



presents

# I AND YOU

by Lauren Gunderson

Directed by  
Samantha Scott-Blackhall

**Best Lighting**

The Straits Times  
Life Theatre  
Awards 2023

**Harold and  
Mimi Steinberg /  
American Theatre  
Critics Association**

New Play Award  
Winner, 2014

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**HARMONIA**



**16-25 May 2024**  
**Black Box, Gateway Theatre**



# SYNOPSIS

*Two Lives, One Extraordinary Connection.*

Caroline is 17. She suffers from a liver disease and misses school a lot. She likes cats, Elvis, and photography.

Anthony is 17. He is charming, confident, does well academically, and is the star basketball player on the school team. He likes jazz and plays the saxophone.

Caroline and Anthony could not be more different. Caroline lives with her single mother who spends most of the day working. Anthony's father is a university professor who spends a lot of time with his son. Caroline lives in a flat, and Anthony lives in a condo. Caroline and Anthony are classmates, but they barely know each other.



One afternoon, Anthony arrives unexpectedly at Caroline's door with a copy of Walt Whitman's *Leaves of Grass*, a group project for their Literature class. Through their (initially unwilling) analysis of the text, they discover similarities, share dreams and secrets, argue about music, and slowly the walls come down, they bond, and their relationship deepens.

## ACCESS PROVISIONS

Closed Captioning



Wheelchair-Accessible



# MESSAGE FROM PRODUCER

Dear Friends,

As you sit in the audience today, you are about to embark on a profound journey with us through Lauren Gunderson's *I and You*. This play is not just a story; it is a reflection of the complex depths of the human psyche, interwoven with the deep longing we all feel for connection and understanding.

*I and You* explores the lives of two teenagers whose experiences may resonate deeply with many of you. It is about the dreams we dare to dream, the authentic selves we strive to be, and the brave introspection it takes to get there. We are here to delve into these themes, not just as observers but as participants in a shared human experience.

Here at Gateway Arts, we believe that the end of the play is just the beginning of the conversation. This is why we have included a variety of post-show activities designed to help you engage with the themes presented on stage. Whether it is our post-show discussion, writing on our wall, reading our mental wellness resources, or simply being in the theatre, we encourage you to dive deeper, connect with your own feelings and express yourself.





This production is a heartfelt tribute to the importance of empathy, to the connections that help us navigate the challenges of life, and to the understanding and acceptance that bring us closer together. Our hope is that *I and You* becomes a source of inspiration and a reminder of the importance of exploring the diverse aspects of our lives.

Thank you for joining us on this journey. Your presence enriches our community and underscores the transformative power of the arts in promoting mental wellness and personal growth.

Priscilla Khong  
Executive Director  
Gateway Arts



# MESSAGE FROM DIRECTOR

*"I and this mystery. Here we stand."*

Caroline and Anthony could not be more different. Their upbringing, race, their outlook on life and experiences. Mysteries to each other. Yet, one seemingly normal day, Walt Whitman's 1855 poem, *A Song of Myself*, is able to bring them together: a poem built on an innate desire to connect humans no matter how different they are.

*"You will hardly know who I am or what I mean, But I shall be good health to you nevertheless, And filter and fibre your blood."*

Caroline and Anthony need each other. They need to dream together, learn together, confide in each other, and through this brief but significant encounter, they will be changed forever. *I and You* begs the audience to consider: How do you want to live your life? And what in this ever-changing world is truly important?

Originally staged in early 2022, when COVID-19 still lingered, we were drawn to the themes of social isolation, depression, and a reliance on an online world. Our audience was small due to the restrictions, and we knew the story deserved another staging. Two years later, in a post-COVID world, the themes are just as relevant.



Excavating the script for a second time, we have discovered even more “easter eggs” in Gunderson’s cleverly written script. I am so grateful to journey with Evangel and Zul again, who bring incredible life and soul to their characters. Thanks to this play, we have become friends. I am immensely thankful to our Designers: Petrina, Alberta, and Daniel who have built Caroline and Anthony’s world, rich with subtext, for us to be immersed in. Joshua, and Amethyst, our dynamic Stage Management Team, should not go without mention; they are our backbone.

*“Failing to fetch me at first keep encouraged, Missing me one place search another, I stop somewhere waiting for you.”*

The poem *A Song of Myself* starts with “I” and ends with “You”. Just as this production started with us, but is left with you, the audience, you complete the circle in our brief but significant relationship together. Thank you for the opportunity to connect.

