

CALMAR



CHRONICLE

October 2020



In This Issue:

Calmar Library
FCSS
Fall Clean Up Info
Writing Contest!
Did You Know
Advertising

*Please note the Office will
be closed October 12th
for Thanksgiving.*

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.
Open to the Public Tues—Thurs 10 a.m.—3 p.m.
Closed from 12:30 p.m.—1:00 p.m. for lunch
Website: www.calmar.ca Email info@calmar.ca

October 2020

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				*Tax penalties applied		
						
4	5	6	7	8	9	10
	*Council Meeting *Fall Clean Up	*Utility Bills Due *Fall Clean Up	*Fall Clean Up	*Fall Clean Up	*Fall Clean Up	
						
						
11	12	13	14	15	16	17
	*Thanksgiving— Office Closed					
						
						
18	19	20	21	22	23	24
	*Council Meeting					
						
						
25	26	27	28	29	30	31
			*Drive in Movie & Canada Day Celebration			
						
						

With COVID-19 still present, the Town Office has modified hours of access for the public. To ensure the health and welfare of both our residents and staff the office will be open during the following times:

Tuesday, Wednesday & Thursday

10:00am—3:00pm

The Office will be closed for lunch between 12:30pm—1:00pm.

Thank you for your patience and understanding in these unprecedented times.

DID YOU KNOW...

- Effective September 8th, all Council meetings will revert back to being virtual through Go To Meetings. Please watch the website and FB for access codes.
- If you would like to bring household waste to the Leduc Regional Landfill, you must have a resident card. To obtain one go to <https://leducregionallandfill.ca/cards> and fill in the form. You will receive the card in the mail which allows you to dump waste for free (with some exceptions).

2020 Fall Clean Up



Pick up is scheduled from
October 5, 2020 to October 9, 2020

Items **MUST** be placed out by 7:00AM on October 5

Pick up will be completed by Friday, October 9 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, Fridges, Deepfreezes, Microwaves, Air Conditioners, Water Coolers, Batteries, Car Parts, Tires, Concrete, Paint, Oil, Antifreeze or any other hazardous products.

(Residents are encouraged to take these items to the Leduc & District Waste Management Facility located off of Rollyview Road at 49444 Range Road 244, Leduc County. Although most items may be dropped off free of charge, items such as propane bottles, concrete and appliances containing Freon will have a charge associated with their disposal.)



FOR MORE INFORMATION ABOUT THE

2020 FALL CLEAN UP

CONTACT THE TOWN OF CALMAR OFFICE

@ 780-985-3604

FROM THE RECREATION DEPARTMENT

October 28th will be our postponed Canada Day celebration and Drive In Movie (weather permitting). The location will be the usual Movie Under the Stars location but there will be strict guidelines for parking and social distancing that we will release on Facebook and the Town website closer to the date. Come for the movie, some belated Canada Day celebrating, and if things go as planned, fireworks to end the evening. The itinerary for the evening will see parking begin at 6:00 p.m.. If the sun cooperates we hope to be able to start the movie by 7:00 p.m. and when the movie finishes (approximately 8:30 p.m.) we will conclude the evening with fireworks!

Because of Covid-19 we are working hard to try and figure out how to get two long time annual events in – Christmas in the Park and First Night. Christmas in the Park might be easier to get in mainly because it is outdoors and more spread apart. However, the idea of having such an event during flu season alone is tricky enough, let alone during the pandemic. Some things may have to be skipped this year but others should stay the same. First Night will be a bigger challenge as traditionally we have a few hundred people jammed into the Front Lobby, in the dressing rooms, and on the ice – perfect conditions for spreading the virus. The only thing guaranteed for First Night right now is there will be fireworks at 8:30 p.m.. Christmas in the Park will hopefully happen Thursday November 26th (U.S. Thanksgiving) and First Night will of course be Thursday December 31st. Circle those dates just in case!

More vendor registrations continue to come in for the Christmas Craft Fair Saturday November 7th at the Royal Canadian Legion. It is hoped that the change to a more visible location and earlier date will help reenergize the event. Remember, vendors will be limited due to Covid-19 restrictions and guidelines so if you wish to be a vendor please get your applications in A.S.A.P.

Regarding the Program Centre I have been getting more enquiries about booking the facility again. I just want to remind anyone thinking of booking the facility, Covid-19 guidelines must be followed. For example, without masks and taking into account social distancing, what was once a maximum capacity of 70 with tables is now down to 10 if the tables are set up meeting style where everyone faces everyone. For any booking request to be approved, a potential renter will have to send me their Covid-19 plan. If everything looks in order, only then will I be approving any rental request.

