



The Chronicle

SEPTEMBER

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 EMAIL INFO@CALMAR.CA

SEPTEMBER 2024




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 — HAPPY — LABOR DAY Town Office Closed	3 Council Meeting @ 6:30pm	4	5 	6	7
8	9 	10	11	12 Seniors: Chair Exercising 1:30pm-2:30pm Calmar Program Centre 	13	14
15	16 Council Meeting @ 6:30pm	17 FCSS Hearing Aid Seminar Calmar Public Library 10am - 11:30am	18	19 Seniors: Chair Exercising 1:30pm-2:30pm Calmar Program Centre 	20	21
22  First Day of Autumn	23 	24 FCSS Open House 1:30pm - 3:00 PM Town Office	25 Committee of the Whole @ 1:30pm	26 Seniors: Chair Exercising 1:30pm-2:30pm Calmar Program Centre 	27	28
29	30 National Day for Truth & Reconciliation  Town Office Closed					

MAYOR'S CORNER AND IN THE KNOW WITH THE CAO

"Happily, we bask in the warm September sun, which illuminates all creatures." — Henry David Thoreau

Hello, September and Goodbye August. Here's to an exciting, joyful, enjoyable, peaceful, and blessed month.

Calmar Days is now behind us and wow what a great weekend it was in our community with so many smiling faces and fun had by all. I would like to extend a huge thank you from Council to all of the volunteers and town staff for your energy and dedication to making our festival such a great event.

August saw the start to many construction projects in our community, sewer line replacement on 47th Avenue, preparation for highway resurfacing on Highway 39 and Highway 795, and a service line replacement on 50th Avenue. A new pedestrian trail behind the high school linking 49th St and 50th St has also been completed. The town is also working on the replacement of some of the lagoon pond aerators that have come to the end of their life cycle.

September is here and with that so is return to school. I would like to remind everyone to keep your eyes on the roads when driving as we will have many young people returning to school either on foot, bicycle, and school buses. Even with the increased traffic for those that are being dropped off at the schools, lets keep everyone safe.

I would like to end by reminding the residents of the upcoming public hearing on September 3rd @ 6:30pm as your opportunity to comment on proposed bylaw 2024-06 Land Use Bylaw.

Sincerely Yours

Sean Carnahan, Mayor

Calmar a great place to call home

As we embark on a new school year, I would like to wish students, teachers, and supporting staff all the best in their endeavours. May this year be full of learning, positive experiences, and above all, may it be safe for everyone. For those of you who operate a motorized vehicle in town, please be prudent within and near schools and residential areas as kids will be actively commuting to and from school.

As for the upcoming activities within the town, we are excited to say that we are just about to start the ice plant at the arena with the goal of having it ready around the third week of September. The Mike Karbonik Arena should be buzzing with excitement this winter.

One new feature this winter will be a partnership with Live Barn. This will allow people to watch from the comfort of their home/mobile device their friends and family members playing in our awesome arena. More information on how to subscribe to Live Barn will be made available soon. Please check our website and the town's social media for more info about the activities at the Mike Karbonik Arena as we progress in September.

Lastly, I would like to do a quick recap of the 2024 Calmar Days. It started Friday evening with a resident appreciation BBQ in the arena.

Several residents showed up to enjoy the camaraderie and discussions with their fellow citizens while being served hot dogs and beverages by Council. Saturday was jammed with a lot of activities. With the breakfast, parade, petting zoo, bouncy castles, face painting, ninja warrior parcourse, food trucks, and fireworks, there was plenty to do from morning till evening. I also would like to provide a shout-out to the Legion who had their activities Saturday including the unveiling of "Veteran's Way" during their celebration.

If you have not noticed it, please look at the new street sign next time you are on 47th Street.

Should you have any thoughts, questions, or comments about town activities, please reach out!

Yours Truly, Sylvain Losier, CAO

Peace Officer Corner

Good day Town of Calmar.....

Well summer is almost over, and we hope you took the time to create some family and friend memories. It seems our summers fly by so quickly and we are left wishing for more of the warmer weather.

