

TOWN OF
CALMAR



The Chronicle

MARCH 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
- FOR THE LOVE OF PEROGIES 'N' STUFF

The Town office will be closed on Friday, March 29th, for Good Friday and Monday, April 1st for Easter Monday

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

MARCH 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01 Stick n' Puck 3:30 - 4:45 p.m.	02
03	04 Adult Drop In Volleyball 6:45pm - 9:00pm Calmar Secondary School Public Skating 3:30 - 4:45 p.m. Council Meeting @ 6:30pm	05 Stick n' Puck 3:30 - 4:45 p.m.	06	07 Public Skating 3:30 - 4:45 p.m. 	08 Stick n' Puck 3:30 - 4:45 p.m.	09
10	11 Adult Drop In Volleyball 6:45pm - 9:00pm Calmar Secondary School Public Skating 3:30 - 4:45 p.m. 	12 Stick n' Puck 3:30 - 4:45 p.m.	13	14 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School Public Skating 3:30 - 4:45 p.m. 	15 Stick n' Puck 3:30 - 4:45 p.m.	16
17	18 Adult Drop In Volleyball 6:45pm - 9:00pm Calmar Secondary School Public Skating 3:30 - 4:45 p.m. Council Meeting @ 6:30pm	19 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School Stick n' Puck 3:30 - 4:45 p.m.	20	21 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School Public Skating 3:30 - 4:45 p.m. 	22 Stick n' Puck 3:30 - 4:45 p.m.	23
24/31	25 Adult Drop In Volleyball 6:45pm - 9:00pm Calmar Secondary School Public Skating 3:30 - 4:45 p.m. 	26 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School Stick n' Puck 3:30 - 4:45 p.m.	27	28 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School Public Skating 3:30 - 4:45 p.m. 	29 Good Friday Town Administration Office is closed	30

MAYOR'S CORNER AND IN THE KNOW WITH THE CAO

A note from the Mayor ~

Welcome back winter! Wow this snow is needed, but what a surprise in such a short period of time. Reminder to all to please clear your sidewalks as required.

Council has recently had a delegation from Leduc County approach council with major concerns about the use of off-highway vehicles in the county. We understand that the Town of Calmar has a bylaw specific to our town boundaries, however the damage and improper riding in the county is beginning to flow back on our community, causing council to review our bylaw. Please ensure you are familiar with the Town & Leduc County bylaws and the Traffic Safety Act.

On March 18, 2024, there will be a public hearing to hear from our community with respect to Bylaw 2024-02 Land Use Bylaw amendment. This amendment is making changes to allow for directional signage to new developments that are not easily visible from major traffic routes, enabling wall signage in commercial areas without a development permit. This change will ensure the signage meets land use bylaw requirements, and will enable proportionate signage for multifamily residential developments. Everyone is welcome to come and provide their feedback on these changes.

We would like to thank those that have come out and attended recent council meetings and who have reached out to our administration and council for clarifications and questions. We are all here to work towards a bright future within our community. I would also like to welcome all newcomer residents and businesses who have joined our town.

Sincerely Yours

Sean Carnahan, Mayor

A note from the CAO ~

As a follow-up from last month's Chronicle, I would like to highlight the town's Planning and Development department. This department is responsible for overseeing activities related to growth. New developments as well as addition/expansion of existing buildings and structures are the main focus for this department. Through a permitting system, the Town can ensure that all projects are compliant with Calmar's Land Use Bylaw (LUB) and other municipal regulations. To ensure compliance with the National Building Codes, building permits and discipline permits (plumbing/gas and electrical) are being issued by Superior Safety Codes on behalf of the Town. It is important to note that the service provider is contracted by the Town, and that applications must be submitted to the Town office.

Another major role of this department is providing compliance letters. For all residents that are planning on selling or purchasing a property, please protect yourself and have a compliance certificate done. This may help you avoid significant complications during and/or after the transaction has been completed. A real property report from a certified Alberta surveyor is also highly advisable, as many financial institutions will require them to protect everyone's interest.

