

# The Chronicle



July 2026

## News:

### Happy Canada Day!

Town facilities will be closed Wednesday, July 1 for Canada Day.

## Events:

Indoor movies will be at the Mike Karbonik Arena on July 10 and July 21, starting at 6:00 PM.

## Council:

Council Meetings will be on July 20 at 6:30 PM.

### Where to find the Chronicle:

- Mint Health + Drugs
- Lee's Restaurant
- Whatever Repairs
- Grasshopper Restaurant
- Calmar Library
- Calmar Bakery
- ...Is Good Coffee Bar & More
- Hayduk Lumber & Hardware
- Calmar Medical Clinic
- Town Office



## Celebrating Summer Together in Calmar

July is here and summer is in full swing! We're kicking things off with our Canada Day Celebration on July 1, a great chance to get together, celebrate, and enjoy everything that makes our community special. Throughout the month, we'll also be hosting indoor movie showings, perfect for a fun (and cool!) break from the heat. With long sunny days, warm evenings, and plenty happening around town, it's the perfect time to get out, soak up the season, and enjoy summer in Calmar.



## 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)

# JULY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b>  Town Office Closed	<b>2</b> 	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>  Tax Assessment Appeal Deadline 	<b>7</b>	<b>8</b>	<b>9</b>  	<b>10</b> Community Nights Block Party & Indoor Movie Night Mike Karbonik Arena 	<b>11</b>
<b>12</b>	<b>13</b>  	<b>14</b>	<b>15</b>	<b>16</b> 	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>  Council Meeting @ 6:30pm 	<b>21</b> Indoor Movie Night Mike Karbonik Arena 6pm Doors Open 	<b>22</b>	<b>23</b> Community Night  	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>  	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	



Playdates 9:15am - 10:45am

# WEED & UNSIGHTLY ENFORCEMENT SCHEDULE

2026

## May

- ★ May 4 - Inspection Date
- May 6 - Remedial Mail Out Date
- ✓ May 28 - Final Compliance Inspection Date

## August

- ★ Aug. 4 - Inspection Date
- Aug. 6 - Remedial Mail Out Date
- ✓ Aug. 28 - Final Compliance Inspection Date

## June

- ★ June 1 - Inspection Date
- June 2 - Remedial Mail Out Date
- ✓ June 25 - Final Compliance Inspection Date

## September

- ★ Sept. 2 - Inspection Date
- Sept. 4 - Remedial Mail Out Date
- ✓ Sept. 24 - Final Compliance Inspection Date

## July

- ★ July 6 - Inspection Date
- July 8 - Remedial Mail Out Date
- ✓ July 30 - Final Compliance Inspection Date

## October

- ★ Oct. 1 - Inspection Date
- Oct. 5 - Remedial Mail Out Date
- ✓ Oct. 23 - Final Compliance Inspection Date

# In The Know with the CAO

## Property owner responsibilities

Property owners have an important responsibility to ensure that any development or construction on their property is completed in accordance with applicable bylaws, regulations, and standards. Obtaining the appropriate permits before starting any work is essential. Permits help confirm that proposed developments meet safety requirements, zoning rules, and building codes designed to protect both the property owner and the broader community.

Following municipal regulations throughout the construction process is equally important. These regulations are in place to ensure orderly development, maintain neighbourhood character, and reduce potential conflicts between property owners. Failure to comply can result in delays, additional costs, or enforcement actions.

Property owners must also ensure that all structures, including accessory buildings, fences, and additions, are located entirely within their property boundaries. Encroachments onto adjacent properties or municipal lands can lead to disputes, legal complications and/or actions, and the possible removal or alteration of structures. It is strongly recommended that property lines are clearly identified prior to construction, such as through a survey or real property report.

By obtaining proper permits, adhering to regulations, and respecting property boundaries, property owners contribute to safe, compliant, and well-planned development within the community. It also ensures the protection of your investment.

On that note, I wish everyone a fun and safe Canada Day and month of July!

