

CALMAR CHRONICLE

MARCH 2020



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Advertising



Town Administration Office
4901-50 Avenue, P.O. Box 750, Calmar, AB T0C 0V0
Phone 780-985-3604 Fax 780-985-3039
Open Monday—Friday 9 a.m.—4:30 p.m.
Closed from 12:30 p.m.—1:00 p.m. for lunch
Website: www.calmar.ca Email info@calmar.ca

March 2020


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



DID YOU KNOW...

Stats from the last round of snow removal (not including when the back alleys were done):

- ◆ Public Works removed 487 truckloads of snow;
- ◆ Three dump trucks travelled a combined 2,838 kms back and forth to the snow dump;
- ◆ The loader put on 53 hrs and the grader 66 hrs and roughly 280 combined man hrs over five staff.



Mayor's Corner

The first part of the year has been quiet in Town. Council passed the 2020 Town budget and there will be a 1.5% tax increase for the municipal portion of your taxes. (The annual cost-of-living adjustment for Alberta in 2020 is just over 2%.) At this time, we do not know what the Provincial Government will be charging for School Taxes.

The Town of Calmar is very excited to announce the old Hotel Site has been purchased by the Town and we will be working with local investors to develop the site! If anyone is interested in investing, please contact Economic Development Officer Michelle Levasseur at the Town Office.

Lately there have been complaints that water rates in town are too high. Calmar's water is purchased from the Capital Region Southwest Water Services Commission (C.R.S.W.S.C.) and the Commission purchases the water from EPCOR (City of Edmonton). There are costs involved in making the water drinkable and then transporting it to Calmar, from Edmonton. The Town of Calmar has infrastructure costs to get the water to your home; i.e. reservoirs, pumps, waterlines and power. These costs result in charges of \$1.81 per cubic meter of water, which if measured, would fill a container the size of 1 meter high by 1 meter wide by 1 meter in circumference (1,000,000 ml of water total).

Some people do not have a problem purchasing a 500ml bottle of water from the store that can cost more than a \$1.81 and that you have travel to, to purchase. Yet some will complain that a cubic meter of water at \$1.81 is too expensive when it is delivered to your taps at the same price.

Your water bill also includes Sewer charges. The Town has infrastructure to clean the water so it can be returned to the ecosystem; via our lagoon, which requires pumps, sewer lines, chemicals, testing and power. That comes at an additional cost of \$5.88 per cubic meter. Garbage Removal is calculated at \$36.00 (\$4.50 per week) per home for services that have your trash picked up at your home and then transported to the Landfill Site, where the Town has to pay \$63.00 per tonne to dump the trash. We also pay for Recycling and the Semi-annual Clean Up of \$15.00 (\$3.75 every two weeks) per household.


When you receive a bill for \$224.25 for water every two months, (\$112.13 per month), remember you are not just being charged for water. When compared to other communities our water, sewer, garbage and recycle rates are very comparable, if not better. When concerns are brought to Council's attention, we always ask ourselves how we can be better. With the fixed costs of these services, and the value-added brought to our community, I for one, am not sure how we can lower these costs. If anyone has any questions, please reach out to the Town Administration or Council so we can put some clarity into your Town Utility Bill.

As always, if you have any questions or concerns you can contact me or any Town Councilor. We will try to answer your questions as soon as possible.

I can be reached at wychimetz@calmar.ca or call me at (780) 722-4147. You can 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 IT CAN BE!

Mayor Wally Yachimetz



What's Happening at the Calmar Public Library

MARCH 2020

One Time March Programs

COMPOSTING 101

Wednesday March 11th @ 7:00 pm



Learn how to turn kitchen scraps into fuel for your garden! Join members of **Calmar's Communities in Bloom** as they explain the benefits of composting and how to get started doing this age-old process at home. Come learn about composting for healthy soil and growth.

