

Calmar Chronicle



hello
AUTUMN

SEPTEMBER 22—FIRST DAY OF FALL

BACK TO SCHOOL

September 1, 2016

The more you
READ,
The more things you will
KNOW.
The more that you
LEARN,
The more places you will
GO!
-Dr.Seuss

Safety Reminders for Back to School

Here are some safety tips to share with children to ensure safe travel.

Getting to and on the school bus:

1. Arrive at the bus stop at least five minutes before the scheduled pick up time. Children should never run after the school bus to try to catch it. If you miss the bus, go back home or if you are at school, report to a teacher.
2. Stay on the sidewalk, well away from the roadway and stay back until the bus has come to a full stop and the door opens.
3. If your child needs to cross the street, teach them to look to the left, then to the right, and to the left once more before crossing the street.
4. Use the handrail when boarding or exiting the bus.

Riding on the school bus:

5. Take a seat as quickly as possible, put belongings under the seat and stay seated.
6. Never stick anything out of the window, including arms or heads.
7. Save food for snack time at school or until you get home.
8. Wait until the school bus comes to a complete stop before getting off.

Travel by Car

Parents and guardians must respect their child's school safety measures for dropping off and picking up their children at school. Every effort must be made to avoid collision and injury by refraining to create hazardous situations of traffic congestion and unsafe driving practices within the school zone. Respect posted speed limits, and designated drop-off and pick-up areas.

Travel by Bicycle

To ride a bicycle to and from school, children must be mature enough (minimum 9 – 12 years old), and must have enough experience. The rider should be able to scan ahead and check behind without swerving.

To ensure safe cycling, young cyclists must:

- Wear a properly-fitted helmet, and have clothes that are suited for cycling (e.g. their pants tucked in)
- Have their bikes fitted properly and in good working order. The bike should have a regular maintenance check-up and should have a bell. It is also a good idea to have a safety flag.
- Know and obey all traffic rules, signs and signals. They must signal turns and stops. Ride in a straight line in the same direction as traffic and stop at every stop sign.
- Be predictable to other road users by riding with the traffic usually on the right hand side of the roadway.
- Never ride in the dark. If an older child must ride in the dark, make sure that reflective clothing and night-accessories (e.g. reflectors and lights) are used.

Walking to school

Many children use roadways to make their way to and from school. Parents and guardians must review road safety rules with their children and the importance of not accepting rides or any invitations from strangers. It is best to walk with a buddy and keep focused on getting straight home.

To keep safe on roads, children pedestrians must:

- Find a safe and direct route to school with the help of their parents. Hazards should be identified (train tracks, busy intersections, etc.) and a designated route with safety rules should be established.
- Stay on sidewalks whenever possible. If there is no sidewalk, use the left side of the road facing traffic.
- Cross streets only at crosswalks and learn to look to the left, the right and then left again before proceeding, even at intersections with pedestrian walk signs.
- Wait until traffic comes to a stop before crossing. Make sure drivers see you before you cross.

Prevention is the key to safety. With education and awareness, all children should be able to get safely to school and home again. Take the time to share these valuable rules and tips with your children.

22nd Annual



www.toolsforschool.ca

For product donations, collection bins are located at:
Canadian Tire
Staples
Walmart
Grocery Store drop boxes
or drop off monetary or product donations at the
Leduc & District Food Bank

If your child needs a backpack contact

780-986-5333
director@ldfb.ca



STAPLES
that was easy.®

Tools for School provides backpacks filled with school supplies for students in Kindergarten through Grade 12 who have limited access to necessary school supplies.

Our Partnership

Need a Backpack?

How to Donate



Through a partnership with United Way, The Leduc & District Food Bank has been designated as the collection/distribution centre for the United Way **Tools for School** Program in Leduc and Leduc County.



We ask that parents living in the City of Leduc and Leduc County who need to access the program contact the Leduc & District Food Bank to register for a **Tools for School** backpack.

Call 780-986-5333



The annual **Tools for School** campaign, which encourages the community to make contributions in support of the program, runs from July through September.