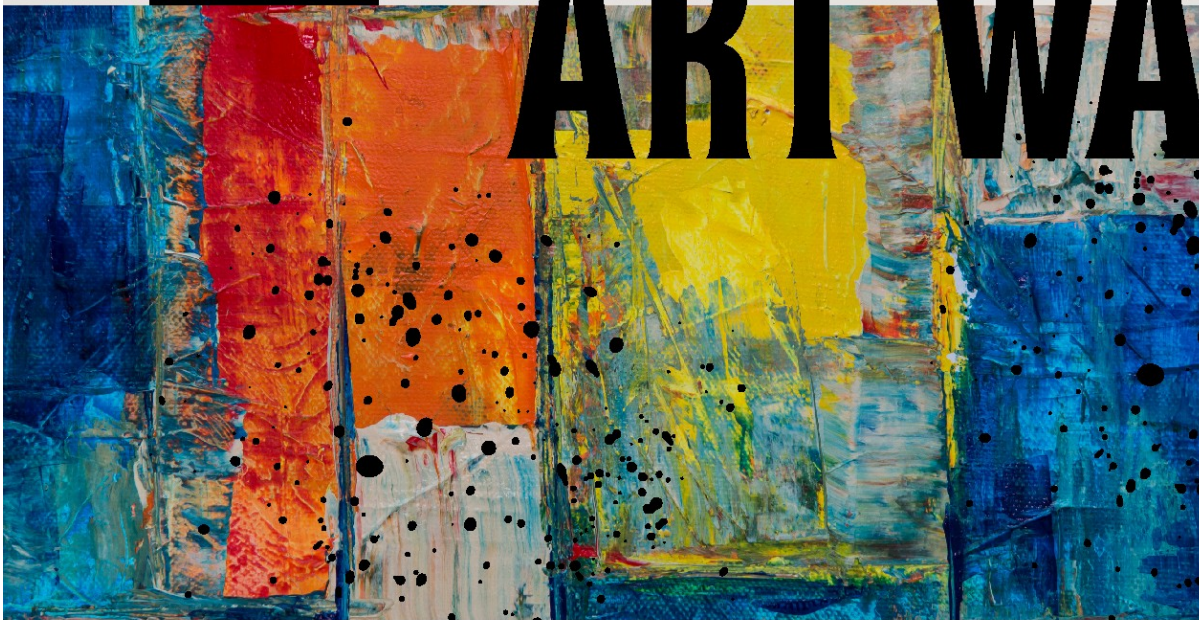
Yours Truly,  
Sylvain Losier, CAO



SUBMISSION DEADLINE IS JULY 17, 2026



# 2026 CALMAR ART WALK



*Art Walk Artists will be featured at our Artist Village on Calmar Days (August 15th).*



**SUBMIT YOUR  
INQUIRY/PORTFOLIO TO:**

**CALMARARTSOCIETY@GMAIL.COM**



SUMMER INDOOR

# MOVIE SERIES

TOWN OF  
CALMAR



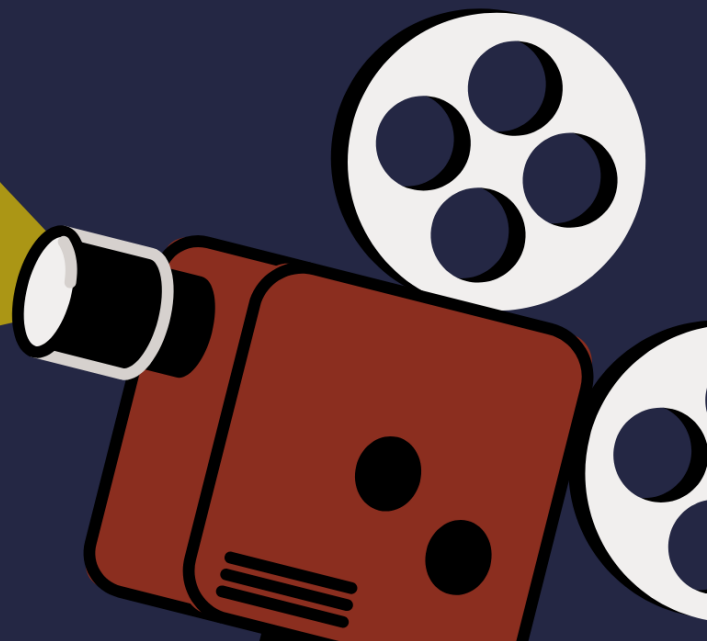
**FREE  
ENTRY**

**A WIDE RANGE OF  
FEATURE FILMS!**

**JULY 10 AND 21  
AUGUST 14 AND 28**

**MIKE  
KARBONIK  
ARENA**

**5019 47 STREET**



# Calmar Communities in Bloom

NEW EMAIL

**HELLO@CALMARCIB.CA**



FACEBOOK PAGE - CALMAR COMMUNITIES IN BLOOM SOCIETY

## CALL FOR VOLUNTEERS

We are looking for enthusiastic volunteers to help with Calmar Days! Volunteers will assist with setup, event supervision, and takedown to help create fun-filled weekend for the community.



