

- GRASSHOPPER
- CALMAR LIBRARY
- TOWN OFFICE
- CALMAR BAKERY
- IS GOOD COFFEE

TOWN ADMINISTRATION OFFICE 4901-50 AVENUE, P.O. BOX 750, CALMAR, AB TOC OVO PHONE 780-985-3604 FAX 780-985-3039

WEBSITE: WWW.CALMAR.CA EMAIL INFO@CALMAR.CA

April 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	Regular Council Meeting @ 7pm	4	5 **Seniors fit- ness Classes 1pm @ The Program Center	6 Water bills are due	7 Good Friday office closed *	Happy Easter!
9	Easter Monday office closed*	11	**Seniors fit- ness Classes 1pm @ The Program Center	13	14	15
16	17 Regular Council Meeting @ 7pm	18	**Seniors fit- ness Classes 1pm @ The Program Center	20 Carbage	21	22
23	24	25 Music Jammers 1:00-3:00pm @ Seniors Hall	26 **Seniors fitness Classes 1pm @ The Program Center	27	28	29
30			** Seniors fitness classes are free**			



April hath put a spirit of youth in everything. - William Shakespeare

Spring is now upon us, the sun is with us longer each day. I would like to take a moment and thank all our public works & parks staff for their commitment to our roads, walking paths and our winter facilities. It is their hard work that keeps our community shiny and safe. Thank you to all citizens and businesses for keeping walks cleared and passable for all our children and residents that enjoy the outdoor walks in the cool winter air.

Council is excited to be working with a few future developments in our community. A development permit has been issued for a new apartment building south of highway 39 just before entering the Southbridge area of town. The Calmar Subdivision Authority approved a new 8 lot subdivision in Highway 39 Industrial Park making room for increased industrial land offering in our community. Council and administration are working with developers for future non residential and residential areas within the current town boundaries.

On the Parks & Recreation and FCSS fronts, administration is excited to be planning summer camp programs, a new July 1st celebration (it will be fun for all ages) and of course our renowned Calmar day celebrations in August. Communities in Bloom is beginning their annual plans for the annual town beautification program with baskets, plants and flower gardens around the town. The community gardens will also begin their second year of operation. If anyone is interested in volunteering or sponsoring any of these summer events or projects please reach out to the town office. Watch our town website and our social media for more information as it becomes available.

Check out the local Library, there are many cool events planned on a regular basis by the hard-working team. Check out their webpage or stop in and say hello to Susan and the gang and enquire about the cool upcoming events.

Fair – did someone say we can have the midway and fair rides back to town. Administration is working with a provider to bring the fair and rides back to town. Watch the website for more details.

Finally, April 16th to April 22nd is national volunteer week. There is a recognition event being planned, please watch for more details on social media and the town website for more details. We thank all volunteers, without these special people we would not enjoy many of the programs within our community. I tip my hat to you all.

Sincerely Yours

Sean Carnahan, Mayor

Calmar a great place to call home.

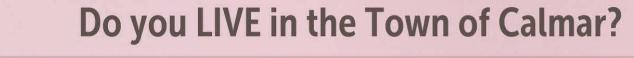
tonomic Development BUSINESS UPDATE

- The new Business Brunch on March 23rd was a lot of fun! It was great to see businesses that could not make it to a breakfast, come out and mingle with the business community! Our next one is planned for May!
- Did you know we have a new restaurant in town?? Drop by main street and say hi to Alex at Keno's Pizza. Let's give him a great Calmar Business Community Welcome!!
- Lots of excitement at the Town office. We are planning Canada Day Street Hockey events that will give your business a chance to be a sponsor and get your company name infront of some new tourists to Calmar!!

Highlight for April

Are you looking for ways to have you and your staff be volunteers in Calmar. Reach out to us to learn about the benefits of volunteering for the Town of Calmar!

Do you want to know more about what's happening in Calmar, please call Sandra McIntosh at 780-985-3604 Ext. 226



WHAT IS YOUR INTERNET SPEED?

