

Dancers head to fairs thanks to Trillium grant

Stouffville's Motus O dance theatre will be taking its act to regional fairs and people with autism, brain injury and aphasia, thanks to new funding from the provincial government.

The popular dance troupe will receive \$189,400 over three years to develop Moving Stories, a mix of new dance works and movement workshops, according to the Ontario Trillium Foundation.

Motus O will work with the Markham Fair to create and perform five shows with agricultural themes, and with Autism Ontario and the Stouffville-based York-Durham Aphasia and Acquired Brain Injury Centre on movement workshops and the formation of a dance troupe of clients and caregivers.

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"(This will allow us) to create and perform annual shows relating to agricultural fairs as part of the Markham Fair, eventually bringing our circle tent to other regional fairs as well," said Jack Langenhuisen, co-artistic director/general manager of Motus O.

Workshops with Autism Ontario and York-Durham Aphasia and Acquired Brain Injury Centre will culminate into a full-length show that will be launched at the Lebovic Centre for Arts and Entertainment - Nineteen on the Park in Stouffville.

Motus O is an international touring company that creates works of pathos and comedy, fusing dance, theatre, film and music. Since its inception in 1990, it has been delighting audiences across Canada, the USA and overseas. Motus O is one of the leading dance companies in Canada performing for 25,000 people every year.

- Jim Mason

MOTUS O RETURNS WITH 'PRISONER'

Returning to Nineteen on the Park, by popular demand, is the Prisoner of Tehran.

The show is collaborative production between political prisoner/author Marina Nemat and Stouffville's Motus Dance Theatre.

The shows take place Oct. 8 and 10. Tickets go on sale Aug. 29.

The show is not intended for audiences under 13 years of age.

For tickets, go to <http://nineteenonthePark.com>



'LIKE' US YET?

We're at 'Stouffville Sun-Tribune'

LOCAL SEEDLESS WATERMELON

When I tried these they were still on the unloading dock at the produce market - just picked. They are sweet and juicy, and I know this because my hands stuck to most of what I touched till I had a chance to wash! These are a moderate size - not the giants that we cut or slice, but sufficient for a family.

From Simcoe.

While supplies last.

\$3.99 EACH THIS WEEK

MARINATED BONELESS CHICKEN BREASTS

These are cut from our air-chilled chickens, and then marinated in any of the four preparations; Teriyaki, BBQ, Hyatt or a spicy Jamaican Jerk. They are ready to grill, or bake, or even to cut in cubes to make your own kebabs or stir fry.

Reg. \$11.95/lb (\$26.34/kg)

and they will be featured at

25% OFF THIS WEEK

APPLE - ALLSPICE SAUSAGES

We make these with coarsely-ground fresh pork, chopped granny apples, enough allspice to notice, all rounded off with some apple cider as the moisture component.

Reg. \$5.99/lb (\$13.20/kg)

25% OFF THIS WEEK

WHAT'S COOKIN' AT THE DELI

This week, we'll start with our Chickpea Salad. We make this with chickpeas of course, and diced red onions, cucumbers, tomatoes and cumin in a rice wine vinaigrette.

Reg. \$1.89/100g

Featured at 1/3 OFF this week

Just so you know, this salad (as most are) is at its best at room temperature.

Our next item will be Doreen's Pickled Beets. We now have local new-crop beets, to which we add sweet vidalia onions, sugar, salt, pepper and the vinegar.

Reg. \$1.89/100g

Featured at 1/3 OFF this week

Next are my Jack Daniels BBQ Ribs done in our small smoker. We do them for a longer period of time at a lower temperature, and the result is a smoky edge, and that 'fall off the bone' succulence.

Reg. \$3.29/100g

Featured at 25% OFF this week

Still more! We'll feature two house items that we routinely make and use in our recipes, the first being our Sweet and Tangy Mango Salsa which is a great relish for most fish and chicken, or straight from the container. The second one is our Jack Daniels B.B.Q Sauce, which goes with just about everything in the store.

Both will be featured at \$3.99 per container

BROCCOLI

We'll have a special on our Caledon Broccoli this week. You'll get greens in your diet and that's good! Actually from Caledon!

