

Georgetown Little Theatre begins *The Black Bonspiel*

Georgetown Little Theatre is excited to launch its 56th season this week and in honour of Canada 150, it will stage three all Canadian plays in 2016-17, authored by some of Canada's most renowned playwrights.

The first show of the season is W.O. Mitchell's *The Black Bonspiel of Wullie MacCrimmon*, at the John Elliott Theatre. Show dates are Nov. 4, 5 and 9-13 at 8 p.m., with an ever-popular matinée on Nov. 6 at 2 p.m.

With great humour and passion, Mitchell explores perceptions of good and evil in the tall tale tradition, while also satirizing later political policies, including energy and censorship.

Wullie MacCrimmon, a shoemaker in the 1930s foothills town of Wild Rose, muses aloud that he would give anything to skip his curling team in the MacDonald Brier. Suddenly, the Devil (a travelling salesman who deals in wholesale souls and retail sin) appears and makes him an offer. Wullie makes a counter offer, and one of the greatest matches in curling history is on *The Black Bonspiel*. When the Devil appears with his curling team Lizzie Borden, Judas Iscariot



The Black Bonspiel of Wullie MacCrimmon will be at the John Elliott Theatre. Show dates are Nov. 4, 5 and 9-13 at 8 p.m., with an ever-popular matinée on Nov. 6 at 2 p.m. Submitted photo

and Macbeth Wullie and his team are in for one heck of a match. Wullie's future depends on it!

For tickets call the JET Box Office at 905-877-3700 or online at www.haltonhills/theatre. Prices are \$24 (adult); \$20 (seniors 60+) and just \$5 for students with ID.

Looking for a devil of a deal? Try Thursday, Nov. 10! Use the BONSPIEL promo code and save big when you purchase your tickets!

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Bottled Up Feelings

Q: I bottle up my feelings and after a while I explode. What can I do about this?

A: Holding back and bottling up is a common response when dealing with feelings. Those who hold their feelings in, tend to build resentment toward others. Consequently, they often see themselves as a victim, and report feelings of powerlessness and hopelessness. They find themselves involved in a vicious circle of feelings, hurt by others and shameful after exploding in anger. When people bottle up, they stew and cannot let go. As a result, they become very intolerant and easily slighted by others. If you recognize that you bottle up and are not handling your feelings constructively, seeking counselling is a very appropriate option. Counselling will assist you in learning to recognize your feelings, engage you in examining your perceptions and interpretations of particular situations, and assist you in changing your automatic responses. You will learn about the impact of negative self-talk and develop new skills to express yourself. This will put you on the road to building healthier responses and improve your relationships.

Manon Dulude is a Registered Psychotherapist and Certified Professional Coach who works with individuals and businesses. Call her at 905 873 9393 today.

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Q: Why should I have my teeth cleaned professionally? I brush and floss really well. Honest, I do!

A: Great question. I can imagine you at the sink in the morning, egg timer set on two minutes, diligently cleaning your teeth, surface by surface, with your late model electric toothbrush. You pull out a length of floss and, with perfect technique, clean between every tooth. Finally, a rinse and spit of some neon-coloured liquid that makes your eyes water a little. A wink at yourself in the mirror and off you go to start the day, knowing you'll be back 14-16 hours later to do it all again that night. You are an oral hygiene high achiever and you are officially eligible to pick out any Frozen™ sticker you would like at my office. The truth is, however, even the best can miss a teensy little bit of plaque (the soft stuff that gets on your teeth after meals). If that plaque gets missed, it only takes a few days for it to start hardening onto the surface of the tooth. Once hardened, it takes on a new identity as tartar. Tartar is rougher than enamel and can retain more plaque. Then that plaque transforms into more of the tenacious 'T'. Your home tools are no match for the hard stuff but fortunately your dental hygienist has just the thing. Sit back and let them gently remove it with their specialized instruments at your regularly scheduled cleaning appointment. It probably won't take very long because you are so good at home, and we probably only have to do it twice a year. What is the whole point of cleaning off tartar and plaque you ask? I'm glad you asked. Let's talk about that next time.

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