

## *Creative Community Promotion's Monthly Newsletter*



Photo of Silver Harbour Marina Resort & Harbour Mart Crew! Full story on page 3.

### The Monthly Recap

Just like that... things are GREEN! At this time of year for me, the green symbolizes  
Page 2

### Normal Dreams

My Name is Deirdre and I am 8 years old. I love all animals but giraffes. I love my dogs Dixie and Nacho.  
Page 7

### Photo Collage

May's photo theme was Storm Clouds. Follow us on social media to see what the next theme is!  
Page 4-5

## Loaf and Honey

by Dustin Peltier

We are a small Manitoban catering and cheese makers with a connection to locally sourced food. We are passionate about the quality of food, where it comes from and the people producing it. Combined the two of us have almost 40 years experience in the industry. ombined the two of us have almost 40 years experience in the industry.

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# Dixie & Nacho

*By Deirdre  
Age 8*

My Name is Deirdre and I am 8 years old. I love all animals but giraffes. I love my dogs Dixie and Nacho

Two weeks ago we built a run for the dogs. First we put up poles then the top poles. Then we wrapped the chain link fence around. I built the run with my Mom and my brother Damien. The dogs were digging holes so we put hay down. Nacho and Dixie rolled in the hay it was adorable. I hope to build more stuff this summer with my Family.

Nacho is not bright but very loving. He looks like a bread.

Dixie is pretty intelligent, she just looks like a normal german sheppard.

## Monthly Recap

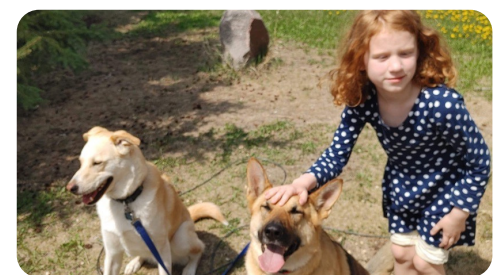
by *Samantha Hampton*  
Owner of *Creative Community Promotions*

Just like that... things are GREEN! At this time of year for me, the green symbolizes growth and fresh starts. It is a great time to start thinking about new goals. When setting goals I always try to incorporate a few short-term goals into my plans. We have 4 months to enjoy the outdoors, explore, relax, bbq, swim, etc, it seems like a bit of time, roughly 120 days. That is 120 opportunities to try something new. I like to make a summer bucket list, this also makes a great family activity. I have created a template for this if you would like to give it a try. Having a visual makes it easy to plan and accomplish the fun stuff! I challenge you to think about what you want to accomplish over the summer months!

To get back to the topic of goals, I created a goal for this summer. One of my goals is to help the Interlake youth strengthen their community connection. I will be launching a volunteer program for high school students that have an interest in networking virtually and learning a bit about communication. If you have a child that may be interested in this volunteer program please send me an email at [samantha@creativecommunitypromotions.ca](mailto:samantha@creativecommunitypromotions.ca). If you don't have a child, please help spread the word by telling your friends and family. I am really excited to work on this project and it will feel really good in 4 months to know I have accomplished my short-term goal. What is your next goal going to be?

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

*Samantha Hampton* 



# HARBOUR MART

by The Silver Harbour Team

Idyllic Arnes is home to our multigenerational family business, Silver Harbour Marine Resort, opened in 1980, it's the largest privately owned marina in Manitoba! Everyone is treated like family in this scenic and peaceful setting.

Started by George Penner and his son, Geoff, George's desire was to leave a legacy of love and hard work to his family, in a community he loved dearly and had been a major part of developing since the early 1960s.

2020 brought many changes to us all but gave us the opportunity to help our community by taking over the local Arnes Canada Post outlet. Even though we were socially distanced, had masks on, and couldn't hug, it was so good to connect with our neighbours and friends again, even for the brief seconds that it took for them to grab their mail or post a parcel.

From there hard work began to re-open Harbour Mart, a convenience store where we could serve our whole community whether permanent or seasonal. We've got you covered, whatever your needs - essentials like milk, bread, and butter, things to get you through the weekend at your cottage or boat, or maybe just an ice cream cone! We also offer local products from Arborg Bakery, Flatland Coffee Roasters, and Prairie Sunset Ranch.