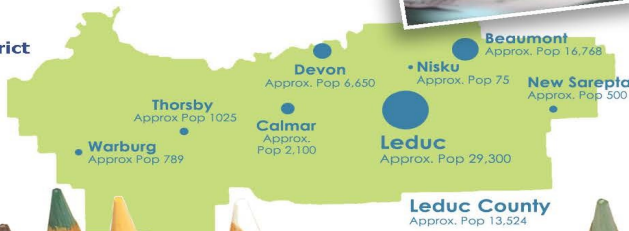
Donations of school supplies can be made between July and September at the following locations: **Leduc Staples, Leduc Wal-Mart and Leduc Canadian Tire.**

Donations of school supplies and funds used to purchase supplies can be given year-round to **The Leduc & District Food Bank** or mailed to:

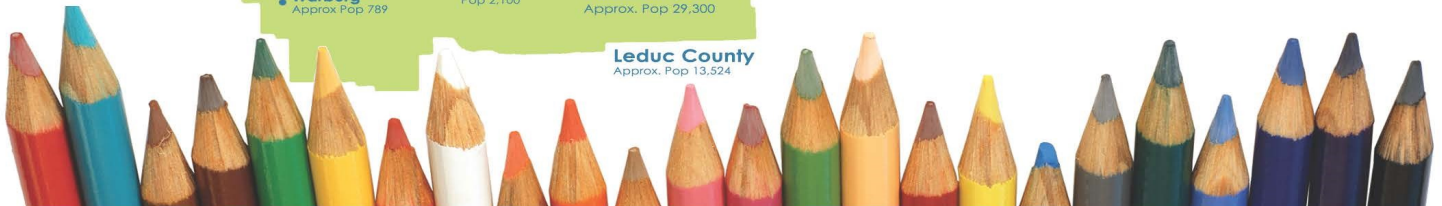
**4810 - 49 Ave, Box 5008
Leduc, AB, T9E 6L5**

For more information or to receive a school kit call **780.986.5333** or email **director@ldfb.ca**

The Leduc & District Food Bank Service Areas
LEDUC COUNTY CITY OF LEDUC



Leduc County
Approx. Pop 13,524





COMMUNITY AWARENESS & REGISTRATION

Thursday, September 8, 2016
6:30 pm - 8:00 pm
Calmar Elementary School
5402-50 Street

Inquiries Contact Yvonne Telephone: (780)985-3191 or
(780)985-3604 Ext 227
Email @ YPearson@calmar.ca



FREE
Refreshments & Snacks

Various Community
Groups & Organizations
will be participating

JOIN US
&
Learn about what the Community
of Calmar has to offer.
Something appealing for all ages.



CALLING ALL SENIORS And SOON TO BE SENIORS



You Are Invited Seniors Government Program Information Session

Do you wonder if you qualify for government benefits available to those 65+? Would you like to know more about what government benefits are available to seniors?

Please attend a **FREE information session** with representatives from both the provincial and federal government as they present information about governmental benefits available to seniors and answer questions.

The cost of lunch is covered for those over the age of 64, and will be a charge of \$10.00 for those under the age of 64.

If you are interested, please RSVP by Sept. 16 to any of the following:

Yvonne Pearson: 780-985-3191 **Patti Adams:** 780-789-4004

Terri Syniak: 780-848-2828 **Carla Liepert:** 780-955-4554

Date

Tuesday, September 27, 2016

Place

4901 - 48 Avenue, Thorsby, AB (Thorsby Recreation Centre)

Presentation Times

10:00 - 11:30 a.m. - Presentation by Alberta Seniors Benefits (provincial)

11:30 a.m. - 12:30 p.m. Lunch (Shepherd's Pie, salad, buns & dessert)



CALMAR

Students must be 3 years old as of September 1, 2016 and must be potty trained.



For more info, please contact: calmar.preschool.board@gmail.com



Bus Transportation to Leduc



Appointment? Shopping? Want to visit Planeview Place? Need to get to Leduc for other reasons?

Leduc Foundation, supported by Leduc County, is operating a bus service from Warburg to Leduc (pick-ups in Thorsby & Calmar) on the FIRST and THIRD Thursday of each month.