School is back in. Please be mindful of this as there will be some new students who may not be familiar with their routes. Drivers at any time of day or night should always do so defensively, but no more important time than during school hours. As we write this article, it's the morning of hearing the news that both Johnny and Matthew Gaudreau lost their lives due to the careless action of a drunk driver. Any loss of life caused by a drunk driver is so senseless, preventable, and tragic. Incidents such as these happen all the time in our own province. All law enforcement officers will tell you the toughest part of the job is to witness or investigate senseless activity that ends in a loss of life. It's tough to see bad decisions occur that affect so many. We cannot be everywhere at the second it takes for a bad driving decision, but I assure you, both of your OFFICERS are invested in doing their best to keep the streets safe. I will end this portion of our article with the following request: if you see a suspected drunk driver or know of someone who is about to drive drunk, call 911. You could be possibly saving the life of your own family member as well as the life of the driver who is making a life altering decision that will not be reversible. Please call 911 for all the families and friends who have lost loved ones to careless driving choices.

Weed and grass operations will continue as long as the growing season exists. We will be starting our September operation during the first week of the month and our October operation the first week of October. Please maintain your yards (and alley ways) to avoid any unnecessary expense of having a contractor do your yard work. Further, if you do receive a REMEDIAL ORDER our contractor takes pictures before, and after which are available to the home occupier/ landowner.

We understand that with the warmer weather pet owners want their pets outside for longer periods of times. Please don't forget that your yard must be capable of not allowing your pet to escape to other properties, private or public. Also ensure your pet has the necessities of life, food, water, shelter, while outside and please ensure your dogs are not barking excessively or constantly.

With summer ending, it's our hope our residents have a safe, happy, and enjoyable remainder of the season.

Remember, with one life to live, live with no regrets.

Sincerely,

Calmar Enforcement
OFFICER CVIJETIC
OFFICER LEGGIO



**Darren & Monique Spreen,
Owners,
Spreen Repair Services Ltd.**

Getting to know your local businesses

The Town of Calmar is excited to present our businesses in a spotlight each month in the Calmar Chronicle! We will be interviewing a different business every month until we have highlighted every single business in the Town of Calmar. We invite you all to read about and get to know Darren and his team from Spreen Repair Services, Ltd.



Spreen Repair Services Ltd.

**Heavy Duty Shop
& Mobile Repair**

5001 - 43 Ave. Calmar, Alberta

- Truck and Trailer
- Agricultural
- Construction
- Commercial Vehicle
Inspection Program (CVIP)

*Call Darren
780-499-2736*

Tell us about your business.

Spreen Repair Services is a family owned Heavy Duty Mechanical Repair Shop. We have been in business in the Calmar area since 2008, and have been operating from our current location in the South Industrial Park since 2016.

We offer a wide variety of mechanical repair services, maintenance programs, and mobile repair solutions to the trucking, farming, and construction industries of Central and Northern Alberta.

**Darren & Monique Spreen,
Owners,
Spreen Repair Services Ltd.**

**How do you like operating a business along
HWY 795?**

Our business runs parallel to Hwy 795 going South out of Calmar. Having a highway facing property in Calmar's Industrial Park gives us great exposure to the summer lake traffic and those that commute and use Glen Park Road. We see a lot of boats and bikes go by our yard!

**What made you want to open your business in the
Town of Calmar?**

Opening a business in the same town where we live is important to us. We moved from Red Earth Creek to Calmar in 1997 so that we could raise our family in a small community that has similar values to our own. Having paved sidewalks was a big perk too.

After working for a rig moving trucking company in Leduc, Darren branched out with a service truck to operate from a shop along Glen Park Road. When the opportunity arose to grow the business and move into town 8 years later, we knew that we could finally include our family in the company. Now our two oldest sons, Tim and Mike, work for us, as well as a few others that we are proud to call "our boys"!



**Darren & Monique Spreen,
Owner,
Spreen Repair Services Ltd.**

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

Calmar has the advantage of proximity to major corridors that connect many industries, like oil and gas, agriculture, and tourism. When we take advantage of our location and small town charm by providing a service that is honest and competitive, we can create a sustainable customer base.

