



















# February

2	3  Cremona Minor Ball Mtg - 7pm Library	4	5  Cremona Minor Soccer Mtg - 630pm Conference Room Band Society Mtg - 7pm 	6	7 Save a Horse, Buy Some Popcorn! \$2.00 at lunch!  Comedy & Cocktails - CSES Fundraising Event - 8pm	8
9	10 Honour Band in Olds  *School Council Mtg - 7pm	11 Honour Band in Olds Pizza Day! 	12	13 Science Fair - Library  Playschool Mtg - 6pm High School Dance 7-9:30pm	14 Valentine's Day & Formal Dress Up Day!  Valentine's Pre-Ordered Lunch Fundraiser	15 Sr Boys & Girls @ OKCS 
16	17 FAMILY DAY! 	18 WINTER BREAK 	19 	20  Teacher Convention	21  Teacher Convention	22
23	24 Coco Brooks Band fundraiser begins 	25	26 Subway Day!  PINK SHIRT DAY! 	27	28	29 Sr Boys @ Wheatland 



# From the Principal's Desk

Some Perspective:

Today's students are in school for 176 days every year which adds up to approximately 1000 hours depending on the division. Historically, school was focused on reading, writing, arithmetic and learning how to become efficient employees. Today however, schools and the nature of education has changed. We as a school are now responsible for building well-rounded students.

Building well-rounded students is now the commitment of all schools in all divisions in Alberta. We are still required to teach the core subjects (Language Arts, Math, Science, Social Studies) but it is not enough for our students to simply memorize facts. In today's education system, students must be able to apply basic facts to a variety of situations to hypothesize, extrapolate and use logic and reason. We are here to help build brains that have problem solving and critical thinking abilities that can be applied in a variety of real-world situations.

Aside from the core subjects, schools provide students with an education in Health and Physical Education so that they are better able to lead healthy and active lives well past high school. The students also receive Fine Arts classes in the areas of Music, Drama and Art to provide them with a variety of different experiences to explore their interests and talents.

Beginning in grade 5 and continuing until grade 12, students choose options classes in order to further develop their passions and talents. Additionally, students are offered options which take place off campus. These courses are completed in cooperation with other school divisions. The Water Experience 15 & 25 courses and the Winter Travel 15 & 25 courses are offered through Canadian Rockies Public Schools. Forestry, Sociology and many other modules are provided through Didsbury Outreach School. Some students may complete dual credit courses such as Welding, Agriculture, Nursing and Equine courses through Olds College - these are unique opportunities to simultaneously receive credits for high school and post-secondary experience.

Finally, Cremona School provides all of our students with many opportunities to try a variety of extracurricular activities that are designed to enhance social skills and active lifestyles. A few of the opportunities that were provided to our students over the last year include: competitive sports teams (volleyball, basketball, golf, curling, badminton and track and field), downhill ski trips, swimming lessons, camp day, as well as field trips to Calgary, Red Deer, Edmonton, Lethbridge. Additionally, students routinely meet with guest speakers from universities, colleges, our Family Wellness Program and Leadership class. As well, we invite performers from organizations such as Trickster and Munsch Puppets that develop dramatic and performance skills.

At Cremona School, our mandate is to contribute to each student achieving their full potential. This is possible when they are challenged, encouraged and valued. With that in mind, Cremona School's collaborative learning community strives to personalize learning for all students with the goal that they become compassionate and innovative global citizens. It takes a village to raise a child!

Happy heart month!





## WINTER TRAVEL 15

3 credit course MARCH 3-6/2020

This course focuses on experiential learning and best practices for winter travel in mountain environments with an overarching goal of YOUTH ENGAGEMENT IN STEWARDSHIP

Course Fee: \$435.00  
Register Online at: [olc.crps.ca](http://olc.crps.ca)  
Registration Deadline: January 31/20



### PURPOSE

To encourage youth to engage in winter travel and recreation in mountain environments as informed and aware individuals through downhill snowsports (skiing and snowboarding), cross country skiing and snowshoeing.

### LOCATION

Canadian Rockies Outdoor Learning Centre has partnered with Lake Louise Ski Resort to deliver on site learning experiences with professional ski instructors, ski patrol, and avalanche control team. Students will also cross country ski and snowshoe in areas through Yoho and Banff National Parks. Students will stay at the Great Divide Lodge.

