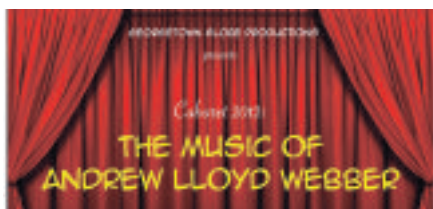


Globe's Cabaret 2012 is a must-see for music lovers

By **TED BROWN**
Staff Writer



Phantom of the Opera, Cats, Joseph and The Amazing Technicolor Dreamcoat—we've heard 'em all, and they all have one thing in common: Andrew Lloyd Webber.

The stage at Acton Town Hall Centre was alive with music from all those favorites and more, as Georgetown Globe Productions opened its annual Cabaret Friday night.

With a company of 15 vocalists from Globe's stable, some were veterans of the stage, while others were younger members who had the opportunity to strut their stuff.

The production opened with the entire company performing *Masquerade*, from *The Phantom of the Opera*, with the performers holding candles, setting the tone for the show.

Some solos and duets were interspersed in the program, making the show flow, but the strength of the production was seen when the entire company came together to belt out the Webber favorites like *Memory*, from *Cats*, or, perhaps the most powerful of all, *Jesus Christ Superstar*, which unfortunately was part of a Title Medley, so the audience wasn't able to enjoy the power of the entire song.

Veteran performers like Mark Llewellyn and Lois Fraser were joined by

younger singers, like Margaret Zabokrzycki and Jordan May, who performed a touching *Don't Like You* from the musical *The Boys in the Photograph*.

Llewellyn had the audience in the palm of his hands, as he performed a great comic *Cats Monologue* at the start of Act Two.

A love song trio featuring Lois Fraser singing *Love Changes Everything*, Paula Gonsalves singing *Unexpected Song*, and Robin Sinclair with *I Don't Know How to Love Him* was certainly a highlight, with the technically challenging intertwining of the three songs into one.

Strong solo performances were delivered by other performers like Mark Burns, Stefanie Dragan, Alex Ellison, Bobbie Flatt, Kimm Fletcher, and John and Liz Hendry.

Musical director Dale Wood kept all performers spot on with cues and direction, making the show a great success.

For anyone who loves at least one Andrew Lloyd Webber song, this show is a must.

It continues this week March 23-24 at 8 p.m., with a March 24 matinee.

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Q: I have a problem with motivating myself, what tools can I use to address this problem?

A: Motivation comes from an internal sense of satisfaction we get from engaging in an activity. That is why we usually don't have problems motivating ourselves to do tasks we like. We all want to do more of what makes us feel good.

Lack of motivation is not a personality trait and is not related to laziness. Judging and punishing yourself for a lack of motivation is not likely to work. Have you noticed that even when we bribe ourselves with all sorts of rewards, we still procrastinate when it comes to completing a task we are not motivated to do? So, what needs to happen for us to get our motivation going?

I suggest that when you want to increase your motivation toward completing a task, give it meaning. When you make a task meaningful, you give it more emotional investment and it becomes easier to draw energy to complete it. You would also benefit from seeing the greater purpose this task serves. You might not have a great deal of motivation to do some boring paper work however you know how much relief you get from becoming organized.

Make sure that whatever task you are to tackle, you have the right level of competence to accomplish it. If it is too simple or too hard, it is likely to lose your interest. In those cases, gather knowledge or support to complete the task. Having support can often help us get through difficult aspects of a task.

When you are facing a large task, break it down into manageable components. When you break down a task, you can measure your successes and see the progression of your work. Don't forget to celebrate the completion of each component. Celebrating is not childish. We all thrive on validation and recognition.

If you continue to struggle with motivation, try talking with someone about your objections to the task. Maybe it is the process or the people with whom you need to work that you have a conflict with.

Manon Dulude is a Professional Certified Coach she can be reached at 905 873 9393.

"Spring makes it's own statement, so loud and clear that the gardner seems to be only one of the instruments, not the composer."
~ Geoffrey B. Charlesworth