



The Chronicle

SEPTEMBER

2025

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 2025

TOWN OF
CALMAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Suicide Prevention Month	1  LABOUR DAY Town Office Closed	2 World Alzheimers Month Council Meeting @ 6:30pm	3	4 	5 Outdoor Drive-In Movie & BBQ 	6
7	8	9	10	11 	12	13 1000 Mile Fundraiser
14	15 Council Meeting @ 6:30pm	16	17	18 Business Workshop 	19	20 Recycling Round-Up
21	22 Deadline for Election Nominations at NOON First Day Of 	23 Home Alone Course 6-8pm	24 Truth & Reconciliation Event 6-7:30pm Library Committee of the Whole @ 1:30pm	25 	26	27
28	29	30  Town Office Closed				



Mayor's Corner

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

I hope everyone is finding time to enjoy the great outdoors and the adventures that await in our great community. From baseball, walking trails, spray park, bike rides, the outdoor markets and of course some great ice cream from Maggie Moo's. I would like to give a huge shout out to all in town that have worked hard to beautify their properties with trees, shrubs and flowers, and to all the hard work of Communities in bloom for the gorgeous flowers and planter beds that flourish in the summer. I am excited to see how Calmar does in the Communities in Bloom judging this year. Calmar days is now behind us and I want to extend a huge thank you to all involved in making the festival such a great event, we couldn't do it with out you. 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, school buses and even with the increased traffic for those that are being dropped off at the schools, lets keep everyone safe.

Administration and council are working on updating the Town's Master Plans which provide the future of transportation, infrastructure, sanitation and development. These plans help to develop the future of the town and to attract development in our community. Budget season for administration has also started and the grueling task of planning for next year, while being conscious of the effects on the taxpayers. This is never an easy task as some of the community is pushing for more services and continued improvement and some push for lower taxes. This can all be achieved, but slowly over time as our community grows

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



In The Know

with the CAO

As parents and kids are preparing themselves for another school year, I would state that summer has gone way too fast in my opinion. Having said this, there are still many enjoyable evenings ahead that will be perfect for people to gather around their fire pits. Although this may be a permitted use in our residential neighbourhood, it is important to note that there are certain rules to follow.

The rules, contained in the Fire Bylaw (Bylaw 2023-10), are as follows:

5C)

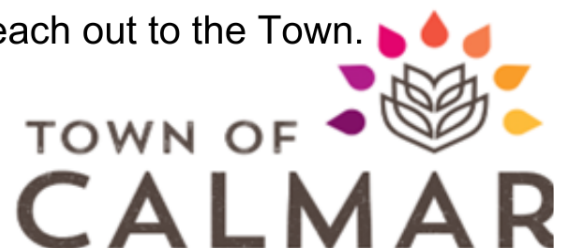
A Fire Permit is not required under this Bylaw for Recreational Fire on a residential lot provided that:

- i. a minimum of 3 metres clearance, measured from the nearest fire pit edge, is maintained from buildings, property lines, or other combustible material;
- ii. the fire pit shall be surrounded by non-combustible surface extending 1 metre in circumference of the fire pit;
- iii. the fire pit height does not exceed 61cm when measured from the surrounding grade to the top of the pit opening;
- iv. the fire pit opening does not exceed 1 metre in width or in diameter when measured between the widest points or outside edge;
- v. the fire pit installation has enclosed sides made from bricks, concrete blocks, heavy gauge metal, or other non-combustible materials acceptable to the Fire Chief; and
- vi. a spark arrestor mesh screen with openings no larger than 1,25cm and constructed of expanded metal is used to cover the fire pit opening in a manner sufficient to contain and reduce the hazard of airborne sparks or embers.

If these rules cannot be met, you could put your family, friends, and neighborhood at risk, as well as be personally responsible (legally and financially) for any damages/losses associated with a fire incident.

Please be safe out there if you are using a fire pit for recreational purposes. If you have a question about the fire pits, do not hesitate to reach out to the Town.

Yours Truly, Sylvain Losier CAO



Is your preschooler struggling?

Our Early Intervention Prekindergarten (EI Prek) program can help.

