

The Chronicle

NOVEMBER
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



NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
LEGEND:  Adult Drop In Volleyball 7:00pm - 9:00pm Calmar Secondary School  Calmar Pickleball 7:00pm - 9:00pm Calmar Secondary School					Start of NOVEMBER 	
3	4	5	6	7	8	9
Daylight Savings Ends 	 Council Meeting @ 6:30pm 	 Playdates 9-11 AM Calmar Program Centre 		 Seniors: Health & Wellness 1:30pm-2:30pm Calmar Program Centre 		Calmar Legion: Meat Draw 4pm - 7pm
10	11	12	13	14	15	16
	Remembrance Day  Town Office Closed	Playdates 9-11 AM Calmar Program Centre	Seniors: Monthly Meeting @ 1pm World Kindness Day	Seniors: Health & Wellness 1:30pm-2:30pm Calmar Senior Centre 		
17	18	19	20	21	22	23
	 Council Meeting @ 6:30pm 	Playdates 9-11 AM Calmar Program Centre		 Seniors: Health & Wellness 1:30pm-2:30pm Calmar Senior Centre 	Christmas in the Park 6PM - 8PM 	
24	25	26	27	28	29	30
		 Seniors: Music Jammers @ 1pm	Committee of the Whole @ 1:30pm	 Christmas Elves: Fireman Food Drive 6pm-8pm Seniors: Health & Wellness 1:30pm-2:30pm Calmar Senior Centre 		

MAYOR'S CORNER AND IN THE KNOW WITH THE CAO

“Fear not November’s challenge bold. We’ve books and friends, and hearths that never can grow cold. These make amends.” – Alexander L. Fraser

On Remembrance Day, we acknowledge the courage and sacrifice of those who served their country and acknowledge our responsibility to work for the peace they fought hard to achieve. During times of war, individual acts of heroism occur frequently; only a few are ever recorded and receive official recognition.

Fall is here and our friend winter is just around the corner. We would like to remind everyone to adjust your driving to suit the conditions of the roads and a quick reminder to everyone of the snow removal bylaw that applies to all of us with sidewalks. By keeping the walks clear of snow and ice we help all of our residents that enjoy walking, to safely navigate to and from their destinations.

November 22nd is the date for Christmas in the Park. Come on down to Woodland Park for the magical festivities and a great night with friends and family. Donations will be accepted in support the Christmas Elves. Christmas Elves has begun their annual campaign to help those in need through the holiday season. They will be knocking door to door during their campaign on November 8th.

Council and administration continue to work on the 2025 budget. Like all other years there are challenges with rising costs, the desire to maintain service levels and many capital projects that require funding. Council continues to keep rate payers in mind while working through this process knowing that funds are limited for everyone. We will be hosting a public event to allow for the public to attend, ask questions, and provide feedback. Please watch the town website, social media, and the town electronic sign for the open house date.

Sincerely Yours

Sean Carnahan, Mayor

Calmar, a great place to call home

It was about a year and a half ago when I wrote in the Calmar Chronicle for the first time (March 2023). At that time, I was expressing preliminary thoughts after being in the position for about 10 months. In that article, I described the role of the CAO and discussed the relationship between the residents and the business community with the Town. While we have been initiating some dialogues, I can confirm today that more resources and energy have been invested in building relationships. However it is important to note that more work still needs to be done.

The other major point raised in 2023 was communication. Since then, we have significantly increased our social media presence, updated the website, and have maintained a hybrid approach with the Calmar Chronicle (available in paper throughout town and via digital means). The Town recently completed a satisfaction survey (closed on October 11), communication was identified as a sector requiring improvement. We will be going over the survey in the upcoming weeks and identify areas for improvement.

As for communication, everyone must commit if we want to achieve better results. The administration needs to respond quicker to inquiries, and requests must be articulated as clearly and with as many details as possible. Unfortunately, many voicemails are left without messages (average 8 out of 10) and often we get voicemails without a name and/or phone number. We cannot stress enough the importance of leaving a message with contact information. If we do not pick up, it is generally because we are with a resident (in person/phone), in a meeting, or in town conducting business. Alternatively, you can always come to the office which is open from 9:00-12:30 and from 13:00-16:30 Monday to Friday. If the staff member you need is not available, our front desk staff will take as much information as needed to ensure that we can connect you with the staff as quickly as possible.

