

Town of Calmar THE CHRONICLE

September 2026

NOTICES:

Waste collection schedule:

- Organics - every Monday
- Garbage - every Thursday
- Recycling - Sept. 3 & 17

EVENTS:

1000 Miles Run on Sept 12 at the Calmar Ball Diamonds. See posters inside for more information.

COUNCIL:

- **Regular Council Meeting**
 - Tuesday, September 8 at 6:30pm
 - Monday, September 21 at 6:30pm
- **Committee of the Whole Meeting**
 - Tuesday, September 15 at 1:30pm

Have your say on the future of the Mike Karbonik Arena

The Town is seeking community input on the future of the Mike Karbonik Arena. Community input is one important consideration among several, including facility condition, costs, and funding.

The arena is aging, and Council is reviewing a full range of options for the years ahead - everything from repairing the current building, to upgrading or expanding it, to new uses, replacement, or other changes to the site.

No decisions have been made, and no option has been chosen. Before Council considers any long-term direction, it wants to understand what the community needs, how facilities are used today, and what matters most to residents.

Take the short survey by September 11, 2026, by scanning the QR code below or going to www.calmar.ca. You don't have to be an arena user to take part. All responses are anonymous.

Paper copies of the survey are also available at the Town Office and at community events.



Capital Works Project enters final phase

We are now in the final phase of construction for the replacement of sidewalks, curb and gutter and street overlay in the area of 52 St and 52 Ave.

This phase began on August 26, and included pulverizing and grinding the existing road surface. Dry concrete was then mixed in with the millings and the surface infrastructure was reshaped and packed to get it ready for the new asphalt layer.

Installation of the new asphalt overlay is underway and should take approximately one week. Landscaping will take place in conjunction with or right after the paving work is finished.

The above process will reduce the construction time by approximately one to two weeks and provide a minimum 25-year roadway lifecycle.

We are hoping to complete this capital project by September 11, 2026, barring any equipment breakdowns or bad weather.

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 Email: info@calmar.ca

SEPTEMBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 National Suicide Prevention Month World Alzheimers Month	2	3  Recycling Collection  Waste Collection	4	5
6	7  Town Facilities Closed	8 Council Meeting @ 6:30pm	9	10  Waste Collection	11	12 1000 Mile Fundraiser
13	14  Playdates  Organics Collection	15 Committee of the Whole @ 1:30pm	16	17  Recycling Collection  Waste Collection	18 Outdoor Drive-In Movie & BBQ 	19
20	21 Council Meeting @ 6:30pm First Day Of   Organics Collection	22	23	24  Waste Collection	25	26
27	28  Organics Collection	29	30 Ntl Day for Truth & Reconciliation  Town Facilities Closed			

MAYOR'S MESSAGE

Community wellbeing and recreation are vital for Calmar



Hello Calmar!

I would like to continue the conversation from last month about Council's priorities this term, where we discussed the importance of responsible growth and ensuring Calmar is ready to welcome new residents, businesses, and opportunities.

Growth, however, is only part of the story. Equally important is maintaining and enhancing the quality of life that makes Calmar such a great place to call home.

One of the key pillars in Council's upcoming strategic plan is community wellbeing and recreation. We recognize that healthy, connected communities are built through the planned spaces, recreational programs, and opportunities that bring people together.

Whether it's at the hockey rink, on the baseball diamond or at a community event, recreation plays a vital role in fostering wellness, belonging and community pride in residents.

A major focus of the community well-being and recreation pillar will be the development of the proposed Calmar Athletic Park. Planned as a multi-use recreation destination, the park can be developed in phases to meet both today's needs and tomorrow's opportunities.

It would provide spaces for sports activities, family recreation, community gatherings and special events while creating a central hub for community connection and activity.

Local non-profits 'Bike. Play. Run. Calmar' and the 'Conjuring Creek Music Society' are hosting a fundraising event on September 12, 2026, to raise funds for outdoor recreation in the community - in particular a pump track/bike park, which hopefully will be constructed next spring in the Calmar Athletic Park.

Council is also committed to supporting local recreation and cultural organizations, maintaining our recreation infrastructure, and ensuring residents of all ages have opportunities to stay active and engaged within Calmar.

Like many municipalities, we are planning ahead to support responsible long-term infrastructure investment. The Mike Karbonik Arena is aging, and Council is reviewing a full range of options for the years ahead - everything from repairing the current building to upgrading or expanding it, to new uses, replacement, or other changes.

No decisions have been made, and no option has been chosen. Before Council considers any long-term direction, we want to understand what our community needs, how facilities are used today, and what matters most to our residents.

If you haven't already done so, please fill out the online short survey at www.calmar.ca by September 11, 2026. Your input will be critical in Council's decision making process.

