

TOWN OF
CALMAR



The Chronicle

MAY 2023

YOU CAN FIND ME AT:

- MINT HEALTH + DRUGS
- LEE'S
- WHATEVER REPAIRS
- GRASSHOPPER
- CALMAR LIBRARY
- TOWN OFFICE
- CALMAR BAKERY
- IS GOOD COFFEE

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

EMAIL INFO@CALMAR.CA

May 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Regular Council meeting 7-9PM	2	3	4 	5 walking with grief 6-730PM	6*** Pancake breakfast Thorsby craft & trade market We got this!
7 Thorsby craft & trade market 7-3PM	8 	9	10	11 	12	13 Thorsby mother's day / lady's afternoon 1-5PM
14 	15 Regular Council meeting 7-9PM	16	17 Emergency preparedness workshop 530-730PM	18 	19	20 Thorsby cornhole tournament 1-11PM
21	22  *Office Closed*	23	24	25 	26	27
28	29	30	31			*** Details of events are posted in the Chronicle ***



MAYORS CORNER

Happy May! Spring is here!

I would like to start off first by saying Happy Mother's Day to all the wonderful mothers out there. Mothers are often taken for granted and we do not spend enough time recognizing their contribution to family or the community. We appreciate all that you do, and we hope that on May 14, 2023 you have an amazing day and enjoy time with family and loved ones.

Council has passed it's 2023-2026 Operational budget with 2023 budget at \$7.094M which represents a 2.7% overall increase. This increase comes from various sources with the largest being an increase in property tax collection of 1.3%. The increase in tax represents increase in local property values as assessed and increased number of taxable properties in the community. Council did make a concerted effort to lower our mill rates over last year for both residential and non-residential properties. Watch your mail, tax notices will be coming out shortly. Council has passed our 2023-2027 Capital budget with 2023 budgeted spend of \$1.291M of which \$1.100M will be spend on sanitary line replacement on 51st street due to a failing line. This unfortunately will leave very little left in our capital plan for other projects in 2023 as our community has struggled to build the appropriate reserves to assist with infrastructure replacements. Council is aware of this and is making our reserve funding a bigger priority but trying to do it without burdening the taxes payers any more than necessary. Yes, we do plan each year for amounts into reserves to build funds for future needs, that is being responsible.

We have received recent complaints about the use of off-road vehicles within our community and the activities that are happening outside of the allowed hours or operation. Please remember everyone (including children of families with these machines) Calmar has a very specific bylaw (2020-14) related to ATV usage in town and what is allowed, everything else is considered not allowed. You can find the bylaw on our town website. Please also familiarize yourself with the Leduc county bylaw (Traffic bylaw NO. 08-22) as they also have specific rules for the use of ATV's. If we cannot follow the rules then we will have to ask that they will be enforced, which will bring fines and/or seizure of the units. Please do not wreck it for others who do follow the rules.

Continued..



MAYORS CORNER

Many people will be bringing their RV units home to make ready for the season. Please make yourself aware of the RV parking rules in our community and please be respectful of your neighbors, community and traffic requirements. RV's take up a lot of space, so we need to make sure our roadways and access to driveways remains safe for all on the roads.

The Subdivision Authority is pleased to have reviewed and approved the next phase of subdivision in the Highway 39 Industrial area which will allow for the creation of 8 more commercial lots in that area.

Did you know that Calmar has a branch and grass drop off area? For more information please reach out to the Town office. Watch the website and social media for more information on Spring clean up as that is the middle of May.

This year Calmar will be celebrating Canada day with a new event in town. Please watch for upcoming details. If anyone is interested in volunteering to help out with any of the events in town, please reach out to our Recreation Coordinator Ian Miller at 780.985.3604 ext. 224 or imiller@calmar.ca.

Sincerely Yours

Sean Carnahan, Mayor

Calmar, a great place to call home.

Ask your CAO

In the April edition of the Chronicle, I invited residents to reach out to me with questions, concerns, or simply to chat about Calmar. A few residents decided to take this opportunity. First, an active resident noticed that one of our exercise equipment in Centre Park was unsafe. The equipment had a pointy plastic piece that was sticking out of the handle on the bench press. Within an hour of being notified, we were able to dispatch an employee to address the situation by removing the pointy plastic piece that was a hazard. Our staff took the opportunity to evaluate the equipment to make sure that everything else was adequate. Thanks to this resident, Centre Park was made safer.

Another resident called about kids climbing extremely high in trees within Westview Park. Once notified of the situation, we were also able to dispatch a staff within a few minutes to remove and secure the picnic tables that the kids were using to reach the lower branches. The following morning, staff returned to trim the tree in question to make sure that kids would not be able to climb it anymore. Again, through the intervention of a resident, we were able to make Calmar safer.

