *Our Eliza*, *Midsummer Night's Dream*, *Richard III*, *The Seagull*, *A Servant of Two Masters* (Perchance Theatre), *Seal Slippers*, *Drowning Girls*, *Dedication* (RCAT), *What Is She Wearing*, *Isle of Demons* (perSISTence Theatre), *Almost Baymous 3* (Halfhandsome), *Tibb's Eve* (Mindless Theatrics), *Salt Water Moon* (Rising Tide). Recent tv and film credits include *Surrealestate*, and Grindmind's short film *Mumming Legends*. Allison teaches acting, both as an individual and for Grenfell Campus. Allison began writing for and performing in sketch comedy in 2016 and is so happy to be one fourth of Mom's Girls. Most recently, Mom's Girls shot their television show *Tales from the Floordrobe*.





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Elizabeth Hicks is an actor, writer, sketch comedian, and filmmaker from Carbonear, Newfoundland. She holds a MA in English from Memorial. Elizabeth writes and performs regularly with Mom's Girls (*The Ho Ho Ho Christmas Show*, *I'm Just a Girl*, *Tales from the Floordrobe*) and Halfhandsome (*Almost Baymous*, sketch fests, and more). As a playwright or actor, she has worked for many theatre companies in the province including Resource Centre for the Arts, Rising Tide Theatre, Perchance Theatre, Persistence Theatre, Artistic Fraud, Power Productions, and Mindless Theatrics/30for60. Elizabeth and her work have been featured at SJIWFF, Nickel Independent Film Festival, Women's Work Festival, St. John's Shorts, and sketch comedy festivals in New York City, Chicago, and Toronto. You may find Elizabeth at the TC Square, asleep on your couch, or behind the wheel of a large automobile.





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Stef Curran (she/her), an introverted comedian with a big mouth, is a graduate from Memorial University with a B.A in Communications, and a diploma in Performance and Communications Media. Curran has been performing for 10 years, but when she was bit by the skit bug, she was hooked on comedy. She is a member of Mom's Girls and Halfhandsome, with past credits including Revue 2020 (Rising Tide), Almost Baymous 2, 3 (Halfhandsome) and The Ho Ho Ho Christmas Show 1, 2, 3 (Mom's Girls). She has also travelled with Halfhandsome to perform in Chicago Sketch Fest at Stage 773. Curran is also on Tik Tok (rawstefc) where she produces short comedic Newfoundland sketches for over 23,000 followers. She would like to thank everyone involved in this show for being badass, and Nick Kroll for just being Nick Kroll.

**ACTOR/WRITER
MOM'S GIRLS GONE WILD**

STEF CURRAN





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Amanda (Andie) Bulman is a chef, writer, filmmaker, stand-up comic and sketch comedian. She holds a BA from UPEI and an MA from Dalhousie. Her first cookbook will be released in 2021. Amanda has written and directed three films: her feature length documentary, I'm Not the Killing Type about women in amateur stand-up comedy debuted at the Charlottetown Film Festival in 2017, and her two short comedic films "Drag Rescue" and "Witchy Prostitute #3" have debuted at the St. John's International Women's Film Festival and the Charlottetown Film Festival in 2018 and 2019 respectively. She has performed stand up at Yuks Yuks, Just for Laughs showcase, and the Halifax Comedy Festival. She lives in colorful house in St. John's, Newfoundland with her husband and a rascally basset hound named Gabby.

ACTOR/WRITER
MOM'S GIRLS GONE WILD

ANDIE BULMAN





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Mallory Fisher is a theatre artist, gin nurturer, and wallpaper revivalist from Mount Pearl. Mallory holds a BFA, an MFA, and long-term grudges. Mallory is the Artistic Director of Shakespeare by the Sea, and sits on the board for the Women's Work Festival and the St. John's Short Play Festival. Mallory posts pictures of books on Instagram and screams on Twitter about queer and trans rights @malfisher





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Amanda originally hails from Oshawa, Ontario – but moved to St. John's in 2019 to make NL home. She has worked with several companies both on and off the island, including the Gros Morne Theatre Festival, Opera on the Avalon, PerSIStence Theatre, and Theatre on the Ridge. Highlights include Phantom of the Opera (OOTA), What Hangs in the Balance (PerSIStence), and Tempting Providence (GMTF). When not dressed in black and hiding in a booth she can be found reading in a corner or cooking up some kind of comfort food. Thanks to the Mom's Girls Gone Wild team for bringing her into the fun!





