

# The Chronicle



March 2026



## News:

Daylight Savings will be on Sunday, March 8. Remember to spring your clocks forward one hour.



## Events:

Playdates run every Monday, excluding statutory holidays from 9:15 AM - 10:45 AM at the Program Centre.



## Council:

Council Meetings will be on March 2 and March 16 at 6:30 PM.  
Committee of the Whole will be on March 25, at 1:30 PM.

## Where to find the Chronicle:

- 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



## CPO talks about sidewalk safety.

**Our Community Peace Officer Leggio joins Calmar Elementary School assembly for sidewalk safety and tips.**

March is here, and with it comes the welcome signs of spring, longer days, warmer sunshine, and a fresh start for our community. As we look ahead to the new season, the Town of Calmar is excited to share that we will be introducing organic bins in the coming months as part of our continued commitment to sustainability. Stay tuned for more information on how this program will roll out.



## Get in touch:

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)

# MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2   Council Meeting @ 6:30pm Playdates	3	4	5    	6  Denim Day for Dementia	7	
8  Daylight Savings Starts 	9   Playdates	10  CVITP Starts every Tuesday & Thursday until April 9th.	11	12   Community Nights 6-8 PM  	13	14  Pi Day $\pi$	
15	16   Council Meeting @ 6:30pm Playdates	17   	18	19    	20  First Day of Spring 	21	
22	23   Playdates	24 	25  Committee of the Whole @ 1:30pm	26   Community Nights 6-8 PM Purple Day for Epilepsy Awareness 	27	28	
29	30   Playdates	31 	----- Spring Break -----				

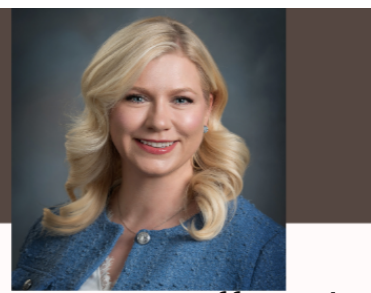


Adult Drop In Volleyball 7:00pm - 9:00pm  
Calmar Secondary School



Calmar Pickleball 7:00pm - 9:00pm  
Calmar Secondary School

# Mayor's Corner



Hello Calmar!

As I sit down to write this, it certainly feels like spring is a long way off and that March will be coming in like a lion. I hope that means we will be going out like a lamb! But despite the snow and cold temperatures at the end of February, the days are getting longer, the sun feels warmer, and spring will be here before we know it.

Council has been hard at work focusing on our key priorities for 2026. Our discussions continue to center around responsible financial management, infrastructure planning, and ensuring that Calmar remains a welcoming and vibrant place for families, seniors, businesses, and visitors. We recognize that every decision we make must balance today's needs with long-term sustainability, and we remain committed to transparency and accountability as we move forward. Keep an eye out for opportunities to provide input into many of the Town's initiatives over the next few months.

There are many challenges in the road ahead and I'd like to take a moment to highlight one of them- the bill Calmar receives from the provincial government under the Police Funding Model (PFM) for the Town's RCMP service provision. Calmar, like other communities under 5,000 population, are served by the RCMP through the Provincial Police Service Agreement (PPSA) and while this was historically paid for by the provincial government, we began to be required to contribute a portion of frontline policing costs as part of a phased-in cost-sharing framework, beginning in 2019. Calmar was required to pay 10% in 2020, increasing to 30% in 2024. In late 2025, the provincial government announced revisions to the funding model to reflect the fact that policing costs have risen substantially. Under this new approach in 2026, Calmar is now required to pay ~22% of current frontline policing costs (a much higher total bill), with a planned phased return to 30% over the following five years. The Town recently received the projected numbers for the next 5 years and we are concerned about the potential impact to taxes, particularly for future years.

# Mayor's Corner Part 2

We are going from a policing cost of \$114 544 in 2025 to \$159 157.60 for this year's budget. It then increases substantially every year to a projected \$434 737.41 in 2030. These added costs do not include any increases in service level in Calmar. Council recognizes the importance of strong and effective policing in our community and is grateful for the work the RCMP does in Calmar. However, the magnitude and pace of these dramatically increased costs from the province present serious challenges for small municipalities like ours. While we understand that policing costs are rising across the province, the scale of these increases will be difficult for us to absorb without placing additional pressure on local taxpayers. We will continue to advocate for fairness, transparency, and a funding approach that is sustainable for our residents. I encourage residents to contact our provincial government including our MLA to express your concerns and to seek clarity on how these changes will impact you.

