



The Power of Performance **Public Energy**

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Women speak out and speak up in award-winning theatre show *Mouthpiece* coming to Peterborough on February 23

Public Energy is bringing one of Canada's most successful international theatre hits of the past year with the original cast.

**Public Energy presents *Mouthpiece*
By Quote Unquote Collective (Toronto)**

WHEN: February 23, 2018 at 8PM

WHERE: Market Hall, 140 Charlotte Street, Peterborough

TICKETS: \$23 / \$15 students, underwaged. Through the Market Hall Box Office, 705-749-1146

POST SHOW Q&A: With refreshments immediately following the show

ARTIST WORKSHOPS: With Elizabeth Fry Society and New Canadians Centre Women's Group

Mouthpiece is the winner of three Dora Mavor Moore Awards, The Toronto Theatre Critics Award for Best New Canadian Play (2017), Stage Award for Best Performance (2017) Edinburgh Festival Fringe

A smash hit which has toured to Edinburgh, Los Angeles, and across Canada, ***Mouthpiece*** is an award winning theatre performance which will be performed in Peterborough on **Feb.23rd at 8pm** at the **Market Hall Performing Arts Centre**, followed by a **post-show reception** and **artists' talk-back**. Co-created and performed by **Norah Sadava** and **Amy Nostbakken** of **Quote Unquote Collective**, *Mouthpiece* is a harrowing, humorous, and heart-wrenching journey into a woman's psyche. Interweaving music, a cappella harmony, dissonance, text, and physicality, it follows one woman for one day, as she tries to find her voice. Played by two performers, *Mouthpiece* expresses the inner conflict that exists in one woman's head, exploring the push and the pull, the past and the present, progress and regression of thoughts and emotions. *Mouthpiece* is directed by Amy Nostbakken with movement direction and dramaturgy by Orian Michaeli.

In an interview for Public Energy's Curator's Corner podcast Nostbakken and Sadava describe the story of *Mouthpiece*: "it's about a woman who wakes up and discovers that her mom's dead, and she has to do the eulogy the next day, and she wakes up with no voice," says Nostbakken. "Her mother's death causes her to



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reflect on her own generation and who she is and where being a woman stands in that generation compared to her own...and she has a massive feminist awakening,” adds Nostbakken.

After premiering in Toronto in 2015, *Mouthpiece* has toured to Edinburgh UK, Los Angeles, Calgary, Vancouver, Winnipeg, Ottawa, St. Catharine’s, Whitehorse, and Dawson City. In fact, it was Hollywood actor Jodie Foster who was so impressed after seeing *Mouthpiece* performed in Toronto, that she brought the show to Los Angeles. “When we first saw Norah and Amy’s breathtaking performance we were speechless. *Mouthpiece* touches on every part of the female experience from birth to death using dance, music, and wicked humour with just a bathtub for scenery. The result is a new kind of feminist language which ignites pure, intravenous emotion. It’s impossible to describe and truly unforgettable,” says Foster. After coming to Peterborough on Feb.23, *Mouthpiece* will travel to Victoria BC., Sheffield UK, and then back to Toronto. *Mouthpiece*’s script has recently been published by Coach House Books with an introduction by Michele Landsberg.

“The story of *Mouthpiece* - a woman finding her voice - could not be more relevant at this moment in time, as women everywhere are speaking up and speaking out against harassment and abuse,” says Public Energy’s Performance Curator Victoria Mohr-Blakeney. “It really is an astounding theatrical performance, an exploration of contemporary feminism that couldn’t be more timely, we’re very lucky to them here in Peterborough” she adds.

Since 2015, *Mouthpiece* won the [Stage Award](#) for Performance, and the [Summerhall Jawbone Award](#) at the Edinburgh Fringe Festival (2017) and was nominated for nine Dora Mavor Moore Awards including: Outstanding Production, Outstanding Performance - Ensemble, and Outstanding Sound Design/Composition in the General Category, and won 3 Dora Mavor Moore Award for Outstanding Performance by an Ensemble (2015) and Outstanding Sound Design/Composition (2015/2017). *Mouthpiece* went on to win the award for 'Best New Canadian Play' at the [Toronto Theatre Critics Awards](#) for the 2016/17 season. When asked why *Mouthpiece* has achieved so much success, Sadava and Nostbakken



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respond that there is a lack of female voices in our society. “What *Mouthpiece* has done is express the truth, our own truth, about how it feels to be a woman in contemporary society, and that has been really absent from mainstream culture,” says Sadava. “It just resonated with a lot of men and women - hearing said out loud the things that we all experience and think, and that is just starting to become ok – to be heard,” adds Sadava.

