

HELEN M. TRENCHERwww.helentrencher.com

Height: 5' ½ "
Weight: 111 lb/petite

Hair: auburn
Eyes: hazel

Colorado Agent

Lincoln Talent
240 Josephine Street, Suite 205
Denver, CO 80206
Phone: (303) 322-5004;
Fax: (303) 322-5049

New Mexico Agent

The Phoenix Agency
8809 Washington Street, NE, Suite 100
Albuquerque, NM 87113
Phone: (505) 797-1940;
Fax: (505) 797-1905

FILM/TV

ER EXperience
Life Out of Place (Short)
The Devils Bullets (Short)
Chain Saw Sofa Exorcist (Short)
Kabby's Tree
Dying for Treatment
N2O: Suck it Up!
Tough Talk
The Right Way (Short)
Busted
The Children's Percussion Playshop

Dr. Evens
Prisoner
Ellie May/Gunslinger
Goth Party Guest
Voiceover Artist "Katie"
Suicidal Jumper
Sketch Comic
Young Christian Woman
Featured
Civilian Searcher/Church Member
Host

AEC Studios
Family Tree Productions
Legacy Films
Verilithic Productions
Kabby's Tree Entertainment
WonderWorks Productions
Popcorn Alley Entertainment
IOTK Media
CVFI/Bryan Smith
Rocket Pictures/Animal Planet
Denver Community Television

COMMERCIAL

Amari STD Defense Cream
Public Service of New Mexico
WOW Internet • Cable • Phone
Alavert Commercial
Brava Infomercial

Speed Dating Facilitator
Golf Pro Student
Party Guest
Sports Fan
Customer

Steeleboy Productions
Sterling Productions
Incite Films
Green Dot Films
Cesari Response Television

STAGE

Golda: Letters to Mama
Alafia (performing duo)
Rhythms With the Percussion Lady

Rumors
Arapahoe County Sheriff's Office

Arsenic And Old Lace
Our Town
Oyoyo/Percussion Ensemble
Private Holiday Party
Holiday Concert
UC/School of Medicine

One-woman drama
Storyteller/percussionist/singer
Interactive stage performances/
rhythm, storytelling, singing
Cookie
Role Player (traumatized woman,
suicidal jumper)
Aunt Abby
Townsperson
Hand drummer/percussionist
Mrs. Santa Claus
Singer/hand drummer
Standardized Patient

with Sondra Singer
Cherry Creek Arts Festival, Denver Zoo,
City of Lakewood
Colorado Stage Company
The Crisis Company

ACT Theatre Productions
Lehman College/CUNY

Denver Newspaper Agency
Swallow Hill Performance Class
Center: Studies/Clinical Excellence

TRAINING & EDUCATION

The Actor's Palette
On-camera acting workshops

Commercial voiceover workshop
StorySmith storytelling class/coaching
Hand drum/percussion
Voice training/singing classes
MS & BA in Education

Kether Axlerod
Kathryn Brink; Shari Rhodes; Jo Edna Boldin;
Sheila Ivy Traister; Front Range Acting
Studio; Michael Sanford/ Nancy Schmidt/
Staci Greason; Norm Silver; Rohrerling
Success
Denver Center Theater Academy
Susan Marie Frontczak
Various classes/workshops
Christy Wessler
Fordham University & Lehman College/ CUNY

SPECIAL SKILLS & INTERESTS

Hand drum (African djembe, dunenba; Ashiko; Middle Eastern doumbek) and Percussion (shakers, scrapers, bells) player;
Singer and Storyteller; The Percussion Lady and Alafia interactive stage performances; IN ADDITION: swim, weight train, bike,
rollerblade, yoga, hike; New York accent; read and write Hebrew.