

# Calmar Chronicle

**THROW A  
PEACH  
PARTY**

**GET PEACHY ALL MONTH LONG**  
*august is national peach month*

Fun Recipes  
on page  
15

# Calmar Fair Days

Movie in the Park - Friday

Kids Carnival

PARADE

# AND

BENCH SHOW

FLYIN' BOB

Fireworks

# Mega Market

SLO-PITCH TOURNAMENT & BEER GARDENS



# Calmar Days & Mega Market

August 19th & 20th 2016

Something for all ages!

Come join the fun!!!

- Family Movie in the Park Friday @8pm
- Pancake Breakfast—10:30 @ Curling Club
  - Parade Starts @ 11am
  - Bench Show @ Arena
  - Main Street Mega Market
- Kids Carnival Featuring Flyin' Bob @ Arena
  - Petting Zoo @ Arena
  - Weekend Slo-Pitch Tournament
    - Beer gardens
- HUGE FIREWORKS SHOW @10:30pm



# CALMAR FAIR

## BENCH SHOW

est 2008

If you have a hobby, and would like to show off your project in a fun, old timey style competition, keep reading! On August 20 Calmar is hosting the Calmar Fair Bench Show Competition in the Calmar Curling Arena. We are excited to announce that for the 9th consecutive year, Calmar will be home to a traditional bench show competition. But what is a Bench Show?

Bench Shows are sometimes called Agriculture Fairs, Fall Fairs, or County Fairs. Regardless of the name used, most people will recognize the Bench Show as an event where people win red, blue or white ribbons for baking the best pies or growing the finest vegetables. The Calmar Bench Show offers over 600 unique classes across four different age categories. All the classics like quilting, baking, sewing, painting and canning are still alive and well. However, we also have classes for more modern pursuits like photography, digital art, card making etc. This year we are introducing two special classes for our young people as well as two special classes

## LEGO CONSTRUCTION!

Every kid loves Lego, and there will be many different categories in which to compete. So if you like to build with Lego, here is your opportunity to make your masterpiece, showcase it to the community and compete against other Lego-minded kids. Or, bring your whole family out to see the:

**"BIGGEST LEGO COMPETITION IN ALBERTA!"**

Maybe your child's interest is in baking, we also have a special competition this year for the best

## **Chocolate Chip Cookie!**

Every child receives the same recipe which is printed in the Competition Guide which may be picked up from the Calmar Town office or you can find the exhibit classes on line at [www.calmarfair.com](http://www.calmarfair.com). Let your budding baker enter their most tempting cookie into a fun competition. There are many different categories in which to compete, so you'll want to enter more than one class.

This year we are excited to include a special class of Cake/Cupcake Decorating for adults. Here is your opportunity to make your masterpiece, showcase it to the community and compete against other like-minded artists. If your interest is in baking, we also have a special opportunity this year for you to enter your best Banana Bread into the Competition. The recipe is printed in the Competition Guide which may be picked up from the Calmar Town office or you can find the exhibit classes on line at [www.calmarfair.com](http://www.calmarfair.com). This exciting event gives you the opportunity to showcase your talent and interest in a fun, friendly competition. This event is open to everyone, regardless of age or hometown! So, mark your calendar and come on out to the Calmar Curling Arena! Exhibit registration is on August 18, 2016. The show is open for public viewing on Saturday, August 20, 2016 Bring the whole family to enjoy the entertainment at the Calmar Fair!

For more information, visit [www.calmarfair.com](http://www.calmarfair.com) or call Linda Vander Veen (780-985-2474)

For kids 12 and under, we're excited to offer a **colouring contest**

(limit 1 entry per child). The instructions are simple:

Bring the photo to life using coloured pencils, crayons, paint, sparkles, or whatever you choose. Bring the completed colouring page to the Calmar

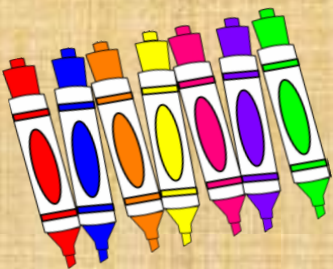
Fair Bench Show on Friday, August 19.

