



THE CANADIAN PRESS

Golden Globe winner Emily Blunt stars as the young Victoria.

## Nothing 'crazy' about Vallee's Young Victoria

By Victoria Ahearn

**TORONTO** — Three years after sweeping the Genie Awards with his coming-of-age Quebec drama *C.R.A.Z.Y.*, Montreal director Jean-Marc Vallee admits he feels some "pressure" about unveiling his next feature, *The Young Victoria*, to his home country.

"People want to see what the director of *C.R.A.Z.Y.* did and they're going to see something totally different," Vallee said in an interview before the film was to close out the Toronto International Film Festival with its North American premiere Saturday.

"I hope they are going to enjoy it and understand it's something different and I went somewhere else — a different challenge."

The film, about the ascension to the throne of Queen Victoria (Golden Globe winner Emily Blunt) and her romance with Prince Albert (Rupert Friend), is Vallee's first English-speaking feature, his first period piece, and was shot in England with a predominantly British cast.

"I had to become as Brit as a Brit — even more," said Vallee, noting he read many history books and worked with historical advisors and British etiquette coaches throughout filming.

"I think I'm more of an expert on their culture now than they are," he said with a grin.

"I can show off and show them how it worked, how you dressed at that time, how you drink your wine. Of course I was

nervous at the beginning but I wasn't nervous with the stuff regarding the emotion and the characters, the relationship between the family members."

Also helping his comfort level were the similarities between British and Canadian culture, said the filmmaker, who won 10 Genies for *C.R.A.Z.Y.*, his third feature, in 2006.

"Even as a French-Canadian, when I was there, it's funny how I could relate and feel at home," he said. "Even in the way they have breakfast in the morning — the eggs and the bacon, it's so British and it's so Canadian and so French-Canadian."

In the end, the project became "the most beautiful shooting experience of my life," he said, noting he had "great collaborators" including screenwriter Julian Fellowes (*Gosford Park*) and producers Sarah Ferguson, the Duchess of York, and Academy Award winners Martin Scorsese and Graham King.

"It looks like a British film," he said. "You can't tell it's a French-Canadian who directed it and I'm proud of this."

Still, he doesn't think he'll be rushing out to do another period piece anytime soon.

"I think I'm done with the petticoats," said Vallee. "I'll wait a little bit for period films, unless Emily wants to do another one."

*The Young Victoria*, which has already hit theatres in the U.K., is due out in Canada on Nov. 13.

The Canadian Press

## Miller, Fogerty honoured

The Associated Press

**NASHVILLE** — Buddy Miller won four awards and veteran John Fogerty received a special honour Thursday night at the eighth annual Americana Music Association Honors and Awards Show.

Miller, a singer-songwriter, won artist of the year; album of the year for *Written in Chalk* with wife Julie Miller; duo/group of the year with his wife; and song of the year for *Chalk* performed with Patty Griffin.

Fogerty, formerly of Creedence Clearwater Revival, was honoured with a lifetime achievement award for songwriting.

During a four-decade career, he has written such hits as *Proud Mary*, *Have You Ever Seen the Rain*, *Fortunate Son*, *Who'll Stop the Rain*, *Bad Moon Rising*, *Down on the Corner* and others.

Miller has been touring this year with

Emmylou Harris, Alison Krauss and Robert Plant and others.

Also receiving lifetime achievement awards were Asleep at the Wheel for performing; Ken Levitan for executive work; Jim Rooney as a producer/engineer; and Sam Bush as an instrumentalist.

Justin Townes Earle won new artist of the year, and multi-instrumentalist Gurf Morlix was chosen over Buddy Miller as instrumentalist of the year. Miller had won it two straight years.

The late Lowell George of Little Feat was honoured with the President's Award.

Jim Lauderdale hosted the show at the Ryman Auditorium.

The organization, celebrating its 10th anniversary, is a professional trade group whose mission is to promote the country and roots-oriented genre. It is sponsoring a festival and conference through Saturday.

### ADVERTISEMENT

## "I will walk again... and SOON!"

### A story of a young woman's relentless battle with pain and MS

"You just have to live with the pain... there's nothing we can do... it's time to accept this." These are just some of the phrases that Daisy Simmons starting hearing from doctors when she was diagnosed with MS. To Daisy, it sounded more like a life sentence than a diagnosis, but as frustrated and depressed as Daisy was, she came back fighting.

**"Excuse me? Nothing you can do? You've got to be kidding! I'm only 25 years old!"**

How does it feel to be told that you have a disease that is causing your central nervous system to break down and land you in a wheelchair? Simmons recalls thinking, "Excuse me? Nothing you can do? You've got to be kidding! I'm only 25 years old!"

And so, with all of the feistiness of a 25-year-old, Daisy refused to give up and stumbled across a local health clinic called "Let it Heal". She had heard that they were able to help many other pain sufferers by using the Bowen technique - a therapy specifically targeted towards repairing the central nervous system to reduce pain and inflammation.

"After just two months treatments at Let it Heal, I feel a miraculous difference." says Daisy.



"The pain and the stiffness in my legs has decreased and my balance has improved. Now when I practice walking on my own, I no longer feel frustrated and depressed, instead I feel whole and full of determination because I know that I will walk again, and soon."

*And, indeed, Daisy is walking independently again.*



She is able to walk more freely around the house on her own, and is pulling her weight more with regards to household chores. She has started her own business and is feeling very pleased about her new-found independence.

MS is only one of the many conditions that Bowen is known to help. Back pain, sciatica, neck pain, arthritis, fibromyalgia, frozen shoulder, knee problems, migraines and asthma are among the dozens of physical complaints that can be treated with Bowen. The technique originated in Australia and is very different from typical treatments because it puts the onus back on the patient's body.

**"...the technique is somehow able to break the code of the body"**

A Bowen treatment consists of hands-on soft

tissue work, followed by pauses where the practitioner leaves the room to allow the body to respond. The moves, which can be described as a gentle "strumming" of the muscles, are precisely placed and well timed - similar to



playing a musical masterpiece. It's almost as if the technique is somehow able to break the code of the body and access the brain directly. The practitioners don't force any structures back into the proper place, they simply give the brain instructions to do so, which explains why the results are so long-term.



Each of the Advanced Certified Practitioners at Let it heal enjoys giving the treatments as much as their clients enjoy the results. With more experience than any other Bowen clinic in Ontario, their track record even, with complex cases, is full of astounding results. "One of the many things I adore about my practitioners" says Simmons, "is that they work from the heart. They enjoy what they do and it brings tears to my eyes just thinking about what they have done for me."

**If you are interested in learning more about the Bowen technique, or would like to know whether it might be able to help you, call Let it Heal at 519-748-3300.**

Let it Heal has locations in Kitchener, Toronto, Burlington, Dundas and St. Catharines. They can be found locally at the Hiway Centre plaza at 1375 Weber St. E in Kitchener. Visit them online at [www.letitheal.com](http://www.letitheal.com).