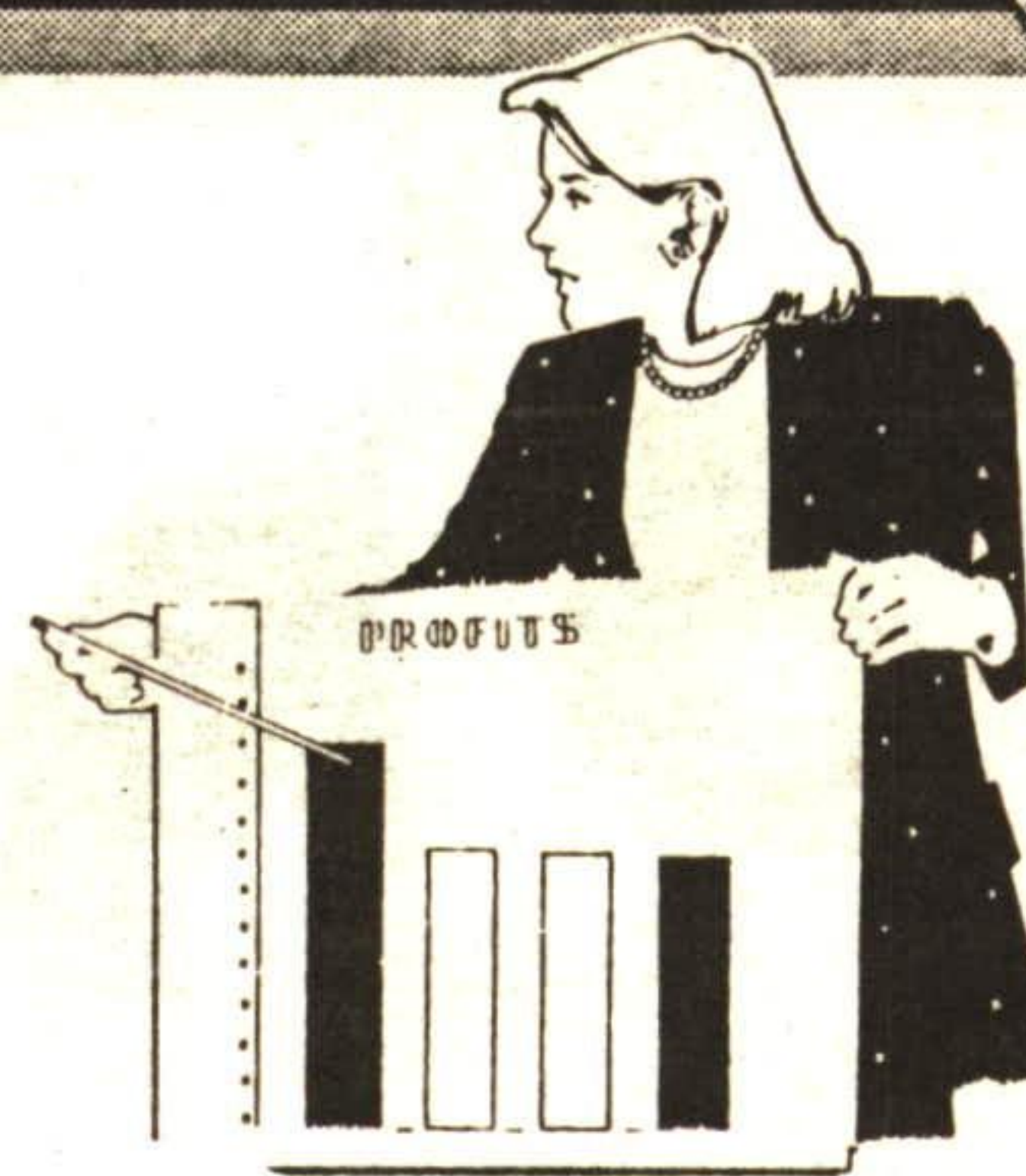




WOMEN IN BUSINESS



Laurie Burns

Laurie Burns is an exercise physiologist with a business background.