If you're 0-7 years of age, use Category 1001.

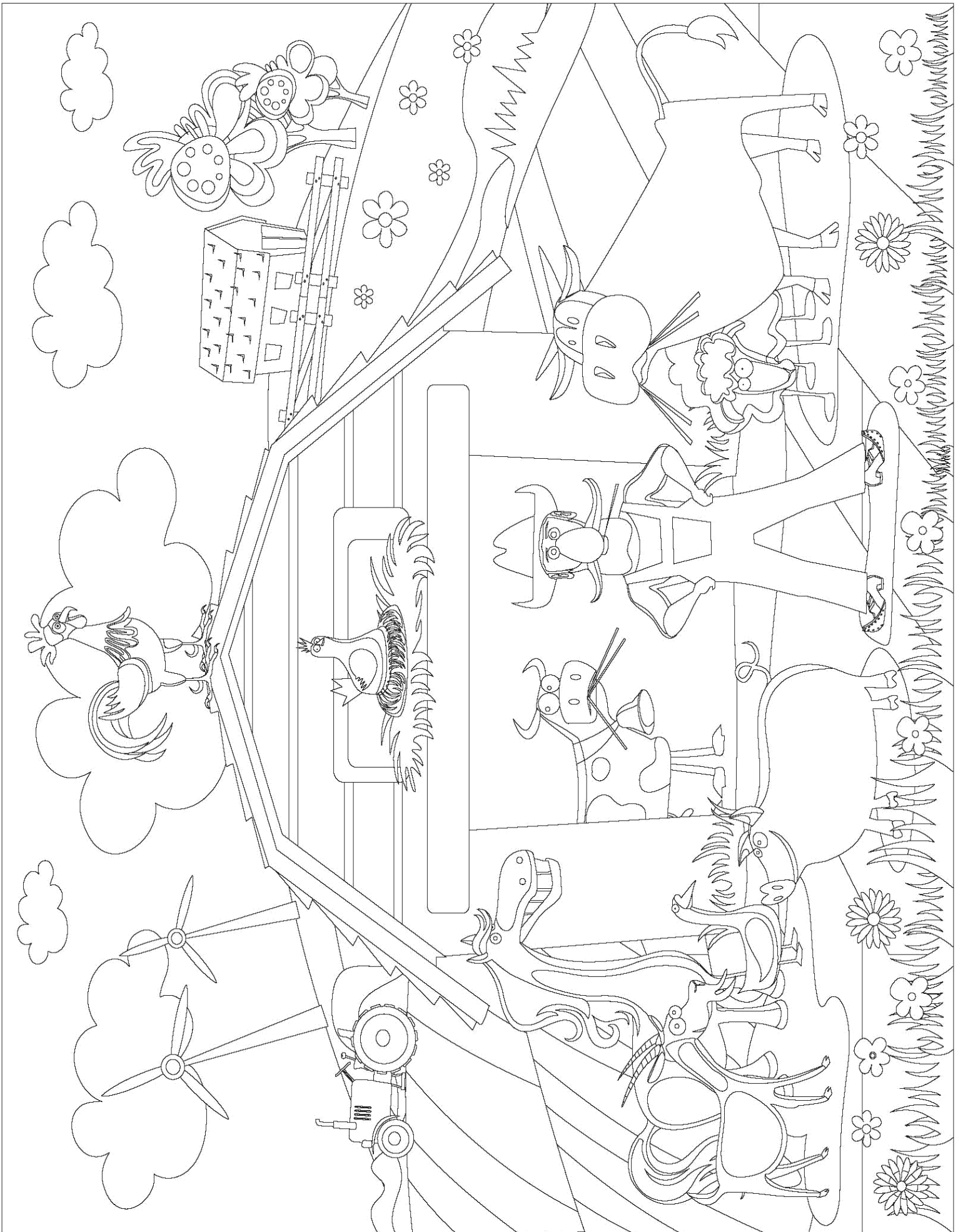
If you're 8-12 years of age, use Category 1000.

