

TOWN OF
CALMAR



The Chronicle

FEBRUARY 2024

YOU CAN FIND ME AT:

- MINT HEALTH + DRUGS
- LEE'S RESTAURANT
- WHATEVER REPAIRS
- GRASSHOPPER RESTAURANT
- CALMAR LIBRARY
- TOWN OFFICE
- CALMAR BAKERY
- ...IS GOOD COFFEE BAR & MORE
- HAYDUK LUMBER & HARDWARE
- CALMAR MEDICAL CLINIC

The Town office will be
closed on Monday,
February 19th for
Family 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

EMAIL INFO@CALMAR.CA

FEBRUARY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01 Public Skating 3:30 - 4:45 p.m. 	02 Stick n' Puck 3:30 - 4:45 p.m.	03
04	05 Adult Drop In Volleyball 6:45pm - 9:00pm Calmar Secondary School Public Skating 3:30 - 4:45 p.m. Council Meeting @ 6:30pm	06 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School Stick n' Puck 3:30 - 4:45 p.m. Reminder utility bills due	07	08 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School Public Skating 3:30 - 4:45 p.m. 	09 Stick n' Puck 3:30 - 4:45 p.m.	10
11	12 Adult Drop In Volleyball 6:45pm - 9:00pm Calmar Secondary School Public Skating 3:30 - 4:45 p.m. 	13 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School Stick n' Puck 3:30 - 4:45 p.m.	14 <i>Happy Valentine's Day</i>	15 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School Public Skating 3:30 - 4:45 p.m. 	16 Stick n' Puck 3:30 - 4:45 p.m.	17
18	19 Adult Drop In Volleyball 6:45pm - 9:00pm Calmar Secondary School Public Skating 3:30 - 4:45 p.m. Town Administration Office is closed.	20 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School Stick n' Puck 3:30 - 4:45 p.m. Council Meeting @ 6:30pm	21	22 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School Public Skating 3:30 - 4:45 p.m. 	23 Stick n' Puck 3:30 - 4:45 p.m.	24
25	26 Adult Drop In Volleyball 6:45pm - 9:00pm Calmar Secondary School Public Skating 3:30 - 4:45 p.m. 	27 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School Stick n' Puck 3:30 - 4:45 p.m.	28	29 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School Public Skating 3:30 - 4:45 p.m. 		

MAYORS CORNER

Romance, Family or Finance

“Let this new month bring great miracles, new adventures, incredible breakthroughs, new visions and greater blessings for you and your beloved ones.”

– Rajesh Goyal

Here we are 31 days of 2024 already behind us, wow time flies. We, the entire community, survived the crazy deep freeze that we were hit with in January. Thank you to all residents who jumped into the cold to help residents, friends and family clear the new snow, boost the frozen vehicles and help thaw the frozen water lines. It was very heart warming to see the community helping the community.

In January, council passed a new Fees and Charges Bylaw #2023-29. As the cost of things around us have risen, and the cost to repair and eventually replace infrastructure have dramatically risen, council felt that we needed to keep up with these growing costs. User fees, infrastructure replacement fees and public works chargeable fees for services were all items that were adjusted. The adjustments were not extreme in nature, but do help in the battle against the rising costs. I know this is not something anyone wants to hear, however a necessity for us to enjoy the great things about our community.

Administration and council continue to work with a variety of developers who have expressed interest in development within our community. This interest in our town is a welcome addition, as this will provide future funding for continued enhancement in our town.

Our FCSS (Family & Community Support Services) Coordinator has recently rolled out a few great things for our community. Calmar's Good Neighbour program aims to recognize those individuals who contribute to a safe, connected, and friendly community. We encourage you to nominate your fellow neighbours. Our Snow Angels program aims to identify where snow clearing assistance is truly needed so that any member of the community can help out. Please stop in the town office or visit the town website for more information.

February has several items within the month - February 14th – Valentines Day - please cherish the loved ones in your life and celebrate the love for one another. (There are those who have lost loved ones that will tell you to cherish every moment you have as you don't know when it will end). February 19th – Family Day - a day created to spend with family. This is a great time to shake off the winter blues and adventure outside with your family and enjoy any type of activity, from skating, tobogganing, or even just a good ole fashioned wiener roast. The final item of February is RRSP season. Saving for our future retirement is an important thing for all of us as the time sneaks up on most people before they have had time to properly plan for it. Check out your banks or even research private investment advice as the end of February sneaks up quickly (RRSP deadline February 29, 2024).

Sincerely Yours

Sean Carnahan, Mayor

Calmar - A great place to call Home

In The Know *with the CAO*

The Town of Calmar offers various services to its residents using its Administration and/or contracted services. Therefore, I would like to use the Chronicle and highlight one or a few departments each month. The first department I would like to discuss is Protective Services. The Protective Services are divided into 3 components. These are Policing, Fire Services, and Emergency Management. Now let's dive into these components.