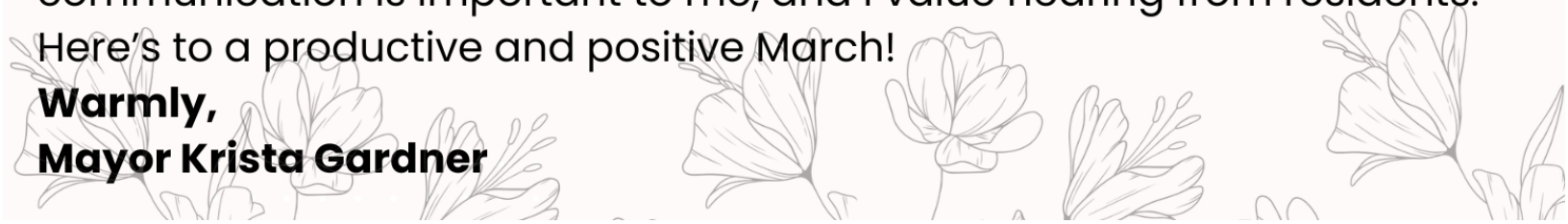
Calmar's MLA Andrew Boitchenko can be reached by email at [draytonvalley.devon@assembly.ab.ca](mailto:draytonvalley.devon@assembly.ab.ca) or phone at 780-542-3355 and the Minister of Public Safety and Emergency Services, Mike Ellis, who oversees the policing contract can be contacted at [www.alberta.ca/minister-of-public-safety-and-emergency-services](http://www.alberta.ca/minister-of-public-safety-and-emergency-services).

As we look ahead to spring programming and community events, I hope everyone finds a way to get involved. Whether through volunteering, attending Council meetings, supporting local businesses, or participating in recreation activities, your engagement strengthens Calmar. Strong communities are built by people who care and Calmar is filled with those people.

On behalf of Council, thank you for your continued trust and involvement. If you have questions, ideas, or concerns, please reach out. Open communication is important to me, and I value hearing from residents.

Here's to a productive and positive March!

**Warmly,**  
**Mayor Krista Gardner**



# Peace Officer Corner



Good Day Town of Calmar.....

Well I hope the coldest weather is behind us and it's sunny days ahead !

This has been a challenging winter weather wise. The snow came in droves. Then, warm weather set in causing snow to melt on sidewalks during the day, and ice to form on the sidewalks at night. The cycle of freeze thaw continued for weeks. We were asked by residents how we personally handle this challenge regarding our own walkway. We stated we have to follow the snow clearing and sidewalk maintaining bylaws that the rest of our residents do. It was the freeze thaw that was hardest to deal with. We would shovel before we went to work, then the sun would melt the piled snow to have ice form on the sidewalk by the time we got home. We would chip the ice at night and continue to shovel in the morning. But the warm weather and late home arrivals made for very long days. We ended up using a gravel salt mixture which we would apply after shoveling in the morning. The gravel would help with traction and the salt would keep the ice soft enough to deal with when we got home. It turned out to be more expensive process than we had hoped. In Calmar, residents have access to a FREE 5 gallon pail of gravel which can be picked up inside our Public Works yard. Please remember this when you are looking for your own solution as an option.

It may seem a little early to think of weeds and unsightly properties, but with the snow melt comes exposure to yard areas that were left neglected, or unable to tend to before snow covered over the yard. Animal feces, covered tall weeds, left over renovation materials, or other project remnants may slowly become visible with the warming weather coming our way. Please be respectful and clean your yards as these issues become visible. If your yard is looking pristine, I hope it encourages your neighbor to bring their yard to the same standard as the clean yards that are through-out our community.

The coming spring and summer seasons are our favorite as your town Peace Officers. We get to watch neighbors hosting yard or BBQ parties, kids being kids playing in the park, attitudes improve drastically with the warmer weather, and our town events are easier to enjoy without the possible need to wear eight layers of clothes to attend. Spring and summer are the easiest time of year to re- connect from our hibernating winter process.

Let's all remember why we work hard year round. Let's not forget we all have a clock with a timer on it, we just don't know when our own clocks expire. Let's not forget why our parents sacrificed to try and give us a better life and, in turn, we all want to try and do the same for our kids. It only takes a person one time to watch Team Canada hockey play in the Olympics to see why we Canadians are who we are. Respectful, leave everything on the ice, and then shake the hand of our opponents with a smile and appreciation of the effort they put in.

