

Bisia Belina + SoundBody Studio
present

Sound is a Wave

a VocalBody Arts performance

November 17 & 18, 2017

Metro Studio Theatre

proudly sponsored by:



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Luminous Tones
Nancy A. Walters
Music for Health and Harmony



Artistic statement:

I am grateful to this cast of Divas and Dudes that have supported my vision to bring VocalBody arts to the stage. "Sound is a Wave" is deeply connected to what I believe in and have been developing for over 20 years. This evenings performance is about fulfilling a promise, it is about memory and about my vision and desire to show the transformative process of claiming ones voice and space within the creative framework. Music is the vehicle whereby improvisation and collaboration come together. When breath is connected to sound and sound is connected to body and movement in an intentional way, things change. Tentative or confident each voice has a place within the composition. These compositions take you on a journey of how changing your breath changes your mind.

Notes from the director:

What a different process a director requires when working with an improvisational master! Rather than picking up a script, reading it for the general trajectory and intent of the playwright, then working through it for the objectives of each scene or beat within a scene, I was faced with a piece built from clever, inventive workshops attended by enthusiastic, clients of SoundBody studio, utilizing the improv vocal and movement processes Bisia has developed over two decades. I was pleasantly surprised to find the cast consisted of people who perhaps had very little experience on stage, but who were talented singers, improvisers and above all open to the kind of unusual sounds or movements required by the show. They have each one of them been a joy to work with. I describe my job here as helping Bisia take what's been fermenting in her creative brain for years and using the ideas developed in the summer, have it appear on the stage as a satisfying and unique two hour event. I believe we've achieved that; you'll be the judge.



Luminous Tones
Nancy A. Watters

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Founder of SoundBody Studio, registered massage therapist, vocalist, performer, producer, recording artist, vocal coach, workshop educator — need we say more? Yes! Over the last 40 years Bisia's artistic practice has been informed by her professional awareness of the body and it's effects on the voice and vice versa. Her unique approach to voice/body/sound/movement led her away from traditional musical settings to develop a style of performance art she calls VocalBody Arts. VocalBody is an integrated approach that fuses voice and movement to create art that uplifts and opens ourselves to the possibilities within us. Bisia created SoundBody Studio to offer classes and workshops in VocalBody, VoiceWorks, VocalAnatomy, SensingAnatomy. SoundBody Studio has now expanded to include 4 instructors offering classes in Victoria, Sooke and Vancouver. This is her 4th production under the direction of Paul Palmer. It is a match that is hard to beat and that has allowed us to move beyond the box and play outside of it.



Fascinated by the theatre, Paul read and absorbed all he could on his own. He then studied lighting design, acting, and directing through summer workshops with Giles Hogya at UVIC. Paul taught Drama at Reynolds secondary, producing and directing many plays per year at Reynolds 1989-1995. However, throughout his four decade teaching career, he wove drama through all his work, whether it was with kindergarten or with university students. Also he has acted in and directed several Langham Court productions, and was musical director for others. He worked with Lina De Guevera on her "Theatre of the Oppressed" projects. Paul first directed Bisia in Three Faces of Eve at the Fringe Festival then Raven Shape Shifter at the Fran Willis Gallery and Thirsty Desert at the Belfry Theatre. He is expanded and uplifted by every project he shares with Bisia and is very grateful to be a part of Sound is a Wave.



Lighting Designer: Elizabeth Martin



Elizabeth is currently a 4th year student at the University of Victoria studying Theatre and Writing. She is a director, writer, and lighting designer. Her past credits include lighting design: Project Mercury (Vino Buono, 2017), director: Thread Cutters (UVic SATCo, 2017), Girl (Ontario Sears Drama Festival 2014).

Stage Manager: Caitlin Dowe



Caitlin was so excited when Paul asked her to join such a fascinating show! Caitlin graduated from York University with a BFA in Theatre Production with specialized honours in Stage Management, and, since her move to Victoria four years ago, is a regular face behind the scenes with both Langham Court Theatre and Four Seasons Musical Theatre. Caitlin has a wide variety of stage management experience, including Next To Normal (Langham Court Theatre), Disney's The Little Mermaid (Four Seasons Musical Theatre), Humble Boy (Langham Court Theatre), Sweeney Todd: The Demon Barber of Fleet Street (University of Toronto). Although this is her first production with Bisia, she hopes that there will be many more to come.

