



# CREMONA COMMUNITY ENGAGEMENT SITE

206 3rd Street East  
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**Phone:** 403-337-4277  
**Fax:** 403-637-3830  
**email:** [coordinator@cremonaces.com](mailto:coordinator@cremonaces.com)  
**Website:** [www.cremonaces.com](http://www.cremonaces.com)

**March 2020**

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

## COMPOSTING

How to recycle your domestic and yard organics into soil enhancing compost. Ray & Brenda from Water Valley Forest Nursery will discuss what can be used and how to manage composting. They will also discuss how to use the final product.

**DATES:** Wednesday, March 25th

**TIME:** 7:00-8:30pm

**COST:** \$10

**Deadline to register:** March 18th

**To register go to**

[www.cremonaces.eventbrite.ca](http://www.cremonaces.eventbrite.ca)



## VITALITY: AGING WELL

Aging is an inevitable part of life, and if we're lucky, something we get to experience. The foods we choose can have a tremendous impact on our vitality, providing our bodies with the nutrients necessary for a keen mind, healthy joints, and a happy heart. Join Luka Symons, local C.H.N.C. Holistic Nutrition Practitioner to garner what foods will best support your hard working mind and body. We will touch on how important it is to look after your digestion and gut, going over easy recipes that will best support your immune function too. We will talk about those foods that will best fuel your brain and which foods to avoid in order to retain acuity. Key to this all, we will be focusing on those best foods that will keep inflammation at bay. Let's jump in to the kitchen to best nourish our immune systems in order to protect against chronic diseases often associated with aging. And let's make it a delicious venture!

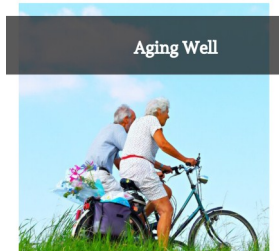
**DATE:** Saturday, April 4th

**TIME:** 10am-1:30pm

**COST:** This class is FREE for seniors 55+, Maximum 15 people

**Deadline to register:** March 28th

**To register go to** [www.cremonaces.eventbrite.ca](http://www.cremonaces.eventbrite.ca)



## SOCIAL MEDIA FOR BUSINESS

Presented by Kim Free of Small Town Girl Promotions. The sessions are intermediate/advanced level that cover the use of both Facebook and Instagram to optimize your exposure to potential clients. Hosted by the Cremona/Water Valley & District Chamber of Commerce. The course is free to all local business reps but priority goes to Chamber members if it fills up.

**DATES:** Wednesdays, March 11th & 18th

**TIME:** 3:00-5:00pm

**COST:** FREE to local business reps.

**Deadline to register:** March 9th

**To register phone** 337-4277 or email

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



## GENEALOGY BASICS

Are you interested in researching your family history? Have you been researching but aren't sure if you are doing it right? Learn basic genealogy skills so you can do your family history like a seasoned researcher! Learn how to organize information, set goals, find records, evaluate your findings, and decide which records to find next. All participants should prepare come with ancestor they want to find more information about. Presented by Tara Shymanski a professional researcher and lecturer. She has a Bachelor of Arts in History, and is a graduate of the National Institute for Genealogical Studies - Canadian Records.

**DATE:** Saturday, March 7th

**TIME:** 1:30-3pm

**COST:** \$40

**Deadline to register:** February 29th

**To register go to**

[www.cremonaces.eventbrite.ca](http://www.cremonaces.eventbrite.ca)



## WORK AND LIVE IN BALANCE

A workshop designed to provide the tools required to effectively manage the struggles we face in our day to day lives with reduced stress and a strong sense of purpose in our personal and professional endeavours. This is an opportunity to participate in a comprehensive, science-based program that equips parents and educators with fundamental tools to help them navigate their own internal world before taking on the challenge of passing these skills on to students and children. Presented by Amanda Sheehan, AtentaMente Facilitator/Trainer.

