

Arts Entertainment

Local actress/singer portrays the 'shimmy girl' in high-energy musical at Stage West theatre

By FANNIE SUNSHINE
The Champion

Although Michelle Truman is only in her early twenties, she's beginning to feel like a veteran of

the stage.

The Miltonian recently landed a role in *Smokey Joe's Cafe*, a production at Stage West in Mississauga.

The show, which runs until mid-September, is performed eight times a week.

"We don't have character names, but I'm the young girl in the cast," Ms Truman said, adding she's also known as the shimmy girl.

"The show is all '50s and '60s music and the set is a juke box. It's fun, high energy. There's no real story line."

The cast only had two weeks of rehearsal before opening night in June, she continued.

"We didn't rehearse on the stage until the day before. It was crazy."

Because the cast doesn't play specific characters, Ms Truman said they have more freedom to improvise each show.

"We can go out and act differently each night. People always sing along. I love it." She got her first taste of the stage while a student at Bishop Reding Secondary School.

She then went on to tour the

Mediterranean seas on *Suncruises* as a vocalist.

Even though she'll be the first to admit how much she loves Milton, the actress/dancer will be packing her bags and heading west come November.

"I'm going to Calgary until February to play a part in *Footloose* with Stage West out there. Then I'll come back."

That is, if she doesn't land another role in the meantime.

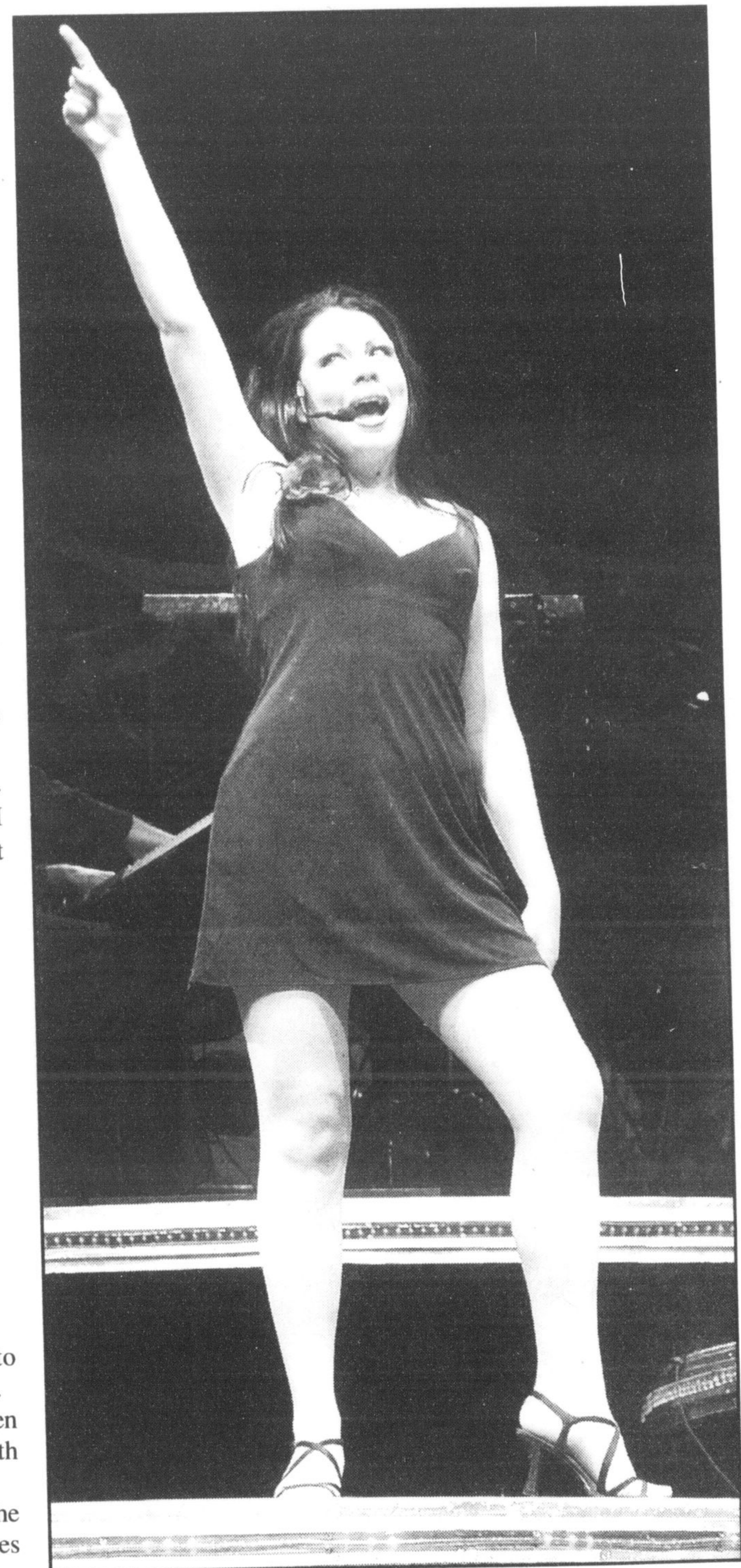
"I want to go to New York to audition. Toronto's great, but there's more to offer in New York."

