

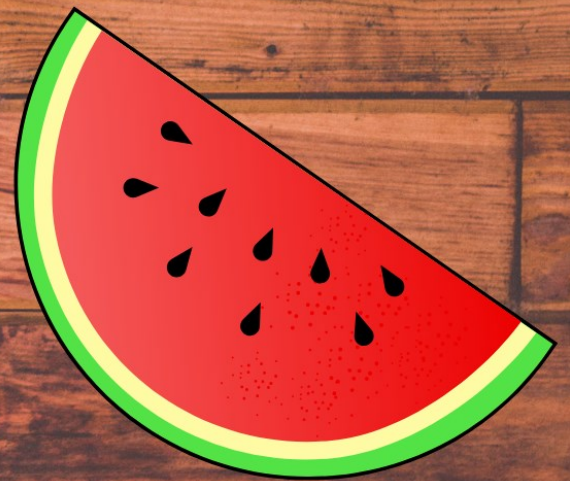


# The Chronicle

**AUGUST  
2024**



YOU CAN FIND ME AT:

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



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](http://WWW.CALMAR.CA) EMAIL [INFO@CALMAR.CA](mailto:INFO@CALMAR.CA)

# AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01	02	03
						
04	05 Heritage Day  Town Office Closed 	06	07	08	09	10
						
11	12	13	14	15	16 Calmar Days 	17 Calmar Days 
						
18 Calmar Days 	19 Council Meeting @ 6:30pm 	20	21	22	23	24
						
25	26	27	28 First Day of School  Committee of the Whole Council Meeting @ 1:30pm	29	30	31



# MAYOR'S CORNER AND IN THE KNOW WITH THE CAO

"Breathe the sweetness that hovers in August." —Denise Levertov.

August is here and the summer almost half over. I hope everyone is finding time to enjoy the great outdoors and the adventures that await in our great community, from baseball, walking trails, spray park, bike rides, the outdoor markets and of course some great ice cream from Maggie Moo's.

I would like to give a huge shout out to everyone in town that has worked hard to beautify their properties with trees, shrubs, flowers, and well manicured lawns. Also, a reminder to us all to ensure we are working on keeping our properties clean and trimmed to avoid the visit to request yard maintenance.

August is full of activity in Calmar, the library has a summer reading program that will end with a Mad Hatter's Tea Party on August 16th and of course Calmar Days August 16-18th, with our awesome Mega Market, pancake breakfasts, parade, ball tournament, movie in the park, and many other activities and of course fireworks. Watch for all kinds of updates and let's enjoy the festivities. If anyone is interested in volunteering for this event please reach out to Ian Miller at the town office [lmiller@calmar.ca](mailto:lmiller@calmar.ca)

Sincerely Yours  
Sean Carnahan, Mayor  
Calmar, a great place to call home

Before I start the CAO's corner of the Chronicle, I would like to say that our heart goes to all the communities that are impacted by the fires. These are terrible times for those communities. A big shout-out also to the brave individuals that are fighting relentlessly those fires to protect lives and livelihood.

After discussing the main Town's departments in the last few Chronicle editions, I would like to tackle this month a few summer challenges that both the Town and the residents are facing. First, the dryness we have been experiencing over the last few summers.

With temperature being higher and periods of drought being longer (and often more intense), the water level fluctuates during the summer. Therefore, we should all expect during summer, we will be asked to reduce water consumption for non-essential uses. In extreme situations, there might be a need to have water reduction measures in place, and while these are somewhat inconvenient, it is important to note that they are weighted and calculated strategies to help us avoid water ban and/or repair critical infrastructure.

Regardless of the water status, it is always beneficial to reduce our water consumption. It is better for the environment, and it will reduce operational costs for both the Town and the residents as we are purchasing our potable water from a third party.

Another major challenge during summer is associated with fires. I can appreciate that summer is short, and that many residents enjoy a fire in their backyard. This social activity has many benefits. However, in periods of dryness (which can be amplified by wind), fires can present a huge hazard. Even with all the precautions in place, accidents can still happen. To minimize the risk, we ask residents to only use fire pits that have been approved, always have the fire attended by adults, and ensure that once you are done, the fire is completely out. Returning to the fire a little while after it has been put out to confirm that it is indeed out is always a good practice. Lastly, it is important for the residents to follow the restrictions associated with the fire status.

