

CALMAR CHRONICLE











October 2019



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October 2019

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

Just for laughs

The children were lined up in the cafeteria of a Church elementary school for lunch, At the head of the table was a large pile of apples. The nun made a note, and put it on the apple tray... 'Take only ONE. God is watching.' Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note... 'Take all the cookies you want. God is watching the apples.'

DID YOU KNOW...

- On September 3rd Councillor Faulkner was sworn in as our newest member of Council



Finance Department Third Quarter Report

Well, we are heading rapidly into fall and eventually that dreaded 4 letter word "SNOW" will spring upon us. This time of the year is extremely busy for the staff with the preparation of the 2020 – 2022 Operating Budget and for the first time, as mandated by Alberta Municipal Affairs, a 5 year Capital Budget for 2020 – 2024. An "Asset Management Plan" is being prepared this fall which will assist the Town in identifying priorities in future year's Capital Budgets. We are gearing up to have the initial Departmental budget presentations ready for Council review in December and the finalized municipal portion of the budgets completed in January, 2020.

Mike Storey, CLGM
Director of Finance

FROM THE RECREATION DEPARTMENT

12 September saw the annual Community Awareness Night at Calmar Elementary School. There were 23 groups present and Figure Skating and 4-H both reported scoring hat tricks in sign ups that night!

The new ice season at the Mike Karbonik Arena began on Monday 23 September. If anyone is interested in booking ice they can check on availability by going to <https://app.booking.ca/calmarpub/index.asp> While there, you can also make your booking request which would also hold the slot for you and so you don't have to worry about someone else getting it if you decided to email or phone in your request later.

This same link can also be used for the Program Centre or the ball diamonds.

It might seem a ways down the road still but I have already started receiving enquiries and applications for the annual Christmas Craft Fair. This year's edition will be on Saturday 07 December, still at Calmar Elementary School. Unlike last year, spots this year will be capped so get your applications in now to avoid disappointment. Preference will be given to arts & crafts vendors if we hit capacity. Next in line would be other homemade products. Cost is still \$30 per table/spot. Application forms can be downloaded from the Town's website. This year will also feature concession service as Coffee, Pucks, & Poutine from the arena plans on being there.

The "Zolner" Park project is moving forward. For those unfamiliar with this it is the addition of 2 soccer fields and a 4th ball diamond just south of the existing ball diamonds. The site would also feature additional parking and a picnic area. What won't be there and what will be lost is camper parking for ball tournaments but the Town is looking at developing a proper campground for RVs. Select Engineering Ltd. has been chosen to do up the plans and guide the construction of the project. Maybe now might be a good time to start thinking about a real/permanent name for the site – and perhaps it should also include the existing ball diamonds? If you have any suggestions for a name and if you think the name should include the current ball diamonds, please email bking@calmar.ca. Speaking of the existing ball diamonds, a big thank you to the Hi-Way 39 Slo-Pitch League for getting a set of dugouts put in at diamond 1. These are a big improvement over just having benches there as now there is protection from the elements as well. Over the next few seasons, as they raise more money, Hi-Way 39 plans to get dugouts at all the diamonds.

In closing, there are still two vacancies on the Recreation Board. If you are interested in applying and would like more information, please feel free to contact me at bking@calmar.ca

Economic Development & Tourism

T: 780.985.3604 (223)

E: mlevasseur@calmar.ca

September Update

It is nice to meet you!



I am Michelle Levasseur, the Town of Calmar Economic Development Officer. I have been working in this position for nine months bringing over 10 years of economic development experience to administration, and a great passion for community development. I have learned a lot about Calmar in my time here, and have met many people who share in my excitement about the unlimited possibilities for Calmar. I look forward to connecting with anyone interested to learn about economic development opportunities in Calmar, or those who may have ideas or connections to share with me. I will share project updates, resource information and additional tid-bits here in the Chronicle.

'BIG 7' Economic Development & Tourism Strategic Action Plan

A 5 year strategic action plan has been finalized and approved by Town Council guided by the Economic Development & Tourism Board with input from the businesses and residents of Calmar. The plan includes seven key goals and over 50 key activities.



Goal 1 - By 2021, the Town of Calmar will have a dedicated Brand and targeted marketing initiatives to grow Calmar.

Goal 2 - Calmar will develop a thriving destination tourism sector to attract year-round visitors to the community.

Goal 3 - Calmar residents, businesses and visitors will easily have access to high quality high speed internet by 2022.

