

# Portland Helmich

508-742-5146; [portlandh@verizon.net](mailto:portlandh@verizon.net)

## **TELEVISION EXPERIENCE**

### **What's the Alternative?, Veria, Dallas, TX.**

*Host and Executive Producer*; created 52 studio-based, half-hour national talk programs about natural approaches to health and healing. Conceived of all topics, guests, interview content, and in-studio demonstrations. Wrote shows opens, tosses, and tags; produced field pieces, and oversaw shooting of programs out of production house in Boston, MA.

August 2006 to May 2008

### **The American Consumer, PBS, New York, NY.**

*Reporter*; reported on health-related stories for national, magazine-format series based on Consumer Reports magazine. Performed stand-ups; conducted sit-down interviews.

August 2005 to December 2005

### **Nitebeat, CN8, The Comcast Network, Boston, MA.**

*Fill-in Host*; hosted Barry Nolan's one-hour, evening talk show. Researched and located topics; conducted live studio and satellite interviews. Fielded live calls.

June 2005 to December 2005

### **American Builder, CN8, The Comcast Network, Boston, MA.**

*Segment host*; served as talent in how-to portion of reality-based construction/home improvement series. Learned home repairs and installations from experts on camera.

June 2005 to August 2005

### **New Morning, The Hallmark Channel, New York, NY.**

*Freelance Segment Producer*; produced narration-free segments about people who are growing spiritually through their work, hobbies, or relationships for national magazine-style morning program. Generated story ideas; oversaw shoots and edits.

June 2003 to June 2006

**American Quilter, Lifetime Real Women Channel, New York, NY.**

*Freelance Segment Producer*; produced six-minute profiles of famous American quilters for magazine-style show. Prepared and oversaw shoots; wrote scripts; oversaw edits.

August 2004 to October 2004

**Careers in New England, New England Cable News, Boston, MA.**

*Host/Reporter*; performed leads and tags; conducted on-camera interviews with professionals at Boston-area workplaces for independently produced half-hour job recruitment television program that aired on New England Cable News.

March 2004 to June 2004

**Vermont's Alternative Fix, Vermont Public Television, Colchester, VT.**

*Host*; hosted live, one-hour, call-in program about alternative medicine with panel of experts. Fielded and clarified questions; interviewed and helped to select panelists.

November 2003

**WCVB-TV, ABC News affiliate, Boston, MA.**

*Part-time Medical Producer*; turned out 90-second packages for the Healthbeat. Interviewed doctors and patients; logged footage; wrote and oversaw editing of stories for daily 5 o'clock newscast.

June 2002 to January 2004

**New England Cable News, Boston, MA.**

*Freelance On-Air Reporter*; reported on proposed bill that would allow Massachusetts residents to buy prescription drugs from Canada legally.

August 2003

**Rural Free Delivery, Vermont Public Television, Colchester, VT.**

*Series Host and Segment Producer*; hosted half-hour magazine-style program about rural Vermont life; produced long-form segments for series. Performed on-camera bridges; narrated series; generated stories;

researched topics; oversaw shoots; wrote scripts.

April 2000 to June 2001

**HealthWeek, PBS, Washington, DC.**

*Freelance Segment Producer*; produced segment about a physician who is also a Native American healer for national PBS series. Conducted interviews; oversaw shoot; wrote script.

March 2001 to May 2001

**Pure Oxygen, Oxygen Media, New York, NY.**

*Freelance On-Air Correspondent*; reported on and produced stories about healing and spirituality in Vermont for new women's cable network in New York City. Researched topics; wrote scripts; conducted on-camera interviews; and narrated segments.

October 1999 to June 2000

**Journeys Into Healing, Wisdom Television, Bluefield, WV.**

*Series Host and Producer*; hosted and produced 26 half-hour, talk programs about complementary methods of healing the body, mind, and spirit. Created the series; researched topics and nationally-known guests; conducted all on-camera interviews; planned and participated in studio demonstrations; wrote and narrated field segments.

May 1998 to December 1998

**Omega Presents, Wisdom Television, Bluefield, WV.**

*On-Camera Interviewer*; conducted 30-minute on-camera interviews with leaders in the holistic health movement at Omega Institute's New York City conference on *Healing the Whole Self*. Read authors' books and developed questions.

April 1998

**Body Mind Spirit, Adelpia Communications, South Burlington, VT.**

*Series Host and Producer*; hosted and produced local, studio-based talk program about alternative healing methods. Created the series; researched guests; conducted all interviews; participated in studio demonstrations of featured therapies.

January 1996 to November 1997

**All My Children, ABC-TV, New York, NY.**

*Actress*; played "Jocelyn" opposite Walt Willey.

May 1990

**RELATED EXPERIENCE**

**WGBH Radio, Boston, MA.**

*Substitute Host*; announced during breaks of NPR's *Morning Edition* and *All Things Considered*. Read local news, grantor credits, and weather forecasts. Selected and edited news items for local newscasts.

November 2002 to June 2005

**Alternative Medicine Magazine, Tiburon, CA.**

*Freelance Writer*; wrote *Personal Journey* articles – stories about people healing from illnesses through alternative and complementary medicine and therapies.

April 2004 to June 2005

**Spa Magazine, Carpinteria, CA.**

*Freelance Writer*; wrote short articles about various spa treatments for the *Day Spa Address Book*.

April 2004 to June 2005

**Body + Soul Magazine, Watertown, MA.**

*Freelance Writer*; wrote articles about health, the healing arts, and spirituality for national publication.

May 2003 to June 2005

**Boston Business Journal, Boston, MA.**

*Freelance writer*; wrote articles about Boston's business community.

April 2002 to July 2002

**The University of Vermont, Burlington, VT.**

*Moderator*; moderated live, national satellite teleconferences about health

care topics like ethical issues in medicine and pain management through complementary methods of healing.

September 2001 to December 2001

**Vermont Life Magazine, Montpelier, VT.**

*Freelance Writer*; wrote feature stories about interesting Vermonters and Vermont locales for national publication.

January 2001 to November 2003

**Business People Magazine, Williston, VT.**

*Freelance Writer*; wrote cover stories about local business leaders and entrepreneurs for local business magazine.

November 1999 to April 2002

**EDUCATION**

M.A. in Teaching English as a Second Language, Saint Michael's College, Colchester, Vermont.

B.F.A. in Acting, New York University, New York, New York.