

SHIELD MAIDEN

EPK



PRESS RELEASE

Date FOR IMMEDIATE RELEASE

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High Res Photos <https://shieldmaidenplay.com/electronic-press-kit/>

Testimonials

“A sinfully delicious, in-your-face, badass comedy about empowerment, reclaimed narratives and carnal appetites.” - David Warburton, Executive Director, Port Theatre

“One of the hits of this year’s FronteraFest Long Fringe and it’s no wonder. The show is smart, funny, bold and thought provoking. Melanie’s performance was fierce and unflinching a pure delight.” - Christina J. Moore, Producer, FronteraFest

"Shield Maiden sparks conversations about gender equality, feminine empowerment, and the #metoo movement – with a flamethrower!" – Mitch Miyagawa, Producer, Cultivate Festival

Show Description

SHIELD MAIDEN Written and Performed by Melanie Teichroeb

Funny. Sexy. Fierce. Unapologetic!

Imagine a 10th century Viking TED Talk on what it means to be a Viking warrior woman. As Garrison Commander Ingrid Larsdottir comedically endeavours to engage new recruits, she inadvertently reveals her own tragic and violent personal history. Watching her struggle with her trauma is unsettling. Witnessing her tap into her inner strength is inspiring. Ingrid’s clarion call for equality and new recruits prevails! She empowers women to reclaim the warrior archetype in our modern world.

This modern feminist story uses a character from the past to expose the reality that not enough has changed in the treatment of women since the time of Vikings...one thousand years ago. The show challenges untruths about women and gendered expectations and is based on an historical character who history gaslit the hell out of.

“More than a millennium ago in what’s now southeastern Sweden, a wealthy Viking warrior was laid to rest, in a resplendent grave filled with swords, arrowheads, and two sacrificed horses. The site reflected the ideal of Viking male warrior life, or so many archaeologists had thought. New DNA analyses of the bones, however, confirm a revelatory find: the grave belonged to a woman.”

<https://news.nationalgeographic.com/2017/09/viking-warrior-woman-archaeologyspd>

Melanie has performed Shield Maiden across BC, Austin, Texas (Frontera Fest) and in New York City on Broadway (United Solo Theatre Festival). Melanie is a hard of hearing performer (lip reading and hearing aids) and is working to make her show more accessible to marginalized audiences. The Port Theatre show in 2023 included an ASL interpreter on stage during the performance and talk back session.

CREATIVE TEAM

Melanie Teichroeb - Playwright/Performer



Melanie Teichroeb is a playwright and performer who gratefully lives, works and creates on the unceded territory of the Snuneymuxw First Nation and Coast Salish people.

Teichroeb writes and performs as a way to connect deeply with people through shared emotions and experiences. Feminism and innate curiosity are cemented in her process.

Melanie is mother to a fierce daughter and partner to a man who does a darned good job of keeping up. Melanie lives on a small Gulf Island off the west coast of Canada.

Sandy Cumberland – Production Manager



Sandy is honoured to be on this journey with Melanie and Ingrid. She has enjoyed a long career stage managing for theatre, opera and dance.

Highlights include a decade with Pacific Opera in Victoria BC, a stint with the Universal Ballet of Seoul Korea, working with Ballet BC, several years of freelance work and touring across Canada and the US and now, of course, Shield Maiden!

Sandy published her first novel, Circling Butterfly in 2019 and is currently working on the second book in the series.

Performance History

2018

Cultivate Theatre Festival, Gabriola Island (Robin Kelly – Dramaturg/Director)

Phoenix Theatre, Gabriola Island, (Nicolle Natrass – Dramaturg/Director)

2019

FronteraFest, Austin, Texas (Nicolle Natrass – Director)

United Solo Theatre Festival, New York City, New York (Nicolle Natrass – Director)

2022

Theatre on the Edge, Shuswap, BC (Melanie Teichroeb, Sandy Cumberland – Directors)

Sunset Theatre, Wells, BC (Melanie Teichroeb, Sandy Cumberland -Directors)