In addition to the Feb. 23rd performance, Public Energy has partnered with the Elizabeth Fry Society and the New Canadians Centre Women’s Group to host two Storytelling the Body community workshops taught *Mouthpiece* artists Amy Nostbakken and Norah Sadava on Feb. 22nd. “It’s important to us at Public Energy that artists spend time in the community while they’re here. We’re really thrilled about the workshops that Amy and Norah will be giving with the Elizabeth Fry Society and New Canadians Centre Women’s Group while they’re here” says Mohr-Blakeney.

Quote Unquote Collective is committed to sharing its passion for theatre making through physical and educational workshops that continually grow and evolve. The company, Quote Unquote, works internationally with schools, colleges and universities and community groups to bring their unique approach to people of different ages and experiences. The Storytelling Body workshop (devising/physical theatre) teaches participants how to use the body to create characters, spaces, emotions, poetry, and atmospheres, and ultimately tell stories without words. “It’s important that people have access to art and performance in a variety of ways, not just by buying a ticket and walking into a theatre. Everyone deserves access to artists’ work” says Mohr-Blakeney.

Praise for *Mouthpiece*

“This show lays bare in an emotionally authentic, creative, often funny, self-reflective and guileless way what it’s like to be a woman in our society.”- **MY ENTERTAINMENT WORLD**



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“Utilizing creative movement and snippets of songs, the duo evoke a unique yet familiar world using nothing more than their bodies, voices and a large bathtub.”- **NOW MAGAZINE**

“It’s an engrossing and virtuosic performance, layered with meaning and culminating in a silent scream that any person — male, female or undefined by arbitrary binaries — will recognize from their own confused, complicated and conflicting mind.”-**THE TORONTO STAR**

About Quote Unquote Collective

Defying conventions of style and form, **Quote Unquote Collective** is built on the idea that individual ideas demand to be expressed through different forms, and should be expressed by whatever means necessary. Quote Unquote is a Toronto-based multi-disciplinary performance company that aims to work outside the boundaries of tradition and expectation. Engaging with urgent social and political themes, the company is founded on the firm belief that art and performance are tools to provoke conversation and change.

About the Artists

NORAH SADAVA Co-artistic director of Quote Unquote Collective, is an award-winning Toronto-based performer and playwright with a background in devised physical theatre. A graduate of the MFA program at the Dell’Arte International School of Physical Theatre in Blue Lake, California, she has been involved in the writing and creation of new work with numerous companies both in Canada and internationally. International credits include; The Hinterlands Ensemble (Milwaukee, WI), Mud/Bone Collective (Brooklyn, NY), TeatroIATI (NYC, NY), PunchDrunk (UK/US), and Caravan Stage (Sicily, Italy). In Canada Norah has assisted in co-creating 5-time Dora-nominated The Double with BadNewDays (co-produced with the Tarragon Theatre, Toronto ON), Dora-nominated The Tale of a T-Shirt with FIXTPoint Theatre (Toronto, ON), Bloody Family with Philip McKee (in association with The Theatre Centre, Toronto



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ON), *The Stranger* with Dopolavoro Teatrale (Summerworks 2014), *Wildlife* with Events in Real Time/Summerworks (Toronto, ON) and *the Tale of a Town* London and Ottawa with FIXTPoint Theatre.

AMY NOSTBAKKEN Co-artistic director of Quote Unquote Collective and core member of Theatre Ad Infinitum UK. An award winning playwright, performer and musician, Amy graduated from Concordia University with a degree in Theatre Studies in 2005 and then trained for two years at École Internationale de Théâtre Jacques Lecoq in Paris. She has co-created and composed numerous award-winning productions including Theatre Ad Infinitum's *First Class* (2011), *Ballad Of the Burning Star* (2013) and the one-woman show *The Big Smoke* winner of a 2011 Argus Angel Award, a 2012 Manchester Theatre Award and 2015 Solo United Festival award in NYC. Most recently Amy composed, performed and acted as musical director for Theatre Ad Infinitum's highly acclaimed *Bucket List* which premiered at the 2016 Edinburgh Fringe and is currently developing Quote Unquote Collective's *Now You See Her* – an all female Rock opera.

Public Energy is a presenter and animator of contemporary dance, theatre, performance, and interdisciplinary work. Their work is dedicated to supporting the creation, touring, and presentation of innovative contemporary performance arts, and to developing audiences that are knowledgeable and passionate.

Show and Season Sponsors and Funders

Mouthpiece's appearance in Peterborough is made possible by Public Energy's corporate sponsors and season funders.

Show sponsor: Dave Robertson, Century 21 Real Estate

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