



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

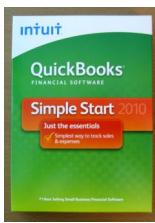
TIME: 1:00 to 2:30 pm **COST:** \$5.00

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



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 to get started.

CompanyName

Name: Mike Smith
Website: Maledbygerrilla.com
Email: Mike@Maledbygerrilla.com
Phone: 1-333-444-5555



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

MVCALS
403-518-7020

EMAIL
admin@mvcals.org

ONLY 8 SPOTS.

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**



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