ACTING, The Body, The Voice, The Spirit.

Two Day Acting Intensive

the district of or order.

Acting is a talent which is learned through curiosity, hard work, regimentation, determination, risk, and simplicity.



Created by Inter-disciplinary Artist/

Instructor: Donald Morin

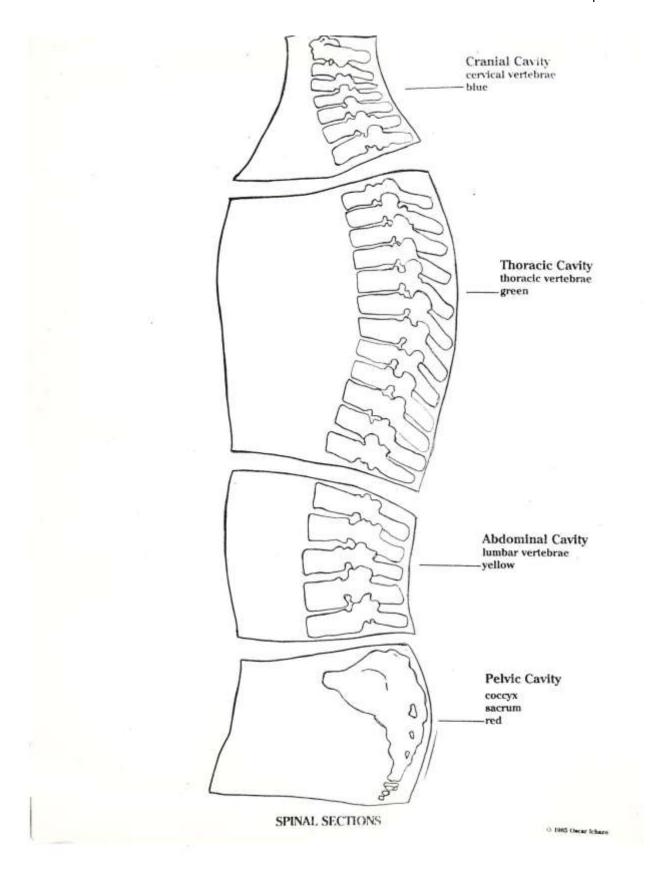
http://www.isuma.tv/dammedia

ACTING INTENSIVE DAY ONE

- SATURDAY 10:00 am to 10:15:00: Oral Business Card, One minute introduction of self, recent performing experience, dreams aspirations, and personal goal for this workshop.
- 10:15- 11:15: One hour body vocal warmup.
- 11:15 11:25: Break
- 11:25 1:00pm: Structured Improvisation, Hidden objectives, Objectives, being prepared, Obstacles, Springboard,
- 1:00pm 1:30pm Lunch
- 1:30 to 3:30: Breaking down a script, cold readings, eyelines, blocking Scene work, study, rehearse.
- 3:30 3:40: Break
- 3:40 4:30: Decompression, journals, preparation, personal object to bring, wound a knee, break a leg, merde!

ACTING INTENSIVE DAY TWO

- SUNDAY 10:00 am to 10:30: Relaxation, preparation breathing exercise, image work, character perspective, wall work, stretching from horizontal to vertical position,
- 10:30 11:00 half hour body vocal warmup.
- 11:00 -11:10: Break
- 11:10 1:00pm: Personal Object Improvisation, Hidden objectives,
 Objectives, being prepared, Obstacles, Springboard, working with
 a wall.
- 1:00pm 1:30pm Lunch
- 1:30 to 3:30: Theatre to Film, breaking down a script, blocking Scene work, study, rehearse.
- 3:30 3:40: Break
- 3:40 4:30: Decompression, journals, preparation, agents, wound a knee, break a leg, merde!



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Half Hour Warm Up

I: Stretch Up, Alternative Open Should Rib Cage.

Drop down from Spine, Open up Spine.

Neck, Head Shoulder Isolations.

II: Breath & Sound Awareness, Close Eyes, focus where you are, your center, observe flow of breath in body, find out where warm spot is, going up and down with warm spot, Allow warm spot reveal with "f" sound with your lips, then touch sound in swamp with a "ha"

Have your thoughts, feelings, emotion impulse let reveal through touch of sound, then move up and down on that sound. Drop down on one sound, come up with one sound. Up and down range, shake work out.

III: Gather sound on lips, ha hum ma, Ah hum ma

Blow through lips, bubbling also bubbling through lips, up and down spine, change to whisper, Voice verse whisper, hum up and down spine. Blow bubble lips apart, standing and up and adown, aim voice to upper lips, me me me me, me!, both lips, lower lip, together, me me may may may, up and down,

Shake out work out.

(Continued,)

IV: Standing, Raise Hands through your centre up high as you Inhale, exhale as you bring your hands out, Half way down rotate shoulders, inhale, lower arms down, exhale, repeat. Centre your self, breath, focus, begin your work.



Still from <u>Theatre In The Raw</u> Production of <u>Waiting For Godot</u>, written by Samuel Beckett, Pozzo performed by Donald Morin, Directed by Jay Hamburger

Head shots, Dos and Don't.

Get a professional photographer to get your head shot, don't get your friend to do it





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Acting Notes for the Student

Focus Your energy, feel the person. feel your sense of worth as you identify with your breath, your emotions, and how you feel each day. feel the person you're working with. flowing colours, experiment, you as actor find colours find different attitudes. (How do you find natural change, fear, panic, desperation, Go through experience of losing lines.

Moment to moment. Work with it.

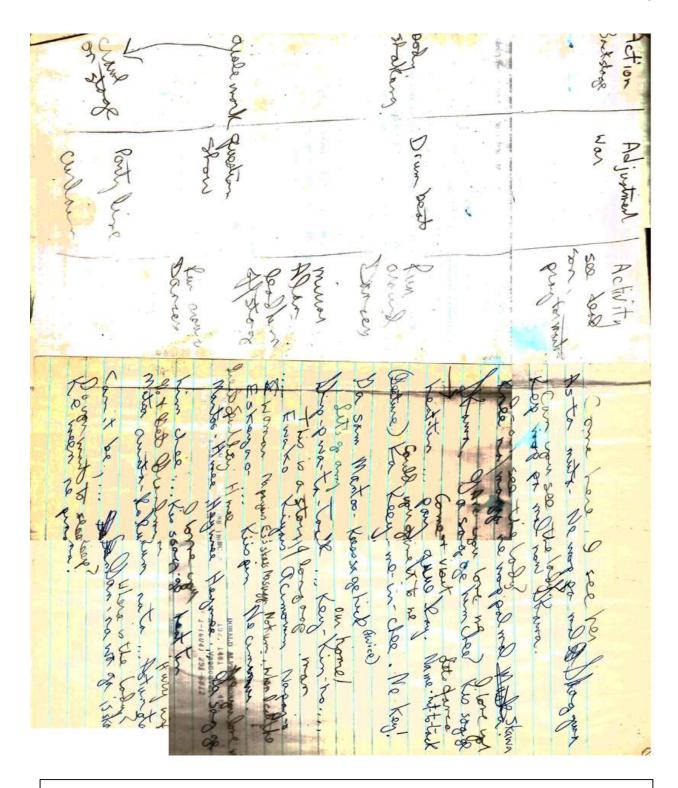
Lock into character. Work to be comfortable, move fast, don't do scene at beginning, watch behavior (Of situation, actor,.)

emotionally prepare for scene before entering. Get audience interested in what you're doing totally.

