



Family and Community
Support Services



March / April 2023 Newsletter

Cremona FCSS Newsletter

(403) 510-4521

fcss@cremona.ca



TELUS
Spark*
SCIENCE CENTRE

YOUTH TRIP—April 13th, 2023

**Telus Spark, The Flying Squirrel and
Rothney Astronomical Observatory**

Ages 7–18, Cost \$35, (+ \$3.50 for grip socks if you don't have a pair)

Bus will leave Cremona at 12:30 pm and return at 11:00 pm

Pizza supper included—Call FCSS to Register (403) 510-4521

Open to youth residing in the Cremona/Water Valley area. only until March 10th—open to all others after March 10th

Very limited supervisor space available as this is a YOUTH TRIP

Adults attending will be expected to help out with up to 5 youth

**April 23rd Crafting A Healing Elixir and Sound Bath at the
FCSS 1 – 3:30 pm. Cost is \$30.00**



**Sandy from Solar Power Health will demonstrate the how
to make an “Elixir” of her choice, all participants will have
the opportunity to sample it and receive the recipe.**

Then kick back and relax in a sound bath.

**An Elixir blends an herb or Superfood, in an herbal decoction, with a healthy
fat as an emulsifier. They are normally served hot. Think latté style.**

To register please call the FCSS (403)510-4521

Keep up
to date
on all the 
Cremona FCSS
programs
by joining our
Facebook page
Cremona FCSS
Community
Information

Please Note:

The Cremona FCSS
will be closed March
9th, and April 5th,
10th & 13th
Feel free to phone and
leave a message. Your
call WILL be
returned.
(403)510-4521

Cremona FCSS is offering a
Red Cross Babysitting course
March 10 2023 - No School on this Friday
\$30 per participant - Includes lunch

Must be 11 to 15 years of age to participate
Call (403)510-4521 to Register Cut off is March 1st
Participants must bring a doll or a stuffie

About the course

Each participant receives
Basic First-aid and care giving skills.
Participants learn how to provide care to younger
children in a variety of age groups, and how to prevent
and respond to emergencies.
Course offers youth the training to promote
themselves as a babysitter to prospective parents.

Course Content:

Business of babysitting
Caring for babies
Caring for toddlers
Caring for preschoolers
Creating safe environments
How to handle
Emergencies and first-aid

Space is limited
To register call
FCSS
(403)510-4521



Did you know Cremona has a Food Pantry?

We do!! It's here to help!

The community pantry is at the FCSS
(Former United Church), supported by donations from our community
to help anyone that asks! We stock non-perishable foods.

To qualify—just call -that's it!

We'll pack you up a hamper and give time to pick up.

Tuesdays and Thursdays 9 - 3 (403)510-4521



Donations are gratefully accepted, non-perishable food, cash, cheques, & plastic
bags. We are extremely low on food and funds.

Monetary donations can be e-transferred to finances@cremona.ca

Please send a separate e-mail with password and include "donation for food pantry"

Something to talk about at the FCSS

**Come watch a Documentary / True Story / hopefully something
thought provoking, maybe controversial**

The 3rd Saturday each month, 6pm at the FCSS.

**Space is limited so please call to register
(403) 510-4521 Popcorn and drinks provided.**

JOIN US!!!

March 18th - What Is A Woman

A film about gender and transgender issues presented
by conservative political commentator Matt Walsh,

April 15th - Reversing Roe

Through interviews, the film analyzes the abortion laws in the United
States and the effects of the 1973 *Roe v. Wade* case



Crafternoons

at the Gold and Silver

FREE!

To register
please call
FCSS
(403) 510-4521
March 20th
1pm-3pm

All supplies
provided as
well as snacks
and beverages

Future dates = May 15th and July 17th



Potluck

At the Gold and Silver
1st Thursday each
month @ 6pm

Everyone over 50
Welcome to attend.

Questions? Please call
Betty Ann (403)637-0164

Up Coming March 2nd and April 6th

Things happening at the Gold and Silver Club In Cremona



**Thursdays at 1pm
Cribbage**
Everyone welcome
No partner needed

**Friday mornings at
10:00-11:30**

**A Joyful Noise
singing group.** For
more information Contact
Dianne Whitlow (403)637-3792



For more general information please
call Larry at (403)637-2873
For bookings please call Donna (403)637-2873

Pysanka



Join us at the
Cremona FCSS
for a beginners class
on the Ukrainian art of
writing Pysanka.