Call Cloverleaf Manor 780-848-7717 to reserve your seat.

Limited to 18, first come, first serve

\$8 Warburg \$7 Thorsby \$6 Calmar

2016 Bus Trip Schedule

January 7 & 21	July 7 & 21
February 4 & 18	August 4 & 18
March 3 & 17	September 1 & 15
April 7 & 21	October 6 & 20
May 5 & 19	November 3 & 17
June 2 & 16	December 1 & 15

New girls club is starting in September!

The Treasure Seekers Girls Club!

For Girls Grade 3-6

Thursday Nights 6:30-8pm

Calmar Community Baptist Church

*cost: \$25/girl



"For where your treasure is,
there your heart will be also."

Matthew 6:21

***Register at the Calmar Community Night or Sept.29 at our opening night
Or for more information contact
Rachel @ 780-722-2283**

OPEN ACCESS YOUTH CLUB

RE-OPENING SEPTEMBER 6, 2016

4904—50 avenue Between the bank of Montreal and the Calmar Bakery

More than just a place to be.... A place to belong

Come enjoy some after school snacks and drinks. Check out our gamers area, Liddle's kitchen, 2 pool tables, ping pong table, foosball, table top games and so much more.

WELCOME BACK BBQ Friday September 23 @ 6pm


Hours of operation: Tuesday—Friday 3pm to 5:30pm

Friday evenings—Youth Events

Serving Grades 7—12

Parents Always Welcome

Need more information? Contact Keith @ 780-721-2171



Mayor's Corner

Summer is over and school is back in session. Please watch your speed in and around Town. The children are excited to be going back to school and may not be paying attention as to where they are going or what they are doing. Let's be safe!!!

As a result of last months election I would like to welcome Krista Gardner to Council. I am sure she will do a great job!

Calmar Days went off without a hitch. I would like to thank Kathy and her staff as well as all the volunteers for their efforts in making Calmar Days and Mega Market a big success. Thank you one and all!

Community registration night will be held on Thursday, September 8th at 6:30 p.m. in the gymnasium at the Calmar Elementary School.

On Tuesday, September 13th there is a Fire Service Provider forum to determine if it is more cost effective for the Town of Calmar to be a stand-alone Fire Department or have the County of Leduc provide the Town with Fire services. Council is encouraging all Town residents to attend this meeting to provide us with your feedback about which service you would like to see in our community. Make sure that your voice is heard at this forum. This decision will affect the community for the next 40 to 50 years.

As always, if you have any questions or concerns, you can contact me or any of the Councilors. We will answer your questions or get you the answer to your questions as soon as possible. I can be reached at wychimetz@calmar.ca or call me at (780) 722-4147. You can address all of Council between 6:30 and 7:00 pm before the council meeting held on the first and third Mondays of the Month.

LET'S MAKE CALMAR, THE BEST CALMAR IT CAN BE.

Mayor Wally Yachimetz



DYCK INSURANCE AGENCY LTD.

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At Dyck Insurance we pride ourselves on our level of service. Each client is assigned to one of our 3 experienced and dedicated brokers who review your requirements and provide personal service on a wide range of policies including: farm, business, auto, home, rental, and tenants Insurance.

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(780) 985 – 3650

“Thank you for your support”



**Providing for
Calmar residence
since 1998**

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4714 50 Ave
Calmar, AB T0C 0V0

(780)985-3650

www.dyckinsurance.ca

**Calmar "Heart of the Country" 4-H Club
Information & Registration Meeting**

Saturday September 17, 2016 at 1:00 p.m.

Willow Creek Hall
(west of Calmar on Highway 39, south on RR 274)



New Members Welcome

Open to children aged 9 - 20 years as of January 1, 2016

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



Visit our table display at Calmar Community Awareness Night
on Sept 8 from 6:30 - 8 p.m. at the Calmar Elementary School

or call Tracy at 780.985.4231 for more info



Black Gold Tae Kwon Do

Classes starting September 7

Ages 5+

Monday & Wednesdays

Contact Daniel Blush

780-985-7245 - h

780-910-6651 - c

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.

