

Creative Community Promotions' Monthly Newsletter



(Above Photo Credit: Glen Martin) Do you have a beautiful photo that you have taken in the Interlake Region? Email: osc@creativecommunitypromotions.ca to have your photo displayed on the cover!

Monthly Recap

Did you know CCP just turned two years old? I might have celebrated or announced, but instead...

Page 2

RIA

The Duecks dreamed of investing in Arborg by starting a grocery store and coffee shop.

Page 6

Light Up the Lake

LUTL came about with the intent of continuing to work to make Gimli a top-of-mind year-round travel destination.

Page 5

KidFish Ice Derby

By the Volunteer Team at KidFish

The volunteers of KidFish Ice Derby are back at it again! For the last 7 years, a group of volunteers have successfully fundraised and donated over \$300,000 to The CancerCare Manitoba Foundation and The Children’s Hospital Foundation of Manitoba.



CONTINUED ON P. 07



Monthly Recap

*By Samantha Hampton
Owner of Creative Community Promotions*

Did you know Creative Community Promotions just turned two years old? I might have celebrated or announced to my community but instead, I was too busy pulling my hair out!

You might be wondering why would I be pulling out my hair. Well, the answer is quite simple.

- 7 straight weeks of my child being home, while I was trying to manage a full workload.
- Christmas Holidays.
- Contracting Covid-19.
- Coordinating a large conference.
- Shall I continue...

Needless to say, I found myself in an unmotivated rut. Small business owners and entrepreneurs do whatever is required to make their businesses a success. This could mean doing everything from emptying the trash cans, to picking up the mail at the post office, making sales calls, changing the marketing strategy, and managing all the social media accounts.

Now, while doing all of the things listed above, let us try to balance family life and personal needs. This is the ultimate juggling act. I thought by being vulnerable and sharing my struggles with the community that others might not feel alone in this struggle. I have had other businesses reach out privately to rant about the very same issue I have stated above.

So in order to get out of the rut, I had a few options. I could continue to pull out my hair or I could acknowledge that there is a real problem and find a solution. So that is just what I did. I accepted the situation. So, I am 100% stuck in a rut. I was then able to identify the cause of the rut. When we examine why we are stuck it can help us pull it back together. I then began to take a close look at my goals. I made some very small changes to help me accomplish the tasks at hand. The most important thing for me is self-care. I have to remind myself constantly to be kind to myself. I am only human. I realized that I needed to take a more impulsive approach to some immediate decisions that had to be made. With all of this heavy thinking and doing it is also important to give your brain a break. Lastly, it is imperative to getting out of the rut that we are realistic with our approach. I have mentioned this before but be mindful that you are only human. Shit happens, and when it does our speed can slow down, and in my case I came to a complete halt. The important thing that I have been reminding myself is I got back up and continued moving forward.

As the owner of the business, you're the captain of the ship. I spoke about that last month in my Monthly Recap Column. You're responsible for keeping the entire thing afloat. That's why you hear about small business owners wearing many hats. You do whatever it takes — no task is too small or too big when it's your business. You will find yourself doing it most of the time without complaint. Because you are passionate about your company. You built it from the ground up and that in itself should be motivation to get back up and put one foot in front of the other to move forward.

Until next month, stay safe and be kind.

Samantha Hampton 

Interlake Reef

By the Team of Interlake Reef

Interlake Reef is located in Riverton at 78 Main St Unit C. Interlake Reef opened in April of 2021. We are fast approaching one year in business. Business is good and Paul's happy to be a part of the Interlake business opportunity.

The owner Paul is originally from Winnipeg but moved to Riverton in 2016 to be with his now wife, Kahleigh, the owner of Kahleighs Brew Barn and Lux and Livey. (Also located in Riverton)

Paul wanted to open a business after working with his wife and helping operate her own businesses. She inspired me. There was a need for this kind of business in the Interlake and he jumped on the opportunity.

Interlake Reef sells a variety of Cannabis products and accessories.

We are open 11am to 7pm, seven days a week. We offer in store shopping or online. We ship and deliver!



www.interlakereef.com



@Interlakereef



Harvester Outdoors

By the Harvester Team

Harvester Outdoors has always been a commercial fishing supply hub in Selkirk, MB. In 2017, the Johnston family purchased the business and along with our commercial side we've brought our passion for hunting and fishing to our store as well. We carry everything you need to get out regardless of season, of course, in the winter ice fishing is the key.



We're steps away from the Red River, and en route to lake Winnipeg. We carry bait, both live and frozen, and there's always tackle available to get you on the ice. Friday, Saturday, and Sunday mornings we're open at 6 am. Coffee is on, so even if you're not heading out and just want to pop on by and share in the fish stories.



In the summer and fall folks are always stopping by to stock up on ammunition for their hunting trips. Be sure to swing in and check out our great collection of firearms for sale as well.

This winter all the profits from our bait sales will be donated to the Children's Hospital Foundation here in Manitoba.

We look forward to seeing you at the store, we love sharing our love for the outdoors with all our friends and customers.



