

TOWN OF
CALMAR



The Chronicle

OCTOBER 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

OCTOBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Calmar Pickleball 7:00pm - 9:00pm Calmar Secondary School	2	3 Seniors: Chair Exercising 1:30pm-2:30pm Calmar Program Centre Calmar Pickleball 7:00pm - 9:00pm Calmar Secondary School 	4 Movie in the park 	5
6	7 Fall Clean Up Adult Drop In Volleyball 7:00pm - 9:00pm Calmar Secondary School Council Meeting @ 6:30pm 	8 Fall Clean Up Calmar Pickleball 7:00pm - 9:00pm Calmar Secondary School	9 Fall Clean Up	10 Fall Clean Up Seniors: Chair Exercising 1:30pm-2:30pm Calmar Program Centre Calmar Pickleball 7:00pm - 9:00pm Calmar Secondary School 	11 Fall Clean Up	12
13	14 Town Office Closed	15 Calmar Pickleball 7:00pm - 9:00pm Calmar Secondary School	16	17 Seniors: Chair Exercising 1:30pm-2:30pm Calmar Program Centre Calmar Pickleball 7:00pm - 9:00pm Calmar Secondary School 	18	19
20	21 Adult Drop In Volleyball 7:00pm - 9:00pm Calmar Secondary School Council Meeting @ 6:30pm 	22 Calmar Pickleball 7:00pm - 9:00pm Calmar Secondary School	23 Committee of the Whole @ 1:30pm	24 Seniors: Chair Exercising 1:30pm-2:30pm Calmar Program Centre Calmar Pickleball 7:00pm - 9:00pm Calmar Secondary School 	25	26
27	28 Adult Drop In Volleyball 7:00pm - 9:00pm Calmar Secondary School	29 Calmar Pickleball 7:00pm - 9:00pm Calmar Secondary School	30	31 Seniors: Chair Exercising 1:30pm-2:30pm Calmar Program Centre Calmar Pickleball 7:00pm - 9:00pm Calmar Secondary School 		

MAYOR'S CORNER AND IN THE KNOW WITH THE CAO

"It's the first day of autumn! A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves!" Pooh's Grand Adventure

September has come and gone already, families have settled back into school routines, fall & winter recreation programs have started, and the harvest of gardens and fields is wrapping up. October brings us the favorite gathering time known as Thanksgiving. A time to gather with family and friends to give thanks for the bounty of harvest, great friends & family and to our own health.

I would like to extend a huge thank you to the parks and recreation staff for the continued hard work in keeping our parks beautiful and the flowers around our community looking beautiful all season. Thank you to the hard work that happens each year for getting the arena ready for the busy season.

Calmar is having a great year with residential building starts at 20+ this year and Council has recently approved a development permit for a 40 unit apartment complex in the community to address housing needs. The façade program has been well received this year and we are seeing great improvements to our main street businesses and we thank all that have embraced this new program.

Council has also released the first ever town satisfaction survey and urges residents to please complete prior to October 11, so that we can take your comments into account during our budget process through November.

Link: <https://www.surveymonkey.com/r/calmar2024> .

Reminder that Thursday October 31, 2024 is Halloween, let's be safe and enjoy all the energy that children & parents put into the evening. Have fun.

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

Fall is now here, and we cannot deny it. The nights are definitively cooler and soon we will be bundling in multiple layers. We all know it. Winter is coming. We are not there yet, so we still have time to prepare. Doing maintenance on the vehicles, checking-on the furnace and reviewing the content of the family emergency kit (as well as the car kit), are tasks that each household should be doing in preparation for winter.

At the municipality, we also have prepared the town for the upcoming winter. The flower beds have been pulled, the mowers have been serviced, and all equipment related to snow removal is being maintained, checked, and/or repaired. The town will be ready for when mother nature decides to send us the first snow of the year (hopefully not too soon...).

During the months of October and November, Council and Administration will be working hard at developing the operating budget for the upcoming years (2025-2026-2027). The capital budget will be looking at a period of 5 years. There are tough decisions ahead. Infrastructure is aging, equipment is at or near the end of life, inflation is impacting everything we are doing (as well as you the residents), and the upper levels of governments are reducing their capital investment per capita in the communities. To facilitate these decisions, the town needs to hear from you. We currently have the survey still going on for a few days, and we will be hosting public meetings. Information about these meetings will be provided soon on the town's website, social media, digital sign, and at the town hall itself. Should you have time to invest in your community, we would love to hear from you.

