

## *Creative Community Promotion's Monthly Newsletter*



### *Inside the Issue*

#### THE MONTHLY RECAP

The purpose of this newsletter is to bring the community together. Each month we will be publishing a new edition.  
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#### COMMUNITY PHOTO COLLAGE

Junes theme was sunset/sunrise photography! CHECK IT OUT. Find us on Facebook to see ALL Submitted photos.  
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## FOREST BATHING & IT'S BENEFITS

*by Morgan Paquette*

Shinrin-yoku is the Japanese art of forest bathing, which encourages people to become one with nature, through a series of deep breathing exercises and meditative walks through the woods. Doctors in some countries are even providing prescriptions to "walk in nature".

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CCP's YouTube Channel. Subscribe today and stayed tuned for episode 3.

## THE MONTHLY RECAP

*by Samantha Hampton*

*Owner of Creative Community Promotions*

Creative Community Promotions provides a wide range of services from social media management, events coordinating and promoting, developing and facilitating youth programs, building platforms that promote healthy communication, and so much more.

This month has been a unique month filled with new connections and interesting opportunities. I have partnered with Community Futures East Interlake and have built a training program to assist small businesses with social media training & content creation. This program will kick off July 27th, 2020!

CCP has also teamed up with Sandstone Gifts, Gimli Chamber of Commerce and will be assisting them with their communication needs. I am also working hard at developing a fantastic program that will assist people who are struggling with mental health & addictions. This program will promote healthy communication & connection. I hope to launch this program in the fall.

Our Virtual Market is growing and based on the feedback we received from our makers/vendors, this market is developing into a great platform to showcase the Interlakes talent. Our next Market is Saturday, July 4th.

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

*Samantha Hampton*

Owner of Creative Community Promotions

## I AM FIERCE

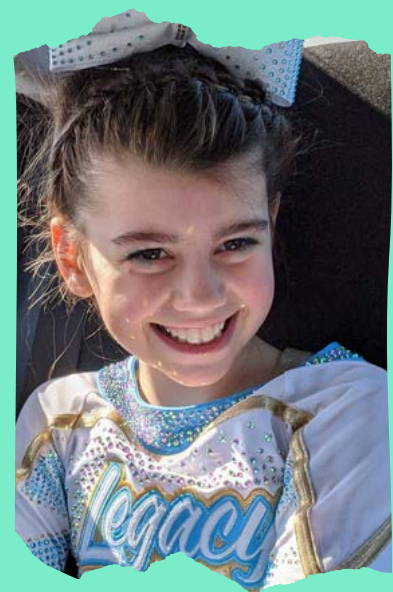
*by Stassi Simeonidis*  
*10 years old*

My name is Stassi and I am a Cheerleader. Cheerleading has taught me so many skills and not just athletic ones. Cheer has taught me to be confident, trust my team and coaches, and have good sportsmanship.

I love being part of a team where we all support and encourage each other to be our best selves and we also encourage our competition because we all love the sport and want to help each other be the best.

We practice all year to compete for 2 minutes and 45 seconds. I love competitions because not only do we get all glamorous in our cheer hair and totally bedazzled uniforms, but we get to go out on stage and do our best as a team.

Cheer has taught me that we all play an important role and without a base, no one can fly. I love cheerleading!



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

# SANDSTONE GIFTS SAYS FAREWELL

*Gimli Business set to lock their doors after 24 years.*



## WHAT'S ON SALE? 50% OFF

- Jewelry
- Decor
- Clothing
- Accessories
- Books
- Stationary Supplies
- Kitchen Linen
- Dishes & More!

June 26th, the sale starts and will continue until July 31st, 2020!



*by: Samantha Hampton*

I have been hired to help Sandstone with the marketing side of their store closure. Within 24 hours of sharing the message with the Interlake Region, our posts reached 12,000 people and OVER 3,000 people engaged with these posts according to Facebook Analytics. The proof is in the numbers. Sandstone Gifts will be missed by all. As hundreds of people react with hearts, tears, and WOW emojis it was clear to me that Sandstone Gifts isn't just a store, its part of the community.

Over the last few months, I think our province as a whole has realized the importance of supporting local. Let's keep this movement going by choosing to shop locally. Over the next 6 weeks make sure you pop in, I feel certain you will find something that suits your fancy!



