

CALMAR CHRONICLE

February 2018



**NOTICE: OUR OFFICE
WILL BE CLOSED ON
FEBRUARY 19TH FOR
FAMILY DAY**



- In This Issue:***
- Town Board Member Ads
 - Department Updates/Mayor's Corner
 - Community Calendar
 - Senior's Citizen's Club
 - Did You Know?
 - Calmar Library
 - Firefighter Recruitment
 - Family Day Unplugged
 - Alberta Order of Excellence
 - Advertising



Public Communication Committee Public-At-Large Members Needed

The Town of Calmar has established a five member Public Communication Committee (PCC) comprised of two members of Town Council, one appointed Administration Support Staff and two members of the Public-At-Large. The purpose of the PCC is to promote and execute more effective ways of communicating events and information held by the Town of Calmar to the residents and groups of Calmar.

The Committee is in need of two members of the Public-At-Large, one in the age group of 20-50 and one in the age group of 50+. The Town of Calmar invites written applications, from interested Calmar residents, requesting appointment to the Committee. Applicants should submit reasons for their interest in the vacancy.

Please submit your letter of interest as to why you want to serve as a Committee member to: Amanda Eigenbrood, Chairperson for the PCC at aeigenbrood@calmar.ca, or:

Town of Calmar
Box 750, 4901 – 50th Ave
Calmar, AB T0C 0V0
Fax: 780-985-3039
Phone: 780-985-3604 Ext 232

This vacancy shall remain open until applicants are selected.



Calmar FCSS Board Members Needed

The Town of Calmar has a local FCSS Board. The Board is comprised of one member of Council and six (6) members of the Public at Large. At present the Board is inoperable as it only has one member being that appointed from Council. The Board shall meet for no less than 5 meetings each year.

A “Letter of Interest” should be submitted to the Town of Calmar:

Town of Calmar
Box 750
4901-50th Avenue
Calmar, AB, T0C 0V0

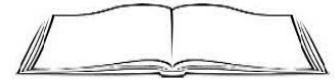
For more information please contact Yvonne Pearson (FCSS Coordinator) at 780.985.3191 or ypearson@calmar.ca



Calmar Public Library Board Members Needed

Get involved with your Library!

What would be expected of me on the board?



- Attend board meetings and participate in decision making that will affect the long-term success of the Library.
- Support events that are organized on behalf of the Library.
- Be an advocate of the Library to others.

We are now looking for 3 members to join the Board and would like to hear from anyone interested in joining.

A "Letter of Interest" should be submitted to the Town of Calmar:

Town of Calmar
Box 750
4901-50th Avenue
Calmar, AB, T0C 0V0

You should state your areas of expertise beyond that of a passion for literature and a commitment to helping to provide the best quality library service in our community.

For more information please contact Susan Parkinson (Library Manager) at 780.985.3472 or calmarlibrary@calmarpubliclibrary.ca



Calmar Public Library Friends of the Library

Get involved with your library!

If you are interested in starting a
Friends of the Library Society please contact:

Susan Parkinson (Library Manager) at 780.985.3472 or
calmarlibrary@calmarpubliclibrary.ca

Director of Operations/Land Development's Corner

Hi everyone, hope the first Month of 2018 was a good one, and all the best to everyone for the rest of 2018.

This year could prove to be busy for the Town of Calmar, there are many changes to the Municipal Government Act which need to be addressed. A couple changes are the requirement to have an Inter-Municipal Development Plan, as well as an Inter-Municipal Collaboration Framework, both of these documents will ensure that the Town of Calmar and Leduc County's vision for future growth are compatible.

With the legalization of Cannabis coming in the near future there will also need to be amendments to our Land Use By-law to address, distribution as well as processing of the product.

Some changes have been made to the Business License process, and we would like to remind everyone that to operate a business within the Town of Calmar you require a Development Application and a Municipal Business License. Business's now have the option of having a joint Business License which would include Thorsby, Warburg, Breton, as well as Calmar. There is an additional cost for this license. Please call the Town Office and speak to Ruth with all your Development and Business License concerns and questions.