Policing is done within the Town's boundary by the RCMP. The detachment that serves Calmar is in the City of Leduc. Each year, the Town purchases the RCMP services under an agreement with the Government of Alberta. The Town cannot negotiate the rate. The RCMP deal with everything that is criminal. In addition to the RCMP, the Town employs 1.5 Community Peace Officers (CPO's). These individuals are responsible for liaising with the RCMP and other legal jurisdictions as well as enforcing the Town's bylaws and select provincial Acts/Regulations. They are empowered under the Office of the Solicitor General of Alberta. It is important to remember that the CPO's are not RCMP and that for emergencies, residents are to call 9-1-1.

The second component of this department is the Fire Services. The fire hall serving Calmar is located along Highway 795. The fire hall is managed by Leduc County which employs volunteer firefighters. The Town currently has a contract with Leduc County for this service. Leduc County also houses the ambulance services from the fire hall.

To keep the cost of fire service affordable, the Town requires the participation of the residents. Please ensure to have a functional smoke detector and/or alarm system. Systems generating false alarms are a significant unnecessary expense, considering that it costs the Town more than \$3,000 to respond to a call, regardless of whether it is an actual emergency or a false alarm. Avoiding generating false alarm saves money and allows the service to be ready for when there is an actual emergency. Please note that to address this issue, the Town has adopted a false alarm bylaw which will allow the Town to impose fines if a property is subject to more than one false alarm in a calendar year.

The last component is Emergency Management. This service resides mainly with the Town administration and the Emergency Management Committee (which is Council). Should an event occur, the Town would activate its emergency management plan which could require the involvement of the province and/or our partners. Currently, the Town has an agreement with Thorsby and Devon, and is currently working on another agreement with Leduc County.

For more information about the Protective Services, please reach out to myself or Officer Leggio.

Sylvain



NEW RATES & FEES

BYLAW #2023-29

At the January 15th, 2024 Council meeting, Council adopted a new Rates & Fees bylaw (Bylaw #2023-29) which includes an increase to the utility rates that the Town charges bi-monthly. Most notable are:

- The Water & Sewer Infrastructure fee of \$16.25 has increased to \$17.00
- The flat rate for water (the first 10.88 m3) has all been brought to the same fee of \$93.00
- The fee for water consumption over the minimum has increased \$0.04

For our bulk water customers, there has also been an increase in rates. Commercial and industrial customers will now pay \$5.20/m3 and agricultural customers will pay \$3.10/m3.

The bylaw in its entirety can be found on our website at www.calmar.ca or a copy can be requested at the Town Office.

UTILITY BILL DUE DATES

JANUARY – FEBRUARY = APRIL 6TH

MARCH – APRIL = JUNE 6TH

MAY – JUNE = AUGUST 6TH

JULY – AUGUST = OCTOBER 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

Peace Officer Corner

Hello **Calmar**,

Just a friendly reminder to slow down when conditions aren't ideal. The posted speed limits are intended for ideal road conditions.

Community Peace Officer, CVIJETIC

the
interview

Graham Schulte, President, Komplete Modular Solutions

Getting to know your local businesses

The Town of Calmar is excited to present each of our businesses in a spotlight each month in the Calmar Chronicle! We will be interviewing a different business each month until we have highlighted every single business in the Town of Calmar. We invite you all to read about and get to know Graham Schulte and his team at Komplete Modular Solutions.

Tell us about your business.

We are in the business of providing remote, modular accommodations, site offices, and support solutions to Canada's most challenging environments. What does this mean? In areas where building on-site is not feasible or possible, we provide modular solutions that can be shipped via truck or barge to locations in a timely fashion. We work in all provinces and territories and support the following sectors: Mining, Oil & Gas, Hydroelectric, Northern Construction, and various levels of government supporting emergency response efforts and infrastructure builds in remote communities.



**Graham Schulte,
President,
Komplete Modular Solutions**

Why did you choose to open a business in Calmar?

We had previously been operating in Morinville and the proximity to our major suppliers was very inefficient. We wanted to be closer to the international airport, our transportation providers, and many of our industrial suppliers in Nisku/Leduc. We stumbled across an ad in Calmar for a 3.3 acre parcel that was serviced, flat, square, and compact. It has been our main storage yard and home to our service and maintenance department ever since!

Do you have any advice for a new business opening up in Calmar?

Get to know your neighbors and learn about the services offered right in our backyard. There are many great businesses, new and old, that might be more closely aligned with synergies to support each other than you think. Oh, and make sure you stop by the Calmar Bakery, once in a while, and bring some goodies back to your staff or home to your family 😊.



Is there anything you want to add?

We currently have positions open at our Calmar & Edmonton locations, including opportunities to work remotely within our projects team. If you or anybody in your network have an interest in joining our team or learning more about why Komplete is a great place to work, we would love to hear from you!