Please call to reserve your free spot today. 780.985.3472

RHYMES THAT BIND

March 6th & 20th @ 11:00 am – 12:00 pm



Join us with your pre-school child/children for a fun and interactive opportunity to learn new songs, rhymes and finger plays while building your relationship and creating a solid framework for your child's early literacy and language skills

This program is in partnership with



GRIEF AND LOSS

Wednesday, March 18th @ 6:00 pm – 8:00 pm



Has your family experienced a loss or significant change that has your child feeling overwhelmed? You are not alone. Join us as we share information, experiences and coping strategies that help to build resilience, strengthen your relationship and connect with other families going through similar challenges. To register for this program, contact 780.979.2386 or email lrplc@leduc-county.com

PD KID'S KITCHEN

Friday, March 20th @ 1:30 pm Ages 8-12 years



A passion for experimenting with food can come at any age. Join the library staff as we explore the art of constructing simple and delicious snacks. **Registration is required as limited spots are available.**

Monthly Programs

Sit & Fit

Every Monday @ 11:30 am (except stat holidays)



From Tai Chi to Chair Yoga, seated exercises for health and wellbeing. These workouts are designed to stimulate physical and mental wellbeing. All exercises are done while seated in a chair. Before starting any exercise program, participants should consult with their family doctor.

McBride Career Group

By appointment only – call 587.285.8118



The McBride Career group are here to assist unemployed individuals to achieve and retain meaningful employment opportunities and to assist working Albertans to identify steps required toward job and career goals. For more information on the services being offered call 587-285-8118 to book an appointment.

Knit 'n' Stitch

Every Tuesday @ 1:30 pm



Everyone is welcome to join our Knit 'n' Stitch Group. Come and learn the basics or practice some advance techniques. This is a great place to share your love of the craft whether you're a beginner or a pro.

Stay 'n' Play

Wednesdays starting January 8th to March 25th

10:00 am to 11:15 am



This program is for caregivers and children (0-5 yrs) and encourages children's brain development through exploration of 'loose parts' and child directed play. Healthy brains are built on quality playtime and strong relationships. You are your child's best 'play partner' and most important teacher. Create connections and build community at your local library. Join us in play, conversation, and early years learning!

Stay 'n' Play Plus

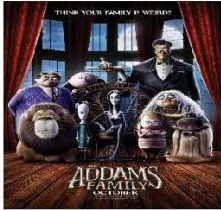
Wednesdays starting January 8th to March 25th

1:00 pm to 2:30 pm

This program offers more activities and discussions about early childhood development. What does it mean to be your child's first teacher? Why is play so important? How do I guide my child through a tantrum? What is the connection between relationship and resiliency? What does healthy brain development look like? Come out to play, chat and be curious about the factors that influence human development, and link the dots from connecting, to playing, to learning.

Early Dismissal Movie – March 4th

First Wednesday of the month @ 3:00 pm



Free Movie! Free Popcorn! Early Dismissal Movie is back with a star-studded selection of movies for your viewing pleasure. Join us this month while we enjoy **Addams Family**

Call the library to register so we know how much popcorn to make.

780.985.3472

Make & Take Essential Oils

1ST Thursday of the month

March 5th @ 1:00 pm



When you aren't feeling comfortable in your own skin, it's hard to interact with others. Using natural remedies in the treatment of mental and emotional states has been an ancient practice and the holistic way of thinking is returning, accompanied by a revival of herbal, homeopathic nutritional, and other treatments, in matters of the mind. What better way to influence the mind and spirit, than through nature's essences: essential oils? In this

class, we will talk about ways that essential oils can help support someone's mental wellness. We will also show how to make your own self-supporting custom rollerball blend that you get to take home- and we call that a "Make & Take". There is a \$10.00 participant fee for each session attended. Call 780.985.3472 to register or go to the link: <https://www.eventbrite.ca/e/essential-oils-babies-calmar-public-library-tickets-88735094055?aff=efbeventtix> Drop ins are accepted and payment can be made prior to the session beginning. **Calmar Public Library does not endorse any of the products discussed.**

Thursday Tween Time

Thursday, March 12th @ 3:30 pm



Tween Scene is back! Bigger and Better!