Learn more:

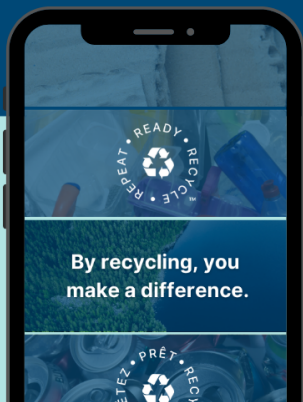
blackgold.ca/pre-kindergarten



BLACK GOLD SCHOOL DIVISION

The Circular Materials recycling app is now available in Calmar!

- See your recycling calendar.
- Check the accepted material list.
- Get recycling collection reminders.



Download at
circularmaterials.ca/app



ROYAL CANADIAN MOUNTED POLICE

As we move into September, the Leduc RCMP would like to share a few important reminders to help keep our community safe and connected this fall.

Back to School Safety

With students returning to class, please be mindful in and around school zones. Slow down, obey posted speed limits, and watch for children walking, biking, and boarding buses. Parents are encouraged to review safe crossing and biking practices with their children. Together, we can make sure every student gets to and from school safely.

Traffic and Rural Road Safety

Harvest season means more farm equipment and larger vehicles on rural roads. Please be patient, give space when passing, and plan for extra time if travelling in agricultural areas. These precautions help protect both motorists and our farming community.

Community Awareness

As the days begin to shorten, remember to stay visible. Pedestrians, runners, and cyclists are encouraged to wear reflective clothing and use lights when possible. Drivers are reminded to keep headlights on and stay alert during dusk and dawn hours.

Crime Prevention

With cooler weather, many residents start storing away summer gear and vehicles. Please take time to secure your property: lock vehicles, remove valuables, and ensure garages and sheds are properly locked. Small steps go a long way in reducing crime of opportunity.

RCMP in the Community

This fall, Leduc RCMP members will continue regular foot, bike, and vehicle patrols in Calmar. Our officers will also be visiting local schools to support student safety and build positive connections with youth. In addition, a town hall meeting will be hosted on September 23rd from 6 pm to 8 pm at the Calmar legion, providing residents an opportunity to meet members of the detachment, hear about local policing priorities, and share community concerns. We encourage everyone to attend.

The Leduc RCMP thank residents of Calmar and area for their ongoing efforts to keep our community safe. If you see suspicious activity, please report it to Leduc RCMP at 780-980-7267 or, in an emergency, dial 911.

We wish everyone a safe and positive start to the fall season!



Contact Information:
Administration: 780-980-7200
Emergencies: 911

2025

Fall Clean Up

OCTOBER 6 - OCTOBER 10

ITEMS MUST BE PLACED OUT BY 7 AM ON
MONDAY OCTOBER 6TH.

PICK UP WILL BE COMPLETED BY 3:30 PM ON
FRIDAY OCTOBER 10TH.

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

**FOR MORE INFORMATION ABOUT THE 2025 FALL CLEAN UP
PLEASE CONTACT THE TOWN OFFICE @ 780-985-3604**





KEY DATES FOR THE UPCOMING ELECTION

- September 22, 2025 – noon, deadline for candidate nominations
- October 1, 2025 – 6:30pm – 9:00pm Candidates Forum (Program Centre)
- October 4, 2025 – 11:00am – 2:00pm Advance Voting (Council Chambers)
- October 8, 2025 – 5:30pm – 8:30pm Advance Voting (Council Chambers)
- October 20, 2025 – 10:00am – 8:00pm Voting (Calmar Legion)

DON'T FORGET TO REGISTER TO VOTE!

Voter Identification Information

In order to vote in the Calmar Municipal Election, voters are required to be named on the permanent electors register and produce one piece of identification issued by the Canadian government, whether federal, provincial or local, or an agency of that government, that contains a photograph of the person.

Alternatively, the person may make a statement that they are eligible to vote as an elector in the presence of an officer at the voting station, in the prescribed form and validates the persons identity and address of persons residence.

To ensure you are included on a permanent electors register, go to elections.ab.ca/voters/register-to-vote.

Any of the following documents that contain BOTH YOUR NAME AND ADDRESS will be accepted as valid proof of identification:

- Photo identification issued by a Canadian government or agency, whether federal, provincial or local or an agency of that government, that contains a photograph of the elector and their name and current address.
- Alberta Operator's (Driver's) License
- Alberta Identification Card

Contact Us

If you have any questions, please contact Heather Bryans, Returning Officer at either hbryans@calmar.ca or 780-985-3604 x232.