Available positions include:

- General Labour
- Skilled Labour
- Admin Assistant (part time and full time)
- Accounting Clerk (part time and full time)
- Project Coordinators
- Health & Safety

Please email info@komplete.ca or call 780-619-5594



What's Happening at February 2024



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
MONDAY, FEBRUARY 19TH 2024**

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.

FEBRUARY NATIONAL DAYS OF INTEREST

February 4th: National Homemade Soup Day

February 17th: National Red Sock Day

February 23rd: National Banana Bread Day

IN-HOUSE PROGRAMS

Dungeon & Dragons Club (16 years and up)

Wednesday, February 7th @ 5:00 pm – 7:00 pm (1st Wednesday of the month)



Dungeons and Dragons is a fantasy role-playing game that will take you and your friends on epic journeys. Never played? This is a great opportunity to learn. Drop-ins welcome!

Knit & Stitch Club

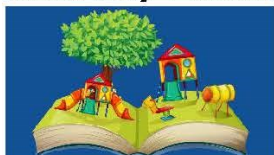
Tuesday February 6, 13, 20, & 27th @ 1:30PM – 3:00PM



This group is for all levels of experience. Wool and tools can be supplied if you are new to the craft. Bring your project down!

Play n' Stay

Thursday February 1, 8, 15, 22, & 29th @ 10:00AM - 11:00PM



This program is for 0-5 years with caregivers. Drop ins are welcome but feel free to let us know if you are coming. To register or for more information, call 780.985.3472 or circulation@calmarpubliclibrary.ca



**Let's Get Cooking CookBook Club (2nd Wednesday of the month)
Wednesday, February 14th @ 6:00PM**

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 said yes to any of these scenarios, then this is your place to be! Join the CookBook Club today! **February's theme is one of choices.** The Month of February is full of days that recognize a variety of foods. February 4th is National Homemade Soup Day, February 5th is National Nutella Day, February 22nd is National Chili Day and February 23rd is National Banana Bread Day. February's theme is to celebrate one of the days and bring that item. The catch is that you still must try a new recipe. So, try that new banana bread or chili recipe and bring it down to share! For more information call the Library at 780.985.3472 or email circulation@calmarpubliclibrary.ca

LEGO CLUB (3rd Wednesday of the month)



Wednesday, February 21st @ 4:00PM – 5:00PM

If you like building "stuff," using your imagination, or 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

Basics of Investing™ Seminar

Wednesday, February 21st @ 6:30PM – 8:00PM

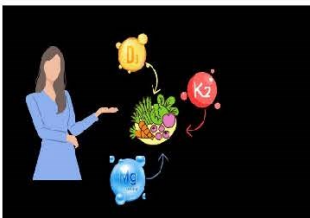
Want to know how systematic investing can lead to financial independence? Learn more about the simple financial concepts that can get you on the path to a better future. Join Larry Harper to find out about the BASICS OF INVESTING. Contact the library to reserve your spot today.



Talking with Elke

WEDNESDAY, FEB 28TH 6:30PM – 7:45PM

Enjoy a dynamic evening with Elke as she talks about the relationship between D3, K2, and Magnesium. What are the benefits? Why are they important together? What happens if you don't have enough? Don't miss this informative and beneficial talk about your health.



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

AT HOME PROGRAMS

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 February 1st

Pre-K – Wooden Dolls

Tween/Teen – Desk Broom

2024 Reading Challenge!



Are you in a reading rut? Do you need help broadening your reading habits? Let us help you! Each month we will give you “theme” for a book to read. **February’s challenge is to read a love story!** Romantic, platonic, finding new romance, calling it quits—it all counts! Not sure which book to try? Contact the Library and one of our circulation staff will gladly help! Don’t forget to let us know which book you read and enter your name for each challenge you completed! Draw at the end of

the year for a prize!