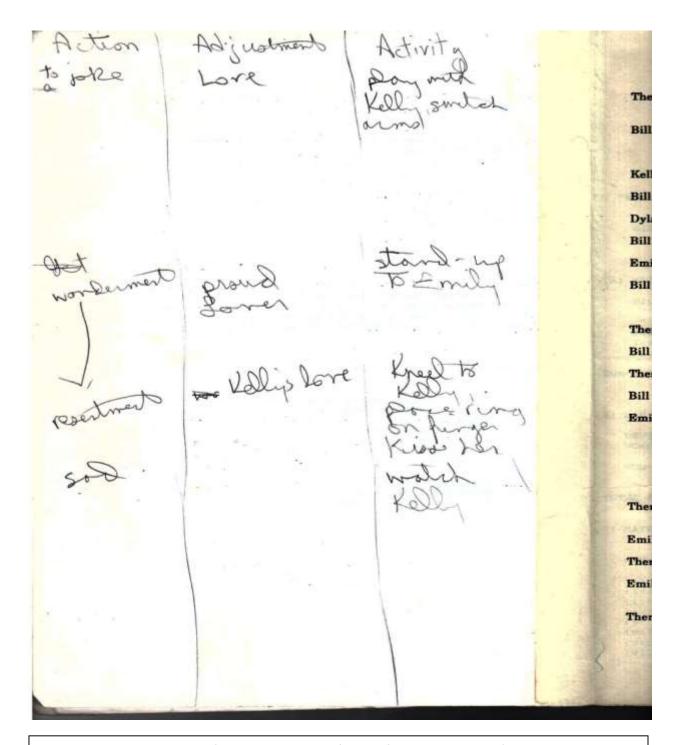
Be aware of verbal answer and feel natural change.prepare to make every performance alive and fresh. Go in new area of you which is alive and truthful. Never lose sight of what and who you are. icing on the cake is the performance. Don't start till your preparation is there.. If inner life is truthful, it shows, let emotion show, establish character from behaviour, go into fresh emotion everytime, don't be afraid to go for strong emotions. You must find reason for other feelings, go for obvious and work for changes. Are you involved or are you pretending to be involved? Have control as actor.

Notes from Classes of June Whitaker, 81, for coaching of FNAC actors

I include these graphics to provide you tools for future work, auditions. From Film to theatre to radio to dance, the actor has to do it all! June Whitaker learned from Sanford Meisner of the Lee Strasburg years of Hollywood actors. Overall we can trace these methods back to Constantin Stanislavski from the modernist period



This is the script breakdown for <u>Gawa Gyani</u>, a Modern Dance theatre tour from Japan, 1994. As an actor, I had to write my script, act and perform modern dance as the "Spirit of Confusion"



This is the script breakdown for <u>Headline Theatre's Out of the Silence</u> tour of BC including a live inter-active television broadcast on the <u>Knowledge Network</u> at end of tour. As an actor, I performed a twenty minute script , and after repeat the work with audience members attempting to solve the oppression. Forum Theatre. The following script page is for this breakdown of action, adjustments, and activity. We will be working with these lines in the workshop.

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Theresa

Come on. (She forces her up and models them on her

while everyone laughs.)

Bill

(Holding out his wrapped gift) Kelly.

(Kelly goes over to him)

Kelly

It's a ring!

Bill

That's a real diamond.

Dylan

A real diamond?

Bill

A real diamond.

Emily

Let me see it. Gee, Bill, it looks awfully expensive.

Bill

It's for Kelly. On her birthday. Happy birthday, princess.

(Emily moves to the other side of the living room)

Theresa

Let me see that.

Bill

That's white gold.

Theresa

Wow.

Bill

Nice, huh?

Emily

Kelly. I have something special for you. Come over here.

I've given it a lot of thought. It was given to me when I became a woman. Now that you're thirteen, I think you should have it. Dylan, would you help me please?

(Dolores' gift is a bear-claw necklace that she is wearing.)

Theresa

O my God. You're not going to give her that ugly old thing,

are you?

Emily

Are you jealous?

Theresa

Of course not. She doesn't want that, it's old fashioned.

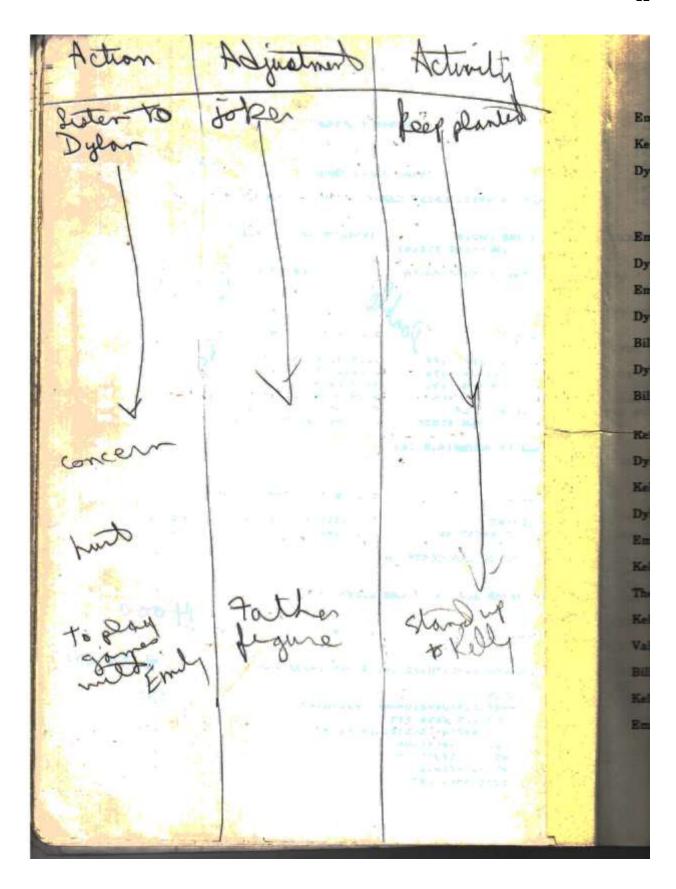
Emily

Tradition is never old fashioned, Theresa. (Emily put the

necklace on Kelly.)

Theresa

You poor thing.



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Emily There. Do you like it? Kelly Yes. It's very nice, thank-you. Dylan It looks nice, Kelly. Uh, Mom, I promised David I'd go with him to a movie tonight. Emily Tonight, Dylan? Dylan Yea, can I go? Emily You'll have to ask your father. Dylan Bill, can I go to the movie tonight? Bill Bill? Dylan Daddy, can I go to the movie tonight? Bill (laughs) Yeah, but ten o'clock. Remember, my house, my rules. Kelly Dylan, Can I go with you? Dylan You want to come? Kelly Yeah. Dylan Can Kelly come? Emily Do you really want to go to a movie tonight? Kelly Yeah, I think it'd be fun. Theresa But it's your birthday party, girl. Kelly I know, but it's another way to celebrate. There'll be other movies, and besides, it's a school night. Valerie Bill Yeah. Kelly Oh, come on, please? Emily Come on Bill, she's thirteen now, she's not a little girl any