Let's keep ourselves and each other safe while we enjoy summer. I am looking forward to seeing as many of you as possible during Calmar Days!

CAO, Sylvain Losier

# Peace Officer Corner

Good Day Town of Calmar,

Well we are into the throws of summer and I'm loving the heat. With the warm weather comes risk of fires. Please be aware of any fires you may have in your backyard and keep a hose handy incase flying sparks start to ignite on combustible materials.

Our hope is to see some large block parties, neighbors at backyard parties in the evenings or weekends, as well as just some deserved quite time on the deck, for all in our community. Life is just as short as our summers, and we need to enjoy each memory we make when the time allows.

Please keep in mind that summer is also a time when we have visitors and friends come to our town. Help those who need directions or maybe share a story of why Calmar is a great place we choose to call home. You are our biggest postcard to draw businesses and residential growth ! Let our visitors feel at home in the short time they are with us.

Weeds, grass, and unsightly will continue to be a focus this summer and fall. Please do your part to keep our community tidy and the envy of those who pass through.

Don't forget to ensure your pets are looked after with food, water and shelter while on your property, ensure they do not get out, and always walk them on leash unless you are in an off leash area.

That's it for now. We hope you enjoy the rest of your summer.

Stay safe, enjoy the warm weather, and most of all, create some life long memories !

**Calmar Enforcement**  
**OFFICER CVIJETIC**  
**OFFICER LEGGIO**





# the interview

## Dawn Logan Potter, Owner, Loganberry's Antiques & Curiosities

### 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 Dawn and her team from Loganberry's Antiques & Curiosities.

### Tell us about your business.

Everyone has a different idea of what an antique shop is. Loganberry's is an owner operated brick and mortar storefront. We own all of our inventory, which means we control pricing and selection. Inside you will find all kinds of wonderful treasures and eclectic pieces. Where do we get it? All over. The traveling and digging is the fun part. All across Canada and the USA. Antiques by definition are generally considered to be at least 100 years old. One specialty designed piece is not only decorative, but many have historical significance. Holding a certain hand painted bowl can take you a back to a wonderful memory and mesmerizing smell in grandma's kitchen or a statue can transform you to an unfamiliar country you've been dreaming about. Our shops is filled with many treasures and collectibles.





## Dawn Logan Potter, Owner, Loganberry's Antiques & Curiosities

### Why did you choose to open a business in Calmar?

I have been a resident of Calmar since moving here in 2007. My husband and I chose Calmar mainly because of its proximity to the airport and we both grew up in small towns. One beautiful May morning in 2012 while going for a walk I noticed a for sale sign had gone up at 4732 50th. I immediately envisioned a quaint little country store so with no intention of buying I called the realtor. The entire shop needed to be gutted from inside out. We stripped it down to the studs and replaced everything. Windows, insulation, plumbing, wiring, doors... and the rest is history.

### What are you passionate about in your business?

Did you know Loganberrys is also a jewelry store. We carry one of the largest selections of sterling silver jewelry in central Alberta. Quality solid silver chains crafted in Italy. Exquisite rings, earrings and pendants from many well-known designers. Amethyst, peridot, citrine, pearls, turquoise... the choices are endless. Or if vintage is your vibe, we have showcases of that too.

Another thing we are passionate about is giving back to the community. We have provided many Christmas hampers, supported a multitude of sports teams and more recently Tools for Schools. Our next fund raiser is a WINTER-WONDERLAND AFTERNOON TEA scheduled for Nov 17 at the Calmar Legion. Tickets will be available Oct 1 at various locations throughout the town. Our spring show was lots of fun so plan to attend.





## Dawn Logan Potter, Owner, Loganberry's Antiques & Curiosities

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

Do your homework and be willing to sacrifice! Being your own boss can be a wonderful experience if you are ready. Put your plan in writing. Make sure you have enough cash flow to purchase inventory, cover operating expenses for 3-6 months (rent, utilities, insurance, wages, repairs, etc.) and who does what. You may be the janitor, worker and Human Resources all at once.

