



Family and Community
Support Services



November/ December 2021 Newsletter

Cremona FCSS Newsletter in Cooperation with the Village of Cremona

fcss@cremoma.ca

PAINT BY DIAMOND SOCIAL NIGHT

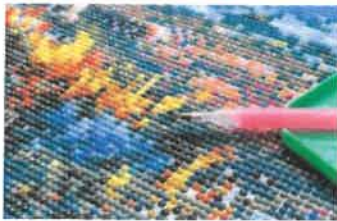
November 20th, 2021 -at the
Cremona FCSS - 6 pm

\$10.00 per person,


Includes- Paint by Diamond Kit,
Beverages and Snacks

Paint by diamond is kind of like paint by
number only instead of paint you place
little coloured beads in their
appropriate places.

Come enjoy a night of paint by
diamond, socialize with others and
enjoy some snacks. You'll pick out you
kit, (we have several to choose from)
and get your piece of art started. You
will have to finish at home. Everything
you need is supplied. To register please
call Jen @ FCSS (403)510-4521



GIFT COLLECTION

THIS YEAR WE ARE 
COLLECTING SMALL
GIFTS FOR SENIORS AND
OTHERS THAT MAY BE ALONE
FOR CHRISTMAS.

If you have something
you'd like to donate or if
you know someone that
might enjoy a little
something from the
community please call the
FCSS (403)510-4521

If you have any
questions please call!





Mealtime Struggles to Mealtime Success

FREE Online Nutrition Class

for parents and caregivers of 1 to 5 year olds

Fall 2021 Schedule

September 14 th	6:30 pm - 8:00 pm
September 29 th	1:30 pm - 3:00 pm
October 13 th	6:30 pm - 8:00 pm
November 9 th	6:30 pm - 8:00 pm
November 24 th	1:30 pm - 3:00 pm
December 8 th	6:30 pm - 8:00 pm

- Join a Registered Dietitian to learn how to:
- create a positive mealtime environment
 - introduce new foods
 - cope with mealtime struggles

Easy to attend virtual classes!

REGISTRATION:

- birthandbabies.com
- 403-955-1450



WINTERFEST
2021 has been

CANCELLED

As much as we don't want to do this, our volunteer board does not have the manpower to enforce safety measures for this event, and the rental of our largest venue is unavailable during this time. Those who have pre paid are being contacted directly by our board. Hope to see you all for 2022!

Infant Massage

For babies 3-12 months old
Online via Zoom



Benefits

- Encourages interaction between you and your baby
 - Relieves discomfort from gas or constipation
 - Aids digestion
 - Promotes sleep through relaxation

Tuesday's 11 am - 12 pm
November 2nd to November 23

Email info @mvfrn to register!



Motherhood can be an exciting yet overwhelming time

Mom Tribe is a local support group for new moms who are struggling with postpartum symptoms. Our groups are free, safe, confidential, and non-judgemental.

Wednesday's
10:30am to 12:00pm

November 3rd to December 8th

Sessions are held virtually - online via Zoom

Registration is open to all of Mountain View County

Contact Deb for information: 403-586-1340

Contact Peaks to Prairies PCN to register:

587-796-0765 leonard@peakstoprairiespcn.com



Cremona & District Santa's Anonymous

Confidential Telephone No. 403-816-0644!

Santa's Anonymous is a program in our community for families in need of assistance during the Christmas season. The areas covered by this program include: Cremona and the rural districts of Water Valley, Fallen Timber, Big Prairie, Elkton, Dog Pound, Madden and West of Carstairs.

Our mission "is to provide gifts for children from infancy to 18 years of age (that reside in your home)"!

This program starts November 12, 2021 and operates until our cut-off date of December 6, 2021.

Please call the CONFIDENTIAL telephone number of 403-816-0644 to make a SELF- REFERRAL or ask any questions.

We will "not" be placing donation tubs around our community due to the pandemic but we will continue to have our account at the Connect First Credit Union.



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Cremona FCSS Funding applications are available on-line at cremona.ca, our Facebook page (Cremona FCSS Community Information) or by calling (403)510-4521.

Deadline is November 12th, 2021
Please call if you have any questions

Give a Gnome a Home for Christmas

Join us on December 2nd, at 2pm to create
2 cute little gnomes (that will need homes)

You won't believe how easy it is!!

No sewing skills required - Pretty much glue gun and scissors,

All supplies included! \$5

These guys make great gifts!

Everyone Welcome

Please Call the FCSS to reserve your place
(403) 510-4521



Make your own
Stained Glass Feather

With Bill from Unique Stained Glass at the FCSS January 8th, 2022
Starting at 1 pm with staggered start times for participants.
Choose from 4 colour options - Green, Blue, Orange-Red, Clear or White
(black tip optional on white feather)

Cost is \$20.00 per feather, Max 2 feathers per person.