Samantha  
Scott-Blackhall  
Artistic Director  
Gateway Arts





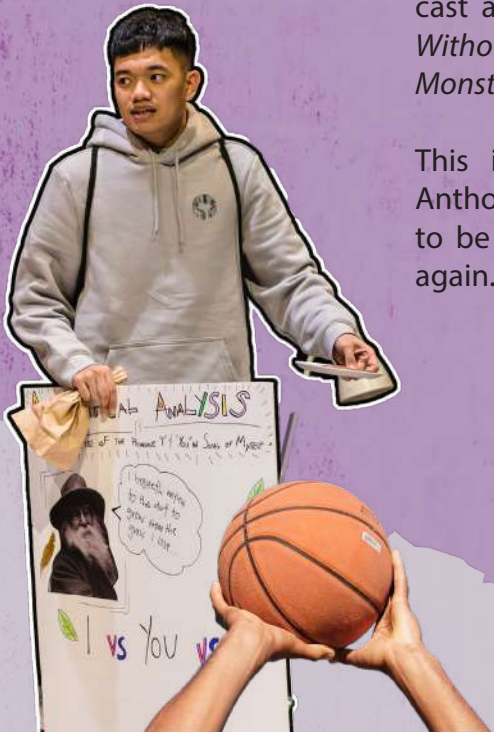
# CAST



## Zulfiqar Izzudin as Anthony

Zul is a freelance theatre practitioner and a full-time rhythm cycling and Pilates reformer instructor. Zul went through actor training in *Young & Wild* from 2018-2019 with Edith Podesta. His recent works include *Cherita Hantu* (Hafidz Rahman), *For My Highness* (Toy Factory Productions), *The Essential Playlist* (The Second Breakfast Company) where he was part of the cast and co-wrote the script, *A World Without Eggs* (Bound Theatre), and *The Monster in the Mirror* (Gateway Arts).

This is his second time portraying Anthony Irfan and he is very excited to be performing this beautiful script again.

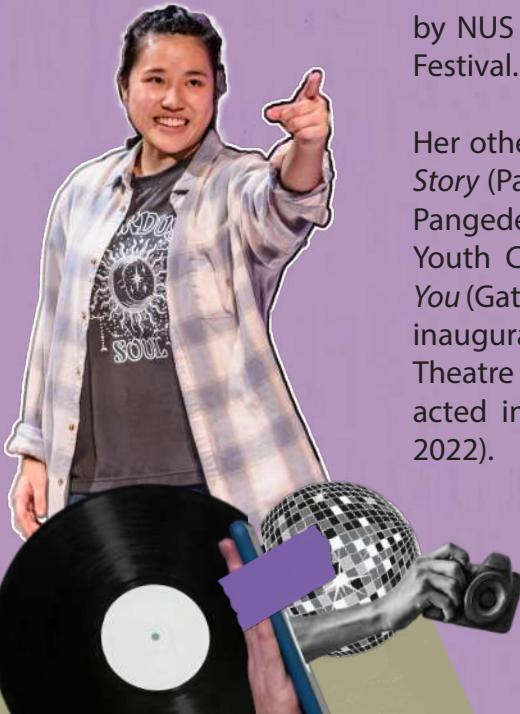




## Evangel Wong as Caroline

Evangel is a Theatre Studies major at the National University of Singapore (NUS). Currently the President of NUS Stage, the English Theatre group in NUS, she strives to grow as an actor under the guidance of Artistic Director, Chong Tze Chien, while being an inspiration to her peers through her passion and dedication to the art form. Most recently she was in the musical, *End of the Line* (NUS Stage, 2023) devised by NUS Stage as part of the NUS Arts Festival.

Her other works include *Failure: A Love Story* (Pangedemonium, 2022) as part of Pangedemonium's youth wing, the Very Youth Company, she starred in *I and You* (Gateway Arts, 2022) and was in the inaugural batch of the Singapore Youth Theatre where she wrote, devised, and acted in *Schooled* (Wild Rice, 2020 & 2022).



