

CALMAR CHRONICLE



JANUARY 2016

Important Notice:

The RCMP has circulated its Policing Priorities Survey for Leduc and Leduc County residents to complete. The Town of Calmar has also prepared a short survey seeking direction regarding police presence for the residents in the Town of Calmar.

A hard copy of these survey's are available at the back of this newsletter, or at the Town Administration Office. They are also available through a link on our website and facebook page.

The Town of Calmar strongly encourages all residents to partake in the survey. The survey will be closed on February 15, 2016. On-line results will be direct. However, if you fill out the hard copies, you can drop them off at the Town Office.

Your participation is very important to both the RCMP and the Town of Calmar. Your opinions will be weighed to determine where Council goes from here.

Thank you.

Kathy Rodberg,
Town Manager



**We wish all of you
the very best in
2016!**

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.



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

Effective January 1, 2016, the Capital Region Southwest Water Service Commission has increased the price of water purchased by the Town of Calmar by 11.6%. This increase necessitates an increase to the bi-monthly charge for water on all residential/commercial Accounts. This increase will be reflected on the January/February, 2016 billing. The flate rate of water will increase by \$5.60.



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

<< Notice to Residents

At the Senior's Centre

FOOT CARE

Thursday, January 1, 2016

Call Aileen for Appt.

587.991.4132

Annual Memberships

Are now due

New Cost

\$10.00/person per year

Monthly General Meeting

Wednesday, January 13, 2015

1:30 PM

Birthday Celebrations

Wednesday, January 20, 2016 @ 1:30 PM

MUSIC JAMMERS

Tuesday, January 26, 2016

1:00 PM

Light Lunch will be served

\$4.00/person



**New
Members
Welcome**

Merry Christmas and Happy Holidays

New Shanghai Restaurant



Phone: 780.985.3989

OPEN 7 DAYS/WEEK

10:30 AM - 9:00 PM

Buffet: Fri. Sat. Sun.

4:00 PM - 8:30 PM

Discount for Children

Under 6



COUPON SPECIAL

EXPIRES: JANUARY 31, 2016

EAT IN OR TAKE OUT

SPEND \$50.00 (Before Tax)

GET FREE CHICKEN FRIED RICE

BRING COUPON BEFORE ORDERING

OLYMPIC Aloha

Restaurant & Bar

780.566.5340

Bacon & Eggs \$5.00

Add Pure Pork Sausages \$6.00

ALL DAY
BREAKFAST
SPECIAL

COUPON SPECIAL

EXPIRES: JANUARY 31, 2016

12:30 PM—4:00 PM

EAT IN OR TAKE OUT

1/4 LB CHEESEBURGER—2 FOR \$8.00

COFFEE—\$1.00

PIE WITH ICE CREAM—\$1.95

LARGE PIZZA (LOADED) - \$16.95

1/2 LARGE PIZZA—\$9.00

1/2 10" PIZZA—\$6.00

MON—SAT

Winter Fitness Classes in Calmar

10 Weeks of Classes starting January 19, 2016

\$12 Drop-In OR 10 Week Pass for \$100

Tuesday Nights
BodyPump at 6:30 p.m.

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

First Class: Tuesday, Jan 19.
Last Class: Tuesday, Mar 22.

All classes are held at the Calmar Community Centre. For more information contact Brittany at 780-298-7936.

 Calmar Fitness

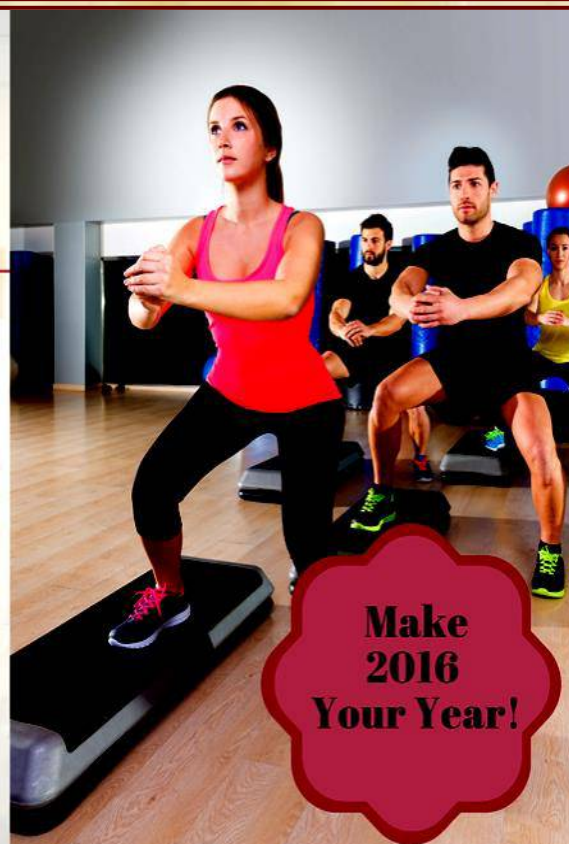
Thursday Nights
HIIT Maximus at 6:30 p.m.