Communication is a two way process, help us help you better.

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

CAO, Sylvain Losier

Peace Officer Corner

Good day Town of Calmar....

Well fall is now in full force. Weather has cooled alot. Please remember to have your vehicle winterized with winter tires, winter antifreeze, and oil change. Have the braking system checked, and most importantly adjust your driving habits as inclement weather will be here very soon.

It's not just your vehicle that needs to be winterized, don't forget about your home. Clean the furnace. Stock up on ice melt. Make sure you have means of snow clearing your walks and driveway. Ensure your windows and doors are not drafty. Check your attic insulation. Clean the yard of items that won't make it with snow cover.

Be advised that unsightly enforcement does not stop during the fall and winter months. No unattached trailers are allowed on any roadway. Non-working vehicles also cannot be left on a roadway. Vehicle parts/tires, building material, appliances and other disorderly items cannot be left on private property that can be seen from public property.

The Enforcement Department has been given direction to focus on traffic violations that put our town at risk. One headlight only working on a motor vehicle, speeding, failing to stop for pedestrians, etc..... Standing radar as well as pedestrian crossing operations will increase to provide safety to our walking and driving public.

Christmas parties in both homes and venues are coming up. Please remember in todays world it is not hard to find an alternative to driving while impaired. One bad decision can change many lives forever. Don't let that be you.

That does it for our thoughts in this issue.

Please stay safe, enjoy your friends and families, and most important, smile, it's contagious.

Calmar Enforcement
OFFICER CVIJETIC
OFFICER LEGGIO



Christmas GALA 2024

SATURDAY, DECEMBER 7, 2024
DOORS OPEN AT 5:00 PM

Calmar Canadian Legion
4815 Veteran's Way, Calmar, AB

Pre-Sale Tickets: Oct. 7th
Tickets go on Sale: Oct. 17th

Tickets: \$ 45.00 + gst each
\$ 325.00 + gst per table

TO BUY TICKETS

Call Sandra or Darlene
at 780-985-3604

CALMAR SECONDARY SCHOOL

PRODUCTION OF



**MUSIC AND
LYRICS BY
EDDIE PERFECT**

**BOOK BY
SCOTT BROWN &
ANTHONY KING**

Based on the Geffin Company Picture,
with a story by Michael McDowell &
Larry Wilson

DECEMBER 4-7 7:00 PM
DECEMBER 7 2:00 PM

At Calmar Secondary School
Doors open 30 minutes before the
performance

TICKET PRICE **\$10** PER PERSON

Tickets are available for purchase at the door and
through the office at Calmar Secondary School

Beetlejuice Jr. is presented through special arrangement with Musical Theatre International (MTI).

All authorized performance materials are also supplied by MTI.

www.mtishows.com



REMEMBRANCE DAY



On October 25 2024

Mayor Carnahan received the first poppy of the 2024 year
from Calmar's Legion Pete Popowich





CALMAR DENTAL

Dr. Gurpinder Tung

4741 50Ave, Calmar, AB, T0C 0V0

Ph: 780-985-2227 Fax: 780-961-0052

calmardentalcare@gmail.com

Calmar Dental is under new management

Open 5 DAYS A WEEK.



Clinic Hours:

- Accepting New Patients
- Accepting CDCP Plans for Seniors, the new government plan.
- We direct-bill all of the insurance companies.
- Free Electric toothbrush with an Adult new patient full Check-up and cleaning.

Monday: 9.30-5:00p.m
 Tuesday: 9.30-5:00p.m
 Wednesday: Closed
 Thursday: 9.30-5:00p.m
 Friday: 9.30-4:00p.m
 Saturday (Alternating): 9:00-3:00p.m
 Sunday: Closed

Our Services include:

- Teeth Cleanings
- Restorations
- Smile Makeovers
- Wisdom teeth Extractions
- Crowns and Bridges
- Complete and Partial Dentures



the interview

Garry Sarnecki, Owner,
Calmar Big Country Repair
& Paint Ltd.

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 Garry Sarnecki and his team at Calmar Big Country Repair & Paint Ltd.

Tell us about your business.

We opened up the autobody shop in 2003. We do autobody repair and painting along with RV Storage. We have been in the same location since we opened and find that is a great location to service our customers. We branched out in to racing a few years ago and have many local businesses as our sponsors.