Sign up on our website or contact FCSS  
Mikayla Leibel [mLeibel@calmar.ca](mailto:mLeibel@calmar.ca)



# Calmar Play Dates

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



101-1101 5 St., Nisku, AB T9E 2X3  
phone: 780-955-3555 fax: 780-955-3444  
[leduc-county.com](http://leduc-county.com)

## *Fire Services*

To whom it may concern,

### **Regarding supporting your staff to serve the community as paid on-call firefighters**

As a business leader, you want to know that your business and employees are in capable hands should an emergency occur. Leduc County Fire Services relies on paid on-call firefighters to provide fire and rescue services 24 hours per day to all residents and businesses within Leduc County.

Leduc County Fire Services recruits paid on-call firefighters for the Calmar, New Sarepta, Nisku, Thorsby and Warburg fire districts. As an employer in one of these districts, we ask that you support your community and encourage interested employees to become paid on-call firefighters and allow them to respond to emergencies during their working hours.

We realize this is a considerable request which might impact your business operations; however, we rely on support from businesses like yours to protect people and property, access the County, which could potentially include your business or employees during an emergency.

Roughly half of emergency calls occur during regular business hours, and the average emergency call lasts just 46 minutes from the time the alarm rings to the time firefighters return to the fire station, which means firefighters would be able to return to work shortly after. Firefighter training is scheduled after regular hours in the evenings and on weekends as often as possible to not interfere with your regular business hours.

Our paid on-call firefighters are integral to the success of Leduc County Fire Services ability to respond to emergencies, and your support helps ensure the safety and viability of businesses and residents in Leduc County.

Please see the QR code below to learn the benefits of supporting paid on-call firefighters; we look forward to hearing from you and thank you in advance for your support of paid on-call firefighters in your workplace. Should you have any questions or wish to tour one of our fire stations, please contact me at [tylorb@leduc-county.com](mailto:tylorb@leduc-county.com) or 780-955-7099.

Yours truly,

Tylor Bennett  
Director of Protective Services (Fire Chief)



An off-highway vehicle (OHV) is any motorized mode of transportation built for cross-country travel on land, water, snow, ice, marsh or swamp land, or other natural terrain. OHVs include quads, dirt bikes, snowmobiles and any other all-terrain vehicle (ATV), but do not include motor boats or miniature vehicles like go carts or golf carts.

The use of OHVs on roads, in ditches and at public recreation areas in Alberta is regulated by the [Traffic Safety Act](#) and associated regulations, and [Leduc County's Traffic Bylaw](#).

## Requirements

In order to operate an OHV on public land, you must meet the following requirements:

- ▶ be at least 14 years old or supervised by someone at least 18 years old
- ▶ wear a helmet, unless you are excluded as per the *Traffic Safety Act* or *Occupational Health and Safety Act*

Your OHV must meet the following requirements:

- ▶ have valid registration
- ▶ have valid insurance
- ▶ have licence plate affixed and clearly displayed
- ▶ be equipped with headlamps, tail lamps, an exhaust muffler and other required equipment

OHV users can be charged with impaired driving under the *Criminal Code of Canada*.

## Using an OHV in Leduc County

You **can** operate an OHV on your own private property, or on other property if you have permission from the owner. You **cannot** operate an OHV within hamlets – including Buford, Looma, Kavanagh, Nisku, Rolly View, Sunnybrook and New Sarepta – except when entering or leaving the hamlet using the most direct route to and from your home.

You may operate an OHV in the ditch adjacent to a roadway if travelling single-file and in the same direction as adjacent traffic. Where there is no ditch, or where you need to bypass a hazard or obstacle in the ditch, you may travel in the parking lane (or the furthest right lane of the roadway where there is no parking lane). Your speed must not exceed 40 kilometres per hour, or the posted speed limit if it is less than 40 kilometres per hour.

Learn about using an OHV on public/Crown land at [alberta.ca/motorized-recreation-on-public-land](http://alberta.ca/motorized-recreation-on-public-land)



# 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)





DATE:  
**SEPTEMBER  
12TH, 2026**



EVENT TIME:  
**9-5**



RACE:  
**10-4**



LOCATION:  
**CALMAR  
BALL  
DIAMONDS**

# 1000 Miles

# MILE RUN

MOVE TOGETHER. GO FURTHER.