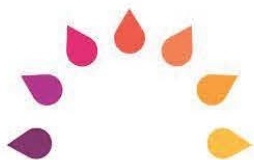
A third resident gave us a shout about noise being emitted by vehicles. This one was a bit more challenging to handle. The Town of Calmar does have a Community Standards bylaw (available on Town's website) that deals with noise coming from vehicles on properties. The bylaw prohibits excessive revving of engine and excessive music. However, there are no decibels attached to the regulation. It is written this way to minimize the Town's involvement in people's lifestyle and liberties. It still provides the Town of Calmar some ability to intervene should a resident decide to be completely unreasonable. Such intervention can be in the form of education, warning, and/or ticketing. As most residents are courteous and mindful of their neighbours, we typically do not receive many complaints related to noise.

I would like to take this opportunity to encourage residents to minimize their impact on their neighbours. If you know that you will need to do something that might be noisy/loud, talk with your neighbours ahead of time. Also, avoiding nighttime is always better as ambient noise during the day will minimize your impact.

Lastly, I would like to invite members of this community to reach out to me and our Administration. The feedback/questions received help us improve service delivery, make Calmar safer, and provide us topics for future communications.

Until next time,

Sylvain



Economic Development

BUSINESS UPDATE

1.

The next Business Get Together is going to be a BBQ on **June 12, 2023. Mark your calendars!!**
More details will be coming!

2.

We have a new business coming to town and opening their doors on June 1, 2023. The business name is "Ten or Less"! The owner, Chido Ndiraya, will be selling retail clothing, home goods, sporting goods, and toys! Let's give her a great Calmar Business Community Welcome. She will be located at 4729 - 50 Avenue!

3.

Sylvain, Town Manager, and Sandra, Economic Development will be presenting to the Community Planning Association of Alberta at their conference in May. We will be highlighting the downtown Vitalization Project that was conducted here in 2020. Expect to see about 40 delegates walking on our downtown sidewalks & stopping in stores on May 2nd!

Highlight for May

Do you book your Company Christmas Party early in the year? Consider joining the Town of Calmar in a Christmas Gala. Call Sandra McIntosh for details!!

For Questions or suggestions for updates,
please call Sandra McIntosh at 780-985-3604 Ext. 226

What's Happening at MAY 2023



HOURS OF OPERATION

Monday – Tuesday – Thursday – Friday

11:00 am to 5:00 pm

Wednesday

11:00 am to 8:00 pm

We will be closed Monday May 22, 2023

FREE LIBRARY CARD



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

MAY NATIONAL DAYS OF INTEREST

May 3rd: National Paranormal Day

May 18th: National Bike to Workday

May 25th: National Wine Day

IN-HOUSE PROGRAMS

Knitting & Crochet Club

Tuesday May 2,9,16,23 & 30th @ 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. Don't be shy, come on down! Drop-ins are accepted but if you know you are coming, drop us a line and let us know!

Menopause Explained with Elke

Wednesday, May 3rd @ 6:30 pm



Join Elke as she explains the stages, signs, and side effects of Menopause. This will be a frank discussion, followed with a question period. Contact the library to register, though Drop-Ins are welcome.

Play & Stay

Thursday May 4, 11, 18 & 25th @ 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 email circulation@calmarpubliclibrary.ca

Craft Night – Mother’s Day Gift

Thursday, May 11th @ 5:30 pm



Mother’s Day is coming, and we have you covered! Join us and our friends from Leduc County Family Resource Network for an evening of crafting for mom! At the end of the evening, you will have a wonderful gift to give! All materials will be supplied, just bring your imagination! While open to all ages, participants aged 10 and under will need to be accompanied by an adult. Registration is required to ensure we have enough materials for everyone, drop-ins subject to availability. Register at circulation@calmarpubliclibrary.ca or call 780.985.3472. PS: SNACKS ARE INCLUDED!

Let’s Get Cooking Cookbook Club

May 10th (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? May’s theme is **Magnificent Mushrooms!** For more information call the Library at 780.985.3472 or email circulation@calmarpubliclibrary.ca

Healthy Teeth for a Healthy Start

May 18th @ 10 – 11 am with Alberta Health Services for 1 to 5 years.



Did you know... that keeping baby teeth healthy means that grown-up teeth will be healthy too. It’s important to keep your baby’s teeth healthy to prevent cavities. Begin healthy teeth habits early! Join representatives from Alberta Health Services as they talk about what you can do to help your child grow healthy teeth!