99¢

CHEESE PLEASE

We've got two choices this week, and they are both great. The first is Buffalo Mozzarella Balls. You will need one of these, a field tomato (or even an 'heirloom' tomato) and some fresh basil (we've got that too) to make the perfect 'Insalata Capricciosa'. I love this salad, especially with coarse sea salt, freshly cracked pepper and the Brunello Organic Balsamic Vinegar.

Reg. \$6.99ea.

SAVE \$1.00 this week.

The second item is Maple-Smoked Old Cheddar Slices. Mariella tells me that these are 'Burger Style', and I know first hand that they really jack a burger up.

Reg. \$4.79/100g.

Featured at 1/3 OFF this week

WHAT'S FOR LUNCH?

We'll be featuring a freshly made Tuna Salad Sandwich this week. We start with our homemade tuna salad, fresh red pepper slices, avocado, sliced red onion and 'greens', all on 'ancient grain' bread for \$5.99 each. Tuna is a bit of an underrated item nowadays, except at our house where there is always a tub in the fridge, comfort food to be sure.

We are also featuring our amazing Caramel or Vanilla Iced Latte. Price here will be \$2.99 and as Grethe always says, and I pass it on, "Have a wonderful day!"

WHAT'S FOR DINNER?

From our frozen section we will begin with our Roasted Red Pepper Soup. This is always a fave because it goes with almost any dish, and the second item will be our Cabbage Rolls, which are enjoyed by everyone except my pal Pattie E, whose mom made better ones.

Soup is regularly \$7.95/900ml

Cabbage Rolls are regularly

\$13.95/container of four.

Both will be featured at

25% OFF THIS WEEK

WILD ONTARIO BLUEBERRIES

... now is the time to get them in baskets and go crazy with these little gems. 11 quart baskets are in, and we've had to buy a LOT to get a good deal, so help me out folks. They will be \$90.00 per basket (much less than the highway price) and they will be #1 quality. One thing that I ask is that you return the empty baskets to me. It's part of what I had to promise to get the best deal. Come and get 'em!

WHAT'S HAPPENIN' OUTSIDE!

We've got a few fall items in now - some Mums in a couple of sizes, and the first of the fall planters, a selection of Asters, Peppers, some annual Ornamental Grasses and a new arrival of Fresh Basil Pots to make your Caprese Salad!

MANGOES

We have a nice supply of Mexican Keitts Mangoes for this week. They are size 8 which is quite large, and although they have a greener appearance, they will eat very well.

99¢ EACH

WHAT'S BAKING THIS WEEK?

It's that time of the year again - amazing Ontario peaches! We have a few amazing peach creations for you!

PEACH CUSTARD SHORTCAKE - Layers of white cake filled with our beautiful vanilla custard, whipped cream and fresh diced peaches. sure to become a favourite! **\$20.95**

PEACH SLIPPERS - Peach halves baked atop custard on a puff pastry shell. Sprinkled with a bit of ginger, nutmeg, cardamom and cinnamon. **\$3.99**

PEACH PIES - Our peach pies are available with either a streusel or lattice topping, freshly baked or frozen and ready-to-bake. **\$12.95**

PEACH SCONES - Freshly diced peaches with some lemon zest and spices! **\$1.69 each**

PEACH CUSTARD CAKES - This is my favourite of our different custard cakes. Apples and peaches baked in a delicious buttercake with liquid custard poured in half-way through baking! It is even better the next day. **\$15.95 and \$24.95**

All these items are

25% OFF THIS WEEK

AT THE BANDSTAND THURSDAY EVENING

This week it's the hugely popular 'Hotel California', who will treat us to the classic hits of The Eagles. This performance starts at 7:30 and runs until 9:00 with the street open until 2:00 or whenever... enjoy your evening!

SPECIALS IN EFFECT FROM THURSDAY TO CLOSING SUNDAY, AUGUST 17

Hours: Mon. - Fri. 8:00-8:00

Sat. 8:00-6:00 - Sun. 9:00-6:00

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