

EVENT

Fringe's 'knead to see'

Barbari, blaa, farl, nann, proja, tortilla, scone, bagel — bread. There's one in every culture.

Making its debut at the Calgary Fringe Festival this year is Helen Knight's *The Art of Kneading*, where Knight takes on three different roles, for separate stories centred on bread.

"Bread and sustenance and bread and prosperity have been linked, at least in western cultures, for millennia," Knight said. "It's a staple. You know you're being provided for if you have bread on the table, and I thought that was really powerful."

Knight will inhabit a millennial baking in a café, a nurse abroad in Africa and an Irish immigrant in the new world. It's an examination of the working class, or the working poor, and struggles they encounter trying to survive and make a little dough.

Knight began working on the piece shortly after the New Year, carefully choosing her characters. She had previously been to Africa, and was struck by an old image and her own experience as a young woman in the city. She was partly inspired by a

photo her family cherishes, of her mother, by the home and hearth, kneading bread.

So Knight got to work bringing the three women in her head to life on the stage. "Each of them sees the world in various ways. I worked with my director quite a bit in finding the physicality of each character. Each has their own mannerisms and own way of carrying themselves."

Knight describes it as a comedy about poverty.

The Art of Kneading runs as part of the Calgary Fringe, from Aug. 5 to 12. For a full schedule, visit www.calgaryfringe.com.

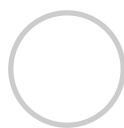
AARON CHATHA/METRO



Helen Knight. COURTESY

Local acts on the edge with Calgary Fringe Festival

LOUIS B. HOBSON ([HTTPS://CALGARYHERALD.COM/AUTHOR/LOUIS-B-HOBSON](https://calgaryherald.com/author/louis-b-hobson)) Updated: August 1, 2017



Patricia Arquette to Star in Hulu's True-Crime Anthology Series 'The Act'

FEATURED BY 

The 2017 edition of the Calgary Fringe Festival will be well represented by Calgary artists.

The festival which runs from Aug. 4 to 12 will feature eight Calgary shows plus Calgary Youth Singers version of the Broadway musical Legally Blonde.

Alexander the Great's famous horse Bucephalus is the butt of the joke at the centre of Red Phone Theatre's A Song of Bucephalus, which runs in the Artpoint Gallery Aug. 5, 6, 7, 9, 11 and 12 at various times.

James Wade who created the 40-minute comedy with Jeremy Park says it all came about as a result of a what-if moment.

He wondered what would happen if a pair of actors who were hired to play Bucephalus each arrived with the back end of the costume.

"Jeremy and I first presented our show as a short cabaret piece in 2015. It was just a quick visual gag but people liked it and encouraged us to expand it into a play," recalls Wade who did just that for the 2016 Calgary Adult One Act Festival.

As the length of the show grew Wade and Park realized they needed to bring Alexander on stage so they recruited fellow playwright and actor Ryan Reese.

Wade and his fellow equestrians applied to, and won access to this year's Regina, Calgary and Edmonton fringe festivals.

"We've already played in Regina. We were really pleased because the audiences responded so well and they also taught us a lesson.

"We personally needed to have a little more fun with the show which is what we'll be doing during the Calgary and Edmonton runs.

"We'll be looser and we'll play with the audience a little more."



The Tightly Whities Present Macbeth! COURTESY, CALGARY FRINGE FESTIVAL.

YES FRINGERS, THERE IS A CLOWN VERSION OF MACBETH

Kelly Malcolm and Emma Sinclair, better known as The Tightly Whities, were looking for something entirely different for their clown alter egos Pistachio, Olive and Smee to do.

"All of our previous shows have been original stories but we wanted to challenge ourselves to do an established story and where better to look than Shakespeare and who doesn't like *Macbeth*," says Malcolm.

Pruning *Macbeth* to a workable 60 minutes meant “a few of the characters in the play had to be released from their duties and Emma and I have to each play several minor characters”

Malcolm reveals she will be playing Lady Macbeth and Sinclair will play the ill-fated King Duncan.

“I can’t tell you who will be playing Banquo or especially Macbeth. That will only be revealed during the performances.”

Malcolm says The Tightly Whities version of *Macbeth* will employ “a lot a stage magic.

“We have things up our sleeves that I’m sworn not to talk about.”

She does promise that their play “still has most of the dark, scary themes of Macbeth but there is a lot to laugh at along the way.”

The Tightly Whities Present Macbeth! will play in the Festival Hall on Aug. 5, 6, 7, 9, 10 and 12 at various times.



The Art of Kneading. COURTESY, CALGARY FRINGE FESTIVAL.

HELEN KNIGHT IS A PRETTY KNEADY PERSON

For her show *The Art of Kneading*, playwright and actor Helen Knight will prepare a loaf or two of bread.

“I really am going to be making bread while I talk to the audience about growing up poor in Calgary,” says Knight who will morph into three different women during her 60-minute

sojourn with her audiences.

“One of my women is a young millennial who is learning to make bread in a cafe.

“All three of my women are aspects of my identity and this woman definitely represents the privileged side of my identity.

“I grew up poor but I didn’t always remain poor.”

The second woman who’ll chat with the fringe audiences is a young nurse who goes to Africa hoping to find a cure for AIDS.

“That really was me,” says Knight, admitting she “was a little naive to say the least.

“I wanted to make a difference but I actually did think when I went to Africa that I was going to find a cure for AIDS.”

The third woman in Knight’s *The Art of Kneading* is Annie Moore, a 19th century Irish woman.

“In 1892, Annie was the first person to go through Ellis Island’s immigrant department.

“She was coming to the New World expecting things to be so much better than the world she was leaving but she ended up having a very hard life.

“Like so many immigrants back then and now, she became part of the working class poor and these are the women I want to talk about in this third segment of the play.”

The Art of Kneading, and the pun with needy is definitely intended, runs at various times in the Lantern Church’s Fellowship Hall Aug. 5, 6, 7, 8, 10 and 12.

For information on all 35 plays at this year’s fringe check out calgaryfringe.ca (<http://calgaryfringe.ca/>) where there is a printable version of the schedules and the capsule descriptions of all the shows.

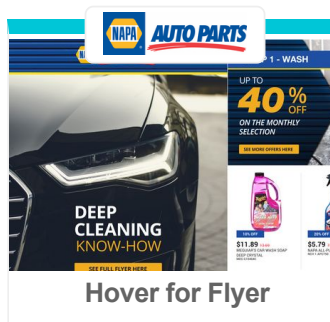
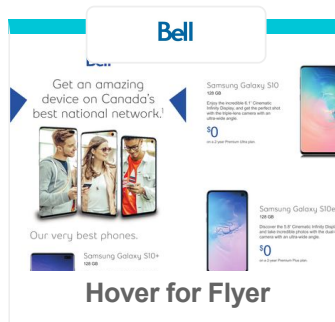
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Helen Knight's characters are so deftly drawn, you really feel you've met three distinct women but *The Art of Kneading* is also a tour de force piece of writing

Louis B. Hobson, Postmedia Calgary