



TOWN OF
CALMAR

The Chronicle

May 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
Monday, May 20th
for
Victoria 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

MAY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01	02 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School 	03	04
05	06 Adult Drop In Volleyball 6:45pm - 9:00pm Calmar Secondary School Council Meeting @ 6:30pm 	07 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School	08	09 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School 	10 Wild Rose Show 3:00 pm - 11:00 pm	11 Wild Rose Show 12:00 pm - 11:00 pm
12 Wild Rose Show 12:00 pm - 5:00 pm Happy Mother's Day!	13 Adult Drop In Volleyball 6:45pm - 9:00pm Calmar Secondary School Spring Clean Up	14 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School Spring Clean Up	15 Spring Clean Up	16 Calmar Pickleball 6:45pm - 9:00pm Calmar Secondary School Spring Clean Up 	17 Spring Clean Up	18
19	20  Town office is closed. 	21 Council Meeting @ 6:30pm	22 Committee of the Whole Council Meeting @ 1:30pm	23 	24	25
26	27 Adult Drop In Volleyball 6:45pm - 9:00pm Calmar Secondary School	28	29	30	31	

MAYOR'S CORNER AND IN THE KNOW WITH THE CAO

May, the month of sunshine, blooming flowers, and endless possibilities.

I would like to start off first by saying Happy Mother's Day to all the wonderful mothers out there. Mothers are often taken for granted and we often do not spend enough time recognizing their contribution to family or the community. We appreciate all that you do, and we hope that on May 12th, you have an amazing day and enjoy time with family and loved ones.

Council is currently working on review and finalization of the 2024 Operating and Capital budgets. The 2024 Property Assessments have risen by \$12.5M over 2023, however so have many operational and capital costs. Council is very wary of the burden that costs being passed onto our taxpayers has, and is working hard to keep our tax rates at a reasonable rate in our community, however with a lack of large-scale industry and commercial developments, the costs to operate fall back on all rate payers that are currently within our community. We are working to keep the increases to a minimum so we can remain an attractive community for people to come to. The same houses in the cities cost \$100-150K more, but they do pay lower taxes due to the industrial and commercial assessments in those communities. We are trying to work on some larger scale developments to help in Calmar. Watch your mail, tax notices will be coming out in May.

Sincerely Yours

Sean Carnahan, Mayor

Calmar a great place to call Home

As we are now in Spring, it feels appropriate to introduce our Parks and Recreation (PR) Department. These employees are responsible for maintaining the parks, the diamonds, the public areas, and all the amenities that the public use when conducting their favorite recreational activities or while simply walking around town. This department employs personnel that are versatile and trained for multiple purposes.

When they are all out and about conducting their tasks, you will see they are highly visible and wear protective gear. This is for their safety as well as for the safety of our residents. These staff should be approached with caution when they are operating their specialized equipment. Should you need to discuss with them, please attract their attention from a distance and wait that they signal it is safe to approach them.

This department is also overseeing social/recreational events with the support of other staff. Should you have any ideas/suggestions, do not hesitate to reach out to them as they are always looking at improving their services to the community.

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

Sylvain

Peace Officer Corner

Good day Town of Calmar....

Warmer weather is here! School will be out soon and traffic will be increasing.

Please be aware of pedestrians who use our walking systems and pay close attention to the crossings. The fine for failing to yield to a pedestrian in a crosswalk, is \$810.00. Calmar Enforcement will be running operations to target such violations, as the safety risk is high to the pedestrian. The lights do not have to be activated as the road is clearly marked for pedestrian crossing.

Speed through town will be another area of focus for us. You will start to see standing radar operations, as well as mobile. We are partnering with outside agencies who will be in our town during these operations. Our target violations will not just be speed, but will also include violations such as distracted driving, no seatbelt, fail to stop at stop signs, improper lane change, fail to signal, etc..

Loose pet complaints are on the rise. Please ensure your pet is contained in your yard or on a leash while walking.