Know your location. Check traffic flow. Parking is a major factor in Calmar. There is not enough. Try and figure out a contingency plan.

The town of Calmar can offer you lots of historical info and are more than willing to assist you where they can. Perhaps point you in the right direction of govt programs or grants available. Don't be shy to ask.

After you have all that ask yourself if you are willing to sacrifice your time and energy. If you are, guess what! You can be an entrepreneur! Don't worry, the rewards do outway the negatives. Just take a deep breath sometimes and always keep smiling!

### Is there anything you want to add?

In 2023 a number of our clients voiced there was nowhere to buy good quality ladies clothing in the area unless they went to Edmonton and didn't really like venturing to the city. Dec of that year we opened a clothing boutique specializing in Canadian designers Joseph Ribkoff, Frank Lyman, Blue Sky, Charlie B, with more to come. If you ask for it, we will try to accommodate .

So I would say when you walk through the door you will sense a happy vibe . Enjoy the great music, lots of free smiles and find the unexpected or just drop in to say HI.

Look for the treasure! Have a laugh! Share a joke.....SHOP LOCAL.



# **BULK WATER STATION**

THE BULK WATER STATION FOR THE TOWN OF CALMAR  
HAS OFFICIALLY CLOSED.

ALL BULK WATER INQUIRES PLEASE CONTACT ALLAN  
BRODNIANSKY AT 780-984-4579 FOR INFORMATION ON THE  
STATION SYSTEM AND RATES.



- The new station is located in the industrial park of Calmar at 5026 42 Ave (Enter on SW side on 43 Ave).
- Invoices for the bulk water station that was run through the Town of Calmar will be sent out the first week of June.
- Key returns can be made to the town office at your earliest convenience for the refundable deposit.

Any questions regarding your account with the  
Town of Calmar please contact  
Darlene Parchoma at  
780-985-3604 ext. 222



# New Humble Community School

AUGUST 2024



## It takes three! Student, Teacher, Parent!

Here are ways you can get involved in your child's education year at NHCS:

**Read the communications sent home** Keep informed on what is happening by reading the information is sent home. This includes emails from the NHCS Secretary, emails from teachers, agenda messages, Learning in Action website, social media, etc.

**Volunteer in the classroom** Ask your child's teacher for ways to get involved in the classroom.

**Volunteer in the school** Join the Parent's Society and/ or School Council to learn how to make a difference in the school.

**Join the NHCSA Volunteer Board of Directors** Contact the current Board Chair for more information.

**Sign up for Barnyard Chores** Contact the Agriculture & Environment Manager to learn more.

**Attend back-to-school or other family events** The more the merrier! Keep an eye out for more information from the school about these events.

**Offer to share your knowledge or expertise** Talk to your child's teacher or the school principal to learn how you can share your special skill with students.

**Join a NHCSA committee** Stay tuned to learn more about what NHCSA committees will be operating this year.

**Ask questions!** Don't be afraid to ask questions about how or what your child is learning, how to support them or what supports are in place for them.

**Understand who is part of your child's learning team** Numerous individuals make up your child's learning team with the primary focus of understanding how your child learns and ways to support them. The Educational Assistant (if applicable), School Secretary, Agriculture & Environment Manager, Teacher, Principal, and Superintendent can all be part of this team.

**Provide feedback** Provide feedback by completing surveys, attending parent-teacher conferences, etc. to understand where your child is at and improve their educational experience.



**First Day of School:** Grades 1-9 August 28, 2024  
Kindergarten September 3, 2024





Calmar Public Library: August 2024  
**WHAT'S HAPPENING?**

**ALICE IN WONDERLAND**  
 SUMMER READING PROGRAM

**July 2 - August 16, 2024**

Fall down the rabbit hole for a summer filled with fun! Read books, complete simple challenges, and participate in library activities to earn stamps—including our life-sized Alice version of the game Snakes and Ladders! **Collecting 25 stamps will earn you a ticket to the Mad Hatter's Tea Party** at the end of the summer!

