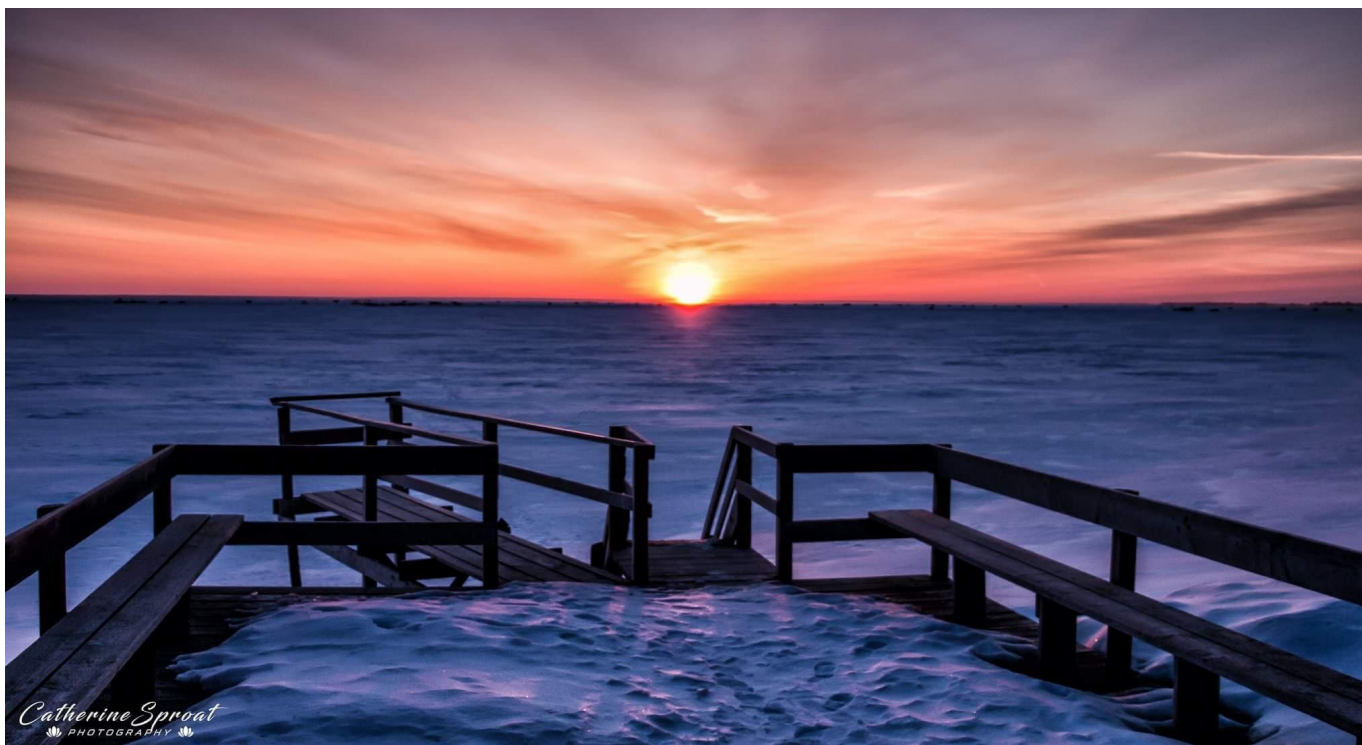


Creative Community Promotion's Monthly Newsletter



Catherine Sproat
PHOTOGRAPHY

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COMMUNITY PHOTO COLLAGE

Submit your photo for the chance to be featured in our monthly photo collage. ccommunity@gmail.com or find us on Facebook. p. 04

ISOLATION & RECOVERY

by Derek Wallman

Hello, my name is Derek and I am a recovering addict. I know how crippling isolation (or even the thought of isolation) can be for not only those of us in recovery, but for anyone, so I would like to share some ways to help beat the thoughts that can creep in as we are isolated during this Covid-19 pandemic.

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Participants of "The Power Of Your Voice" Public speaking & Youth Leadership Program. Riverton, MB

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.

We are running an 8-week program called "The Power Of Your Voice" this has been put on hold due to the current pandemic of Covid-19. As soon as it is safe we will be picking up where we left off! CCP was also coordinating the Gimli Music Conference & Singing Competition sponsored by The Gimli Chamber Of Commerce. This has been postponed until further notice.

The purpose of this newsletter is to bring the community together. Each month we will be publishing a new edition. Letters from children, drawings, poems, community stories & highlights, interviews, and photography. The sky is the limit. Our only goal is to shine a light on the Interlake, and provide an uplifting read to the members of the community. I hope you enjoy our first edition!