Goal 4 - Downtown will become a pedestrian friendly destination with a clear brand and place for people to gather, live and support local businesses.

Goal 5 - Calmar retains and attracts business investment that contributes to the long term financial sustainability of the Town.

Goal 6 - The municipality plays a key role in acquiring financial support and investment to enhance and grow the community.

Goal 7 - Community engagement is nurtured and leveraged to create opportunities for growth in Calmar.

Business Visitation Program

I am working my way around Calmar visiting local businesses to learn more about each business, understand opportunities and challenges within the business and share resources and information to support our locals.

For Sale or Lease

There are over nine commercial or industrial spaces for sale or lease in Calmar. I have begun developing a database of available space which will be updated monthly and listed on the Town's website under the

'Business' tab. I am launching a community task force to develop a plan for business attraction to better understand the capacity of each space and determine appropriate businesses for these spaces. Watch for more information about how you can submit your interest in joining this task force.

Opportunity Development Cooperative (ODC)

An ODC is a community led initiative to raise capital funds to invest in local economic development projects in the community. I, along with members of the Economic Development & Tourism Board will be hosting an information session about this initiative in October. If you have been intrigued enough to want to give back to your community with funds and time, then this initiative may be perfect for you. I will be looking for local champions to join us to develop the framework of this cooperative and identify potential development projects. Keep an eye out for more information about the information session and how you can submit your interest.

Remediation and Reclamation

There are several undevelopable areas of land within the community that have contamination. I have been working with the Alberta Energy Regulator, the Government of Alberta and the Alberta Urban Municipalities Association to fully explain the implications the contamination has on the viability of our community which impact our efforts to grow in all areas of residential, commercial and industrial development. I am leaning on the powers to be to understand the steps required to remediate the lands and gain additional support to clean these sites up.

Residential Attraction Campaign

The Town partnered with the Southbridge Crossing Development and London Homes on a residential attraction campaign. This campaign was designed to increase awareness about Southbridge Crossing, London Homes and the Town of Calmar. The campaign launched in the July and will run through to the end of September. Check out the video that was created during this campaign on our website at www.calmar.ca under the 'Community' tab.



Quick Facts Handout



Have you seen the Calmar Quick Facts Handout? I have created a promotional handout that summarizes the basic statistical information about the community. The information can be viewed on the website at www.calmar.ca under the 'Business' tab or a hard copy is available at the Town Office.

WIFI

I have been researching and developing a detailed assessment on fibre optic infrastructure options for Calmar. I am exploring options for integration of Telus Fibre throughout Calmar; for wireless connections to existing fibre; and other relevant options that arise during the research.

What's Happening at the Calmar Public Library

October 2019



New Program

Drop In Harry Potter Puzzle



Drop by the library and help us put together our Harry Potter puzzle. We hope to have it completed by the end of the month. Everyone is welcome to help.

Keto Konnection

Monday, October 14th @ 6:00 pm

Monday, October 28th @ 6:00 pm



You asked for it and here it is! The Keto 101 information session with Elke was not enough. Many participants asked for regular get-togethers and here it is! Starting the 2nd Monday of October, Elke will be facilitating a Keto Konnection Program. This will be a participate run program and will include, recipe ideas, meal planning and overall information regarding the Keto Diet. Registration would be appreciated but this program does accept drop ins.

3rd Annual Calmar Library Writing Contest

Deadline: November 29th, 2019 @ 4:00 pm



The Writing Contest is open to Calmar and area residents. Contest rules and regulations can be picked up at the Calmar Public Library or visit our web page www.calmarpubliclibrary.ca

Just for October

Sewing 101

October 5th @ 11:30 am – 2:00 pm



Back by popular demand! Have you always wanted to sew but don't know where to start? Are you "stuck" on a project? Want to replace that zipper, but don't know where to begin? If you answered yes to any of the above questions, then this workshop is for you! Bring your project down or do one of ours to learn the art of sewing. You are to supply your own sewing machine. Registration is required 780.985.3472

Author Visit: Pearl Gregor

Wednesday, October 9th @ 4:00 pm – 7:00 pm



Come down and chat with author Pearl Gregor about the divine feminine, dream interpretation, or her recently published book. Pearl Gregor is a lifelong pursuer. While searching for a way through clinical depression, she began her journey in the world of dreams. After completing her doctorate at the University of British Columbia in 2008, Ms.