Call Jen at FCSS to register (403)510-4521



* feather not exactly as shown

2021

Community Christmas

Food Hampers

If you are in need of a food hamper this year, please call Janet at 403-637-2945 by December 14, 2021



All calls and information are confidential. You must reside in the Cremona/Water Valley/ local area.

This is a self-referral program so you must phone me to receive a hamper.

This year, we are not accepting any food donations but cash donations will be gratefully accepted.





Water Valley Community
Association presents

CHRISTMAS IN THE VALLEY

shop local talent | visit Santa | fireworks
sleigh rides and more TBA

NOV. 27, 2021 • OPENS AT 10 AM TILL 4PM
WATER VALLEY COMMUNITY HALL

COVID RESTRICTIONS IN PLACE
EMAIL
CHRISTMASINWATERVALLEY@GMAIL.COM



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.

To make a request or to donate
please call

(403)510-4521

The following pages are the submissions received for the
Cremona Creature Contest - They are all so wonderful we wanted to share
them with everyone!!!!

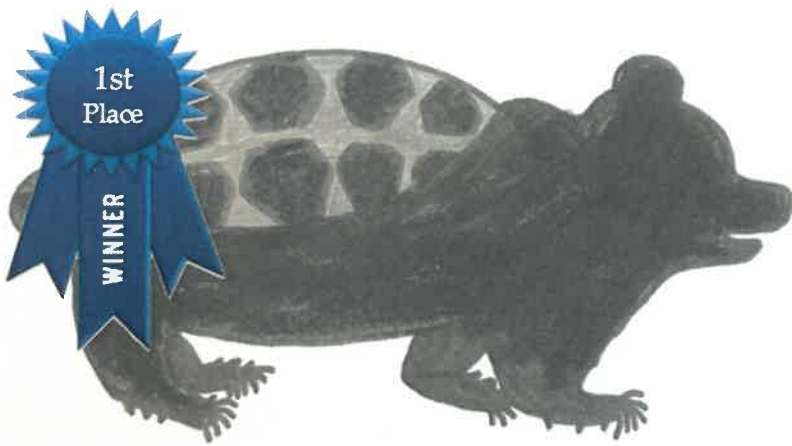
A huge thank you to all that took the time to enter!

The Winner Is...

The Bertle!! - Submitted by Calli and Pam Reid!!

Congratulations - everyone will be able to enjoy this
creature in the Cremona Nature Trail next spring!

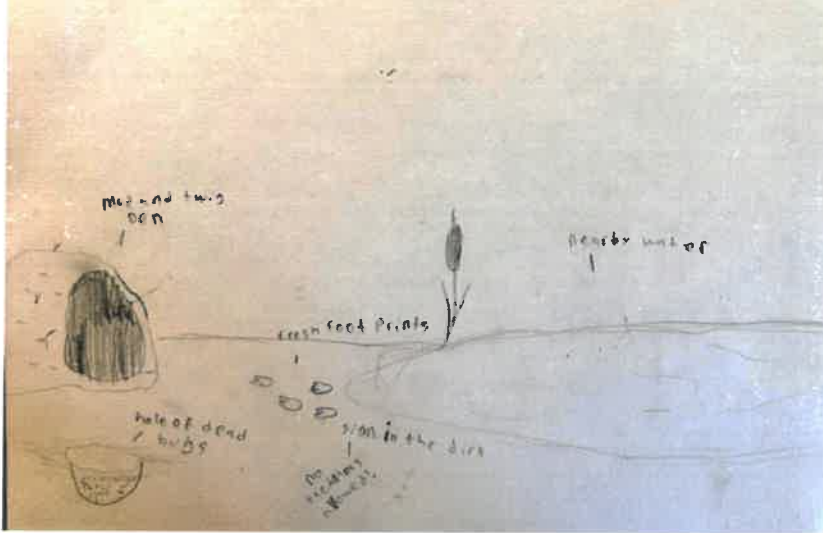




Planning Page:

- eats bugs.
- Six claws on each foot with pokey scales,
- the Burtle was made by a volcano right by Cremona. a volcano erupted and somehow hit a turtle and a bear at the same time, the Burtle was still a little smoky, so she crawled into Cremona to find some water. From that day on, the Burtle lives in the nature park here in Cremona.
- it is bear size.
- it likes orange and green.
- it tries its very best to avoid Coyotes.
- the burtle is friendly, but it does not like to be disturbed in its habitat.

How do you know a Burtle is here, or when you are in its habitat?