**Mad Hatter's Tea Party**  
**Friday, August 16 @ 1:30PM**

For those avid readers this summer, you're invited to the Mad Hatter's exclusive tea party! **Please note that only Summer Reading Program participants who received a ticket from library staff will be allowed to participate in this event.**



**Calmar Days: Bike Decorating**  
**Thursday, August 15 @ 11:30AM-12:30PM**

What's better than watching a parade? Being *in* a parade! Bring your bike or wagon to the library and decorate it for the Calmar Days Parade for **free!** Decorations provided while supplies last.

**NOTE:** Stay n' Play will **not** be offered on August 22nd or August 29th. We look forward to welcoming everyone back September 5th!

**2024 Reading Challenge**  
**August Theme: A Juvenile or Young Adult Book**

Lots of incredible stories are written with younger readers in mind—give one a try this month! 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!



**Have a question? Want to register for a program?**

**Website:** [www.calmarpubliclibrary.ca](http://www.calmarpubliclibrary.ca)

**Contact Us:** 780-985-3472 or [circulation@calmarpubliclibrary.ca](mailto:circulation@calmarpubliclibrary.ca)

**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**  
**August 14 @ 6:00PM**

Theme: Raw Night  
 No heat allowed this month!



**LEGO Club**  
**August 21 @ 4:00PM**

Ages 6 and up

**TAKE & MAKE KITS**

**Pre-K** Nature Suncatcher

**Tween** Pressed Flower Bookmark





# 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 library has a variety of early literacy kits, with topics ranging from counting to farm animals to things that go! Check them out!

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



Facebook  
[www.facebook.com/calmarlibrary](http://www.facebook.com/calmarlibrary)



Youtube  
[www.youtube.com/@calmarpubliclibrary](http://www.youtube.com/@calmarpubliclibrary)





# Thank You

FROM THE FRIENDS OF THE CALMAR LIBRARY AND THE CALMAR  
SECONDARY MUSICAL THEATRE PROGRAM

THE FOLLOWING BUSINESS AND INDIVIDUALS DONATED TO OUR  
12 HOUR READING FUNDRAISER  
WITHOUT YOUR HELP WE WOULD NOT HAVE RAISED CLOSE TO \$800.00!

## LOCAL BUSINESS

- Is Good Coffee Bar and More
- Subway
- Chevron
- Countryside Vision
- Burger Bar

## INDIVIDUALS

- Nhung Tran-Davies
- Tammy Wishloff
- Tara Deer
- Kenya Davies
- Marilyn Mosicki
- Monet Davies
- Sage Davies
- Grant Davies
- Nancy Martin