Gregor became a dream workshop leader. When she isn't writing, Ms. Gregor operates the Dream Sanctuary, working with others to help them understand their own inner world through dreams. Pearl has written two books; *I, the Woman Planted the Tree; A Journey through Dreams to the Feminine* and *Authoring Self: A Journey through Dreams to the Feminine*.

Essential Oils with Janelle

Wednesday, October 23rd



Join Janelle as she shows you the benefits of essential oils and how to use them effectively. From aromatic, topical and internal, Janelle will discuss each of these methods and what the benefits are. Call today to reserve your free spot.

780.985.3472

October Programs

McBride Career Group

By Appointment Only



The Calmar Public Library has partnered with the McBride Career Group to offer services in Calmar. 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.

Some of the many services being offered will include:

- Career and Occupational Focusing
- Personal Development Support and Guidance
- Professional Resume Preparation
- Labour Market Research
- For more information on the services or to book an appointment call 587-285-8118. Please note this is no longer a drop-in program.

Knit `n` Stitch

Every Tuesday from 1:30 pm

Did you know that when you knit, you always have your yarn in the back of the right needle and when you purl, you always have your yarn on the front of your right needle? Join our weekly Knit `n` Stitch group to learn these and other knitting technique tips. From the beginner to the pro, all levels are welcome. We have yarn, and needles. Bring your project down or start a new one. Drop In

Stay `n` Play

Wednesdays starting September 11th – Dec 11th

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 September 11th – Dec 11th

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

First Wednesday of the month starting October 2nd @ 3:00 pm

School aged



Free Movie. Free Popcorn. Early Dismissal Movie is back with a star-studded selection of movies for your viewing pleasure. This month's movie is "*The Secret Life of Pets 2*"

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

Tween Time Thursday

Thursday, October 10th @ 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 we will have a theme that we will work from. With Halloween this month our theme is "**Mad Scientist**". Join us as we make slimy slime, fake blood and other creepy experiments. Registration is required as space is limited. 780.985.3472

CookBook Club

Monday, October 21st @ 6:30 pm

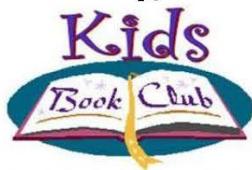


Oktoberfest isn't just about the beer! Think about pretzels, sausages, sauerkraut and so much more. Get your Oktoberfest on and come on down with a prepared dish based on the "Oktoberfest" theme. Don't forget the recipe! Everyone will get a chance to sample dishes so make sure you are hungry. For more information please call 780.985.3472.

Tween Book Club

Last Thursday of the month

Thursday, October 31st @ 3:30 pm



This program is for tweens 6 to 12 years of age. Read a book and come down and share it with us or read one of ours. We have lots to choose from.

Save the Date:

Harry Potter After Hours

Friday, November 1st @ 4:00 pm.

10 years old and up (school age)

Step through the brick wall onto Platform 9^{3/4} and board the Hogwarts Express for an evening of witchcraft and wizardry! Wizard robes are optional but encouraged. Registration is required due to limited spots.

Monday, November 4th, 11th, 18th, & 25th: Zook Chair Exercise @ 11:30 am

Monday, November 4th: Kids Have Stress Too

Tuesday, November 5th & 19th: MCG Careers by appointment only

Tuesday, November 5th, 12th, 19th & 2th: Knit and Stitch Group @ 1:30 pm

Wednesday, November 6th, 13th, 20th & 27th: Play, Learn, & Grow @ 10:00 am

Wednesday, November 6th, 13th, 20th & 27th: Play, Learn, & Grow Plus @

Wednesday, November 6th: Early Dismissal Movie @ 3:00pm

Monday, November 11th & 25th: Keto Konnect @ 6:00 pm with Elke Hemmings

Wednesday, November 13th: Literacy: Debt Smarts @ 6:30 pm

Thursday, November 14th: Tween Time @ 3:30 pm

Monday, November 18th: CookBook Club @ 6:30 pm

Wednesday, November 20th: Fraud Protection for Seniors @ 1:00 pm

Thursday, November 21st: Calmar Public Library Board Meeting

Monday, November 25th: Adult Book Club @ 1:30 pm

Wednesday, November 27th: Basic Banking @ 6:30 pm

Thursday, November 28th: Tween Book Club @ 3:30 pm

The Library will be closed Saturday, October 12th

and Monday, October 14th

Happy Thanksgiving

Check out our webpage: www.calmarpubliclibrary.ca

Call 780.985.3472 for more information.