All that has added up to 10 years of success for her fitness club, Work That Body.

Currently, Laurie sits on the board of directors for the Ontario Fitness Council and she is involved in developing a personal trainer's diploma program at George Brown College.

Recently Laurie was on CBC's Marketplace reviewing fitness videos.

Laurie opened up her fitness club after she located the empty site on the corner of Guelph and Mountainview.

The club boasts an open concept with stairs leading down to workout areas. A special incentive for parents is the provision of a babysitting service seven days a week.

She has lifecycle equipment, aerobics and weight training. Fifteen employees help her clients to attain their fitness goals.

With over 700 members Laurie and staff have their hands full as they prefer to work one on one with clients, providing beneficial workouts for them.

New clients can always find themselves involved with fitness testing and nutrition as they learn to improve the quality of their lifestyle.

LAURIE BURNS



Gail Spence

A difficulty in finding the right fabrics is what led Glen Williams resident Gail Spence to open her own quilting store, The Hobby Horse.

"We offer wonderful 100 per cent cotton prints, lots of fashions and fabrics along with quality custom work. Many of our customers travel over an hour to visit the store," said Gail, a former music teacher who opened the business in 1982.

Gail has been perfecting the art of quilting for many years now, through classes and seminars she attends in both Canada and the United States.

She operates the business with help from husband Alfred, daughter Angela West and a dozen other full and part-time staff members. Along with the store, The Hobby Horse also offers an 800 mail order service and has recently gotten into the wholesale business — providing high quality fabrics all over Canada.

Gail's designs are on display each summer when The Hobby Horse co-sponsors Quilt Fest at the Ontario Agricultural Museum in Milton. An exciting Midnight Madness Sale is also held in June during the couple's anniversary.

Gail explains that The Hobby Horse has been constantly expanding over the last three years and that business has been great.

"The three things that make a successful business in this field are friendliness, customer knowledge and a quality product."

GAIL SPENCE

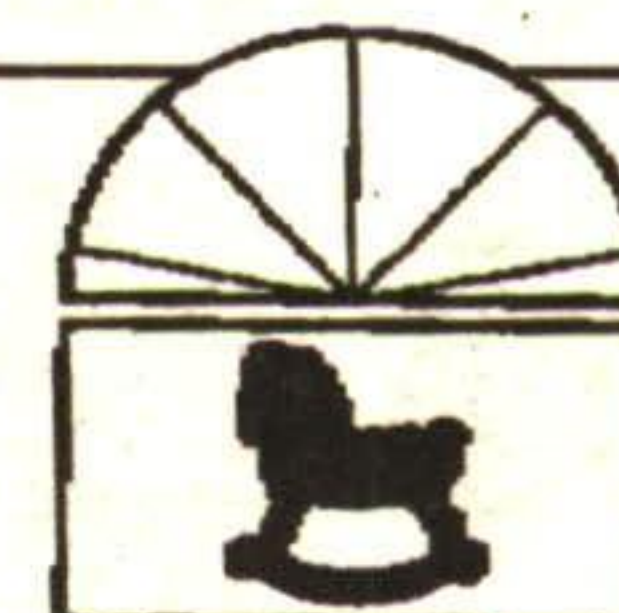


Work That Body

232 Guelph Street
Georgetown, Ontario (905) 877-0771



The Hobby Horse
R.R. #5, Georgetown
(3 Miles North of Hwy. #7 on Mountainview Rd.)
877-9292



Jeanette Dodson

Jeanette Dodson has been an interior designer for three years, and loves the excitement of decorating a home according to the lifestyle of each owner.

"I find out what colors they like, what makes them feel good, how extensively they use the rooms and even if they like to stretch out on the sofa when they watch television," she says. Then she works with people to find something which is tailor-made to their taste.

"Like a mirror, everything in your home is a reflection of who you are," Jeanette says. Many people pay attention to the basics in their home, like the window treatment and

some furniture, but they don't consider the finishing touches. These are very important.

