

SMFA Summit Chatlog from the Quincy Cho interview, 25 May 2021, 4pm PDT

[May 25, 3:58 PM] Bonnie G: Hello lovely early birdies!
[May 25, 3:58 PM] Stephanie Bergeron: Hello Bonnie!
[May 25, 3:58 PM] DawnnieMercado: Hello lovelies
[May 25, 3:58 PM] Stephanie Bergeron: Mama Bird. ;)
[May 25, 3:58 PM] Stephanie Bergeron: Hi Dawnnie!
[May 25, 3:58 PM] RhiannaBasore: Helloooo!
[May 25, 3:58 PM] Stephanie Bergeron: Hi Rhianna!
[May 25, 3:58 PM] RhiannaBasore: :) Hi!
[May 25, 3:59 PM] NicoleRycroft: Hi everyone!
[May 25, 3:59 PM] DawnnieMercado: Hi steph. Bon. I promise not to text and type but only listen in a few driving kiddo to dance.
[May 25, 3:59 PM] Bonnie G: Stay safe.
[May 25, 3:59 PM] Stephanie Bergeron: Yay for dance class!
[May 25, 3:59 PM] DawnnieMercado: Yep my car lets me play you hands free...better than radio
[May 25, 3:59 PM] Bonnie G: REFRESH!
[May 25, 4:00 PM] Stephanie Bergeron: Ooh, it's like having Bon in the back seat! Lol!
[May 25, 4:00 PM] Kevin Alan Roberts: Hello All!!!
[May 25, 4:00 PM] Kevin Alan Roberts: Love & Hugs!!!!
[May 25, 4:00 PM] Stephanie Bergeron: Lol. Oh, Keith.
[May 25, 4:00 PM] DeborahMadick: that's awesome
[May 25, 4:00 PM] ShannonDalton: Hi everyone!
[May 25, 4:01 PM] DeborahMadick: Yes please
[May 25, 4:01 PM] Quincy Cho: haiiii
[May 25, 4:01 PM] Stephanie Bergeron: That's such a Keith thing to do.
[May 25, 4:01 PM] Stephanie Bergeron: HAIII Quincy!
[May 25, 4:01 PM] RhiannaBasore: Hi, @Q! <3
[May 25, 4:01 PM] Quincy Cho: Stephhhhhh!!!
[May 25, 4:01 PM] Quincy Cho: And Rhiannaaaaaa
[May 25, 4:02 PM] RhiannaBasore: Hey, rockstar, can't wait for your talk! <3
[May 25, 4:02 PM] Kevin Alan Roberts: you know where I am at 3am!!!!
[May 25, 4:02 PM] Stephanie Bergeron: Catching up, or revisiting the awesomosity... ;)
[May 25, 4:02 PM] Kevin Alan Roberts: Playing catch up!!! (tee hee)
[May 25, 4:02 PM] RhiannaBasore: You're amazing, @Kevin!
[May 25, 4:03 PM] ShannonDalton: I just signed up earlier today woohoo!
[May 25, 4:03 PM] Stephanie Bergeron: Woo hoo! Welcome, Shannon!
[May 25, 4:03 PM] RhiannaBasore: Welcome to GIGFTNT, @Shannon! <3
[May 25, 4:03 PM] Suparna Thies: Missed last one.
[May 25, 4:03 PM] DawnnieMercado: OMG I think I listened before the bloopers...got to register
[May 25, 4:03 PM] ShannonDalton: Thank you guys! So excited!
[May 25, 4:04 PM] Kevin Alan Roberts: Hey Quincy!!!!

