

The ESSEX FREE PRESS BUSINESS

Maid of honour takes role a step further

BY DANIEL SCHWAB

From chocolate fountains to flowers and wine making to wedding cakes, a bridal show came to Essex District

High School Saturday, offering everything an engaged couple could need to prepare for the big day.

The woman behind the scenes of the show, 2 Waves owner Colleen Frecker, first had the idea of organizing the event when her younger sister and bride-to-be Laurie

asked her to be her maid of honour.

Being a young, ambitious business owner, Colleen, 28, took her newly designated role one step further and decided to organize a bridal show to display what Essex retail has to offer.

She looked around for a variety of services to be represented, adding name after name to a growing list.

"Having my own business here, I'm always trying to make the town bigger and better," Colleen said. "I thought that a bridal show would be a good thing."

After opening 2 Waves Manicure, Pedicure and Waxing in June, Colleen started planning for the bridal show in September.

Twenty-nine businesses signed up, with the majority coming from Essex.

Colleen considers the



A TOWERING TREAT - Laurie Laroy of Woodslee's Blissful Endings sizes up a replica of a "sparkling white" wedding cake during a bridal show at Essex District High School Saturday. The show offered soon-to-be brides and grooms a variety of services and products for a wedding day and honeymoon.

process to be a learning experience that helped her make connections in the local business community and gave more than a few brides some wedding ideas.

Trevor Menard took his bride-to-be Hollie to the show to plan for their wedding in May.

"We decided to come and take a look at who's out there and what they have to offer," Hollie said, adding that she was looking specifically for a wedding cake, decorations and flowers. Although she said she hasn't got a dress yet, they've booked a hall in Windsor

and have a photographer in mind.

"Weddings are a big thing," said photographer Rhonda Bonneau, who set up a booth at the bridal show.

"The biggest thing is the expression on people's faces," added her mentor, Ed Goodfellow. "That's really what they're looking for. People want to look back over the years and see these photos as the best times of their lives."



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BizPaL is an online project by Industry Canada. Visit BizPaL for additional project history and information as well as to access the websites of participating partners: <http://www.bizpal.ca>

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February is "Heart Month"

February is National Heart Month in Canada.

Almost 40% of Canadians will develop some form of heart disease or stroke over their lifetime, making it the leading cause of death in Canada.

The Heart and Stroke Foundation continues to deliver breakthrough medical advancements, social change, and health education that help reduce the devastating impact resulting

from these diseases.

Two researchers at the University of Windsor are supported by grants from the Heart and Stroke Foundation.

Healthy lifestyle behaviours are promoted to over 17,000 children in Windsor and Essex County each year.

During February there will be many events that are designed to inform the community how they can pre-

vent heart disease and stroke and assist in the continuation of important research.

Throughout the month over 1400 canvassers will be going door-to-door in their neighbour hoods in Windsor and Essex County collecting donations in support of Heart and Stroke Foundation research and providing valuable prevention and healthy living information.