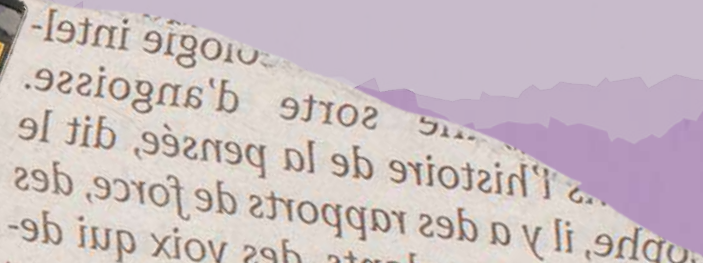
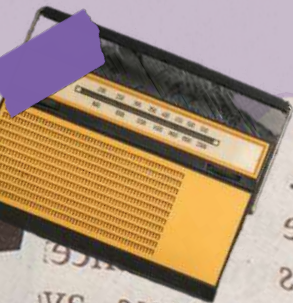
# CREATIVE TEAM

## PRODUCER'S BIO



**Priscilla Khong**  
Executive Director  
Gateway Arts

Priscilla leads Gateway Arts as its Executive Director. Since taking over the reins in 2018, she has transformed the fledgling non-profit organisation into a community-minded arts company that creates arts programmes for children, youth, and families. Priscilla's love for the arts and connecting with people intersect perfectly at Gateway Arts, which cultivates a passion for artistic expression, champions social causes, and empowers communities with transformative theatre.





## DIRECTOR'S BIO



**Samantha Scott-Blackhall**

**Artistic Director  
Gateway Arts**

Samantha Scott-Blackhall is a Singaporean theatre director, artist, and educator who has achieved critical acclaim over her 20-year career in the local theatre industry. Since becoming Artistic Director at Gateway Arts, her focus has been on curating programmes that encourage conversations and inspire positive change amongst children and youth. Samantha's storytelling prowess and extensive experience collaborating with actors make her a formidable player in this exciting and evolving theatre landscape.





## **Petrina Dawn Tan** **Set Designer**

Petrina Dawn Tan holds a Master of Art in Collaborative Theatre Production and Design from Guildhall School of Music and Drama in London. She practices scenography and conceptualised a range of projects, including music festivals, circus acts, and installations with elements of audience participation.

She won “Best Set” for *The Truth* (STC - Singapore Theatre Company, formerly Singapore Repertory Theatre) at the 2020 The Straits Times Life Theatre Awards. She was nominated in 2022 for “Best Set” in *A Dream Under The Southern Bough: Existence* (Toy Factory Productions) and in 2017 for “Best Lighting” for her work on *Manifesto* (The Necessary Stage & Drama Box). Her work for *Recalling Mother* (Checkpoint Theatre) has been seen internationally, travelling from Singapore to Brisbane and Adelaide. Designs for theatre performances include *Electrify My World* (Nine Years Theatre), *I and You* (Gateway Arts 2022) and *The Son* (Pangdemonium).

Other credits: Co-Artist for public art *YELLOW* and Associate Lighting Designer for *From Singapore to Singaporean - The Bicentennial Experience*.





## **Alberta Wileo** **Lighting Designer**

Alberta Wileo is a freelance lighting designer and theatre artist. His lighting design work began in 2002 for the dance graduation of LASALLE College of the Arts.

He has designed for many professional performing companies such as STC (Singapore Theatre Company, formerly Singapore Repertory Theatre), Singapore Lyric Opera, Singapore Symphony Orchestra, Singapore Dance Theatre, Apsaras Arts, TheatreWorks, and many more. He has worked with Afgan, a famous pop star from Indonesia, he has also worked with some famous singers in the region like Sheila Majid and Krisdayanti. He has been painting the stage in Singapore and around the world for the past 22 years.

In 2023, he won "Best Lighting" for *I and You* (2022) at The Straits Times *Life Theatre Awards* 2023. In the same year, he also won "Best Lighting" for *Mosaic* (Presented by Esplanade Theatres on the Bay) at *Bakchormeeboy Awards* 2023.

He would like to express his gratitude to Samantha Scott-Blackhall for her trust in painting *I and You* (2024) with light.







## Daniel Wong Sound Designer

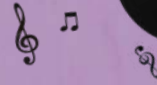
Daniel Wong is a sound designer, composer, and music producer. He graduated from Yong Siew Toh Conservatory of Music with a Bachelor of Music (Hons) in Recording Arts & Science.