[May 25, 4:04 PM] RhiannaBasore: Coming from the land of the Kumeyaay people
[May 25, 4:04 PM] Quincy Cho: haiiii kevin! so glad you're here (:
[May 25, 4:04 PM] DeborahMadick: I'm here and catching up
[May 25, 4:04 PM] Bonnie G: <https://cricketfeet.com/gig/GIGFTNTframeworkMASTER.pdf>
[May 25, 4:04 PM] DonzellLewis: Studio city- he/him/his
[May 25, 4:04 PM] Stephanie Bergeron: (she/her) Hi Donzell!
[May 25, 4:05 PM] Janet Rembaum: I'm here- in the UK
[May 25, 4:05 PM] Quincy Cho: DD!!!!
[May 25, 4:05 PM] Stephanie Bergeron: LOL! I love that word!!!!
[May 25, 4:05 PM] StellaCho: so excited!
[May 25, 4:05 PM] DonzellLewis: Heeeeeyyyy Stephanie and all of the ninjas!
[May 25, 4:05 PM] RhiannaBasore: cattywampus for the win!
[May 25, 4:05 PM] Suparna Thies: 7:05 here. in NC
[May 25, 4:05 PM] Stephanie Bergeron: I had to look that spelling up... cattywampus. Loving it.
[May 25, 4:05 PM] Kevin Alan Roberts: So glad to be here. Sometimes I can be like gum on Bonnie's shoe!!! (tee hee)
[May 25, 4:05 PM] CarolynPark: <3 <3 <3
[May 25, 4:05 PM] DonzellLewis: Goooooo Quincy, I'm excited
[May 25, 4:06 PM] JohannaFernandez: Hello everyone 🤗
[May 25, 4:06 PM] RhiannaBasore: Truth! Money mindset is EVERYTHING
[May 25, 4:06 PM] Kevin Alan Roberts: I use to be Bonnie's Vanna White.
[May 25, 4:06 PM] DonzellLewis: ❤️❤️❤️❤️
[May 25, 4:07 PM] CarolynPark: donzell and quincy !!!! <3
[May 25, 4:07 PM] Quincy Cho: HE IS THE BESSSSSSZZZZZTTTTTT
[May 25, 4:07 PM] DonzellLewis: Carolyn! ❤️❤️❤️
[May 25, 4:07 PM] Stephanie Bergeron: Bring the words, Bon!!
[May 25, 4:08 PM] Quincy Cho: So egg-cited for his talk mañanaaaaa
[May 25, 4:08 PM] DeborahMadick: Rhianna is awesome!! Set up time with her!!!
[May 25, 4:08 PM] DonzellLewis: Get those GOODIES!
[May 25, 4:08 PM] RhiannaBasore: So many goodies on the offer page :)
[May 25, 4:08 PM] RhiannaBasore: Thanks, @Deborah! <3.
[May 25, 4:09 PM] Stephanie Bergeron: Resisting the urge for more Portal jokes...
[May 25, 4:09 PM] FletchPower: OMG is that Quincy!!!! :)
[May 25, 4:09 PM] Kevin Alan Roberts: Sweeeet!!!!
[May 25, 4:09 PM] DonzellLewis: There she is!
[May 25, 4:09 PM] Stephanie Bergeron: YAAS Quincy!!!
[May 25, 4:09 PM] RemyO'Brien: Quincy
[May 25, 4:10 PM] Quincy Cho: ahhhh I'm a puddle
[May 25, 4:10 PM] DeborahMadick: woo hoo
[May 25, 4:10 PM] CarolynPark: yeeeeeeee

[May 25, 4:10 PM] DonzellLewis: I only watch the Super Bowl if a diva is performing...this year it was Quincy ❤️

[May 25, 4:11 PM] Bonnie G: TRUUUUUE, Donzell!

[May 25, 4:11 PM] Bonnie G: Diva Q

[May 25, 4:11 PM] RhiannaBasore: Amazing, Diva Q!

[May 25, 4:12 PM] Stephanie Bergeron: Side note: your eyeliner skill is on point, Quincy. ;)

[May 25, 4:12 PM] Bonnie G: Anslem Richardson tie-in! The Boys!

[May 25, 4:13 PM] Quincy Cho: they're expendable versus being multi-dimensional characters that have their own agencies

[May 25, 4:13 PM] Bonnie G: Back to the convo with Keith and the population of the writers rooms.