As Calmar grows, investing in recreation and community well-being will help ensure we remain a vibrant, healthy, and connected community for generations to come.

I am committed to being accessible, transparent, and engaged with you every step of the way. Please reach out via kgardner@calmar.ca if you'd like to ask a question, share an idea, or simply connect..

Mayor Krista Gardner

TOWN CORNER

Message from the CAO

It's hard to believe that summer is coming to an end. With children now back in school, the Town is turning its attention to ice-making at the arena and starting preparations for the upcoming winter season. I know that winter is still a few months away, but as we all know the weather can be unpredictable come October.

September also marks the start of the Town of Calmar's annual budget process with Council, which is based on the calendar year. Each year's budget can be affected by different factors, such as shifting priorities and economic conditions.

Although Administration gathers preliminary information over the summer, the first part of the heavy lifting on the proposed budget occurs from September through December. Council must adopt capital and operating (interim) budgets before year-end.

During the interim budget process, there will be opportunities for residents and community members to share input, ask questions, and help shape the priorities that guide Calmar's future. More information about upcoming public engagement opportunities will be shared on the Town's website and social media channels as this process moves forward.

I want to thank our residents for the patience and understanding as we experienced multiple weather-related delays in completing the 2026 Capital Works program. We are now in the final phase of construction on the 52 St/52 Ave upgrade project, and when finished, it will provide road infrastructure with a 25-year lifespan.

I also want to acknowledge the tremendous efforts of our Public Works staff during the heavy rainfalls in June. They worked around the clock for the better part of a week at the town's sanitary lagoon, shuttling water from cell to cell to avoid any flooding issues.

Many thanks also to residents for aiding in the effort by reducing their water consumption.

- CAO Sylvain Losier

Enforcement Services Update

Good day residents,

Summer holidays are over, schools are starting up again and with that, your Community Peace Officers will be out and about doing heavy traffic enforcement.

Please be mindful of school zones and street crossings in our community. Officers will be focusing on school zones, crosswalks, and speeding vehicles. The discretion provided to violators will be very limited.

We would also like to remind you of the following:

- **The penalty for failing to yield to a pedestrian in a crosswalk is an \$810 and 4 demerit points**
- **It is illegal to pass any vehicle traveling in the same direction within an active school zone**
- **School Zone hours across the province are strictly enforced on school days from 7:30 a.m. to 4:30 p.m.**
- **Playground Zone hours in the town of Calmar follow the standard provincial regulations of 8:30 a.m. to one hour after sunset**

On a separate topic, please be respectful while walking your pet, and please clean up after it. The Town supplies bags through-out the community for use in case you forgot to bring one. Someone else should not be cleaning up after your pet.

That's all for this edition. I hope we don't need our snow shovels for a while. Let's enjoy the weather while we can and don't forget to smile often - remember what's most important is your health and family.

- Your Community Peace Officers

Stop for flashing red lights on school bus



- **When red lights flash — slow down and STOP**
- Drivers approaching the school bus from either direction must stop.
- Stay at least 20 m (4–5 car lengths) back
- Do not move until the lights stop and the stop arm retracts

Exception

- You may continue only if there is a physical barrier or median separating traffic travelling in opposite directions (a raised boulevard, grass median, or concrete barrier)

NEWS & NOTICES

Get your free kitchen organics pail at the Town Office

Organics collection benefits everyone



Residents who do not yet have a kitchen organics pail to collect food scraps for their green bins are encouraged to visit the Town Office to pick up a free pail, while supplies last.

"We were excited to add organics collection to the Town's waste management services earlier this year," said Councillor Don Faulkner, the Town's representative on the Leduc & District Waste Management Commission. "The kitchen organics pail was introduced to allow residents to separate food scraps from their regular household waste. When full, the pails can be emptied into their green organics bins."

"Organics collection in Calmar benefits everyone," said Councillor Danielle Bourdin. "Residents are helping to divert organic waste from the landfill, which helps to make our town more sustainable and reduce waste management costs."



What to place in your Kitchen Organics Pail

..... All food scraps (raw & cooked)

- Plate scraps • Egg shells & dairy products • Meat, fish, shellfish & bones •
- Jams, sauces, salad dressings & cooking oil • Fruits & vegetables •
- Pastries, cookies, cakes & muffins • Bread, noodles, rice, beans & grains •
- Nuts, seeds, chips, & candy •

..... Food soiled paper products

- Paper plates, pizza boxes, tissues, napkins, paper towel & compostable cutlery •
- Coffee filters & tea bags •

Yard waste & plant materials	Pet waste*	Paper products
• Leaves, twigs & branches • • Plants & weeds •	• *Bagged in compostable bags only	• Shredded paper & cardboard

NOT ACCEPTABLE

- No food in packaging •
- No plant pots or bedding trays •
- No plastic bags • No diapers or wipes •
- No foam or plastics •

NEVER put plastic bags or garbage in the organics.