Garry Sarnecki, Owner,
Calmar Big Country Repair
& Paint Ltd.

Why did you choose to open a business in Calmar?

I have always wanted to open my own business and Calmar was a perfect location. Originally, I had to open in Millet as Calmar did not have any space available to start a business. As soon as a spot became available, I moved the business to Calmar. I grew up here and started my family here. Calmar has always been home.

What is it like operating a business in rural Alberta, along HWY 795?

Having my business along Hwy 795 is great exposure for the business. It is easy access for our loyal customers and over the years we have seen lots of people that drop by because they saw us as they came into town. We gained a lot of new customers because of being on the highway.



the interview

Garry Sarnecki, Owner,
Calmar Big Country Repair
& Paint Ltd.

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

In a word, Patience. Give your business a chance to catch on. I have been here for 21 years and you have to be able to go with whatever the economy throws at you. Right now I have 80% of my customers coming from Devon, with 10% from Calmar, and 10% from Leduc.

Is there anything you want to add?

Everything in my business is word of mouth and I am booking a few weeks out for new jobs. The only advertising I do is during the Christmas Season. Life is good.





Calmar & District Senior Club

Join us for monthly meetings and music jammers!

Monthly Meetings:

1:00 PM

November 13th

December 11th

Music Jammers:

12:30 PM

\$10/person

November 26

4916 - 50 Avenue



You Are Invited To

CALMAR LEGION'S

MEAT DRAW

Doors Open at 4pm, Starts at 5pm

Cash Bar Only (No ATM on-site)

Food Available For Purchase

5 Meat Draws Total

Door Prizes

50/50 Draws

Christmas Elves Drop-Off



*Between draws there will be cornhole
and open darts game*

SATURDAY, NOVEMBER 9TH
4PM - 7PM

Calmar Public Library: November 2024 WHAT'S HAPPENING?



2024 Calmar Library Writing Contest Submissions Close: November 28, 2024

The Calmar Public Library is thrilled to announce the return of our annual writing contest, in partnership with our generous sponsor the Calmar Art Society. The writing contest is open to residents of Calmar, Leduc, Devon, Millet, Thorsby, Warburg, and surrounding Leduc County communities. **Participants are welcome to submit one entry per category.** Entries must be typed and submissions will only be accepted via email.

Prizes to be announced! For a full list of rules and submission guidelines, please email us at circulation@calmarpubliclibrary.ca

Age Categories	Submission Categories	
Youth 9-14 years	Poetry 600 words max	Open theme, but must be original and unpublished (both in print and online)
Adult 15+ years	Short Story 1200-1800 words	

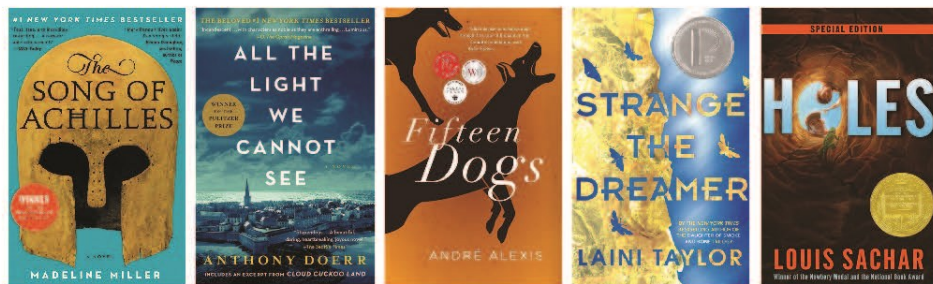


Biannual Book Sale November 4 - 14, 2024

Stop by the library during our operating hours and browse our selection of gently used books, audiobooks, and DVDs! Books will be \$1.00 each. Audiobooks and movies are \$2.00 each. TV series are \$5.00 per season. Please be advised that we can only accept cash payments. All proceeds will go towards the Friends of the Calmar Public Library Society! **Donations will only be accepted from October 28 - November 1, 2024 during operating hours.** Do not offer donations through the book return.

2024 Reading Challenge November Theme: An Award-Winning Book

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.



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 November 13 @ 6:00PM

Theme: It Freezes Beautifully
A dish that's delicious even after it's been frozen!



LEGO Club November 20 @ 4:00PM

Ages 6 and up

TAKE & MAKE KITS

Pre-K DIY Bird Feeders

Tween Shrink Art Zipper Pulls



Have a question? Want to register for a program?