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 it finally happened, summer is over quicker than we all wanted. We decide to make this a short article as most are long so a change is probably welcomed by most. We would like to touch on communication. If either of our Officers cannot be reached, please e-mail or make a call to our front desk. When we hear that our OFFICERS could not be reached, and no voicemail or other attempts are made, you concerns will go unattended. Both Officers are very approachable and pride themselves on their availability. Please feel free to drop into the office as well if an in person meeting is required. If no Officers are in, one will get back to you in a timely manner to set up an in person meeting date.

Please remember that for all emergencies you are to call 911

We will close this brief article with the hope that you all had a great summer. Please drive carefully, and don't forget to dust off your winter gear !

Calmar Enforcement
OFFICER CVIJETIC
OFFICER LEGGIO





Whatever Repairs and Services Inc.

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Garden Equipment.
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makes and models

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- Kohler
- Champion
- Firman
- BE Power Equipment
- Jiffy
- MTD

Services Provided:

- Tire Sales & Service
- Tire installation and repair
- Oil Changes



Distributor for
Amsoil
Synthetics



DO YOU SHOP LOCAL??

WHERE DO YOU GET YOUR HAIR STYLED?

WHERE DO YOU DO YOUR BANKING?

WHO DO YOU GET TO CLEAN YOUR CARPETS?

WHO DOES YOUR SANDBLASTING & PAINTING?

WHO DO YOU GO TO FOR LEGAL ADVISE?

WHERE DO YOU GET YOUR TIRES REPAIRED?

WHO DO YOU CALL FOR SENIOR HEALTH & CARE

WHERE DO YOU GET YOUR PHARMACY GOODS?

WHERE DO YOU GO FOR YOUR THERAPUTIC MASSAGE.

CHECK OUT THE BUSINESSES IN CALMAR!!

the interview

Lee & Mun , Owners, Lee's Family Restaurant

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 Lee & Mun and their team from Lee's Family Restaurant.

Tell us about your business.

We started Lee's Family Restaurant in the Town of Calmar during 1996, serving four generations of customers, many of whom have become dear friends. We are family owned and operated, with home style cooking using fresh ingredients. Lee's serves both old fashioned Western and Chinese food.

We are so thankful to have support from the town of Calmar and the surrounding areas!



the interview

Lee & Mun , Owners, Lee's Family Restaurant

Why did you choose to open a business in Calmar?

Calmar is a friendly little town. While it's small in size, it has everything we need. We have quite enjoyed living here and raising our kids here. We run our business here because we made Calmar our home.

What is it like operating a business in rural Alberta, along HWY 39, the High Load Corridor?

HWY 39 is a gem. Calmar, being a town divided by a highway, is always bustling with traffic, which brings along customers. Some of these passerbys have become regulars, but parking can be challenging by the highway.



the interview

Lee & Mun , Owners, Lee's Family Restaurant

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

Provide honest, heartfelt, and dedicated service; this will develop and sustain good customer relationships and then a good business.

Is there anything you want to add?

Running a business in a small town is like maintaining a good neighbourly relationship. Lee's strives to contribute to the community, being kind, being understanding, and being good neighbours!



YOUR LOVED ONES DESERVE THE BEST CARE



Navigating transitions with peace of mind

We'll help you ensure they receive it.



- AGING LOVED ONES?
- NEED MORE ASSISTANCE?
- DON'T KNOW WHERE TO START?



There is much to navigate and we're here to help! Many public and private services are available. Find out which options are accessible in your area and would best suit your unique situation.

We understand that making the right decisions can be difficult and feel confusing. We'll help ensure you have all the information you need to proceed with peace of mind.

WE CAN HELP!

Our services are provided by experienced Registered Nurses, dedicated to providing in-depth advice for seniors and their families when it comes to accessing home care, transitioning to assisted living/long term care and everything in between.

CALL TODAY!



Book Your Free 15 minute consultation
(587) 576-3663



send an email

info@segueseniorshealth.ca

**For More information or to
Book an info Session**



www.segueseniorshealth.ca

Empowering Effective Advocacy

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**

ALIEN INVASION OCTOBER 23 @ 5:30PM

• STEM CHALLENGES •
CRAFTS • GAMES • SNACKS

Aliens have landed at our library! Bring
your curiosity and creativity and get
ready for an extraterrestrial evening of
adventure that's sure to be a blast!

