

2023-2024 Chamber Executive

Tony Moyles– President
Kyle Berg – Past
President
Daniel Wood-1st Vice
President
Ramsey Lutfi-2nd Vice
President
Letitia Bungay-Executive
Assistant

Mission Statement

“To promote and improve the economic climate of the area, to support the needs and concerns of the business community, and to enhance the civic and social well-being of the area.”

Lewisporte & Area



Chamber of Commerce

Lewisporte & Area Chamber Of Commerce

WEBSITE

Visit the Chambers Website!
www.lewisporteareachamber.ca
can access all information in one place with links to our business members facebook and website pages.

CHAMBER INSURANCE PLAN

Chambers of Commerce Group Insurance Plan is Canada's #1 employee benefits plan for small business. Chambers Plan has been protecting Canadian firms for over 40 years. As a not-for-profit, any surpluses are reinvested to the Plan to support industry-leading stability. That's why more than 30,000 small to midsize businesses trust Chambers Plan to protect their employees.

Chamber News P.1

Blush Beauty Studio P.2

Food Information P.3

Welcome members P.4

Become a Member P.5

SAVINGS FOR MEMBERS

Members benefit from savings on shipping, insurance, fuel, and travel as well as shopping in the local area.

Your one-stop shop
for discounted shipping
EXCLUSIVE, SPECIAL SAVINGS

SAVE AN
AVERAGE OF
40%

Open a FREE account:
www.flagshipcompany.com/atlanticchambers
1 866-320-8383

FlagShip An authorized reseller of:
PUROLATOR • UPS • FEDEX • DHL • CANPA



**EXPLOITS APPLIANCE
& REFRIGERATION**
535-6556



**H&R
BLOCK®**



Dave Ryan
Assistant Manager
Pritchett's TIM-BR MART
369 Main Street
Lewisporte, NL A0G 3A0
Phone: (709) 535-9541
Fax: (709) 535-9193
Cell: (709) 541-0599
Email: david.ryan@tmbn.com



PLEASANTVIEW MANOR
Personal Care Home
P.O. Box 207
Lewisporte, NL A0G 3A0

RHONDA SIMMS
OWNER/OPERATOR

Tel. (709) 535-0941 Fax: (709) 535-0943
Cell: (709) 541-2304 E-mail: pleasantview@nfld.net
www.pleasantviewmanor.ca



**GORDON WOOLFREY
FUNERAL HOMES LTD.**
262 Main St. P.O. Box 340
Lewisporte, NL A0G 3A0
Tel (709) 535-6940 / Fax (709) 535-3218
Email: gwfh@bellaliant.com
www.gordonwoolfreyfuneralhome.com

PROMPT PROFESSIONAL SERVICE - ON CALL 24 HOURS

Rhonda Boyd
Funeral Director



Blush Beauty Studio

Blush Beauty Studio opened in May 2023, and in addition to hair services, it offers many other services for their clients.

Blush Beauty Studio has a staff of four qualified stylist/technicians trained to offer their services. In addition to hair cuts, foils, colours, perms, hair extensions etc, the studio also offers spa services of pedicures, manicures, lash and brow services and waxing.

395c Main Street
Lewisporte,



Book an appointment for any of Blush Beauty Studio services online anytime – day or night.

All of these services are available in a relaxing atmosphere by friendly professional staff.

New services of spray tans and this week a laydown tanning bed is an awesome addition to Blush Beauty Studio.



Blush Beauty Studio carries a wide variety of products and hair tools. Brandnames include Amika, Wella, Milk Shake, Bed Head, Sunna, and RedKen to list some of the product lines. Also available are hair straighteners, hair dryers and wet brushes in stock and on the shelves.



Melissa Jenkins
OWNER/TECHNICIAN



Face Behind the Business

Hi! I am Melissa, and I am the owner of Blush Beauty Studio.

I am a nail tech of almost 10 years, and a lash tech for 6. I am also trained in many other courses.

I am a mama, and a wife, and have had a long time dream of my own salon. Looking forward to seeing you all soon!

BLUSH BEAUTY STUDIO

Celebrate your special occasion with any of the services available at Blush Beauty Studio. Everyone deserves to be spoiled! Make it a girls day!



Blush Beauty Studio
(709) 535-2355

Facebook
Blushbeautystudio23@gmail.com

FOOD COST/SUPPLY/SMART SHOPPING TIPS

Why are food prices rising in Canada?

