

Creative Community Promotions' Monthly Newsletter



This photo was taken by Catherine Sproat. We are so grateful for her continued support of our monthly newsletter. Please give her a follow on Facebook or Instagram @Catherine_Sproat

Monthly Recap

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Arborg Steet Festival

By [Cindy Stansell](#)

The Arborg Street Festival is so excited to be back once again for a fun-filled event in 2022! On Friday afternoon the festival kicks off with a Classic Car Show on First Avenue. This will be followed by a parade at 7 pm, music by Lost in a Small Town on the outdoor Library Stage starting at 8 pm with our spectacular fireworks show at dusk.



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Monthly Recap

*By Samantha Hampton
Owner of Creative Community Promotions*

Do you ever talk to strangers? Do you ever go out of your way to have a conversation with someone you don't know for the sole purpose of learning something about them?

This in my opinion this one of the most powerful explorations we can do. We know so little about people. As a society, we are constantly misunderstanding individuals. A facial expression, a limp, a smell, an old coat, overgrown facial hair, a corky laugh. All these little minuscule things can make us look away at times.

What happens when we don't look away? I can tell you what I think happens. I hope those of you reading this that "look away" take a moment and step towards that unfamiliar territory of talking to a stranger.

When we don't look away we have the ability to enrich our lives. We have an opportunity to strengthen our mental health. If you are a regular reader of my column you can probably guess the other thing that may happen. We can GROW OUR COMMUNITY.

Many studies have proven that people who have satisfying relationships with others are happier, and have fewer health problems. You might have read that statement and thought I have plenty of relationships in my life, and what are the chances of obtaining a new one from talking to a stranger? Trust me it happens. It happens to me all the time.

I will share with you what I feel when I make a new connection with a stranger. My life is enriched. When I take the time to learn about someone else journey, feelings, emotions, and experiences it allows me to grow, and my community expands.

Everyone you meet in life gives you a gift. It may be a story, a lesson, a joke, or a helping hand. We all have the ability to impact the lives of others. Sometimes it all starts with a small conversation over something silly like the weather.

I dare you to try it. Next time you are somewhere alone and in a safe environment step outside your comfort zone and meet someone new. You never know where the conversation can lead you. I would love to connect with you. Please reach out to me and let's connect! samantha@creativecommunitypromotions.ca



"Do one thing every day that scares you."

- Eleanor Roosevelt

Samantha Hampton 

I Am Festival

By Tracy Thibodeau
Co-chair/Co- creator I Am Events Inc
204-861-2351
Tracy@iamfestival.net



Stress levels and declining mental health trends have made it even more important to take a weekend to slow down and be present in your own space. Take a weekend to go deeper with your own personal development journey and to care for your mental health. Use the I Am Festival weekend to interrupt the cycles of stress response the last two years have stimulated in our nervous systems. Grow your community and meet new friends. Take a workshop or hang in a hammock in the trees. The I Am Festival is a place for connection, relaxation, expression and play.



I Am Festival is an experience that takes the best of a retreat (restore, revive, relax), and the best of a festival (music, play, and community) and combines them to create an immersive experience to serve your soul. It's a place where you can take deep breaths during your outdoor yoga class, explore new ways of navigating your well-being through wellness workshops, move your body, and dance the night away with some of Manitoba's best musicians. I Am Festival was named Canada's Wellness Retreat of the Year!

For more information and to get your Restful pass visit www.IAmFestival.net. Gates open Friday at 4:00 pm on August 12. Day passes are available. Aug 12 – 14th Teulon, MB



Macrame with Lovely

By Lovely Sokalski



macramewithlovely



www.macramewithlovely.com



macramewithlovely@gmail.com



macramewithlovely

Hi, my name is Lovely. It started as a hobby. Being at home is not easy, I needed to make myself busy. I enjoyed making my products. It makes me happy to see our products used by our customers.

Macrame with Lovely is a small business based in Manitoba. All the products that we are selling are handmade and are 100% recycled cotton string/rope and created using very thin strands of individual cotton. We sourced our supplies from Canadian Businesses.

Our products are perfect for someone celebrating a birthday or other occasion and holidays!



YOU CAN FIND OUR PRODUCTS AT:

- Wishme Gift Shop, located at 377 Eveline St. Selkirk MB.
- The Mighty Kiwi Juice Bar & Eatery, located at 201 Manitoba Ave. Selkirk MB.



We are having a Night Market in Selkirk MB. This market is only 100% handmade. Hosted by Bud and Bloom.

Location: 219 Manitoba Ave. Selkirk MB (Parking lot of Roxi's)

Date & Time:

August 5th, 2022, 4:00 – 10:00pm



Boreal Shores Art Tour

By Mary Louise Chown

Life Goes on...Art is alive and well in Eastman! Immerse yourself in our world!

