

Creative Community Promotions' Monthly Newsletter



(Above Photo Credit: Rayme Thomson Follow on Instagram @r.thomson.photography Do you have a photo that is taken in the Interlake Region? We want to see! osc@creativecommunitypromotions.ca

Monthly Recap

Have you ever had a project on your plate that proves to be an even bigger job than planned?

Page 2

Domes in the Orchard

There's something about staying in a space without corners that puts you at ease.

Page 5

Glass by Heather

For over 15 years, Heather Dawson has created & shared happiness through the vibrant colours of her glass art.

Page 3

Minerva Hall Paint Nite

By Christine Thorlakson Dann

Minerva Hall was built in 1916. The United Farm Women of Gimli formed on May 9, 1920, and they took over the running and maintenance of the hall. In 1939 the name was changed to Minerva Hall Ladies Aid. The present-day hall was built in 1972. Our president is Charlotte Douglas, the secretary is Kathy Sigurdson and Treasurer is Marlene Forbes.



CONTINUED ON P. 08

Monthly Recap

*By Samantha Hampton
Owner of Creative Community Promotions*

Have you ever had a project on your plate that proves to be an even bigger job than planned?

Whenever I take on a new project I dissect it thoroughly. I want to make sure it is right for me, my company, and my community. However, even after all of the initial assessment and focus, a project can be underestimated due to a multitude of factors.

What happens when you are exhausted, frustrated, and out of time?

I will share with you what I do...

I stick to the plan. Although at times when the project is proven challenging regardless of how seasoned you are at your job... just stick to the plan. The plan ultimately is to complete the project and get as creative as possible to accomplish the goal. Easier said than done, I know!

It doesn't matter who we are, it is inevitable that from time to time we will fall down. We will feel that the task at hand is too tough, and in extreme cases, we will want nothing more than to give up. Our success can be measured in how we deal with situations like these.

So let's say you didn't quit and you "stuck to the plan," now what? Often I bite off more than I can chew. I am always chasing the next big project, goal, and dream. I find myself more times than I am willing to admit in the position of staring at a project that has grown in size. I have realized that for myself it isn't that I poorly assessed it. It is that I was ambitious to challenge myself and add more complexity to it.

So now what? How do you bounce back and find the energy to get to the finish line? When you are down and want to quit, work hard to think of all the things you have accomplished before, no matter the size. If you say that you don't have any achievements, you need to think harder. We all do! It is crucial to have the mindset that setbacks and obstacles are necessary. All great leaders and every single successful person goes through this process. You and I are no different. So press on and just get through it.

Currently, right now I am coordinating a conference. My FIRST conference I might add. The challenges that come with this task can at times feel like they are pulling me down. Self-doubt, exhaustion, frustration, and defeat are all feelings I have felt in the last few months. When I feel like giving up I clear my head and remind myself that I am not alone and have a phenomenal support team. I work hard to stop thinking about quitting and worrying about the worst case. Instead, I remind myself of what I do best and work towards that. My hope for you is that when you face your next obstacle you remind yourself how resilient you are. You are not unique for wanting to quit it happens to everyone! Push through, you got this...

Samantha Hampton 



**It's okay to struggle.
It's not okay to give up.**

Gabe Grunewald

Glass By Heather

By Heather Dawson

For over 15 years, glass artist Heather Dawson has created and shared happiness through the vibrant colours of her glass art. She is passionate to share her knowledge and ignite creativity within others.

Each year in April, Heather runs a Daffodil Campaign, in support of the Canadian Cancer Society. "Since the pandemic restricted the live daffodil fundraiser, which I had participated in for years, I wanted to find a way to continue to help support the fundraiser. With last year's contribution of \$300, I'm looking to grow the contribution size again this year. It's amazing how many people I have been able to connect with, right across Canada, through this campaign." With small window ornaments, as well as some larger items such as lanterns and décor, a portion of the proceeds of every daffodil sale will be donated to the campaign this year.

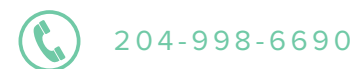
While the pandemic has brought new ways of communicating, including offering workshops through Zoom, Heather is looking forward to teaching in-person classes at her Teulon studio again this year. "I've taught beginner stained glass classes, as well as beginner fusing. It's always a lot of fun seeing the beautiful outcome of someone's first try at glasswork. Even if solder lines are crooked or don't quite line up the way they should, the glass always outshines the imperfections and students are proud of their creations."