Calmar Pharmacy Ltd

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

Family owned and operated
since 1977

Hours of Operation
Mon. - Sat. 9:00 am to 7:00 pm
Sun. & Holidays: 11:00 am - 5:00 pm



WASTE COLLECTION SCHEDULE 2016

■ ORGANICS COLLECTION
 ■ WASTE COLLECTION
 ■ BLUE BAG COLLECTION

JULY 2016						
SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

AUGUST 2016						
SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2016						
SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

Telford 4-H Multi Club



4-H is based on a *“Learn To Do By Doing”*

philosophy by *“Leaders building Leaders”*.

Whether you are from town or the country,

Come and join us this upcoming year!

(September 2016-April 2017)

Ages 9 yrs - 21 yrs old.

Projects: Welding Small Engines Canine
 Cooking Horse

Registration: September 14th, 2016 6:30pm @
Telford Community Hall.

*If you are interested or would like more information please contact
Cheri Day @ (780)985-2360 or (780) 983-0948.*

2016 FALL CLEAN UP

Pick up is scheduled to start

October 3, 2016 to October 7, 2016

Items MUST be placed out by 7:00am on October 3

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 3foot (MAX length) bundles
Place metal in a separate pile
Place electronics in a separate pile



We will NOT pick up:

Dishwashers, Fridges, Deepfreezes, Microwaves, Stoves,
Washers, Dryers, Broken Glass, Batteries, Car Parts, Tires,
Concrete, Paint, oil, Antifreeze or Chemicals.



For more information about the 2016 Fall Clean up,
Contact the Town of Calmar office, 780-985-3604

Upcoming Senior Center Events:

1. September 2, 2016 - Professional foot care nurse. Call Aileen for appointments 587-991-4132.
2. September 7, 2016 - General meeting 1:30 p.m. Members should try to attend.
3. September 14, 2016 = Seniors Bus to West. Ed Mall, departing from Seniors' Centre at 9:30 a.m. The Emeralds will be playing. Cost \$10.00.
4. September birthday celebrations - Everyone welcome. Bring you family or friends to help celebrate.
5. September 27, 2016 - Jammers 1:00 p.m. - 3:30 p.m. Light lunch will be served. Cost \$4.00 per person.
6. New members are always welcome. Cost \$10.00 per year. Contact Ruth Dubitz for more information 780-985-3503.

Library Corner.....

We have been very busy at the Library over the summer putting programs together for all ages and interests. We are still working some details out but the following programs have been confirmed and will start in September.

FOR THE YOUNG

Join us for a family literacy program for parents/caregivers and their preschool-aged children. Families learn together in sessions that include stories, songs and various hands-on learning activities.

Ages 0 to 5 with caregiver/parent
Magic Carpet Ride: Rhymes & Story Time

- **Wednesday's 10:00 am**
September 7th until October 12th
- **Third Thursday of the month at 10:00 am**
September 15th: Creative Chaos.
October 20th: Messy Mania

This program is in partnership with Leduc Regional Parent Link

Registration required 780.979.2386
or email: LRPLC@leduc-county.com
Facilitator: Darlene Ede

Tween Reading Club

Ages 7 and up
Last Thursday of the month starting September 29th at 3:30 pm
Grab your friends and come for a fun filled time while discovering new books
New members welcome. Snacks provided!
Drop In Welcome!
Facilitator: Nancy Martin

Library Corner.....

ADULTS

Zookinesis Chair Exercises

The benefits of Tai-chi and Yoga from a seated position through a series of DVD's with Tai-chi Master Bob Klien. These exercises help with weight reduction, age reversal, balance and coordination, flexibility and strength.
Drop In Monday's at 11:30 am (except on Statutory Holidays)
Starts September 12th

Cook Book Club

Do you devour cookbooks? Do you have an adventurous palette and an appetite for new dishes? Then this is the club for you. Each month participants bring dishes from different cookbooks to sample and share. New members welcome.
Registration required 780.985.3472
3rd Monday of the Month at 6:30 pm Starts September 19th

Adult Book Club

4th Monday of the Month at 7:00 pm
Please note day change!
Discover fascinating books and take part in lively discussions. This is the perfect opportunity to expand your reading horizons and meet new people.
Join the conversation. New members welcome.
September's book is available September 1st at the Library, drop by and pick it up. Registration required 780.985.3472
Facilitator: Christine Till

The following monthly programs will start in October:

- Colouring for Adults
- Pokemon Club
- Knit and Chat
- Artist Trading Cards
- Early Dismissal LEGO Club with A.I.M.B.O.T.

