



# THE CHAMBERS VOICE

SUMMER 2021

**THE BRIDGEWATER AND AREA CHAMBER OF COMMERCE** welcomes businesses of all sizes and type. We are committed to engaging our members in ways that inspire a progressive business climate and contribute to the steady economic growth of the South Shore. We're here to support you and help you face the future with confidence.

## LETTER FROM THE PRESIDENT

Happy summertime to everyone! We are cautiously optimistic as we move into **Phase 2 of the NS government's Reopening Safely Plan**, and as of June 23, the Atlantic Bubble has reopened. Now, as more vaccines happen, we move closer to a 'post-pandemic' world. Let's all continue to work together, stay vigilante, and keep taking care of ourselves and our neighbours.

The AGM was held online this year on Friday, June 18, with special guest speaker, Tyler Hayden. He entertained us with tales of 'Livin' Large', and embracing 'eustress' (a new word for me, meaning 'positive stress that you put yourself under', i.e. stepping out of your comfort zone). Thank you to everyone who joined us; hopefully next year's AGM will be a live event.

Membership has its privileges! **Our 50 x \$50 promotion is still going on!** The first 50 members to contact us will receive \$50 for the Chamber – we will purchase \$50 in gift certificates to give a boost to your business and encourage **#shoplocal!**

For all the latest information about the Chamber, go to our website: [www.bridgewaterchamber.com](http://www.bridgewaterchamber.com). There you will find the latest business news, free online courses being offered in partnership with the NS Department of Labour and Advanced Education, upcoming Lunch & Learn opportunities, and downloadable resources.

You can also stay up-to-date with Chamber happenings by following us on Facebook:

[Bridgewater Area Chamber of Commerce](#)

[Chamber's member-to-member Facebook group](#)

This is your opportunity to engage directly with fellow members, offer incentives and promote your business.

Please take the time to read the inspiring stories of two members showcased in this issue, who share what the last 15 months have been like and how they managed to pivot as needed, think creatively and continue to keep their businesses going. Let's continue to support our local businesses and if you are able to, plan a staycation – we have so much available to us on the South Shore and the rest of Atlantic Canada.

Thanks to everyone who continues to work each and every day to provide us with what we need to keep safe and help our communities continue to rise above the challenges that we face. Let's continue to get through this, together.

Jim Brown,  
President



**Bridgewater and Area**  
Chamber of Commerce

## SHOP. DINE. PLAY.

Think local first!

Let's continue to support our local businesses.

Plan a staycation today:

[visitsouthshore.ca](http://visitsouthshore.ca)

[coastalresortcollection.ca](http://coastalresortcollection.ca)

[capelahaveadventures.ca](http://capelahaveadventures.ca)

[oakhillpines.com](http://oakhillpines.com)

[oakislandresort.ca](http://oakislandresort.ca)



[Click here](#) for the latest Chamber News page on our website, where you will find the full Reopening Plan from the NS government and more details about the Orange Shirt Day promotion above.

## IN THIS ISSUE:

**Stories** from member business owners reflecting on the last year and what 2021 looks like, plus a list of helpful resources

An overview of **FREE on-line courses** and expertise available to help your business

New **member engagement opportunities** and what your Chamber has planned for **2021**

# “Our seasonal guests are just the best”



[oakhillpines.com](http://oakhillpines.com)

Nancy Studley  
902.543.2885

388 Oakhill Rd  
Bridgewater, NS

**145 WOODED & OPEN SITES**

**SHOWERS & LAUNDRY**

**GAMES ROOM**

**SWIMMING POOL**

**PLAYGROUND**



**Nancy and Barry Studley have been the proud owners of Oakhill Pines Campground since 2009.** Established in the early 70's, it was in need of some major upgrades when they took it over, and the first project was to build a recreation centre complete with office, games room, a large event space, and an apartment upstairs for their home. A few years ago, new washrooms and a laundry facility were added with access to the pool, which is well-maintained. When I visited on a warm June day, it was sparkling clean and inviting.