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

Dumb Money

Paw Patrol the Mighty Movie

The Kill Room

Teenage Mutant Ninja Turtles Mutant Mayhem

Freelance

ADULT NON-FICTION

Where the Falcon Flies by Adam Shoalts

The Duel by John Ibbitson

How Canada Works by Peter Mansbridge

Endgame by Omid Scobie

Life in Two Worlds by Ted Nolan

Hidden Potential by Adam Grant

How Not to Age by Michael Greger

Memoirs Miss Chief Eagle Testickle by Kent Monkman

A Brilliant Life by Rachelle Unreich

Just Eat by Jessie James Decker

ADULT FICTION

Huge by Brent Butt

Sisters Under the Rising Sun by Heather Morris

The Bittlemores by Jann Arden

The Serpent and the Wings of Night by Carissa Broadbent

JR. BOOKS

I Survived the great Alaska Earthquake 1964 by Lauren Tarshi

Canadian Celebrations Eid ul Adha by Shazia Afzal

Camp by Kayla Miller

Act by Kayla Miller

Chief in Training by Kids in the Kitchen

Let's Draw Animals

Discover the Velociraptor by Lucia Raatma

Discover the Tyrannosaurus Rex by Lucia Raatma

Discover the Stegosaurus by Lucia Raatma

Discover the Triceratops by Lucia Raatma

PICTURE/BOARD BOOKS

Bat Migration by Carolyn Bennett Fraiser

Fish Migration by Jen Breach

Whale Migration by Lisa Bullard

How to be Kind Pride of Rock Confidence with Simba by Mari Schul

Plot by Ben Clanton

The Tragically Hip ABC's by Drew Macklin

You Never Touch the Porcupines by Stuart Lynch

You Never Touch the Stinky Piglets by Stuart Lynch

Dinoblock by Christopher Franceschelli

Sharkblock by Christopher Franceschelli

I'm Not Scared of Monsters by Mike Byrne

Moose Versus Goose by Patrick Brooks

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

FCSS - Did you know?

Family and Community Support Services (FCSS) is a Municipal/Provincial cost-shared program that provides information regarding social and emotional supports that are available to residents of Calmar.

Through FCSS, many services, activities and programs are made available. These services are provided with the intention of promoting and enhancing family and community life. Volunteerism and prevention are emphasized, and FCSS helps the community help itself. Services and programs are varied, depending on the need.

Information and referrals play an important role for FCSS. Anyone who requires information, referrals or support on social, community or personal issues, may contact the FCSS office. Although counselling is not available through our local office, the FCSS Coordinator can provide information and assistance with obtaining counselling. Confidentiality is protected.

Good Neighbour Program

It's time to nominate that Good Neighbour! **Nomination forms can now be submitted electronically** via our website <https://calmar.ca/community/family-and-community-support/calmars-good-neighbour-program/> or Nomination forms can be found at the Calmar Public Library and the Town office. Deadline for nominations is February 15th, 2024. Remember there are two categories (youth and adult) - each winner receiving a gift card to a local business of their choice! This is a great way to recognize those individuals who's contributions to this community make the Town of Calmar a great place to live!

Contact FCSS Coordinator, Heather Hughes at 780.985.3604 ext. 233 or fcss@calmar.ca

For questions regarding this or any other programs, please contact Heather Hughes, FCSS Coordinator, fcss@calmar.ca or [780.985.3604](tel:780.985.3604) ext. 233.

Community Volunteer Income Tax Program (CVITP)

Need help completing your income taxes? Prepare for income tax season and file your taxes for FREE** through our **Community Volunteer Income Tax Program (CVITP)**

Volunteer for the Program!

If you'd like to offer your tax filing expertise – we NEED you! As a volunteer, you will work one-on-one assisting someone in our community through the completion and filing of their income taxes. Of course, tax time is busier, however we would love additional volunteers who can offer tax assistance year-round.

If you are over the age of 65 or have a low-income, you may qualify for the volunteer income tax program.

To find out if you are eligible for this program or to make an appointment, please contact fcss@calmar.ca



Connect with us!

Submitted by Leduc County FCSS

Sign up to receive our monthly update directly to your email inbox. Send an email to fcssinfo@leduc-county.com and ask to subscribe to our email distribution list.

Counselling subsidy

The cost of counselling services can be a barrier for many individuals and families. You may qualify for a counselling subsidy that helps low-income residents access counselling services. Counselling is provided in partnership with local counselling clinics in Leduc, Calmar, Beaumont, Edmonton, Millet and at rural locations. Virtual and telephone counselling options are also available.

To qualify for a counselling subsidy, you must:

- be a resident of Leduc County, Calmar, Thorsby or Warburg
- not have access to an employee or health benefit plan that covers the cost of counselling
- have a family income of less than \$75,000 per year

This counselling subsidy program provides short-term, skill-based preventative services. Eligible households can choose from the following free options:

- Three sessions per individual*
- Six sessions per couple and/or nine sessions per family

*If individuals prefer to attend group sessions with other participants, seven sessions will be allotted.

Upcoming sessions

Mastering the Art of Simplicity: Decluttering Your Way to Happiness and Peace of Mind

Let's face it: clutter and disorganization often negatively impact a person's physical and emotional well-being and it takes a toll on us and our loved ones. Join Michelle Kuny, Professional Organizer, as she teaches her "GDP Method of Organization" and guides us through the five simple foundational principles of organization. These principles can be applied to everything from decluttering to downsizing to time management – and when followed can transform lives.

Date: Feb 29, 2024

Time: 2:15 to 3:30 p.m. (doors open at 2 p.m.)

Location: Council Chambers, County Centre, 1101-5 Street, Nisku AB

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

Jan's Bucket List

Date: Mar 9, 2024

Time: 1 to 3 p.m.