For more information about Calmar's Planning and Development or other town related topics, please reach out to me.

Sylvain

CAO, Town of Calmar

Peace Officer Corner

Good day to the Town of Calmar....

It's nice that warm weather is early. Makes our normal cold winters a little more bearable. COVID seems to be a distant memory now, but the desire to get out and enjoy life certainly is stronger than ever, two years past restrictions. I would like to remind all about the importance of a positive mindset.

If we all were to maintain a positive mindset, little things that pop up in our lives would remain little. Yes, we each can be annoying at times, but is it not better to have the opportunity to experience that feeling unlike those who have passed away?

A positive mindset makes it easier to accept the mistakes of a driver who made an inadvertent mistake. Kids who keep asking for more money! A job that may have its challenges. Even that family member who needs to use their inside voice more often at family get togethers. It's a positive mindset that allows us to focus on what's important to us all; A healthy and happy long life. It's proven that happy people live a longer life. My hope is that Calmar residents live to an age over 100 and show other communities, it's our happy lifestyle we live in town that makes us the desired choice to call home.

Just some positive vibes from Calmar Enforcement to spread out to the universe.

Enjoy the weather

Enjoy your family and friends.

Sincerely

OFFICER LEGGIO

OFFICER CVIJETIC

CALMAR ENFORCEMENT

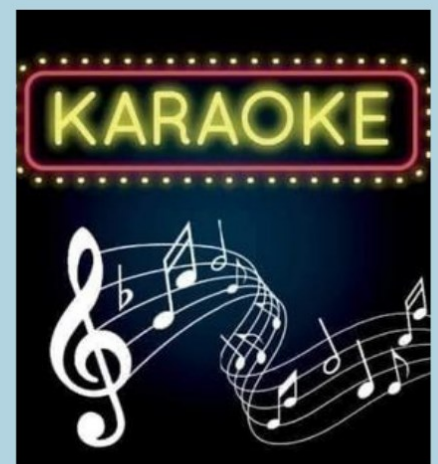
Lea Brown,
Owner,
Route 39 Public House, Inc.

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 Lea Brown and her team at Route 39 Public House, Inc.

Tell us about your business.

Route 39 Public House Inc., located in the heart of Calmar, is a small-town bar with a big personality! Daily specials and live entertainment every weekend, a full menu including breakfast and an amazing mature team to ensure an enjoyable experience every time.



the interview

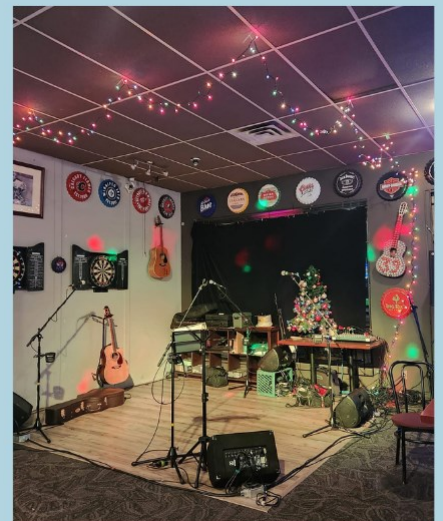
Lea Brown,
Owner,
Route 39 Public House, Inc.

Why did you choose to open a business in Calmar?

Location Location! As we live in Thorsby, Calmar was the best choice for us. Small town bars are not for the faint hearted as gossip and Chinese whispers are everything; but the amount of support, we've received from the community is amazing. A business can either make or break it, based on the locals. We've had the pleasure of serving many wonderful people and some we now consider friends.

What is it like operating a business in rural Alberta, along HWY 39, the high load corridor?

It's a bit noisy with traffic but so are we with live entertainment. "Sigh" Being a rural business has it's qualities of being personable and knowing the customers. Support for and from other businesses. A community like family.



the interview

Lea Brown,
Owner,
Route 39 Public House, Inc.

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

Get involved with community, building relationships with businesses and embrace your uniqueness. The beauty of owning a small-town business is that you don't have to follow the norm or trend. Be unique.