Planning Page

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- Six claws on each foot with pokey scales
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By - Calli and Pam Reid



Name of monster	
Hu	- eats mango & lime.
came to village because home was getting destroyed.	
likes	dislike
people	loud & noisy
sweet	mean people
size 19 cm	
very nice	

Jordy Germain - aged 9

- Creature name: Hu
- Eats Mango & lime
- He came to the village because his home was getting destroyed.
- He likes people & sweet fruit
- Dislikes loud noises and mean people (don't we all!)
- He is very nice!
- Size - 19 cm

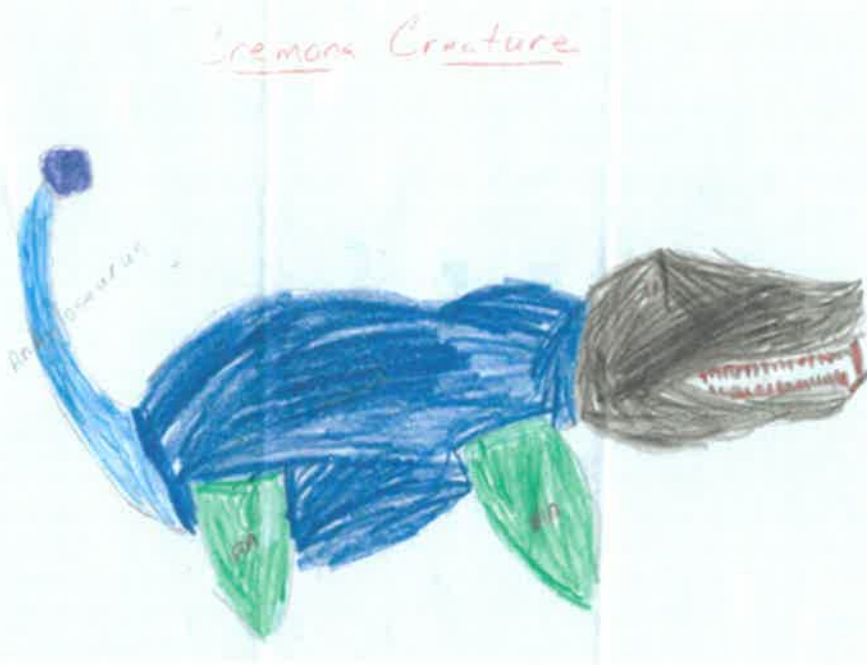
By - Jordy Germain

Dogan

The Dogan everyone thought it was a myth but no.... Its small, it loves the water and can turn invisible in the sun that is why it was never seen, In the Egyptian time it was they're companion. It travels in packs and all the packs formed together and they travelled to a small town and lived on the nature trail because it has water they hate the dark and love the light. Have you noticed your cows missing? This creature loves eating cows so make sure you have good fences that are fireproof because they breath fire right through your fence



By - Nevelle Ireland



Once upon a time, there were two little boys named Jack and Cole. One day, they were swimming in the lake, and they saw an animal peeking out of the water. It was a monster! The monster had a T-Rex head that scared the boys. They swam away but the monster was too fast, and he was quickly gaining on them. They swam deeper so the monster couldn't see them, but the monster swam deeper too. The boys saw that he had a T-Rex head, Woolly Mammoth body, Megalodon fins and an Ankylosaurus tail. The boys swam up and got out of the lake. They ran home and hid under their beds. As they talked about what they had just seen, they wondered if the monster was lonely and that's why he was chasing them. Maybe he wasn't chasing them...maybe he wanted to play! The boys brought him ocean food so that they wouldn't be eaten, and the monster climbed out of the lake and sat beside the boys. He offered each boy a fin to hold in their hands. The boys and monster went back in the lake for a swim and the boys took turns riding on his mammoth back. The monster and the boys became best friends and lived happy ever after.

By Jack and Cole Watson

The End

Lamadeer

Lamadeer
what it eats (flowers and grass)
where it lives (cool places and has the snow)
It is very friendly and kind
Lamadeer likes quite forests to rest in. Lamadeer does not like loud noises and bears

- What it eats – Flowers and grass
 - Where it lives – Cool places and likes the trees
 - How did it come to the Village – Where the mountains met the prairies
 - Its 4' tall
 - Its very friendly and kind
- Lamadeer likes quite forests to rest in. Lamadeer does not like loud noises and bears



By - Catalina Ireland

Creature Feature: Cremona Nature Trail

Name: TOM OR0 - Given to this being by the locals

Tom - A friendly enough name

OR0 - The Spanish word for Gold; as many of the "Old Timers" believe that this CREATURE has GOLD-TREASURE hidden somewhere along the Nature Trail

(And you just thought it was the Postal Code)

Appearance: This Creature appears as a tall shadowy/smokey man - like being, with RED glowing eyes. Really no one is sure what HE/SHE/IT is! (or even if this creature eats.)

Attitude: This CREATURE is very friendly to children; especially around July 1st. Children can find candy and chocolate wrapped in gold along the Nature Trail.

Warning: If you are and Adult wanting to find TOM OR0's gold treasure –**DON'T**
TOM OR0 does not suffer fools!
If you see Tom's Red Glowing Eyes -
All you'll get will be UN-WANTED
BAD LUCK!

By - Edward Michael Sullivan