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

Thursday Nights
Kick-It at 7:30 p.m.

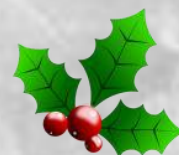
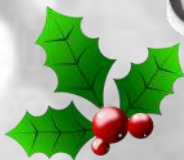
Kick-It is a 45 minute class that combines shadow boxing with dancing. Get ready to punch, jump, & shake it in this class!

First Class: Tuesday, Jan 21.
Last Class: Tuesday, Mar 24.



**Make
2016
Your Year!**

Congratulations



Christmas Lights Competition Winners!

1st Place: 18 Westview Drive

2nd Place: 5023 - 51 Street

3rd Place: 27 Parkview Crescent



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



MAYOR'S CORNER



2015 is coming to an end and a new year is about to begin. With that in mind, I feel it important to discuss the year that has been, and our vision for the year to come. The last year has come with some changes, as will the one to follow. In early 2015, your voice was heard and the faces of two members of Council and Mayor were changed. I would like to thank each and every one of you again for your vote of confidence in leading the town. It has been a distinct privilege to serve as your Mayor for the last ten months. In the past year I have tried my very best to keep the lines of communication open and transparent. This is something I intend to continue through 2016 and beyond.

Community Policing was, and will continue to be an important issue. In the spirit of open communication, the Leduc R.C.M.P. and Council have created a survey for residents to voice their concerns. I'd like to assure you that your feedback is important in deciding our direction for community policing and as such we have done our best to make this survey accessible to all residents. The survey can be filled out online or picked up at the Town Office. Please help us make a difference and voice your opinions when the time comes.

The Country and Province have seen a downturn in the economy in the last year, but the news for Calmar remains positive. We continue to see some new housing starts, a new water line was ran south to the industrial park and a new intersection on Highway 39 was completed this year. The completion of this intersection has allowed thirty two (32) acres of new industrial land to be available for sale. In addition to the new growth, a water line, sewer, street and sidewalk upgrade was completed on 46th avenue between 50th and 51st street. I am happy to report that all of this was accomplished with a zero percent municipal tax increase for 2015. If you are interested in hearing what is in the 2016 Town budget please feel free to come out and listen to the budget talks at the council chambers in January.

In 2016, Council and Town Administration's primary focus will be the upgrading and rebuilding of infrastructure to support our future growth. We are planning to expand the water reservoir to supply more water than is currently available. Rebuilding and renovating major town buildings is another large project we intend to begin in 2016. There are currently two groups fund raising and applying for grants to build a new Fire Hall and renovate the Mike Karbonik Arena. Our Town is growing and that requires taking steps to support our future needs. Our primary focus is the need for a new protective services building. The present one was built originally in the 1950's, and has since been renovated and expanded twice. Simply put it has been outgrown and there is the requirement for a new facility. Once funding is secured for building a new protective services facility we will begin planning more upgrades. Being a mainstay in the community, our skating arena will also be in need of renovations to be ready for continued and growing use. We intend to begin the process of securing funding and planning for it's upgrade in the new year as well.

As always if you have any questions please feel free to contact myself or any of the Councilors and ask us your questions. We will get you your answer soon as possible.

