

Cremona Community Engagement Site

Located at Cremona School
P.O. Box 141, Cremona, Alberta T0M 0R0
206—3rd Street East
Jan Shand—Program Coordinator
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Growing Together, Learning Forever
"A Campus Alberta Central Learning Site"

BOOK CLUB

Date: Wednesday, October 10th, 2012

Time: 7:00 – 8:30 pm FREE

Dinner at the Homesick Restaurant by Ann Tyler

Date: Wednesday, November 14th, 2012

Time: 7:00 – 8:30 pm FREE

The Wings of Morning by Murray Pura

TRAVEL TIDBITS—Live Presentation

Alaska Iditarod Ecuador & Galapagos

Eppo Eerkes Film Director - Photographer



DATE: Tuesday, October 16th

TIME: 11:00 am, lunch to follow

COST: \$10/person, includes lunch

Please RSVP your attendance prior to **Friday, October 12th to**

Jan @ 403-337-4277 OR EMAIL: cremonaces@gmail.com



Sessions may not run due to low registrations. You must call to book.

Thursday, October 11, 2:00pm-3:30pm

Starting a Food Business: Regulations, Permits and More

Cost: \$15

Thursday, October 11, 6:00pm-8:00pm

How to Use Social Media for Business

Confirmed—drop ins welcome!

Cost: \$20

Wednesday, October 17, 1:30pm-4:00pm

Do-It-Yourself Market Research

Cost: \$30

Thursday, October 18, 12:00pm-3:00pm

Preparing a Business Plan

Cost: \$40

Tuesday, October 23, 9:30am-10:30am

Hiring Basics: What You Need to Know

Cost: \$10

Thursday, October 25, 12:00pm-1:00pm

Setting up a Facebook Page for Business

Cost: \$10

Thursday, October 25, 6:00pm-8:00pm

Success Toolbox for Entrepreneurs

Cost: \$20

Tuesday, October 30, 9:30am-11:00am

Getting to Know Your Industry and Market

Cost: \$1

Wednesday, October 31, 2:00pm-4:00pm

How to Tailor Your Business to Market Trends

Cost: \$20

Tuesday, November 6, 9:30am-11:30am

Income Tax Basics for the Incorporated Business

Cost: \$20

Wednesday, November 7, 2:00pm-4:00pm

Introduction to Employment & Workplace Safety Standards

Cost: \$20

Thursday, November 8, 12:00pm-1:30pm

Ignite Innovation: Turn Ideas into Powerful Results

Cost: \$15

Wednesday, November 14, 9:30am-11:00am

Effective Networking Techniques

Cost: \$15

COMPUTER "KNOW HOW"

BACKING UP YOUR COMPUTER

Date: Tues., Oct. 16th **Time:** 7:00 – 8:30 pm

Cost: \$15/person



COMPUTER BASICS

Date: Tues., Nov. 6th **Time:** 7:00 – 8:30 pm

Cost: \$15/person

EBAY/PAYPAL

Date: Tues., Oct. 23rd **Time:** 7:00 – 8:30 pm **Cost:** \$15/person

DIGITAL PHOTOGRAPHY WORKSHOP

Understanding Camera Settings & Composition to Create Great Images



Date: Saturday, Oct. 20th & 27th

Time: 8:30 am – 4:30 pm

Location: Cremona Community Engagement Site

Cost: \$195

Bring a lunch, refreshments provided

Day One

Understanding the camera and its settings.

How and why to use Aperture, Shutter Speed and ISO settings. Practice using settings (hopefully outside)

Lots of hands on, practical learning in a comfortable, relaxed way that makes it easy to learn.

Day Two

Composition Rules. Practice composition (hopefully outside) and share images. Photography fun...tricks with water, ghosting, etc. Light Painting...for everyone able to stay until dark, we will set up for some fun with light painting.

To register & for more information, please email: joannalynnphotos@gmail.com or call Jan at 403.337.4277

UNDERSTANDING ARTHRITIS



For those who already have attended Arthritis 101 or have basic knowledge of arthritis and are ready to learn more. It uses anatomical diagrams to illustrate the progression of the most common forms of arthritis and starts the discussion on symptom management.

DATE: Tuesday, Oct. 30th **TIME:** 1:00 – 2:00pm **COST:** \$5

SPEAKER: David Sapriken, Education Coordinator
The Arthritis Society, AB & NT Division

Campus Alberta Central

Campus Alberta Central partners with the Community Engagement sites to bring programs and courses available in our community, check out their website:

www.campusalbertacentral.com

If require more assistance please contact your Engagement Site

Parent PARTY Program

Prevent Alcohol and Risk-Related Trauma in Youth

As a parent, you should know that the main cause of teen crashes is driver inexperience. All new drivers, even straight A students and "good kids," are likelier than

experienced drivers to be involved in a fatal crash. The good news is that you make a difference by getting involved with your teen's driving. Learn about the most dangerous driving situations for your young driver and how to avoid them.

