

# No bed of roses as actress adds voice to cry for Tibet's freedom

By Sarina Talip

As an actress, Kerry Armstrong puts creative satisfaction and meaning before a big pay cheque. Or sometimes, no pay cheque at all. The Melbourne-based actress was in Canberra yesterday to do the voice-over for the documentary *Tibet's Cry For Freedom*, to be released in June.

The documentary was written, produced and directed by Adelaide film-maker Lara Damiani.

Armstrong was not paid for the voice-over but feels the issues raised are more important than money.

"I just think it's so important to hear and acknowledge and do something when you understand that the Tibetan people have lost the very thing that you and I take for granted every day and that's freedom," she said.

"Anyone would have this incredible sense that's something's not right so it's about the human conscience. And I think what Lara is doing with this documentary is not in any way preaching, it's not in any way pointing fingers, it's actually just shedding light where light needs to be shed."

Armstrong said when Damiani sent her the first five minutes of the documentary she was "very confronted."

"It was confronting but what I found amazing was that mixture of emotion, that finally I understood that something needed to be done and that I was no longer able after seeing this to be a bystander. And combined

with that was the despair of understanding the inertia of an entire world while the Tibetans had lost their right to freedom," she said.

Armstrong said she could only say personally why she had been a bystander before.

"It was complete isolation, lack of knowledge, and there are times when being a mum and having children, some of us don't focus on the news all the time."

She said her family influenced her career decisions.

"I've got three sons and they mean the world to me and therefore I make decisions that I wouldn't really want to do anything that was not something I'd be happy for them to watch and see in their lives."

Armstrong's latest role is in ABC TV's six-part drama series, *Bed of Roses*, playing 49-year-old Louisa Atherton, whose wealthy husband drops dead in the arms of another woman, leaving her bankrupt.

Armstrong said she was "delighted" the show was winning its time slot in ratings.

Like her character, Armstrong is also 49 and has her own views on what she wants for women.

"I have a really strong desire for women to be accountable, thoughtful, and to drop this thing of having to be different, special, young, whatever," she said.

"I just want women free to be themselves on any level, so the parts that I do reflect that."

For more information on *Tibet's Cry for Freedom*, visit [www.thetibetproject.com](http://www.thetibetproject.com)



**CONFRONTING:** Kerry Armstrong doing the voice-over for the documentary *Tibet's Cry For Freedom* in Canberra yesterday. Picture: KARLEEN WILLIAM