COMPOSTABLE IN INDUSTRIAL FACILITIES

Compostable or Paper Bags only.

Sort Smart ORGANICS

TOWN OF CALMAR

CALMAR DAYS

Another fantastic Calmar Days!

This year's Calmar Days was a tremendous success, blessed by great weather and strong attendance all day across the wide variety of events, attractions and family-friendly activities on offer.

One of the standout morning events was the free pancake breakfast, which welcomed well over a thousand people for an incredible start to the festivities.



"It was amazing to see so many smiling faces this year," said Mayor Krista Gardner, who volunteered at the breakfast. "I also loved the hugs I got from some of the little kids who told me they loved the pancakes and how much fun they were having – that was really special. I want to thank everyone who came out and helped to make Calmar Days such a success."

The Mike Karbonik Arena – both inside and out in the parking lot – was busy from morning to night, with families enjoying the inflatable games and bouncy castles.



The Gaming Bus, Fitset Ninja obstacles and Pop-Up Sports simulator were very popular. Children also loved the petting zoo, the caricaturist, face painting and balloon artists.



Food vendors also stayed busy throughout the day, with delicious aromas of different cuisines creating an enticing atmosphere for everyone around.



Spectators lined the parade route, cheering on their favourite floats, walkers handed out candy, and Ukrainian dancers entertained in colourful traditional costumes.



"The energy in our community was incredible, with so many people out enjoying the day together," said Councillor Jaime McKeag-Reber. "From handing out candy and seeing such big smiles during the parade, then watching two Calmar teams make it to the final game of the ball tournament, it was one of those weekends that reminded me how lucky we are to call Calmar home."

CALMAR DAYS



Many families took in the free evening movie and free popcorn inside the arena, setting up their camping chairs and comfy blankets to cheer on their favourite Star Wars creatures and characters.



The highlight of the evening was an exceptional fireworks display that attracted one of the largest crowds of the weekend, providing a memorable conclusion to this year's celebration.



"A community event of this scale would not be possible without the dedication of numerous individuals and organizations," said CAO Sylvain Losier. "A special thank you goes to our Public Works team, who once again absolutely crushed it behind the scenes. We would also like to recognize and thank Council, the RCMP, Leduc County, our valued sponsors and volunteers and municipal staff who contributed their time and energy throughout the weekend."

Every year, Council has the pleasure of judging the Calmar Days parade entries based on appearance, creativity, theme, and the overall impact in order to select the first, second and third place ribbon winners.



First place went to Countryside Vision Care with their 'Under the See' ocean-themed float.



Second place went to Vintage Towing, always an impressive showing. They also won the inaugural People's Choice Award.



Grasshopper Calmar won this year's third place ribbon with their 35th Anniversary entry.



Economic Development **BUSINESS UPDATE**

**Our summer Shop Local Program
is wrapping up!**

**A huge THANK YOU to all our
Downtown businesses!**

We have received lots of completed Shop Local passports so far! Our bright yellow posters were loud and proud in storefront windows, on bulletin boards, and next to cash registers.

**The last day for the Passport Program
is Monday, September 7, 2026!**

If you have not completed your Shop Local Passport, you have until September 7 to visit all Downtown businesses and get your passport stamped.

Once you get all the squares stamped, drop the completed passport off at the Town Office to be entered in the draw for one of two gift cards!

The random draw for the two winners will be held on
Tuesday, September 8, 2026, at the Town Office.

Questions? Please call Sandra at
780-985-3604 ext. 226

Economic Development **BUSINESS UPDATE**



As part of its Business Visitation Program (BVP), the Town's economic development officer is actively meeting with local businesses to understand their operational challenges to determine where we can offer support to help them succeed. These annual meetings help to keep the municipality updated on what is happening within the business community, identify risks and challenges, and help determine what programs and services to offer in the future.

An initiative within the BVP involves helping to promote local businesses. We do this through Business Spotlight segments that are published in the Calmar Chronicle, on our website and on social media. Starting September, we are upping our game by visiting local businesses to interview owners and operators/directors.

For our inaugural segment, we present the following interview with Robert Elbitar, owner/operator of Grasshopper Restaurant, located at 4703-50 Ave, on their three and a half decades of being in business. They also provide catering services in the area.

Often described as a super-friendly family run place and a hidden gem in Calmar, Grasshopper Restaurant has a long history and successful history in the community. Robert and his staff have been proudly serving five generations of residents with a variety of tasty options, from their regionally famous donair pizzas to hearty subs, pastas, salads, fries and more.

We do our best to keep all our customers happy by using fresh, high-quality ingredients that smell and taste great," said Robert.