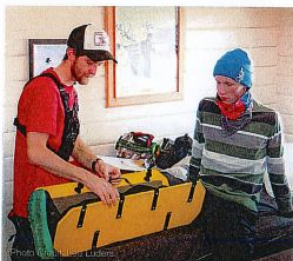
### DELIVERY

Online course work will take place before the course at the students' home school. These sessions will be delivered using an online course management system.

Immersion in the 4-day course at Lake Louise in Banff National Park operates under a comprehensive safety system ensuring the highest standards of due diligence and care. Students should be comfortable skiing a GREEN level run prior to the program.

### ACTIVITIES & INSIGHTS

Avalanche awareness, trip planning, navigation (map and compass / GPS), emergency scenarios, outdoor career exploration and resume building, leadership skills and team building.



January 17, 2020

Dear Parents:

We are so pleased to offer once again, the 3 credit fun filled learning opportunity of the Winter travel option course in conjunction with the Canadian Rockies School Division! On March 3 – March 6, 2020, twenty students who are able to ski or snowboard down a green run may take advantage of 4 days of learning new skills in downhill and cross country skiing, training in avalanche control, on-hill First Aid, mountain rescue skills and more at the Lake Louise Ski Resort and surrounding area. The cost for the course is \$385 + \$50 for busing fees (\$435) |

This "hands-on" option course includes some online coursework through Moodle before our departure and the rest takes place at the Lake Louise Ski Resort with local instructors. Included in the \$385 cost is *all training courses, accommodation at the Great Divide Lodge by Lake Louise, meals, transportation, and rentals of downhill equipment if the student requires them as well as the use of cross country skiing equipment and snowshoes as required for this course.*

This opportunity is available to Grade 10, 11 & 12 students, not grade 9, as it is worth 3 high school credits. We are looking for 20 students. We recognize the disadvantage of three missed days of school for the new term so students attending this course will be required to put in some extra time in the week following (or before) to catch up with missed school work.

Please send in to Mrs. Harvey or pay online the \$50 bus fee which will be considered a deposit, by Wednesday, January 31 to secure your spot on the course. The remaining \$385 will be due by February 28, 2020.

Once your deposit is in, your child will be set up with the online course work to be completed prior to the trip to Lake Louise. They will be provided assistance with logging in if required and have the opportunity to work on the course work during exam week, on their own and some Guided Learning time if required.

Please call us with your questions or concerns and we look forward to your teenager experiencing "school in the mountains!"

Yours truly,

Joanna Harvey  
Principal

## Sharing our values each day

### A Message from the Board of Education

It is highly gratifying in our roles as Trustees to have many opportunities to visit our schools and see that our division's values are at the core of every interaction with students. In Chinook's Edge, we worked together to build our mission and vision statements so that values inform our work with the students we serve. They guide relationships at every level of our school division, and impact the future for every one of our students.

Ensuring that our students are engaged in meaningful learning and encouraged to rise to new challenges is our mission in Chinook's Edge. Our teachers and school staff recognize the uniqueness of every child in our care and encourage each one to achieve their true potential. As Trustees, we are extremely proud of these efforts in our Chinook's Edge learning community.

**Allan Tarnoczi, Chair**  
**Chinook's Edge Board of Trustees**



### **Mission:**

Chinook's Edge School Division will engage every student in meaningful learning by challenging, encouraging and believing in them.

### **Vision:**

Chinook's Edge School Division will be universally recognized as a collaborative learning community where learning is personalized for all students to achieve success as compassionate and innovative global citizens.

### **Navigating the cost of three million kms in student busing each year:**

Our focus as a Board of Trustees is to ensure the quality learning we provide to over 11,000 students is not compromised by redirecting classroom resources to address the complexities surrounding our transportation deficit. Please read more in the February issue of [Trustees at work for students](#).



# Talking to Kids About Online Challenges

## ACKNOWLEDGE THE LURE

Talk to your child about the fact that the lure of online challenges is very real, and not all challenges are bad. But all challenges should be discussed.