Lets get a head start on yard maintenance and trim what needs to be trimmed, as well as throw out any unsightly or yard debris left over from the winter season that may have been frozen to the ground.

Fire bans. This is a very important topic. When a fire ban is issued, it's issued because of high risk to not just the foliage, but the overall safety of the town. Our homes could catch fire which would certainly lead to devastating results. Don't be the one responsible for causing the loss of a neighbors home. For up-to-date fire ban notices, please check albertafirebans.ca. This site will inform you of all the bans and restrictions that exist in our province.

Lastly, lets all enjoy life in the safest manner we can. I have been hearing of strokes, heart attacks, cancers, death in traffic, divorce, and so on. The most powerful gift God (or whichever belief you have) gave us all, is choice. Choice is something we all have. Choose to be safe, choose what we eat, how we dress, how we act, how we treat others, etc. Let's all choose to live our lives that best suit ourselves, while respecting others. Let's smile more, appreciate more, recognize those that help us through life. Let's choose happiness over choices that create havoc in our lives or the lives of others. Most importantly, lets choose to live life to the fullest, as we don't know how long we will have a chance to make that choice of happiness.

Regards,

Calmar Enforcement

OFFICER LEGGIO

OFFICER CVIJETIC

**Chris Feist,
Owner, Feist Real Estate**

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 Chris from Chris Feist, Real Estate.



Tell us about your business.

I help guide homeowners and non-owners through the process of buying and/or selling their homes. I deal in residential town properties as well as acreages and farms.

Selling the home starts with advising on simple fixes that will get their home ready for the market, then showcasing it with photos and staging, as well as advertising/promoting their property, then helping negotiate offers and the final sale.

When buying, I help clients with determining a budget that works for them and then help limit the leg work they have to do in searching to find that perfect place. I book showings and use my experience and training to help point out the good and the not so good features of homes/properties. Once buyers find a property they like, I help them write offers and negotiate a fair deal.

I consider myself more of a consultant than a salesman. I provide my clients with as much information as necessary for them to make the decision that is right for them.

**Chris Feist,
Owner, Feist Real Estate**

Why did you choose to open a business in Calmar?

After raising our family in Calmar and now living here for over 30 years, it made perfect sense to focus on the community that we live in and love to start my real estate career.

Knowing all the great things the town has to offer and the great people makes it easy to brag about it to potential new residents and current ones looking for a new place to hang their hat.



What is it like operating a business in rural Alberta?

Like having a business in any centre, there are ups and downs but having my business based in Calmar (rural Alberta) has more ups than downs. Having the opportunity to help so many people I know with their real estate needs is enjoyable and rewarding, especially when it is a young adult that I have watched grow up and is now looking for their first home. It also gives me the opportunity to give back to the community that supports me and see the effects of it firsthand. I always feel privileged when I get the opportunity to sponsor events, and/or community groups, or just volunteer.

**Chris Feist,
Owner, Feist Real Estate**

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

Talk to people in town to get an idea about what the town needs, and then keep listening to community members to find out how you can keep evolving your business as the community grows.

Is there anything you want to add?

I would just like to thank the community for their support over the years and say that Michelle and I are so grateful that by chance we ended up moving to Calmar and making it our home. I also hope to see everyone at the pancake breakfast this summer and feel free to chat me up with any of your real estate questions!



Calmar Public Library: May 2024

WHAT'S HAPPENING?



Generations in the Kitchen

Saturday, May 4 @ 9:30am - 1:00pm

Program will be held at the Calmar Seniors Centre.

Join us for a heartwarming culinary adventure that bridges the generation gap! This program brings together the young and young at heart for a delightful cooking experience that promises laughter, learning, and delicious memories. This program was made possible by a grant from Leduc County. Due to space limitations, registration is required to participate.



Full Moon Energy with Hannah Keil

Wednesday, May 22nd @ 6:30PM

Through the use of sounds and vibrations, your mind enters a meditative state during a Sound Bath. Join **Hannah Keil** Reike, Emotional Code and Sound Therapy Practitioner, as she guides participants through this unique and beneficial experience. Registration is required to participate. Bring your yoga mat as we may have room.