For the Town of Calmar to be eligible to apply for the Alberta Broadband Fund and get access to high-speed internet, we need to prove that our speeds are below the Federal targets of Upload: 10 Mbps / Download: 50 Mbps

Any questions,

Please call Sandra McIntosh at 780-985-3604 ext 226



Go to
https://performance.circa.ca
to calculate your internet
speed and see your dot on
the map!!



What's Happening at APRIL 2023



HOURS OF OPERATION

Monday – Tuesday – Thursday – Friday 11:00 am to 5:00 pm Wednesday 11:00 am to 8:00 pm

The Library will be closed: Friday, April 7th and Monday, April 10th

FREE LIBRARY CARD



New to the community? Library card needs renewing. Not a problem! Email <u>circulation@calmarpubliclibrary.ca</u> or call 780.985.3472 and one of our helpful staff will be happy to assist you.

APRIL NATIONAL DAYS OF INTEREST

April 3rd: National Find a Rainbow Day

April 11th: National Pet Day

April 22nd: National Jellybean Day

IN-HOUSE PROGRAMS

Knitting & Crochet Club

Tuesday April 4, 11, 18 and 25 @ 1:30PM - 3:00PM



This group is for all levels of experience. Wool and tools can be supplied if you are new to the craft. Drop-ins welcome!

Me & You Play & Stay

Thursday April 6,13,20, and 27 @ 10:00 am



Join us for this participant led program for 0-5 years with caregivers. Drop ins are 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

LET'S GET COOKING COOKBOOK CLUB

April 12nd (2nd Wednesday of the month) @ 6:00 pm



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 answered yes to any of these questions this program is for you! **April's theme: Everything Asia!** For more information call the Library at 780.985.3472 or email circulation@calmarpubliclibrary.ca

LEGO CLUB 3rd Wednesday of the month @ 4:00pm (ages 6 & up)



April 19th May 17th June 21st

RESIN ART WORKSHOP with Tanvi Panchal April 22nd 11:30 AM TO 2:30 PM \$100.00 per person



This is a new, unique, and amazing art medium that captures versatility. This is the perfect class to learn about resin and what it can do. At the end of the class, you will be going home with your original piece! Registration and pre-payment are required prior to April 14th. Drop by the library to pay.

Earth Day Celebration - Plant & Seed Swap



April 26th 6:30 PM TO 7:30 PM

Not feeling the love for some of your houseplants? Or maybe you have too many or too big! Bring your plants and seeds to share or exchange for new ones! No time to repot? Bags and newspaper will do. You must leave a "healthy" plant to take a plant.

To register for a program: Call 780.985.3472 or Email circulation@calmarpubliclibrary.ca

AT HOME PROGRAMS

APRIL TAKE & MAKE KITS - first come, first served while supplies last!

Take a kit and make a craft/project at home! The kits will include supplies to make a fun craft! You may need some basic craft supplies at home (scissors, tape, glue, etc) to complete the craft.

Available April 3rd

Pre-K - Felt Flower Crown

Tween/Teen – Customize your Pillowcase

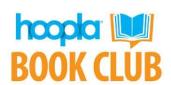
2023 CALMAR LIBRARY WRITING CONTEST



The Library will accept submissions from March 1st to April 28th at 4:00 pm. For a complete list of the rules and regulations, please contact the Library at circulation@calmarpubliclibrary.ca or drop into the library to pick up a copy. Once again, we are so grateful

for the support of the Calmar Art Society for their generosity in sponsoring the contest!

Hoopla Digital Book Club Spotlight



Saturday, April 1st, Hoopla will launch its next Book Club Spotlight title, *In the Time of Our History* by Susanne Pari. The title will be available without any holds. Let us know if you joined the club!

Save the Date:

May 3rd 6:30 pm: A Candid Discussion about Menopause with Elke May 17th 5:50pm: Emergency Preparedness (to be confirmed)

May 18th 10:00 am: Healthy Teeth for a Healthy Start with Alberta Health Services (0 to

5 years)

Programs In the Works:

Babysitting Course – Contact the Library if you are interested in this program **Sharing the Kitchen** – We will be looking for seniors to help kids in the kitchen.

