### CALMAR CHRONICLE

**APRIL 2016** 



# MIDGET CHAMPIONS!



What a season for our Calmar King Cobras! An outstanding Regular Season, with 18 Wins, 1 Loss and 3 Ties, to a remarkable playoff run, winning the Gold against Winfield in a best of 3 final series.

Congratulations to the boys and their coaches. Fantastic Job!

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### Who can CVITP help?

Over 18,000 CVITP volunteers help complete more than 500,000 income tax returns every year, lending a hand to thousands of people in communities across the country. The CVITP is available to any taxpayer with a modest income and a simple tax situation. This may include:

- social assistance recipients;
- newcomers to Canada;
- · seniors; and
- students.

Volunteers **do not** prepare tax returns for complex situations, such as:

- returns for deceased persons;
- individuals who file for bankruptcy;
- self-employed individuals;
- individuals who report capital gains or losses;
- individuals who report employment expenses; or
- individuals who report business or rental income and expenses.



Volunteer Income Tax Program
Help is Available for FREE!
Tax Returns Done by Appointment Only
For Appointments/further information please call
FCSS Coordinator Yvonne @780.985.3191
Or email: ypearson@calmar.ca



Volunteers help improve quality of life for others. They also gain valuable experience and develop new skills. As well, studies show that involved Canadians enjoy an improved overall health.

# Calmar has many Groups and Associations dependent on Community VOLUNTEERS!

Volunteering is a Great Way to: Meet new people; Gain new experiences; Take on New Challenges; Feel good and build self-esteem; Take pride in sharing your knowledge and abilities; Keep your body and mind active; Stay Healthy and HAVE FUN!

If you are interested in sharing your time with any of our wonderful community organizations, please contact Yvonne Pearson at the Town Office, or visit The Town of Calmar Website for contact information.

## CALLING ALL **ARENA UPGRADE FUNDRAISING COMMITTEE NEEDS YOU! Contact: Anne Donovan** 780.292.1377 or adonovan@calmar.ca



### VOLUNTEERS NEEDED!

The Calmar Citizens on Patrol Program is in need of volunteers!

In order for the program to be considered viable by the RCMP, they are asking that we have at least 10 dedicated members willing to put in the time. A minimum of 3 members will be required to sit on the "Board" in order to get and maintain the non-profit corporate status.

Help us keep Citizens on Patrol alive in Calmar.



Do you want to assist in the reduction of crime in the Town of Calmar?

Are you able to Commit for a minimum of 1 year?

Would you be interested in a position on the Board?

Are you able to dedicate 2 Shifts or Meetings per Month?

> Town of Calmar 4901 – 50 Avenue

Calmar AB T0C 0V0

www.calmar.ca

email: Councilor Anne Donovan adonovan@calmar.ca





# LBERCO CONSTRUCTION LTD.

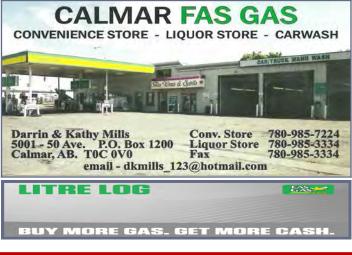
Alberco Construction is currently hiring Labourers, Carpenters and Summer Students for the Calmar Water Reservoir Expansion Project.

Concrete experience is an asset.

Please send resume to jobs@alberco.com or Fax: 780.459.7185

Please reference the Calmar Reservoir Project when sending in resumes.





### Calmar Pharmacy Ltd

Family owned and operated since 1977 5002 - 50 Ave, Calmar AB TOC 0V0 Front Store: 780.985.3142 Pharmacy: 780.985.3121

Website: www.calmarpharmacy.com

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

### Calmar Prairie Players DRESENT: W(E)L COM(E)





### rimson Cap Ladies Take on Vegas

May 12, 13 and 14, 2016 Calmar Legion

**Thursday, May 12, 2016 Show Only - \$15.00** 

7:00 PM

Making Their Calmar Prairie Players Debut

Dr. Grant Davies

Lexie Prunkl \*\*\*\*\*\* **DINNER THEATRE - \$40.00** 

Friday, May 13 and

Saturday, May 14

Doors Open @ 5:45

Dinner @ 6:30

Show @ 7:45

WRITTEN BY: Chris McKerracher

**DIRECTED BY: Madeline McKerracher** 

STARRING:

Angie Podgurny; Judy Beler; Peter Dickhout; Tammy Bateman; Trish Fleming; Cindy Thornton; Leah Keller

### Fares:

One ticket: \$4 Ticket book: \$40 Monthly pass (unlimited trips): \$140

#### How the shuttle works:

- All shuttle customers must present their LATS card before each trip
- Pre-bookings are not required to ride the shuttle
- The Shuttle operates Monday

   Friday traveling to No Frills,
   City Centre Mall, CO-OP, Second
   Glance, Safeway, Giant Tiger
   and Dollarama. The shuttle also travels to the Farmers Market on Thursdays.