OCTOBER 2019 CALMAR PUBLIC LIBRARY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 rd Annual Calmar Library Writing Contest. Deadline: November 29 th @ 4:00 pm Drop by the library for rules.	1 11:00 – 5:00 1:30 PM Knitting Group (Everyone)	2 11:00 – 8:00 10:00 – 11:15 Stay 'n' Play 1:00 – 2:30 Stay 'n' Play Plus 3:00 Early Dismissal Movie: The Secret Life of Pets 2	3 11:00 – 5:00	4 11:00 – 5:00	5 11:00 – 3:00 11:30- 2:00 Sewing 101	6 CLOSED
7 11:00 – 8:00 11:30 AM Zook Adult Exercise	8 11:00 – 5:00 1-4 MCG Careers 1:30 PM Knitting Group (Everyone)	9 11:00 – 8:00 10:00 – 11:15 Stay 'n' Play 1:00 – 2:30 Stay 'n' Play Plus 4-7 Author Visit: Pearl Gregor	10 11:00 – 5:00 3:30 Tween Time "Mad Scientist"	11 11:00 – 5:00	12 11:00 – 3:00 CLOSED	13 CLOSED
14 11:00 – 8:00 CLOSED THANKSGIVING	15 11:00 – 5:00 1:30 PM Knitting Group	16 11:00 – 8:00 10:00 – 11:15 Stay 'n' Play 1:00 – 2:30 Stay 'n' Play Plus	17 11:00 – 5:00 7:00 pm Board Mtg.	18 11:00 – 5:00	19 11:00 – 3:00	20 CLOSED
21 11:00 – 8:00 11:30 AM Zook Adult Exercise 6:30 Cook Book Club	22 11:00 – 5:00 1-4 MCG Careers 1:30 PM Knitting Group (Everyone)	23 11:00 – 8:00 10:00 – 11:15 Stay 'n' Play 1:00 – 2:30 Stay 'n' Play Plus 7-8 Essential Oils with Janelle	24 11:00 – 5:00	25 11:00 – 5:00 1:00 Mother Daughter Book Club (family)	26 11:00 – 3:00	27 CLOSED
28 11:00 – 8:00 11:30 AM Zook Adult Exercise 1-3 Adult Book Club 6:00 Keto Konnektion	29 11:00 – 5:00 1:30 PM Knitting Group (Everyone)	30 11:00 – 8:00 10:00 – 11:15 Stay 'n' Play 1:00 – 2:30 Stay 'n' Play Plus	31 11:00 – 5:00 3:30 Tween Book Club (6-12yrs)			



2019 Calmar Library Writing Contest

Open to Calmar and area residents
DEADLINE: November 29th, 2019
at 4:00 pm

Entries to be typed double spaced,
in 12-point Calibri font and
emailed to
circulation@calmarpubliclibrary.ca
One entry per person.

TWO THEME CATEGORIES

POETRY

- Unpublished, Original Poetry
- Open Theme
- Max 600 Words

SHORT STORY

- Unpublished, Original Fiction
- Open Theme
- 1200 – 1800 Words

TWO AGE CATEGORIES

Adult: 15 years and older
Youth: 9 to 14 years

PRIZES

ADULT

Poetry: \$150.00
Short Story: \$300.00

Youth

Poetry: \$75.00
Short Story: \$150.00

Calmar Public Library
4705 50 Ave
TOC OVO
780.985.3472



We wish to thank Dr. Grant Davies and
Dr. Nhung Tran-Davies for their generosity in
sponsoring this event.

2019 CALMAR LIBRARY WRITING CONTEST

ends November 29th @ 4:00 pm

Rules for Entrants

- Open to Calmar and area residents (Leduc County).
- Must have a Library Card.
- All submissions must be the author's original work and unpublished elsewhere in print or online.
- Competition is limited to one submission per contestant.
- Submissions are to be typed and double spaced in 12-point Calibri font and sent to circulation@calmarpubliclibrary.ca as a Word document.
- In the body of the email, include the following information:
 - Full Name
 - Address and Phone Number
 - Title of Submission
 - Category
 - Email address
- Author's name cannot be on submission only title and category.
- All entries must be submitted by the deadline of 4:00 pm on Friday, November 29th 2019.
- Entries will not be returned to the authors.
- Please keep a duplicate personal copy of your original submission.
- By entering the contest, you give permission to the Calmar Public Library to display your entry in a binder to be located at the Calmar Public Library to be enjoyed by the community.
- All entries will be placed in the binder.