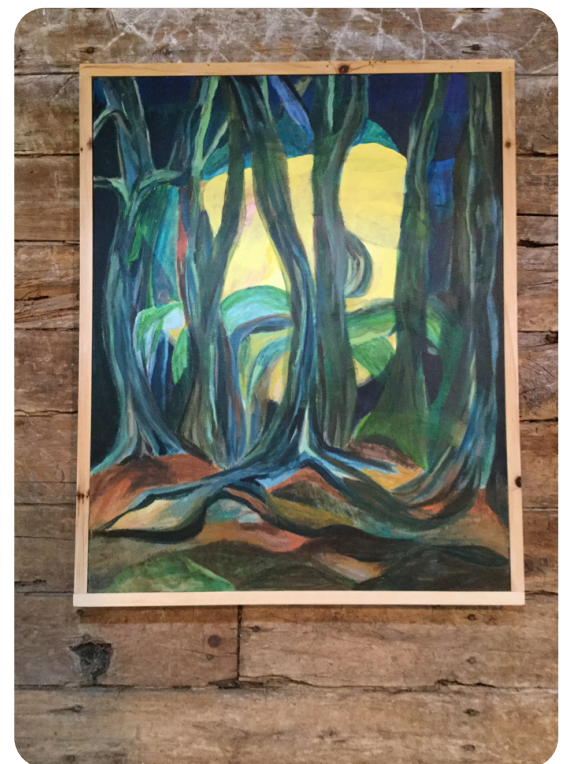
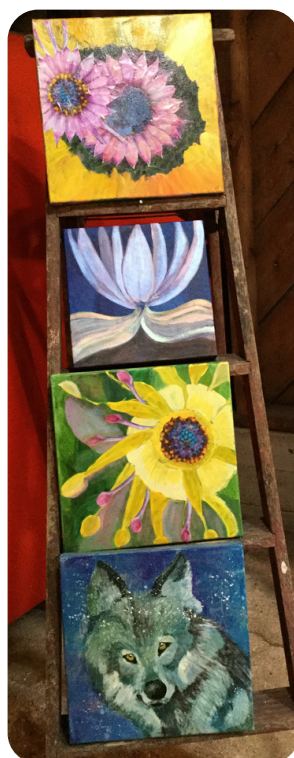
The Boreal Shores Art Tour will return this summer after a two-year closure due to COVID, on Saturday, Aug. 20 and Sunday, 21, 2022.

This is a popular, free, road-trip worthy, self-guided art tour, with a chance to visit 38 artists at 21 locations scattered throughout the boreal forest and shore regions of Eastern Manitoba. We have new artists and returning artists with some new mediums and new locations spread among the East shores of Lake Winnipeg, Pine Falls /Powerview, Lac du Bonnet, Pinawa, Seven Sisters, Whitemouth, Rennie and Falcon Lake. It's a perfect weekend road trip to take with friends and/or family. Combine viewing art with a day trip and stop at one of the many great eateries in this part of the province. A highlight of this art tour has been the chance to see many of the artists in their studios and view many diverse forms of art, including paintings, ceramics, sculpture, photography, wood turning and fabric art. Other locations will feature groups of artists displaying their work together. Brochures with maps to every site will be available and drivers will also see special road signs to help on their journey. The Boreal Shores Art Tour will follow all COVID guidelines and orders at the time. Masks and hand sanitizers will be available at every stop.

Every effort will be made to keep everyone safe!

To learn more visit borealshoresarttour.ca or find us on Facebook!

For interview requests, contact Mary Louise Chown at: mlchown@shaw.ca or 204-348-7540



The Town of Winnipeg Beach Recreation Department



By Rec Director & Programmer

After two long years The Town of Winnipeg Beach has dove right into one awesome summer! A huge comeback on our past entertainment, and all new awe-inspiring fun added in around every corner.

With July over still coming your way for August and September is some great fun!

- Bands on the Stage at The Bandstand Every Saturday Evening!
- August 6 – Fire Truck Pull all proceeds being donated to two fabulous charities Muscular Dystrophy and The Fire Fighters Burn Fund
- August 20- Outdoor Night Market
- August 26- Movie at the Beach
- September 3-4- Wave Artist Tour
- September 10- Fall Supper
- September 17- Show & Shine, Pancake Breakfast and Craft Sale
- September 18 – Breast Cancer Motorcycle Pledge ride
- A surprise event or two coming up!



Programs running throughout the Summer and Fall

- Pickle Ball – Tuesday, Thursday, Friday Mornings 9-12, Tuesday and Thursday Evenings 6-8
- Bootcamp Wednesday mornings 8:30
- Zumba at The Bandstand Sunday Mornings - 9am
- Fabric Arts Wednesdays at 10am
- Stay tuned for more great programs



Town of Winnipeg Beach @winnipegbeach



<https://winnipegbeach.ca>



@winnipegbeachrecreation



rec@winnipegbeach.ca

The Arborg Street Festival

By *Cindy Stansell*

The Arborg Street Festival is so excited to be back once again for a fun-filled event in 2022!

On Friday afternoon the festival kicks off with a Classic Car Show on First Avenue. This will be followed by a parade at 7 pm, music by Lost in a Small Town on the outdoor Library Stage starting at 8 pm with our spectacular fireworks show at dusk. Saturday morning starts off with the returning pancake breakfast fundraiser for the Arborg Skating Club. Returning events to this year's festival on the Saturday include the Talent Show, Kids Fun Zone, CWE wrestling event, Henna by Kim, The Amazing Race, Old Time Bingo, an expanded Trade Market and music on the Library Park stage featuring fiddler Mark Morisseau followed by The Homespun Poets.

