



TABLE OF CONTENTS

Business Profile

Shawarma in Port Stanley Pg01

Business Resource
Enterprise Elgin Pg02

Business Profile
Empower Fore Life Pg03

Business Profile
Wildflowers Farm Pg05

Business Resource
Self Employment
Training Pg07

Local Event
Culture Days Pg08

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Business Profile

New Shawarma Restaurant Opens in Port Stanley



Shebaz's Shawarma & Falafel has officially opened for business at 175 William Street, Port Stanley, ON.

The restaurant owned by Doris and Gabriel Chordeker serves up Mediterranean style street cuisine that includes Shawarma, Falafel, and Samosas. The couple used to run the Max Milk Convenience Store in Port Stanley and during this time realized that an opportunity existed to offer a different style of cuisine in the village. Opening a Shawarma business had always been a dream of Gabriel's since moving to Canada from his home country of Israel.

The restaurant's location is perfect for hungry beach-goers on their way to and from Port Stanley's Main Beach. Shebaz's will even deliver orders right

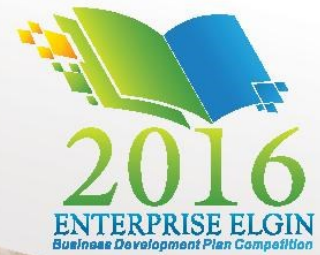
to the beach. Shebaz's Shawarma & Falafel opens at 11:30 a.m. seven days a week and is unique in that it stays open well past midnight on Fridays and Saturdays to accommodate people who are out late in the village.

Customers can order their Shawarma or Falafel in a pita, in a salad, over rice, or on top of an order of French fries. Samosas come with a variety of fillings (chicken, beef, lamb, and vegetable) and have quickly become a customer favourite.

Doris Chordeker is excited to bring Mediterranean culture to Port Stanley and has been very pleased at the response the restaurant has received since opening at the beginning of June.

"People are very excited to try new things," said Doris. "The next closest Shawarma restaurant is in London so we are unique in the area."

For more information about Shebaz's Shawarma & Falafel and for a complete listing of the restaurant's hours visit the [Facebook Page](#).



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MORE THAN \$8,000

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**SUBMIT YOUR BUSINESS PLAN APPLICATION
TODAY AND LET US HELP YOU GROW YOUR
BUSINESS IN ELGIN COUNTY!**

Contest will be open to residents or businesses either in or locating to Elgin County (outside the City of St. Thomas). Contest will be open for entries Aug 2nd through Sep 30/16. Information packages and applications can be picked up at your area Elgin Business Resource Centre office in Aylmer, Dutton or St. Thomas, or at the County of Elgin offices in St. Thomas. All final plans to be submitted to EBRC offices only.

Top five plans will be invited to pitch a 15 minute 'presentation' to a panel of judges from the Elgin County business & Economic Development community.

Official judging to take place at the New Sarum Diner reception hall,
Thursday, October 20, 2016, 5:30-7:30pm

www.progressivebynature.com
www.elginbusinessresourcecentre.com

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Business Profile

Empower Fore Life - Confidence and Resilience Through Fitness and Sport

Growing up, Sarah Westaway was passionate about fitness. She was involved in many sports in high school and attended Ball State University on a golf scholarship. She graduated with a Bachelor of Science degree from the School of Health and Physiology with a minor in Community Health and has now returned to Elgin County to pursue a career as a teacher with the Thames Valley District School Board.

In May of 2016, Sarah founded the Empower Fore Life Golf and Fitness Leadership Series as a way to build self-confidence and self-resilience in young women through fitness and golf. Her time in the school system drew her attention to the struggles and pressures that young girls are facing everyday.

"I see lots of young girls who I wish believed in themselves and had more confidence," said Sarah. "I wanted to find a way to use my talents and experiences with golf and fitness to help

others find some much needed confidence."

Her experiences as a competitive golfer and CrossFit coach have built her own confidence and taught her valuable skills and coping mechanisms that can be used in everyday life. Empower Fore Life is a way for Sarah to take what she has learned over the years and pass those lessons on to young girls in the community.

The Empower Fore Life Golf and Fitness Leadership Series helps young girls develop strategies for creating healthy bodies and healthy minds by offering three different programs for participants to choose from.

Beginner Clinics are one to two day golf and fitness events that are offered at various times throughout the year. These clinics are a great introduction to the sport of golf. Athletes will participate in swing instruction, learn basic golf knowledge, and engage in goal setting and



Golf & Fitness Leadership Series

Developing young female's self-confidence through golf & fitness
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www.empowerforelife.com



nutrition talk all while having fun and interacting with their peers.

Week-Long Golf and Fitness Courses are multi-faceted. They include everything from golf specific CrossFit workouts, swing instruction, and course management to nutrition talk and sports psychology.

The Mentorship Program offers these programs on a one-on-one basis with the instructor. It runs over the course of a year and athletes work with their instructor to set goals and achieve personal bests.

So far, Sarah has found the entire Empower Fore Life process to be an extremely positive experience. Guidance that she has received from the Elgin/ St. Thomas Small Business Enterprise Centre, CrossFit Elgin, and the St. Thomas Golf

and Country Club has been invaluable.

“We are always being bombarded with negativity but my experience has been so positive,” said Sarah. “Helping young girls and being supported by the community myself has been such a great experience. I am so thankful for the support that the community has shown me and I am excited to see the company grow!”