Any new business to Calmar can benefit by getting to know the community and visiting their neighbouring businesses. Research what services or products the community needs, and provide that without duplicating what is already available.



Is there anything you want to add?

We pride ourselves in providing honest work for a competitive price. From building custom hoses or charging your tractor's air conditioning, to major rebuilds for your heavy truck and completing your annual CVIP, we'll get the job done.

**Stop in to our OPEN HOUSE BBQ on Friday, September 20th
from noon - 4 pm to visit our facility and meet the crew!**

Calmar Public Library: September 2024 WHAT'S HAPPENING?



How Money Works: A Parents Guide Wednesday, September 25 @ 6:30PM

How Money Works...for Kids is designed to help you teach your children simple financial strategies now, so they'll be better equipped to deal with money matters on their own later. You have the power right now to help them grow up "money smart!" **Please note that this program is geared towards adults, and is not intended for youth participants. Registration is required!**



Literacy Kits

Contact us and book yours today!

Our Literacy Kits are packed with a variety of hands-on material geared towards making literacy fun! We have several different themes available to take home and enjoy, ranging from ocean creatures to farm animals to counting to vehicles!



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 September Theme: A Mystery

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!



Have a question? Want to register for a program?

Website: www.calmarpubliclibrary.ca

Contact Us: 780-985-3472 or 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
September 11 @ 6:00PM

