



TOWN OF  
**CALMAR**

**November 2022**

# THE CHRONICLE

*You can find  
me at:*

Calmar Pharmacy

Lee's

Whatever Repairs

Grasshopper

Calmar Library

Town Office



*Please note the Office  
will be closed Friday,  
November, 11th for  
Remembrance Day*

Town Administration Office  
4901-50 Avenue, P.O. Box 750, Calmar, AB T0C 0V0  
Phone 780-985-3604 Fax 780-985-3039  
Website: [www.calmar.ca](http://www.calmar.ca) Email [info@calmar.ca](mailto:info@calmar.ca)

# November 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Public Skating 3:15-4:30	3  Team Calmar Meet and greet 10:00 -3:00pm	4	5 <b>Calmar Dog park 10:00- 12:00pm</b>
6 Christmas craft fair 10-4 Shinny Hockey 3:15-4:45	7 * Council Meeting Public skating 3:15-4:30  	8 Leduc county Program on Zoom * see website for details	9 Public Skating 3:15-4:30	10 	11 Remembrance Day Ceremony <b>10:30-11:45</b> * office closed	12
13 Shinny Hockey 3:15-4:45	14 Public Skating 3:15-4:30  	15 Draft budget open house 3:00-7:00pm@ Program Centre	16 Public Skating 3:15-4:30	17 	18	19 Draft budget Open house 1:00-4:00pm@ Program Centre
20 Shinny Hockey 3:15-4:45	21 * Council Meeting Public skating 3:15-4:30  	22	23 Public Skating 3:15-4:30	24  Christmas in the park Woodland park	25	26
27 Shinny Hockey 3:15-4:45	28  Public skating 3:15-4:30	29	30 Public Skating 3:15-4:30			



# Mayors Corner

**“Fear not November’s challenge bold. We’ve books and friends, and hearths that never can grow cold. These make amends.” – Alexander L. Fraser**

Remembrance Day was first observed in 1919 throughout the British Commonwealth. It was originally called “Armistice Day” to commemorate armistice agreement that ended the First World War on Monday, November 11, 1918, at 11 a.m.—on the eleventh hour of the eleventh day of the eleventh month. Every year on November 11, Canadians pause in a moment of silence to honour and remember the men and women who have served, and continue to serve Canada during times of war, conflict and peace. We remember the more than 2,300,000 Canadians who have served throughout our nation’s history and the more than 118,000 who made the ultimate sacrifice.

November will see the grand opening of the new Calmar dog park on November 5, 2022. Come on out and celebrate this cool addition to our community. The park is finally complete and open to the public. Please ensure your dogs remain on leash until they are inside the actual dog park. Please ensure you clean up after your pets when you are done with the park. Dog’s are required to be monitored as all dog’s don’t always get along with each other. Go to the following link for the complete details. <https://calmar.ca/event/calmar-dog-park/>

For all ages looking for some fall & winter fun on the ice, check out the town events calendar for the regular public skate and public shinny times.

Speeding in town and animals roaming the streets is becoming a more frequent occurrence. I would like to remind everyone that dog’s are to be registered with the town. The licence is a one time lifetime fee at this time. We all need to ensure our pets are secured at home and not a nuisance to others. Speeding will be enforced in all areas as our community peace officer has time to monitor. Our CPO is very busy in the limited time that we have him, as we currently only have 1 CPO to handle bylaw, traffic, and other calls that often find their way to him.

Did you know that the town spends \$700 to 800 per month on mailing out utility bills. We can help reduce this paper and postage cost by signing up to receive our utility billing electronically. How you ask, just go to the following link (<https://calmar.ca/wp-content/uploads/2022/08/E-Billing-Registration-Form-5.pdf>) complete the form and email to [dparchoma@calmar.ca](mailto:dparchoma@calmar.ca)

Council and administration continue to work on the 2023 budget. We will be bringing drafts of the budget to two public open houses for community input. Please watch the town website and the town sign for the open house dates.

*Sincerely Yours*

*Sean Carnahan, Mayor*

*Calmar a great place to call Home*



# What's Happening at NOVEMBER 2022



Remembrance Day  
*lest we forget*



Calmar Public Library recognizes Remembrance Day on November 11th, 2022. Originally called Armistice Day, it marks the end of hostilities during the First World War. This is a day to honour those who served in the nation's defence for freedom.