Community Pantry

Take what you need, leave what you can.

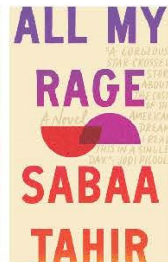
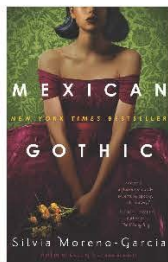
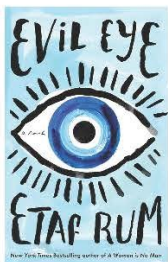
Our Community Pantry is now available to the public! Bags are available if needed, and we request that shopping is limited to three items per person. We are also seeking donations of dried and canned foods, snacks and spreads, and toiletries and cleaning supplies!

2024 Reading Challenge

May Theme: A Book With a BIPOC Protagonist

Are you in a reading slump or just wanting to switch up your reading habits? This is the challenge for you! Each book you read that fits the monthly prompt will count as an entry into a draw for a bookish prize pack! Be sure to stop by the library and let us know what you've read.

Need recommendations? Just ask our library staff for assistance!



LIBRARY HOURS

Monday, Tuesday, Thursday, Friday	11AM - 5PM
Wednesday	11AM - 8PM
CLOSURES: weekends and statutory holidays	

IT'S FREE! JOIN THE LIBRARY!

New to the community and looking to get a library card? Great! Contact the library to apply for your card today!

Monthly Programs



Knit n' Stitch

Tuesdays @ 1:30PM

All skill levels welcome!



Stay n' Play

Thursdays @ 10:00AM

Ages 0-5 with caregiver



Cookbook Club

May 8th @ 6:00PM

Theme: Sweet or Savory pie



LEGO Club

May 15th @ 4:00PM

Ages 6 and up

TAKE & MAKE KITS

Pre-K	Teacup Mother's Day Card
Tween	Shrinky Dink Key Chain



Have a question? Want to register for a program?

