

FEBRUARY 2016

CALMAR CHRONICLE



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Being a family means that you are a part of something very wonderful!

It means you will love and be loved for the rest of your life. No Matter What.

Food for Thought...

Your child's success or lack of success in sports does not indicate what kind of parent you are. But, having an athlete that is coachable respectful a great teammate mentally tough resilient and tries their best IS a direct reflection of your parenting.



♥ Happy Valentines Day ♥

Calmar Preschool

Draw for
Raffle Tickets!



IPAD, Beats Pill
Fit Bit Raffle

Annual Comedy Night and Silent Auction



50/50

Saturday, February 27, 2016

6:30 PM—Doors Open

8:00 PM—Comedian Kelly Taylor

9:30 PM—Late Lunch

Dance to follow with DJ Jordan Helm

Photobooth by
Danielle Renee
Photography



Tickets: \$25.00 Each 18 + Only

Contact: 1.780.898.6517 or 780.985.3098 or

780.819.0752 or 780.985.2290 for Info.

Thank you all for your support

All proceeds support the Calmar Preschool!

YOU'VE GOT A VALENTINE!

St. Margaret Mary's Catholic Parish

Dinner and Silent Auction

Sunday, February 14, 2016

5:30 PM

5120—50 Avenue, Calmar



TICKETS:

ADULTS: \$20.00

YOUTH (6-12): \$10.00

CHILD (5 & UNDER): FREE

For Tickets: 780.985.3655



RCMP and TOWN of CALMAR SURVEYS

For those of you that have not yet filled out the Town of Calmar Resident Survey or the RCMP Survey, the deadline is February 15, 2016. There are hard copies attached to this newsletter, as well as our link online! Check it out on our Webpage or Facebook page. Let your opinion be heard!

Congratulations Calmar Secondary DRAMA Club!

On February 7th, 8th and 9th, the Calmar Secondary Drama Club treated many with their unique rendition of Monty Python's Spamalot. Whether you are a Monty Python fan or not, the energy and humour were nothing short of fantastic!

If you are a fan of Monty Python, *The Holy Grail* is one of the funniest movies ever made. This High School rendi-

tion would have made John Cleese himself proud!



Right down to the coconuts, the costumes and sets were awesome.

Congratulations to the cast, Bailey Hartman, Allison Probst, Becky Probst, Jordyn Rees, Colton Marshall, Isis Pelly-Fredrick, Sage Soosay, Lane Eilander, the Crew, Chance Bevan, Sarah Pettigrew, Aiyana Goble, Adele Sawatsky, Kyle Coggins, Calvin Anderson, Michael Tucker, Michael Izard and Mr. Burden and Mrs. Saskiw for your participation in the play!

KINDNESS IS ONE SIZE FITS ALL!



Wednesday, February 24, 2016!



Calmar & District Senior's Centre

Wed. Feb. 3, 2016

Bus to West Edmonton Mall

Leaves 9:30 AM

Contact Ruth @ 780.985.3503



Thurs. Feb. 4, 2016

Foot Clinic

Call Aileen for Appt.

587.991.4132



Wed. Feb. 17, 2016

Monthly Birthday Celebration!



Wed. Feb. 10, 2016

Annual Meeting

Election of Officers

Followed by Regular Meeting

The Senior Centre is looking for a janitor/maintenance

person. Contact Colleen MacDonald

for more information @ 780.3503

Tues. Feb. 23, 2016

Music Jammers

1:00 - 3:30 pm

\$4.00 per person

Light Lunch to Follow



Rental of the Senior Centre

is open to the Public

Contact Regina @ 780.985.2044

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

Family owned and operated
 since 1977

5002 - 50 Ave, Calmar AB T0C 0V0

Front Store: 780.985.3142

Pharmacy: 780.985.3121

Website: www.calmarpharmacy.com

Hours of Operation

Mon. - Sat. 9:00 am to 7:00 pm

Sun. & Holidays: 11:00 am - 5:00 pm



RHOOSTER TAIL HAIR SALON Family Hair Care

Hours of Operation

Mon: 10:00 - 5:00
 Tues: 8:30 - 7:00
 Wed: 8:30 - 7:00
 Thur: 8:30 - 7:00
 Fri: 8:30 - 5:00
 Sat.: 8:30 - 3:00

WALK-IN'S WELCOME
 Open Late 3 Nights/week

Senior's Discount

4701—49 Avenue
 Calmar Alberta
 780.985.4588



CITIZENS PATROL

Calmar's Crime Prevention Group
 will be hosting a recruitment event
 on February 4, 2016 @ 6:00 PM
 Further details to come!