Name \_\_\_\_\_

Age \_\_\_\_\_ Category \_\_\_\_\_











# CALMAR FAIR DAYS and MEGA MARKET Parade Entry Form

PARADE COMMENCES @ 11:00 AM - SATURDAY, AUGUST 20, 2016

The Parade route begins at the Calmar Elementary School. All entries will line up facing South on 50th Street. The Parade will proceed down 50 Street and turn left onto Highway 39 and continue left on 47 Street.

You are invited to submit your application early due to limited space. The Town of Calmar reserves the right to reject any entry deemed not suitable for this event.

Parade Entry (Name of Business/Organization/Individual)

Contact Name

Mailing Address

Phone Number

Email Address

ENTRY CATEGORY

Commercial       Non-Commercial      Music?  Yes  
 Antique       Youth/School       No  
 Municipal       Band  
 Horse/Animal

Type of Entry

Float       Decorated Vehicle  
 People       Animals

ENTRIES MUST BE SUBMITTED BY 4:00 PM - AUGUST 15, 2016  
by dropping off at the Town Office, faxing to 780.985.3039 or via email [tphillips@calmar.ca](mailto:tphillips@calmar.ca)  
Enquiries Call: 780.985.3604 ext. 224 or email [tphillips@calmar.ca](mailto:tphillips@calmar.ca)

### RULES & REGULATIONS

**All participants must comply for both the participants and the spectator's safety!**

Marshalling starts @ 9:00 am along 50 street facing south starting at the Calmar Elementary School. Animal entries are requested to unload in the field in front the Elementary School.

1. All entries are to be lined up by 10:30 AM - to ensure proper placement in the lineup;
2. Distribution of Candy or other treats must be peanut free and wrapped. CANNOT BE THROWN.
3. All vehicles must be clean and decorated to a minimum of 80%. Float tow vehicles must be clean and tastefully decorated to complement the rest of the entries. (Exceptions made for antique vehicles.
4. Protective equipment, including helmets, must be worn for anyone operating bicycles, motorcycles and off-road vehicles.
5. Smoking is NOT permitted on or near floats or motorized entries.
6. Entries must continue to the completion of the parade route unless special circumstances arise.

PLEASE RETAIN THESE RULES FOR THE FLOAT OPERATOR OR OTHER PERSON RESPONSIBLE FOR YOUR ENTRY

Town of Calmar, 4901 - 50 Avenue, PO Box 750, Calmar AB T0C 0V0  
TOMMY PHILLIPS, Recreation Coordinator  
780.985.3604 ext. 224 / [tphillips@calmar.ca](mailto:tphillips@calmar.ca)





ANIMAL CONTROL OFFICER

Doris McAllister

780-719-6447

Contact Doris with any questions or concerns regarding animals in town.



St. Margaret Mary Church invites you to their

HOT LUNCH & BAKE SALE

Saturday August 20th

9:30am—3:00pm

**Hot Dogs**

**Chili & Bun**

**Coffee & Pop**

**Bottled Water**

Enjoy a light snack while you shop

West End of Main Street



Students must be 3 years old as of September 1, 2016 and must be potty trained.



For more info, please contact: [calmar.preschool.board@gmail.com](mailto:calmar.preschool.board@gmail.com)





# Relax & Renew Retreat

## *Hiking - Yoga - Fitness*



**Sept. 9 - 11, 2016 - Sundre, Alberta**

**Location: The Lodges at Panther River**

### Deluxe Cabins

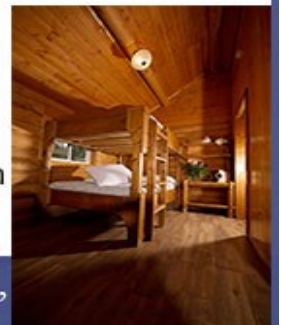
**\*\$468** PER PERSON IN SHARED ROOM OF 3