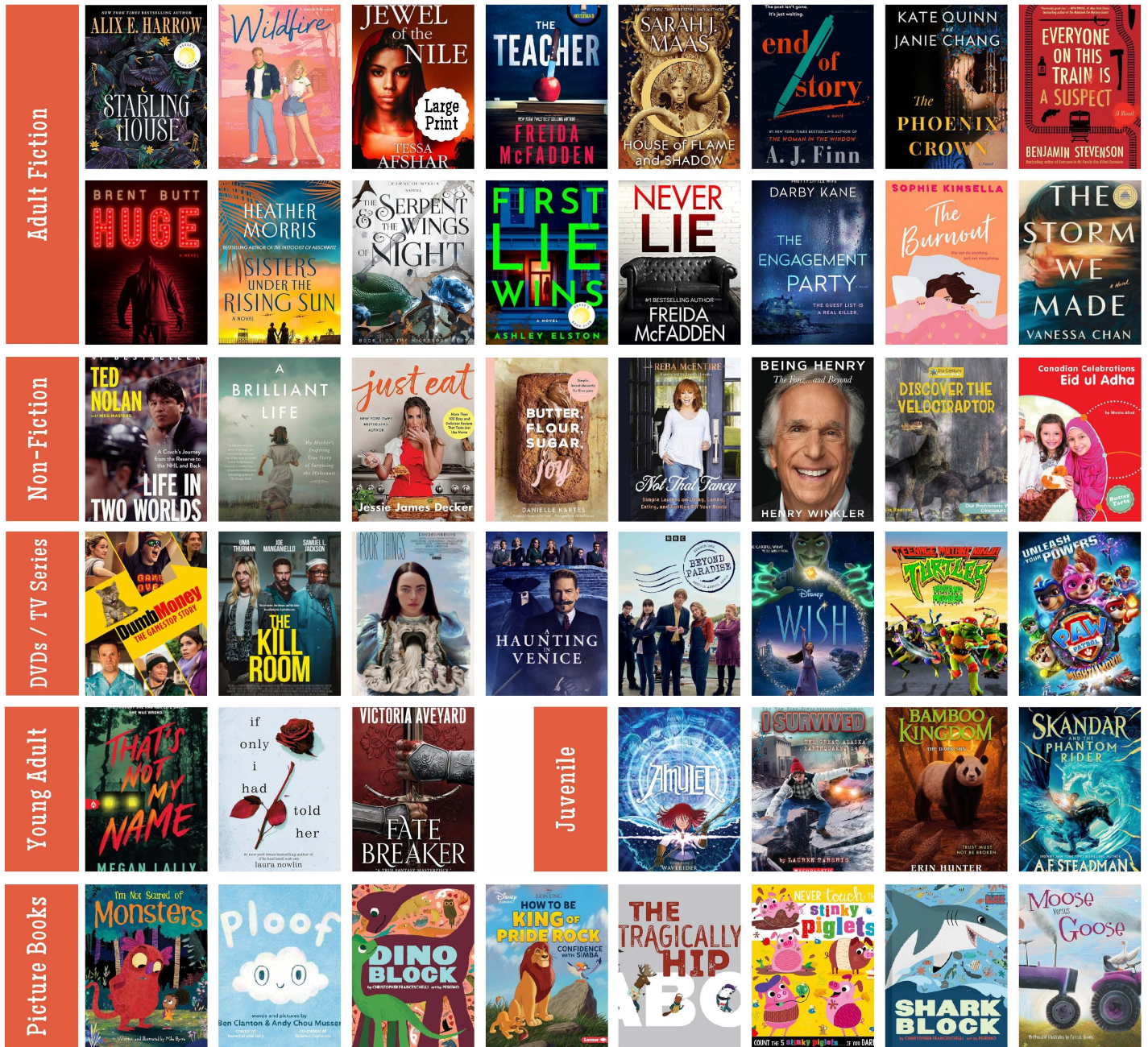
Website: www.calmarpubliclibrary.ca

Contact Us: 780-985-3472 or circulation@calmarpubliclibrary.ca



What's New on Our Shelves!

We are always adding to our collection at the library! Here are some of the newest titles that we added last month. Contact the library if you would like to request one—or two, or three!



DID YOU KNOW?

The Calmar Public Library has a piano, and everyone is invited to play it!

To keep updated about the Calmar Public Library and our programs, please check us out online!



Facebook

www.facebook.com/calmarlibrary



Youtube

www.youtube.com/@calmarpubliclibrary



LIBRARY MAY 2024 CALENDAR

Take n' Make Kits

Available May 1st

Pre-k: Teacup Mother's Day Card

Tween/Teen: Shrinky Dink Key Chain

Adult Reading Challenge

May Challenge – Read a book that features a BIPOC protagonist

KNIT N' STITCH (all ages) (every Tuesday)

Tuesday, May 7, 14, 21 & 28 @ 1:30 PM – 3:00 pm

STAY N' PLAY (0-5 years with caregiver) – (every Thursday)

Thursday, May 2, 9, 16, 23, & 30 @ 10:00 – 11:00 am

CookBook Club – (Adult Program) (2nd Wednesday of the month)

Wednesday, May 8th @ 6:00 pm – 7:30 pm Theme – Sweet or Savory Pie

Generations in the Kitchen

Saturday, May 4th @ 9:30 am – 1:00 pm

Ages 8 and up. This cooking program brings together the young and the young at heart. Join us as we explore delicious recipes!

Registration required. Limited spots.

Program is funded by the Leduc County Grant *Aging Well*.

LEGO Club (6 years and up) (3rd Wednesday of the month)

Wednesday, May 15th @ 4:00 pm – 5:00 pm

Full Moon Energy Sound Bath

Wednesday, May 22 @ 6:00 pm

Experience the healing power of sing bowls with Hannah Keil, Reike, Emotion Code and Sound Therapy Practitioner. Registration is required due to limited space.



