

EPK FOR

Take Your Dream

a Feature Documentary

a Mafia Pasta

Way Out West Pictures film

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TAKE YOUR DREAM

a 2400 km Adventure Down Australia's Longest River

MAFIA PASTA FILMS PRESENTS A WAY OUT WEST PICTURE A FILM BY EW HELMICK

HUNTER JAMES TAKODA SHANE CYDNEY SIMPSON BRITTANY CHARBONEAU HAWLEY PENFOLD

"TAKE YOUR DREAM"

EXECUTIVE PRODUCERS RICH & MARION ESPENSON RICK HERRMANN MUSIC BY THE HOST CLUB LUCAS KING
 EDITED BY HUNTER JAMES TAKODA SHANE WRITTEN AND DIRECTED BY EW HELMICK TAKEYOURDREAMMOVIE.COM THIS FILM IS NOT YET RATED



SYNOPSIS (100 words)

In 2017, five Americans set out from the Snowy Mountains to swim Australia's longest river - the River Murray, over 2400 km in length. The purpose was to inspire the youth of Australia and bring awareness to the high rate of suicide among middle-aged men and youth in the nation.

In a daring and dramatic adventure, Team Help journeyed over 120 days through freezing waters, the world's most dangerous venomous snakes, snags, flood waters and scorching heat to become the first Americans to ever swim the full length of the river successfully.





[click photo to see the official trailer](#)

Mafia Pasta Films presents a Way Out West Picture

Take Your Dream

Production Type..... Feature Documentary
Runtime..... 98 min
Genre..... Adventure | Drama | Music
Completion Date..... March 2019
Production Budget..... \$150,000 AUD
Language..... English | French | Spanish | Portuguese | Italian
Country of Origin..... United States
Country of Filming..... Australia
Format..... 3840 x 2160, 24fps, 1.79, color, Sound 5.1
Rating..... This film is not yet rated. Content is mild in impact
Sales / Distribution..... E W Helmick - ew@wayoutwestgroup.com
AU ph. 0448.553.592 US ph. 970.567.9017
Virtual Press Office..... www.wayoutwestgroup.com/virtual-press-office
Links..... Official website: www.takeyourdreammovie.com IMDB: [Official Trailer](#)
Twitter: <https://twitter.com/takeurdream>
Facebook: www.facebook.com/wayoutwestmediagroup

SOCIAL MEDIA SHARE SAMPLES



[DOWNLOAD IMAGE](#)

Director E W Helmick discusses the script with Takoda Shane and Brittany Charboneau.



[DOWNLOAD IMAGE](#)

Team Help members Tuck Helmick, Eric Helmick and Hunter Helmick with Cydney Simpson, set out on November 5th, 2016 for a 2400 km journey down Australia's longest river. Photo taken at Bringenbrong Bridge, Corryong, NSW AU

SYNOPSIS (250 words)

For 17-year-old Takoda Shane, "Tuck," the peculiar fantasy of being a contract killer and gangster is thwarted when his suicidal father thrusts him and his family into a real-life adventure of inspiring those who suffer from depression.

Selling everything they own, Tuck and his family embark on an incredible adventure - swimming Australia's longest river, the River Murray, over 2400 km (1500 miles) in length to bring awareness to depression and suicide. The story unfolds through Tuck's eyes as he recounts the journey to a nosy diner waitress who admires his good looks and storytelling passion.

Battling floods, heat, whirlpools, currents, sharks, snags and the world's deadliest snakes, the team garnered national attention as "Team Help" and became the first Americans to successfully swim the length of Australia's greatest river.

An epic adventure of hope and believing in others, "Take Your Dream" is a father's passion to change the world with his sons at his side and will have audiences inspired by their courage, sports enthusiasts cheering the accomplishment, and the hopeless rising to the call of hope!

Over 300 hours of breathtaking, cinematic footage was logged during their journey. Simultaneously, the team met with hundreds of school aged youth along their travels inspiring and spreading hope of dreams and a future. Not endurance swimmers or professional athletes, Team Help overcame logistics, lack of funds, and sponsors who backed out of the project due to the "high risk" involved in attempting something of this magnitude.

"Take Your Dream!" A feature documentary that will make you believe anything is possible!