Is there anything you want to add?

A big thank you to the town and community of Calmar. To every employee past and present, every customer and musician, hypnotist and comedian, every unpaid tab and broken glass. After 2 years of business and many amazing memories, Route 39 plans to stick around for a long time.



What's Happening at March 2024



HOURS OF OPERATION

Monday – Tuesday – Thursday – Friday

11:00 am to 5:00 pm

Wednesday

11:00 am to 8:00 pm

Closed

Friday, March 29th, 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.

MARCH NATIONAL DAYS OF INTEREST

March 1st: Global Day of Unplugging

March 2nd: Dr. Seuss Day

March 29th: International Mermaid Day

IN-HOUSE PROGRAMS

Calmar Library Community Pantry

Opening March 1st



What is a community pantry?

A community pantry is a place where residents can both leave donations and pick up items to take home.

Why does the library have a community pantry?

The Library noticed that the community pantry that is kitty-corner to the Legion is unable to operate during the winter months as the items freeze. By providing space, the Library can help the residents in our community.

Who supplies the items?

You do! The pantry will be dependent on community donations as no funds from the library will go towards the pantry. How successful the community pantry is will depend on the community. We currently have items that have been donated from Calmar Christmas Elves and members of the community. We ask that people limit their shopping to 3 items per person in their household each trip. We do have some bags, but we recommend you bring your own. The pantry will be on the honour system. If you need assistance, please do not hesitate to ask.

What NOT to donate?

No perishable, leftovers or opened food.

Knit & Stitch Club

Tuesday March 5, 12, 19 & 26 @ 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!

Mindfulness for Daily Living with Bhante K. Suseela

March 6 @ 6:00pm – 8:00 pm



What is mindfulness? Why do we need it? Where can we apply it? How can we improve it? Mindfulness practice is a great stress reducer. This session will introduce mindfulness methods according to the original teachings of the Buddha. The session will include Introduction to mindfulness, Breathing meditation techniques, Metta meditation (loving-kindness), and Teachings for daily life. Bhante Suseela is a Sri Lankan monk who has trained in the Theravada Buddhist tradition. We are so fortunate to have this opportunity to learn from a master. **Registration** is required for this **FREE** program. Don't miss this opportunity!

Play n' Stay

Thursday March 7, 14, 21 & 28 @ 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)

March 13th @ 6:00PM



Do you enjoy browsing through cookbooks, trying new recipes, and cooking techniques, or sampling and sharing new dishes? Or are you stuck in a rut and keep making the same dishes over-and-over again? **March's theme is Something Green!** For more information call the Library at 780.985.3472 or email circulation@calmarpubliclibrary.ca

LEGO CLUB (3rd Wednesday of the month)

Wednesday, March 20th @ 4:00PM – 5:00PM



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

Learn to File Your Taxes

Wednesday, March 20th @ 6:00PM



Have you ever wondered whether you could learn to prepare and file your own simple income tax return? This free information session will assist you to gain the confidence and skills to prepare and file your 2023 income tax return. To participate in this in-person session, all you need is a willingness to learn. We will discuss the necessary paperwork, the My CRA Account and

walk you through the free TurboTax online tax filing software. Register: online at www.leduc-county.com/Learn-to-File-Your-Taxes/ or contact Kristin at 780-955-6421.

How Money Works - DEBT REDUCTION

Wednesday, MARCH 27TH @ 6:30PM – 8:00PM



Have you thought of restructuring your debt? It can make a big difference in your financial life. Imagine how great you and your family would feel if you could free up money every month and help handle unexpected expenses without relying on credit. Join us to find out how. Registration is required.

circulation@calmarpubliclibrary.ca or 780.985.3472

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!



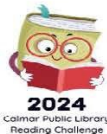
Take a kit and make a craft/project at home! The kits will include supplies to make a fun craft! You may need some basic craft supplies at home (scissors, tape, glue, etc) to complete the craft.

