



THE BALLAD OF SLOTH SHOT is a 19-minute science fiction/western short film by emerging Canadian filmmaker Simon Rasmussen, starring Angie Miller, Bud Ridout, Jo Barnes and Bethany Vale.

Log Line

A sharp-shooting cowgirl must stop a timetravelling supervillain from destroying her town.

Synopsis

A sharp-shooting cowgirl's quiet life is shattered when an injured time traveller collapses in her barn. Struggling to help him, she finds herself alone against a villain from the future intent on destroying her town.



Watch the trailer
Visit the website

TECHNICAL DETAILS

Country of origin Canada

Type Narrative fiction (short)

Run time 19 minutes

Genres Science fiction, western, comedy, action, adventure

Language English

Year 2025

Video format 1920 x 1080/16:9, 23.98 fps

Sound format Stereo

Screening formats DCP (non-encrypted), MP4 H.264



Simon Rasmussen

Writer / Director / Producer / Editor / Music

Simon Rasmussen (hear his name) is a filmmaker from Victoria, British Columbia, Canada. A graduate of the Gulf Islands Film and Television School and Camosun College's media generalist program, he spent his youth transforming forests, ponds and empty garages into backdrops for science fiction adventures. His early film work aired on television in southern Alberta and earned a permanent spot in the City of Medicine Hat archives. Simon is thrilled to return to filmmaking after a 20-year detour for career and family. His goal is to bring fun, authentic characters to life in immersive contemporary, historical and fantastical settings.



Angie Miller

"Jane Kershaw"

Bitten by the acting bug in the early days of Covid-19, Angie Miller has quickly turned her energy and dedication into lead and supporting roles in features, short films and commercials. A versatile actress with a knack for complex characters, she has played detectives, nurses, mothers, reporters, and now adds cowgirl to her resume as Jane Kershaw in "The Ballad of Sloth Shot."

Angie's dream is to land a role in an action movie and hopes her commitment to physical fitness helps her train for that part. Outside of acting, she enjoys travelling and exploring the natural beauty of Vancouver Island with her family.



Bud Ridout

"Banzai" / Associate Producer

A voiceover artist, podcast host, photographer, radio broadcaster, DJ and classically trained geek, Bud has been an integral part of Simon's filmmaking adventures on both sides of the camera for nearly 25 years. By day, he oversees the websites, social media, branding, design, photography and videography of radio stations The Zone @ 91-3 and 100.3 The Q! in Victoria. In his fleeting spare time, he is a proud Papa and root beer connoisseur who enjoys long walks on the beach, but only in video game locales like Hyrule from "The Legend of Zelda."



Jo Barnes

"Dr. Helena Watt"

A trained dancer in a variety of styles, Jo has a passion for the arts. Her film work includes projects with Sublunar Films, Clock Tower Images, and Front Street Pictures, and she has been active in the Victoria theatre community for over 20 years. Stage credits include: "Mrs. Savage", (The Curious Savage, St. Luke's Players), "Marilla Cuthbert" (Anne of Green Gables, Victoria Operatic Society) and "Fraulein Kost" (Cabaret, Langham Court). Jo is also a writer for Seaside Magazine and is currently working on her M.A. in English at the University of Victoria.



Bethany Vale

"Karlis"

Bethany first discovered her love of acting through "Theatre on Ice" at age five and never looked back. Growing up, she took every acting class and theatre camp possible, leading to a career that has taken her from Disney World as a character performer to cruise ships as an entertainer and game show host. After earning a Diploma in Acting from the Victoria Academy of Dramatic Arts, she moved to Vancouver to pursue film and television. Since then, she has figure-skated for productions such as Disney's "Noelle," worked as an actor on award-nominated short films, commercials, and most recently landed roles on multiple vertical drama series.



Nina Parrotta

Music

An accomplished classical pianist, multi-instrumentalist and emerging freestyle dubstep producer, Nina holds a BFA majoring in visual arts, specializing in high concept sound art and installation. She has been part of Vancouver Island's music scene since the age of 16 and has shared lineups with talent such as Talib Kweli and Twin Peaks. Performing as DJ Molly Pocket, Nina released her debut solo album in May 2024. Her productions reached #1 on CFUV radio's EDM top ten twice and landed at #71 on CFUV's top 100 albums of 2024.





CAST CREW

Angie Miller "Jane Kershaw" Writer, Director, etc. Simon Rasmussen "Banzai" **Bud Ridout Bud Ridout** Associate Producer "Dr. Helena Watt" Music Simon Rasmussen **Jo Barnes Bethany Vale** "Karlis" Nina Parrotta Production Sound Lead Gabrielle LePage David Van Ommen "Heckler" "Constance" Key Production Asst. Kaitlyn Boone Loretta Dugaro "James" James Rasmussen Special Effects Makeup **Hannah Parsons** Peter Rasmussen "Child 1" Production Sound Doug Bidwell "Nurse" Kaitlyn Boone Set Photography **Bud Ridout** Amber Stark "Control Pad Voice" **Shannon Horlor** Pol Plastino "Thug" Kyra Tuggle Gavin LeClaire "Reporter" Samantha Kolb "Computer and Foley Artist/Prod. Asst. Peter Rasmussen Jesse Lorn Drone Photography Intercom Voices" **Graeme Hafey** Siena Scigliano "Child 2" Firearms Consultant James Rasmussen Simon Rasmussen "Narrator" "Sadie" Camille



STILLS













FAQs

What was your inspiration for the film?

Back in high school, I spent every free minute making science fiction home movies, until a TV miniseries called "Buffalo Girls" hooked me on westerns. Instead of shootouts and train robberies, "Buffalo Girls" told the stories of historical figures like Calamity Jane and Annie Oakley struggling to adapt as the Wild West they knew came to an end.

I loved the history and the characters, who were mostly women from that time. They felt like real people, and I wanted to create my own cowgirl with that authentic, independent spirit, placed in a modern context and fused with a streak of sci-fi. But being 17, I had no clue how to do it, and it took almost 25 years until I felt equipped to tell her story the way I always hoped.

How long did it take to make?

From first draft to picture lock took $4\frac{1}{2}$ years. We filmed over 16 months when scheduling, resources and good weather permitted, and the cast and crew were incredibly patient and generous with their time.

Where was it filmed?

Primarily in and around Victoria, British Columbia, with establishing shots in Invermere, B.C, bordering the Rocky Mountains. I have the good fortune to spend part of every summer in Invermere, and the backdrop of mountains, fields and horses was the perfect setting, even if most of what you see is filmed just 15 minutes from the ocean.

How were you able to fund the project?

The film was self-financed and would have been impossible without the generosity and dedication of our volunteer cast and crew. Because of them, the story I always wanted to tell has finally come to life, and I hope I have properly expressed my deep gratitude to each of them.

What was your favourite part of production?

Without question, the time on set with the cast and crew. There's a magic that forms when the right group of people comes together, and I am truly grateful for their talents and kindness that made this filmmaking experience so special.

What are your hopes for the film?

First and foremost, to share a story I've wanted to tell for more than half my life. After two decades away from filmmaking, I wanted to prove to myself that I could make this and put to good use the experience and resolve I've gained in that time. My hope is to establish myself as a filmmaker and build on what I've learned. Wherever that journey leads, I want it to include opportunities to work with the amazing team from this film again.



BEHIND THE SCENES









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