Visit glassbyheather.com to participate in this year's daffodil campaign, or sign up to receive information about "Glass-Nite" classes for Mother's Day.



Glass by Heather



The Ashern Auction Mart Café

By Jilene Yanke

The Ashern Auction Mart Café was opened back up under a new cook in August 2021. Jilene has been serving up delicious homemade meals along with a variety of baked goods since.

The restaurant was restricted to “take-out only” and has only recently been allowed to open to dine in.

Every Tuesday and Wednesday a daily special is available, big portions for a great price!

Tues., April 5th: Meatballs with gravy, mashed potatoes, your choice of mixed veggies or creamed corn, and a small chicken noodle soup with tea or coffee for \$13.00 (tx included)

Wed., April 6th: Spaghetti with homemade meat sauce, caesar salad and 2 pieces of Garlic toast, includes tea or coffee for \$13.00 (tx included)

Cafe hours are Monday 11am-4:30pm, Tuesday 8am-8pm, Wednesday 8am-8pm.



We are located on Auction Mart Road, Ashern, MB. The cafe is located at the Ashern Auction Mart.

Call or text to order 204-768-0382.

The Ashern Auction Mart runs regular weekly cattle sales every Wednesday starting at 9:00 am. In addition, they feature Bred Cow sales, Purebred sales, Bull sales and Special sales on Saturdays throughout the year.



Ashern Auction Mart Café



www.ashernauctionmart.com

Domes in the Orchard

By Shel Zolkewich

Stay in a Dome!

“There's something about staying in a space without corners that instantly puts you at ease,” says Shel Zolkewich, owner of Domes in the Orchard, a new vacation rental resort near Meleb, MB.

Domes in the Orchard provides off-grid, pet-friendly, private glamping experiences in the heart of the Interlake. Guests are treated to the rare quiet that only a stay in the country can provide. This is a time for slow strolls through the pasture, in-depth examinations of wildflowers, ears open to serenading coyotes, and eyes skyward to bright constellations, says Zolkewich.



“It's camping for sure, but we've taken away a little of the discomfort,” she said. Each of the three-season, geodesic domes is outfitted with a queen bed, ultra-comfortable seating, a high-efficiency woodstove, solar lighting, a small meal prep area and a private outhouse. The Magpie is now open for bookings, beginning April 29. The Dutton One will be ready a little later in the spring.

“We'll be adding a wood-fired sauna, named Sweaty Betty, as soon as some of this snow decides to leave,” Zolkewich added.



It's 10 minutes to the charming town of Arborg with its world famous Arborg Bakery, meandering Icelandic River and a farmers market at the Multicultural Heritage Village. And Gimli is 20 minutes away, offering shopping, a museum, coffeeshops and the beach.

“We live on the property but our house is mostly out of sight. You may hear Sammy barking at the cattle that come onto pasture in June. And you'll likely hear the roosters too. Sorry,” she said.



shel@shelzolkewich.com



www.domesintheorchard.ca



[@domesintheorchard](https://www.facebook.com/domesintheorchard)

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

Painted Hours

Galloping about,
we hop aboard
And shout
Spoken words
sorrows we feel
as a tyrant slaughters young and old
across Ukraine,
warriors of the heart
fight for the mother land,
With nectar of the Gods,
Families leave their home
for safety,
get away from violent fire works of destruction
raining down on innocent civilians,
their sufferings beyond our comprehension...
Open windows to sunshine
And revered moments honoring their struggle
Throughout the land
we celebrate victorious souls
For our peace is theirs, heartfelt,
And finally,
Humanity will win...



Sesame TREET

By the Sesame TREET Team



www.sesametreet.com



@sesametret2020



1-204-645-5511



There is no sweeter outing than a trip to Sesame TREET, which is located in Peguis, Manitoba. In 2019, we were welcomed with 22 new neighbors, and we immediately saw the potential for a small business opportunity, so that's when we started our journey with no capital, no funding, and little experience, yet despite the odds we succeeded with a lot of hard work and many long hours.

We first opened for business on May 18th, 2020, then creating Peguis' very first drive-thru in January 2021. In February 2022 we decided to expand again, allowing us to add more hot food items to our menu.

Sesame TREET has always been dedicated to providing fast friendly service and fresh quality products. With a wide variety of treats and hot food, it's the perfect place to indulge, making it your All-In-One stop!

