



Thursday through Saturday, February 9–11, 2017, 8pm
Zellerbach Hall

The 7 Fingers (Les 7 Doigts)

Cuisine & Confessions

Directed, written, and choreographed by
Shana Carroll
Sébastien Soldevila

Starring

Sidney Iking Bateman, Heloise Bourgeois, Melvin Diggs, Mishannock Ferrero, Anna Kachalova,
Anna Kichtchenko, Gabriella Parigi, Matias Plaul, Pablo Pramparo

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 (Montreal, Quebec)

Presented in association with Jonathan Reinis Productions

*This evening's performance will be performed without intermission
and will last approximately 90 minutes.*

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

*Cal Performances Classroom activities associated with these performances
are made possible, in part, by Wells Fargo.*



PROGRAM

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”

Artistic Assistant and Stage Manager
Musical Direction

Sabrina Gilbert
Sébastien Soldevila

Sound Engineer
Lighting Designer
Scenography
Props

Colin Gagné
Éric Champoux
Ana Cappelluto
Cloé Alain-Gendreau

Costumes
Acrobatic Apparatus Design

Anne-Séguin Poirier

Acrobatic Design
Acrobatic Coaching

Yannick Labonté

Scenography Assistant
Kitchen Consultants

Jérôme LeBaut
Francisco Cruz
Clara Maria Gonzalez
Mat & Alex Winnicki
Satay Brothers

Production Manager
Technical Director

Luc Paradis
Yves Touchette

Music

Original Music and Arrangement

Nans Bortuzzo, Raphaël Cruz, Colin Gagné,
Spike Wilner, DJ Pocket

Singers

Alexandre Désilets and Frannie Holder

Guitars

Serge Nakauchi-Pelletier and Benoit Landry

Touring Team

Tour Manager

Marie Rondot

Lights

Michel Bisson

Sound

Benoit Dubord

Rigging

Katherine Finck

Inspired by the book *Young and Hungry* by Suzanne Taylor.

Major support for the 2016–17 season has been generously provided
by Ted & Mary Wendell and Marilyn Zacharis.

By perpetually blurring artistic boundaries, *The 7 Fingers* (Les 7 Doigts) strives 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. Later this year, Les 7 Doigts will inaugurate its own Creation and Production Centre. Based in the heart of Montreal's Quartier des Spectacles, the center will house the collective's trademark creation and production activities, all under one roof.

Shana Carroll (*director*), as co-founding artistic director of *The 7 Fingers*, has directed and/or co-directed *Cuisine & Confessions*, *Séquence 8*, *Traces*, *Psy*, *Loft*, *La Vie*, *Le Murmure du Coquelicot*, *Cabaret*, and *FerAmuse*. She also created and directed the circus component of *Queen of the Night* at the Diamond Horseshoe in New York City. Carroll is well known for her acrobatic and circus choreography, and choreographed four gold-medal-winning numbers at the Festival Mondial du Cirque de Demain in Paris. She also created the acrobatic design and choreography for Cirque du Soleil's *Paramour* (Broadway) and *Iris* (Los Angeles), and choreographed the company's Academy Awards performance in 2012. In addition Carroll was co-designer of the medieval segment of the Sochi Winter Olympics Opening Ceremonies. She has received Best Choreography nominations for *Traces* (Drama Desk 2008) and *Circumstance* (Bay Area Theatre Critics' Circle 2003). Originally from Berkeley, Carroll 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*) co-directed *Loft*, *La Vie*, *Séquence 8*, *Cuisine & Confessions*, and *Le Murmure du Coquelicot*, which he also wrote. He is an acrobatic coach for Montreal's National Circus School and for most of the company's productions. 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. Soldevila choreographed the first part of the Opening Ceremonies of the 2014 Winter Olympic Games in Sochi, which was viewed around the world by three billion people. He also directed the opera *Circus Princess* for Moscow Musical Theatre (2016).

Sidney Iking Bateman (USA). Disciplines: hoop-diving, diabolo, Icarian flyer, floor acrobatics. Training: National Circus School, Montreal. Shows: *Circus Arches*.