Sound design credits include *Doubt* (Pangdemonium), *People, Places & Things* (Pangdemonium), *Muswell Hill* (Pangdemonium), *2:22 - A Ghost Story* (STC - Singapore Theatre Company, formerly Singapore Repertory Theatre), *The Almighty Sometimes* (STC), *The Sound Inside* (STC), *Tuesdays with Morrie* (STC), *I and You* (Gateway Arts, 2022), *G\*d is a Woman* (Wild Rice), and *Cafe* (Wild Rice). Composition credits include *SmartyPants and the Swordfish* (Gateway Arts), and *Perfecting Pratas* (Sight Lines Entertainment).

Outside of theatre, Daniel runs a recording studio, where he produces songs for artists and provides audio post-production services for films and advertisements.



# CREDITS



## CAST

Anthony.....Zulfiqar Izzudin  
Caroline..... Evangel Wong  
Mum (Voiceover)..... Sharon Mah

## CREATIVE TEAM

Producer..... Priscilla Khong  
Director..... Samantha Scott-Blackhall  
Set Designer..... Petrina Dawn Tan  
Lighting Designer..... Alberta Wileo – BLUHAUS  
Sound Designer..... Daniel Wong

## PRODUCTION TEAM

Production Manager..... Juraidah Rahman  
Production Coordinator..... Abel Koh  
Production Assistant (Intern)..... Lim Yee Wee (Adryan)  
Stage Manager..... Joshua Gareth Seow  
Assistant Stage Manager..... Amethyst  
Crew..... Stella Cheung  
Mentor to Stage Manager..... Ng Hui Ling - Republic Polytechnic

## LEARNING AND ENGAGEMENT

Learning and Engagement Partner..... TOUCH Mental Wellness  
Learning and Engagement Coordinator..... Toh Wen Fang

SPECIAL THANKS TO JESSY CHOO.



# GATEWAY ARTS TEAM

|                                     |                          |
|-------------------------------------|--------------------------|
| Executive Director.....             | Priscilla Khong          |
| Artistic Director.....              | Samantha Scott-Blackhall |
| Company Manager.....                | Doris Lee                |
| Marketing Manager.....              | Jasmin Loh               |
| Production Manager.....             | Juraidah Rahman          |
| Production Coordinator.....         | Abel Koh                 |
| Production Assistant (Intern).....  | Lim Yee Wee (Adryan)     |
| Programme Executive.....            | Toh Wen Fang             |
| Sales & Marketing Executive.....    | Ng Xin Pei               |
| Marketing Coordinator (Intern)..... | Gabriella Tang           |
| Marketing Coordinator (Intern)..... | Melody Teo               |
| Marketing Coordinator (Intern)..... | Bruce Guo                |





# BEHIND-THE-SCENE



# ON STAGE



# HOOmans HAVE FEELINGS

## Feeling anxious or out of sorts?

Let us get real, life is not always easy. We all know what it is like to feel low and anxious at times, and that can be pretty normal. Just like how our physical health can be good or poor depending on what we eat, how often we exercise, how much we sleep, etc, our mental health can also be affected by various factors.

Feeling anxious is a completely normal response to situations that are uncertain, threatening, or challenging. All of us experience anxious feelings at some time in our life (Gillette, 2024).

**Social anxiety** is a common experience for many individuals, causing unease and discomfort in social settings. Some individuals may experience anxiety in social situations, such as meeting new people, going to work, speaking on the phone, or even eating in public (*Social Anxiety Disorder: More Than Just Shyness*, n.d.).

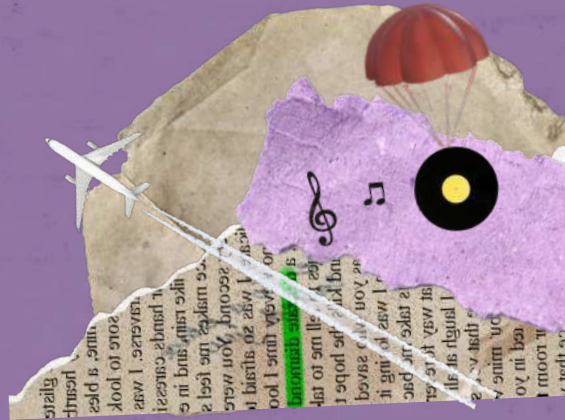


## Is being fearful of social situations a concern?

Dealing with anxiety can be challenging, but if you can confront and manage the unease, it will usually subside. The effects of temporary social anxiety are typically short-lived and less intense (Gillette, 2024). However, it is a concern if someone has social anxiety consistently and it interferes with someone's daily activities.