We are currently in the process of replacing our Parks & Recreation Coordinator, as Tommy Phillips has resigned his position, and relocated to the City of Lethbridge. We have received numerous applications and hope to fill the position shortly. We are also looking to fill some volunteer positions on the Economic Development Committee, as well as the Rec Board. If you have some free time and would like to promote/assist your community please bring in your letter of interest for these positions.

I would like to address a few housekeeping reminders. For those of you using Heat Tapes on water lines, ensure they are plugged in and working. Also with the drastic weather changes we have been experiencing this winter, please ensure sidewalks are kept clear of ice and snow. If you are using extension cords across sidewalks please ensure they are properly marked to avoid trips and falls.

I would also like to remind everyone that you no longer receive a notice in the mail for your vehicle registration, don't forget to get your 2018 sticker.

All the Best in 2018.

Ed Melesko
Director of Operations/Land Development

Greetings and Happy New Year! Sending you all wishes of a healthy, happy and prosperous year in 2018.

Thank you for all the support and generosity of the food, gifts, volunteer time and monetary donations. We were able to accommodate 35 families, (61 adults and 56 children) with hampers. The Calmar Christmas Elves Food Drive collection of food and gifts were somewhat less than the previous year however the Calmar & District community members and Town of Calmar business' all contributed throughout the weeks before the completion of the Christmas Elves hampers therefore making it possible to provide the families the opportunity to enjoy a family Christmas season and dinner with perhaps a little less pressure during the holiday season.

Angel Tree of Children's' Gifts

Thank you for the overwhelming response to the Angel Tree of Gifts. All the children registered in the program received gifts of their wishes. We were so excited to experience the enthusiasm and generosity.

Genuinely grateful,

The Calmar Christmas Elves Team



*Darlene Behiel, Tracey Gordon
& Yvonne Pearson*



PROGRAM INFORMATION

Canada Revenue Volunteer Income Tax Program
Available from March 6—April 27, 2018

VOLUNTEER INCOME TAX PROGRAM

BEGINNING MARCH 6, 2018

HELP IS AVAILABLE FOR FREE

FOR SENIORS, STUDENTS, OR RESIDENTS
WITH LOW INCOME

TAX RETURNS DONE BY APPOINTMENT ONLY

FOR AN APPOINTMENT OR MORE INFORMATION CONTACT
FCSS COORDINATOR YVONNE @ 780-985-3191
EMAIL: ypearson@calmar.ca



Youth CPR Training Program—

⇒ Possible program for youth ages 12 years old to 17 years of age.

⇒ We would need 8 participants registered in order run the program

⇒ Please contact me and if interested in having your children participating

Yvonne @ (780)985-3191 or email @ ypearson@calmar.ca



CPR

National Volunteer Week April 15—April 21, 2018

Mayor's Corner

Happy February Calmar! The beginning of the year has been a quiet time in our Community, but I look very forward to the dawning of Spring in March, in light of the recent cold snap we have had.

Family Day is on February 19th and The Calmar Curling Club is holding a Family Day Funspiel. Contact Crystal at (780) 887-2862 to sign up or any questions you may have. This is a really great way to see if you or your family would enjoy curling as an activity.

With the beginning of a New Year, comes the task of working on a new budget. Council and Administration will be working on the 2018 Town budget to once again keep spending in check. I am very proud to say that Council over the last seven years has kept the Municipal tax increase to an average of 1.5 percent per year.

With that said, please keep in mind that we have no control over what the Provincial School Tax portion will be on your taxes, as that is determined by the Provincial Government.

I would like to congratulate the Calmar Bottle Depot for winning the Alberta Bottle Depot Association Award for Program Excellence. This is the fourth time the Calmar Bottle Depot has won this award. This award is not easy to achieve and I commend the Management and Staff of Calmar Bottle Depot for their hard work, dedication and service excellence that they provide to Calmar and surrounding area!

A big shout out to the hard working staff involved at the Calmar Arena! The Arena was just inspected by Provincial Safety Code Officers. The staff was told that the Safety of our Arena and Facility has set the bar very high for other communities! This was one of many welcome and positive comments about our upgraded arena! Thank you again to our Staff for all of your hard work and dedication!