Contact Us

For more information contact the Calmar Public Library at 780.985.3472 or circulation@calmarpubliclibrary.ca

**Calmar and District Senior Citizens Club
October 2019 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.**

Come and join the Calmar & District Senior Citizens Club, you can get your membership by just showing up at the hall for any of the above 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.



October Activity Schedule

Thanksgiving Dinner (Members Only) – October 2, 2019 @ 12:30

October Birthday Celebrations – October 16 @ 1:00 PM

Music Jammers, Tuesday October 22 @ 1:00 PM, light lunch will be served.

Next Bus Trip to West Edmonton Mall Wednesday November 13, 2019. Contact Judy Nistor for more information @ 780-985-3370.

Remember to buy you tickets for the following:

The Calmar Seniors club in conjunction with the Calmar Legion Branch #266 is holding the Playhouse Raffle to raise funds to help our clubs operate. Tickets are only \$5.00 with only 2000 tickets printed. The draw will be held on December 31, 2019 at Calmar's First Night Celebration, for tickets contact Terry Balaban@587-988-3636, any senior club members or purchase at the Calmar Library.

2019 Fall Clean Up

Pick up is scheduled from



October 7, 2019 to October 11, 2019

Items **MUST** be placed out by 7:00AM on October 7

Pick up will be completed by Friday, October 11 by
3:30PM

CURB-SIDE FRONT YARD PICK UP ONLY

NO EXCEPTIONS

Maximum pick up is 1/2 ton truck load per residence

Branches are to be **BUNDLED** in 3 foot (MAX length) bundles

Place metal in a separate pile

Place electronics in a separate pile

We will *not* accept the following:

Propane Tanks, Dishwashers, Fridges, Deep Freezes, Micro-
waves, Stoves, Washers, Dryers, Air Conditioners, Water Coolers,
Broken Glass, Batteries, Car Parts, Tires, Concrete, Paint, Oil,
Antifreeze or Chemicals.



For more information about the 2019 Fall Clean up,
Contact the Town of Calmar office @ 780-985-3604

Early Years & Leduc Regional Parent Link Centre



Fall 2019

View all of our programs online at leduc-county.com/fcss

Drop-in programs are a fun and flexible way to explore a variety of programs without committing to a weekly or monthly class. Join us to play today! Please check [facebook.com/leducregionalparentlink](https://www.facebook.com/leducregionalparentlink) for program location changes or cancellations.

Drop-in programs

Stay 'n' Play  Physical health and wellbeing  Communication skills and general knowledge  Social competence

Are you looking for a program that encourages play and offers opportunities to connect with other children and adults in the community? Our curriculum (0 to 5 years) promotes active 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.

Stay 'n' Play PLUS  Physical health and wellbeing  Communication skills and general knowledge  Social competence

Stay 'n' Play and then some! Join us for more of what happens at Stay 'n' Play, plus expanded curriculum activities and discussions about early childhood development. Come out to play, chat and learn about the factors that influence development.

Rhymes that Bind  Physical health and wellbeing  Communication skills and general knowledge  Social competence

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.

Registered programs

Kids have Stress too!

Too much stress can be counterproductive, overwhelming and lead to challenging behaviours or high anxiety. This workshop gives parents and caregivers an understanding of childhood stress and how to help children develop and use tools to deal with stressors in an effective way.

Navigating Motherhood

Are you expecting or have just had a baby? If you are having feelings of depression, anxiety or feel overwhelmed, you are not alone. Join us as we share information, experiences and coping strategies focused on the symptoms of postpartum depression and anxiety while connecting with other moms with similar challenges.



780-979-2386



1-866-979-2386



lrplc@leduc-county.com



[facebook.com/leducregionalparentlink](https://www.facebook.com/leducregionalparentlink)

Triple P: Positive Parenting Program

Open to any parent, grandparent or caregiver interested in the joys and challenges of parenting children 2-12 years.

All families are different, and as such, Triple P has a number of ways to get the support that you want. Choose from a seminar, group program, discussion group and/or in-home sessions.



For descriptions and information about the programs available, please visit the Triple P Positive Parenting Program website at: <https://bit.ly/2LBE0Nm>

If you would like any of these programs to run in your community, or if you would like a one-on-one meeting with one of our Early Years Mentors, please contact us at:

- 780-979-2386
- 1-866-979-2386
- email lrplc@leduc-country.com
- text 780-720-4627

If you would like to take the Triple P Group online and at your convenience, please visit www.triplep-parenting.net.