Lastly, be proud of who you have become. Be proud of the children you have raised. Be proud of the lasting friendships that you have forged, and don't be too shy to smile and tell your family and friends how important they are in your life. My grandmother had many sayings. One that relates to the above is this, "Pride has no place in a relationship". She would clarify that if you are too proud to tell your friends or family how important they are to you, you may lose them before you get the chance to tell them.

Thank you to those who chose to take the time to read this article.

Calmar Enforcement: Officer Leggio

780.985.0405



## LAND USE BYLAW SURVEY

The Land Use Bylaw is the Town's rulebook that guides what can be built, where it can be built, and how development fits on a property. These rules, adopted and modified by Council, can be more flexible or more restrictive. More flexible rules can support new housing, businesses, and different types of development. More restrictive rules provide greater predictability and help people understand what to expect but can also limit options on individual properties and make some types of development harder to achieve. This survey asks for your input on how much regulation the Town should require moving forward and what elements are important to you and should require additional attention from Council and Administration.

What level of restrictions and regulations do you want the Town to have?

*(Please remember that these regulations would apply to you and your neighbors that are within the same district.)*

- High level of rules and regulations
- Medium level of rules and regulations
- Low level of rules and regulations
- Unsure / no opinion

## NEIGHBORHOOD

**What characteristics of the Town of Calmar's neighborhood do you value most** *(select maximum 3)*

- Green space (parks, mature trees)
- Variety of housing options (single detached, suites, duplexes, townhouses)
- Yard size
- Building size (design, height, lot)
- Wide streets
- Parking
- Proximity to goods and services
- Other? \_\_\_\_\_

**How much would you support the following statements** (*strongly agree, agree, neutral, disagree and strongly disagree*)

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
<b>Secondary suites</b> (such as basement or garden suites) should be permitted in all residential districts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>A wider range of housing types</b> (such as duplexes, triplexes, and townhouses) should be allowed in residential areas.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Smaller homes and more compact housing</b> should be encouraged to support affordability.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>New residential developments</b> should provide housing options for different household sizes, ages, and incomes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Modular and manufactured (prebuilt, permanent) homes</b> should be permitted wherever traditional site-built homes are allowed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>A mix of residential and commercial uses</b> should be encouraged in more areas to increase housing options.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>The Town should be open to a variety of housing forms</b> to meet current and future community needs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**What would help support and strengthen older neighborhoods over time?**

(Select all that apply)

- Protecting and maintaining green spaces and parks
- Preserving mature trees and natural features
- Allowing a small range of housing options over time  
(such as modest infill or redevelopment that fits the neighborhood)
- Improving access to nearby services and amenities
- No changes are needed (existing neighborhoods should remain as they are)
- Other (please specify): \_\_\_\_\_

**What mix of housing types should be allowed in older neighborhoods (select those that apply)**

- Duplexes
- Single Detached Homes
- Secondary Suites
- Townhouses
- Low rise apartments (2-3 stories)

**How do you feel about allowing higher fences on residential properties?**

- Current fence height limits are appropriate — no change needed
- Slightly higher fences should be allowed
- Significantly higher fences should be allowed
- Fence heights should be more restricted
- Unsure / no opinion

**How well does parking work in your neighborhood today?**

- Works well — no concerns
- Works fairly well with occasional issues
- Needs improvement
- Needs significant improvement
- Not applicable

**If parking is a challenge, what causes it?**

*(e.g., number of vehicles, garage use, visitors, snow storage)*

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**ECONOMIC GROWTH**

**What types of commercial employment would you like to see in Town** (Select all that apply)

- Local retail (shops, groceries, personal services)
- Restaurants, cafés, and food services
- Professional offices (medical, legal, financial, administrative)
- Home-based businesses

- Light industrial or trades (contractors, workshops, storage)
- Community services (childcare, seniors services, health)
- No additional commercial development needed
- Other (please specify): \_\_\_\_\_

**How supportive are you of additional commercial or employment development in Town?**

- Very supportive
- Somewhat supportive
- Neutral
- Somewhat opposed
- Very opposed

**How should home-based businesses be regulated in residential areas?**

- Current rules are appropriate — no change needed
- More flexibility should be allowed
- Clearer limits are needed to manage impacts
- Both more flexibility and clearer limits are needed
- Unsure / no opinion