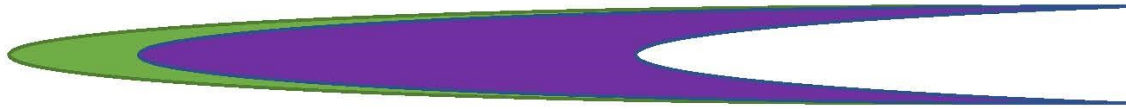
As mentioned in September's Chronicle regarding the Mike Karbonik Arena, our guidelines are pretty tight and with Covid-19 not really being an issue in our community, it may seem excessive. But one reason why Covid-19 isn't an issue in our community is because we have been diligent on our watch. If we start loosening the strings, then perhaps Covid-19 may find a toe hold in our community and then we could be in trouble.

With Fall now upon us the Homecoming Committee is starting to ramp things up because it has a whole lot of activities planned for 2021! One of the activities we hope to have during Homecoming Week will be a Pop-Up Museum. If anyone has any relics/artifacts/photos from Calmar's past they would like to loan the Homecoming Committee for this activity, please contact Michelle Levasseur at mlevasseur@calmar.ca. And don't forget, we are also still collecting family histories/Calmar stories/photos for the 2nd volume of Pioneers and Progress.

Check out the Library section for news of an exciting writing contest!

What's Happening at the Calmar Public Library

OCTOBER 2020



We have increased our Wednesday hours to 8:00 pm starting October 1st.

Hours of Operation:

Tuesday: 11:00 am to 5:00 pm
Wednesday: 11:00 am to 12:00 pm (Vulnerable Sector)
12:00 pm to 8:00 pm
Thursday: 11:00 am to 5:00 pm

Grab-and-Go available during open hours.

The following changes continue to be in effect.

Facility

- We will be monitoring the number of patrons in the building to ensure we follow social distancing protocol.
- We are asking patrons to do their best to limit their time in the library to a maximum of 15 minutes.
- One person down an aisle at one time for browsing.
- A maximum of two families at one time in the children's area will be permitted, if social distancing can be maintained.
- Tables and chairs have been removed at this time.
- No washroom available.
- Drinking fountain is not available.
- Patrons are encouraged to use the hand sanitizer located throughout the library.
- Magazine area is closed to the public.

Computers, Printers and Fax

- Patrons will be asked to wear a mask when using the computers. Please bring your own if you have one. Masks will be provided for those who do not have one.
- Two computers will be available by appointment only. Please call ahead to book your time: 780.985.3472
- Time on the computer will be limited.
- Printing and Faxing services are available.

Borrowing and Returns

- We encourage patrons to **Grab'n'Go** when you come to the library. This means requesting your materials in advance. Requests can be made through our web page www.calmarpubliclibrary.ca using Tracpac, emailing circulation@calmarpubliclibrary.ca , or calling 780.985.3472 to speak to one of our staff. Please wait for notification that your item is ready for you to pick up.
- All returned items will be quarantined for 5 days before being available for circulation.

Staff

- Face coverings will be worn by all staff if they are outside the staff only areas.
- Circulation desk is equipped with plexiglass barriers to ensure the safety of staff and patrons.

Miscellaneous

- Donations will not be accepted at this time.

To keep up-to-date on information regarding the library please go to one of the resources below:

- Follow us on Facebook <https://www.facebook.com/calmarlibrary>
- Go to our website: <https://calmarpubliclibrary.ca/>
- E-mail us at: circulation@calmarpubliclibrary.ca
- Phone: 780.985.3472

New Service for Parents: Reading Bag

Let us do the picking! To help you find more time, let the Library Staff do the work for you. Starting October, the Library will offer a service of picking out your kid's books for you. Send the library your request giving us the age of your child (children), reading level and what types of books they like; then let us do the rest. We will pick out 1 to 6 books for you and then let you know when they are ready for pick-up. All you have to do is pick up your package. Easy Peezie. Contact the library at circulation@calmarpubliclibrary.ca or call 780.985.3472 to book your **Reading Bag** today.

Programs

Tween Time

Video Release: 2nd Thursday of the month starting October 8th.

On the 2nd Thursday of the month we will release a craft/project for you to do. Once you have completed the project send us a picture, and your name will be put into the draw for the end of the year, and the pictures will be posted on our Facebook page.

FREE SCREENING AT THE CALMAR FIRE HALL

In partnership with Leduc Family and Community Support Services we are hosting video screening at the Calmar Fire Hall program room. We request that patrons sign up for the viewing so we can ensure physical distancing.

Breaking Loneliness

October 15th, 2020 1:30 pm – 3:30 pm

The documentary is about “Real stories of people who are finding ways to escape loneliness and social isolation by creating communities”.