TOWN OF
CALMAR

SPRING CLEAN UP 2024

Pick up is scheduled from
MAY 13, 2024 TO MAY 17, 2024

Items MUST be placed out by 7:00 AM on Monday, May 13th

Pick up will be completed by Friday, May 17th by 3:30 PM

CURB-SIDE FRONT YARD PICK UP ONLY NO EXCEPTIONS

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

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

Place metal in a separate pile

Place electronics in a separate pile

WE WILL NOT ACCEPT THE FOLLOWING:

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

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

MAY 13TH – MAY 17TH



Offering our community relevant programs and services is an important part of our Family and Community Support Services (FCSS) department. These programs are geared and designed to enhance the well-being of both individuals and families throughout Leduc County. While registration may be required for the following programs, services, and workshops, everyone is welcome!

Call us at 780-979-2385 or 1-888-301-FCSS to register and learn more.

Navigating Parenting Through Separation and Divorce

Navigating co-parenting through separation and divorce can indeed be challenging, but with the right tools and strategies it is possible to foster healthy communication and prioritize the needs of the children. This session aims to ensure participants are able to manage the various emotions involved in this process, while developing effective communication and conflict resolution strategies for a respectful co-parenting process that prioritizes the needs of the children. Participants will leave with skills and strategies that allow them to manage the challenges of co-parenting with a former partner.

Date: Tuesday, May 7

Time: 6:30 to 8:30 p.m.

Location: Coast Nisku Inn & Conference Centre (1101 4 Street, Nisku, AB)

Website: www.leduc-county.com/navigating-parenting

E-Prep Emergency Preparedness Workshop

What is E-Prep? The intent of this workshop is to encourage individuals to discuss, explore, discover and develop their own personal emergency preparedness plan. E-Prep is an interactive and educational workshop with a step-by-step approach to create a personalized preparedness kit while focusing on mental health and emotional wellness for both individuals and communities.

Date: Thursday, May 9

Time: 6 to 8 p.m.

Location: Online via Zoom

Website: www.leduc-county.com/e-prep

Other emergency preparedness resources

Find other useful resources by visiting www.alberta.ca/emergency-preparedness to learn about preparedness, making a plan and kit, evacuating and sheltering in place, and how to deal with pets and/or livestock during a disaster.

Stay informed, by searching for and downloading the following apps on your mobile device:

- Alberta Emergency Alert
- AB Wildfire Status
- Alberta Fire Bans

Empowering Older Adults: Navigating the Digital Realm & Family Dynamics

Dive into healthy relationships and online safety through this two-part session (with complimentary lunch!). Stephanie Gulaga from SAI F will guide participants through the crucial process of setting boundaries with family members (especially our adult children) and provide invaluable tips to deal with challenging situations. After lunch, we'll explore the digital realm and what may be lurking in the shadows - from the complexities of online dating to the potential pitfalls of scams and beyond. Participants will learn ways to safeguard themselves against fraudsters in the digital world.

Date: Friday, June 14, 2024

Time: 10:30 a.m. to 2 p.m.

Location: Warburg Cultural Centre

To register: call 780-979-2385 or 1-888-301-FCSS

Unconditional Love: Supporting and Caring for LGBTQ Youth

Parenting and caregiving are challenging for everyone no matter the situation. Sometimes we feel unequipped to deal with the changes and experiences we will have. This session will help you feel more confident in how to love and support a youth who may be LGBTQ and how to open the avenues of communication between the both of you.

This session will be facilitated by Terry Stroud, Canadian Certified Counsellor with Level Up Wellness Group, who has worked in many roles from the trades, to pastoring, to working in the mental health field. Terry looks to help teens, parents, and adults with whatever challenges life may throw at them.

Date: Tuesday, June 18, 2024

Time: 6 to 7:30 p.m.