Heloise Bourgeois (Paris, France). Disciplines: banquine flyer, Chinese pole, Icarian flyer. Training: Circus Space (London), National Circus School (Montreal). Shows: *Traces*, *Psy*, *Intersection*, *La Vie*, *Bosch Dreams* (The 7 Fingers). Awards: gold medal and the President's Prize at the Festival Mondial du Cirque de Demain.

Melvin Diggs (USA). Disciplines: hoop-diving, banquine porter, Icarian porter, floor acrobatics. Training: National Circus School, Montreal.

Mishannock Ferrero (USA/Sweden). Discipline: hand-to-hand porter, Icarian porter, banquine porter. Training: Circus Cirkor School (Sweden) and National Circus School, Montreal.

Anna Kachalova (Moscow, Russia). Discipline: 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* (The 7 Fingers).

Anna Kichtchenko (Russia). Disciplines: aerial silk, contortion, Icarian flyer, accordion. Training: National Circus School, Montreal. Shows: *Loft* and *Queen of the Night* (The 7 Fingers). *Cabaret GOP* (Dummy). SolyCirco International Festival. Cirque du Soleil.

Gabriella Parigi (Buenos Aires, Argentina). Discipline: acro-dance. Training: gymnastics (Argentina national team), Circus School La Arena (Argentina), Le Lido (France), theater workshops, dance workshops. Shows: *Mourir sur tes lèvres* (Redha B), *Biz Biz Bang Bang*, *El*

último Beso (Company Osea), *Kamuflash*, *La vuelta en 80 días*, *Sanos y Salvos*, *El casamiento* (La Arena).

Matias Plaul (Argentina). Discipline: Chinese pole, Icarian flyer, banquine porter, guitar, and 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*, *Avalancha* (La Arena); *Abrazáme* (Me Matarás).

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

Jonathan Reinis (producer)
Broadway productions: *Disgraced*, 2014–15 (Pulitzer Prize, Tony nomination); *Pippin* (Tony Award, 2013 Best Revival, Drama Desk Award),

directed by Diane Paulus (2013–14); *Lombardi* with Dan Lauria and Judith Light (2010); Carrie Fisher in *Wishful Drinking* (2009–10); Harvey Keitel in *Jerry Springer: The Opera* at Carnegie Hall (2008); *How The Grinch Stole Christmas*:



The Musical (2006–07); *Kiki and Herb: Alive On Broadway* (Tony nomination, 2006); *Dame Edna: The Royal Tour* (Tony Award, 2000); Russell Simmons' *Def Poetry Jam* (Tony Award, 2003); *Bill Maher: Victory Begins at Home* (Tony nomination, 2003); and *It Ain't Nothin' But the Blues* (Tony nomination, 1999). Off-Broadway: *Room Service*, *Marga Gomez's Los Big Names*, Josh Kornbluth's *Love & Taxes*, *Shay Duffin as Brendan Behan*. National touring productions

include *Pippin*, Carrie Fisher's *Wishful Drinking*, Jane Anderson's *Quality of Life* at ACT and Arena Stage, *Fully Committed* (national tour), *Dame Edna: The Royal Tour*, *Ennio*, Steve Martin's *Picasso at the Lapin Agile*, *Forever Tango* (and London), *The Piano Lesson* (Pulitzer Prize), *Phantom of the Opera* by Ken Hill (national tour), *Zorro* by Ken Hill (London), Ballet Folklórico de México de Amalia Hernández, *Guys and Dolls*, *Fame: The Musical*, and *Dirty Blonde*. San Francisco/Bay Area: Eve Ensler's *The Vagina Monologues*, *Fully Committed*, Carrie Fisher in *Wishful Drinking*, *Forever Tango*, Josh Kornbluth's *Ben Franklin: Unplugged*, *Citizen Josh*, *Love & Taxes*, *Andy Warhol: Good For The Jews?*, Sam Shepard's *The Late Henry Moss* (with Sean Penn, Woody Harrelson, Nick Nolte, and Cheech Marin), Ron Hawking's *His Way*, *Sandra Bernhard*, Steve Martin's *Picasso at the Lapin Agile*, John Leguizamo's premiere of *Freak*, Moises Kaufman's *Gross Indecency:*