Available March 1st

Pre-K – DIY Microphone

Tween/Teen – Slap Wrist Bracelet

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. **March’s challenge is to read a book with a TV Series or Film adaptation!** 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.

DVD’S/AUDIO

A Haunting in Venice

Elemental

Professor T #1

London Kills #4

ADULT NON-FICTION

More is More by Molly Baz

Craving Vegan by Sam Turnbull

Natasha’s Kitchen by Natasha Kravchuk

Texture Over Taste by Joshua Weissman
Chocolate All Day by Steven Hodge
Butter, Flour, Sugar by Danielle Kartes
Not that Fancy by Reba McEntire
Being Henry by Henry Winkler
My Effin' Life by Geddy Lee

ADULT FICTION

Never Lie by Frieda McFadden
Starling House by Alix Harrow
First Lie Wins by Ashley Elston
The Engagement Party by Darby Kane
The Burnout by Sophie Kinsella
Wildfire by Hannah Grace
The Heiress by Rachel Hawkins

LARGE PRINT

First Lie Wins by Ashley Elston
House of Sticks by Ly Tran
Crosshairs by Patricia Bradley
Jewel of the Nile by Tessa Afshar

YOUNG ADULT

This Cursed Light by Emily Thiede
Stay with My Heart by Tashie Bhuiyan
That's Not My Name by Will Thomas

JR. BOOKS

Duel by Jessixa Bagley
Cat on the Run in Cat of Death by Aaron Blabey
Wings of Fire: Winter Turning by Tui T. Sutherland
Bad Guys: A Very Bad Holiday by DreamWorks

PICTURE/BOARD BOOKS

Bugblock by Christopher Franceschelli
Pixar Buddy Block by Christopher Franceschelli
The Secret Pocket by Peggy Janicki

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?

Did you know that residents of Calmar are eligible to access Leduc County FCSS subsidies and programs?

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)**.

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

The FCSS department is now booking appointments for this program starting March 12th. Eligible residents wishing to use this service can contact the FCSS Coordinator at 780.985.3604 ext. 233 and make an appointment. Appointments will be held at the Town office on Tuesdays and Thursdays until April 18th, 2024.

To find out if you are eligible, or to make an appointment, please contact fcss@calmar.ca or call 780.985.3604 ext. 233.

*****The volunteer income tax program does not complete returns for people who are deceased, bankrupt, or have business, farming or rental income. Assistance to complete past year tax returns is also available.***



**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

The graphic features a blue background with a white dotted pattern at the top. Two megaphones are positioned on either side of the main title. At the bottom, there are two circular cutouts showing colorful hands reaching up.

Thank you to all who nominated individuals for our Good Neighbour Recognition Program. We are pleased to announce our winners for this quarter and look forward to receiving many more nominations for our next winners to be announced in June!

CONGRATULATIONS TO THE WINNERS OF OUR FIRST CALMAR'S GOOD NEIGHBOUR RECOGNITION AWARDS!

Noah Perizzolo
(winner of \$50.00 Chevron gift card)

Jordan Gillis
(winner of \$100.00 Hayduk Lumber gift card)

Thank you both for generously donating your time and lending a helping hand to your fellow residents.

It is THIS type of community spirit that this program aims to recognize, and on behalf of the community, and more specifically your fellow neighbours and residents - the Town of Calmar thanks you for all that you do!

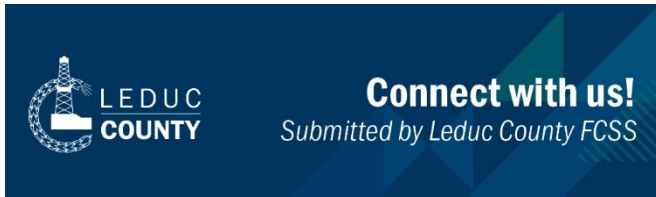
Nominations are now being accepted for our next winners! Nomination forms are available on our website, at the Town office and at the Calmar Public Library.



Remember—if you see this sign displayed in a residence window, it means they have enrolled in the Snow Angel program and have been verified for the legitimate need for snow removal assistance.

