



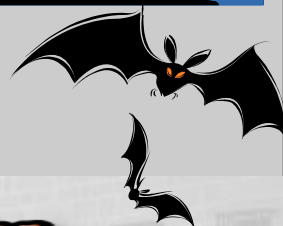
# Calmar



# Chronicle



## HAPPY HALLOWEEN



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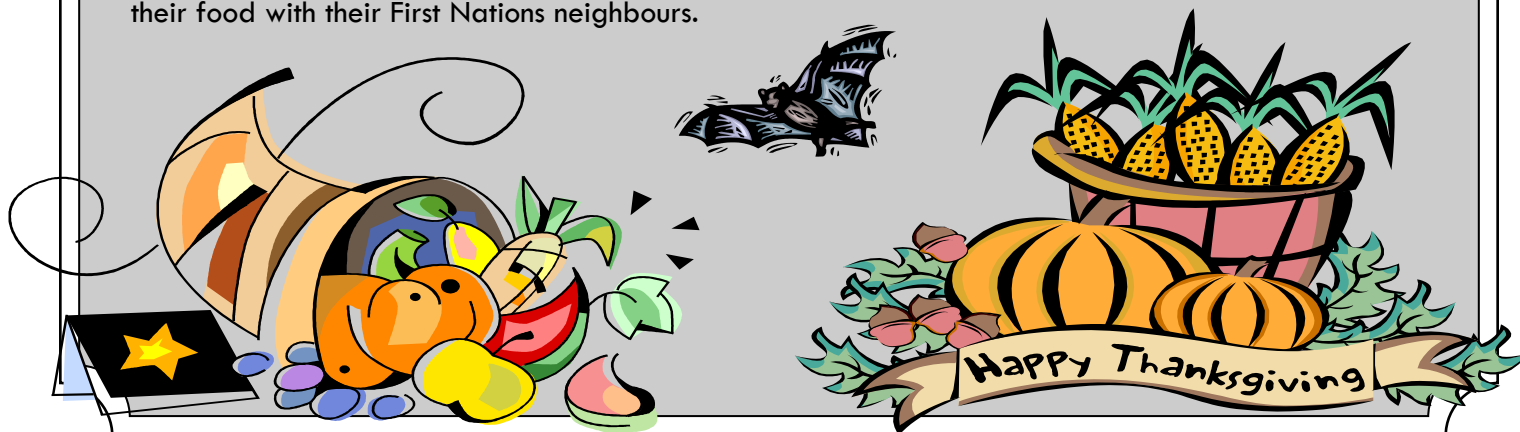
Did you know that the earliest known use "in print" of the term "Trick-or-treat", appears in a publication from 1927, from Blackie, Alberta, Canada! Historically, this custom has its roots in Ireland and Scotland - in the medieval practice of "mumming" or "guising". Children disguised in costume going from door to door for food or coins. They carried lanterns made out of scooped out turnips.

It is suggested that traditional costumes for Halloween derived by dressing up as creatures that normally caused us fear and tremble to make fun of the devil, indicating that we were not scared and that the devil's kingdom had been plundered by our Saviour.

More History on Halloween ... Page 2

## An Interesting tidbit about Thanksgiving...

We have all heard the stories of the first Thanksgiving celebration with the Pilgrims and the Native Americans in the United States, which took place in 1621 in celebration of their first Harvest. Did you know that the history of Thanksgiving in Canada can be traced back to 1578? The third voyage of Martin Frobisher to the Frobisher Bay area of Baffin Island was plagued by ice and freak storms which scattered the fleet. The fleet met together again at their anchorage in Frobisher Bay. The Minister and Preacher appointed on the journey by her Majesty, made a godly sermon, exhorting them to be especially thankful to God for their strange and miraculous deliverance. Years later, French settlers - in 1604 and onwards - held huge feasts of Thanks and formed the Order of Good Cheer and gladly shared their food with their First Nations neighbours.