"We only buy premium products for our dishes, like Grade A meats and 100 percent mozzarella cheese - no artificial stuff. It does make our menu a little more expensive, but our customers know that they are getting quality food."



Above: Robert Elbitar and Lisa Chapleau are ready to serve up much deliciousness for your next visit.

A significant challenge Robert faces, like many family-run establishments across the country, is ever-increasing food costs, which has forced him to scale back on his efforts to give back to the community. "It's crazy how prices have gone up, but I'm glad we are still able to do some promotions and offer discounts for schools, community clubs and sports teams."

This is the restaurant's 35th year of being in business, and Robert and his team are celebrating this grand milestone by sharing cake with customers and offering some deals and promotions, like prizes for the best kid's drawings.

"Calmar has been very good to me, sometimes better than I deserve," he said, with a laugh. "I love Calmar. This place is my bread and butter, and it's a great feeling for me to see folks who came in when they were kids now bringing their children and grandchildren to the restaurant."

"I thank the people of Calmar with all my heart for their ongoing support of the restaurant," he added. "That's why when folks come in, I serve them like they are my own family members - they are all special to me."

Together We Thrive | Your FCSS Update

From Calmar FCSS Coordinator, Mikayla Leibel

Office Hours: Tuesday, Wednesday, Thursday 9:00am – 4:30pm

780.985.3604 – Ext 233 or mleibel@calmar.ca

FCSS works to enhance the quality of life for residents by offering preventative programs, fostering community connections, and providing access to local resources and services they need. FCSS is committed to supporting individuals and families; helping them thrive at every stage of life.

Play Dates: Monday's 9:15am – 10:45am - Join us as we route through Town playgrounds for some fun in the sun. Bring some toys and a blanket as the playdates enjoy the season outdoors. Check out our Facebook page for which park we are at!

Community Nights: Twice a month on Thursdays from 6:00–8:00 PM at the Calmar Program Centre (4815–49 St). Come connect, be creative, and enjoy a fun evening with neighbours and friends! **Upcoming Community Nights:** September 10, September 24- Paint Night Fall Signs. October 15, October 29.

Grants to Organizations: 2027 Applications NOW open! **August 1 to October 31, 2026**, The Town of Calmar offers a grant program to support registered non-profit organizations and established community groups located within the town's corporate limits. Contact FCSS Coordinator Mikayla at MLeibel@calmar.ca for questions or more information!

Volunteering: We're always looking for passionate volunteers who want to make a positive impact in our community. When people hear "come volunteer," it can sound like a major time investment. But the truth is, even giving just a little bit of your time can go a long way. Whether you have 90 minutes, or half a day, we have volunteer opportunities to fit your schedule. **Big or small, every bit of time you give truly makes a difference!**

Upcoming FCSS Fall Sessions:

- **Home Alone Course:** September 29, 2026, 6:00pm – 8:00pm at the Calmar Program Centre.

Do you think your child is ready to start staying home alone occasionally for short periods of time? Does your child have some experience being home alone? No matter what your situation, this workshop will enhance your child's skill and confidence to stay home alone while giving you the knowledge about what your child needs to be ready. **To register, contact Kristin at 780-955-6421 or Kristin@leduc-county.com.**

- **Spot the Scam: Learn How to Protect Yourself:** October 7, 2026, 6:00pm – 7:00pm at the Calmar Library

Fraud can happen to anyone! Fraudsters are working full time trying to find new ways to separate you from your hard-earned money. Join us for a conversation about the latest frauds and scams. The best defense is awareness! **To register, contact Mikayla at 780.985.3604 – Ext 233 or mleibel@calmar.ca**

- **Planning Ahead: Wills & Estates Made Simple:** October 8, 2026, 6:00pm – 7:00pm at the Calmar Program Centre

Join us to learn why wills and estate planning are important for adults of all ages and how taking the time to understand your options can help you plan with confidence. **To register, contact Mikayla at 780.985.3604 – Ext 233 or mleibel@calmar.ca**

- **Hearing Aid Awareness: Taking Charge of Your Hearing Health:** October 21, 2026, 1:00pm – 2:00pm at the Calmar Library

The Session takes participants on a path recognizing unrealistic expectations they may have of hearing aids, accepting their reality of hearing loss, develop an understanding of what they need to do to reconnect with loved ones. **To register, contact Mikayla at 780.985.3604 – Ext 233 or mleibel@calmar.ca**

- **Junior Culinary Explores:** November 4, 2026, 3:30pm - 5:00pm at the Calmar Program Centre - Ages 10+ **Registration opens October 21st**

Mix it up, whip it up, and taste the fun! Join us for a hands-on cooking class filled with tasty recipes, new skills, and plenty of kitchen confidence!

You can find more information on events & programs by visiting www.calmar.ca or the Town of Calmar Facebook.

