

Spicy Day is an Ottawa-based theatre company founded by Lauren Welchner and Monica Bradford-Lea. Often working in diverse theatrical styles, we are committed to creating new work that uses humour and heart to provoke conversation about topics that we don't often see on stage.

In just three years operating as a company, we have created five brand new theatrical productions and presented these works at Fringe Festivals across the country, as well as a successful local double bill. We have presented work at the Ottawa Fringe Festival every year since 2016, and have also toured to the Victoria Fringe, Kingston Fringe (where we were awarded "Spirit of the Fringe"), and the upcoming 2019 Toronto Fringe. Lauren Welchner and Monica Bradford-Lea have created, produced, and performed each of these projects.

Since our first production in 2016, we have create a repertoire of very diverse work. Past works include:

- *A Period Piece*, an honest comedy that provokes conversation about menstruation and the female body.
- *The Brotherhood*, a feminist commentary on the performance industry, presented in the style of a contemporary magic show.
- *For All InTents*, an intimate play that takes place in a camping tent.
- *House Show*, an immersive collaboration which took place in an Ottawa apartment unit; sold-out run at the 2017 Ottawa Fringe Festival.
- *In Waking Life*, a partially-improvised comedy about two psychic sisters.

LAUREN WELCHNER

Creator/Performer/Producer

Lauren is a performer and theatre creator currently based in Toronto. A regular performer and teacher of improv, comedy has always had a special place in Lauren's heart, and she loves to infuse humour in her work as a tool to address larger issues with fun and heart. Most recently, Lauren was the assistant stage manager for Eclipse Theatre's Dora-nominated *Kiss Of The Spider Woman*. She is a recent graduate of the Canadian College of Performing Arts in Victoria, BC where she studied Musical Theatre.

MONICA BRADFORD-LEA

Creator/Performer/Producer

Monica is an Ottawa-based theatre creator, actor, and producer. With a double-major in theatre and music from the University of Ottawa, as well as diverse training in puppetry, clown, and Shakespeare, Monica is passionate about creating multidisciplinary performances. She is proud to be co-founder of theatre companies Spicy Day, Second Step, and a producer of the new UPROAR Festival showcasing cis/trans women and non-binary artists. By day she works in marketing at Canada's National Arts Centre.