### Shuttle Service

**REVISED May 2015** 



### More Information:

Phone: 780-980-7177

Email: transit@leduc.ca

facebook.com/cityofleduc

twitter.com/cityofleduc

### Bus Transportation to Leduc

1st & 3rd Thursday's





Appointment in Leduc? Shopping?

Or want to visit at Planeview Place?

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 Thursdays of each month. Phone Cloverleaf Manor 780-848-7717 to reserve your seat. Limited to 18, first come, first serve.

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



### TRANSPORTATION TO LEDUC 1<sup>ST</sup> & 3<sup>RD</sup> Thursdays Each Month Begins: Thursday, November 5<sup>th</sup>, 2015



| Action   | Location                                      | Address  | Approximate<br>Times |
|----------|---|--|----------------------|
| Departs  | Cloverleaf Manor, Warburg                     | 5204 - 53 Avenue, Warburg  | 9:30 am              |
| Departs  | Thorsby Recreation Centre                     | 4901 – 48 Avenue, Thorsby  | 10:00 am             |
| Departs  | Calmar Seniors Center                         | 4916 - 50 Avenue, Calmar   | 10:20 am             |
| Drop Off | Walmart, Leduc Common<br>*McDonald's Entrance | 5302 Discovery Way, Leduc  | 10:40 am             |
| Drop Off | Planeview Place                               | 5105 - 52 Avenue, Leduc  | 11:00 am             |
| *Riders  | can transfer to LATS from t                   | his location   |                      |
| Drop Off | Smyth Clinic                                  | Net Vibranies and  | 11:15 am             |
|          |   | ermit - Riders will be transporte<br>ts between 11:15 and 2:30 pm. | d                    |
| Departs  | Planeview Place                               | 5105 - 52 Avenue, Leduc  | 2:45 pm              |
| Departs  | Walmart, Leduc Common<br>*McDonald's Entrance | 5302 Discovery Way, Leduc  | 3:15 pm              |
| Drop Off | Calmar Seniors Center                         | 4916 - 50 Avenue, Calmar   | 3:30 pm              |
| Drop Off | Thorsby Recreation Centre                     | 4901 – 48 Avenue, Thorsby  | 3:45 pm              |
| Drop Off | Cloverleaf Manor, Warburg                     | 5204 -53 Avenue, Warburg   | 4:00 pm              |







We invite all to join the Alberta Zirka Ukrainian Performers on Saturday, April 16, 2016 at the Meridian Banquets & Conference Center (4820-76 Ave.) in Edmonton.

4:00pm Doors Open 5:00pm Special performance from Zirka 6:30pm Dinner 8:00pm Zirka Memories 8:45pm - 1:00am Millenia (live band)

Tickets are available January 12, 2016 and may be purchased by contacting **Debbie Weir** at **780-910-2185** or <a href="mailto:weirdebbie@hotmail.com">weirdebbie@hotmail.com</a>.

Tickets are:
\$60 for adults and children 13+
\$25 for children 5-12 years
Children 4 & under are free

We look forward to seeing you there!

www.zirka.ca





### ESSENTIAL OILS - AB TOUR

Training on WHY & HOW TO use Essential Oils

#### April 1st - Friday in WETASKIWIN 6-8:30 pm

At Refresh Wellness Centre - Workshop on Chakra Balancing with EOs & YIN Yoga. Price: \$57.75 (incl.GST, handouts & your own blend of Essential

#### April 3rd - Sunday in CALMAR 2-4pm

At the community hall - Workshop on Mood-Mngmt with EOs & Yin Yoga. Price \$ 40.00 incl. handouts, tea & snacks.+ a draw for 3x valuable therapeutic grade

#### April 4th - Monday WIZARD LAKE 3-6pm

Essential Oils 101 & Application/how to use on horses & your other animal companions.