Library Corner.....

Interest Programs coming soon:

- Birds and Alberta's Winters with Doug Macally
- Superhero Day
- Wicca 101 with Rev. Dr. Janice Dodds
- Computers Level I with Terry Bablin

More information will follow regarding these and other programs.

Calmar Public Library programs are provided at no cost to participants unless indicated otherwise.

Registration is required for a number of programs so that the Library knows how many to expect and we have contact information if the program has to be cancelled unexpectedly.

If you are interested in a program but the date is not good, please contact the Library to let us know. This is valuable information for program planning.


Services Available
Fax * Printing* Photo Coping* Laminating

Calmar Public Library
4705 50 Ave PO Box 328
Calmar Alberta T0C 0V0

Phone: 780.985.3472
Fax: 780.985.2859
E-Mail: sparkinson.calmarlibrary@yrl.ab.ca

www.calmarpubliclibrary.ca

Don't forget to like us on Facebook!



Calmar Public Library would like to thank
MAGGIE MOO'S ICE CREAM BARN
for supplying bowls and spoons for our
TD Summer Reading Club wind up
party!!

Calmar Fitness Fall Session

10 Weeks of Classes (Sept. 13 - Nov. 17)
10 Week Pass for \$100 or \$12 Drop-In

BodyPump Tuesdays at 6:30 p.m.

BodyPump is a 1 hour circuit class that works every muscle in your body! Great for beginners to advance students.



10 Week Session: Sept. 13 - Nov. 15
10 week pass: \$100
Drop-in: \$12



HIIT Maximus Thursdays at 6:30 p.m.

HIIT Maximus is a 45 Minute aerobic & strength conditioning workout that will get your heart pumping!

10 Week Session Dates: Sept. 15 - Nov. 17
10 week pass: \$100
Drop-in: \$12



All classes are held at the Calmar Community Centre located at the corner of 48a Ave & 49 Street. The 10 Week Pass can be used for both Tuesday & Thursday classes.

For more information text or call **Brittany** at **780-298-7936** or check-out our Facebook page!



YOGA WITH DARIA
www.dtouch.ca

FALL SCHEDULE

WIZARD LAKE YOGA CLASSES
(MAX. 4 PEOPLE - PERSONALIZED SETTING)
START: WEEK OF SEPT 26TH / END: WEEK OF OCT. 22ND
4 WEEKS - ONLY \$44.00
(CHOOSE CLASS & TIME BEST SUITED FOR YOU)

WEDNESDAY 9:00AM	BEGINNER FLOW WITH YIN
THURSDAY 9:00AM	BEGINNER FLOW WITH YIN
FRIDAY 5:45PM	YOGA BODY & SOUL
FRIDAY 7:00PM	FLOW & MEDITATION

PORTO BELLO - WEDNESDAY 7PM - FLOW YOGA (ACTIVE, 60MIN)
1. TERM - 8 CLASSES - SEPT. 14TH - NOV. 2ND - \$112.00
2. TERM - 6 CLASSES - NOV. 9TH - DEC. 14TH - \$84.00
REGISTER FOR BOTH & SAVE!!! 14 CLASSES ONLY \$180.00

CALMAR - THURSDAY 7:30PM - 60MIN
YIN YOGA & MEDITATION
10 CLASSES = \$140.00 / DROP IN \$16.00
EARLY BIRD PRICE - \$130.00 (ENDS SEPT. 12TH)
SEPT 15TH - NOV. 17TH



to register & detailed info:
P: 780 729 7808 E: office@dtouch.ca FB: dtouch

STAY TRUE AIM TRUE & ALL IS COMING

Relax & Renew Retreat Hiking - Yoga - Fitness



Sept. 9 - 11, 2016 - Sundre, Alberta

Location: The Lodges at Panther River

Deluxe Cabins

*\$468 PER PERSON IN SHARED ROOM OF 3
OR DOUBLE OCCUPANCY - *\$528/person
PRIVATE CABIN - *\$730/person

Standard Cabins

*\$398 PER PERSON IN SHARED ROOM OF 3
OR DOUBLE OCCUPANCY - *\$480/person
PRIVATE CABIN - *\$630/person



Price Includes: ALL fitness & yoga classes, 2 guided hikes, all meals & 2-night accommodations.

