



TOWN OF  
**CALMAR**

# *The Chronicle*

## DECEMBER 2025

YOU CAN FIND ME AT:

- MINT HEALTH + DRUGS
- LEE'S RESTAURANT
- WHATEVER REPAIRS
- GRASSHOPPER RESTAURANT
- CALMAR LIBRARY
- WILD SUMMIT CO.
- CALMAR BAKERY
- ...IS GOOD COFFEE BAR & MORE
- HAYDUK LUMBER & HARDWARE
- CALMAR MEDICAL CLINIC
- TOWN OFFICE



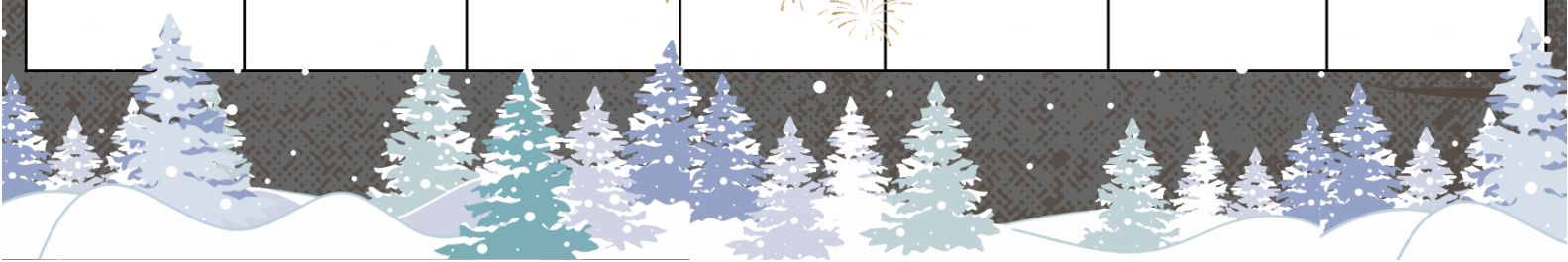
TOWN ADMINISTRATION OFFICE  
4901-50 AVENUE, P.O. BOX 750, CALMAR, AB T0C 0V0  
PHONE 780-985-3604 FAX 780-985-3039  
WEBSITE: [WWW.CALMAR.CA](http://WWW.CALMAR.CA) EMAIL [INFO@CALMAR.CA](mailto:INFO@CALMAR.CA)



# DECEMBER 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Play Dates Council Meeting @ 6:30pm	2  Seniors Health & Wellness Giving Tuesday	3	4  	5 Christmas Elves Applications Close International Volunteer Day	6 Wild Summit Co. Winter Gala Fundraiser Utilities are Due St. Nicholas Day
7	8	9 Seniors Health & Wellness	10	11 	12 National Gingerbread House Day	13
14 Hanukkah 	15 Council Meeting @ 6:30pm	16  Seniors Health & Wellness	17 Committee of the Whole @ 1:30pm	18  	19	20
21 Yule  Winter Solstice 	22	23	24  Christmas Eve Town Office Closed	25  Christmas Town Office Closed	26 Boxing Day Kwanzaa  Town Office Closed	27 GFL Holiday Garbage Collection Day 
28	29	30	31 New Year's Eve Calmar's First Night Celebration 			





# Welcome the new Mayor and Council for the Town of Calmar!




Left To Right: Danielle Bourdin, Don Faulkner, Krista Gardner, Jaime McKeag Reber, Sean Carnahan

**Mayor Gardner:** Krista Gardner is thrilled to step into the role of Mayor of Calmar, bringing her experience as a dedicated multi-term Councillor and Director of Towns West with Alberta Municipalities to this exciting new chapter. She's passionate about creating a vibrant, welcoming community for youth, families, and everyone who calls Calmar home, with a leadership style rooted in openness, collaboration, and genuine connection. Krista looks forward to working closely with residents, regional partners, and all levels of government to continue moving Calmar forward with energy and purpose.