506 Mercy St. Selkirk, MB



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Light Up the Lake

By Cheryl Buhler - Chair of the Chamber's Destination Brand Committee



Light up the Lake came about with a Grant provided by Travel Manitoba to the Gimli Chamber of Commerce Destination Brand Committee with the intention of continuing to work together to make Gimli a top-of-mind year-round Travel Destination in Manitoba and Canada.

“We are confident that visitors will take time to enjoy the natural beauty of the lake in winter then head into town for a meal, museum visit and some retail therapy before filling up with gas and heading home. Many may decide to stay for the weekend and take in more of what Gimli has to offer.” -Shel Zolkewich

Partnering with the RM of Gimli and the Gimli Community Development Corporation (CDC), the Gimli Chamber of Commerce has been developing a multi-faceted plan that will help community members, organizations and businesses maximize winter visitation to our lakeside community.

While the RM of Gimli will take the lead on developing and maintaining skating trails and a rink on Lake Winnipeg, the Chamber is focusing on creature comforts that help every user maximize time spent on the lake and in the Gimli community.

1. A series of rest stations along the skating trail and rink will include straw bales benches, solar lighting, and garbage cans where skaters can have a break, admire the vast horizon and take those Instagram photos!
2. The rink will be located near the beach and include a station for skate changing as well as outdoor washrooms.
3. Access to the skating trail will be at the very southern end of First Ave.
4. We are currently looking at some programming to bring both art and music to our winter project.



@exploregimli



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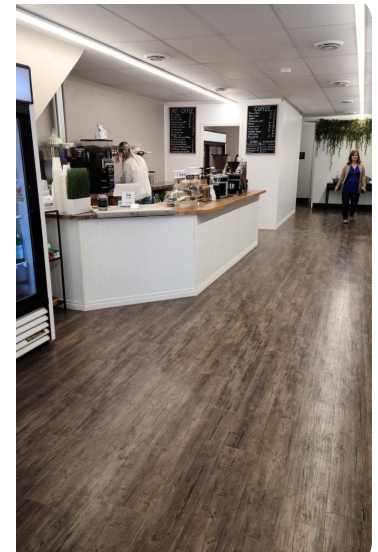
RIA



By the Team at Ria

In 2015, Jacob and Lilly Dueck, along with their children had a dream of investing into the community of Arborg by starting a local grocery store and coffee shop.

The family has since closed the grocery store and reopened RIA as a full-fledged coffee shop. Currently, RIA offers an array of coffee and non-coffee beverages ranging from hot to iced as well as a limited food menu. Sourcing from Flatland Coffee Roasters, RIA uses freshly ground, savory coffee beans. You'll find the atmosphere peaceful and the staff friendly. With a commitment to serving only the best, the community of Arborg and surrounding areas has grown to love this hidden gem.



1-204-494-0188



hello@riacoffee.com



@riacoffeeltd



@riacoffee

KidFish Ice Derby

By the Volunteer Team at KidFish



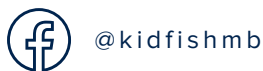
The volunteers of KidFish Ice Derby are back at it again!

For the last 7 years, a group of volunteers have successfully fundraised and donated over \$300,000 to The CancerCare Manitoba Foundation and The Children's Hospital Foundation of Manitoba.

This year due to the restrictions of COVID, the derby is being held virtually between February 5-20th with three on ice events to get involved in. This will allow anglers of all ages to fish any body of water in Manitoba!

The on-ice events will be held on February 5th in Selkirk at the Float Plane Base, February 12th in Riverton at Sandy Bar and February 19th in Selkirk at the Float Plane Base.

Volunteers will be available at these events to provide assistance, tips and ice fishing advice, if needed. Tickets will be for sale at each of these events or you can buy your tickets online at www.kidfish.ca. All tickets purchased are entered to win one of the amazing prizes donated by generous supporters of this wonderful event. KidFish Ice Derby couldn't have raised so much money without the support of businesses and anglers in the Manitoba community. With your help, we can make this event another successful year for our charities. Get your tickets today! It's all about the kids!



@kidfishmb



@kidfishmb



@kidfishmb



info@kidfish.ca



www.kidfish.ca



FEBRUARY 5TH - 20TH, 2022



OPEN TO MANITOBIANS OF ALL AGES **Every ticket is entered to win!**

FISH ANY LAKE IN MB

ALL PROCEEDS IN SUPPORT OF



On Ice Pop Ups

FEB 5th
Selkirk
Float Plane Base

FEB 12th
Sandy Bar - Riverton

FEB 19th
Selkirk
Float Plane Base

Buy your tickets at **kidfish.ca**

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

In a Cocoon

In a Cocoon!
Who are they?
Is subject to my exercise
This morning,
I carve them out
In piles of snow
almost invisible
as if in a cocoon
they slumber in a chair
or along the path way
shivering in the wind
and shedding layers,
or embracing
new white coats from the sky
they gossip with grandfather Elm
For the remainder of winter,
We gather stories
And look forward to sharing
In the spring,
Through art and writing you bring
To the community...



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.