\$45.00 incl. an individual analysis for your horse at NO extra cost! Space limited, please pre-register in

### April 6th-Wed.PORTO BELLO (Hw616/RR 262)

Essential Oils 101 Presentation - no costs involved, donations welcome!

For private sessions & to book your time slot

April 2<sup>nd</sup> Saturday: 10-12:30pm April 3<sup>rd</sup> Sunday: 10-12:30pm



### LIFE BLOOD ANALYSIS In CALMAR

MAY 13th & 14th Friday/Satuday 2016 Friday 10 am -8 pm Saturday 10am-12pm

#### Always wondered:

Why am I sore, although I didn't over-exercised? Why do I have this feeling of bloating? Are some foods more beneficial for me than others?

Individual life blood assessment with WENDY VANDENHOVEN. Wendy, is specialized in holistic nutrition. Based on your blood, she will be able to determine if your body lacks important minerals or vitamins, if you have any inflammation going on. She will provide advice and dietary options for your blood type! If you don't know your blood type she can run a test for you as well.

BOOK YOUR APPOINTMENT TODAY!

### JIN SHIN JYUTSU ACUPRESSURE -SELF HELP (BOOK 2) In CALMAR

APRIL 23rd 2016 (eligible for NHPC credits!)

9 am - 6pm

This course is for you if you want to learn about the 26 major safety energy locks (SELs) in our body & how to activate them, to release tension, stress & blockage that accumulates throughout our life.

Learn how to prevent fear, anger, anxiety, fatigue being part of your routine. Our innate healing capacities root within us. Sometimes they are dormant and need to be

awaken. More self help on a daily basis & less stress with paying high bills for chronic, reoccurring

symptoms.

Course Price (first timers incl. Book

JSJ SH Book 2 already & has a bool

REGISTER TODAY 780 729 7808





### YOGA IN CALMAR

CALMAR COMMUNITY CENTRE 4815—49 STREET

### SPRING YOGA CLASSES UNTIL THE END OF JUNE



Drop IN: \$16.00 Children: \$10.00

#### March / SPRING YOGA CLASSES in Calmar:

Thursday 7:30-8:30 pm RESTORE & Relax before bed time with YIN YOGA (starting April 14th) Friday 7-8:15 pm Vinyasa Flow (based on Ashtanga Series)

Sunday 1:30-2:45pm 2 X Gentle Hatha Flow (optimized for BEGINNERS!) 2 X Yin Yoga Sunday 3-4:15pm YIN YOGA (restorative sequence to relax & renew, goes until March 20th)

For all Calmar Yoga PASS Holders from now on - you can join an additional class with DARIA:

YOGA for Strength & Vitality: Wednesday 7-8:15 at PORTO BELLO Community (hw 616 & RR 262)

REGISTRATION OPEN FOR SPRING YOGA CLASSES, enrol before March 26th and save \$5.00!!!

#### Prices:

Drop IN \$16.00 (or if you already had a pass this semester drop in rate stays same as pass rate)

#### CHALLENGER PRICES:

At the end of the Spring Session we will have a draw, where we will have 3 lucky winners based on your class attendance in spring! PRICES:

1st Price: A brand NEW HALFMOON YOGA MAT + 100% WOOL BLANKET (value \$80.00)
2nd: YOGA MAT TOWEL + EYE PILLOW + 5ml CPTG Essential Oil for relaxation (value \$60.00)
3rd: SURPRISE Yoga Product (Value \$30.00)

#### APRIL 3rd - ESSENTIAL OIL - WORKSHOP in CALMAR:

TAKE CONTROL OF YOUR MOOD & LIFE with Essential Oils & Yin Yoga

Sunday 2-4pm Price: \$ 40.00

Presenter: Daria Kilburn/Anissa Brauneis

10x Class SPRING Pass - \$140.00 12x Class SPRING Pass - \$168.00 Unlimited Challenger Pass - \$240.00 (if you plan to come 2-3x per week)

#### APRIL 23rd - ACUPRESSURE SELF HELP BOOK 2 (JIN SHIN JYUTSU)

Saturday: 9am - 6pm

Lunch, Snacks & Tea provided

eligible for NHPC additional credits for Massage Therapists

Presenter: Daria Kilburn

Price first timers incl. Book & handouts \$ 140.00

Price if you have done the course already once &/or have a book \$ 110.00



FACEBOOK: DTOUCH
WEB: www.dtouch.ca



Adult Books (Ages 12+) - \$20.00 Children Books (Ages 8-11) - \$15.00

Is the Bible a Puzzle to you?