Do you have an idea for a program? Contact sparkinson@calmarpubliclibrary.ca with your suggestions.

Still Looking......



We are looking for an adult volunteer who likes to work with children, particularly between 0 - 5 years of age, to help with our Thursday morning Stay & Play program. For more information, please contact Susan @ sparkinson@calmarpubliclibrary.ca

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 to reserve your copy today.

DVD'S/AUDIO

Ticket to Paradise Lyle, Lyle, Crocodile

Black Panther: Wakanda Forever

Tar

The Fugleman's

The Menu

ADULT NON-FICTION

Code Name Blue Wren by Jim Popkin
Believe in Angels by Amy Newmark
Arabiyya by Reem Assil
The Krakow Ghetto Pharmacy by Tadeusz Pankieicz
8 Rules of Love by Jay Shetty
The Fun Habit by Mike Rucker

ADULT FICTION

Exiles by Jane Harper
The Drift by C. J. Tudor
Just the Nicest Couple by Mary Kubica
Unnatural History by Jonathan Killerman
Someone Else's Shoes by JoJo Moyes
Daughters of Victory by Gabriella Saab
Burner by Mark Greaney
My Father's House by Joseph O'Connor
Code Name Sapphire by Pan Jenoff

LARGE PRINT

A World of Curiosities by Louse Penny Reckless Girls by Rachel Hawkins The Baxters by Karen Kingsbury The Missing Pieces by John Lescoart Hunting Time by Jeffrey Deaver Burner by Mark Greaney Spare by Prince Harry Stella Maris by Cormac McCarthy Tom Clancy Red Winter by Marc Cameron

YOUNG ADULT

Chain of Thorns by Cassandra Clare
The Severed Thread by Leslie Vedder
These Infinite Threads by Tahereh Mafi
Furysong by Rosaria Munda
Blood Like Fate by Liselle Sambury
All of Our Demise by Amanda Foody

JR. BOOKS

Paws – graphic novel by Nathan Fairbairn
Enemies – graphic novel by Svetlana Chmakova
Heroes of Havensong: Dragonboy by Megan Keyes
Bee and Fee and the Compost Caper by Anna Humphrey
World Made of Glass by Ami Polonsky

PICTURE/BOARD BOOKS

A Kid is a Kid is a Kid by Sara O'Leary
I am Everything in Between by Sydney Sunderland
Big Sister, Little Sister by LeUyen Pham
Countdown to Easter by Greg Paprocki

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

Until next time....

Susan Parkinson

Director of Public Library Services



FITNESS/WELLNESS FOR MATURE ADULTS

Cassie is a certified fitness instructor with a passion to help people live their best life! For over 10 years she has led various cardiovascular and resistance-based exercise classes which led her to leading older adult, chair based, low impact exercise classes. These classes provide a safe, effective and functional way to improve balance, mobility and strength while still having fun.

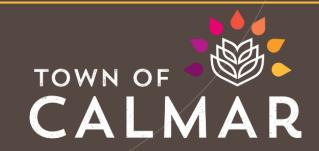
Inclusive to all genders, ages, and every fitness level. Beginning with mainly seated chair exercises, eventually progress to a sit-stand combo. Resistance bands and chairs will be supplied for you.

Increasing quality of life and health as well as adding a social aspect!

Calmar Program Center Wednesdays @ 1:00pm

For more information call 780.985.3604 or email IMiller@Calmar.ca

Classes are Free!



CALMAR ELEMENTARY SCHOOL

Good News!