Parenting resources

Parent Link Centres

Parent Link Centres support parents in accessing information about: (1) early childhood development, (2) parent education, (3) family support, (4) information and referral and (5) development screening tools. For more information on Parent Link Centres in Alberta, visit www.alberta.ca/parent-link-centres.aspx.

Ages and Stages Questionnaire (ASQ)

Curious to learn more about your child's development?

The ASQ or the ASQ-SE (Social-Emotional) questionnaire is a screening tool that identifies what to expect at different ages and stages of a child's development. The questionnaire is completed by the person who knows the child best, typically a parent or caregiver. Stop by any Parent Link program to pick up a copy or for more information, call 1-866-979-2386.

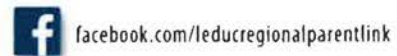
NEW: questionnaires can now be completed online!

Healthy Teeth for a Healthy Start: Alberta Health Services (AHS) Fluoride Applications

Look for the dates on our online calendar and for postings on Facebook for when dental hygienists come out to our Parent Link Centres. They offer free fluoride applications for children starting at 12 months. Healthy baby teeth means that adult teeth are healthy too!

Early Childhood Resource Program (ECR)

- In-home support for families
- Free and voluntary short-term support for families concerned about their child's development or behaviours. Services provided may include developmental screening, referrals, information about child development and positive parenting strategies.
- Support for early learning and care programs
- Information and resources to any agency or person providing early learning and child care. Support may include: individual mentoring, in-house workshops, programming resources, coaching staff in providing positive guidance when dealing with behaviour challenges and general support services related to the delivery of child care.
- For more information about the ECR program call 780-955-4599.



Stay 'n' Play  Physical health and wellbeing  Communication skills and general knowledge  Social competence

Are you looking for a program that encourages play and offers opportunities to connect with other children and adults in the community? Our curriculum (0 to 5 years) promotes active 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.

Calmar Stay 'n' Play (drop-in)

Wednesday, October 2, 2019

Wednesday, October 16, 2019

Wednesday, October 23, 2019

Wednesday, October 30, 2019

Time: 10:00 am—11:45 am

Location: Calmar Public Library: 4705-50 Avenue

A drop-in play program that offers an opportunity to engage with others in a fun free and social environment.

Stay 'n' Play PLUS  Physical health and wellbeing  Communication skills and general knowledge  Social competence

Stay 'n' Play and then some! Join us for more of what happens at Stay 'n' Play, plus expanded curriculum activities and discussions about early childhood development. Come out to play, chat and learn about the factors that influence development.

Calmar Stay 'n' Play Plus (drop-in)

Wednesday, October 2, 2019

Wednesday, October 16, 2019

Wednesday, October 23, 2019

Wednesday, October 30, 2019

Time: 1:00 pm — 2:30 pm

Location Calmar Public Library: 4705-50 Avenue

Stay 'm' Play and then some! Hmm, I wonder what we'll explore today?

FALL 2019 WORKSHOPS

** all classes held at the LBD PCN
office in Leduc.*

Grief & Loss

September 17, 24, October 1, 8 and 15
6:00 - 8:00 PM

Look at your old beliefs about dealing with loss, losses that have affected your life and take actions that will lead you to complete unresolved emotions that may still be causing you pain. Action-based group, safe environment. Pre-workshop reading assignment required. **5-part workshop.**

Your Best Weight

October 9, 4:00 pm - 6:00 pm or
November 28, 1:00 pm - 3:00 pm

Learn essential tools and skills for making lifestyle changes. Discuss the role of motivation, thoughts, and emotions in long term behaviour change. Learn how to problem solve and develop a personalized plan for change.

Child and Teen Anxiety

October 17, 24, November 7, 14, 21
Children's group (8-12 years) 6:00 - 7:15pm
Teen's group (13-18 years) 7:45 - 9:00 pm

Children and teens will learn to recognize the signs of unwanted anxious thoughts and feelings and will practice new tools to manage and cope with anxiety and panic attacks. **5-part workshop.**

Happiness Basics

November 18, 25, December 2, 9
6:00 pm - 8:00 pm

Cost: \$20 for workshop materials

This workshop teaches skills to boost overall happiness. Improve mood, vitality and energy levels, boost physical and mental health and reduce pain. **4-part workshop.**

To register for Grief & Loss, Best Weight, Children/Teen Anxiety and/or Happiness Basics, please visit the PCN website or call the office.