**What types of home-based businesses or impacts should be considered?**

*(e.g., customer visits, parking, noise, signage, deliveries)*

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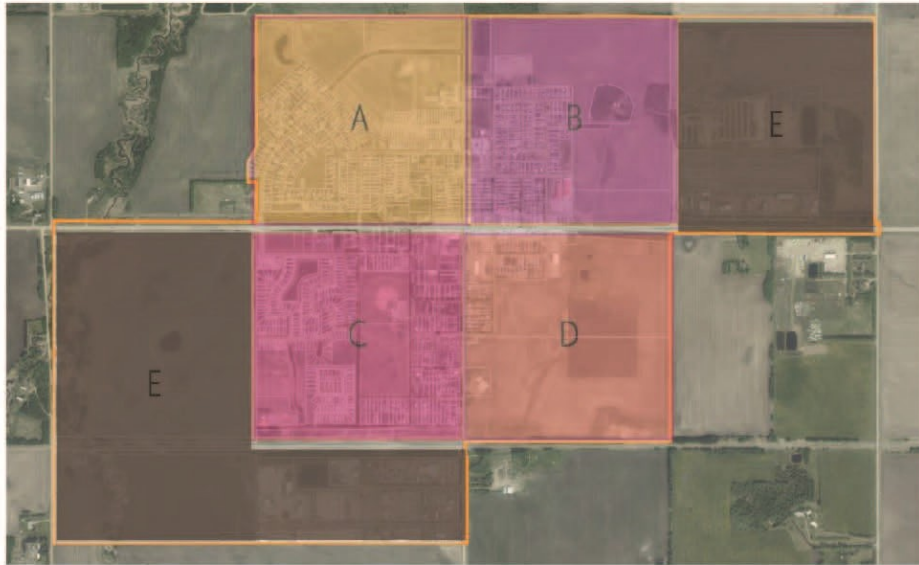
**DEMOGRAPHICS**

**Which best describes you?**

*(Select all that apply)*

- Resident/ Homeowner
- Renter
- Business Owner
- Developer or builder

**What area of Town do you live in or own in based on the map below**



- A       B
- C       D
- E

**What is your age**

- Under 18
- 18-24
- 25-34
- 34-44
- 45-54
- 55-64
- 65+

**Do you have any other comments regarding the Town's Land Use Bylaw**

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**Please fill and submit it back to Sylvain Losier at the Town Office by Friday, March 27th.**

**How to submit:**

By email – [SLosier@calmar.ca](mailto:SLosier@calmar.ca) or return to Town Office 4901 50 Avenue, Calmar.



# 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](mailto:info@progressivepathwaybds.ca)



# BABYSITTING COURSE

LEARN ESSENTIAL BABYSITTING SKILLS,  
INCLUDING BASICS CHILD CARE, SAFETY, AND  
EMERGENCY RESPONSE.

**AGES 12+ (OR TURNING 12)**

**COURSE FEE: \$37.50**

**FRIDAY, APRIL 24TH**

**9:00AM - 4:00PM**

**CALMAR PROGRAM CENTRE**

**4815 - 49 ST**

**REGISTER ONLINE: [CONFIDENCECOURSES.CA](http://CONFIDENCECOURSES.CA)**

**PRIORITY WILL GO TO CALMAR RESIDENTS**



*Confidence  
Courses*



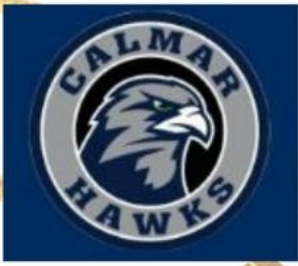
# COMMUNITY VOLUNTEER INCOME TAX PROGRAM

NEED ASSISTANCE WITH YOUR TAX RETURN?  
CALMAR CVITP IS NOW COMPLETING 2025  
INCOME TAXES FOR PEOPLE WITH LOW-TO-  
MODEST INCOME AND A SIMPLE TAX SITUATION.

**Starting Tuesday March 10<sup>th</sup>  
Until Thursday April 9<sup>th</sup>**

**To find out if you are eligible for this  
program, or make an appointment by  
contacting FCSS Coordinator Mikayla  
780. 985.3604 ext 233 | [mleibel@calmar.ca](mailto:mleibel@calmar.ca)**





**2026 CSCS GRADUATES PRESENTS**

# DESSERT THEATRE & SILENT AUCTION

Cash, cheques and E-Transfers accepted for auction

**\$25/TICKET**

Available in the CSCS front office  
Cash/Cheques only

**CALMAR LEGION**

4815 47 St, Calmar, AB

**SATURDAY  
7 MAR 2026**

**DOORS OPEN AT 6:30 PM**  
Show Starts at 7:30 PM

*The*  
**GRINDSTONE**  
*Comedy Theatre & Bistro*

GRINDSTONE THEATRE IS A NON-PROFIT ORGANIZATION FOUNDED IN 2011 WHICH AIMS TO CREATE PROFESSIONAL OPPORTUNITIES FOR EMERGING ARTISTS THROUGH HIGH QUALITY PRODUCTIONS. GRINDSTONE'S SHOWS HAVE TOURED NATIONALLY AND PERFORMED TO SELL OUT AUDIENCES BOTH IN EDMONTON AND ABROAD.

