

March 2016

Calmar Chronicle

Happy
Saint Patrick's
Day



First Day of Spring
March 20th

Did You Know..

Daylight Saving Time's original purpose was to save electricity—making the most of natural daylight. Studies have revealed that the long term actual number is about 1.3 Billion kilowatt hours! Perhaps it does serve a purpose after all.

Let's see how many kilowatts we can save on MARCH 19, 2016, for Earth Hour.

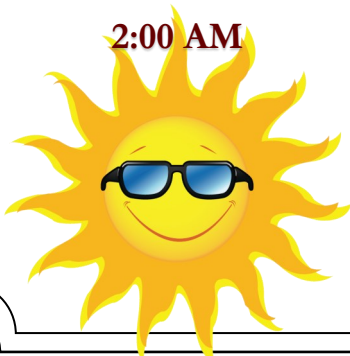
ForitsAlberta is holding a challenge for the municipalities - They will be rewarding grant funds to the municipalities that use the least amount of power during Earth Hour. \$7,500.00 first place; \$5,000.00 second place and \$2,500.00 third place.

To encourage our residents to participate, the Town will be hosting the **SECOND ANNUAL EARTH HOUR BONFIRE** in Centre Park from 7:00 PM—10:00 PM. We will have Hot Dogs and Marshmallows to roast, coffee, juice, hot chocolate and chips! **TURN OUT YOUR LIGHTS, BRING YOUR LAWN CHAIRS AND JOIN US.**

**CLOCKS SPRING
AHEAD ON**

MARCH 13, 2016

2:00 AM



This EARTH HOUR

Shine a Light on

Climate Action

Switch off your Light and

Switch on your Social Power!



WHAT'S HAPPENING AT THE LIBRARY

March is looking busy at the Library! If you missed Naturopathic Dr. Veronkia Botova in February she is back in March to discuss Fitness and Weight Management. Dr. Botova will be discussing the different aspects of your body that need to be balanced in order to lose weight. Contact the Library to reserve your spot today. **WEDNESDAY, March 9 @ 7:00 PM.**

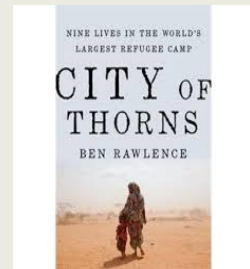
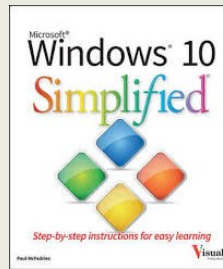
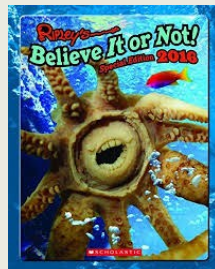
To switch things up a bit we have Rev. Dr. Janice Dodds joining us for a session on **ANGEL NUMBERS**. This session will be on learning how you can increase your understanding of your angel's messages to you. Intrigued? Call today to reserve your spot for this free session. **WEDNESDAY, March 16 @ 7:00 PM.**

GET COMFORTABLE With Computers—Level 1: This program is full, though we are accepting people on our waiting list.

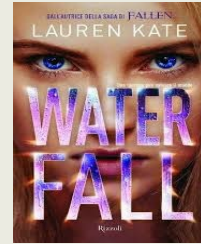
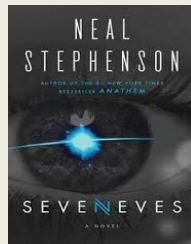
PLAN OF SERVICE—Have you filled out our survey? The survey to help guide the Calmar Library Board for the next 5 years is currently available at the Library and on our webpage. www.calmarpubliclibrary.ca

Just a few of our new items:

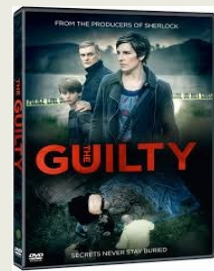
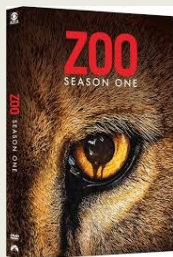
Non-Fiction



Fiction



DVD's



Calmar Curling Club



Calmar Curling Rink

May 14, 2016



*Top 3 Teams
are in the
prizes!*

Doors open: 7:00pm

Events starts: 7:30pm

Dance 10:00-1:00am

Includes late lunch



Admission

Spectators—\$20.00

Competitors—25.00each

(6 players per team)

Watch as teams compete

To claim the title of Survivor Calmar!