**DATES:** Tuesdays, March 17th-April 21st

**TIME:** 6-8pm

**COST:** \$60

**Deadline to register:** March 10th

**To register go to**

[www.cremonaces.eventbrite.ca](http://www.cremonaces.eventbrite.ca)



## PLAYING WITH ALCOHOL INKS

Come and explore the various techniques that are possible using alcohol inks. Working on non-porous surfaces such as ceramic tiles and photo paper, you'll be able to create a number of items, from bookmarks and card backgrounds, to decorated white ware, to fridge magnets, to art works. All supplies will be provided, just bring your enthusiasm and come prepared for some artistic fun! No experience necessary.

**DATES:** Wednesday, April 1st

**TIME:** 1:00-4:00pm

**COST:** FREE for seniors 55+ Maximum 8 people

**Deadline to register:** March 25th

**To register go to** [www.cremonaces.eventbrite.ca](http://www.cremonaces.eventbrite.ca)



### IPHONE/IPAD 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. Bring your questions!

**DATES:** Tuesday, March 10th

**TIME:** 6:30-8:30pm

**COST:** \$35

**Deadline to register:** March 3rd

**To register go to**

[www.cremonaces.eventbrite.ca](http://www.cremonaces.eventbrite.ca)



### VEGETARIAN MEAL PREP PARTY

Do you ever struggle with the day to day chore of meal planning? Does 5 o'clock ever arrive and somehow you forgot to plan dinner? Let the TupperGals help! Come on along to a fun session where all of the shopping/pre-prep/clean up will be done for you and you will prepare 5 meals for 4 people, packaged in Tupperware for transport ready to take home and pop in the freezer for one of "those" nights when meal planning gets away from you! On the menu for this session: Spinach Lasagna Roll Ups, Baked Ziti, Greek Beyond Meat Burgers, Honey Garlic Beyond Meatballs, & Mexican Quinoa Stew. Includes all shopping/pre-prep/clean up, groceries, the Tupperware for transport and a \$25 Tupperware credit.

**DATE:** Tuesday, April 28th

**TIME:** 6:30-9pm

**COST:** \$150

**Deadline to register:** April 21st

**To register go to**

[www.cremonaces.eventbrite.ca](http://www.cremonaces.eventbrite.ca)



## CREMONA & DISTRICT COMMUNITY CHEST

### **Annual Door to Door Canvass**

will take place during the month of  
**April** in support of **20 Charities**  
plus a **local emergency fund**

If your local canvasser misses you,  
please call

Dave Street 403-637-2427

or Natalie Falkenberg 403-637-8656.

or mail your donation to

Box 274, Cremona, AB T0M 0R0

**COME JOIN US AS THE CREMONA LIONS ARE  
CELEBRATING 50 YEARS OF SERVICE ON  
MARCH 28TH, 2020  
WITH A DINNER AND ENTERTAINMENT.**

Time: 6:00pm Social

7:00pm Dinner and Program

Cost: \$30 per person

Please contact

Grant at 403-850-1861,

evenings 403-337-2042



### *Cremona Senior Girls Basketball Team Fundraiser*

#### *Quilt & Craft Retreat*

*March 20-22*

Where: Cremona School

When: 2p.m. Friday, March 20 -3p.m. Sunday, March 22

What: A weekend of quilting/crafting fun!

Supper Friday; Muffins and coffee Saturday morning,

Lunch and Supper Saturday; Muffins and coffee Sunday morning, Lunch Sunday

Work table & chair, extension cords, door prizes

Cost: \$130 - Cheques made out to Cremona School

Come out and support our team in our preparation to host the 1A Provincial Tournament in March, 2021.

