

Adventures In Feeling Young



PAMELA RAND
Producer

PAMELA RAND (Comedienne/Producer) is a veteran of theater & film in the US and Europe. Rand began acting at age 5 on television in her native San Francisco. Her penchant for broad physical comedy blossomed in the 60's when she studied with Jacques Lecoq at his acclaimed school of movement, mime, and theater in Paris. She toured Europe as a traveling theatrical clown, entertaining audiences in several languages. A gifted linguist, Rand is fluent in French.

She cofounded OptimaLearning® an internationally-recognized accelerated learning method. As a senior trainer, she taught "The Clown Within" in the US, Europe, and Asia helping participants to find and express their own "inner clown."

Rand also authored a series of foreign language acquisition audio programs for children. After taking a brief 25-year hiatus to raise her three beautiful daughters, she has come full circle and returned to the stage, winning "best actor" awards at the Fringe of Marin and creating a series of outrageous comedy vignettes through "Newzbeats – Adventures in Staying Young," which subsequently spurred her new endeavor with acting partner, Ellen Brooks.

She is passionate about disseminating the message of health and longevity through the power of laughter and is a member of the Creative Aging organization, and also participates in Disrupt Aging an AARP initiative.



ELLEN BROOKS
Creative Whip

ELLEN BROOKS has enjoyed over four decades in the theater as director, lighting designer, and actress, recently portraying the outrageous Florence Foster Jenkins (the worst singer in the world) in *Glorious!*, the Republican matriarch Polly Wyeth in *Other Desert Cities*, and Julia Morgan in the premiere of *Arches, Balance and Light*. She received a Bay Area Theatre Critics Circle nomination as "best featured actress" for the indomitable Fraulein Schneider in *Cabaret*, and for the quirky Berthe in 6th St. Playhouse's *Boeing, Boeing*.

Her directing credits include *The Mikado*, *Berlin to Broadway* with Kurt Weill, *Oh Coward*, *A Doll's House*, *The Infernal Machine*, *Spoon River Anthology*, *Starlite*, *America The Movie*, *On Golden Pond*, *Afternoons with Sappho*, *The Mystery of Edwin Drood*, *Hamlet*, *Saint Joan*, *The Medea*, and *Jacques Brel Is Alive and Well...* among many others.

Brooks spent 21 years training and performing Japanese Kyogen (classical comedy) and Noh as a company member of Theatre of Yugen, San Francisco, for whom she adapted/directed both Chekov's *The Bear* and *Internment of the Heart*, based on haiku from the Japanese internment camps. She was an actress in the commedia dell arte era of the San

Francisco Mime Troupe, has over 250 regional credits in lighting design, and holds a Masters in Directing from San Francisco State University.

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