IN 2018, GRINDSTONE OPENED THE GRINDSTONE COMEDY THEATRE AND BISTRO, AN INTIMATE 78 SEAT THEATRE AND LICENSED RESTAURANT WHICH IS HOME TO INDEPENDENTLY PRODUCED SHOWS EACH WEEK IN THE AREAS OF IMPROV, STAND UP, SKETCH COMEDY, TALK SHOWS, MAGIC, BURLESQUE, MUSICAL THEATRE AND MORE! SHOWS ARE ON TWICE A NIGHT FROM WEDNESDAY TO SUNDAY. VOTED EDMONTON'S BEST COMEDY CLUB BY VUE WEEKLY, GRINDSTONE IS A VENUE BUILT BY ARTISTS FOR ARTISTS.

WE ARE PROUD TO BE A PART OF THE EDMONTON COMEDY SCENE AND THE EDMONTON MUSIC THEATRE COMMUNITY





# COMMUNITY VOLLEYBALL

## MONDAYS

CALMAR SECONDARY  
SCHOOL GYMNASIUM

6:45PM-9:00PM



# COMMUNITY PICKLEBALL

TUESDAYS AND

THURSDAYS

CALMAR SECONDARY  
SCHOOL GYMNASIUM

7:00PM-9:00PM



CALMAR & DISTRICT  
SR CITIZEN CLUB

# Game Night



**2ND & 4TH  
TUESDAY OF THE  
MONTH  
7PM-9PM**

Join us for a night full  
of fun, laughter, and  
friendly competition!

**MAR 10<sup>TH</sup>  
MAR 24<sup>TH</sup>**

LOCATION:  
CALMAR SENIOR  
CENTRE  
4916 50 AVE

**Hosted by: CALMAR &  
DISTRICT SR CITIZEN  
CLUB**

**FREE  
ENTRY!**



## **BUILT WITH PASSION**

BUILDING YOUR DREAM HOME

BUILDING RESIDENCIAL HOMES SINCE LAST 10 YEARS ACROSS EDMONTON, LEDUC, SPRUCE GROVE, FORT SASKATCHEWAN & CALMAR

SUCCESSFULLY DELIVERED OVER 10 HOMES IN **CALMAR**, PROVIDING STATE OF THE ART AMENITIES & THE BEST AFTER SALE SERVICE

# **BUY YOUR DREAM HOME WITH US**

**OR SELL YOUR EXISTING LOT OR HOME TO US**

**CONTACT: BUILT WITH PASSION INC., ANIL CHOPRA (MOB) 780 231 2742**

**EMAIL: [ANILCHOPRA400@GMAIL.COM](mailto:ANILCHOPRA400@GMAIL.COM)**





# IMPORTANT PUBLIC NOTICE



**CALMAR'S**

Community in Bloom Society

Annual General Meeting

Sunday, March 15, 2026  
3:00pm

Town of Calmar  
Council Chambers  
4901- 50 Avenue



# Calmar Elementary School

## KINDERGARTEN REGISTRATION IS UNDERWAY FOR 2026-27

[www.blackgold.ca/kindergarten](http://www.blackgold.ca/kindergarten)



# CALMAR & DISTRICT SENIOR CITIZENS CLUB

## INFORMATION

- 4916 50 AVE CALMAR AB
- seniorscalmar63@gmail.com
- Terry @ 587-988-3636

# JAN TO JUNE 2026 MONTHLY EVENTS



### MEETING SCHEDULE 2026 @ 1:00 PM (WEDNESDAY)

- January 14th
- March 11th (AGM)
- April 8th
- June 10th

### COFFEE TIME 2026 @ 1:00 PM (THURSDAY)

- January 8th & 22nd
- February 5th & 19th
- March 5th & 19th
- April 2nd & 16th
- May 7th & 21st
- June 4th & 18th

