

GoodLife sets high standard

In 1998 there was a tremendous growth in the fitness industry worldwide. Organizations such as IDEA for instance, represent some 80 countries. Canadians are among the most respected in the industry. In 1998 GoodLife's own Director of Fitness Maureen Hagan won global recognition as IDEA's selection for Program Director of the Year.

Locally, 1998 was the year that the Milton club was opened, with over 1,000 members signed up before the club even opened its doors.

Owners Ken and Gen Lemiro-Van de Haar say "from the beginning our approach at the Milton club has been very different from that of the 'hard-body health clubs'. Who we are is not determined by the physical facility or the equipment we carry.

"We don't select a marketing campaign to attract a specific type of club member. Our plan is to look at who is using our club and provide the best motivation and help possible for our members. When they achieve their goals, we have all succeeded."

The atmosphere at the club is all important. The owners and management team feel the

Milton GoodLife is a friendly and non-judgmental place -- and one that is adapting to the needs of boomers.

Opportunities are always available to take part in special classes, information seminars, Member Appreciation Days and fundraising for local charities.

GoodLife supports over 110 charities each year throughout the province and this year launched the GoodLife Kids Foundation. The Milton owners announced that their club will be one of many GoodLife locations participating this spring in raising funds for the Foundation.

In April of this year GoodLife, the largest fitness company in Canada, celebrates 20 years of serving its members, now numbering 75,000. The success of GoodLife, says founder and president David Patchell-Evans, "comes from a willingness to always expand our learning and adapt to the changing needs and lifestyles of our members. We are very proud to have our Milton club recognized as the best health and fitness club in Milton -- an honour and a fitting tribute to Ken, Gen and their staff."

On time accounting work at fair price, professionally

Robert Lawrence & Associates has a long-standing reputation for excellence.

Located at 35 Hugh Street for the past 17 years, owner Robert Lawrence has a collective 30 years experience in the bookkeeping, accounting and tax service industry.

"We provide a full range of year-round services," he says.

"We go the client or they bring their paperwork here once a month. We complete about 1,000 personal income tax returns per year from the simple to the complicated. Our prices are reasonable."

Completion of year-end financial statements, corporate tax returns, government filings and Worker's Compensation filings are some of the services he offers his corporate clients.

"Basically, it allows a business person to do what they do best whether that's sales or service and we take care of the rest."

Lawrence's loyal clients are located all over the Greater Toronto Area including Markham, Brighton and Niagara Falls thanks to referrals.

"We go that extra mile and we're known for our thoroughness," he says.

"Recently, going over a client's previous years' tax returns I found something that had been missed that resulted in a \$10,000 refund. That doesn't happen every day, but needless to say the client was very happy. One of our advantages is we don't disappear on April 30. If you have a problem, we're here."

The firm employs a staff of five during tax season and three year-round.

Mailboxes much more than that; a full range of services

Good service is the key to the success of Mailboxes, Etc. at 420 Main Street East.

Owners Bill Van Veen opened the store four and a half years ago with his wife Susan and they have built a steady client base ever since.

"What we offer is black and white and colour photocopying and courier services, e-mail, faxing, colour downloading of documents, printing of letterhead and business cards, some desktop publishing and word processing," he says.

"We also do special packing of items for courier trips and we sell packaging supplies such as boxes and bubblewrap and some office supplies."

The focus, however, is colour and high tech digital black photocopying services that offer clients better quality and text and picture combinations. It basically allows for different manipulations of documents to suit the customer's needs.

Mailboxes, Etc. employs four to five full and part-time employees including Susan Van

Veen, who works there a couple times a week.

Previously, Bill Van Veen was employed by his father's business, working mostly in finance and administration in the latter years.

When the couple decided to branch out with their own business, they looked to Susan's uncle, who owns a Mailboxes, Etc. franchise in Guelph.

"It's been great," he says. "Milton is a good community and I have no complaints. Our customers like the variety of services we offer under one roof. There are a lot of things they can get done here. It brings most people in although the challenge is the store's name doesn't really signify what we do."

"It's a young franchise, about 10 years in Canada. Some people expect to buy their stamps and drop off letters here but the company is currently negotiating with Canada Post so that may be forthcoming. We're in the service industry and that's what we do -- provide good service."

Harry knows his transmissions and has experience to prove it

Having been in the business for 30 years, Harry Manovich knows transmissions.

The owner of Milton Transmission at 85 Steeles Avenue East (Units 3, 4 and 5) began learning his trade as a teenager when he lent a hand at his dad Steve's transmission shop in Hamilton.

Manovich opened his own shop on Main Street in Milton in 1976, later expanding to his current location. He offers a full range of repairs to power transmissions, clutches, transfer cases, drive shafts, differentials, wheel bearings, gaskets and axles.

"I try to offer a fair price for a quality job. We try to do the best that we can for the customer," he says. "We just expanded our shop to another

unit and added two more hoists, which will help us serve our customers more efficiently."

Manovich admits the transmission business can get pretty hectic, hence the expansion.

Having previously worked in the surrounding area, namely Burlington, Oakville and Mississauga, he knows he made the right decision in relocating to Milton. He lives in the community as well.

"Back in 1976, we were the only transmission repair shop in town. I definitely love Milton, especially the people. It's more low key and friendly than anywhere else I've ever worked."

Milton Transmission employs five people including Manovich's wife Cindy, who does the books.

Christine and her staff would like to say...



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- Omni Spa deluxe dual service
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