**PARTICIPANTS MUST BE 6+
PRIZES FOR BEST ALIEN COSTUMES!**

REGISTRATION IS REQUIRED BEFORE OCTOBER 18, 2024!
780-985-3472 or circulation@calmarpubliclibrary.ca

Calmar Public Library: October 2024 WHAT'S HAPPENING?



2024 Calmar Library Writing Contest October 1 - 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	



Alien Invasion! Wednesday, October 23 @ 5:30PM

Registration is required prior to October 18, 2024. Aliens have landed at our library! Bring both your curiosity and creativity, and get ready for an extraterrestrial evening of adventure that's sure to be a blast! STEM Challenges, fun games, creative crafts, and tasty snacks included. Don't miss the chance to win exciting prizes for the best dressed aliens!

2024 Reading Challenge October Theme: An Indigenous Author

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.



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 October 9 @ 6:00PM

Theme: Fall into Fall
Dish must contain a fall veggie



LEGO Club October 16 @ 4:00PM

Ages 6 and up

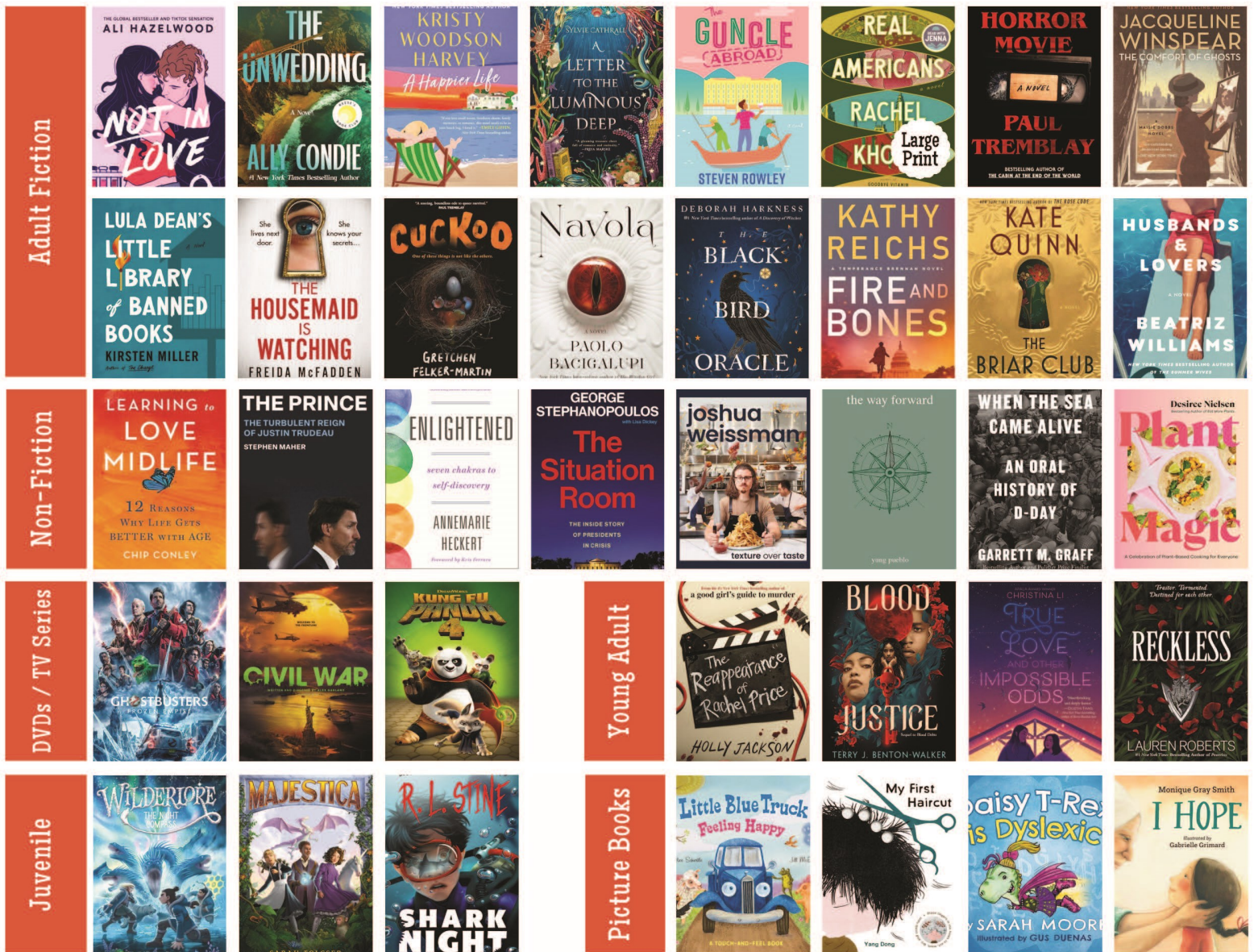
TAKE & MAKE KITS

Pre-K	Lollipop Spider
Tween	Halloween Decorations



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?

Stop by and check out our *Library of Things*—you can borrow games and activity kits from the library, too!

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



ATB

Fall Into Savings

- **Set Up Your New Savings Account Today!**

Ask About our Rates

- **Savings Accounts**
- **GICs**
- **Tax Free Savings Accounts**

 **Give us a Call**
or
Drop by the Bank

4905 50 Ave, Calmar, AB

Call: 780-985-2103

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

Calling all Calmar Businesses!

Come join us for the next

Business Brunch!

Where: Calmar Program Centre
4819 - 49 Street, Calmar, AB

When: Tuesday, October 22, 2024
Doors open at 9:00am
Closes at 11:00am

Confirm your name on the Guest List:



**RSVP: Sandra at the
Town office.**

780-985-3604 ext. 226
smcintosh@calmar.ab




Calmar Christmas

GALA 2024!

Saturday, December 7, 2024
at the Calmar Canadian Legion

Save the Date!

Tickets go on Sale: October 30, 2024
Pre-Orders: October 7, 2024!



If you would like to be part of the
Planning Committee, please contact
Sandra or Darlene at the Town office.
780-985-3604



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Our Services:

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**CALL:
