



Finalists

2023 FINALISTS



OUTSTANDING CUSTOMER SERVICE

Autumn Heukshorst - PROTx Services
Natures Design Cleaning Company
Sally Manley - PROTx Services

EXCELLENCE IN DIVERSITY, EQUITY AND INCLUSION

Corridor Community Options for Adults
East Hants Aquatic Centre
Elmsdale Community Garden



NON-PROFIT OF THE YEAR

After Trauma Empowerment Network (ATEN)
East Hants Family Resource Centre
Elmsdale Community Garden

TOURISM - HOSPITALITY BUSINESS OF THE YEAR

Lily Pond Vintage
Ravens Rest Retreat
Shangri-La Cottages



AGRICULTURAL BUSINESS OF THE YEAR

Homestead Lavender
Ravens Rest Retreat
Sunnycroft Farms Ltd.



INNOVATIVE BUSINESS OF THE YEAR

After Trauma Empowerment Network (ATEN)
Aroma Maya
Elmsdale Community Garden



YOUNG ENTREPRENEUR OF THE YEAR

Daniel & Amelia Heim - East Coast Detailing
Jessica Wagner - Paw-some Adventures
Liam Crane & Ashley Scott - Soaring Crane Sushi

NEW BUSINESS OF THE YEAR

Corridor Wellness
Outta the Blu - Artisan Market
Renew Health Inc.



BUSINESS OF THE YEAR 1-6 EMPLOYEES

Soaring Crane Sushi
The Beefy Weiner
The Laker News

BUSINESS OF THE YEAR 7+ EMPLOYEES

Brannen's Service Center
Paw-some Adventures
Sangster's Automotive Supplies



OUTSTANDING CUSTOMER SERVICE

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AUTUMN HEUKSHORST PROTX SERVICES

Autumn Heukshorst grew up on her family's dairy farm in Milford. She is an Acadia graduate with a Bachelor of Science in Biology. Presently, Autumn is a proud physiotherapy assistant in pursuit of becoming a certified exercise physiologist, the first of its kind in East Hants. Currently, you can find Autumn (and her infectious laughter) at the PROTx Services. Autumn is dedicated to her clients' physical and emotional concerns and strives to restore their confidence to return to work. By encompassing all her achievements, and caring personality, Autumn is a fine example of what outstanding customer service represents and is a valuable asset to our community.

NATURES DESIGN CLEANING COMPANY

Tammy Elliott is the owner and operator of Natures Design Cleaning Company which provides residential, commercial, and post construction cleaning services. After many years working for other companies, Tammy decided to venture out on her own into the world of entrepreneurship to open Natures Design Cleaning Company. From the ease of a residential home to the high pace, deadline driven construction industry, she knows how to adhere to a schedule in an efficient and timely fashion no matter how difficult it may seem.

SALLY MANLEY PROTX SERVICES

Sally Rowter Manley was born and raised in Kejimikujik, Nova Scotia and graduated from Dalhousie University with a Bachelor of Science in Physiotherapy in 2006. Knowing she wanted to return to her rural roots, she settled in East Hants after graduation and has been a practicing Physiotherapist ever since. Sally understands the importance of client-centered care and is willing to support the client through their rehab journey in any way possible. Not only does she approach treatment in a personalized way, she also provides entertainment to make everyone's physio connection an enjoyable one. She is very grateful to her community and is looking forward to the next 17 years.

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EXCELLENCE IN DIVERSITY, EQUITY & INCLUSION

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CORRIDOR COMMUNITY OPTIONS FOR ADULTS

Corridor Community Options for Adults (CCOA) has operated in East Hants since the 1970's, providing programs, supports, and community inclusion opportunities for people considered to be living with an intellectual difference. CCOA operates several social enterprises including Rick's Riches Thrift Store, Hidden Treasures Café, and CCOA Wood Products Manufacturing. CCOA is in the midst of a major expansion and is currently constructing a much larger building in the Elmsdale Business Park that will triple their capacity, eliminating wait lists, and provide expanded programming. As a part of the Corridor Community Options Society, the CCOA employs over 55 staff while providing vocational and residential supports to over 50 people.

EAST HANTS AQUATIC CENTRE

The East Hants Aquatic Centre is a state-of-the-art aquatic facility in Nova Scotia that is a leader in accessibility. The facility includes a six (6) lane 25m lap pool, a warm leisure pool, and hot tub that are all fully accessible. The inside of the facility is designed with minimal barriers and has a fully accessible change room with adjustable bed and lift. The East Hants Aquatic Centre offers programming to participants of a variety of ages and abilities such as gentle functional fitness, swimming lessons and aquatic leadership and first aid courses. The East Hants Aquatic Centre started offering inclusion lessons for participants who require extra support to participate in lessons.