*Follow Them*



ON SOCIAL MEDIA



# LAUGH OFTEN FORGIVE FASTER

*by Carla Foster*

The sun was setting and we knew time was running out in the search for the missing man on Lake Winnipeg. We stood there looking out into the beautiful sunset as the Hercules Plane circled the lake over and over. My daughter and her friends bound their arms together and created heart shapes with their hands raising them to the sky sending love and prayers to those affected in the boating accident. These girls didn't know any of the victims yet they showed their compassion and hope for the families and the community of Lester Beach. We need to cherish every moment with those that mean the most to us, make memories, laugh often and forgive faster because we never know what tomorrow will bring.

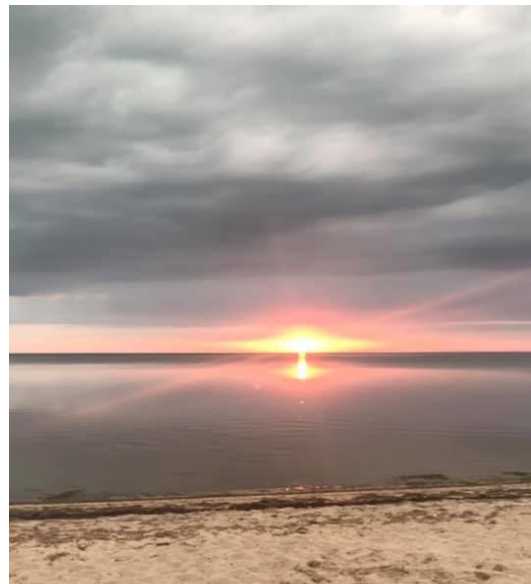
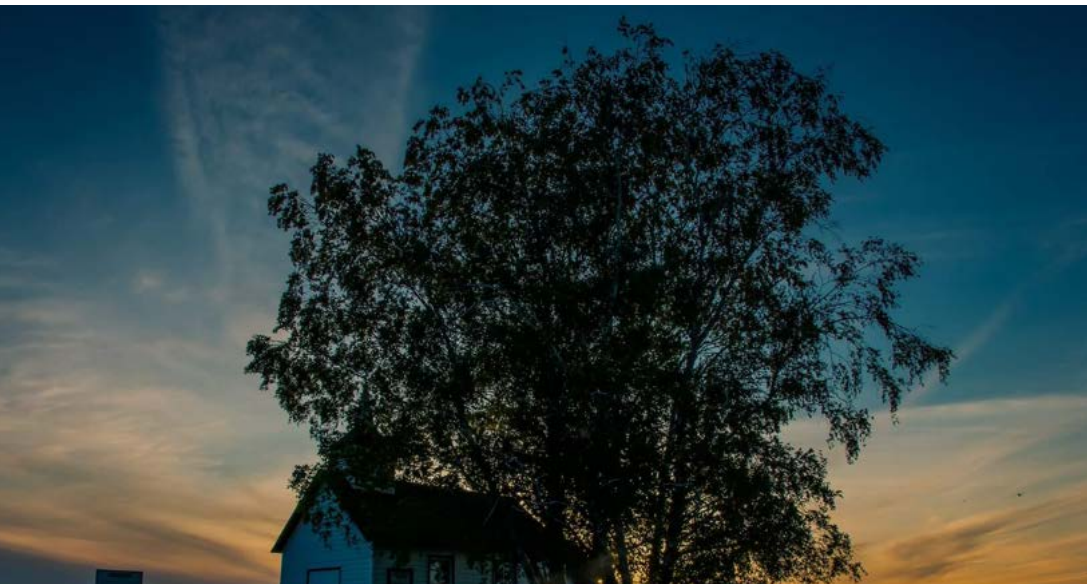
## CHILDREN & LITERATURE

*by Jacquie Sagan*

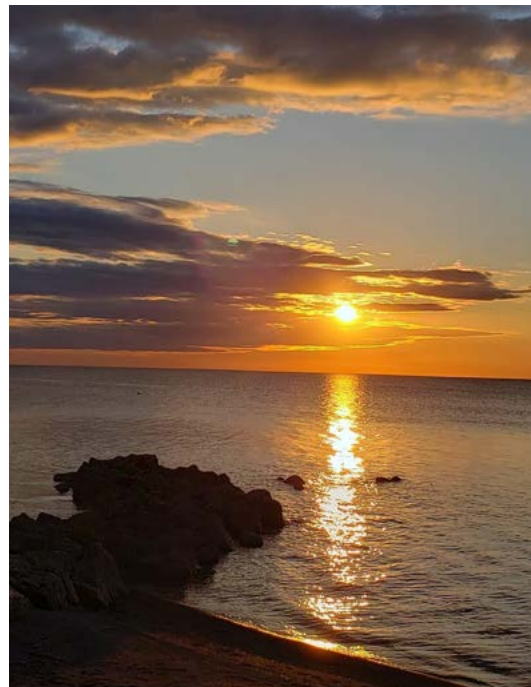
Whatever role you have in a child's life be it parent, educator, family member we are natural stimulators and educators. Infants look into our faces for every cue, smile, and sound. By the time a child is a toddler they will have a vocabulary of 100-200 words and by 3 yrs from 300 to 1000. Most people think infants are too young to be read to yet we talk to them sing to them and enrich them with our spoken words.