LEGO Club

Wednesday, May 17th 4:00 PM – 5:00 PM



If you like building “stuff,” using your imagination, and enjoy a little challenge: this is for you! Come on down and give your skills a try! We supply the LEGO! Registration is preferred but drop-ins are welcome! To register call 780.985.3472 or email us at circulation@calmarpubliclibrary.ca

E-Pre-Emergency Preparedness

Wednesday, May 17th 5:30 TO 7:30



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. Minimum of 6 registrants; maximum of 12. For more information contact Sara at 780.955.6424 or sara@leduc-county.com. Register online at www.leduc-county.com/e-prep-calmar

FRIENDS USED BOOK SALE

May 29th to June 1st while library is open



The Friends of the Calmar Library Society will be hosting a Used Book Sale at the library during library hours from May 29th to June 1st. The library will accept donations of books in good condition for the book sale between May 25th & 26th **only**. For more information contact the library.

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

Let us know?

We were wondering if there is interest in having a LEGO program for older participants. Let us know your thoughts. Email: circulation@calmarpubliclibrary.ca

AT HOME PROGRAMS

May 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 May 1st

Pre-K – Cup Cozy

Tween/Teen – Painted Tea Light Holders

DID YOU KNOW?

We have a Thing Library?



So, what is a "Thing Library" or a "Library of Things"? We all know that a library is where you can borrow books and DVD's, a Thing Library is a place where you can borrow things. Over the last year we received a grant from Blue Cross ABC COVID Community Roots Program that enabled us to purchase outdoor games with the intent of bringing people together. Invite us to your next block party or get together. We have the following games to lend out:

- Boccie Ball
- Connect Four
- Cornhole
- Family Outdoor Games (racing games)
- Ladder Toss
- Tumble Tower (Jenga)

All the above games are large outdoor games and are available to library patrons in good standing.

The Library is always looking for new ideas for programs we can offer. If you have knowledge/skill you would like to share, we would like to hear from you. Drop us a line if you would like to help or have an idea: 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 780.985.3472 or circulation@calmarpubliclibrary.ca to reserve your copy today.

DVD'S/AUDIO

Miss Scarlet and the Duke Season 3
 Puss in Boots
 I Wanna Dance with Somebody

ADULT NON-FICTION

Blank & White by Stephen Dorsey
 Ukraine's Unnamed War by Dominique Arel
 The Watchmaker's Daughter by Larry Loftis

ADULT FICTION

Hell Bent by Leigh Bardugo
 Clytemnestra by Costanza Casati
 Everyone in My Family has Killed Someone by Benjamin Stevenson
 I will Find You by Harlan Coben
 It's One of Us by J. T. Ellison
 The Porcelain Moon by Janie Chang
 The Bandit Queens by Parini Shroff
 Never Never by Coleen Hoover
 Countdown by James Patterson
 Two Wars and a Wedding by Lauren Willig

LARGE PRINT

Wrong Place, Wrong Time by Gillian McAllister
 The Librarian of Burned Books by Brianna Labuskes
 I have Some Questions for You by Rebecca Makkai
 The Furriers by John Connolly
 Roll the Wagon by William Heuman

YOUNG ADULT

Daughters of the Dawn by Sarena & Sasha Nanua
Kingdom of the Feared by Kerri Maniscalco
Stardust in Their Veins by Laura Sebastian
They're Watching You by Chelsea Ichaso

JR. BOOKS

Darwin's Super Popping Worm Spectacular by Polly Owen
Dungeon Crawlers Academy graphic novel by J. P. Sullivan
City Spies – City of the Dead by James Ponti
Agent of S.U.I.T. graphic novel by John Patrick Green
Cam Creepy Lane Series by Laurie Friedman:

- Welcome to Camp Creepy Lake
- The Wicked Witch of the Waterfront
- The Return of the Color War Ghost
- The Mystery of the Missing Campers
- Bones and Bats in Bunk Five
- A Campout in the Haunted Woods

PICTURE/BOARD BOOKS

Pugs Cause Traffic Jams by Jennifer McGrath
Halloween Mouse by Philip Roy
Dinosaur Dance Off by Jordan Foss
A Garden of Creatures by Sheila Heti
Leo Learns to Meditate by Francesca Hampton
Porcupine's Picnic who Eats What? By Betsy Rosenthal
Neil Plants a Tree by Anne Wynter

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
- Phone: 780.985.3472

Until next time....

Susan Parkinson

Director of Public Library Services

CALMAR ELEMENTARY SCHOOL

Good News!