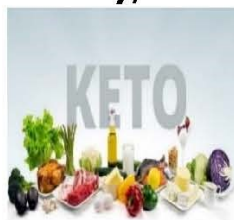
On the 2nd Thursday of each month join us for a fun filled afternoon. Each month has a different theme. March's theme is **Birds! Birds! Birds!** At the end of the program you will be taking home a nesting material box and a bird feeder to help our returning friends.

Registration is required. Please call 780.985.3472

Keto Konnection

Monday, March 9th @ 6:00 pm

Monday, March 23rd @ 6:00 pm

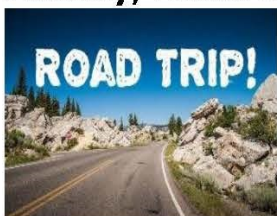


It's a New Year! Are you ready to learn about Keto and what it can offer to you? Although a participant run program, Elke will be on hand to answer questions. The evening will include recipe ideas, meal planning and overall information regarding the Keto Diet. Registration would be appreciated but this program does accept drop-ins.

CookBook Club

3rd Monday of the Month

Monday, March 16th @ 6:30 pm



Food on a stick has been moved to the April 20th meeting. The CookBook Club is going on a road trip for our March meeting! Time to get out of the kitchen and try someone else's cooking and what better way than to do a road trip. This is an economical way to try a new food experience as we share dishes and costs! For more information contact the library.

Adult Book Club

More information to follow regarding a NEW Adult Book Club!

Looking for Volunteers



If you know Spanish, we are looking for someone to teach Spanish at the library.

If you would like to learn more about these opportunities, please contact Susan Parkinson @ 780.985.3472.

SAVE THE DATE:

April 3rd @ 9:00 – 4:00 – St. John Ambulance Babysitting Course. Must be 11 years old. Minimum of 7 participants to offer the program. Please book early. Cost \$60.00 per participant

April 8th @ 7:00 pm- Tibetan Singing Bowls

Check out our webpage: www.calmarpubliclibrary.ca

Call 780.985.3472 for more information.



MARCH 2020 CALMAR PUBLIC LIBRARY PROGRAMS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 11:00 – 8:00 11:30 AM Sit & Fit Adult Exercise	3 11:00 – 5:00 1:30 PM Knitting Group (Everyone)	4 11:00 – 8:00 10:00 – 11:15 Play, Learn & Grow 1:00 – 2:30 Play, Learn, & Grow Plus 3:00 PM Early Dismissal Movie: Addams Family	5 11:00 – 5:00 1:00 – 3:30 Make & Take Essential Oils * \$10.00 per person	6 11:00 – 5:00 11:00 – 12:00 Rhymes that Bind	7 11:00 – 3:00	8
9 11:00 – 8:00 11:30 AM Sit & Fit Adult Exercise 6:00 PM Keto Konnection	10 11:00 – 5:00 1:30 PM Knitting Group (Everyone)	11 11:00 – 8:00 10:00 – 11:15 Play, Learn & Grow 1:00 – 2:30 Play, Learn, & Grow Plus 7-8 Composting 101	12 11:00 – 5:00 Tween Time: Birds! Birds! Birds!	13 11:00 – 5:00	14 11:00 – 3:00	15
16 11:00 – 8:00 11:30 AM Sit & Fit Adult Exercise 6:30 PM CookBook Club: Outing	17 11:00 – 5:00 1:30 PM Knitting Group (Everyone)	18 11:00 – 8:00 10:00 – 11:15 Play, Learn & Grow 1:00 – 2:30 Play, Learn, & Grow Plus 6-8:00 pm Grief and Loss Michelle Neis	19 11:00 – 5:00	20 11:00 – 5:00 11:00 – 12:00 Rhymes that Bind 1:30-3 PD COOKING CLASS	21 11:00 – 3:00	22
23 11:00 – 8:00 11:30 AM Sit & Fit Adult Exercise 6:00 PM Keto Konnection	24 11:00 – 5:00 1:30 PM Knitting Group (Everyone)	25 11:00 – 8:00 10:00 – 11:15 Play, Learn & Grow 1:00 – 2:30 Play, Learn, & Grow Plus	26 11:00 – 5:00	27 11:00 – 5:00 1:00 PM Mother Daughter Book Club	28 11:00 – 3:00	29
30 11:00 – 8:00 11:30 AM Sit & Fit Adult Exercise	31 11:00 – 5:00 1:30 PM Knitting Group (Everyone)					



CALMAR'S COMMUNITIES IN BLOOM COMMITTEE

ANNUAL GENERAL MEETING

Tuesday, March 10th at 6:30 p.m. in Council Chambers

EVERYONE IS WELCOME TO ATTEND!