Starting as early as you chose we can hold a book with our child in our lap, share the pictures, read the rhymes, make up the story as you go keeping it as simple or complicated as you wish. Colours be it bold, black, and white or amazing illustrations will pull your child into the amazing world of books. You can spend 3 min or 10 but no matter your child will be forever changed. You will be giving him/her a lifetime gift they will never forget. Know one read to me as a child yet my parents were avid readers. As I grew I craved what they had and reached out to newspapers, magazines, and eventually books. So when you are wondering when can I start reading to my child, my answer...  
**WHEN YOU START TALKING TO THEM!!!**

**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!**



# WE KEEP YOU GRINDING

*Skate Sharpening is Truly an Art Form*



*By CJ Butcher*

We are a Hockey Pro Shop located at 550 Main St, Stonewall, inside the Veterans Memorial Sports Complex. We were established in 2018, here's our story!

After serving 17.5 years in the Canadian Armed Forces as an Aviation Systems Technician, I was forced to retire due to medical reasons. Part of the reason for retirement was I had received multiple serious concussions and was now suffering from the permanent effects of them.

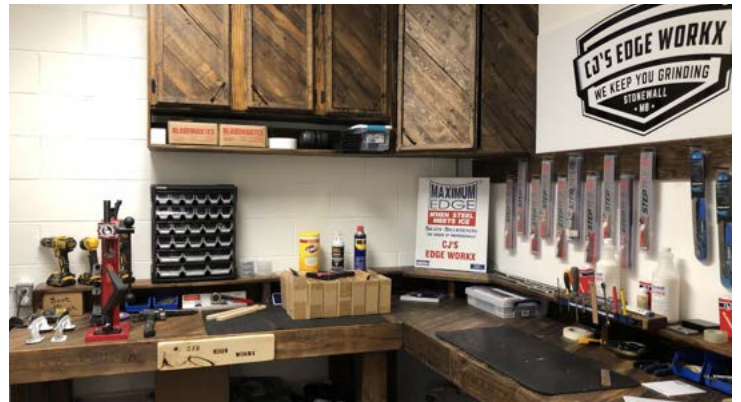
When you medically retire from the military, you're eligible for vocational rehabilitation. It's during this time that I chose to get into skate sharpening, skate repair and running my own Pro Shop. I was always frustrated into trying to find skate sharpening consistency and the right person or pro shop to do my skates, they were never done the same. I wanted to change that and give back to the sport.

I trained at the Bell MTS Iceplex in their Pro Shop for a year learning the ins and outs of skate sharpening and skate repair. After that I went to Harrow, Ontario for Maximum Edge training and certification. During my ongoing training I also received Blademaster certification. I was also very fortunate enough to work with a close friend in Ottawa at his skate shop "b-Sharp" and learned more about skate repair and sharpening and also focused on figure skates.

I'm very thankful for the support from the community and from the surrounding communities. Thank you for supporting a local small business.

Skate sharpening is truly an art form. I take great pride in my work, come feel the difference.

Until next time, We Keep You Grinding.  
Cheers – CJ Butcher



Instagram

CONTACT US

(204) 795-1788 | [www.cjsew.ca](http://www.cjsew.ca) | [cj@cjsew.ca](mailto:cj@cjsew.ca)