Boho Kids Yoga

Kids Yoga classes coming to Calmar!

Kids Yoga is a fun, non competitive activity that can teach your children to become better human beings, while learning a healthy lifestyle for the body, mind, and soul. Yoga has many benefits such as:

- Providing coping skills to manage stress and frustration
- Increasing strength, balance and flexibility
- Boosting immunity and self esteem
- Improving mood, focus and sleep

I will be offering 2 classes on Saturday mornings for 4 weeks,
 Jan 23, 30, Feb 6 and 13 at Scouts Hall in Calmar.

Class Type	Time		4 Week Pass	Drop In Price
Mom and Tot Class 1 hour Ages 2-5	9:00 am to 10:00 am	Mom and 1 Tot	\$80	\$20
		Mom and 2 Tots	\$100	\$25
Boho Yogis 1 hour Ages 6-10	10:30 am to 11:30 am		\$50	\$15

Register now as space is limited!

I am also available for private lessons and Birthday Parties.

Please join our Facebook page <https://www.facebook.com/bohokidsyoga/> more information.
 Sandie Olsen Kids Yoga Instructor * Email: bohokidsyoga@gmail.com * 780-554-1373



Other services visit us:
WWW.BRUSHCO.CA
780-903-2304 
780-910-8490

Mulching

- Fence Line Clearing
- Trails for Quading, Skidooing
Horseback Riding, Walking
- Pasture Development & Maintenance
- Selective Clearing, Stumps, Dead Fall, etc.



Calmar Preschool

Registrations are still being accepted

2 - 3 Days/week

Friday Classes Available

3 - 4 year olds welcome

Please call

Nevada @ 780.898.6517



Thorsby and District Lions Club Raffle

- 1st Prize: Round Trip Airfare for Two
Anywhere WestJet Flies - Value \$2,900.00
- 2nd Prize: BBQ - Valued at \$600.00
- 3rd Prize: \$200.00 Cash

Draw Date: October 15, 2016 at 11 pm
Location: Arctic Spas Recreation Complex, Field House
Proceeds to Service Dog for Wounded Warriors

Tickets \$2.00 each License # 415285 5000 Tickets Printed #000



At the Calmar Legion

Wednesdays

7:00 PM



OUT ON a WHIM

BIZARRE JOBS—I thought I would share a bit of humour about weird and imaginative ways to make a little extra money on the side.

1. Snake Milker—do your part to create antivenom—milk a rattler or cobra—their venom can fetch you up to \$1,000.00 per gram!
2. Professional Bridesmaid—not sure how this came about—but I picture someone with no friends??? However, this service can earn you \$300—\$2,000 per wedding!
3. After the Titanic sunk in 1912, Iceberg Mover became a profession. Hmmm. I've got a sinking feeling...
4. Professional Mourners—they are hired out at \$70.00 for two hours to cry at funerals... drama queens for hire.
5. A Dog Surfing instructor—not much good in Alberta, but perhaps we could teach them tobogganing.?
6. Face Feelers earn \$25.00 per hour. Did you wash your hands???
7. Professional Cuddlers—this would be nice on those cold, lonely winter nights—About \$80.00 you could earn per hour just by snuggling up with strangers... 🥺
8. Ash Portrait artist—use the ashes of our loved ones to create artwork—artists can charge whatever they like.
9. I have no words for this profession—A DOG FOOD TASTER.. Hired by pet food companies to test the quality of their products... why wouldn't you get a dog to do it? If he likes it, he'll eat it, if not, he won't.
10. Chicken sexers—they make up to \$60,000.00 per year to determine the sex of a chick—and it is pretty much a guessing game —WOW.
11. Earn up to \$1,000.00 per week by standing in line for people who have no patience to do it themselves. Obviously, more cents than sense.
12. Fortune cookie writers earn around \$40,000.00 per year—not bad for someone who can google inspiring sayings and randomly pick out 7 lucky numbers.

This pretty much solidifies my belief that you CAN grow up to be ANYTHING you want.



