

SINGLES DANCING

New Years Dance
Dec 28 - \$25/person
7:30 pm ~ 1 am

HOT BUFFET from 8:00pm - 9:30pm

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- Spot and Door prizes
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TGIF

Your weekend entertainment guide

tonight

Get on board for the Stage West production of *Love Train* featuring soul and R & B music bookended by Chuck Berry and Beyoncé, in addition to that of dozens of their contemporaries with a cast of 10 talented singers taking the audience on a musical journey spanning more than 50 years and covering some 60 songs. *Love Train* runs until Feb. 10. Call the box office at 905-238-0042.



Beyoncé Knowles

Best Bet

Giggles over wine yields book

By MAUREEN SCOTT
Special

Three women who became best friends 20 years ago while working in the finance department at GlaxoSmithKline in Mississauga have written a book together about female bonding.

Drink Wine and Giggle: 101 Ways Girlfriends Can Connect, Have Fun and Be Inspired was penned by BFFs Lynne Everatt, Deb Mangolt and Julie Smethurst.

Despite the fact they all moved on to different careers, the three self-proclaimed "wine and giggle queens" managed to stay in touch. Everatt went on to become a writer for *The Globe and Mail* and authored the book, *Emails From The Edge*. Smethurst is now a financial consultant and Mangolt moved to South Carolina, where she works as a wellness coach and fitness instructor.

"We would meet once or twice a year in West Virginia because that seemed to be the halfway point between us," says Everatt. "But we went other places, too. New York, Vegas..."

The three co-authors have dreamed up 101 "girlfriend activities" that fall under four particular categories: Mind, Body, Soul and Funny Bone.

Some of the activities are party-like games while others are more soul-wrenching, like Girlfriend Q&A that prompts you to ask your



From left, "wine and giggle queens" Julie Smethurst, Lynne Everatt and Deb Mangolt have written a new book for women. Part of the proceeds from the sales will go to Interim Place. *Supplied photo*

girlfriends anything!

"These are experiences disguised as a book," says Everatt. "(They're) activities girlfriends will actually do, adapted from what we have read about personal growth and having fun, from the top of your head to the tips of your toes."

The book, which took three years to write, required plenty of "research." Everatt, a tall, willowy blond with a radiant smile, says one of her favourite activities was *Burlesque 101*, where friends adopt racy names (she

was Mimi Marmalade) and present a floor show.

Her other favourite activity was *Philanthropia*, which encourages women to give back to the community.

"We volunteered for *Habit for Humanity*," says Everatt. "We learned a lot about each other and it was an amazing experience."

The authors are donating a portion of the proceeds from sales of the book to Interim Place, a shelter for abused women in Mississauga.

Everatt says the book is intended to give women a few laughs and to inspire them to try new things.

"Doing the activities can't help but change your life," said Everatt. "You will discover you have talents you never knew you had."

Everatt discovered she loves to make people laugh.

"I'm now doing standup comedy and taking a course at Second City," she says. "We have to do a five-minute act at a real club."

Drink Wine and Giggle is published by The Fig & The Vine Publishing in South Carolina. It's currently available at most booksellers.

"And out of my trunk for \$20," Everatt said with a laugh.

For information visit www.drink-wineandgiggle.com

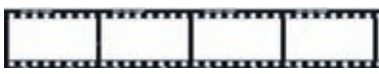
tomorrow

The Art Gallery of Mississauga presents the *Pillbilly Fantasia* exhibition by Cindy Blazevic.

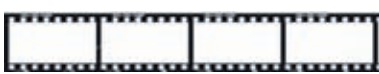
Blazevic, a Toronto-based visual artist, has taken the floor and back wall of the AGM's small XIT-RM project room and covered it in blazing white tiles that each bear an oversized picture of a single brightly-coloured pill. The show until Jan. 5.



Cindy Blazevic



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