**OR** DOUBLE OCCUPANCY - \*\$528/person  
PRIVATE CABIN - \*\$730/person

### Standard Cabins

**\*\$398** PER PERSON IN SHARED ROOM OF 3

**OR** DOUBLE OCCUPANCY - \*\$480/person  
PRIVATE CABIN - \*\$630/person



**Price Includes:** ALL fitness & yoga classes, 2 guided hikes, all meals & 2-night accommodations.

For more pictures:  
[PantherRiver.com](http://PantherRiver.com)

**\* Earlybird pricing until August 5, 2016.**

**RV & Tenting options available starting at \*\$380/person.**

**Massage Therapist will be on site. Call for pricing.**

### *About the Retreat*

Get ready for an incredible wellness weekend filled with heart pumping fitness classes, meditative yoga sessions, and breathtaking hikes.

Escape from the hustle and bustle, and join us as for a relaxing retreat in the mountains surrounded by wild horses, valleys and rivers. You will leave inspired, motivated, and feeling recharged for Fall.



**Daria  
Kilburn**

**Brittany  
Miller**

### *For more information:*

**Brittany: 780-298-7936**  
[www.SealWithASmile.com](http://www.SealWithASmile.com)

**f Calmar Fitness**

**Daria: 780-729-7808**  
[www.dtouch.ca](http://www.dtouch.ca)  
[office@dtouch.ca](mailto:office@dtouch.ca)

**f Calmar Yoga**



# Calmar Fitness Fall Session

10 Weeks of Classes (Sept. 13 - Nov. 17)  
10 Week Pass for \$100 or \$12 Drop-In

## BodyPump Tuesdays at 6:30 p.m.

BodyPump is a 1 hour circuit class that works every muscle in your body! Great for beginners to advance students.



10 Week Session: Sept. 13 - Nov. 15  
10 week pass: \$100  
Drop-in: \$12



## HIIT Maximus Thursdays at 6:30 p.m.

HIIT Maximus is a 45 Minute aerobic & strength conditioning workout that will get your heart pumping!

10 Week Session Dates: Sept. 15 - Nov. 17  
10 week pass: \$100  
Drop-in: \$12



All classes are held at the Calmar Community Centre located at the corner of 48a Ave & 49 Street. The 10 Week Pass can be used for both Tuesday & Thursday classes.

For more information text or call Brittany at 780-298-7936 or check-out our Facebook page!



YOGA WITH DARIA IN CALMAR  
www.dtouch.ca

## SUMMER SCHEDULE

6 WEEKS / 12 CLASSES  
ONE SUMMER PRICE \$84.00  
EB (PAY BY JUNE 19TH) \$75.00

**THURSDAYS:**  
6-7PM FLOW YOGA (PREPARE TO SWEAT)  
7:15-8:15 PM YIN YOGA (RELAX & RESTORE)

WEEK 1: JULY 7TH  
WEEK 2: JULY 14TH  
WEEK 3: JULY 21TH



WEEK 4: AUGUST 11TH  
WEEK 5: AUGUST 18TH  
WEEK 6: AUGUST 25TH

to register:

P: 780 729 7808 E: office@dtouch.ca FB: dtouch

STAY TRUE AIM TRUE & ALL IS COMING

YOGA WITH DARIA IN CALMAR  
WWW.DTOUCH.CA

## DEEPEN YOUR PRACTICE

Sat., July 16th  
9:30am - 12:00pm  
MODULE I (\$55)

Sat., Aug 20th  
9:30am - 12:00pm  
MODULE II (\$55)

YANG & YIN ASANAS IN DETAIL  
INTRO TO MEDITATION  
HOW TO DEVELOP A HOME ASANA  
PRACTICE &  
BUILD YO DAILY SEQUENCE

Pricing:  
Module I+II \$100.00  
(each separate \$ 55.00)

All Inclusive YOGA pass \$184.00  
(2x workshops & 6 classes)

Early Bird (until June 19th) \$170.00

Incl. handouts, journal, FB & Email support group

to register: call 780 729 7808 or Email: office@dtouch.ca



# WASTE COLLECTION SCHEDULE 2016

■ ORGANICS COLLECTION    
 ■ WASTE COLLECTION    
 ■ BLUE BAG COLLECTION

JULY 2016						
SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

AUGUST 2016						
SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2016						
SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1


