



Media Contact: Carlyn Rhamey (She/They)
Squirrel Suit Productions, Hamilton, ON
905-380-5768
carlynrhamey@gmail.com

Young People's Theatre Studio

THURS, JULY 2 - 2:15PM FRI JULY 3 - 4:15PM
SUN, JULY 5 - 11AM MON, JULY 6 - 1:00PM
TUES, JULY 7 - 4:30PM THURS, JULY 9 - 1:30PM
SAT, JULY 11 - 11:00AM

Praise from the Media

"Fringe favourite Carlyn Rhamey is a masterful storyteller; physically expressive, endlessly energized, and riveting to watch."

- *Urbanicity, Hamilton*

"Rhamey's energy output during one show could supply Arts Court with power for a week.

She moves constantly... without ever looking out of breath.

She is a fantastic physical performer"

- *Apt613, Ottawa*

"Carlyn always seems to make the audience howl with laughter so effortlessly"

- *Royal MTC Teen Critics, Winnipeg*

"Carlyn Rhamey is a force of nature"

- *The Theatre Times, Ottawa*

Praise from the Classroom

"She is a very funny clown!"

- *Daniel*

"I like her drama games"

- *Ari*

"Ms. Rhamey does a lot of shows, she's late to school a lot! But we don't mind, because she's the best teacher ever!"

- *Mika*

"Ms. Rhamey is SO FUNNY!"

- *Eitan*

"She has ADHD, but it makes her a great teacher!"

- *Sadie*

"I want to see her show so bad!"

- *Aviv*

Fringe Review: The ADHD Project

4.5 out of 5



One of the more unusual shows at this year's Fringe must also be among the most heart-warming. Hamilton-based Carlyn Rhamey's one-woman show *The ADHD Project* is not new — it's won accolades across Canada, and was seen at the 2018 Fringe, where it received 4 stars from the Journal.

But Sunday's performance was the first time she has presented it since the pandemic started, and she says it's developed over that time.

Part story-telling, part stand-up comedy, part informative talk, and all the time it is entirely from the heart. Using photos and videos from her childhood, stories of her family, and reminiscences both good and bad from school, she tells us what it's like to have attention-deficit hyperactivity disorder.

It's funny, poignant, sometimes sad, but decidedly uplifting, and in spite of the occasional theatrical rustiness from the long layoff, there wasn't a moment in the 70 minutes that didn't completely hold the audience's attention.

Everyone knows someone with ADHD, and every school child has fellow students with the disorder. Rhamey reminded us that with the struggles also comes the successes — Simone Biles and Michael Phelps both have ADHD, not to mention Justin Timberlake.

Who is this show for? Teachers, parents, and especially parents with ADHD children, and those ADHD children themselves. But it's also for all of us, a wonderfully sincere woman telling us with humour and great stories what life is like with such a disorder, and in doing so, affirming all life.

— **Mark Morris**

Published Aug 17, 2021

The Theatre Times

Ottawa Fringe: "Scaredy" Cat A Delightfully

Unafraid Memoir

Carlyn Rhamey is a force of nature. Her facial expressions are anything but small, her voice is able to fill Studio 1201 with ease. Rhamey is a natural storyteller with an endearing, sometimes childlike spirit (in the best way!)... Rhamey has a charming, self-deprecating sense of humor that amusingly disarms... once Rhamey falls into the heavier stories, it is oh-so-powerful, but it feels almost as if Rhamey wants to stay in her comfort zone of boisterous, physical comedy, and is eager to get back to this place of lightheartedness. Carlyn Rhamey is a lovely actor with the capacity for sustained depth, and I am every-excited for her to explore this further in her future work. *Scaredy Cat* is one of many wonderful solo shows helmed by women at this year's Ottawa Fringe; Rhamey's experiences are entertaining and brutally honest in a way that lures us in and keeps us wanting more. The lighting is also very effective; different emotional moments are effectively punctuated by changes in lighting, fleshing out an otherwise-simple, text-driven production. *Scaredy Cat* falls on my list of must-sees at this year's Ottawa Fringe.

— **Aisling Murphy**

Originally published on June 21st, 2019..