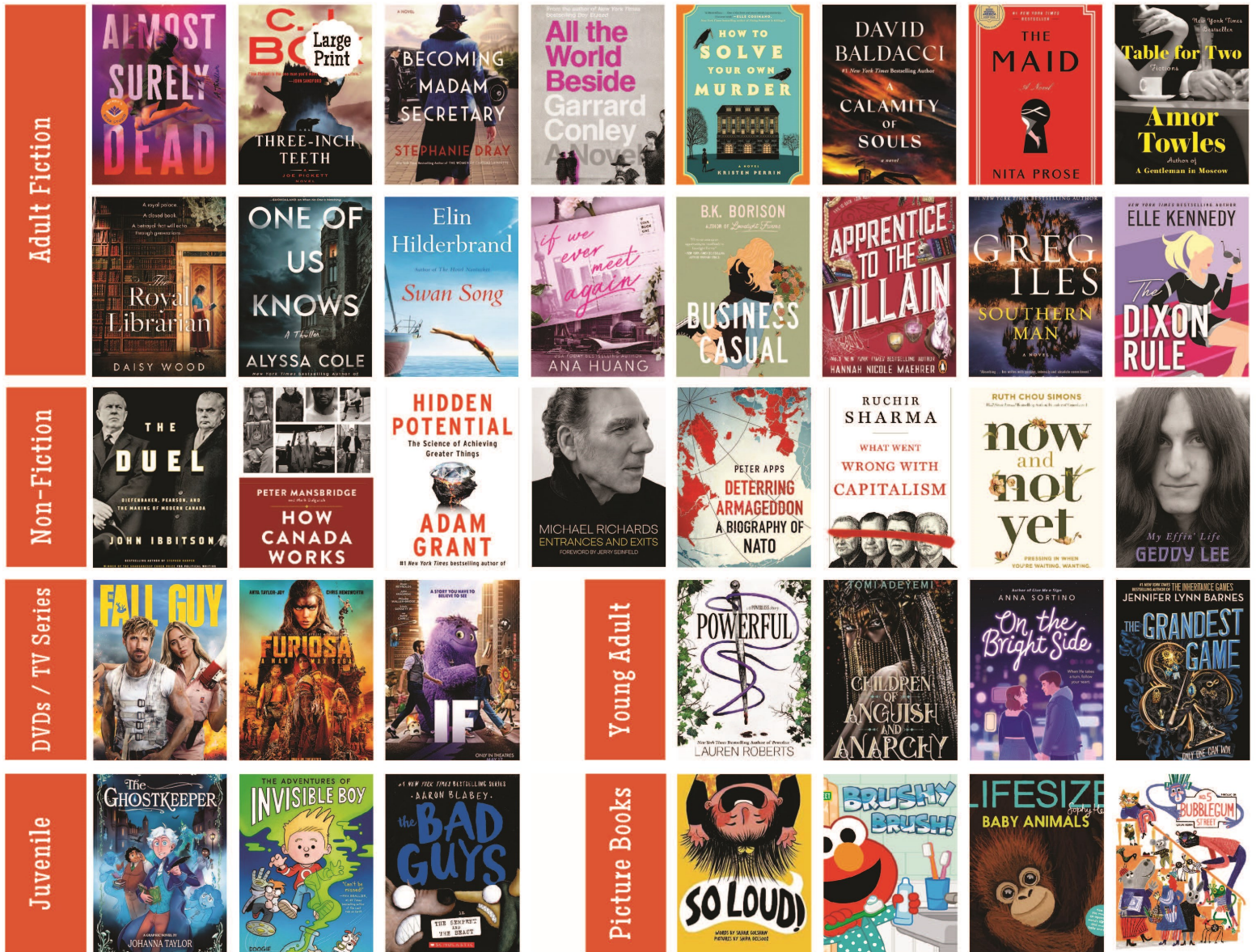
Website: www.calmarpubliclibrary.ca

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!



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!

DID YOU KNOW?

Your Calmar Public Library card gives you direct access to 175 libraries across the province—and hundreds more through inter-library loan programs!

