



There are many women of influence within our community. Here's just a sampling of the names and faces behind some of our MOST



LYNDA SARGEANT

In 2003, Lynda Sargeant celebrates her 10th successful year in business as owner of Lindy's Floral Boutique at 6287 Main St., Stouffville.

In addition to fresh flower bouquets for all occasions, Lindy's offer gift baskets, fruit and gourmet baskets, balloon bouquets, silk ornaments (custom and pre-made) and gift items such as Crabtree and Evelyn products.

Lindy's offers same day delivery service to an area that covers Bowmanville to Stoney Creek, including Toronto, Brampton, Bolton, Newmarket, Uxbridge and surrounding areas.

With Valentine's Day coming up, you are invited to pre-book your Valentine's flower order at Lindy's before February 10 and receive a 10% discount!

As well as owning her florist shop, Lynda has been a sales representative for Stouffville's Gallo Real Estate for over 14 years.

Drop by Lindy's and say hello. Lynda and her staff would love to see you. Quality service and value are guaranteed - and the smiles are free.

Lynda can be reached 24 hours a day at 905-640-2632.



MARION DEACON

Exclusively Aerobics for Women was founded 6 years ago by Marion Deacon as a place where women could come and experience a challenging, high energy workout in a comfortable atmosphere without having to leave town. It has been a great little success story since they started in '97 with just two evening classes a week and have grown to currently offering a full aerobic schedule including Tai boxing, Step, Low-impact and Interval classes in their new studio. They also offer the very popular Stott Pilates program, N.I.A. and Hatha as well as Ashtanga Yoga for the more body/mind conscious ladies. All the classes are taught by certified instructors with safety and fun in mind. The childcare area for young ones of all ages is open during all morning classes.

Marion is a graduate of Seneca College's Fitness Leadership Program. She is also certified with the Ontario Fitness Council and attends fitness seminars on a regular basis.

Give Marion a call at 905-642-6408 to book your free trial class. 86 Ringwood Dr., Unit 221, just past the Stouffville Inn.



CRICKET FORFAR-JEAN

"Animals have always been my life."

That best sums up the approach taken by Cricket Forfar-Jean at Animal Eden, a holistic pet grooming "country retreat" located at 5706 Aurora Rd. in Ballantrae.

Set among the trees on the family's hobby farm, Animal Eden offers a full grooming service for dogs and cats in an atmosphere that includes pet relaxation music and soothing lavender scents.

"It's a full day at the spa," says Cricket, a graduate of the renowned Nancy Bryson Academy of Grooming. "It's calm. It's relaxing. It's quiet. We're not going to rush things here."

At Animal Eden nails are clipped and filed, pads are clipped out, ears are cleaned and the area around the groin is clipped for hygienic purposes. Two shampoos and a deep conditioner using specially mixed essential oils are part of the treatment as well. "All products are 100% natural. It's a beautiful experience for your pet."

And it's all affordably priced!

You and your pet can contact Cricket at 905-640-6862.



LUBNA JAFFER

The Progressive Montessori Academy, at the corner of Stouffer and Main, is the new school in town. It is owned and run by Lubna Jaffer. Lubna and her family moved to Canada in 1993 from Holland. Ever since she was 12 years old, Lubna dreamed of owning her own school. Towards that goal, she got her Bachelor of Education, but became interested in early childhood education after the birth of her own children. Having worked with children in three different continents, Lubna became interested in the Montessori system and obtained her certification in Canada. She worked as a Montessori teacher for a school in Thornhill, until she opened her own in January of this year.

Lubna chose Stouffville because of its small community feel. "I first visited Stouffville six years ago and fell in love with it," says Lubna. "The people have been great". In particular she would like to thank the Stouffville Memorial Christian Church for being so supportive of her. "It's people like Pastor Jim Amy and Marc Kenyon that make the world a better place."

For registration call 905-642-8417.



TRISH DEKKER

Trish Dekker is a registered dietician and nutritionist offering her professional services at Stouffville's Joint Venture Fitness and Physiotherapy, 6212 Main St., Ste. 202.

With over 20 years in direct client practice, Trish utilizes a client-centred approach to nutritional care. "I realize that each person comes with unique needs," says Trish. "I work with the client to develop and implement a nutritional plan." She also runs group workshops.

Trish, who also works in the addiction and mental health fields, is a published author. Her book, *Nutrition and Recovery - A Professional Resource For Healthy Eating During Recovery From Substance Abuse*, was released last year.

Trish works with her clients to get to the root of nutritional problems. "People who come to see me have often exhausted other sources. They're trying to get their health back." By examining their lifestyle, it is possible to prescribe a successful plan. "We look at the things in their life that are contributing to the problem, then make changes."

Trish can be contacted at 905-642-7004.

SUCCESSFUL FEMALE BUSINESS LEADERS



LIZ STEWART

The year 2003 looks promising for this active 42 year old equestrian. Meet Liz Stewart, a certified riding coach, farm manager and camp co-ordinator at Warden Ridge Pines.

With over 30 years devoted to her passion for horses, she has not lost the glow when she talks about her school horses, students and her business in Stouffville.

Liz offers seasonal riding lesson packages, seasonal camps, birthdays, part boarding, leasing and a work-to-ride program.