- **CES Celebration of the Arts** will be held during Education Week. Our theme will be S.T.E.A.M. (Science, Technology, Engineering, Art, Mathematics)-Powered Education. We will have many activities and group performances in the gym, and our halls will be enriched with student projects.
- Our school will be participating in the **Jump Rope For Heart** fundraiser and awareness campaign by the Heart and Stroke Association on May 26th.
- BGSD is once again supporting **Tom's Walk**, a memorial walk to be held in the Town of Devon on May 27th. Tom's Walk is a safe space for people to talk about the impact of suicide and mental health. Follow their Facebook page or check out their website <https://sites.google.com/view/tomswalk/home> Registration for the walk is free.
- CES is hosting the **Enchanted Forest Scholastic Book Fair!** Members of the public are invited to visit our school and shop on May 27-29 from 3pm - 4pm.
- The **BGSD High Jump Meet** will take place in Millet at the end of the month. Athletes from grades 5 & 6 will compete in this **highly** popular event!
- The CES PTA has received a \$125,000 matching grant for a **NEW PLAYGROUND ADDITION!** Construction is expected to begin soon.

Contact:

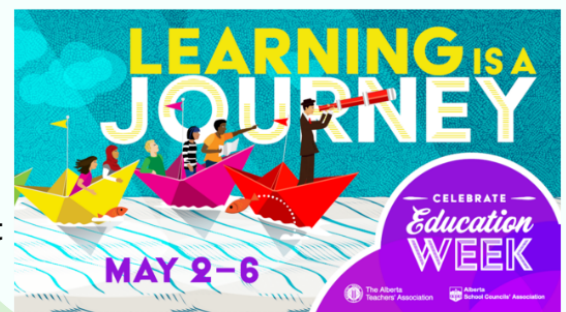
Calmar Elementary School
5402-50 Street
Calmar, AB T0C 0V0
Phone 780-985-2228

Website:

www.ces.blackgold.ca



TOM'S WALK
FOR MENTAL HEALTH



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



NEW HUMBLE COMMUNITY SCHOOL

A PUBLIC CHARTER SCHOOL

**THANK
YOU
TEACHERS**

Teacher Appreciation
Week
May 8 - May 12



Simply take them outside!

Guided exploration

Observe the weather

Complete independent sketching

Outdoor theatre

Draw a map of the area

Learn the Indigenous history

Use nature as manipulatives

Bake with mud

Have fun with S.T.E.M.



MOTHERS' DAY

A LADYS' AFTERNOON

Thorsby Community Centre

Sat. May 13 1-5 pm

Appetizers & Refreshment

Comedian Poet - Fashion Parade

ADVANCED FASHION TICKETS \$10

TICKETS ON SALE TILL MAY 9TH NOT AVAILABLE AT DOOR

WORKSHOPS

➤ CARD MAKING - \$20

Instructor: *Shirley Frank*

➤ PILLOW ART - \$25

Instructor: *Cherie Concoran*

➤ SOAP MAKING DEMONSTRATION - \$25

Demonstrator: *Christina Caskey*

➤ MACRAME - \$20

Instructor: *Hannah Petkau*

➤ WOOD STENCILING - \$25

Instructor: *Linda Quirk*

KIDS WORKSHOP (AGES 6-12) \$5

All Workshops run for 30 minutes and are held twice. You can pre-register for two workshops. PRE-REGISTER BEFORE MAY 1ST. Only by pre-registration.

SIDE VENDORS

TMP Jewelry

URBAN MYSTIC

Reader: *Marlene Chapman*

COLOR STREET - NAILS

Demonstrator: *Chantelle Radkie*

MARY KAY - MAKE OVERS

Consultant: *Becky Buchaski*

CARE N MASSAGE & WELLNESS

For information, tickets and to pre-register call: Marlene 780 217-9394 OR 780 789-3734

E transfers are accepted:

thorsbyhistoricalsociety@gmail.com

security answer – market

SPONSORED BY: THORSBY & DISTRICT
CULTURAL & HISTORICAL SOCIETY

MEMBERS & INVITED GUESTS

Dance to
follow

CORNHOLE TOURNAMENT

SATURDAY MAY 20/2023

Starting 1:00 pm

THORSBY COMMUNITY CENTRE

Beer &
Cooler Bar
\$5/ drink

2 PLAYER TEAMS

COST \$40/TEAM

**(Includes 2 Drink Tickets & Bragging
Rights)**

Player must be 18 years or older

Cash Prizes will be awarded for
1st, 2nd & 3rd place winner

Prize goes to Best Dressed Team

Side
Games

MEATBALL SUPPER

May 20/2023 5:30 – 7:30 pm

Advanced Supper Tickets Only

Adults \$17 each - Children 8 & under \$7.50

Limited Number of Tickets Printed

So get your tickets now.

