

Creative Community Promotion's Monthly Newsletter



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I need to do something Really creative right now!
The sun is setting
On a beautiful March day.

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Photo Collage

March's photo theme was Northern Lights. Follow us on social media to see what the next theme is!

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DO YOU SPEAK KINDLY TO YOURSELF?

by Sethe Noordman

My hope is that you do...! Looking in the mirror, it's easy to pick out what social media has deemed as "flaws", but your body and the reflection you see is actually flawless! Trust me, every day I am honoured to work in an industry where I see so many beautiful bodies in an intimate setting and let me tell you, not one of them has been "flawed" in my eyes.





MONTHLY RECAP

by [Samantha Hampton](#)
Owner of [Creative Community Promotions](#)

On March 8th we had International Women's Day. Due to the pandemic, it changed the way some may have celebrated and created awareness around this important day. I wanted to use my Monthly Recap to reiterate what I shared in the video I released on this subject. (Can be viewed on Instagram & Facebook)

I am so fortunate to have been blessed with some extremely exceptional women in my life. The way I have found success in my own life both personal and professional is to trust the process, trust yourself, and share as much as possible. When I say "share" I want to make sure I am heard.

Sharing our stories, ideas, opinions, and gifts, is detrimental in the process of growth, this is how we learn. This goes for any gender. I wouldn't be where I am if I didn't follow the footsteps of strong female leaders that came before me and that continue to vigorously pave the way for the next generation of change-makers. I want to say thank you as it takes a communal effort to develop and grow our abilities to make this world a better place.

My photo this month is of my next generation. My beautiful daughter Sophia. I think of the next generation of female change-makers and I get EXCITED! I am excited about the endless possibilities of magic. It will end with a huge expression of gratitude for all the came before me and all that will come after. Let's SHARE, GROW, and CREATE CHANGE together.

Until next month, stay safe & be kind to one another.

Samantha Hampton 

POETRY & PROSE CONTEST

by *The Icelandic Festival*

The Icelandic Festival of Manitoba is accepting entries for our annual Poetry and Prose Contest!

This is a writing contest to highlight the importance of reading and writing in the Icelandic culture.

That being said, we welcome anyone to enter their writing for our contest.

Material highlighting the Icelandic culture or representing our 2021 festival theme "Icelandic at Home/ Heima er Best (Home is Best)" will be given preference for judging. No fee. CASH prizes. Contest closes June 4th 2021

NEW winning entries and honourable mentions may be published in the Icelandic Connections magazine.

Follow the link for full rules and regulations.

Do you speak
kindly to
yourself?



Sweet Fern
Sugaring

My hope is that you do...

Looking in the mirror, it's easy to pick out what social media has deemed as "flaws", but your body and the reflection you see is actually flawless! Trust me, everyday I am honoured to work in an industry where I see so many beautiful bodies in an intimate setting, and let me tell you, not one of them has been "flawed" in my eyes. Your scars, stretch marks, cellulite, rolls, and folds are incredible and unique to you. No matter what size or shape you are, every single person has some unique about them and that's truly what makes us beautiful. So today instead of finding your "flaws" find all the things that make you; unique, strong, and gorgeous. The things that make you... you! Your body has bravely and lovingly carried you this far, and it's done so much for you. Isn't it time you start loving it back?



At Sweet Fern Sugaring my house
rules have always been...

Come as you are and stop apologizing! I offer hair removal services and self-care products but also a safe and inclusive space, free of judgment. My services can give you the opportunity to feel more confident and comfortable in your body - if that is your choice! Even with the services I offer, I am absolutely pro-hair, because I am pro-you! I want you to feel your best about yourself, however, that looks, because you deserve it.



I look forward to meeting you!

- Sethe Noordman

by Sethe Noordman
Located in the heart of Gimli, MB



Catherine Sproat Photography

by Catherine Sproat

Photography has always been a passion of mine because it's a way of capturing a moment and the beauty that is all around us in the Interlake area.

Adventures in the Interlake area never disappoint either. From beautiful sunrises, sunsets, landscapes to rural buildings, there is always something to experience as well as the occasional surprise.

