

# Keynote speaker to inspire Cultural Symposium attendees to dream big

The keynote speaker for the upcoming Halton Hills Cultural Symposium is David Prosser, Director of Communications at the Stratford Shakespeare Festival. The Symposium, organized by the Halton Hills Cultural Roundtable (HHCR) will be held Jan. 20-21.

As an accomplished international speaker Prosser will inspire attendees to dream big about Halton Hills' future by describing the long and challenging transformation of the community of Stratford from coal train hub to world class arts centre. Along the way he will speak about how individual community leaders can join together around a common vision and make dreams come true.

HHCR also plans:

- Lots of time to meet, catch up and share experiences with others working or volunteering within Halton Hills arts, culture and heritage
- A demo of the My Halton Hills community website currently under construction and how it will benefit your group/business
- A chance to shape this community's



**DAVID PROSSER**

future by giving your input into the Halton Hills Sustainability Project

- A behind-the-scenes tour of all that the new Acton Library has to offer
- And three use-it-now learning sessions:

1. How to engage, energize and keep intergenerational volunteers
2. How to understand and use the Celtic Wheel of Leadership to maximize the effectiveness of project groups, boards and teams that you are involved with
3. How to quickly and effectively write grant applications that appeal to funders

There are two ways to register: 1) online at [www.haltonhills.ca/theatre](http://www.haltonhills.ca/theatre) or 2) by calling Beatrice at 416-575-1232 to reserve a spot. Registration for the Friday evening/Saturday event is \$35 for the first individual and \$25 for a second. Youth, 18 years of age and under, are free.

**Thursday, Jan. 12**  
**Central Badminton Club:** resumes its schedule Jan. 12. There is room for new members. The club meets Thursdays, 8-10 p.m. at Georgetown High School, Gyms 1&2. Info: Jim Colter, 905-877-8805.

**Halton Hands in Motion Knitting and Crocheting Guild:** 7-9 p.m. at the Georgetown Seniors Centre.

**POWER Speaker Series:** It's more important to change laws than light bulbs. Join Grant Linny, career outdoor and environmental education trained by Al Gore's Climate Project, for a discussion on reinventing priorities and how to act on them, 7-8:45 p.m. at the Georgetown Market Place. Info/to register: [www.powerhalton.ca](http://www.powerhalton.ca), 905-873-1820.

**Bingo:** 7-9 p.m. at Georgetown Opticist Club, 13439 Hwy. 7.

## Friday, Jan. 13

**Soup Night:** at Norval Presbyterian Church on Saturday at 5:30 p.m. Presentation on Humanitarian Projects in the Dominican Republic. Cards and other games to follow. Free will donations.

**Adult Mixed Volleyball:** 7-10 p.m. in Acton. Non-competitive. Fun and great exercise. Begins Jan. 13. First night free. Info: Bonnie, 905-873-7125 or John, 905-854-0755.

**Family Storytime:** drop in on Fridays, 10:30 a.m. at the Gellert Centre or on Saturdays, 11 a.m. at the Georgetown Library.

**Technology Made Simple—Downloading eBooks:** 2-4 p.m. at the Acton Library. A mini presentation on how to download eBooks from the library, and then experienced tutors will be available to help you with any kind of technology question you may have. Just drop in, no registration required.

# Community Calendar

**Arena fundraiser:** The inaugural fundraising match-up between coaches from the North Halton Girls' Hockey Association and the Georgetown Minor Hockey Association will take place 8 p.m. at the Alcott Arena, with proceeds going to the new Arena Fund. The arena will be decorated and sectioned off with the respective team's colours. Activities in conjunction with the game. Tickets \$5 and youths wearing GMHA or Twister jerseys accompanied by an adult will be admitted free.



**Toonie Movie Afternoon:** 1 p.m. at the Georgetown Seniors Centre. \$2.

**Adult learning:** Adults need to upgrade your skills? Read, Spell, Write, Math and Basic Computer Workshop. Tuition is free. Small registration fee. Call 905-873-2200 for free assessment.

**Acton Legion euchre:** 7:15-9:45 p.m. Everyone is welcome. \$2.

**Friday night euchre:** 7 p.m. at the Georgetown Legion. Admission \$2.

**Nordic Pole Walking:** Mondays and Fridays 10-11 a.m. indoors at Prospect Park. Bring toonie for Acton Agricultural Society. Info: Ginger, 905-691-9122.

**Moonlight Snowshoe Hikes:** at Crawford Lake Conservation Area, Friday and Saturday, until Feb. 25. Guided snowshoe hike, 6:30-8:30 p.m. The evening will begin with an introduction to snowshoeing and end with a fireside gathering and hot chocolate. Snowshoes are provided. Register: 905-854-0234, [crawlake@hrca.on.ca](mailto:crawlake@hrca.on.ca).

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# Males wanted to audition for Annie

Globe Production's Youth Company is holding *Annie* auditions for males in the age range of 8 to 20 and are flexible within that range.

The auditions are Sunday, January 22, 11:30 a.m. at the Old Armoury, 1A Park Ave., Georgetown, (Georgetown Fairgrounds).

Male roles in *Annie* are Daddy War-

bucks, Rooster, Mr. Bundles, Drake the Butler, Bert Healy, President Roosevelt. There are also many ensemble roles.

To book your audition, contact Leann Playter, producer via email at [leannplayter@hotmail.com](mailto:leannplayter@hotmail.com)

Visit [www.globeproductions.ca](http://www.globeproductions.ca) for further information.

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~Plutarch

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Registered Physiotherapist, Clinic Manager

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**Q:** My doctor diagnosed me with frozen shoulder. What is frozen shoulder and will physiotherapy help?

**A:** Also known as Adhesive Capsulitis, it is a condition where the tissue surrounding the shoulder joint becomes inflamed and stiff. As the condition persists, adhesions (abnormal bands of tissue) cause restriction of shoulder movement and considerable pain. Pain can be constant and disturb sleep.

There is no known cause of Adhesive Capsulitis, but those at risk include individuals with diabetes, stroke, connective tissue disease, heart disease, trauma or lung disease.

The condition progresses through three main stages:

- 1) **The Freezing Phase:** This stage usually lasts any where from 3 to 9 months and is characterized by a slow onset of constant pain that is worse at night and at rest. It is also accompanied by a reduction in shoulder movement.
  - 2) **The Frozen Phase:** This stage can last from 4 to 9 months and is characterized by a reduction in pain, but stiffness in the shoulder remains.
  - 3) **The Thawing Phase:** This stage lasts 5 to 26 months and is characterized by a reduction in pain and a return to normal range of motion.
- Physiotherapy Management of Adhesive Capsulitis in the first stage involves gentle stretching exercises to maintain range of motion and modalities such as heat, TENS and acupuncture to reduce pain. During the second stage, pain management is still the focus, but more aggressive stretching and exercises can be performed to improve mobility. In the third stage the therapy includes pain management and stretching, but there is more of a focus on strengthening and return to function!

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