



## LIVE ON STAGE: Greek-Australian actress Ada Nicodemou

The Home And Away sweetheart is returning to theatre for the first time in eight years as a show of support for more ethnicity in the performing arts.

Having gained her break on the culturally diverse television show Heartbreak High, Greek-Australian Nicodemou believes it is high time the theatre scene began looking for people of varied ethnic backgrounds.

“When I was growing up, I noticed there weren't a lot of characters I could relate to on television or in theatres or whatever,” she said.

This week, Nicodemou will join the Greek-Australian group Take Away Theatre, which has been producing professional plays for the local Greek community for two decades.

The group rehearses in a room above a yeeros shop and performs at Marrickville's Sidetrack Theatre.

Its shows regularly sell out, but tough times threaten to end the company — so Nicodemou has joined the cast for six performances of The Show Must Go On, which opens on Wednesday.

# Silent film classic screened 'for first time in 80 years'

*A LOST silent film classic from the Australian film industry, The Kid Stakes, is being re-screened with its original musical accompaniment this weekend.*

It may be 80 years since the film and music were together, and Jan Thorp of the amateur dramatic group, the St George Players, says it's "been a long time coming".

With her husband, David, they also head a group called The Moving Picture Show which presents screenings of silent film classics.

Based on the Fatty Finn comic strip and remade as Fatty Finn in 1980 with shire Actor Bryan

Wiseman in the cast, this original version has been made available by the National Film and Sound Archive in Canberra.

It will screen with sound effects from an eight-piece orchestra, and for added authenticity the Thorps have developed a method of combining the music and the film.

"This means it will look and sound almost exactly as it was done in the silent era," Mrs Thorp said.

"Set around Woolloomooloo, it shows Sydney as it was in 1927 including the Finger Wharf, now apartments for the rich and famous, Elizabeth Bay House, with its original garden, now destroyed and no Sydney Harbour Bridge."



## Australian women invited to end their silence and share their experience of depression



Positive social media movement, Project Blue, seeks 100 authentic accounts of depression for an E-book series. The deadline for the first round of submissions is Friday 29th May and women can contribute their story for inclusion via [www.projectblue.org](http://www.projectblue.org)

variety of media platforms.

Women can contribute their story by downloading the submission template from the Project Blue website at: [www.projectblue.org](http://www.projectblue.org). Submissions received by Friday the 29th of May will be considered for inclusion in the

contributors. She shares the experience of a young woman in creating her submission:

"I enjoyed writing about my experience because it really is something I wish I could just freely talk about with everyone. I think the hardest question for me was the one about who I have told and how they reacted because I am honestly still shocked that my mother doesn't seem to care and writing about it made me realise how upset I really am."

*With another contributor commenting:*

"Thank you for giving me this opportunity to share. I have found it clarifying, and also challenging. Thank you so much."

Monique Van Dijk, founder of Project Blue, started the "Blue Like You" campaign in response to her own personal battles with depression and how finally being able to openly share her experience positively impacted on the women in her life who had experience similar struggles.

### Quick Facts about Depression:

- \* One in four Australian women will experience depression in their lifetime
- \* Depression is the third most common cause of illness among women
- \* Over 1 million Australian adults and 100,000 young people live with depression each year
- \* Less than 40% of affected individuals present for care and fewer than one in six receive an evidence-based treatment. [References: [www.beyondblue.org](http://www.beyondblue.org) and the Medical Journal of Australia 2002; 176 (10 Suppl): S61-S62]

## ACROPOLIS NOW TOGETHER AGAIN

The stars of Acropolis Now George Kapiniaris and Simon Palomares both star at The Factory Theatre in coming weeks. Kapiniaris returns to Sydney triumphant after wowing Adelaide & Melbourne audiences with his one man show, ROCKSTAR! Simon Palomares, the Spanish superstar in It's Complicated, so funny it hurts: "My cheeks still hurt!" Adelaide Advertiser.



<<http://www.projectblue.org>>.

"Blue Like You" is a collaborative ebook and online campaign that will present real and authentic experiences of depression and related information in an accessible, female-friendly format. By portraying a wide range of women and stories, the campaign aims to 'normalize' the experience of depression and create a positive social dialogue that empowers women.

The first "Blue Like You" ebook in the series will be published at the end of June 2009. The ebook will be distributed in PDF format and will be freely available for download across a

first "Blue Like You" ebook, which will be published at the end of June 2009.

Monique Van Dijk, founder of Project Blue, reports that feedback from many of the women who have created submissions for the ebook suggests that the sharing process is often cathartic and offers new insights for