Those companies were hit on all sides by inflation in the form of higher transportation and energy cost for manufacturing and shipping, higher prices for commodities like wheat and edible oils and labour costs from workers demanding higher wages.

Researchers use prediction analytics models to project future food prices. The report notes: prices for all food categories could rise by as much as 4.5 per cent in 2024, with the most significant increase of five to seven per cent in meat and vegetables.

What food will be in short supply 2024?

The El Nino weather phenomenon, which brought dryness to large parts of Asia this year, is forecast to continue in the first half of 2024. It will put at risk supplies of rice, wheat, palm oil, and other farm products in some of the world's top agricultural exporters and importers.

The (wheat) supply situation in the current 2023/2024 crop year is likely to deteriorate compared to last season. This is because exports from important producer countries are likely to be significantly lower.

Smart Shopping Tips for 2024:

1. Set and Stick to a Budget
2. Plan Your Meals and Create a Shopping List
3. Look for Sales, Discounts, and Coupons
4. Buy in Bulk and Stock Up
5. Opt for Generic or Store Brands
6. Shop Seasonally and Locally
7. Limit Eating Out and Meal Prep
8. Minimize Food Waste

This Month's Q & A

Q: Can a vegetable garden save you money?

by mid-summer.

A: With today's tight economy, everyone is looking for ways to cut expenses. So, the answer to the above question is YES. Growing a garden as the potential to reduce the amount of money spent on groceries.

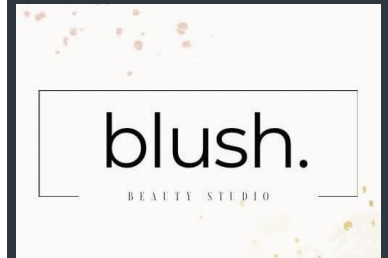
Warm season vegetables such as tomatoes, peppers, eggplant, and squash are planted after the danger of frost has passed, and harvested by early Fall.

It is a great form of physical exercise, and it also has mental health benefits.

The location of a vegetable garden is crucial. Nearly all vegetables need sun and well drained soil, and should be located near a source of water.

Some vegetable growing basics include cool season vegetables such as carrots, beets, lettuce, and cauliflower are planted in early Spring and harvested

Some important factors to consider when growing a vegetable garden to save you money: select vegetables that you like. Select vegetables that you can easily store, and are expensive to buy.



STERLING MUTUALS INC.
Independent Financial Network

1A Pleasant Drive
Grand Falls-Windox, NL
A2A 2S8
Business: (709) 489-8943
Fax: (709) 489-5892

Brian W. Pike, CFP
Branch Manager

346 Main Street
Lewisporte, NL
A0G 3A0
Business: (709) 535-3080
Fax: (709) 535-2127

Email: brian.pike@mfid.net
Toll Free: 1-877-707-7077

ALBERT HILLIER
HomeFinders Real Estate Ltd.

32 Years - Thousands Sold

Phone: 709-541-3339
Fax: 709-654-2130

Email: homefinders@nfsympatico.ca
www.centralnewfoundlandrealestate.com

"I'm #2 because my clients are #1"

CO-OP Owen Brinson
General Manager

Lewisporte Area Consumers Co-op
P.O. Box 189
Lewisporte, NL
A0G 3A0

Eat Better.
Feel Better.
Do Better.

Phone: (709) 535-6728 or 8535
Fax: (709) 535-0575
Cell: (709) 541-0433
owenco-op@outlook.com

PROUD COMMUNITY SPONSOR

Kinden's BAKERY & CAFE

Kinden's Bakery & Cafe
Proudly serving Lewisporte and the central Newfoundland area with all their coffee, lunch and specialty dessert needs!

Haley Kinden
Owner/Operator

151 Main St
Lewisporte, Newfoundland
A0G 3A0
709-541-9929
kindensbakeryandcafe@berrmail.com
www.facebook.com/kindensbakeryandcafe



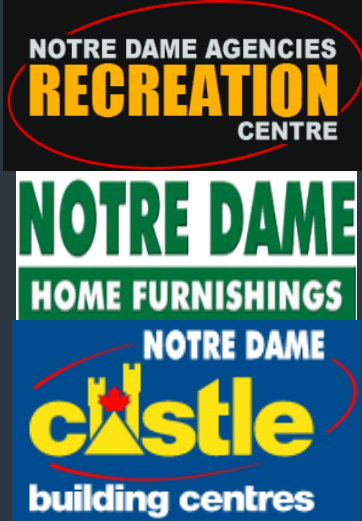


Professional Development

Have you joined the conversation on Atlantic Impressions?