ENTERTAINMENT BY  
*Conjuring Creek*



▶▶ SCAN FOR DETAILS

**BIKE. PLAY. RUN. CALMAR.**

# 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!**



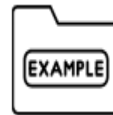
#### What it is:

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 [KTherriault@calmar.ca](mailto:KTherriault@calmar.ca)



# Economic Development

## **BUSINESS UPDATE**

# **This Summer's Shop Local Program**

*The Town of Calmar is proud of our Downtown business community, and we want to share the wonderful shopping experiences with residents and visitors alike!*

### How it works:

- Visitors and residents can pick up a passport starting on June 1, 2026.
- When someone comes into your store, and they have a passport, you can stamp the square that has your business name on it.
- Each business will have its own special stamp.

### Business Participation is easy:

- Let Sandra at the Town office know you want your business to be part of the program.
- You will get a Passport Kit complete with everything you need (stamp, extra passports, poster, and instructions).
- June 1<sup>st</sup> - We go live and will hopefully get to meet new customers every week over the summer!

If you own or run a local downtown business, and you want to be part of this initiative,

Please call Sandra at the Town office.

780-985-3604 ext. 226

**Join Us!**

Downtown Calmar's  
Shop Local

# Passport Program

**June 1 – Sept. 7, 2026**

Pick up your passports at the  
Town Office  
or at any participating downtown  
business!!

- Stop by each of the stores listed on this passport and receive a stamp on its square.
- Once you have all of your squares stamped, please bring the completed passport to the Town office to be entered in the prize draw.

**You Could Win!**

**1<sup>st</sup> Prize:**

**\$100.00 Gift Card**

**2<sup>nd</sup> Prize:**

**\$ 50.00 Gift Card**

# Thank You!

For participating in  
this summer's  
Shop Local Campaign!

We hope you enjoyed  
your time in Calmar!!

If you have any questions, please stop  
by the Town office or call Sandra at  
780-985-3604.

## Calmar's Downtown Shop Local Passport Program

The Town of Calmar is proud of our  
Downtown shopping and wants to  
share the wonderful experiences that  
are found in the Town of Calmar!

- Stop by each of the stores listed  
on this passport and receive a  
stamp on its square.
- Once you have all of your squares  
stamped, please bring this  
passport to the Town office to be  
entered in the prize draw.

**1<sup>st</sup> Prize:**

**\$100.00 Gift Card**

**2<sup>nd</sup> Prize:**

**\$ 50.00 Gift Card**





# Downtown Shop Local Passport

- Ridley Law  
4740 - 50 Ave
- Calmar Esso  
4710 - 50 Ave
- BMO  
4902 - 50 Ave
- Calmar Co-op  
4613 - 50 Ave
- Burger Bar  
5102 - 50 Ave
- Ivy Pho  
4726 - 50 Ave
- Calmar  
Bakery  
4906 - 50 Ave
- New  
Business  
4927 - 50 Ave
- Dyck  
Insurance  
49017 - 50 Ave
- Rhooster Tail  
Hair Salon  
4701 - 50 Ave
- Shanghai  
Restaurant  
5014 - 50 Ave
- Calmar  
Chiropractic  
4715 - 50 Ave
- Yesterday's  
Treasure Mkt  
4904 - 50 Ave
- Is Good  
Coffee  
4715 - 50 Ave
- Calmar  
Subway  
5006 - 50 Ave
- Maggie Moo's  
Ice Cream  
5001 - 50 Ave
- Calmar  
Dental Care  
4741 - 50 Ave
- Calmar  
Bottle Depot  
4912 - 50 Ave
- Calmar ATB  
4906 - 50 Ave
- Mint Health  
5002 - 50 Ave
- Whatever  
Repairs  
4737 - 50 Ave
- Calmar  
Chevron  
5001 - 50 Ave
- Grasshopper  
Restaurant  
4703 - 50 Ave
- Route 39  
Fitness  
4724 - 50 Ave
- Lees Family  
Restaurant  
4731 - 50 Ave
- Calmar Food  
Town  
5018 - 50 Ave
- Loganberry's  
Antiques &  
Curiosities  
4732 - 50 Ave
- Countryside  
Vision Care  
4715 - 50 Ave
- Town of  
Calmar  
4901 - 50 Ave
- Pet  
Necessities  
4726 - 50 Ave
- Calmar  
Compounding  
Pharmacy  
4741 - 50 Ave
- Hayduk  
Lumber  
& Hardware  
4736 - 50 Ave
- Rise  
Wellness  
4715 - 50 Ave

Name	
Address	
Phone#	
Email	

All fields must be completed to be entered in the draw.