PRE-CALLS: LOCATION #1: CREW CALL CAMERA: 30 MINUTES Johnny's Store Hwy 37/Hwy28 Namao BLACKSTONE LOCATION #2: Splinter Unit Twp Rd 551A **EPISODES 102 - 109** High: 22°C Line: 18°C 07:00 Subrise: 0629 Subust: 2042 Scriptal - FRANCE: YELLOW PAGES - FRANCE: POLICE WHITE PGS - FRANCE: GOLDENBOD PAGES - FRANCE: VELLOW PAGES - FRANCE: COLDENBOD PAGES (see attached map) PRAIRIE DOG FILM + TELEVISION LTD **LUNCH @ 1300** kin Floor, 5305 Altard Way monton, Alberta. (Táir 5x8) one: 780-435-3837 / 780-435-3882 (Fax) mail: <u>Jeconsessal</u>, con NEAREST HOSPITAL: E-mail: <u>jeoprasiaal.com</u> Decative Producer: Ron E. Scott Producer: Jesse Szymanski Producer: Damon Vignate Directur: Ron E. Scott Health Centre 14007-50 St. **DAY 31 OF 40** Edmonton, AB (780) 342-4000 ***NO FORCED CALLS OR MEAL PENALTY WITHOUT LINE PRODUCER / PM APPROVAL BY PM DR AD'S **EPISODE** SCENE SET/ DESCRIPTION PAGES CAST GROCERY STORE #104 76 CXT D-7 5/8 Marie sees Phil punching Tim GROCERY STORE ATMOS A 2, 25 2103 2 EXT D-4 7/8 Harry asks Andy for money GROCERY STORE ATMOS A Andy wonders why Alan and Shella are not in school GROCERY STORE #103 3 BUT D-a 2 ATMOS A F106 15 INT Shells wants to go with Alan to the hand meeting GROCERY STORE D+9 ATMOS B B. 9, 10, 54, 70 #104 2 CKT Gary Joseph Inada more students on his truck GROCERY STORE 0-6 8. 9. 10. 17. 70 ATMOS B 8. 9. 10. 17. 70 ATMOS B 8. 9. 10. 17. 70 2/8 #106 EXT 16 1.178 Momo is getting high GROCERY STORE 17 #106 EXT 0.9 Alan and Shella walking to the band hall GROCERY STORE 11 DOT Crystal walks to her car; Carla goes to Leona's group GROCERY STORE D-15 1.378 #102 13 DOT ATMOS A D-3 1 2/8 Momo and Carts looking for something to do GROCERY STORE 36 #10B EXT 0.12 1/8 Momo smoking a cigarette ATMOS A SPLINTER UNIT (DEPARTS AFTER SC 26 - LOCATION LECHA'S CAR (Shot owing - leading the car) Leona driving Tim to a motel in the city RGAD (Tim brursed) Tim, buttered and brussed, walks down the read HWY / DRIVING #105 15 7. 18 D-8 18 278 25 EXT Establish red sedan driving ROAD 0.7 178 56 (After Sch #104/2) ۲ EXT Cary Joseph grabs the student & loads him on his truck CAST CALLS D-6 TOTAL: 9 7/8 CHARACTER LEONA STONEY ANDY FRASER JOSH AMPHAREW ALAN FRASER CARLA JANVER SHELLA DELARONDE TIM HENRY CAST CALLS W 7.35 8.15 W 7.36 8.15 W 5.0 11.50 W 8.00 8.45 W 5.0 8.45 W 5.0 8.45 SWF 5.0 8.45 CAST CARMEN MOORE BLOCKING CARONEN MOORE ERIC SCHWEIG CODY BIRD JUSTIN RAIN 17 AN BIRD MOVELOWHEAD ASPILEY CALLINGBURL SWOWD GABRIEL DONALD MORAN CHART'AL PERRON LEMRE GREENWOOD AMANDA MYLDO SYAN FAADURE RUSSELL BULL MICHAEL HOLDEN 9:00 10.00 Seif-Dirlor TIM HENRY JOH MARIE CH.BERY HARRY CHRYSTAL PHE. HENRY GARY JOSEPH MOMO helf-fie Pickus & Syttom (Do Self-Orton 7:00 Self-Orres CAST HOLDS / FITTINGS / YRAVEL DEBBIE FRANCE ANDREA MENARD Pickup & Airport, then to lists EXTRAS CALLS 7:15 7:15 7:15 ATMOSPHERE / STAND INS & SSE ATMOS A - 5 × Grocery Patrons (native) ATMOS B - 3 × Teens (native) ATMOS C - 1 × Student on the road (from ATMOS B) STAND-BN Margherita Donato Extras Holding & Church Extras Holding & Church Splinter Unit Set & Location #1 TOTAL BG: 9 6 43 7:00 SET REQUIREMENTS & SPECIAL INSTRUCTIONS CAMERA / LX Sponter Units (#904.1), Jain hold & slurpers (#902/13), Gascan (#904/16), Julio, Bracks, Chestes (#106/16), Anty's water (#903/2), Waren's call (#104/2), Sags of Ching and modes (#102/2), 310.00 bits (#103/2), Neverpaper and Gum (#103/3). Sponter Units (#103/13) SOUND sponder Unit (#100715). Fill's dehigle and Marie Golden's vehicle on set for brocking at 7.50, Leone's car (fightner Unit #105/15), camera pinhop truck (fightner Unit #105/15), famora pinhop truck (fightner Unit #105/15). Marie Gilbert's red sedan (#104/25, #104/26), Gary Joseph's pickup truck (#104/1), Chrystel's truck (#104/1) Trus's terplace Splanter Unit, #104/25). VEHICLES COSTUME A DIGITAL MEDIA CREW WILL BE ON SET TODAY TO SHOOT BEHIND-THE-SCENES FOOTAGE AND INTERVIEWS WALRIE CHANNELS: 1 - SET / 2 - OPEN (SET) / 3 - GRIPS / 4 - LIGHTING / 5 - CAMERA / 6 - LOCATIONS / 7 - CAMERA OPS INTEL Local 210 Steward Poter Markowski | MTSC Local 649 Steward Rebin Lindele MAGER FIRST A.D. SECOND A.D. LOCATION MANAGER TRANSPORT COORDINATOR PRODUCTION (PRODUCTION COGNUNATOR

Pay attention to the AD who looks after you on set, set etiquette is very important on the set, how you behave, how you respond to situations, requests, and the creative process. Keep your personal feelings at home and be professional. I learned the hard way as a young actor, and people remember the actors who arrive with big egos and expect the star treatment



BLACKSTONE CAST SET ETIQUETTE AND PROTOCOL 2013

Welcome to the set of Blackstone, the series. We ask that you familiarize yourself with the following set etiquette and protocol requirements.

SET ETIQUETTE

No food or drink is permitted on set No sitting in Video Village Smoke only in designated areas Use allocated washrooms only

ELECTRONIC DEVICES

There can be no cell phones on set. They must be left at the circus.

PHOTOS

No pictures can be taken on set by any electronic device by anyone! The only stills cameras allowed on set are those used by the Production Stills Photographer and approved Department Heads for continuity purposes (IPA A3205)

You will be required to sign a "Non Disclosure" agreement. There can be no spoilers or leaks on-line, and/or any use of story points/plots/location information on personal web or social media sites.

CONTINUITY

From the time of engagement, there can be no haircuts, dyes, colors, new tattoos, new piercing, tanning or skin treatments without the consent of the Producer (IPA A1504)

No Performer can alter their hair, makeup or wardrobe once established by the Makeup Artist, Hairstylist or Wardrobe Attendant. Continuity of look is critical to the scenes being shot.

GUESTS and PETS

Minors (age 15 and under) must be accompanied by a Parent or an appointed Chaperon. Please refer to IPA Article A27 re Minors (age 17 and under) provisions. No guests or pets are allowed on location without prior written permission from the Producers and with the 1st AD's prior knowledge.