**Councillor Faulkner:** Don Faulkner has lived in Calmar since 1993, having moved here with his wife and family from Edmonton. As a long serving member of Council, Don has bore witness to the evolution of the town, and knowing the potential of the community, Don is inspired to fully commit to one more term. Don is laser focused on dramatically increasing the non-residential tax assessment, as this will ease the pressures on the residents and help fund much needed recreational opportunities, thus improving the quality of life.





Councillor McKeag Reber: Jaime has lived in Calmar for over 9 years with her husband and her three small children. Jaime serves in her second term as Councilwoman and considers herself an advocate for family living and small business. She has learned a lot over the last few years while serving on various boards such as the Recreation Board, Communities in Bloom, Library Board and Market on Main to name a few.

Councillor Carnahan: Sean Carnahan has been a dedicated public servant in Calmar. He and his wife moved to the town in 2006, and together they raised two children who went through the local schools. His deep roots in the community are reflected in his long-standing involvement with local organizations, in recreation, housing and various other boards and committees. Before entering municipal government, Sean built a strong professional background: he spent 10 years in public accounting and another 17 years working in the oil and gas sector as a controller. He also served on the Calmar Economic Development Committee, where he helped develop a five-year economic plan to promote sustainable local growth. As a councillor, Sean's goal is to listen attentively to residents, identify realistic opportunities, and turn those into actionable solutions that support the future growth and development of Calmar—while preserving what makes the town special today.

Councillor Bourdin: As Calmar's newest elected councillor, Danielle is excited for the opportunity to serve the community. She has spent the last few weeks learning and absorbing as much as she can to prepare for the role. Danielle looks forward to continuing to listen and support thoughtful decision-making – and welcomes residents to please reach out anytime.

To learn more on Council please visit [www.calmar.ca/meetyourcouncil](http://www.calmar.ca/meetyourcouncil). 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.