Would you like to learn the story line of the Old Testament?

If you are between the ages of 8 and 108 you can attend!

Come and join us for a fun and interactive seminar in Calmar

Calmar Community Baptist Church

(4904-50 Avenue)

Friday, April 29 - 7:00PM - 9:30PM

Saturday, April 30 - 9:00AM - 11:45AM





WEDNESDAY NIGHTS
CALMAR LEGION
7:00 PM

### **SPRING CLEAN UP 2016**

PICK UP STARTS @ 7:00 AM Monday May 16

PLEASE ENSURE ALL YOU ITEMS ARE PLACED OUT

BEFORE MONDAY, MAY 16 @ 7:00 AM

FRIDAY - MAY 20 @ 4:00 pm



NO EXCEPTIONS

Maximum pick up - 1/2 tonne truck load per residence

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

PLEASE put metal in a separate pile

PLEASE put electronics in a separate pile

WE DO NOT ACCEPT: Fridges, Microwaves, Broken Glass, Batteries,

Car Parts, Tires, Concrete, Paint, Oil, Antifreeze

Chemicals, or Deep Freezers

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

# Community Fit Ltd Woman's Health & Fitness Day

April 23, 2016 9:00am-4:30pm

Be strong, you never know who you are inspiring.

Keynote Speaker; Catered Lunch; Take home gift; 4 sessions of your choice; Hard Core Fitness, Yoga, Meditation, Wine Tasting Self Defense, Zumba, Aerobics at it's best, Nutritional Seminars, Energy Building, Woman's fitness and wellness attire and accessories, and more.

**Register Today!** Registration is accepted on a first come, first served basis. Space is limited and we cannot guarantee first choices.

Register online at https://www.regonline.ca/cflwomansday2016

Find a PDF of registration package at www.communityfitltd.weebly.com/events or a link at Facebook.com/CFLLTD/events





## A custom built gate adds ELEGANCE AND SECURITY

to your home or business



### Quality Construction

Gates are constructed from aluminum tubing and finished with a durable powder-coating. Hung from steel posts anchored to piles, your gate will offer years of maintenance free accessibility.

### **Enhanced Security**

For the ultimate in convenience, access, and security, power operators can be added complete with garage door style remote controls, key pads, access cards, exit sensors, video cameras, and more.

### **Custom Design**

Gates are uniquely designed to meet your vision of style and function. It can match the current features on your home and yard, and enhance the elegance of your property. You'll be proud of the end result.

### **Book your site visit**

With warmer weather approaching, now is the time to explore your gate options. Contact us to book your site visit and subsequent quotation to avoid long delivery times.

### **Sierra Solutions Custom Fabrication**

Shawn Hartrick 780.719.5963 shawn@sierrasolutions.ca www.sierrasolutions.ca





## At the Library

Hats off to the Public Works Crew for moving our shelves around and for all the other things you do for us! You guys are great! Drop by and check out the changes.

### This month at the Library

### Foundations to Investing

Money makes the world go around! Drop by for this free information session with Rick Medcke, Financial Advisor with Edward Jones, to learn how you can have more money to go around. Wednesday, April 6<sup>th</sup> at 7:00 pm. Call to reserve your spot today.

### Get Comfortable with Computers Level II

We are accepting registration for this FREE program. You must have completed Level I to participate. Thursdays, April 7th to 28th from 1:00 to 3:00 pm

#### Tarot Cards 101

This four-hour workshop will help you understand tarot card structure, methods of interpretation and more. Please bring your own tarot cards.

\$50.00 per person pre-registration is required with payment in advance.

Saturday, April 16<sup>th</sup> 11:00 am to 3:00 pm.

#### We Need You!

The Library is looking for people to help with the following programs:

\* Smart Devices \* Crafts \* Building a Fairy Garden

Volunteering at the Library is flexible. The program can be a one-time event, weekly or monthly. The amount of time you volunteer depends upon the program and you. If you would like to help out at the Library or have an idea for a program call Susan at 780.985.3472.

#### How to get a library card

Residents of the Town of Calmar and the County of Leduc may acquire a library card, free of charge, provided that proper identification is shown. If under the age of 16 a parent or legal quardian must sign for your card.