As always if you have any questions or concerns you can contact me or any of the Councilors. We will answer your questions as soon as possible. I can be reached at wychimetz@calmar.ca or call me at (780) 722-4147 anytime. I would love to hear from you! You can also address all of Council between 6:30 and 7:00 pm before the council meeting held on the first and third Mondays of the Month.

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

Sincerely,

Mayor Wally Yachimetz

Finance Department Report

Well, the start of a new year is upon us. We hope that everyone had a very merry, happy and safe Christmas and New Year. The cold and flu seems to be everywhere and the staff with the Town have not been exempt. It's been a tough couple of months after such a beautiful start to the late fall and winter.

The staff are eagerly gathering the necessary documentation for the 2017 Financial Statements to be prepared in anticipation of the Auditors commencing the annual audit on February 5th, 2018. We are also currently preparing the 2018 -2020 Town Operating Budget and 2018 Town Capital Budget for presentation to Town Council around the end of January. Stay tuned, as we will advertise the Budget Meetings on the Town Website and on the Electronic Message Board.

Respectfully submitted,
E. Michael Storey, CLGM
Director of Finance

PEACE OFFICER'S CORNER

Hello Everyone....

I hope you all had a great Holiday season and got some time to relax. Some things to remember:

- Please ensure sidewalks are cleaned at maximum 48 hrs after snow fall.
- Check your headlights to make sure both are operating.
- Remember to move your vehicle when signs go up for snow plow and removal.
- No loose animals of any type are allowed in town.
- Zero tolerance on drinking and driving, you will lose your license.
- Buckle up so you make it home each night to your families. Wear it for them, if not for yourself.
- Please do not text and drive.
- Watch for pedestrians in crosswalks
- Speed kills, let's all keep our speeds down on these icy roads.

Remember, one bad decision can change your life or the life of another.

Hope you all have a safe and happy 2018.

CPO LEGGIO

February 2018

<https://www.canada.ca/en/health-canada/services/calendar-health-promotion-days.html>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Psychology Month		<i>Happy Valentine's Day</i>		<i>1 Eating Disorder Awareness Week Starts Unplugged Contest starts</i>	<i>2</i>	<i>3</i>
<i>4 World Cancer Day</i>	<i>5 Council Meeting 7PM</i>	<i>6</i>	<i>7</i>	<i>8 Eating Disorder Awareness Week Ends</i>	<i>9 Firefighter application entries due</i>	<i>10</i>
<i>11</i>	<i>12</i>	<i>13</i>	<i>14 Unplugged Contest Deadline Happy Valentine's Day!</i>	<i>15 Nominations due for the Alberta Order of Excellence Award</i>	<i>16</i>	<i>17</i>
<i>18</i>	<i>19 Family Day Town Office Closed</i>	<i>20 Council Meeting 7PM</i>	<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>
<i>25</i>	<i>26</i>	<i>27</i>	<i>28 *Pink Shirt Day *Rare Disease Day</i>			Please note, we recognize and respect that there are additional awareness dates, but for this Edition, we only highlighted a select few. Thank you.



What is World Cancer Day?

<http://www.worldcancerday.org/>

A truly global event taking place every year on 4 February, World Cancer Day unites the world's population in the fight against cancer.

It aims to save millions of preventable deaths each year by raising awareness and education about the disease, pressing governments and individuals across the world to take action.

Why World Cancer Day is important:

- Currently, 8.8 million people die from cancer worldwide every year, out of which, 4 million people die prematurely (aged 30 to 69 years)

- World Cancer Day is the ideal opportunity to spread the word and raise the profile of cancer in people's minds and in the world's media



nedic
National Eating Disorder Information Centre
www.nedic.ca

For information and support call 1-866-NEDIC-20 or 416-340-4156
Talking saves lives.



Pink Shirt Day

February 28, 2018



2018 FOCUS: CYBERBULLYING



In today's digital world, it can be impossible to escape online bullying, whether it takes the shape of harassment, spreading rumours, sharing embarrassing information or threats. This year, Pink Shirt Day is encouraging others to combat cyberbullying by thinking twice before posting something negative, and instead using the internet to spread kindness - because we know that Nice Needs No Filter!



