



## CREMONA COMMUNITY ENGAGEMENT SITE

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### September News

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

#### BOOK CLUB

##### September 12th – WILD ROSE by Sharon Butala –

###### Author Visit



Wild Rose, an epic story of The West, now long gone, charts Sophie's journey from under loved child in religion-bound rural Quebec, to headstrong young woman to exhausted homesteader to deserted bride and mother to independent businesswoman finding her way in a hostile, if beautiful, landscape. In language that is haunting, and rich with detail,

**TIME:** 1 PM                    **COST:** Free

**PLACE:** Please call to reserve your seat to meet the author.

#### FINANCIAL BOOK CLUB

##### "A Canadian's Guide to Money-Smart Living"

Mountain View Credit Union – Cremona will be hosting the Financial Book Club starting late September. It will run for an hour every two weeks for 6 sessions.

**Session 1: Money 101 and The Plan**

**Session 2: Simplify Your Life: Manage and Declutter**  
Important Financial Conversations

**Session 3: Understanding Your Mortgage**

**Session 4: Managing Your Cash, Credit Cards & Other Debt**  
The Importance of a good Credit Score

**Session 5: Investments for Today and Your Future**

Tax Shelters to Help You Save Money & Defeat Taxes

**Session 6: It's Never Too Late to Start Being Smart**  
Q & A and Feedback

There will be discussion each session as well as homework that will be emailed out to the participants.

**DATE:** Tuesdays – Sept. 27th, Oct. 11th, 25th, Nov. 8th, 22, Dec. 6th

**TIME:** 7:30-8:30 PM

**COST:** \$20 includes book

**DEADLINE TO REGISTER:** Tuesday,

September 20th

Call: 403-337-4277 or email: [coordinator@cremonaces.com](mailto:coordinator@cremonaces.com)



#### WELCOME NEW CCES COORDINATOR

Hello - my name is Deb Ward and I am excited to be sharing the CCES Coordinator position with Jan! I am a proud graduate of Cremona High School and a lifetime resident of the Cremona Community. I earned an Honors Diploma from the Modern College of Business in Calgary and worked for many years as an Executive Assistant and then Human Resource Manager in ag-based / manufacturing companies close to Calgary. My parents, Ken & Ann Rose were active members of the Cremona community, with Mom being a School Trustee on



the County School Board many years ago. During the years our 5 children attended Cremona School, I was active with Cremona School Parent's Council, an assistant junior high basketball coach and part-time library technician. I am honored to be back in my community working with Jan serving the ongoing learning needs for all those interested in participating in the Cremona Community Engagement Site!

#### HEALTH CARE AIDE CERTIFICATE PROGRAM ADULT LEARNERS

The Health Care Aide Certificate Program provides students with the skills required to provide personal care for patients in long-term care, acute care, and community/home care settings. Health Care Aides assist patients with mobility and feeding needs, communication, medication delivery, and generally create a comfortable environment for them.

With one 5-day and one 4-week practicum, you will gain hands-on, practical experience in providing a high level of front-line care to clients in need of assistance. Full-time, blended (combines online learning with face-to-face lab instruction)

\*Locations: Drumheller, Olds, and Stettler Duration:

\*February to June 2017 Applications will be accepted starting in September 2016. To view the program card go to:

<http://www.campusalbertacentral.com/uploads/CAC%20program%20sheets/HCA%20Drum%20Stettler%20and%20Olds.pdf>



#### **FALL GED PREPARATION**

Session runs: September 20-December 1

Tuesday/Wednesday/Thursday nights

5pm-8pm in Didsbury High Room 138

Where is your road leading? Move in a new direction and prepare to challenge your General Equivalency Diploma exam. Join this evening class with other students. Learning is offered through Academic Express videoconferencing instruction, supported by optional weekly drop-in hours with an adult learning facilitator for help through trouble spots. If you're an Albertan 18 years of age or older and have been out of school for at least one year, this program is for you.



**FREE**  
Classroom videoconference delivery  
Added learner support with weekly drop-in hours with a trained adult learning facilitator

Includes:  
All textbooks, calculator, even your GED exam fee!