Family Day Unplugged Art Contest

Family Day is February 15, 2016

Leduc County FCSS invites residents of Leduc County, Calmar, Thorsby and Warburg, to enter our Family Day Unplugged Contest by submitting artwork based on the 2016 contest theme, **"My favourite way to unplug is..."**.

The Family Day Unplugged initiative encourages people to disconnect from technology and spend quality time with family, friends, and themselves. Participants are challenged to identify what unplugging means to them and then interpret that into an original work of visual art.

Pick up an entry form at any of the following locations:

- Calmar Elementary
- Calmar Secondary
- New Humble School
- Thorsby Elementary
- Thorsby Secondary
- Warburg School
- New Sarepta Elementary
- New Sarepta High School

- Leduc County FCSS
- Calmar Library
- Calmar FCSS
- Thorsby FCSS
- Thorsby Library
- Warburg Library
- Warburg FCSS
- Leduc Regional Parent Link Sites

Also Available on the Town of Calmar Website and Facebook Pages and at the Town Office.

Deadline: Entries are due by **Friday, February 19th, 2016**. All artwork must be completed on the 8 1/2 x 14" entry form.

Winners will be announced and contacted on Wednesday, February 24th.

Awards: Unplugged Prize Packs will be awarded based on the following age categories.

- Under 5
- Ages 5-8
- Ages 9-13
- Ages 14-18
- Age 18+
- Family Project (all family members contribute to one piece of artwork)

Judges: Artwork will be judged by a Leduc County councillor.

Questions? Please contact **Sara Russell at 780-955-6424**

Leduc County maintains ownership of the artwork and the right to use digital images of all artwork for display and promotion.

Disconnect to Connect™
with yourself • family • community





Calmar Fire Department

2015 was another busy year for your Fire Department. The Department responded to 47 Fires, 8 Medicals, 27 Motor Vehicle Collisions and 47 Alarms/Gas Leaks/Others for a total of 129 Emergency Incidents. The Department currently has 24 dedicated members. We will be looking at holding a recruitment campaign in the spring and will be looking for about six more members to join our team.

The Firefighters completed a number of different training courses ranging in topics from Medical Emergencies, Driving/Pumping, Firefighting, Safety, Hazardous Materials, Live Fire, Leadership/Command and many more.

In addition the members were very active with the Firefighters Association. With a number of Families events held for the members, donations to various organizations and various fundraising events. The Association also purchased a number of items for the Fire Department.

2016 will be another busy year for the Firefighters and Association. There will be more advanced training and a number of new fundraising events planned. Please stay tuned for more information on the upcoming events.

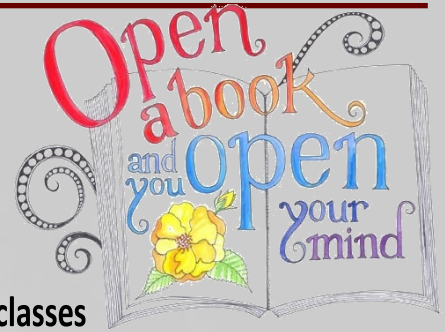
If you have any questions about the Fire Department, please feel free to contact us:

firedepartment@calmar.ca or 780.985.3500.





**Register for your
program today
780.985.3472**



***Registration recommended for these classes**

ADULT PROGRAMMING

ZOOKINESIS CHAIR EXERCISES FOR ADULTS

Mondays (Except Statutory Holidays)
Starting January 11 @ 11:30 AM
Drop In.

COOK BOOK CLUB

What's for Dinner? We can help!
3rd Monday of the month
Starting January 18 @ 6:30 PM

CALMAR LIBRARY BOOK CLUB

Each month the library supplies a book for you to read and discuss
Fourth Wednesday of the month
starting January 27

***WHAT IS NATUROPATHIC MEDICINE?**

If you're curious about naturopathic medicine this session is for you.
Wednesday, February 3 @ 7:00 PM
Dr. Veronika Botova

***GET CONFORTABLE WITH COMPUTERS LEVEL 1**

Thursday, March 3rd to 24th
1:00—3:00 PM
Ron Pettigrew from Devon Adult Learning Council

***FITNESS AND WEIGHT MANAGEMENT**

If you are having trouble losing weight despite diet and exercise—tonight is for you.
Wednesday, March 9 @ 7:00 PM
Dr. Veronika Botova