To learn more about the Empower Fore Life Golf and Fitness Leadership Series visit www.empowerforelife.com or like the Empower Fore Life page on [Facebook](https://www.facebook.com/empowerforelife).



Business Profile

Wildflowers Farm - Growing and Evolving Naturally



Nestled among fragrant fields of flowers, just minutes from Lake Erie's north shore, sits Wildflowers Farm the homestead of Jane and Chuck Magri and their three young children.

The Magris moved to the farm on Fruit Ridge Line in 2007, and soon after they launched Wildflowers Tea. Wildflowers Tea is a line of loose leaf tea blends with an emphasis on local organic roots, leaves, flowers, barks, and seeds. The inspiration for the teas came from Jane's personal passion for herbs and native plants and their nutritional and medicinal uses. Jane began selling Wildflowers Tea at area farmers' markets which really helped her to connect with the community.

Several years after creating the tea line, Chuck developed an interest in honey bees while visiting a friend with hives. Soon after the Wildflowers Honey portion of the business was born. Now the Magris have 90 hives located on their own property and at several other Elgin County locations. The pair opened a store on the farm in 2013 as a place to sell Wildflowers Honey, Wildflowers Tea blends, and herb-infused bath products.

A few years ago Jane began to teach Yoga on the farm. She started with one class and now teaches 5 - 7 classes a week in addition to hosting meditation workshops. She also offers workshops where participants can learn about local herbs and flowers and how to use them to treat various ailments.

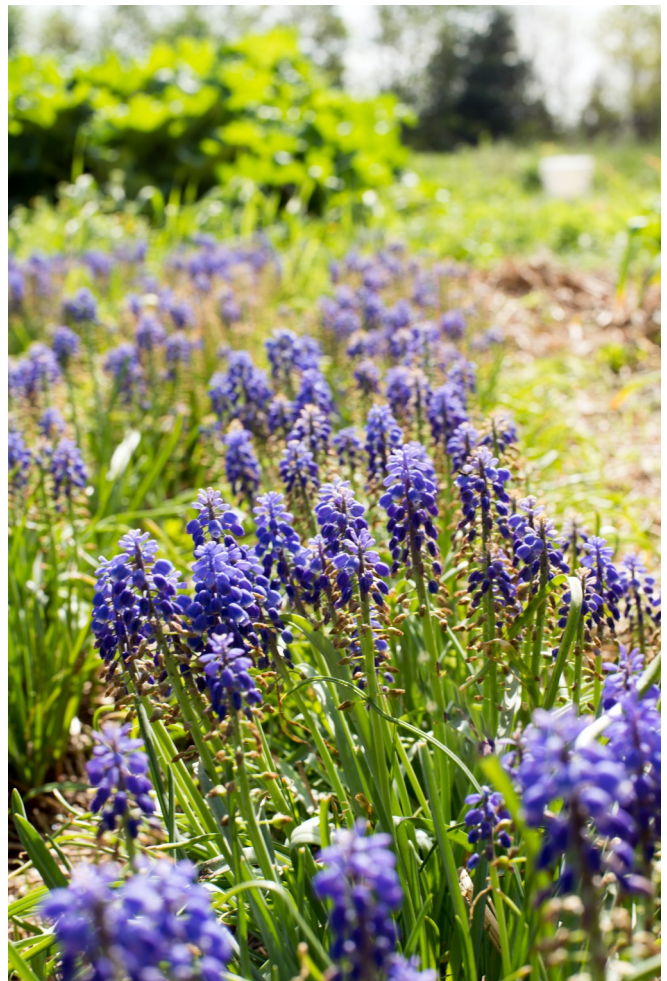
The farm plays host to several events each year including the popular Summer Solstice Festival that promotes the arts, local food, and sustainability. The event just celebrated its fourth anniversary where vendors, local food, live music, and craft beer drew an impressive 500 guests to the farm.



Additionally, this fall Wildflowers Farm will host a Fall Equinox Harvest Dinner in honour of the changing season. This dinner will be open to a limit of 100 people and will feature partnerships between local organic farms and local chefs.

Recently the Magris have worked with the local conservation authority to restore two acres of their property to a natural prairie wildflower meadow. This gorgeous property is a sight to behold in any season and has quickly become a refuge for those wanting to connect with the natural environment and learn more about the ancient traditions of herbal healing. The Magris look forward to continuing to grow and evolve naturally on the farm as they introduce new products and collaborate with new partners.

For more information about Wildflowers Farm, Wildflowers Tea, or Wildflowers Honey visit www.wildflowerstea.com or visit them on [Facebook](#).





ELGIN BUSINESS RESOURCE CENTRE



ELGIN BUSINESS RESOURCE CENTRE PRESENTS

MONDAY
**SEPT
12**

SELF - EMPLOYMENT TRAINING

SEPTEMBER 12, 2016 9:00AM-11:30AM

EBRC AT 516 JOHN STREET, AYLMER, ONTARIO

PLEASE RSVP TO CHERTWIG@ELGINCFDC.CA, 519-633-7597 EXT. 335
OR REGISTER @ [HTTPS://SELFEMPLOYMENTTRAINING.EVENTBRITE.CA](https://SELFEMPLOYMENTTRAINING.EVENTBRITE.CA)



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