\* Laminator

#### Did vou know?

The Library offers the following services for a minimal fee:

\* Fax machine (send or receive) \* Photocopier

We also have a program room for rent. Call the Library for details.

Until next time...

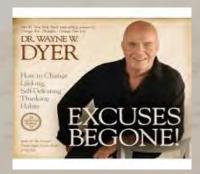
Susan Parkinson

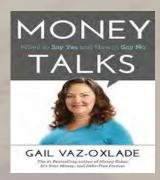
Manager

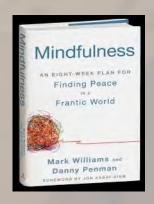
### A FEW OF THE NEW ITEMS AT THE LIBRARY:

### **Non-Fiction**

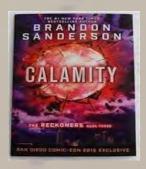


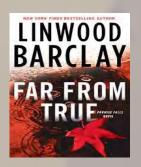


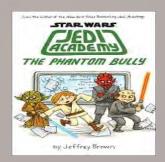


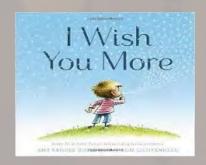


#### **FICTION**









### **DVD'S**









### CALMAR PUBLIC LIBRARY ONGOING PROGRAMS

### STITCH & CHAT (Drop-In) Every Wednesday, 6:30 p.m. - 8:00 p.m.

This knitting and crocheting group is for both experienced and for those just starting out!

This comfortable and friendly environment is great for those participants looking for a little more assistance.

### Family Literacy Programs 0 to 5 yeas of age with caregiver 10:00 a.m. – 11:00 a.m.

These programs create a love of reading through the fun of sharing stories, learning rhymes, songs and creating the occasional craft to take home.

### Every Wednesday &

3<sup>rd</sup> Thursday of the month

### Cook Book Club 3rd Monday of the Month 6:30 p.m. – 8:00 p.m.

Are you in a cooking rut?
This is the program for you!
New Members Welcome.

### Zookinesis Chair Exercises Mondays 10:00 a.m. – 11:00 a.m.

Everyone Welcome!

### Calmar Library Book Club Last Wednesday of the Month 7:00 p.m.

Everyone is welcome for our discussions of interesting books with interesting people. Due to Canada Reads the Book Club is meeting on the following dates:

### March 30th:

Minister without Portfolio

by Michael Winter

The Illegal

by Lawrence Hill

### April 6th:

Birdie by Tracey Lindberg

### April 20th:

The Hero's Walk

by Anita Rau Badami

### May 4th:

Bone & Bread

by Saleema Nawaz

May 25<sup>th</sup>: Title coming

Come join the conversation.

**Calmar Public Library** 

4705 50 Ave

**PO Box 328** 

780.985.3472

www.calmarpubiclibrary.ca

## Busy Bee Bookkeeping

- ➤ Complete Bookkeeping
- ➤ Payroll—Monthly, semi-monthly or bi-weekly
- ➤ GST—Yearly or Quarterly
- ➤ I will pick up your mail
- ➤ I can pay your bills

You decide what I do!

Call Christine Bruner @ 780.898.8514 /cebruner@yahoo.ca
I am a Calmar Resident.





### AT THE SENIOR'S CENTRE

Member's Birthdays

April 20, 2016

1:30 PM

**MUSIC JAMMERS** 

April 26, 2016

1:30 - 3:00 PM

Admission: \$4.00

Light Lunch will be served

**FOOT CARE CLINIC** 

**APRIL 1, 2016** 

Starting @ 9:00 AM

Please call 780.991.4132

To book an appointment

**Executive Meeting** 

April 13, 2016

1:30 PM

General Meetings to be decided at a later date.

New Members are Needed Please call Ruth: 780.985.3503

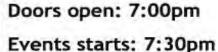
### Calmar Curling Club



### Calmar Curling Rink May14, 2016

Top 3 Teams are in the prizes!!