Spring is quickly approaching and we are making plans for the new season, but we can't do it alone! If you have a couple of hours to spare and you want to join a fun and friendly group, we would love to meet you!

For more information contact Brandon Richards-Fedor via email brichardsfedor@outlook.com or phone (587) 985-0346.

COME GROW WITH US!

FROM THE RECREATION DEPARTMENT

Well, they all can't be gems.....after 2 years of trying it is obvious my Family Day Photo and Story contest is a bust. I thought it was a good idea that would touch on both the creative and the sentimental sides of people but it just wasn't to be. Next year, we'll do something else and see how that goes.

On to happier things.

After a lengthy process, the Town will finally be getting a new Zamboni thanks to Minor Hockey's successful CFEP grant application. Minor Hockey was approved for over \$61,000 which they will donate to the Town toward a new Zamboni. It should arrive in time for the 2020 – 2021 ice season.

As I type this, a successful bidder for the Recreation Master Plan has yet to be identified but hopefully, at the 02 March Council meeting, Council will be ratifying the Recreation Board's choice for the successful submission. Once this happens this will then lead to what I hope will be quality and meaningful community consultation to help lay the framework for recreation in Calmar for generations to come.

And here's another reminder about the ParticipACTION Community Better Challenge.

The challenge returns June 1 - 21, 2020

Another community will have the chance to be named Canada's Most Active Community and take home the top prize. In the meantime, keep tracking on the ParticipACTION app all year long and look-out for grant opportunities for this year's challenge.

Get active with friends, family and neighbours and build social bonds while participating in the ParticipACTION Community Better Challenge. Our community could win \$150,000 and be crowned Canada's Most Active Community! The ParticipACTION Community Better Challenge is an annual event that aims to get neighbourhoods across the country moving together. At the conclusion, one community (and why can't it be Calmar?) will earn the top prize and title of being Canada's most active. In addition to the top prize, other prizes will be awarded to finalists in the challenge.

The great thing about this challenge is that smaller centres like Calmar have just as good a chance of winning as larger centres as unlike many similar competitions, there are allowances to compensate for community size discrepancies. So let's show Canada just how active Calmar is!

And on the topic of events coming down the line, work is already underway for this year's Calmar Days AND Homecoming 125 (+ 1).

There will be some tweaks to Calmar Days as we try and find ways to make it bigger and better and with Homecoming happening the same weekend, it should be one action packed weekend 14 – 16 August. For those of you with friends and family who used to live in Calmar but no longer do, please invite them to Homecoming. The more the merrier.

Plans are still being developed for Homecoming but we hope to include the rebirth of the historical walking tour as part of it. In addition to the actual Homecoming weekend we would like to see smaller events celebrating Calmar's 125 (+1) happen in the months leading up to the weekend and maybe even some things happening after.

And the 2020 Capital Budget was passed and in it, Council has approved funding for an upgrade to the Spray Park and for an additional 2 km of trail work. The latter will probably wait until after the results of the Recreation Master Plan so we don't end up putting trail where no one will use it. As for the Spray Park, if we can do all above ground additions, we will have plenty to work with.

The end of the month will see the ice removed from the Mike Karbonik Arena but we hope to see some extra events on the dry floor this year. One event that will be happening is Volunteer Appreciation in April. But more on that in next month's Chronicle.

And some late breaking exciting news.

I don't have all the details just yet but it looks like Zumba will be coming to the Program Centre on Thursdays. There is no confirmed start date yet but most likely it will be the 19th. Keep your eyes open for any posters and ears open for any word!

