



Major Conrad Flapps

Stuart Nemtin
953 Hampshire Road
Victoria BC V8S 4S3
250-592-2082
stuartnemtin@pacificcoast.net
www.majorconradflapps.com

Let's Redress Stress has "*left crowds of adults in hysterics.*" (Moose Jaw Times-Herald) since its debut at the Edmonton Fringe Festival.

Responding to the world-wide anxiety attack clown aviator comedian, **Major Conrad Flapps** offers audience volunteers a chance to try his International Stress Reduction Techniques in this delightful lampooning of our obsessions with health and fitness. Rice Cracker Strauss Waltzes, Astral Body Exercisers to Chariots of Fire, Russian Cossacks riding My Little Ponies: this unique form of comic entertainment blends stand-up, vaudeville, live fiddling and musical parody, improvisational wit and downright zaniness Whatever is stress producing in the news or in your community can be found in this show as Flapps includes local references with each production. Check www.majorconradflapps.com for more detailed information.

Adaptable performances have ranged from the Vancouver Comedy Festival, Canadian Swiss Business Association (Geneva), Wellness and Educator's Conferences in B.C., Alberta, Saskatchewan and Manitoba, Star Alliance Reception (Zurich), Hotel Cabarets (Fiji), Corporate events and Olympiads. The most important message of Let's Redress Stress is the value of "laughter as a spiritual second wind for going back into the battle of life". (Emmett Kelly).

Major Flapps was recently given a standing ovation at the 2008 Conference of B.C. Post Secondary Counsellors Association.