There is no need to make contact with the resident in need, simply grab a shovel and feel free to lend a helping hand!

If you would like to volunteer for other opportunities in the Town of Calmar, please contact Heather Hughes, FCSS Coordinator at 780.985.3604 ext. 233.



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.

Upcoming Sessions

To register for any upcoming event, call us at 780-979-2385 or 1-888-301-FCSS.

Fraud-Proof: A Savvy Seniors Lunch and Learn Experience

March is Fraud Prevention Month. Join us for two informative sessions in one day!

Service Alberta and Red Tape Reduction will dive into the topic of frauds and scams that are so prevalent these days and provide tips on how to avoid becoming a victim. The Utilities Consumer Advocate will enlighten us on topics including how Alberta's utility market works, how electricity and natural gas are distributed, how to understand your utility bills, how to shop for utilities, and much more. It's a day you don't want to miss!

Date: Thurs., March 7

Time: 11 a.m. to 2:30 p.m.

Location: Glen Park Hall

Jan's Bucket List (Travel Session)

Please join us for an enlightening discussion on different experiences that Jan Preece with Custom Travel Solutions has encountered in her world travels. She will discuss different travel styles, packing, the need for insurance, vaccinations, valid passports as well as presenting a slide show with her personal pictures.

Participants will be encouraged to share a short story about a travel destination or vacation experience.

Date: Saturday, March 9, 2024

Time: 1 to 3 p.m.

Location: New Sarepta Golden Pioneers Centre, New Sarepta Agriplex

Learn to file your taxes

Have you ever wondered whether you could learn to prepare and file your own simple income tax return? This free information session will assist you to gain the confidence and skills to prepare and file your 2023 income tax return. To participate in this in-person session, all you need is a willingness to learn. We will discuss the necessary paperwork, the My CRA Account, and walk you through the free TurboTax online tax filing software.

Date: Wed., Mar 20

Time: 6 to 7 p.m.

Location: Calmar Library

We Need YOUR Input! Aging Well in Leduc County Toolkit

Are you prepared for your future as you age? Are you aware of all the areas of your life that should be considered in making plans for your future – from navigating safety in your home and community to financial wellness?

Leduc County wants to help through creating an Aging Well in Leduc County Toolkit specifically designed for Leduc County residents.

- Are you an adult or senior who is looking to plan for your long-term future,
- Are you an adult or senior caregiver to another older adult or senior,
- Are you already a senior who may be facing an upcoming life transition, or

Do you not fit into the above categories but would still like to offer your valuable insights?

We invite you to take part in one of our engaging and insightful focus groups (in person or online) to gather your invaluable opinions and experiences on what you would like to see in this toolkit, and we want to hear your thoughts on topics that directly impact the lives of you and your loved ones.

(three separate opportunities – please choose one)

Date: Monday, March 18

Location: Thorsby Family Resource Network Facility (across from Thorsby Recreation Complex)

Time: 1 to 2:30 p.m.

Date: Tuesday, March 26

Location: Leduc County Main Building (Meeting Room 241)

Time: 10 to 11:30 a.m.

Date: Thursday, March 28

Location: Online (Zoom)

Time: 5 to 6:30 p.m.

Walking with Grief

Have you experienced the loss of a loved one? Join us for a free in-person grief support group where

you will learn about the nature of the grief process, emotion and healing. You will learn to build a community with individuals experiencing similar challenges, gain practical strategies for navigating

grief and emerge with a clearer direction for moving forward.

Dates: Tuesdays, April 2nd, 9th, 16th, 23rd, 30th

Time: 10 a.m. to 11:30 a.m.

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

Children in Change

This program is designed for children in grades three to five who have experienced parental separation or divorce. The session will provide an opportunity for children to interact with peers who have had similar challenges, share their thoughts and feelings in a safe environment and learn strategies for coping with change.

Date: Saturday, April 6, 2024.

Time: 9:30 a.m. to 2:30 p.m.