ALLERGIES

Allergies should have been indicated in your (or your child's) deal memo. To be sure however, please tell the Makeup Artists, Hairstylists and Wardrobe of any sensitivities, allergies or skin reactions. Also please advise the AD Department of any food or other allergies.

Report an injury immediately to the First Aid/Craft Services person.

DOCUMENTATION

You will be asked by the 3rd AD to sign the following documents:

-IPA Contract (for those performers whose agent does not sign)

-Assignment of fees - this allows the Producer to deduct at source your ACTRA work permit fees or member dues/fines and remit directly to ACTRA on your behalf -Making of Documentary release form (IPA A205 (b)). Performers may voluntarily consent to waive fees for inclusion in a documentary the subject of which is the making of the series

-Non Disclosure agreement

In an effort to assist those Cast Members who may be new to the industry, we ask that you familiarize yourself with the following professional conduct standards:

Report to the set ready to work at the time of your call (IPA A606). Your call sheet time indicates the exact time you are required to be on set. Tardiness is not acceptable.

If you are self driving to set, ensure you have a location map and follow the production signs indicating the route. Know where you are going beforehand.

Park only in the designated parking areas identified by the Locations/Transportation Departments.

Find the 3rd AD and immediately report in. You must report to the 3rd AD before leaving the location and sign a performer work report which indicates your hours of work. Any dispute regarding hours requires that you contact the ACTRA Alberta Steward Donna Burwood at dburwood@actra.ca or call 1-866-913-3123 (IPA 604)

You are required to know your lines for the scenes listed on the day's call sheet. Please note however, it is the nature of this series that some dialogue may be re-written on set.

ACTRA (The Alliance of Canadian Cinema, Television and Radio Artists) is the Performer's Union that negotiates with the Producer's Associations, the minimum terms and conditions under which you are engaged. Even if you are not yet a full member of ACTRA, you are protected by and expected to adhere to the professional standards established in the IPA (Independent Production Agreement)

ANY DELAY CAN INCUR SIGNIFICANT COSTS PLEASE CONDUCT YOURSELF IN ACCORDANCE WITH THIS PROTOCOL

We look forward to working with you and another exciting season of BLACKSTONE!

I am a very model of a modern Major General
I've information vegetable animal and mineral;
I know the kings of England and can quote the fights historical
From Marathon to Waterloo in order categorical.
I'm very well acquainted too with matters mathematical;
I understand equations both the simple and quadratical;
About binomial theorem I'm teeming with alot of new, - lot of new,
With many cheerfull facts about the square of the hypotenuse! (repeat 3 ;
I'm very good at integral and differential calculus;
I know the scientific name of beings animalculous.
But still in matters vegetable animal
I am the very model of a modern Major General.

Peter piper, the pickled pepper picker, picked a peck of pickled peppers

A peck of picked a peck of pickled peppers, did Peter Piper, the pickled pepper picker pick

If Peter piper, the pickled pepper picker, picked a peck of pickled peppers

Where is the picked a peck of pickled peppers that Peter Piper the

Popular tongue twisters

Round and round the rugged rock the ragged rascal ran

A big blue bug bit a big black bear.

pickled pepper picker picked?

How much wood could the woodchuck chuck, if the woodchuck could chuch wood? The woodchuck would chuck all the wood he could chuck if the woodchuck could chuck wood.

The skunk thunk the stump stunck but the stump thunk the skunk stunk.

Fine white wine vinegar with veal.

She sells seashells at the seashore: the shells she sells are seashells.

What whim led White Whitney to whittle, whistle, whisper, and whimper near the wharf where a floundering whale might whirl?

Theophilus Thistle, the successful thistle sifter, in sifting a sieve full of unsifted thistles, thrust three thousand thistles through the thick of his thumb; now if Theophilus Thistle, the successful thistle sifter, in siftering a seive full of unsifted thistle, thrust three thou thistles through the thick of his thumb, see that thou, in sifting a sieve full of unsifted thistle thrust not three thousand thistles through the thick of thy thumb. Success to the successful thistle sifter.

The old cold scold sold a school coal scuttle.

I saw Esan kissing Kate. Fact is, we all three saw. I saw Esau, he saw me and she saw I saw Esau.

Thirty thousand thoughtless boys thought they'd make a thundering noise; So with thirty thousand thumbs, they thumped on thirty thousand drums.

Zinty Tinty, Two penny Bun!
The cook went out to have some fun,
He had some fun, he beat the drumZinty Tinty, Two penny Bun!

Revised yellow 3/5/94

89.

76 CONTINUED:

76

STONE (O.S.)
The money laundering... the phony companies and bank transfers were all part of the set up...
Bradford needed to make it look like I had a motive, so he fixed it...

* * * *

Deborah quickly unlocks the car, jumps in.

*

ANNIE (O.S.) What's she doing here?

CUT TO:

77 INT. JAG - DAY

77

Annie's spotted Deborah just as she pulls away.

SMASH TO:

STONE

He reaches for the ignition, is about to fire up the Jag when...

A HAND

comes into frame, snatches the keys from the ignition.

WIDER - THE BODYGUARD

grabs Stone, WRENCHES him out of the car.

SMASH TO:

78 EXT. ALLEY - DAY

78

The Bodyguard heaves Stone hard up against a concrete wall. He produces a knife, presses a razor-sharp blade against Stone's throat.

BODYGUARD (drips menace) I got a message for you...

But before the Bodyguard can deliver it, Annie is on him. She leaps on the Bodyguard's shoulders, SHOUTS, pounds away. It's all to no particular effect, but her heart's in the right place. The Bodyguard shrugs her off, but Annie doesn't give up easy. She makes another rush. The Bodyguard sees her coming, tags her square on the jaw with a right hand cross. Annie reels, tumbles backward, CRASHES through a pile of dilapidated crates, sprawls across stinking garbage cans. Lights out.

(CONTINUED)

Revised yellow 3/5/94

90.

78 CONTINUED: (2)

78

Stone fights dirty, kicks the Bodyguard in the nuts, doubles him over, decks him with the two by four.

ANOTHER ANGLE - THE BODYGUARD

hits the ground with a THUD. Stone's heel is on the back of his neck.

STONE
(a beat to get his
breath)
You were saying?

BODYGUARD

You're in a lot of trouble, Stone...

STONE

Who are you working for?

BODYGUARD
What difference does it make?...
Whoever it is, it still comes out
you're in the way...

A long beat. Finally, Stone eases his heel off the Bodyguard's neck. The indian gets to his feet. There's no anger here. He's said what he's had to say. The Bodyguard dusts himself off, straightens his tie, exits. A beat, and HEAR a moan. Stone turns to find...

ANNIE

in a heap, coming around. Stone approaches.