780.985.3121**

*Free delivery service available in Calmar and Surrounding Areas (Thorsby, Leduc, Devon).
Restrictions may apply.



5002 - 50 Avenue, Calmar, AB



Mon-Fri: 9am – 6pm Sat: 9am – 5pm Sun: 11am – 5pm



Economic Development

BUSINESS UPDATE

- 1.** The arena is now open and hockey has begun!
Make sure you drop by the Mike Karbonik arena and check out all of the businesses who have a banner up on the boards!!!
We cannot wait until "LiveBarn: starts!
- 2.** Next month is Christmas in the Park. We have a few sponsorship opportunities if your business would like to be front and center at Calmar's premier Christmas event!
- 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 October

The Christmas Gala planning will begin soon.

Hold the date - December 7, 2024

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

Rhooster Tail

Hair Salon & Tanning



4701 - 49 Avenue
Calmar, AB T0C 0V0

780-985-4588

Family Hair Care - Senior Pricing Available

We Carry:

MATRIX, VERB, MILK SHAKE, BIG SEXY, & More!

Barber/Stylist

Maggie

- Men's Cuts
- Fades
- Shaves
- Line-ups
- Beard Trims

Stylists

**Rhonda, Corrine,
& Miranda**

**Will take care of all of
your hair care needs!**



One Coupon per visit.

Coupon must be presented to your Stylist

NORPOINT

Norpoint Sandblasting & Painting has hourly sandblasting and coating services available for all types of equipment and tools!



NO JOB
IS TOO
BIG OR
TOO
SMALL!

Visit us today!

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4420 50th ave, Calmar

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**



Ridley Law

A local lawyer that lives, works and plays
in our rural community.

Let us help you with your Real Estate,
Wills and Estate needs!

4740 – 50 Avenue, Calmar, Alberta

Phone: 780-666-2351

Email: diane@ridleylaw.ca

www.ridleylaw.ca

Real Estate | Wills & Estate



Residential & Rural Real Estate

Wills & Estate Planning

Corporate Law

Family Law



Call Us!

780-666-2351

OCTOBER
2024

OPEN HOUSE

At NHCS

OCTOBER 3, 2024
2 - 7 PM

Welcome COMMUNITY
STUDENTS
STAFF



‘ I hear and I forget, I
see and I remember, I
do and I understand ’
-Confucius



You are invited to NHCSA's annual

TRUNK OR TREAT

Saturday, October 26th* | 1:00 - 4:00 pm
NHCS North Field *weather pending

Do you want to register your vehicle email
contact@newhumbleschool.ca to find out how!



