

# STAGEBRIDGE

Oct 15, 2016

## Take a Walk in My Shoes: Monologue Writing with Alison Luterman

Tuesday, Oct. 18 at 12:30pm at 2501 Harrison St. Oakland, CA.



Public Domain Image

Learn to write a monologue from the point of view of a character very different from yourself--in fact the more different the better! It's fun, it's liberating, and it leads to good playwriting. **In this workshop we'll swap some stories, and then write and perform a short monologue from the point of view of someone who is not us--maybe even our enemy!** This course is excellent for storytellers, playwrights, and actors who wish to write their own monologues.

Alison Luterman is a poet, essayist and playwright. **Her writings have been published in The Sun, The New York Times, The Boston Phoenix, Rattle, The Brooklyn Review, Oberon, Tattoo Highway, Ping Pong, Kalliope, Poetry East, Poet Lore, Poetry 180, Slipstream, and other journals and anthologies.** Alison has taught at The Writing Salon in Berkeley, the Esalen Institute, and the Omega Institute.



Photo courtesy Alison Luterman

[CLICK HERE TO REGISTER](#) or call us at 510-444-4755

## Develop your Voice with Jeri Lynn Cohen



Image courtesy Jeri Lynn Cohen

## Check out the All-Stagebridge Tell It On Tuesday Oct. 25 at the Marsh



Stagebridge Storytelling Director Kirk Waller in action

**The Actor's Voice  
Intensive  
Friday, October 21  
10am-3pm  
\$100 for this daylong  
intensive**

[CLICK HERE TO REGISTER](#)

Did you know that Clark Gable's famous baritone was the result of extensive vocal training? It's true - Gable used posture, body control, and breathing to transform his voice. **Whether you're an actor looking to increase your range, a storyteller who wants to project to audiences, or an aspiring public speaker, this intensive is for you!**

Instructor Jeri Lynn Cohen will break this class into two parts: first, Physical Awareness, including working on Breath, Sound, and Vibrations; and second, Relaxation and Connection including working with your jaw and tongue, posture, and how to use your throat. **Regular voice exercise allows actors to fully connect their voice and body, and to develop a natural voice that will infuse performances with authenticity.**

**Marcia Grossman's  
Fundraising Challenge!**

*Tell it on Tuesday celebrates the expression of individual storytelling and solo performance. Coming together as a community to share works crafted by theater artists and storytellers, TIOT provides an East Bay home to the solo performer.*

Every year, **Tell It On Tuesday** gives over an entire evening to showcase **Stagebridge Storytellers**.

This year, you can see the following Stagebridgers telling a variety of tales:

- **Albertina Padilla**, "Me and the Robin"
- **Sally Holzman**, "Grandma's Golem"
- **Kiran Rana**, "Early Stories of Krishna, the God Made of Love"
- **Jeff Byers**, "Viskovitz, Dung Beetle"
- **Linda Wright**, "The Man on Liberty Street"
- **Harry Santi**, "Songs Have Been an Important Part of my Life"

and featuring **Karen Sellinger on acoustic guitar!** Get there at 7pm to enjoy the music. Stories begin at 7:30. Tickets are available at the door, or you can [buy them online here](#). The Marsh Berkeley is located at 2120 Allston Way.

