

FLC ACTING CLUB

Instructor Bios and Course Descriptions



Instructor: Helen Young

Helen is the Artistic Director and founder of Urban Stories Theatre and Knox Theatre Collective. Her first play, *BONDS*, won a writers' circle award at the University of Winnipeg and her plays *A Touch of Grace* and *No Way Back* were nominated for CAT Awards for best original script. Helen has developed and continues to organize the Just Acts Play Fest and The Play Off Series both in the Lower Theatre at Knox United Church. These festivals showcase local playwrights just beginning their journeys and local actors, stage managers, designers and directors looking for experience. Aside from developing these important programs for UST Helen works as an assistant teacher to Joe-Norman Shaw in the drama department at St. Mary's University. She also teaches online workshops in acting and writing through Urban Stories Theatre and works as an acting coach with The Stardale Women's Group for live performances and film. Training: Dance and Musical Theatre in Edmonton (Grant MacEwan Community College) and Manchester England, Stunt work on the sets of *MacGyver*, *21 Jump Street* and a variety of films in Vancouver and Winnipeg, theatre training in New York at the American Academy of Dramatic Arts, a joint Theatre/English degree from the University of Winnipeg and completion of the Master Program at Company of Rogues Actors Studio in Calgary.



Writing a Ten (10:00) Minute Play

Writing plays can be a long and tedious process that sometimes takes years. Writing a ten (10:00) minute play can be fun and challenging and could lead to a longer play down the road. Helen will be using the 5 Act Structure for this course to help break down the beginning, middle and end steps to a well-rounded story.

For the first session, please bring in a simple outline of what is your story about and who the characters (max 4) are. We will read the outlines and then spend the rest of the course writing the first draft of the play.

Instructor Bios and Course Descriptions (cont.)



Instructor: Tamara Van Horne

Tamara is a Calgary based performer who is making her FLC Acting Club debut in *Lost & Found: Beth's Discovery*. Favourite roles include Mrs. Tilford in *The Children's Hour*, Flo Owens in *Picnic*, Dina Dranchuk in *Recommend for Mercy*, and the Assistant in *Bobby Gould Goes to Hell*.

Tamara is a graduate of the Master Class Program at Company of Rogues Actors' Studio and currently the Artist Services Manager for the Calgary Fringe Theatre Festival and Associate Producer at Urban Stories Theatre where she has both directed and acted in plays. She is excited to be sharing her knowledge on Acting with FLC Seniors Acting Club.



Introduction to Acting – Discovering the Actor Within You

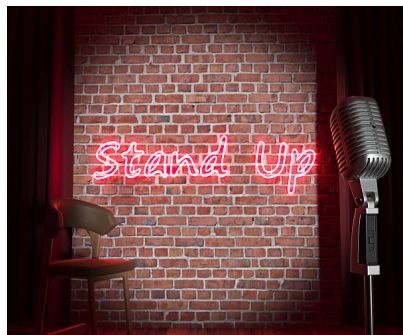
It's never too late to be in the spotlight! Whether you are new to acting or looking to return to the fundamentals, we welcome all to explore and enjoy Introduction to Acting. Explore and develop your acting techniques through improvisation, character development, script work, and how to approach a scene. You will also learn basic presentation techniques, like learning how to keep nerves in check, incorporate proper breathing for strong vocal support and develop good physical communication. Only requirement is for you to be open, willing to learn, and to have fun!

Instructor Bios and Course Descriptions (cont.)



Creator of Top Shelf Comedy Productions, Tarah Buchanan started doing stand-up comedy in Toronto in 2014 and hasn't looked back. She has produced and hosted hundreds of shows, hosted the SNL cast at the Great Outdoors Comedy Festival in June 2022 and celebrated her Fish Bowl Show's 3rd Year Anniversary in August 2024. With a decade of practical application knowledge, Tarah has learned the do's and don'ts of stand-up comedy seemingly the hard way and has mastered the concept of work "smart" not "hard". Working to demystify the world of stand-up comedy, she tears down walls, gatekeepers and "too cool for school" mentalities to help pave the way for the future of stand-up comedy.

Instructor: Tarah Buchanan



Stand-Up Comedy

The course will be taught over a 6-week duration where amateur comedians, some first-timers, some with a little experience, will be putting together their first or maybe their tenth 5:00 minutes of stand-up comedy. Getting noticed in the comedy scene and being booked on bigger and bigger shows means you have the tightest, funniest and most unique 5:00 minutes that you could possibly present to an audience. At the end of the course, students will be performing their 5:00 minutes at a recital that they have produced and put together themselves. Not only will you leave the course with a rocking 5:00 minutes of material, but also the "know how" to put together your very own show.