To register for tournament or purchase Supper Tickets

call: 780 217-9394 or email thorsbyhistoricalsociety@gmail.com E-transfers are accepted (code – market)

All Tournament Teams are to pre-registered & fees paid in advanced

Supper Tickets can also be purchased at Thorsby Pet Necessities

Sponsored by: Thorsby & District Cultural & Historical Society

MEMBERS & INVITED GUESTS

BLUE BAG RECYCLING

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
- STRAWS/PLASTIC UTENSILS
- PLASTIC COATED PAPER PRODUCTS
- MIXED MATERIAL PRODUCTS
- SINGLE USE PLASTIC
- PLASTIC BAGS
- GLASS JARS
- 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



TOWN OF CALMAR SPRING CLEAN UP

Pick up is scheduled from

MAY 15, 2023 TO MAY 19, 2023

Items **MUST** be placed out by 7:00 AM on Monday, May 15th

Pick up will be completed by Friday, May 19th by 3:30 PM

**CURB-SIDE FRONT YARD PICK UP ONLY
NO EXCEPTIONS**

Maximum pick up is 1/2 ton truck load per residence

Branches are to be **BUNDLED** in 3 foot (Max length) bundles

Place metal in a separate pile

Place electronics in a separate pile

WE WILL NOT ACCEPT THE FOLLOWING:

Propane tanks, water coolers, fridges, deepfreezes, microwaves, broken glass, batteries, car parts, tires, concrete, propane bottles, paint, oil, antifreeze or any other hazardous products.

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

MAY 15TH – MAY 19TH

LEDUC REGIONAL HOUSING FOUNDATION



HOUSING IS THE KEY

BECAUSE EVERYTHING STARTS AT HOME

Fundraising Breakfast

**Coast Nisku Inn & Conference Centre
May 18, 2023**

TICKETS: \$60 / TABLES (8): \$450

TICKETS AVAILABLE AT THE CHAMBER
WWW.YOURCHAMBER.CA



First annual fundraising breakfast kicking off Leduc Regionals fundraising campaign. The event will showcase their various housing programs and their impact on residents and tenants in our communities as well as the growing need for affordable housing in the Leduc Region.

Come and enjoy a hot breakfast at the Nisku Inn and Conference Centre!

May 18th, 2023. Registration opens at 7:00AM.

Tickets available at The Chamber or www.yourchamber.ca

May 1st - May 7th

Mental Health Week

1 in 5 Canadians experience a mental illness or a mental health issue.

5 out of 5 of us have mental health.

- ▷ Mental illness affects people of all ages, education, income levels and cultures.
- ▷ Depression affects approximately 5.4% of Canadians.
- ▷ Eating disorders affect approximately 1 million Canadians.
- ▷ Anxiety disorders affect 4.6% of Canadians
- ▷ About 1% will experience bipolar disorder and another 1% will experience schizophrenia.
- ▷ Substance use disorders affect approximately 6% of Canadians

Approximately 20% of Canadian youth are affected by a mental illness or disorder.

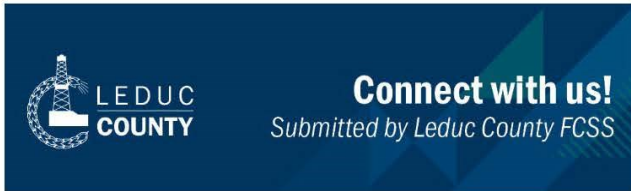
Only 1 out of 5 children receive appropriate mental health services.

Stigma and discrimination attached to mental illnesses and substance use problems create serious barriers. Mental illnesses can be treated and very often managed effectively with the proper services and supports. Environmental factors play very important roles in our mental health.

If you or someone you know is struggling with mental health please reach out to our FCSS

Coordinator Leah for more information on supports and services.

Email: Imacdonald@calmar.ca Phone: 780.985.3604 EXT 233



Supporting mental wellness for children and youth – There’s still 2 sessions left!

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, May 2 and 9

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.

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



UTILITY BILL DUE DATE

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



Growing Great
Places...

TOGETHER!

CONTACT US TO
ORDER BY
MAY 20!

✉ communitiesinbloom@calmar.ca

📘 @CalmarCIB



About Communities in Bloom



Communities in Bloom promotes involvement and action by citizens of all ages, in partnership with municipal governments, local organizations, and businesses. The program strives to improve the tidiness, appearance and visual appeal of Canada's neighbourhoods, parks, open spaces and streets through the imaginative use of flowers, plants and trees. A focus on environmental awareness and preservation of heritage and culture is also an integral part of its success resulting in an improved quality of life.