Halloween originated from the ancient Celtic festival known as Samhain, which is the celebration of the end of the harvest season in Gaelic culture. It was a time to take stock of supplies and prepare for winter. October 31 was believed to have been the boundary between the worlds of the living and the dead and a time when the deceased would come back to life and cause sickness or damage to crops. It was celebrated in Ireland, Scotland and the Isle of Man. At Samhain, it was believed that the Aos Si (spirits/fairies) needed to be propitiated to ensure that the people and their livestock survived the winter. The festival included mumming and guising, that is, people going house to house in costume, reciting verses or songs in exchange for food. All Hallow's Eve derived from Christianity as the eve of All Saints' day. Celebrated as a time for honouring the saints and praying for the recently departed souls who have yet to reach Heaven. By the end of the 12th century it was obligatory across Europe traditionally the ringing of church bells for the souls. The custom of baking and sharing soul cakes for all christian souls was called "Souling". The practise of the poor - often children - was to go door to door collecting soul cakes as a means of praying for the souls in purgatory.

Jack-o'-lanterns were believed to frighten evil spirits. The folklore associated with them is said to represent a soul who has been denied entry into both heaven and hell. The Irish legend goes:

*On route home after a night's drinking, Jack encounters the devil and tricks him into climbing a tree. A quick-thinking Jack etches the sign of the cross into the bark, thus trapping the devil. Jack strikes a bargain that Satan can never claim his soul. After a life of sin, drink and mendacity, Jack is refused entry to heaven when he dies. Keeping his promise, the Devil refuses to let Jack into hell and throws a live coal straight from the fires of hell at him. It was a cold night, so Jack places the coal in a hollowed out turnip to stop it from going out, since which time Jack and his lantern have been roaming, looking for a place to rest.*



## HALLOWEEN WARM-UP

**Calmar Community Baptist Church**  
5019 - 50 Street

**October 31, 2014**  
6:00 - 8:00 PM



**We will be serving hot drinks  
and Goodies!**

**All are welcome to "warm up" with us!**



 Find us on  
**Facebook**

Website: [www.calmarpharmacy.com](http://www.calmarpharmacy.com)

5002-50 Ave, Calmar, AB T0C 0V0

Front Store: (780) 985-3142


Pharmacy: (780) 985-3121

Hours of Operation

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

Sun & Holidays 11:00 am to 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.**

**CASTINE CANINES**  
 Dog Grooming



**TRACY HAYDUK**  
 Professional Pet Stylist  
 Box 603  
 Calmar AB T0C 0V0

dtcastine@yahoo.ca  
 780-919-3371

4-1/4 Miles West of Calmar on Highway

Find us on Facebook



**October at the Senior's Centre**

**General Meeting**

Wednesday, October 1, 2014  
 1:30 PM

**Member's Birthdays**

Wednesday, October 15,  
 2014  
 1:30 PM

**MEMBER'S Thanksgiving Dinner**

Wednesday, October 8, 2014  
 12:30 PM



**MUSIC JAMMERS**

Tuesday, October 28, 2014  
 1:00 - 3:00 PM



FOOT DOCTOR TO BE ANNOUNCED



on Saturday October 4, the senior's bus will be travelling to Smoky Lake for the Annual Pumpkin Festival. Again, anyone interested please contact Ruth Dubitz.

**780.985.3503**



Come see what we have to offer!

Our next general meeting will be

October 14, 2014

@ 7:00 PM

Everyone Welcome!

**Happy Halloween!**

Wilton Park Community Centre

Cordially invites you, your friends and family to our annual

Family Halloween Event!

October 24, 2014

7:00 PM - 11:00 PM

27474 Twp Rd 502

Calmar Alberta

**Admission: \$5.00/FAMILY**



**Family Halloween Event!**

# Calmar... Community in Bloom

Well folks, it seems summer has passed us by this year. We only had a couple of weeks of really warm weather. However, the hanging baskets, barrels and flower beds did amazingly well, especially considering the cold start we had this year. We have had a lot of positive comments on how well our flowers look as well as a number of people wanting to know where we got our hanging baskets from.