PLEASE JOIN US FOR

**CALMAR'S**

*First Night*

DECEMBER

| 31 |

5 PM - 8 PM

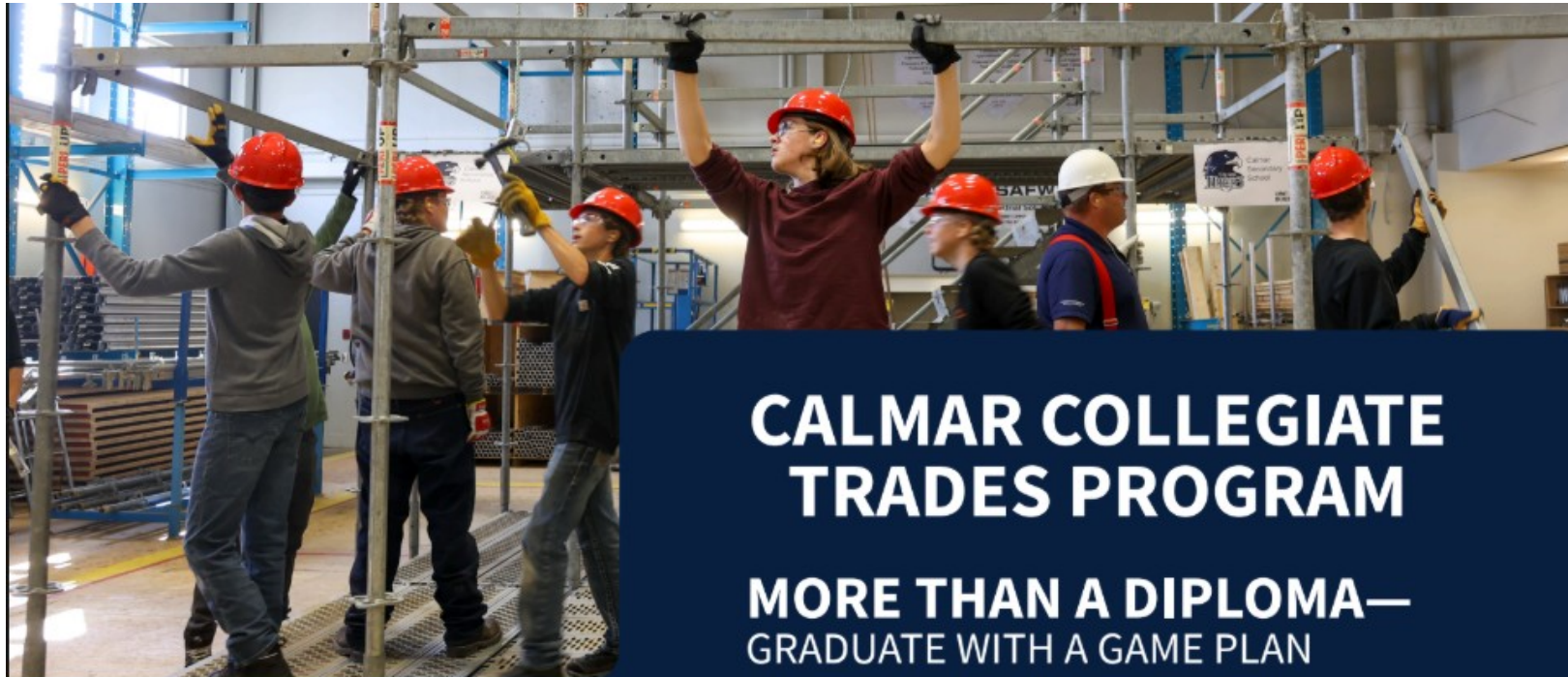
MIKE KARBONIK ARENA

Free Public Skating  
Hot Chocolate & Treats  
Fireworks at 8:30 PM

[www.calmar.ca](http://www.calmar.ca)







# CALMAR COLLEGIATE TRADES PROGRAM

**MORE THAN A DIPLOMA—  
GRADUATE WITH A GAME PLAN**

**Step into the spotlight as a member of Calmar Collegiate's  
inaugural cohort.**

## **Pre-Apprenticeship Opportunity**

As a Grade 12 student, you'll complete a pre-apprenticeship in carpentry, pipe trades, or electrical (carpentry only in 2025/26). You'll finish by writing your AIT (Apprenticeship and Industry Training) exam and earn an industry-recognized credential that sets you apart.

## **Carpentry First-Year Training**

Looking for the ultimate head start? Complete your first-year technical training in Carpentry for just \$900 (a \$5,000 value). Graduate with real skills, real savings, and a career advantage.

## **Earn While You Learn**

Don't just prepare—get started. Log Blue Book hours, earn wages, and gain hands-on experience before returning to school.

## **Pathway to the Trades**

Step straight into high-demand, high-paying careers through hands-on training and exciting Registered Apprenticeship Program (RAP) placements.

**Secure your spot today—limited spaces available for 2025!**

**Graduate ahead of the crowd with the skills Alberta's workforce is demanding.**

## **Program Highlights**

- ✓ 60 full days starting Semester 2, on-site at Calmar Collegiate
- ✓ Train with ticketed instructors who bring real-world expertise
- ✓ Stay on track with outreach teachers supporting your core courses
- ✓ Connect with partners like Northern Lakes College, the Building Trades of Alberta, and the Educational Partnership Foundation for direct industry exposure

## **Why This Program Stands Out**

- 🎓 Graduate with industry-recognized training
- 💰 Save over \$4,000 in tuition costs
- 🤝 Connect directly with trades professionals and employers
- 🚀 Launch into high-demand, high-paying careers



**CALMAR SECONDARY  
COLLEGIATE SCHOOL**





# FROM IN HIGH SCHOOL TO IN HIGH DEMAND



## CALMAR SECONDARY COLLEGIATE SCHOOL

### A career in the skilled trades is waiting.

Do you like working with your head and your hands?