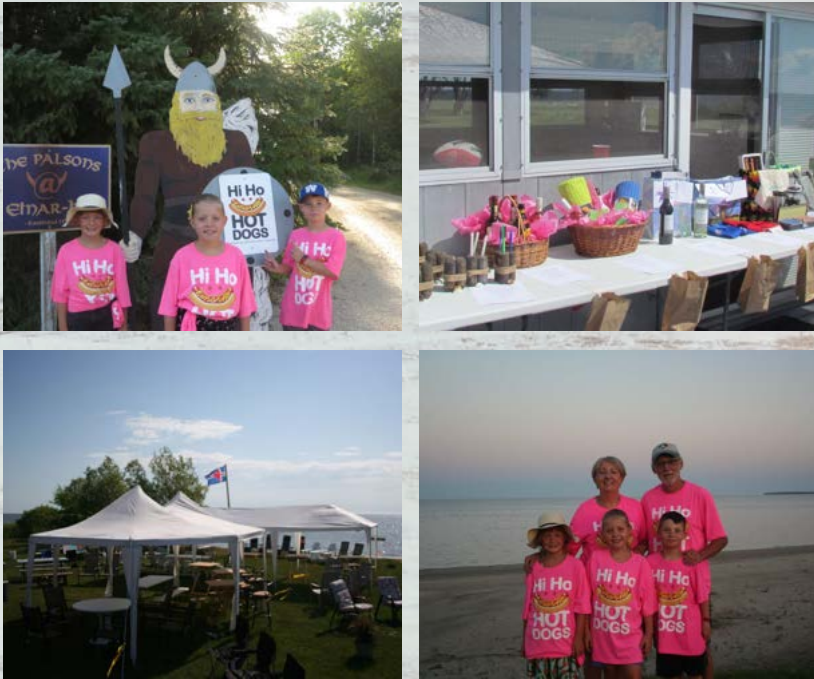


Find us on  
Facebook

# HI-HO HOTDOGS

*Hnausa Family Raises Awareness & Funds for Cancer.*

*by: Rod Palson*



It's been almost seven years since Debbie Palson received the news that she had Breast Cancer. "Throughout the biopsy, surgery, chemo, and radiation my family was my greatest strength", she says.

"Four years ago it was my grandchildren (ages 6,5,4 then) who wanted to have a lemonade stand or something here at Einar Ho. We went along with the idea and decided to sell hot dogs as well. It was then that our grandson Leif suggested that if we made any money it should go to "The Cure". Our entire family took part in The Run for the Cure the previous year so he understood how important that cause was to his Grandma.

So the kids and their Afi made up little fliers to be distributed to the closest neighbours, and a small "raffle" was held as well. That year we raised \$300 to donate to The Run and were very happy and excited about our success. This seemed to give everyone the motivation to make it bigger and better. So with the continued help from our kids, their partners, and our grandkids, the Hi Ho Hot Dog Fundraiser grew.

We added live entertainment, sought donations from many businesses for our prize table, our hot dogs became "gourmet" with loads of toppings, a horseshoe toss contest became a popular event, and on and on. We raised \$1300 in our second year, \$2000 our third, \$3600 in our fourth year, and last year....a remarkable \$4,500 took our five year total well over the \$10,000 mark.

For 2020, like all event organizers, we deliberated long and hard about COVID. Ultimately we made the decision to forge ahead with our fund-raiser, with plenty of safety protocols in place. We truly appreciate how our event has been embraced by the community, and hope to see everyone again on Saturday, August 1st. Pass the word, bring friends and family, and be prepared for a super day. We are located immediately north of Hnausa Park, on Highway 222 in Hnausa. Just look for the signs.



*Please Join Us on Saturday August, 1st, 2020*



# DUNNOTTAR CHANGE MAKERS COLLECTIVE



## OVER 250 CARP REMOVED

by Catherine Mather

The most amazing thing happened this weekend. Here's the back story. Our lake has been spewing out the dead bodies of herpes infected carp (an invasive species) and because our village is not in charge of cleaning the beaches nor does not have the people power or equipment to do it, folks were feeling a bit helpless. I thought, let's organize a clean up.

With in only a couple days, a clean up for all of the beaches in the Village of Dunnottar was organized. Sunday morning we had people bagging carp with trucks, trailers, and quads hauling. We organized so easily. About 15 people gathered in various areas, worked hard and got to know each other. At least 250 carp were removed.

While at the Village dump, we decided a group needed to form on Facebook that was specifically for community positive initiatives. How exciting. Hopefully it will blossom with community events like support groups, clean ups, fundraising rallies....who knows, the sky is the limit! The group is not restricted to villagers, nor is it run by one person. This is a group of people wanting to actively participate in their community, to improve it, to support and to celebrate community and its members.

The group is called Friends of Dunnottar Change Makers Collective for now, but, who know what will happen as it evolves. It's times like this that I have hope for us all. We need to be there for each other, it's a tough world out there.