ELMSDALE COMMUNITY GARDEN

The Elmsdale Community Garden is a project of the East Hants Community Learning Association. The garden is centrally located and is open to the public as both a green space and a source of food. The garden is a thriving hub of the community, and its programs attract people from all walks of life. This includes newcomers, seniors, young families and people struggling with the cost of living. From a diverse food selection in the Community Freezer to cooking up a Syrian-themed Community Meal, we believe everyone can come together over good food. From free food events to meal delivery through, we do our best to make food accessible to all in East Hants

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NON-PROFIT OF THE YEAR

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AFTER TRAUMA EMPOWERMENT NETWORK

After Trauma Empowerment Network (ATEN) is a registered, non-profit mental health organization in Shubenacadie, providing professional, trauma informed, counselling, therapy and peer support to individuals who have experienced trauma in their lives at no charge. The Violet Rose Gift and Thrift Shop is a program of ATEN. All proceeds from the shop go directly next door to ATEN to help with overall operating expenses, so they may continue to provide free mental health services to clients, as well as an affordable shopping place for families and a venue for local crafters and artisans to sell their unique products.

EAST HANTS FAMILY RESOURCE CENTRE

The East Hants Family Resource Centre has been a registered charity since 2012. It offers offer free prenatal, baby, family and parenting programs. Every year they support 400 plus families, working with and caring for babies, toddlers, pre-schoolers, parents, grandparents, guardians and caregivers of all description. We not only offer support with family literacy, positive parenting and budgeting programs, but by providing personal hygiene items, groceries, diapers, free meals, clothing, school supplies and more. We also work with and refer to wonderful agencies such as the Canadian Mental Health Association, Caring and Sharing Food Bank, Public Health, and the East Hants Community Learning Association.

ELMSDALE COMMUNITY GARDEN

The Elmsdale Community Garden is a branch of the East Hants Community Learning Association located in Elmsdale. Open to the public as both a green space and a source of food, it is unlike most community gardens where everyone is welcome to collect food. The only requirement is that users report the number of people fed in to showcase the garden's impact in the community. The garden includes a community freezer which provides free, nutritious meals to those in need. In addition to the physical garden, the Elmsdale Community Garden also provides free or low cost food events in the community year-round, providing access to healthy food .

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TOURISM-HOSPITALITY BUSINESS OF THE YEAR

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LILY POND VINTAGE

Lily Pond Vintage was founded in 2015 as a passion project by Shirley Whiteway-Matheson. LilyPond Vintage home store began as an extension of Shirley's passion for decorating with salvaged, refurbished furniture. At LilyPond you will find a wide variety of restored pieces: old that's remade to look new again, and new that's made to look old. In addition to furniture and decor, you will also find a large variety of paints, waxes, and other DIY project materials. Not sure where to start? LilyPond offers workshops, in-store guidance, and online videos galore!

RAVENS REST RETREAT

Tired of the corporate grind, Jim and Heidi craved to leave the hustle and bustle. In 2021, they took a leap of faith and moved to East Hants where their dream of operating a coastal farm stay getaway was born - Ravens Rest Retreat. They blend the charm of rural life with modern hospitality, offering guests an immersive agri-tourism experience that connects them with the beauty and bounty of their land, forest, and animals.

SHANGRI-LA COTTAGES

Shangri-La Cottages is a luxury cottage business located at Burntcoat Head, the site of the highest tides in the world. The year-round accommodations business is comprised of five cottages overlooking the magnificent Bay of Fundy. A dream of living by the ocean and a passion for showcasing the beauty of Nova Scotia lead Asrar and his husband, Nicholas, to take over Shangri-La Cottages in August of 2021. Their goal is to provide more employment opportunities to the local community and to help grow the local economy by promoting, partnering, and collaborating with other businesses in East Hants.

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AGRICULTURAL BUSINESS OF THE YEAR

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HOMESTEAD LAVENDER

Homestead Lavender is a 20 acre family farm nestled in the beautiful countryside of Urbania. The owners, Jessica and Robby Tibbo believe in providing an authentic Canadian agriculture experience. This dream bloomed from knowledge in the Horticulture industry, a passion for handcrafts and most importantly - family. The farm focuses on lavender, producing its essential oil and specialty gifts. All lavender products are handmade by Jessica, the creative behind the seasonal farm store and lavender line. Currently, they are working toward adding on-site amenities to become a pillar in the community through gathering, connecting and collaborating.