Calmar and District Senior Citizens Club
March 2020 News

WANTED

The Calmar and District Senior Citizens Club is inviting all adults 50 years and older to join our Senior Citizens Club for fun and camaraderie. The club holds various functions throughout the year. We hold monthly MUSIC Jammer Sessions of the 4th Tuesday of the month where musicians from our region get together and provide lively music for your dancing and listening pleasure, a light lunch is served for an entry fee of only \$7. **Musicians of all ages are always welcome to join in at our monthly Music Jammers.** We hold monthly birthday celebrations for our members where the club provides a birthday cake; you can offer your well wishes to fellow members that are celebrating a birthday. We hold quarterly general meetings to inform members of what is going on at the center and with the club; we also have a celebratory meal for holidays such as Easter, Thanksgiving and Christmas. **The membership fee to join the Calmar and District Senior Citizens Club is ONLY \$10 per year.** You can get your membership by just showing up at the hall for any of the senior club functions or by emailing Terry Balaban at tbalaban@shaw.ca or calling at 587-988-3636.

The Calmar & District Senior Center is available for rental for meetings and all social functions. The rental fees are:

\$100 for 4 hours or less plus a \$100 refundable damage deposit
\$200 for more than 4 hours plus a \$200 refundable damage deposit.

Call Ed Roskewich at 587-986-0921 for bookings.

March 2020 Activity Schedule

Music Jammers will be held on Tuesday, March 24, 2020 at 12:30 pm come and enjoy some great music and a light lunch.

The Calmar and District Senior Citizens Club wishes to thank the following businesses that helped us sell tickets for our playhouse raffle.

Loganberry's Antiques & Curiosities
Calmar Library
Fas Gas Plus

We also wish to thank the following businesses in Leduc that allowed us to sell tickets in their establishments:

Canadian Tire
Co-op Grocery Store
Canada Safeway
Smokin' Shears Hair Studio

SAVE THE DATE

**CELEBRATE CALMAR'S
125 YEARS**

HOMECOMING 2020 AUGUST 14-16

DETAILS TO COME!



NATIONAL VOLUNTEER WEEK APRIL 19 - APRIL 25, 2020

2020 CALMAR NATIONAL VOLUNTEER WEEK APPRECIATION CELEBRATION

**IT'S TIME TO APPLAUD TOWN OF
CALMAR AND DISTRICT VOLUNTEERS**

Saturday Evening, April 25, 2020

Attention Calmar Community & District Volunteers



THANK YOU



THANK YOU



FOR ALL YOU DO

CHECK THIS OUT!

- ❑ Do you support a organization/group or committee by volunteering ?
- ❑ Would you ENJOY an evening out with your volunteer teammates ?
- ❑ Interested ?

Please contact your group leaders and let them know you wish to join us in the Calmar Volunteer Appreciation Celebration.

All that is required is the group to register and forward your name for registration in order for you to collect your ticket.



PLEASE NOTE

Calmar & District Community Organizations/Groups/Committees'
2020 Calmar National Volunteer Appreciation Celebration
Saturday evening, April 25, 2020

Location: Mike Karbonik Arena, 5019-47 Street

The evening includes barbeque supper, entertainment and hopefully a few laughs.

Contact Yvonne or Byron to update organization and contact information.

@ (780)935-3191 or email ypearson@calmar.ca Byron @ (780)935-3604 Ext 224 or email hking@calmar.ca

Each organization or group will be receiving an information and request letter. Included in the email or mailed envelope will be a registration form requesting each community organization or group to enter the invited volunteers participating in the celebration.

The Glen Park Hall

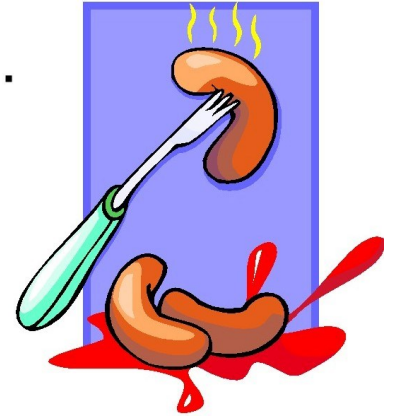
Is hosting their Annual General Meeting

Saturday March 14th. 2020

Current and new members welcome

Brunch 11am. - 12:30 pm.