## BRAIN DEVELOPMENT

The brain development of all children is an important consideration when we talk about online challenges. Because of this, children are more inclined to take risks without full consideration of the consequences.

## YOU CAN RESEARCH

You are not invading your child's personal space by researching internet challenges and knowing what is "cool" at the moment.

## THINK TOGETHER

Think it through together. Talk about the risks involved, and most importantly, discuss WHY people would do it. Some challenges are even helpful, like the ice bucket challenge (2014).

## RECOGNIZE PEER PRESSURE

Acknowledge the role that peers play in the lives of kids. Some of their peers may be online friends, but to this generation those friends are as real as their face-to-face friends.

## TRY NOT TO SHOCK THEM

It can be very tempting to scare kids into avoiding things like online challenges. Graphic or scary images, or extreme stories don't actually help resolve the issue.

## BE REASSURING

Make sure they know that they can always approach you to talk about online activities, even if it is one of their friends who is engaging in the activities. Open communication is so critical.

## SET A HOUSEHOLD RULE

After you've talked and listened, set a rule for your household regarding online challenges. A simple, effective rule can be that no challenge is done without talking about it first.

# Talking to Kids About Online Challenges

Talking to kids about their online life and social media usage is not always easy. We offer these 8 tips to help understand online challenges, and the lure of them for both children and teens.

1. Child development and the human brain development is a complicated topic. As parents it seems we just get our child kind of figured out and they change. Things that a few short months ago were so important to them suddenly become "babyish" and we are back to the drawing board to adjust parenting techniques!! It's a never-ending process.

Children, as we all know, have brains that are still growing, developing and learning, and it's important that we talk to them about online challenges when they appear in the media. (The Tide Pod Challenge presents a good opportunity to talk to little ones about how silly that challenge is, and gives a chance to start the conversation.)

Teens enter into a new phase of brain development that Psychologists have termed "The Personal Fable", (it's very interesting. We do recommend googling it as it will apply to many situations, not just online challenges). The bottom line is that they are in a stage of development where they are **more willing than the average human to take risks**, and this can come into play with online challenges.

2. **Acknowledge** with your child that some challenges can be very tempting. The cinnamon challenge a few years back seemed harmless, but it actually came with some pretty significant health risks depending on the person.
3. You can **research online challenges**. You are not invading your child's privacy by googling the term "online challenges" and knowing what is out there. Some challenges, like the "mannequin challenge" are harmless and just good fun. Others like the ice bucket challenge (2014) are positive. That particular "challenge" raised a lot of money for ALS research. Others like the Tide Pod Challenge sound silly to some ears, but can actually be deadly.
4. Bring up the topic of online challenges and **think it through together**. Talk about the risks involved in some of the challenges. Discuss WHY someone would do the challenge. Encourage your child to think critically about some of the challenges that have occurred previously and then discuss the actual results with them. You might have to do #3 on our list so that you can talk about how they actually turned out. The cinnamon challenge is a good one to use, as it sounds so harmless when it is first presented to a child's ears.
5. **Recognize peer pressure**. Show them that you understand that their peers play a role in their lives, and acknowledge that sometimes it's hard to not do something that it seems like "everyone else is doing". Further, talk about peers from online. In a globally networked world, your child will likely have friends online - perhaps from a game like Fortnite, Roblox or Minecraft, or from streaming services like Twitch or YouTube. In the life of your child, those are peers too. Talk about them all. Talk about the pressure. Talk about how to respond to the pressures they may be facing already.
6. Try not to shock them. As a parent, it can feel really frightening to analyze all the "what-ifs" of online life. Showing a child graphic images, or taking measures to scare them doesn't actually help the situation. Continue to keep yourself informed about online challenges so that you can continue to talk over time with your child. It doesn't have to be a one-time-only conversation. Keep the conversation going.
7. **Be reassuring**. Make sure your child knows that they can always talk to you. In order to have communication, both parties need to feel safe. Tell your child that if they are worried about a friend doing a challenge, they can come to you and you will help them sort through the risks and the rewards of doing the challenge.
8. **Set a household rule**. After you've listened, and you've talked and you've listened some more, set a household rule regarding online challenges. Give your child the opportunity to make the rule. The more input they have, the more likely they are to follow the rule. A positive rule could be that no online challenge can be done without having a conversation first that discusses the benefits of doing the challenges as well as the risks. Two heads thinking about a challenge are always better than one!

