

Meet the American actress Francesca van Horne, still on stage for 2 shows in Paris!

How would you introduce yourself to our visitors?

I'm an American actress, author, comedian and producer. I have always loved acting, dancing and singing. I currently perform my one-woman show that is about my life-journey, a woman that managed to get out of a toxic marriage and keep her 3 kids. "Tales from the Trundle" is my platform to help other people get out of bad situations.

I have read in your biography that you are also a yoga teacher and a witch; can you develop?

Laugh I would clarify the term "witch" saying that it is a joke as I work with energy for myself and others, but only in a positive way, never in a maleficent way. The Universe takes care of karma, not me. I have always been attracted to spirituality and the occult, specifically when I was going through tough times. I have many friends that are shamans or healers. Once I started leaving that negative relationship that was my marriage, I developed a power that allows some things to manifest themselves only by saying them aloud. Nobody else in my family taught me this, but I truly believe we all have it inside us.

How is "Tales from the Trundle" born?

The show is born when I was sleeping in my daughter's trundlebed. When you get a divorce in the US, it is not mandatory for the other person to move out so I had to sleep in my daughter's box mattress on the floor for 9 months. My only escape was writing, thus was born 'Tales From The Trundle'.

How would you describe this show?

I play different characters, women and men, some of them famous people I've met along my path, such as Harvey Kietel and Bradley Cooper. Everything that is said in that show is real. "Tales from the Trundle" is not composed by sketches, everything flows naturally during one hour and there is a bit of dancing. I am alone on stage but it's not a monologue.

What are the main themes that you are talking about in your show?

Addiction, survival and moving forward after a bad relationship experience to turn your dreams into reality.

Would you say your show is addressed essentially to women?

That is a woman's story but I don't think that it addresses only women's issues, as many men who've seen it talk to me after my performances and they are moved too. We all in our lives have experienced difficult times when we thought we couldn't get out of a relationship of one sort or another.

What would be the message behind your show?

Get away from people and situations that keep you down and never let anyone steal your light.

Why don't you perform in French?

Originally, that is what I was thinking of doing but I do not speak French well enough and didn't want to offend the dear French audiences. That's why the show is fully subtitled. What I would like to do eventually though is for "Tales from the Trundle" to be performed by French actresses and other actresses in other countries.

What are the most frequent reactions of the audience at the end of your show?

People often cry which is a bittersweet feeling. Some people talk to me or send me an email saying they felt I was telling either their own stories or their friends, and relatives stories. However, there is also lots of humor in the show!

How would you invite our readers to attend your show at the Theatre du Gymnase for the last two representations, tonight and tomorrow?

I would really like to share my story with you before I head to London to continue my tour. My show is in English but fully subtitled so it's easy to follow. Performing in Paris is very important to me, as the city has been part of my healing process. I hope to come back very soon in Paris but also in Avignon and other parts of France!