

## *Creative Community Promotion's Monthly Newsletter*



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*by Parker Abuda*

Life is busy. Not everyone has the time to tend to a garden at home, or in some cases the space to plant a garden. That's what cultivated the idea for the U-Pick. Growing up in a farming community you know that people love fresh garden vegetables.

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## THE MONTHLY RECAP

by *Samantha Hampton*

*Owner of Creative Community Promotions*

Creative Community Promotions is a huge part of my life. There are days where my company takes all of my time! This month instead of focusing on a company update, I thought it might be nice to share a personal message with everyone.

In my previous job, I learned a lot about the importance of self-care and workplace boundaries. Although at times I didn't always practice these in my day to day life I still always understood the value and importance.

We have one month left of summer break, and as I am sure most parents and guardians are looking forward to school starting it's also important to build memories and explore the outdoors with our children.

The photo above was taken last week of my daughter and I. My family went to the lake for a much needed 11-day break from the hustle & bustle of life. If we don't force ourselves to create that quiet downtime and find a balance of work and life, things can sometimes feel unmanageable!

This isn't always an easy task. However, I encourage all of my readers to take a step back and evaluate. Take a break, go on an adventure, grab your camera, and take some photos, keep it simple.... and remember to breathe and take it all in!

Until next month,  
Stay Safe, & be kind to one another.

*Samantha Hampton*



## THE DREADED SUMMER VACATION

by *Pavlos Simeonidis*  
*12 years old*

When I first heard I was going on a summer vacation to the family cottage I was excited until I found out that there would be no WIFI or cell signal!!! This is supposed to be my summer vacation and I wanted to play video games all summer!! How could my Mom do this to me? 10 whole days of no electronics!!!! I doubted the idea that there was no service, but there wasn't really, and I was unable to play for 10 whole days, here is what I did instead.

I would wake up and SWIM! Then I would fish and swim and go kayaking and paddle boarding with my sister and cousins. We ate delicious meals with all my family and watched classic movies on rainy days. My uncle introduced me to water sports like tubing and knee boarding, I even caught a snake!!!

What I learned was that no video games wasn't so bad, my dreaded summer vacation turned out to be the BEST SUMMER VACATION EVER!!



Send in your child's story to  
[ccommunityp@gmail.com](mailto:ccommunityp@gmail.com)

# ABUDA U-PICK VEGETABLES

*“To plant a garden is to believe in tomorrow” - Audrey Hepburn*

*By; Parker Abuda, Owner Operator*



Dawson & Brantley



Parker & Kyla (back), Brantley (standing), Christine (kneeling) & Dawson (sitting on his grannies lap)

One year after purchasing my parents acreage, 5 miles west of Arborg, my mother, Christine asked me if I would be interested in starting a market garden. It had been a dream of hers for many years, and with her green thumb and love for gardening I did not hesitate. 2019 was our first year planting the 12000 sq ft garden.

Life is busy. Not everyone has the time to tend to a garden at home, or in some cases the space to plant a garden. That's what cultivated the idea for the U-Pick. Growing up in a farming community you know that people love fresh garden vegetables. The U-Pick gives anyone the chance to come and pick the vegetables they want, without the worry of planting, and maintaining a garden at home.

2020 is our second planting season, and now it's become more of all hands on deck kind of thing. In 2019 it was mainly my mom Christine and myself doing most of the work where as this year my wife Kyla, and children Brantley (6) and Dawson (3) have all helped my mom and myself with the planting, weeding, and even picking stones.

In my opinion gardening is something you learn to love. It's something my mother has taught me and I'm thankful that I'm able to teach my boys! It puts a huge smile on my face to see the kids out in garden helping us at such a young age, and loving that they are able to help out in anyway they can.

If 2020 has taught us anything, it's that being able to provide for yourself, and your community is very important, and not everything has to come from a store. So when you need fresh garden veggies, and want to pick your own we are here for you. Our garden is planted with hope, maintained with love, and waiting for you to take home for your family.

**FOLLOW US**  
**ON FACEBOOK!**

@abudaupickvegetablegarden

Contact us to book an appointment!

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Christine 204-642-2306

# ARBORG Pickleball

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Pickleball is North America's fastest-growing sport, and there are many reasons why. For the second year in a row, we have transformed the Arborg Curling Club into the Arborg Pickleball Club for the curling off-season. It's a fantastic way to use the existing infrastructure. We sell memberships - \$50 for the season or \$25 for a month, and students are 1/2 price. We set it up like this because we wanted it feel like a club; it's not just a game, it also has a fun social aspect. So, why is Pickleball so great? I can't speak for everyone, but here are my thoughts!