NEW HUMBLE COMMUNITY SCHOOL

A PUBLIC CHARTER SCHOOL



*New Humble Community School:
Rooted In Community*



SEPTEMBER 2026



LIVE MUSIC - FOOD - BEER GARDENS

FREE LIVE MUSIC

SATURDAY, SEPT 12, 2026

WITH THE 1000 MILE RUN EVENT

THE CONJURING CREEK MUSIC SOCIETY PRESENTS:

VISSIA

STEVE SIMPSON - NORTHERN ATTITUDE - SULLIVAN SWIFT

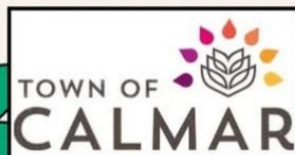
KELTON & RYDER GOLDSWORTHY - TAYLOR PILGRIM

KORA SIEMENS & NATALIE RIDDERIKHOFF

CALMAR BALL DIAMONDS

10 AM -4PM

FOLLOW US FOR UPDATES @CONJURINGCREEKMUSIC





1000 MILE RUN

1000 Miles

MOVE TOGETHER. GO FURTHER.



DATE:
**SEPTEMBER
12TH, 2026**



EVENT TIME:
9-5



RACE:
10-4



LOCATION:
**CALMAR
BALL
DIAMONDS**



ENTERTAINMENT BY

Conjuring Creek



SCAN FOR DETAILS

BIKE. PLAY. RUN. CALMAR.

1000 MILES EVENT SCHEDULE



**9:00
AM**

**RACE PACKAGE
PICK UP**

9:45AM Opening Speech and Q/A

**RACE BEGINS, KIDS ZONE/
VENDOR MARKET OPENS,
CONJURING CREEK LIVE
PERFORMANCE BEGINS**

**10:00
AM**

**FASTEST
MILE
HEATS**

**10:45AM 10/11 YR OLDS
12:15PM 12/13 YR OLDS
1:05PM 14/15 YR OLDS
2:05PM 16/17 YR OLDS**

**3:00PM VISSIA ON STAGE
4:00PM RACE ENDS
4:15PM AWARDS**

**WRAP
UP**



MORE INFO:

BIKEPLAYRUNCALMAR.CA

Celebrating a Legacy of Love

ZYP Art Gallery is proud to present an exhibit celebrating the life and achievements of Dr. Nhung Tran-Davies.

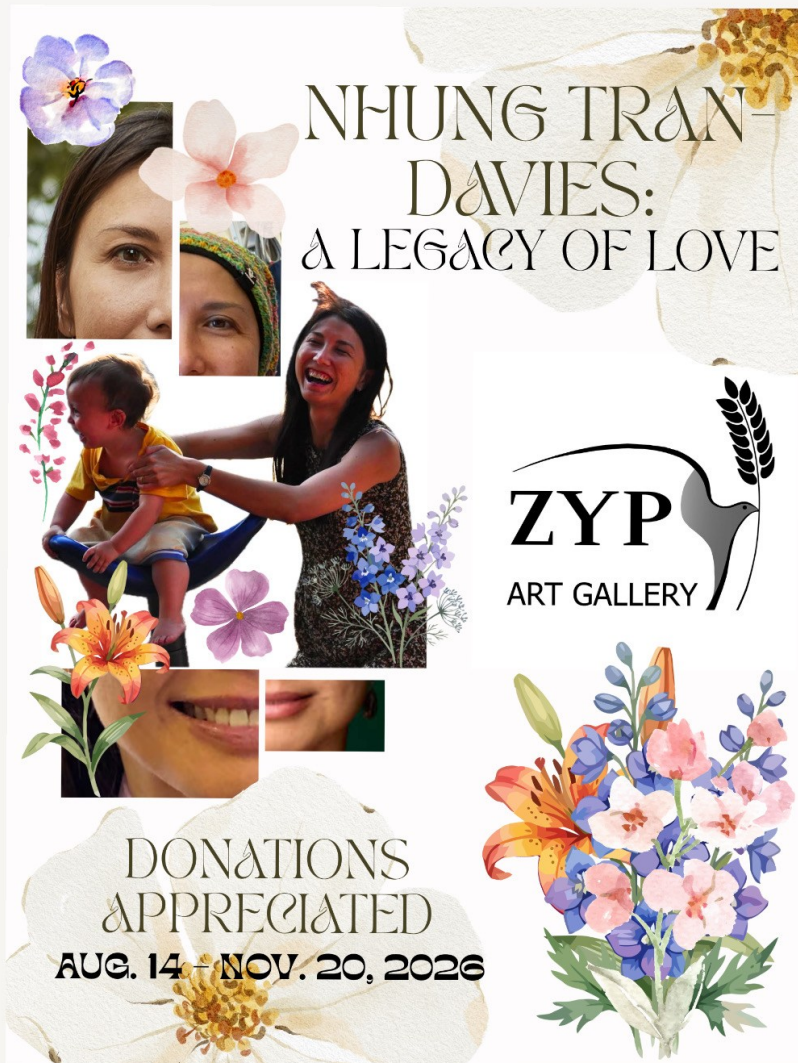
She transformed a childhood marked by war, poverty, and displacement into a lifetime of service.