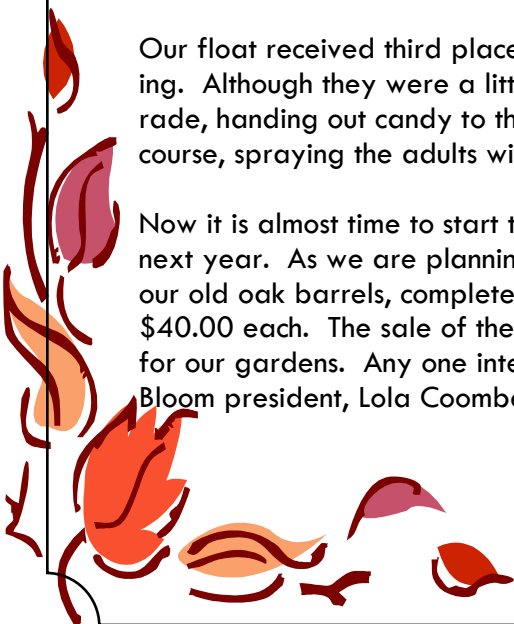
I know people were skeptical about the barrels at the beginning of the season, but, as promised, they have flourished and I trust everyone is satisfied with their planters. As was explained previously, we planted a different type of petunia this year which needs quite a lot of room to grow. As well, we purchased some new planters in which we could possibly have planted a few more flowers had we known what the actual size of the new pots were. That being said, we learn something new every day and next year is another year.

Calmar's Communities in Bloom has done a lot of hard work this year getting the society status reinstated as a non-profit organization. We had to send the government a few years' financial statements and updates. We are now just waiting to hear if everything is okay. As well, our volunteers did a good job of keeping the weeding to a minimum this year. The community youth group did an amazing job with clean up of the main street and around the schools. The Town Workshop personnel did a wonderful job recreating the Half Moon flower bed and the bed around the water house in Woodland Park. Thanks guys for a job well done! Thank you to Jenny and the boys for helping to plant all the flowers. We couldn't have done it without you. Finally, but by no means least, a huge THANK YOU to the water girl, Cassi. You did a fantastic job keeping all the baskets, barrels and flower beds watered. The flowers thank you as well, they were quite thirsty at times! We have also procured the volunteer efforts of a young lady who has to do some community service work. She has been going out in all kinds of weather helping to weed the beds. We hope this effort will spark a lifelong love of gardening for her.

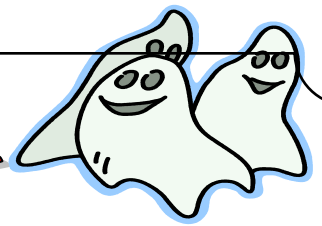
Calmar's Community in Bloom now has its own website, thanks to Pamela Mollison, who created this for us. Check it out at [www.calmarcib.webs.com](http://www.calmarcib.webs.com). We will be adding new things to this website as time goes on.

Our float received third place in the Calmar Days' parade. The kids had a lot of fun participating. Although they were a little shy in the beginning, they were in full swing by the end of the parade, handing out candy to their classmates, singing and shouting "Happy Calmar Days", and of course, spraying the adults with water along the route. It was a blast!

Now it is almost time to start the Fall clean up of the flowers, barrels, and beds getting ready for next year. As we are planning on purchasing some more new pots, we will be offering for sale our old oak barrels, complete with the secret soaker watering system, in an "AS IS" condition for \$40.00 each. The sale of these old planters will allow us to purchase some new shrubs and bushes for our gardens. Any one interested in purchasing a planter can contact Calmar's Communities In Bloom president, Lola Coombes @ 780.686.2212.



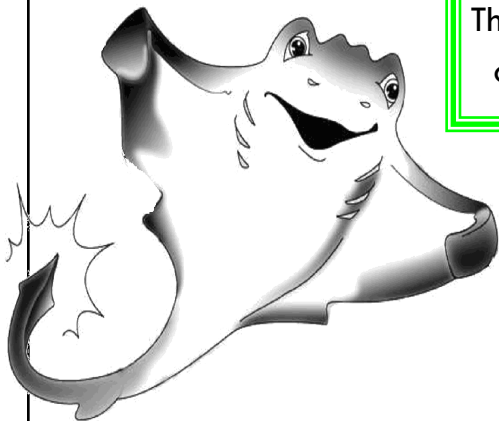
# SGhoul News...



With the new school year just underway it is important to remember that with each new year comes a new set of issues for our children! We can stop bullying from home - in our schools and on the street! Talk to your kids! Talk to other kids! Monitor their behaviour! Talk to the Schools! Stand Up to Bullying!



*Be the change you want to see. Make bullying stop.*



There is no school for the students on October 13 and 14, 2014!