Calmar Secondary Collegiate School (CSCS) offers hands-on, dual-credit skilled trades classes—so you can start earning post-secondary credit while still in high school.

Explore the fundamentals of **Electrical, Carpentry, or Pipe Trades**, taught right in school by certified Journeypeople. You'll also have the chance to earn a Registered Apprenticeship Program (RAP) placement.

You can take skilled trades classes **while attending CSCS, or while attending your regular school**. Here's how the program works:

- **Grade 10:** Begin with 5–7 immersive field trip days exploring Electrical, Carpentry, and Pipe Trades—plus a variety of others (ironworking, bricklaying, painting, and insulation).
- **Grade 11:** Dive into 90 half-days of afternoon instruction focused on Electrical, Carpentry, and Pipe Trades.
- **Grade 12:** Pick one of the three trades to focus on. Complete 60 full school days and take your first apprenticeship exam.

### Learn More

**Talk to your school's administrator today** to find out more, including how to register.

Don't miss your chance to earn high school and post-secondary credit, and get a head start on an in-demand career.

### Visit Us Online

**Scan the QR code below** for more information about CSCS's collegiate program. Learn how you can start building real-world skills, earn credits, and get hands-on experience in the skilled trades.



You can learn more about Calmar Secondary Collegiate School, including its other programs, by visiting <https://css.blackgold.ca>.



# 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](mailto:eagube@calmar.ca)



# NOTICE

## HOLIDAY COLLECTION DATES

**THURSDAY, DECEMBER 25<sup>TH</sup> (CHRISTMAS DAY) WILL BE COLLECTED ON SATURDAY, DECEMBER 27<sup>TH</sup> 2025.**

**AND**

**THURSDAY, JANUARY 1<sup>ST</sup> (NEW YEARS DAY) WILL BE COLLECTED ON SATURDAY, JANUARY 3<sup>RD</sup> 2026.**



**Public Skating**

**STICK  
'N'  
PUCK**

**Mondays 3:30pm –4:45pm**

**Thursdays 3:30pm  
–4:45pm**

**Tuesdays 3:30pm  
–4:45pm**

**Additional Times will be posted on Social Media and  
Calmar.ca**

**Weekend Times will be Posted on Fridays!**





# CHRISTMAS MARKET

**Calmar Elementary School**  
**5402 50 St**  
**CALMAR ALBERTA**



DECEMBER

10

AT 12:30PM

# Christmas DINNER

Calmar Seniors Centre - 4916 50 Avenue

**Seniors are welcome** to jingle, mingle, and dine!  
Celebrate the season of giving at our Christmas  
potluck dinner! Please bring your favourite  
festive dish! Turkey and ham will be provided.



THERE WILL **NOT** BE A MEETING OR JAMMERS IN DECEMBER!





# Calmar & District Seniors Club

4916 50 Avenue

## Monthly Meeting:

November 12 - 1:00 PM

December 10 - 1:00 PM

Pot Luck Christmas Dinner is on December 10

## Music Jammers:

November 25 - 1:00 PM

## Coffee Time:

November 20 - 1:00 PM

December 18 - 1:00 PM





# ROYAL CANADIAN MOUNTED POLICE

## Winter Safety Starts Early

As the temperatures drop and the first snowflakes start to fall, the Leduc RCMP are reminding residents that a little preparation now can make a big difference later. Winter in Alberta can be unpredictable, but with some early planning, we can all help keep our roads and communities safe.

Before you head out this season, take a moment to get your vehicle winter-ready.

- Check your tires- winter tires or all-weather tires provide better traction when the roads get icy.
- Make sure your windshield washer fluid is topped up
- Keep a winter safety kit in your car that includes a blanket, flashlight, shovel, and booster cables.

Visibility also becomes more important as daylight hours shorten. Drivers are encouraged to slow down and clear off all windows and lights before hitting the road.

