



CREMONA COMMUNITY ENGAGEMENT SITE

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Website: www.cremonaces.com

February 2018

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

AFTERNOON AT THE MOVIES – *Hidden Figures*

Three brilliant African-American women at NASA serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.



DATE: Tuesday, February 20, 2018

TIME: 1-3 pm **COST:** \$5

Enjoy popcorn, snacks, refreshments and a great movie.

Deadline to register: Feb 16, 2018

THE VITALITY SESSIONS: *The Heart*



Interested in keeping heart disease and strokes at bay?

Cholesterol levels a bit too high at last check? High blood pressure worries keeping you up at night?

This class is for you.

The VITALITY Sessions: **HEART** is a workshop aimed at giving you the tools to

help support your ever lovin' heart and all of its circulatory components. Imagine working at improving circulation, and eating to protect the heart and vessels. Imagine curbing those cholesterol levels, and keeping that blood pressure in check. Imagine reducing inflammation, supporting longevity and ensuring vibrancy for your heart.

Join Luka Symons, local Holistic Nutrition Practitioner to garner important foods, spices, teas and elixirs as well as lifestyle tips in order to best support your heart and the entire cardiovascular system. Luka will demo a few recipes you can easily follow in your own kitchen. You will receive a handout with 5 recipes aimed at supporting this integral organ, helping support a healthy and happy heart. Let's go over how best to nourish your cardiovascular system, and make it a delicious adventure!

RECIPES TO BE DEMOED & SAMPLED: kale chips, beet kvass (ferment)

DATE: Thursday, March 29th, 2018 **TIME:** 6:30pm – 8:30pm

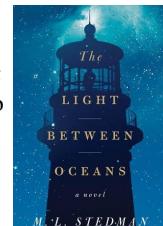
COST: \$40/person **Deadline to register:** March 22, 2018

BOOK CLUB – March 12th, 2018 1pm Cremona CES

The Light Between Oceans: by M.L. Steadman

The debut of a stunning new voice in fiction – a novel both heartbreakingly and transcendent After four harrowing years on the Western Front, Tom Sherbourne returns to Australia and takes a job as the lighthouse keeper on Janus Rock, nearly half a day's journey from the coast. To this isolated island, where the supply boat comes once a season and shore leaves are granted every other year at best, Tom brings a young, bold, and loving wife, Isabel. Years later, after two miscarriages and one stillbirth, the grieving Isabel hears a baby's cries on the wind. A boat has washed up onshore carrying a dead man and a living baby. Tom,

whose records as a lighthouse keeper are meticulous and whose moral principles have withstood a horrific war, wants to report the man and infant immediately. But Isabel has taken the tiny baby to her breast. Against Tom's judgment, they claim her as their own and name her Lucy. When she is two, Tom and Isabel return to the mainland and are reminded that there are other people in the world. Their choice has devastated one of them.



IPAD/IPHONE BASICS



Do you need some help using your iPhone or iPad?

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

DATES: Wednesday Feb 21 & 28, 2018

TIME: 6:30pm – 8:30pm

COST: FREE TO SENIORS 65+

NON SENIORS – \$40/person \$70/couple

Deadline to register: February 14th

GLUTEN FREE BAKING

Learn the tricks of baking light and flakey gluten free pastries, muffins & cookies. Discover how to make your own gluten free flour blend that is free of stabilizers and gums and can be used in any recipe with an easy to convert ratio. No more grainy, unappetizing, dense baked goods. We will create and sample gluten free pie dough, muffins, cookies & delectable brownies. All dishes are dairy free (dark chocolate may be used), eggs may be used with substitutes available.



DATE: Thursday, March 1st, 2018 **TIME:** 6:30pm – 8:00pm

COST: \$55 per person, minimum 6

Deadline to register: February 22, 2018

CREMONA GARDEN CLUB



The Cremona Garden Club will

meet on March 1, at 2:00 pm.

Brenda Pereversoff from Water Valley Forest Nursery will be presenting a talk on starting seeds.

The meeting will be held at a member's home - please call Rosemarie at (403-335-5443) for details.