March 29th, 2023 5 pm - 7pm

**MVFRN has openings for
Youth 12-17 attending
alone or adults with
a child 9-11.**

Please register with them.

www.MVFRN.ca

**SPACE IS VERY LIMITED
for this FREE Class**
**FCSS is taking registration
for Adults and Seniors.**
**Adults please call FCSS to
register (403)510-4521**



March Bridge at the
Gold and Silver
Thursday 1 pm
April/ May

Wednesdays 1 pm
For more information
Please call Mary Jane
Davies (403)337-3212



Looking for bridge
teachers

Beginners Welcome

Second TIME AROUND

A space for grandparents to connect, access
resources, gather information and build support as
they navigate raising their grandchildren.

Child development, grief, boundaries and self care
are some of the topics we will be discussing.

Tea/coffee and snacks served

Join us at the OLDS HOPE CHURCH (5402 53 Street)
on the fourth Monday of February, March, April and
May from 10:00 - 11:00 a.m.

(February 27, March 27, April 24 and May 22, 2023)

Please register so we know to expect you!

FOR INFORMATION & REGISTRATION:

Contact us at 1-877-761-0033, email info@mvfrn.ca
or visit us online at www.mvfrn.ca/registrations



Come Support the 2023 Grad Class

Join us for a Paint
Fundraising Afternoon



Cost \$45.00 to Paint this
Email to Sign up
char.crozier3@gmail.com

March 12, 2023
3:00-5:00pm

Enjoy an afternoon with
friends while Letitia
leads us through with
her years of experience
Cremona Legion

Ages 12+ as the bar will be open

Annual Westbrook Playschool

Ladies Night

APRIL 29TH 2023

6:30PM- 10:30PM

AT THE

WATER VALLEY
COMMUNITY CENTER

Raffle Prizes

Vendors

Door Prizes

Drinks

Silent Auction

Ladies' Clothing Exchange

Water Valley Community Hall

Friday, March 31, 2023

7:00 to 9:00 PM



Spring is the perfect time to clean out your
closet, shoe racks, and accessories! Swap those
items you don't wear for something you will!

***Drop off donations in advance only at**

Water Valley Hardware Store

Open Mon – Sat, 8 AM to 6 PM



****Sorry, but NO donations will be accepted during the event.**

Please make sure all items are clean and in good condition.

All sizes and brands welcome – ladies' clothes only please!

This is a **FREE** community event – just bring some bags and fill them up!

Any left-over items will be donated to The Attic at Cremona Country Fellowship

For more info contact: Coreen Lema @ lemafamily.mc@gmail.com

CREMONA COMMUNITY HALL WELCOMES TIM HUS MARCH 18, 2023



DOORS 6:30 SHOW AT 7 PM
LIGHT SUPPER & DESSERTS @ INTERMISSION
TICKETS AVAILABLE FROM HALL BOARD
MEMBERS, KC FOODS CREMONA,
CONNECT FIRST CREDIT UNION CREMONA



**\$30 FOR ADULT; \$15
YOUTH 12 TO 17;
11 & UNDER FREE**

Water Valley Happenings



Bingo is back at the Water Valley Hall!!! Next dates are March 17 and April 21. Doors open at 7pm, calling starts at 7:30.



Pickleball is on Mon and Wed nights 7-9pm and Thursdays 1-3. \$2 drop-in fee. All are welcome.

Coffee every Thursday 9-11 am. \$2 for coffee, snacks by donation.



Craft day is the 3rd Sunday of each month from Sept - May from 11am - 4pm in the kitchen of the Water Valley school building. \$5 drop-in fee, bring a project to work on and your own lunch.



*Knit 'N' Natter

**2nd Tuesday
each month @
6 PM at the
library**

***All
needlecrafters
of all skills &
levels welcome**

**Bring your
own
supplies/
projects to
work on**



PAINT NIGHT IN WATER VALLEY

**April 28th 6pm
\$30 per person**

**All materials, instruction,
snacks and beverages supplied**

**Open to locals only - Cremona/ Water
Valley Area, until April
7th, others will be place
on a waitlist.**

**Call FCSS @
(403)510-4521 to
register**

**(Deadline to register is April April
20th, at noon)**



**CANADA
Day
MEETING
@ FCSS
APRIL 3RD
5 PM**



**If you or your group
are planning on
hosting something -
anything on July first
please attend the
meeting so we can
get you on the poster.
Those in attendance
will choose a theme
for 2023**

**OUR MANDATE IS TO CREATE AND TO CONTINUE SPIRITED COMMUNITY PROGRAMS AND EVENTS
THAT BUILD ON THE UNIQUE AND AMAZING COMMUNITY OF WATER VALLEY!**

Saturday, March 25, 2023

Water Valley

Community Hall

Doors open at 4:30 pm

Free Entry (no minors)

Silent Auction starts at 4:30

Optional dinner buffet: \$25

Live Auction: 7 pm

Cash bar until 11 pm

**33rd
Annual
STUD AUCTION
WATER VALLEY'S MOST INFAMOUS
CHARITY FUND RAISER**

**For more info on attending,
volunteering and/or donating, please
contact Robin at**

**StudAuction@ILoveWaterValley.com
or Phone: (403) 874-8085**

If you wish to donate, thank you!

