

# Cremona Community Engagement Site

Located at Cremona School  
P.O. Box 141, Cremona, Alberta T0M 0R0  
206—3rd Street East

Jan Shand—Program Coordinator

Phone: 403.637-3856 ext:4862 or direct line 403.337-4277

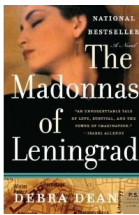
E-mail: [cremonaces@gmail.com](mailto:cremonaces@gmail.com)

Growing Together, Learning Forever  
"A Campus Alberta Central Learning Site"

Website: [www.cremonaces.com](http://www.cremonaces.com)

March 2013

## "The Madonnas of Leningrad" – Debra Dean



Bit by bit, the ravages of age are eroding Marina's grip on the everyday. An elderly Russian woman now living in America, she cannot hold on to fresh memories – the details of her grown children's lives, the approaching wedding of her grandchild – yet her distant past is miraculously preserved in her mind's eye.

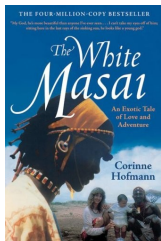
**DATE:** Wednesday, March 13th

**TIME:** 7:00 – 8:30 PM

**COST:** FREE

Please contact the Cremona Library if you need to reserve a book, 403.637.3100

## "The White Masi" – Corinne Hoffman



The four-million-copy international bestseller of the incredible love story between a European woman and an African warrior. The White Masi combines adventure and the pursuit of passion in a page-turning story of two star-crossed lovers from vastly different backgrounds.

**DATE:** Wednesday, April 10th

**TIME:** 7:00 – 8:30

**COST:** FREE

Please contact the Cremona Library if you need to reserve a book, 403.637.3100

## COMPUTER HELP

Come into the Engagement Site for some one-on-one help with your computer questions.

**Date:** Wednesdays **Time:** 12 – 1 pm

**Cost:** FREE

Please call 403.337.4277 if you are coming and let me know what you wish to learn.



## HORT WEEK 2013

### Winter Speaker Series of 4

Please pre-register 1 week prior to each session by calling 403.337.4277 or email: [cremonaces@gmail.com](mailto:cremonaces@gmail.com)

**COST:** \$2 cover charge for each session

### *More than Just Tomatoes*

*Heritage Varieties for Albertans with Janet Melrose*  
Wed • Mar 6 • 7-8:30 pm

Learn the value of heritage varieties of edibles (and other plants) for home gardens today as Janet shares the history and characteristics of some of the plants that were grown in Alberta from the early 1900s.

### *Before Pesticides with Dr. Ken Fry*

Wed • Apr 3 • 7-8:30pm

Follow Ken on a historical journey through pest management methods used by our grandparents and see what we have learned, how we have progressed over the years, and in some ways, what we have returned to in our efforts to control the "unwanted" in our yards and gardens.

### *The New Face of Ancient Grains with Rick Kohut*

Wed • May 1 • 7-8:30pm

Learn how to use sprouted kamut and quinoa to support a healthy lifestyle. Hear from Holistic Nutritionist, Rick Kohut, on these amazing and ancient superfoods including their benefits and delicious recipes.



## CHRONIC PAIN MANAGEMENT WORKSHOP

The Chronic Pain Management Workshop (CPMW) is a single, two-hour course that focuses specifically on pain management. Participants have the chance to learn new information and skills, discuss ideas and share experiences with others that have chronic pain or care about people who live with chronic pain."

**DATE:** Tuesday, March 26th **TIME:** 10:00 – 12:00pm

**COST:** \$5

**SPEAKER:** David Sapriken, Education Coordinator



## TOASTMASTERS IN CREMONA

### *More speakers needed*

We are looking for interested people wanting to practice and improve their communication skills.

Toastmasters works on speaking in public, thinking on your feet, dealing with meeting procedures etc. It is a learning experience that anyone could benefit from. As well it is a lot of fun. It is informal and all members support each other.

You must be 18 years of age or over to join. Innisfail is currently meeting on Thursday evenings from 7:45 – 9:00 pm

Cost: \$54.00/person to join but we are looking at participating only once a month.. This gives you 2 manuals from which to work, do your speeches etc. Once we are chartered, this amount will be paid to Toastmasters.

If you are interested please call Jan @ 403.337.4277 or email: [cremonaces@gmail.com](mailto:cremonaces@gmail.com)

## Campus Alberta Central

New and exciting community programs for September 2013.

- \* Early Learning & Child Care Certificate
- \* Educational Assistant
- \* Health Care Aide
- \* Management Certificate – no diploma needed
- \* Pharmacy Technician Certificate
- \* Virtual Assistant



Check out their website: [www.campusalbertacentral.com](http://www.campusalbertacentral.com)

If require more information please contact your Engagement Site coordinator.

Call 403.337.4277 or email: [cremonaces@gmail.com](mailto:cremonaces@gmail.com)

## Income Tax Basics for Sole Proprietors & Partnerships

This session provides basic income tax information for the small business owner that is either a sole proprietorship or a partnership.

Topics include:

Record keeping – what records should you keep and for how long, Reporting income, Business expenses, current or capital, Motor vehicle expenses

**Presenter: Jonathan Gallo, Gallo & Company Chartered Accountants**

**DATE:** Tuesday, March 12

**TIME:** 9:30AM – 11:30 AM

**COST:** \$30

**You must register 1 week prior to session**

**Phone:** 403.337.4277 or

**Email:** [cremonaces@gmail.com](mailto:cremonaces@gmail.com)



## Cleaning up Your Computer

**Date:** Tuesday, March 19

**Time:** 7:00pm – 8:30pm

**Cost:** \$20.00/session

**Instructor:** Derrik Hartman

You will learn why and how to clean up your computer to keep it running smoothly and often times faster.



## TRAVEL TIDBITS

### **SPAIN**

Travel with Rick Steves as he tours the Basque country and Granada, Cordoba, and Spain's Costa del Sol.

**DATE:** Tuesday, March 19th

**TIME:** 11:00 AM – 12:30 PM

**COST:** \$10/PERSON, includes lunch

Please register by Thursday, March 14th



## Digital Art

What is it and how can you create amazing images on your computer that are works of art.

**DATE:** Tuesday, April 16th

**TIME:** 7:00 pm – 8:30 pm

**COST:** \$20

**INSTRUCTOR:** Lyle Schulz



## CREMONA CES ANNUAL GENERAL MEETING

**April 15th, 2013**

**4:30 pm**

1. Travel Tidbit
2. Light Lunch
3. Annual General Meeting
4. Travel Tidbit

We are looking for new board members who are interested in promoting learning in our community.

*Everyone welcome.*