Loneliness is a social epidemic that is impacting all age groups around the world. Although most of us are connected on social media, we have never felt more alone. Many of us find ourselves isolated from our communities and feeling lonely.

In this new documentary, *Breaking Loneliness*, we follow four people; Indigenous Peer Support Worker John Chief Moon, 2SLGBTQ+ Liaison and Peer Support Worker Jace Laing-Schroeder, volunteer Tom Greyson and ESL teacher Julie Kraychy — who have worked to overcome their own loneliness and social isolation and are now helping others to battle theirs.

Paper Tigers

October 21st, 2020 6:00 pm – 8:30 pm

Paper Tigers follows six troubled teens over the course of a year at Lincoln Alternative High School in rural Walla Walla, Washington. Considered a last chance before dropping out, many students come to Lincoln with a history of behavioural problems, truancy, and substance abuse.

Told with intimate vérité and diary cam footage, Paper Tigers is a testament to what the latest developmental science is proving: that one caring adult can help break the cycle of adversity in a young person’s life. We follow students like Aron, a senior who avoids eye contact and barely speaks in class; freshman Kelsey, who struggles with meth addiction and abusive relationships; and Steven, a senior who has been in and out of juvenile hall since junior high for fights and threatening teachers. As the teachers slowly gain their students’ trust, they hear harrowing tales of physically abusive and negligent parents, homelessness, sexual abuse... The list goes on.

Science teacher Erik Gordon realizes: “The behaviour isn’t the kid. The behaviour is a symptom of what’s going on in their life.”

Call 780.985.3472 to register or for more information or contact Eugene Maguire at 780.955.6421

Join us for some Halloween Fun!

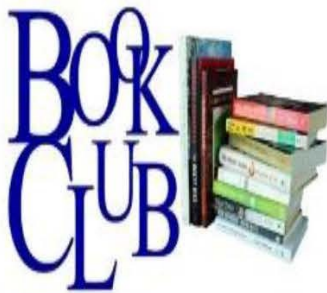


October 28th at the Calmar Fire Hall Program Room
Family Event – REGISTRATION REQUIRED 780.985.3472
1:00 pm to 3:00 pm and 6:00 pm to 8:00 pm

All participants are to be accompanied with caregiver.

Pumpkin Carving! Glow Sticks! Halloween Craft! Story Time! and so much more!! This program is in partnership with Leduc County Family Resource Network, Leduc County Fire Services and Calmar Public Library.

Calmar Public Library Adult Book Club Starts in November.



Join the Calmar Public Library Adult Book Club. This is our first virtual book club and we are looking forward to it. This is an opportunity to share your thoughts and questions regarding the book of the month; all in the comfort of your home. Prior to the beginning of each month we will announce the book of choice for that month. Throughout the month we will then place questions on our club's private Facebook page. Members are then invited to share their responses and add your own questions. The conversation will continue until the next book selection is added.

Our goal for this book club is to have a diverse group of varying ages, political/religious affiliations, and reading tastes. What we will all have in common is a love of reading and discussing books. This will not be an exclusive book club and you are welcome to extend invitations to people you know and who will enjoy it. The hope is that we will have a "core" group that will be active every month. Once the core is established, we will take turns picking a book. This will ensure that we have a diverse selection of books to read. Join the conversation!

Below are the monthly choices until we have an established book club:

November: Before We Were Yours by Lisa Wingate

December: The German Girl by Armando Lucas Correa

January: A Piece of the World by Christina Kline

To join the Facebook Book Club:

1. Log into your Facebook account
2. In the search bar type the following exactly: Facebook Book Club – Calmar Public Library Adult Book Club
3. Open the Facebook Book Club – Calmar Public Library Adult Book Club
4. Click the "Join" button
5. The library will accept your request as soon as we are able

If you have any difficulties or questions on how to join, please email circulation@calmarpubliclibrary.ca or call 780.985.3472

What are you Reading Wednesday?

Check out our Facebook page every Wednesday to see what we are reading and let us know what your reading.

CookBook Club

Starting November 16th @ 6:30 pm

3rd Monday of the month online

Our CookBook Club is going to be looking a little different going forward. Instead of meeting each month and taste testing everyone's dishes, we will be doing the Club virtually. Once you have joined the group, each month you will get an email with the link to the meeting and videos on that month's topic. Some months we will order the same cookbook for everyone to try. Call today to join the CookBook Club from the comfort of your home! 780.985.3472 or email circulation@calmarpubliclibrary.ca.

We are looking at other virtual programs going forward. Like our Facebook page to keep up-to-date on all programs.