[May 25, 4:14 PM] Quincy Cho: Re: Bechdel test, check out the Non White Paper created by Women of Color Unite and the CSA <https://wocunite.org/press/wocu-csa-non-white-paper/>. It's a "collaborative effort to address the exclusion of marginalized groups based on ethnicity, size, disability, color, gender, sexual orientation and age. It is a unified call for increased equity and inclusion in casting."

[May 25, 4:14 PM] Bonnie G: Oh, the chatbox censors links. Can you take out the <https://> part, Q?

[May 25, 4:14 PM] Bonnie G: That'll let it through.

[May 25, 4:15 PM] Quincy Cho: wocunite.org/press/wocu-csa-non-white-paper/

[May 25, 4:15 PM] Bonnie G: THANK YOU.

[May 25, 4:15 PM] RhiannaBasore: Fantastic resource, thank you!

[May 25, 4:15 PM] Quincy Cho: Also, for all my WOC creatives, please sign up for Women of Color Unite: wocunite.org/ for free resources. They don't believe in gatekeeping, so you don't have to have credits or experience to join.

[May 25, 4:15 PM] JessicaPark: I've heard it called the DuVernay test (Bechdel test equivalent for BIPOC characters)

[May 25, 4:16 PM] Quincy Cho: Thanks, Stephanie 🙏

[May 25, 4:17 PM] Quincy Cho: Inclusion rider created by Color of Change and WOCU: changeindustries.org/inclusion-rider-resource/?utm_source=inclusionrider_org

[May 25, 4:17 PM] Bonnie G: Jessica, yes. I've heard that too.

[May 25, 4:17 PM] Quincy Cho: I feel like I've heard that, too, Jessica, now that you mention it

[May 25, 4:18 PM] RhiannaBasore: I have been thinking that about pow wow too lately so glad you mentioned it.

[May 25, 4:20 PM] Bonnie G: That's muscle-building for leadership, right there.

[May 25, 4:21 PM] Quincy Cho: learned it from 🙌

[May 25, 4:22 PM] RhiannaBasore: Woot, Lighthouse for lighthouses!

[May 25, 4:22 PM] Quincy Cho: yuhhsss that's egg-zactly iiiitttt

[May 25, 4:23 PM] Quincy Cho: Patton Oswalt!

[May 25, 4:23 PM] RhiannaBasore: Love Chrissy Teigen's approach to her online presence!

[May 25, 4:24 PM] BriannaSeamster: Go Quincy! Great perspective!

[May 25, 4:24 PM] Quincy Cho: BRIIIIII!!!!!!!!!!

[May 25, 4:24 PM] Quincy Cho: OMG HAIIIIII TY FOR COMING!!!!

[May 25, 4:25 PM] Quincy Cho: AND MORRIS!!!!!!

[May 25, 4:25 PM] BriannaSeamster: Course!! :P Killin' it!

[May 25, 4:25 PM] Quincy Cho: + my besties and my doOoOod!!!!

[May 25, 4:27 PM] Stephanie Bergeron: I'm friends with me. Love that.

[May 25, 4:27 PM] Bonnie G: Quincy rolls deep. ;) <3

[May 25, 4:28 PM] DeborahMadick: I love Quincy!

[May 25, 4:28 PM] DeborahMadick: Joy

[May 25, 4:28 PM] Quincy Cho: s/o to Stella xD

[May 25, 4:29 PM] Stephanie Bergeron: There's another version of "give yourself the victory" from Justin.

[May 25, 4:29 PM] RhiannaBasore: "Being my own friend in the audition room"

[May 25, 4:31 PM] Quincy Cho: Here is the exact quote:
[/twitter.com/e_alexjung/status/1384499318934188032/photo/1](https://twitter.com/e_alexjung/status/1384499318934188032/photo/1)

[May 25, 4:32 PM] RhiannaBasore: Presence is power (and keeps you safe!)

[May 25, 4:32 PM] Quincy Cho: Full article: www.vulture.com/amp/article/mads-mikkelsen-in-conversation.html

[May 25, 4:32 PM] Stephanie Bergeron: Totally.