<https://www.pinkshirtday.ca/>

Find out what Rare Disease Day is about:

28 February 2018 will be the eleventh international Rare Disease Day coordinated by EURORDIS. On and around this day hundreds of patient organizations from countries and regions all over the world will hold awareness-raising activities.



What?

Rare Disease Day takes place on **the last day of February each year**. The main objective of Rare Disease Day is to **raise awareness** amongst the general public and decision-makers about **rare diseases and their impact on patients' lives**. The campaign targets primarily the general public and also seeks to raise awareness amongst policy makers, public authorities, industry representatives, researchers, health professionals and anyone who has a genuine interest in rare diseases.

Why?

Building awareness of rare diseases is so important because 1 in 20 people will live with a rare disease at some point in their life. Despite this, there is no cure for the majority of rare diseases and many go undiagnosed. Rare Disease Day improves knowledge amongst the general public of rare diseases while encouraging researchers and decision makers to address the needs of those living with rare diseases.

<https://www.rare diseaseday.org/>

February is...

PSYCHOLOGY MONTH



February is...



PSYCHOLOGY MONTH

<http://www.cpa.ca/psychologymonth/>

Psychology tells us about how we live, work, and play. So get involved and help us celebrate all the ways #PsychologyWorks to build a better and stronger Canada!

Psychological treatments are less expensive than, and at least as effective as, medication for a number of common mental health conditions.

#PsychologyWorks

Research shows psychological treatments work better than medication for most types of anxiety.

#PsychologyWorks

Learn more at www.cpa.ca/psychologymonth.



This year we are promoting the message that One Size DOESN'T Fit All, to shine a light on the fact that Eating Disorders can and do affect individuals of all genders, ages, races and ethnic identities, sexual orientations and socio-economic backgrounds.

Do you want Better Internet??
axia has a solution for the Town of Calmar!



**CHOOSE THE MOST
RELIABLE, UNRESTRICTED
SPEED-OF-LIGHT INTERNET
CONNECTION.
CHOOSE TO LIVE IN A
FIBRETOWN**

Express your interest today at
axia.com/alberta

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AT THE SPEED OF LIGHT

AXIA AT THE SPEED OF LIGHT
IMPROVING LIVES



CALMAR AND DISTRICT SENIOR CITIZEN'S CLUB FEBRUARY 2018 NEWS



The Calmar and District Senior Citizens Club would like to invite all seniors and guests to come and take part in activities. We are a friendly fun diverse group of seniors. If you like to visit or dance come and check out the Music Jammers. The lunch is sure to delight, and you get value for your money, at \$5.00 for the afternoon of great music and a light lunch. The musicians will take requests! Come out meet new friends and have an afternoon of fun.

Birthdays are another opportunity to meet new people as well as old friends, and usually there is a cake or two that is always delicious.

Annual General Meeting will be held March 14, 2018. Light lunch served at noon, meeting to follow.

ACTIVITIES TO LOOK FORWARD TO AT THE CALMAR AND DISTRICT SENIOR CITIZEN'S CLUB
LOCATION ARE AS FOLLOWS:

- February 5, Drop in Coffee 9am-noon
- February 12, Drop in Coffee 9am-noon
- February 14, **NO GENERAL MEETING**
- February 19, Drop in Coffee 9am-noon
- February 21, Birthdays 1:30 (if this is your birthday month please bring a baked item to share)
- February 26, Drop in Coffee 9am-noon
- February 27, Music Jammers 1:00p.m. Fee is \$5.00 Light lunch served.



Hall rentals cost for meeting up to 4 hours \$75 and more than four hours \$150 plus equal amount for deposits, please call Ed
780-985-3221

NOTICE: PROPERTY FOR SALE



Pursuant to the Tax Recovery process in the Municipal Government Act, the single family residence, **located at #5202 – 52nd Street**, was offered for sale, at a price of \$222,000.00, at a Public Auction held on July 14th, 2017. The property was not sold at the Auction and the Town of Calmar has taken title to the property. The Town now rents the property to the previous owner.

Pursuant to further processes in the Municipal Government Act, the property may now be sold by private sale with no further notice to the previous owner. A sale may be initiated by a person or persons by presenting a bona fide offer, along with a 10% deposit, based on the offer, to the Town Council of the Town of Calmar. Council may entertain any offer that is reasonably close to fair market value.