# CALMAR

# COMMUNITY NIGHTS

## UPCOMING THEMED NIGHTS

- JULY 10 PARTY IN ENGBERG PARK -FRIDAY NIGHT
- JULY 23 FRIENDSHIP BRACELETS & KEYCHAINS
- AUG 6 TBD
- AUG 14 CALMAR DAYS KICK-OFF PARTY IN ENGBERG PARK - FRIDAY NIGHT

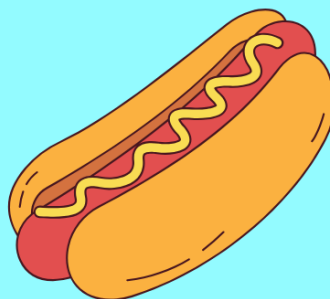


# ***Garage Sale & Bake Sale***

**5120 50 AVENUE**

**St. Margaret Mary will be hosting a garage and bake sale happening August 15, 2026 here in Calmar. Great deals, fresh baking, & something for everyone!**

**There will be a hot lunch counter selling hot dogs, chili, and drinks both hot and cold.**



**CENTURY 21**

Signature Realty

# CALMAR COMMON



## NOW LEASING

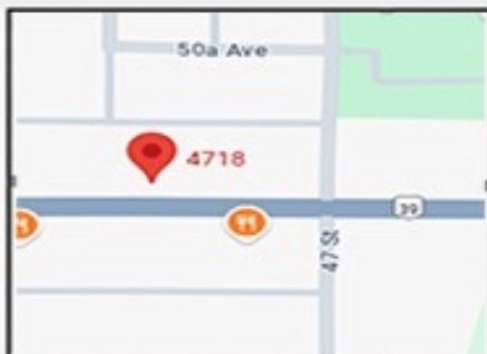
**PRIME RETAIL OPPORTUNITY IN CALMAR**

### PROPERTY HIGHLIGHTS

- 6 CRUs, 1,000 sq. ft. each
- Expected Fall 2026
- 15 parking spaces

### WHY CALMAR COMMON

- High local demand
- Busy main street location
- Close to residential neighborhoods



### CONTACT US TODAY

Vijay Malhotra 780-970-3703  
Neeraj Mudholkar 780-266-4094  
calmarcommon@gmail.com



JULY 2026



THIS IS THE  
*classroom*

NHCS



NEW HUMBLE COMMUNITY SCHOOL



# Calmar Connects

A page dedicated to the wellness of our community.



## Regulating in the Heat: What Warmer Weather Does to the Nervous System

July brings long days, bright sun, and the kind of heat Albertans wait all year for. But while summer can feel energizing, it can also be surprisingly draining. Many people notice they are more tired, irritable, or overwhelmed this time of year and aren't sure why.

Heat affects the nervous system more than we realize. When temperatures rise, your body works harder to regulate itself. This uses energy, increases stress hormones, and can make emotions feel closer to the surface. Add in busy schedules, travel, and social expectations, and it's easy to feel stretched thin.

Here are a few simple ways to support your body during hot weather.

### 1. **Slow your pace**

Heat naturally slows us down. Instead of fighting it, try doing things at a gentler rhythm.

### 2. **Seek shade and breaks**

Your nervous system settles more easily in cooler, quieter spaces. Even a short break from the sun helps reset your energy.

### 3. **Drink water often**

Dehydration can mimic anxiety and irritability. Small sips through the day make a noticeable difference.

### 4. **Lower sensory load**

Bright light, noise, and heat create extra stimulation. Sunglasses, quiet moments, or stepping indoors can give your system relief.

### 5. **Lower expectations of yourself;**

If you have less patience or energy in July, nothing is wrong. Your body is simply working harder behind the scenes.

Summer is meant to be enjoyed, but that doesn't mean you need to push yourself. Listening to your body is not laziness. It's wisdom.

If you're finding the season overwhelming or would like support with stress or emotional wellbeing, Nurtured Minds Wellness offers therapy and nature-based services for individuals and families in our community.



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: July 2026

# WHAT'S HAPPENING?

## PIRATES IN THE LIBRARY

### Summer Reading Program Thursday, July 2 - Wednesday, August 12, 2026

Ahoy, mateys! Set your sights on adventure, because the Library is taking to the high seas! This summer books are treasure, stories are maps, and every reader is a brave pirate on a quest for fun. Whether ye choose to chart your course alone or with a trusted crew, everyone is welcome aboard! Complete a variety of tasks and challenges to **earn 25 stamps** in exchange for a map that will guide ye to the **Buccaneer Blowout** at the end of the summer!

All 25 stamps must be earned by August 12, 2026.

### Flee the Flying Dutchman Escape Room July 30 and 31 @ 1 - 4PM | July 29 @ 3 - 7PM

Registration is required to participate. Teams can be 1-5 people.

