

Elm Contracting

Edward Mabee lives for challenges. As the owner and operator of Elm Contracting, he enjoys taking on projects that force him to think outside the box and use his skills to create something that has never been done before.

"I like doing things that nobody else can do," says Edward, a general carpenter by trade who founded Elm Contracting in 1984. "There's a new challenge in every house and that makes my job really interesting."

In fact, some of Edward's favourite projects are the ones that presented the biggest challenges, like the kitchen renovation in High Park that involved tearing down walls and re-working the home's foundation.

Elm Contracting offers home renovation services - from decks and fences to complete additions - focusing primarily on kitchen, bathroom and basement projects. Over the course of his 28 years in business, Edward has built a loyal customer base in Halton Hills and surrounding areas thanks to his work ethic, clean work sites and reasonable pricing. He estimates that 90 per cent of his business comes from customer referrals.

"I've always liked working with my hands. I started in high school and kept on going," Edward says. "I take great pride in my workmanship."



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GLEN DEAN & JAMIE WATT

BOOKITTALENT

Even after being in the industry for 30 years, Pat Jarosz still gets a thrill every time she sees her clients' work on TV, on stage, in the movies or in print. As the agent/owner of BOOKITTALENT, Pat represents children, teens & adults for TV commercials, TV series, films, music videos, theatre productions and print advertising.

You've probably seen Pat's clients before. They have appeared on shows like Degrassi and How To Be Indie; on stage in Billy Elliot & Camp Rock, promos & videos for Justin Bieber, Simple Plan and in commercials for companies like Ikea, McDonald's, Canadian Tire and Boston Pizza. "If there's a commercial on TV, it probably has a BOOKITTALENT client in it," Pat says. Hollywood also calls her clients to tape auditions for films like TWILIGHT/ BREAKING DAWN, Extremely Loud & Incredibly Close, A Dolphin Tale, Mr. Poppins Penguins, plus Disney & Nickelodeon series.

Pat travels around Ontario, meeting people and discovering new and exciting talent. All of the people she represents are brand new to the business. "I've worked in the industry for a very long time and, by starting off with someone new to the business, I can educate them and teach them how to audition. They can grow and I can help them."

Summer is busiest time for children, ages 5 - 12, with Back to School & Christmas shooting email Pat for information & to schedule interview

agent@bookittalent.com

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Pat Jarosz with Elton John & client Gabriel Varga Watt, Billy Elliot Premiere



BRENDA OSBORNE

Brenda Osborne (Super Lube)

For some, working with family members sounds like the plot of a bad sitcom. But for Brenda Osborne, owner and operator of Super Lube in Georgetown, working with her family is a pleasure. Her son-in-law is the manager at the Georgetown shop and her daughter, Sarah, runs the Orangeville location. Complementary skills and similar work ethics keep things harmonious both at the shop and at home.

"Working with family is wonderful," says Brenda, a longtime Georgetown resident. "I don't know if we could do it without them."

In 2001, Brenda and family opened the Georgetown shop, which is located on Armstrong Avenue near Mountainview Road. Super Lube offers preventative maintenance, like oil and fluid changes, for all makes and models of personal and commercial vehicles. The shop also carries a full line of Quaker State products and, three years ago, was the first shop in town to introduce Rust Check, a highly ranked rust proofing and rust control service. Super Lube runs on a first come, first served basis, which means that no appointments are necessary.

Brenda has enjoyed getting to know her customers and serving the community she lives in.

"It's really rewarding to live and work in the same community," she says.



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Carol, 49, was happily married, enjoyed life & sex. Then Menopause hit bringing unbearable hot flashes, mood swings, irritability, unacceptable weight gain & low libido. Her blood tests were normal, but Carol knew something was wrong...Though Bio-Identical Hormones have been around for years, most practitioners are unfamiliar with proper dosing & customization of a program. **Saliva Hormone Testing** to establish a baseline is key!

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KELLY NOLAN, BScPharm.

Carrie Burrows (Georgetown Fitness Boot Camp)

Georgetown Fitness Boot Camp owner-operator Carrie Burrows knows from personal experience that when you look better, you feel better.

"I was an overweight kid who became an obese teen," she says. "The summer before university, I was miserable and that was a turning point for me."

Carrie majored in kinesiology and lost 100 pounds. When she was pregnant, she gained the weight back and then lost it again.

"I've been through the weight loss process on my own," she says. "Now I get to help other people change their lives."

Over a four-week period, Carrie's boot campers meet for hour-long classes that combine cardio and strength training for a full body workout. She makes things challenging with different weights and equipment for each session. Classes are held outside during the spring and summer and move into school gyms during the cold seasons.

Carrie also provides one-on-one training and nutritional programs to help kids, adults and sports teams meet their fitness goals. Unlike a traditional gym, Georgetown Fitness Boot Camp provides a support system and holds its members accountable, so if you don't show up for class, you will get a call.

"Everybody is there for the same reason: to get healthy and get fit," Carrie says. "I love seeing how lives are changed by being healthy. Impacting people via their health is an unbelievable honour to have."



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CARRIE BURROWS