2020 was a very difficult year for the Studleys, in more ways than one. They were disappointed to discover that there would be no government relief for independently-owned businesses like theirs (with less than \$25,000 in salaries); and they were not interested in taking on debt with the business loans that were offered, having no idea what the future would hold. They managed to make it through the season with less than capacity bookings and really felt the loss of international visitors. Then, just before Christmas, Barry was diagnosed with cancer.

Surgery at a hospital in Halifax was scheduled in May 2021 and due to restrictions, Nancy couldn't visit him. When their seasonal guests heard what was happening, they came to the rescue, volunteering to clean up the campground and prepare for opening; cleaning the washrooms and cabins, opening the pool, adding a fresh coat of paint where it was needed and offering support in any way they could.

Oakhill Pines is more than just a campground. It's a summer retreat for many of the guests and they take pride in making it a special place. Seasonal guests are able to keep their trailers parked on a site all year – this is their get-away and many of the owners have established gardens, decks and lighting. They are the lifeblood of the campground and have become friends over the years. In fact, seasonal guests Eddie and Wanda Benvie are responsible for the lovely painted entrance signs and the wooden pirate ship and castle in the playground. The Studleys supplied the materials and the Benvies generously donated their time, skill and talent.

It seemed natural for them to help out when it was most needed. The Studleys are overwhelmed with the support and Barry is recovering well and is cancer-free.

**Oakhill Pines is ideally located for day trips to explore the South Shore from Yarmouth to Peggy's Cove.** Bridgewater, Lunenburg and Mahone Bay are towns close by, offering convenience for groceries, liquor, supplies and a choice of restaurants. What's more, the campsite is quieter and less expensive than sites closer to the city.

The 2021 season is off to a slightly better start than last year. They were able to open in early June with 50% capacity and so far, it looks like 100% capacity will be allowed in July. There are lots of events planned in a normal year – bingo, pot luck dinners, karaoke nights, pancake breakfasts and scavenger hunts. There's 'Halloween in August' with lots of treats for the kids, and you don't want to miss Labour Day Weekend for the 'Miss Oakhill Pines Contest' (men dressed as women), Polar Bear Dip, and Santa! Yes, it's 'Christmas in September' complete with a parade through the campground.

Sounds like a fun place to recommend to visitors!

# “We were fortunate to be one of the only sports activities open”



When the reality of the pandemic was setting in early last year, **Bill Sampson, General Manager and co-owner of the Osprey Ridge Golf Course**, had the good foresight to make adjustments right away. The first step was to add a window in the golf shop, enabling people to come up to the window and not have to enter the building. Secondly, the website was ramped up to improve the on-line booking system – encouraging people to book and pay on-line. And thirdly, the Starter Shed got an upgrade to allow for quick check-in and monitoring of players. Dealing with Covid actually improved the efficiencies.



Osprey Ridge was allowed to open by mid-May 2020 and was fully booked for the entire season. As an outdoor activity, golf allows players to easily maintain social distancing, so it was one of the few activities allowed. The Junior Program was very popular for the same reason. Of course, it wasn't a normal year in terms of events. There were times when the dining room was open, depending on the rules, but overall the focus was more on the golf course.

Bill Sampson and partner Victor Kielbratowski purchased Osprey Ridge in 2016. Since then, they have invested heavily with a total clubhouse renovation, exterior improvements and new grounds-keeping equipment to maintain and improve the 18-hole championship course. To start the 2021 season, a brand new fleet of golf carts were added.

[ospreyridge.ca](http://ospreyridge.ca)

Bill Sampson  
902.543.6666

492 Harold Whynot Rd.  
Bridgewater, NS

**18-HOLE GOLF COURSE**

**4 SETS OF TEES**

**JUNIOR PROGRAM**

**PUBLIC RESTAURANT**

**SPECIAL EVENTS**

**VILLAS OF OSPREY RIDGE**

*Be sure to check out the website for all the rates and information you need, easy tee-time booking and cool drone footage of each hole.*

**Osprey Ridge is a privately-owned course that is open to the public.** Anyone can book on-line, and everyone is welcome! There are no members; instead you can be a package holder, which provides a discount and priority booking privileges. Contact Cheryl at [adospreyridge@gmail.com](mailto:adospreyridge@gmail.com) for more information.

