



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



HEATHER PREECE

Heather Preece has been the owner and operator of Chick-a-Dee Day Nursery on 10 Albert Street in Stouffville for 27 years.

In 1977 she bought Chick-a-Dee with the hopes of building a comfortable, loving environment for the children.

She had a charming century home transformed into a home away from home for the children.

Heather's goal is for all the children at Chick-a-Dee to have a safe, positive learning environment. With the large playground equipment and ongoing activities for the children, Heather continues to make Chick-a-Dee the place children want to be.

Heather has made the hours at Chick-a-Dee more flexible for the parents, Monday to Friday - 6:45 am to 6:00 pm., and the fees are very reasonable.

For more information on Chick-a-Dee, please feel free to call Heather Preece at Chick-a-Dee, 905-640-5233.



LISA COUSINS

Do you need to pinpoint problem areas or just check on your health?

The ancient science of Iridology will help you do this.

Do you need your body to work better?

Reflexology is a healing, restorative and preventative treatment. The best stress reliever going!

Lisa Cousins is a certified reflexology and iridologist who also provides ear candling for her clients. They range in age from 8 weeks to 99 years.

She offers you the peace and comfort of her home for your treatments.

Lisa has been a resident of Stouffville for over 20 years and is a natural health practitioner with more than 9 years of experience.

For more information on these and other therapies, call Lisa at 905-640-1500.



CECELTA BRYNIAWSKY

BALANCED Health & Wellness, located at Unit 2-20 Freel Lane, would like to thank everyone for their ongoing support!

Owner, Wellness Consultant Cecelta Bryniawsky, is a certified Electro-Dermal Screening Technician. Electro-Dermal Screening is a non-invasive procedure that tests for the presence of pathogens such as parasites, viruses, bacteria, yeast/fungus, heavy metals and environmental pollutants; as well as determining food and environmental sensitivities.

Cecelta then uses her professional skills to restore balance to the body with the help of herbs, homeopathic remedies, nutritional supplements, flower essences and diet and nutritional counseling.

"When you balance the wonder of nature with the precision of science, the results are extraordinary," says Cecelta.

Cecelta obtained her certification four years ago from the College of Natural Sciences of Central Ohio and is engaged in ongoing training and research with the College.

For information and appointments please call (905) 642-5626



PAT MONTGOMERY

As a young girl, Pat used to visit her aunt and uncle's "dry goods" store in Stouffville. Never in her wildest dreams did she imagine she would be a store owner here forty years later!

A warm friendly greeting awaits you at Candlelight and Memories. New visitors and repeat customers are amazed at the variety of unique gifts Pat has tucked in every nook and cranny. Her love of seniors inspired Pat to create a cozy comfortable setting for her Tea Room. A ramp in the rear parking lot makes it wheelchair and stroller accessible.

Make your daughter's birthday party memorable by booking a dress up tea party for her and her friends in the loft.

A few quotes from Pat's Guest Book say it best - "We had a lovely time. Thanks for your special touches to make it memorable." A customer from Scotland writes, "A delightful shop - well thought out and a pleasure to walk through."

Visit today. Candlelight and Memories, 6198 Main St., Stouffville. 905-642-4940.



LINDA LEVESQUE

After a successful career with the Federal Government, Linda made a career move in 1990 where she could marry her love of people with her love of numbers. Linda became an investment advisor.

Linda is currently employed with Dundee Securities Corporation as an Investment Advisor. Linda is also qualified as a Certified Financial Planner and a Financial Management Advisor. Linda provides written financial plans and on going coaching to help keep her clients on track with their financial goals. Linda listens first, asks questions second and develops a plan based on clients needs. Linda also shows clients how to maximize their cash flow by minimizing taxes and restructure debts.

Linda has called Stouffville home since 1997. Linda is expanding her practice and is now taking on new clients. If you would like to have a complimentary, no obligation second opinion on your financial plan and/or your portfolio, you can e-mail her at llesvesque@dundeesecurities.com or call at 416-412-8018, to book an appointment.

SUCCESSFUL FEMALE BUSINESS LEADERS



SUZE JOYCE, RNCP

Suze Joyce R.N.C.P. is very passionate about living life to the fullest and believes the body will correct itself given the proper raw materials it requires. Keeping this in mind, Healing Force carries quality vitamins, organic food, wheat, gluten sugar and dairy-free products.

Suze carries Ecco Bella, Zia, Urban Spa, Burt's Bees and Aubrey natural make-up, skincare lines and hair dyes.

She carries Beanpod scented soy candles and Pheylonian beeswax candles both free of paraffin wax. Also in her gift section - Reiki and Celtic jewellery. Clothing has been added to this section. Gift baskets galore!