WE HAVE MORE DETAILED INFORMATION AND REFERENCES ONLINE

<http://edtechframework.com/support/talking-to-kids/>

## Counsellor's Corner

February 2020

**GRADE 12 STUDENTS AND PARENTS:** Many of the students have applied to Post-Secondary at this point however university deadlines CAN be as late as MARCH 1<sup>st</sup> depending on the school. If your teenager is still undecided, it's worth the \$100 to apply. That way they will still have that option after the deadline. If they apply too late they will have to wait until the following year. There are also residence deadlines so watch the dates carefully! **If you have been "accepted" at a college or university keep verifying that you have sent in all required documents and money.** Please come and see me if you have questions! I will be going on the ALIS site with the grade 12s in February and those continuing in Post-Secondary next year will complete their Rutherford applications later on the ALIS site. They only receive the scholarship money if 5 of their subjects average 75% and they are attending post-secondary.

**GRADE 9 PARENTS AND STUDENTS:** Remember grade 9s, your averages in your classes will determine your placement in High School! Keep those grades high and you will have many more postsecondary and career choices available to you! Our Career Class finished in January, thanks again to all of our guest speakers! And thank you to the parents for your support in the "Take your Kid to Work" program.

**GRADE 11 STUDENTS AND PARENTS:** I will begin with the Grade 11 interviews in February and I really encourage them to keep the marks up, especially those who are planning to attend university next year. They are now accepting students based on grade 11 results.

## RANDOM acts of kindness

Give a compliment	Make someone laugh	Clear up a mess you didn't make	Hug someone	Tell someone you love them
Smile at everyone you see today	Hold the door open for someone	Read to someone else	Include someone new in your games	Let someone in front in the queue
Leave a friendly note for someone	Introduce yourself to someone new	Give some loose change to charity	Sort out some old clothes to donate	Get someone else a drink
Pick up some litter that isn't yours	Tell someone reasons why you like them	Share something with someone	Say thank you to someone	Offer help to someone
Tidy up without being asked	Encourage Someone	Thank an adult for something they do for you	Make someone a card	Help cook dinner





## Calendar

Feb 13 - High School Dance

Feb 14 – Formal Day

Feb 26 – Subway Day

Feb 26 – Pink Shirt Day



## Leadership News

A new semester means new experiences are ahead! As students begin the second half of the year, we want to continue to promote kindness and respect for everyone.

We are hosting a high school dance on Feb 13 for grades 9-12. This helps fundraise for various leadership activities. As usual we will be celebrating Valentine's Day by dressing up in our finest clothes and maybe we will even have a little bit of chocolate for you all! Subway day for the month of February will take place on Feb 26. ***This month we are transitioning to online payments for the meals.*** We will continue to accept cash for Feb but not for the months ahead. Lastly, we will have our annual Pink Shirt Day on Feb 26.

For a short month, we are planning to have a lot of fun! We hope you all have a fantastic February break and enjoy some family time on Family Day.



WELCOME TO  
CREMONA SCHOOL!

## 2020/2021 Kindergarten Parent Meeting & Child Orientation

This is for all children who will be entering Kindergarten in the fall and their parents!

**When: Friday, April 3, 2020  
10:00 am - noon**

We will have a presentation in the Library for the parents while the children go with Mrs Adamson to the classroom. There will be a bus orientation following the meeting.



All children who will be 5 years old on or before December 31, 2020 are eligible to attend Kindergarten for the 2020 - 2021 school year.

You can register for Kindergarten by visiting our website [www.cremonaschool.ca](http://www.cremonaschool.ca)  
You will need your child's birth certificate to register your child. If your child is taking the bus, you will also need your legal land description.