Location: Thorsby Family Resource Network Site, 4908 48 Street, Thorsby AB in the modular building across from the Arctic Spas Recreation Complex.

Calmar Connects



A page dedicated to the wellness of our community.

We can finally feel the days getting longer but we know there's still several weeks until the warmth returns. Many of us are still in hibernation mode but dreaming of summer days.

This month let's take some time to turn inward and start creating a foundation for ourselves as we adventure through the year. In the journey of personal growth and fulfillment, understanding and embracing our core values stands as a pivotal milestone. Core values serve as the compass that guides us through life's myriad of choices, shaping our decisions, actions, and ultimately our lives. They're the bedrock upon which authentic happiness, fulfillment, and success are built. In this article, we will delve into the profound benefits of knowing our core values and will also provide practical insights on how to unearth them.

The Significance of Core Values

Clarity and Direction: Core values illuminate the path forward, offering clarity amidst life's uncertainties. When aligned with these values, we experience a sense of purpose and direction, enabling us to navigate challenges with resilience and determination.

Authenticity and Integrity: Understanding our core values fosters authenticity, allowing us to show up as our true selves. This alignment cultivates a deep sense of integrity, as our actions and choices become rooted in personal values rather than external pressures or societal expectations.

Decision Making: Core values serve as a filter for decision-making, empowering us to make choices that are congruent with our beliefs and aspirations. This clarity simplifies the decision-making process, reducing indecision and promoting confident action.

Resilience and Adaptability: In times of adversity or change, core values provide a steadfast anchor to weather storms with resilience. When faced with challenges, staying true to our values fosters adaptability and fortitude, navigating through turbulent waters with grace and perseverance.

Fulfillment and Well-being: Aligning ourselves with our core values enhances our overall well-being and life satisfaction. When we prioritize what truly matters, we experience a sense of contentment, transcending fleeting pleasures in pursuit of lasting meaning and joy.

www.nurturedmindswellness.com



Calmar Connects



A page dedicated to the wellness of our community.

How to Discover Your Core Values

Reflect on past experiences: Take time to reflect on significant moments in your life—both positive and negative. Identify the values that were present during these experiences and consider their importance to you.

Identify role models: Think of individuals you admire and respect. What qualities do they possess? These attributes often mirror your own core values or values you aspire to embody.

Consider what energizes you: Pay attention to activities or pursuits that energize and inspire you. These passions often reflect underlying values such as creativity, freedom, or collaboration.

Examine your priorities: Assess how you allocate your time, energy, and resources. Your priorities reflect your values, providing valuable insights into what truly matters to you.

Seek feedback: Ask trusted friends, family members or colleagues to provide honest feedback about your strengths and character. Their perspectives may shed light on values that are central to your identity.

Explore cultural and spiritual influences: Consider the cultural or spiritual traditions that have shaped your beliefs and worldview. These influences often play a significant role in shaping core values.

Embracing Your True North

Discovering and embracing core values is a transformative journey—a journey of self-discovery, authenticity, and purpose. As you unearth your values and integrate them into your life, remember that values evolve over time. Stay open to growth and exploration, allowing your values to adapt and expand alongside your experiences and aspirations.

By living in alignment with our core values, we embark on a path of deeper fulfillment, authenticity, and enduring joy—a path guided by the unwavering light of your True North.

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".



Happy Easter

*Calmar & District
Senior Club*

Easter Potluck

April 7th @ 1:00 pm

Members Only

Memberships available
at the door

\$10.00 pp. for the year!

Participants are asked to
bring a dish to share.

Calmar & District Senior Club
4916 50 Ave
Calmar



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

CALMAR AND DISTRICT SENIOR CITIZENS CLUB

The Calmar & District Senior Citizens is inviting all adults 50 years and older to join our Seniors 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. Cost is \$7.00 pp. **Musicians for all ages are always welcome to join in at the monthly Music Jammers.**

Monthly meetings take place on the 2nd Wednesday of the month at 1:00 pm. These meetings are to 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.