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

Mayor Wally Yachimetz

PRICES WINTER 2016

DROP IN \$ 16.00
Child Drop in \$10.00

10x Class Winter Pass* \$ 140.00
12x Class Winter Pass* \$ 168.00
20x Class Winter Pass* \$ 240.00

SPECIAL:
BUY YOUR PASS IN DECEMBER 2015 &
YOU GET \$ 10.00 OFF
BRING A FRIEND & BOTH OF YOU GET
\$ 20.00 OFF YOUR PURCHASE

* valid only for Calmar & until End of March

**YOGA CLASSES with Daria**

Monday – Wetaskiwin
9-10 am Gentle Yoga Flow
10:15-11:15 Morning Yin (restorative)

Tuesday – Pigeon Lake
6:15-7:15pm Ashtanga yoga Foundations
(active)

Wednesday – Wetaskiwin/Porto Bello
12:30-1:30 pm Lunch Yin Yoga (restorative)
4:30-5:30pm Beginners Yoga
7-8:15pm Ashtanga Foundations (Porto Bello)

FRIDAY – CALMAR
7-8:15 pm FLOW & FUN
(based on Ashtanga Series, active)

SUNDAY – CALMAR
1:30-2:45pm Gentle Hatha Flow
(Focus class once per month)
3-4:15 pm YIN & TONic (restorative)



2016

WINTER

**YOGA CLASSES**

JANUARY 3RD – MARCH 25TH 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>

12 WEEKS / 24 DAYS / 36 CLASSES

FRIDAY Class Description

In CALMAR

Fun Flow on FRIDAYS with Daria
7-8:15pm

January 8th – March 25th 2016

This class is ideal for all levels. Advanced practitioners will know the specifics of each practiced (Ashtanga based) asana and newer practitioners will be offered modifications to their degree of energy and flexibility level.

Prepare to open your heart, breathing in a loving way while you stimulate your body and nervous system.

Have fun rocking the postures in your own divine way and enjoy a well rounded savasana (end-rest) sometimes accompanied by relaxing neck massage.

SUNDAY Class Description

In CALMAR

Gentle Hatha Flow with Daria/Kathy

1:30-2:45pm

January 3rd – March 20th 2016

This class offers a slower paced, relaxing start into your YOGA journey. You will learn how to combine your breath to your body movements through a gentle flow, which will help you to heat your body and tone it and also give you time at the end to cool down. A well rounded approach to YOGA.

YIN & TONic with Daria (restorative)

3:00-4:15pm

January 3rd – March 20th 2016

This yoga class focuses on physical and mental relaxation while targeting the connective tissue, establishing and bringing back the natural mobility of our joints and the curvature of the spine.

Beneficial for everyone who is recovering or going through life with injuries or a lesser degree of range of motion. This gentle yoga will help you to find inner calm and better health.

FOCUS CLASS 1x PER MONTH

January – My Spine & Lower Back

February - Twist my Digestive

Fire

March-Shoulders & Hip - A

Lifetime Study



NEW TO YOGA

In CALMAR

January 8th 2016 5-6:30 pm

Introduction to the BASICS of YOGA & it's terminology

Light practice exploring some asanas

What to expect during a yoga class

Time to register for the WINTER Classes if you didn't already buy a DISCOUNTED pass in DECEMBER 2015.

January 3rd 2016 4:30 pm

JSJ Acupressure SELF HELP PRACTICE & THEORY

Ask questions about the flow patters that you learned in your Self Help Book 1 course & get new insights how to KNOW & HELP MYSELF

Sneak peek -JSJ Acupressure

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>

LIFE BLOOD ANALYSIS

In CALMAR

January 22nd 2016 4-8 pm

Always wondered:

Why am I sore, although I didn't over-exercised?

Why do I have this feeling of bloating?

Are some foods more beneficial for me than others?

Individual life blood assessment with WENDY VANDENHOVEN

Wendy is specialized in holistic nutrition. Based on your blood, she will be able to determine if your body lacks important minerals or vitamins, if you have any inflammation going on. She will provide advice and dietary options for your blood type! If you don't know your blood type she can run a test for you as well.

INITIAL ASSESSMENT \$ 80.00

Continues Check Up \$ 50.00

Reserve your spot &
BOOK YOUR APPOINTMENT TODAY!

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



Thank You

CALMAR & DISTRICT COMMUNITY MEMBERS, VOLUNTEERS AND LOCAL BUSINESSES

Calmar Businesses & Calmar Community members

Your support provided what was needed for the Calmar & District Christmas Elves program to be a success once again.

We appreciate all that you do, your time, all that you donate, in funds, food and children's gifts.

We were able to provide hampers to 37 families in Calmar and district.

THANK YOU

Calmar Pharmacy Ltd.

The donations for each hamper will be immensely appreciated by the hamper recipients.