New members are always welcome. We meet monthly, and membership is \$15/ year.

Come and join us!



MOUNTAIN VIEW COMMUNITIES ADULT LEARNING SOCIETY

Alberta Health Services

COLLECTIVE KITCHEN LEADERSHIP TRAINING
Saturday, March 17 from 9am-3pm
Olds 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, budgeting, sourcing and meal planning.

ALBERTA PULSE GROWERS

Alberta

COMMUNITY ADULT LEARNING PROGRAM

FREE

One day professional leadership training including Alberta Food Safety Basics certification

How to successfully coordinate your own Community Kitchen

LUNCH PROVIDED

TO REGISTER: www.mvcals.org

INFORMATION:
MVCALS
403-518-7020
admin@mvcals.org
Limited to 8 spots

The Cremona School Band Society
welcomes you to our fundraiser:

2018 Quilt & Craft Weekend
March 9-11, 2018



Are you a quilter, scrap booker or crafter?

We'd like to invite you to our crafting weekend.

WHERE: Cremona School Gymnasium in Cremona, AB

WHEN: 3 pm Friday March 9th to 3 pm Sunday, March 11th, 2018

WHAT: We provide 5 meals, snacks, work table and chair, extension cord, door prizes, silent auction and lots of time for crafting.

COST: \$150 for a 6' table or \$180 for an 8' table (limited quantity)
cash, e-transfer or cheque (made out to Cremona School)
(plus you will get a \$75 receipt of donation)

Space is limited, so make sure you book early to avoid disappointment.

To register please contact:

Karen Finley at kfinley@cesd73.ca
Joanna Harvey at jharvey@cesd73.ca
Or call 403-637-3856 or text 403-392-8500





MOUNTAIN VIEW COMMUNITIES ADULT LEARNING SOCIETY

GED PREPARATION
Session: April 10-June 21
Tuesday/Wednesday/Thursday nights
5pm-8pm in Didsbury High Room 138

Imagine gaining your General Equivalency Diploma by summer? Join this evening class with other adult learners. Videoconferencing delivery supported with a certified teacher to get you 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 may be for you. Free to those who qualify.

COMMUNITY ADULT LEARNING PROGRAM

ACADEMIC EXPRESS
ADULT EDUCATION AND TRAINING

TO REGISTER: www.mvcals.org

INFORMATION:
MVCALS
403-518-7020
admin@mvcals.org

*Funded by Alberta Advanced Education Part-time Studies grant

Canada **Alberta**

Classroom videoconference delivery with added in-class learner support with a trained GED facilitator

All textbooks, calculator, even your GED exam fee included

FREE TO THOSE WHO QUALIFY*

LIMITED SPOTS.
Deadline: March 15, 2018

The Maritime's Best... Good Clean Fun!



Comedian
Jimmy The Janitor
"LIVE!"

St Patrick's Day-Saturday March 17, 2018
Cremona Community Hall - Clean Comedy for ages 9+
Doors & Dinner 5pm - Show 7:30 pm
Tickets \$35 adult, \$25 youth (9-18); 8 and under free
Available at Mountain View Credit Union, KC Foods, from 4-H Members or Brenda at 403 637-3912 - Proceeds to Cremona 4-H Club and Community Hall

Business Card Ads

Here is the opportunity to have your business or organization seen by the community.
Only \$25 per month or \$250/10 months
Newsletter runs from January to June & September to December
Call 403-337-4277 or email: coordinator@cremonaces.com

BUSINESS DIRECTORY



Andrea Sheehan
BRANCH MANAGER

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Cremona Branch
PO Box 166, 102 Railway Ave., Cremona, AB T0M 0R0
Andrea.Sheehan@mvcu.ca



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Call us for all your catering needs

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www.YourMoveToAlberta.com

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Dawn Lashmar
REALTOR®



**Mountain View
COUNTY**

Greg Harris
Councillor - Division 2

Cell **403-586-6267**
Email gharris@mvcounty.com

1408 - Twp Rd 320, Postal Bag 100
Didsbury, AB T0M 0W0

Market Junction & Railway Cafe

Jim & Candace Davies

403-604-7031 or 403-604-2223

marketjunction@shaw.ca

Website:

www.marketjunction.ca

Facebook:

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

Market Junction
Antique & Artisan
Market



**GRAVEL/SAND
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CREMONA, AB
T0M 0R0

**SNOW REMOVAL
SKIDSTEER WORK**

C: 403.809.4830
O: 403.637.0014
F: 403.637.0094
E: INFO@BIGFERNCONTRACTING.COM

HOURS/Location

Monday 9:30 – 12:00 noon

Tuesday 4:00—8 pm

Wednesday 11:00 – 4:30 pm

Thursday 6:00 – 8:30 pm

Friday 1:30 – 4:30 pm



205 – 1st Street East, Cremona
403-637-3100

cremonalibrary@prl.ab.ca

[Parkland Library Search](#)

THE LIBRARY WILL BE CLOSED MONDAY
FEB 19TH FOR FAMILY DAY

**DID YOU KNOW?**

If our library does not have a book that you would like to borrow, you can request it from another library, pick it up in Cremona and return it to Cremona as well! Your Library card gives you access to ALL Alberta Libraries! Visit www.prl.ab.ca or come in and see us for more information.

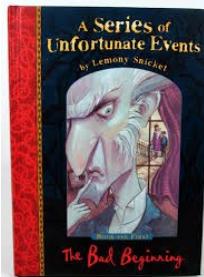


Need help using your e-reader? If you want to know how to borrow ebooks from the library come in and see us! We are happy to help!

EREADER RESOURCES:

<https://ebook.yourcloudlibrary.com>

<https://www.hoopladigital.com/>

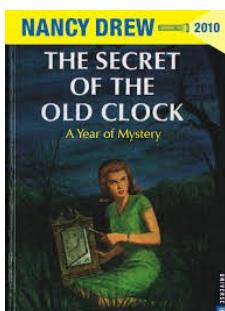
**Book Series to Read as a Family****A SERIES OF UNFORTUNATE EVENTS—BY LEMONY SNICKET**

“It is my sad duty to write down these unpleasant tales, but there is nothing stopping you from putting this book down at once and reading something happy, if you prefer that sort of thing. With all due respect, *Lemony Snicket*.”

These books are filled with a wonderfully sarcastic humor that will make even the adult reading them laugh out loud. The author introduces new vocabulary to children in a way that is fun and easy to understand. These books will make parents want to delay bedtime too, as you won’t want to stop reading! 8+

**THE SPIDERWICK CHRONICLES—BY TONI DITERLIZZI**

Twins Jared and Simon Grace, and their older sister Mallory, move with their mother to a decaying Victorian house in the first of *The Spiderwick Chronicles*. There they discover a secret room, and clues which eventually lead them to an old, handwritten and illustrated book, *Arthur Spiderwick's Field Guide to the Fantastical World Around You*. The book is filled with details about faeries, boggarts, brownies, and the like, but these are not your Disney fairies -- for the most part they are neither cute nor friendly. At first only Jared is interested, but strange and destructive things are happening around the house, and though their mother blames Jared, his siblings aren't so sure. 8+ *Caution—some violence

**NANCY DREW MYSTERY SERIES—BY CAROLYN KEENE**

Oldies but goodies! Follow this famous teen sleuth as she solves mysteries and tries (unsuccessfully) to stay out of trouble! When you are done reading the books, check out the interactive games that are a wonderful learning platform and great fun to play together as a family. <https://www.herinteractive.com/>. 8+

**THE SILVERWING SERIES—BY KENNETH OPPEL**

A small bat's curiosity leads to an action-packed odyssey in the acclaimed Silverwing trilogy from Kenneth Oppel. Shade is a young silverwing bat, the runt of his colony, and he is determined to prove himself on the long, dangerous winter migration to Hibernaculum. But when a fierce storm separates Shade from his colony, he soon faces the most incredible journey of his young life and that journey is just the beginning of an epic trilogy of adventure, wonder, and suspense. 8+