New Items at the Library

Below are a few of the many new items that we added to our collection. Contact the library at 780.985.3472 or put them on hold through TRAC. at www.calmarpubliclibrary.ca

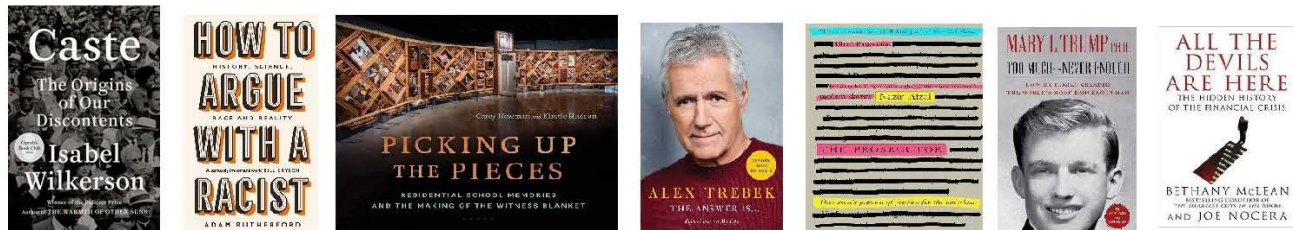
DVD'S



ADULT FICTION



ADULT FICTION BOOKS



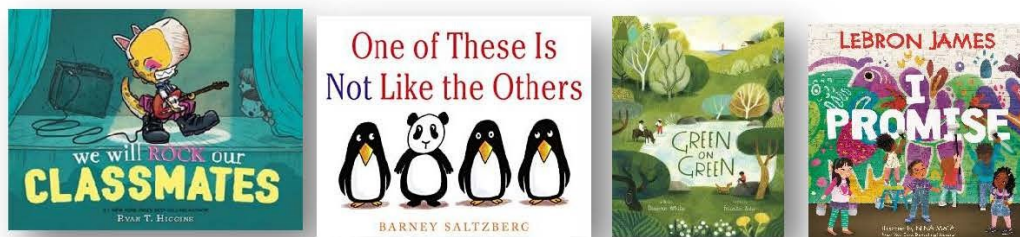
YOUNG ADULT BOOKS



JR. BOOKS



PICTURE BOOKS



Drop in to see what else we have on the shelves.

If you have any questions, please do not hesitate to contact us at 780.985.3472. We are happy to help patrons make the transition to our new norm. We look forward to seeing everyone, though we ask that patrons who are immune-compromised or otherwise susceptible to COVID-19 infection not take out items from the library or enter the library. Remember we are still here to serve you! Don't forget to watch our Facebook page for our updates.

Until next time, Stay safe...

Susan Parkinson
Library Manager

<https://www.facebook.com/calmarlibrary>.

Check out our webpage: www.calmarpubliclibrary.ca

Call 780.985.3472 for more information.





INTRODUCTION

The Town of Calmar is creating a Community Vitalization Plan (CVP) to guide changes along downtown's main street, 50 Avenue (also known as Highway 39).

The purpose of this survey is to gather feedback that will be used to draft a vision and guiding principles for the Community Vitalization Plan. It will also help to identify existing issues and potential opportunities for downtown.

The input you share will help shape the Plan.

VISION

1. A vision statement is a description of an aspiration. It is a guide for choosing current and future courses of action.

Complete the following statement to describe how you envision Calmar's downtown main street:

In the future, Downtown Calmar will be _____

_____.

ISSUES & OPPORTUNITIES

2. What are the top two issues you see in downtown? What are the top two opportunities?

Issue 1: _____.

Issue 2: _____.

Opportunity 1: _____.

Opportunity 2: _____.

Other Comments:

_____.

OTHER IDEAS

- 3. Do you visit Calmar’s downtown main street? *Select one of the following.*
 - a) Yes. Why do you visit? _____.
 - b) No. Why don’t you visit? _____.

- 4. What parts of Calmar’s downtown main street are most important to you?

_____.

- 5. What’s your big idea to improve Calmar’s downtown main street?

_____.

- 6. Do you have any other ideas or thoughts to share?

_____.

ABOUT YOU

- 7. What is your age group? *Select one of the following.*
 - a) Under 18
 - b) 18-24
 - c) 25-34
 - d) 35-44
 - e) 45-54
 - f) 54-65
 - g) +65

- 8. How long have you lived in Calmar? *Select one of the following.*
 - a) 0-2 yrs
 - b) 2-10 yrs
 - c) over 10 years
 - d) I am a visitor

Thank you for participating in the survey. For more information, visit www.calmar.ca or contact Michelle Levasseur at MLevasseur@calmar.ca.

