

Women In Business



**CATHY
KUINDERSMA**

Cathy Kuindersma

Cathy Kuindersma set up her practice in naturopathic medicine in June 1994, and has found herself very busy.

"Naturopathic medicine is based on looking at the whole person, mental, emotional and physical and trying to understand the cause, rather than treating the symptoms," she explained.

Cathy will look at the person's lifestyle and diet and may suggest nutritional supplements, botanical or homeopathic remedies. "Naturopathic medicine is complementary medicine, it fits in well with the health care profession. You don't have to choose one or the other," she said.

Cathy, a mother of two, has lived in Georgetown for five years. She completed training and became qualified as a Doctor of Naturopathic Medicine in June of 1993. In her practice she finds many patients come from chronic such as high blood pressure, fatigue, migraines and arthritis. She also treats a wide range of acute conditions which include cold, flu, and ear infections.

The clinic is located at 10 Mountainview Rd. S. in Georgetown and is open Wednesday, Thursday and Fridays. Call 873-2361 anytime for an appointment.

Cathy Kuindersma, B.Sc., N.D.

DOCTOR OF NATUROPATHIC MEDICINE

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**ANNE
SIDEBOTTOM**

Anne Sidebottom

Anne Sidebottom, who took over the position of executive director of the Halton Hills Chamber of Commerce last August, has several years of public relations, community development and fundraising experience behind her.

Her role with the Chamber is to work with the Board of Directors and volunteer committees in delivering Chamber services as well as manage the business and tourist information office.

"I am enjoying the opportunity to meet and work with the many business people of our community in our mission of providing valued services and promoting economic prosperity and sustainable development in our community," said Anne.

The Chamber is currently planning 'Business After Five', a networking opportunities for members. An ad campaign for the community directory, produced by the Chamber, is off to a fantastic start and they are looking forward to a successful Home and Business Expo in May.

"The community involvement and activities of the Chamber of Commerce is a reflection of the volunteer service provided by its members," said Anne. "Currently with 435 members, there is much growth, development, and change taking place in support of meeting the needs of the Halton Hills business community. Inquiries on becoming a member are always welcome."



HALTON HILLS

Chamber of Commerce

170 Guelph Street, P.O. Box 111, Georgetown, Ontario, L7G 4T1
Telephone (905) 877-7119 • Fax (905) 877-5117



CAROL ATKINSON

Carol Atkinson

Carol Atkinson opened The Art of Nails and More last fall and has moved her business into her Main St. home.

Not only is it more cozy, but her new location allows her clients privacy and she passes the savings of having low overhead onto them.

The Art of Nails and More offers manicures, pedicures, artificial nails and all waxing services. Carol said she makes the experience a very pleasant and personal one. There are no line ups and Carol takes her time with each customer, giving them the best service and a positive experience.

Carol chose to get into the business of pampering other women because of the gratification of seeing someone walk away feeling like a new person. She's had clients leave with tears in their eyes, because they no longer have to hide their hands in shame or because their cracked feet and nails have been transformed.

"You forget about yourself when you're so busy running around doing things for the kids and your husband. When you do something for yourself, it's amazing how great it feels," she said. Carol has been in this line of work for five years and completed a nine month esthetics program in Burlington.



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**SHELLEY
RIDDALL**

Shelley Riddall

If you don't know where to start your decorating project, or if you are suffering from a crisis of confidence, professional advice from Shelley Riddall may be just what you need.

Save yourself time, money and aggravation and call the expert. Important decisions deserve a qualified opinion.

Shelley can provide you with a plan of action that you can implement yourself. She can also custom paint and paper herself or control a sub-contracted project as required.

Skilled in both space planning and decor Shelley's goals are to provide the customer with the best and most personal design service possible.

At reasonable rates for top quality work, Shelley is your personal design solution.

She can be contacted at 877-5531 or fax 877-6451.



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**AVRIL
McCORMACK**

Avril McCormack

Avril McCormack had several years of sales experience behind her before she began working as manager in her family's business, G/S Television.

Avril is an exception in the audio and video sales industry, as there are not many women working in the field. She spends her time at both the Milton and Georgetown stores.

"I love the electronics industry but my favorite part of the job is dealing with the customers," said Avril.

Avril says the biggest selling product in the store right now is the home theatre package, which allows people to bring theatre into their homes. "We specialize in home theatre packages that are tailored to the customers needs."

Customer service is the backbone of their business.

"We still make house calls, even for things as simple as hooking up a VCR," said Avril. The store has a large service department which is an authorized service depot for major brands such as Sony, Panasonic, Technics, Yamaha and Zenith. Along with a full line of audio and video equipment G/S Television also carries new and used CDs.

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SARA COCKTON

Sara Cockton

Sara Cockton found it took no time at all for her client list to grow into a full-time business.

Since she graduated from the two-year program in Swedish massage at the Canadian College of Massage and Hydrotherapy in Sutton West, Ontario, Sara has worked on developing her own business in Georgetown.

"I was attracted to the field because I was interested in holistic healing and looked to it as a career change," she said. She also wanted to be self-employed.

Sara offers two types of massage, therapeutic and relaxation. Many of her clients are suffering from different kinds of pain, including sports injuries, occupational injuries from over use and injuries sustained in car accidents.

Swedish massage deals with the soft tissue of the body, affecting the musculo-skeletal, lymphatic, circulatory and the nervous systems. Most extended health care covers massage, although some require a referral from a doctor.

Sara offers half hour or full hour session at reasonable rates and is available during days and evenings, Monday through Saturday.

SARA COCKTON - MASSAGE THERAPIST

80 Guelph St., Georgetown

873-7679