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



Facebook

www.facebook.com/calmarlibrary

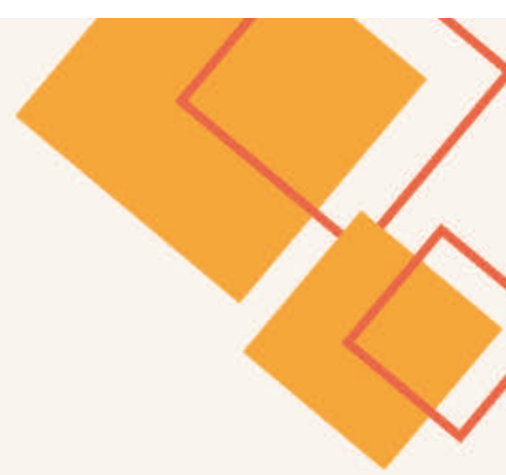


Youtube

www.youtube.com/@calmarpubliclibrary



STAY ACTIVE, STAY *Young*

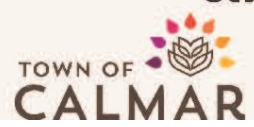


HEALTH & WELLNESS CHAIR EXERCISE

Thursday Afternoons
1:30pm – 2:30pm
Seniors Centre
4916 – 50 Ave

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



SENIOR NEWS

THE CALMAR & DISTRICT SENIORS CLUB HELD REGULAR MONTHLY MEETING AND ANNUAL THANKSGIVING TURKEY DINNER ON WEDNESDAY OCTOBER 9TH AT THE SENIORS HALL IN CALMAR. THE EVENT WAS WELL ATTENDED BY 28 MEMBERS. IT WAS A POTLUCK AFFAIR WITH ALL MEMBERS IN ATTENDANCE CONTRIBUTING WITH A FOOD DISH. THE SENIOR'S CLUB PURCHASED AND COOKED THE PRIZED BIRD.

NEXT EVENT IS THE MONTHLY MUSIC JAMMERS ON NOVEMBER 26, 2024 AT 1 PM, COME TO LISTEN AND DANCE TO SOME WONDERFUL MUSIC PLAYED BY LOCAL MUSICIANS. A LIGHT LUNCH WILL BE SERVED. ENTRANCE FEE ONLY \$10 FOR GENERAL PUBLIC AND \$2 FOR MUSICIANS.

OUR ANNUAL CHRISTMAS DINNER WILL BE HELD AT 12 NOON ON DECEMBER 11, 2024 AT THE SENIORS CENTER WITH THE DECEMBER GENERAL MEETING TO FOLLOW.





2024 CALMAR LIBRARY WRITING CONTEST

OCTOBER 1ST TO NOVEMBER 28TH , 2024

OPEN TO

CALMAR, DEVON, LEDUC, THORSBY, WARBURG, MILLET,
AND AREA RESIDENTS

TWO AGE CATEGORIES

Adult:

15 years and older

Youth:

9 to 14 years

TWO CATEGORIES

POETRY

- Unpublished,
Original Poetry
Max 600 Words

SHORT STORY

- Unpublished, Original
Fiction
- Max 1200-1800 Words

For complete set of rules and
regulations email:
circulation@calmarpubliclibrary.ca

Entries to be typed double spaced, in
12-point Calibri font and emailed to
circulation@calmarpubliclibrary.ca
One entry per person per
category.

**Sponsored by
Calmar Art Society**



Snow Angels

As winter makes its lovely appearance again; We are calling on all our wonderful volunteers for some snowy help!

If you are interested in helping a community member in need please contact Calmar FCSS Coordinator Mikayla at 780.985.3604 Ext. 233



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

Fall Clean Up

Fun Facts

Fuel Cost - \$1360.81

Loads - 31

Dump Fees - \$1322.62

Staff Hours - 152

Pounds of Garbage - 41 440



CHRISTMAS ELVES

ANGEL

TREE

HELP EVERY CHILD FEEL THE JOY OF CHRISTMAS BY CHOOSING AN ANGEL CARD OFF OUR ANGEL TREE.

BRING IN YOUR NEW, UNWRAPPED TOY TO THE TOWN OFFICE FOR DROP OFF WITH YOUR ANGEL TREE CARD. PLEASE HAVE ALL ANGEL CARDS AND TOYS DROPPED OFF BY DEC. 6TH





Economic Development

BUSINESS UPDATE

1.

This month is Christmas in the Park (Nov 22nd). We have a few sponsorship opportunities if your business would like to be front and center at Calmar's premier Christmas event!