Heart Health

September 5 & 12, 1:00 pm - 4:00 pm

Learn about risk factors for heart disease and stroke; how to reduce your risks as well as how to recognize and react to the warning signs for heart attack and stroke. Learn about fats, sodium, sugar, fibre, label reading and meal planning for a heart healthy diet. **2-part workshop.**

Diabetes Healthy Eating

September 26, 1:00 - 4:00 pm

Learn tips to manage your blood sugars through: meal timing, balanced meals, carbohydrate choices and reading food labels.

Taking Charge: Daily Management of Type 2 Diabetes

October 3, 1:30 pm - 4:00 pm

Learn about type 2 diabetes and what affects your blood sugar. Explore the key strategies you can use to control your blood glucose levels.

Better Choices, Better Health[®] Chronic Pain Self-Management

November 6 - December 11
1:30 pm - 4:00 pm

Learn more about chronic pain and explore ways to take care of yourself and enjoy a better quality of life. Topics include healthy lifestyle choices, techniques to control pain, deal with feelings like fear, anger, frustration and worry and working with your health care team. **6-part workshop.**

To register for Heart Health, Diabetes Healthy Eating, Taking Charge: Daily Management of Type 2 Diabetes or Better Choices, Better Health, please call 780-401-2665. Online booking is not available for these classes.

WWW.LBDPCN.COM
780-986-6624
4710-50 STREET, LEDUC


LEDUC BEAUMONT DEVON



Children Anxiety

Children ages 8-12 years old will learn to recognize the signs of unwanted anxious thoughts and feelings. They will learn and practice new tools to manage anxiety and panic attacks. A parent or guardian is required to attend each session with their child.

**Taught by the PCN
Mental Health Clinicians**

This is a 5-part workshop
October 17, 24, November 7, 14, 21
6:00 pm - 7:15 pm



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



Teen Anxiety

Teens aged 13-18 years old will learn to recognize the signs of unwanted anxious thoughts and feelings. They will learn and practice new tools to manage anxiety and panic attacks. A parent or guardian is required to attend the first session with their teen.

**Taught by the PCN
Mental Health Clinicians**

This is a 5-part workshop
October 17, 24, November 7, 14, 21
7:45 pm - 9:00 pm



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

The Glen Park Hall's

Harvest Supper

November 02, 2019



With Richard and Deborah Popovich

Tickets available the first part of October

For more info. Call 780-919-1250

Doors open at 5 pm.

Supper at 6 pm.

2 hour show at 8 pm.

Adults \$30.00

Under 10 \$15.00



To begin, a huge "Thank you" to all of our sponsors: Agriculture Financial Services Corporation, Calmar Chiropractic Clinic, Calmar Co-op, Calmar Fas Gas, Calmar Pharmacy Ltd., Cargill, Hayduk Lumber, Leduc Co-op, Nutrien, Shaw Insurance Agencies Ltd., The Town of Calmar, & Wizard Lake Marine Inc. Without their generous support, we could not do what we love to do!

And what *DO* we love to do? It is our pleasure to host the annual Bench Show here in Calmar - and what an experience this year has been!

We had 59 individuals, competing in 244 Categories, with 552 exhibits, winning over \$1000 in prizes! As with our Sponsors, we could not do this even without all of the wonderful community participation! (That's YOU)

I'd like to take this opportunity to mention our Most Distinguished contributors for the 2019 Calmar Fair Bench Show:

Most Distinguished, with a lifetime of participation: Elsie Manchak. *Overall winner*: Kim Rennie.

Horticulture & Agriculture: JP Vander Veen. *Baking & Cooking*: Linda Vander Veen. *Handicrafts*: Kim Rennie. *Photography*: Ruby Neumann. *Preserves*: Kim Rennie.

For our Teens, *first place* was Garin Kowton; *first & second runners-up* are: Chelsea Kowton, & Kristen Froese.

For our Intermediate category (8-12), *first place* was Owen Rennie; *first & second runners-up* are: Ammalee Addai, & Naly Selby.

In our Junior category (0-7), *first place* went to Edmund Vander Veen; *first & second runners-up* are: Addison Langard, & Courtney Weslosky.