OCTOBER 2016						
SUN	MON	TUES	WED	THURS	FRI	SAT
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER 2016						
SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2016						
SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## CALMAR FAS GAS

CONVENIENCE STORE - LIQUOR STORE - CARWASH




**Darrin & Kathy Mills**  
5001 - 50 Ave. P.O. Box 1200  
Calmar, AB. T0C 0V0  
email - dkmills\_123@hotmail.com

Conv. Store 780-985-7224  
Liquor Store 780-985-3334  
Fax 780-985-3334

LITRE LOG

BUY MORE GAS. GET MORE CASH.



## Calmar Pharmacy Ltd

5002 - 50 Ave, Calmar AB T0C 0V0  
Front Store: 780.985.3142  
Pharmacy: 780.985.3121  
Website: www.calmarpharmacy.com

**Family owned and operated  
since 1977**

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Hours of Operation  
Mon. - Sat. 9:00 am to 7:00 pm  
Sun. & Holidays: 11:00 am - 5:00 pm

# CALMAR UNIQUE MARKET

MAY 24—AUGUST 16, 2016

**EVERY TUESDAY FROM 4:30PM—7PM**

**5019 47TH STREET - MIKE KARBONIK ARENA**

**CONTACT ELIZABETH 780-246-2090**







**FREE kids fun day!!!!**

**Center Park August 6 from 1pm—3pm**

**Games, Prizes, Bouncy House and More**

*Hosted by the Calmar Fire Department*

# Bus Transportation to Leduc



**Appointment? Shopping? Want to visit Planeview Place? Need to get to Leduc for other reasons?**

Leduc Foundation, supported by Leduc County, is operating a bus service from Warburg to Leduc (pick-ups in Thorsby & Calmar) on the FIRST and THIRD Thursday of each month.

Call Cloverleaf Manor 780-848-7717 to reserve your seat.

Limited to 18, first come, first serve

\$8 Warburg \$7 Thorsby \$6 Calmar

## 2016 Bus Trip Schedule

January 7 & 21	July 7 & 21
February 4 & 18	August 4 & 18
March 3 & 17	September 1 & 15
April 7 & 21	October 6 & 20
May 5 & 19	November 3 & 17
June 2 & 16	December 1 & 15





We would like to thank all those who came out to help celebrate Canada Day with us at the Calmar Spray Park. It was a fantastic day and we were very happy to see so many families out enjoying our wonderful park!

We would also like to take this opportunity to thank the following sponsors for their support. Your participation in our Barrel Leasing, Flower Bed Sponsorship programs and donations are vital to Calmar's Community in Blooms' ability to make our town look beautiful. This year your sponsorships also allowed us to donate \$1090.00 to the Fort McMurray Food Bank in support of those who were affected by the Fires. Thank you again for your generosity.

**Barrel Leases**

- ASSOCIATED AGGREGATES
- ATB
- BURGER BAR
- CALMAR CO-OP
- CALMAR DENTAL
- CALMAR ESSO
- CALMAR FAS GAS
- CALMAR FOODS
- CALMAR SENIORS CENTRE
- CALMAR VETERINARY CLINIC
- CERTIFIED SPRAY BOOTHS LTD
- COUNCILLOR TERRY BALABAN
- DC TINTING
- DRS DAVIES
- DYCK INSURANCE
- HARBOR HOMECARE
- LEE'S FAMILY RESTAURANT
- LIL PIECE OF HEAVEN
- MIRCHEEZ RESTAURANT
- MAYOR WALLY YACHIMETZ
- RHOOSTER TAIL HAIR SALON

**Donation**

- CALMAR LEGION

We are always in need of more volunteers. If you enjoy gardening or if you just like to have fun and can spare an hour or two a month, then we want you. If interested, please contact Lin Rehn at 780-886-7031 or email [calmarcib@gmail.com](mailto:calmarcib@gmail.com)



To all you Race Fans out there & those of you that support your wonderful community of Calmar & all those that make it Great!