New Humble Centre School



**4-H**  
Alberta



**Calmar "Heart of the Country" 4-H Club  
Information and Registration Night**

Thursday October 2, 2014  
7:00 pm

Willow Creek Hall  
49337 Range Road 274  
(West of Calmar on Highway 39, south on RR 274)

New Members Welcome

Open to children aged 9 - 20 years as of January 1, 2015

Possible 4-H projects include light horse, crafts, cooking plus...  
Public speaking, community volunteering and fun social events!

"Learn to Do by Doing"

For more information call Tracy 780.985.4231

4-H takes into account everyone's different personalities and skills. The program is a safe and encouraging place to work in - or push out of - your comfort zone. It is the ultimate place to fit in, explore your passions, and discover new interests all while learning the skills that will take you through school, relationships, post-secondary education and your career!

**Calmar Fire Department  
6th Annual Firefighters Ball**

**"GONE COUNTRY"**

**Saturday, October 18, 2014**

**Doors Open @ 5:00 - Dinner @ 6:30**

**Please Join us at the Calmar Legion**

**Chicken Dinner/Dance/Silent Auction/Comedian**

Tickets available @ the Town Office or  
Contact the Fire Hall 780.985.3500

**Finger Lickin', Toe Tappin', Belly Jigglin' Good Time!**



**OPEN HOUSE**

**CELEBRATE FIRE PREVENTION WEEK WITH US!**

**Calmar Fire Department Open House**

**Saturday, October 11, 2014**

**10:00 AM - 2:00 PM**

**SPARKY - COFFEE - DONUTS - HOT CHOCOLATE  
FUN FOR THE WHOLE FAMILY!!**





# Working Smoke Alarms Save Lives

## Test Yours Every Month!

Fire Prevention Week • October 5–11, 2014  
Go to [FPW.org](http://FPW.org)



The Town of Calmar Fire Department will be going Door to Door throughout the month of October, testing residents Smoke Detectors and talking FIRE SAFETY!

The Fire Department is also holding an Open Forum, at the Community Hall, for residents and business owners on Thursday, October 9, 2014 @ 7:00 PM. The topics for Discussion:

- ⇒ Recruitment
- ⇒ Call Volume Increases
- ⇒ Response Times
- ⇒ Training

This is the perfect opportunity for our residents to get informed about the Fire Department!

## Smoke Alarms at Home

**SMOKE ALARMS ARE A KEY PART** of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

### SAFETY TIPS

- »» Install smoke alarms inside and outside each bedroom and sleeping area. Install alarms on every level of the home. Install alarms in the basement.
- »» Large homes may need extra smoke alarms.
- »» It is best to use interconnected smoke alarms. When one smoke alarm sounds they all sound.
- »» Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- »» There are two kinds of alarms. Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quicker to warn about smoldering fires. It is best to use both types of alarms in the home.
- »» A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- »» People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- »» Replace all smoke alarms when they are 10 years old.



### FACTS

- ! Smoke alarms should be installed inside every bedroom, outside each sleeping area and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ! Roughly 2 out of 3 fire deaths happen in homes with no smoke alarms or the alarms are not working.



Your Source for SAFETY Information [www.nfpa.org/education](http://www.nfpa.org/education)  
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169



**World Food Day (WFD)** was founded by the **United Nations' (UN) Food and Agriculture Organization (FAO)** in 1945, and has been observed annually, every October 16, since 1981. The event was established to increase awareness of world hunger and poverty and to inspire solutions for world change. Today, World Food Day is celebrated by many communities around the world. In Canada, the largest World Food Day event is celebrated in Langley, British Columbia — organized by the **Food For Famine Society**.

***Our vision is to engage, empower and inspire everyone to make a difference in the world!***

Each year, World Food Day Canada hosts a variety of world-renowned speakers and opens the floor to multiple exhibitors. Attendees enjoy a stimulating and comprehensive education on various topics from new breakthroughs in agriculture to initiatives that are solving world hunger and poverty issues one step at a time. Attendees also enjoy a complimentary lunch and some unique giveaways.



CANADIAN ALLIANCE  
ON MENTAL ILLNESS  
AND MENTAL HEALTH

Oct. 6 - 12



Mental Illness  
Awareness Week

There are different kinds of mental disorders each characterized by different sets of symptoms that affect how we think, feel and behave. Symptoms can include depressed mood, extreme mood swings, disturbances in thought or perception, obsessions or fears, or other overwhelming feelings of anxiety. Most mental disorders cannot be definitively diagnosed with an objective medical test. Diagnosis is usually based on self-report (what you say you are experiencing), observations by family and friends, disturbances in your behaviour, psychological tests and the judgment and experience of a health professional (your family doctor and/or a specialized mental health professional such as a psychiatrist or psychologist).