2023

Discovery Series, Port Theatre, Nanaimo, BC (Melanie Teichroeb – Director)

SHIELD MAIDEN TECH RIDER 2023

Crew Complement Required For Set-Up, Show And Strike

Head Lx
Head Sound
Head Carp

Stage Requirements

Minimum stage size 16'W X 8'D X 9'H (deck to LX fixtures)
Black backdrop (or mid-stage traveler) and legs
Stage entrance upstage right or left
Orchestra shell if possible to minimize stage size and for lighting effects

Lighting

Minimum needed: Warm & cool washes, specials at centre, centre right and centre left (SM will call focus and set cues with Head LX on these), and the means to do some kind of live moving fixtures or chase sequence at the top (think WWE fighters entrance)
Additional LX as time and venue inventory allows
We will be bringing a fog machine and a mirror ball if the venue cannot provide

Sound

Audio Playback QLab (SM provides Macbook with QLab) patched into system
Audio amplification - wireless headset mic, depending on size of house (SM provides)
Stage manager will run QLab for show/Head audio to control headset mic
Clear Com between LX, Sd, Carp and SM
Post Show Discussion requires 3 hand-held wireless mics for the post-show talk. Two for on stage and one for SM or FOH to take to audience members with questions.

Dressing Room Requirements

One secure dressing room with mirror, lights and electric outlet
Access to private washroom with hot water (shower preferable) 2 bath towels and 2 hand towels (not white)
Fresh drinking water
The performer requires access to the dressing room 1 hour prior to house opening for make-up and costume prep

Performance

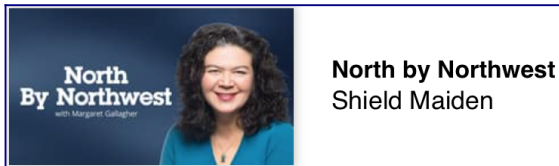
Show runs 60 minutes
Presenter will do pre show speech re cell phones and land acknowledgement and announcement of post show discussion

RADIO AND PRESS

CBC's Margaret Gallagher interviews Melanie Teichroeb on her one-woman show "Shield Maiden," inspired by a Viking woman warrior.

[LISTEN HERE!](#)

Aired: March 12, 2023



<https://soundernews.com/gabriolas-shield-maiden-recruits-at-port-theatre/>

<https://www.nanaimobulletin.com/home/shield-maiden-show-meant-to-inspire-women-to-find-their-warrior-spirit/>

<https://www.todayinbc.com/entertainment/gabriola-island-play-shield-maiden-to-make-off-broadway-debut-this-fall/>

<https://allaboutsolo.com/the-event-of-the-decade-united-solo-turns-ten/>

<https://www.austinchronicle.com/daily/arts/2019-01-29/shield-maiden-shes-not-tony-robbins-in-drag/>

<https://www.nanaimobulletin.com/entertainment/gabriola-actress-brings-one-woman-show-shield-maiden-to-phoenix-auditorium/>

VIDEOS

PROMO SHIELD MAIDEN LINK

<https://youtu.be/sKagU01Hli0>

CONTRIBUTORS

[Hilary Britton-Foster](#) - Lighting Designer

[Dave Pettit](#) - Introduction Voice Over

[Paul Tedeschini](#) - Additional Voice Over

[Dave Teichroeb](#) - Music Editor, Set Construction

[Dianna Bonder](#) - Costume Construction

[Jules Molloy](#) - Videography/Film Editing

[Sean Danby](#) - Film Editing

Mitch Anderson, Dave Teichroeb - Videography

[Katt Campbell](#) - ASL Interpretation

HIGH RESOLUTION PHOTOS

https://drive.google.com/drive/folders/1bV14ptWiRYHlITOhcgZqGqmMBqIQ_qS3?usp=sharing

*Please credit photographers when using any images of Shield Maiden or Melanie Teichroeb.
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Thank you.

*Studio Portraits of Ingrid and Melanie - Bill Pope Photography
Stage Shots - HA Photography, Dirk Hydeman Port Theatre, Nanaimo, BC 2023*