

For immediate release

January 17, 2020

Award-winning actress brings one-woman comedy to Kelowna next week

(Kelowna, B.C.) In 1970s Calgary, a little girl with brown skin lies in a field with her packed suitcase, waiting to be beamed up by aliens.

This is how we meet Gemini award-winning Cree actress, Michelle Thrush, in her one-woman show, *Find Your Own Inner Elder*. The all-ages show is coming to Kelowna next week, on January 24 and 25, as part of the Living Things International Arts Festival.

"I would describe this show as 'tears, delirious laughter, & dancing toward Reconciliation'," says Neil Cadger, founder and artistic director of the Living Things Festival.

Written in 2011 by Thrush and described as "a rollercoaster of emotion", *Find Your Own Inner Elder* is a journey through the storyteller's own memories and the impact that her Kookum (grandmother) had on her. As we traverse Thrush's memory lane, she begins the transformation from child to mischievous old Cree woman, Kookum Martha.

Of the show's appeal, Cadger says, "Every performance of this show is different, depending on the audience, but the crowd is always wiping away tears of laughter by the end."

Michelle Thrush is best known for her dramatic and dark roles, including CBC's *North of 60* and *Arctic Air*, and the hit *Blackstone*, for which she won the Canadian Screen Award for Best Actress in a Continuing Leading Dramatic Role. But it is her comedic turn in *Find Your Own Inner Elder* that will leave Kelowna audiences dazzled.

Through comedy, humour, and an artful blend of Bouffon and Indigenous clowning, Thrush breaks down barriers and dishes out sage advice to audience members as they look for their own "Inner Elder."

Find Your Own Inner Elder will play at the Mary Irwin Theatre in the Rotary Centre for the Arts on January 24 and 25 at 8:30 PM. The January 24th performance will be followed by a Talkback, allowing audience members to ask Michelle Thrush questions and discuss the show. Tickets for this all-ages show are \$20-30, plus taxes and fees, and can be purchased at the Rotary Centre for the Arts box office or online at RotaryCentrefortheArts.com/living-things-festival.

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Photo Caption: (Photos: Marc J. Chalifoux Photography) This touching show portrays the connection between 4 generations, leading to the creation of an Inner Elder named Kookum Martha. That is when the laughter begins!

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About the Rotary Centre for the Arts

Located in the heart of Kelowna's Cultural District, the [Rotary Centre for the Arts](#) is a multidisciplinary visual and performing arts centre.

The RCA continually strives to improve the economic, cultural and social quality of life in the community by fostering the participation in, and appreciation of the arts.

As a world-class venue celebrating creative expression through diverse art forms and disciplines, the Rotary Centre for the Arts is a unique City of Kelowna facility in which individuals of all ages and backgrounds can come together to share in the excitement of strengthening art and culture in the Okanagan.

About the Living Things Festival

Founded in 2017, Living Things is a curated festival that brings award-winning performances to Kelowna. 2020 performers include Gemini award-winning Cree actress (Michelle Thrush, *Find Your Own Inner Elder*), an Innovation in Puppetry Award-winner that was supported in part by the Jim Henson Foundation (Kyle Loven, *My Dear Lewis*), and a world-renowned South Korean multimedia artist (Jaha Koo, *Cuckoo*). For a full list of shows, please visit livingthingsfestival.com.

Living Things is financially supported by the City of Kelowna, the Canada Council, the BC Arts Council, the centre culturel francophone de l'Okanagan, UBC Okanagan's FCCS, Heritage Canada, Rotary Centre for the Arts, Mission Group, distrib-u-tec Software, and other local businesses and individuals.

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