The Three Trials of Oscar Wilde, Jeffrey, Irving Berlin in *Revue*, *Bubbe Meises*, *The Kathy and Mo Show*, Millicent Martin in *Shirley Valentine*, *Love Letters*, *Mass Appeal* with Milo O'Shea and Shaun Cassidy, *Nehemiah Persoff as Sholem Aleichem*, *Biloxi Blues*, *I'm Not Rappaport*, *Curse of the Werewolf* by Ken Hill. Reinis also presented Mikhail Baryshnikov's White Oak Dance Project in Northern California, the premiere production of Smuin Ballets/SF's *Dances with Songs* in San Francisco and New York, the Kirov Ballet's original *Nutcracker*, Ballet Folklórico de México de Amalia Hernández, *Stomp*, and *Riverdance - The Show*. He built and operated the 750-seat Theatre On The Square in downtown San Francisco from 1982 to 2003. He also ran the Alcazar Theatre in downtown San Francisco from 1979 to 1985. Reinis is a member of the Broadway League. None of this would have been possible without Hillary Reinis, who co-produced all of the above.

Banana Bread

250 grams flour	115 grams butter	6 ripe crushed bananas
5 grams baking soda	110 grams sugar	vanilla extract
pinch of salt	2 eggs	chocolate chips

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 g of Parmesan cheese (brick)	2 zucchinis	100 g of fresh spinach leaves
ca. 300-400 ml extra virgin olive oil	2 red peppers	10 branches of fresh thyme
1 bunch of basil	1 kg of cherry tomatoes	10 branches of fresh rosemary
lemon zest of two lemons	1 large onion	1 kg of short fusilli pasta
salt and pepper	10 cloves of garlic	parchment paper

Preheat the oven to 350° F. Prepare vegetables: cut the cherry tomatoes in half, and 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 of 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 into 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.

The 7 Fingers – Recent Timeline

2016

- The 7 Doigts wins the “Grand Prix du Conseil des Arts de Montréal.”
- *Traces* is presented for three months in Paris (Bobino) before 33,000 spectators.
- *Projet Fibonacci* is invited for a residency in Marrakech (Morocco).
- Company conceives, co-directs, and co-produces *Bosch Dreams* (Denmark).
- Company directs live version of magician Darcy Oakes’ show, *Edge of Reality*.
- Company collaborates on creation of *Moby Dick*, performed at the Théâtre du Nouveau Monde.
- Architecture firm is selected for the company’s future Creation and Production Centre, to be opened later this year.

2015

- Company creates *Triptyque*, a unique collaboration combining contemporary dance and circus arts; opens the TOHU Season in Montreal.
- Award-winning touring show *Traces* is presented for the 1,800th time and continues to tour the world, having already been performed in over 30 countries, including tours of the UK, Canada, Italy, France, Germany, and Mexico.
- *Cuisine & Confessions* tours France, Romania, Spain, Germany, Belgium, Austria, Switzerland, Italy, Russia, Turkey, Argentina, and Sweden.
- *Séquence 8* tours the US and receives rave review from *New York Times* chief theater critic, Ben Brantley.
- *Patinoire* tours France.
- *Queen of the Night* wins the Drama Desk Award for “Unique Theatrical Experience.”
- Company is named “Artiste pour la Paix 2014” (Artist for Peace) in Montreal.
- Evolving Circus Award in New York City (Gypsy Snider).
- Company co-founder Gypsy Snider creates choreography and movement direction for *Peter Pan*, which tours the United States.
- 2014
- Company directs the first segment of the Sochi Olympics Opening Ceremonies, featuring 600 performers.
- Tony Award-winning *Pippin* is presented 420 times at the Music Box Theatre in New York City and tours major US cities.
- Company creates immersive circus show *Queen of the Night*, presented for 18 months at the Diamond Horseshoe in New York City.
- Company creates *Cuisine & Confessions*, which opens the CINARS Biennale in Montreal and is presented for three weeks in Paris to sold-out houses and rave reviews.
- *Patinoire* enjoys a sold-out summer run at the renowned Avignon Festival in France.
- Company opens the Festival Montréal Complètement Cirque with special immersive creation, *Intersection*.
- Special edition of *Amuse* plays before 300,000 spectators at the State Fair of León, Mexico.
- Company directs Bench’s denim and underwear fashion show in Manila, Philippines, before 15,000 spectators.

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 Montreal 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.

Montreal 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 Capelutto 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 shopping 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 thought of 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.