[May 25, 4:32 PM] Quincy Cho: vulture.com/amp/article/mads-mikkelsen-in-conversation.html

[May 25, 4:33 PM] DawnnieMercado: At destination now. Small town. I love this take away focus on the job at hand...and one day you wake up and have a career"

[May 25, 4:34 PM] RhiannaBasore: Mads Mikkelsen is such a journeyman actor, love him.

[May 25, 4:35 PM] RemyO'Brien: Borrowing confidence. Love that

[May 25, 4:36 PM] DawnnieMercado: OMG theme..trust yourself.

[May 25, 4:36 PM] Bonnie G: <https://cricketfeet.com/gig/GIGFTNTframeworkMASTER.pdf>

[May 25, 4:37 PM] Quincy Cho: For affordable scale pricing counseling: sccc-la.org/ I go here (: And they've been on Zoom all year, which has been a godsend

[May 25, 4:37 PM] Bonnie G: YES! Get your sliding scale therapy! We did too!!

[May 25, 4:38 PM] BriannaSeamster: Yay!!! :)

[May 25, 4:38 PM] DawnnieMercado: OMG so many resources in this chat. Thank you @Quincy.

[May 25, 4:38 PM] StellaCho: YAYYYYYY

[May 25, 4:38 PM] Stephanie Bergeron: Yaaay!

[May 25, 4:38 PM] CarolynPark: !!!!! LOVED THIS

[May 25, 4:38 PM] RhiannaBasore: Fantastic, YAAAAY!

[May 25, 4:38 PM] DeborahMadick: thank you! What a delight!

[May 25, 4:38 PM] FletchPower: Whooop! Go Quincy!!!

[May 25, 4:38 PM] StellaCho: YES QUINCY!!!!

[May 25, 4:38 PM] StellaCho: WOOOO

[May 25, 4:38 PM] DawnnieMercado: Thank you for today!

[May 25, 4:38 PM] CarolynPark: :D

[May 25, 4:38 PM] NicoleRycroft: Thank you Quincy!

- [May 25, 4:38 PM] Janet Rembaum: thanks Quincy!
- [May 25, 4:39 PM] Quincy Cho: feel free to reach out if you have any q's about any of these resources @quincydinosaur
- [May 25, 4:39 PM] RhiannaBasore: Love the affordable mental health resource, @Quincy!
- [May 25, 4:39 PM] RemyO'Brien: Thank you Quincy
- [May 25, 4:39 PM] DonzellLewis: "Creativity and mental health go hand and hand!" Yes...it's essential to human health not just for artists. My favorite nugget of wisdom she dropped today
- [May 25, 4:39 PM] Kevin Alan Roberts: WE WANT TO WORK WITH WHO WE KNOW (RELATIONSHIPS) - CHANGE CAN HAPPEN - HAVE A SENSITIVITY AWARENESS - DON'T BE AFRAID TO FAIL FORWARD - BE OPEN TO BEING CORRECTED - KNOW THYSELF - LIKE THYSELF - EXIST IN THE MOMENT - TRUST YOURSELF
- [May 25, 4:39 PM] Suparna Thies: Being your own friend. Trust yourself. Thank you Quincy and Bonnie. Love love love!!!!
- [May 25, 4:39 PM] Stephanie Bergeron: The thing you're doing now is the most important thing. (The pole trick analogy really works.)
- [May 25, 4:39 PM] RhiannaBasore: Woot!!
- [May 25, 4:39 PM] ShannonDalton: Thank you Quincy!!!
- [May 25, 4:39 PM] JohannaFernandez: Yay Quincy!!
- [May 25, 4:39 PM] Kevin Alan Roberts: bRAVO qUINCY!!!!!!!
- [May 25, 4:40 PM] NicoleTrobaugh: Yay! Be your best friend!
- [May 25, 4:40 PM] MORRISJACKSON: YAY!!!!
- [May 25, 4:40 PM] RhiannaBasore: Borrow confidence if you don't feel confidence.
- [May 25, 4:40 PM] DeborahMadick: Be ing your own best friend
- [May 25, 4:40 PM] PamTierney: Be your own best friend
- [May 25, 4:40 PM] Kevin Alan Roberts: Bravo Quincy!!!!!! Super!!!!
- [May 25, 4:40 PM] DawnnieMercado: Getting out my highlighter....love love thank you!
- [May 25, 4:40 PM] StellaCho: borrowing confidence!!
- [May 25, 4:40 PM] Quincy Cho: right back, everyoneeee
- [May 25, 4:40 PM] NicoleRycroft: Loved "creativity and mental health go hand and hand"
- [May 25, 4:40 PM] Janet Rembaum: so much...concentrate on the task in hand. listen to what people say, not be afraid to learn from it, open the discussion.... expansive capacity ...
- [May 25, 4:40 PM] BriannaSeamster: Avoid burnout & Schedule me time
- [May 25, 4:41 PM] Janet Rembaum: yes that too ...creativityt and mental health ...
- [May 25, 4:41 PM] Quincy Cho: one of my new favorite words, sourced
- [May 25, 4:41 PM] DawnnieMercado: Fav take away...Keeps thinking upon arrival to feel balanced...but balance is an ongoing tool.
- [May 25, 4:43 PM] Kevin Alan Roberts: Being genuine.
- [May 25, 4:43 PM] Quincy Cho: and it's a process, so don't feel bad if you "mess" up. it's how you learn to do it better. you're gonna mess up, so don't judge your baby steps.
- [May 25, 4:43 PM] Stephanie Bergeron: Yes, Quincy. I appreciated that convo, too.
- [May 25, 4:45 PM] NicoleTrobaugh: Ooooh love that! Balance is movement!