There is also a corporate pass available for purchase that includes an advertising package and complimentary rounds of golf. With lots of sponsor opportunities available – pond rafts signage, tee sponsors, building sponsors – it's a win-win for local businesses to support the local golf course and promote their own business.

In an effort to support local and draw visitors to the area, Osprey Ridge has partnered with Oak Island Resort, offering a [Stay n' Play deal](#) and with the [Best Western in Bridgewater](#). The restaurant is open to the public and as soon as restrictions are lifted, banquet facilities will be open for events.

Osprey Ridge Golf Course is deemed as one of the best courses outside of Halifax, with great rates and a beautiful wooded setting – right here on the South Shore. Grab your clubs and book a tee time!

## **BIG PLANS FOR THE REST OF THIS YEAR**

A major project is in the works! Bill and Victor recently purchased an additional 90 acres of land for development. The first phase will be the **Villas of Osprey** adjacent to the entrance of Osprey Ridge. Phase 1 will start soon to build 10 semi-detached units overlooking the course. For updates on this project, go to [www.ospreyridge.ca](http://www.ospreyridge.ca)



*Follow us on Facebook and Instagram for all the latest news and stories.*



# SHOP LOCAL, BUY LOCAL, VACATION LOCAL

The Province of Nova Scotia has announced an **\$18.2 million tourism restart package** that will provide operators with new grant programs and marketing support as well as offering tourists more outdoor public attractions and **free admission to provincial museums**.

The restart package will help the tourism industry prepare to welcome visitors to Nova Scotia as part of the province's phased reopening strategy .

With the Atlantic Bubble in place, let's support the businesses in the Atlantic provinces, starting with the South Shore!

If you are looking for business resources and/or are about to reopen for the season, here are a few available resources:

<https://tourismns.ca/>

All business and customers must continue to follow the public health measures around physical distancing and gathering limits. A full list of COVID-19 restriction updates can be found here: <https://tourismns.ca/covid-19-updates-and-resources> and here

<https://novascotia.ca/coronavirus/>

Business Tools and Resources:

<https://tourismns.ca/business-tools-resources>

<https://www.novascotiabusiness.com/business>

## BRIDGEWATER AND AREA CHAMBER OF COMMERCE IS ON BOARD!



The *Capturing Freshwater Contaminants at the Source: Reducing Microplastic Release from Laundry Machines in Lunenburg County, Nova Scotia* project led by Coastal Action will reduce the amount of harmful microfibres released from laundering into freshwater ecosystems and increase awareness by engaging local citizens, small businesses and municipalities from July 2021 to April 2023.

This will be accomplished by installing 25 microfibre capturing devices on the laundry machines of local residents and small businesses, assessing materials captured and conducting an effective environmental awareness campaign through workshops, citizen science and a variety of digital communication tools.

The Bridgewater and Area Chamber of Commerce will be partnering with Coastal Action on the project by collaborating on the following:

1. Provide consultation on participant selection, particularly small businesses;
2. Encourage community and small business participation by sharing outreach and participant recruitment events/material with network;
3. Coastal Action hosting a workshop for Bridgewater and Area Chamber of commerce board of directors and members on the project and microfibre capture technologies/methods.
4. Assist In the coordination of workshops/focus group sessions, marketing and promotion
5. Participate In regular strategy meetings with project team/Chamber

## Caring about our planet

Becoming a sustainability leader requires changes in core business practices but the effort to do so is worth it: in environmental, social and economic terms. Putting sustainability first not only enables business to drive the transition to a better and more just world, it makes plain business sense.

## CELEBRATING 100,000 TRANSIT RIDERS!

Bridgewater Transit hit a major milestone the week of June 21 with the service providing its 100,000<sup>th</sup> passenger ride in just under four years of service!