TOWN OF CALMAR
**COMMUNITY
VITALIZATION PLAN**

What Is Your Vision For Downtown Calmar?

.....

The Community Vitalization Plan will be used to guide future changes along downtown's main street, 50 Avenue (or Highway 39).

We want to know what you love about downtown, what makes it unique and what could be improved. Join the conversation and share your ideas!

Share your ideas online until October 10.

Scan the QR code or visit
www.calmar.ca/cvp
for more information
and to complete a short survey.





2020 Calmar Library Writing Contest

In celebration of Come Home to Calmar Homecoming, this year's theme for both short story and poetry is to be about Calmar. This can include Calmar's past, present, why do you live here, when did you move here, why do you love Calmar and everything in between.

Open to Calmar and area residents

DEADLINE:

at 4:00 pm

December 11th, 2020

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

TWO CATEGORIES

POETRY

- Unpublished, Original Poetry
- Max 600 Words

SHORT STORY

- Unpublished, Original Fiction
- Max 1200 – 1800 Words

One entry per person per category.

TWO AGE CATEGORIES

Adult: 15 years and older

Youth: 9 to 14 years

PRIZES

ADULT and Youth to be announced

Calmar Public Library
4705 50 Ave
Calmar Public Library
TOC 0V0
780.985.3472



We wish to thank Zyp Art Gallery for their generosity in sponsoring this event.

2020 CALMAR LIBRARY WRITING CONTEST

ends December 11th @ 4:00 pm

Rules for Entrants

- Theme of all entries to be about Calmar.
- Open to Calmar and area residents (Leduc County).
- All submissions must be the author's original work and unpublished elsewhere in print or online.
- Competition is limited to one submission per category.
- 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
 - Phone Number
 - Title of Submission
 - Category
 - Email address
- Authors name cannot be on submission, only title and category.
- All entries must be submitted by the deadline of 4:00 pm on Friday, December 11th, 2020.
- 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 and the Calmar Heritage Committee to display your entry as deemed appropriate, to be located at the Calmar Public Library to be enjoyed by the community.
- All entries will be placed in a binder located at the Calmar Public Library.

Contact Us

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

YOU'RE INVITED TO A FREE SCREENING OF "PAPER TIGERS"

OCTOBER 21ST, 6:30 - 8:30PM
CALMAR FIREHALL
PROGRAM ROOM

LEDUC FCSS AND CALMAR PUBLIC LIBRARY
WOULD LIKE TO INVITE YOU TO THE SHOWING
OF THE AWARD WINNING DOCUMENTARY
" PAPER TIGERS".

"STRESSED BRAINS CAN'T LEARN."

THAT WAS THE NUGGET OF NEUROSCIENCE
THAT JIM SPORLEDER, PRINCIPAL OF A HIGH
SCHOOL RIDDLED WITH VIOLENCE, DRUGS AND
TRUANCY, TOOK AWAY FROM AN
EDUCATIONAL CONFERENCE IN 2010.

THREE YEARS LATER, THE NUMBER OF FIGHTS
AT LINCOLN ALTERNATIVE HIGH SCHOOL HAD
GONE DOWN BY 75% AND THE GRADUATION
RATE HAD INCREASED FIVE-FOLD.

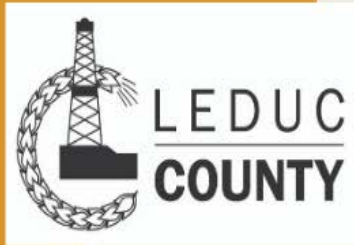
PAPER TIGERS IS THE STORY OF HOW ONE
SCHOOL MADE SUCH DRAMATIC PROGRESS.

THIS IS A FITAL FILM FOR THOSE WHO WORK
WITH CHILDREN. IN ALL CAPACITIES.

"ABSOLUTELY RIVETING, PROFOUNDLY
IMPORTANT." - NEW YORK TIMES JOURNALIST
AND AUTHOR, DAVID BORNSTEIN

**TO REGISTER
CALL 780.985.3472**

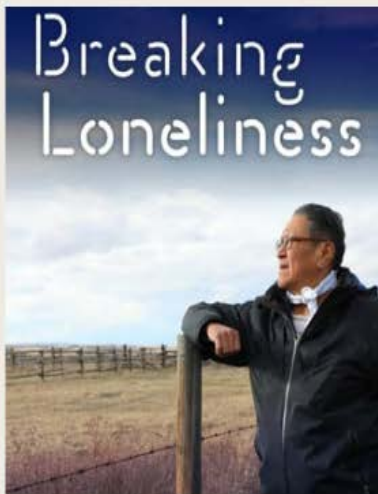




BREAKING LONELINESS

October 15th 1:30 pm-3:30 pm

FREE VIEWING AT THE CALMAR FIRE HALL



Breaking Loneliness is a documentary about people finding ways to escape loneliness and social isolation. The documentary was filmed in Edmonton, Calgary and on the Blood Reserve in Southern Alberta, Canada.