Over five years ago I was told about a car in some trees and I was given the general area where to find it. I never did find it until recently and it was by chance while on a day adventure in the Interlake area. I ended up posting it and in my post, I asked if anyone had any information on it. I did receive a message and the story I was told was, "The car in the trees is located by a notorious curve and the landowner put it there to put it in peoples minds of what would happen if not driving responsibly." I appreciate the person giving me insight into the reasoning and I look forward to more Interlake adventures and surprises in the near future!





Sandstone Pop's UP Again!

Hi Everyone,



It's Elena, Gitta, and Kristine here, from Sandstone Gifts and Essentials (located at 10 Centre St. from 1996-2020). We are still here in Gimli, and we have exciting news. We are bringing you Sandstone Clothing! Sandstone Clothing is an online store! www.sandstoneclothing.com We are carrying the most beautiful summer pieces this year. Linens and cottons that will have you feeling luxurious and comfy...but there's more!

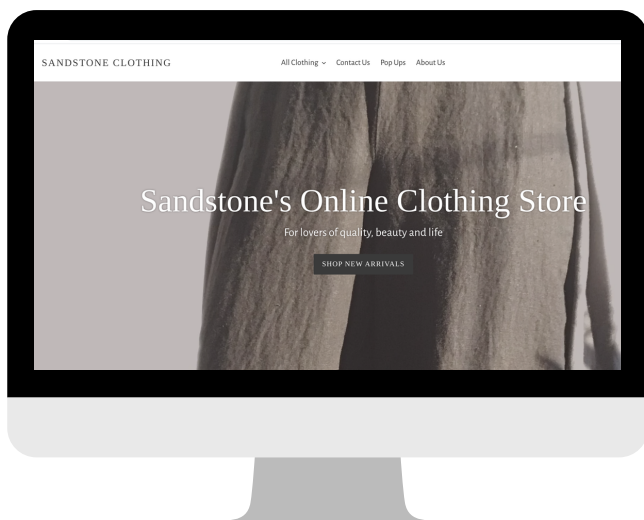
Our online store is focused primarily on Pop-Up Events in the community! "What is a Pop-Up Event?" you might ask. A pop-up event is a temporary retail space used to connect our products with our customers.

So, we are bringing our amazing fun team to Flatland Coffee Roasters for a series of Pop-Up Events. Flatland is an established, quality coffee roastery right here in Gimli. They have a beautiful Café located in the lighthouse mall, 41 Centre St. We will be bringing you our favorite clothing brands from Sandstone Gifts, and you all must know what that means CUT LOOSE CLOTHING!

We have been representing Cut Loose for over 20 years and can't get enough, and we know you can't either. All you have to do is follow us online and we will tell you when we will be popping up! Stay tuned in to our Facebook, Instagram, and Website.

Talk to you later,

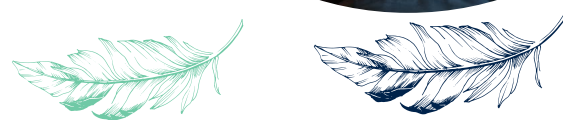
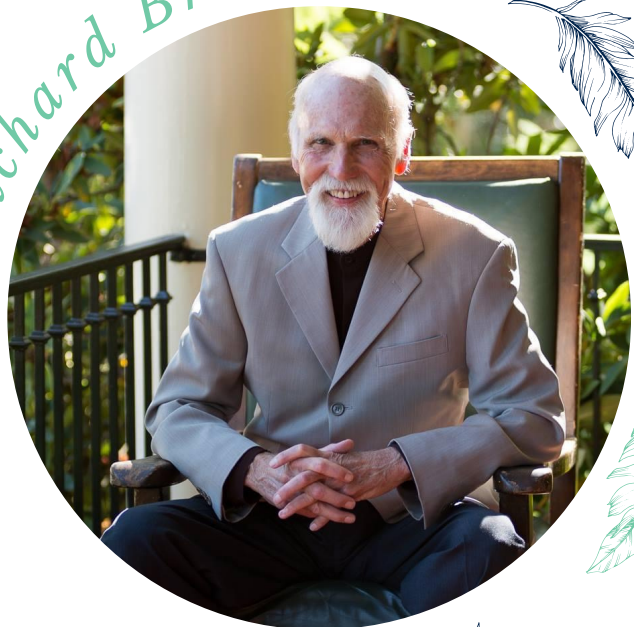
Elena, Gitta, and Kristine