Pedestrians can help by wearing reflective clothing or carrying a small light when walking at night or early in the morning.

If you're new to winter driving, give yourself extra time to reach your destination and avoid sudden stops or lane changes. And remember, if you see emergency or tow vehicles stopped on the side of the road, slow down and move over when it's safe to do so.

By taking small steps now, we can all help make the season safer for everyone. Let's start winter off on the right foot- prepared, patient, and looking out for one another.



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

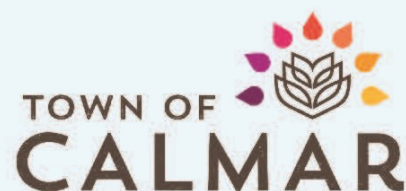


# SNOW ANGEL VOLUNTEER CALL

WE'RE REACHING OUT TO OUR AMAZING  
COMMUNITY VOLUNTEERS FOR A LITTLE  
EXTRA HELP WITH SNOW REMOVAL WITH  
OUR SNOW ANGELS PROGRAM.

IF YOU'RE WILLING TO LEND A HAND TO A  
COMMUNITY MEMBER WHO COULD USE  
SOME HELP, WE WOULD LOVE TO HAVE  
YOU ON BOARD!

**ANY QUESTIONS OR TO SIGN UP PLEASE  
CONTACT FCSS COORDINATOR MIKAYLA  
MLEIBEL@CALMAR.CA | 780.985.3604 EXT. 233**





# CHRISTMAS ELVES ANGEL TREE

Help every child feel the joy of Christmas by choosing an  
Angel card off our Angel Tree.

Bring in a **NEW, UNWRAPPED** toy to the town office with  
your Angel Tree card.

**Please have all Angel cards and toys dropped off by  
Dec. 5th.**



**Edward Jones**

> [edwardjones.ca](http://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](mailto:rick.medcke@edwardjones.com)  
<https://www.edwardjones.ca/rick-medc>

MKT-14371-C-AD





# Calmar Connects

A page dedicated to the wellness of our community.



## **Navigating Holiday Stress & Family Dynamics: Simple Tools for a Softer December**

By Charlie Webb, Nurtured Minds Wellness Therapy and Retreat Group

December has a way of stretching us. The holidays can bring connection, warmth, and tradition, but they can also surface old patterns, family tensions, financial strain, grief, and emotional overload. If you've ever wondered why this time of year feels heavier than it "should," there's a simple explanation: your nervous system is working overtime.

Between social events, crowded stores, travel plans, shifting routines, family expectations, and the pressure to make everything "perfect," your body is tracking all of it. Stress during the holidays isn't a personal flaw, it's a natural response to a busy season.

Here are a few gentle strategies to help you move through December with more steadiness and less overwhelm.

### **1. Lower the bar. For yourself and others.**

Holiday stress often comes from invisible expectations: perfect meals, perfect behaviour, perfect moments. But perfection is pressure in disguise.

Try choosing a theme instead of a standard.

"Good enough." "Simple." "Connection over presentation."

Let this guide your decisions, energy, and boundaries.

### **2. Take three grounding breaths before entering a gathering**

Your body often knows before your mind does when you're bracing. A slow exhale tells your nervous system, "I'm safe enough."

Try this:

- Inhale for 4
- Exhale for 6
- Repeat three times

This small reset lowers tension, increases clarity, and helps you respond instead of react.

### **3. Plan an "exit strategy", even if you don't use it.**

Giving yourself permission to leave early removes pressure before you walk through the door. It also reduces people-pleasing and the feeling of being "trapped."

You can even plan a phrase ahead of time:

"I'm going to head out now, thank you for having me."

Short, respectful, and enough.

### **4. Focus on one safe person or one safe spot**

In busy or emotionally charged environments, having an "anchor" helps your nervous system settle.

Your anchor could be:

- A calm person you trust
- A quiet corner
- A chair near a window
- A short walk outside to get fresh air

Anchors remind your body that you are not fully at the mercy of the room.