(CONTINUED)

Revised yellow 3/5/94 89A. 78 CONTINUED: 78 Annie's through. ANOTHER ANGLE - STONE He's not. Stone wields a rotting two by four, brains the Bodyguard with it. It gets the indian's attention. They square off. (CONTINUED)



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DONALD MORIN

Height: 6'2" Weight: 170 lbs. **Black** Hair: Eyes: Brown

D.GC.: Member/83

FILM & TELEVISION

The Billy Jacobs Story Personal Success Stories Bart Conway/Anchor 716 My Street So Are You Danger Bay Crossings Davy Crockett "Guardian Spirit" "Letter To Polly" "Shadow Of Thunder" Fly II MacGyver Rio Island The Far Shore First Blood

Spirit Song Theatre Mestikusowin

Native Artist Ensemble

Indigenous Conference

By Leisure/By Pennance

1946/The Performance

Drama Instructor Principal Performer Principal Performer Sex Slaves Of Bluebeard Sheemish Writer/Director Witchdoctor Kevin Interdisciplinary Performance Lead Performer Demagogue

Willy Kite

Winston Smith

Role Billy Jacobs/Lead Mason Woods/Lead Drunk/Chief Hunter Writer/Director

Stunts/Translater Actor Limbo Indian/Stunts Security Guard Mexican Spy Writer/Director Samuel T. Coleridge Stand In

Director/Production

Randy Cheveldave/Uma Prods. Leonard Fisher Mat Purves/Van Film School Paul Wong Danger Bay Prods. SFU Film Workshops

0 Harry Falk David Hemmings Chris Wallas/Fly II Prods. Charles Correll SFU Film Workshops Al Razutis Ted Kotcheff/First Blood Prods

Wayne LaRivere Donald Ghostkeeper/Artropolis Margo Kane/Stein Festival Doug Gardner Spirit Song Theatre Co. Maureen Webb/VLT Christina G. Warrick

C. MacPherson C. MacPherson/Al Razutis Derek Simmons George Sperdakos C. MacPherson/C.T.G.

The Young Poundmaker 1984

TRAINING

Queen Of Hearts

Survival & 0.0.L.

THEATRE

Sea Street

CBC: Training program in Television Production, primarily news journalism. SFU: B.A. Major in Fine & Performing Arts, Film Concentration. Acting: SFU, Margo Kane, Linda Putnam, & The National Voice Intensive. Voice: Dale Genges, Voice Intensive with David Smukler. Dance: Donald Ghostkeeper, Monique Giard, Maureen McKeller. Theatre: SFU, Spirit Song Native Indian Theatre Co., June Whitaker and Alex Bruhanski. DIALECTS: Native, Spanish, and versued in some cree.

SPECIAL SKILLS/SPORTS: Blues Guitar, Blues Harp, Juggling, Clown & Mask Work, All aspects of film and video production, horseback riding, yoga, swimming, tennis, visual arts, and holder of valid B.C. 's drivers licence.



The Characters Talent Agency Ltd. 1505 West 2nd Ave., 2nd Floor, Vancouver B.C. V6H 3Y4 Tel. (604) 733-9800 Fax. (604) 733-6000

FEELING WORD VOCABULARY

LEVELS OF INTENSITY	HAPPY	SAD	ANGRY	SCARED	CONFUSED
Streng	Excited	Devastated	Strangled	Fearful	Bewildered
3	Elated	Hepeless	Furious	Panicky .	Trapped
eri .	Exuberant	Serrewful	Seething	Afraid	Immebilized
10	Ecstatic	Depressed	Enraged	Shocked	Directionless
37.	Terrific	Wounded	Hostile	Overwhelmed	Stagnant
Sigle .	Jubilant	Hurt	Vengeful	Intimidated	Flustered
运	Energized	Drained	Incenced	Desperate	Baffled
40	Enthusiastic	Defeated	Abused	Frantic	Constricted
169	Loved	Exhausted	Hateful	Terrified	
HE .	Thrilled	Helpless	Humiliated	Vulnerable	
25	Uplifted	Crushed	Sabotoged	Horrified	
128	Marvelous	Worthless	Betrayed	Petrified	
35		Uncared for	Repulsed	Appalled	
		Dejected	Rebellious	Dread	
and the second		Rejected	Pissed Off	Termented	
TT		Empty	Furning		
404		Humbled	Outraged		
240		Miserable	Exploited		
		Distraught	Throttled		
		Deserted	mad		
34.6		Grievious	spiteful		
		Burdened	Patronized		
		Demoralized	Vindictive		
		Condemned	Used		
Sec.		Terrible	Repulsed		
		Unwanted			
		Pitiful			

Notes from the Archives and Journals of Actor/Instructor Donald Morin

Someone many years ago said to me, "So you want to be an actor" and I remember thinking, why not, It shouldn't be too hard, I was at the Barbizon school for modelling and acting and Paul Batten was the teacher, and I was a good looking young man eager to show off my talents.... I bought every book I could find, "How to Audition. Monologues for men, Uta Hagen book on acting and even a Cole's book on Shakespeare. First week of class, the teacher had all of us pick a monologue. I picked one of King Lear's speeches and proceeded to memorize the lines. When it was my turn, I got up and proceed to do my part. After starting out my lines, he stops me which annoyed me. I thought "what's wrong now" He started asking me questions about character, what he was thinking, feeling, etc. I had no clue and said nothing. He proceeded to have three of the fellow guy students join me on stage. He told them to bound me and hold me down as I tried to get loose. I struggle, getting madder and angrier, at one point he yells at me to say my lines...It was truly a learning experience that night.

Method acting: June Whitaker April, 1982

- Be truthful and spontaneous (Work internally).
- Word repetition games help with concentration, imagination. Say something repeat what you hear, and how you naturally change., work off each other's behavior., feel your responses, allow emotions to happen., don't dig, allow natural response

Method acting: June Whitaker April, 1982 (Continued)

- Keep up repetition, look for changes of expression of other person's face and voice. Listen to what you hear, up to each actor to make playwright's words and actions come alive and real.
- Only change when other people make you change.
- Preparation is springboard for stage or film. Alive and real. Come on stage for a reason
- Have an independent activity. Face the audience, (staging, being 3/4 to the front, aware of audience.)

My Notes from Actors workshop during North Hollywood Forum of Notable Producers, Casting directors, and actors, June 1986:

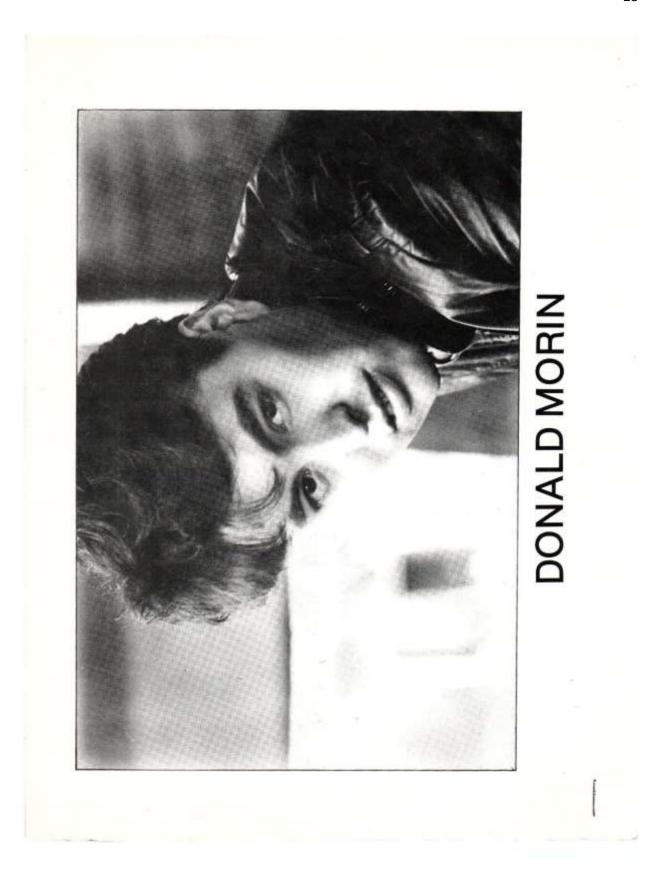
- Agents work on commission, which is how they pay themselves to work for you. It is up to bother the actor and agent to follow leads, possible work, and hustle to secure the part. Agent and actor should work as a team. Have a good support system as an actor.
- Agents can make suggestions, advise of taking work, define the time and length of work, and other aspects of the work. (Being prepared)
- Work out conflict dates of gigs, negotiate fair union or non-union contracts, fees, and secure script or sides, character breakdowns, plot.
- Do we need agents/managers? One actor says absolutely, they are a liaison between producers and casting directors. They negotiate better for us, no emotion ties, remain objective.