RAVENS REST RETREAT

Jim and Heidi are the children of Dutch immigrants who grew up on dairy farms in Quebec and Ontario. Tired of the corporate grind, they aspired to make a change that would reconnect them with their agricultural roots. In the Spring of 2021, they took a leap of faith and moved to East Hants where their dream of operating a coastal farm stay getaway was born - Ravens Rest Retreat. Jim knows how to make all animals in his care feel loved and respected. Heidi delights in sharing her love of Mamma Earth and all her creatures with her guests.

SUNNYCROFT FARMS LTD.

Sunnycroft Farms Ltd. was started by G.A. Jakeman in 1949 who moved to East Hants from Rockingham to start a life of dairy farming. Over the years they have grown the business and developed a strong base here with the fourth generation now taking management of the operation. By today's standards they are considered a small farm but show up in a big way by supporting the local 4-H program, which helps to develop skills in youth, and volunteer as leaders in both the Shu-Mil 4-H and the local Agriculture Society. Farming is a job that Sunnycroft Farms take pride in 365 days of the year and are thankful for everyone who supports and contributes to their business.

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INNOVATIVE BUSINESS OF THE YEAR

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AROMA MAYA

Aroma Maya opened its Enfield location in late summer of 2022, offering craft roasted coffee and fresh artisan donuts made in house to those of East Hants. They are a family owned and operated business that value their staff as well as those along the supply chain who make your morning cup of coffee and fresh pastries possible. Quality and people are and will continue to be at the forefront of everything they do as they would only produce products that they are 100% proud of.

ELMSDALE COMMUNITY GARDEN

The Elmsdale Community Garden is a project of the East Hants Community Learning Association. The garden is centrally located in Elmsdale and is open to the public as a green space and a source of food. A key part of the garden's success is the willingness to change and adapt to meet the needs of the community. This includes redistributing fruits, vegetables and more at pop up markets, as well as preparing meals with food donations to give away to the community. Some of our most popular events are our drive thru Harvest Dinner and Community Meals at the Elmsdale Legion.

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SUSAN PILLMORE REAL ESTATE

YOUNG ENTREPRENEUR OF THE YEAR

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DANIEL & AMELIA HEIM - EAST COAST DETAILING

Owners Daniel and Amelia Heim started East Coast Detailing on a whim in 2015. They started with nothing more than just a mobile detailing trailer. Over the years they have grown into their beautiful blue building in Elmsdale. They offer a wide range of services from automotive detailing to full car customizations including ceramic coatings, paint protection film and window tint. This year they also became the only CeramicPro Elite location in Nova Scotia. They strive to offer top quality services and products with exceptional customer service to the communities of East Hants and surrounding areas that they are proud to call home.

JESSICA WAGNER - PAW-SOME ADVENTURES

Jessica Wagner, 27, recently became a new mom of a human baby, Isabelle. A graduate of Maritime Business College with a diploma as a veterinary assistant, she opened the doors of Paw-some Adventures four years ago in 2018. She is a trained facilitator in Knowing Dogs, a specific training module program for Dog Daycares. Prior to opening Paw-some adventures Jessica had the opportunity to work in the Doggy Day Care industry as well as a grooming spa. Jessica Grew up around dogs and cats and has never had less than 3 dogs in her home.

LIAM CRANE & ASHLEY SCOTT - SOARING CRANE SUSHI

Liam and Ashley are the owners of Soaring Crane Sushi in Enfield. They started with a small Valentine's Day pop-up in 2021 which led to renting kitchen space at the Cup of Soul, then transitioning into the quirky and colorful food trailer, to finally operating from their own space in Enfield. Their main goal is to support local with a menu consisting of local sustainable seafood whenever possible offering a selection of food ranging from tempura appetizers, sushi rolls, salads, fried pork skins and more. Another goal for Soaring Crane Sushi is to create a healthy work-life balance in the culinary industry.

