

Rick Howland is a Canadian actor now based in LA who is best known for his portrayal of “[Trick](#)” in the long running hit Sci-fi series [Lost Girl](#) (5 Seasons). Howland is very proud to be a part of Canadian history, having played “Harry Buttman” in [Bon Cop Bad Cop](#) opposite Patrick Huard and Colm Feore, and played acting-icon Jayne Eastwood's son in *Endless Grind*. He wrote his own stand-up routine for [Club Land](#) directed by Saul Rubinek, screenplay by Steven Webber. Howland starred opposite rock legend Meatloaf in the feature [To Catch A Yeti](#). Other notable performances include the series’ *Killjoys*, *Sanctuary*, *Billable Hours* (2 Seasons), *Murdoch Mysteries* and *Sue Thomas F.B.Eye*. He can also be seen in the award winning *Santa Baby*, *Short Tongue Freddy* and *Tin Man*. Selected theatre credits include: *Veriété* (Volcano), *Shooting Penguins* (Factory), *A Short History of Night* (Factory) and *Lion the Witch and the Wardrobe* (YPT). He was also founder, writer and performer in *The Four Strombones* comedy troupe (Rivoli, Lee’s Palace, 1994 Toronto Fringe Festival and many more).

Howland co-wrote and directed the award winning short film, [Underwritten](#), for the Toronto 48-hour film festival. He directed, performed, and edited the improvised series [Backseat with P & J](#) with Sunday Muse on You Tube. As a recording artist he has released his 3rd album, [Hold My Hand](#), featuring “[She’s a Goddess](#)” heard in Season 4 of *Lost Girl*, album available on [iTunes](#) and from his [website](#). These projects including his [acting reel](#) and resume can be found at [www.rickhowland.ca](#). Find him on [IMDB](#). He can be followed on [Facebook](#), [Instagram](#) and [Twitter](#).