Location: Golden Pioneers Centre, New Sarepta

Register: Contact Lucille at 780-941-2382 or lucille@leduc-county.com

Learn to file your taxes

Date: Mar 20, 2024

Time: 6 to 7 p.m.

Location: Calmar Library

Register: contact Kristin at 780-955-6421 or kristin@leduc-county.com

Another community-caring initiative! 'Snow Angel Program'

This winter, the Town of Calmar, FCSS Department is happy to introduce a new Snow Angels program that aims to identify where snow clearing assistance is truly needed so that any member of the community can help out! 'Many hands make short work', and the goal is to share the workload and encourage any able-bodied person to be part of this great town initiative.

How it works:

Residents who register for assistance, will be provided a sign to display in their window to indicate they have been approved for the program due to legitimate need. Applications are available at the Town office and on our website under 'Snow Angel Program'. A property owner application form is also available to accompany the application form for renters.

Eligibility:

Anyone in the Town of Calmar who has mobility issues and/or finds it difficult to keep their walks clear is welcome to apply through the Snow Angels program. This support is conditionally based on the idea that no-one else living in the same residence IS able to shovel. This program is NOT applicable for those seeking assistance while on vacation. It is also essential to note that placing a Snow Angel sign **does not** guarantee snow removal.

Becoming a Snow Angel:

Being a neighbourhood Snow Angel is a great way to get to know your neighbours, keep your street safe for pedestrians, get some fresh air and exercise and feel good about knowing you are helping someone who truly needs, and appreciates your help.

To become a Snow Angel or for any questions regarding this program, please contact Heather Hughes, FCSS Coordinator at 780.985.3604 ext. 233, or email fcss@calmar.ca.

Snow Angels - Another community-caring initiative in the Town of Calmar



If you see this sign in a window, this resident has successfully registered for assistance through the Snow Angel Program and has been approved to receive your help!

VOLUNTEERS NEEDED!



NEW 'COMMUNITY-CARING' INITIATIVE SNOW ANGEL PROGRAM – WE NEED YOUR HELP!

To make this new community initiative a success, the Town of Calmar NEEDS volunteers! Would you like to help someone who truly appreciates your efforts? Get some exercise and fresh air? Get to know your neighbours or others in the community?

To learn more about eligibility to become a recipient of the snow angel program or to find out how being a volunteer can make an impact in this community, contact Heather Hughes, FCSS Coordinator at 780.985.3604 ext. 233 or fcss@calmar.ca.

www.calmar.ca



Calmar Connects

A page dedicated to the wellness of our community.

...and then winter arrived. And didn't she just! We knew we couldn't avoid it forever, but minus 50 is a shock to anyone when it just arrives out of nowhere.

Many of our clients this year have reported far less symptoms of SAD (Seasonal Affective Disorder) and generally brighter moods than by this time in previous winters. It has us wondering how much the milder temperatures and safer roads also play a role in the regulation on our nervous systems, especially out here in more rural communities where we don't always have convenience on our doorsteps.

At Nurtured Minds Wellness we are clinical therapists, but we practice through a holistic lens. This means we try to get to the root of the concern, rather than focus directly on the symptoms. This is more likely to create sustainable change, rather than putting a band-aid on it.

Ultimately, if you experience elevated symptoms of SAD it is likely your nervous system is already experiencing some dysregulation and the winter season amplifies this. This month Kelsey has written us a summary of the clinical overview of SAD with some recommendations on how to manage it.

Above this I invite you to pick a nurturing activity that soothes you during these colder days- make your favorite tea and grab a blanket, read your book in the bath or lay on the floors with your legs up the wall (much like last month's breathing exercise, this will regulate your nervous system, even if just for a short while).

As always, please email us if there is anything specific you want to know about mental wellness or healing- info@nurturedmindswellness.com with the subject "Calmar Connects".

www.nurturedmindswellness.com



Feeling Blue This Winter?

Do you notice yourself experiencing increased symptoms of depression during the winter? Do you find yourself less engaged or interested in activities, family, and friends throughout the colder season? Do you dismiss these feelings or this experience as a "slump" or the winter blues? Chances are, you could be experiencing the effects of Seasonal Affective Disorder (SAD).

According to the Centre for Addiction and Mental Health (CAMH) (2022), SAD is a type of depression that individual experiences in certain seasons, typically fall and winter in our northern climate. Generally, the signs and symptoms appear and disappear at similar times every year. Thought to be associated with the changes in the amount of direct sunlight, researchers have various theories as to why this phenomenon happens, although there are no definitive answers.

Although no substantiated answers can be frustrating and scary, it does not mean there is no hope. There are steps you can take to help minimize the negative implications of SAD.