JAMMERS @ 1:00 PM
March 26, 2024
April 23, 2024
May 28, 2024
June 25, 2024

MONTHLY MEETING @ 1:00 PM
March 13, 2024
April 10, 2024
May 8, 2024
June 12, 2024

Membership fees are \$10 per year per person. Contact information is listed below for more information regarding renting the hall or becoming a member.

 seniorscalmar63@gmail.com

 4916 50TH AVE, BOX 505 CALMAR, AB T0C 0V0

 Terry Balaban @ 587-988-3636





NORTHERN LIGHTS FIBER CONSTRUCTION UPDATE

THERE'S BEEN A LOT OF QUESTIONS LATELY, AND I HOPE TO PROVIDE SOME PUBLIC ANSWERS TO THESE. HERE'S THE THREE MOST ASKED QUESTIONS TO OUR TEAM.

? WHEN WILL CONSTRUCTION BE DONE?

WE HOPE FOR CONSTRUCTION TO BE COMPLETED IN MARCH. AS EVERYONE OBVIOUSLY KNOWS, WE HAVE EXPERIENCED SOME DELAYS. THIS IS LARGELY DUE TO THE TIMELINESS OF LOCATES (LOCATING OTHER UNDERGROUND UTILITIES) AND SOME PERMITTING THAT WAS DELAYED IN SOME AREAS OF TOWN.

DESPITE THIS, WE'VE DECIDED TO KEEP BUILDING THROUGHOUT THE WINTER, KNOWING HOW IMPORTANT THIS IS FOR EVERYONE.

BUT...IT'S WINTER TIME, 🌨️ AND CONSTRUCTION IN OUR INDUSTRY IS NO DIFFERENT THAN ANY OTHER. IT TAKES A LOT MORE TIME. PROPERTIES WILL BE RE-ASSESSED IN THE SPRING ONCE THE GROUND HAS SETTLED TO BRING THE LANDSCAPE BACK TO PAR.

? "WILL YOU ACTUALLY BRING FIBER FOR FREE TO MY HOUSE?"

YES. ABSOLUTELY. NO STRINGS ATTACHED. OUR INVESTMENT'S IN CALMAR AREN'T THOSE WHO JUST WANT TO SIGN UP FOR OUR SERVICES TODAY. WE WANT TO MAKE SURE THAT EVERY HOME HAS ACCESS TO THIS SERVICE IN THE FUTURE.

MAYBE THAT IS TO SERVE YOU IN THE FUTURE, OR PERHAPS ANY FUTURE OWNER OR TENANT OF YOUR HOME.

EVEN IF YOU THINK YOU'LL NEVER NEED SOMETHING FASTER OR MORE RELIABLE, I WANT TO ENCOURAGE EVERYONE TO STILL REQUEST FIBER THROUGH OUR FIBER ACCESS REQUEST (FAR) PROCESS.

? WHY FIBER?

JUST LIKE OTHER ESSENTIAL SERVICES OR PRODUCTS WITHIN OUR COMMUNITIES, WE EXPECT THERE TO BE A PLETHORA OF CLEAN DRINKING WATER, 200AMPS OF ELECTRICAL SERVICE, AND GAS FOR WHEN THE HOME OWNERS NEED IT THE MOST. WE ALL KNOW THAT ELECTRICAL AND GAS SPIKES HAPPEN WHEN IT'S COLD, AND ELECTRICAL SPIKES ALSO HAPPEN WHEN IT'S REALLY HOT (DUE TO AIR CONDITIONERS).

ELECTRICAL GRIDS ARE DESIGNED TO MEET THE CAPACITY WHEN IT'S NEEDED THE MOST - NOT BASED ON YOUR AVERAGE USAGE OF ELECTRICITY IN YOUR HOME. AND THAT'S ONE REASON WE'RE BUILDING FIBER. AND IT'S WHY WE'VE INVESTED IN MODERN OPTICAL ELECTRONICS.