Should you have any questions in this regard, please contact Director of Finance Mike Storey at mstorey@calmar.ca or call 780-985-3604 extension 226.

Would you use an app if we had one for the Town of Calmar?

Stay tuned; more information will be released over the next few months!



Do you have an hour once a month you can spare?

Have some great ideas how to make Calmar the best it can be?

Want to be involved in your Community and help deliver its fantastic services?

We want you!

If we can get a few people to volunteer their time on any of the Boards/Groups, see page 2, the programs will have a better chance to shine.

We all want to see Calmar continue to be able to deliver the best services possible to all residents. With your help, we can continue to achieve this.

Thank you!

Need a place to throw a birthday party? Baby Shower? Arts and Crafts events? (The possibilities are endless!)

Check out our **Community Hall!** (formerly Scouts Hall) on 4815-49th Street

Current Rates are:

\$25.00 Min. Charge for 1-4 Hours
\$50.00 for Full Day

(with a \$150.00 refundable damage deposit)

Check out our [online calendar](#) to see if the date you need is available.

Then fill out this [application form](#) to request your chosen date and time.

If you have any questions please contact Ed @ emelesko@calmar.ca or 780-985-3604 ext. 234. More at www.calmar.ca

Did you know?

The Town also offers the option for your utility payments to be automatically withdrawn.

You will still receive your regular bill in the mail, stating "Do Not Pay". Your amount due will automatically be withdrawn on the 6th of each billing month (every two months).

This will help ensure your accounts are always in good standing with no penalties or transfers to Tax accounts.

If you are interested, or have more questions, please contact Darlene @ 780-985-3604 ext. 222 or dparchoma@calmar.ca

Did You Know?

The Town offers a penalty free payment plan specially for Tax Accounts. TIPS.

You can sign up anytime throughout the year!

(Will need to pay up front for the months that have already passed, to stay caught up).

All you need is a signed [PAD](#) form and a VOID Cheque/Direct Deposit paper from your Bank.

No missed due dates and penalties, no need to renew every year. Just an automatic withdrawal from your account once a month.

~The payment is calculated based on your most current levy~

If you are interested, you can find more info at

www.calmar.ca

Or by contacting Amanda @

aeigenbrood@calmar.ca or

780-985-3604

ext. 232

What's Happening at the Calmar Public Library

FEBRUARY 2018

Save Your Photos Thursday February 1, 2018 1:00 pm to 2 pm



Learn how to save your **photos** forever! Attend this **FREE** educational event to learn:

- The ABC's of photo organizing
- What you need to know about the "Cloud"
- How to manage your cell phone photos
- The steps to creating a family photo plan
- Converting & preserving outdated media like slides/film/video
- How to manage your digital assets & preserve your privacy online
- How to pass on to future generations, your photos & memories

RSVP 780.985.3472 or call Facilitator Tannis Wing 780.885.1647

Home Alone Workshop Wednesday, February 7, 2018 5:30 pm to 7:30 pm



This workshop will enhance your child's skill and confidence to stay home alone while giving you the knowledge about what your child needs in order to be ready. This course focuses on home alone skills and readiness, as well as emergencies, back up plans and scenario practices.

Children must be minimum of 9 years old & attend with a parent.

To register for this workshop, contact Sara at 780.955.6424. Space is limited.

Declutter Your Life! Wednesday, February 28, 2018 7:00 pm to 8:00 pm



Is your clutter getting in your way of obtaining a stress-free life? Not sure where to begin or how? Join Jamie Rathor as she shares the secrets of how to start tackling the clutter in your life.