Stowing away aboard the famed ghostly ship is certainly a feat, but can you escape with the treasure before you become part of Davy Jones's crew...forever? **The escape room is open to anyone who wants to try!** Registration is offered in 30 minute slots. Rescheduling late or missed slots is subject to availability and may not be possible.



### Board Game Bonanza! Wednesday, July 15 @ 4:00 - 5:00PM

**No registration required.** Show up ready to roll the dice, draw your cards, and play! We will have a selection of board games and card games available for everyone to play.

**NOTE: Due to the Summer Reading Program, LEGO Club will be taking a break over the summer, and resume in September.**



### Interest Check: Model Building Club We Want to Hear From You!

Do you enjoy building model kits, miniatures, or painting tabletop game figures? If so, we want to hear from you! The Calmar Public Library is exploring starting a monthly drop-in club for model kit and figure hobbyists! If there is enough interest, we plan to start the club up in the fall!



**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 @ 1:30PM

All skill levels welcome!

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



Ages 0-5 with caregiver



### Chess Club **NO CHESS CLUB IN JULY**

All ages and skill levels



### Cookbook Club July 8 @ 6:00PM

**Theme:** Summer Fruits



### LEGO Club **NO LEGO CLUB IN JULY**

Ages 6 and up

## TAKE & MAKE KITS

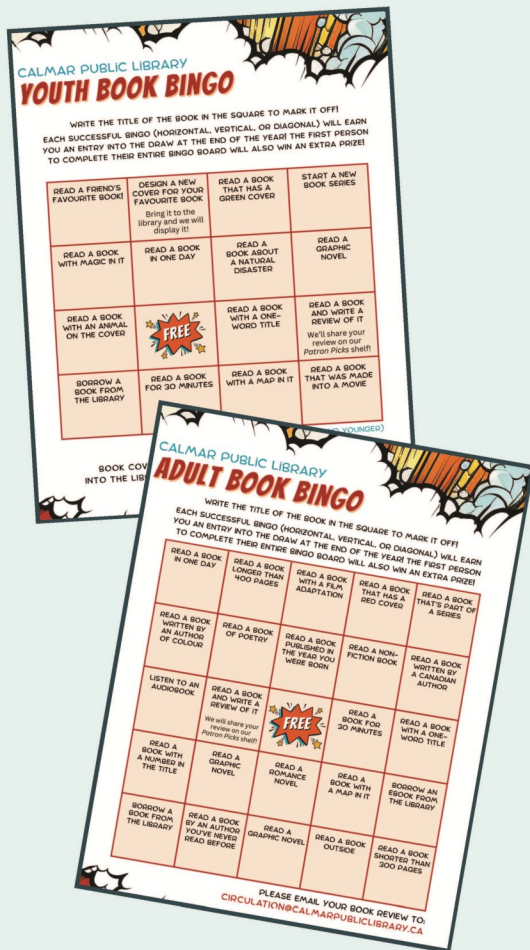
**Pre-K** Magnetic Fishing Game

**Tween** Pinwheel

# Book Bingo 2026 Reading Challenge

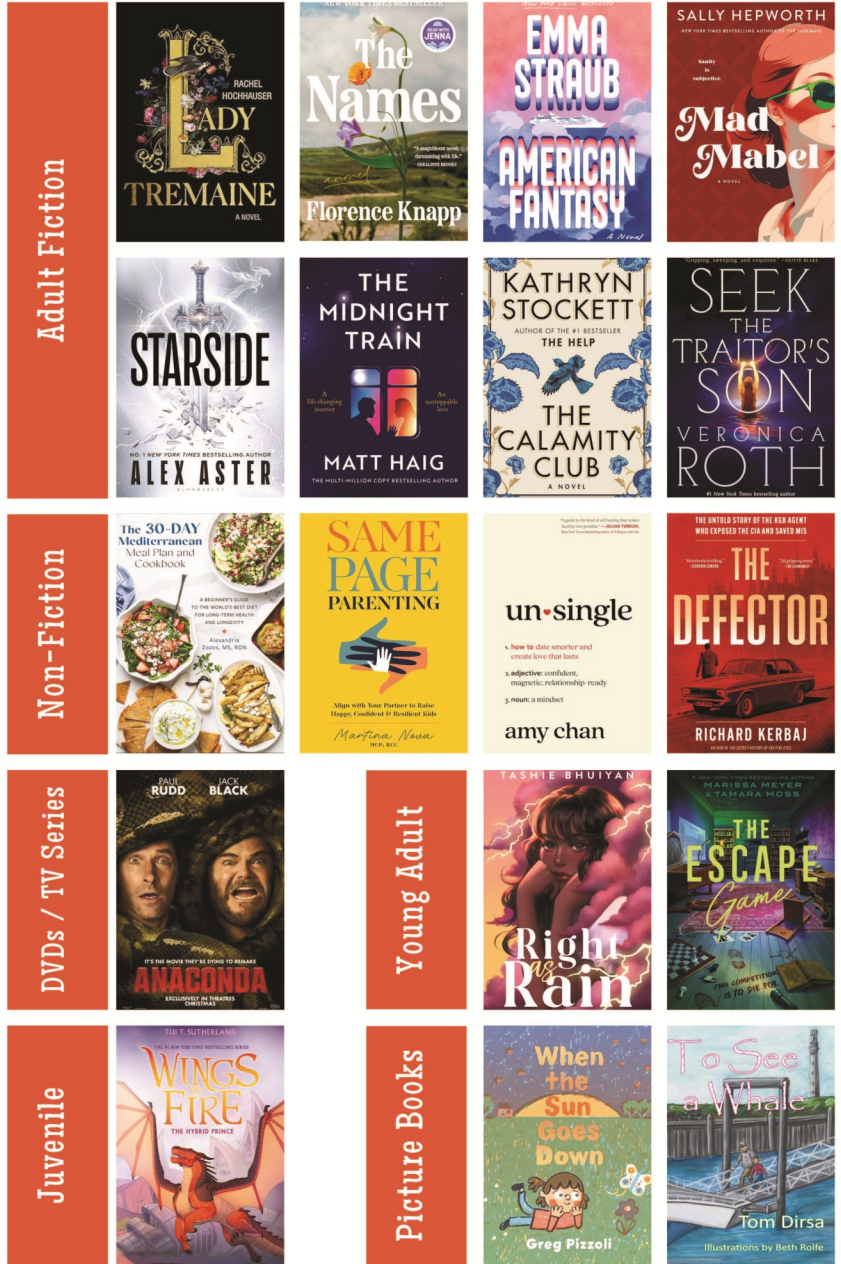
Readers young and old: we challenge you to read throughout the year and see if you can complete your bingo card! For every bingo achieved (horizontal, vertical, and diagonal) you will earn an entry into the draw for a bookish gift card! The first people from each age category to complete every challenge 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!



# 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.

Due to increasing demand, we are actively seeking donations of the following items:

- canned and other non-perishable foods
- sauces and spreads
- instant and “soup in a cup” noodles
- toiletries and cleaning supplies

Check us out online!

Facebook: [www.facebook.com/calmarlibrary](http://www.facebook.com/calmarlibrary)

YouTube: [www.youtube.com/@calmarpubliclibrary](http://www.youtube.com/@calmarpubliclibrary)