While working, she makes sure to get nine hours of sleep every night and must keep her voice well rested.

"I drink a lot of water. I hold the high harmony throughout the show and I do a few solos. There's no holding back."

During downtime, Ms Truman said she pretty much stays close to home.

"I hang out here, my friends are here. Milton is home. I sleep here every night. I wish more Milton people would come out to the show."



Michelle Truman performs in *Smokey Joe's Cafe* at Stage West.

Concert series set to start season

Kerry Stratton and the Toronto Philharmonia are coming back to Milton.

Milton Concert Presentations will open its 17th season September 20 with 'Highlights of Gilbert and Sullivan'.

The evening will include songs from *The Mikado*, *H.M.S. Pinafore* and *The Pirates of Penzance*.

The Toronto Philharmonia will return October 23 for a performance of Beethoven's Fifth and Mozart's Flute Concert with Canadian Lorna McGhee.

Soloist Alexa Wing will entertain November 15 with traditional favourites *Rule Britannia*, *Greensleeves*, *Land of Hope and Glory*, *Danny Boy* and *Jerusalem*.

The new year will start off with *The Galazy Trio* January 17. Violinists Moshe Hammer and Lenny Solomon, along with pianist Bernie Senensky, will combine their specialties in their new concert series.

An evening of Baroque with harpsichord and woodwinds will be heard February 28.

The finale of the season is a Tchaikovsky Spectacular with the Toronto Philharmonia. The evening will feature *Concerto for Violin and Orchestra in D major*, *Serenade for Strings and Orchestra Suite No. 1*.

All concerts will be held at St. Paul's United Church at 8 p.m.

For tickets or more information, call (905) 878-2432.

Creative Journal course starts soon

Do you feel held back from living the life of your dreams? Do you want to learn how to ignore the negativity of your 'inner critic'?

Milton's Carolyn Skelly will conduct the 10-week Creative Journal course beginning September 30.

The course involves drawing and writing with both hands, which helps individuals access both the left and right sides of the brain, she said.

During the sessions, participants will learn how to get in touch with their inner healer. "We often look at ourselves as mistakes and this stops us from doing the things we want to do. During the course of the workshop, we learn to use the 'inner critic' in a more constructive way in order to achieve a more desirable outcome."

The course also includes creating a collage as a visual affirmation for what participants want to achieve in their lives. The course will wrap up with a celebration and sharing of success.

"Seeing how people change over the 10 weeks in the best part." For more information, call (905) 875-2788.

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235 GUELPH STREET 873-1999

1 XXX AA
Daily 6:45 & 9:00 p.m. Sat. & Sun. 2:00 p.m.
Violence

2 Spy Kids 2 F
Daily 7:00 & 9:00 p.m.
Sat. & Sun. 2:00 p.m.

3 Blue Crush PG
Daily 6:45 & 9:00 p.m. Sat. & Sun. 2:00 p.m.
Not recommended for children.

GIFT CERTIFICATES AVAILABLE
Lotto Centre - Georgetown Market Centre
Theatre Parking Available at Rear

Rotary Ribfest

7th Annual Festival on Burlington's Beautiful Lakefront
Spencer Smith Park • Labour Day Weekend

Fri. Aug. 30	Sat. Aug. 31	Sun. Sept. 1	Mon. Sept. 2
12noon-11pm	11am-11pm	12noon-11pm	11am-8pm

Live Entertainment Great Music Great Food Free Admission

Every year Ribfest searches out the best Ribbers in North America - Ribbers will be judged for best sauce, best ribs and people's choice.

Come down, sample all the ribs & vote for your favourite.
Winners to be announced 2pm Monday on the main stage.

ENTERTAINMENT

Friday, August 30
Noon-2:00 pm Gayle Ackroyd
5:30-7:30 pm James Anthony
8:00-11:00 pm Freedom Train & Bill Dillon

Saturday, August 31
5:30-7:30 pm Michael Keys Allstar Band
8:00-11:00 pm Robbie Lane & The Disciples

Sunday, September 1
1:00-3:00 pm Downstroke
3:30-5:30 pm Underground Sound
6:00-8:00 pm Skinny Lynyrd
8:30-11:30 pm Downchild Blues Band

Monday, September 2
1:00-3:00 pm The Hornets
4:00-6:00 pm Ronnie & The Rockets
6:30-8:00 pm Robyn Paulh

RIB TEAMS 2002

Camp 31 BBQ Castleberry, Alabama
Bibb's BBQ Naples, Florida
Turtle Jacks Grill Burlington, Ontario
Mustang Big Ol' Grill Stoney Creek, Ont.
Purple Pig Aurora, Toronto, Bracebridge, Ont.
Kentucky Smoke House London, Ont.
Gator BBQ Ellonton, Florida
Smokin Joe's BBQ Sania, Ontario
Uncle Sam's BBQ Albuquerque, New Mexico
Billy Bones Fort Erie, Ontario
Mr. Tibbs Chicken & Ribs Sarnia, Ontario
Milwaukee's Bad Wolf BBQ Toronto, Ontario

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