“It’s an accomplishment that underscores just how much the service means to the community and how desperately it was needed,” explained Mayor David Mitchell.



Launched in the fall of 2017 as a six-month pilot project to test the viability of transit in Bridgewater, it quickly became apparent that there was significant need for transit service in the community.

“When we started the transit service, we believed that our community would embrace it as a way of accessing services – grocery shopping, medical appointments, getting to and from work. It’s become part of people’s daily routine,” Mayor Mitchell said. “But when you hear the stories from people whose lives were fundamentally changed for the better because of access to transit, you really start to understand how much it means to our town.”

In celebration of the milestone and in support of the local business community as Phase 2 of Nova Scotia’s reopening plan gets into full swing, the **Bridgewater and Area Chamber of Commerce (BACC)** partnered with the Town of Bridgewater to sponsor FREE bus rides during the milestone week.

“The Bridgewater and Area Chamber of Commerce would like to congratulate the Bridgewater Transit on this historic milestone in its service,” said BACC President Jim Brown. “We are honored to be able to support and celebrate this achievement and, as we enter our next phase of reopening, we encourage everyone to enjoy a trip on us, and enjoy our beautiful town and support our local businesses.”

### QUICK FACTS

- Bridgewater Transit’s service began with two surplus buses donated by Halifax Regional Municipality
- In 2020, Bridgewater secured two new buses with the support of the Province of Nova Scotia and the Government of Canada
- Bridgewater Transit runs an hourly 16-km loop of Bridgewater
- In total, the buses have travelled more than 13,000 loops of the town, totaling over 215,000 kms, in almost 1,200 days of service

You can follow the bus online through our transit tracker in real time; visit [www.bridgewater.ca/bus](http://www.bridgewater.ca/bus)

## FAÇADE IMPROVEMENT GRANTS

Bridgewater Town Council authorized three Façade Improvement Grants during its spring meetings in support of commercial property owners and tenants in the downtown looking to add new dimension, depth, colour, and vibrance to the exterior of their buildings.

Since the Façade Improvement Program was launched in 2016, **approximately \$100,000 in matching grants of up to \$5,000 per project has been given out through the program** by the Town of Bridgewater in support façade improvement projects in Downtown Bridgewater. Applications are received and reviewed by the Downtown Planning Advisory Committee and then recommendations are made to Town Council based on whether proposals meet the requirements set out in the program guide.

To learn more about the program, including eligibility requirements, visit [www.bridgewater.ca/facade](http://www.bridgewater.ca/facade).

## Celebrate Canada!

### BUSINESS DECORATING CONTEST

**CALLING ALL BUSINESSES!**  
THIS IS YOUR CHANCE TO SHINE, TO SHOW YOUR COMMUNITY HOW MUCH YOU LOVE CANADA, AND TO POTENTIALLY WIN A GREAT BUSINESS PRIZE PACK IN THE PROCESS!

THE INAUGURAL CANADA DAY ON THE LAHAVE BUSINESS DECORATING CONTEST WILL RUN FROM JUNE 15 TO JULY 1.

THE BEST DECORATED BUSINESS IN BRIDGEWATER WILL WIN A BUSINESS-FOCUSED PRIZE PACK THAT INCLUDES:

🍁 A FREE WEATHER WATCH SPONSORSHIP ON CKBW AND COUNTRY 100.7 VALUED AT \$500

🍁 A FREE PRINT ADVERTISING SPACE VALUED AT \$500 IN THE SOUTH SHORE BREAKER

🍁 A FREE BUSINESS FEATURE IN THE SEPTEMBER 2021 EDITION OF THE TOWN OF BRIDGEWATER NEWSLETTER, THE BRIDGE

THE BEST PART? THERE’S NO REGISTRATION FORM TO COMPLETE! YOU GET TO FOCUS ENTIRELY ON DECORATING!