SYNOPSIS (350 words)

Take Your Dream is the story of a father and his two sons who risked everything they had to inspire the youth of Australia by swimming 2400 km down the nation's longest river - the River Murray - in an effort to bring awareness to depression and suicide.

The story is told through the eyes of the youngest son, Tuck, 17, who's plans to be a wealthy-professional contract killer are thwarted when his father insists he join the endurance swim as river captain. Discouraged with the change in his life plans Tuck finds himself in an old 50's diner. There, an adorable-nosy waitress pries into his life as he unravels the story down under.

The eldest son, Hunter, and his father, Eric, clearly are not endurance swimmers and have little experience with an event of this magnitude. But their firefighter and swift water rescue experience give them an edge of crazy as they challenge one another's courage and step out into the impossible.

The team was comprised of only 6 full time members. Unable to gain any significant sponsors or media attention for the event, each team member gave all they had financially, mentally and physically to attempt a world record. They called themselves Team Help!

In a daring and dramatic adventure, Team Help journeyed over 120 days through freezing waters, the world's most dangerous venomous snakes, snags, flood waters and scorching heat to become the first Americans to ever swim the full length of the river. Over 300 hours of breathtaking, cinematic footage was logged during their journey. Simultaneously, the team met with hundreds of school aged youth along their travels inspiring and spreading hope of dreams and a future.

Not endurance swimmers or professional athletes, Team Help overcame logistics, lack of funds, and sponsors who backed out of the project due to the "high risk" involved in attempting something of this magnitude.

"No one will make your dreams come true. Life is not a fairytale. If you want it, you have to take it." E W Helmick

DIRECTOR'S STATEMENT



Story, story, story - we drive it into our soul so we don't deviate from a good one when we see it. I've been writing screenplays for 30 years and it's all about story. On the making of Take Your Dream, incredibly dramatic days and unseen moments of adventure unfolded right before our eyes. I was frantic trying to get my head out of what I knew about writing good story and get my heart into what was occurring right before my eyes. "I didn't write that," I would say. "But damn, I wish I had!"

"No one will make your dreams come true.
Life is not a fairytale.
If you want it, you have to take it."

My first experience as a director was in high school. Some friends and I borrowed the school's broadcast camera and headed out to a nearby lake in Colorado to shoot a war scene for a film I had scripted. At the end of the day we wanted to see what we had shot, but didn't have any equipment to preview the tape. We drove to a nearby mall where there was an electronics and television store, walked in and handed the salesman the tape and asked if he could play it for us. He put the tape into a machine and turned our film onto what was to be the first big screen box televisions. I was hooked! Just look what we had done with a few smoke bombs, ketchup and gear purchased from a local army surplus store. I was a filmmaker...and in big trouble. During one of the shots the camera panned across the sky and directly into the sunlight, which apparently wasn't real good for those types of lenses back then. It left a shadow like crack on the lens.

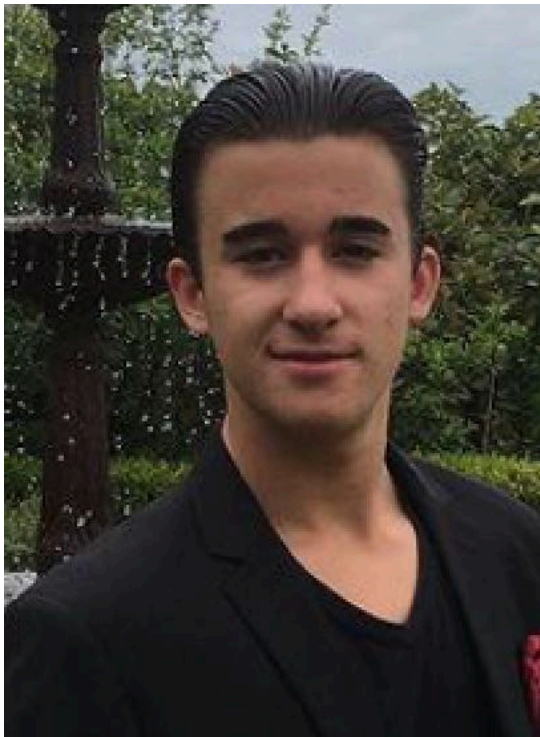
I barely graduated from high school because I found it difficult to be in a classroom. Most of my time was spent in the movie theaters without my parent's knowledge. Movies were cheap back in those days and I loved to sit for hours and hours and watch them. Give me a story with hope or redemption and you'll have my attention.