When Armistice Day was inaugurated throughout most of the British Empire in 1919 it was originally on the second Monday in November. The Canadian Parliament passed an Armistice Day bill in 1921 to observe ceremonies on the first Monday. At that time Thanksgiving was the same date which resulted in the holiday doubling up and not being recognized. In 1928, citizens and veterans pushed for greater recognition. In 1931, the Federal government pronounced that the newly named Remembrance Day would take place November 11th to recognize the memory of fallen soldiers. They moved Thanksgiving to the 2nd Monday of October.

## **LIBRARY CLOSED**

The Library will be closed Remembrance Day, Friday, November 11th.

## **FREE LIBRARY CARD**

New to the community? Library card needs renewing? Not a problem!

Email [circulation@calmarpubliclibrary.ca](mailto:circulation@calmarpubliclibrary.ca) or call 780.985.3472 and one of our helpful staff will be happy to assist you.



## **NOVEMBER NATIONAL DAYS OF INTEREST**

Here are some of the recognized national days for November we found interesting:

**November 3rd : National Nachos Day**

**November 13th : World Kindness Day**

**November 26th : Buy Nothing Day**

## **IN-HOUSE PROGRAMS**

### **As the Page Turns**

**November 2nd, 16th, 30th 2022 @ 6:30pm**

Do you love reading and talking about books? Join the "As the Page Turns" Adult book club! There will be new book selections each month, with meetings occurring on a bi-weekly basis all year long! (subject to location and member availability) For more information contact Tiffany @ 587.784.4230 or [circulation@calmarpubliclibrary.ca](mailto:circulation@calmarpubliclibrary.ca)





## **NEW Every Thursday starting November 3rd 10:00am to 10:45am Me & You Story Time**



Join us for stories, songs and fun the whole family can enjoy. This program is for 0-5 years with caregivers. Drop in accepted but if you know you are coming, please let us know. To register or for more information, call 780.985.3472 or [circulation@calmarpubliclibrary.ca](mailto:circulation@calmarpubliclibrary.ca)

## **Girls Crafts Club — @ 2:00pm Homeschool Program November 4th — Glitter Jars November 18th — Shirt Bag**



This program is geared towards girls aged 9-15 years who are currently being homeschooled. Join other homeschool participants for an afternoon of crafts. Participants are asked to bring their own supplies. For a list of supplies please contact the library at [circulation@calmarpubliclibrary.ca](mailto:circulation@calmarpubliclibrary.ca). Program is dependent of participation numbers.

## **New Combining Vitamins and Minerals Wednesday, November 9th 6:30pm with Elke.**



Did you know that for you body to better absorb vitamin D, you must include vitamin K, magnesium, and zinc in your diet? They will speed up the absorption process. Join Elke as she discusses how to ensure you are getting the most of your vitamins and minerals. If time is permitted there will be a question period. Registration is required so we know how many to expect. Contact [circulation@calmarpubliclibrary.ca](mailto:circulation@calmarpubliclibrary.ca) or call 780.985.3472.

## **NEW Let's get cooking cookbook club Wednesday, November 16th @ 6:00pm**



We are back and we hope you are ready! Do you enjoy browsing through cookbooks, trying new recipes or cooking techniques, sampling and sharing new dishes? Or are you stuck in a rut and keep making the same dishes over-and-over again? If you answer yes to any of these questions, then this is the club for you! For our first meeting back, we are going to make it easy and ask you to bring one of your favourite dishes. Remember, everyone will get a chance to taste your dish! Bring in the recipe or email it to the Library so we can give one to everyone.

Call the Library for more information or to register. 780.985.3472 or [circulation@calmarpubliclibrary.ca](mailto:circulation@calmarpubliclibrary.ca)

To register for a program: call 780.985.3472 or Email [circulation@calmarpubliclibrary.ca](mailto:circulation@calmarpubliclibrary.ca)

## BOOKSALE NOVEMBER 1ST TO 18TH

### BOOK SALE



The friends of the library will be hosting a book sale November 1st to the 18th during library hours! This is a great opportunity to pick up gently used books or DVDs and help the friends of the library raise funds for different projects for the library. Our hours of operation are at the beginning of the newsletter.

### DID YOU KNOW?

#### We do reading bags?



We started reading bags to help our patrons during COVID but due to the popularity we continue to offer this service. If you don't have time, or just want to try something new, contact the library at [circulation@calmarpubliclibrary.ca](mailto:circulation@calmarpubliclibrary.ca) as we can set you up. We can pick items that you have requested, or you can let us pick some for you. Once the bag is ready, we will contact you to come and get it. Simple as that!