Meeting at 1 pm.



ASPENLEAF ENERGY LTD. - CENTRAL ALBERTA EMERGENCY RESPONSE PLAN

Aspenleaf Energy Limited and its wholly owned subsidiary NEP Canada ULC (collectively "Aspenleaf"), are privately owned oil and gas companies that focus on light oil and liquids rich gas reserves in the Leduc/Woodbend and Swan Hills Regions. Aspenleaf is managed by a highly experienced team, with combined industry experience of over 150 years. We are committed to conducting our activities in a manner that safeguards the health and safety of the public, our employees and our contractors; while respecting human rights and preserving the environment for future generations.

In Leduc/Woodbend, Aspenleaf has an existing network of sweet and sour oil and gas gathering systems which collect at the Leduc 10-22-50-26W64 Production Facility. Gas is pipelined to the Calmar Gas Plant 07-23-49-27 W4M for further processing. The Calmar 07-23 facility and associated pipelines are in close proximity to your community and as a proactive measure, Aspenleaf continually updates a detailed Emergency Response Plan (ERP) to ensure your health and your safety. The Calmar 07-23 facility is located Southwest of the Town of Calmar.

Aspenleaf is working closely with the local authorities and the Alberta Energy Regulator (AER) to ensure safe operations now and in the future. Aspenleaf's top priority is to provide an environment that safeguards staff members, suppliers and the community in which we work. We take all necessary steps to minimize risk, meeting or exceeding regulatory laws and standards, and would like to assure you of our continual commitment to the safety of the public, our workers and the environment.

The updated Emergency Plan has three primary public safety measures. You would be contacted if your residence or place of work are within the emergency protection zone. These three measures are:

Shelter-In-Place:

Shelter-In-Place is considered the primary public safety measure when the hazard is of a limited duration or the public would be at a higher risk if evacuated. The goal of Shelter-In-Place is to reduce the movement of air into and out of a building until either the hazard has passed or the appropriate emergency actions can be taken (such as evacuation).

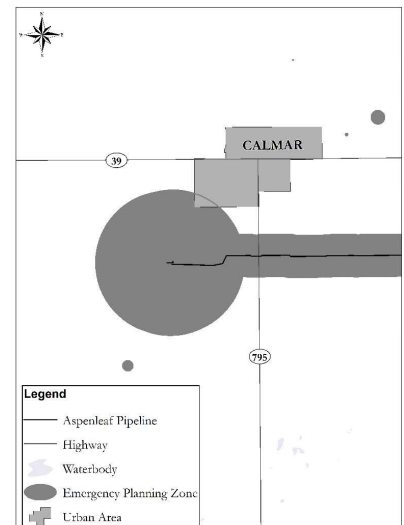
Evacuation:

In the unlikely event of a long term release, it may be necessary to evacuate you to ensure your safety. At this time you would be provided with a safe route to an established evacuation centre.

Ignition Procedures:

In conjunction with Shelter-In-Place and Evacuation strategies, the release may be ignited at the source in order to reduce your exposure to the hazard. The combustion of gases being carried high into the atmosphere allowing for additional time for the public to safely evacuate. The decision to ignite would be made in consultation with the AER.

Aspenleaf has prepared a public information package outlining their operations in the area, detailing the public safety measures. If you have any questions or would like a copy of the package, please send a request to info@h2safety.ca, or contact Aspenleaf Energy.



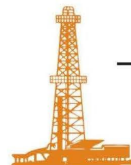
CONTACT INFORMATION

Aspenleaf Energy Ltd.
24 Hrs Emergency Line 1-866-361-6690

Operations Superintendent
Shawn Ryan Office: 1-780-987-3598
Ext: 231

Operations Manager
Jeremy Johnson Office: 1-403-398-0820
Ext: 5820

HSE Manager
Colleen Krahn Office: 1-403-398-6208
Ext: 6208



NEP CANADA ULC

Electronics Recycling Roundup

Calmar Elementary

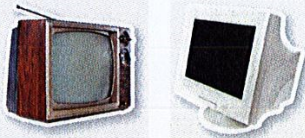
February 10, 2020 - March 6, 2020

Bring in these old, unwanted electronics for recycling and not only will you help keep the environment safer and healthier, you'll raise funds for your organization.