Location: online via Zoom

To register: call 780-979-2385 or 1-888-301-FCSS

Stay up to date

Looking to stay up to date with our programs and services? Sign up to receive monthly updates directly to your email! Simply send us an email to fcssinfo@leduc-county.com and ask to subscribe to our email distribution list.



Calmar's Good Neighbour Program

This program aims to recognize those fellow residents who;

Model community spirit

Help in times of need

Improve feelings of safety and security

Encourage fellow neighbours to get together and connect

Nominations DO NOT have to be for your direct neighbour - anyone can nominate anyone.

Youth (12 - 17 yrs old) - winner will receive \$50.00 gift certificate to a local business of their choice

Adult (18+) - winner will receive \$100.00 gift certificate to a local business of their choice

Nomination forms can be picked up at the Town office, the public library or can be submitted online

<https://calmar.ca/community/family-and-community-support/calmars-good-neighbour-program/>

Deadline for submitting your nomination is May 16th, 2024.
Contact Heather Hughes, FCSS Coordinator at 780.985.3604 ext. 233 or fcss@calmar.ca for details!

Meet me in Downtown Calmar!



Call your friends! Call your family!
Meet them in Calmar this weekend.
Come and check out everything that Calmar
has to offer!

You won't be disappointed!

Hop on Hwy 39 - it will take you right to us!

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 Connects



A page dedicated to the wellness of our community.

As the days become longer and the temperatures start to rise, it's not unusual for us to start feeling a positive shift in ourselves. Our nervous systems store information for 5-7 generations, so these shifts come from a place of literally emerging from an ancestral season of slowness.

Last month we explored ways to spring clean the mind, clearing out the clutter and creating space for things new. This month we are sharing ways to keep ourselves grounded- and how to reground when we become anxious, upset or dysregulated.

Being grounded allows our nervous systems to relax and takes our bodies out of a stress response- the benefits are significant; reduced anxiety, improved memory and concentration, increased mindfulness, better coping skills and increased resilience. All of which contribute to and improvement in general happiness and well-being.

5-4-3-2-1 Technique: Engage your senses by identifying and focusing on:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Deep Breathing: Take slow, deep breaths focusing on the sensation of the air entering and leaving your body. Counting breaths (4 in, 6 out) can also help keep your focus.

Mindfulness Meditation: Practice mindfulness by paying attention to the present moment without judgment. Focus on your breath, bodily sensations, or sounds around you.

Grounding Objects: Keep a small object with you, like a smooth stone or a textured keychain. When you feel anxious or disconnected, hold the object in your hand and focus on its texture, weight, and temperature.

Body Scan: Close your eyes and mentally scan your body from head to toe, paying attention to any areas of tension or discomfort. As you become aware of each part of your body, consciously relax those muscles.

Go for a nature walk: Being in nature naturally creates a de-arousal in the nervous system allowing for grounding to happen. You can engage in any of the above techniques, or simply just exist within the natural surroundings to have chosen- water and forests are typically the most effective.

These are all 'practices' meaning the more we use them, the more effective they become. Pick one and give it a try! Send us an email at info@nurturedmindswellness.com to let us know what else you'd like to see in this column!



www.nurturedmindswellness.com



Economic Development

BUSINESS UPDATE

1.

The Youth Entrepreneur Training Program will go live this month. Contact Sandra at the Town office if you are between the ages of 9 & 17 and want to run your own business this summer.

2.

The Town of Calmar Downtown Facade Improvement Program launched in late March. If you are a business along Calmar's downtown, you could qualify. The grant is up to \$5,000.00! Call Sandra at the Town office for more information!!!

3.

The Town of Calmar hosted a fantastic Business Breakfast this spring. We had a full house and a great speaker talking about the life of an entrepreneur and what that means in today's world of wearing many hats and dealing with running a business in this economic environment. Our next Business meal together will be a summer BBQ!