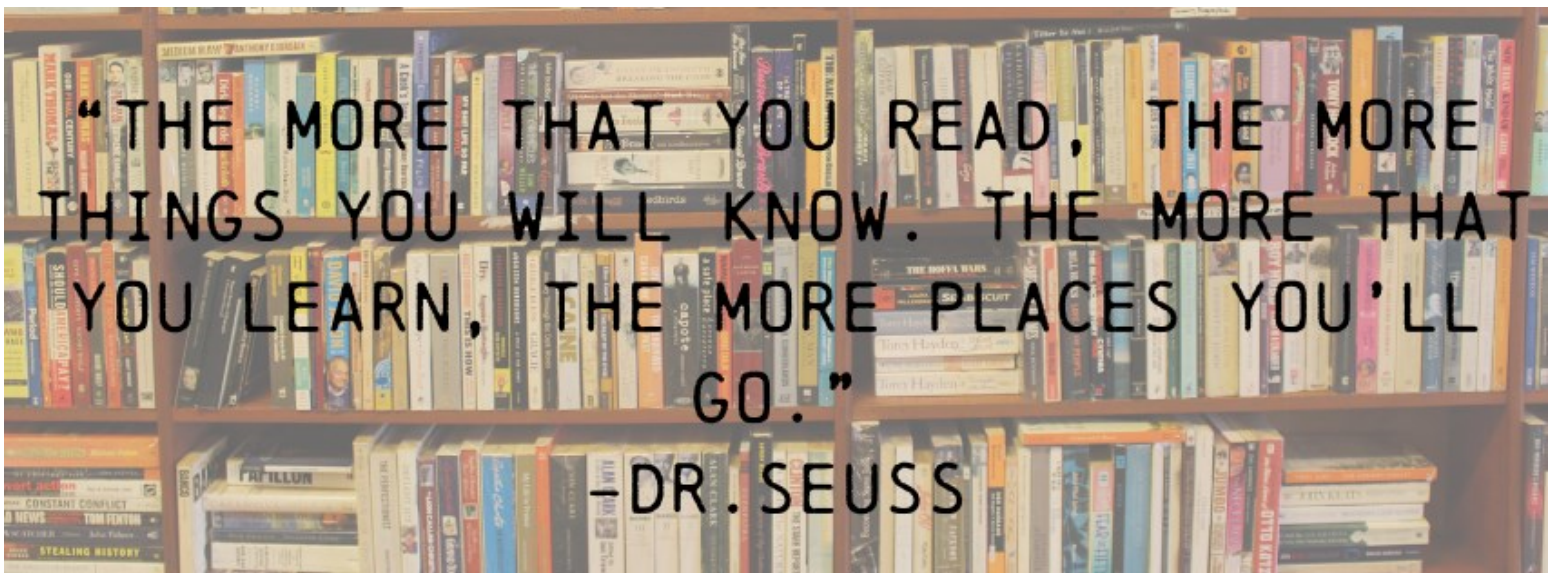
## INDIVIDUALS

- Justin Klassen
- Richard Giles
- Tracy Fondrick
- Kaylin Makeechak
- Rod Haight
- Shane Mazur
- Kevin Bartley
- Justin Talvio
- Keiran Chrapko
- Matthew Martin



"THE MORE THAT YOU READ, THE MORE THINGS YOU WILL KNOW. THE MORE THAT YOU LEARN, THE MORE PLACES YOU'LL GO."

-DR. SEUSS





# Economic Development

## BUSINESS UPDATE

1.

The Town of Calmar's Downtown Facade Improvement Program is well under way with some updated signage, awnings, windows, and some new brick work set to start soon. Watch Facebook for celebrations at each of the businesses once their work is complete!

2.

Arena boards sponsorships are available again! We have 2 spots left on the north side of the arena. There are also poster frames in each of the washrooms to put your business information / sales events / or marketing spreads. If you want to take advantage of this, call me, I will set you up!

## Highlight for August

CALMAR DAYS is this month and is setting up to be a bigger, better, and more exciting event than ever before!! The event brings well over 3000 visitors each year. The Town is planning activities all day long on Saturday and extending the celebrations into Sunday! Let's make the economic impact of this event be outstanding!

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



# **The Calmar Legion #266 Turns 70**

**Come celebrate with us during Calmar Days**

**Saturday, August 17**

**11am - 4pm**

**We will be having a Dedication of Veterans Way (47 St.)**

**INDOOR**

**Free Cake and Coffee**

**Military Displays**

**Calmar Legion History**

**Ladder Golf**

**Corn Hole**

**OUTDOOR**

**Show 'N Shine**

**Beer Gardens**

**BBQ**

**Legion** 



# Calmar Days

WHAT TO EXPECT DURING OUR DECADES OLD TRADITION  
AUGUST 16TH TO 18TH

Friday

Movie & BBQ

6pm - 11pm

SATURDAY  
The Mega Market



Ball Tournament

FRIDAY - SUNDAY

Saturday

Pancake Breakfast, Parade, Food Trucks, Legion  
70th Anniversary Festivities, Family Fun Zone,  
Gaming Bus, Fitset Ninja, Thistle Hill Farms Petting  
Zoo, Leduc Brewing Beer Gardens, Fireworks

9am - 11pm

Sunday

Wrap up a great weekend



TOWN OF  
CALMAR



The Town of Calmar wants to  
Recognize all of the

# *Calmar Days* Sponsors!

## Gold Calmar Days Sponsors:

Chris Feist Real Estate  
Calmar Compounding Pharmacy

## Family Fun Zone Sponsor:

Calmar ATB

## Movie Beverages Sponsor:

Calmar Community Baptist Church

## Movie Popcorn Sponsor:

TBA



# WAYS TO CONSERVE WATER

HERE ARE SOME WAYS TO HELP SAVE WATER FROM THE COMFORT OF YOUR OWN HOME

Check faucets, pipes, and your water meter for leaks regularly, not only may this help your utility bill but also to save water consumption.