To enter a team or purchase advance tickets call Lisa @ 780-721-4763 or Shannon @ 780-499-9535. First 8 paid teams will be accepted. No minors

Home Alone Course

for children ages 9-11

This one-day program is for children who may be home alone before or after school or occasionally for short periods of time. This course is designed to enhance your child's skills and confidence to stay home alone.

This course focuses on home alone skills, home alone readiness, emergencies, healthy snacks and safe activities.

Location: Calmar Community Hall

Date: Saturday, May 14

Time: 10 a.m. to 3 p.m.

Cost: Free

Registration deadline: May 5

For more information or to register, please contact Yvonne at 780-985-3191

Please note: space is limited – the first 12 registrants will be accepted.



2016 INCOME TAX RETURNS FOR TAX YEAR 2015



VOLUNTEER INCOME TAX PROGRAM
BEGINNING MARCH 2, 2016
HELP IS AVAILABLE FOR FREE
FOR SENIORS, STUDENTS, OR RESIDENTS
WITH LOW INCOME
TAX RETURNS DONE BY APPOINTMENT ONLY
FOR APPOINTMENT OR MORE INFORMATION CONTACT
FCSS COORDINATOR YVONNE @ 780-985-3191
EMAIL: ypearson@calmar.ca

The Volunteer program DOES NOT complete returns with income from:

- Capital Gains
- Fishing Income
- Farming Income
- Bankruptcies
- Rental Income
- Deceased Persons
- Self Employment Income
- Interest over \$1000

I can collect individual Income Tax information for individuals who have transportation challenges. Please contact me for pickup @ (780)985-3191 between March 1 to March 24, 2016



BINGO

At the Calmar Legion

Wednesdays

7:00 PM



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

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

A Tax-Free Savings Account

Isn't Just Another Savings Account.

When you opened a Tax-Free Savings Account (TFSA), you probably did it for the tax-advantaged savings. But remember, not all TFSAs are created equal.

By holding a TFSA with Edward Jones, you can benefit from working with a financial advisor* who will meet with you to better understand your needs. Working together, we can personalize your TFSA with investments that are tailored to meet these needs.

*In Quebec, our financial advisors are known as investment advisors.

Call or visit today to personalize your TFSA.

Dale E Rutter

5901-50th Street
Bay #6
Leduc, AB T9E 8E3
780-980-5492

Rick Medcke

5901-50th Street
Bay #6
Leduc, AB T9E 8E3
780-980-5492

www.edwardjones.com

Member - Canadian Investor Protection Fund

Edward Jones
MAKING SENSE OF INVESTING

MIKES HOMES

www.mikeshomesltd.com

Come visit our show home in Drayton Valley!

If you are looking to build
in 2016 we have free blueprint drafts
for all you dreamers wanting
your Forever Home.

Make that Dream a Reality...

Take that Step...

Come see what we can do for you!

VISIT OUR WEBPAGE: www.mikeshomesltd.com

CONTACT:

Michael Jacob @ michaelj@mikeshomesltd.com

Phone: 780.991.1008

Mike Petracek @ mikep@mikeshomesltd.com

Phone: 780.699.3700

Main Office (Mon.—Fri. / 8:00—5:00)

Phone: 780.789.3714



Do You Recognize This DAD?

We do...He attended...

KID'NECTION

This workshop will provide information for fathers about a DADs role and their relationship with their child(ren). The workshop will help strengthen the relationship DAD has with their child(ren). It will provide an environment for DADs to share their stories and talk about their role as a DAD. Pizza and Root beer provided from 12 - 1pm

March 12
10:00am – 12:00pm
299 Telford Court
Leduc
52 St and 52 Ave



Time with DAD



**Let's have some
FUN together**



Way to go DAD!



**What will we
build?**



DAD did that!

**LEDUC REGIONAL
PARENT LINK**

To register:

Call 780-979-2387

Or email

lrplc@leduc-county.com



YOGA IN CALMAR

CALMAR COMMUNITY CENTRE
4815—49 STREET

SPRING YOGA CLASSES MARCH 2016



Drop IN: \$16.00
Children: \$10.00

March / SPRING YOGA CLASSES in Calmar:

Thursday 7:30-8:30 pm RESTORE & Relax before bed time with YIN YOGA (starting April 7th)

Friday 7-8:15 pm Vinyasa Flow (based on Ashtanga Series)

Sunday 1:30-2:45pm Gentle Hatha Flow (optimized for BEGINNERS!)

