



FOR IMMEDIATE RELEASE

March 12, 2009

## Tapestry & Words in Motion announce the world premiere tour of *Get Stuffed*, a new opera for children that's good enough to eat!

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TORONTO, ON...Tapestry new opera works and Words in Motion are pleased to announce the world premiere and spring 2009 tour of *Get Stuffed* a comic opera about serious decisions. *Get Stuffed (with the good stuff!)* features vocalizing vegetables along with a big helping of other opinionated edible characters, all competing to influence one child's daily diet.

Written by Toronto composer **Richard Payne** and Montreal writer **Alexis Diamond** for 5 singing actors and 2 musicians, *Get Stuffed* is intended for family and school audiences. Set in a school cafeteria, *Get Stuffed* promotes environmentally-friendly, healthy food choices inspired by the Canada Food Guide, with special prominence for fruits and vegetables grown in Ontario. The dramatic conflict revolves around introducing a new chef to the school cafeteria. With a libretto that includes foods representative of Canada's ethnic diversity, this opera will be a feast for young ears, eyes and minds.

A new Canadian opera for young audiences, *Get Stuffed* is presented by **Tapestry** and **Words in Motion**, and was developed in association with **The Canadian Diabetes Association**. With multi-year support from the Ontario Trillium Foundation, sponsorship from the Ministry of Health Promotion and support from the Healthy Eating Program at Ontario Agri-Food Education Inc., the opera will tour schools in the GTA and south western Ontario for 3 weeks beginning April 19, 2009 and will tour schools across Ontario, including northern catchments, in spring 2010.

### From the Ministry of Health Promotion:

*"Encouraging children to eat more fruits and vegetables and to be active every day is vital to good health and well being," says Margaret Best, Ontario's Minister of Health Promotion. "The Get Stuffed school tour is a creative way to deliver important health promotion and disease prevention messages to children in communities throughout Ontario."*

### From the Ontario Trillium Foundation:

*"This is a fresh approach for delivering a message about good nutrition to children without it seeming like a lesson," said L. Robin Cardozo, CEO of the Ontario Trillium Foundation. "The Foundation is glad that we could provide Tapestry and the Canadian Diabetes Association with this grant that is using music and performance to help deliver a message on the importance of healthy eating."*

An October 2008 preview tour of 10 Toronto schools generated a wave of positive feedback from teachers and students alike:

*"Adults and children alike were entertained by big voices and splendid soundscapes at the performance of "Get Stuffed", definitely not an ordinary opera. The primary students were mesmerized by the complex yet accessible medley of voices and veggies as well as instruments (where did that sound come from?) provided by a stellar cast of musicians and vocal artists. The children were completely engaged by the dramatic performances and responded enthusiastically to the non-stop, ever-changing musical smorgasbord of continually surprising and often amusing rhythms and sounds. Adults were moved to laughter by the nuances of the script but nothing was lost on the children who sat up taller and craned their necks, anxious to see if their fallen diva would revive. All this and learning, too! Canada's Food Guide never had it so good."*

### **West Prep Public School**

As Diabetes continues to impact more and more Canadians, it is clear that primary prevention strategies and educational programs must be initiated. Currently there are 2,000,000 Canadians living with Diabetes and this number is projected to increase to over 3,000,000 by 2010. In Ontario alone, the current prevalence rate is approaching 9%, almost 3 percentage points higher than the global incidence of 6.4%. Particularly alarming is the increase in Type 2 diabetes among children.

- **In the next 15 years, it is anticipated that the global incidence of type 2 diabetes in children will increase by up to 50 per cent.**

*Get Stuffed* is directed by **Emma Tibaldo**, Artistic and Executive Director of **Playwrights Workshop Montréal** with music direction from **Wayne Strongman** and set and costume design by **Beth Kates**. A vibrant young cast of 5 singing actors and 2 musicians bring this world of colourful characters to life!

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### Spring School Tour

April 19 to May 9, 2009

GTA & South Western Ontario

Very limited performances available!

### 2010 Spring School Tour

Dates: TBA

Northern Ontario

**For booking enquires** please contact Amber Ebert, Outreach & Education Director, Tapestry at 416.537.6066 x224 or [education@tapestrynewopera.com](mailto:education@tapestrynewopera.com).

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### ABOUT THE COMPANIES

**Tapestry** - **Tapestry** is dedicated to the creation, development and performance of new opera works through its unique and highly collaborative work process. Under the leadership of Managing Artistic Director Wayne Strongman, Tapestry engages the hearts and minds of artists and audiences on subjects relevant to contemporary society. The Tapestry process begins at the annual Composer-Librettist Laboratory where writers and composers are introduced to collaborative creation. Successful partnerships move on to create 15-minute operas for our annual *Opera to Go* production and graduate to full-length works. Our INside Opera Education Programme gives students the chance to discover their own stories and engage in the creation of new opera. Our new children's opera, *Elijah's Kite* by Camyar Chai & James Rolfe has already toured to over 30,000 students across Ontario. Tapestry productions which have premiered to critical and popular acclaim include *Sanctuary Song* by Abigail Richardson & Marjorie Chan (with Theatre Direct in partnership with Luminato), *Nigredo Hotel* by Ann-Marie MacDonald & Nic Gotham, *Elsewhereless* by Atom Egoyan & Rodney Sharman, *Still the Night* by Theresa Tova, *Facing South* by Don Hannah & Linda C. Smith and the Dora Award-winning *Iron Road* by composer Chan Ka Nin & librettist Mark Brownell. [www.tapestrynewopera.com](http://www.tapestrynewopera.com)

**Words in Motion** - **Words in Motion** promotes literacy in its broadest sense. This encompasses not only reading, writing and numeracy, but also emotional and social literacy as well as cultural appreciation. Specializing in arts education, Words in Motion promotes intellectual development, self-esteem and arts appreciation in young children by presenting music, drama and literature. The not-for-profit company works with accomplished musicians, actors, dancers and improvisational performers to support teachers in elementary schools who are increasingly challenged to provide for both the academic and social, emotional needs of young children. It is critical that the impact of Words in Motion be sustainable. Through its programs, participants recognize the performing arts as a vital, creative and educational tool, both within and outside the traditional classroom setting. A Words in Motion experience demonstrates the possibilities of incorporating expression and imagination into the day-to-day activities of children. The expectation of our programs is that the life lessons learned will remain with students as they develop into mature and contributing members of their communities. [www.wordsinmotion.ca](http://www.wordsinmotion.ca)

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For further media information and artist interviews please contact **Anna Mathew, Marketing & Communications Director** at 416-537-6066 x221 or [media@tapestrynewopera.com](mailto:media@tapestrynewopera.com)