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NEW BUSINESS OF THE YEAR

Finalists

CORRIDOR WELLNESS

Kayla O'Neil & Leigh Fisher had a common goal of opening a health and wellness clinic with like-minded professionals to service East Hants and surrounding areas. By joining forces, they made that goal reality and opened Corridor Wellness in June of 2022. With their combined experience, they pride themselves on providing exceptional care to their patients and truly value the health and wellbeing of each and every one. They believe that healthcare should not be a one-size-fits-all approach, and everyone should be treated as a whole person, rather than just the presenting symptoms. Kayla & Leigh want to empower you to gain control of your health!

OUTTA THE BLU

Outta the Blu Artisan's Market, located above the Cup of Soul Café in Elmsdale, is a gift and art shop featuring 50 local artists. Opened in late 2022, Outta the Blu strives to make an impact on the community by focusing on local artists, giving them opportunities to showcase their art or craft. Market Managers, Alex Collin and Candi Hauser, also mentor young artists providing guidance, a space for their art, and the opportunity to gain work experience. Coming up on the one-year anniversary of Outta the Blu, Candi and Alex have created a Hidden Gems of East Hants brochure highlighting the little-known small businesses of East Hants.

RENEW HEALTH INC.

Renew Health is a locally owned and operated healthcare clinic providing physiotherapy, chiropractic, and massage therapy services to the community of East Hants. Renew Health was founded on the vision of bridging the gap between treatment of injuries and training for strength and performance. They have assembled a team of therapists that understand the principles of strength and conditioning and a team of trainers that understand the principles of injury and rehabilitation.

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caldwell roach
INSURANCE

BUSINESS OF THE YEAR 1 - 6 EMPLOYEES

Finalists

SOARING CRANE SUSHI

Soaring Crane Sushi (Est. 2021) is a small sushi takeout restaurant located in Enfield and takes pride in using local sustainable products whenever possible. The menu consists of classic rolls like salmon, tuna, and California using only real NS crab but also enjoys experimenting with new products to come up with unique creations such as their Pickled Pink roll, Feeling Shellfish roll and Cod Darn It roll. Soaring Crane started as a Valentine's Day pop-up and now have their own dine-in space.

THE BEEFY WEINER

Adam and Samantha Dorion are just two regular humans slinging street food, with good conversation and a full menu of bad jokes. In 2021 they opened up with the hotdog cart, a year later experimented with a food truck and this year they finally finished their new food trailer. Their meals are fun, creative and they are the foods that they would feed their kids when times were tough. They absolutely love what they do and can not see themselves doing anything else.

THE LAKER NEWS

The Laker News which opened in March 2020, is a one-person digital news operation run by Pat Healey who wears all the hats and keeps the communities of East Hants, Fall River, and Beaver Bank informed. Pat does his best to report the local news—whether it's the success of local sports athletes, major hockey stories, police and fire updates, or interviews with local politicians. He also enjoys covering the community events, like HERH Relay for Life, Tide Fest, Hay Days in Shubie, and Tim's Camp Day and Smile Cookies. Some people wonder if Pat ever sleeps seeing he is everywhere reporting the news and events in the communities he covers.

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BUSINESS OF THE YEAR 7+ EMPLOYEES

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BRANNEN'S SERVICE CENTER

Opening its doors in October of 2017, Brannen's Service Center is locally owned and operated and proudly serves East Hants and surrounding areas.

Centrally located in the Elmsdale Business Park, Brannen's offers a wide range of services that include full service automotive repair, truck & transport, RV, and trailers. With a strong focus on customer service our licensed technicians and professional service advisors are ready to provide solutions for any size job.

PAW-SOME ADVENTURES

Once realizing her love for working with dogs, Jessica Wagner was faced with the challenge of finding a stable long-term career. Working with dogs at a doggy daycare in the city, she realized there was a need in her community and the best option was to open her own facility in the heart of Elmsdale. With the support of the amazing team that has grown from three employees to eleven, Paw-some Adventures is a realized dream come true. The support received from the community of dog owners, veterinarians and dog trainer has been one of the best parts of living and working in East Hants. Dogs play an important role in our lives; at Paw-some Adventures, they get a lot of fun socialization, care, and less alone time.

SANGSTERS AUTOMOTIVE SUPPLIES

Sangsters Automotive Supplies is a locally owned and operated company that has been serving customers in the local automotive industry for over 25 years. Susan and her team take pride in their reputation for professional service. Through their network partnership with Bumper to Bumper Uniselect, they have access to parts across North America, which allows them to source millions of parts within 24 hours. Special ordering is quick and flexible. They can rush-order parts before 10:00am and have the stock at 2:30pm the same day, or order before 4:00pm and receive the parts at 8:00am the next morning.

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