- Will the agent support the actor? Come and see the shows, films plays? Can the actor transition from stage to film.
- ACTORS: What do you want in a five year plan? Communicate that with your agent. Invest in your career, treat it as a business.
- Find money for good photos, reproductions, digital copies, hard copies, web streams, secure a film editor to edit your acting demo.
- Have a variety of clothing to bring for your work, auditions, find classes, and take them. Maintain a social network of theatre groups, actors, friends, associates, professional networks, and presentation sites for your talents.
- Attend social, cultural functions, network!!! Take care of your agent, flowers, and a bottle of wine.
- Get feedback from auditions, when choosing agents, look for honesty, check out their connections, business background, and credentials says one CBC casting director.
- What do you have to sell? (Talent) Have different monologues, scenes prepared, create your own work, Co-operative groups, and collaborations.
- You as an actor should gage the room you enter. A lot depends on who's in the room? Know when to listen and talk in auditions. An actor never stops learning.
- When offer a role; ask questions avec agent, What kind of role, get a script to read,, how long is the part, number of lines, when is it shot, Secure the general plotline storyline; (Be prepared.)
- Know your wardrobe size, shoes, head, collar, dress size etc.
- Know the chain of command on the set, Find out, report problems, complains, find out second assistant director.
- If conflict with shooting schedule do not bring up day before shoot. Let them know early in casting process. Be honest

 Practice cold reading, line in, line out. Lack of preparation sure bet in losing part. A lot has to do how you conduct yourself in audition.

Notes from Actors Maureen O'Hara, Vincent Price, Roger Corman (Actors Workshop Vancouver 86)

- Attitude always ease the process, be professional, on time, and have fun.
- Actors job is to achieve reality, believe such a person, character's reality exists. Most parts beyond reality, how do you fit personally? Listen to recording of Oscar Wilder, read up on him, had a high voice, played five years, 300 cities, 800 performances, What is ones approach to find truth
- Make self believe that you are the character, be aware of gestures, work in front of a mirror. Break framework down of the screen
- Spend the whole day on set as the character, experiment, have fun, the director is the audience, ask questions, and get him to tell you what he wants.
- Do your homework, learn to do what is required, and establish who you are talking too. Invent someone, play to that person, and take a breath where you need too, Watch speech patterns.
- Don't knock typecasting, It's regular employment
- Film work, you have time to create, and explore the visual idea
- TV material can't bear such inspective involvement due to time, schedule. Give what is required, move on to next scene. (Be prepared)
- Understand the part, dress to terms of the role.



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NATIONAL VOICE INTENSIVE '87 BIBLIOGRAPHY

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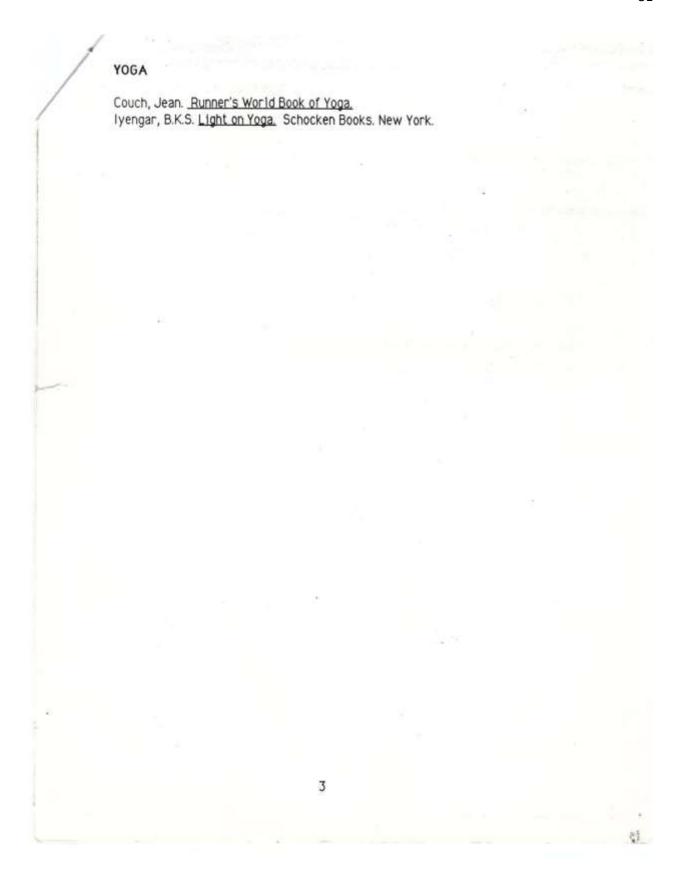
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THE ACTOR'S VOICE AND BODY

INSTRUCTOR: SHEILA LANGSTON

MAY 1999

OUTLINE OF MATERIAL COVERED IN CLASS:

 AWAKENING OF AWARENESS, KEEPING THE MIND IN THE THE BODY PRACTISE: LYING ON BACK IN CONSTRUCTIVE REST. - KNEES UP, FEET ON FLOOR, ARMS OPEN AT SIDES - AND SIMPLY NOTICING PHYSICAL SENSATIONS THROUGHOUT THE BODY. BRING MIND BACK WHEN IT DRIFTS OFF.

2. SPINE:

THE SPINE IS THE CENTRAL CORE OF STRUCTURE AND BALANCE. POTENTIAL MOVEMENT IN THE SPINE IS FRONT/BACK, SIDE/SIDE, AND ROTATION.

STRUCTURE OF SPINE: 7 CERVICAL VERTEBRAE; TOPMOST IS ATLAS,
UPON WHICH IS BALANCED THE SKULL.
12 THORACIC VERTEBRAE: TO EACH IS
CONNECTED A FAIR OF RIBS
8 LUMBAR, INCLUDING SACRUM
3 OR 4 SMALL FUSED VERTEBRAE MAKE UP

THE TAILBONE OR COCCYX
SPINAL CORD IS IN CANAL AT BACK OF BONES. THE BASE OF THE
BRAIN CONNECTS RIGHT DOWN TO THE TAIL.
MOVEMENT IN THE TAILBONE IS AS IMPORTANT AS MOVEMENT IN
THE HEAD AND NECK.

ENERGY OF THE SPINE HOVES UP AS A COUNTERTHRUST TO GRAVITY. PRACTISE: LYING ON BACK WITH KNEES UP AND FEET ON FLOOR, BEGIN TO ISOLATE TAIL AND SACRUM BY CURLING THEM SLOWLY OFF THE FLOOR AND THEN SLOWLY RETURNING THEM. GRADUALLY WORK HIGHER UP THE SPINE, USING YOUR FEET ON THE FLOOR AS SUPPORT. LOOK FOR ARTICULATION THROUGH EACH VERTEBRAE. ON HANDS AND KNEES, START WITH FLAT BACK (INDLUDING NECK). BEGINNING AT TAIL, CURVE IT TOWARD FLOOR, AND LET THE MOVEMENT TRAVEL UP THE SPINE UNTIL YOU ARE IN A RAINBOW CURVE. STARTING AT THE TAIL AGAIN, POINT TAIL UP AND LET MOVEMENT TRAVEL UP THE SPINE UNTIL YOU ARE IN THE OPPOSITE CURVE. KEEP YOUR BREATH CONNECTED TO MOVEMENT SO THAT YOU ARE NOT HOLDING YOUR BREATH AT ANY POINT. FOR FLUIDITY AND ARTICULATION IN THE MOVEMENT. ON YOUR FEET, WITH KNEES SLIGHTLY BENT AND FEET HIP-WIDTH APART, EXPLORE ALL POSSIBILITIES OF MOVING THROUGH YOUR SPINE; ALLOW YOUR BREATH TO CHANGE AND YOUR HEAD TO BE AFFECTED BY THE SPINE.