#### We need your help!



The library is running low on plastic bags! If you have some to spare, please drop them off at the library or in our overnight bin. Thanks

### Canada Book Market Mirrors the US

Canadian booksellers see the same trends as the United States: **people prefer print when it comes to long-form reading.**

**A 2020 survey from the Toronto Star supports these findings:**

- 80%** of Ontarians read a book in 2019
- 70%** of those read print books
- 28%** read e-book
- 56%** of respondents said they only read print
- 14%** prefer e-books
- 7%** prefer audiobooks

**Watch for more interesting facts next month about the library world.**

(<https://www.tonerbuzz.com/blog/paper-books-vs-ebooks-statistics/>)

## **NEW ITEMS AT THE LIBRARY**

Below are a few of the new items that we have added to our collection. Contact the library at 780.985.347 or [www.calmarpubliclibrary.ca](http://www.calmarpubliclibrary.ca) to reserve your copy today.

### **DVD'S/AUDIO**

Elvis  
Downton Abbey Season 6  
Minions the Rise of Gru

### **ADULT NON-FICTION**

Lunchbox by Aviava Wittenberg  
Hot to go Plant based by Ella Mills

### **YOUNG ADULT**

Once upon a broken heart by Stephanie Garber  
Blade breaker by Victoria Aveyard  
This vicious grace by Emily Thiede  
Wild is the witch by Rachel Griffin  
The baby-sitters club– Jessi's secret language by Ann Martin  
SunBearer trails by Aiden Thomas  
The final gambit by Jennifer Lynn Barnes  
Nothing more to tell by Karen M. McManus

### **ADULT FICTION**

Soul Taker by Patricia Briggs  
Overkill by Sandra Brown  
Mad about you by Nhjairi McFarlane  
The couple at Number 9 by Claire Douglas  
The family remains by lisa Jewell  
Calling for a blanket dance by Oscar Hokeah  
Shutter by Ramona Emerson  
Love on the brain by Ali Hazelwood  
Stay Awake by Megan Goldin  
Girl Forgotten by Karin Slaughter  
Daisy Darker by Alice Feeney  
Carrie Soto is back by Taylor Jenkins Reid  
The codebreaker's secret by Sara Ackerman  
The German wife by Kelly Rimmer  
Where the crowdad's sing by Delia Owens (large print)  
King of battle and blood by Scarlett St. Clair  
The daughter of Auschwitz by Tova Friedman

## **YOUNG ADULT**

Once Upon a Broken Heart by Stephanie Garber  
Blade Breaker by Victoria Aveyard  
This Vicious Grace by Emily Thiede  
Wild is the Witch by Rachel Griffin  
The Baby-sitters Club – Jessi’s Secret Language by Ann Martin  
SunBearer Trails by Aiden Thomas  
The Final Gambit by Jennifer Lynn Barnes  
Nothing More to Tell by Karen M. McManus

## **JR. Graphic Novels**

Pup Detectives – The Missing Magic Wand  
Pup Detective – Mystery Mountain Gataway  
Pup Detective – Ghosts, Goblins and Ninjas!  
Pup Detective – The Tiger’s Eye  
Pup Detective – The Soccer Mystery  
Pup Detective – The First Case  
I Survived the California Wildfires of 2018  
I Survived the Hinderburg Disaster of 1937  
I Survived the Galveston Hurricane 1900  
I Survived the Attack of the Grizzlies 1967  
I Survived the Sinking of the Titanic 1912  
I Survived the Shark Attacks 1916  
I Survived the Attacks of September 11, 2001

## **PICTURE/BOARD BOOKS**

Creepy Crayon by Aaron Reynolds  
Don’t Worry Murray by David Ezra Stein  
Ways to Make Friends by Jairo Buitrago  
The Most Magnificent Idea by Ashley Spires

## **JR. BOOKS**

Wings of Fire – The Poison Jungle by Tui T. Sutherland  
Crunch by Kayla Miller

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>

Follow us on YouTube @ <https://www.youtube.com/channel/>

UCU\_34ttDgZU1zpV3WE5fWDA

Go to our website @ <https://calmarpubliclibrary.ca/>

E-mail us at: [circulation@calmarpubliclibrary.ca](mailto:circulation@calmarpubliclibrary.ca)

Phone: 780.985.3472

Until next time....