For further information, please contact the school @ (403) 637-3856

# Bouquets & Celebrations



- ❖ Thank you to the Cremona Curling Club for supporting our curling teams! And thank you to Robert Steffler for helping coach these young athletes! Good luck at Zones to our Sr. Boys team!
- ❖ Congratulations to our basketball teams for a great season and thank you to our awesome coaches for their amazing skill building with our students!
- ❖ Good luck and best wishes to Paige Murphy on her upcoming maternity leave!
- ❖ Thank you Mr. Read for organizing the high school ski trip again to Sunshine!
- ❖ Thanks so much to Patricia McKean for her grant application through Foresters Insurance which got our Breakfast Program \$2000 to spend on food and a new Ninja food blender! Also thank you to the volunteers who came out to help prepare the breakfast goodies - George & Pat Schwieger, Donna Rodgers, Judi Friesen, Dawn Lashmar, Julie Ryan, Ashley Newsome & Nikki McCarthy! As always, thank you so much to our fabulous KAREN SINCLAIR for all she does to make our breakfast program happen every day!!



\*If you would like to recognize someone in this section of the newsletter, please email [kmckinnon@cesd73.ca](mailto:kmckinnon@cesd73.ca)\*



# Athletics Update

We'll start by congratulating the Sr Boys curling team on qualifying for zones and we wish them the best of luck!!

Basketball is in full swing and things are going great for our Cremona Cougars this year (with the exception of the severe cold snap that has forced us to reschedule some games). All of our teams, from middle school up to high school have been having some great success and we look forward to the homestretch in February and finishing off March with a bang.

Good Luck and Go Cougars!



## Band Society Update



The students are all back and eager to play and learn. Each of the groups have received their new pieces to practice for the upcoming festivals, so be sure to take a listen to these. If you are curious what the new songs sound like, Mr. Hutcheon has created a handy new website for the band. On this site you can find links to listen to performances of the pieces assigned to each band. As well, there are links to the sheet music itself in case it has been lost or forgotten at school. Please take a look at what Mr. Hutcheon has put together here: [Mr Hutcheon's website](#)

### Important Dates to Remember:

- Coco Brooks Fundraiser - will start February 24th and run to March 9th. Information on this will be distributed early February
- Grade 5 Band - will be performing at the Calgary Performing Arts Festival on **April 24th**
- Grade 6/7 Band - will be going on a trip to Edmonton **March 26-27**. Information and permission forms will be distributed early February. Be sure to check backpacks for these!
- Grade 8-12 Band - will be performing at the Olds Kiwanis Festival on **March 16th**
- Spring Concert - Songs and Sweets is scheduled for **April 29th**

Please join us at our next meeting on **Wednesday, Feb 5, 2020** at 7pm in the library.

We look forward to seeing you there!

## Message from School Council



The role of School Council is to inform parents, school staff, students and community members so we can work together to enhance the student experience. School Council offers advisory input to school administration.

At the January School Council meeting the school's wellness worker Robbin Alexander provided a review of issues that students come to her seeking assistance. Much of the time these problems reflect challenges within the home and are often founded upon attachment issues. Robin reminded us of the Connect program that she and Joanna Harvey have offered for several years for parents to strengthen their connections with their children. The Connect program is an invaluable resource open to all. As a parent, if you perceive your child is struggling emotionally, encourage them to contact Joanna. And you may seek additional professional contacts that Robbin can offer.

Recognizing the importance of our January discussion we have decided to extend the discussion of anxiety/depression into our February meeting. We will utilize a webinar from Alberta Health Services to direct our discussion. This is a discussion that most all of us have been touched by and all will benefit from and be able to contribute to.

The next School Council meeting is on February 10th at 7 p.m. in the school library.

Thank-you for wanting to take an active involvement in your child's education.

Contact Michael with any questions at 637-3973 or [sunergy@velocitynetworks.ca](mailto:sunergy@velocitynetworks.ca)



CREMONA SCHOOL  
ENHANCEMENT SOCIETY  
PRESENTS...

# COMEDY & COCKTAILS

With comedian Adam Blank and  
featuring celebrity comedian  
Jebb Fink!

**FRIDAY FEB 7TH | 7 PM 18+**  
**THE HERITAGE CENTRE**  
**CREMONA**

Tickets: \$20 in advance. \$25 at  
door. Available at Cremona School,  
Cremona Credit Union & CSES  
Committee. Raffles and auctions,  
appetizers provided. Dance to  
follow.

Entertainment Provided by CallBack  
Entertainment Inc.



