



USING HUMOUR AS A “MAMAHOOD” SURVIVAL SKILL

Alumna adapts her late-in-life mom experiences into solo show that's helping other families.

2018-19 Season

1 Mamahood: Bursting into Light

October 10 – 20, 2018

Written & Performed by Nicolle Natrass (BFA '91)

Directed by TJ Dawe (BFA '97)

Set Design by Pia Guerra

Lighting Design by TJ Dawe

Sound Design by Paul Tedeschini

Rehearsal Stage Manager Gabrielle Marcolin

Performance Stage Manager Leah Anthony

In turns both hilarious and heart breaking, Natrass chronicles her journey of becoming a new mother at the age of 40.

Presenting Sponsor:



2 The Drowsy Chaperone

November 8 – 24, 2018

By Lisa Lambert, Don McKellar, Bob Martin &

Greg Morrison

Guest Director Jacques Lemay

Winner of five Tony Awards, this original Canadian play is a fun-loving send-up of the Jazz Age musical. Colourful characters spring to life in a living room as a man listens to his favourite musical.

3 Trojan Women

February 14 – 23, 2019

By Euripides, Translation by Alan Shapiro

Directed by Jan Wood

Written in 415 BCE, this Greek tragedy was the first play about the brutal aftermath of war. It shifts our perspective from the victors, to the wives, mothers and daughters of the defeated Trojan warriors.

4 7 Stories

March 14 – 23, 2019

By Morris Panych

Directed by Fran Gebhard

Fast-paced and full of eccentric characters, this sophisticated satire takes place on the window ledge of a seven-storey building.

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At the age of 40, UVic theatre alumna Nicolle Natrass was starting to feel motherhood was just not going to happen... until it did. Thus began a journey she now compares to climbing into a spaceship and traveling to a completely different world. The Jessie-nominated playwright and actor has channelled the hilarious ups and downs of her new-mom experiences into ***Mamahood: Bursting into Light***, being presented as the Phoenix Theatre's *Spotlight on Alumni* from October 10 to 20, 2018.

Complete with travel advisories, planetary guides and a rock 'n roll soundtrack, Natrass' one-woman play courageously chronicles her motherhood journey; from her initial idyllic dreams, to shopping for fashionable diaper bags, to the detrimental pressure to become the 'perfect mom,' and her own postpartum experiences. As a playwright/performer, she decided that the best way to overcome these challenges was to find the humour in her experiences and share it with audiences.

"I don't like to be bound by restrictions like 'comedy' or 'drama,'" explains the Lantzville-based Natrass. "I really believe life is full of both, so I've always written to connect with the audience, using comedy to be able to talk about the more serious things. . . We're told parenting should look like a Pamper's commercial – all the right outfits, everything is good – but that excludes a lot of moms. . . it's okay to not have an ideal experience every day of the week, or at all. It's all about accepting your own story."

Natrass uses her own story to reach out to other moms – and dads, and grandparents, and really, anyone who has a mom! Following the laughter (and maybe a tear or two) of the play, Natrass invites guests from local motherhood support networks, including counsellors, midwives, nurses, doulas and dudelas, to join her in a post-show talkback with the audience. She's especially thankful to the Mothering Touch Centre in Victoria for their assistance over the two weeks of performances at the Phoenix.

"The core message is that motherhood is a rock 'n roll ride," she laughs. "My son is 9 now and the ride is definitely not over!" This show marks the first time the final play will be performed here in Victoria, following a staged reading at Kaleidoscope Theatre's Family Theatre Festival in 2014. "I'm so glad I get to come back to my Alma Mater to perform this for Victoria. UVic has been a big part of my journey as an artist and I'm constantly collaborating with other Phoenix alum, including director TJ Dawe."

The public is also invited to a free **Preshow Lecture, Friday, October 12 at 7pm** with Sheila Rabillard, Associate Professor in the Department of English, discussing the changing face of how motherhood has been represented in theatre, from Euripides to Shakespeare, to Ibsen, to now, when mothers are speaking loud and proud in their own voices. Please note that while Mamahood is about family, it is not family theatre and is recommended for ages 16 and up as it includes some strong language and mature content.

The Phoenix Theatre's 2018-19 season continues this fall with the Canadian-born hit Broadway musical ***The Drowsy Chaperone*** (November 8-24), guest directed by Jacques Lemay. In the spring, Jan Wood directs the Greek classic ***Trojan Women*** (February 14-23, 2019), one of the first, and probably still one of the most powerful plays to address the aftermath of war. The season closes with Fran Gebhard directing Morris Panych's existential, fast-paced dark comedy, ***7 Stories*** (March 14 - 23, 2019) about an apartment building full of very eccentric characters.

Performances for ***Mamahood: Bursting into Light*** are as follows:

Public Preview @8pm: Tuesday, October 9

Opening Night @8pm: Wednesday, October 10

Evenings @8pm: (Tuesday - Saturday) 10 (opening), 11, 12 (preshow lecture), 13, 16, 17, 18, 19, 20

Matinees @2pm: Saturdays, October 13 and 20

Preshow Lecture @7pm: Friday, October 12 with Sheila Rabillard, Dept. of English.

Single Tickets: \$16 Student, \$21 Senior, \$26 Adult, \$26 Weekends@8pm, (Preview: \$8.00 after 5pm on day)

Phoenix Box Office Opens: October 2: Monday through Saturday from 12:00 to 8:30pm.

In person or charge by phone at (250) 721-8000.

Season Subscriptions: Available now: \$40.50 or \$54 for a 3 or 4-show package.