Have short showers, not baths

While waiting for your shower to warm up, place a bucket to collect the water to use later for your lawn, garden or house plants.



Reuse cooking water. Once you are done cooking your pasta, potatoes or rice save the water for your garden or house plants.

Turn off the tap when not in use while brushing your teeth

Run your dishwasher or washing machine when a full load is present

H<sub>2</sub>O

Use a broom instead of a hose to clean dirt off your driveway, porch or stairs.



**Connect with us!**  
*Submitted by Leduc County FCSS*

## Mental health versus mental illness: what's the difference?

While mental health and mental illness are often used synonymously, they do have different meanings. Everyone has **mental health** just like they have physical health, and it describes overall well-being. **Mental illness** is a diagnosed condition. People with a mental illness diagnosis can still have good mental health; people with no diagnosed mental illness can still have poor mental health. Either way, there are resources and support available.

### What to do in times of crisis

Our mental health affects how we feel, how we think and how we act. It's important to take care of ourselves and know where to find help when we, or someone else, needs it.

**Always call 9-1-1 in an emergency.** If someone is a danger to themselves or others, getting the right kind of help quickly is vital.

For serious mental health concerns, there are several crisis lines available as listed below.

#### **Access 24/7**

780-424-2424

Provides 24/7 telephone support, in-person assessment, crisis outreach and patient stabilization.

#### **Mental Health Help Line**

1-877-303-2642

Provides a 24/7 confidential service that offers support, information and referrals to Albertans experiencing mental health concerns.

#### **Suicide Crisis Helpline**

9-8-8

Whether you are thinking about suicide or worried about someone else, call or text **9-8-8** toll free, any time — lines are open 24/7/365.

#### **Distress Line**

780-482-4357 (HELP)



Provides 24/7 confidential, non-judgmental and short-term crisis intervention, emotional support and resources to people in crisis or distress, as well as to family, friends and caregivers of those in crisis.

Need more crisis resources? Scan the QR code or visit [www.leduc-county.com/community-family](http://www.leduc-county.com/community-family) today.

Dial 211 for social resources 24/7. Have questions? Call 1-888-301-FCSS for answers.



### **Upcoming Workshop**

Unconditional Love: Supporting and Caring for LGBTQ Youth

Parenting, caregiving and working with youth can bring about challenges no matter what the situation. It is common to feel unequipped when supporting youth through the unique changes and experiences they navigate in their teenage years. This session is designed to provide parents, caregivers and service providers with tools and knowledge to effectively support and create open lines of communication with youth who may be LGBTQ.

Facilitated by Terry Stroud, Canadian Certified Counsellor with Level Up Wellness Group, who looks to help teens, parents and adults with whatever life throws at them.

Date: Wednesday, August 21, 2024

Time: 12 to 1 p.m.

Location: online via Zoom

Registration: call Kristin at 780-955-6421 or email [Kristin@leduc-county.com](mailto:Kristin@leduc-county.com)

## Calmar's Good Neighbour Program

This program aims to recognize those fellow residents who:

**Model Community Spirit**

**Help in times of need**

**Improve feeling 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)**

recipient will receive a \$50.00 gift certificate to a local business of their choice.

### **Adult (18 yrs +)**

recipient will receive a \$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 through the Town website.

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

Please submit your nominations to: Mikayla, Calmar FCSS  
780-985-3604 ext 233 or fcss@calmar.ca



# CALMAR DAYS MEGA MARKET INFO!!

**Date:** Saturday, August 17, 2024    **Time:** 8:00am - 4:00pm

**Location:** Downtown along Hwy 39 from Woodland Park to the Mike Karbonik Arena. Outside on the sidewalks and grass area by the Arena.

The Calmar Mega Market is a decades old, garage sale tradition that started with people holding garage sales that went from the West side of Leduc, all the way to Warburg, along Highway 39. You will still find garage sales all along the highway, but the biggest activity happens along the Town of Calmar's downtown sidewalks.