Calmar

WEED & UNSIGHTLY ENFORCEMENT SCHEDULE

June

- ★ June 3 - Inspection Date
- June 4 - Remedial Mail Out Date
- June 30 - Final Compliance Inspection Date

July

- ★ July 2 - Inspection Date
- July 3 - Remedial Mail Out Date
- July 30 - Final Compliance Inspection Date

August

- ★ August 1 - Inspection Date
- August 5 - Remedial Mail Out Date
- August 29 - Final Compliance Inspection Date

September

- ★ September 2 - Inspection Date
- September 3 - Remedial Mail Out Date
- September 27 - Final Compliance Inspection Date

October

- ★ October 1 - Inspection Date
- October 2 - Remedial Mail Out Date
- October 28 - Final Compliance Inspection Date



Town of Calmar

2025

Summer Events

At A Glance

June

- 5 - Senior Appreciation Lunch
- 12 - Gamer's Night
- 21 - Lemonade Stand & Resident Appreciation BBQ
- 26 - Creative Paint Night

July

- 1 - Canada Day Celebration
- 10 - Gamer's Night
- 15 - Indoor Movie
- 24 - Creative Paint Night
- 29 - Indoor Movie

August

- 1-31 - Art Walk
- 5 - Indoor Movie
- 14 - Gamer's Night
- 15/16 - Calmar Days
- 22 - Indoor Movie
- 28 - Creative Paint Night

September

- 5 - Outdoor Movie
- 18 - Business Workshop

For more information please visit www.calmar.ca or call 780-985-3604





Sept 13, 2025

10 am to 4 pm

Calmar Ball Fields

Pancake Breakfast

BBQ Lunch

Tons of Awards!

1000 MILES FUNDRAISER

Join us in putting ONE FOOT IN FRONT OF
THE OTHER to raise money for a much-
needed Pump Track/Skate Park in Calmar.

Our goal is to get walkers and
runners to cross our finish line
1000 times between 10 am
and 4 pm and to have fun doing
it! Come join the challenge!

FIND OUT MORE AT
1000 MILES
FUNDRAISER
ON FACEBOOK

REGISTER HERE



1000
Miles

Mahendrakhumar Jayswal (Mike)
Owner
Calmar Subway

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 Mahendrakhumar & Mudrika Jayswal and their team at Calmar Subway.

Tell us about your business.

I own and operate a Subway franchise, which is part of one of the largest and most recognized fast-food brands globally. My business focuses on providing fresh, customizable, and health-conscious meal options to a wide range of customers, including local residents, professionals, and families. Our core offering is made-to-order sandwiches, salads, and wraps, using freshly baked bread and high-quality ingredients. What sets us apart is the emphasis on customization—customers can build their meals exactly how they like, which increases satisfaction and loyalty.



Mahendrakhumar Jayswal (Mike)
Owner
Calmar Subway

What is it like operating a business along HWY 39?

It brings steady traffic from workers and truckers, which helps business. The rural setting offers strong community support, through staffing and supply logistics can be challenging. Overall, it's rewarding and well worth it.

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

Yes— get involved in the community and build local relationships. Also, focus on consistent quality and customer service. People here value reliability and will support businesses that treat them well.



Mahendrakhumar Jayswal (Mike)
Owner
Calmar Subway

Why did you choose to open a business in Calmar?

I chose to open my Subway franchise in Calmar because I saw a great opportunity in a growing, close-knit community that values convenience, quality, and good service. Calmar has a strong local spirit and a steady flow of families, workers, and travelers, which makes it an ideal location for a quick-service restaurant like Subway. There was also a gap in the market for healthy, fast food options, and I felt Subway's customizable menu would be a perfect fit for people looking for fresher choices. I was also drawn to the supportive business environment in Calmar and the potential to build long-term relationships with local customers. Opening here allowed me to become part of the community while also running a profitable and sustainable business.

Is there anything you want to add?

I'd just like to say I'm proud to be part of the Calmar business community. It's a supportive town with great potential. I'm committed to growing my business here and contributing to the local economy however I can.



CALMAR & DISTRICT SENIOR CITIZENS CLUB COFFEE TIME!

Join us down at the senior hall
for a cup of coffee and visit.

1:00 PM

**March 12, April 16, May 21, June 18,
July 15, August 12, September 16,
October 21, November 12, & December 17**
4916 - 50 Ave, Calmar

Edward Jones

edwardjones.ca

Your retirement questions answered.

