

HALTON HILLS CONCERT BAND PRESENTS 6TH ANNUAL TRIBUTE TO THE ARMED FORCES

VERONICA APPIA
vappia@metroland.com

This is the sixth year the Halton Hills Concert Band will be performing a show in honour of the Armed Forces, and band president Roper Galloway says there is a lot to look forward to.

"We're thinking this is going to be our best show yet," he said, adding that this year the concert, being held at the Georgetown Christian Reformed Church, will have professional staging and effects by Lee Martin of Martin Media Productions.

With *Glowing Hearts: The Sixth Annual Musical Tribute to the Armed Forces*, directed by Daniella Barryla, will feature the sounds of the Halton Hills Concert Band as well as guest bands Lorne Scots Pipes & Drums, the Georgetown District High School Symphonic Band and Colour Guard (featuring members of the



Metroland file photo

The Halton Hills Concert Band performs *With Glowing Hearts* in 2012.

Royal Canadian Sea Cadet Corps Chaudiere, 676 Lorne Scots Royal Canadian Army Cadets and 756 Royal Canadian Air Cadets.

Audiences can look forward to a variety of melodies, including *The Dambusters March*, *Glen Miller's A String of Pearls*, the *Lawrence of Arabia* theme, a tribute to Bob Hope and a salute to Dick Clark's *Rock, Roll & Remember*.

Two representatives

from *The War Amps* will be giving a speech as well as delivering a rendition of *In Flanders Fields*.

The concert will take place at 7:30 p.m. on Nov. 3. Tickets are \$20 for adults and \$10 for students (children 12 and under are free), available by phone at 905-873-6144, at J.V. Clothing, at Miller's Scottish Bakery, from any band member, or at the door. A portion of all proceeds will be donated to *The War Amps Canada*.

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Q: How can I stay Healthy This Fall?

A: According to Chinese Medicine, the autumn season is linked with the Metal element, the Lung organ system and the emotion of Grief. Here are some tips to encourage your health this Fall:

Make a **list of priorities** for you and your family, as fall heightens our innate ability to get stuff done.

Wear a scarf in order to protect the neck at this time of year.

As the weather turns cold and the wind picks up, the Lung organ is extra vulnerable to viruses and pathogens.

Stay hydrated as dryness is common in fall including dry skin, rashes, and constipation. Drink lots of water and keep your skin moisturized and protected.

The emotion associated with fall is **grief**. It's a good time of year to reflect on unresolved sadness and grief, and then try to let it go. Fall is a nature's reminder to let things go.

Eat warm, cooked food. Trade the salads in for oven-roasted veggies over brown rice. When cooking, add onions, ginger, garlic or mustard—these pungent foods are known to benefit the Lung organ.

Get Acupuncture if you are susceptible to colds, flus, Lung conditions, or depression at this time of year.

Wishing you a happy and healthy Autumn.

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