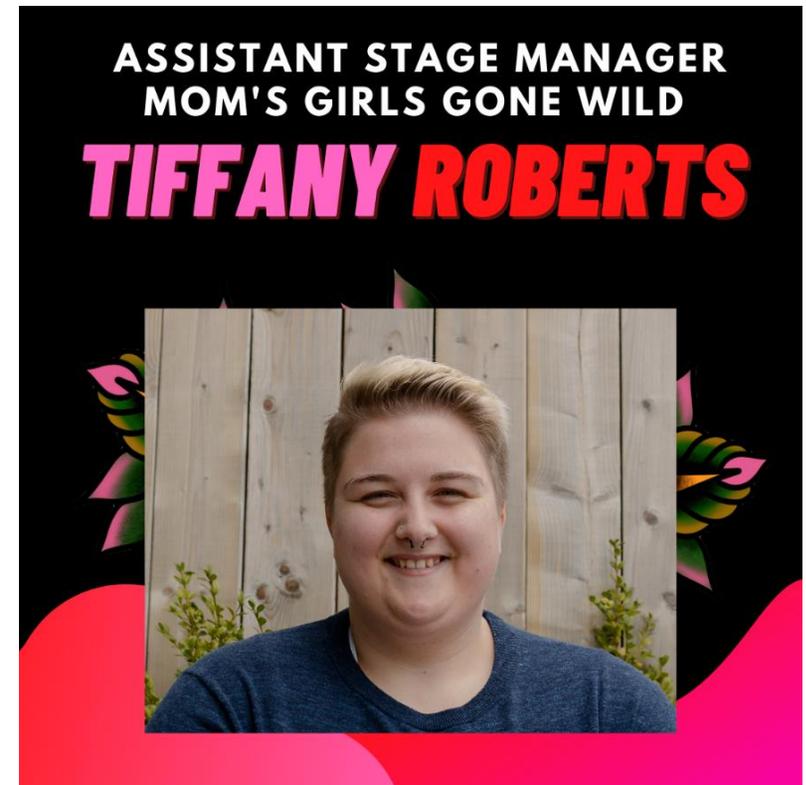
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Tiff Roberts is a multidisciplinary artist from Twillingate, Newfoundland. Having studied both Acting and Technical theatre at Memorial University's Grenfell Campus, Tiff enjoys being both on stage and behind it. Working with sound, light, box office and acting with Beyond the Overpass in the summer of 2016 is what set Tiff on the path to working with theatre in many shapes and forms. While enjoying many aspects of theatre, Tiff's favourite part has always been working with and creating props and sets and is excited to be working with the Mom's Girls Gone Wild team to keep their props in check during the shows!





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Alison Helmer is a multidisciplinary artist who has been deeply and continuously influenced by her studies and experience working on the east coast. Though born and raised on the prairies, she began her theatre education with the Stagecraft program at Grenfell college before completing the Scenography program at the National Theatre School of Canada. She approaches the world of both set and costume design through a lens of fantasy, history, and the tradition of storytelling. She is excited by Theatre that pushes the boundaries between conventional and experimental, and that seeks to fulfill our human search for truth, escape, and shared connection.





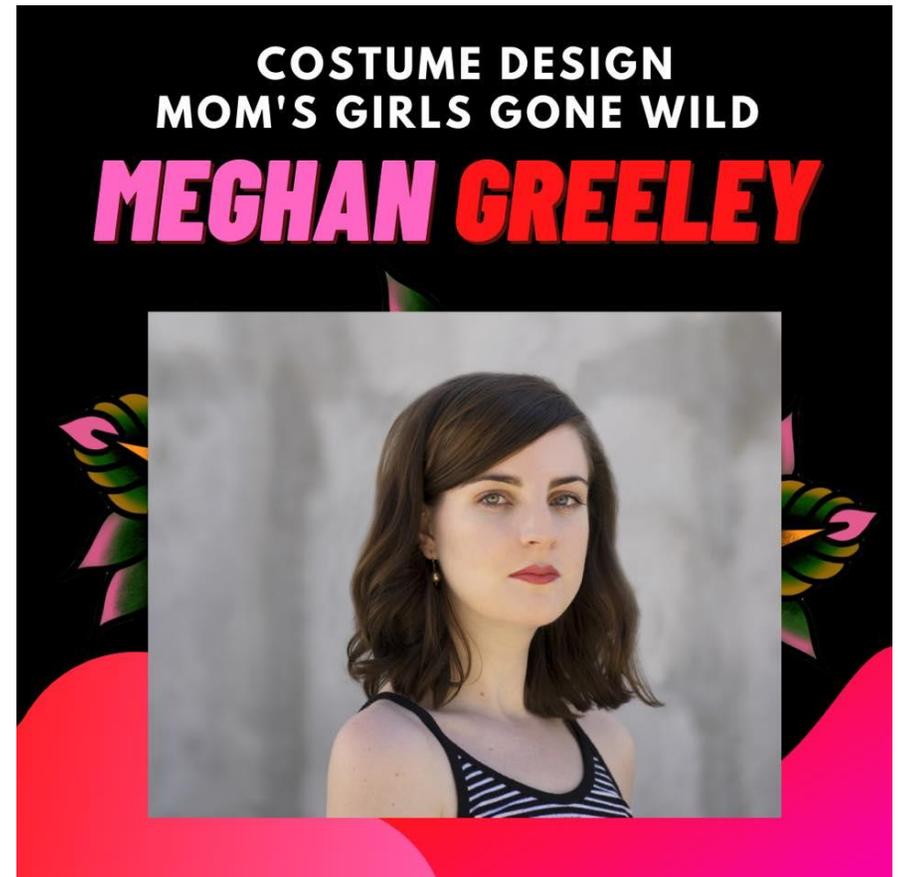
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Meghan Greeley is an amateur thrift shopper and collector of shiny things. Like a scavenging crow, her favourite possessions all came from someone else's garbage. She is thrilled and starstruck to be working with Mom's Girls.