Theme: Sweet or Savory pie



LEGO Club
September 18 @ 4:00PM

Ages 6 and up

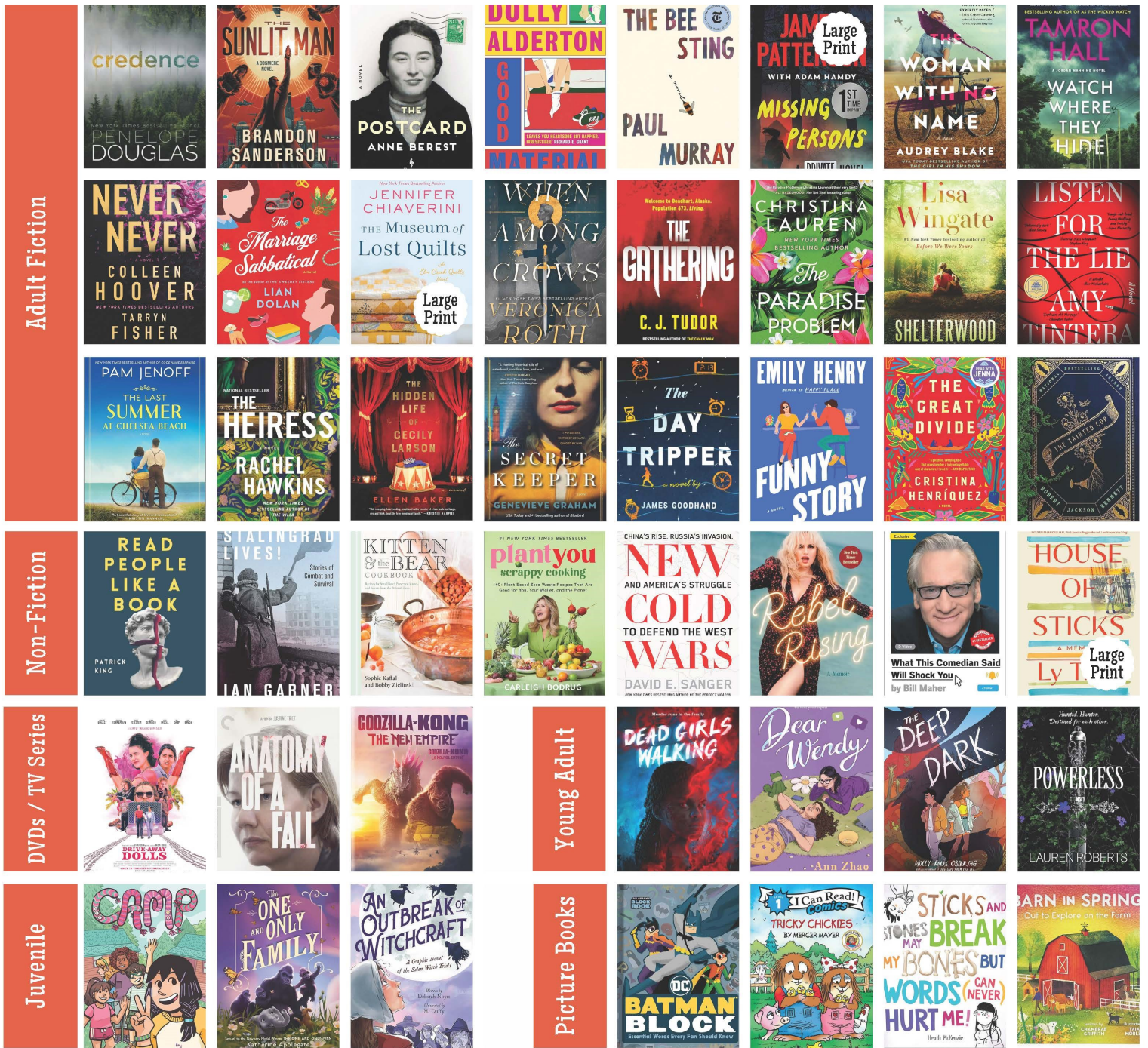
TAKE & MAKE KITS

Pre-K	Noodle Pom Pom Shooter
Tween	Paper Lantern



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?

Library—from the Latin *liber*, meaning “book”

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



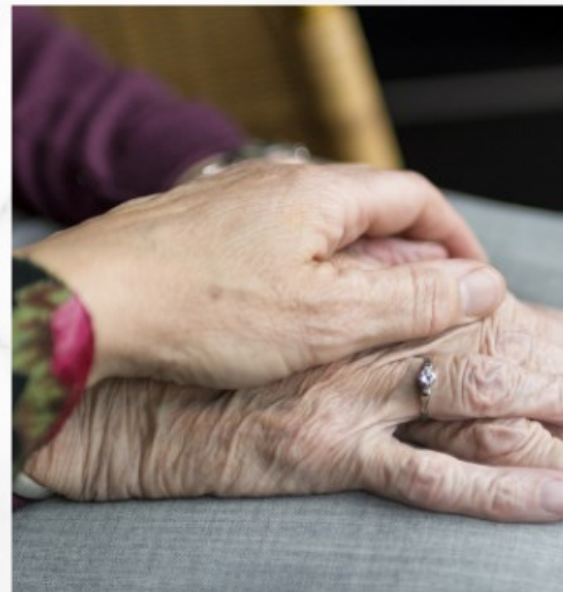
CALMAR AND DISTRICT SENIOR CITIZENS CLUB

The Calmar & District Senior Citizen's Centre is located at Main Street at 4916 - 50 Ave.

Monthly meeting
Wednesday, September 10 @
1:00 pm

Jammers
4th Tuesday of the month
September 24 @ 1:00 pm.
\$10.00 per person includes a
light lunch.

For information on hall rental
contact:
Terry Balaban at 587.988.3636



Get your own Calmar Branded Swag!

Go to:

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



CALMAR

VOLUNTEERS NEEDED

VOLUNTEER TODAY FOR A BETTER TOMORROW!

We are looking for volunteers to assist in making a positive impact in our community. We have a place for you on our team, whether you have a few hours to spare or are interested in a long-term commitment.



BENEFITS FOR VOLUNTEERS:

- Networking Opportunities
- New Skills And Valuable Work Experience.
- Resume Enhancement
- Sense Of Connection To Others In The Community.
- Personal Fulfillment
- And Much More

OPPORTUNITIES:

- **Christmas Elves**
- Donation Sorting
- Hamper Preparation
- Food Drive
- Hamper Delivery
- Snow Angels
- Community Tax Program
- And Much More

STAY ACTIVE, STAY *Young*



CHAIR EXERCISING FOR SENIORS

Starting September 12th
Thursday Afternoon's
1:30pm - 2:30pm
Calmar Program Centre
4815 - 49 St

Lets improve our strength, regain energy, and increase in flexibility!
Together, we can achieve more and support each other on the path to success.

