

## Bach Chorale to present three parts of the *Messiah*

(Continued from pg. 20)  
cello, the Chorale sets the tone for a delightful Christmas season. The concerts are performed in a private home, dressed in its Christmas finery, amidst soft candle light and twinkling fairy lights, with a generous reception to follow. Tickets for this venue on Friday, Dec. 17, and Saturday, Dec. 18, at 8 p.m. are \$35, but will not be available at the door. They must be purchased well in advance due to limited seating and their popularity.

The Spring Festival's series of four concerts will see the choir complete the *Messiah* and audiences will be treated to a recital for voice and piano, and a chamber concert for piano and string quartet. On Good Friday, March 25, the chorale will perform the Easter portion

of the *Messiah*, again with baroque orchestra at Knox Church, Georgetown. Tickets are \$25.

The second concert in the series will be at the Gallery in the Halton Hills Cultural Centre on Sunday, April 10, 8 p.m. It features the Tokai String Quartet (finalists at the Banff International String Quartet Competition). Accompanying them will be Ron Greidanus on piano. Tickets are \$20.

The third concert will be at 157 Main St. S. The audience will be treated to an intimate recital featuring works by the Russian masters Rachmaninoff, Scriabin, Tchaikovsky and Rimsky-Korsakov. Coloratura soprano Kyra Bailey will sing, accompanied on piano by Ron Greidanus. Audiences will finish the evening with a recep-

tion on a Russian theme. This concert will be held on Friday, April 15, and Saturday, April 16, 8 p.m. Tickets \$35.

Ending the Spring Festival series, the Gala Concert will feature the *Resurrection* portion of the *Messiah*. The Chorale will perform again with baroque orchestra and guest soloists. Last year audiences were delighted with Bach's *Brandenburg Concerto* at our gala concert—this year it will be the *Brandenburg Concerto No. 2*. The Gala will be held on May 7, 8 p.m. at St. John's United Church, Georgetown. Tickets \$25.

For more information and updates on concert information go to [www.georgetownbach-chorale.com](http://www.georgetownbach-chorale.com).

—By Bill Shuttleworth  
*Georgetown Bach Chorale*

## Santa puts the call out for parade float entries

The Lions Club of Georgetown invites participants to enter a float in its 74th annual Santa Claus Parade on Saturday, Nov. 13.

This year's parade theme is *Christmas Around the World*.

The parade starts at 1:30 p.m. at the corner of Guelph St. and Sinclair Ave. and will proceed west along Guelph St. to Mill St., then along Mill St., Charles St. and west on Park St. to the Fairgrounds.

Entry forms must be submitted by October 31 to comply with local police and Town requirements.

There is no entry fee, but a contribution would be appreciated to offset the rising costs. No political or protest groups please.

For more information call El Lloyd, 905-877-6831 or Al Watt, 905-877-9896.



# Ask The Professionals

Send your questions for any of these professionals:  
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IDA MAE  
WOODBURN

**Q:** I am interested in creating some personal blends. Are there some basic rules to follow when blending oils.

**A:** A blend of oils is called a synergy and this allows you to be creative but it also requires practice, skill and intuition. One of the first things that must be considered is the purpose of the blend. For therapeutic conditions such as arthritic pain or the cold and flu season the scent is not as important as it would be when trying to create one for relaxation. For the aromatherapist the chemistry of the oils is also taken into consideration. In addition, there is a strong link between scent and memory. One will often hear the following: "That reminds me of my grandmother's garden." This could be positive or negative depending if the grandmother was a favourite or not. There are many systems that will help you when blending but it is still a very subjective skill and initially it is best not the blend more than three or four oils at one time. It has been said that when blending, you must learn to listen through your nose. If you want further information, workshops are offered and you will be able to practice without having to invest in an inventory of oils.

### Elayne Tanner & Associates Inc.

*Elayne M. Tanner*

B.A., B.S.W., M.S.W., R.S.W., DIP. SOC. ADM.  
Counselling & Psychotherapy  
Individuals, Couples, Children & Families

11084, 5th Line, Milton, Ontario  
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Elayne M. Tanner

**Q:** My relationship seems stuck. We repeat the same fights over and over but don't want separate lives. Last month you mentioned a marriage enrichment program for couples. Can you give me details?

**A:** This program is based on a five-part video series, and hinged on the idea that relationships are works in progress. You will watch couples on the videos work through their issues and we will discuss them in practical terms. Each segment explores a different phase or element of the relationship process and shows how recognizing the phases can encourage personal growth and increase intimacy at any point in the cycle. To honor the differences between men and women, we will have male and female co-leaders. You will gain improved communication, understanding and ultimately achieve greater intimacy. We will look at issues such as: trust, anger, jealousy and commitment. Couples will discover tools for increasing intimacy, dealing with power struggles, and working with differences. Together, we will travel from the beginning stages of romance, through the power struggles that develop, learn to express anger in healthy ways, and increase intimacy by expressing wants, needs, and dreams that we each bring to our partnership, as well as our bottom-line expectations. From there we will learn how to deepen intimacy and enrich the relationship. In a good relationship, you should grow into a full expression of who you are. This is a very positive program where everyone will feel safe, welcome and accepted. You will choose how much information you share with the group.