To register please contact Loree Sheehan at 403-637-3856

or by e-mail at [lsheehan@cesd73.ca](mailto:lsheehan@cesd73.ca)



*Musical Duo Bradley Bischoff &*

*Fiddler Scott Duncan*

*of the*

**Wardens**

*To perform at the Cremona Community Hall*

**Saturday, April 18, 2020**

**7:30 pm, Cremona Hall**

Doors open @ 7 pm

Tickets available KC Foods,  
Mountain View Credit Union  
Cremona, or  
Call: 403-637-3912  
\$25 adults  
\$15 youth (13 to 17)  
Free 12 and under



### *32<sup>nd</sup> Annual Skating Carnival*

*Let's go to the Movies*

*Saturday March 21/20*

*2:00 PM - Cremona Arena*

*Door Prizes*

*50/50 Airplane Toss*

*Admission by Donation*

*Please come show your support!*





## BUSINESS DIRECTORY

### 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](mailto:coordinator@cremonaces.com)



**Greg Harris**

Councillor - Division 2

Cell 403-586-6267

Email [gharris@mvcountry.com](mailto:gharris@mvcountry.com)

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

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**Dawn Lashmar**

REALTOR®

Cochrane, Water Valley, Sundre  
& all areas in between

Andrea Sheehan

Branch Manager

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Mountain View Financial - Cremona Branch | 403.637.3771

102 Railway Avenue, Box 166

Cremona, AB TOM 0R0

[MountainViewFinancial.com](http://MountainViewFinancial.com)



**GRAVEL/SAND  
LANDSCAPING**

**SNOW REMOVAL  
SKIDSTEER WORK**

CHAD FERNER  
BOX 144  
CREMONA, AB  
TOM 0R0

E: [INFO@BIGFERNCONTRACTING.COM](mailto:INFO@BIGFERNCONTRACTING.COM)

C: 403.809.4830  
O: 403.637.0014  
F: 403.637.0094



*Photography and Print Services*

**Audry van Aken & Rob Stratton**

**403-803-9018**

[mountainviewphotographic@gmail.com](mailto:mountainviewphotographic@gmail.com)

[www.mountainviewphotographicservices.com](http://www.mountainviewphotographicservices.com)

**AG SOCIETY'S  
3RD ANNUAL FUNDRAISING HOCKEY  
GAME  
SATURDAY, MARCH 14TH**

CALGARY  
FLAMES ALUMNI,  
COWBOY ALUMNI  
AND THE  
CREMONA  
HOCKEY COACHES  
COME TOGETHER  
FOR 1 NIGHT  
OF ROCK'EM  
SOCK'EM  
HOCKEY!

RAFFLE ROOM,  
CHUCK A PUCK, 50/50,  
BEER GARDENS,  
SILENT AUCTION,  
3 ON 3 TOURNAMENT

★ PUCK  
★ DROP 7PM  
★ Sp Adobe Spark

## CREMONA FAMILY HEALTH & WELLNESS STORE

SERVING CREMONA, WATER VALLEY & SURROUNDING AREA



WE PROVIDE:

- OTC MEDICATIONS
- PHARMACIST SERVICES
- VITAMINS
- HOME HEALTH
- PRESCRIPTIONS
- VACCINES

**403-637-2832**

110-Railway Avenue E. Cremona • Facebook: [cremonafamilyhealthandwellness](https://www.facebook.com/cremonafamilyhealthandwellness)

### PUBLIC SKATE

**Public Skating :**

Sunday March 1, 8 & 15

12:15 - 1:15pm

Friday March 6

1:15-2:15pm

**Sticks and Pucks:**

Friday March 6

2:15-3:15pm

\*helmets mandatory

**Ice Rentals**

**Available**

Contact

[cremonaice@gmail.com](mailto:cremonaice@gmail.com)

or Call 403-554-3170

**Wolf Willow Women's Group**

**"Tales For Tots"**

(Handmade Book Bag & Books) Provided  
FREE for local children to receive only  
once. Appropriate age prepared for is an  
18 month old child

Now Available At Cremona  
Library, Water Valley Library &  
The Health Unit  
Baby Clinic



### *HOURS/Location*

Monday 9am-12pm 12:30pm-3pm

Tuesday 12pm-6pm

Wednesday 10am-1pm 1:30pm-5pm

Thursday 1pm-4pm 4:30pm-7pm

Friday 10am-1pm 1:30pm-5pm



# CREMONA

## Municipal Library

205 – 1<sup>st</sup> Street East, Cremona  
403-637-3100

[cremonalibrary@prl.ab.ca](mailto:cremonalibrary@prl.ab.ca)