2.

We have another sponsorship opportunity to help our local businesses get their name out in front of potential new clients! Calmar's First Night Celebration is Dec 31st and we see a huge uptake in visitors to our town. Call Sandra for details!

3.

Did you see all of the businesses in this Chronicle??? Would you like to see more information from our business community in the pages of the Chronicle...call me, we can discuss ideas!

Highlight for November



Buy your tickets to the
Christmas Gala, December 7, 2024
Call Sandra or Darlene for tickets! 780-985-3604
Buy a seat or buy a table of 8



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



LINK TO LEARNING IN ACTION

KINDERGARTEN "HAPPY FALL YA'LL"

GRADE ONE "POTATO ART + ANIMAL DIRECTION"

GRADE TWO "PATTERNS, PUZZLES + NATURE"

GRADE THREE "ROBOTS, CORN + HIKES"

GRADE FOUR & FIVE "ELECTIONS, WILDERNESS + CONNECTIONS"

GRADE SIX "JOURNALS, THERMOSCOPES + STUFFIES"

JUNIOR HIGH "CROPS, PIGS AND BUDDIES"





Christmas in the Park

November 22nd
6:00pm-8:00pm
Woodland Park
www.calmar.ca

CHRISTMAS
LIGHT TUNNEL

SLEIGH
RIDES

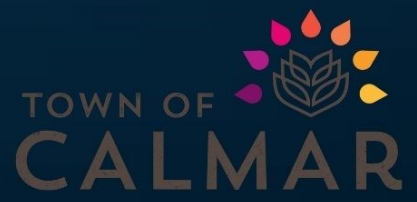
HOT
CHOCOLATE
& TREATS

MUSIC

FIREPITS

SANTA PHOTOS
BY DONATION

SUPPORTING
Christmas Elves



HAPPY KIDS PRE-SCHOOL



PLAY AND LEARN!



ceschildcarehappykids@gmail.com



587 590 5560

Accepting registration for School Year
2024/2025 for children age 3 and up

Join our Preschool, Daycare or Before and
After School care

Located inside Calmar Elementary School



Christmas Elves

Do You Or Someone You Know Need A Helping Hand This Holiday Season?

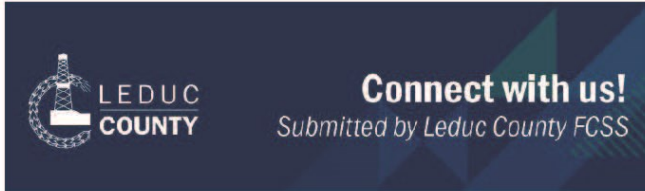
Christmas Elves is a program designed to provide Christmas hampers and gifts to families who are under financial strain. This program is made possible by all our amazing and generous community members, so we thank them graciously!

Donations will be accepted at the FCSS Office located in the Town Office. You will also find cash donation boxes around our town. If you find yourself wondering what to donate, we will gladly accept non-perishable food, new toys, gift cards & toiletries.

Firefighter Food Drive Thursday November 28 6pm - 8pm

Contact Calmar FCSS for a CONFIDENTIAL appointment
780.985.3604. Ext. 233 | mleibel@calmar.ca

Referrals Start: Nov. 12
Deadline For Referrals: Dec. 6
Pick-up or Delivery: Dec. 16 - 20



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

Upcoming Registered Sessions

Registration is required for all upcoming sessions and space is limited. Call us at 780-979-2385 or 1-888-301-FCSS to learn more.

75 ways to save on household expenses

Looking for ways to cut household expenses? Register and join in to learn tips to save on various household expenses including utilities, transportation, groceries, personal items, and more! Participants will also be encouraged to share their best tips and tricks with each other.

Session facilitated by Mark Kalinowski, Credit Counselling Society.

Date: Wednesday, Nov. 6, 2024

Time: 1 to 2 p.m.

Location: Zoom online

How to estate plan... and what happens if you don't

Learn the essential aspects of pre-planning your funeral and estate, and the potential complications and challenges that may arise without these steps. Discover how planning a funeral today can give your family peace of mind while locking in prices at current rates, safeguarding against future inflation.

Additionally, gain expert legal insight into wills, navigating probate, and other critical components of estate planning. Session facilitated by Jeanni Guenther, Hainstock and Son Funeral Chapel and Jenela K. Francisco, Lawyer, Jaswal Law.