E W Helmick, Director

**More cast and crew interviews
on the film website**



PRODUCER'S STATEMENT



Story. It's the number one thing anyone needs to make a good film. There is nothing more fulfilling to me than creating something that makes people laugh, smile, and sometimes jump in their seats. A slam-cut bullet to the head is sure to always get a squeal from someone in the audience. Though "Take Your Dream" doesn't have any "headshots," it's a story with heart and hope and it does have a few surprising moments that will put the viewer on edge.

"We've become a society that defines people by their skill and level of schooling, when we should be focused on their heart and passion."

The first film project I ever did was a stop motion for the Halo Mega Bloks Toymation contest at the age of 11. It took me a month to set up this doll house and take thousands of pictures of my halo toys attempting to save little sister's stuffed pink pony. "Operation Pink Pony," was awarded an honorable mention for most creative stop motion film. From that point I knew that film was something I loved doing.

I began filming on my phone and using apps like GunMovie FX, Action Movie and Vizmato to make home action videos, then created my own YouTube channel to share my work with the world. My father said, "Why don't you just start your own film company and make feature movies?" So I did. Mafia Pasta Films was developed to produce and create great story on film.

"Take Your Dream" is currently the biggest project I've participated in, though my studio has already slated 3 features for the future and we're getting scripts from writers that have seen our work and are like, "Hey, can you produce my movie?" Our attitude is always an open door. "Hell yes, send us your script or idea and we'll read it!" We read and respond to everything we get, solicited or unsolicited. It's how you make dreams come true...believing in others.

Takoda Shane, Mafia Pasta Films

More cast and crew interviews
on the film website



EDITOR'S STATEMENT

Editing for emotional impact.



When we look at olympic athletes we think "I could never be like them." We follow that up by going to the cinema (one of my favorite places in the world,) where stories unfold before our eyes and we dream of being like the heroes we see on screen. Then we leave the cinema saying to ourselves "I wish I could write like that... I wish I could make a movie like that... I wish I could edit like that," I wish, I wish, I wish!

Art is art. It is the ability to share a piece of yourself with whoever will take the time to stop and look. Art takes heart. It takes passion. It takes a dream. I've seen people with the highest degree of education but their passion is the love of money. I've seen people with no education, and more often than not, they are the ones that create true art. Robert Rodriguez created the movie El Mariachi with \$7000. He was a nobody in Hollywood and he didn't have the experience, yet he created a cult classic film.

I am not an endurance swimmer. I am not an editor. I take that back, I was not an endurance swimmer - yet I became one. I was not an editor, but I had a story to tell, a desire to learn, and now, yes, I am an editor too.

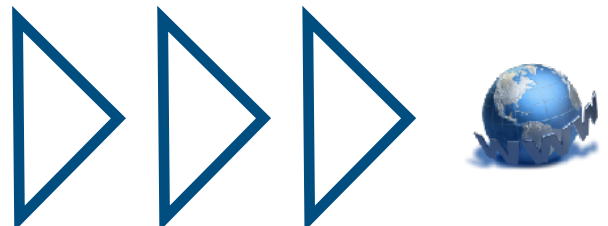
I wake up at 4:00 in the morning to watch youtube video essays on editing and movie creation, then head off to the studio to apply what I have learned. I went with my instinct. How do you know when to cut? Your heart tells you.

I believe in the idea that if you can think it, you can do it. In the words of Anthony Hopkins in The Edge, "What one man can do, another can do." Impossible is a thing to be overcome, not a wall to keep us back. Maybe a degree of higher education and a lifetime of focused training is what you need... Or maybe, you just need to get what's in your head into your heart and take a chance.

I'm not an astronaut but I dream of going to space. You tell me, is it really that impossible?

Hunter James, Mafia Pasta Films

More cast and crew interviews on the film website



CAST



HUNTER JAMES

as himself

Hunter became the first American in history to swim the entire length of the Murray River. Take Your Dream outlines the personal and physical struggles he had to overcome to accomplish this goal.

Hunter is a professional, self-taught magician who has learned alongside some of the greatest magicians in the world to include Sam Powers and Andre Kole. He has performed in 5 countries and created a full stage production to share his story.

His show is currently on tour in the country of Kosovo.