LIKE OTHER UTILITIES, WE'VE ENGINEERED OUR NETWORK TO ALLOW THESE DATA PEAKS TO HAPPEN. BUT WHERE WE ARE DIFFERENT FROM OTHER UTILITIES, HOWEVER, IS THAT WE'RE THE ONLY ONES THAT ENCOURAGE MORE USAGE. WE'RE HAPPY TO PROVIDE THE CAPACITY TO OUR CUSTOMER WHEN THEY NEED IT.

OPEN HOUSE INFORMATION SESSION SATURDAY MARCH 9, 1-4PM CALMAR SENIORS CENTER 4916 50 AVENUE (MAINSTREET)

SEND YOUR QUESTIONS TO:

HANNAH@CANADIANFIBEROPTICS.CA

WWW.LIGHTUPCALMAR.CA.

1-888-236-2947



March 2024

• New Humble Community School •

HAND IN HAND HUMBLE ROOF-RAISER

Calmar Curling Rink • April 13, 2024

LIVE
MUSIC

Special Performance

TRAVIS  DOLTER

HUCKLEBERRYS DINNER
LIVE PAINTING
ARTIST RUSSELL THOMAS
SILENT & LIVE AUCTION
DANCE
LATE LUNCH
& MORE

TICKETS

\$50 EACH OR
\$450 TABLE 8

ON SALE MARCH 1, 2024

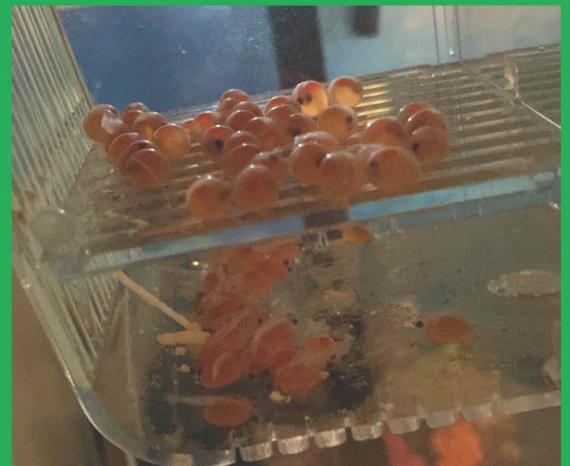
CALL 780-985-3211

EMAIL contact@newhumbleschool.ca



HUMBLE HERD MARCH NEWS

- Chick hatching to begin in mid March!
- Our three bred ewes are expected to lamb the last week of March!
- The Grade 5's trout eggs are hatching and growing! Read more about our involvement with the Fish In Schools (FInS) program on our website!



Zyp Art Gallery
Presents

ABOUT SALMAN
Love Letters from Euphrates

عبد سلمان
رسائل حب من الفرات

January 8-April 19, 2024

TOWN OF
CALMAR

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

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Economic Development

BUSINESS UPDATE

New programs will be coming on line in the first quarter of this year. Keep a look out for information on the Youth Entrepreneur Training Program to be announced later in March. Contact Sandra at the Town office if you are between the ages of 9 & 17 and want to run your own business this summer.

1.

The Town of Calmar Downtown Facade Improvement Program launches this month. If you are a business along Calmar's downtown, you could qualify. Call Sandra at the Town office for more information!!!

2.

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.

3.

Highlight for March

First quarter of 2024 is wrapping up with new programs being announced this month! 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

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
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

BUSINESS DIRECTORY

LOCAL SERVICES

COMPANY NAME	ADDRESS	PHONE #
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
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
Lanko Systems Inc.	4424 - 50 Avenue Calmar, AB	(780)288-7376
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
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

BUSINESS DIRECTORY

LOCAL SERVICES

COMPANY NAME	ADDRESS	PHONE #
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	(780)231-0363
Pro Eavestrouging Ltd.	By Appointment, Please call.	(780)985-3237
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
Spreen 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
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
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		

March 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						

April 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				

May 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	

June 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						

July 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			

August 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

September 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					

October 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		

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	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				

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

March Council Meetings

March Council meetings will be held on Monday, March 4th and 18th, 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