RSVP for this FREE program at 780.985.3472








Coming Soon:

March 12th & 14th: Colour Spectrum with Darlene Ede

March 21st: Triple 3: Managing Fighting and Aggression



**Check out our webpage: www.calmarpubliclibrary.ca
Call 780.985.3472 for more information.**

CALMAR PUBLIC LIBRARY FEBRUARY 2018 PROGRAMS						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11:00 am – 5:00 pm 1:00 – 2:00 Save Your Photos	2 11:00 am – 5:00 pm 1:00 – 2:30 Mother Daughter Book Club	3 11:00 am – 3:00 pm
4 	5 11:00 am – 8:00 pm 11:30 am Zook (Adult)	6 11:00 am – 5:00 pm 1:30 pm Knitting (Everyone)	7 11:00 am – 8:00 pm 10am- 11am Parent Link (0-5 with caregiver) 5:30 – 7:30 Home Alone Workshop	8 11:00 am – 5:00 pm No Teen Time See you next month!	9 11:00 am – 5:00 pm	10 11:00 am – 3:00 pm
11 	12 11:00 am – 8:00 pm 11:30 am Zook (Adult)	13 11:00 am – 5:00 pm 1:30 pm Knitting (Everyone)	14 11:00 am – 8:00 pm 10am- 11am Parent Link (0-5 with caregiver) 1:30 pm – 3:30 pm Art & Stuff	15 11:00 am – 5:00 pm	16 11:00 am – 5:00 pm	17 
18 	19 	20 11:00 am – 5:00 pm 1:30 pm Knitting (Everyone)	21 11:00 am – 8:00 pm 10am- 11am Parent Link (0-5 with caregiver)	22 11:00 am – 5:00 pm 3:30 – 4:30 Tween Book Club (7-12 years)	23 11:00 am – 5:00 pm	24 11:00 am – 3:00 pm
25 	26 11:00 am – 8:00 pm 11:30 am Zook (Adult) 6:30pm Adult Book Club	27 11:00 am – 5:00 pm 1:30 pm Knitting (Everyone)	28 11:00 am – 8:00 pm 10am- 11am Parent Link (0-5 with caregiver) 7pm – 8pm "Declutter Your Life" with Jaime Rathor		For up to date information check out our webpage www.calmarpubliclibrary.ca	

FOR MORE INFORMATION CALL 780.985.3472 CALMAR PUBLIC LIBRARY 4705 50 AVE PO BOX 328 CALMAR ALBERTA T0C 0V0



Turning Down the dial on **ANXIETY**

- * Change the way you think *
- * Learn relaxation techniques*

Leave this session with useful coping skills and a toolbox full of strategies to take with you.

**Taught by our PCN
Mental Health Clinicians**

Select from these FREE, 3 week education sessions

February 1, 8 & 15, 2018

April 12, 19, 26, 2018

September 13, 20, 27, 2018

November 15, 22, 29, 2018

All classes held Thursdays from 4:00 - 6:00 pm


LEUDIC BEAUMONT DEVON

To register, visit
www.lbdpcn.com
or call 780-986-6624

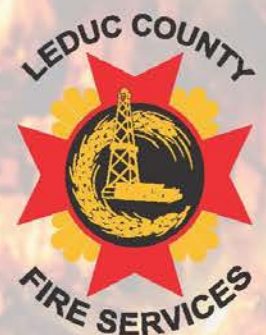


LEDUC COUNTY FIRE SERVICES
NOW RECRUITING

PAID ON-CALL FIREFIGHTERS
IN THE THORSBY, CALMAR, NISKU
AND NEW SAREPTA FIRE DISTRICTS

Paid on-call firefighters receive professional-level NFPA training at no personal cost and gain valuable hands-on experience through training scenarios and emergency calls.

APPLY ONLINE BY FEB. 9 AT
LEDUC-COUNTY.COM/RECRUITMENT
OR CALL **780-955-7099**



Family Day Unplugged



Disconnect to **Connect**[™]
with yourself • family • community

Family Day Unplugged 2018 contest

Hosted by Leduc County FCSS

Family Day Unplugged is an initiative that encourages families to put away their cell phones, shut down their computers, and turn off their TV's and video games in favour of spending quality time with each other. We believe that disconnecting from technology encourages connection with others and increased engagement to experiences. It will allow you to participate in quality family time fully and without distraction.

Pick up an entry ballot starting Feb. 1 at any Parent Link site or public library in Calmar, Thorsby Warburg or New Sarepta, or contact sara@leduc-county.com for more information.

Families who participate in this activity will have a chance to win a Family Day Unplugged prize pack. Contest deadline is Wednesday, Feb. 14.

In order to be eligible for the prize draw, your family must be residents of Leduc County, Calmar, Thorsby or Warburg and be willing to complete a survey. The prize winner will be notified by phone on Friday, Feb. 16.