### JAM SCHEDULE 2026 @ 1:00 PM (TUESDAY)

- January 27th
- February 24th
- March 24th
- April 28th
- May 26th
- June 23<sup>rd</sup>

### CARDS & GAMES NIGHT @ 7:00PM (THURSDAY)

- February 10th & 24th
- March 10th & 24th
- April 14<sup>th</sup> & 28<sup>th</sup>
- May 12th & 26th
- June 10th & 23th

# Calmar Play Dates

Calmar Program Centre  
4815 49 Street  
Monday Morning  
9:15am - 10:15am

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!**

TOWN OF  
CALMAR



CALMAR & DISTRICT SR CITIZEN CLUB

**ST. PATRICK'S**

# DAY

POTLUCK DINNER  
EVERYONE WELCOME!

**MARCH 17TH  
7PM  
\$1.00 PP AND  
A DISH TO  
SHARE**

4916 50 Ave  
Calmar

TOWN OF  
**CALMAR**



**fcss**

Family and Community  
Support Services



# **HEALTH & WELLNESS CHAIR EXERCISE**

**Tuesday Afternoons  
1:30pm - 2:30pm  
Program Centre  
4815 - 49 St,**

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

# NEW HUMBLE COMMUNITY SCHOOL

A PUBLIC CHARTER SCHOOL



## HAND IN HAND HUMBLE ROOTS

*Fundraiser*

Tickets On  
Sale  
March 4,  
2026!

**April 11, 2026** CALMAR CURLING RINK



**PROCEEDS FROM THIS EVENT WILL GO TO NHCSA  
SCHOOL AND PROGRAMMING INITIATIVES**

- ★ Live Music · Grand Dueling Piano Show
- ★ Dinner · Huckleberry's Cafe
- ★ Live Painting · Artist Jeanette Spencer
- ★ Live & Silent Auction
- ★ 500 Person Event
- ★ Advance purchase only & 18+
- ★ \$50/ticket · \$450/table of 8

## The Details

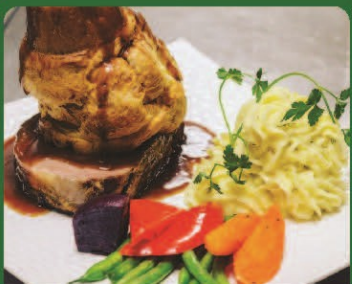
### Calmar Curling Rink

5020 47 Street, Calmar, AB

- Doors Open: 5:00 PM
- Dinner Served: 6:00 PM
- Bar Closed During Dinner
- Thank You's & Live Auction: 7:00 PM
- Live Music: 9:00 PM
- Late Lunch: 10:30 PM

*thank you*

To our incredible sponsors, donors, auction supporters, volunteers and champions, thank you! Your generosity and unwavering support brought these events to life. We are truly grateful for your partnership in helping create meaningful impact.



**DINNER**



**AUCTION**



**ENTERTAINMENT**

# Calmar Connects

A page dedicated to the wellness of our community.



## Micro-Moments of Regulation: 10-Second Tools for Busy Days

March often feels like a push-pull month. Winter isn't quite done, spring isn't fully here, and many people feel stretched thin. When life is busy, the idea of doing "full self-care" can feel unrealistic.

The good news is that your nervous system doesn't need long practices to reset. It responds well to small, repeated cues of safety. Even ten seconds can shift your body out of stress mode and into a steadier state.

Here are a few simple micro-moments you can use anytime your day starts to feel heavy.

### 1. The longer exhale

Inhale for four. Exhale for six. A longer out-breath activates the calming side of your nervous system.

### 2. Drop your shoulders

Many people don't realize how much they're holding. Let your shoulders lower, unclench your jaw, and feel your feet on the ground.

### 3. Warmth as grounding

Hold a warm mug or place your hand over your heart. Warmth signals safety to the body and softens tension.

### 4. Look at something steady

Gazing at a tree, a horizon line, or even a point on the wall helps your system orient and settle.

### 5. One-minute pause

Stop what you're doing and simply notice your senses. What can you hear, feel, smell, or see? Sensory awareness interrupts overwhelm.

These moments don't fix everything, but they create small pockets of regulation in the middle of full days. Over time, they teach your nervous system that you do not need to stay in survival mode.

If you're feeling stretched thin this month, try choosing just one of these tools and returning to it whenever you remember. Small steps count.



This article is for general information only and is not a replacement for therapy, counselling, or medical care.