Arriving in Canada as a young Vietnamese refugee, she became a respected rural physician, award-winning humanitarian, children's author, and founder of charitable initiatives that changed lives in Canada and around the world.

Dr. Nhung Tran-Davies served as a family physician in Calmar, and was an important contributor to the arts in our community.

Through medicine, education, philanthropy and advocacy, she demonstrated that one person's kindness can create a legacy that can inspire generations.

The exhibit also includes a silent auction with several pieces of artwork available to bid on. The community is also invited to an Evening of Prose and Poetry to celebrate the exhibit opening.



NHUNG TRAN-
DAVIES:
A LEGACY OF LOVE

ZYP
ART GALLERY

DONATIONS
APPRECIATED
AUG. 14 - NOV. 20, 2026



NHUNG TRAN-DAVIES: A LEGACY OF LOVE

An Evening of
Prose & Poetry

Friday, Sept. 11, 2026
7:00 PM

DONATIONS
APPRECIATED

PLEASE RSVP TO PATTI AT
CALMARARTSOCIETY@GMAIL.COM

- 
- WINE BAR
 - HORS D'OEUVRES
 - ART SILENT AUCTION



ZYP
ART GALLERY

Please bring a favourite piece of
prose or poetry to read if you wish!



Leduc County Family and Community Support Services

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

Sign up to receive our monthly update directly to your email inbox. Send an email to fcssinfo@leduc-county.com and ask to subscribe to our email distribution list.

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.

Family Court support: Information, resources and next steps

Please join Alberta Justice - Court and Justice Services for a presentation about the Family Justice Strategy and Resolution Services programs and services. Separation, parenting disputes, and family court matters can be challenging and stressful. This information session will help Albertans better understand the family justice system and learn about free services, resources, and supports that may help them navigate family law issues. Participants will learn about available programs for addressing issues around co-parenting, child support matters, family court applications, and other family law issues. The session will also explore services designed to help families resolve disputes, access information, and identify possible next steps.

Topics discussed will include:

- the family law mandatory requirements under the family justice strategy
- options for resolving disputes outside of court
- support for navigating the family court process
- family law information and support services available in Alberta
- Parenting After Separation courses and related resources

This session is intended for individuals who are dealing with separation, parenting issues, child support concerns, family court matters, or anyone interested in learning more about available family law resources and supports in Alberta. Please note: This session is for information purposes only and does not replace legal advice. Presenters will not be providing legal advice or legal representation during the session.

Date: Friday, Oct. 2, 2026

Time: 1:30 to 3:30 p.m.

Location: Online

Turning small talk into meaningful conversation

Meaningful relationships start with a simple hello—but how do we make sure those first conversations don't just fade away? Join us as we discuss why small talk matters and how it opens the door to genuine connection. We'll explore the art of initiating conversations and share practical techniques for moving beyond surface-level exchanges. Learn how to transition from small talk to more meaningful "deep talk," creating authentic connections that last.

Registration is open to anyone 18+. This session will be facilitated by Kim Silverthorn, BA, RPC, MPCC, CT from Tacit Knowledge.

Date: Tuesday, Oct. 6, 2026

Time: 6 to 7:30 p.m.

Location: Online

Kitchen confidence: skills for youth 10+

Kitchen confidence is a fun, hands-on program where youth will prepare simple, no-oven recipes such as wraps, fruit salad and energy balls. Kitchen knives will be used with guidance to prepare ingredients. Participants will build confidence and independence in the kitchen.

Date: Wednesday, Oct. 14, 2026

Time: 3:30 to 5 p.m.

Location: Golden Pioneers Seniors Centre, New Sarepta Agriplex, 5088 1 Ave. S, New Sarepta

Understanding utilities in rural communities

Utility services in rural Alberta can be very different from those in urban areas. Understanding your options can help you make informed decisions and better manage your energy costs. Join the Utilities Consumer Advocate (UCA) online via Zoom or at our in-person Nisku viewing location for an informative presentation in which we will learn about:

- Rural rate classes and demand charges
- Electricity and natural gas options in rural areas
- Tips to lower rural utility bills
- What to consider before signing a utility contract
- How to access free mediation and consumer support

Information in this presentation will be tailored to rural households and farms.

Date: Wednesday, Oct. 21, 2026

Time: 3 to 4 p.m.