ENJOY THE VIEW

I need to do something
Really creative right now!
The sun is setting
On a beautiful March day
in Gimli,
the light is returning,
burning a window in the pandemic
we can see each other
once more,
celebrate
at a most auspicious moment
in history,
the evolution of our species
as we leap into the cosmos
to remain with love in our hearts...
The prisons are transformed
by inmates inventing their way out,
tunneling through toward the light
we travel quickly now,
projected across time zones
beyond airplanes in flight
or moon destinations,
simply be
and enjoy the view...

by Richard Bredsteen



HEALTHY LIVING FOR EVERYONE

by Michelle Weirda

Real Changes Fitness & Gimli Robins have partnered together this year for the Evergreen Basic Needs Food Bank starting March 15th-31st. Bring in \$25 in canned goods or cash donation and choose between one of two options!

- 1) Get your enrolment and key fob free. (key fob given after training is completed)
- 2) 3 free workouts

We are located in the Lighthouse mall at 41 Centre Street Gimli Robins will give you a FREE Coffee when you bring in your non-perishable food donation located @ 10 Centre Street. Food & Cash donations can be made at both locations. Staffed hours are as follows:

Monday 9:30-1:00 pm
Wednesday 9:30-1:00 pm
Thursday 9:30-1:00 pm
Friday 9:30-1:00 pm

Later times available by appointment contact for more info.
Send us a DM on Facebook or email realchanges@hotmail.com



C.T Physiotherapy

Tips & Tricks

by Caitlin Milljour



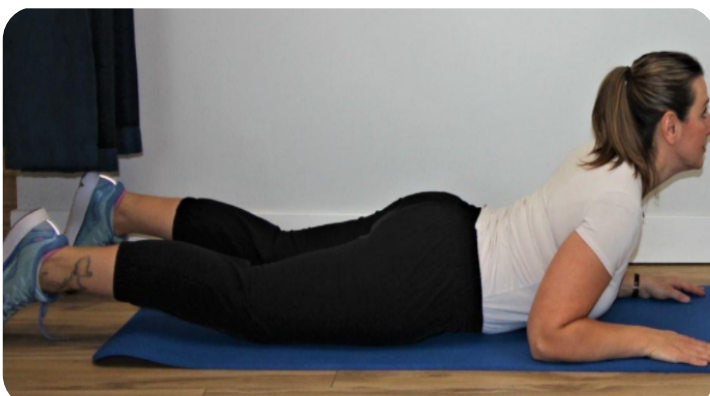
Globally, back injuries are the #1 ailment with the highest cost to the healthcare system. It is the most common reason for people to miss work due to an injury. In 2015 the Worker's Compensation Board of Manitoba reported back injuries, resulting in personal and health care system costs of \$12.9 Million.

Below are our favourite beginner exercises that can help you to keep your back healthy, and nip any pesky issues in the bud!**



- Lie on your back with your knees bent.
- Now lift both legs (one at a time) and pull them both towards your chest as far as you can to flatten your lower back.
- If you can't pull your knees towards you on your own, put a belt around your knees and use it to pull your knees up!

- Lie on your back with your knees bent and your feet on the floor.
- Place your ankle of one leg on top of your other knee.
- Gently push on the knee until a stretch is felt in the hip or buttocks.
- You do not have to push on your knee if it is difficult or causes pain!



- With your forearms flat, raise your chest and shoulders up.
- Keep your hips on the floor, and squeeze your bottom.
- Don't lift your hips off of the ground
- *This is not intended as medical advice. Please consult your healthcare provider to see if these exercises are appropriate for you*

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 kids 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.