Often people wait a long time before they ask for help and sometimes, unfortunately, people do not ask for help for a mental health problem at all. They and their family feel that something is wrong – but they don't know what. They may not know where to go to get help or may be reluctant to ask for help if they do. In addition, diagnosing a mental disorder can take time – with many people reporting that it took months, and sometimes years to get a diagnosis that fit with what they were experiencing.

There are a number of reasons people struggle with a mental disorders without reaching out for help: They simply don't know what's wrong and feel they are just "different;" they feel they can beat it on their own; they are ashamed and try to hide their symptoms; exasperated family and friends tell them to "get over it;" or they reach out for help but their first experience leaves them feeling disregarded and misunderstood.

Yet we know that the earlier people get help, the better the outcome.

One way to get help for yourself or someone you know as soon as possible is to educate yourself about what a mental disorder looks like.



October is Breast Cancer Awareness Month! Educate yourself on how to detect Breast Cancer and what you can do for yourself and others who have been diagnosed with Breast Cancer.

There are many different activities going on in October to raise awareness and funding for research!

Canadian  
Breast Cancer  
Foundation

Fondation  
canadienne du  
cancer du sein



to school... it's cool!  
join us!

**Celebrate International Walk to School (IWALK):**

**IWALK Day: Wednesday, October 8, 2014**

**IWALK Week: October 6-10, 2014**

**iwalk** is an international event promoting active travel to school and around their community

**iwalk** is part of Active & Safe Routes to School  
[www.saferoutestoschool.ca](http://www.saferoutestoschool.ca)





This October, groups and individuals across Canada are encouraging everyone to support ADHD Awareness Week and toss the myths, stereotypes, and widespread misinformation to the side!

Myths and misinformation have been prominent in the media and in the community at large for too many years. The understanding needs to start now!

ADHD (Attention Deficit Hyperactivity Disorder) is one of the most common disorders in Canada and it doesn't discriminate. It impacts people from all walks of life and backgrounds. It affects more than a million Canadian men, women, boys and girls of all ages. It is real, can be complex to diagnose and impacts most areas of an individual's life. In most cases, it does not go away. It is a lifelong disorder. Adult ADHD in particular continues to be misunderstood. ADHD affects kids at school, students at college, employees at work, and parents at home. Access information on Adult ADHD.

Get informed and stop the needless suffering!

The impairing effects of ADHD also increase costs to healthcare, education, labour, social services and the justice system. They impede the attainment of human and social capital, resulting in increased socioeconomic costs for Canada. These costs are further fuelled by the continued under-diagnosis and under-treatment of ADHD. A shocking 90% of adults remain untreated, despite the far-reaching impact of ADHD.

CADDAC needs your help! Get Involved and let people know that ADHD matters to You!

Do you know someone with ADHD? Chances are that you do. Take some time to know the facts, understand the reality, and be part of a movement to educate other Canadians about something so common, yet so misunderstood.

# Message from the Mayor

**Who or what is community pride?**

**It isn't something that you can touch or hold, rather it is something that you feel.**

**Where does it come from and who is responsible for it or responsible for not having it?**

**It comes from the heart, your neighbours, friends, teammates and classmates, to name a few. It doesn't come from council or some individual with a magic wand. No one can tell you whether or not to have pride, nor can someone tell me. It's a feeling, I know I have it.**

**It's that thing that makes me smile when I tell someone that I'm from Calmar. It's personal, but at the same time, collective.**

**It's contagious, the more you have, the more you share and spread. It nurtures our community and helps us grow. It's a positive and creative thing that we can all use to create the kind of environment that adds to quality of life and sense of well being.**

**When you choose to be positive, good things can happen. We all have the power to effect change by how we act and engage our family, friends and or community.**

**Please beware of the "evil" twin of pride... that is contempt.**

**Contempt is something that can have the opposite effect of community pride, it's dark and can cause a community to shrivel.**