Atlantic IMPRESSIONS™ is a cloud-based platform that empowers timely and meaningful outreach and feedback with community members. Through it, we are able to explore business issues, assess policy impacts, and accelerate actionable advocacy together to better inform government decision making. Make your voice heard by visiting

<https://atlanticimpressions.vision-critical.com>



(709)535-8691

Welcome to our new members

Aurora Holdings
Blush Beauty Studio
Carla Kinden Real Estate
Exploits Appliance and Refrigeration
Great Canadian Dollar Store
Landmark Surveys & Engineering Ltd
Lewisporte Shriners Club
Wing'n it (new management)

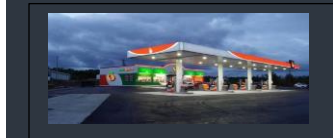
Lewisporte and Area Chamber of Commerce Sign

Have your business added to the sign in the Train Park cost is \$100.00 annually. Call 541-2502 or email lewisporteareachamber@gmail.com



Pewter Souvenirs/Ornaments **SALE**

The Lewisporte and Area Chamber of Commerce is offering four beautiful souvenirs depicting the Train Park, Woolfreys Pond Boardwalk, The Marina, and the HMS Calypso/ Briton. Each one is cast in pewter, and comes with a history describing each area. Available for purchase for \$10.00 each.



Lewisporte Orangestore
400 Main Street
(709) 535-0051



516 Main Street Lewisporte



Your Home Away from Home in Lewisporte

Brittany Inns

Yachtie boating of all types
Canoes, Kayak, Sail, Motor

7 km Boardwalk & Nature Trail

Restaurants: Dining Room/Lounge
Conference, Banquet and Meeting Rooms

24 Species Air-Conditioned Rooms

Pages: Dinner, Thursdays and Daily Specials

Main Street • Lewisporte
1-800-563-8386 or 709-535-2533
brittanyinns@gmail.com

CONCRETE CONCEPTS & RENTAL INC.

PH: 535-8191 or FAX: 535-8195

ISLANDS' VILLA
www.islandsvilla.ca

Greg and Paula Feltham
Owner/Operator
info@islandsvilla.ca

203 Main St.
Lewisporte, NL, Canada
1(709) 569-3001

TIP TOP BEAUTY SALON INC.

tiptopbeautysalon@outlook.com
7 Rd. to the Isles Lewisporte, NI
(709) 535- 6000

Blue Ridge
SINCE 1988

524 Main Street Lewisporte
(709) 535-6675

Lewisporte & Area



Chamber of Commerce

Why you should become a member!!

We work on your behalf to lobby government and official departments to address your concerns.

Chambers of Commerce take on the tough issues and may oppose new regulations, taxes, assessments and costs that will negatively impact small businesses. While you may not personally have the time to get involved, the Chamber will use its resources for the betterment of small business owners.

Newsletters provide new member information, interesting information about operating a local business, articles about the local business community, and details about up-and-coming chamber events.

The chamber initiates numerous monthly business-to-business opportunities for networking and connecting with other local business professionals. You also can grow your business by advertising with the chamber and sponsoring events.

BURSEY Signs
2001

EMBROIDERY & APPAREL

Tel 535-6889 or Fax 535-6100
P.O. BOX 1585 - LEWISPORTE, NL - INDUSTRIAL PARK
PLEASE ASK FOR... TOBY WHITEWAY



ALL STAR RECREATION

Colton Watkins
Sales Representative

Colton@adventuresalesnfld.com
WWW.ADVENTURESALESNfld.COM
418 Main Street, Lewisporte

Office (709) 535-2242
Cell (709) 424-9204

Bouzane Consulting
www.bouzaneconsulting.com
bbouzane@bouzaneconsulting.com
709-699-9156
Website Development

Personal Computing Inc.
Your local personal computer and network experts

Ramsey Lutfi
Technician

Po Box 865
Lewisporte, NL A0G 3A0
709 571 7745
ramsey@personalcomputing.ca

BrokerLink Insurance

Brokerlink Inc.
24 1 Avenue
PO Box 1439
Lewisporte, NL A0G 3A0

Gary Ross
Consultant

ph: 709.535.2990
tf: 1.833.847.8771
f: 709.726.1014

gross@brokerlink.ca BrokerLink.ca