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

Samantha Hampton

IMPORTANCE OF SOCIAL DISTANCE FROM A FRONT LINE NURSE

by *IERHA Nurse*

Some of you reading this may not know why it is so important to stay home over the next few weeks. Some of you may know how important it is, but choose to "risk it", and some of you may be like me, knowing the risks and willing to do anything to stay home to protect your family and the public. But like you, I don't get a choice and I pray that each day I'm not bringing this virus home to my children.

I love my job and I am proud to serve the community in this crisis, but by not staying home, you are spreading this virus, and making my job so much harder. You are adding extra stress, risk and anxiety to all of the healthcare providers working so hard to keep YOU safe. You are putting OUR families at risk. Our healthcare system is working harder than ever and trust me, we are up for the fight, but without your help, we all lose. And the truth is, I don't know how bad it will get if people don't start taking this seriously. I do know how much equipment we have, and I know it's not enough.

I know it's not easy, but it's so important. How well we do today, will determine how long the social distancing will last. It will determine the health of our communities, and our families. Listen to what science is saying, listen when they tell you to quarantine, that the old are at risk, not to travel, and not to visit, just listen. I'm scared for my patients, I'm scared for my family, and I'm scared for myself. We are working hard to fight this invisible enemy, and all we ask is for you do your part too. Please, just stay home for a while, and trust me, it'll be worth it.

THE SHELL WHISPERER

by Sherry Benson-Podolchuk

As the COVID 19 virus was beginning to ripple around the world, we, and another couple, had just left for Cuba. For two days we had all technology turned off. Imagine not even listening to NHL results! This was a special holiday, first time for our friends and our 20th anniversary. Leaving the world behind is easy in Cuba with limited WIFI .

From the beach, to the pool, to the restaurants, to the piano bar in the evening, occasionally, I spotted a TV with world news and spread of the virus. Then after checking emails/texts was surprised by the two anxious messages from family. After turning on the TV in our room, the new reality and seriousness of what was happening worldwide.

There was no escaping the tension the next day in the entire hotel, guests and staff.

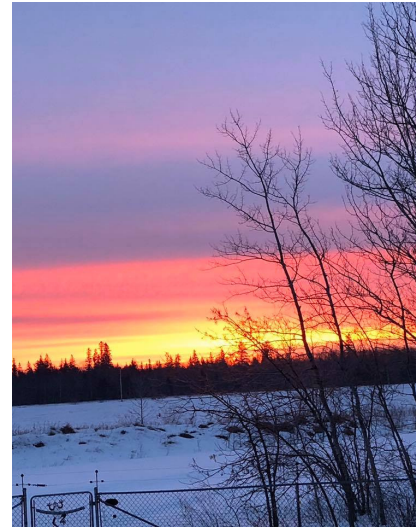
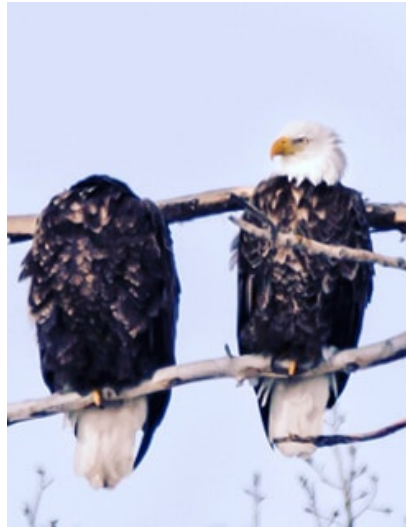
What can you do while waiting for the evacuation order? We made the choice to continue to celebrate the experience with our friends, the kindness of the staff, the beautiful beaches and in my case, snorkeling. When I would put on my snorkel and mask, walk down to the beach, slowly dip into the water and submerge under the glistening clear soothing saltwater, all thoughts of what was happening in the world seem to disappear. I was searching for my treasure, a prize shell. Up and down in the water sifting the sand and celebrating in the success. My husband called me “the shell whisperer”

This was the best year ever in searching for the treasure. Over the few days, I spent hours and hours escaping under the waves and enjoying every moment.

I could not change what was happening but I could change how I reacted. Once at home it is a 14-day quarantine and using self-care tools, a positive attitude it is easy to find ways to be happy and have fun at home. Use your imagination and find your own treasures.



SUBMIT YOUR PHOTO TODAY!
CCOMMUNITYP@GMAIL.COM



CCP wants to thank everyone who submitted photos this month.
Photo credit goes out to all the individuals who sent in a photo!