- Retirement planning
- Estate planning
- Intergenerational planning

Let's get started



Rick Medcke, CEA®, CEPA®
Financial Advisor

4302 50th Street
Suite 13
Leduc, AB T9E 6K8
780-986-2194
rick.medcke@edwardjones.com
<https://www.edwardjones.ca/rick-medc>





BACK TO

school

BBQ & OUTDOOR DRIVE-IN MOVIE



September
5th

- FREE BBQ
- OUTDOOR GAMES
- DRIVE-IN MOVIE
- POPCORN FOOD TRUCK

BBQ Sponsored By:



5:30PM - 8:30PM

Movie Starts at 8:30PM



Field South of Ball Diamonds
Town of Calmar



SAVE THE DATE!

The next Calmar Business Breakfast

**September 18, 2025,
8 am - 11:00 am
Calmar Program Centre**

**Panel Discussion & Workshop:
Workplace Culture / Hiring Reputation
Mental Health in the Workplace**

**To get your Calmar Business on the guest list, contact
Sandra at the Town office at 780-985-3604.**

Seating is limited.



TAKE YOUR RECYCLING BEYOND THE BIN!

JOIN THE BEYOND-THE-BIN RECYCLING ROUNDUP
TO RECYCLE YOUR ELECTRONICS, PAINT, TIRES,
AND USED OIL MATERIALS FOR FREE!

Bring your recyclables to:



Eco Station

(6102-46 Street, Leduc)



Sept. 20, 2025

10 a.m. to 4 p.m.



Enter To Win

Stop by for free snacks and
enter to win a prize featuring
local businesses for showing
up and properly recycling
your waste.



Proudly supported by

Alberta
recycling
MANAGEMENT AUTHORITY

Alberta
recycling
MANAGEMENT AUTHORITY

CITY OF
Leduc

BEAUMONT

LEDUC
COUNTY

TOWN OF
CALMAR

TOWN OF
Devon
ALBERTA

Learn more about recycling these materials at albertarecycling.ca

ZIRKA

UKRAINIAN DANCE CLASSES FROM AGES 3 TO ADULT

Season runs September - April



Now offering Beginner Ballet



**Registration Night September 4, 2025- 6:00-8:00 pm at the
Zirka Hall- 4920 50 Ave Main Street, Calmar, Alberta T0C 0V0**

EMAIL FOR MORE INFORMATION

INFO@ALBERTAZIRKA.CA

**JOIN US THIS FALL TO
CELEBRATE OUR 50TH YEAR**



Alberta
ZIRKA
Ukrainian Performers

Nisku-Leduc
Rotary



26

SEPTEMBER

Presents

SHUMKA
UKRAINIAN SHUMKA DANCERS



Alberta
ZIRKA
Ukrainian Performers



Viktoria Grynenko



Steppe

An Evening in Ukraine

TICKETS: maclabcentre.com

COCKTAILS 6:30 PM | PERFORMANCE 7:30 PM

Maclab Centre for the Performing Arts

4308 - 50 Street, Leduc, AB

Proceeds from the event will be donated to:

Language programs for Ukrainian Newcomers to Alberta

Friends of the Ukrainian Village Society - Wildfire Restoration Project

Development Permit vs. Building Permit

What's the Difference?

What is a Development Permit?

Thinking about building, renovating, or adding something new to your property?

You might need a Development Permit first!



What it is:

Approval from the Town to make sure your project follows the Land Use Bylaw (district regulations).



What it checks:

- Is your project allowed in that district?
- Does it meet setbacks, height limits, and lot coverage rules?
- Is the use of the building permitted (e.g., home business, garage, secondary suite)?



Adding a garage, a new deck, changing a building's use.



Who issues:

Town Development Authority

What is a Building Permit?

Thinking about building, renovating, or adding something new to your property?

You might need a Building Permit!



What it is:

Approval to ensure your project meets the Alberta Building Code for safety and structural standards.



What it checks:

- Proper foundation, framing, insulation, and roofing
- Electrical, plumbing, and gas work
- Fire safety and code compliance



Finishing a basement, building a house, installing plumbing or electrical work



Who issues:

Safety Codes Officers
(Superior Safety Codes)

Development Permit = Planning approval (where and what)

Building Electrical, Plumbing and Gas Permit = Safety approval

Have questions? Call at 780.985.3604 ext. 227 or email at eagube@calmar.ca

Big Wifi SNOW ANGELS

Big Wifi will be providing **FREE** snow removal To ALL bundled clients with Energy and Internet bundles. Including those with free seniors internet bundles.