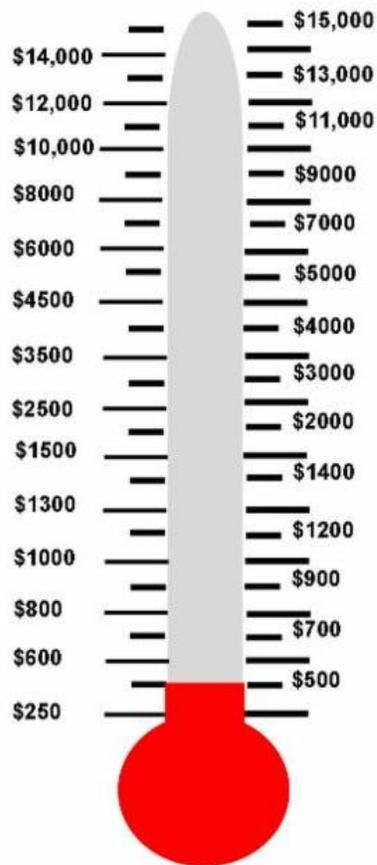


photo by Liz Wiener

**Movement &  
Percussion  
Improv  
Short Course  
[CLICK HERE  
TO  
REGISTER!](#)**

**Tuesdays  
6pm-7:30pm  
Oct. 25-Dec. 6**

Improve your moves with Greacian Goeke through rhythm and movement exploration. In the process you will learn ongoing ways to dust the cobwebs from brain and body! **You will physically experience how all rhythm begins with movement, then discover new ways of playing and moving with percussion.** We will incorporate Keith Terry's body percussion building blocks, clapping games and other body music traditions. The class includes T'ai Chi-based warm-ups and introduction to the Brain Dance and Laban movement vocabulary.



We've been thrilled with the support for Marcia's fundraising challenge. Since our last newsletter, we've doubled the amount raised - but **we still have \$14,500 to go!** Keep checking the newsletter to see how we're doing on our **\$15,000 goal!**

## Halloween Movie Night at FCCO



Relive the adventure and magic this Halloween season in one of the most beloved motion

## Movement & Expressive Arts with KAYE ANDERSON

Thursday, October 27 at 10:30am

**\$40 for this 2 hour workshop**

[CLICK HERE TO REGISTER](#)

**Art Your Life! Generate Creative Resources through Movement-Based Expressive Arts**



In this 2 hour workshop based on the Tamalpa Life/Art Process, we'll **explore movement, drawing, and writing as they relate to each other and to personal mythology.** From this multi-media experience we harvest

resources to take back out into performance, relationships, and life. **No experience needed**, all art supplies provided. Please wear comfortable clothes and bring a pen/paper or a journal for writing.

**Kaye Anderson, LCSW, is a Clinical Social Worker, graduate of the Tamalpa Institute's Embodied Leadership Program, and Hoop-Dance teacher.** She has a private practice in Emeryville, and is a Clinical Supervisor at JFK University's Center for Holistic Counseling.

*We are supported by Aroha Philanthropies, Banks Family Foundation, Bernard Osher Foundation, California Arts Council, City of Oakland Cultural Funding Program, Clorox Company Foundation, Dean & Margaret Leshner Foundation, East Bay Community Foundation, May and Stanley Smith Charitable Trust, Moca Foundation, San Francisco Foundation, the Alameda County Arts Commission, The Lowell Berry Foundation, West Davis Bergard Foundation, William and Flora Hewlett Foundation and donations from individuals like you!*

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## A Few Updates From Our Founder, Stuart Kandell

**Dispatch from the National Center for Creative Aging 2016 Conference**

For years, perhaps 20 years, the idea of people over 65 learning new creative skills or sharing their artistic talents with others, was treated as a freak show. "Hurry, hurry, hurry, come see the old codger strut his stuff on stage, sans

**pictures of all time, E.T. The  
EXTRA-TERRESTRIAL.**

## MOVIE NIGHT

Friday, October 21, 2016

Doors: 6:00PM - Event: 7:00PM

Collins Chapel at First  
Congregational Church of Oakland  
2501 Harrison St  
Oakland, CA 94612

(enter through the Blue Door from  
back parking lot)



## Where is Waldo (Stuart) now?

I couldn't have possibly picked a busier, noisier coffee shop. It is right on a major corner of a street in the Old Quarter of Hanoi. They say that there are 8 million people in this city and 5 million mopeds. I would estimate that 2 million of them are streaming through and around this corner. Like Kathmandu, the streets in the Old Quarter date back 1,000 years to a quieter time. Walking in this city is bloody scary. You just have to take a deep breath and cross and somehow the stream of cars and mopeds flow around you, from all angles, a bit like crossing a running stream in the High Sierra. And forget about the "sidewalks" that are filled with goods from the shops and where everyone has parked their mopeds. You have to walk in the street.