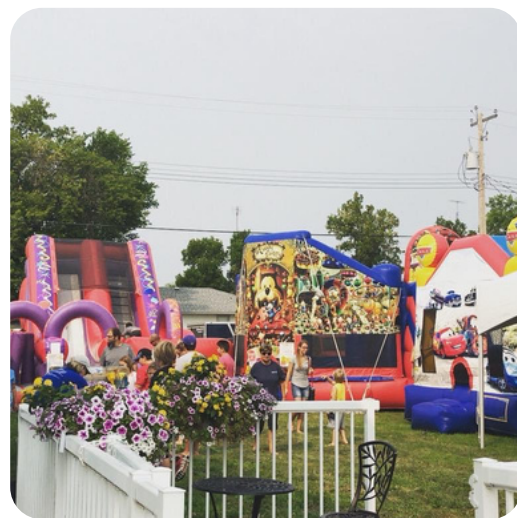
New events include a photobooth by Sara Uruski Photography, Zumba by Des with a colour dance, Pickleball tournament and Pitchfork Fondue!

We can't say thank you enough to all of the businesses that have supported our event. Because of their contributions we are able to continue to offer this event with no entry fees!

So come and enjoy what Arborg has to offer. Whether that be wandering the Main Street through the Trade Market or bringing a chair and sitting back to enjoy the many talents that will be featured on the Library Park stage. There are events for everyone to enjoy!



arborgstreetfestival@gmail.com



Find us on
Facebook

by Richard Bredsteen



Do You Have Feedback?

By The CCP Team

What makes this newsletter so unique is that it is written by the community for the community. Small businesses & community organizations have the opportunity to be featured for FREE! This is our way of giving back to the hardworking members of every neighbourhood. We want to share all the untold stories, showcase all the hidden talent, and provide people a platform to use the power of their voice. Our Social Community brings people, ideas, and businesses together.

Is there something you would like to see added to this monthly newsletter?

Do you have an idea for a community program?

Your feedback is valued, and the CCP team wants to work towards building healthy communities together. Please reach out and share your ideas! We want to hear from you.

osc@creativecommunitypromotions.ca

Poetry...

Create a Caring Environment
Life these days has its challenges
A windy chilly reminder
Of my mortality,
How small this world really is,
We are spinning around the sun
And the every day sufferings,
Are reminders to wake up,
Cut through this veil of illusion,
Create a caring environment
That is actually efficient, ha,
Good luck, love a duck,
Brings us into a unique meadow
Where what we do has meaning
Poverty is a state of mind and a
habit,
We obsess in crisis, we react,
What do we have to show for it?
the job, the money, the hours spent
Yearning for a sustainable life,
Resting in our true nature
We become renewed beyond this
world
There is a wholeness,
I watch my self surrender quietly,
As I practice being alone,
Relationship is a natural expansion
Of our love...

THE PEACEMAKER

By Sophia McPherson

Submit your child's story or drawing today!
ocs@creativecommunitypromotions.ca



Hello, my name is Sophia. I enjoy putting together stories and drawings for people to enjoy and read.

I drew this drawing because I think peace is really important.

I came up with some examples of what peace sounds like, looks like, and feels like. In my opinion, peace can sound like rain drops on the roof, birds chirping, waves on the lake, and sometimes absolute silence.

Peace can look like... watching the sunset on the beach, seeing the northern lights, and watching animals be free in their natural habitats.

Last but not least peace feels like being free. Peace brings happiness. Peace can also feel relaxing. Peace is love.

Those are some examples of what peace can feel, look, and sound like.

In my drawing, you will see Mary the Peacemaker. Mary contributes by to bringing peace to the world.

WE WANT TO WORK WITH YOU

By Samantha Hampton

There are many ways that Creative Community Promotions can help you communicate more efficiently. Whether that be verbal or visual communication we are here to be of service. Take a look at the list of services below!

- Creative Design (Logos, menus, documents, presentations, anything digital!)
- Events Coordinating
- Project Management & Community Program Building
- Volunteer Coordinating & Training
- Public Speaking Workshops
- Content Creation and so much more!



204-641-0687



How Will You Contribute?

A monthly newsletter written for the community by the community.



The Business Buzz



Do you have a new business? Is your company doing something unique? We want to help spread the word. Our Social Community features 3 Interlake Businesses each month for FREE. Contact us and let's work together to showcase your products, services, and talents!

Do You Have Something To Say?



Our kid's column is super fun! Children can write on any topic (120 words) and submit one photo!

Do you have something to say? Send in a submission, max 250 words. Everyone has something to say.. what's your message going to be?



Photo COLLAGE!



Each month we pick a new photo theme. Community members send in their photos and they get placed into the newsletters collage! Monthly themes are posted on our social media accounts! Check our website for all the details!

www.creativecommunitypromotions.ca or DM us on Facebook or Instagram.