TVs and Monitors

screens smaller than 30"

\$4/UNIT



TVs and Monitors

screens 30" or bigger

\$10/UNIT



Laptop, Notebook and Tablet Computers

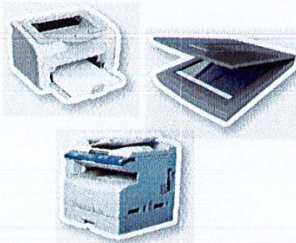
\$1/UNIT



Printers, Copiers, Scanners, Faxes

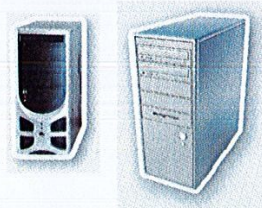
(standalone and combination units up to 1,000 Kg.)

\$4/UNIT



Computers (CPUs), All-in-one Computers, Servers

\$4/UNIT



NOTE: keyboards, mice, computer speakers and cables can be recycled through this project but no funding will be provided for these items.

ADDITIONAL INFORMATION:

FOR MORE INFORMATION CALL

CALMAR ELEMENTARY SCHOOL

780-985-2228



Dr. Chris Yull is a Family Physician, a father, and a husband. Originally from Yorkshire, he completed his medical training in the UK, graduating from Edinburgh Medical School in 2003 and becoming a Member of the Royal College of General Practitioner's in 2009. He has developed a full scope of family medicine practice by seizing opportunities to pursue a varied career. He has provided cradle-to-grave care within the NHS in the UK. He has worked overseas alongside the British military, providing medical care to UK service personnel and their families. Since 2014, he has been working in Alberta, gaining certification with the Canadian College of Family Practitioners in 2016.

When not at work, Dr. Chris loves exploring his new Canadian homeland, getting up into the mountains, alpine skiing and snowshoeing, hiking with the family, or sailing the west coast.

CALMAR MEDICAL CLINIC—NOW ACCEPTING NEW PATIENTS

780-985-3344



Amy Walton, Registered Provisional Psychologist, MC

I aim to create a therapeutically safe and supportive space for every individual I work with. My client-centred approach emphasizes an authentic working alliance, empathy, non-judgment, a focus on strengths, and a tailored approach based on a variety of therapeutic models and strategies. I work through a lens of mind-body unity and self-compassion, and specifically, I offer interventions based on Acceptance and Commitment Therapy (ACT) and Eye-Movement Desensitization and Reprocessing (EMDR).

In addition to completing my Masters in Counselling (Athabasca University), I have also completed EMDR Basic Training (EMDIRA -Approved EMDR Consulting, LLC), ACT for Beginners with Dr. Russ Harris (Psychwire), ACT for Anxiety and Depression with Dr. Russ Harris (Psychwire), The Attachment Puzzle (Neufeld Institute), The Art & Science of Transplanting Children (Neufeld Institute), and the ASIST Suicide Intervention Training. I continue to study in my areas of special interest which include attachment, grief, trauma, somatic awareness, and nervous system regulation.

DYCK INSURANCE AGENCY LTD.

“Service is our business”

HAS MOVED:

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(780) 985-3650

We offer a full line of insurance products for your family, your home, your automobile(s), and your business(s).