**Contempt needs to be exposed and exercised so that it can't grow, it is negative and hurtful. We must work together to minimize it. We must deal with it and move on.**

**So, my message is this; Do your part, lend a hand to your family, friends and community. Buy local when you can and fight to put contempt in it's place. It's the people in this town that I appreciate the most and it's because of the people in this community that I do what I do.**

**Let's join together in making this wonderful place called Calmar a more positive and harmonious place that we can be more proud of! Thank you,**

**Don Faulkner,  
Mayor, Town of Calmar  
Here to serve you.**

# Open Access Youth Club

Tuesdays, Wednesdays, Thursdays and Fridays:  
Regular Hang Out Activities



- ▽ Pool
- ▽ Ping Pong
- ▽ Shuffle Board
- ▽ Air Hockey
- ▽ Foosball
- ▽ Board Games
- ▽ Card Games
- ▽ Game Consoles

*Internet Access  
Available*

Come in October 7 - 10  
to register for our new programs!

Become a Member and Enjoy many of the other programs we have to offer,  
including our Members Only Potluck Dinners!

HALLOWEEN PARTY October 31, 2014!

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**Glen Park Community Hall**

**2nd Annual**

**Harvest Supper**

**October 25, 2014**

**Happy Hour: 5:00 PM**

**Supper: 6:00 Pm**

**Adults: \$20.00/Under 12: \$10.00**

**Advanced Tickets Only**

**Call Chris: 780.405.6379 or**

**Shirley: 780.985.3141**

# Fall Cleanup 2014

STARTING 7:00 AM Monday, October 6

**PLEASE ENSURE ALL YOUR ITEMS ARE PLACED OUT BEFORE MONDAY - October 6 @ 7:00 AM**



Everything will be picked up by Friday,  
October 10 - 4:00 PM

**FRONT YARD PICK UP ONLY**

**NO EXCEPTIONS**

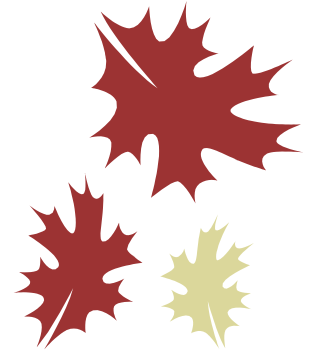
**Maximum Pick up - 1/2 tonne truck load per residence**

Branches are to be bundled in 3 foot bundles (max.)

**PLEASE put metal in a separate pile**

**PLEASE put electronics in a separate pile**

**WE DO NOT ACCEPT: Dishwashers, Fridges, Stoves, Washers, Dryers, Microwaves, Broken Glass, Batteries, Car Parts, Tires, Concrete, Paint, Oil, Antifreeze or Chemicals, Deep Freezes**



For More Information please contact  
The Town Office @ 780-985-3604

## Mike Karbonik Arena

2014-2015 Season

### Public Skating

Sundays

4:30 - 5:45

Tuesdays

4:00 - 4:45



**Cancellation may occur due to Tournaments, Rescheduling or Holidays.**

# Advertising Deadline: The 15th of each month!

Contact: Leah Ofstedahl  
Town of Calmar  
lofstedahl@calmar.ca  
(780) 985-3604 ext. 221



### OPTIONS:

- \$100.00 Full Page
- \$75.00 Half Page
- \$50.00 Quarter Page
- \$25.00 Business Card

COMMUNITY GROUPS  
ARE FREE  
ADVERTISE WITH US!



# BINGO



Wednesday Nights  
7:00 PM  
Calmar Legion



The Calmar Mixed  
Dart League last  
day for registration  
is October 2, 2014.  
First Night of Play  
October 9, 2014

Thursday Nights @ 7:00 PM

CALMAR LEGION

WE'RE ON THE  
WEB!



The Town Office

Will be Closed

October 13, 2014

Happy Thanksgiving!



# GET INVOLVED



VOLUNTEER  
FIREFIGHTERS

Did you know that 80% of Alberta's  
firefighters are volunteers?

You give us some of your free time; We  
will give you: Training and Equipment to  
keep you safe and the ability to serve  
your community!

Applications can be picked up from the  
Town of Calmar Office or any Tuesday  
evening at the Fire Hall after 7:00 pm.

FOR MORE INFORMATION  
CALL FIRE CHIEF DAVID BROOKS  
587.985.7587