Calmar's
**COMMUNITY
— IN BLOOM**

Sponsorship 2023

THANK YOU TO OUR 2022 SPONSORS!

WITH YOUR CONTINUED
SUPPORT, WE WILL WORK
TO MAKE CALMAR A
BEAUTIFUL, WELCOMING
COMMUNITY!

INDIVIDUAL BED PRICE LIST:

- Peace Park \$400
- Tot Lot Raised Bed \$100
- Tot Lot Park Sign \$100
- Woodland Park Sign \$100
- Woodland Park Flagpole Bed \$250
- Memorial Wall \$300
- Woodland Park Halfmoon Bed \$150
- Woodland Park Rock Garden \$100
- Mike Karbonik Arena Sign \$80
- Westview Sign \$80
- Centre Park Gazebo \$80

SPONSORSHIP 2023

BUSINESS NAME: _____

CONTACT: _____

PHONE: _____

EMAIL ADDRESS: _____

MAILING ADDRESS: _____

Barrel Sponsorship

No. of Barrels: ____ x \$50 per barrel

Total Amount for Barrels: _____

Bed Sponsorship

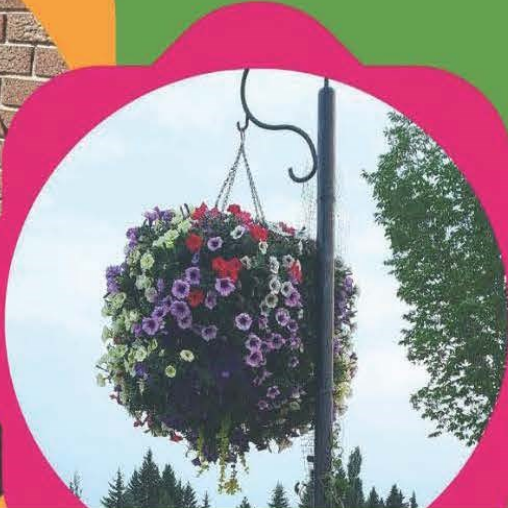
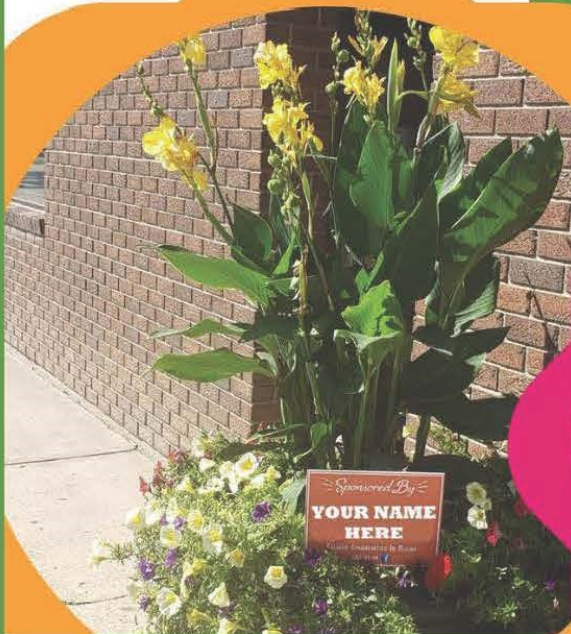
Name/Location of Bed: _____

Amount: _____

Total Amount Enclosed: _____

Cash: __ Cheque: __

Receipt Requested: Y/N



Alberta

Provincial Family
Resource Networks

BE KIND TO YOUR MIND

FOR YOUTH IN GRADES 7-9

Wednesday May 17th, 2023
7-8 pm
BGC Leduc

Positive mental health can help us deal with everyday stresses and challenges.

Discover strategies and resources to support your mental health!



Email FRN@leduc.ca to register



bgc

Leduc

CITY OF
Leduc

GATHERING OUR MEDICINE

With Marla Klyne Kolomaya and Elder Jackie Gonzales

Leduc Regional Event

Thursday June 15, 2023

5pm-8pm Circle

You are invited to sit in circle for an evening of Gathering Our Medicine where we explore nature's wondrous plan for our children and youth's growth and development. Light refreshments included.