Visit Healing Force today and enjoy Suze's cozy cafe and Juice Bar for lunch or tea. Try a sumptuous bowl of soup, gourmet pizza or one of her delectable specials.

Have a health concern? Make an appointment to see Suze Joyce and together you will enable your body to heal itself.

6333 Main St. Stouffville. 905-642-8643



DANA DERASMO

Once Is Not Enough is a great place to get your kids clothes. Owned by Dana Derasmo, this business has been serving the Whitchurch Stouffville area for ten years.

Selling great name brands for ladies and children, some brands you might find are Gymboree, Gap, LaSenza Girl and Tommy.

Dana insists on super customer service and is always available to help with your consignments.

"Customers are number one with me and you will not find better service anywhere," says Dana.

Once Is Not Enough is now accepting Spring and Summer items along with all baby accessories.

"I have special sales everyday and a room full of goodies for \$1.00. Every 4 months we have a 50% off sale that is very successful."

Store hours - Tuesday to Saturday 10 a.m.-5 p.m.

If you love to save money and get great stuff, you will love "Once Is Not Enough". Dana, LeeAnna and Oli welcome you to stop in for a treat.

Located at 18 Ringwood Dr., in the Ringwood Plaza, east of Markham Rd.



KAREN WIDEMAN

Karen Wideman is a Registered Massage Therapist who runs her practice out of Joint Venture Fitness and Physiotherapy in downtown Stouffville.

Karen is able to treat a variety of conditions including tension, work stress, tension headaches, back tension, whiplash, migraines and circulatory problems. She can also help people with sports injuries, fibromyalgia, osteo and rheumatoid arthritis, rotator cuff injuries and TMJ problems. "My aim is to help people regain their health in a natural way," says Karen.

With another winter upon us, Karen is qualified to help those who suffer the added stress brought on by cold weather and winter driving, while offering relief for the injuries, aches and pains resulting from shovelling snow.

Karen has special training in pregnancy massage. "Massage is beneficial throughout the pregnancy for the mother and the baby," says Karen. "It can also play an important part in the post-pregnancy period."

The cost of Karen's services is covered by most extended health care programs.

Karen is available for evening and Saturday appointments. Call her at 416-541-4189.



LUBNA JAFFER

Lubna Jaffer owns and operates the Progressive Montessori Academy in Stouffville.

Lubna, who has over 15 years experience in preschool education, is a firm believer that early exposure to key experiences is crucial to the development of a child's brain.

Her school instructs children between the ages of two and a half and six years in Math, Language, Geography, History, Science, Biology, French, Sign Language and Computers, using the Montessori philosophy.

The Montessori approach develops the whole child, enhancing concentration, self esteem, confidence, and independence while also developing logical and critical thinking. The child is empowered to take control of his/her own destiny.

The Montessori program can be used as an alternative to Junior and Senior Kindergarten for parents looking for a more advanced academic approach for their children. With a teacher-student ratio of 1 to 8 your child is guaranteed individual attention.

The Progressive Montessori Academy is located at the corner of Stouffer and Main. Phone 416-220-8070. Or visit our website at http://members.rogers.com/the_pma/



KELLY BAXTER

If you're looking for a unique gift for a friend, relative, or even yourself, Kelly Baxter at Home Elements has just the thing. Her shop is a mix of unique, eclectic and original home accessories and furnishings.

The store also features custom ironwork created by her partner, John Addison. There's lots of beautiful glassware and if you can't choose just one item - and it's hard - Kelly will create a custom gift basket for you.

"Customers love the selection, because it's so different. It's definitely not run-of-the-mill," says Kelly. Great prices are another reason to shop Home Elements.

Kelly, who always had a love of decorating, is constantly on the look out for interesting items, including Canadian-made, local and imported. It's also the only place where you can buy John's artistic iron creations.

"Owning this store and helping people find beautiful things is the fulfillment of a dream," says Kelly.

Home Elements is located at 86 Ringwood Drive, unit 29, in Stouffville. Kelly can be reached at 905-642-7072.



PAMELA WRIGHT

Local artist, Pamela Wright, owns and operates Stouffville Picture Framing Studio. She brings training in balance, colour and design to the framing business; helping and educating the customer in choosing the right mats and frames to enhance whatever they bring in, whether it be a piece of original art, print, photo, needlework, certificate or memorabilia.

Thinking of changing your home décor? A favourite piece of art or photo can be rematted and framed to compliment that new style. Shadow boxing items from sports jerseys to collecting to precious memorabilia and war medals adds a new dimension and fresh focus to plain walls and keeps those treasured memories looking great for generations.

Whether for gift giving or home decorating projects, Stouffville Picture Framing Studio has the styles and expertise to help you accomplish your goal.

Visit Stouffville Picture Framing Studio at 5 Library Lane for service, selection and value for all your framing needs. Call 905-642-5352.