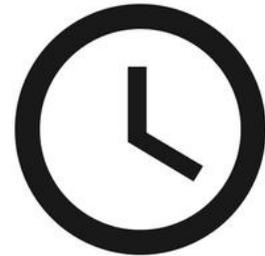


# TAKE FIVE

A Revealing Q and A  
with...

Vanessa Trenton



Vanessa is performing in [Mixie and the Halfbreeds](#) with [fu-GEN Asian Canadian Theatre Company](#) at [Pia Bouman Studio - Studio A/Theatre](#) April 3 - 15.

**Vanessa Trenton** is an actor who has trained in Toronto, Halifax, and New York City. She also coordinates FEM Script Lab, a script development workshop for female screenwriters.

### **1. When did you first think of yourself as an artist?**

I suppose I've always been an artist without actually using the label itself. Since the arts have always been a huge part of my life, it never felt necessary to take on a title. I was surrounded by music, TV, and movies growing up thanks to my parents. I also started reading and writing at a very young age. I was fortunate that creativity was encouraged both at home and at school.

### **2. Who helped you develop your voice as an artist?**

Several teachers of mine have had an immense influence on my life. I attribute much of my success as a human being to the remarkable skills and important guidance they shared with me. Beyond that, exposing myself to as much art as possible and following those whose work I admire have helped me to understand in greater detail what drives me artistically.

### **3. What's something that's inspired you this week?**

The obvious answer would be the March for Our Lives. No explanation needed there. Shifting gears, I also started listening to Leisure, a band from New Zealand that I'm really enjoying right now. Music is the main thing that keeps me going. I also had a conversation with a friend who recently rid herself of a nagging sense of negativity and, as a result, feels a hell of a lot lighter. It was inspiring to hear that she made a change that felt necessary and see her eyes flicker with renewed hope.

### **4. What's your favourite restaurant in the city to visit?**

There are so many great restaurants in Toronto. A front-runner would be [Lahore Tikka House](#). Everything I've ever eaten there has been ridiculously delicious. It's like they serve magic on a plate. I also have been getting a kick out of [Hello 123](#) lately. I love their food and the vibe of the restaurant is cool without being pretentious.

### **5. What do you want to see more of on Toronto stages?**

The only thing I ever want to see on stage are people who are present: they are listening and talking to each other in real time and going after an objective that means something to them. So, I'll always request more of that.