- Invest in a SAD light- specialized lights that increase your exposure to bright light that you may be lacking
- Get outside- fresh air can do wonders, even if it's only 10 minutes on those cold days
- Get some natural light- time spent outdoors in natural light can be beneficial
- Talk to a professional- talking about your experience



Kelsey Huber, MACP, Registered Provisional Psychologist

Centre for Addiction and Mental Health [CAMH]. (2022). Seasonal Affective Disorder (SAD). <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/seasonal-affective-disorder>



Economic Development

BUSINESS UPDATE

1.

New programs will be coming on line in the first quarter of this year. Keep a look out for information on the Downtown Facade Program to be announced in March. Contact Sandra at the Town Office before you start any upgrades this year.

2.

Do you look for ways to sponsor events in the Town of Calmar? Of course you do! We all do!!! The Town will be announcing new sponsorship opportunities in March, so stay tuned!

3.

The Town of Calmar is selling 1 town-owned property on main street. If you are looking to purchase land to open a business, this may be perfect for you! If you would like to view the property, please call Chris Feist Real Estate at 780-916-9530.

Highlight for February

We have lots of new plans and new ideas to bring out in 2024!
Keep your eyes on your business emails, the town website,
and of course FaceBook for announcements!!
2024 is going to be a great year for our local businesses!!

For questions or suggestions for updates, or to RSVP to an event,
Please call Sandra McIntosh at 780-985-3604 Ext. 226



CALMAR

PICKLEBALL



TUESDAYS &
THURSDAYS



7:00 PM
9:00 PM

Arrive at 6:45



Calmar Secondary
School, Calmar

Equipment
provided!



Contact Us
(780)-985-3604



Our Website
www.calmar.ca

Calmar Senior Corner

Calmar and District Senior Citizens Club

February 2024 News

WANTED

The Calmar and District Senior Citizens Club is inviting all adults 50 years and older to join our Senior Citizens Club for fun and camaraderie. The club holds various functions throughout the year. We hold monthly MUSIC Jammer Sessions on the 4th Tuesday of the month where musicians from our region get together and provide lively music for your dancing and listening pleasure. A light lunch is served for an entry fee of only \$7. Musicians of all ages are always welcome to join in at our monthly Music Jammers. Our monthly general meetings inform members of what is going on at the center and with the club; we also have a celebratory meal for holidays such as Easter, Thanksgiving and Christmas. The membership fee to join the Calmar and District Senior Citizens Club is ONLY \$10 per year. You can get your membership by just showing up at the hall for any of the senior club functions or by emailing Terry Balaban at tbalaban@shaw.ca or calling at 587-988-3636.

Rent our Hall

The Calmar & District Senior Center is available for rent for meetings and all social functions. The kitchen has received a valid Food Handling Permit from AHSA and is therefore classified as a Certified Kitchen. The rental fees are:

\$100 for 4 hours or less plus a \$100 refundable damage deposit

\$200 for more than 4 hours plus a \$200 refundable damage deposit

Call Terry Balaban at 587-988-3636 for bookings.

General Meeting

February 14, 2024 1:00 pm

Annual General Meeting (AGM)

February 28, 2024 1:00 pm

February - June 2024 - Activity Schedule

Music Jammers

February 27, 2024 1:00 pm

March 26, 2024 1:00 pm

April 23, 2024 1:00 pm

May 28, 2024 1:00 pm

June 25, 2024 1:00 pm

Monthly General Meeting

February 14, 2024 1:00 pm

March 13, 2024 1:00 pm

April 10, 2024 1:00 pm

May 8, 2024 1:00 pm

June 12, 2024 1:00 pm

CALMAR & DISTRICT SENIOR CITIZENS CLUB

ANNUAL GENERAL MEETING (AGM)

February 28th, 2024

1:00 p.m.

Calmar Seniors Centre

Calmar & District Senior Citizens Club

CALMAR SENIOR CORNER FEBRUARY 2024

HALL RENTAL

The Calmar & District Senior Center is available for rent for meetings and social functions. The kitchen is AHSA approved. \$100.00 for 4 hours (\$100 refundable damage deposit)
\$200.00 for more than 4 hours (\$200 refundable damage deposit)

**For Bookings: Terry Balaban
@ 587.988.3636**



**MUSIC JAMMERS @ 1:00 PM
\$7.00 PP INCLUDES LIGHT LUNCH**

February 27	March 26
April 23	May 28
June 25	

**MONTHLY GENERAL MEETINGS
1:00 PM**

February 14	March 13
April 10	May 8
June 12	

New Members Welcome @ \$10.00 per person for the year.

HOME OF LEDUC #1

CEM

CANADIAN ENERGY MUSEUM

WWW.CANADIANENERGYMUSEUM.CA

info@canadianenergymuseum.ca

NEW MUSEUM EXHIBIT!

