

ART OF KNEADING

Helen Knight (Actor, Playwright)

Helen is thrilled to be back in Toronto after having joined the cast of *The Virgin Trial* at Soulepper Theater this past January. Helen is a Calgary based actor and writer, and has toured with Fringe shows all over Western Canada. As an actor, Helen has worked with Alberta Theater Projects (*The Virgin Trial*, and *The Last Wife* - Winner of Betty Mitchell Award for Best Supporting Actress), Lunchbox Theater (*A Good Marriage*), Downstage Theater (*Bone Cage* - Nominated Betty Mitchell Award for Supporting Actress), Ghost River Theater (*Tomorrow's Child*), and has collaborated with many more independent productions. Helen loves baking, wine, and taking African Dance classes - sometimes in that order.

Lindsey Zess (Director, Production Design)

Lindsey Zess is a Calgarian director, designer, mask maker, and puppeteer. She holds an MFA in Directing from University of Calgary and a BFA in Performance from the University of Lethbridge. Lindsey's theatrical obsessions include gender, myth, and animated objects. She is passionate about women's stories and feats of theatre magic. Recent projects include *She Kills Monsters* (University of Lethbridge), *Gargantuan* (Swallow-a-Bicycle), *Legoland* (Urban Curvz Theatre), *FUGLY* (The Janes), *The Hudson Bay Epic* and *River: A Puppet Myth* (Mudfoot Theatre).

Owen Chan (Stage Manager)

Owen Chan is a high school drama teacher, technical director, and improv enthusiast. He is a founding member of The Kinkonauts, Calgary's Improv Laboratory, and the co-host of APT 33: the Calgary Fringe Late Night Cabaret.