All ages are welcome during the weekday, nights and weekends.

Warden Ridge Pines, 'Home of Paddock Play', progressive badge system, is located at 13639 Warden Avenue, south of Bloomington.

Her business is a member of the Association for Riding Establishments and Liz is proud to be the volunteer rep of the GTA region.

To contact Liz call 905-888-5340 or email her at 'hookup@sympatico.ca'. Her website and mailing address are as follows: www.wardenridgepines.ca / Box 106, Gormley, ON L0H 1G0.

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LAURA HUNTER

GIDDYUP! owned and operated by Laura Hunter and Brett Marshall, offers two types of instructional riding programs. Each week 65-70 children and adults with disabilities attend the GIDDYUP! therapeutic program. Hunter, an adapted physical education specialist, has taught children with disabilities for 30 years and runs several programs and camps in the Toronto area.

GIDDYUP! also offers riding instruction for children and adults without disabilities. "Although we began as a therapeutic program many parents and siblings indicated an interest in riding as well and so we developed a recreational riding program."

All instruction is private and includes not only riding skills, but an understanding of horse behaviour and psychology. Students also learn to work with their horses on the ground. We find that the ground work gives our riders a better understanding of their horses and increases their confidence in their riding abilities.

GIDDYUP! is located at 4852 Vandorf Sdrd. Please call 905-642-8001 for further information or to arrange a visit.



LYNE BOND

Lyne Bond has been practicing osteopathy and nutritional counseling for over 10 years.

A local resident, Lyne operates out of the Stouffville Health Centre at 6219 Main St. Stouffville.

Osteopathy is a manual therapy that works on the bones and muscles to enhance movement and decrease pain. "I get many end stage patients who have been victims of car accidents," says Lyne. "Osteopathy can be beneficial for head trauma and athletic injuries, or injuries associated with unique lifestyles such as musicians or dancers."

By using the cranial sacral osteopathic technique, Lyne is able to get to the root of pain. "We're looking for the cause, not the symptoms. And the treatment is gentle - we get a lot of seniors and children coming in."

Patient Joy Goch of Uxbridge gives Lyne credit for easing chronic low back pain caused by an old injury. "The treatments work on so many levels," says Joy. "They always bring me into balance, healing and energizing me."

Lyne can be contacted at 905-640-4440.



HIEDI HAKONSON

"To Catch Your Second Wind."

That's the name of Hiedi Hakonson's business, which sees her use a combination of holistic modalities or therapies to correct and align aspects of the mind, body, and emotions.

Hiedi started her complimentary therapies business in 1991. "It has evolved into a very fulfilling career," she says.

In Nov. 2002 she graduated from the Canadian School of Natural Nutrition after a two year program which stressed how a diet of natural, live, high quality food is the first step in rebuilding the body's homeostasis. She earned a degree in holistic nutrition at the school as well.

Hiedi also incorporates iridology, reflexology, Reiki and Therapeutic Touch to speed up her clients' healing process. "I believe that giving my clients updates and easy to understand information will enable them to take the necessary steps to continue taking charge of their new lifestyle."

Hiedi operates out of her home at 6182 Aurora Sideroad, Stouffville. You can call her at 905-642-7417.



TERI MCTAVISH

Teri McTavish is a fully trained esthetician who runs her business, *Back Betty Visions*, from her home at 419 Hemlock Dr. in Stouffville.

Teri is a 15-year Stouffville resident who received her training at Seneca College. She provides a full range of services including waxing, facials, manicures, pedicures, paraffin treatments and body relaxation treatments. She also offers healthy skin care alternatives.

Gift certificate packages are available including a variety of treatments - or you can make up your own package.

"We offer high quality personal service in a warm private setting," says Teri. "And our prices are fair."

Teri's business has grown mostly through word of mouth in its six years of operation. "We've added a second esthetician with Kim Maciver joining us. We're now able to offer service four evenings and seven days a week."

Teri's customer base is made up of both men and women. All age groups are welcomed from teens through seniors.

Teri can be contacted at 905-640-9133.



SUZE JOYCE, RNCP

Welcome to Healing Force health food store where delicious fruit smoothies and homemade soups are just some of the delectable offerings available at the Juice Bar. Conveniently located in downtown Stouffville, Healing Force offers a close to home solution for those interested in holistic health - a whole body approach of body, mind and spirit - to achieve optimum good health.

Owner Suze Joyce, RNCP, is a longtime Stouffville resident and an honours graduate from the Canadian School of Natural Nutrition.

Complete with assessment rooms, Suze will define your personal needs and guide each client to total health and well being. Electro dermal screening - non evasive allergy testing - will be provided by Cecelia Bryniawsky, an associate of Healing Force.

Healing Force Health Food Store offers competitively priced supplements and personal and household products.

Healing Force carries vegetarian, wheat and dairy free, diabetic sugar free products; all containing nothing processed or refined.

Make Healing Force Health Foods your one stop nutrition store.

Located at 6333 Main Street 905-642-8643. Hours: Tues-Fri 10 a.m. - 7 p.m. Sat 9 a.m. - 5 p.m. and Sun-12 - 4 p.m.