**WHEN:** 5 Consecutive Thursday's beginning Thursday, November 18, 2004  
**TIME:** 8-10 p.m.  
**WHERE:** At Elayne Tanner & Associate Counselling & Conference Centre on 60 acres of spectacular escarpment, 10 minutes from town. (Directions upon registering)  
**COST:** \$320.00 + gst = \$342.40 per couple

There has been a great deal of interest in this course so please register early. For further information and to reserve places for you and your partner, call (905) 854-0801. Cheques are made payable to Elayne Tanner & Associates Inc. and mailed to Elayne Tanner, R.R. #2, Rockwood, Ont. N0B 1K0.

### BETTY E. McTAGUE CHIROPODIST FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY McTAGUE

**Q:** What can workers do to reduce the discomfort of standing while working?

**A:** Adjust the height of work according to the body dimensions. Use elbow height as a guide.

- Organize your work so that the usual operations are done within easy reach.
- Always face the object of work.
- Keep body close to the work.
- Adjust the workplace to get enough space to change working position.
- Use a foot rail or portable footrest to shift body weight from both, one or the other leg. Use a seat whenever possible while working, or at least when the work process allows for rest.

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Heather Sproule  
B.Sc. Phm.

**Q:** Should I get the flu shot this year?

**A:** A highly contagious virus causes influenza. Unlike the common cold, the flu usually results in high fever, aches and pains and you may need over a week of bed rest to recover. One of the best ways to prevent the flu is to have a flu shot, however, it is required every year for it to be effective.

The vaccine is 70%-90% effective at preventing influenza in healthy adults. It may be less effective for those at high risk, but may reduce the risk of complications, hospitalization and even death in those individuals.

The flu vaccine is available to everyone, but certain groups of people are at a higher risk of influenza related complications and should ensure they receive the vaccine. If you are over 65 years of age or suffer from a chronic medical condition such as diabetes, asthma or a heart condition you should see your Dr. to get your flu shot. If you are in contact with higher-risk individuals in the workplace i.e. health care worker you should also receive the vaccine.

The best time to get the flu shot is October through December. It takes about 2 weeks for maximum protection to develop.

Children under 6 months, people who are allergic to eggs or Thimerosal or had a severe reaction to the vaccine in the past, should NOT get a flu shot.

You cannot get the flu from the vaccine. Most side effects are mild such as redness or swelling at the site of injection, or less commonly nausea or low-grade fever.

Contact your pharmacist for more information.

### Edward Jones

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Colin M. Brookes  
Investment Representative  
905-873-7630

**Q:** The key to establishing a successful estate plan is working with a team of professionals that you trust. Consider including your investment advisor, lawyer and accountant. The following are important points to cover:

- 1) Identify Your Objectives - focus on your life, the lives of family and friends, and finally the lives of your heirs; estate planning is not just about financial and tax matters.
- 2) Create a List of Your Assets - and keep it up-to-date
- 3) Minimize Administrative Details - keep things simple for those you leave behind
- 4) Draft a Will - without a will, the distribution of your estate will be governed by the laws of the province you live in. A will is also important if you have minor children, because it allows you to designate a guardian.
- 5) Reduce Probate Costs - by passing assets to a beneficiary through a life insurance policy, annuity, segregated funds or assets owned jointly with another person.
- 6) Plan For Incapacity - through powers of attorney for property and personal care should you be unable
- 7) Protect Your Assets With Insurance - to avoid erosion by medical expenses and to meet final expenses and taxes.

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Brent Cooper R.H.I., C.E.A.  
REGISTERED HOME INSPECTOR  
CERTIFIED ENERGY ADVISOR

**Q:** I am thinking of buying a new furnace, but I have been hearing about this government grant program and I want to see if I qualify for a rebate before I purchase it. Can you explain the process to me?

**A:** Well you have heard correctly. The Government of Canada has announced a grant program to encourage homeowners to retrofit their homes to make them more energy efficient and reduce greenhouse gas emissions that contribute to climate change.

Only homeowners who have had the Energuide™ for Houses evaluation and have followed through on the recommendations made will be eligible for a grant. There is a cost to the homeowner for the Energuide™ for Houses service, which includes a pre-retrofit evaluation with blower door testing, a rating and home energy plan.

To receive a Energuide™ for Houses energy efficiency grant follow these three steps:

1. Have your home's energy efficiency evaluated by an Energuide™ for Houses Certified Energy Advisor before you do any retrofits.
2. Make some of all of your recommended energy efficiency retrofits.
3. Have your Energuide™ for Houses Certified Energy Advisor return for your free post retrofit evaluation.
4. Submit your grant application no later than 18 months after the date of the pre-retrofit evaluation. The greater the improvement in your home's energy efficiency, the greater the grant for which you will be eligible.

If you would like more information on this program, please visit [www.thereep.ca](http://www.thereep.ca) or call Brent or Robin Cooper at the Halton Residential Energy Efficiency Project (Halton REEP) 1-866-501-1112 to book your evaluation.