

PHOTO BY ALEXANDRE GALLIEZ



**LES 7 DOIGTS DE LA MAIN:
CUISINE & CONFESSIONS**

Tuesday and Wednesday, March 14 and 15, 2017, at 7pm
Tryon Festival Theatre

PROGRAM

LES 7 DOIGTS DE LA MAIN: CUISINE & CONFESSIONS

Shana Carroll and Sébastien Soldevila, directors, writers, and choreographers

Starring

Sidney Iking Bateman
Héloïse Bourgeois
Melvin Diggs
Mishannock Ferrero
Anna Kachalova
Anna Kichtchenko
Gabriela Parigi
Matias Plaul
Pablo Pramparo

*Due to the physical demands
of circus arts performances,
the artists performing
each day are subject
to change.*

1. **Opening**—"These are the Ingredients"
2. "The Perfect Omelette"
3. **Juggling**—Omelette Cumbia
4. Storytelling
5. **Hoop-diving**—"Leaving St. Louis"
6. Fruit is not a Dessert
7. **Aerial silks**—Borscht; "The Departed"
8. "Dinner for One"
9. "Captain McCoy"s Ultimate Kitchen Set"
10. "For the Love of Round Tables"
11. **Diabolo**—Banana Bread—"Saved by Circus"
12. Timers
13. **Acro-dance**—"One Woman"s Life Recipe"
14. *Hand to hand*—Pelmeni—"3:00 in the Morning"
15. **Acro-dance, group**—"You're the One That I Want"
16. **Chinese Pole**—Sunday Pasta—"Song for my Father"
17. **Icarian games**—"The Last Supper"
18. **Contortion**, Flour, "Chop Chop Miam Miam"

This performance will be presented with no intermission.

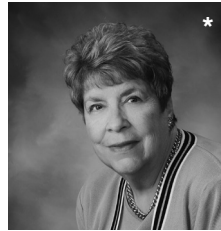
Les 7 Doigts de la Main appears by arrangement with:
Columbia Artists Management LLC
5 Columbus Circle @ 1790 Broadway
New York, NY 10019
www.cami.com

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PROGRAM NOTES

10 THINGS YOU SHOULD KNOW ABOUT *CUISINE & CONFESSIONS*

The Stories Are True

Cuisine & Confessions was built on the real-life personal stories of each cast member. Creation began with extensive storytelling sessions, after which directors Shana Carroll and Sébastien Soldevila extracted facts, themes, and images and wove them throughout each act. Everything is based on these real stories.

All Music is Original

The entire soundtrack was created specifically for the show. Notably, New York jazz club owner and pianist Spike Wilner came to Montréal for extensive recording sessions, providing a selection of piano music to choose from during creation. (Director Sébastien Soldevila is also musical director.)

The Show Has Been Performed in Seven Languages

Cuisine & Confessions has travelled the globe and was first performed in the United States in Boston. Wherever it has been performed, it has been translated into the local language. To date, the show has been presented in English, Italian, Spanish, Russian, French, Swedish, and German.

All Food is Prepared Live on Stage

Food preparation begins on stage during the 30-minute pre-show and continues during the performance, at various times with assistance from audience members. From the minute the house opens through the final bows, food is always cooking—from omelets, to vegetable pasta, to our signature banana bread.

Montréal Chef Alex Winniki Helped Refine Recipes

Not only did Alex Winniki help refine the recipes used in the show, but he also gave weekly cooking lessons to the original cast, sharing tips on chopping, slicing, dicing, and more. Each cast member was given a chef's knife to practice with at home.

The Set is Inspired by the Cast's Home Kitchens

To create the set, scenic designer Ana Capellutto asked company members to share photos of their childhood kitchens, their current kitchens, and their "dream kitchens," greatly inspiring the final design. She also asked each performer to bring in a personal item to keep somewhere on the set, to help create an intimate kitchen space. The set continues to tour with these personal items.

Refrigerator Postcards are Real

The cast has collected postcards from every city where they have appeared and placed them on the set's refrigerator, making it an ever-evolving set-piece.

They Keep a "To Do" List, Too

Observant theatergoers will see a "to-do list" written out on a chalkboard as part of the kitchen set (like a grocery list). This is actually a list of numbers performed in the show, and cast members cross off items as they are completed during each performance.

A Child's Game Inspired the Lyrics of the Final Song

The odd phrase "Chop Chop Miam Miam" came from a tickling game the directors had with their 5-year-old daughter. During the show's creation, the expression was used as a kind of call-and-response game, and it soon became the show's accidental mantra. When the cast turned it into a song, at first it was as a joke—until everyone decided it was the best way to close the show. The song is also used as a pre-show, get-in-the-mood warm-up exercise for the cast.

Cast Members take Turns Washing the Dishes

Every family has its own way of sharing responsibilities, and the *Cuisine & Confessions* family is no different. Cooking creates a mess, and at the end of each performance, a different cast member cleans up the dishes in our working on-stage sink, adhering to a scheduled rotation.