**FREE**

To register:  
**MVCALS**  
403-518-7020  
**EMAIL**  
[admin@mvcals.org](mailto:admin@mvcals.org)  
Deadline: Sept 15/16



The Community Engagement Site is now able to accept e-transfers and credit cards.

## TEA & TRAVEL

### Ravenwing Travel presents: Great Escapes

Join Jessica Hughes of Ravenwing Travel to experience some of the destinations she has been to, including Egypt and Cuba, learn some tips and tricks to make your next vacation more memorable and have a chance to ask her all of your travel related questions.



**DATE:** Tuesday, Sept. 20th **COST:** \$5 (includes tea and goodies)

**TIME:** 1PM      *Please RSVP by Sept. 13th*

## INTRODUCTION TO ENERGY HEALING

### *This is a follow-up to the free introduction in June*

This basic introduction to Energy Medicine workshop will teach you the history of Energy Healing, What is Energy healing and how does it work,

\*Discard and Re-charge of Energy      \*Our Energy centres

\*How does Energy effect us, our lives and our physical and mental health.

\*How can we use Energy to heal ourselves.

**DATE:** Thursday, October 13th      **TIME:** 7-9 pm

**COST:** \$45/ person, minimum required to run is 6.

Call 403-337-4277 or

email: coordinator@cremonaces.com to register

## AFTER SCHOOL SEWING

Students will be constructing an insulated lunch bag.

**DATE:** Wednesdays, Oct. 5th, 12, 19, 26.    **TIME:** 3:15-5pm

**COST:**      \$55/ student (Gr. 5-Gr. 8)

**DEADLINE TO REGISTER** Wednesday, September 29th.

## ADULT SEWING

We will be constructing a sewing organizer. this handy little case will hold everything you need - sewing machine feet and accessories, tools, and more. (Not exactly as picture shows)

**DATES:** Wednesdays Oct. 5, 12, 19, 26, Nov. 2 & 9

**TIME:** 7 – 9:00 pm

**COST:** \$85/PERSON

*Deadline to register is September 29th*



## TECHNOLOGY HELP

Need a little help with a pesky technology problem with your computer or other mobile device. Come into the Engagement Site for a little one-on-one help with the issue. Stop being frustrated and work through the problem with assistance.

[Call 403-337-4277 for an appointment.](#)

Free to seniors 60+, non-seniors – \$10/hour.

## OTHER CLASSES FOR THIS FALL

\*Kids Spanish \* Adult Conversational Spanish \* Bluebird 101

\* Armchair Yoga \* Google Docs \* Cheese Making \* Goat Soap &

Lotion \* Live Christmas Arrangements \* Christmas Card Frenzy

\*Managing Stored Grain- Oct. 18-2016, Get Smart About Beef.

## CAMPUS ALBERTA CENTRAL

### *We are the voice of your Community*

Education has the power to open doors, but let's be honest...sometimes the constraints of time and



distance have a way of making your goals feel out of reach. Campus Alberta Central (CAC) is the connection between rural learners and their learning goals, with support right in your community. We are a joint venture between Olds College and Red Deer College, operating as *Campus Alberta Central*.

**WEBSITE:** [www.campusalbertacentral.com](http://www.campusalbertacentral.com)

### Links

[Current Program List](#)

[How to Register](#)

[Frequently Asked Questions](#)

[Resources and Link](#)

*Please feel free to come to the Cremona Community Engagement Site to discuss accessing learning right in your community.*

## FERMENTING FOOD – Sauerkraut

There are healthy benefits to fermented foods. This process preserves the food, and creates beneficial enzymes, b-vitamins, Omega-3 fatty acids, and various strains of probiotics. Angela will guide you through the steps to make Garlic/Dill Sauerkraut to use as a condiment for your main dishes.



All the ingredients will be provided for you. Please bring a large plastic bowl, a cutting board and a sharp knife. You will take home a jar of the finished product as well as recipes.

**DATE:** Monday, October 3      **TIME:** 6:00 – 9 pm

**COST:**      \$70/ person

*Deadline to register is September 26th*



*Funders and Supporters*



*We Serve*

