

Introduction for a performance of *SeaChange: Reversing the Tide*

Sixteen years ago scientist Roger Payne met actress Lisa Harrow in London's Trafalgar Square where he had just opened a Greenpeace rally for whales at which she was a celebrity speaker. He was there because he had co-discovered that whales sing songs. She was there because she had spent her career playing leading roles at the Royal Shakespeare Company and in London's West End, opposite such actors as Peggy Ashcroft, Judi Dench, John Hurt, Jeremy Irons, Peter O'Toole, and Patrick Stewart, and in films and television productions with such costars as Pierce Brosnan, Anthony Hopkins, Sam Neill, Glenda Jackson, and David Suchet.

Roger and Lisa were married ten weeks after the day they met, having spent just two of those ten weeks in each other's company.

And now, they have joined their two disparate fields in this performance piece *SeaChange: Reversing the Tide*, created by them to help us understand why a life that is based on sustainable/restorative practices is a healthier life, both for us, and the earth.

Practical information on how to achieve such a life is available in Lisa's book, *What Can I Do?*, which is an A-Z guide to internet sites offering information, resources, and ideas for taking action to help our environment and ourselves. After the Q & A Lisa will be happy to sign copies of her book which will be available on a pay-what-you-can basis out in the lobby. (or wherever the book-signing table will be set up.)