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Diana Daly is a multi-instrumentalist, performer, storyteller, songwriter, designer and production manager who has been steadily working in the performing arts since 1997. Originally from St. John's, Newfoundland and Labrador, she is a graduate of the National Theatre School of Canada's Technical Production Program and a life-long learner. A lover of story through song, image, dance and spectacle, Diana has a keen interest in Printmaking and Ethnomusicology. Favourite projects that she has created include: The Fogo Island Song Share, the Lhasa de Sela Youth Stage (now in its 7th year!!) for the Montreal Folk Festival, being the "Femme d'Orchestre" for the puppet show "Kate Crackerberry", all of the musical experiences with her students in Puvirnituk and Kangirsuk, the stage show about her extraordinary family "If A Place Could Be Made" and the St. John's International CircusFest (now in it's 4th year!). She serves on the APTNL Equity, Diversity and Inclusion Committee and on the board of directors for Saint Michael's Printshop.





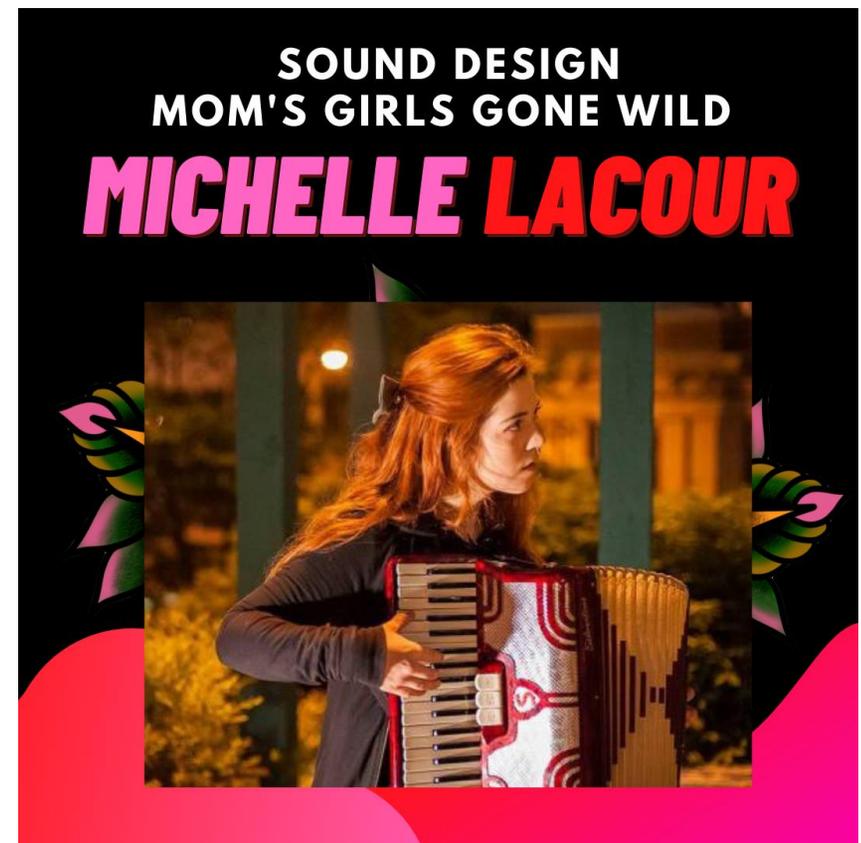
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Michelle LaCour is a freelance audio engineer based in St. John's. After completing a Bachelor of Music in piano and musicology at Memorial University, she went on to earn a Masters of Music in sound recording from McGill University in Montreal, where she worked extensively as a live sound engineer, recording engineer, director, and research assistant. Since returning home in 2017, she has found herself working in a variety of positions, including as a festival manager and administrator; as a location recordist and post-production mixer for film and television; as a live sound engineer at various venues in the province; as a recording, mixing, and mastering engineer for local bands; and as a sound designer for theatre.





