



# CREMONA COMMUNITY ENGAGEMENT SITE

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GROWING TOGETHER, LEARNING FOREVER  
"A Campus Alberta Central Learning Site"

## TEA & TRAVEL

Join Rosalind Gilchrist Shand as she shares the family's month long vacation to both the North and South Islands of New Zealand. See the glow worm caves, penguins and the beautiful scenery from down under.

**DATE:** Tuesday, January 17th

**TIME:** 1:00 to 2:30 pm **COST:** \$5.00

**DEADLINE TO REGISTER:** Tuesday, January 10th



## QUICKBOOKS Postponed until March

**Just in time for year-end bookkeeping!** Join us for a Basic Quickbooks refresher course! Join Tammy Morales of Starburst Business Solutions in Didsbury, who brings 20 years of entrepreneurial experience working in e-commerce, oil and gas, and other retail businesses. She is proficient in all aspects of the accrual accounting cycle, highly skilled in accounting software and outstanding in communicating clearly and succinctly in customer service environments. The four modules being presented are:

1. Setting up your company file and Chart of Accounts
2. Receivables and Payables
3. Month End/Year End
4. GST Filing

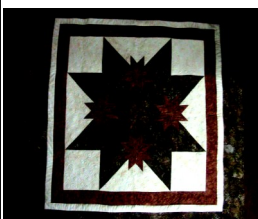
**DATES:** Thursdays, January 19, 26 & February 2 & 9th

**TIME:** 6:30 to 8:30 pm **COST:** \$100.00

**Deadline to register:** January 12, 2017



## ADULT SEWING – Hunter Star FULL



Learn how to use Deb Tucker's Petite Star Template to create Hunter Star blocks. Meet the first night to plan your project - wallhanging, quilt, tabletopper etc. and then calculate the fabric you will need to create your project. Second class we will learn how to create the blocks.

We will cover adding borders and quilting and binding your project as well in this class. First night will be a planning evening, no machines are necessary

**DATES:** Tuesday, January 17, 24, 31, Tuesday February 7 & 14

**TIMES:** 7–9 pm **Deadline to register** January 3, 2017

**COST:** \$60/person, additional purchase of ruler from the instructor is approx. \$25 .

*Please let us know before the end of December if you would like to register so that Dorothy can order the rulers in time for class.*

## DEFEAT THE BLOOD SUGAR BEAST

Join me, Luka Symons, local C.H.N.C. Certified Holistic Nutritional Consultant for an evening discussion on Defeating The Blood Sugar Beast. We will be talking about natural ways to balance those blood sugar levels through dietary choices, tips and tricks, as well as lifestyle recommendations that will set you up for success in keeping those blood sugar beasts' requests at bay, and keep your engine running clean. Luka will demo how to make your own full fat fermented whipping cream. Sure to take out that blood sugar beast in one fell swoop. **DATE:** Monday, January 23, 2017

**TIME:** 6:30 – 8:30 p.m. **COST:** \$45/person

**Deadline to register:** January 15, 2017



## TAMING THE INFLAMMATION DRAGON



Inflammation contributes to many an ailment in today's society; it is a part of the picture with most chronic diseases, and has been linked to ailments such as diabetes, heart disease, obesity, cancer, skin eruptions, depression, anxiety,

ADHD, chronic joint pain like arthritis and simpler things like tendonitis or muscle pain. This is just scratching at the surface. Join Holistic Nutritionist Luka Symons for a discussion on practical ways to up the nutritional ante in order to help your body reduce overall inflammation, be it acute or chronic in nature. I will demonstrate how to make meat stock, talk about the distinction between meat stock and bone broth.

**DATE:** Thursday, February 9, 2017 **TIME:** 6:30 – 8:30 p.m.

**COST:** \$45/person **Deadline to register:** February 1, 2017

**Book both Blood Sugar and Inflammation and pay only \$40/session. A savings of \$10!**

## iPad/iPhone Basics

Lawson is here to help you navigate your device and answer all your questions in a humorous, non-frustrating way.

**DATE:** Wednesday, January 25 & February 1

**TIME:** 7:00 – 9:00 pm **COST:** \$40/person, \$70/couple

**DEADLINE TO REGISTER:** Wednesday, January 18th

**Call** 403-337-4277 or

**email:** [coordinator@cremonaces.com](mailto:coordinator@cremonaces.com)



### **BUSINESS CARD ADVERTISING AVAILABLE !!**

As the Carstairs Courier newspaper is now integrated into the Mountain View Gazette, we are excited to offer the ability to place business card ads in our monthly newsletter. The newsletter goes out to +1200 people in the communities of Carstairs, Cremona, Crossfield and Water Valley. We are offering this service for a cost of \$25.00 a month, for a 10 month period from September to June each year. That is an annual cost of \$250.00. As a not-for profit society we are engaged in enhancing lifelong learning in our community, we look for ways to insure we consistently offer interactive educational opportunities to community members and we would welcome local business as a partner in this mission by sharing your business information through our newsletter.

Please call 403-337-4277 or email: [coordinator@cremonaces.com](mailto:coordinator@cremonaces.com) to get started.

**CompanyName**

Name: Mike Smith  
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### **FAREWELL TEA FOR JEAN JENSEN**

*Jean Jensen is moving to Cardston, AB.  
Join us to wish her well in her new home  
before she leaves.*



*Cremona Gold and Silver Hall*

*Friday, January 20th*

*2 to 4 pm Tea & Goodies*

### **WATCH FOR UPCOMING PROGRAMS**

February - Identity Theft, iCloud Storage and Back-up, After-school Sewing (Pillowcase).

March - Looking After Dependent Parents, Lunchtime Fun Spanish Club (Elementary), Conversational Spanish for Adults, Apple Device Q&A.

April - AGRICULTURE: MANAGEMENT AND MARKETING KEY STRATEGIES FOR PRODUCERS  
April 4th, 9am – 4:30pm. Watch for more information.  
- Cremona Engagement Site Annual General Meeting



**Saturday, February 4 from 9am-3pm**

### **COLLECTIVE KITCHEN LEADERSHIP TRAINING**

#### **Didsbury High School Foods Lab**

Calling all community leaders of non-profits, schools, churches, sports organizations and general connector-types! This program is for you. Collective kitchens bring together small groups to cook, share knowledge, resources and food skills. Participants will learn how to set up a program from start to completion. Topics include: recruitment, money management, budgeting, sourcing and meal planning.

Proud partners with:



FREE

One day professional leadership training including Alberta Food Safety Basics certification

How to successfully coordinate your own Community Kitchen

LUNCH PROVIDED

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## **MYSTICAL VOYAGE**

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**Marianne Frank,**  
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Email: [yoursoulsjourney@gmail.com](mailto:yoursoulsjourney@gmail.com)



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