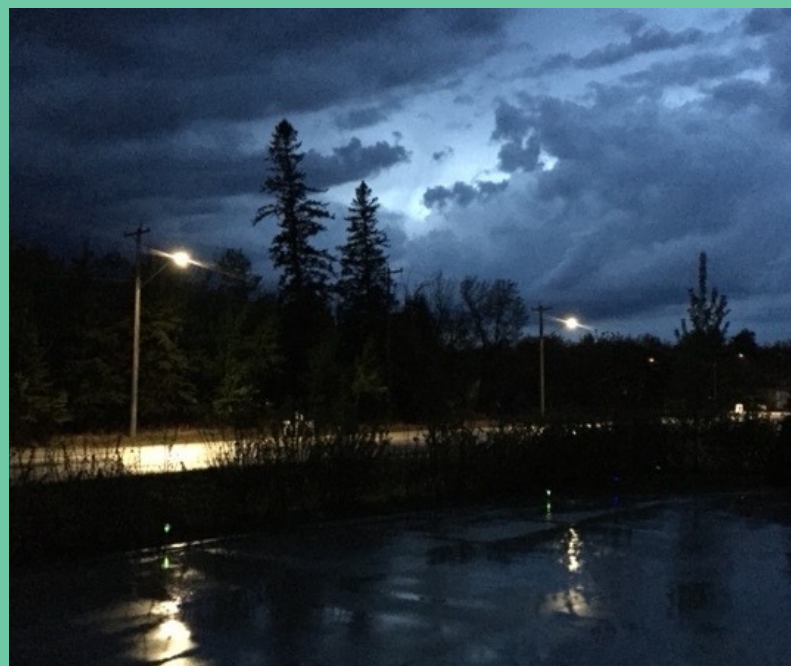
God has given us many blessings and we're so thankful for everyone's warmth and support! As we continue with the legacy passed on to us, we hope to be seeing you often!



FOLLOW









# Loaf and Honey by Dustin Peltier

We are a small Manitoban catering and cheese makers with a connection to locally sourced food. We are passionate about the quality of food, where it comes from, and the people producing it. Combined the two of us have almost 40 years of experience in the industry.

We are producing an aged and hand-washed Monastic cheese that was passed down to us from Brother Alberic of the Annaye des Prairies Monastery in Holland MB. Each wheel of cheese is hand made and washed daily to develop a natural rind. Our cheese wheels average two kgs and are aged on wooden planks to help develop their flavors. We have recently expanded our cheese facility and are aging 300 plus wheels at any time. Our facility is located near Woodlands MB. We currently do not have a storefront but can arrange direct pick-ups with notice.

When catering we love getting to know our clients, creating custom menus and unique experiences. We are also producing small batch fresh whipped Ricottas in a variety of flavors in Plain, Lemon Dill, Herb, and Garlic as well as Honey Jalapeno. Follow us on social media to stay in the loop, send us a message we would be happy to answer any questions you may have!



For Catering:  
loafandhoneycatering@gmail.com  
For Cheese:  
loafandhoneycreamery@gmail.com  
Follow us @loafandhoney



# #GreenUpGimli

by Indiana Humniski

Hello folks!

At Gimli High School, we are passionate about doing our part to encourage a cleaner environment and keeping our lake healthy + happy! With COVID affecting our lives, we are unable this year to participate in our annual Lakeside Clean-Up initiative. Instead, we followed the new trend... we're going VIRTUAL!

We are going to #GreenUpGimli through social media! On June 5th and 6th, collect garbage around your side of the community and post a picture of you with your bags on Instagram, Facebook, or send it to us via Email (ghsenviroclub@esd.ca)! Use our hashtag for a chance to win a one-night stay at the Lakeview Hotel! #GreenUpGimli

Make sure to follow all COVID-19 protocols and let's be kind to our community! Help us effectively #GreenUpGimli together!



## Emergence victorious-push through fear to empowerment

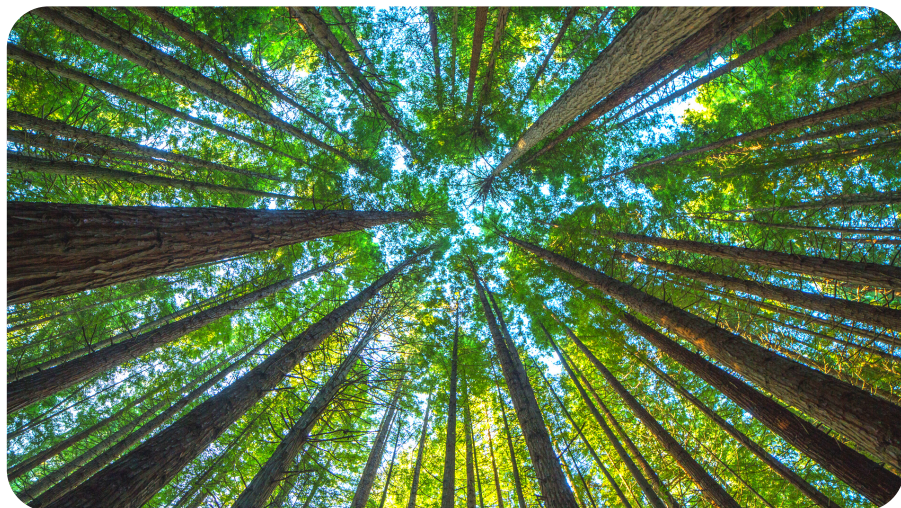
by Sherry Benson-Podolchuck

Resilience, optimism, and courage. Everyone is the writer and editor of their own story, which means we can edit and change how our story ends. I say make your story a best seller. Why let negative people, opinions, and your past stop you from finding happiness at home and in the workplace.