Sunday 3-4:15pm YIN YOGA (restorative sequence to relax & renew, goes until March 20th)

For all Calmar Yoga PASS Holders from now on – you can join an additional class with DARIA:

YOGA for Strength & Vitality: Wednesday 7-8:15 at PORTO BELLO Community (hw 616 & RR 262)

REGISTRATION OPEN FOR SPRING YOGA CLASSES, enrol before March 26th and save \$5.00!!!

Prices:

Drop IN \$16.00 (or if you already had a pass this semester drop in rate stays same as pass rate)

CHALLENGER PRICES:

At the end of the Spring Session we will have a draw, where we will have 3 lucky winners based on your class attendance in spring!

PRICES:

1st Price: A brand NEW HALFMOON YOGA MAT + 100% WOOL BLANKET (value \$80.00)

2nd: YOGA MAT TOWEL + EYE PILLOW + 5ml CPTG Essential Oil for relaxation (value \$60.00)

3rd: SURPRISE Yoga Product (Value \$30.00)

APRIL 3rd - ESSENTIAL OIL – WORKSHOP in CALMAR:

TAKE CONTROL OF YOUR MOOD & LIFE with Essential Oils & Yin Yoga

Sunday 2-4pm

Price: \$ 40.00

Presenter: Daria Kilburn/Anissa Brauneis

10x Class SPRING Pass - \$140.00
12x Class SPRING Pass - \$168.00
Unlimited Challenger Pass - \$240.00
(if you plan to come 2-3x per week)

APRIL 23rd – ACUPRESSURE SELF HELP BOOK 2 (JIN SHIN JYUTSU)

Saturday: 9am – 6pm

Lunch, Snacks & Tea provided

eligible for NHPC additional credits for Massage Therapists

Presenter: Daria Kilburn

Price first timers incl. Book & handouts \$ 140.00

Price if you have done the course already once &/or have a book \$ 110.00



FACEBOOK: DTOUCH

WEB: www.dtouch.ca

ESSENTIAL OILS – AB TOUR

Training on WHY & HOW TO
use Essential Oils

April 1st – Friday in WETASKIWIN 6-8:30pm

At Refresh Wellness Centre – Workshop on Chakra Balancing with EOs & YIN Yoga. Price: \$57.75 (incl.GST, handouts & your own blend of Essential oil)

April 3rd – Sunday in CALMAR 2-4pm

At the community hall – Workshop on Mood-Mngmt with EOs & Yin Yoga. Price \$ 40.00 incl. handouts, tea & snacks.+ a draw for 3x valuable therapeutic grade EOs.

April 4th – Monday WIZARD LAKE 3-6pm

Essential Oils 101 & Application/ how to use on horses & your other animal companions.

\$45.00 incl. an individual analysis for your horse at NO extra cost! Space limited, please pre-register in time!

April 6th–Wed.PORTO BELLO (Hw616/RR 262)

7-9pm

Essential Oils 101 Presentation – no costs involved, donations welcome!

For private sessions & to book your time slot following options are available:

April 2nd Saturday: 10-12:30pm

April 3rd Sunday: 10-12:30pm

April 4th Monday: anytime - 9am – 1:30pm

LIFE BLOOD ANALYSIS

In CALMAR

MAY 13th & 14th Friday/Saturday 2016

Friday 10 am -8 pm Saturday 10am-12pm

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!



WORKSHOPS

April – May 2016

In Calmar: 4815-49 Street, AB, CAN

For Details and to register please

call 780 729 7808

email: office@dtouch.ca

Facebook: DTouch

WEB: <http://www.dtouch.ca>

2016
SPRING

JIN SHIN JYUTSU ACUPRESSURE – SELF HELP (BOOK 2) In CALMAR

APRIL 23rd 2016 9 am – 6pm

(eligible for NHPC credits!)

This course is for you if you want to learn about the 26 major safety energy locks (SELs) in our body & **how to activate them, to release tension, stress & blockage that accumulates throughout our life.**

Learn how to prevent fear, anger, anxiety, fatigue being part of your routine.