**Contact Cassie Kreil for registration or
questions**

stwfitness@yahoo.ca | 780-241-0987




NEW TO CALMAR


I'M EANIMI (PRONOUNCED AY-KNEE-ME), THE NEWEST ADDITION TO THE TOWN OFFICE, AND I AM EXCITED TO BE A PART OF THE COMMUNITY. I CAN'T WAIT TO MEET EVERYONE—WHETHER AT A TOWN MEETING, COMMUNITY EVENT, OR JUST GRABBING A COFFEE. IF YOU'VE GOT IDEAS OR QUESTIONS OR WANT TO CHAT ABOUT WHAT MAKES CALMAR A GREAT PLACE TO LIVE AND PLAY, I'M HERE FOR IT!




STOP BY THE TOWN OFFICE AND SAY HELLO TO OUR NEW PLANNER!

Economic Development **BUSINESS UPDATE**


- 

The Town of Calmar's Downtown Facade Improvement Program is well under way! We have 3 finished and 3 to go!. Watch Facebook for celebrations at each of the businesses once their work is complete!
- 


Have you seen all of the business spotlights in the Calmar Chronicle? If you would like to see your business spotlighted, call me and we will set up the spotlight!!
- 

Do you want to UP your advertising game?? There are new ways to advertise at the arena. Snap signs that you can switch out your info anytime you want! If you want to learn more, call me, I will set you up!

Highlight for September



The Christmas Gala planning will begin soon. It was a great event last year and we had so much fun!!
If you want to be part of the planning committee, let me know



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



BLACK GOLD SCHOOL DIVISION

3rd Floor, 1101-5th Street
Nisku, Alberta T9E 7N3

P: 780.955.6025
F: 780.955.6050
blackgold.ca

MEDIA RELEASE

FOR IMMEDIATE RELEASE

Creating pathways to student success in the skilled trades in Calmar

August 1, 2024 (Nisku) - The Black Gold School Division's Board of Trustees joined elected officials and educational and industry partners at a groundbreaking ceremony today to mark the beginning of construction of a new addition to Calmar Secondary School, which will provide local and area students with clear pathways into post-secondary education and careers in the skilled trades and other fields.

"The Board's goal is to increase career exploration and awareness, and create opportunities for our students to take courses in the skilled trades," said Board Chair Esther Eckert. "Reducing barriers to entry into apprenticeships can lead to highly rewarding and meaningful careers for students in the trades, which are desperately needed to support Alberta's growing economy."

"The groundbreaking of Calmar Collegiate Secondary School showcases our United Conservative government's commitment to ensuring Albertan students have access to quality education and the necessary opportunities to live fulfilling lives," said MLA Andrew Boitchenko (Drayton Valley-Devon).

"The Town of Calmar is honored to have been the chosen destination for the introduction of a new collegiate type school format," said Mayor Sean Carnahan. "Calmar Secondary School already houses a nationally recognized machining program with many local students standing on the podium in national competitions. The addition of carpentry, electrical and plumbing trades will make the school a well-rounded educational institution that will support education in both academic and vocational studies. We look forward to this new partnership and the successes it can bring all future students in their career aspirations and goals."

The new Calmar Collegiate Secondary School will be equipped with industry-standard equipment and resources to support both academic and skilled trades education, ensuring that all students receive a well-rounded and future-ready education.

The school will provide specialized programming for students in grades 7-12 for careers in the skilled trades (enhanced career explorations, work experience and/or registered apprenticeship programs) as part of their high school graduation requirements.

High school students looking to pursue careers in the skilled trades will be offered specialized programming to help them complete their first period Apprenticeship training. They can earn both high school credits and post-secondary credits through Northern Lakes College.

“We’ve had a strong, ongoing partnership with the Black Gold School Division for a number of years offering dual-credit opportunities for their students,” said Dr. Puneet Arora, Dean of Business, Academics, Trades and Regional Stewardship at Northern Lakes College. “Our partnership is now at a new stage with the school division entering into a collegiate model in that we will now be able to offer students with pre-employment programs in the trades, especially in carpentry and electrical. We are also exploring the opportunity to offer a plumbing program, and in the future we hope to offer these programs to the adults in the community as well.”