This is a registered session to ensure social distancing. The program is open to residents of Calmar, Thorsby, Warburg, New Sarepta and rural Leduc County.

Call 780.985.3472 to register.





Congratulations!

"Superintendent's Service Award of Excellence"

IN RECOGNITION OF CONTRIBUTIONS OF INDIVIDUALS OR
GROUPS WITHIN BLACK GOLD SCHOOL DIVISION THAT
DEMONSTRATES OUTSTANDING SPIRIT AND EXCELLENCE
AND INSPIRES OTHERS TO PERFORM THEIR BEST.

THE SUPERINTENDENT RECOGNIZES
NANCY MARTIN

Congratulations Nancy!
from
Calmar Public Library



CALMAR PUBLIC LIBRARY

**NEW HOURS
STARTING OCTOBER 1ST**

TUESDAY

11:00 AM - 5:00 PM

WEDNESDAY

11:00 AM - 8:00 PM

THURSDAY

11:00 AM - 5:00 PM



SPOOK-TACULAR FAMILY FUN

WEDNESDAY, OCTOBER 28TH
CALMAR DISTRICT FIRE STATION
4517 - 50 ST

HALLOWEEN FUN!

1:00 PM TO 3:00 PM

6:00 PM TO 8:00 PM

ALL PARTICIPANTS ARE TO BE ACCOMPANIED
BY A PARENT/CAREGIVER
REGISTRATION IS REQUIRED

780.985.3472

**PUMPKIN CARVING! GLOW STICKS! CRAFTS!
LOOT BAGS! AND SO MUCH MORE!**

THIS PROGRAM IS IN PARTNERSHIP WITH



Caregiver Support Group

October 2020

Do you identify as a caregiver to an aging or elderly family member, friend, or spouse? This group offers a safe environment where people in a caregiver role meet to mutually support one another by sharing their thoughts, experiences, concerns, questions, and ideas in a non-judgmental atmosphere. Open to anyone who identifies as a caregiver to an older adult or senior; no referral necessary. New members are always welcome.

Caregiving 101

Join Caregivers Alberta to learn how you can identify if you or someone you know is a caregiver, what supports are available to caregiver in Alberta, and how Caregivers Alberta can help.

Topics to be Discussed:

- Are you a caregiver?
- Caregivers in Alberta
- Caregiver challenges & impacts
- How Caregivers Alberta can support you



Dates: **Tuesday, October 20**

Time: **1 p.m. to 2:30 p.m.**

Location: **Online or Over the Phone**

Registration: OPEN

To register for this session (or all sessions through December), call 780-955-4554 or email carla@leduc-county.com.





Family and Community Support Services
phone: 780-979-2385
leduc-county.com

Elder Abuse

Recognizing the Signs and Navigating How to Respond

The **International Day of Older Persons** is observed on October 1 each year. While this day appreciates the important contributions that older people make to society, it also serves as a reminder to continue to be aware of the many issues that affect older adults and seniors every day. This session will explore the different types of abuse that often impact older adults, the signs of this abuse, as well as resources that can help. Open to all; no referral necessary.

Date: Thursday, October 1
Time: 1 p.m. to 2:30 p.m.
Location: Over the Phone
Registration starts: Thursday, September 10

To register for this session or for more information, please call 780-955-4554 or email carla@leduc-county.com by no later than September 28. Please note that when joining the meeting, you can choose to share your full name or attend anonymously.





Family and Community Support Services
phone: 780-979-2385
leduc-county.com

Alpha Children

Parent Education Workshop

Alpha children are often described as bossy, prescriptive and controlling, demanding, competitive and can be labelled as a bully. Alpha children are not only more challenging to parent, but also predisposed to a number of problems including anxiety, aggression, oppositionality and eating problems. The root of the problem - the alpha dynamic - is one of the least known and yet most impactful factors in a relationship. While the focus of the workshop is on children, the revelations and challenges are for us as adults.

This is a four week registered workshop that will be held virtually (online) through a secure video meeting platform. It includes four online sessions of video material along with interactive workshop activities and will be facilitated by a social worker. Participation requires internet access by computer, laptop or smartphone. If you are a two-parent family, we encourage both parents to attend the sessions if possible.

Dates: **Wednesdays,**
Nov 18 – Dec 9, 2020
Time: **2 p.m. to 4 p.m.**
Location: **online**



To register for this program or for more information, call 780-955-6421 or email eugena@leduc-county.com.