**Susan Parkinson**

**Director of Public Library Services**



Team Calmar meet & greet  
Thursday, November 3rd



Join us for coffee & doughnuts!  
Stop in between 10:00am – 12:00pm or  
1:00pm – 3:00pm

Our new and existing staff would love the opportunity  
to meet our fellow community members.  
Come on into our office where we can visit and  
enjoy a coffee and doughnut together!



# Christmas Craft Fair

The Christmas Market is happening November  
6th, 10:00am-4:00pm at the Calmar Legion!!





# REMEMBRANCE DAY

*Lest we Forget*



**NEW HUMBLE  
COMMUNITY SCHOOL**  
A PUBLIC CHARTER SCHOOL



Winter is Just Around the  
Corner! Here are Some Fun

## Winter Family Activities



Drink Hot Chocolate Outside  
Go Skating  
Make a Frozen Suncatcher  
Do Bark Rubbings  
Winter Scavenger Hunt  
Animal Track Hunt  
Have a Winter Picnic  
Go Tobogganing  
Build a Snowman  
Go Ice Fishing  
Make Snow Angels  
Go Skiing  
Ice Painting  
Go Snowshoeing  
Have Smores by a Campfire  
Shovel a Neighbor's Driveway  
Make a Snow Maze  
Take Winter Pictures  
Visit and Ice Castle





WE REMEMBER

## Remembrance Day Ceremony at the Calmar Legion

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Come join us as we remember and pay tribute to the men and women who served our Country to defend our values and freedoms. As well as honor those who continue to serve our Country today and risk their lives for our safety and protection.

Ceremony begins at 10:45am (please arrive and be settled by 10:30)  
ceremony ends around 11:30/11:45

soup and sandwiches to follow.

\*\*\* If you wish to lay a wreath at the ceremony for a family member who was a veteran and had passed away, please contact Bob @ 780.993.1309.





ZYP ART GALLERY

SEPT 23 - NOV 25, 2022

Admission Free, Donations Appreciated

LORNE  
PENDLETON:  
VERTICAL  
ABSTRACTION



LL.PENDLETON





# **CALMAR DOG PARK GRAND OPENING**

**November 5, 2022  
10:00am – Noon**

**At The West End of 52<sup>nd</sup> Street**

- **Free Give Aways for your Pooch  
From the Town of Calmar**
- **Melissa from Method Matters Dog  
Training on hand for questions.**
- **Bring your Pooch for some  
Community FUN!!**



Doors open @10:00am

Ribbon Cutting @10:30am

Door Prize draw @11:30am

# CHILDHOOD ANXIETY

HELPING CHILDREN HEAL

**PRESENTATION**

**NOVEMBER 3, 2022**  
**6:00 pm - 8:00 pm**



**PARENTS • EDUCATORS • CAREGIVERS • CHILDCARE & MENTAL HEALTH PROFESSIONALS**

**Does your child or the children you work with struggle with anxiety: panic attacks, separation anxiety, stomach aches, headaches, tantrums, obsessions/compulsions, avoidance of activities, racing thoughts or troubles with sleep?**

*Anxiety has many faces. In this presentation, parents, caregivers, and professionals will learn about the psychological and physiological roots of anxiety, why it is on the rise in our children, and what to do to help children better manage it.*

## **OBJECTIVES:**

- Identify neurobiological and physiological mechanisms that underline anxiety
- Describe ways in which parenting styles can contribute to anxiety in children
- Implement a variety of emotion regulation strategies
- Recognize environmental and societal factors that contribute towards the increase in anxiety amongst children



**Free to attend in-person at The Arden Theatre, or virtually via Zoom.**

Registration is required: visit [stalbert.ca](https://stalbert.ca) and search **childhood anxiety**.



**PRESENTER:**

**TANIA JOHNSON, R. PSYCH**

CO-FOUNDER, INSTITUTE OF CHILD PSYCHOLOGY





LEDUC  
REGIONAL

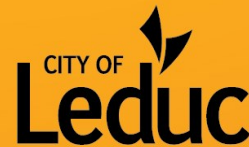
# Youth Wellness SYMPOSIUM

NOV. 10, 2022  
3-7:30 P.M.