The school’s initial focus will be on the carpentry, electrical, and plumbing skilled trades. Students will participate in work experience and registered apprenticeship programs, so partnerships with business and industry are critical to student success.

“Engaging our students in work that gives them relevant experience at a business or job site is a key factor in supporting successful transitions from school to well-paid, meaningful careers,” said Superintendent of Schools/CEO Michael Borgfjord. “We are working to develop solid, mutually beneficial partnerships with regional manufacturers, industries and businesses so that appropriate work placements can be made available for our students.”

Calmar Collegiate Secondary School will continue to provide excellent academic programming in addition to its robust skilled trades programs. Students not pursuing the trades will have access to courses in business, finance, management and entrepreneurship, as well as fine arts and design studies, sports, technology, and more. They will also play a central role in the marketing of the projects created by their peers.

For more information about the upcoming school, please visit: css.blackgold.ca/calmar-collegiate

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For more information, please contact:

Deven Kumar, Communications Advisor
Black Gold School Division
Phone: 780.955.4570
Email: deven.kumar@blackgold.ca

2024

Fall Clean Up

OCTOBER 7 - OCTOBER 11

ITEMS MUST BE PLACED OUT BY 7 AM ON OCTOBER 7TH.
PICK UP WILL BE COMPLETED BY 3:30 PM ON FRIDAY
OCTOBER 11.

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 SEPERATE PILE
PLACE ELECTRONICS IN A SEPERATE PILE

WE WILL NOT ACCEPT THE FOLLOWING:

PROPANE TANKS, DISHWASHERS, FRIDGES, DEEP FREEZES, MICROWAVES, DRYERS, AIR CONDITIONERS, WATER COOLERS, BROKEN GLASS, BATTERIES, CAR PARTS, TIRES, CONCRETE, PAINT, OIL, ANTIFREEZE, OR CHEMICALS.

**FOR MORE INFORMATION ABOUT THE 2024 FALL CLEAN UP
PLEASE CONTACT THE TOWN OFFICE @ 780-985-3604**



WELCOME Back to School

for the 2024-2025
School Year

Opening this fall...
NHCS Junior High!!



Follow along this year to see what NHCS students are up to!

Autumn BUCKET LIST

- | | |
|--|--|
| <input type="checkbox"/> apple picking | <input type="checkbox"/> making homemade soup |
| <input type="checkbox"/> pumpkin carving | <input type="checkbox"/> visiting a haunted house |
| <input type="checkbox"/> hayride | <input type="checkbox"/> going on a scenic drive |
| <input type="checkbox"/> corn maze | <input type="checkbox"/> sipping hot cider |
| <input type="checkbox"/> baking pies | <input type="checkbox"/> cozying up with a good book |

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

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



YOUR THIRD EAR

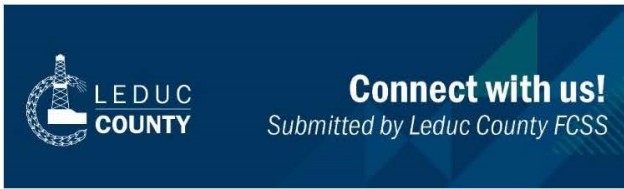
- Hearing Aids.... how they work ... or don't!
- Assistive devices and available community services
- Emotional impact of hearing loss
- Communication Tips