You have a local lad & his Dad racing at Edmonton International Raceway again this season & so far are doing really well. Art Eilander is first in points right now in the Thunder Car class & his son Lane Eilander will be making his debut comeback this Sat the 16th starting at 5:30 pm. Lane started racing stock cars at the age of 12 & has won Two Championships since! He will be changing lanes a bit this year....moving from Feature Stocks to an 8 cylinder, rear wheel drive Firebird in the Thunder Car class! Lane & Art have worked really hard building & getting their cars Race Ready & would Love to see their community out cheering them on! \$10/ adult....kids are \$5 unless you're really little....then you're Free to get in! Some more Local Talent that's been helping out is Tyler DeMilliano & Colton Marshall....learning the ropes & considering racing themselves.

We race Every Saturday night at Edmonton International Raceway. ....out by We-taskiwin. ....& would love to see yall come cheer on your local boys....#88 & #17! Racing is an expensive & time consuming sport & if you know of anyone or would be interested in sponsoring them....Please give Art a call @ 780-278-0259. Huge shout out to our local Legion Branch #266 for helping Lane out this year & suiting him up with a new helmet & safety device. Thank you!

Next Friday & Sat....the 22nd & 23rd....EIR is hosting the Big Boys & tickets are on sale now! This will be an Awesome event & we are very excited to be a part of it & are ready & raring to entertain you all the Fri night.....hope you can join us & enjoy some Pintys wings as well as some Fantastic Racing! Bring the whole family & let's have some fun at Western Canada's Only Nascar sanctioned track!

Any questions please contact Loretta at Edmonton International Raceway' website Or call Rebecca Eilander @ 780-238-9943.

Boogedy Boogedy Boogedy Boys.....let's go Racin!

**Library Corner...**

**Teddy Bear Picnic**

Calling all Teddy Bears!!! Join Miss. Darlene at the Calmar spray park, Friday, August 12<sup>th</sup> at 10:00 am. Miss. Darlene will have lots of fun activities to do. This program is for 0 to 6 years old with caregivers (siblings are welcome). Don't forget your teddy bear! This program is in partnership with Leduc County Parent Link.

**TD Summer Reading Club**

The TD Summer Reading Club: "WILD" is in full gear. This year we have some exciting entertainers that will make you laugh, giggle and simply go "WILD"!

**July Line Up**

- July 13<sup>th</sup> Mary Lambert
- July 20<sup>th</sup> Mugsy
- July 27<sup>th</sup> Kompany Family Entertainment

**Participation is free, though registration is required.**

**PSSST**

The Library is working on a Lego program that will run on early dismissal day starting October 6<sup>th</sup>. Watch for more information.

**Do you know someone?**

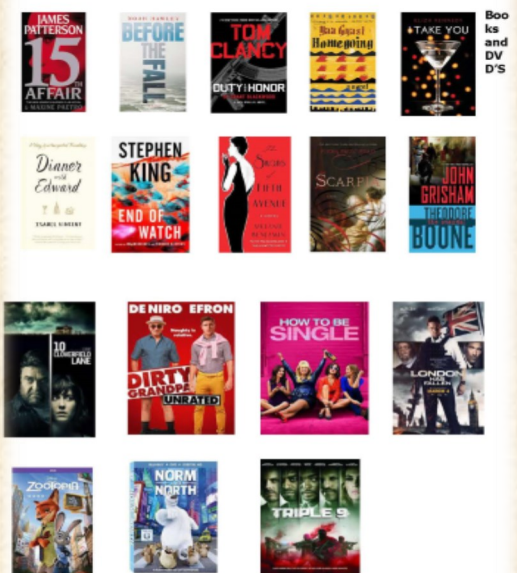
We are currently working on fall programming and would like to find a facilitator for adult colouring. If interested please contact the library.

Until next time.....