If you are in crisis, call 911 or go to your nearest Emergency Room. You can also reach the Alberta Mental Health Help Line at 1-877-303-2642 or the Mental Health Crisis Text Line by texting CONNECT to 741741.

Articles written by Charlie Webb, RP, CT. Founder of Nurtured Minds Wellness Therapy and Retreat Group.



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

# Calmar Public Library: March 2026 WHAT'S HAPPENING?



## Book Sale! Monday, March 2 - Thursday, March 12

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

Due to storage limitations and current item inventory, donations from the public will not be accepted for this book sale.

### Book Sale Prices (per item, cash only)

Books	\$1.00
DVDs (feature films)	\$2.00
DVDs (TV shows)	\$5.00
Audiobooks	\$2.00



## Stay and Play: Looksee Checklist! Thursday, March 19 @ 10:00 - 11:00AM

Join Leduc County FCSS during *Stay and Play* to take a "looksee" at your child's development! The *Looksee Checklist* is a simple and easy-to-use developmental tool designed to help monitor a child's development from one month to six years of age, featuring a short list of "yes" or "no" questions about the child's abilities. Join FCSS to take a quick look at your child's development, celebrate their successes, and learn how to access services to support areas of concern. **This is a drop-in program and no registration is required.**



## Build Your Cat a Castle! Wednesday, March 25 @ 5:00 - 7:00 PM

Prepare to pamper your feline friend(s) with a castle habitat made of every cat's favourite thing: cardboard boxes! Open to adults and families with kids of all ages, this is a free drop-in program. No registration required! **We are accepting cardboard box donations!**



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



### Knit n' Stitch Tuesdays @ 2:30PM

All skill levels welcome!



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

Ages 0-5 with caregiver



### Chess Club March 4 @ 5:00PM

All ages and skill levels



### Cookbook Club March 11 @ 6:00PM

**Theme:** Veggie Delights



### LEGO Club March 18 @ 4:00PM

Ages 6 and up

## TAKE & MAKE KITS

**Pre-K** Miniature Aquarium

**Tween** Felt Succulents

# SAVE THE DATE

## Reader's Theatre Makes a Return!

Due to demand and popularity, our Reader's Theatre program will be returning in 2026. **The program will run for 6 weeks during April and May from 4:00-5:00PM.**

Intended for participants between the ages of 8-12, our Reader's Theatre Group will offer kids an introduction to informal acting opportunities —where having fun is the only ultimate goal!

Each week participants will play theatre games and have the chance to perform a play at the end of the 8 week program. Line memorization is not required; the focus is on fluency and vocal expression. Snacks will be provided.

**Registration is Required!**  
**Registration Opens: March 2, 2026**

**780-985-3472**  
**circulation@calmarpubliclibrary.ca**

## 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.

Adult Fiction				
Non-Fiction			DVDs / TV Series	
Young Adult		Juvenile		
Picture Books				

**Congratulations GABE S, our 2025 Reading Challenge winner!**

## Book Bingo - Pick Up Your Card Today! 2026 Reading Challenge

Readers young and old: we challenge you to read throughout the year and see if you can complete your bingo card! For every bingo achieved (horizontal, vertical, and diagonal) you will earn an entry into the draw for a bookish gift card! The first people from each age category to complete every challenge on their bingo card will also win a bookish prize pack! **Bingo cards can be picked up from the library or found on our website!**





*Economic Development*

**BUSINESS UPDATE**

**Are you interested in the  
Nisku Energy Show ?**

The Regional Chamber of Commerce is putting on the

**Nisku Energy Show**

**May 27 & 28, 2026!**

If you are a Calmar business and are looking into having a booth at the Nisku Energy Show this May 27<sup>th</sup> & 28<sup>th</sup>, the Town would like to partner with you and all of the Calmar businesses that want to be an exhibitor.

***If you are interested or want to learn more about this initiative, please call Sandra at the Town office at 780-985-3604 ext 226***



# CALMAR COMMUNITY NIGHTS

## UPCOMING THEMED NIGHTS

- MARCH. 12 PAINT NIGHT
- MARCH. 26 HOPPY CREATIONS WORKSHOP
- APRIL. 9 FRIENDSHIP BRACELETS & KEYCHAINS
- APRIL. 23 PAINT NIGHT
- MAY. 7 GROWING WITH LOVE: MOTHER'S DAY
- MAY. 21 WELCOME SIGNS



STAY UP TO DATE BY VISITING OUR SOCIALS AND WEBSITE.