TAKODA SHANE

as himself

At the age of 11, Takoda won honorable mention in Halo's Mega Blocks stop motion contest. With over 1500 still clips, Takoda created the clever and amusing, "Operation Pink Pony." From there he went on to win

multiple awards in Production Crate's 10 Second Contest for his shorts, "Wish Gone Wrong," "The Wiper," "Never Bring a Knife To Gunfight," and "Time Travel Teleportation."

Takoda founded Mafia Pasta Films as a launching pad for his short film, "The Last Cigar On Earth," as well as feature concepts, "Selfie," currently in production and "Fear The Flies," a post-apocalyptic thriller (announced.)



CYDNEY SIMPSON
as herself

Oregon born artist and adventurer, Cydney was lead kayaker for the swimmers. Cydney's hidden talent is sleeping through storms, fireworks, and parties and charming magicians on stage. Hunter proposed to her at the conclusion of the swim!



TERRY HELMICK
as herself

Terry headed up the shore crew and was responsible for finding the swimmers every day in the Australian outback. She is a homeschool mom of 5 children and has been married to Eric for 35 years.



BRITTANY CHARBONAEU
as the waitress

A Marathon runner fluent in Spanish, whistling, cartwheeling, dancing, ice skating, swimming...Brittany is a writer and comedian. Take Your Dream is her second lead role. Her first was in "A Run In," by Two Shot West Productions.



HAWLEY PENFOLD
as the young daughter

An incredibly talented singer and songwriter with a strong resume in television and film to include, Our Souls at Night, Stephen King Collection, and was a stunt performer in the short, Le Teen Nikita.



CAREY MILARD
as the dame

Singer and actress, Carey Millard has a long career in modeling and stage performances. She was trained at the California Conservatory of the Arts and is an artistic dancer in tap, jazz and ballet.



MARC GREENACRE
as the man with a gun

Marc has appeared in numerous film, television and commercial work including Finding Home, King's Decree and Richard Benter's 2018 Final Transit.

AWARDS



"Makes you believe anything is possible."

Meagan McGregor, SWAN HILL GUARDIAN



10 FAQ's with DIRECTOR , E W HELMICK

“How Far is 2400 km?”

2400 km is equal to 1500 miles. It is the distance between Los Angeles, CA., to Minneapolis, MN. - Madrid, Spain to Bucharest, Romania - Nairobi, Kenya to Congo. It's a long way to swim!

“How Many Hours Did You Swim Each Day?”

6 - 10 hours each day were spent in the water swimming with breaks every 20 minutes for protein snacks.

“What Did You Eat?”

The swimmers ate small bite size protein snacks which were specially prepared with calorie intake in mind. They also drank protein shakes, Gatorade and water. Over the course of the entire swim they had a total of 2,300 recorded breaks.

“When Did You Sleep?”

Each night the shore crew would set up camp along the river. They would meet the swimmers at a designated point and drive them to the campsite for dinner and a very early bedtime.

“What Were The Hazards?”

Firstly, there were no crocodiles or alligators in the river. However, Australia is known for some of the deadliest creatures in the world including snakes. Brown snakes, red belly and tiger snakes frequented the river with the swimmers. The closest encounter was 12" from the swimmer's face. The snake stared at us and we stared at it before it slithered towards shore. We peed our wetsuits.

“What Was The Hardest Part?”

Let's just say, swimming was the easy part! For the majority of the swim, we were a team of only 6 persons and the logistics were a daily nightmare. Moving the team, setting up camp, repairing our broken down boat, car and bus was a daily rigorous chore.

“How Fast Was The River Current?”

When we left the Snowy Mountains, the river was flowing at about 8 km an hour. However, once we encountered lakes and locks, the flow slowed to almost nothing. People would say, “At least you're swimming downstream with a current.” They had no idea the amount of work we were putting in. Current or not, we swam all day long every day.

“How Fast Did You Swim?”

Both Hunter and I swim 3 km per hour. Not fast, but we're very synchronized and consistent. So in a 6 hour day, we could cover 18 km with no current. Our longest day was 8.5 hours and we covered 30 km. Our stroke rate varied from 58 - 63 strokes per minute.

“Why Australia, why the River Murray?”