If you are entitled to this benefit but want to donate it to any other Calmar Senior just let us know at info@bigwifi.ca. They do not have to be Big Energy clients to receive the gifted service.

We will do driveways and public sidewalks as fast as we can based on staff availability. Which will be Myself and my 2 Boys, and our techs you all know Ray, Chris, Jay and Nathan. I suspect we will need about 6 more people to help out so if you live in town and can be available on snow days we will be paying \$30/hr . Contact me at info@bigwifi.ca

For this year we will be doing January 1-31 only but if the community keeps supporting us we will do January and February next year.

To be on the list we need a liability waiver signed so we can insure the service. Please contact Cassee at info@bigwifi.ca to sign on.

Thanks everyone 😊





Progressive Pathways

Behaviour and Disability Services

Progressive Pathways is a nonprofit organization that provides diverse individual counseling and support to children, adolescents; and adults with cognitive disabilities and their families.

SUPPORT SERVICES

- 24 Hour support
- Emergency support (24 hr respite, hourly)
- Respite care (hourly, work related, Community)
- Day Camps for Children, adolescents and Adults
- Riding lessons



Equine Therapy

Evidence-based approaches:

- Cognitive Behavioural Therapy (CBT)
- Dialectical Behaviour Therapy (DBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Prolonged Exposure Therapy



**SUCCESS
AHEAD**

825-758-1656

info@progressivepathwaybds.ca



NEW HUMBLE COMMUNITY SCHOOL SEPTEMBER 2025

**IMPORTANT UPDATE:
BIG CHANGES COMING!**

NEW SITE NEW SCHOOL

**More information
coming fall 2025**

Access the announcement here



**Fostering the growth of each individual
student through innovative academics,
stewardship and agricultural literacy.**



CALMAR AND DISTRICT SENIOR CITIZENS CLUB

The Calmar & District Senior Citizens is inviting all adults 50 years and older to join our Seniors Citizens Club for fun and camaraderie. The Club holds various functions throughout the year. We hold monthly MUSIC Jammer Sessions on the 4th Tuesday of the month where musicians from our region get together and provide lively music for your dancing and listening pleasure, a light lunch is served. Cost is \$10.00 pp, Musicians pay \$2.00 pp. . **Musicians for all ages are always welcome to join in at the monthly Music Jammers.**

Monthly meetings take place on the 2nd Wednesday of the month at 1:00 pm. These meetings are to inform members of what is going on at the center and with the club; we also have a celebratory meal for holidays.

JAMMERS @ 1:00 PM

March 25, 2025

April 22, 2025

May 27, 2025

June 24, 2025

Sept 23, 2025

Oct 28, 2025

Nov 25, 2025

MONTHLY MEETING @ 1:00 PM

March 19, 2025

April 9, 2025

May 14, 2025


June 11, 2025

Sept 10, 2025

Oct 15, 2025

Nov 12, 2025

Dec 10, 2025



Membership fees are \$10 per year per person.
Contact information is listed below for more information
regarding renting the hall or becoming a member.



seniorscalmar63@gmail.com



4916 50TH AVE, BOX 505 CALMAR, AB T0C 0V0



Terry Balaban @ 587-988-3636

Calmar Public Library: September 2025

WHAT'S HAPPENING?



Smudging & Orange Shirt Button Making Wednesday, September 24 @ 6:00PM

Registration is required. Join us for an evening of reflection, learning, and creativity. Creating Hope will be sharing teachings on Smudging, followed by button making in recognition of Orange Shirt Day—a time to honour survivors of residential schools and commit to reconciliation. This program is offered in partnership with the Town of Calmar. All supplies are provided.



Button Pin Badge Making September 26 & September 29

Drop-in at the library during our operating hours on Friday and Monday to create your very own button pin badges. Decorate your bags, backpacks, and more! Library staff will be available to help you operate the button maker.

Community Pantry: Donations Needed!

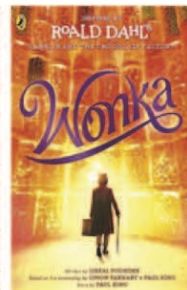
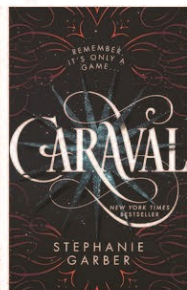
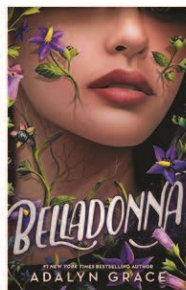
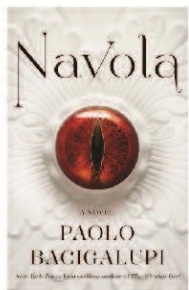
Take what you need, leave what you can.