Life is about the journey and yes everyone can change their own path to one of success and happiness. Listen and learn how to find ideas for your own way to finding your voice and creating a toolbox for happiness. It is never too late to celebrate the awesomeness of you. Join me June 22, 6 to 7-ish p.m. CST

For more information: [slpodolchuk@gmail.com](mailto:slpodolchuk@gmail.com)

# E.A.R.T.H Yoga



Energy  
Attunement  
Resonance  
Transformation  
Healing

@flowwellness



by Flow Wellness

Shift into a higher frequency, into a new paradigm. One that resonates and aligns with the Earth. This summer, join in a practice that will enhance your life by deepening your connection to Mother Earth. The ways that human BEings live upon this sacred planet has fallen out of balance, leading to disharmony and dis-ease. In order to heal ourselves, we must find love and gratitude not only for one another but for the earth.

Through Yoga, Sound, Meditation, Prayer, and Intention in Nature, we can feel wholeness from the ground up, the understanding that we are all connected through this great web of life. That if we come together right now, to practice, we can transmute these difficult times into a new paradigm of love and light.

Are you ready for transformation? To awaken to your true self? To a more purposeful life? This journey begins in June, on prairie grasslands near Winnipeg Beach. If this resonates within, email [wpgbeachyoga@gmail.com](mailto:wpgbeachyoga@gmail.com) for more info

Submit your artwork to  
[samantha@creativecommunitypromotions.ca](mailto:samantha@creativecommunitypromotions.ca)

## The Silly City

by Sophia McPherson (Age 9)

We did an art project at school. We drew tall buildings on a long piece of paper, and then we added doors and windows, and then we drew funny faces on the buildings. We then added a background, I choose to draw the bright sun and the clouds. When I did this art project, I had to keep in mind to keep the faces funny.

The one thing I like most about my drawing is that I added lots of detail. I also like that I kept the faces funny. My favorite face is the blue and pink striped one that has big lips.

I call this drawing ..."The Silly City!"





# The Bacon Exchange



*by Richard Bredsteen*

You are still napping  
This afternoon,  
As the wind blows  
Across the prairies,  
I search your book shelves  
And find The Translator,  
A Tribesman's Memoir  
Of Darfur,  
By Daoud Hari,  
"If God must break your leg,  
at least he will teach you to limp"  
an African saying...  
In the midst of this Virus scare  
We practice virtual communications,  
Patience, and loving kindness,  
May you awake knowing  
Your dream is still alive,  
Friends are here,  
A bacon snack is on your counter  
In exchange for a book,  
thank you!

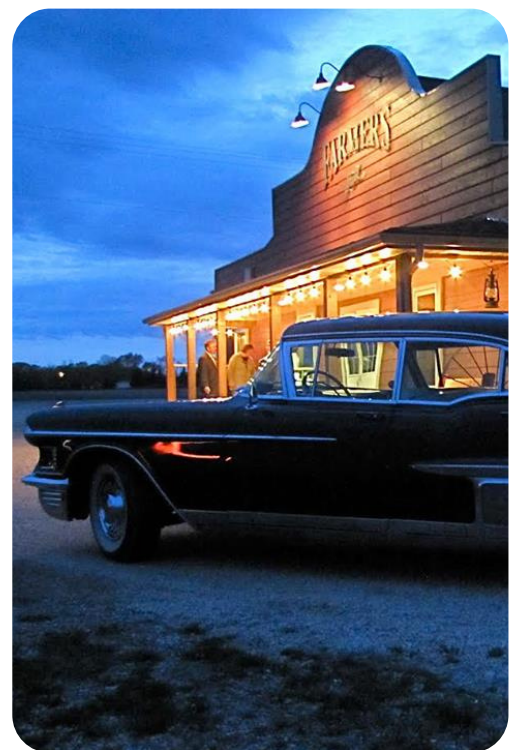
# Farmers Hall

*by Elaine Klym*

Farmers Hall and Event Centre is excited to announce the addition of a Food Service Operation for the 2021 Season. We would like to welcome Alvina Reimer along with Ryan and Jen Finlayson as our Culinary Team and Operations Assistant of Farmers Bistro and Catering Co.

We are excited to have our menu include locally grown foods whenever possible. Follow us on Facebook & Instagram @farmershall to stay in the now with all of our exciting news.

So join us starting Thursday, June 3, as we open our doors for the season on both the Farmers' Evening Market and the talent behind Farmers Bistro and Catering Co.



# 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](http://www.creativecommunitypromotions.ca) or DM us on Facebook or Instagram.