Our team was already in Australia performing a Las Vegas style magic show. Everyone has a unique talent. Hunter is an illusionist, Tuck a knife thrower, me a theater nerd. We put all our talents together and hired a crew of 6 other dancers and acrobats and toured the country putting on our show free of charge in small communities. The goal was to simply inspire youth. One day while cooling off in the river we thought to ourselves, “If we really want to inspire youth and turn the tide of depression and suicide, we should do something epic...” Doing something epic inspires people. Inspiration brings hope. Hope brings transformation. Our goal was to inspire youth to do anything they set their hearts to.

“What's Next? Another River?”

Not another river! We love to swim, but we are not endurance swimmers. Well, I guess we are now. As father and sons, we have started several production companies and currently have 3 films slated for the next few years. Not documentaries, these are full feature films that we're working on together. Really fun stuff. You won't want to miss them.

That said, on a recent trip to Oregon, we did notice that the Columbia River was also 2400 km (1500 miles) in length and had only been swum once before in history. Hmmm...

“Who Paid For The Swim?” (bonus question # 11)

Of the 100 companies and celebrities contacted, the team was unable to raise any support for suicide awareness. Eric and Terry Helmick sold everything they owned to fund the swim and the making of the documentary.



The Dream



Shooting a Feature Film on iPhone



Behind the Scenes



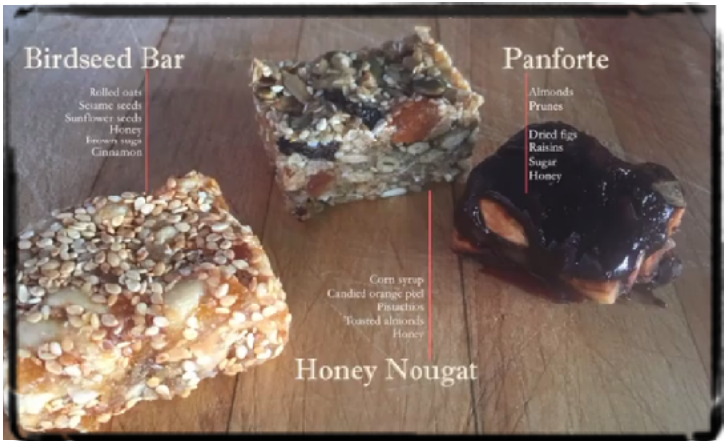
Deleted Scenes



Swimming 8 Hours a Day



Movies from my Childhood



Feeding the Swimmers



The Soundtrack

VIDEO AND AUDIO COMMENTARIES

MEDIA COVERAGE

click titles for stories

Inspiring Ideas, Dreams, Passions Through The Open Water

WORLD OPEN WATER SWIMMING ASSOCIATION, March 24, 2015

Father and Son Team Set To Swim Murray River

NBN NEWS, October 14, 2016

Epic Murray River Swim To Inspire Youth

BYRON SHIRE NEWS, October 20th, 2016

Epic Swim For Epic Cause

SWAN HILL GUARDIAN, July 15, 2016

Family Takes Plunge For Record Swim

CORRYONG COURIER, June 30, 2016



CREDITS

Cast

Hunter James	as himself
Takoda Shane	as himself
E W Helmick	as himself
Cydney Simpson	as herself
Terry Helmick	as herself
Brittany Charbaneau	waitress
Laura Ronalds	as herself
Fransisco M. Martinez	diner patron
Heather Spillman	diner patron
Megan Tudor	diner patron
Stefanie Townsend	diner patron
Desire Felan	diner patron
Kyle Bradell	man eating sandwich
Canyon James	diner patron
Robin Netzel	diner patron
Mark Greenacre	man with a gun
Carie Millard	dame in car
Megan Gagilano	girl on sidewalk
Christian Netzel	boy on sidewalk
Christine Crowe	girl in antique store
Hawley Penfold	suicide daughter

Crew

Director	E W Helmick
Writer	E W Helmick
Producers	Rick Herrmann Rich Espenson Marian Espenson
Editor	Hunter James
Director of Photography	Tadoda Shane
Art Director	E W Helmick
Original Score	Lucas King
Sound Design	Christiann Burch
Production Manager	Cydney Simpson
Theme Song	The Host Club
Makeup	Terry Helmick
Aerial Photography	PJ Melders
Commentary Footage	Nina Manuylo
Goolwa Footage	Casey Pope
Transcription & Translation	3Play Media
Filmed on Location	Australia
Filmed in 4k	on iPhone