Tuesday September, 17th
10am - 11:30am
Calmar Public Library

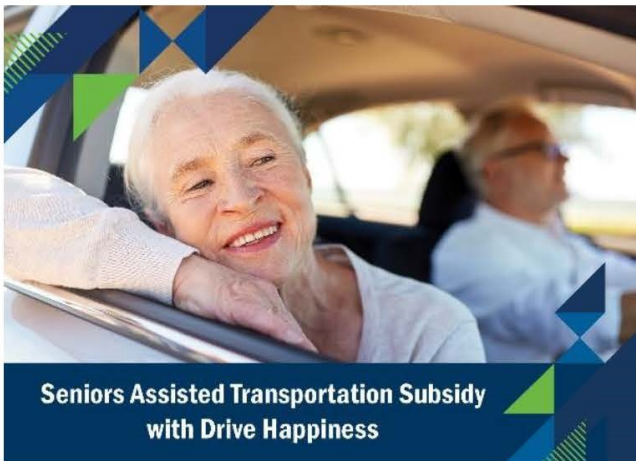
TO REGISTER OR MORE
INFORMATION CONTACT
MIKAYLA WITH CALMAR
FCSS

📞 780.985.3604 -EXT.233

✉️ MLEIBEL@CALMAR.CA



Seniors Assisted Transportation Subsidy



The cost of transportation can be a barrier for many of our rural seniors. Leduc County provides a subsidy to eligible older adults (65+) who need transportation for medical appointments. Leduc County believes rural residents should have the resources to age in place and will support older adults access those needed services, including transportation to and from appointments. Transportation services are provided by volunteers of Drive Happiness.

Frequently asked questions

I'm a senior and I still drive. Is this program for me?

Become a volunteer driver. Many of our volunteer drivers are seniors. If you like driving and have time to give, consider becoming a volunteer for Drive Happiness. Most rides are scheduled on weekdays.

Become a rider. Sometimes people should not or cannot drive after certain medical appointments or treatments. Some people feel very confident driving in their own community or on their usual routes; however, if a trip requires you to go to an unfamiliar area or a busy city, you may not feel as comfortable. Becoming a rider with Drive Happiness doesn't mean you never drive; it just means that sometimes you need a ride.

I'm a senior between the ages of 65 and 79, but I don't have a lot of medical appointments. I'd like to use services for shopping or running errands. Is this program for me?

Seniors in this age category eligible for this program are allotted five free roundtrip rides for medical appointments. If you need a ride for other reasons, you can still use the program by purchasing ride tickets.

I'm a senior, and I have a lot of medical appointments. What if I exceed the number of rides allotted?

Your approval for rides will be based on your age – five free roundtrip rides for ages 65-79 and 10 free roundtrip rides for ages 80+. You are welcome to purchase ride tickets for more.

If I need to pay for tickets myself, how much are tickets? How many tickets will I need to purchase for my ride?

Each ride is assessed by Drive Happiness for distance and time to determine the number of tickets required. You'll always know how much the ride will cost before agreeing it. Because Volunteer Happiness is a non-profit organization who uses volunteers, affordability is a key consideration!

I'd like to volunteer, but fuel is expensive! Do I need extra vehicle insurance?

You will be volunteering your time as a driver, and you can sign up for as many or as few rides as you'd like to. As a volunteer, you will receive a mileage reimbursement. If you are needing to run your own errand anyway, this could pay for your trip to do so!

As per the Insurance Bureau of Canada, volunteer drivers are not required to have additional insurance coverage beyond the recommended liability coverage of \$1 million.

Ready to take the next step? Fill out a rider or driver application at your local FCSS office.

Have more questions? Contact Drive Happiness at 780-424-5438 or 1-888-336-4503.

Upcoming Session

Home Alone – parent and child

Do you think your child is ready to start staying home alone occasionally for short periods of time? Does your child have some experience being home alone? No matter what your situation, this workshop will enhance your child's skills and confidence to stay home alone while giving you the knowledge about what your child needs in order to be ready, including skills and readiness, as well as emergencies, back up plans and scenario practices.

Date: Thursday, September 26, 2024

Time: 6 to 8 p.m.

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

Spaces available: maximum of six family groups

Register: contact Kristin at 780-955-6421 or kristin@leduc-county.com or register online at www.leduc-county.com/home-alone

*Children must be a minimum of nine years old and a parent or caregiver must be in attendance.



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 or
Phone Mikayla Leibel at 780-985-3604

Calmar Connects



A page dedicated to the wellness of our community.

Navigating Mental Health During the Transition from Summer to Fall

As the days grow shorter and the crisp autumn air replaces summer's warmth, many people find themselves grappling with a shift in mood and energy levels. The transition from summer to fall isn't just a change in seasons; it can also signal significant shifts in mental health. Understanding these changes and preparing for them can make the transition smoother and more manageable.