### **5. Release the idea that you must attend everything**

You don't have to be everywhere. You don't have to stretch yourself thin.

A "no" rooted in honesty is an act of care for yourself and your relationships.

Try using softer boundaries:

"I won't be able to make it, but I hope it's a wonderful time."

"I can come for an hour, but I'll need to leave early."

### **6. Expect old patterns to show up, and prepare for them.**

Family systems have habits. Certain topics, comments, or dynamics might reliably trigger discomfort. You can't control other people, but you can control your preparation.

Ask yourself:

- What usually hooks me?
- What would help me stay grounded if it comes up?
- What do I want to let go of this year?

Sometimes naming the pattern takes away its power.

### **7. Create a small ritual that's just for you**

A quiet cup of tea, a 10-minute walk, journaling before bed, or even lighting a candle can give your body a "landing place" in a busy month. Rituals create predictability, something your nervous system loves.

### **A final reminder**

You don't owe anyone perfection. You don't have to perform joy. You're allowed to take breaks, soften your expectations, and choose what feels right for your energy this season.

The holidays can hold both warmth and complexity. With a few gentle tools, they can also feel a little more spacious, steady, and human.

If you're navigating stress, overwhelm, or emotional heaviness this month, you're not alone. Nurtured Minds Wellness is here with support, grounding tools, and nature-based approaches to help you move through the season with care.



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 do not 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



[www.nurturedmindswellness.com](http://www.nurturedmindswellness.com)





TOWN OF  
**CALMAR**



**fcss**  
Family and Community  
Support Services



# **HEALTH & WELLNESS CHAIR EXERCISE**

**Tuesday Afternoons  
1:30pm – 2:30pm  
Calmar Public Library  
4705 50 Avenue**

**Contact Cassie Kreil for registration or  
questions  
[stwfitness@yahoo.ca](mailto:stwfitness@yahoo.ca) | 780-241-0987**

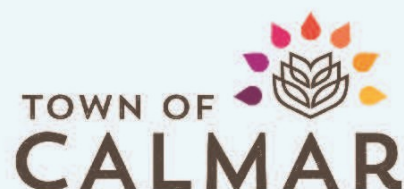


# CALMAR SNOW ANGELS

WHEN THE SNOW STARTS TO PILE UP,  
YOU DON'T HAVE TO FACE IT ALONE!

**IF YOU'RE 65+ AND/OR PHYSICALLY  
UNABLE TO SHOVEL, OUR SNOW ANGELS  
PROGRAM IS HERE TO HELP KEEP YOUR  
WALKWAYS CLEAR THIS WINTER.**

**ANY QUESTIONS OR TO SIGN UP PLEASE  
CONTACT FCSS COORDINATOR MIKAYLA  
MLEIBEL@CALMAR.CA | 780.985.3604 EXT. 233**







# 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



825-758-1656

[info@progressivepathwaybds.ca](mailto:info@progressivepathwaybds.ca)





# Calmar Public Library: December 2025 WHAT'S HAPPENING?

## Holiday Hours of Operation

Wednesday, December 24, 2025 Wednesday, December 31, 2025	11AM - 3PM
Thursday, December 25, 2025 Friday, December 26, 2025 Thursday, January 1, 2026	CLOSED



## Biannual Book Sale!

**November 24, 2025 - December 4, 2025**

Stop by the library during our operating hours and browse our selection of gently used books, audiobooks, and DVDs! Please be advised that we can only accept cash payments. All proceeds will go towards the Friends of the Calmar Public Library Society!



## Welcome to Winter Wonderland

**Wednesday, December 3 @ 5 - 7:30PM**

Drop by the library to help us decorate our Christmas tree! We will have a variety of craft supplies available to make ornaments for our tree and yours! Enjoy refreshments while visiting with friends and neighbors. This is a drop-in program open to all ages. No registration is required.