As need for the Community Pantry increases, we are seeking donations of dried and canned foods, snacks, spreads, toiletries, and cleaning supplies! We will also accept certain perishable items like breads, fruits, and vegetables. Our Community Pantry is open to the public during operating hours.

2025 Reading Challenge September Theme: One Word Titles

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: 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 10 @ 6:00PM**

Theme: Signature Salads



**LEGO Club
September 17 @ 4:00PM**

Ages 6 and up

TAKE & MAKE KITS

Pre-K Apple Paper Plate Lacing

Tween Air Dry Clay Keychains



Library of Things

The library has more than just books, movies, and magazines! We are proud to offer patrons access to our Library of Things—a collection of games and kits for enjoyment and enrichment!

Board Games

- Exploding Kittens
- Family Card Games
- Gravity Maze
- Gobblet Gobblers
- Labyrinth
- Squashed!
- Magnetic Hangman
- Family Charades
- Dungeons and Dragons
- Dungeons and Dragons: The Curse of Strahd

Outdoor Games

- Bocce Ball
- Family Outdoor Games
- Giant Tumble Tower
- Ladder Toss
- Giant Connect 4***
- Classic Cornhole***

Activity Kits

- Paper Quilling
- Juggling

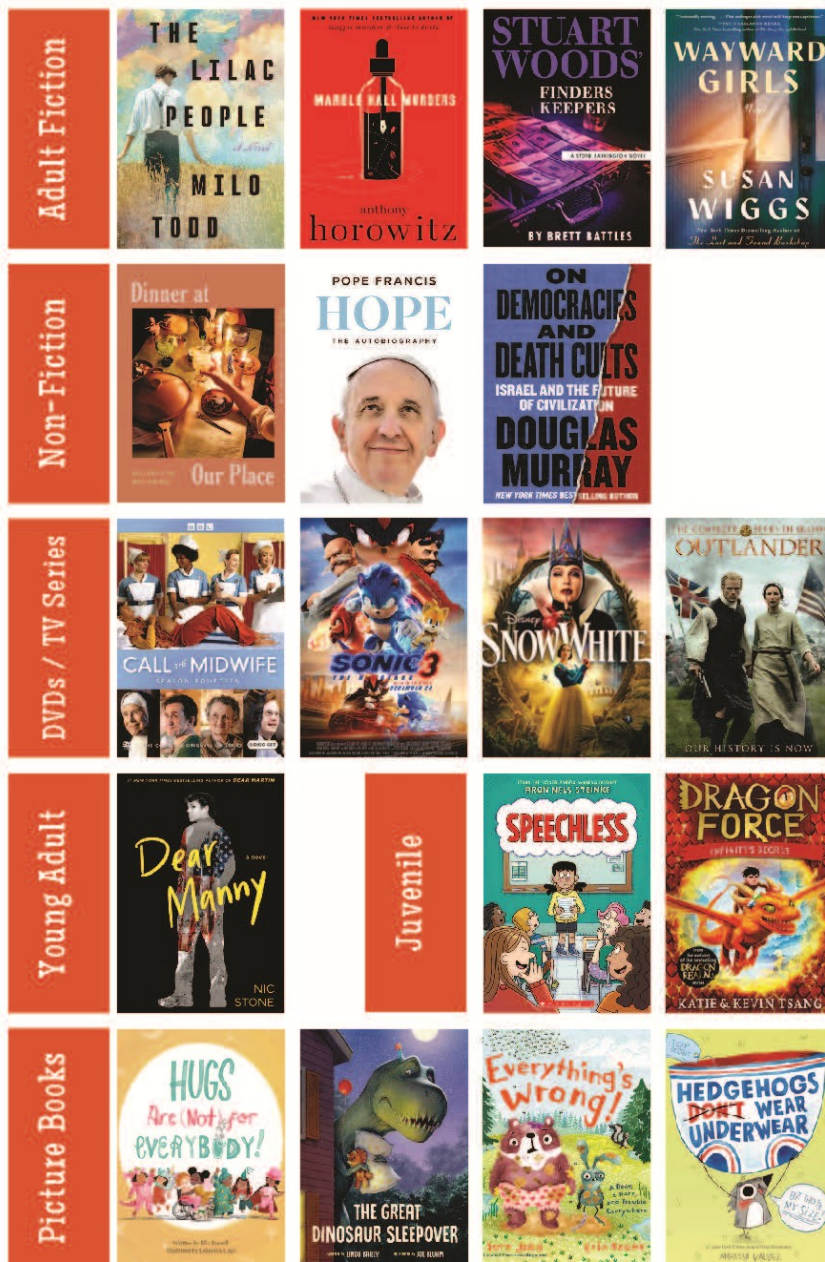
Sports and Outdoor Equipment

- Retractable Walking Poles***

NOTE: Due to their size and weight, some of these items (marked with ***) can only be borrowed by patrons registered at the Calmar Public Library, and they must be borrowed from and returned at our branch as they are too large to be transported between libraries.

What's New on Our Shelves!

We are always adding to our collection! Here are some of the newest titles that we added last month.



DID YOU KNOW?

There are over 14,000 items in our collection! That's a lot of books, movies, and more!

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



2026 GRANT TO ORGANIZATIONS

APPLICATIONS OPEN

AUGUST 1ST - OCTOBER 31, 2025

COMPLETED GRANT
APPLICATION TO
GRANTS@CALMAR.CA

ANY QUESTIONS PLEASE CONTACT FCSS
COORDINATOR MIKAYLA
MLEIBEL@CALMAR.CA

Calmar Connects



A page dedicated to the wellness of our community.

Nature as Medicine: Simple Summer Practices to Reconnect

By Charlie Webb, Holistically-Focused Clinical Therapist






August is the height of summer—when nature is in full bloom, daylight lingers, and the earth invites us to slow down, breathe deeper, and remember ourselves. At Nurtured Minds Wellness and Therapy Services, we believe that nature is more than just a backdrop—it's an active partner in healing.