[May 25, 4:45 PM] Stephanie Bergeron: Physical representation of that balance to offer for y'all: stand on one foot, and check out how many micro-movements are happening in your ankle to keep you up!

[May 25, 4:45 PM] Kevin Alan Roberts: Bravo Quincy!!! Hugs & Love to All!!!!

[May 25, 4:46 PM] BriannaSeamster: yayyyyyyy

[May 25, 4:46 PM] NicoleRycroft: Thank you Bonnie and Team for a fantastic 8th day!

[May 25, 4:46 PM] JessicaPark: Thanks Quincy!

[May 25, 4:46 PM] Stephanie Bergeron: Yaaaaay Quincy! That was egg-cellent!!

[May 25, 4:46 PM] NicoleTrobaugh: Thank you

[May 25, 4:46 PM] ShannonDalton: Yayyyyyyy Quincy! Thank you!

[May 25, 4:46 PM] RhiannaBasore: Woottttt!!!! @Q. fantastic!

[May 25, 4:46 PM] Janet Rembaum: thanks Bonnie and Quincy !! hugs

[May 25, 4:46 PM] FletchPower: Thanks Q!!!!

[May 25, 4:46 PM] Stephanie Bergeron: Thank you for another great day Bon & Team!!

[May 25, 4:46 PM] Quincy Cho: yasss @stephanie

[May 25, 4:46 PM] VanessaBradchulis: Thanks, Quincy!

[May 25, 4:46 PM] Quincy Cho: hugs and love to everyoneeeeeee <3 <3 <3

[May 25, 4:46 PM] JohannaFernandez: Thank you, Quincy and Bonnie!

[May 25, 4:46 PM] DeborahMadick: Woo Hoo Quincy!!!!

[May 25, 4:46 PM] RemyO'Brien: Cheers cheers lady

[May 25, 4:46 PM] CarolynPark: Thank you quincy and bonnie!!

[May 25, 4:47 PM] DawnnieMercado: Love love 💕 thank you Quincy.

[May 25, 4:47 PM] DawnnieMercado: Thanks team

[May 25, 4:49 PM] RhiannaBasore: This premiere is now over and continued discussion will be taking place at the Quincy Cho replay page! If you're still seeing this chatbox on the mainstage, refresh the page so you get the NEW chatroll for our next premiere.