Celebrate Family Day on Monday, February 19!





S.M.I.L.E. EDUCATION CLASSES
(January 2018 to June 2018)

All classes are open to the public
Classes are in Leduc unless otherwise noted
All class times are afternoon or evening (pm)

Chronic Disease Management Classes

Diabetes 101

Wednesday February 21 (4:00 – 6:30)
Tuesday March 20 (1:00 – 3:30)
Thursday April 19 (6:30 – 9:00)
Tuesday May 15 (1:00 – 3:30)
Thursday June 14 (1:00 – 3:30)

Nutrition for Diabetes

Wednesday February 28 (4:00 – 6:30)
Tuesday March 27 (1:00 – 3:30)
Thursday April 26 (6:30 – 9:00)
Tuesday May 22 (1:00 – 3:30)
Thursday June 21 (1:00 – 3:30)

Heart Healthy

Tuesday February 13 (4:00 – 6:30)
Tuesday May 8 (4:00 – 6:30)

Weight Management Classes

Getting Started: Your Best Weight

Thursday February 22 (1:00 – 3:30)
Wednesday April 12 (1:00 – 3:30)
Tuesday May 17 (6:30 – 9:00)
Thursday June 7 (4:00 – 6:30)

The Truth About What Works in Weight Management

Tuesday April 17 (4:00 – 6:30)

What's for Dinner? Meal Planning 101

Wednesday March 7 (1:00 – 3:30)
Thursday May 24 (6:30 - 9:00)

Craving Change™ Workshop

(3 part class - \$10 fee for workbook)
Thursday March 8, 15, 22 (6:30 - 9:00)

Group Activity Class

Move into Health:

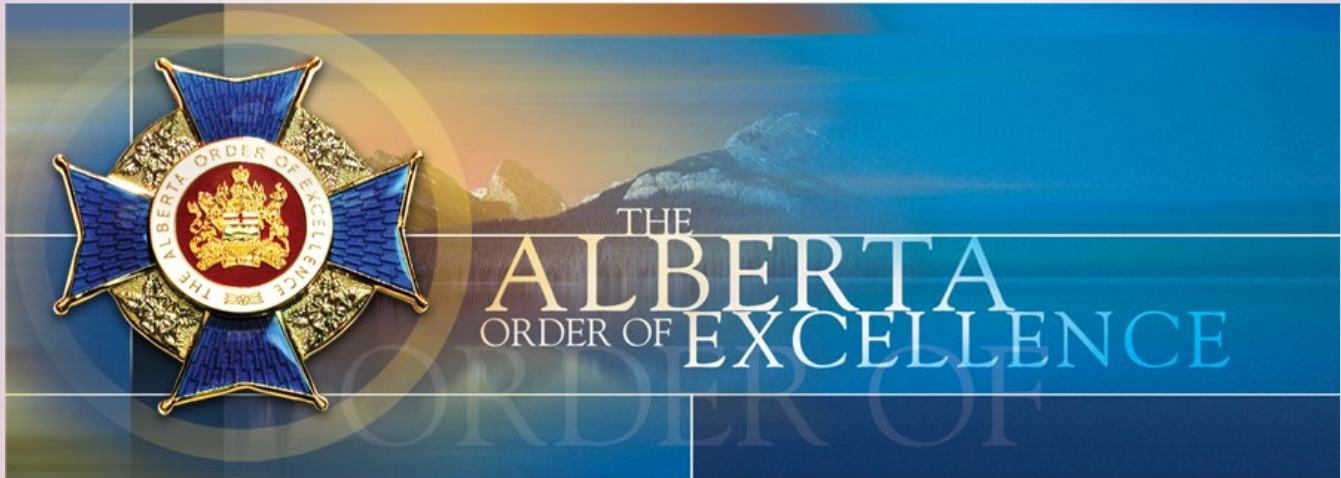
Tuesday afternoons from 4:00- 4:45 6 weeks session (registration required)

Tuesday March 6 – Tuesday April 10

All classes are subject to change and may be cancelled due to low registration.