Our innate healing capacities root within us.

Sometimes they are dormant and need to be awakened.

More self help on a daily basis & less stress with paying high bills for chronic, reoccurring symptoms.

Course Price (first timers incl. Book \$140.00

Course Price (everyone who took JSJ SH Book 2 already & has a book)

- \$110.00

REGISTER TODAY 780 729 7808



Calmar Prairie Players PRESENT:



Crimson Cap Ladies



Take on Vegas



May 12, 13 and 14, 2016

Calmar Legion

Thursday, May 12, 2016



Show Only - \$15.00

DINNER THEATRE - \$40.00

Friday, May 13 and

Saturday, May 14

Doors Open @ 5:45

Dinner @ 6:30

Show @ 7:45

Making Their Calmar
Prairie Players Debut

Dr. Grant Davies

&

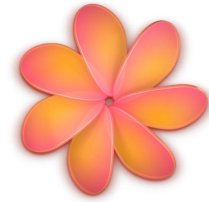
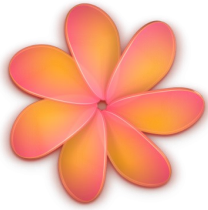
Lezie Prankle

WRITTEN BY: Chris McKerracher

DIRECTED BY: Madeline McKerracher

STARRING:

Angie Podgurny; Judy Bler; Peter Dickhout; Tammy Bateman; Trish Fleming; Cindy Thornton; Leah Keller



We are looking for volunteers, interested in gardening, who would like to participate in our Parent and Tots gardening program. This is a great opportunity for Parents and kids to work together planting and maintaining a garden. The thrill of watching the garden grow can be exciting for both children and adults alike.

We are in need of volunteers to help out with the planting and maintenance of our town gardens. Come on out and have some fun as we make our town look beautiful.

Dates to Remember:

May 9, 2016: Annual General Meeting @ 6:30 PM in Council Chambers. The following is a list of Board positions;

President; Vice President; Treasurer; Secretary; Director

May 14, 2016: Tentative date for Town Cleanup

July 1, 2016 Canada Day Family Day - Join us for an afternoon of family fun.

For more information or if interested in volunteering please contact Lin Rehn @ 780.886.7031.



Join us at Devon's first and only Devon Outgrown It Sale and EXPO on April 30, 2016—11:00 am—2:00 pm—Devon Community Centre (20 Haven Avenue). NEW: We have expanded to include ALL “outgrown it” items for the entire FAMILY! Sell and shop for Gently-Used and New men's women's youth's, children's and babies' clothing, books, movies, toys, games, electronics, small household items, hand tools and small power tools, sporting goods, pet supplies, businesses and services and more. Don't miss out on a chance to win one of many door prizes, and be one of the first 100 Shoppers to get a Grab Bag! While you are here, grab a hot lunch from our concession. Admission is only \$2.00 per adult (children and vendors are free) with 50% off admission proceeds donated to charity. Bring the entire family to our bi-annual Sale event! Visit our website at www.devonout6grownitsale.ca.

STORM WATER PONDS

Any Town operated storm retention facility will be signed:

***“STORM WATER POND CLOSED—STAY OFF ICE AND OUT OF WATER
TOWN OF CALMAR PARKLAND BYLAW NO. 2016-06”***

Skating is not permitted on storm water ponds as they have fluctuating water levels with potential depths that will not freeze solid. There have been incidents of children falling through the ice within our region—even when ice measurements at the facility are at an acceptable thickness.

The Town of Calmar is following the lead of other municipalities, like Edmonton, Spruce Grove and the City of Leduc.

Please contact Protective Services @ 780.985.3604 ext. 228 or 780.999.7181 for Information.

Glen Park Community Association

Annual General Meeting

March 12, 2016

Brunch: 11:00 AM—12:30 PM

Meeting @ 1:00 PM



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.



GATEWAY FAMILY CHURCH CALMAR

SERVICE TIME: SUNDAY 6:00 PM

CALMARFAMILY.CA

PH (780) 986 1414

37A Parkview Crescent

Affiliated with the Pentecostal Assemblies of Canada

Community Collective Kitchen

Imagine spending a few hours cooking in someone else's kitchen, having somebody else do the grocery shopping, and going home with some prepared, nutritious meals for less per meal than the cost of a kids meal at your local drive thru.