- Our school is getting an Outdoor Classroom! CES was selected to receive a \$15,000 Special Projects Grant from the Black Gold Board of Trustees. Construction is expected to be completed by Fall 2023. Our teachers are very excited to bring more learning outdoors in a dedicated space!
- Students in grades 4, 5, and 6 enjoyed three sessions of curling instruction by a handful of volunteers from the Calmar Curling Club & Ag Society! Thank you for your time!
- Students at our school can access a Sensory Room to assess their body awareness in a safe and supervised environment. BGSD's Occupational Therapist recently visited our school to show staff new fun ways to utilize our space.
- Volunteer Appreciation Week is April 16 22. Thank you to all that contribute their time to our school, your presence benefits our whole community!
- Chris Koch will be visiting CES on April 17th to present an inspiring mesage, encouraging others to live their lives to its greatest potential. The community is invited to join our Div 1 students from 10:30 11am, or our Div 2 presentation from 11 11:45. Please check in at the office when you arrive. Visit ifican.ca to learn about Chris Koch's travels.
- Dld you know our school was awarded with a Silver certification for Leadership in Energy and Environmental Design or LEED®? LEED is an international symbol of sustainability excellence and green building leadership. LEED's proven and holistic approach helps virtually all building types lower carbon emissions, conserve resources, and reduce operating costs by prioritizing sustainable practices.
- Students and their caregivers have been enjoying our monthly Family Nights! In March we co-hosted a Family Game Night with the Black Gold School Division Mental Health Capacity Building Program (MHCB) team, and on the evening of April 27th the PTA is sponsoring a Family Dance for our CES families.

Contact:

Calmar Elementary School 5402-50 Street Calmar, AB TOC 0V0 Phone 780-985-2228

Website:

www.ces.blackgold.ca









Now accepting registrations or Pre-K and Kindergarten. Visit www.blackgold.ca/schools/programs for more information



NEW HUMBLE COMMUNITY SCHOOL

A PUBLIC CHARTER SCHOOL

"In the spring, at the end of the day, you should smell like dirt." Margaret Atwood



NHCS welcomed new little ducklings last month!

Be sure to check out our blog located on our website for insight into the unique learning at NHCS!

See how hands-on learning supports curricular objectives through our "Learning in Action" and "Agriculture Fun Days" series!

t's not your tickets! Cal

SCHOOL Help u acade

HUMBLE FARMRAISER

APRIL 15, 2023 Calmar Curling Rink

PROCEEDS FROM THIS EVENT WILL GO TO NHCSA SCHOOL AND OUTDOOR PROGRAMMING INITIATIVES

Help us foster student growth through innovative academics, stewardship and agricultural literacy. Back by popular demand, this fundraiser is a 400 person event that will include a delicious dinner, live auction, silent auction, dance and more!

TICKETS ON SALE FEB 28

Event Program

Doors Open
Dinner
Dinner
Thank You's
Live Auction
Dance to Follow
Late Lunch
5:00 pm
7:00 pm
1:00 pm
1

TICKETS \$50

*Must be 18 or older to attend

Purchase a Table

\$450

Reserve your table

Tickets available for purchase

at New Humble Community School front office.
Contact Monika Bustin at monika.bustin@newhumbleschool.ca
780-985-3211

or Contact NHCSA Fundraising & Sponsorship Committee Members



Committee Members Bill Orlick, Samantha Besler, April Popik, Megan Olynyk.

Payment Cash or Cheque



The Humble Herd would like to wish you and your family a Happy Easter!

<u>WWW.NEWHUMBLESCHOOL.CA</u> 48469 HWY 795, CALMAR, AB TOCOVO













The Town of Calmar and Leduc County would like to partner with you!

We are looking for senior volunteers to teach / showcase your hobbies and skills to elementary students at Calmar Elementary School.

We would love to have you come to the school for one hour and show the kids your hobbies / interest in small group settings. The groups would be determined on the Seniors interests.

We are looking for Seniors to:

- Teach the grade 1 and 4 about Planting seeds for transplanting flowers.
 - Read stories to the students in grades 1-3
- Teach them how to cook your favorite recipe
- Teach students how to play cards
- Teach the basics of knitting
- Show the students your hobbies

If you have any questions or you would love to participate in this wonderful program please call Leah @ 780.985.3604 Ext 233 or Carla @ 780.955.4554. We look forward to hearing from you!







BLUE BAG RECYLCING

The items listed below are currently the only products accepted for recycling by GFL or at the Eco Station in Leduc.