The Impact of Seasonal Changes on Mental Health

Seasonal changes can profoundly affect mental health, with the transition from summer to fall being no exception. Here are some common ways this change can impact mental well-being:

1. **Reduced Sunlight and Its Effects:** With shorter days and less sunlight, some individuals may experience a drop in serotonin levels, a neurotransmitter associated with mood regulation. This decrease can lead to feelings of sadness or lethargy. Additionally, the reduced exposure to natural light can impact the body's circadian rhythms, disrupting sleep patterns and contributing to mood disturbances.
2. **The End of Summer Activities:** Summer often brings a sense of freedom and relaxation, with vacations, longer days, and social activities. As fall approaches, the end of these activities can lead to a sense of loss or increased stress, especially if autumn is associated with the start of a busy work or school season.
3. **Transitioning Schedules:** The shift from the more relaxed summer routine to the structured schedules of fall can be challenging. For students and professionals alike, the adjustment to new demands and responsibilities can heighten anxiety and stress levels.
4. **Mood Variations:** The change in seasons can also trigger mood variations, with some people experiencing what's known as Seasonal Affective Disorder (SAD). SAD is a type of depression that typically occurs at the same time each year, often starting in the fall and continuing into winter.

Strategies for Managing Mental Health During the Transition

1. **Embrace the Change:** Acknowledge that seasonal transitions can be challenging and that it's okay to experience a range of emotions. Accepting these feelings can be the first step toward managing them effectively.
2. **Stay Active:** Physical activity is crucial for maintaining mental health. As the weather cools, find enjoyable ways to stay active, whether it's a brisk walk through the fall leaves, a new exercise routine, or indoor activities like yoga. Regular exercise can boost mood and energy levels.
3. **Maximize Daylight Exposure:** Try to spend time outside during daylight hours. If it's not always possible to get outside, consider using a light therapy box, especially if you're prone to SAD. Light therapy can help regulate your body's internal clock and improve mood.
4. **Maintain a Routine:** Keeping a consistent daily routine can provide structure and stability. This is especially important when transitioning from the less structured summer months to the more demanding fall season.
5. **Prioritize Self-Care:** Make time for activities that promote relaxation and well-being. This could include practices such as meditation, reading, or engaging in hobbies you enjoy. Self-care is essential for managing stress and maintaining mental health.
6. **Connect with Others:** Social support is vital for mental health. Reach out to friends, family, or support groups to share experiences and feelings. Social connections can provide comfort and help alleviate feelings of loneliness or isolation.
7. **Seek Professional Help if Needed:** If you find that the transition is significantly impacting your mental health, consider speaking with a mental health professional. Therapy and counseling can provide valuable tools and strategies for managing seasonal mood changes.

Embracing Autumn Positively

While the transition from summer to fall can bring challenges, it also offers opportunities for growth and reflection. Embracing the change and adapting to the new season can lead to a renewed sense of purpose and enjoyment. By implementing strategies to support your mental health, you can navigate the autumn months with greater ease and find beauty in the changing seasons.

Remember, each season brings its own unique rhythm and opportunities. By staying mindful of your mental health needs and taking proactive steps, you can enjoy the richness of fall while maintaining balance and well-being.

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.



FCSS OPEN HOUSE

COME SAY HI, GRAB A COFFEE,
SNACKS AND A COMMUNITY
RESOURCE BAG!

SEPTEMBER 24
1:30PM - 3:00PM
TOWN OFFICE



UTILITY BILL DUE DATES

JANUARY - FEBRUARY = APRIL 6TH

MARCH - APRIL = JUNE 6TH

MAY - JUNE = AUGUST 6TH

JULY - AUGUST = OCTOBER 6TH

SEPTEMBER - OCTOBER = DECEMBER 6TH

NOVEMBER - DECEMBER = FEBRUARY 6TH

Reminder to set up your E-Billing. Go to our website calmar.ca for more details.

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



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#

Access Code: 211-016-493

Agendas can be found on calmar.ca

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