Social anxiety disorder is a persistent and overwhelming fear of social interactions and situations that can cause significant changes in daily life. This fear of social interaction may lead to loneliness, isolation, and low self-esteem, impacting someone's overall quality of life. If you are concerned you may have symptoms of social anxiety disorder, reach out to a mental health professional.

To understand more:



## Navigating social waters

Navigating the social seas can be particularly stormy for those sailing with social anxiety disorder. It's like being in a boat that feels a bit too small - the waves seem bigger and the journey tougher. But here is the thing: even the choppiest waters can become smoother when we sail together. Sharing our worries with someone can be like finding a safe harbour; the storm might not pass immediately, but we are no longer at the mercy of the high seas.





## What can we do?

When it comes to talking about emotions, it can sometimes seem easier to put on a brave front and keep quiet. However, human connection is essential for emotional well-being and personal growth. One of the most effective ways to feel better is to open up about your feelings.

If you are not ready to have a conversation, the next best thing is to spend time connecting with others. Simply chatting about the seemingly insignificant things in life and laughing over something can do wonders to lift your mood: it is the connection that matters most (Cooper, 2022).

## Be kind to your mind

Mindfulness is a mental practice that involves being fully present and engaged in the current moment, without judgement or attachment. It is a way of reconnecting with the “now”, without worries or anxieties flooding your mind. This will help you feel more calm, composed, and grounded.

### References:

Gillette, H. (2024, March 7). *What is the difference between social anxiety and social phobia?*  
<https://www.medicalnewstoday.com/articles/social-phobia-vs-social-anxiety>  
Social Anxiety Disorder: More Than Just Shyness. (n.d.). National Institute of Mental Health (NIMH).  
<https://www.nimh.nih.gov/health/publications/social-anxiety-disorder-more-than-just-shyness>  
Cooper, S. (2022, August 11). *It's OK to Talk*. Hachette UK.



# MINDFULNESS ACTIVITIES

## Create a wellness toolbox

A wellness toolbox is a collection of items that engages your five senses to promote well-being and mindfulness.



(by TOUCH Mental Wellness)

## Art doodling

Doodling can help calm the racing mind and bring it back to a more quiet, restful space.



(by TOUCH Mental Wellness)

## You are not on your own!

If you are struggling with your mental health right now, you might feel alone. However, it is important to know that you are not alone.



Here are some people you can reach out to:







## DONORS

### Guardians

With the help of our Guardians, we continue to nurture the next generation of artist and audiences through the performing arts in Singapore.

### Protector

Jonathan & June Ow

### Overseer

Robert Chew

Christopher D. Martin & Clarinda Tjia-Dharmadi  
Mustard Seed Foundation

### Scarlet Knight

Total Solution Marketing Pte Ltd

### Crimson Knight

Meng

Veronica LY Low  
Singapore Polo Club

### Jade Knight

Sam Pang



## White Knight

James  
Lawrence Ee  
Joelle Kwa  
Henry Lee  
Nira Tanoko

## Friends

With the help of our Friends, we continue to develop meaningful programmes that champion social causes.

Grace Chan  
Faith Chia  
Cassandra Goh  
Felina Khong  
Koh Pei Bei  
Jeslyn Kong  
Lau Rong Jun  
Gabriel Lee  
Grace Lee  
Patsy Lee  
Cedric Leong  
Veronica Low  
LWL  
Hannah Mia  
Sze Kiang  
Estovan Reizo  
The Rosen Family  
Glenn Seah  
Jeremy Tan  
Jasmine Tay  
Gaiatri Vijay



# ABOUT GATEWAY ARTS

Gateway Arts is a not-for-profit Singapore-registered charity. As a theatre company for young people, our mission is to provoke thought, encourage conversations, and inspire change through productions that tackle current social issues amongst children and youth. We believe in nurturing emerging artists, attracting new audiences, and providing underserved communities with meaningful arts programmes.

## *Our Vision*

To imbue a new generation with empathy, positivity, and a love for the arts.