ITEMS ACCEPTED

NEWSPRINT
COMPUTER PAPER
MIXED PAPER
CARDBOARD
TIN CANS

PLASTIC MILK JUGS AND CONTAINERS EX.
MARGARINE TUBS, LAUNDRY & SOAP BOTTLES
PLASTIC JUGS W/O SCREW TOP LIDS

ITEMS NOT ACCEPTED

- NO STYROFOAM
- NO STRAWS/PLASTIC UTENSILS
- PLASTIC COATED PAPER PRODUCTS
- MIXED MATERIAL PRODUCTS
- NO SINGLE USE PLASTIC
 - NO PLASTIC BAGS
 - NO GLASS JARS
- NO SHREDDED PAPER (CAN BE MIXED IN WITH GRASS CLIPPINGS OR PUT IN THE GARBAGE BIN)

Find the Recycling Program on the Town website calmar.ca or go to the EcoStation website leduc.ca/ecostation for more information







The Calmar & District Senior Citizen's Club is back in operation and would like previous members to renew their memberships and all interested seniors to get a membership in our club. Our organization provides camaraderie for seniors in the area that has been sorely missed by many.

If you are over the age of 50 years of age and would like to meet and mingle with other seniors in Calmar and area come and join us. The membership is only \$10 per year and entitles you to the benefits of belonging to an organization that you will enjoy.

They club hosts many events during the year such as monthly music jammers sessions on the 4th Tuesday over every month (except July, August and December). We hold monthly meetings to let members know what's going on and for the members to provide input on what they want from the club. We also hold holiday dinners such as Easter dinner and Thanksgiving dinner for the members to get together and celebrate.

To get your memberships please call: Judy Nistor at 780.985.3370 or email us at seniorscalmar63@gmail.com and we will very gladly sign you up.

Music Jammer Session, March 28, 2023 @ 1:00 PM

Music Jammer Session, April 25th, 2023 @ 1:00 PM

Easter Pot Luck Dinner & General Meeting, April 5th, 2023 @ 12:30 PM

Hall Clean up April 12th, 2023 @ 10:00 AM





Walking with Grief

A free, four-week supportive space

Have you experienced the loss of a loved one? This in-person grief support group supports you to learn about the nature of the grief process, emotion and healing. Build community with individuals experiencing similar challenges, gain practical strategies for navigating grief, and emerge with a clearer direction for moving forward. In partnership with Karunia Counselling, this four-week session will be facilitated by a Registered Psychologist and a Registered Social Worker.

Dates: Fridays, April 14, 21, 28 and May 5

Time: 6 to 7:30 p.m.

Location: Calmar Medical Clinic (4715 50 Ave., Calmar, AB)

Register: online at www.leduc-county.com/walking-with-grief or contact Kristin at 780-955-6421 or

kristin@leduc-county.com.

Supporting mental wellness for children and youth

Free, online parenting series

Join Leduc County FCSS and Kim Silverthorn B.A., R.P.C., M.P.C.C., C.T. of Tacit Knowledge for four free online sessions that are open to any parents and/or guardians who are supporting children and/or youth who have mental health challenges such as stress reactions, emotional dysregulation, low esteem issues, anxiety, poor sleep patterns and depression. These four sessions are a part of a series – you'll register for the whole series but feel free to attend as many as you like.

Dates: Tuesdays, April 18, 25, May 2 and 9

Session one - Foundations for Healthy Balance

Session two - Understanding how the human brain works

Session three - Managing difficult emotions

Session four - What can a parent do?

Time: 1 to 2:30 p.m. Location: online via Zoom

Technology needed: internet access by computer, laptop, tablet or smartphone.

Register: register online at www.leduc-county.com/supporting-mental-wellness or contact Sara at 780-

955-6424 or sara@leduc-county.com.

Cyber Security for Older Adults and Seniors

Internet Safety 101 Made Fun (We Promise!)

During the pandemic, online scams and fraud increased drastically, and older adults are often among the most targeted. This pertinent and entertaining discussion on cyber security features Jason McNabb, Manager - Information Management, with Leduc County. The workshop will share tips and tools on how to stay safe online as older adults. Learn how older adults are targeted, gain personal awareness and

improve your own cyber security skills to protect yourself online – and you might even have a couple laughs!