NEW HUMBLE COMMUNITY SCHOOL





CALMAR COMPOUNDING PHARMACY

4741 50 Ave #103, Calmar, AB T0C 0V0
Contact : 780-900-0222

PHARMACIST LEAD CLINIC

Prescribing pharmacist on site

Travel clinic (Consultation & Vaccination)

Medication Review

Compounding Service

Home Health Care (AADL)

Free Blister Pack & home delivery

Compression Stockings

Strep Throat test

Vitamin D Testing

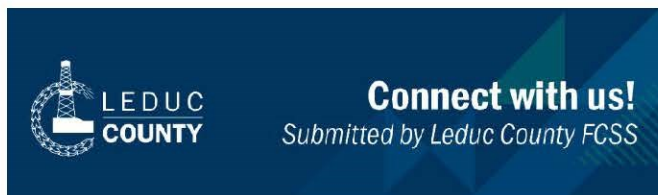
HbA1C Testing

Certified Tobacco Educator

Certified Diabetic Educator

**“working
towards a
Healthy and
Happy
Calmar”**





Need to talk? We can help.

The cost of counselling can be a barrier for many individuals and families. Leduc County Family and Community Support Services (FCSS) offers access to free counselling sessions to eligible individuals, couples and/or families who are struggling with common, everyday issues.

Counselling subsidy

Short-term preventative counselling supports people who are struggling with common, everyday issues. Some reasons or issues that people seek counselling for include:

- relationship issues
- communication issues
- marriage preparation
- parenting support
- goal setting or skill building
- mental health issues
- stress

Counselling subsidy eligibility

To qualify for a counselling subsidy, you must:

- be a resident of Leduc County, Calmar, Thorsby or Warburg.
- not have access to an employee or health benefit plan that covers the cost of counselling.
- have a family income of less than \$75,000 per year*.

*If your household income is too high to qualify and you don't have health benefits that cover the cost, there are pay-what-you-can and free options. Contact us for more information.

Eligible households can choose from the following free options:

- Three sessions per individual*
- Six sessions per couple
- Nine sessions per family

*If individuals prefer to attend group sessions with other participants, seven sessions will be allotted. Sessions must be used within six months or they will expire.

Counselling is provided in partnership with:

- Karunia Counselling
- Family Counselling Centres
- Tansem Psychology
- Hooves of Hope Ranch
- Tracey Emmel, Counsellor, MScMFT
- Nurtured Minds Wellness and Therapy Services

Once intake is complete and your subsidy approved, you will be referred to one of the above-listed clinics for counselling services that are available in Leduc, Calmar, Beaumont, Edmonton, Millet and rural locations. Virtual and telephone counselling options are also available.

While offering free counselling sessions reduces the financial burdens for individuals and families, the number of free sessions is quite limited. This counselling subsidy program is meant to provide short-term, skill-based preventative services. We would be happy to refer you to different resources if your needs are more long-term or intensive. We can also support you in creating a financial plan to afford the cost of additional sessions if needed.

Apply for the counselling subsidy

Please send us an email at fcssinfo@leduc-county.com or call us at 780-955-6421, if you'd like to apply for the Leduc County counselling subsidy. Visit www.leduc-county.com to learn more about the programs and services offered.

Upcoming Session

Staying safe and savvy as we age

Imagine finding your bank account empty resulting from an online scam you had no idea occurred. Today, fraudsters are becoming more ruthless, scams are rapidly evolving and even the most vigilant are being targeted. Join consumer protection expert, Julie Matthews and information technology professional, Jason McNabb as they equip you with the knowledge and tools to outsmart scammers, protect your assets and safeguard your peace of mind. This free event is for older adults and includes a free, catered lunch, vendor fair and the release of the new Aging Well in Leduc County Workbook. Registration is required and space is limited.

Date: Friday, October 18, 2024

Time: 10 a.m. to 3 p.m.

Location: Coast Nisku Inn (1101 4 Street, Nisku, AB.)