*Susan Parkinson*  
Manager

**Don't forget to like us on Facebook!**

**A few of our new items**



Books and DVD's



## Mayor's Corner

I hope everyone is having a great summer so far and I am glad to announce some initiatives that will hopefully make it even better. On August 19th, 20th, and 21st we will be hosting our annual Calmar Days and Mega Market. There are a number of activities to take in and we look forward to seeing you all there. As always, this event includes fun to be had for the whole family. There will be a Mega Market, Slow Pitch Tournament, Friday Movie Night, Parade, Pancake Breakfast, Bench Show, Fire Works and so much more. Again, we welcome each and every one of you, so mark your calendar and attend the 3 days of fun!!!

Most of the activities and events we enjoy in town would not be possible without the help of our volunteers, so I would like to give a big thank you to Lin Rehn, Janice Balaban, Pat Ashley and all volunteers for their effort in looking after the Canada Day Celebration at the Spray Park this year. It was a big success!

If you have a little bit of spare time on your hands and would like to volunteer to make Calmar the best Calmar it can be please come out on September the 9th for a sign up evening for all the groups and organizations in Calmar and Area who are looking for help. Please come out and sign up. Your help is needed and appreciated.

A reminder that we have are holding an Election, Tuesday, August 9th to fill the empty Councillor chair available! Please come out and vote!

As always if you have any questions or concerns you can ask myself or any of the Councillors and we will get you an answer to your questions or concerns. I can be emailed at [wychimetz@calmar.ca](mailto:wychimetz@calmar.ca) or via phone at (780) 722-4147. You can also come to council meetings on the first and third Mondays of the Month, between 6:30 and 7:00 and Council can address your questions or concerns.

LET'S MAKE CALMAR, THE BEST CALMAR THAT IT CAN BE!

Mayor Wally Yachimetz



**VOTE**

August 9, 2016

**Delorme**

**Town Councillor**

*Mannad@shaw.ca*  
<https://ca.linkedin.com/in/mannad44>





# LIN REHN

**Honest, Trustworthy  
Effective Communicator  
Team Player**

**Revitalize Our Downtown  
Promote Residential and Commercial Growth While  
Maintaining "Small Town Feel"  
Advocate for Youth Involvement in the Community  
Consensus Based Decision Making**

## **AUGUST 9th VOTE LIN REHN**

- **Calmar Economic Development Board Chairperson**
- **Calmar and District Recreation Board Member**
- **Calmar Communities in Blooms President**
- **Calmar Crime Prevention Group Member**
- **Human Resources Management**
- **Residential Councillor**
- **Advocate for Developmentally Challenged**
- **Victim Services Volunteer Team Leader**



**Lin  
REHN**

**780-886-7031  
linjrehn@gmail.com**



You are invited to a  
SENIORS INFORMATION SESSION

More details on Topics, Time and  
Location TBA

Tentative Date: September 27, 2016



**COME JOIN US!** Ages 5-13

**Where:** Gateway Family Church  
37A Parkview Cres

**When:** August 15-19

**Time:** 9:00 - 11:30

**FREE!**

**5-DAY  
CLUBS**

Stories  
Prizes  
Songs

**Facts  
of  
Faith**  
Psalm 51:7

Games  
Snacks  
Crafts

### What are 5-Day Clubs?

They are groups of boys and girls gathered for five consecutive days to hear Bible stories, sing songs, and memorize Scripture. These clubs are taught by Christian men and women trained in Child Evangelism. The teacher uses visual aids in teaching the lessons.

These clubs are affiliated with Child Evangelism Fellowship, an interdenominational organization which is international in scope.

-There is no cost to you!

-Parents are welcome to visit the club at any time.

For information and to register contact:

**Giselle Messer**

E-mail: [rgmesser@explornet.com](mailto:rgmesser@explornet.com)

Phone or text: 780.721.3445

## Junior 'C' Hockey CALMAR CONDORS

Ages: 18-20

Registration forms due August 15

Contact Tammy McLean

For more information

780-298-3410

Or

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



## Black Gold

## Tae Kwon Do

Classes starting September 7

Ages 5+

Monday & Wednesdays

Contact Daniel Blush

780-985-7245 - h

780-910-6651 - c

[dtblush@telus.net](mailto:dtblush@telus.net)