IN-PERSON SESSION

Date: Thursday, April 20

Time: 2 to 3 p.m.

Location: County Centre* (1101 5 Street, Nisku, AB)

Register: contact Carla at 780-955-4554 or carla@leduc-county.com or register online at www.leduc-county.com/cyber-security *If you would love to attend but don't have transportation, please contact

us!

ONLINE SESSION

Date: Thursday, April 27

Time: 6 to 7 p.m.

Location: online via Zoom

Technology needed: internet access by computer, laptop, tablet or smartphone

Register: contact Carla at 780-955-4554 or carla@leduc-county.com or register online at www.leduc-

county.com/cyber-security-online

We Got This!

Supporting ourselves, our families and our friends through stressful times

Stress and burnout generally go hand-in-hand. Burnout is what we experience after a prolonged period of unrelenting, cumulative stress — and that stress can come from any (or all) aspects of our lives. If you think of an overflowing cup that simply cannot hold anymore — that's stress. When we just pour that cup out until there's nothing left — that's burnout.

Leduc County and VIV Mental Health will help participants learn the best tools to manage stress, prevent burnout, and support those who are experiencing their effects. Using real-life scenarios, interactive tools and engaging facilitators, we'll help take the stress out of managing stress. We will also provide participants with a strategy toolkit to take home and share, outline how to access local resources, and provide the opportunity to ask our facilitators stress and burnout-related questions.

Date: Saturday, May 6 **Time:** 10 a.m. to 2 p.m.

Location: Program Centre (4815 49 Street, Calmar, AB)

Register: online at www.leduc-county.com/we-got-this or contact Kristin at 780-955-6421 or

kristin@leduc-county.com. Lunch will be provided.

E-Prep: Emergency Preparedness workshop

What is E-Prep? The intent of this workshop is to encourage individuals to discuss, explore, discover and develop their own personal emergency preparedness plan. E-Prep is an interactive and educational workshop with a step-by-step approach to create a personalized preparedness kit while focusing on mental health and emotional wellness for both individuals and communities. For more information, contact Sara at 780-955-6424 or sara@leduc-county.com.

Two sessions: one in Calmar and one in Warburg

Calmar

Date: Wednesday, May 17 Time: 5:30 to 7:30 p.m. Location: Calmar Public Library (4705 50 Ave., Calmar, AB) Register: online at www.leduc-county.com/e-prep-calmar

Warburg

Date: Wednesday, May 24

Time: 6 to 8 p.m.

Location: Warburg Village Office (basement) (5212 50 Ave., Warburg, AB)

Register: online at www.leduc-county.com/e-prep-warburg



JANUARY - FEBRUARY = APRIL 6TH

MARCH - APRIL = JUNE 6TH

MAY - JUNE = AUGUST 6TH

SEPTEMBER - OCTOBER = DECEMBER 6TH

NOVEMBER - DECEMBER = FEBRUARY 6TH

Reminder to set up your E-Billing. Go to our website calmar.ca for more details. Or Contact Darlene at the Town Office @ 780.985.3604 Ext. 222



FOR SALE

14 acres R3 development land Utilities available at lot line 75 Westview Crescent Reduced to \$1,750,000

Gerald Tostowaryk - Century 21 Urban Realty 780.887.3709 gerald.tostowaryk@c21.ca



NEWSLETTER DEADLINE 15TH OF THE MONTH!

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

Property Taxes

The Town offers a penalty free payment plan specially for Tax Accounts.

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 @ 780.985..3604 EXT. 232

Calmar Pharmacy Ltd

Family owned and operated since 1977

5002 - 50 Ave, Calmar AB TOC OVO 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



Alice Hager 780-498-2986 thediff2@telus.net

Specializing in:

Bookkeeping and Personal Income Tax

Laser Printing - Black & White or Color Photocopy, Scanning, Faxing



Public Works On Call: 780.446.7319 Public Works Shop: 780.985.2121 Community Peace Officer: 780.999.7181 Emergency: 911

Phone: 780.985.3604 ext.233 Fax: 780.985.3039

Email: lmacdonald@calmar.ca