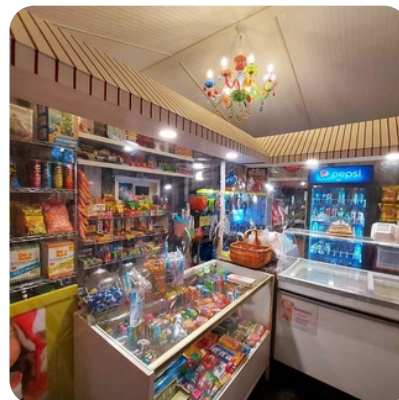
Some of the menu items we offer are fresh candy apples, fresh cotton candy, Specialty candy, a wide selection of confectionery items, Soft Vanilla Ice Cream, Twisters, Milkshakes, and Specialty drinks like; The Unicorn, Cloud 9, and the Sooper Grover! Hard Ice Cream, Slushies, Fresh Hot Mini Donuts, Fresh Theatre Popcorn, Nacho's and Cheese, Stone Baked PIZZA, Poutine and so much more!

We would like to thank all of our customers and visitors for supporting Sesame TREET. We are dedicated to making your lives Sweet!

For questions, directions, or sweet curiosity please call or visit. It's worth the trip! Hope to see you soon...



March 2022



Minerva Hall Paint Nite

By Christine Thorlakson Dann

Minerva Hall was built in 1916. The United Farm Women of Gimli formed on May 9, 1920, and they took over the running and the maintenance of the hall. In 1939 the name was changed to Minerva Hall Ladies Aid. The present-day hall was built in 1972.

Our president is Charlotte Douglas, secretary is Kathy Sigurdson and Treasurer is Marlene Forbes.

For Hall Rentals you can phone Christine Dann (who laughingly calls herself the bookie) at 204-642-5147.

The Ladies Aid has always been known for their charitable contributions to the community. They have held a wide variety of fundraisers including Fall Suppers, Ladies nights out, and our latest, MINERVA HALL PAINT NITE. We have had two Paint Nites to date, (Oct. 7th, 2021, and Nov. 18th, 2021) with a third one coming up on April 7th, 2022. The charge is \$30, and you receive all the supplies you need to create your own painting with instructions given by our teachers. The teachers in April are Susan Dann and Kirsten Schryer-Dann.

The start time is at 7 pm. Ads have been posted in "Meanwhile in Gimli." If you would like to register to join us at Paint Nite, contact our bookie.

There are 20 spots available. Coffee and muffins will be served... All participants must be double vaccinated and wear a mask unless seated. Come Join us at Minerva Hall for another fun Paint Nite!

What you will be painting!



ccdann45@gmail.com



204-642-5147

Event Date & Time:

Thursday, April 7th, 2022

Doors open at 6:30 pm

Start time is 7:00 pm



The Many Gifts of Struggle

By *Kate Hanson*

Looking back, when times felt hard or unbearable, I discovered they were actually gift experiences! Sounds a little nutty, so let me explain. If there's one thing we can be sure of, it's that everyone has known struggle. Whether they define it as a hardship, crisis, nightmare, tragedy, or a failure, struggle is a shared experience.

Reflecting back on three of the most difficult times in my life: being sexually assaulted, about 8 years of health complications with a diagnosis in my early twenties, and having a baby, seriously sick for the first 4 years of life, before receiving a diagnosis. All three stand out as life-changing, traumatic experiences. In hindsight, I see the Gift in each experience. I'm not saying I wanted these experiences or that I would wish them on my worst enemy, but I've come to a great place of loving myself through these experiences. They are parts of what makes me, me.

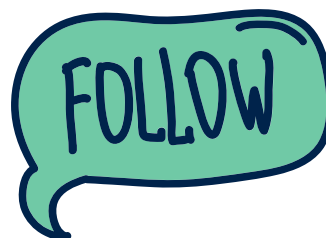
Assuming you've experienced struggle (namely focusing on the last couple of years but can apply to anything you've endured) I want to bring you the peace and optimism I have discovered because our perception is everything. Here are some potential Gifts from the last couple of years:

- Forced to make changes you were putting off
- A chance to level up skills in leadership, customer service, and passion projects
- Time to consider why you're doing what you're doing and whether that "why" still matters
- A gratitude for community, family, friends, new relationships, and collaborations
- Your personal success story of perseverance, starting over, resilience, and growth



As we go forward into 2022, we carry with us wisdom and experience. We discovered what really matters and to not take today for granted. If you're still feeling stuck in how to move forward, come see me at the 2022 Survive and Thrive Conference on April 23rd. I look forward to connecting with you.

If you want to know more about Kate's work, we invite you to follow her on Instagram



[kate_Hanson_](#)



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.