## Peach Sangria (Adults Only) [www.allrecipes.com](http://www.allrecipes.com)

- ◆ 1 (750 milliliter) bottle dry white wine
- ◆ 3/4 cup peach flavored vodka
- ◆ 6 tablespoons frozen lemonade concentrate, thawed
- ◆ 1/4 cup white sugar
- ◆ 1 pound white peaches, pitted and sliced
- ◆ 3/4 cup seedless red grapes, halved.
- ◆ 3/4 cup seedless green grapes, halved



In a large pitcher, combine dry white wine, peach vodka, lemonade concentrate and sugar. Stir until sugar is dissolved.

Add sliced peaches, red and green grapes.

- 1) Refrigerate sangria until well chilled, at least 2 hours, or overnight to blend flavors.
- 2) Serve over ice, and use a slotted spoon to include sliced peaches and grapes with each serving

## Peaches & Cream Popsicles [www.sugarandcloth.com](http://www.sugarandcloth.com)

- ◆ 2 cups chopped fresh peaches
- ◆ 1/2 cup sugar
- ◆ 1/2 cup water
- ◆ 2 tbsp sugar
- ◆ 1/8 tsp vanilla
- ◆ 1 cup greek yogurt
- ◆ 1 cup milk



Combine 1/2 cup water and 1/2 sugar in a small saucepan and heat over medium heat. When it comes to a boil, turn down the heat and simmer for 5 minutes, until all the sugar is melted. Set aside and let cool– this will be your simple syrup.

Next, combine the fresh peaches and about 2 tbsp water in a saucepan over medium heat. Crush the peaches gently with a potato masher or wooden spoon as the pan is heating up. You want to make sure you don't burn the peaches, but heat them enough to let them juice. When the peaches are mostly just clumps, strain the mixture over a bowl and keep the juice. Add the simple syrup to the peaches until it's sweetened to your liking– I used about 3/4 of the syrup.

Lastly, we'll create the cream mixture. Mix together the greek yogurt, milk, and 1tbsp sugar and vanilla. Then it's time to create the pops! Alternate pouring the peach mixture and cream mixture into the popsicle mold, freezing for 20 minutes in between each layer.

## Grilled Peaches [www.foodnetwork.com](http://www.foodnetwork.com)

- ◆ 1 stick unsalted butter, at room temperature
- ◆ 1 teaspoon cinnamon sugar
- ◆ 2 tablespoons granulated sugar
- ◆ Pinch salt
- ◆ 4 ripe peaches, halved and pitted
- ◆ Canola oil
- ◆ Mint leaves, for garnish



In a small bowl add the butter and stir until smooth. Add the cinnamon sugar, granulated sugar and salt and mix until combined. Heat grill to high. Brush peaches with oil and grill until golden brown and just cooked through. Top each with a few teaspoons of the butter and garnish with mint leaves



## Senior Center Events

- August 5, 2016 - Foot Care Nurse. Please call Aileen for appointment 587-991-4132.
- August 16, 2016 - Seniors Birthday celebrations, 1:30 p.m. Bring family or friends, a snack, and enjoy! Everyone welcome!
- August 20, 2016 - Come out and treat yourself to a snack at the Seniors pavilion. 10:00 a.m. - 2:00 p.m..

Help recognize and support our Seniors.



Content for September newsletter must be submitted by August 15th, 2016.

Full Page -\$100.00

Half Page-\$75.00

Quarter Page-\$50.00

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Community Groups Are FREE

Contact Emily with any questions, or content to be published.

ehopkins@calmar.ca

780-985-3604

**COMMUNITY AWARENESS & REGISTRATION**

Thursday, September 8, 2016  
6:30 pm - 8:00 pm  
Calmar Elementary School  
5402-50 Street

Inquiries Contact Yvonne Telephone: (780)985-3191 or  
(780)985-3604 Ext 227  
Email @ YPearson@calmar.ca



FREE Refreshments & Snacks

Various Community Groups & Organizations will be participating

**JOIN US &**  
Learn about what the Community of Calmar has to offer.  
Something appealing for all ages.