***ANGEL NUMBERS**

Learn how you can increase your understanding of your angel's messages
Wednesday, March 16 @ 7:00 PM
Rev. Dr. Janice Dodds

***FOUNDATIONS TO INVESTING**

An overview of key terms and types of investment and more will be discussed
Wednesday, April 6 @ 7:00 PM
Rick Medcke , Financial Advisor

***GET COMFORTABLE WITH COMPUTERS LEVEL II**

Must have completed Get Comfortable with Computers Level 1
Thursday, April 7—28
1:00—3:00 PM
Ron Pettigrew

***TAROT CARDS 101**

This 4 hour workshop will help you understand tarot card structure, methods of interpretation and more. Please bring your own tarot cards. Minimum 6 participants
Saturday, April 16—11:00—3:00
\$50.00 per person
PRE-REGISTRATION REQUIRED.
Payment in Advance
Rev. Dr. Janice Dodds

***WHEN CAN I RETIRE 5 STEPS TOWARDS A BETTER RETIREMENT**

Information of important investment strategies for retirement.
Wednesday, May 11 @ 7:00 PM
Rick Medcke, Financial Advisor

***DOG OWNER 101**

Join certified dog trainer Julie Prins as she discusses caring for your four-legged family member.
Wednesday, May 18 @ 7:00 PM

ALL AGES

STITCH & CHAT

Knitting & Crocheting of all levels welcome—Every
Wednesday
January 6—May 26 @ 6:30 PM

FAMILY LITERACY

0—5 Years of age with caregiver

MAGIC CARPET RIDE

Wednesday starting January 6
10:00 AM—Drop In

MAGIC CARPET RIDE

Thursdays @10:00 AM
Drop In
January 21, February 18, March 17, April 11, May 19, June 16

TWEEN PROGRAM

TWEEN BOOK WORM CLUB

(8—11 years of Age)
Grab your friends and come down to discover new books
Last Thursday of the Month
Starts January 28 @ 3:30

LIBRARY CORNER....

Hurray! The expansion at the Calmar Public Library is complete! We now have a program room, a designated area for magazines, and a quiet spot to sit and read your favorite book in front of the fireplace. We have received many positive comments about the space and we haven't even put pictures up yet! Over the next couple of months shelves will be relocated to better utilize the space and collections will be added to. Drop by and check it out!

The Program room is getting its fair share of activities. Weekly programs include Zookinesis Chair Exercises on Mondays at 11:30 am; Wednesday's the Family Literacy Program for ages 0 to 5 accompanied by a parent or guardian takes place at 10:00 am and the Knitting Group meets every Wednesday at 6:30 pm.

The on going monthly programs are just as active with the Cook Book Club meeting the 3rd Monday of month at 6:30 pm. Miss. Darlene from Leduc Regional Parent Link returns at 10:00 am on the 3rd Thursday of the month with another Family Literacy program. The Calmar Book Club meets on the last Wednesday of the month at 7:00 pm and the Tween Book Club meets at 3:30 pm on the last Thursday of the month.

But the programming doesn't stop there! Last month we had our First Annual Lego Competition. The winner of each category received a prize that will help them build something for next years competition.

This years winners:

Age 0 – 5: Harrison Brooks

Age 6 – 8: Noah Brooks

Age 9 – 12: Chanhwi Lee

We had no entries for 13 – 18 or adults, so hopefully next year.

A big thanks to Mayor Wally Yachimetz, Library Board Chair David Swinburnson and past Library Board member Judy Hickmott for judging the competition. I know it wasn't easy!

For the month of February we have "What is Naturopathic Medicine?" with Dr. Veronika Botova on Wednesday the 3rd at 7:00 pm. Some future programs include: Angel Numbers, Computer Courses, and Fitness and Weight Management. The majority of the programs are free unless otherwise stated. We do ask that you register for the program as it gives us an idea of how many to expect. If you would like to learn more about the programs, drop by the library, give us a call at 780.985.3472, or visit our web page at www.calmarlibrary.ca

As many of you know, partial funding for the library comes from the Government of Alberta. To maintain this funding Libraries Regulation requires Library Boards to have a current plan of service. The Calmar Public Library is due to complete their 5-year plan of service prior to June 30th, 2016.