LEDUC RECREATION  
CENTRE

- Fun breakout sessions
- Engaging speakers
- Talent showcase
- Great food

[LEDUC.CA/YOUTH-SYMPOSIUM](https://leduc.ca/youth-symposium)



The City of Leduc and the Town of Calmar recently signed an agreement that allows Calmar residents the opportunity to use the Eco Station in the City of Leduc. The staffed drop-off located at 6102 - 46 Street Leduc is designed to divert a range of material from the landfill. Materials are accepted free of charge for recycling, except for general household waste, where the first bag is free and additional bags are \$2 each (exact change must be provided).

#### Materials Accepted Free of Charge

- Blue bag recyclables
- Cardboard (flattened)
- Organic waste
- Household hazardous waste
- Electronic waste (e-waste)
- Styrofoam

See <https://www.leduc.ca/ecostation> for more details.



New Service available to Calmar residents

# Eco Station





**NEIGHBOURING SUMMIT**

# REAL TALK

**NOV. 26, 2022 | NOON – 1:30 P.M.**  
**LEDUC CIVIC CENTRE (1 ALEXANDRA PARK)**

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We want to help educate and strengthen the resources available in Leduc to support citizens in their community, recognizing November is National Family Violence Awareness Month, and Nov. 21 to 27 is Addiction Awareness Week. The 3rd annual Neighbouring Summit features Real Talk, a powerful presentation aimed to help community members understand and talk about domestic violence. Everyone can learn to become an informal supporter in your neighbourhood.

**FREE**, online registration by Nov. 23, 2022. Eventbrite link found at: [Leduc.ca/neighbouring-summit](https://leduc.ca/neighbouring-summit)



*\* Lunch provided and each participant will receive a free gift.*



**MORE INFORMATION:**

[FCSS@Leduc.ca](mailto:FCSS@Leduc.ca) | 780-980-7177



# RISEUP SOCIETY ALBERTA

## COMMUNITY ENGAGEMENT

### TO BOOK TRAININGS OR WORKSHOPS



Info@riseupsociety.ca



780-739-7473

NOVEMBER 8-9

## MENTAL HEALTH FIRST AID (MHFA)

MHFA is the help provided to a person developing a mental health problem, experiencing a mental health crisis, or a worsening of their mental health. This two day training teaches crisis first aid skills for:

- Substance overdose
- Suicidal behaviour
- Panic attack
- Acute stress reaction
- Psychotic episode



### OKSANA ATWOOD

COMMUNITY ENGAGEMENT FACILITATOR

Oksana uses her experience & Masters in Psychotherapy, to provide psychoeducation in a warm and engaging manner.

AVAILABLE TO BOOK

## INTIMATE PARTNER VIOLENCE (IPV)

IPV refers to any behaviour within an intimate relationship that causes physical, psychological or sexual harm to those in the relationship. Examples of types of behaviour include controlling behaviour, emotional abuse, physical violence and sexual violence.

Information about Intimate Partner Violence helps to reduce stigma and provide information and resources. Presentations by Riseup are 30 minutes and can be provided online or in person for your workplace.

Presentations available

**OCTOBER-DECEMBER 2022**





# Christmas

# Elves

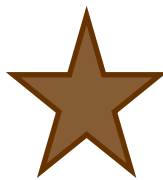
# 2022

Christmas is approaching and that means our Christmas Elves program will be starting again!

If you/your family or someone you know may need some extra support for this holiday season, our registration and referrals opens on **November 1st.** Please don't hesitate to reach out to our FCSS Coordinator at the town office 780.985.3604 EXT 233 for more details.

The Christmas Elves donation boxes and Hampers will be making an appearance around the community starting **November 12th.**

Thank you to our fantastic community and our neighbors for the endless support, we truly appreciate you!







Thank You

## What a Great Way To Spend the Morning!

The Town of Calmar hosted the Inaugural Business Breakfast on November 27th at the Program Centre.

There was great food, hot coffee, and every greater conversations with our business community.

We will be reaching out shortly to book a date for our next meal together.

Thanks again for a great breakfast!




# 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. 233 Fax: 780.985.3039  
Email: lmacdonald@calmar.ca



**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

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**Hours of Operation**

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

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/](http://www.calmar.ca/newsletter/)

## **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 form 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 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

Health link Alberta 811

Mental Health Help Line ( 24hrs) 1-877-303-2645

RCMP non emergency line—Leduc, Calmar, New Sarepta)  
780-980-7267

Non emergency social, health and government services in the community — 211

**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 virtually & in person @ 7p.m., watch FB and website for details.

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