Highlight for May

The Town of Calmar is introducing a
"Special Edition Calmar Chronicle"

The Spring Edition goes out May 15th!! If you would like your business to be included in the business spread, reach out to Sandra at the Town office!

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



STRAWBERRY TEA

MAY 10TH, 2024

CALMAR & DISTRICT SENIOR

CITIZEN'S CLUB

4916 - 50 AVE

COST \$8.00 PER PIECE

ORDER PRIOR TO MAY 8TH, 2024

CONTACT TERRY

phone: 587-988-3636 or

email: tbalaban@telus.net



Body



Calmar & District Senior Citizens Club

CALMAR SENIOR CORNER MAY 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**

May 28

June 25

**MONTHLY GENERAL MEETINGS
1:00 PM**

May 8

June 12

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



Zyp Art Gallery

Presents

SIGHT *Unseen*

Challenging the Visual in Visual Arts

May 3 - July 31, 2024

**“The best and most beautiful things in the world
cannot be seen or even touched...they must be felt
in the heart.” —Hellen Keller**

Made possible by Arts & Culture grant





This spring we welcomed new chicks and lambs to the Humble Herd. Students were busy enjoying the beautiful weather and doing some spring cleaning in the barnyard!



www.newhumbleschool.ca
[Facebook.com/NewHumbleCommunitySchool](https://www.facebook.com/NewHumbleCommunitySchool)
[instagram.com/new.humble.community.school](https://www.instagram.com/new.humble.community.school)

Want to see more about the exciting occurrences at NHCS? Visit our website or follow us on social media!

THINK OUTSIDE OF THE BIG BOX...
SHOP LOCAL

Keep IT Local
 Jobs Business Community

FRIENDS don't let FRIENDS shop at big Box stores

CALMAR IS OPEN FOR BUSINESS!

Behind the success of every small business, there is a family...
 Stop in and say Hi!

Put Your Money Where Your HOUSE is!

TOWN OF CALMAR



CALMAR

PICKLEBALL

 TUESDAYS & THURSDAYS |
  7:00 PM - 9:00 PM |
  Calmar Secondary School, Calmar
 Arrive at 6:45

Equipment provided! 

Contact Us (780)-985-3604

  Our Website www.calmar.ca

THE DIFFERENCE
 Office Services

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

Specializing in:
Bookkeeping and Personal Income Tax

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





every child deserves a childhood.

Little Warriors is a national charitable organization focused on the awareness, prevention and treatment of child sexual abuse.

We also advocate on behalf of child sexual abuse survivors.

little.
warriors

To learn more about the the Be Brave Ranch or free Prevent It! workshop, visit littlewarriors.ca

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	(780)826-0955
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	(780)985-0658
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	(825)652-2037
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 Eavestroughing 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	(780)666-2351
Rise Wellness	#202, 4715 - 50 Avenue, Calmar, AB	(780)913-7718
Route 39 Public House Inc.	5010 - 50 Avenue, Calmar, AB	(825)995-9520
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	(877)323-1209
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							February 2024							March 2024						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6					1	2	3	3	4	5	6	7	8	9
7	8	9	10	11	12	13	4	5	6	7	8	9	10	10	11	12	13	14	15	16
14	15	16	17	18	19	20	11	12	13	14	15	16	17	17	18	19	20	21	22	23
21	22	23	24	25	26	27	18	19	20	21	22	23	24	24	25	26	27	28	29	30
28	29	30	31				25	26	27	28	29			31						

April 2024							May 2024							June 2024						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6				1	2	3	4							1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
														30						

July 2024							August 2024							September 2024						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6					1	2	3	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28	29	30	31	29	30					

October 2024							November 2024							December 2024						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
												1	2	1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31			24	25	26	27	28	29	30	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: mblack@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

May Council Meetings

May Regular Council meetings will be held on Monday, May 6th, and Tuesday, May 21st (in lieu of Victoria Day), at 6:30pm. Committee of the Whole meeting will meet on Wednesday, May 22nd at 1:30

p.m. All meetings will be held 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