And so starts my latest adventure that will last six weeks in Vietnam, Cambodia, Laos and then off to a conference and friends in Australia for two weeks. This trip is a mix of work and adventure. The work part began in Washington D.C. in late September where I spoke at the first Global Conference on Creative Aging. You can read a short article on that conference that I wrote here. In Australia I will be speaking at an international conference on Arts and Healthcare. And while I am in Southeast Asia, I am continuing my research on older people in the arts by

teeth, sans eyes, sans. . ."

Today, its almost matter of fact, that most "old" people "have a lot of livin. . . to do!" Older adults en mass are going back to school, taking courses to share their talents and stories with others.

Nowhere was this more evident than this past weekend in Washington, D.C. where the first Global Conference of "The Creative Age" was held. Organized by the National Center for Creative Aging, for the first time people from around the world, not just America, shared work that is spreading globally. The U.S. still is by far the leader in the breath and depth of programming in the creative arts for older adults of all abilities and living situations (from independent elders, to senior centers, retirement homes, continuing care facilities, to nursing homes and adult day centers). Fortuitously, just two days before the conference the yearly MacArthur "Genius Awards" (bestowed on a handful of people doing extraordinary work) announced that Anne Basting, a theatre artist from Wisconsin, was one of the winners. Basting is best known for creating the TimeSlips Program of creative storytelling for people with dementia, that is now spreading throughout the country. A founding board member of the NCCA and longtime practioner of arts with older adults, this recognition is one of the most high profile events yet to be celebrated by ten year old national organization.

An entire contingent of people came from Taiwan to share their work in replicating a U.S. program of "Living History" programs involving 5,000 seniors throughout the island, sharing their stories of the past with future generations. I chaired a panel of representatives from Japan, Europe and Australia. In the Netherlands, "Long Live Arts" is flourishing with government sponsored programs rolling out to all the major cities. At their conference last year, former Queen Beatriz, an octogenarian, herself a visual artist, presided over a three day festival showcasing work from all over Europe. In Australia, connections are now being made with the national government to link arts and healthcare. And in Japan, the country with the oldest population in the world, the arts are flourishing with older adults.

It was not always like this. Throughout the 1980's and 1990's I applied every year to the National Endowment for the Arts, only to be told that what we do "wasn't art, but social service." The same refrain was heard from most of the major foundations that fund the arts. Year after year, we struggled to make our case that "yes, this was art" and "yes, it is important that older adults be able to practice and share their art." Gradually in the late 1990's and early 2000, the tide began to shift with more and more programs knocking at the doors of funders seeking support for arts with older adults. At the same time, a researcher, Dr. Gene Cohen, convinced the government powers to fund the first major study of the impact of professionally directed arts activities on the lives and well being of older adults. The three year study revealed (surprise, surprise) that arts involvement translated to fewer doctor visits, people feeling less lonely and depressed, and they took less meds.

Finally, the combination of "evidence" and a growing interest in the field resulted in the creation of a national body (NCCA) to promote and support this work. It was significant on the Saturday of the conference that the National Endowment for the Arts convened an all day Summit. I joined twenty leaders and experts to help chart the course of this field over the next decade. And we were joined by AARP (with 38 million members), the the Veterans Administration, and other major

interviewing older artists. Last week I interviewed one of the most famous traditional musicians in Vietnam, who is considered a national treasure.

You can follow my journey at:  
[stuinvietnam.blogspot.com](http://stuinvietnam.blogspot.com)

Wishing you all the best from many time zones away!

Stuart

Stagebridge Founder

[stuart@artfulaging.org](mailto:stuart@artfulaging.org)

companies and agencies who have a stake in the well being of older adults.

I think back over the past forty years and wonder what the spirits of Stagebridge might think: 94 year old Audrey who didn't begin acting until she was 60; 78 year old Dan who couldn't hear and told the same long stories; or Kathy singing her heart out right up to the end.

I think they would have smiled.

I know, I did.

*Stagebridge was founded in 1978  
by Dr. Stuart Kandell.*

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