Location: Online or in-person at County Centre, 1101 5th St., Nisku

Understanding utility choices for seniors

Managing utility costs can come with unique considerations for seniors, but having the right information can make a big difference. Join the Utilities Consumer Advocate (UCA) online via Zoom or at our in-person Nisku viewing location for an informative presentation in which we will learn about:

- Shopping for electricity and natural gas
- Understanding your utility bills
- Practical ways to save money on your energy costs
- Tips for starting, stopping, or transferring utility services when moving
- What programs and supports are available to you

Whether you're looking to lower your monthly bills or simply better understand your utility services, this presentation will provide helpful information and practical tips.

Date: Wednesday, Oct. 28, 2026

Time: 3 to 4 p.m.

Location: Online or in-person at County Centre, 1101 5th St., Nisku



Connect with us!

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

Calmar Public Library: September 2026

WHAT'S HAPPENING?



Meccha Chameleon Madness! Friday, September 18 @ 2:30 - 4:30PM

For participants aged 12-17. Registration is required. Join us for a fun-filled afternoon of artsy hide-and-seek! The library is bringing the popular game of *Meccha Chameleon* to life, where participants will be challenged to a tournament to see who can best blend their player into real world environments—with one champion taking home the prize trophy! If participants have their own phone, we request that they bring it with them for this program.



Movie Matinee: *Minions and Monsters* Friday, September 18 @ 11:30AM

No school, no problem! Gather your favourite pillow, cozy blankets, and snacks, then drop by the Calmar Public Library for a free showing of *Minions and Monsters*! Popcorn will be provided for all.



New Program! Apply Now: Children's Maker Market

For participants aged 6-17. Application required. We are excited to give young entrepreneurs the opportunity to be a vendor at our first ever Children's Maker Market, taking place in November! Have an exciting idea for a product you'd like to make and sell? Stop by the library and pick up an application package today!

Thursday, October 1, 2026 Alberta Public Libraries: Day of Action

October is Canadian Library Month! Libraries are a vital part of Albertan communities. We do our best to minimize barriers so that everyone has equitable access to information, education, and programming. New regulations from Bill 28 will impact that—and the libraries you love. We appreciate your patience and understanding as we navigate how to implement these new requirements.



Have a question? Want to register for a program?

Website: www.calmarpubliclibrary.ca

Contact: 780-985-3472 or circulation@calmarpubliclibrary.ca

LIBRARY HOURS

Monday, Tuesday,
Thursday, Friday

11AM - 5PM

Wednesday

11AM - 8PM

CLOSURES: weekends and statutory holidays

IT'S FREE! JOIN THE LIBRARY!

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

Monthly Programs



Knit n' Stitch Tuesdays @ 1:30PM

All skill levels welcome!



Stay and Play Thursdays @ 10:00AM

Ages 0-5 with caregiver



Chess Club September 2 @ 5:00PM

All ages and skill levels



Cookbook Club September 9 @ 6:00PM

Theme: Fall Favourites



LEGO Club September 16 @ 4:00PM

Ages 6 and up

TAKE & MAKE KITS

Pre-K Apple Tree

Tween Conversation Marble Magnets

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!



Craft Supplies: Donations Wanted!

The Calmar Public Library is currently seeking donations of art and craft supplies for future projects and programs. Materials can be dropped off at the library during our operating hours. If there are donations we cannot use that you would like returned to you, please let staff know!

- paper punches
- scrapbooking materials
- Cricut materials
- beads
- yarn and ribbon
- assorted fabric