# DID YOU KNOW?

Bill 28 may impact how you use and access library materials in the future. Get informed:

<https://www.capllibraries.ca/what-does-bill-28-do>



## 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. If sessions are full, please join the waitlist. More spaces or sessions could open up.

#### Emotional Literacy, Regulation and Coping Tools

*For children aged 8-13 who reside in Leduc County, Calmar, Thorsby or Warburg.*

This day will gently introduce children to understanding emotions through interactive, nature-based learning. Together, we will explore how feelings show up in the body, practice simple regulation tools through movement, breath, and grounding, and build a shared language for emotional expression. The day will include guided outdoor activities, small-group connection circles, creative expression, and plenty of time in nature to practice calming strategies in real time. Children will leave with practical coping tools they can use at home, at school, and with friends. *This is an outdoor day camp at a nature-based therapeutic retreat centre.*

**Date:** Wednesday, July 8, 2026

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

**Location:** Nurtured Minds Wellness Retreat Centre, Wizard Lake

#### Life transitions – grief, loss and separation

*For children aged 8-13 who reside in Leduc County, Calmar, Thorsby or Warburg.*

This supportive day offers children a safe and compassionate space to explore experiences of change, grief, and big feelings at their own pace. Through gentle nature-based practices, storytelling, art, and reflective outdoor activities, we will normalize grief and help children understand their experiences in age-appropriate ways. The day includes quiet moments in nature, opportunities for connection and sharing, and simple rituals to support meaning-making and emotional processing. Our focus is on reassurance, belonging, and helping children feel less alone in their experiences. *This is an outdoor day camp at a nature-based therapeutic retreat centre.*

**Date:** Wednesday, July 15, 2026

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

**Location:** Nurtured Minds Wellness Retreat Centre, Wizard Lake



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!

### Friendship Skills & Communication

For children aged 8-13 who reside in Leduc County, Calmar, Thorsby or Warburg.