Date: Tuesday, October 30th

Time: 7 pm

Cost: FREE

Location: Cremona CES



Spanish for Travelers

Confirmed

DATES: Monday's – Oct. 15 – Nov. 19

TIME: 7:00 – 9:00pm

COST: \$90.00/person (includes handouts)

Instructor: Megan Buyks



Learn to speak Espanol via video conferencing. Our instructor will be presenting from Innisfail. This 6 week course will be sure to help you learn more than the basic language of Spanish. It'll be fun!

The Instructor

Megan has taught high school Spanish in Central Alberta for the last six years & has also taught adult Spanish night classes. She has her bachelors degree in education from the University of Alberta with a minor in Spanish. Megan studied at the Universidad Autonoma de Guadalajara in Mexico & has her Masters in Educational Technology from the University of British Columbia. She taught Spanish in traditional face-to-face classrooms, in blended classrooms & fully online. Megan looks forward to engaging in this language learning journey with you & providing you with the skills to be successful when traveling to Spanish speaking countries!

MICROSOFT WORD

Date: Thursdays, Nov. 8, 15, 22, 29, Dec. 6 & 13th

Time: 6:00 – 9:00 pm

Cost: \$195 (includes Manual and use of laptop)

Location: Cremona CES



Microsoft Word is a software application that allows you (the user) to perform word processing. You may use Word to create documents such as letters, invitations, term papers, flyers, resumes, novels, and much more! So, for all of you out there itching to start your first novel, let's begin to learn Word!

POST-PARTUM: SEPARATING FACT FROM FICTION

This information session will address what post-partum depression is and what it isn't. Perinatal signs and symptoms, along with the experiences of fathers with post-partum depression will be addressed. Resources available to families in rural and urban centres will be shared.

Date: Tuesday October 23

Time: 11:00 am - 12:30 pm

Cost: FREE



E' TONIGHT- THE UNDERRATED RISKS AND APPEALS OF ECSTASY

Presenter: Peter Churchill, M. Ed., Clinical Supervisor/Family Counsellor, AHS

Ecstasy remains one of the most popular drugs among Alberta youth, after the "big three" of Alcohol, Cannabis and Tobacco. What is behind its appeal, and what are the real risks? This presentation will focus on the physiological effects of Ecstasy, the culture of use among young Albertans, and what parents and treatment professional can do to limit use and support recovery.

Date: Tuesday November 13th

Time: 11:00 am - 12:30 pm

Cost: FREE

Location: Cremona CES



Kitchen Party!

Want to learn how to make delicious Saskatoon and Apple pies from the best cooks in Cremona & Water Valley? Join us for our first ever Kitchen Party, using locally sourced ingredients!

Date: Oct. 20th

Time: 1:30 – 5 pm

Cost: (Includes all supplies) - \$25/ person

Location: TBA

A partnership between Cremona FCSS & Parkhill Women's Guild

Only 10 spots available

Register before Oct. 12th by calling: 403 637-3731

BABYSITTING COURSE - Red Cross Training

This 7 hour course targets youths ages 11-15, who are planning to start babysitting. Participants will learn basic first aid and how to respond to emergency situations; basic baby and child care, and receive advice on becoming a responsible babysitter - developing confidence, creating safe environments, even tips for finding jobs.

Date: Thursday, November 8th (Day off School)

Cost: \$55.00 Course includes Red Cross manual & certificate.

Time: 8:30 am TO 4:30 pm

Location: Cremona FCSS Office

Bring lunch, snack & a doll

A minimum of 7 participants is required to run this course.

To register **before November 1**, or for more information:

Cremona FCSS - 403-637-3731 or fcss@village.cremona.ab.ca

JUNIOR CURLING

Beginner's Mondays

Date: Nov. 5th – Dec. 10th

Time: 3:30 – 4:30 pm

Helmets Mandatory

Advanced Tuesdays

Date: Nov. 6th – Dec. 11th

Time: 3:30 – 4:30 pm

Cost: \$25/ person/session

Register by **November 1st** by calling 403.637.3731

CREMONA FCSS ANNUAL

GENERAL MEETING

November 7, 7 pm @ FCSS office

Everyone welcome!