Date: Friday, Nov. 22, 2024

Time: 1:30 to 3:30 p.m.

Location: Thorsby Recreation Centre

D-Stress: Stress management in challenging times

D-Stress is an interactive workshop from Alberta Health Services that focuses on stress and how we can recognize when it becomes a problem for our health. Participants will learn ways to identify and manage stress and come away with a personal stress reduction action plan, which may include stress management techniques. Session facilitated by Leduc County FCSS.

Date: Tuesday, Nov. 26, 2024

Time: 6 to 8 p.m.

Location: Zoom online

Christmas Mourning: Honouring Grief During the Holidays

This is a gathering to provide support and comfort to those who are grieving during the holiday season. However you celebrate the holidays, this season can be a difficult time for those who are grieving. This event offers a space for individuals to come together and remember their loved ones who have passed away. This ceremony will include readings, reflection, and an optional time of sharing. Join us for this opportunity to honour and pay tribute to the memories of the loved ones you have lost. Open to adults ages 18+. The session will be facilitated by Registered Psychologist Amy Walton from Karunia Counselling in partnership with Leduc County Family and Community Support Services.

Date: Tuesday, Dec. 10, 2024

Time: 10 to 11 a.m.

Location: Calmar & District Senior Citizen Centre

November is Family Violence Awareness Month

Learn where to turn for support

Family Violence can happen to anyone and you are not alone. Reach out to learn what options for support are available to you.

Call 911 if you or someone you know is in immediate danger.

For local help or information, call, text or chat with the Family Violence Info Line, available 24/7 at 310-1818. Alberta's Family Violence Info Line is a toll-free phone, text and chat service that's private and available throughout Alberta.

Know how to be an ally

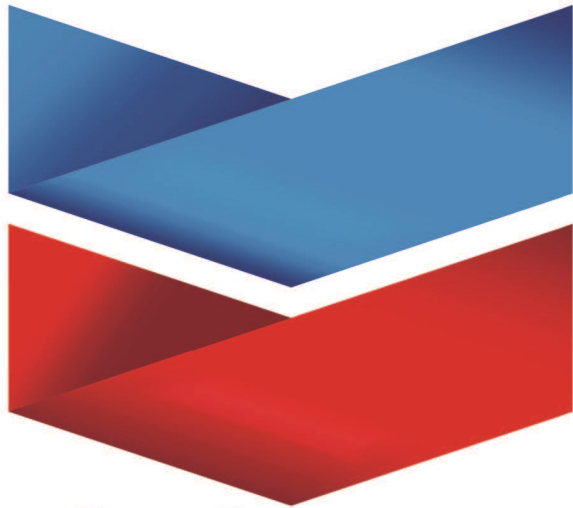
- Spread the word about the Family Violence Info Line (310-1818)
- Participate in Family Violence Prevention Month in November by wearing a purple ribbon and attending local events.
- If someone tells you they are experiencing family violence or you suspect they are being abused, help them access the professional help and resources they want.
- Visit alberta.ca/EndFamilyViolence for additional resources.

November is Financial Literacy Month

Talking about money remains a taboo in our society. People can find it difficult to discuss financial matters, such as personal debt, with family and friends. Many feel shame or embarrassment, or are worried about being judged. Let's talk about it. Research shows that talking about money builds financial confidence, and can lead to better financial outcomes.

Our Financial Empowerment Program allows you to explore how you can pay your bills, manage your debt, afford basic necessities and get ahead. This program is free and confidential. Our trained staff are here to listen and learn about what is important to you, offer you options and provide information based on your needs and interests. You take the lead and set the pace. Your knowledge and living experience is unique to you. Call 780-955-6421 to make an appointment.

Chevron



Calmar

Box 1200
5001-50 Ave
Calmar, AB
ToC oVo

Darrin, Kathy & Logan Mills
Chevron: 780-985-7224
Ales Wines & Spirits: 780-985-3334
Email: calmarchevron@gmail.com

*Thank you for your patience while we
renovate to serve you better.*



Hot Stuff Kitchen®

HOT STUFF KITCHEN OPENING SOON

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 Christmas Elves



FIREFIGHTER FOOD DRIVE

Thursday
November 28th
6:00pm - 8:00pm



If you wish to donate please have your items bagged and ready for our team.