OUR ESTEEMED PANEL OF JUDGES, THE MEMBERS OF BRIDGEWATER TOWN COUNCIL, WILL BE TRAVELLING THE STREETS OF BRIDGEWATER DURING THE LAST WEEK OF JUNE TO IDENTIFY THE BUSINESSES IN ANY PART OF OUR COMMUNITY THAT ARE WELL-DECORATED FOR CANADA DAY!

## CANADA DAY VIRTUAL SHOW AND CONTESTS

As a result of the COVID-19 pandemic, Canada Day on the LaHave will once again be largely virtual this year. The Town of Bridgewater is working in partnership with the South Shore Multicultural Association to prepare the second edition of the **Canada Day on the LaHave Best of Bridgewater Variety Show**. The broadcast will feature amazing musical performers and will drop for the public’s viewing pleasure on the **Town of Bridgewater Facebook page on July 1**.

Meanwhile, the Canada Day on the LaHave Committee is hosting a pair of decorating contests – one for residents and one for businesses.

Judging will take place around June 30, so get your thinking caps on and your decorations up! It will definitely be worth the effort for local businesses – the winner of the business category wins \$500 in advertising from CKBW/Country 100.7, a \$500 ad in the South Shore Breaker, and a business feature in the September edition of *The Bridge*, the Town of Bridgewater’s community newsletter that gets delivered to approximately 5,000 households in and around the Bridgewater area!

*Thank You!*

**CKBW / COUNTRY 100.7  
THE SOUTH SHORE BREAKER**

FOR PROVIDING PRIZES FOR THE CANADA DAY ON THE LAHAVE BUSINESS DECORATING CONTEST!



# New MODL budget investment in community's future

*By Carolyn Bolivar-Getson*

*Mayor, Municipality of the District of Lunenburg*

In May, Council approved the Municipality of the District of Lunenburg's 2021/22 operating budget of \$32,577,400 with a surplus of \$32,000. Thanks to the Municipality's continued solid financial management, we are on track to be debt-free by October.

This budget concentrates on the priorities of economic development, sound finances, infrastructure investment, community service improvement, sustainable planning, and a forward-looking administration. We believe we've produced a budget that not only focuses on present Municipality concerns, but also invests in our future.

## Four key themes of the budget are:

1. **Building the local economy,**
2. **Making life affordable,**
3. **Protecting the environment,**
4. **Investing in our community.**

The Municipality continues to build the local economy through partnerships with local businesses and community initiatives. This year, \$145,000 is allocated for promotion of the Municipality's tourism sector, and \$150,000 will go toward a feasibility study of the construction of a community hub. In addition, the budget prioritizes funds for the development of Osprey Village, such as expanding infrastructure and creating active transportation linkages.

\$115,000 will go toward developing an active **transportation corridor between Osprey Village and the Bridgewater Town Line on North Street**. The Municipality dedicated \$1.78 million to repairs and maintenance of our rural roads, and Council will explore transit options between Osprey Village and the Town of Bridgewater. The budget also provides \$1.5 million for the **continued expansion of high-speed internet to rural residents**. Council is committed to investing in physical and digital means of further connecting our communities.

Once again Council has maintained commercial and residential tax rates, making it more affordable to live and operate in our community. Commercial tax rates have stayed steady for nine years, and residential tax rates have not risen in 12 years. This October, the Municipality will be the second municipality in the province to become debt-free.

Protecting the environment is key to safeguarding the future of our communities. As a follow-up to Council's declaration of a climate emergency, the Sustainability Committee is working on climate action plans to reduce corporate operations and residential greenhouse gas emissions. This year also saw the launch of **MODL 2040**, our multi-year municipal-wide land use planning project, which will guarantee a steady future for our municipality.

The 2021-22 budget ensures effective and responsible use of taxpayer's money. By aligning our strategic priorities with our immediate needs and public feedback, this budget not only invests in our present communities but sets up the Municipality of the District of Lunenburg for a bright future.