3. SKULL:

WHEN THE HEAD IS "IN PLACE", IT STRENGTHENS THE BONES OF THE SPINE.
BACK OF THE SKULL IS WHERE WE RECEIVE INFORMATION: BACK IS HEAVY, DEEP. FRONT OF THE SKULL IS WHERE ENERGY MOVES IN AND OUT - THROUGH MOUTH, EYES, NOSE. FRONT IS LIGHTER, QUICKER. WE WANT TO HAVE BALANCE BETWEEN FRONT AND BACK.

SKULL CONT'D

PRACTISE: PLAY WITH THE IMAGE OF THE DOME OF THE SKULL
BEING LIKE A PARACHUTE - LIGHT AND FLOATING
ABOVE THE SPINE:
SKULL MASSAGE - IMAGINE YOU COULD SOFTEN THE BONE
OF THE SKULL WITH YOUR HANDS
LYING ON YOUR BACK, LET YOUR HEAD ROLL HEAVILY
FROM SIDE TO SIDE, THEN ALL OVER THE BACK OF THE
SKULL.

4. JAW:

THE JAW IS A SEPARATE BONE FROM THE SKULL, ATTACHED BY A BALL AND SOCKET JOINT IN FRONT OF THE EAR THE JAW BONE COUNTERS THE WEIGHT OF THE SKULL. MUSCLES IN THE HINGE OF THE JAW TEND TO FATHER AND HOLD TENSION.

PRACTISE: MASSAGE HINGE OF JAW, DOWN THROUGH CHEEKS AND THEN
LET JAW BONE HANG.
FIND PRESSURE POINTS: IN HINGE, PARTWAY FORWARD AND
UNDER CHEEKBONES, AND JUST ABOVE AND BESIDE NOSTRILS
(BASICALLY ANYWHERE YOU ENCOUNTER TENDERNESS, YOU
CAN USE PRESSURE TO ALLEVIATE TENSION).
LETTING JAW HANG, THEN CLOSING LIPS OVER TEETH
WITHOUT CLOSING THE TEETH TOGETHER.
TRY LETTING THE JAW HANG OPEN AND SIGH GENTLE SOUND
THROUGH OPENING.

5. PELVIS BOWL-SH

BOWL-SHAPED SET OF BONES, WITH LOTS OF HOLES AND SPACES BETWEEN BONES.
PELVIS IS ATTACHED TO THE SPINE AT THE SACRO-ILIAC JOINTS.
"HIP BONES" ARE THE ILIUM, THE WINGS OF THE PELVIS.
THE BONES WE FEEL WHEN WE ROCK ON OUR BUMS ARE THE "SITTING BONES" OF THE PELVIS.

PELVIS IS THE CONTAINER FOR OUR ORGANS (JUST AS THE SKULL IS CONTAINER FOR THE BRAIN AND RIBS ARE CONTAINERS FOR THE HEART AND LUNGS).

AT THE FLOOR OF THE PELVIS IS A SMALL DIAPHRAGM WHICH MOVES IN RESPONSE TO BREATH.

PRACTISE: LYING ON BACK, KNEES UP, AND ROCKING OVER BACK OF PELVIS.
BRING KNEES UP TO CHEST, FEET OFF THE FLOOR, AND

CONTINUE ROCKING OVER THE BACK OF THE PELVIS
PUT YOUR HANDS ON THE ILIUM AND FEEL THE MOVEMENT
OF THE PELVIS AS YOU ROCK.
CURL UP THROUGH TAILBONE AND SACRUM, AND FEEL
PELVIS LIFT AS A RESULT OF SPINE MOVEMENT.
LET BREATH MOVE INTO PELVIS, AND BE AWARE OF SUBTLE
MOVEMENT DOWN IN PELVIC FLOOR - A USEFUL POSITION
FOR THIS IS FOLDED OVER IN THE CHILD'S POSE.
IN STANDING, CONTINUE TO BE AWARE OF POTENTIAL
FREEDOM IN PELVIS AND LOWER SPINE - LET IT ALL
MOVE AROUND FREELY.

6. LEGS AND FEET LEGS ARE DEEPLY CONNECTED INTO PELVIS AT HIP JOINTS - A BALL LEGS AND FEET CONT'D

AND SOCKET JOINT. MOVEMENT OF LEG IN HIP SOCKET IS SIMILAR TO THAT OF ARM IN SHOULDER SOCKET. THE MORE FREEDOM AND FLEXIBILITY THERE IS IN THE HIP JOINTS. THE MORE AVAILABLE WILL BE YOUR LEGS FOR STANDING ON! PELVIS, LEGS AND FEET GROUND YOUR ENERGY DOWN - THEY CONNECT YOU TO GRAVITY. THE LONG BONES OF THE FEET HAVE GREAT FLEXIBILITY AND POTENTIAL FOR MOVEMENT. BALANCE ON THE FEET GIVES YOU MORE FREEDOM, AND KEEPS THE REST OF THE BODY IN ALIGNMENT. KEEPING YOUR KNEES UNLOCKED HELPS FREE HOLDING PATTERNS THROUGHOUT THE BODY. PRACTISE: LYING ON YOUR BACK, BRING YOUR KNEES UP AND TAKE HOLD OF ONE KNEE IN EACH HAND. MOVE YOUR LEGS IN THE HIP JOINT. LEGS ARE PASSIVE, ARMS ARE DOING THE WORK. WITH LEGS OUT STRAIGHT ON THE FLOOR, ROCK THEM IN AND OUT FROM THE HIP JOINTS. BOUNCE LEGS UP AND DOWN LOOSELY ON THE FLOOR. ARTICULATE AND STRETCH THROUGH BONES OF THE FEET. IN STANDING, FIND THREE POINTS OF BALANCE IN FEET, AND DISTRIBUTE YOUR WEIGHT EVENLY AMONTH THEM.

7. VOICE:

BREATH AND VOICE ARE AN INTEGRAL PART OF ALL THE ABOVE WORK. WHEREVER YOU CAN, NOTICE AND DEEPEN YOUR BREATH, AND PRACTISE RELEASING SOUND ON A GENTLE SIGH.

START SOUND ON A HUM, BEING AWARE OF TAKING TIME FOR THE BREATH TO COME BACK IN TO THE BODY. YOU CAN DO HUMMING IN ANY POSITION, BUT WHEREVER YOU ARE, KEEP YOUR BODY LOOSE AND INVOLVED IN THE SOUNDING. THAT IS, LET YOURSELF MOVE WITH THE HUM, SO THAT YOU'RE NOT WORKING A "HOLDING" PATTERN. ALLOW AND ENCOURAGE THE HUM TO BEGIN TO MOVE AROUND IN YOUR RANGE - WARMING UP AND PREPARING THAT RANGE FOR EVENTUAL SPOKEN SOUND.
ALLOW THE HUM TO OPEN ONTO AN "AH" FROM TIME TO TIME, REMAINING AWARE OF ANY TENDENCY TO PUSH. IF YOU FEEL YOURSELF STARTING TO WORK WITH TENSION, OR TO PUSH, STOP AND TAKE A REST THEN GET BACK TO IT. NOTICE THE RANGE THAT IS AVAILABLE TO YOU IN THE

KEEP WORKING WITH YOUR OWN INDIVIDUAL NOTES, AND DON'T BE AFRAID TO EXPLORE AND EXPERIMENT ON YOUR OWN.