We couldn't do this without you.

**Donations may be dropped off
anytime during business hours at the
Water Valley Hardware until
March 23rd. Monday to Saturday.
8 AM to 6 PM.**

Volunteer Tax Program 2023

Taxpayer status	Family Income
Single Person	Up to \$35,000
Two People (e.g. Couple without Children, Single adult with one child)	Up to \$45,000
Three People	Up to \$47,500
Four People	Up to \$50,000
Five People	Up to \$52,500
More than five people	\$55,000 plus \$2,500 for each additional person

Some guidelines do apply: volunteers CANNOT prepare income tax returns with:

- Capital gains
- Farming income
- Self-employed income
- Fishing income
- Deceased persons
- Interest income over \$1,000
- Rental income
- Bankruptcies
- Returns over five years old

Anyone wishing to participate in this program must fill out a form (TIS60) which will allow a Community Volunteer to prepare your income tax and benefit return.

The form is available at the Cremona FCSS and will only take a minute to fill out when you drop off your tax and benefit information at the Cremona FCSS 106 1st Avenue East.

Residents must provide all employment T-4s and government tax slips

Tuesdays and Thursdays from 8:30 am - 3:30pm Monday and Wednesday

by chance or appointment. Note - FCSS office will be closed on

April 13th If you have any questions please call (403)510-4521

Program Open March 1st, 2023 Closes April 30th, 2023



FCSS HOURS

Monday and Wednesday by chance or appointment

Tuesday and Thursday 9 am- 3 pm

I try to be in the office Tuesdays and Thursdays, but sometimes things come up that take me away. It never hurts to call (403)510-4521 before making the trip in.

A Free Invitation

To learn about
Wills & Estates
10:00 to 12:00



ELEVATOR
LAW

MARCH 17TH
RSVP by Mar 15TH

Intentional Conversation

Informal 'loss' dialogue
Coffee & Cake
1:00 to 3:00

Death
Cafe

@BeechCoWork
5009 - 50 Ave.

587-796-1208 sc@hospiceolds.com



COME ONE COME ALL

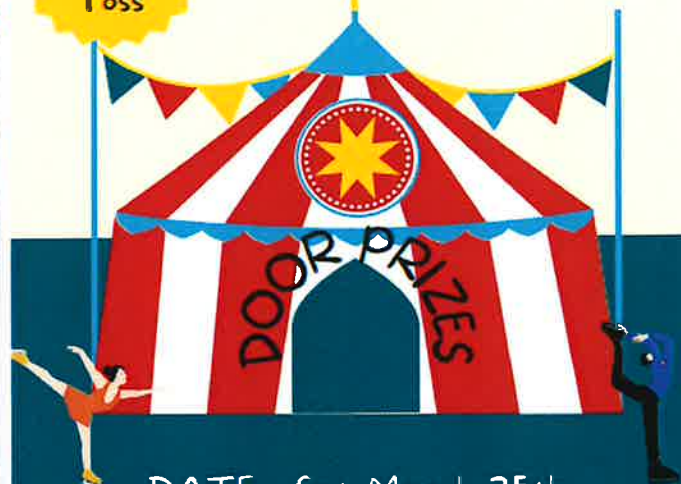
TO CREMONA'S 33RD ANNUAL

SKATE CARNIVAL



50/50

Airplane
Toss



DATE : Sat March 25th

TIME: 1pm

ADMISSION: \$5 person \$20 family

Cremona Congregational Church

Christian services held on 2nd and 4th
Sundays each month 10:00- 11:00 am,
followed by coffee and visiting.

202-2nd St. W, near Hwy 22, north of
Petro Canada station.

For spiritual care with Rev. Nancy

Cowtun: 587-775-8122

or nc2252@telus.net

Church Phone: 403-637-3768

Website: [https://](https://cremonacongregationalchurch.org)

cremonacongregationalchurch.org



ISO Craft
Supplies

Cremona FCSS
is looking for
donations of
Craft Supplies.

Pieces of fabric, yarn, beads,
broken jewelry, paint, brushes,
horseshoes, felt... whatever you have —
we will find away to use it

We want to run regular Crafternoons,
to keep costs low (or FREE!) we
thought we'd see if any of our local
Crafterholics have things they'd like to
pass on for others to use.
Items can be dropped off at the FCSS
Tuesdays, and Thursdays between 9
and 3 pm (we will be closed March 9th)
or call to arrange a different drop off
time (403)510-4521.