## FULLY FUNDED ONLINE PROGRAM

# SKILLS FOR GROWING YOUR BUSINESS WORKPLACE EDUCATION PROGRAMS

We want your business to have all the tools for success, so we have partnered with the **NS Department of Labour and Advanced Education** to bring you a wide range of exciting fully funded training opportunities.

Go to the [Upcoming Events page on our website](#) to see what's on the go – the most popular courses do tend to be offered again, so watch for news by email or on the Facebook page.

Each training session has a **CAPACITY OF 12 ATTENDEES**. More courses will be on offer soon and you will have a chance to RSVP for them.



# LUNCH & LEARN ONLINE

We are currently booked for the rest of 2021 with a series of great presentations you won't want to miss! Check the [Upcoming Events](#) page and calendar on our website to RSVP. There is one Lunch & Learn scheduled each month and runs from 12 -1 pm.

## Would you like to do a Lunch & Learn?

If you have something of value to present to Chamber members, please reach out to us at [info@bridgewaterchamber.com](mailto:info@bridgewaterchamber.com). We are taking bookings for 2022.



## 2021 Bursary Recipient

We are pleased to announce that the Park View Education Centre Awards Committee chose **Jonah Hyson** as the recipient of this year's **Bridgewater & Area Chamber of Commerce Bursary** of \$400.

Jonah will be attending Dalhousie taking a Bachelor of Commerce degree. Jonah is an honour student who is active in his school and community.

As you are probably aware, Park View will not be holding a separate Awards Ceremony again this year. Students will be presented letters informing them of awards they received at Graduation which will be held by appointment on June 24. The letters will instruct them to send proof of enrolment to you in September in order to receive the funds.

Thank you so much for your continued support of Park View Graduates.

Sherry Hubley,  
Administrative Assistant

## MEMBER RESOURCES



[Click here to join the Chamber's private Facebook group](#)  
*Chamber Network* is a place where members can communicate with fellow members, hear about **'members only' offers** and **promote their business and products**



[Bridgewater Area Chamber of Commerce Facebook page](#)  
for all the latest local and provincial updates on Covid-19 and other government notices and general news from the Chamber.



[www.bridgewaterchamber.com](http://www.bridgewaterchamber.com)

Find out everything you need to know about your Chamber including:

- easy-to-use directory of members
- calendar of events
- on-line registration for events
- [Chamber News](#) - the latest business news

# BUY LOCAL

## Why is it important to **STEP UP** and support local?

Small businesses  
employ  
**70%**  
of all Canadians. 👤

Money spent at locally  
owned businesses  
creates tax revenue  
**to fund**  
🏥 healthcare, 🎓 education,  
safer communities, 🚶 streets and sidewalks. 👤

**45¢** per \$  
spent at locally  
owned businesses  
stays in the local  
**economy.**

Small businesses  
represent  
**99.8%**  
of business in  
Canada. 👍

Local businesses  
donate  
**2.5x**  
**more**  
to local nonprofits. 🤝

Indie business adds  
**colour, taste,**  
character and  
**social**  
**capital**  
to their communities. 😊

**@StepUpForLocal**

**Shop | Eat | Give | Celebrate Local**

Stepping up for local is a mindset. It's about supporting our neighbours and our neighbourhoods. It's about celebrating the good in our communities. It's about the humanity behind our economy.

revolve We listen, untangle, create.

Visit [www.stepupforlocal.ca](http://www.stepupforlocal.ca) and get your **TOOLKIT** for local businesses to celebrate and promote buying local.

The TOOLKIT lets Chamber members show they are a local business, help celebrate local, and encourage others in Bridgewater to do the same. There are links to download logos and other artwork for use in their marketing and communications, both on-line and off-line. This is a great initiative that will assist business owners as we emerge from the COVID-19 business impact.



Supporting LOCAL  
means ALL of the  
Atlantic Provinces!