RECIPES

BANANA BREAD

250 grams flour
115 grams butter
110 grams sugar
2 eggs
6 ripe crushed bananas

vanilla extract
chocolate chips
5 grams baking soda
pinch of salt

Cream the butter. Add the sugar and crushed bananas. Mix well. Stir in the eggs one at a time, beating well. Combine the dry ingredients and mix slowly into the creamed mixture. Pour the batter into a greased and floured loaf pan. Bake at 350°F for about 50 minutes or until cake tester inserted in the center comes out clean.

VEGETABLE PASTA

350 grams of Parmesan cheese (brick)
2 zucchinis
2 red peppers
1 kilogram of cherry tomatoes
1 big onion
10 cloves of garlic
ca. 300-400 milliliters extra virgin olive oil

1 bunch of basil
lemon zest of two lemons
salt and pepper
100 grams of fresh spinach leaves
10 branches of fresh thyme
10 branches of fresh rosemary
1 kilogram of short fusili pasta
parchment paper

Preheat the oven to 350°F. Prepare vegetables: cut the cherry tomatoes in half; cube the onion. Thinly slice the zucchinis and cut the peppers in quarters. Cover two baking pans with parchment paper. Put the tomatoes, onions, and five cloves crushed garlic on one tray. Add half of the thyme and rosemary branches. Add salt and pepper. Put the zucchini, pepper slices, remaining thyme, rosemary, and garlic cloves (whole) on the second tray. Add salt and pepper.

Bake in the oven for 35 minutes, until the vegetables are soft. In the meantime, grate the Parmesan cheese and lemon zest, and cut the basil and spinach. Bring the water to a boil. When all vegetables are softened, cut zucchini and peppers in small pieces and put them in a bowl with the tomatoes. Add the thyme and rosemary.

When the pasta is cooked, add it to the bowl of vegetables. Add the Parmesan cheese, mix and let sit, waiting for the cheese to melt. Add basil, lemon zest, salt, and pepper. Lastly, add spinach, mix, and serve.

PROFILES

SHANA CARROLL (director), as co-founding artistic director of The 7 Fingers, has directed and/or codirected *Loft, La Vie, Traces, Séquence 8, Le Murmure du Coquelicot, Cuisine & Confessions, Psy, Cabaret, and FeriAmuse*. She also staged and directed the circus component of *Queen of the Night* in New York City. Carroll is well-known for her choreography and circus staging, and has won four gold medals at the Festival Mondial du Cirque de Demain in Paris. She directed *Il fait Dimanche* for Montréal's National Circus School and is responsible for the acrobatic design and choreography of Cirque du Soleil's *Paramour* (2016) and *Iris* (2011), as well as its performance at the 2012 Academy Awards. She began her career as a trapeze artist at San Francisco's Pickle Family Circus and went on to a 20-year career in the air before founding The 7 Fingers.

SÉBASTIEN SOLDEVILA (director) codirected *Loft, La Vie, Séquence 8, Cuisine & Confessions, and Le Murmure du Coquelicot*, which he also wrote. He is an acrobatic coach for Montréal's National Circus School and on most of the Company's shows. In 2007 he won a gold medal at the Festival Mondial de Cirque de demain in Paris with partner Émilie Bonnavaud for a hand-to-hand number choreographed by Shana Carroll. He choreographed the first part of the opening ceremony of the 2014 Winter Olympic Games in Sochi, which was viewed around the world by three billion people. Sébastien is directing the opera *Circus Princess* for Moscow Musical Theatre (2016).

NASSIB EL-HUSSEINI (CEO) is a political scientist, author (*L'Occident Imaginaire, PUQEditions*), advisor, and volunteer for dozens of national and international organizations. El-Housseini fell under the charm of a modern-day tribe: Les 7 Doigts de la Main. He ran away with the circus, as the saying goes, and took on the general direction of this jewel of the Montréal stage. Nassib is currently President of the International Exchange for the Performing Arts (CINARS), and member of the board of the Conseil des arts de Montréal (CAM).

PERFORMERS

SIDNEY BATEMAN (USA)

Disciplines: hoop-Diving, diabolo, Icarian flyer, floor acrobatics.

Training: National Circus School, Montréal

Shows: *Circus Arches* (Circus Harmony)

MELVIN DIGGS (USA)

Disciplines: hoop-diving, banquine porter, Icarian porter, floor acrobatics

Training: National Circus School, Montréal

Shows: *Circus Arches* (Circus Harmony)

HÉLOÏSE BOURGEOIS (France)

Discipline: banquine flyer, Chinese pole, Icarian flyer

Training: École Nationale des Arts du Cirque de Châtellerault

Shows: *Attack'Bitume* (Théâtre de la Gargouille); *Le Chant du Dindon* (Cie Rasposo); *Steam* (Cirque électrique); *Ouroboros et Alvarez se la joue* (Cie Entr'Act); *Idéaux beurre noir* (Cie 100 issue); *Le Bar à paillettes* (Cirque Ozigno); *Cirkopolis* (Cirque Eloize)