Angela Myers – Personal Lines Insurance Broker – angela.myers@dyckinsurance.ca

Michelle Hammermeister – Personal Lines Insurance Broker –
michelle.hammermeister@dyckinsurance.ca

Dale Stewart – Commercial/Farm Insurance Broker – dale.stewart@dyckinsurance.ca



"Growing together in Jesus Christ"



to spread His light of love in Calmar"

Calmar Community Baptist Church

Pastor Keith Froese (780)721-2171 Email: calmarcommunitybaptist37@gmail.com

Street Address: 37A Parkview Crescent, Calmar

Sunday Mornings @ the church

Adult & Youth Sunday School class - 9:00 - 9:45am

We are going through "The Bible Project"


Pre-service coffee 9:45 - 10:25am

Pre-service Prayer 10:00 - 10:15am

Service begins @ 10:30am

Men's Bible Study

Enjoy studying God's Word, discussion and a cup of coffee together.

"Abiding In Christ" Series 

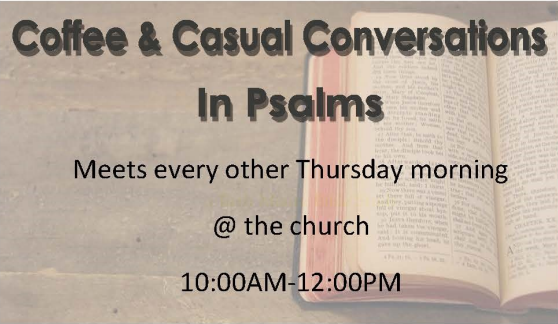
Saturday mornings @ 7:30
@ the church

Breakfast every 1st Saturday of the month.

**Coffee & Casual Conversations
In Psalms**

Meets every other Thursday morning
@ the church

10:00AM-12:00PM



Christian Service Brigade

For boys 8-12 (Grades 3-6) 

"Bright & Keen for Christ"

Thursday Nights 6:30-8:00PM



For Youth Grades 7-12

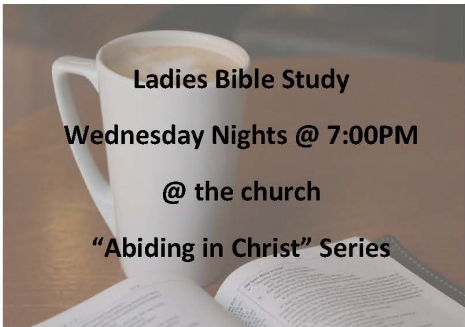
March Events

- * March 6: AYM Café at Versus Café @ 7:00PM
- * March 13: Mall Hunt. Meet @ Church @ 6:00PM
- * March 20: Gym Night @ Calmar Elementary School @ 7:00PM
- * March 27: Progressive Supper. Meet @ church @ 6:00PM

Ladies Bible Study

Wednesday Nights @ 7:00PM
@ the church

"Abiding in Christ" Series




NewsLetter DEADLINE 15th of the month



OPTIONS:
\$100.00 Full Page \$75.00 Half Page
\$50.00 Quarter Page \$25.00 Business Card
COMMUNITY GROUPS ARE FREE!

Phone: 780.985.3604 ext. 232 Fax: 780.985.3039
 Email: hbryans@calmar.ca



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


Monday-Friday	9:00AM-7:00PM
Saturday	9:00AM-6:00PM
Sundays & Holidays:	11:00AM-5:00PM

Please contact the Town office with any inquiries. When requesting an ad please submit it in an electronic format which is print ready. **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/

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



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

Starting a Home Based Business?

Did you know that you may require a Development Permit and possibly other approvals if you are going to change the existing use of your building?

Also, you are required to obtain a Business License.

Please contact Ruth Sider, Development Officer, at rsider@calmar.ca or 780-985-3604 ext. 233.

Property Taxes

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

You can sign up anytime through out the year! (You will need to pay up front for the months that have already passed, to stay caught up).

All you need is a signed Pre-Authorized Debit 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 in joining, contact Heather @ hbryans@calmar.ca or 780-985-3604 ext. 232.

PUBLIC WORKS ON CALL
780-446-7319

PUBLIC WORKS SHOP
780-985-2121

COMMUNITY PEACE OFFICER
780-999-7181

EMERGENCY
911

TOWN COUNCIL MEETINGS

Held in Council Chambers
 @ 4901-50 Avenue @ 7p.m.

1st and 3rd Mondays each month (except July & August).

ALL RESIDENTS ARE WELCOME TO ATTEND