

♦ ARTS ♦

Ann Tudor's table

High Park resident's spoken-word debut

BY MATT LANG

A woman who has lived life as a church organist, craftsperson, copy editor, alternative medicine practitioner, cook, wife, and grandmother has many stories.

With the release of her debut spoken-word album, *Tales from My Table*, High Park resident Ann Tudor finally is ready to tell them.

"I didn't really choose that medium, it chose me," she said. "That's how I write. I always thought I would write, but I did not like the sound of my written voice. It was too casual."

"It wasn't until the last couple of years that I realized, 'That's my voice, that's it.' I'm not a poet. I'm not a fiction writer. My mind doesn't work that way. But when I write these stories, that's me. That's where I am.

"After all those years of not knowing what to write, it's as if I've come into my own, finally."

Tudor was first inspired to become a spoken-word artist when friends and family, over and over, told her "You ought to be on the radio!"

She tried making two similar albums with content only for the

ears of close family members, and the overwhelming response was that she should tell some of her life stories to the public.

of the album for grammar, but that's about the only external modification on the entire piece.

It's as if she is speaking to her listeners like she would a close friend over coffee, the unfiltered and genuine flavour of the piece spills through, with food simply being a natural engine of conversation.

It's an experience Tudor apprehensively relishes.

"It's scary, but I made a decision to do that," she said. "In our society, no one opens up. So, [the album] is an example that it is possible to open up and the sky doesn't fall in [if you do]."

"Someone could come up to me and say 'That thing you said about corn, I really loved that,' and then I think 'That's my memory. What're they doing with it?' But, it's exhilarating, and so far everyone's adored the stories."

Should she have success with her new CD, Tudor plans on making more albums, and said she already has the makings of two other food intensive pieces and a mini-series she calls *Angel Brushes*.

For more information about Ann Tudor's *Tales from My Table*, please see www.anntudor.ca.



Ann Tudor's *Tales from My Table*, a food-intensive collection of spoken-word, was released in September.

Thus, *Tales from My Table* was born through Molten Gold Productions, a label operated by her husband, journalism professor emeritus Dean Tudor, and consists of 12 short stories, each a food-intensive, personal narrative with an easily digestible plot but a more symbolic and intangible subtext.

Tudor herself edited the content