"Someone once said that a house without accessories is like cooking without seasonings — boring," she says.

She studied interior design at Sheridan College after her children had grown.

"I have always had a love of the arts ever since I was a kid. I like to draw and have an eye for color," she said.

Jeanette has always had a passion for flowers and some of her arrangements can be seen at North Halton Golf Club as well as many Georgetown homes.

Jeanette does in-home consultations plus a showroom at her own home, which can be seen by appointment.

JEANETTE DODSON



Kim Hanna

Terra Cotta Flowers specializes in wedding floral art. Kim Hanna who runs the business along with a partner says when consulting with a client on her selections, she is not satisfied until the bride is excited about her choices.

"We will work with them until they get exactly what they want," says Kim. "The consultation generally takes between one or two hours." Kim says clients peruse photo examples of their dried, fresh, silk and preserved arrangements to get ideas for their own weddings.

Consultations often take place two to four months prior to the wedding, so just to ensure the bride is still happy with her selection, Kim contacts her two weeks before the big day.

"We have a reputation for fresh flowers. About 85 per cent of our brides select fresh flowers, but we are just as competent in other mediums," says Kim.

Along with flowers for the wedding party, brides can arrange other aspects of their wedding through Terra Cotta Flowers. They also provide invitations, head pieces, cake flowers, church and reception settings, wedding favors and accessories and rental items for churches and receptions.

Kim says every wedding designed by Terra Cotta Flowers is a limited edition. Due to their extensive background in the wholesale side of the floral industry they are able to access the best possible availability, quality and selection of flowers at better than competitive prices.

KIM HANNA



Jeanette Dodson Interior Design

10285 - 6th Line, R.R. #3
Georgetown, Ont. L7G 4S6 (905) 453-3370



Terra Cotta Flowers WEDDING SPECIALISTS

Please call us and schedule your
Personal Wedding Flower Consultation
Evening Appointments Available
(905) 877-9472



Sylvia Galbraith

Few can boast of turning an enjoyable hobby into a career, but Sylvia Galbraith, owner of Silver Creek Photography, did just that.

"I was always interested in the visual arts, particularly sketching and painting. Photography seemed to be a natural extension of that, and is now my preferred medium," says Sylvia.

After completing the Commercial Photography program at Sheridan College, Sylvia found friends pressuring her to work for them.

"It just snowballed from there," she says. "I set up my business eight years ago, and it's been growing ever since."

Today, the owner of Silver Creek Photography shoots a multitude of subjects. She does commercial work, weddings, portraits and animals, particularly horses.

Sylvia occasionally teaches photography at various colleges and universities across Canada. She finds teaching rewarding and says she often learns along with her students.

Sylvia feels there are many advantages to running her own business. "It's great," she says. "I pick my own hours and have complete creative control over the final product. I really love what I do, and have never looked back."

SYLVIA GALBRAITH



Cathy Buckrell

Cathy Buckrell is a longtime resident of the Ballinafad area. She and her husband, Brian, a professor at the University of Guelph, have raised three children, along with horses and sheep on their family farm.

Cathy continues to ride and also enjoys tennis and skiing. She has been very involved in management of the Ontario Alpine Ski Association, and her youngest son, Graeme, is a candidate for the Canadian Alpine Ski Team.

Cathy has been selling real estate for six years.

"I sell mostly rural properties. I enjoy living and working in the country and get a great deal of satisfaction from helping people find their country home," Cathy says. "It's a whole new way of life for many. Most are excited and upbeat about moving to the country, it's fun working with them."

Cathy has been working for Johnston and Daniels, in Cheltenham, for two years.

"I was attracted to Johnston and Daniels because of its longstanding reputation for good service and selling quality country properties of all sizes. The volume is less than when I was selling city properties, so I can spend more time with clients. I enjoy it more and know I give clients more of what they need," Cathy says.

CATHY BUCKRELL

Silver Creek
Photography

RR #1 LIMEHOUSE
877-5337



JOHNSTON & DANIEL



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