

# Tembi Locke

## Introduction

At 31, Tembi Locke had two major roles; on-screen - she worked as a TV actor and off-screen - she was wife to a brilliant, Sicilian-born chef, Saro. It was an ideal life for the girl who had always dreamed of a life in the arts and who begged the last bite at the end of a delicious meal. Yet the path of life put before us are often marked with unexpected turns. Without any warning, Saro was diagnosed with a rare, life threatening bone cancer and this actor, mother, writer, artist, and chef's wife was soon to be known as a young widow. Through it all, she became passionate about bringing people together in moments of crisis and helping others through hard transitions with innovative, supportive strategies. Across America, Tembi takes the stage to raise awareness about how to support each other through times of illness and grief. Tembi guides her audience through reclaiming the lost art of comforting the soul. Using the tools she learned at the side of her chef husband, she chops, tastes and transforms the raw ingredients of loss and gratitude into something generous and sustaining. Ladies & Gentlemen please help me welcome to the stage, Tembi Locke!