More and more, research affirms what many of us instinctively know: time in nature supports mental health. It helps regulate the nervous system, lowers stress hormones, improves mood, and fosters a sense of connection—both inwardly and outwardly. But you don't need to escape to the mountains or commit to a long hike to experience these benefits. You can start small, right here in Calmar.

Here are three simple summer practices to reconnect with nature—and yourself:

1. The 5 Senses Grounding Walk

Head out to your backyard, a local trail, or even your front steps. Pause and engage each of your senses:

-  What are five things you can see?
-  What are four things you can hear?
-  What are three things you can feel?
-  What are two things you can smell?
-  What is one thing you can taste?

This somatic practice helps anchor you in the present moment—where healing begins.

2. Barefoot Time on the Earth

Kick off your shoes and feel the grass, dirt, or sand beneath your feet. This simple act of "earthing" can calm your mind and reset your body's stress response. Let it be a daily ritual, even if just for a few minutes.

3. Sit Spot Stillness

Choose a spot in nature to return to regularly. It could be a shady tree, a quiet garden bench, or a spot near the creek. Sit in silence, let your senses open, and notice how the space changes over time—and how you change, too.

In our fast-paced, always-online world, nature offers something we deeply crave: presence, rhythm, and gentle belonging. It teaches us how to slow down, how to be, and how to heal.

This August, we invite you to step outside—not to “do” more, but to simply be. Nature is ready to meet you. All you have to do is show up.

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

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 the nearest ER.





Economic Development **BUSINESS UPDATE**

Events Happening in Calmar that May Effect Your Business

MARK YOUR CALENDARS

- | | |
|--------------|---|
| September | • Ice gets put into the arena |
| September 5 | • Movie - CORGi Park (TBA) |
| September 18 | • Business Workshop/Brunch |
| | Learn from local business owners
on how to maintain a positive work
environment/boost productivity. |
| November | • Christmas in the Park |
| November 12 | • Christmas Elves begins |
| December 31 | • First Night Celebration |

**For more information, please check out the
events calendar on the Town's website at
www.calmar.ca**

Economic Development

BUSINESS SHOUTOUT!

A Huge Thank You!

to the following businesses for:
For Being a Calmar Days, 2025

SPONSOR!!!