**NOTE:** Stay and Play will **not** be offered on December 25th or January 1st. We look forward to welcoming everyone back to Stay and Play in the new year on Thursday, January 8, 2026!



## NERF the Halls!

**Friday, December 19 @ 5 - 7:30PM**

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

Kids aged 8-13 are invited to join us after-hours at the library for an epic night packed with NERF Gun games and battles in the stacks! Please be aware that **space is limited**.



## Senior Fitness Classes

**Tuesdays @ 1:30 - 2:30PM**

You're never too old to stay active! The library will serve as an alternate location for the Town of Calmar's weekly Senior Fitness program during the holiday season.



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

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

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

## LIBRARY HOURS

Monday, Tuesday, Thursday, Friday	11AM - 5PM
Wednesday	11AM - 8PM

**CLOSURES:** weekends and statutory holidays

**IT'S FREE!**

**JOIN THE LIBRARY!**

New to the community and looking to get a library card? Great! Contact the library to apply for your card today!

## Monthly Programs



**NEW DAY!**

**Knit n' Stitch  
Mondays @ 1:30PM**

All skill levels welcome!



**Stay and Play  
Thursdays @ 10:00AM**

Ages 0-5 with caregiver



**Chess Club  
December 3 @ 6:00PM**

All ages and skill levels



**Cookbook Club  
December 10 @ 6:00PM**

**Theme:** Tapas Party  
Delights



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

Ages 6 and up

## TAKE & MAKE KITS

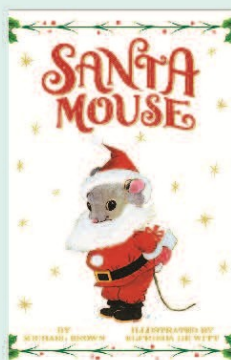
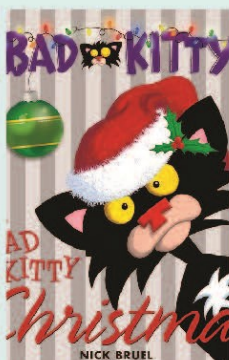
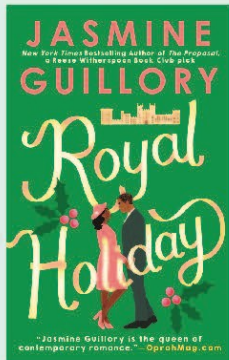
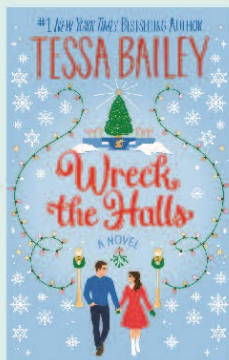
<b>Pre-K</b>	Paper Plate Snow Globe
<b>Tween</b>	Snowball Necklace/Ornament



## 2025 Reading Challenge December: Home for the Holidays

In a reading slump? Want 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 let us know what you've read.

Need recommendations? Just ask our library staff for assistance!



## 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.



## Community Pantry

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. Donations are always welcome, too.

Check us out online!

Facebook: [www.facebook.com/calmarlibrary](https://www.facebook.com/calmarlibrary)  
YouTube: [www.youtube.com/@calmarpubliclibrary](https://www.youtube.com/@calmarpubliclibrary)





# Economic Development

## **BUSINESS UPDATE**

### **Events Happening in Calmar** **that May Effect Your Business**

### **MARK YOUR CALENDARS**

December 6	Winter Gala
December 8	Christmas Elves Applications Close
December 18	Christmas Elves Deliveries
December 31	First Night Celebration

***If your business has an event in  
December, let Sandra at the Town office  
know so we can support your event!!***

For more information, please check out the events  
calendar on the Town's website at [www.calmar.ca](http://www.calmar.ca)



# *Economic Development* **BUSINESS SHOUTOUT!**

## **A Huge Thank You!**

to

**The local businesses that came with the  
Town to be part of the Market  
at the Heels & Holly Luncheon!!**

- Loganberry's Antiques & Curiosities
- Spirit Over Ego
- Haylstorm Fitness
- Yesterday's Treasure Market
- Nurtured Minds Wellness & Therapy
- Wild Summit Collective
- Little Buds Yoga
- Progressive Pathways Behaviour &  
Disability Services Association

**It was a great day to showcase what our local  
businesses have to offer!**

**If you have a shout out for one of our local  
businesses, 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](mailto: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.