We are grateful for anything we receive
- THANK YOU



**Join us at the FCSS
for a WELLBRIETY
Social Circle
@ the FCSS**

**A place to talk about
anything you'd like
Just drop in!**

**AGES 10 - 120 WELCOME!
March 2nd, 16th, 30th and April 20th**

**You can share your triumphs, frustrations, or just
things you are thankful for, whatever your
comfortable with. This is a very casual talk circle led
by Scott Lashmore**

**Bring a drum if you have one - if appropriate we may
even have a bit of a drum circle.**

**Snacks and Beverages provided. If you have any
questions feel free to call Jen (403)510-4521.**

We hope to see you here!!!



THE LITTLE SEED LIBRARY

"Borrow" seeds

Browse our selection and choose up
to 10 seed packets to try for FREE.



"Check out" seeds

Take your seeds to the front desk so library
staff can complete the check out form. This
helps us track the success of the program!

Plant seeds, grow your community

Grow your own food and flowers. Share your
gardening tricks, tips and bounty with others.
Keep an eye out for events, workshops and
resources at the library.



"Check in" seeds

If you have allowed some plants to go to
seed, harvest the seed and we would be
happy to accept seed donations so we
can keep the seed library stocked for
next year!

**Rosebud
Theatre**

APRIL 5th, 2023

Tickets \$50 each

Call (403)510-4521 to book

**Includes, Transportation, Lunch Buffet,
The Show and Tea or Coffee**

(please bring a gratuity for Rosebud lunch)



**Carrie Watts may be old, but she suffers no
shortage of spirit. She
finally summons the courage to escape the
crowded city apartment she shares with her
son and his sharp-tongued wife to return to her
childhood hometown of Bountiful, an open-aired
place of wildflowers and freedom. It's a risky journey for an old woman
on her own, negotiating bus schedules in strange towns, with her family
and the police in hot pursuit. An adventure story about
discovering what it means to return home.**

(Open to residents in the Cremona/ Water Valley area only until March 15th)



STORY TIME

at the library

MONDAYS

10:30- 11:30 AM



Join us in the library for this parented program for children age 0- 6.

Meet other parents/ caregivers while developing early literacy and social skills with your child. Enjoy stories, crafts and activities with your little one.

This is a Drop In program, no registration is required.



THANK YOU CREMONA LIONS CLUB FOR YOUR SUPPORT!

Horse Tack Sale & Trade Event

April 1 & 2 2023

Sell or Trade your
used Tack / Gear

**Vendors
Wanted**

Supporting Mountain View Senior's Housing

The Heritage Centre - Cremona, AB

Vendors Contact Debora: Debora@mvetheheritagecentre.com

THE GREATNESS OF A COMMUNITY
IS MOST ACCURATELY MEASURED
BY THE COMPASSIONATE ACTIONS
OF ITS MEMBERS.



AGGIE DAYS MOUNTAIN VIEW 2023



JUNE 9

9AM TO 3PM

**MOUNTAIN VIEW COUNTY
SCHOOL TOURS**



JUNE 10

9AM TO NOON

FREE PANCAKE BREAKFAST

NOON TO 3PM

FREE FAMILY FUN FOR ALL!

FUN INCLUDES

- Exhibits Farm Safety & Environment
- Ag Producers Growers & Business
- Ag Education / Careers
- Vintage Tractors
- Much Much More

CELEBRATING AG

**Century Farm Recognition
Thank A Farmer!**

POSTER CONTEST



LOCATION - CREMONA COMMUNITY ARENA

For Information or to Volunteer Contact:

**aggiedaysmountainview@gmail.com
or cremonaagsociety@gmail.com**

Heritage Treasures Spring Market

April 22 & 23, 2023

**Mother's Day
Specials**

*Artisans, Crafters,
&
Tasty Treats*

**Free
Family Fun**

**Support
Local**

The Heritage Centre - Cremona, AB

Vendors Contact Daphne: dpchandler53@gmail.com



Do you see a need in our
community FCSS can
help with?

We'd love to hear your idea!

A little about FCSS

The FCSS mission -

Is to develop locally driven preventive and social initiatives to enhance the well-being of individuals, families and communities.

Our beliefs are

- A community's most valuable resources are its people. Investments made in developing and supporting people pay dividends in all areas of community life.
- We can make valuable contributions to our communities and communities need the contributions of all of us.
- Voluntarism is inherently valuable in that it allows us, as citizens, to contribute directly to our community, which in turn is linked to positive outcomes for individual volunteers.
- Partnerships are fundamental to community building.
- Municipalities and Métis Settlements can support individuals, families and communities by providing well-designed preventive social programs.
- Each municipality and Métis Settlement has unique programming needs and is best able to determine what its own needs are.

Do you teach something?

Do you have information you would like to share?

Would you like to volunteer with some of our events?

Contact - (403)510-4521 or
fcss@cremona.ca