Pancake Breakfast Sponsor:

Chris Feist REMAX Real Estate

Fit Set Ninja Sponsor:

Calmar Compounding Pharmacy

Family Fun Zone Sponsor:

Big Wifi

Petting Zoo Sponsor:

Avillia Developments

Movie Sponsor:

Northern Lights Fibre

Parade Sponsor:

Calmar Food Town

Gaming Bus:

RMC Group of Companies

Freezies at the Movie

Nurtured Minds Wellness & Therapy

If you would like to join these wonderful businesses and sponsor an activity at a Calmar event, please call Sandra at the Town office. 780-985-3604



Leduc County Family and Community Support Services

The following are events, webinars and other important information.
Everyone is welcome!

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.

Seniors Assisted Transportation Subsidy

The cost of transportation can be a barrier for many 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 to needed services.

Transportations services are provided by Volunteers of Drive Happiness. Contact Drive Happiness at 780-424-5438 or 1-888-336-4503. Let them know that you are a resident of Leduc County, Calmar, Thorsby or Warburg to access your free rides.

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.

Home Alone: Parent & 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 skill and confidence to stay home alone while giving you the knowledge about what your child needs in order to be ready.

This workshop focuses on home alone skills and readiness, as well as emergencies, back up plans and scenario practices. Children must be a minimum of nine years old to attend. A parent or caregiver must be in attendance.

Date: Tuesday, September 23

Time: 6 to 8 p.m.

Location: Calmar program centre



Connect with us!

780-979-2385 or fcssinfo@leduc-county.com





Leduc County Family and Community Support Services

The following are events, webinars and other important information.
Everyone is welcome!

Living with schizophrenia: A personal perspective

There are many myths and misconceptions about schizophrenia, which lead to unnecessary fear and stigma around this illness. The Schizophrenia Society of Alberta's presentation educates the community on the disorder, its symptoms, impact of psychosis, and what those living with it experience. The presenters are living with schizophrenia themselves. They share their personal experiences in order to combat stigma and create a more inclusive and educated society.

Date: Thursday, October 2

Time: 9 to 10:30 a.m.

Location: Online

Making friends in the adult world

Are you feeling overwhelmed by the unique challenges of making and keeping close friends as an adult? You're not alone! Many of us find that nurturing friendships becomes more complex after childhood. Join us as we discuss the key elements needed to forge long-lasting and meaningful friendships in the adult world.

This session will be facilitated by Kim Silverthorn, BA, RPC, MPCC, CT from Tacit Knowledge.

Date: Tuesday, October 14

Time: 6 to 7:30 p.m.

Location: online

Leading beyond bias: practical inclusive leadership skills

Organizational culture isn't built by HR policies - it's created through daily leadership choices. In this session we will learn to recognize unconscious bias in team dynamics and hidden patterns that impact team performance.

Whether you lead a team of employees, volunteers, or folks in your community, participants will come away with practical strategies that lead to stronger relationships, better mental health, and higher performing teams.

This session is presented by Next Gen Men Equity Leaders

Date: Friday, October 17

Time: 1 to 2:30 p.m.

Location: online



Connect with us!

780-979-2385 or fcssinfo@leduc-county.com



Get your own Calmar Branded Swag!

Go to:

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



CALMAR



Utility Bill Due Dates

JANUARY - FEBRUARY = APRIL 6

MARCH - APRIL = JUNE 6

MAY - JUNE = AUGUST 6

JULY - AUGUST = OCTOBER 6

SEPTEMBER - OCTOBER = DECEMBER 6

NOVEMBER - DECEMBER = FEBRUARY 6

Reminder to set up your E-Billing. Go to our website www.calmar.ca for more details. Or contact Darlene Parchoma at the Town Office @ 780-985-3604 ext 222

2025 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.



Recycling is through Circular Materials and GFL, download their app or contact 780-444-8805

Blue bag collection every second MONDAY
The Town of Calmar is no longer responsible for recycling collection.



Call 780-985-3604 ext. 222 for more info.
See reverse for landfill details

January 2025

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

February 2025

SUN	MON	TUE	WED	THU	FRI	SAT
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March 2025

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April 2025

SUN	MON	TUE	WED	THU	FRI	SAT
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27	28	29	30			

May 2025

SUN	MON	TUE	WED	THU	FRI	SAT
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June 2025

SUN	MON	TUE	WED	THU	FRI	SAT
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July 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
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August 2025

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
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September 2025

SUN	MON	TUE	WED	THU	FRI	SAT
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October 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
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November 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
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December 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	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

To Book ad space, please
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#>

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