* Earlybird pricing until August 5, 2016.

RV & Tenting options available starting at *\$380/person. Massage Therapist will be on site. Call for pricing.

For more pictures: PantherRiver.com

About the Retreat

Get ready for an incredible wellness weekend filled with heart pumping fitness classes, meditative yoga sessions, and breathtaking hikes.

Escape from the hustle and bustle, and join us as for a relaxing retreat in the mountains surrounded by wild horses, valleys and rivers. You will leave inspired, motivated, and feeling recharged for Fall.



Daria Kilburn | Brittany Miller

For more information:

Brittany: 780-298-7936
www.SealWithASmile.com

Calmar Fitness

Daria: 780-729-7808

www.dtouch.ca

office@dtouch.ca

Calmar Yoga



www.dtouch.ca



YOGA WITH DARIA

FALL SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	WETASKIWIN 9-10 Core Flow 10:15 Yin yoga (restorative) REGISTER with REFRESH WELLNESS		<u>WIZARD LAKE- DARIA</u> <u>9AM - Beginner Flow with YIN</u> Elements (60min) 4xweeks/4x students only \$44.00 Sept 28th Oct. 5th,12,19th	<u>WIZARD LAKE- DARIA</u> <u>9AM - Beginner Flow with</u> YIN Elements (60min) 4xweeks/4x students only \$44.00 Sept 29th Oct. 6th,13,20th	
Afternoon	EDMONTON CORPORATE		Wetaskiwin 5:15 Yoga with Daria REGISTER with REFRESH WELLNESS	Wetaskiwin 5:30-6:30 YOGA CATS REGISTER with Wetaskiwin Animal Clinic	<u>WIZARD LAKE- DARIA</u> <u>5:45pm - Yoga-Body-Soul</u> (Beginner Level) 4xweeks/4x students only \$44.00 Sept 30th Oct. 7th,14,21th
Evening	EDMONTON CORPORATE		<u>PORTO BELLO</u> <u>7pm Flow Yoga (75min)</u> 1.Term: 8 classes = \$112.00 2.Term: 6 classes=\$84.00 Sign up for BOTH & pay ONLY \$180.00	<u>CALMAR</u> <u>7:30-8:30 YIN (60min)</u> passive, restorative 10 classes = \$140.00 Sept 15th- Nov.17th Early bird until Sept 12th \$130.00	<u>WIZARD LAKE- DARIA</u> <u>7pm - Ashtanga Flow-Pranayama-Meditation</u> 4xweeks/4x students only \$44.00 Sept 30th Oct. 7th,14,21th

to register & detailed info:

P: 780 729 7808

E: office@dtouch.ca FB: dtouch

STAY TRUE AIM TRUE & ALL IS COMING

Calmar Fire Department Public Forum

Tuesday September 13, 2016

@ Calmar Legion Doors open 6:30pm

Town of Calmar Council would like to invite all Town of Calmar residents to the Legion on September 13, 2016 to present information on the regionalization of fire and disaster services with Leduc County.

Council is requesting the feedback from Town Residents with regards to the regionalization of these services with Leduc County to assist them in making a decision.

Topics to be discussed include service levels, new fire hall, financial implications and more.

Door Open at 6:30 and the forum will begin at 7pm.

Your opinion matters, come have your say in the future of the Calmar Fire Department.



the TOWN of
Calmar



**October Newsletter Deadline
September 15, 2016.**

**Contact Emily with any
questions or content to be
added.**

780-985-3604 ext 0

Full Page \$100.00

Half Page \$75.00

Quarter Page \$50.00

Business Card \$25.00

Non-profit community groups advertise for free