Please contact the Leduc Beaumont Devon Primary Care Network for registration and updates on classes 780-986-6624

Online registration is available at lbdpcn.com



Alberta Order of Excellence

Nominations open for Alberta's highest honour.

The Alberta Order of Excellence (AOE) is the highest honour the Province of Alberta can bestow on a citizen.

Members of the Alberta Order of Excellence careers range from medicine, science, engineering, law, and business to politics, education, agriculture and the arts.

The one thing all members have in common is that they have made an outstanding provincial, national, or international impact.

Up to 10 individuals will be inducted into the Order this year in recognition of a lifetime of remarkable contributions to their community, the province and the nation.

Nominations must be received by Feb. 15 to be considered for investiture this year.

Nominees must be Canadian citizens currently residing in Alberta and, if selected, must be able to attend the investiture ceremony in October. People cannot nominate themselves, their spouse or a member of their immediate family.

Information about the Order, including nomination guidelines, nomination forms and biographies of previous inductees, is available on the Alberta Order of Excellence website at www.lieutenantgovernor.ab.ca/aoe.

Information and nomination forms are also available by calling 780-449-0517.

Albertans are invited to nominate outstanding citizens, community leaders and innovators for membership in the Alberta Order of Excellence.

For more info: <https://www.lieutenantgovernor.ab.ca/aoe/index.html>. We are also on Facebook (@albertaorderofexcellence) and Twitter (@AOEalberta).

ATB Financial™



780.985.2103

4905 - 50 Avenue, Calmar AB T0C 0V0

780.985.3666

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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



CALMAR STORAGE
 Box 693, 5009 - 43 Avenue
 Calmar, Alberta T0C 0V0
 Tel: 780-985-2102



 **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

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

BINGO

WEDNESDAYS
 7:00 PM
 CALMAR LEGION



Advertise
 with Us!



the TOWN of
Calmar

**SEASON 2017-2018
 AFTER SCHOOL ICE TIMES**

PUBLIC SHINNY - EVERY MONDAY 3:30PM TO 4:30PM
PUBLIC SKATE - EVERY THURSDAY 3:30PM TO 4:30PM

UNTIL THE END OF MARCH 2018



NewsLetter

DEADLine 15th of the month!

Please contact the Town office with any inquiries. When requesting an ad, send in exactly what you'd like to have advertised. You can email or drop off your ad and/or images to the contact below.

All Ads must be paid for at the time of submission.

Calmar Community groups are free. A full list can be found on our website: www.calmar.ca/newsletter/

Phone: 780.985.3604 ext. 232

Fax: 780.985.3039

Email: aeigenbrood@calmar.ca

4901 - 50 Avenue

PO Box 750

Calmar AB T0C 0V0

OPTIONS:

\$100.00 Full Page

\$75.00 Half Page

\$50.00 Quarter Page

\$25.00 Business Card

COMMUNITY GROUPS ARE FREE!

ADVERTISE WITH US!

And the Winner is.....

The TOP THREE winners for the Christmas lights competition are:

First Place - 5302-52 Street
\$100.00 Gift card

Second Place - 5318 - 52 Street
\$75.00 Gift card

Third Place - 5201 - 47 Street
\$50.00 Gift card

Congratulations!!

Hey all pet owners! New to Town? Have a new four legged friend added to your family? Don't forget to register them at the Town office and receive a Dog and/or Cat tag! Let's keep our loved ones safe and secure by making sure the Town Office has your current information, in case your pet ever gets loose. Please refer to our updated Animal Control Bylaw for more information. www.calmar.ca



Interested in booking one of our facilities?

Now online: Applications for our Community Hall, Ball Diamonds and the contact for the Arena. Visit: www.calmar.ca

View our online calendar to see which dates are available!

www.calmar.ca



Is drinking a problem? Alcoholics Anonymous can help. Call 587.784.3285 or go to area78.org for meeting time and location. AA is a non profit organization.

The sole purpose of Alcoholics Anonymous is for men and women coming together to share their experience, strength, and hope that they may recover and help others to recover from alcoholism. AA is a self-supporting organization; AA is not affiliated with ANY religious, political or activist groups; AA does not keep records of attendance or case history; AA does not try to control members; AA is about staying sober and helping others to achieve sobriety.