There are two areas that the public can be actively involved in this process. The first is a survey that is to be filled out by all interested parties. The survey will provide the general public/patrons an opportunity to communicate their vision and priorities for the library. The survey is available until March 31, 2016 and can be found on the Calmar Library web-site, at the Library and other locations throughout the community.

The second area of participation is the Community Planning Committee. This committee is invitation only. The goal is to include participants from the town and the surrounding area from such demographics, though not limited to, seniors, youth, and preschool. Once the information from the two sources is collected, the Library Board will then proceed with mapping out the direction the Library will take over the next five years.

Well I guess that is about it for now. For more information on the programs or Plan of Service, drop by the Library or call 780.985.3472.

Until next time.....

Susan Parkinson
Library Manager



National Random Acts of Kindness Day

February 17

www.NationalDayCalendar.com

Parenting from the Heart

Simple truths and strategies to help promote
♥ Respect ♥ Responsibility ♥ Kindness ♥ Harmony
in your home

Join Lisa Morris, Family School Liaison
to discover more about your child's

LOVE LANGUAGES

Tuesday, February 23, 2016
Calmar Elementary School
7:00 pm - 8:00 pm

Please call the School to Register
780.985.2228
Parents Only Please



No Cost



YOGA IN CALMAR
CALMAR COMMUNITY CENTRE
4815—49 STREET

VALENTINE'S DAY SPECIAL

**2 FOR 1—BRING YOUR SIGNIFICANT OTHER
OR JUST ENJOY SOME ACTIVE TIME WITH A FRIEND**

SUNDAY, FEBRUARY 14, 2016

APPLIES TO THE 1:30 AND 3:00 PM CLASSES

PLEASE PRE-REGISTER

5X Class WINTER PASS—\$70.00

IF YOU DECIDE TO START MID SEASON

10x Class WINTER Pass - \$140.00 (Irregular less than once per week)

12x Class WINTER Pass - \$168.00 (once per week)

20x Class WINTER Pass - \$240.00 (twice per week, with two weeks off if desired)

*Fun Flow on FRIDAYS with Daria
7:00 - 8:15 PM*

*Hatha Flow Focus on SUNDAYS with Kathy/Daria
1:30 - 2:45PM*

*Yin & Tonic on SUNDAYS with Daria
3:00 - 4:14PM*



Drop IN: \$16.00
Children: \$10.00

**CALL OR EMAIL TO REGISTER
780.729.7808 or office@dtouch.ca**



2016 WINTER



WORKSHOPS

JANUARY – February 2016

In Calmar: 4815-49 Street, AB, CAN

For Details and to register please call 780 729 7808
or email office@dtouch.ca

For news & updates check:
<http://www.dtouch.ca>

UNDERSTANDING YOGA POSES In CALMAR

FEBRUARY 6th 2016 9-11 am

If you are curious about finding out how best to modify your yoga practice in your own individual way-

If you seek deeper understanding of ASANAS, the mythology behind it and what the Sanscrit terminology that you hear in class actually means-

then this is the right workshop for you.

Daria will provide you with a solid understanding of standing, seated and cooling down postures and how safely practice those poses at home.

After the workshop we will have Tea & snacks and experience some wonderful doTerra essential oils – TALK –TRY/BUY & TAKE HOME.

COURSE PRICE \$ 38.00
(incl. handouts)

Reserve your spot &
REGISTER TODAY 780 729 7808





OPTIONS:

\$100.00 Full Page

\$75.00 Half Page

\$50.00 Quarter Page

\$25.00 Business Card

COMMUNITY GROUPS
ARE FREE

ADVERTISE WITH US!



**The Town Office
will be Closed
for Family Day
February 15, 2016**

Council Meetings:

**February 1, 2016
@ 7:00 PM**

**February 16, 2016
@7:00 PM**



**15th of
the Month.**

Contact:

Leah Ofstedahl

Email: lofstedahl@calmar.ca

Phone: 780.985.3604

Town of Calmar

4901—50 Avenue

PO Box 750

Calmar AB T0C 0V0



CALMAR HOTEL

AYR Development Incorporated, B&B Demolition and the Town of Calmar have met to determine a plan of action for the safe removal of the Calmar Hotel from the Community. We are planning demolition of the building and foundation subject to the approval of Demolition Permits and compliance with all other conditions and permitting. We are hoping to complete the application process in the near future.

Micheal A. Jackson

President, AYR Developments