If you want to be a vendor at the Mega Market, there is NO registration. You just show up on Saturday morning and set up your own table and sell your products as if you were setting up for a garage sale. Spots along the downtown are first come, first served, but, please DO NOT set your tables up in front of a business entryway!

It is up to you to make sure you have all the proper documents and approvals to sell your goods at the garage sale.

Watch for more information on Calmar Days as we confirm plans. If you have questions or want to get the right information, please call Sandra or Ian at the Town Office 780-985-3604.

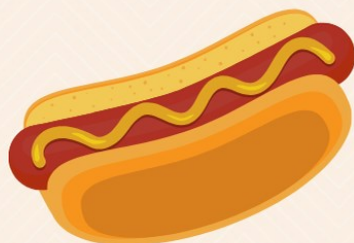


# HIGHWAY 39 GARAGE SALE

*St. Margaret Mary will once again be participating in the garage sale happening August 17, 2024 here in Calmar. This is a great fundraiser for our parish.*

***Please bring your donation items to 5120 50 Ave***

*There will also be a hot lunch counter selling hot dogs, chili and drinks both hot and cold.*





# Calmar Connects



A page dedicated to the wellness of our community.

Summer is here! We anticipate its arrival for so many months of the year and when it finally comes, it often feels like it's gone by in a flash!

So how do we slow down and embrace these summer months when schedules are full and there are 700 things to cram in before the dreaded white stuff reappears?

The secret is in exploring activities and practices that help the nervous system rest, not just the body or the mind. Thanks to today's modern lifestyles and societal expectations our nervous systems are both under and over-stimulated all at the same time.

We are going to outline some ideas and for you to play around with. The key word here is play. For the focus of this article, we are looking at how we can do this outside in a natural setting- but all of these ideas can also be replicated at home in your backyard, a local park, or even in your home if you have houseplants.

Play with the sense of sight. Did you know that we can process 400x more shades of green than any other color? What do you notice? Can you see any contrasting colors or patterns? Light vs dark. Jagged vs smooth. Short vs tall.

Play with the sense of sound. Can you hear a plane fly by? Or the sound of your breath? Can you hear the birds singing?

Bird song allows the nervous system to relax because it sends a signal of safety- back in our hunter-gatherer days, the birds would stop singing if there was a predator in the area. Our bodies still remember this.

Play with the sense of smell. Are there some flowers around so you can literally stop and smell the roses (or the canola, a tree or some grass)? Maybe you can smell your laundry detergent on your clothes.

Certain scents (eg. lavender, clary sage, chamomile) work directly with receptors in our body to soothe the nervous system. Play around with the sense of taste. Maybe you can still taste the last thing you ate or the toothpaste from brushing.

Lastly, play with the sense of touch. Can you find something smooth? Something rough? Something cold? Something hot? Can you feel the points of contact your body makes with the earth?

Physical touch brings us back into our body if we are feeling anxious or stuck in our heads. Following playing around with all 5 senses, which one feels the most alive? Is there something that helped you feel really connected and present that you'd like to bring into your self-care practice?

By paying attention to all 5 senses one at a time, it can create a 'circuit breaker' in the nervous system allowing us to become fully present for a short period of time.

Please note that this article is not meant to replace therapy, if you are struggling with your mental health or need someone to talk to please connect with a licensed therapist either on our team or at your preferred practice.

Nurtured Minds is also proud to offer forest-based services and retreats for those who are still learning to heal with nature.

If you have any questions or want to see something specific in our future articles please email [info@nurturedmindswellness.com](mailto:info@nurturedmindswellness.com) with the subject line "Chronicle".

Charlie Webb, CEO and Therapist  
Nurtured Minds Wellness and Therapy Services  
Leduc, Calmar and Wizard Lake.

At Nurtured Minds we offer a holistic wellness checkup- this article has been created based on the foundations of that session.

To assess yourself and your overall holistic wellness- you can mark each pillar either as a "met need" or "unmet" need. This will provide clarity and direction for future wellness goals and areas of focus.