SOCIAL MEDIA AN ESSENTIAL TOOL IN RECREATION PROGRAMMING

by Brenna Philp
Recreation Programmer Rm of Gimli

The field of recreation always keeps you on your toes at the best of times, and now especially in the middle of a global pandemic! With how important recreation is to every single person living not only within the RM of Gimli, but around the world, it is crucial to find a way to still provide it. Physical and leisure activities are the key to keep your stress and anxiety levels manageable when every time you turn on the tv or open your social media COVID-19 smacks you right in the face!

Right now, social media is the best way to still provide programming that will keep everyone from toddlers to older adults engaged. From Zumba Dance Parties to Music & Munchkins sing-a-longs, I hope to be able to find something for everyone to do while social distancing and to keep connected to the community.

Along with the Gimli Rec Programming that has continued with the help of my AMAZING instructors, there are a lot of other resources being offered for free right now that you can access within your home. The ParticipACTION app is something that I would recommend every single person download. There are many activities available, and it will even send you reminders to get up and move so that when you are binge watching Netflix, you are still giving your body what it needs!

With or without COVID-19 around us, my job is constantly adapting to the community wants and desires. If there is anything you would like to see offered, both online or when regular programming resumes, please reach out at grcprogrammer@rmgimli.com. Anything that you would like to do in your leisure time, I will try to bring it to Gimli! Stay safe, stay healthy, and stay home! Follow Gimli Rec on Facebook for more.

WALLFLOWER BOTANICALS

by Wallflower Botanicals

Wallflower Botanicals is a handmade, all natural, cruelty free beauty company! Located in the heart of Arborg, shop owner Caitlin Shott works hard to bring customers the best products, at the lowest prices. Caitlin was diagnosed with Spinal Muscular Atrophy at a young age and is passionate about making all of her products as accessible as possible for everyone who wants to try them.

During the current COVID-19 Pandemic, Caitlin noticed the urgent need for Hand Sanitizer as stores across Canada were quickly selling out. She came up with an incredible concoction and is now selling her own Hand Cleanser in two sizes, 4oz and 8oz. The Hand Cleanser along with our natural Cold and Flu Tea are two great products to keep the community healthy and safe during these times.

Wallflower Botanicals also sells a variety of other products such as face masks, hair treatments, lip tints, We ship world wide, and you can place your order online at www.wallflowerbotanicals.camoisturizers, and so much more.



Feel free to send as an email at wallflowerbotanicals@gmail.com. You can also message us on Instagram and Facebook at Wallflower Botanicals!



LETTERS TO A STRANGER

Participate today!

Creative Community Promotions PO BOX 705 Arborg, Mb R0C 0A0



Read more LETTERS TO A STRANGER at Creative Community Promotions on Facebook.

GRADE 6 STUDENT

You are loved by everyone in this world. Remember you are never alone, never forget you are loved. Never doubt that someone truly cares for you. Everything happens for a reason...

GRADE 5 STUDENT

You are never too old to set another goal or to dream a NEW DREAM! If you're on the edge of your day just smile and have a great day...

GRADE 5 STUDENT

I wrote this letter for you, so here's a question. How are you? I hope this letter makes your day. Here's something I want you to know...

CALLING ON ALL YOUTH & CHILDREN OF THE INTERLAKE

by Samantha Hampton

Write a letter to a stranger. Include a positive affirmation, drawing, few short words, or share an uplifting story. The goal is to make someone else smile. Mail your letter to the above address. For every letter written you will receive a ballot that will be entered into our prize Draw of a seasonal pass to the Noventis Aquatic Park in Arborg. Letters will be distributed around the Interlake, Downtown Winnipeg, and to homeless shelters. This is a fantastic way to spread kindness from the comfort and safety of your own home.

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If you are new to recovery, it's going to be tough at first but you can do it! Isolation doesn't mean ZERO contact! We need to think of what we can do instead of what we can't do. So we can't get out and get to meetings right now, luckily we can text, call, or even video chat with friends and family at a moment's notice. The fellowship and Keeping regular contact makes us and others feel good as well as important, and you are important!! Use these supports and work your steps or whatever program you're working. It works if you work it!

"There are lots of amazing sites and online support groups that make it easy to "attend" a meeting from our own homes. Hopefully you have a sponsor and call them daily, if you don't have one... ask someone."

There are also so many inspiring AA/NA speakers to listen to on YouTube as well as motivational videos to keep positive. How we talk to and think of ourselves is so important! This is also a wonderful chance to embrace meditation and learn to be ok in the silence and solitude. We can learn to love ourselves and grow our relationships with our Higher Powers. It's a beautiful relationship to nurture. We may have to keep our social distance right now, but that doesn't mean we can't still support each other. Remember, this too shall pass.



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 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 April 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!