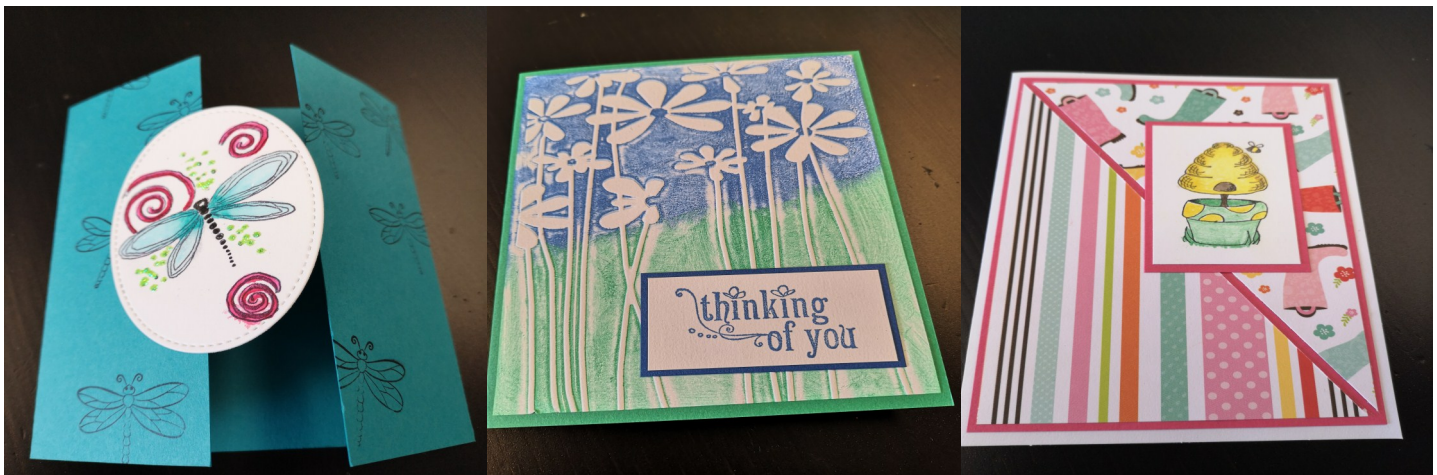
[Parkland Library Search](#)

## NEWS – March 2020

### *Card Making Class*

*March 24th, 2020 6:30-8:30pm at the Cremona Library*

*Join Julia Van Arnham and learn to make 3 different greeting cards. All proceeds benefit the Cremona Library!  
\$30, all supplies included. Stop in or call the Library to register by March 17, 2020.*



THERE ARE SPACES AVAILABLE IN THE THURSDAY  
AFTERNOON CRAFT CLUB!

FOR AGES 10 AND UP, EVERY THURSDAY FROM 3-4PM.

CALL THE LIBRARY TO REGISTER.

# THANK YOU

To Olliver McKinnon for the donation of Lego to  
the Library!!

### **BOOK SALE!**

**THE CREMONA LIBRARY HAS A LARGE SELECTION OF  
BOOKS AND DVDS FOR SALE. BOOKS ARE \$0.25 EACH  
AND DVDS ARE ONLY \$1!**

### **Protecting Your Home & Family From Radon**

**Presentation and Q&A with John Horning  
(CARST, C-NRPP)**



Join us as we hear from John Horning, a Member of the Canadian Association of Radon Scientists and Technologist, who will be sharing his knowledge and expertise on Radon and the dangers and risks it presents.

Presentation will cover:

- What is radon/why is it important to test for Radon?
- Why is Alberta a high risk area?
- How do you test for Radon?
- How do you mitigate high radon?
- What to watch for/insist on/before arranging mitigation and on follow-up

**Cremona Library  
March 19th at 7pm**