Your support of the Calmar Christmas Elves Program and community through the years has made a positive difference and touched many lives within our community.

THANK YOU

Har-De Agri Services Ltd.

Har-De Agri Services loyal customers as a team, for your generous donation of funds which made it possible to fulfill the hampers of needed goods. We appreciate all your support, now and in the past years, of Calmar & District Christmas Elves.

THANK YOU

Leduc & District Food Bank

The determination to help by contributing food and miscellaneous items made a significant difference in supporting the program with the needed goods to complete the hampers for each family.

Your assistance is tremendously appreciated.

THANK YOU

Calmar Volunteer Fire Department

You all have done a tremendous job helping with the Calmar & District Food Drive.

Your spirit and hearts are in the right place.

From the Calmar Christmas Elves Team

Darlene Beheil, Manager, Tracey Gordon, Children's' Gifts Coordinator

& Yvonne Pearson, FCSS Manager

We wish you Happiness & Health in the New Year of 2016



Calling all Lego Builders!

Lego for Literacy Family Event

Categories:

- ◆ 0 to 5 years
- ◆ 6 to 8 years
- ◆ 9 to 12 years
- ◆ 13 to 18 years
- ◆ Adults

January 12th: Drop Off 11:00 am to 4:00 pm

January 13th: Drop Off till 4:30 pm

January 13th: Viewing 5:00 pm to 7:00 pm

Judging & Winners Announced at 7:00 pm



Participants must include a short story about your creation.

Registration packages available after December 28th at the Library.



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



TOWN OF CALMAR



OPTIONS:

\$100.00 Full Page

\$75.00 Half Page

\$50.00 Quarter Page

\$25.00 Business Card



**COMMUNITY GROUPS
ARE FREE**

ADVERTISE WITH US!

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



**15th of
the Month.**

Calmar Alcoholics Anonymous

AA is a non profit organization with 1 meeting a week in Calmar.

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



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.

WHEN YOU CAN'T GET TO MEETINGS... THE MEETING CAN COME TO YOU
Alcoholics Anonymous offers On-line Meetings.



PO Box 750
4901 - 50th Avenue
Calmar, Alberta T0C 0V0
(780) 985-3604 phone
(780) 985-3039 fax
info@calmar.ca
www.calmar.ca

Town of Calmar Residents Survey Questionnaire

The Town of Calmar is currently considering more police presence for the residents in the Town of Calmar.

The Town is looking at three (3) options:

Option 1. 2nd Community Peace Officer

The addition of a second Community Peace Officer (CPO). This second CPO would provide the citizens of Calmar an additional 40 hours per week of Police presence. This 2nd CPO would have the same Peace Officer Appointment as the current CPO we have. The Peace Officer Appointment obtained now includes the following legislations:

- Animal Protection Act
- Dangerous Dogs Act
- Environmental Protection and Enhancement Act (Part 9, Division 2)
- Gaming and Liquor Act
- Petty Trespass Act
- Provincial Offences Procedure Act
- Trespass to Premises Act
- Tobacco and Smoking Reduction Act
- Traffic Safety Act

All criminal matters that may arise, CPO (s) would still have to contact the R.C.M.P for their assistance to the Town of Calmar.

Costs associated with employing a 2nd Community Peace Officer for the Town – The Town's payroll department would have an additional annual cost of approximately \$64,000-\$70,000 (depending on experience) to the rate payers of the Town of Calmar. This would include wages and benefits. There may be an additional cost for a 2nd CPO vehicle.

Option 2. Enhanced RCMP Officer

There would be a lot of flexibility with an Enhanced RCMP position that the Leduc RCMP Detachment would work on with the Town of Calmar. The position itself; however, would report to the Operations NCO at the Leduc Detachment. This keeps politics separate from operations. What it would be though is a position dedicated to Calmar at 40 hrs. per week and the Leduc Detachment could work out a schedule to work with the Town's CPO position. The RCMP Detachment would foresee the position being

For Your Next Lifestyle Change...COME HOME to CALMAR!

(2)

Supervised out of Leduc, starting and ending shift in Leduc, and giving their member a laptop to work out of the Town office at Calmar, except when dealing with prisoners, etc.