# Membership has its privileges

As a member of the Chamber, you have the unique opportunity to take advantage of the benefits offered through Chambers Plan Employee Benefits. For more information and how to apply, visit our site: [www.bridgewaterchamber.com/chamber-plan-benefits](http://www.bridgewaterchamber.com/chamber-plan-benefits)

Chambers Plan Employee Benefits | Payworks

## More to love

Chambers Plan has teamed up with Payworks so you can integrate Canada's leading payroll service into your benefits plan.

**TANDEM**  
Payroll, Benefits, Synchronized.

**Simplified premium renewal**  
Rate changes for each benefit are automatically applied to employee records, so premium renewal time is a lot less stressful.

**Accuracy every time**  
Employee records and benefit changes update automatically so payroll and benefits are always accurate with no need to constantly reconcile.

**Intuitive and intelligent**  
Helping administrators so they don't miss an enrolment or pay a claim for an unqualified employee.

Contact your Chambers Plan advisor or [tandemsales@johnstongroup.ca](mailto:tandemsales@johnstongroup.ca) for more info.

Chambers Plan has teamed up with **Payworks** so you can integrate Canada's leading payroll service into your benefits plan.

**HUGR** Authentic Connections

Loneliness and isolation are at an all-time high—so is the impact on your employees. The HUGR Authentic Connections app can help.

HUGR is a mental wellness app designed to help people feel connected. The self-guided digital program can help users measure their level of social connection, discover how to build and maintain authentic connections, and regularly share how they're feeling with those closest to them. As a Chambers of Commerce Group Insurance Plan member, HUGR is free for you and your employees.

What are some of the key features of the app?

- DISCOVER** your level of social connection by completing self-awareness check-ins—identifying strengths and opportunities for growth and action.
- DEVELOP** evidence-based skills to identify and close gaps in your social connections through ICBT-based learning.
- TRACK** and view trends to see correlations in your social connections, experience at work, loneliness, isolation and anxiety.
- SHARE** your journey so the caring and trusted people in your lives can seamlessly know how you're feeling.

**Why the focus on social connection?**  
As humans, we're genetically wired to need social connections. Not having them can be painful and pose a threat to our well-being. In fact, research has shown that lacking social connections carries a risk factor potentially worse than smoking up to 15 cigarettes a day, obesity, physical inactivity and air pollution. At work, a lack of social connection impacts how engaged we feel—and ultimately how productive we can be.

Co-designed with lived experience, industry expertise and research.  
HUGR has been carefully designed and developed based on the lived experience of members of Territorial—a Canadian tech company and Chambers Plan member—and Dr. Bill Howatt—a renowned workplace mental health expert, researcher and author.

Together, this team achieved their goal of filling a critical gap found in other mental health apps—a unique focus on the importance of developing and maintaining authentic social connections no matter where you happen to be on your mental well-being journey.

Brought to you by: **Arete**, **Chambers Plan Employee Benefits**, **HUGR** Authentic Connections

As a member of Chambers of Commerce Group Insurance Plan, you and your employees have premium access to the **HUGR** app – giving you the tools to stay connected as you take care of your mental well-being.

**Teladoc** HEALTH | Chambers Plan Employee Benefits

## Telemedicine Services

Offering a new front door to healthcare in Canada.

Telemedicine Services offers convenient access to quality healthcare when and where members need it most.

Members can visit with a certified physician by phone or video for a broad array of episodic healthcare issues. During the visit, they can receive a diagnosis, treatment recommendation and even be prescribed medicine when necessary.

With Telemedicine Services, members can stop waiting for care and get back to feeling better, faster. And clients benefit by seeing an increase in productivity and a decrease in absenteeism.

**\$338,000**  
total cost incurred by employers per 1,000 employees in annual productivity losses

**\$2.7B**  
lost by employers per year due to family-related health issues

**50%**  
of Canadians are not able to schedule a doctor's appointment on the same or next day

**How it works**

- Initiate**  
The member completes a medical history, similar to paperwork requirements at a doctor's office.
- Request**  
The member requests an appointment that is scheduled within one hour, or they can schedule an appointment for a time that's convenient.
- Visit**  
A physician reviews the medical history and any uploaded images and contacts the member via their preferred method.
- Resolve**  
A physician diagnoses the member and, if necessary, provides ongoing treatment plans.
- Prescribe**  
If medication is prescribed, the prescription is sent to the member's pharmacy of choice.