Friday June 16, 2023

9am-430pm Gathering Our Medicine Conference
Through Indigenous ways of knowing and being, Gathering Our Medicine nurtures intuition (or felt sense of knowing) and confidence to provide for our youth's often complex, sometimes perplexing relational and developmental needs. Led by traditional Indigenous wisdom & informed by attachment theory, developmental psychology, and affective neuroscience



For more information: FRN@leduc.ca

Location: Best Western Premier Denham Inn & Suites

5207 50th Ave, Leduc, AB

Transportation from surrounding area communities can be provided,

email: fcssinfo@leduc-county.com



Free Registration:
<https://gatheringourmedicineleduc.eventbrite.ca>

TOWN OF CALMAR BUSINESS LISTING

COMPANY NAME	ADDRESS	PHONE #
Ales Wine & Spirits	5001 - 50 Avenue Calmar, AB	(780)985-3334
Bank of Montreal	4902 - 50 Avenue Calmar, AB	(780)985-4727
Beads By Betty	By Appointment. Please Call	(867)872-4456
Big Wifi Inc.	By Appointment. Please call	(844)717-6237
Burger Bar	5102 - 50 Avenue Calmar, AB	(780)985-3511
Calmar ATB	4905 - 50 Avenue Calmar, AB	(780)985-2103
Calmar Bakery	4906 - 50 Avenue Calmar, AB	(780)985-3583
Calmar Big Country Auto Repair & Paint Ltd.	5005 - 42 Avenue Calmar, AB	(780)985-2590
Calmar Bottle Depot Ltd.	4912 - 50 Avenue Calmar, AB	(780)985-2155
Calmar Chiropractic Clinic	4715 - 50 Avenue Calmar, AB	(780)985-7260
Calmar Compounding Pharmacy	4741 - 50 Avenue Calmar, AB	(780)900-0222
Calmar Dental Clinic	4741 - 50 Avenue Calmar, AB	(780)985-2227
Calmar Grocery & Food Town	4725 - 50 Avenue Calmar, AB	(780)985-2726
Calmar Liquor Store	4714 - 50 Avenue Calmar, AB	(780)282-1171
Calmar Medical Clinic	4741 - 50 Avenue Calmar, AB	(780)985-3344
Calmar Petro Canada	4714 - 50 Avenue Calmar, AB	(780)282-1171
Calmar Pharmacy Ltd.	5002 - 50 Avenue Calmar, AB	(780)985-3141
Calmar Storage	5009 - 43 Avenue Calmar, AB	(780)985-2102
Calmar Subs	4725 - 50 Avenue Calmar, AB	(780)985-2726
Calmar Subway Ltd.	4725 - 50 Avenue Calmar, AB	(780)985-2282
Carson Production Services Ltd.	5001 - 42 Avenue Calmar, AB	(780)915-9148
Carter's Pilings	4424 - 50 Avenue Calmar, AB	(780)777-8404
CC's Therapeutic Massage	5310 - 52 Street Calmar, AB	(780)985-2149
Certified Spraybooths Inc.	39 Parkview Crescent Calmar, AB	(780)9853215
Chevron	5001 - 50 Avenue Calmar, AB	(780)985-7224
Clean and Simple Soap Company	5006 - 42 Avenue Calmar, AB	(780)913-0595
Cleaning with Meaning	By Appointment. Please call	(780)995-6808
Co-op Gas Bar	4613 - 50 Avenue, Calmar, AB	(780)985-4584
Country Cannabis Store	4910 - 50 Avenue Calmar, AB	(780)985-0150
Country Care Massage Therapy	5037 - 52 Street Calmar, AB	(780)239-9290
Countryside Liquor Store	5018 - 50 Avenue Calmar, AB	(780)263-0750
Countryside Vision Care	4715 - 50 Avenue Calmar, AB	(780)446-6445
Dew Drops Daycare Centre Calmar Ltd.	4917 - 50 Avenue Calmar, AB	(780)985-2818
Direct-Line Insurance Inc.	4905 - 50 Avenue Calmar, AB	(780)985-3666
Dyck Insurance Agency Ltd.	4915 - 50 Avenue, Calmar, AB	(780)985-3650
Elite Carpet Care	By Appointment. Please call	(780)985-4253
Esthetics Avenue	By Appointment. Please call	(780)966-1480