“Our Oil History”

*Leduc #1, Devon, and Energy Production
in 20th-Century Albertan Homes*

Take a trip down memory lane and learn about our ever-changing relationship with energy generation – a fantastic day out for the whole family! On **Tuesday, February 13th**, the *Canadian Energy Museum* (formally the *Leduc #1 Energy Discovery Centre*) is excited to open their newest permanent exhibit to the public. To coincide with the 77th anniversary of the Leduc #1 discovery, the museum has put together a new exhibit looking at the history of Leduc #1, the development of the Town of Devon, and the relationship Albertans and Canadians have had to oil and other energy sources over the decades.

This is the first phase of a multi-year plan to revitalise the museum’s exhibit spaces. The exhibit encompasses six new artifact display cases and the interior renovation of our popular replica Skid Shack. The Skid Shack has gotten a fresh coat of paint, new shelving, and decorated to reflect the life of a small oil family of three living in the late-1940s / early-1950s. This renovation has been possible through our collaboration with Energy Stories Lab and their new Skid Shack VR app which used 3D scans of our Skid Shack as a base. Alongside the Skid Shack, a series of display cases use artifacts to narrate how oil and other energy production has been present in our homes and lives from the 1940s through into the 21st-century. Finally, a large gallery wall documents Leduc #1 and Devon through photographs and other visuals, accompanied by a display case filled with artifacts from Devon’s past.

For the first week (February 13-27), guests can get free entry to the museum when they present their Devon, Calmar, or Leduc library card or school ID card (free entry applied to the cardholder only).

Located at 50339 Highway 60 South, just south of Devon, the museum welcomes everyone to come and explore, with open hours from 9am-4pm Tuesday-Saturday, all year round. Enquiries can be sent to info@canadianenergymuseum.ca.

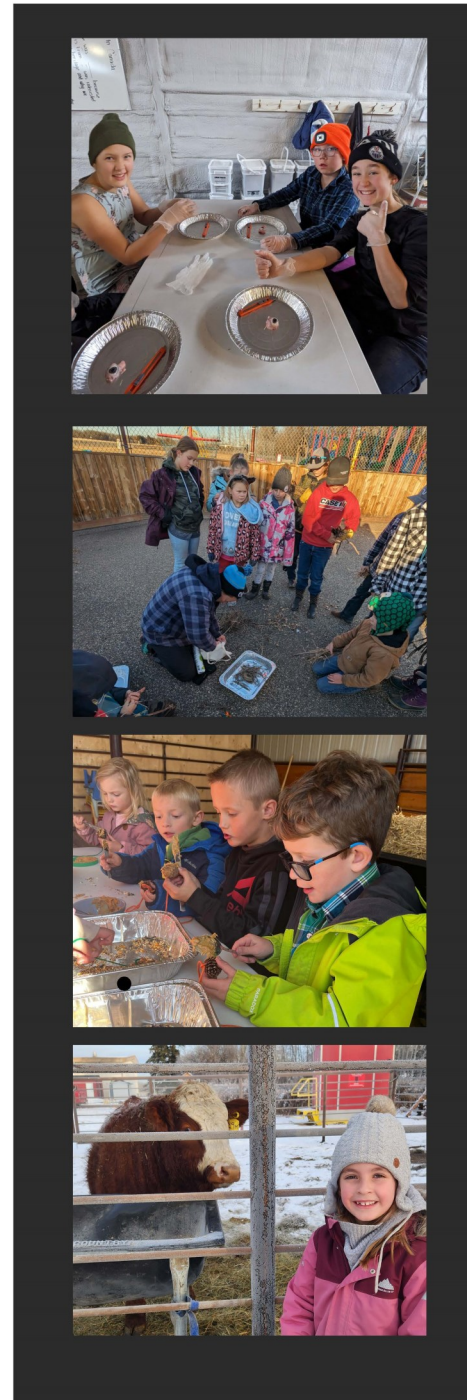


FEBRUARY 2024



Save the Date

April 13, 2024
Hand in Hand
Fundraiser



THANK YOU

NHCSA PARENT SOCIETY & SCHOOL COUNCIL

At the heart of NHCS these volunteers not only enhance fundraising efforts, they form close ties with the school community. Helping to connect school and home life. They play a vital role in student success and can participate in decisions that impact student learning so that parents become more positively engaged in their children's education.





Zyp Art Gallery

Presents

ABOUD SALMAN

Love Letters from Euphrates

عبد سلمان
رسائل حب من الفرات



January 8 - April 19, 2024

Apply now for Scholarships/Awards

Healthcare Studies Scholarship

The Leduc Community Hospital Foundation is pleased to offer scholarships to students from the Leduc region who are pursuing post-secondary healthcare-related studies. Two (2) scholarships of \$1,000 each will be awarded annually to eligible applicants.

Application deadline: January 31 ANNUALLY



Healthcare Professional Development Award

The Foundation is offering financial awards to help support continuing education/professional development opportunities, for healthcare professionals working in the Leduc region. Two (2) awards of up to \$500 each will be awarded annually to eligible applicants.