Dance 10:00-1:00am

Includes late lunch



Spectators-\$20.00

Competitors-25.00each

(6 players per team)

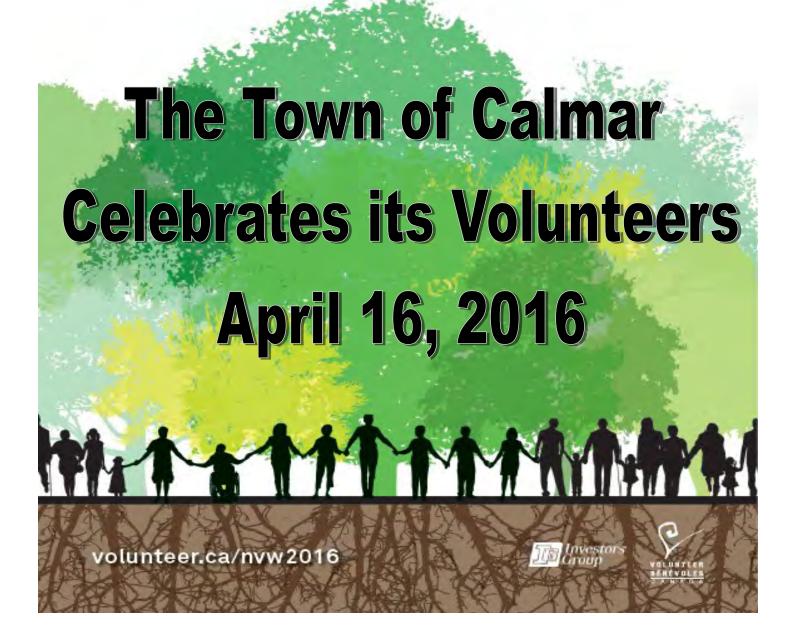
Watch as teams compete To claim the title of Survivor Calmar!

To enter a team or purchase advance tickets call Lisa @ 780-721-4763 or Shannon @ 780-499-9535. First 8 paid teams will be accepted. No minors

### NATIONAL VOLUNTEER WEEK

April 10 - 16, 2016

Volunteers are the roots of strong communities





I have not written a Mayor's Corner for a couple of months. The winter season was extremely quiet and there was not a lot to report on. As always if anyone has any question about the workings of the Town you can contact me or any of the Councilors and ask your questions.

It was reported the Hotel would be removed by the end of January. As we all can see it is still standing. Administration is still working with the owner of the building and hopefully the building will be removed shortly.

There is a bus service for everyone 18 years of age and older (17 years and younger if accompanied by an adult) to use. The bus comes to Town on the first and third Thursdays of the month, at 10:20 am, at the Senior's Center. The cost is \$7.00 round trip to Leduc. It will take people to the Doctor's and shopping. If we do not use it, we may lose it.

Spring has sprung and Council is working on the 2016 budget and should have it completed by the end of April. Why we are so late in finalizing the budget? It has to do with working on a new contract for the Emergency Services delivery for the Town and the County. We have not come to a final decision on which direction we will proceed with this service. Also, the Provincial Government has not yet released the amount required for the School Requisition for 2016.

Next month after negations are completed with the County on Emergency Services delivery, I will release all of the information on both contracts to the Community so you have a balanced point of view to make your decision on which way Council should proceed with this issue. Until negations are complete, neither I nor Council can discuss this issue. Please wait until we release all of the information before you make your decision as to which direction we need to proceed.

LET'S MAKE CALMAR THE BEST CALMAR IT CAN BE!!

### **CONTACT**

Contact:

Leah Ofstedahl

Advertising

Email: lofstedahl@calmar.ca

Phone: 780,985,3604

Town of Calmar **OPTIONS:** 

\$100.00 Full Page 4901-50 Avenue

\$75.00 Half Page PO Box 750

Calmar AB TOC 0V0 \$25.00 Business Card

> COMMUNITY GROUPS ARE FREE

\$50.00 Quarter Page

**ADVERTISE WITH US!** 





Watch for Details—the AGM will be coming up in May.

> Copies of the 2015 **Financial Statements** are Available at the Town Office.



Open: Tuesday - Saturday Walk Ins Welcome

Senior's Discount

4701 - 49 Avenue Calmar, Alberta



**KHAIR Electrolys** 

LASHES: \$75.00 **ELECTROLYSIS** \$55.00 1HR: 45MIN: \$45.00

**TINTING** Lashes: \$20.00 Brows: \$20.00 WAXING Brows: \$12.00

Lower or Upper Leg: \$30.00 Full Leg (incl. Bikini Line): \$45.00

Bikini Only: \$25.00

Grad Special \$5.00 off

MAKE UP: \$50.00

\$35.00 30MIN: \$30.00 Both: **Book by Appointment Only:**