

# Strongman on stage at Centre for Performing Arts

Steve Strongman has had quite a year.

On the heels of winning several national music awards and opening for musical legend B.B. King in October, Strongman will take the stage at the Oakville Centre for the Performing Arts, 130 Navy St., tomorrow (Thursday) at 8 p.m.

The 40-year-old musician endeared himself to the national music scene in Regina, Sask., when he topped an all-star field of nominees to win the Juno Award for Blues Album of the Year in March.

"That was pretty amazing," Strongman said. "I went in thinking that, win or lose, just go and enjoy it. To actually come home a winner was amazing."

Strongman topped close friends Jack de Keyser, Colin James, Steve Hill and Shakura S'Aida to win his first Juno, a mark of success in the Canadian music industry.

Two months earlier, Strongman brought home three honours from the Canadian Maple Blues Awards in Toronto, winning Recording of the Year, Guitar Player of the Year and Songwriter of the Year.

The latter meant the most to Strongman, he said.

"That one was special to me. To be considered a good songwriter was always important to me."

In mid-October, Strongman was afforded the opportunity to open for the legendary B.B. King

“That was on my bucket list (opening for B.B. King). People sometimes say you don't want to meet your heroes because they might not be exactly what you had hoped. That certainly wasn't the case here.”

Steve Strongman

in front of friends and family in his hometown of Kitchener, Ont.

"That was on my bucket list," he said. "People sometimes say you don't want to meet your heroes because they might not be exactly what you had hoped. That certainly wasn't the case here."

Strongman joked after everything that he has experienced in 2013, he should probably go out and purchase a lottery ticket.

During his more than two-decade career, Strongman has also served as the opening act for Joe Cocker and Buddy Guy.

He says it's all a bit surreal for the man who once fibbed about his age to a bar owner in Kitchener so he could perform prior to his 19th birthday.

A lifelong music fan, Strongman cultivated his love of the blues by listening to bands such



Steve Strongman will be on stage at the Oakville Centre for the Performing Arts Thursday. The Kitchener, Ontario-born musician opened for B.B. King in October in his hometown.

| photo courtesy Oakville Centre for the Performing Arts

as Led Zeppelin.

"I started digging a little deeper into them and where they got their sounds," he said. "I got into the stuff they loved and built my sound off of that."

Tickets for Strongman's show at the Oakville Centre are available at the Centre box office, by phone at 905-815-2021 or online at [www.oakvillecentre.ca](http://www.oakvillecentre.ca).

— by Scott Stewart, special to the Beaver

## Beauty & Spa Caring for flat lifeless hair

Many men and women want to improve the appearance of their hair. But solutions that may have worked at one time of the year may not work after the seasons have changed.

When cooler, crisper weather arrives, humidity levels wane and hair can appear flat and lifeless. This can exacerbate already existing conditions of thinning hair. As women age, their bodies produce less estrogen, which can cause hair loss and thinning, while some men are genetically predisposed to thinning hair and even balding.

But thinning hair may be a byproduct of the weather. When the temperatures outside begin to dip, people tend to spend more time indoors with the heat turned on. Dry air can cause static electricity and flyaway hair. Fortunately, there are a number of solutions to flat hair.

\* Try a plumping product with keratin. Keratin is a strong, fibrous material found in human hair, skin and nails. Coating hair with a keratin hair treatment can create a thicker layer of keratin to protect and moisturize the hair and help improve fullness.

\* Find the right volumizing shampoo for your hair. Many volumizing shampoos work by thoroughly cleansing hair to remove any product residue or excess oil that can weigh down hair. In the process, some may actually dry out hair, so it is important to test out different brands to find one that cleans but does not strip hair.

\* Use a styling aid. For many people, washing and drying their hair is not enough to provide volume and lift. Styling aids can add volume to your hair. Volumizing mousse will coat the hair strands and give the appearance of thickness and lift.

\* Invest in hair rollers. Hair rollers may seem old fashioned, but they can create timeless, full hair and curls. Velcro or other nonheated rollers, like those from Conair or Goody, can be gentle on hair. Depending on the size of the roller, hair can be full with bounce or show off more defined curls. Vary roller sizes to create a more interesting, dimensional style. A blast of hairspray while the rollers are in place will help set the style.

\* Be gentle when styling. Frequent use of chemical styling products or heated appliances can damage the hair.



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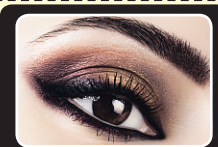
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