Family and Community Support Services
phone: 780-979-2385
leduc-county.com

Breaking Loneliness

Online Documentary Film Screening

"Breaking Loneliness" is a documentary by filmmaker Brandy Yanchyk about people finding ways to escape loneliness and social isolation. Loneliness is a social epidemic that is impacting all age groups around the world. Although most of us are connected on social media, we have never felt more alone. Many of us find ourselves isolated from our communities and feeling lonely. In this documentary we follow four people: John Chief Moon, Jace Laing-Schroeder, Tom Greyson and Julie Kraychy — all who have worked to overcome their own loneliness and social isolation and are now helping others to battle theirs. Join us for a free online screening of the film, a short presentation and Q & A with the filmmaker.

This is a registered session that will be held virtually (online) through a secure video meeting platform. Participation requires internet access by computer, laptop or smartphone. This program is open to residents of Calmar, Thorsby, Warburg, New Sarepta and rural Leduc County.

Date: Thursday, October 15

Time: 1:30 – 3:30 p.m.

Location: online

To register for this program or for more information, call 780-955-6421 or email eugena@leduc-county.com.

Breaking Loneliness



Brandy Y Productions Inc. ■
brandyYproductions.com

Leduc County | New Sarepta | Town of Calmar | Town of Thorsby | Village of Warburg



Family and Community Support Services
phone: 780-979-2385
leduc-county.com

Co-Parenting *for Success*

This 2h online workshop is designed to provide new skills and insights for people who are co-parenting with an ex-partner. Join us to learn ways to help buffer your child from the stressful impacts of separation or divorce.

This is a registered group that will be held virtually (online) through a secure video meeting platform. Participation requires internet access by computer, laptop or smartphone. This program is open to residents of Calmar, Thorsby, Warburg, New Sarepta and rural Leduc County.

*Please note: This workshop is designed to be attended by only one parent at a time from each family

Date: **October 27, 2020**
Time: **6 - 8 p.m.**
Location: **online**



To register for this program or for more information, call 780-955-6421 or email eugena@leduc-county.com





Family and Community Support Services
phone: 780-979-2385
leduc-county.com

Getting to Know Your Grief

a supportive online environment for understanding and experiencing loss

Join us for a free online grief support group where you will learn about the nature of the grief process, emotion and healing. Build an online community of individuals experiencing similar challenges, gain practical strategies for navigating and emerge with a clearer direction for moving forward. This will be a safe space to support one another by honouring our emotions and sharing our stories. This 8 session online group will meet weekly for 1.5 hours starting Monday September 14th at 6 pm.

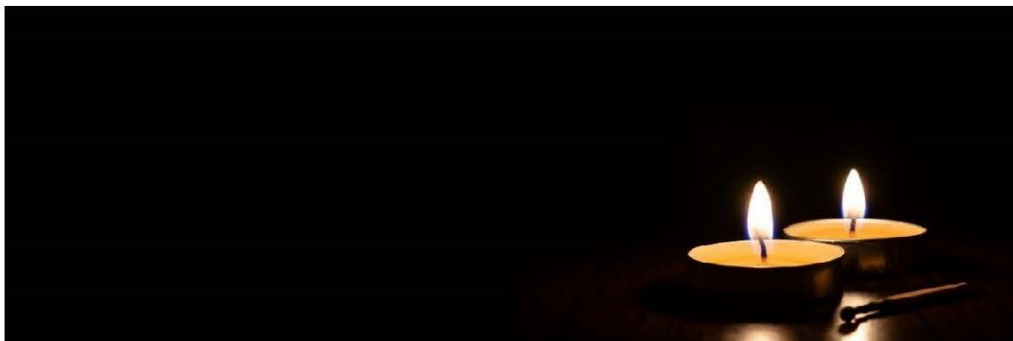
This is a registered group that will be held virtually (online) through a secure video meeting platform. Participation requires internet access by computer, laptop or smartphone. In partnership with Karunia Counselling, sessions will be facilitated by a Registered Provisional Psychologist and a Registered Social Worker. This program is open to residents of Calmar, Thorsby, Warburg, New Sarepta and rural Leduc County.

Date: Mondays, Sept 14 – Nov 9 (no group on Thanksgiving Monday)

Time: 6 p.m. to 7:30 p.m.

Location: online

To register for this program or for more information, call 780-955-6421 or email eugena@leduc-county.com.





Family and Community Support Services
phone: 780-979-2385
leduc-county.com

Paper Tigers

Film Screening

Paper Tigers, a KPJR film, follows a year in the life of an alternative high school that has radically changed its approach to disciplining students, becoming a promising model for how to break cycles of poverty, violence and disease that affect families. Join us for a free online screening of the film followed by a short presentation and discussion.