TOWN OF CALMAR BUSINESS LISTING

COMPANY NAME	ADDRESS	PHONE #
Georg Fischer Urecon Ltd.	5010 - 43 Avenue, Calmar, AB	(780)985-3636
Graceful Skin Spa & Massage	44 Parkview Crescent, Calmar, AB	(587)357-5957
Grasshopper Café	4703 - 50 Avenue, Calmar, AB	(780)985-2529
Hannah, Colin and Co.	By Appointment. Please call	(780)984-3470
Hayduk Lumber & Hardware Ltd.	4736 - 50 Avenue, Calmar, AB	(780)985-2202
Haylstorm Fitness (by Hayley Pratt)	By Appointment. Please call	(780)898-5650
Income Taxes Done Right	By Appointment. Please call	(587)599-5520
Is Good Coffee Bar & More	Unit 201, 4715 - 50 Avenue	(780) 405-7260
JMR Collective Yoga & Fitness Classes	By Appointment. Please call	(780)616-2191
Keno's Pizza and Pasta	4726 - 50 Avenue, Calmar, AB	(780)985-3009
Komplete Modular Solutions Ltd.,	5030 - 43 Avenue, Calmar, AB	(587)991-5015
Krisp Kleen Janitorial	By Appointment. Please call	(587)982-9510
Latmann Equipment Ltd.	5022 - 42 Avenue, Calmar, AB	(780)985-4202
Leduc Mechanical Industries Inc.	4412 - 50 Avenue, Calmar, AB	(780)985-8591
Lee's Family Restaurant	4731 - 50 Avenue, Calmar, AB	(780)985-2221
Loganberrys Antiques & Curiosities	4732 - 50 Avenue, Calmar, AB	(780)985-2553
Luz Massage Therapy	By Appointment. Please call	(780)289-7176
Maggie Moo's Ice Cream Barn	5001 - 50 Avenue, Calmar, AB	(780)619-5399
Mr. Fix It/Rhythm Mechanical	By Appointment. Please call	(780)940-8403
MWG Trucking Ltd.	5033 - 42 Avenue, Calmar, AB	(780)985-3197
New Shanghai Restaurant	5014 - 50 Avenue, Calmar, AB	(780)985-3989
Newport Manufacturing & Design Ltd.	4436 - 50 Avenue, Calmar, AB	(780)985-7000
Norpoint Sandblasting & Painting Ltd.	4420 - 50 Avenue, Calmar, AB	(780)469-6271
Paragon Wireline Services Ltd.	5021 - 42 Avenue, Calmar, AB	(780)690-6766
Platinum Home Inspections	By Appointment. Please call	(780)940-0287
Pro Eavestroughing Ltd.	By Appointment, Please call.	(780)985-3237
Rhooster Tail Hair Salon	4701 - 49 Avenue, Calmar, AB	(780)985-4588
RiseWellness	#202, 4715 - 50 Avenue, Calmar, AB	(780)913-7718
Route 39 Public House Inc.	5010 - 50 Avenue, Calmar, AB	(780)203-4219
Segue Seniors Health Consulting Inc.	By Appointment. Please call	(587)576-3663
Silverstar Oilfield Transportation Ltd.	4301 - 52 Avenue, Calmar, AB	(780)985-8501
Skip's Sports Bar	4726 - 50 Avenue, Calmar, AB	(780)985-2089
Spreen Repair Services Ltd.	5001 - 43 Avenue, Calmar, AB	(780)985-3317
The Difference Office Services	By Appointment. Please call	(780)498-2985
The Super Patch Company Associate	4710 - 48 A Ave Calmar, AB	(780)991-0856
The Sweet & Savory Company	4726 - 50 Avenue, Calmar, AB	780-360-7879
TLC Dog Grooming	By Appointment. Please call	(780)239-7065

TOWN OF CALMAR BUSINESS LISTING

COMPANY NAME	ADDRESS	PHONE #
TMP Collective	4740 - 50 Avenue Calmar, AB	(780)394-7098
TNT Storage	5403 - 50 Street, Calmar, AB	(780)263-0319
Vertex Resource Services Ltd.	5046 - 42 Avenue, Calmar, AB	(780)985-2213
Whatever Repairs and Services Inc	4737 - 50 Avenue, Calmar, AB	(780)995-4374
Wizard Lake Marine Inc.	4444 - 50 Avenue, Calmar, AB	(780)985-4200
Xtreme Foam Applicators Ltd.	5007 - 42 Avenue, Calmar, AB	(780)218-3626
Yesterday's Treasure Market Inc.	4904 - 50 Avenue, Calmar, AB	(780)985-2522
ZYP Art Gallery	4715 - 50 Avenue, Calmar, AB	(780)984-4114

Shop.
LOCAL

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



Community Groups are free!

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

Mint Health + Drugs

Calmar

P. 780.985.3121
F. 780.985.3550
E. calmar@mintdrugs.com
@MintHealthDrugsCalmar

mint
HEALTH+DRUGS

mintdrugs.com
5002 50 Ave
Calmar, AB T0C 0V0
Mon-Fri 9a.m. - 7p.m.
Saturday 9a.m. - 5p.m.
Sunday 11a.m. - 5p.m.



Specializing in:

**Bookkeeping and
Personal Income Tax**

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



Alice Hager

780-498-2986

thediff2@telus.net

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

TOWN OF
CALMAR