In our Sponsored Categories:

Robin Hood Family Favourite Recipe Baking Contest: Kim Rennie; runner-up: Carol Tabone.

Robin Hood Family Best Lunchbox Snack Contest: Carol Tabone; runner-up: Kim Rennie.

Crisco Family Favourite Recipe Baking Contest: Kim Rennie; runner-up: Carol Tabone.

Bernardin Gift Pack Competition: Kim Rennie.

Bernardin SNAP Lid/Mason Jar Creative Craft Award: Evelyn Oosterhoff.

Bernardin Best of Show: Lee-Anne Peel.

Bernardin Jam/Jelly Award: Kim Rennie.

From all of us on the Bench Show Organization Committee: Thank you!!

If you would like to volunteer to help with next year's show, please contact Linda Vander Veen at vdveen.lz@gmail.com



Now Hiring CARPENTERS

Local construction company, Mikes Homes Ltd., is looking for motivated individuals to join our team! Must have caring attitude with a wide variety of skills, such as:

- Framing
- Finishing
- painting

Drivers license and vehicle mandatory.

Please email resume to:
michaelj@mikeshomesltd.com

Wilton Park Community Centre will be having a variety/garage and bake sale on Saturday October 19th from 10am-4pm.

Tables are \$10.00 each, crafters and home based businesses are welcome!

Concession will be open! Deadline to book a table is October 15th,

Please call or text Deeniece at 780-777-8642 with questions, or to book a table.





NOTICE: PROPERTY FOR SALE

Pursuant to the Tax Recovery process in the Municipal Government Act, the property listed below were offered for sale at a Public Auction held on June 27th, 2019. The property was not sold at the Auction and the Town of Calmar has taken title to the property.

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

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

Property For Sale

Commercial Property Located at: 4718—50 Avenue

Sale Price: \$200,000



Darlene Fedor

**Looking for great rates and coverage for
Auto, Home, Commercial & Farm Insurance?**

Isn't it time you called Direct-Line?

780.985.3666

dfedor@directlineins.net

4905 – 50 Avenue - Calmar

Proudly
Representing



HOUSING

WORKSHOP SERIES

- Renting Basics •
- Tenancy Agreement •
- Eviction Process •



Oct. 9, 2019 | 10 a.m. - 1 p.m.

Oil Kings Board Room, Leduc Recreation Centre
(4330 Black Gold Drive)

Registration is required: Call 780-980-7109
Refreshments provided | Door Prize draw

Join us for this **FREE** three-part workshop that is targeted towards renters on the basics of renting, helping them understand their lease agreement, and the process of eviction.

To learn more, visit
leduc.ca/housing-workshop-series



THORSBY
FCSS &
ATB Financial
Present:

Thorsby
Community Hall

Grades 9-12

To pre-register
call Patti
780-789-4004
before
November 4, 2019

Student Lunch

Sponsored By: ATB,
The Last Post, The Lions
Club, Councillor Ivor
Foster, Lone Wolf
Mechanics, Leduc and
District Food Bank,
FCSS, Gerald Soroka

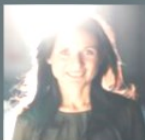
Adult Lunch Ticket: \$12

THORSBY YOUTH APPRECIATION DAY CARLA CUGLIETTA

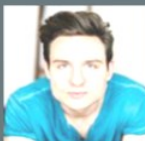
November 18, 2019 12:00-2:30 pm



Get ready to be inspired...



Carla Cuglietta is a humanitarian and keynote speaker. Over the last 20 years she has been involved in leadership projects in Central America, Africa and India. In 2015, Carla co-founded YoungLeaders.World, a global non-profit organization to engage young people in leadership and service. To date, YoungLeaders.World has provided leadership training for over 11,000 youth world-wide! Carla will weave together impactful and emotional leadership stories from around the globe that will inspire you to start being a leader in your community.



Musical Guest- Paul Woida

Paul Woida is a well known and much loved Canadian Singer/Songwriter/Master Looper. Paul wants to inspire young people and be a positive role model for people of all ages. His desire is to help them see that you can overcome your barriers and achieve your dreams.

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

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/



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

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



Rooster Tail
Hair & Tanning Salon
780.985.4588

Family Hair Care

Open: Tuesday - Saturday
 10:00 AM - Close

4701 - 49 Avenue
 Calmar, Alberta

Senior's Discount Walk Ins Welcome

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

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 June & July).

ALL RESIDENTS ARE WELCOME TO ATTEND