A reminder that these articles don't serve as therapy- if you are experiencing distress in any of these areas you may benefit from speaking with a therapist or other support.

If you are experiencing crisis, please contact any of the following:

Alberta Mental Health Help Line: 1 (877) 303 2642

Addictions Helpline: 1 (866) 332 2322

Suicide Crisis Line: Call or TEXT 988

Call 911 or go to your nearest ER.





# Grants to Organizations!

**Are you a non-profit organization or an established group that is based within Calmar?**

- **Do You Contribute Towards:**

- Arts, culture, and heritage,
- Community spirit and events,
- Community well-being and fitness,
- Environment, or
- Recreation.

- **Application Form:**

- Go on our website and download the application form
- <https://calmar.ca/grants/>

.....

- **Grant Funding Criteria:**

- One application per year.
- For 2024, the Grant application is open from April 30 - May 31, 2024.
- Expenditures must be finished by December 31, 2024.
- Operating Expenditure - max of \$1,000.00
- Capital Expenditure - max of \$2,000.00

**For More Information:**

Contact our Grants Coordinator at [grants@calmar.ca](mailto:grants@calmar.ca) or  
Phone Mikayla Leibel at 780-985-3604



**The Calmar & District Senior Citizens Club  
would like to thank the following  
businesses for supporting our Strawberry  
Shortcake Fund Raiser.**

**With your help we were able to raise over  
\$2000.00 for the club.**

- Bank of Montreal
- Big Country
- Bottle Depot
- Brett Young
- Burger Bar
- Calmar Barber
- Calmar Chiropractor
- Calmar Compounding Pharmacy
- Calmar Elementary School
- Calmar Medical
- Calmar Public Library
- Calmar Secondary School
- Chevron
- Country Barber
- Countryside Vision
- Devon Registries
- Direct Line Insurance
- Dyck Insurance
- For the Love of Phyrohy
- Hayduk Lumber
- It's Good for you Coffee
- Lanko
- Latman Equipment
- Leduc Chamber of Commerce
- Leduc Regional Housing
- Lee's Restaurant
- Loganberry's
- Calmar Pharmacy
- Nick & Nack
- Norpoint
- Canada Post Office
- Rhooster Tail
- Ridley Law
- Route 39
- Subway
- Town of Calmar
- Transloading
- Whatever Repairs
- Wizard Lake Marine
- Yesterday's Treasures

A special thank you to  
Mike Gordon of MWG Trucking  
for his monetary donation.



And a huge thank-you to those individuals whose  
names we did not collect.  
Your support is appreciated!

**Get your own Calmar Branded Swag!**

Go to:

<https://calmar.ca/community/shop/>



**CALMAR**

ZYP  
ART GALLERY



**CASH  
PRIZE!**

# 2024 CALMAR ART WALK

*A unique Art Walk partnering Artists with  
local businesses*

**Discover unique Artwork at participating  
businesses in Calmar throughout AUGUST  
for a chance to WIN!**



**Pick up Art Walk passport  
from Town of Calmar  
office to start exploring  
the Arts in Calmar**

Sponsored by



Calmarartsociety@gmail.com

zypartgallery.ca



# FOR SALE

**14 acres R3 development land**

Utilities available at lot line

75 Westview Crescent **Reduced to \$1,490,000**

Gerald Tostowaryk, CCIM – Royal LePage ArTEAM

780.887.3709 [gerald.t@royallepagecommercial.com](mailto:gerald.t@royallepagecommercial.com)



## 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](http://calmar.ca) for more details.

Or Contact Darlene at the Town Office @ 780.985.3604 Ext. 222

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

## Summer Council Meetings

Regular Council meetings are held on Mondays, except on a holiday, in which case the following day (Tuesday). All meetings are at 6:30pm in Council Chambers. Committee of the Whole meetings are held the 4th Wednesday of the month at 1:30 p.m. All

meetings are held in

Council Chambers at 4901 – 50 Ave

Alternatively, you may join the regular meetings 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#](tel:+16474979391)

Access Code: 211-016-493

Agendas can be found on [calmar.ca](http://calmar.ca)

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

TOWN OF  
CALMAR

