



ARE YOU SITTING COMFORTABLY?

A Story Telling Series at Influence Music Hall

You know those stories you hear at bars or dinner parties, from friends or strangers? The ones that haunt and stick with you for days or years? This is a forum for you to hear them first hand – or to share your story with others!

Join us for an evening of great stories on Saturday, February 11th at 7:00 PM. The topic for this inaugural *Are You Sitting Comfortably* session is "Expect the Unexpected." Your \$5.00 per person entrance donation goes to help support TV Artists & Influence Music Hall. Wine & snacks are available for purchase.

TO ENTER THE CONTEST:

All stories **must** be submitted via email for approval in an abbreviated form along with background material on the storyteller to: sf2sf@aol.com and devcoach@yahoo.com. Please enter "Are You Sitting Comfortably Submission" in the subject line and get it to us by February 7th, 2012.

Telephone contact for this event is Skip Farmer @ (503) 701-6859.

Influence Music Hall likes to facilitate the widest possible release of artists' works. We have an IP release form that allows us to promote artists' work and also allows artists to retain the rights to their work.

PARAMETERS FOR TELLING STORIES

- Cover who, what, where, when, & why.
- **Seven minute maximum time limit on stories.**
- Your story must be true.
- No cliff hanger endings. Bring the story to a close. All the intrigue but no mystery.
- Stories are told, not read. Please know your story by heart, but not by rote memorization. No notes, paper, or cheat sheets allowed.
- NO STANDUP ROUTINES, PLEASE. Humor is great but we want funny people telling funny stories, not comedians doing a routine.
- NO RANTS. Take up anger issues with your therapist.
- PROFANITY IS DISCOURAGED. The forum is open to minors as well. The story is for the whole audience and offending others can detract from the effectiveness of the story.

- No essays. Eloquent musings are nice and look pretty on a page but we are looking for gripping stories with “stakes”.

TIPS FOR TELLING STORIES

- Have a “stake” in the story. What do you have to win or lose? Why is it important to you? If you can’t answer this, please find another story because it’s an essay that is better shared on paper.
- Have a great first line that grabs attention or sets up the story.
- Steer clear of meandering endings, they kill a story. Think of your last line before you start. Bring the audience with you on the journey to the final destination.
- Enjoy yourself. Pretend you’re at a dinner party, not on stage.
- The winner gets a certificate showing they prevailed.