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The **Set Design** is made up of physical elements that establish the world of the play / show. These elements may include furniture, walls, stairs, doors, etc.

For the *Mom's Girls Gone Wild* set, Alison has created a design that features 3 raised platforms surrounded by sparkling fuchsia pink tinsel curtains.

« Mom's Girls » is written above the stage with huge gold, pink, and silver balloon letters. Around the stage are scattered preparations for a wild beach party, including blow up palm trees, lawn flamingos, beach balls, and a surfboard bearing the words « gone wild ».





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Costume Designs are an important part of Sketch Comedy! Whenever they can, Meghan tries to keep the colours bright and beachy to reflect the show's theme and honour Allison Helmer's beach party-esque design.

The Girls play what must be hundreds of characters, so audience members can expect to see everything from the colours of our provincial political parties to golden laurel leaves (a la Julius Ceasar) to 1940s attire to one costume constructed entirely from caution tape, garbage bags, diet Pepsi cans, a tampon box, and banana peel. (Fake, of course!)

Because the scene changes are often so quick, the costumes largely rely on one or two pieces that *suggest* a character as opposed to a full ensemble. It is a fun challenge to think of how to create the maximum impact with the least number of garments.





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Light Design is another important part of show visuals!

Diana is hoping to create a design that makes a few contained areas onstage that indicate different scenes, of which there will be many. There may be some disco lighting and fun colours! Rather than blackouts, scene changes will be indicated by low lighting, which is sometimes more interesting because you get to see people setting up the next scene in silhouette. Most importantly, Diana's goal is always to make sure you see all the eyes and teeth of the actors while they are working their magic and that everyone is looking their absolute best!





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And last but certainly not least, there is the **Sound Design!**

The sound design for this show features mostly pop music to transition between sketches. Many of the songs have a strong bass/beat and some contain lyrics inappropriate for younger audiences. One of the skits features mostly physical comedy and some loud bangs and crashes will be heard.





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Welcome back to the LSPU Hall!

There have been a lot of changes to the way we move around our space since the beginning of the pandemic, and we have been working hard to make it as safe and comfortable as possible for all patrons. Please have a read through our new building regulations:

Patrons are required to wear a mask when moving through the building as per NL Public Health guidelines. Masks must remain on while you are seated in the theatre and **can only be removed when consuming food or beverages.**

Please respect physical distancing and stay 6 feet apart from others while moving around the building. Hand sanitizing stations will be available throughout the building and will be clearly marked.





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House opens 1 hour prior to showtime. You will be given an arrival time based on the row you are sitting in. Please arrive in that window to avoid congestion in the lobby.

No latecomers will be admitted to the theatre. Please arrive with enough time to be seated before the show.

We ask you to leave the Hall one row at a time once the event is over, starting with the front row to maintain social distancing. Patrons on the right side of the theatre will leave through the side stage exit. Patrons on the left side will either leave through the main exit, or through the balcony exit, or down the lift. Staff/ushers will be on hand to help guide patrons to the appropriate exit.

We ask that you leave the building as soon as the show is over – loitering is not permitted.





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Thank you for taking the time to read through our Visual Guide / Social Story for *Mom's Girls Gone Wild*.

We also have a Visual Guide for the LSPU Hall available on our website under the Accessibility Section. There you will find pictures & information about the theatre space before you visit us.

<http://lspuhall.ca/accessibility/>

If you have any questions about anything you have seen in this guide, please contact our Communications Manager at communications@lspuhall.ca.

We hope you enjoy the show & thank you for choosing Resource Centre for the Arts for your night out!

LSPU Hall Box Office

3 Victoria Street, St. John's, NL A1C 3V2 Phone: (709) 753-4531 ext 200

Resource Centre for the Arts Theatre Company (RCAT)

3 Victoria Street, St. John's, NL A1C 1G8 Phone: (709) 753-4537