# 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.

### Service Canada & Canada Revenue Agency Outreach Clinic

Representatives from Service Canada and the Canada Revenue Agency are coming to your community.

Service Canada will be onsite to assist with the following:

- Get a Social Insurance Number (SIN)
- Sign up for My Service Canada
- Canadian Dental Care Plan
- Employment Insurance (EI)
- Canada Pension Plan (CPP)
- Old Age Security (OAS)
- Passport Information
- General Government of Canada information

Canada Revenue Agency will be onsite to assist with the following:

- Unlock your CRA Account
- Notice of Assessment
- Tax Slip Information (T4, T5007, and more)
- Account updates (address, phone number, direct deposit, etc.)
- Benefits and Credits information: Disability Tax Credit, Canada Child Benefit, GST/HST Credit, Canada Workers Benefit

Please bring your Social Insurance Number and Government issued photo ID.

If you need a Social Insurance Number please bring: your birth certificate, certificate of Indian Status and any other forms of federal or provincial identification you may have.

Date: Monday, Mar. 23, 2026

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

Location: Arctic Spas Recreation Centre, 4901 48 Ave., Thorsby



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!

### Think Twice - Spotting and Stopping Fraud

Scammers are getting smarter – are you? With new tools like artificial intelligence, fraud is becoming more convincing than ever, and it is important that we stay up to date. Enjoy an engaging afternoon focused on breaking down how scams work, highlighting key red flags to watch for, exploring the intricacies of artificial intelligence, and sharing practical tips to protect yourself in an increasingly digital world. A light lunch and refreshments will be provided.

**Date:** Friday, Mar. 27, 2026

**Time:** 12 to 3 p.m.

**Location:** Arctic Spas Recreation Complex, Thorsby

### Walking with Grief: Grief support group

Have you experienced the loss of a loved one? Join us for a free in-person grief support group where you will learn about the nature of the grief process, emotion and healing. You will learn to build a community with individuals experiencing similar challenges, gain practical strategies for navigating grief and emerge with a clearer direction for moving forward. In partnership with Karunia Counselling, this five-week session will be facilitated by a Registered Psychologist and a Registered Social Worker.

**Dates:** Wednesdays, April 1, 8, 15, 22, and 29

**Time:** 10 to 11:30 a.m.

**Location:** Calmar Program Centre 4815 49 Street, Calmar, AB.

### Community Volunteer Income Tax Program

The **Community Volunteer Income Tax Program (CVITP)** is now completing 2025 income taxes for people with low-to-modest income and a simple tax situation for free. This can include seniors, students, social assistance recipients and newcomers to Canada.

The volunteer program does not complete returns for people who are deceased, bankrupt, or have business, farming or rental income. Assistance to complete past year tax returns is also available. In order to be eligible to receive the **Guaranteed Income Supplement, GST Tax Credit, Canada Child Benefit** or the **Canada Workers Benefit**, your 2025 tax return must be filed. Income taxes are due by April 30.

**Leduc County: 780-979-2385 | New Sarepta: 780-490-8082 | Thorsby: 780-789-4004**

**Calmar: 780-985-3604 ext. 233 | Warburg: 780-848-2828 | City of Leduc: 780-980-7109**



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

# 2026 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

**NEW:**  
Blue bag collection will be every second THURSDAY.



**UPCOMING:**  
Organics collection will be weekly May thru October.  
**NEW:**  
Monthly collection starts November 2026

Roll Bins will be provided in the Spring of 2026.  
Watch for updates.

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

*January 2026*

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 2026*

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 2026*

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 2026*

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 2026*

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 2026*

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 2026*

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 2026*

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 2026*

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 2026*

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 2026*

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 2026*

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 bins at front curb by 7:00 AM on pick up day.

# Helpful Information

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## Important Numbers:

**Public Works On Call: 780.446.7319**  
**Public Works Shop: 780.985.2121**  
**Community Peace Officer: 780.985.0405**  
**Emergency: 911**

## Submissions:

**Newsletter Submissions**  
**Deadline is the 15<sup>th</sup> of each**  
**month for the next edition.**  
**Community Groups are free!**

## Want to Submit?

**To Book ad space and for rates**  
**Phone: 780.985.3604**  
**Fax: 780.985.3039**  
**email: mblack@calmar.ca**

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## 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.

You can also dial in using your phone.

Canada: +1 (647) 497-9391

One-touch: tel:+16474979391,,211016493#

Access Code: 211-016-493

All current Agendas and information can be found on [www.calmar.ca](http://www.calmar.ca)