Video editor + independent producer: Anna Malkin



Anna graduated from Ontario College of Art in 1990, and worked in Toronto's feature film and TV industry for over 10 years. She has produced a number of her own independent pieces in film, video, audio and animation. Anna is half of MROdigital.com, a video documentation company for industrial mechanical and electrical systems, and she is all of Dovetail Mediaworks, an independent production company specializing in community, independent and artist projects. She is the proud founder of onmyplanet.ca, a trans and queer positive website that houses The Queer Story Archive, an ever expanding collection of personal experience stories from everyone under the rainbow and the people who love us.

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Congratulations to Bisia, Paul and all the cast and crew!

Dovetail Mediaworks is proud to participate in Bisia Belina's **Sound is a Wave** project, providing production and editing services for the video elements and documentation of the final performances.

Dovetail Mediaworks is a small but experienced, full service video production company based in Victoria BC. We are dedicated to principled projects in multiple genres: artist and independent video, not-for-profit and community-oriented projects, educational, documentary, and conference documentation. We love our thoughts to be provoked - rarely is a project too obscure or too challenging.

Production Team:

Artistic Director & Producer	Bisia Belina
Director	Paul Palmer
Stage Manager	Caitlin Dowe
Assistant Stage Manager	Michele Hibbins
Videohead, Animator Editor	Anna Malkin
Lighting Designer	Elizabeth Martin
Sound Designer	Gabriel Macdonald
Volunteer Co-ordinator	Anita Marshall
Photographer	HTMP Productions - Holly Pattison
Recording Studios	Rob Martin, Alexander Ferguson, Hon Chow Blast Off Studios, Fritz Schultz Aquarius Studio + Gabriel Macdonald
Publicist	Moira Dann
Poster Design	Patrice Snopkowski
Program Design	Paul Winfield
Promotion (social media)	Star Communications
Equipment Rental	Croy & Co. , Lighting Ltd., Media Net., Pacific Audio Works
Production Carpenter	Mark Kozlowski

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Volunteers:

FOH Metro Theatre overseer
Ushers Darlene Arseneault, Jessica Hepper, Clara Lake, Gale Penhall, Peggy Thompson
Box Office Lindsay Beal, Catriona Black-Argue, Elaine Duke,
Michael Jones, Thea Nation, Marg Rose, Paul VanGoozen
Catering Peggy Thompson & Michael Jones

Much appreciation to Lynn Wylie and
Helga Beer Yoga Studio for our rehearsal space

Essentrics Barre

Classes with Justina Bailey

Sundays 10:00 to 10:55 am

Wednesdays 5:15 to 6:10 pm

Thursdays 9:30 to 10:25 am



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Sound is a Wave: Sound is a wave of energy. Though we may not always be listening, it surrounds us and affects us. Sound can be felt. It triggers memory. Sounds attract or repel.

Elizabeth Marshall, Emma Tius, Kerri Hampton, Margot Johnston, Marjorie Baskerville, Michele Hibbins

Cracking Wide Open: It all begins with a breath: the voice, the body, the bass string, life. Planets emit radio waves which NASA has broadcast as sound waves. We are each a planet making music and sending it back into that universe around us.

Liam Arthurs, Veronique Emmett, Bisia Belina

Fireflies: Sound here become visible. We discover two can make harmony. Four can make melody, percussion and counterpoint.

Elizabeth Marshall, Emma Tius, Kerri Hampton, Margot Johnston, Bisia Belina

Fireflies poem by: Margot Johnston

Toi/ Moi: What is common to us all? How multilingual pronouns move us from sense of self 'I' to the other 'You' and finally to 'us'.

Ken Seidman, Pauline Karch and Bisia Belina, Anna Malkin (collaborator and projections)

Intermission: The Bucket video by John Wells (If you enjoyed The Bucket, please visit John's blog: thefieldlab.blogspot.com) Balloon fun from Anna Malkin

Blinds: Sometimes in our safe places, we can say things we can't yet say out in the world.