Application deadline: February 15 ANNUALLY

Apply Today!

Apply today at lchfoundation.ca/about/scholarships-and-awards



Inquiries: E: lchfoundation@ahs.ca | Ph: Executive Director, Colleen, 780-980-4536



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



BUSINESS DIRECTORY

LOCAL SERVICES

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
BrenAlen Enterprises Ltd.	By Appointment. Please Call	(780)499-5260
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)985-3215
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

BUSINESS DIRECTORY

LOCAL SERVICES

COMPANY NAME	ADDRESS	PHONE #
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	(587)906-1515
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
Edmonton Calmar Marketplace	4406 - 50 Avenue, Calmar, AB	
Elite Carpet Care	By Appointment. Please call	(780)985-4253
Esthetics Avenue	By Appointment. Please call	(780)966-1480
For The Love of Perogies N Stuff	4737 - 50 Avenue, Calmar, AB	
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	Please drop by
Ivy Pho Restaurant	4726 - 50 Avenue, Calmar, AB	
JMR Collective Yoga & Fitness Classes	By Appointment. Please call	(780)616-2191
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

BUSINESS DIRECTORY

LOCAL SERVICES

COMPANY NAME	ADDRESS	PHONE #
New Shanghai Restaurant	5014 - 50 Avenue, Calmar, AB	(780)985-3989
Newport Manufacturing & Design Ltd.	4436 - 50 Avenue, Calmar, AB	(780)985-7000
Nik 'N' Nak & All That	4729 - 50 Avenue, Calmar, AB	
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
Power Play Café Ltd.	5019 - 47 Street, Calmar, AB	Please Drop By
Pro Eavestrouging Ltd.	By Appointment, Please call.	(780)985-3237
Ray's Plumbing & Heating Ltd.	6-5907 45 Street, Leduc, AB	(780)819-5410
Rhooster Tail Hair Salon	4701 - 49 Avenue, Calmar, AB	(780)985-4588
Ridley Law	4740 - 50 Avenue, Calmar, AB	
Rise Wellness	#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
Spren Repair Services Ltd.	5001 - 43 Avenue, Calmar, AB	(780)985-3317
The Car Doctor	5010 - 42 Avenue, Calmar, AB	(780)886-5013
The Country Barber	4737 - 50 Avenue, Calmar, AB	
The Difference Office Services	By Appointment. Please call	(780)498-2986
The Super Patch Company Associate	4710 - 48 A Ave Calmar, AB	(780)991-0856
TLC Dog Grooming	By Appointment, Please call	(780)239-7065
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

2024 WASTE COLLECTION SCHEDULE



Waste collection is every Thursday.
Please use bin provided and set at front curb.

All bins are property of GFL. If you require a bin to be replaced, the cost is the sole responsibility of the property owner. Requests for replacement or additional bins can be made by contacting the Town Office, 780-985-3604.



Organics collection every Monday (Spring through Fall)

Grass clippings, leaves, etc.

Must be in *Clear NON-COLOURED* bags.



Blue bag collection every second **MONDAY**

Tin cans, rigid plastic, flattened cardboard, newsprint/mixed paper.



Call 780-985-3604 ext. 222 for more info.
See reverse for landfill details

January 2024

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

February 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
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11	12	13	14	15	16	17
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25	26	27	28	29		

March 2024

SUN	MON	TUE	WED	THU	FRI	SAT
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31						

April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
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21	22	23	24	25	26	27
28	29	30				

May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
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26	27	28	29	30	31	

June 2024

SUN	MON	TUE	WED	THU	FRI	SAT
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30						

July 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
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21	22	23	24	25	26	27
28	29	30	31			

August 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
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25	26	27	28	29	30	31

September 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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29	30					

October 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	31		

November 2024

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

December 2024

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

Have bags and/or bins out at front curb by 7:00 AM on pick up day.

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

Phone: 780.985.3604
Fax: 780.985.3039
email: fcss@calmar.ca

Property Taxes

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

You can sign up anytime throughout the year, but 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 more missed due dates and penalties, and 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 Bryans at 780.985.3604 EXT. 232

February Council Meetings

February Council meetings will be held on Monday, February 5th and Tuesday, February 20th (in lieu of Family Day the 19th), at 6:30pm in

Council Chambers at 4901 – 50 Ave

Alternatively, you may join the meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/211016493>

You can also dial in using your phone.

(For supported devices, tap a one-touch number

below to join instantly.)

Canada: +1 (647) 497-9391

– One-touch: tel:+16474979391,,211016493#

Access Code: 211-016-493

Agenda to follow.

Public Works On Call : 780.446.7319

Public Works Shop: 780.985.2121

Community Peace Officer :

780.999.7181

Emergency : 911

TOWN OF
CALMAR