HUM, AND KNOW THAT IF IT IS THERE IN THE HUM, IT IS ALSO AVAILABLE IN SPOKEN SOUND. PRACTISE MAKING THE STEP FROM

THE BASIS OF ALL SOUND IS BREATH.

FREEDOM IN THE VOICE IS MIRRORED BY FREEDOM IN THE BODY.

READING ALOUD IS A GREAT WAY TO KEEP WORKING ON CHANGING YOUR

OLD HABITS - YOU CAN CONENTRATE ON THE PHYSICAL AND VOCAL

WITHOUT HAVING TO THINK ABOUT WHAT TO SAY.

BOTTOM LINE: FIND PLEASURE IN IT, AND HAVE FUN!

HUM TO SPOKEN "AH" OR "HEY".

: Second Kiss strong

Judith Marcuse's project offers a varied and dive



DANCE REVIEW

THE KISS PROJECT COMMISSIONS

At Performance Works, Vancouver, until Feb. 18

Reviewed by Chris Dafoe

tita Bozi and Raymond Milne. Jenifer Mascall explores romantic alenation in *The Flicker of an Eye*, feauring a frantic Marthe Leanard lost

amid swaying bodies. Harvey Meller's L'Amour est un oiseau rebelle takes a comic run at romance: A first date at the opera goes horribly wrong when two lovers conspire to come together around the oaf that has been seated between them. Sheppard is effervescently sexy in Joe Laughlin's La Bouche, set to a score by Alex Tsisserev that sounds like Cecil Taylor performing in a soda pop factory. And Karen Jamieson offers up a dark vision of decadence and redemption in Coming Home, which features Donald Morin in a dance that combines images of junkie depravity with elements from native dance

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As an actor, you must be versatile in all disciplines that demand Performance requirements. That means taking dance classes, music classes, any sort of training that a "Character" is capable of doing in any particular story on stage, film, or radio. As an actor who worked with the **Karen Jamieson Dance Company** for a number of seasons, it was not my intention to be a dancer, but many years ago (1981) I was taking a semester with the **Alex Bruhanski Theatre studio** in Vancouver. One night a movement class was part of then course, and I was alienated from the movement, body contact, and closeness of students. Not knowing my Indigenous history at the time, I decided to take up dance classes at Property of Instructor Donald Morin of Suite__, 10____ 115 Street Edmonton, Alberta,

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Terpsichord Dance taught by Christine Chipperfield on Beatty street in Vancouver. I secured another job at a restaurant and saved up the money to take daily classes. 6am every morning for some time, I learned jazz, ballet, and other forms of dance. After my first year at SFU School for Contemporary arts, I started my second year with modern dance program along with film and theatre. A busy time in my life, but I would have never had the chance to go to Japan, tour across Canada twice as an actor/writer/dancer for a dance company producing native/non-native collaborations for the stage.



Stone Soup Tour 1997 Kitimat, BC, Haisla Territory

Basic Ballet Terms

demi - half plié - bend fondu - literally, to melt. a bend of the (one) dégagé - point battement - beat tendu - stretch glissé - gliding. a tendus which releases just off pique pricked, pricking retiré - to draw up grand (e) - large spetit (e) - little rond de jambe - circle with the leq à terre - on the ground en l'air - in the air en dehors - outward en dedans - inward assemblé - to bring together Soutenu - to hold developpé - to develop or unfold frappé - to strike fouettes - to whip dessus - over dessous - under relevé-raised. To rise strongly from demi-plie Soubresaut- a jump in 3rd or 5th without changing feet changement- a jump in 3rd or 5th changing feet ouverte - open fermeé - shut coupé - to cut

Basic Ballet Terms

page 3

Jumps

Sauté - to jump from 2 feet to 2 feet temps levé - to hop from 1 foot to the same fo jeté - to spring from 1 foot to the other foot literally, to throw assemblé - to put together - to jump from 1 foo to 2 feet. sissonne - to jump from 2 feet to 1 foot

Arabesque

1st arabesque - same arm forward as leg forward 2nd arabesque - opposite arm forward as leg forward 3rd arabesque - both arms forward, upstage arm high

Attitude

Attitude in opposition - opposite arm up to working Attitude in deux has - both arms up

Basic Ballet Terms

page 2

port de bras - carriage of the arms adage - slow, continuous movement allegro - quick, brisk movement chasse - slide glissade - glide echappé - escape pas de - step of the chat - cat

chat - cat cheval - horse basque - Basque region bourrée - run

Directions

devant-front derrière-back à la seconde-to the side-i.e. to the 2nd position

an avant - moving to the front en arrière - moving to the back de côté - moving to the side

en croix in the shape of a cross

Alignment

en face - facing to the front de côté - facing to the side en croisé - to a crossed direction effacé - to an open direction

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Donald Alfred Morin plays Pozzo in Theatre in the Raw's production of Beckett's Waiting for Godot.

Theatre in Raw's Godot a little short on humor

1113/13/16

Waiting for Godot Where: Pacific Theatre, 12th Ave. and Hemlock. When: June 4-6, 8 p.m., June 7 at 2 p.m. Tickets: 708-5448 Rating: **%

By Damian Inwood Theatre Critic

As the theatre season winds down for the summer, it seems that this has been the year of Samuel Beckett. In Toronto, Dublin's Gate

Theatre mounted Waiting for Godot, Beckett's monument to absurdism, while in Vancouver we've seen three of his plays performed.

There was Happy Days at the Vancouver East Cultural Centre, where Doris Chillcott's Winnie led to a best actress Jessie nomination.

University of B.C. students staged an excellent production of Endgame with a cast that included Bernard Cuf-

Now comes Theatre in the Raw's version of Waiting for Godot, at Pacific Theatre.

It's a tragicomedy that dissects the futility of life and inevitability of death.

The play's central char-acters are two clownish

try wasteland waiting for a savior who never comes.

Paul Beckett's Estragon is a pathetic, mundane loser who's almost incapable of taking his own boots off.
"We always find some-

thing to give us the impres-sion that we exist," he says.

Richard Hendery plays Vladimir, the lifelong companion who stolidly insists that they must keep waiting.

In this production, the bal-

ance of tragedy and come-dy skews to the dark side. While it plumbs the depths of despair and emptiness that is Beckett's world, It fails to fully cash in on the jagged humor that sets the playwright above the rest.

In terms of strictly dealing with a difficult text, actors Beckett and Hendery do a workmanlike job.

But they lack the comedic energy to keep a three-hour experience from dragging.

The saving ingredient, certainly in Act 1, is a chilling-ly menacing Pozzo, played by Donald Alfred Morin

Morin's Pozzo is a roaring. lipsticked, S&M monster, who keeps Richard Lux-ford's hapless, pustulent Lucky as a slobbering slave.

Director Jay Hamburger uses Forbes Blyth's violin as sometimes-intrusive,



With Actor Don Foran from Judith Thomson Play The Crackwalker (Pick of the fringe festival Vancouver