Obviously, one of the biggest reasons is exercise. If you're like me and hate exercise but love to play sports, especially badminton or tennis, this very well might be for you. You can play as hard as you like and as competitive as you like.

Everyone is very friendly and willing to help out new players by explaining rules and strategies. It's not very often that you don't hear everyone laughing and having fun. The camaraderie is incredible on and off the court. You are always playing with different people and meeting new friends. This allows you to come by yourself or with a group, and you're not obligated to bring an entire team.

It's also great because you don't have to commit to a regular time each week. We play three nights a week and you can show up on whichever nights you like.

A couple of quotes from members: "My back hasn't felt this good in years." One of my favorite quotes is "Let's go upstairs for a beer". That's right, because of our affiliation with the Curling Club, we have a licensed lounge upstairs, so the camaraderie can continue long after the games are over.

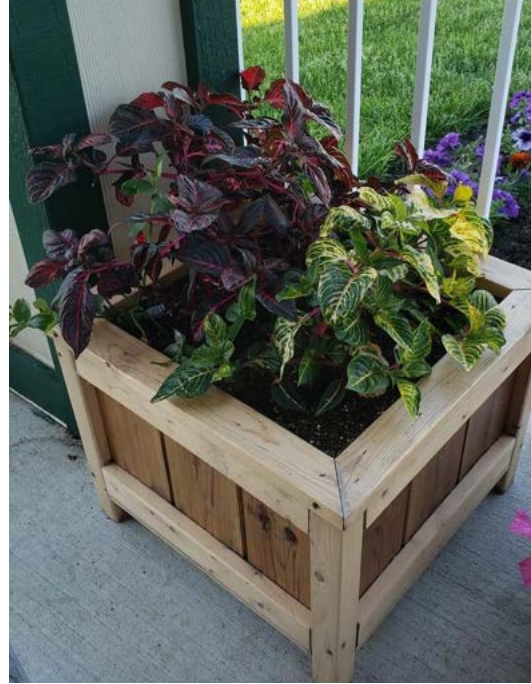
Now, I really started on this journey by wanting to get more active and a few of us started to use Pickleball as the exercise part of our healthier lifestyle. I won't mention names but between the three of us, we lost 180+ lbs combined, and feel great. That's why I joined, and all the extra benefits that came along with it were a great bonus. Everyone will have their own reasons for joining - we welcome you to find yours.

For those who don't know what Pickleball is, YouTube will show you. We welcome everyone to join our club, from near or far. We play Monday, Tuesday, and Thursday at 7:00 pm. We have implemented COVID-19 guidelines to allow everyone to feel safe when at the club. As a result, we don't allow drop-ins but we feel our membership fees are very reasonable. Come on down to the club, get active, and learn what all the buzz is about by becoming a member of a new and exciting group. Follow us on Facebook for more details!

SUBMIT YOUR PHOTO TODAY!  
CCOMMUNITYP@GMAIL.COM



CCP wants to thank everyone who submitted photos this month.  
photo credit goes out to all our photographers, there is so much talent in the Interlake!





# GO WITH THE FLOW

By Erin O'Neil



## CONTACT US

[www.flowwinnipegbeach.com](http://www.flowwinnipegbeach.com) | [wpgbeachyoga@gmail.com](mailto:wpgbeachyoga@gmail.com)

**AN INSPIRING STUDIO, CREATED WITH LOVE AND INTENTION. LOCATED ON THE LAKE, IN THE HEART OF DOWNTOWN WINNIPEG BEACH.**

Attune with the beauty of Lake Winnipeg, while you practice Yoga, Meditate to the Sounds of Crystal Bowls or receive a relaxing Massage. Gaze upon local artwork, healing colours, gemstones and plants. Breath in medicines such as Sage, Cedar, Sweetgrass and Lavender. Or simply enjoy the company of other like-minded, open hearted individuals, as we practice together in this sacred community space.

**We offer weekly Yoga Classes, Massage Therapy, Sound Baths, Workshops & Retreats. We also rent SUP (stand up paddleboards), Kayaks & Beach Cruisers to connect with nature in a deeper way. Try a SUP Yoga class and let the lake be your studio!**

**Who is Flow Wellness?** Erin O'Neil is a Certified Iyengar Yoga Instructor, Massage Therapist, Sound Practitioner and founder of Flow Wellness in Winnipeg Beach. She has been doing massage and teaching yoga for over 10 years. Her style infuses yoga, with ceremony and sound frequency. She has found solace in these therapeutic practices, through loss, anxiety, severe back pain and depression. These experiences contributed to the creation of Flow Wellness Studio, and thus a space to help facilitate this healing journey for others.