Please remember that they will be **ACCEPTING** non-perishables as well as cash donations. We will **NOT be accepting** expired, opened, and homemade goods.

Calmar Connects



A page dedicated to the wellness of our community.

Building Resilience through the Fall and Winter

As the days grow shorter and colder, winter can bring unique challenges for mental health. For many, the season can evoke feelings of isolation, sadness, or fatigue, especially with the impact of seasonal affective disorder (SAD). However, winter also presents an opportunity to slow down and cultivate resilience—a valuable skill that can help us navigate life's challenges with greater ease. Harnessing the pause of winter can give us space to dig deep, face pieces of ourselves that we keep buried and create space for new intentions. Here are some strategies for building resilience over the next few months.

1. Acknowledge Your Feelings

It's important to recognize and accept our emotions during winter. Whether we're feeling low, anxious, or overwhelmed, acknowledging these feelings is the first step toward building resilience. Journaling can be a helpful tool to process thoughts. Write down what you're feeling and explore the reasons behind those emotions. This self-reflection can foster understanding and make way for healthier coping strategies.

2. Establish a Routine

Creating a daily routine can provide structure and predictability during the winter months. Incorporate activities that promote well-being, such as regular exercise, balanced meals, and adequate sleep. Establishing a morning and evening routine can help ground you, making it easier to face the day. Even small rituals, like enjoying a warm cup of tea or taking a few minutes to meditate, can make a significant difference.

3. Make time for more rest

Our nervous systems store information for 5-7 generations so our bodies literally remember the winter slow down before we were inundated with screens and artificial lights. Check in again next month to learn about the 7 types of rest our minds and bodies need!

4. Stay Connected

Winter can often feel isolating, so maintaining social connections is valuable. Reach out to friends and family. Consider joining community groups or clubs to meet new people. Sharing experiences and feelings with others can create a sense of belonging and reduce feelings of loneliness.

5. Engage in Physical Activity

Exercise is a powerful tool for improving mental health. Physical activity releases endorphins, which boosts our moods and reduces stress. Whether it's a brisk walk, indoor workouts, or yoga, find an activity that you enjoy. Even short bursts of movement throughout the day can have a positive impact on our mental state.

6. Practice Mindfulness and Relaxation Techniques

Incorporating mindfulness practices into our daily routine helps us stay present and manage stress. Techniques such as meditation, deep breathing exercises, and progressive muscle relaxation can reduce anxiety and enhance emotional well-being. Winter provides a great opportunity to slow down and reflect—take advantage of cozy evenings to practice mindfulness.

7. Embrace the Season

Instead of viewing winter as a negative time, switch the narrative and try to find joy in its unique offerings. Engage in seasonal activities like ice skating, winter hikes, or cozy movie nights. Embracing the beauty of winter can shift your perspective and help you find pleasure in the present moment.

8. Set Realistic Goals

Setting small, achievable goals can help maintain motivation and a sense of purpose during winter. Focus on activities that align with your values, whether it's personal growth, creativity, or learning something new. Celebrate your accomplishments, no matter how small, as they can contribute to a greater sense of resilience.

9. Seek Professional Support

If winter feels overwhelming, don't hesitate to seek help from a mental health professional. Therapy can provide valuable coping strategies and a safe space to explore your feelings. Whether through talk therapy, support groups, or online resources, reaching out for support is a sign of strength.

Building resilience during the winter months involves a combination of self-awareness, connection, and proactive coping strategies. By acknowledging our feelings, maintaining routines, and engaging in activities that bring us joy, we can navigate the season with greater ease. Remember that resilience is not about avoiding challenges but about developing the skills to face them with courage and adaptability. As you embrace winter, know that each step you take toward resilience is a step toward a healthier, more fulfilling life.



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.

www.nurturedmindswellness.com



FOR SALE

14 acres R3 development land

Utilities available at lot line

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

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780.887.3709 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 for more details.

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



Get your own Calmar Branded Swag!

Go to:

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



CALMAR

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
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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
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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
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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

Council Meetings

Regular Council meetings are held on the first and third Monday of each month, except on a holiday, in which case the meeting will be held on the following day (Tuesday). Meetings are at 6:30pm in Council Chambers.

Committee of the Whole meetings are held the 4th Wednesday of each month at 1:30 p.m. 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

All current 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



TOWN OF
CALMAR

