

**Kate Flannery**  
**Actors Think Tank**  
**December 16, 2021**

The recording started at 3:09 PM. Slates were given at 3:10. Justine introduced Kate Flannery at 3:14. They met through a friend named Oscar on a Kentucky Derby invitation and have been friends since then. Kate is in Philadelphia often, about every 6 weeks or so to see her dad. She graduated from Archbishop Carol High School and like Rich Henkels, is from a large Irish Catholic family.

( :06 ) – Coming from a big family, acting/comedy was done to get attention and was a creative outlet. As a twin, Kate prefers an ensemble versus being on stage alone. She is presently touring with Jane Lynch. They have a top 10 Christmas album which is comedy and Kate also sings. Comedy is a labor of love for her Kate. She was an understudy to Jane Lynch. They tour via bus. Kate was on Dancing with the Stars. Kate said a tour bus is convenient because you can still audition from the road and is less of a liability.

Regarding the 4th wall, Kate said The Office set the template for the 4th wall and added to the documentary styles show, as they treated the audience as smart. The movie “Taps” was filmed in Wayne, PA. Kate became a featured extra because her expressions were so big. She was also an extra on “Eddie and the Cruiser” and had roles with Sean Penn.

(0:12) - Kate took advantage of being an extra. In high school in the nineties she had a New York audition for commercial. She had 1st right of Refusal. Those who ended up in the top two positions became extras. Extra work can pay off. She and Judith on 30 Rock were extras and both ended up on must see TV.

(0:14) Rich asked Kate how she tracks memories? Per Kate, you never know where people will end up, so don't be a douche. Show business is

not a hierarchy. Your career can take off at any time. In high school Kate performed in “Bye Bye Birdie”, which her mom was not in favor of. Kate taught Shakespeare to kids years ago. She says the arts is valuable only if it interests you as there's a comedy to it all.

(0:16) - Kate performed ensemble work with Steven Colbert and others who were not famous at the time. She said it's not always all about talent. John Krasinski is now in serious movies. He is a natural talent and is also now directing. When asked by Rich if directing is her next outlet, Kate said it is not for all, although more women now direct. Because she was older when she got started at age 40, directing is not a priority. Kate said she may have pursued directing earlier, however, feels she's a great writer

(0:19) - Rich asked Kate what are her little victories? Kate said being in the Broadway presentation of “Valley of the Dolls” was her breakout role and she was featured in a half page article in “The Interview” magazine. Kate wasn't on The Office until eight years after that interview. Booking a job is the prize, per Kate. She got better treatment by a particular casting director after booking Second City. Kate served lots of famous people as a waitress before she achieved fame with whom she now has no desire to be friends.

(0:22) - When asked about her special friends, Kate said through the Black Lives Matter movement she is connecting females in the industry where possible and promoting diversity because it's the right thing to do to break down doors.

(:024) – Rich asked Kate about her performances in high school and she stated that she was in a production of “Bye Bye Birdie,” with a solo part in the play.

(0:25) - Actors Think Tank members asked Kate questions:

- Gabi Faye asked her about improving on The Office. Kate said it was important to improv within the lines, as cameras are timed. She also said they had great writers on The Office.

- (0:26) - Shelley Brietling shared that she was also in “Bye Bye Birdie” in high school. She wanted to know what influenced Kate to move to LA. Kate said her aunt in Chicago gave her a ticket to LA. A college friend also invited her to LA and Jane Lynch let her drive her car from LA to Chicago and back.
- (0:29) - Kelly McCaughan asked Kate how to pitch a one woman show. Kate suggested Kelly try festivals as they already have a budget and a built in audience. Kate also said New York pubs are a great place to start. Kelly asked about trying Edinburgh, Scotland and Kate told her that would be a big debt to incur.
- (0:31) - Justine asked Kate what she did to prepare her to play the role of Meredith, the unfiltered and unapologetic, alcoholic on The Office. Kate said by her dad owning a bar she knew many Merediths. Kate also said she enjoys live performances and they build her confidence. She said people are trying so hard get, but do you want it once you get it? Per Kate, you've got to create your own opportunities versus waiting on the phone to ring.
- (0:34) - Palmer asked Kate what her approach is to a role. Kate said practicing is the key, particularly if it is out of her comfort zone. To practice, self tape on your cell phones to see what does and does not work.
- (0:36) - Rich asked if there was interchange between actors and writers on The Office. Kate said she never met the writers, however, some writers are bothered by improvisation. Kate was able to improv on Magnum PI and The Office. She said secure writers allow input from actors. Some writers allow improv and other writers don't.
- (0:39) - Kate shared some words of wisdom: “be pleasant and persistent; know that rejection is protection; failure is a gift; there is something to be learned from every situation; be careful of negative people in your life, particularly before an audition or a

performance; and it's not a problem if you have to work three jobs to realize your dream.”

Rich told Kate she would be getting Takeaways from the group and the Actors Think Tank Mug.

Respectfully submitted by,

Rosalyn (Roz) Jamal