Invisibility gives us the courage to speak and to transform our experiences

performed by Margot Johnston. Collaborator Susan Belford

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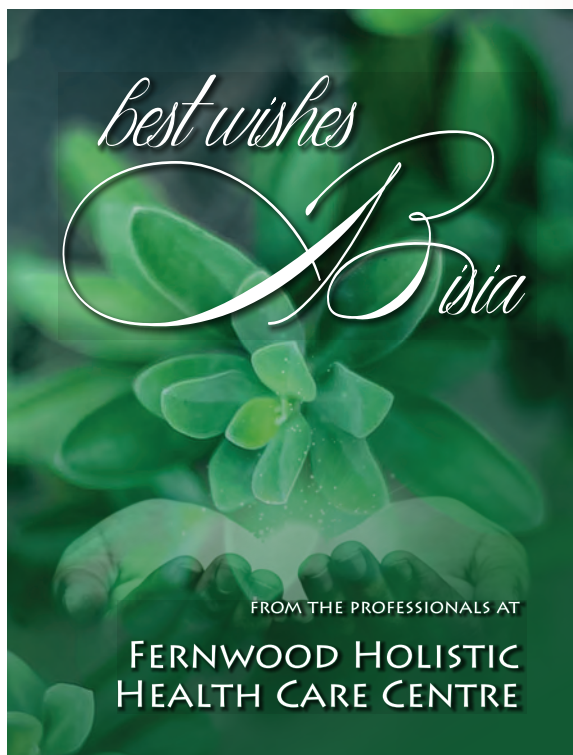
Spotlight: Through simple, heartfelt techniques we can gain confidence, find our voices, step out from the dark and into the light

Kerri Hampton, Emma Tius, Marjorie Baskerville, Elizabeth Marshall, Margot Johnston and Bisia Belina

Change in my Pocket: This song is dedicated to the memory of my father playing with the change in his pockets. Change is the coin and change is the doorway to possibility

Margot Johnston, Marjorie Baskerville, Bisia Belina Liam Arthurs

Water: This composition is a promise fulfilled to my mother. She fiercely believed in protecting water and had a very special place in her heart for Africa and its dire need for that resource. Bisia Belina prerecorded vocals - Anna Malkin animator



Alexis Hennig, RHT
Medical Herbalist
alexishennig.com

Mariko Ibaraki, R.Ac., B.Sc.
Registered Acupuncturist
marikoibarakicom

Michele Mork, RCRT
Registered Canadian
Reflexology Therapist
westcoastreflexology.com

Robyn Smith,
Registered Clinical
Counseling/Hypnotherapy
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Sandra Jones
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Shannon Warwick, M.A., LMBT
Certified Advanced Rolfer™
fernwoodhealth.ca/Rolfing.htm

Troy Taylor,
Certified Rolfer™, RMT
reset-bodywork.com

Cast & Collaborators:

- Bisia Belina (founder, SoundBody Studio): SIAW, Cracking, Fireflies, Spotlight,
Change In Your Pocket, DIY, Water
- Margot Johnston (instructor, SoundBody Studio): SIAW, Fireflies, Blinds, Spotlight,
Change In Your Pocket
- Marjorie Baskerville (instructor, SoundBody Studio): SIAW, Spotlight,
Change In Your Pocket
- Liam Arthurs: Cracking Wide Open, Change in my Pocket
- Veronique Emmett: Cracking Wide Open
- Tobin Franks: SIAW accordion
- Kerri Hampton: SIAW, Fireflies, Spotlight
- Michele Hibbins: SIAW
- Pauline Karsch: Toi Moi
- Elizabeth Marshall: SIAW, Fireflies, Spotlight
- Ken Seidman: Toi Moi
- Emma Tius: SIAW, Fireflies, Spotlight

*SIAW * : Sound is a Wave*

Blinds for Act 3
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In Gratitude:

- Margot Johnston for studio space and Fireflies poem.
- Metro Studio Theatre staff and Kathleen Greenfield, FOH manager and tech Alex Sangser.
- Limbic Media for loan of their short throw projector, mounts and mirror!!!
- And to those who shared their wisdom, time and guidance.
- Marjorie Baskerville, Danny Costain, Giles Hogya, Gale Penhall, Marg Rose, Kirk Schwartz and Will Weigler.
- Susan Belford , Mary Livingston, Thea Nation, Marianne van Der Mei for being part of the collaborative team thru out the summer.
- Treena Stubel, Brandy Baybutt, Connie Cooke and Pam Millar for consultations re filming and dance.
- Diana Nielsen for dance and drop sheets

Risla & Paul want to acknowledge and appreciate their sweethearts, Mark and Peggy, for their love and patience over the many months of this project.

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