## SPONSORS



# BUY YOUR *Yearbook*

We have a limited number of 2018/2019 yearbooks  
left to sell. They will be available only until **Friday,**  
**February 14th** and are \$35.00!

2019/2020 yearbooks are available  
for pre-order via your students'  
online account! This helps us to  
order the correct number if we  
know ahead of time!

“  
I'M  
SO GLAD  
I DIDN'T  
BUY A  
YEARBOOK  
”

- said no one ever

**Save a Horse, buy some Popcorn!**



**When:** at lunch on **Friday February 7<sup>th</sup>**

**Where:** Concession

**How much:** \$2 (bag of popcorn & horse sticker)

**Why:** A devastating fire destroyed a barn, horse tack and feed at Rein Forth Equine in Carstairs on January 19<sup>th</sup>. Cremona Family School Wellness partners with this equine therapy centre for social, emotional and mental wellness programming, and we would like to give back! |

All proceeds from the popcorn sale will be donated to Rein Forth Equine on behalf of Cremona School.



**We have a strong, well funded organization that needs new board members. Minimal time commitment! Please attend so soccer can continue in our community!**

# CREMONA SOCCER AGM



**February 5 - 6:30 pm**  
**Cremona School**  
**Conference Room**

## Cremona Minor Ball Meeting

February 3rd, 2020  
7pm in the Library



## PUBLIC SKATING SCHEDULE

**Feb 18th, 20th & 21st**

Public Skating 1:15 - 2:15  
Sticks n Pucks 2:15 - 3:15



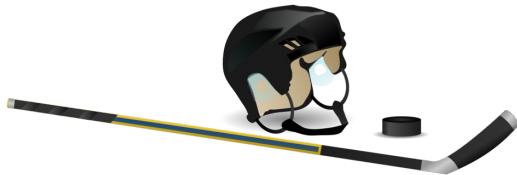
**Sunday, Feb 2nd, 9th, 16th, 23rd**

Public Skating 11:15 - 12:15

\*Helmets are mandatory

\*Children under 14yrs old must be accompanied by an adult

\*Full arena schedule is available on the [Cremona Minor Hockey](#) website & ice rentals available by emailing [cremonaice@gmail.com](mailto:cremonaice@gmail.com) or by phone (403) 554-3170



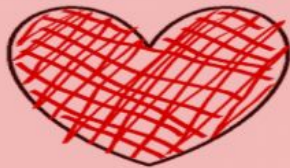
## Cremona Ag Society

*Will you be on my team?*

## Survivor Island Cash Draw

Need a team? Let us know and we can help you find one!

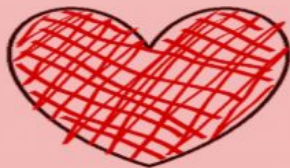
- Gather your friends, family or co-workers to form a team of 5
  - Each team will pay \$200 to the Cremona Ag Society  
\*\$40/person
  - \$100 from each team will go towards renovations, maintenance and operation of our arena
  - The other \$100 goes into the pot, the more teams we get the larger the pot  
\*Maximum 100 teams
  - All names will go into a hat and each week we will pull names out
  - The **last** name drawn will be the winner!
  - Team forms available downstairs at the arena
  - You can enter more than 1 team
  - The winner is a single person on the team and it is up to your team if the winnings are divided
  - **Teams must be entered by FEBRUARY 7, 2020**
  - **The final draw will be MARCH 14, 2020 at our Charity Hockey Game**
  - Completed forms can be dropped off at the arena office
- If you have any questions, please contact Jen Gunderson 403-512-4657



## *Valentine's Day Lunch Special*

The Senior Girls basketball team is continuing to fundraise in preparation to host provincials in 2021. We will be offering a Valentine's Day lunch on February 14th.

The lunch package includes a heart shaped grilled cheese sandwich, a juice box and a Valentine cookie for \$5. Order forms will be sent home on February 5th.



# Cremona School Band Society

## 2020 Coco Brooks Fundraiser

Cremona School Band students will be selling Coco Brooks Products to help raise funds for band trips and camps.