There are a few others that contribute to the vibrancy of Flow, such as Deb Benning (yoga teacher ~ Yin & Restorative), Jen Heinrichs (yoga teacher, facilitator) and our newest addition Catherine Mather (studio assistant). **We are grateful for our students & clients, and always welcome new folks as they begin their path to healing.**

# PURPLE RIBBON CAMPAIGN

*International Overdose Awareness Day*

*by: Jody Wasserman*

Substance use disorder is a Canada wide problem - and yet we are still faced with the stigma surrounding it. It doesn't discriminate, it doesn't care who your friends are, where you live or how much money you have. And yet so many people are trying to fight that fight internally every day while having to face negativity and judgment from a large portion of the public. Families are in turmoil trying to help their loved ones, all while facing scrutiny by their neighbors. This needs to end so that those who need help can ask for it when they need and want it and not worry about being judged or told it's their own fault. We are losing people daily to this disease because they are ashamed and too scared to ask for help.

August 31st is International Overdose Awareness Day. During August, Overdose Awareness Manitoba runs the purple ribbon campaign. Starting on August 1, and for the whole month, purple ribbons are worn individually or placed on trees to honor and remember those lost too soon to an overdose or substance-related harm and help end the stigma surrounding substance use.

This year there will be purple ribbons placed in town around Teulon, Komarno, Balmoral, Inwood, and Winnipeg Beach. Please during the month of August wear or display a purple ribbon proudly to honor those that we have lost, but more importantly to show your support in ending the stigma. You never know who you may be helping by doing that one small act.





# CLEANING OUR COMMUNITY

by Derek Wallman



**AUGUST 15**  
10:00am - 1:00pm

Join us at the Teulon Rockwood Centennial Centre parking lot at 10:00am to do a townwide cleanup. Let's keep our community beautiful and clean by doing our part.

*Come dressed in your town spirit and show your community pride!  
Wear your hometown hockey jersey, baseball uniform,  
school clothing or anything you have to show your community pride.*

**Snacks & Drinks  
Will Be Available**

If you would like to donate any supplies to the cleanup or have any questions, please contact Derek Wallman on Facebook or at 204.918.1868.

Join us on Facebook at 'Healthy Communities Cleanup' for all the up to date info.



The ONLY way it was possible was working together! By looking after one another, by helping their neighbors because it was the right thing to do. By coming together as a community, they founded a beautiful place for us to call home.

Today's communities look very different. Instead of help thy neighbor, we judge them. Instead of lending a hand because it's the right thing to do, now it's, what's in it for me? We tend to keep each other down, rather than lift each other up! If things were this way 100 years ago... Teulon doesn't get past the "red tape". No towns would! Think about that, 100 years ago they came together and built a TOWN! Today we can't even wear a mask to protect our community!!

Come out August 15 and help us reunite our incredible home as we CLEAN OUR COMMUNITY! We will be meeting at the hall at 10:00 am and starting from there. Teulon, like Rome was not built in a day, nor can we reunite our community in a day. But TOGETHER we start the change NOW!

Although I no longer live in Teulon, I have family and roots there which keeps me coming back home. However, Teulon (like a lot of other towns, both big, and small) isn't what I remember it to be anymore. The world is always changing and with over saturation from media, the world can appear to be a dark and scary place compared to 20 years ago. It's much different than 40 years ago, and definitely a far cry from 100 years ago when our beautiful town was founded. So what's changed???

As much as technology has helped us develop and grow, it has also brought us out of touch with what's really important... family, friends and community. 100 years ago when Teulon was first established, they did it without one single laptop or tablet, without the big equipment we have today, and without ordering things online to save a few cents.

## JOIN OUR GROUP TODAY!



# HOW YOU CAN CONTRIBUTE

*A monthly newsletter written for the community by the community.*



## SUBMIT A PHOTO

Has something caught your eye? Send it in. We receive a lot of submissions and have a plan for the photos that don't get used in the newsletter so don't worry it will get displayed sooner or later! Email [ccommunity@gmail.com](mailto:ccommunity@gmail.com) or DM us on Facebook!

## DO YOU HAVE SOMETHING TO SAY?

This newsletter is for the community. We want everyone to feel included. Our goal is to get everyone involved. Send in a submission, max 300 Words. We can't wait to hear what you have to say. Everyone has something to say.. what's your message going to be?



## THE BUSINESS BUZZ

Do you have a new business? Is your company doing something unique? We want to help spread the word. Our community events calendar will start up in September 2020! Do you have a virtual event? Send us a message! We have a few different social platforms to help you get your message out there. Lets work together!