MISHANNOCK FERRERO (USA/Sweden)

Disciplines: hand to hand, porter, Icarian porter, banquine porter

Training: Circus Cirkor School, Sweden;
National Circus School, Montréal

ANNA KACHALOVA (Russia)

Disciplines: hand to hand (flyer), Icarian flyer, banquine flyer

Training: Acro school

Shows: *Saltimbanco* (Cirque du Soleil); *Iris* (Cirque du Soleil); *Queen of the Night* (The 7 Fingers); *Pippin*

ANNA KICHTCHENKO (Russia)

Disciplines: aerial silk, contortion, Icarian flyer, accordion

Training: National Circus School, Montréal

Shows: *Loft* and *Queen of the Night* (The 7 Fingers); *Cabaret GOP* (Dummy); *SolyCirco* International Festival; *Cirque du Soleil*

GABRIELA PARIGI (Argentina)

Discipline: acro-dance

Training: Gymnastic (Argentina national team); Circus School La Arena (Argentina); Le Lido (France); theatre workshops, dance workshops

Shows: *Mourir sur tes lèvres* (Redha B); *Biz Biz Bang Bang* and *El último Beso* (Company Osea); *Kamuflash*, *La vuelta en 80 días*, *Sanos y Salvos*, and *El casamiento* (La Arena)

MATIAS PLAUL (Argentina)

Discipline: Chinese pole, Icarian flyer, banquine porter, guitar, harmonica

Training: La Arena (Argentina)

Shows: *Gala*, *Bellas artes*, *Ronda*, *Fulanos*, and *Sanos y Salvos* (La Arena); *Zed* and *Iris* (Cirque du Soleil); *Le Murmure du coquelicot*, *Amuse*, and *Intersection* (The 7 Fingers)

PABLO PRAMPARO (Argentina)

Discipline: juggling, banquine porter, Icarian porter, acro-dance, guitar

Training: Circo en Accion (Argentina); Higher Institute of Fine Arts Libero Pierini (Argentina); La Arena (Argentina)

Shows: *Monoambiente* (La Sordina); *La Vuelta al Mundo*, *Souvenir*, *Travelling*, *Giramundi*, *Leonardo Trabajo practico n° 1* and *Avalancha* (La Arena); *Abrazáme* (Me Matarás)

LES 7 DOIGTS

Les 7 Doigts de la Main translates literally as “the 7 fingers of the hand.” It is a twist on a French idiom (“the five fingers of the hand”) used to describe distinct parts united tightly, moving in coordination towards one common goal. Here it refers to the seven founding directors of the company (Isabelle Chassé, Shana Carroll, Patrick Léonard, Faon Shane, Gypsy Snider, Sébastien Soldevila, and Samuel Tétréault) who, by combining their distinct talents and experiences, work towards their common artistic goals with the beautifully awkward dexterity of a seven-fingered hand.

CREDIT

Directors, Writers, and Choreography

Shana Carroll
Sébastien Soldevila

Artistic Assistant and Stage Manager

Sabrina Gilbert

Musical Direction

Sébastien Soldevila

Sound Engineer

Colin Gagné

Light Designer

Éric Champoux

Scenography

Ana Cappelluto

Props

Cloé Alain-Gendreau

Costumes

Anne-Séguin Poirier

Acrobatic Apparatus Design

Yannick Labonté

Acrobatic Design

Jérôme LeBaut

Acrobatic Coaching

Francisco Cruz

Scenography Assistant

Clara Maria Gonzalez

Kitchen Consultants

Mat & Alex Winnicki
Satay brothers

Production Manager

Luc Paradis

Technical Director

Yves Touchette

By perpetually blurring artistic boundaries, The 7 Fingers strive to reach the universal, extraordinary, indefinable, visceral, and intimate worlds in each human being. Created in 2002 and now made up of 200 artists, administrators, and technicians, the collective offers roughly 1,000 performances a year—both artistic collaborations and signature shows. In 2017, The 7 Fingers will inaugurate its own Creation and Production Centre. The centre, based in heart of Montréal’s Quartier des Spectacles, will house the collective’s trademark creation and production activities all under one roof.

MUSIC

Original Music and Arrangement

Nans Bortuzzo
Raphaël Cruz
Colin Gagné
Spike Wilner
DJ Pocket

Singers

Alexandre Désilets
Frannie Holder

Guitar

Serge Nakauchi-Pelletier
Benoit Landry

TOURING TEAM

Tour Manager

Marie Rondot

Technical Director and Lights Operator

Benoît Dubord

Sound Operator

Marcin Bunar

Rigging

Katherine Finck

CO-PRODUCERS

Châteauvallon-Scène Nationale (Ollioules, France)
Espace Jean Legendre, Théâtre de Compiègne– Scène nationale de l’Oise en préfiguration (Compiègne, France)
Grand Théâtre de Provence (Aix-en-Provence, France)
Thomas Lightburn Producer (Vancouver, Canada)
TOHU (Montréal, Quebec)