Order: February 24 to March 10, 2020

Delivery: March 24, 2020

Order forms and product lists available from band students, in the school office or online. All orders **MUST BE** submitted online

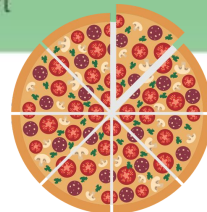
Link: <https://fundraising.cocobrooks/invite/verify?code+issei-smash>

For more information:

Dalene Scott: [scottrd06@gmail.com](mailto:scottrd06@gmail.com)

Karen Olson: [olsonk@ccewireless.ca](mailto:olsonk@ccewireless.ca)

Thank you for your support





## CREMONA COMMUNITY ENGAGEMENT SITE

206 3rd Street East  
Box 141, Cremona, Alberta, T0M 0B0  
Phone: 403-337-4277  
Fax: 403-637-3830  
email: coordinator@cremonaces.com  
Website: www.cremonaces.com

February 2020

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

THE ENGAGEMENT SITE IS NOW ON  
EVENTBRITE! You can now register for  
all of our programs online!  
Go to [www.cremonaces.eventbrite.ca](http://www.cremonaces.eventbrite.ca) for  
information.

eventbrite

### ADULT SEWING

This session of sewing classes will be about bag making. Learn to make a variety of bags covering techniques such as sewing with vinyl and mesh, and easy zipper application. We will also cover how to reize the bags to the size you want

DATES: Thursdays Feb. 6, 13, 20, 27

March 5, 12

TIMES: 10-12 or 1-3pm

COST: \$60

Deadline to register: February 3rd

To register go to

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



### 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:  
Bacon Cream Cheese Cheddar Chicken  
Rothbar BBQ Chicken Drumsticks  
Cajun Honey Pork Tenderloin  
Slow Cooker Ground Beef Tacos  
Unstuffed Pasta Casserole  
Includes all shopping/pre-prep/clean up, groceries, the Tupperware for transport and a \$25 shopping credit from the new Winter/Spring catalogue and sales specials!



DATE Wednesday, February 12th

TIME 6:30-9pm

COST: \$150

Deadline to register: February 5th

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

### 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 list next. All participants should prepare come with ancestor they want to find more information about. Presented by Tara Szymanski 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)



### 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)



### THE UNDIET APPROACH

Stop The Cycle. End the Madness

The Undiet Approach has nothing to do with what you're eating, and everything to do with what you are doing. The best part is it compliments most programs, this is not a DIET. This 8 module course creates lasting mental changes and shifts that set you up for with the skills to see long term changes. Want to say good bye to the bounce back of weight loss programs, then you definitely want these skills in your back pocket. Each week you will be introduced to a new skill to add to your tool box that you can implement to help you achieve lasting success.

DATES: Wednesdays, February 19th to

March 18th

TIME 7-8pm

COST: \$75

Deadline to register: February 12th

To register go to

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



### 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 - 1st Street East, Cremona  
403-637-3100

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

[Parkland Library Search](#)

NEWS - February 2020

Did you notice the changes to our hours?

We will now be open from  
**12-6pm on Tuesdays**  
and **1-4pm & 4:30-7pm on Thursdays!**  
All other hours remain the same



Tuesdays from 3-4pm for  
students aged 10 and up.  
Stop in and play some fun  
online games like Roblox,  
Minecraft and more!

The library would like your input on whatbooks we should add to our collection. Please email us at [cremonalibrary@prl.ab.ca](mailto:cremonalibrary@prl.ab.ca) with your suggestions!

## CHECK OUT OUR LIBRARY PROGRAMS!

Story Hour: Mondays from 10-11am

Book Club: Every 2nd Monday of the month  
1-3pm

Knitting Club: Fridays 1:30-3:30pm

Leggo Club: Wednesdays 3-4pm Ages 5 and up

Craft Club\*: Thursdays 3-4pm Ages 10 and up

\*registration required, maximum 10 children

Coffee and Chat Time: Tuesdays 12:30-3pm

Game Time: Tuesdays 3-4pm

# @ the library



## KNITTING CLUB

Fridays from  
**1:30-3:30pm.**

Bring your  
needle crafts  
and come for  
a visit!

Looking for a place to visit with friends and meet new people? Stop by the Library **Tuesdays from 12:30-3pm.**  
Stay for a visit and enjoy a cup of joe!