Would you like to:

- Cook healthy, low-cost meals?
- Take home tasty, nutritious, home cooked meals for yourself and your family?
- Learn new recipes and try new foods?
- Meet new friends?

Then come check out our Community Collective Kitchen.

Where: **Gateway Family Church Calmar**

When: **Saturday, March 12, 2016 – 9:30 a.m. to noon**

Pre-registration and pre-payment required. For questions or to register call Giselle Messer at 780-721-3445

Free child minding available if requested in advance

Be sure to secure your spot as space is limited

Snacks & Refreshments will be served!



**Calmar Community
Good Friday Service
Friday, March 25, 2016
10:30 AM
Gateway Family Church
37A Parkview Crescent**

**ALL ARE WELCOME!
For Information please call:
Keith Froese @ 780.721.2171**

**OPEN ACCESS YOUTH CLUB
FUNDRAISER
MARCH 19, 2016 10:00AM- 4:00PM
Bake Sale and Silent Auction**

To make contributions contact Ron:
780.985.0205

Calmar Senior's Centre



FOOT LADY

Thursday, March 3, 2016
Call for Appointment
Aileen: 587.991.4132



EASTER DINNER and BIRTHDAYS

Wednesday, March 16, 2016.
Members Only.



GENERAL MEETING

Wednesday, March 9

1:30 PM



MUSIC JAMMERS
Tuesday, March 22, 2016
1:00PM - 3:30 PM
\$4.00/person
Light Lunch to Follow

HALL RENTAL

Open to the Public
Contact Ruth @ 780.985.3503

NEW MEMBERS ALWAYS WELCOME

Membership fee \$10.00/year

Contact Ruth @ 780.985.3503 for more information.

“Dad, why are some of your hairs white?”

“Because, every time you make me unhappy, one of them turns white”

“Oh, now I understand why all of *grandpa's* hairs are white!”



Power Off Predators Foundation

would like to thank

all residents who participated
in their bottle drive Feb. 16!

Thank You All!



Spring Fitness Classes in Calmar

8 Weeks of Classes starting April 5, 2016
\$12 Drop-In OR 8 Week Pass for \$80

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, April 5
Last Class: Tuesday, May 24

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 Yin Yoga at 7:30 p.m.

Stay for a relaxing 1 hour Yin Yoga class taught by Daria. Drop-in is \$14 and is not included in the 8 Week Pass.

First Class: Thursday, April 7
Last Class: Thursday, May 19

**Make
2016
Your Year!**

Thorsby & District Lions Club



DATE: MARCH 26, 2016 TIME: 10:00 AM

LOCATION: LIONS CAMPGROUND

EVENTS: Egg Hunt, Face Painting, Bouncy House, Bouncy Ponies, Glitter Tattoos, Potato Sack Races, Spoon Egg Races, Ring Toss, Crafts, Colouring and so much more!

Free Hotdogs, Hot Chocolate, Coffee and Juice

EVERYONE WELCOME—HOPE TO SEE YOU THERE!

Door Prize and Prizes for Games and Races



T O W N O F C A L M A R

4901 - 50 Avenue
PO Box 750
Calmar AB T0C 0V0
Phone: 780.985.3604 ext. 221
Fax: 780.985.3039

COME HOME TO CALMAR!



15th of
the Month.

The Town Office will
be closed on March 25
and March 28, 2016

OPTIONS:

\$100.00 Full Page

\$75.00 Half Page

\$50.00 Quarter Page

\$25.00 Business Card

COMMUNITY GROUPS
ARE FREE

ADVERTISE WITH US!

Submissions for the Newsletter
will no longer be accepted past
the deadline—The deadline is
the 15th of each month to
advertise for the following
month.

We apologize for any inconven-
ience this may cause.

WE WANT YOUR **FEEDBACK**

Leduc County and the Town of Calmar are considering creating a **borderless fire service** in the Calmar Fire District.

Please join the fire chiefs from the Town of Calmar and Leduc County as they discuss what a borderless fire service would look like. They will address:

- the need for a new fire hall in the Town of Calmar
- services to be received by residents
- the management of a borderless fire service

Wednesday, March 9

Gym at Calmar Elementary School (5402 50 St.)

Presentation at 7 p.m.; questions to follow

Refreshments will be provided.