Costs associated with employing an Enhanced RCMP Officer – If the Town decides to employ an Enhanced RCMP Officer, the rate payers are looking at approximately \$160,000 (including all benefits and wages) for 40 hours a week service provided by the Enhanced Peace Officer. This includes a RCMP vehicle and office equipment such as a laptop, office supplies etc. If approved, the \$160,000 would be a 70% - 30% split. 70% to the Town of Calmar and 30% to the Province. This would mean an estimated cost of about \$112,000 to the Town of Calmar. Again, both the Town of Calmar and the Province of Alberta would have to agree on this.

Option 3. Neither one at this time

What does all this mean for our tax payers?

The Town does not anticipate much of an increase in taxes except the 2.5% that was reflected in the 2015-2017 budget amounts. That means that any additional RCMP or CPO costs are going to increase that 2.5% over and above.

Please indicate below your choice as to the direction you would like the Town of Calmar Council to take for additional Police presence in the Town of Calmar, whether it's a 2nd Community Officer or an Enhanced RCMP Officer:

- Option 1. 2nd Community Peace Officer _____
- Option 2. Enhanced RCMP Officer _____
- Option 3. Neither one at this time _____

The Town of Calmar strongly encourages all residents to partake in the survey and return it back to the Town Administration Office no later than February 15, 2016.

Thank you in advance,

Mayor, Council and Administration
Town of Calmar
www.calmar.ca

For Your Next Lifestyle Change...COME HOME to CALMAR!

RCMP Policing Priorities

The RCMP is committed to preserving the peace, upholding the law and providing quality service in partnership with the communities it serves. The purpose of this brief, **seven-question survey** is to ensure the public has a say in what the RCMP priorities are for the region.

Each year, RCMP from the Leduc and Thorsby/Breton detachments establish policing priorities to ensure that, in addition to responding to calls for service, members focus on the policing issues identified by the public as being the most important. These priorities are determined based on the feedback the RCMP receives from the municipalities and communities they serve.

Leduc County and the City of Leduc have partnered with the RCMP to conduct this brief survey to ensure that RCMP priorities align with those of the public. Information collected from this survey will be reviewed and considered by RCMP, Leduc County council, City of Leduc council and policing committees in the region.

This survey will remain open until Feb. 15, 2016. Completed surveys can be dropped off in-person or mailed to any of the addresses found below.

Alternatively, this survey can also be taken online at: <https://www.surveymonkey.com/r/RCMPsurvey>.

Leduc County Centre

101, 1101 5 Street
Nisku, AB | T9E 2X3

Leduc RCMP

1-4119 50 Street
Leduc, AB | T9E 7L9

City of Leduc Civic Centre

1 Alexandra Park
Leduc, AB | T9E 4C4

Thorsby RCMP

5005 55 Avenue
Thorsby, AB | T0C 2P0



1. Where do you live?*

- Leduc County (West of Calmar)
- Leduc County (East of Calmar)
- New Sarepta (hamlet)
- City of Leduc
- Town of Beaumont
- Town of Devon
- Town of Calmar
- Village of Warburg
- Village of Thorsby
- Other (please specify) _____

2. Please select three (3) policing priorities from the below list that you believe should be top policing priorities for Leduc and Thorsby/Breton RCMP in 2016/17, in addition to responding to calls for service.*

- Impaired driving (drugs/alcohol)
 - Illegal drug-related offences (i.e. possession and trafficking)
 - Youth engagement and development (i.e. school resource officer)
 - Major property crime (i.e. break and enters, theft of motor vehicles and theft over \$5,000)
 - Minor property crime (i.e. vandalism, theft from motor vehicles and theft under \$5,000)
 - Family violence (i.e. domestic abuse and threats)
 - Crimes against persons (i.e. assaults and threats)
 - Traffic enforcement (i.e. aggressive driving and distracted driving)
 - Community engagement (i.e. community crime watch and alternative patrols like bike, boat and ATV)
 - Other: _____
-
-

3. Leduc County, the City of Leduc and the RCMP welcome your feedback on policing priorities in your area. If you wish to provide any feedback, please write your comments below.

4. Name (optional): _____

5. Please select the below category that best represents your gender?*

- Male
- Female
- Transgender
- I'd rather not say

6. What is your age?*

- 17 or younger
- 18 to 24
- 25 to 34
- 35 to 54
- 55 or older
- I'd rather not say

7. What is your occupation?*

- Agricultural producer
- Business
- Industry
- Enforcement services/military
- Healthcare
- Government employee
- Student
- Retired
- Volunteer
- Unemployed
- Other (please specify) _____

Thank you for your participation.