## JOIN OUR GROUP TODAY!



# BULLYING & EMPOWERMENT

by: Sherry Benson-Podolchuck

How many people can say their job is dealing with bullying? After 20 years of dealing with workplace bullying as a RCMP officer, my goal as a consultant and coach is in helping individuals, businesses, leaders and employees understand and survive bullying in the workplace.

To be aware of the impact of leadership and resolving conflicts in the workplace. It's really important to recognize that bullying not only affects the victim it also affects the bystander and your business success. Ignoring workplace conflicts and bullying allows it to grow seeds of a poisonous environment.

Three things I continually encourage are:

1. *Speak up. Everyone has the right to speak up. Speak up for yourself and for those who remain afraid.*
2. *Be curious. Be Curious about yourself and others. This builds bridges of understanding.*
3. *Self-care toolkit. Recognizing that we have complete power on our own happiness. These Tools and strategies for self-care and empowerment. A positive attitude gives you resilience in life.*

First thing I do in assessing a workplace is identifying the underlying issues, for example causes of staff departures. A good employee is like gold. Encouraging staff to speak up about conflicts, to recognize the importance of dealing with workplace conflict such as bullying harassment immediately. Providing support for the victim and tools for improved communication and listening skills to rebuild relationships in the workplace. Sometimes people need help in fostering a respectful workplace and in relationships. All employees and managers are responsible to maintain a respectful workplace, we don't have to like everybody but we have to be respectful in the workplace.

Every workplace is unique, every workplace has its own culture. I provide tools and strategies for the people who choose to stay in a workplace by assisting them in developing their self-care tool kit. These tools empower individuals to go to work, and come home at the end of the day and be positive and loving for the family. Creating a workplace that is respectful and inclusive where employees want to come to work is the ultimate success for all businesses. Our Scars remind us where we have been but they do not have to define our future. Empowering others to find their voice is also empowering the success in our community.

**Speak up, be curious and create your own self care tool kit for success and happiness. Follow my Facebook Page for daily inspiration, blogs, videos, tools, and resources. Together we can create change!"**

## CONTACT ME

[slpodolchuck@gmail.com](mailto:slpodolchuck@gmail.com)

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



Star Agassi Consulting



# FOREST BATHING & IT'S BENEFITS

## *Shinrin-yoku Changed My Life*

*By Morgan Paquette*

Shinrin-yoku is the Japanese art of forest bathing, which encourages people to become one with nature, through a series of deep breathing exercises and meditative walks through the woods. Doctors in some countries are even providing prescriptions to “walk in nature”. While naysayers are quick to call practitioners of this philosophy “tree huggers”, there has been extensive research done on the healing effects of being out in nature.

I have practiced shinrin-yoku for the last two years, and it has changed my life. I first came across it in a magazine, sitting in a doctor’s office, ironically. At that point, I was struggling with insomnia and high blood pressure. I had always enjoyed the outdoors, and was intrigued with the idea that simply taking a walk could make such an impact on many of my health issues. Simply being in the forest, away from the hustle and bustle of the city, has some incredible healing effects. As soon as I enter a canopy of trees or walk along a river bank, the sounds and lights of the city begin to melt away, overtaken by the cacophony of animals, rushing water or rain falling on the tree tops. Slowing down to take in this nature improves mood, as well as lowering blood pressure and cortisol levels.

The most beneficial health benefits, surprisingly come from the air in the forest. Plants and trees emit phytoncides, which have been shown to increase our immunity to cancer and other serious diseases by increasing production of NK (natural killer cells). Within a few months of daily walks through the forest, or any green space that was accessible to me, the quality of my sleep had increased drastically, my blood pressure was “optimal” (according to the blood pressure scanner in my local Safeway) and my anxiety had decreased dramatically. Forest bathing is all about respecting the forest. In fact, one of the key aspects of the philosophy, is called forest tending which emphasizes picking up litter and basic stewardship needs. Forest tending is such an important aspect because, we only have one earth, and if we come together and protect it, it has the power to heal itself.

During the COVID-19 lockdown, everything came to a halt. With millions of cars off of the road and factories shut down, the Earth began to return to its natural state. The pollution in China had reduced by 45% and the hole in the ozone layer was the smallest in over a century.

The Earth has the magical power to heal both people and itself. I encourage you to immerse yourself in nature whenever you can, and experience the magic yourself. Whether it’s sitting on the back deck first thing in the morning with coffee and a newspaper, a local hike in your area, or a picnic in the park.

# 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 July 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!