© 2020 Teladoc Health, Inc. All rights reserved.

With **Telemedicine Services**, members have 24/7 access to Teladoc Health by phone, web or app wherever they are located. And clients benefit by seeing an increase in productivity and a decrease in absenteeism.

Chambers Plan Employee Benefits | **POCKETPILLS**

## Introducing PocketPills

Canada's leading digital pharmacy.

Effective June 1st, 2021, Chambers of Commerce Group Insurance Plans will have an **extra 10% drug coinsurance coverage with PocketPills!**

Watch how it works

\*Due to provincial legislation the 10% incentive is not available in Quebec. Applicable to groups with less than 100% drug coinsurance.

### Why choose PocketPills?

Top reasons to talk to your Chambers Plan firms about PocketPills

- Get 10% extra coinsurance coverage with no premium increase**
  - Plus, PocketPills offers significant savings through their low pharmacy markup and flat \$7 dispensing fee
- Exceptional member experience + FREE delivery**
  - Conveniently fill your prescriptions and order vitamins through their easy-to-use app
  - FREE delivery anywhere in Canada\*\*
  - Access a pharmacist 7 days a week via live chat, email, phone or text
- Improve employee health**
  - PocketPills are sorted by date and time, making it easy to remember to take the right medication at the right time
  - Designed around your life, PocketPills manages your renewals directly with your doctor, and can provide auto refills so you'll never run out of your medication

Email [advisors@pocketpills.com](mailto:advisors@pocketpills.com) for further questions or assistance.

\*\*PocketPills cannot deliver controlled substances nor narcotics; they recommend members continue using their current pharmacy for these types of drugs.

Introducing **PocketPills**, Canada's leading digital pharmacy. Effective June 1st, 2021, Chambers of Commerce Group Insurance Plans will have an extra 10% drug coinsurance coverage with PocketPills!

Tell your fellow Chamber members about your business! Share your **successes, special offers** and **good news** here:

[Bridgewater Area Chamber of Commerce Facebook page](#)

[Chamber's member-to-member Facebook group](#)

We want to hear from you!

# MEMBER-TO-MEMBER LOYALTY PROGRAM

As a member of the Chamber, you have the unique opportunity to **offer any type of gift, discount or incentive to your fellow members**. Contact us with your idea and we will share it on our member-to-member Facebook page and the website.

***This community is committed to helping local businesses succeed!***



Chamber members who shop at J & S PAINTS will be given a 25% discount on paint and 10% on sundries.

**902-543-8210**

215 Dominion St, Unit 3B, Bridgewater



Chamber members who market with SaltWire will be given a **15% discount** on print and digital products. Furthermore, any Chamber members will be given a complimentary print ad with any content campaign. <https://www.saltwire.com/>



Go to [www.bridgewaterchamber.com/downloads](http://www.bridgewaterchamber.com/downloads) to view this exclusive offer from Staples for Chamber members. Print out the loyalty card to use in-store or online for instant savings on eligible print & marketing products.

## 2021 BOARD OF DIRECTORS

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Cheryl Fougere

Brooke Nodding

Bruce Anderson

Liam Finney

Stacey Mailman

Jayne Rhyno

Rae Ann Bonneville

Josh Healey

## UPCOMING BOARD MEETINGS

We continue to meet monthly to work on how we can bring more value to our membership!

Friday, July 9 8:30 - 10 am

Friday, Aug 13 8:30 - 10 am

Friday, Sept 10 8:30 - 10 am

For information, please contact:  
[info@bridgewaterchamber.com](mailto:info@bridgewaterchamber.com)



**Bridgewater and Area**  
Chamber of Commerce

[www.bridgewaterchamber.com](http://www.bridgewaterchamber.com)



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