

# Linda McRae and Acting Outright

## Dress for Your Rights!

Linda McRae was commissioned to write and direct Think Thrice for the Dress for Your Rights! program.

Linda has been supporting children and youth's involvement in community theatre since 1995, when she began providing performing arts programs through the Chilliwack Arts Council. Since the beginning, Linda has always used a child-centered approach to identify and support each child's unique interests in the performing arts. Over the past 27 years, Linda has helped nearly 900 children, youth, and developmentally challenged adults to deliver approximately 100 short plays in schools and community venues.

Having developed an understanding of inclusivity practices over the past decade, Linda strives to support a diverse performing arts community for young people that includes children with developmental disabilities. To that end, she incorporates learning methods tailored to each student's particular needs and creates scripts based on the student's unique aptitudes.

After completing extensive research on fast and sustainable fashion, Linda named the play Think Thrice to connect with the Metro Vancouver textile recycling program of the same name (borrowed with permission), which advocates for reducing, repairing, and repurposing clothing and textiles.

Think Thrice combines Dr. Superle's academic expertise, Linda's writing talent and performing arts experience, along with the children's passionate commitment to demonstrating the need for sustainable fashion in a way that would engage and inspire their community. With so much passion invested, the play has become something much greater than the sum of its parts. The amount of care and sensitivity that went into writing the play in an effort to provide a developmentally and emotionally appropriate theatre experience incorporates the seriousness of the subject matter on the environment, the age of the children performing, and the audience who will view it.

Although the story is told as a fairy tale, the subject matter is fact-based and real, about a serious environmental issue that needs to be addressed by whole communities together. To this end, we have included the following resources to provide information and hands-on actions in support of sustainable fashion, environmental health, and the fulfillment of children's rights.

The Dress for Your Rights! program combines the educational potential of picture books in a rights-based literary program to engage children in problem-based learning around sustainable fashion—including fibre agriculture, children's rights violations, and environmental sustainability. Participants in grades K through 12 enjoy stories about fibre agriculture, problem solving, sustainable fashion, and fast fashion, connect ideas from the stories with articles from the UNCRC and UNDRIP human rights treaties, and develop their own creative projects to express their ideas about and intentions to engage with sustainable fashion.

Founded by Dr. Superle in March 2022, the Dress for Your Rights! program has expanded significantly over the past year, culminating in the following events during the spring of 2023:

- Expressive Arts Contest
- Exhibit at The Reach Gallery
- Fibre Museum at UFV Abbotsford Library Makerspace
- Participant in the UFV Office of Sustainability "Clothes the Loop" fashion event
- Pilot program at Mt. Slesse Middle School
- Original play commissioned and produced
- Earth Day sustainable fashion celebration developed and delivered

These events have involved partnerships with and/or support from the following community groups:

- United Way
- MCC Thrift
- Fabric Bag Solutions
- Marion's Dressing Room
- Yarrow Girl Guides unit

Dress for Your Rights! is one of three interconnected programs developed by Dr. Superle, all of which come under the umbrella of the 20 Harvest Challenge. Dress for Your Rights!, along with Dig for Your Rights! and A Flood of Stories (formerly the Flood Stories Project), share one core goal: to find out how much we can improve sustainability and regional food security in British Columbia by working together.

All three programs aim to mitigate climate anxiety among children and youth. More specifically, the 20 Harvest Challenge programs/projects aim to help protect children's rights by supporting participation rights and inspiring children to collaborate on real world action to help improve sustainability in their B.C. communities with the ultimate goal of achieving regional food security and zero waste fashion within 20 harvests. Together, the food and textile/fashion industries are responsible for the vast majority of environmental degradation that currently cause so much harm—but it doesn't have to be this way!

# THINK THRICE

Think Thrice is an original production commissioned by Dr. Michelle Superle and written by Linda McRae as part of the Spring 2023 Dress for Your Rights! program.



## Think Thrice crew, in alphabetical order

Stage Director: Lauren Clift—UFV student

Assistant: Abby Hine—UFV student

Writer and Director: Linda McRae — UFV student; Acting Outright

Founder and Creative Director

Costume Mistress: Jinnie Saran—UFV student; 20 Harvest

Challenge Accessibility and Diversity Coordinator

Sound: Kevin Sigaty

Props: Wendy Sigaty

Commissioning Producer: Michelle Superle— Associate Professor,

UFV; Founder and Creative

Director, 20 Harvest Challenge

## Sustainable Fashion Resources

Local programs + information:

Dress for Your Rights! owes a huge thank you to the City of Vancouver for giving us permission to use the name of their Think Thrice program and make use of their program resources.

**Check out the Metro Vancouver Think Thrice program:** [www.think-thrice.ca](http://www.think-thrice.ca)

**Tips from UBC Sustainability:**

<https://sustain.ubc.ca/stories/what%E2%80%99s-fashion-got-do-saving-planet>

**Local and Canadian sustainable fashion brands you might even be able to afford:**

Blue Sky <https://blueskyclothingco.com/>

Anian <https://anianmfg.com/>

<https://www.bcliving.ca/15-Eco-conscious-Canadian-Clothing-Brands>

<https://theprettyplanetee.com/vancouver-based-gorgeous-sustainable-fashion-brands/>

**Thrifting tips and locations for when you can't:**

<https://www.masterclass.com/articles/how-to-thrift-shop>

<https://www.rd.com/article/upcycle-clothes/>

<https://fvlifestyle.com/2019/02/05/thrift-shops-in-the-fraser-valley/>

[https://www.yelp.ca/search?](https://www.yelp.ca/search?cflt=thrift_stores&find_loc=Fraser+Valley%2C+BC)

[cflt=thrift\\_stores&find\\_loc=Fraser+Valley%2C+BC](https://www.yelp.ca/search?cflt=thrift_stores&find_loc=Fraser+Valley%2C+BC)

Look for these labels for sustainable fashion:



## Think Thrice cast, in order of appearance

Narrator: Linda McRae

Millie: Brooklyn Batista

Molly: Sophia-Jane Superle

Lilly: Autumn Long

Aeris: Bonnie Sigaty

Terra: Teyah Barkman

Aqua: Kate Molenaar

Fast Fashion Fanny Dragon: Sloan Jones Ellison

Water Polluter 1: Raquel Jones Sykes

Water Polluter 2: Adeline Braun

Air Polluter: May Bennett

Cheap Labour 1: Aubrey Molenaar

Cheap Labour 2: Gwen Petey

Minion Organizer: Yale Bennett

Orator 1: Michelle Superle

Orator 2: Jinnie Saran