This is a registered session that will be held virtually (online) through a secure video meeting platform. Participation requires internet access by computer, laptop or smartphone.

Date: **Wednesday, October 21, 2020**
Time: **6 p.m. to 8:30 p.m.**
Location: **online**

To register for this program or for more information, call Eugena at 780-955-6421 or email eugena@leduc-county.com.





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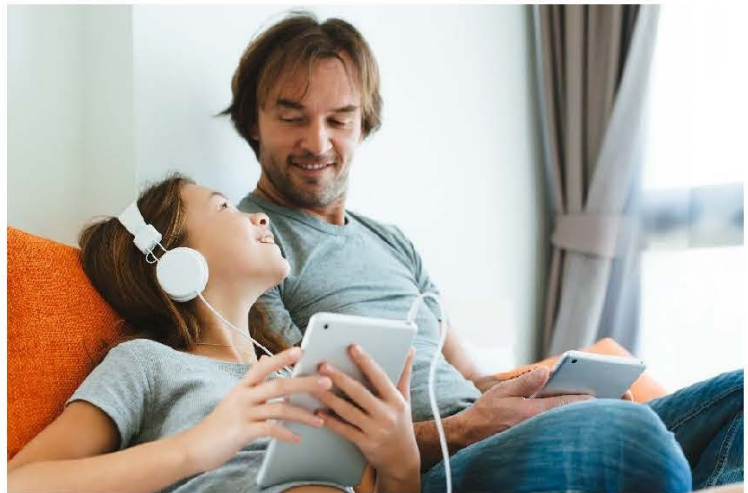
Teens & Tweens 101

Parent Education Workshop

Many parents witness their child changing and long for times when parenting was simpler. Teens and tweens today live in a world with many pressures. Parents are overwhelmed and intimidated with helping their youth navigate the tumultuous waters of media, sexuality and peer pressure. At this parent education workshop, learn about what your adolescent needs as they cross the bridge from childhood to adulthood.

This is a registered session that will be held virtually (online) through a secure video meeting platform. Participation requires internet access by computer, laptop or smartphone. Are you a two-parent family? We encourage both parents to attend the sessions if possible.

Date: **October 8, 2020**
Time: **1:30 - 3:30 p.m.**
Location: **online**



To register for this program or for more information, call 780-955-6421 or email eugena@leduc-county.com





Family and Community Support Services
phone: 780-979-2385
leduc-county.com

Understanding & Healing the Roots of Anxiety

a supportive online environment for adults

Join us for this free support group where we will:

- *explore the roots of anxiety*
- *discover how alarm relates to all the other emotions*
- *understand how anxiety relates to relationships*
- *Gain practical strategies*
- *Build an online community of individuals experiencing similar challenges, and emerge with a clearer direction for moving forward*

This five week online group will meet for weekly 1.5 hour sessions starting Monday November 16th at 6 pm. This is a registered group that will be held virtually (online) through a secure video meeting platform. Participation requires internet access by computer, laptop or smartphone.

In partnership with Karunia Counselling, sessions will be facilitated by a Registered Provisional Psychologist and a Registered Social Worker. This program is open to residents of Calmar, Thorsby, Warburg, New Sarepta and rural Leduc County.

Dates: **Mondays, Nov 16-Dec 14, 2020**

Time: **6 p.m. – 7:30 p.m.**

Location: **online**

Registration Opens: **August 17, 2020**



For more information, call 780-955-6421 or email eugena@leduc-county.com.





Can I buy you supper?

Economic Development & Tourism STRATEGIC ACTION PLAN REVIEW

Strategic planning is not a set-it and forget-it exercise. We are one year into implementing the 2019-2025 Economic Development & Tourism Strategic Action Plan, and we want to review our progress and re-position our tactics as required.

We are recruiting members of our community to join the Economic Development Team in reviewing and updating the plan forward.

The review meeting is scheduled for:

THURSDAY NOVEMBER 19, 2020
6:00 p.m. – 9:00 p.m.
COUNCIL CHAMBERS

If you are interested or would like additional information please contact Michelle Levasseur, Economic Development Officer at mlevasseur@calmar.ca.



Next door to Town Office | 780-985-3666

Need a Change? We can Help.



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/



Calmar Pharmacy Ltd

Family owned and operated since 1977

5002 - 50 Ave, Calmar AB T0C 0V0
 Front Store: 780.985.3142
 Pharmacy: 780.985.3121
 Website: www.calmarpharmacy.com

Hours of Operation

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

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.

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



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 virtually @ 7p.m., watch FB and website for details.

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

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