This interactive day focuses on building confidence, connection, and healthy communication skills through experiential learning in nature. Children will practice listening, expressing themselves clearly, setting boundaries, and navigating conflict through games, role-play, and group activities. Outdoor challenges and cooperative nature-based exercises will support teamwork and problem-solving while fostering empathy and self-awareness. The day includes space for reflection, connection, and laughter, helping children strengthen both their social skills and sense of belonging. *This is an outdoor day camp at a nature-based therapeutic retreat centre.*

**Date:** Wednesday, July 22, 2026

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

**Location:** Nurtured Minds Wellness Retreat Centre, Wizard Lake

### Preparing for what matters most: An introduction to the Aging Well in Leduc County workbook

What would happen if your health, mobility, or financial situation changed tomorrow—would your life still reflect what matters most to you? This session introduces the *Aging Well in Leduc County* workbook, a practical and supportive resource for adults, older adults, and caregivers who want to plan ahead with confidence. You'll learn how the workbook can help you identify where you—or a loved one—are in the planning journey, and how to take meaningful first steps toward a future that aligns with your values, wishes, and priorities.

**Date:** Thursday, July 16, 2026

**Time:** 2 to 3:30 p.m.

**Location:** Calmar Fire Station

**Date:** Thursday, August 13, 2026

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

**Location:** Online

### S.A.F.E.R. Online

This training increases parent and caregiver awareness of the current online landscape, educating participants about trends and online harms that affect children and youth of all ages. We will explore app terms and conditions, risks of oversharing through posting and streaming, the rise of artificial intelligence in online exploitation, and more. Caregivers will walk away with proactive strategies to help set healthy boundaries with children online, foster open communication, and seek help where and when they may need it.

Facilitated by Saffron Centre.

**Date:** Wednesday, Aug. 19, 2026

**Time:** 6 to 8 p.m.

**Location:** Online



Connect with us!

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



# ORGANICS

Safety, Knowledge and Experience - The GFL Advantage

## ACCEPTED ORGANIC MATERIALS



**Food Waste**



**Plant Waste/Grass Clippings**



**Soiled Paper Products**



**Paper Towels & Napkins**



**Pet Waste**



**Certified Compostable Products**

## PLEASE DO NOT PLACE THE FOLLOWING ITEMS IN THE ORGANICS BIN.



**NO** Plastics



**NO** Glass



**NO** Metal



**NO** Diapers



**NO** Rubber Bands  
or Twist Ties



# RECYCLING

These items must be placed in your blue bag and be clean and free of foods, liquids and dirt.



**Hard Plastic Containers, Tubs and Bottles.**  
No Lids or Caps.  
(e.g. detergent, condiment or shampoo bottles, margarine and large yogurt containers, ice cream pails)



**Aluminum and Tin Cans and Containers**



**Cardboard - Flattened**



**Mixed Paper/Paperboard**  
(e.g. Magazines, flyers, newspaper, Catalogues, Office Paper, Envelopes, Craft Paper, Books with front and back cover removed)



**Deposit Items Including:**  
Mix Containers, Pop & Beer, Cans and Bottles, Tetra Paks



**Wrapping Paper Greeting Cards**  
No Foil, decorations removed



**No Styrofoam / Plastic Clamshells**



**No Shredded Paper**



**No Coffee Cups / Plastic Cups**



**No Straws / Plastic Utensils**



**No Plastic Bags**



**No Hazardous Waste**



# ORGANICS



**Food Waste**



**Food Soiled Paper**



**Plants/Grass Clippings**

**Small Quantities of Pet Waste**



**Shredded Paper**



**Certified Compostable Bags**



**No Plastic Bags**



**No Produce Stickers**



**No Glass or Metal**



**No Diapers**



**No Rubber Bands or Twist Ties**



# LANDFILL



**No Recyclables**



**Coffee Cups**



**Styrofoam & Rubber**



**Non Refundable Glass**



**Plastic Clamshells**



**Fabric**



**Film Plastic**



**Single Use Packaging**



**No Organics**



**\*No Hazardous Waste**

**Must be taken to Enviro-service Station**

# BE CART SMART

# STOP. THINK. SORT.



\*Items may be sorted differently depending on your community\*

[csredmonton@gflenv.com](mailto:csredmonton@gflenv.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	MO	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: 780.999.7181**  
**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

## Summer Council Meetings:

Regular Council meetings are held on Mondays, except on a holiday, in which case the following day (Tuesday). All meetings are at 6:30pm in Council Chambers. Committee of the Whole meetings are held the 4th Wednesday of the month at 1:30 p.m. All 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)