Register: www.leduc-county.com/safe-and-savvy by Oct. 4

Contact: Carla at carla@leduc-county.com or 780-955-4554

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



Nurtured Minds Wellness and Therapy Services

Holistically-focused clinical therapy

In person and virtual services

Low Cost Therapy Options



Offices in Leduc and Calmar AB
Nature based services near Wizard Lake

Retreats
Guided Forest Therapy



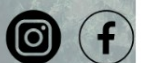
Custom workshops and corporate events
Trauma-Informed Yoga

www.nurturedmindswellness.com

info@nurturedmindswellness.com

825 995 8253

We believe that finding the right therapist for your needs is essential which is why we offer a free 20 minute discovery call. Connect with us!



Calmar Connects



A page dedicated to the wellness of our community.

Let's talk addiction! An often misunderstood and stigmatized behavior that many of us struggle with at some point in our lives.

Addiction is often seen as a lack of control over a behavior, even when that behavior conflicts with our values or how we'd prefer to spend our time. Despite this, we continue to act compulsively. Some of these behaviors might include:

- Using drugs or alcohol
- Gambling
- Eating
- Sexual activity or pornography
- Gaming
- Social media or doom scrolling

Hi! I'm Jas, personally, I define addiction as trying to fill an internal void with something external.

I struggled with vulnerability in my recovery—it took me time to trust someone with the deep parts of myself that needed to be shared. I am passionate about recovery and creating a life worth living. Lost dreams awaken, and new possibilities arise.

Many people find themselves overwhelmed by emotions they've spent a lifetime numbing. Staying connected and finding outlets for these emotions is vital. Some options include journaling, exercise, therapy, music, or reading.

Building a Strong Foundation in Recovery

Getting through the first month is tough, but not impossible. Establishing a routine that includes good sleep hygiene, healthy eating, finding a hobby, and some form of exercise can create a strong foundation for recovery. Over time, it becomes a matter of rinse and repeat.

One thing that lingers in recovery is the occasional urge to return to old habits. This hasn't changed for me. In those moments, I remind myself why I sought recovery in the first place, and how unmanageable my life had become before.

Quick Wins: Things I Wish I Knew Before Recovery

- Recovery is available to anyone, and everyone starts with a day one.
- There is hope, even when the journey seems impossible.
- Even small steps are steps worth celebrating.
- Others believed in me, even when I didn't believe in myself.
- I am worthy of love.

Why Choose a Counselor with Recovery Experience?

A counselor who has walked the path of addiction and recovery can offer empathy and understanding that is hard to match. They know firsthand the challenges of breaking free from substance abuse, the complexities of relapse, and the ongoing effort required to maintain sobriety. This shared experience creates a powerful connection, fostering a safe, non-judgmental space where you feel truly understood.

Understanding the Struggle

A key benefit of working with a counselor who has been through recovery is their deep understanding of the emotional and psychological struggles that come with addiction. They can relate to feelings of shame, guilt, and hopelessness that often accompany substance abuse. This allows them to approach therapy with compassion and patience, meeting you where you are without preconceived notions or judgment.

A Role Model for Recovery

A counselor with recovery experience doesn't just talk about overcoming addiction; they've lived it. Their personal story of recovery can serve as a beacon of hope, showing you that change is possible. Seeing someone who has successfully navigated the same challenges you're facing can be incredibly motivating, providing a tangible example that recovery isn't just a distant goal but a reality you can achieve.

Tailored Therapeutic Approaches

Counselors with lived experience in recovery often bring a unique blend of therapeutic approaches informed by their journey. They understand that recovery isn't one-size-fits-all and tend to be flexible and creative in their techniques. Whether it's integrating traditional therapy with 12-step principles or combining cognitive-behavioral strategies with mindfulness, their approach is holistic and tailored to your needs.

Breaking the Stigma Of Addiction

Choosing a counselor with a background in recovery helps break the stigma surrounding addiction. Their openness about their own experiences normalizes the conversation around substance abuse and recovery, making it easier for you to open up about your struggles. This transparency is empowering, reminding you that you are not alone in your journey.

Seeking therapy from a counselor with recovery experience offers a unique blend of empathy, understanding, and inspiration. Their lived experience is a powerful tool to help you navigate the complexities of addiction and guide you toward a healthier, more fulfilling life.

Jas is a Practicum Therapist completing his clinical hours toward his Masters degree. His sessions are \$60 and he is currently taking new clients in Calmar.

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



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



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



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

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:+16474979391,211016493)

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