#### Christmas Mourning

However you celebrate the holidays, this season can be a difficult time. Christmas Mourning is a gathering to provide support and comfort to those who are grieving during the holidays. This event offers a space for individuals to come together and remember their loved ones who have passed away and 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.

Session is open to adults 18 years and older and will be facilitated by Registered Psychologist Amy Walton from Karunia Counselling in partnership with Leduc County Family and Community Support Services.

**Date:** Wednesday, December 3

**Time:** 10 to 11 a.m.

**Location:** Calmar & District Seniors Centre

#### Grief Supports

Connect with [www.leduc-county.com/grief](http://www.leduc-county.com/grief) for information on:

- Online learning resources
- Grief groups
- Peer support
- Book recommendations

Call 780-955-6421 to inquire about counselling subsidy options. More information at [www.leduc-county.com/counselling](http://www.leduc-county.com/counselling)



Connect with us!

780-979-2385 or [fcssinfo@leduc-county.com](mailto:fcssinfo@leduc-county.com)







## Leduc County Family and Community Support Services

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

### Christmas Elves and Santa's Helpers

Do you or does someone you know need a helping hand from the elves this holiday season? With the help of community donations, Christmas Elves and Santa's Helpers provide food and toys to people in need.

Calmar and area: Contact Mikayla at 780-985-3604 ext.233  
Intakes: Nov. 12 to Dec. 5

New Sarepta and area: Contact Taryn at 780-941-2382  
Intakes: Nov. 12 to Dec. 5

Thorsby and area: Contact Brandee at 780-789-4004  
Intakes: Nov. 17 to Dec. 8

Warburg and area: Contact Katlynn at 780-848-2828  
Intakes: Nov. 12 to Dec. 4

Beaumont/Nisku and area: Contact FCSS at 780-929-1006 or [FCSS@beaumont.ab.ca](mailto:FCSS@beaumont.ab.ca)  
Intakes: Nov. 12 to Dec. 12

Leduc Santa's Helpers (toys only): Contact: 825-995-1008 or visit  
[www.leducsantashelpers.ca/hamper-application/](http://www.leducsantashelpers.ca/hamper-application/)  
Intakes: Nov. 3 to Dec. 12

Leduc and District Food Bank: Contact Food Bank for food hamper information: 780-986-5333

Devon (gift cards only): Contact: 825-967-0025 or visit  
[www.devonchristmaselves.com/referrals](http://www.devonchristmaselves.com/referrals)  
Intakes: Nov. 12 to Dec. 5 at 4 p.m.

### Donations and volunteers

Contact your local program to make a donation or to volunteer.



## Connect with us!

780-979-2385 or [fcssinfo@leduc-county.com](mailto:fcssinfo@leduc-county.com)





## Introducing the Circular Materials Recycling App

Now available in the Town of Calmar.

- Find your recycling schedule.
- Get collection notifications.
- Search what materials go into your recycling.

Download the Circular Materials recycling app.

[circularmaterials.ca/app](http://circularmaterials.ca/app)



# 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](http://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.



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.



Organics collection every Monday (Spring through Fall)

Grass clippings, leaves, etc.

Must be in *CLEAR* NON-COLOURED bags.

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
						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	

*March 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					

*April 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			

*May 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

*June 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					

*July 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		

*August 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						

*September 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				

*October 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	

*November 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						

*December 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			

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](http://calmar.ca)

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

TOWN OF  
CALMAR