## *Our Mission*

Provoke thought, encourage conversations, and inspire positive change through theatre productions that tackle current social issues amongst children and youth.





# OUR 2023 IMPACT

2

New productions  
for Children and Youth

9

Outreach events with  
community partners

22'999

Beneficiaries served

120

Freelance jobs created

4'489

Total engagement for  
Gateway Kids Club

33'411

Total attendance at our  
programmes on social issues

427'371

Total reach  
on Social Media

# MAKE A DIFFERENCE

Our mission to **'Nurture Performing Hearts'** seeks not only to encourage and support the next generation of performing artists in their creative expression, ideas, and ideals, but also to shine a light on current social issues amongst children and youth, through works produced by Gateway Arts that encourage conversation, provoke positive thought, and inspire change for the better.

If you believe, as we do, in the ability of the performing arts to strengthen social relationships and community, fuel conversation, instil values, and imbue young people with self-expression, confidence, and charisma, we invite you to become a Friend or a Guardian of Gateway Arts. In so doing, you will be supporting artistic youth who have important things to say, the talent to say it well, and a burning ambition to make a difference.

Gateway Arts is a not-for-profit Singapore-registered charity  
(UEN Number: 201605922E; Effective Date of Registration: 06 July 2023).

## DONATE NOW



<https://gatewayarts.sg/support-us/>

## BE A FRIEND

\$300 - \$1,000 per year

## BE A GUARDIAN

Knight: \$2,000 - \$9,000 per year

Overseer: \$10,000 per year

Defender: \$20,000 per year

Protector: \$30,000 per year

Gatekeeper: \$50,000 per year

## BE A SPONSOR

Please contact Doris at  
[doris.lee@gatewayarts.sg](mailto:doris.lee@gatewayarts.sg)

for more information regarding our corporate partnership.



WE'D LOVE TO HEAR FROM YOU!

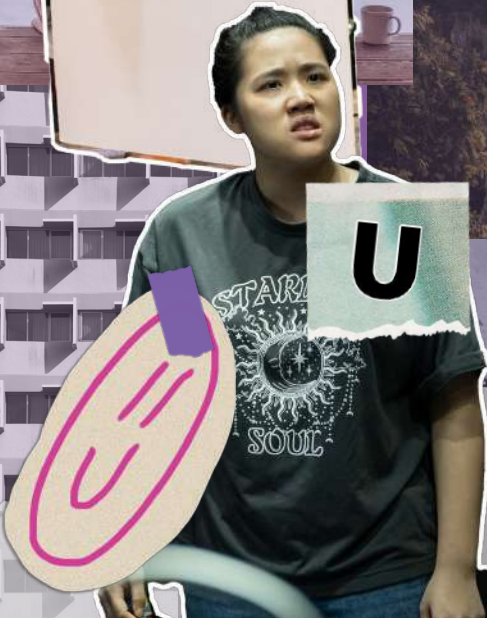
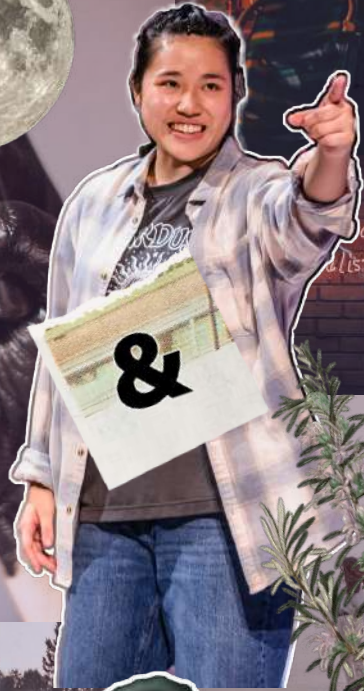
Tell us what you thought about the show!

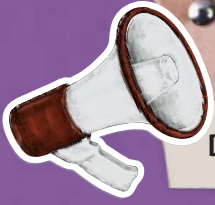


Thank you!









**COMING SOON!**

Don't miss our upcoming shows!



## Every Brilliant Thing

-By Duncan Macmillan, with Jonny Donahoe  
-Directed by Oliver Chong

7 - 14 Sep 2024

**\$35**  
through  
SISTIC

12 Going On 13

-By Michelle Tan  
-Directed by Ian Loy

14 Oct - 3 Nov 2024

**\$35**  
through  
SISTIC



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to get 15% off!



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