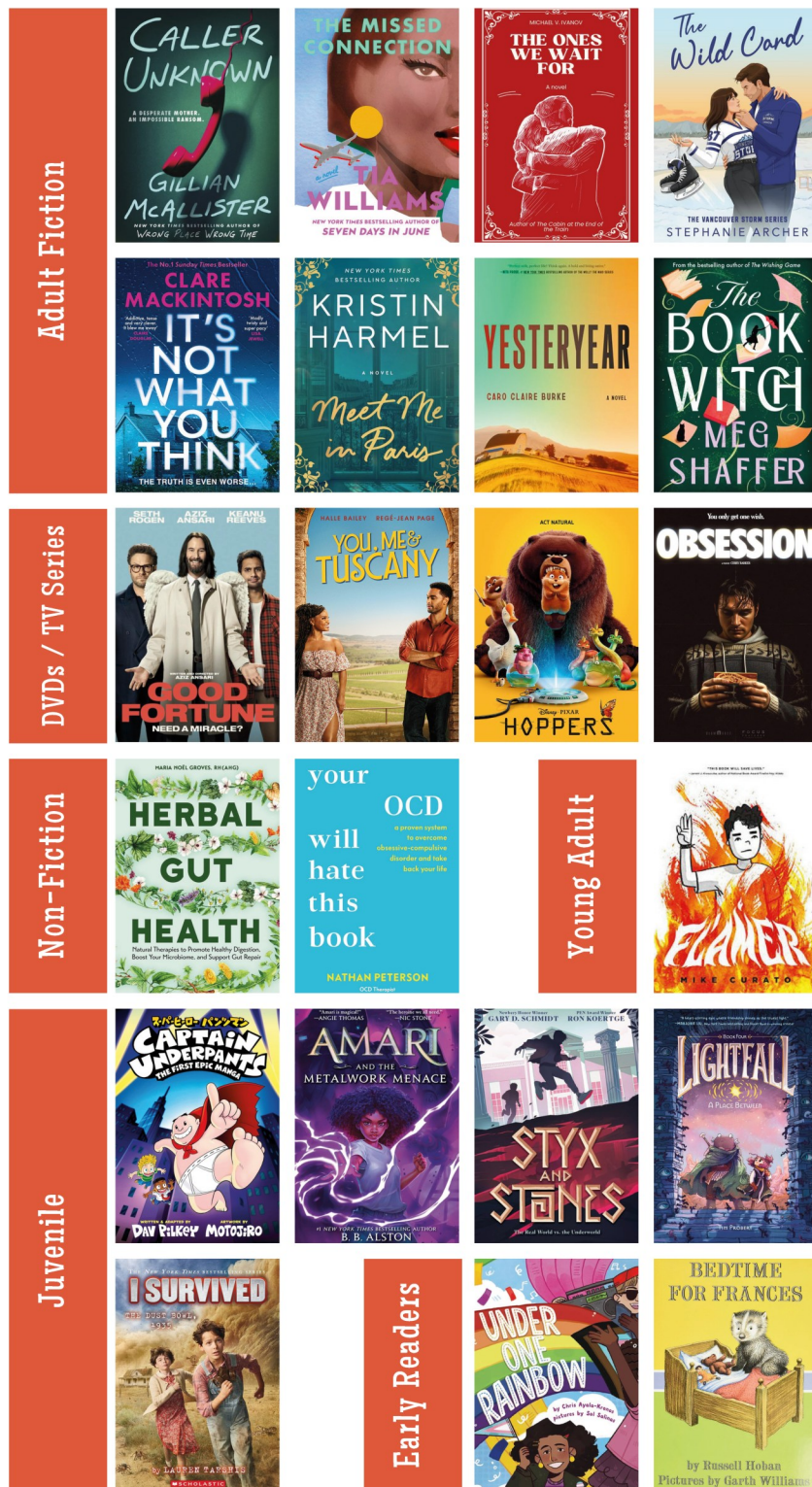
DID YOU KNOW?

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

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

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 available to all during our operating hours! Bags are available. We kindly request to limit shopping to three items per person, per visit, to help ensure we can meet as many needs as possible. Thank you for your understanding.

Check us out online!

Facebook: www.facebook.com/calmarlibrary
YouTube: www.youtube.com/@calmarpubliclibrary



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



Calmar Connects

A page dedicated to the wellness of our community.



Finding Your Rhythm Again: Staying Steady as Life Speeds Up

September brings a familiar shift. Summer's openness begins to tighten into routine, schedules pick up, and many people feel the pace of life quicken almost overnight. For some, this return to structure feels grounding. For others, it feels overwhelming and abrupt. No matter where you land, one thing supports almost everyone during this transition: giving your nervous system a sense of rhythm.

Predictability isn't about strict routines or perfect habits. It's simply about offering your body enough steadiness that it doesn't have to stay on high alert. When life speeds up, small pockets of familiarity can make a big difference.

Here are a few gentle ways to support yourself this month.

1. Chose one daily anchor

This could be morning tea, stepping outside for a breath of fresh air, or a consistent bedtime. One predictable moment helps settle your system.

2. Ease into routines

You don't need to switch from summer pace to full structure all at once. Let yourself gradually return to rhythm.

3. Notice what feels fast

It might be rushed mornings, full evenings, or a crowded schedule. Awareness helps you adjust before burnout creeps in.

4. Protect small pauses

A one-minute reset, a slower exhale, or a quiet moment in the car can help your body catch up to your day.

5. Be gentle with yourself

Transitions naturally bring mixed emotions. Feeling unsettled doesn't mean you're doing anything wrong. It just means your system is adjusting.

September isn't about perfect routines or instant organization. It's about finding a rhythm that feels supportive as the world around you picks up speed.

If you're needing support with stress, overwhelm, or emotional wellbeing this season, Nurtured Minds Wellness offers therapy and nature-based services for our local 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



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.



No Styrofoam / Plastic Clamshells



No Shredded Paper



No Coffee Cups / Plastic Cups



No Straws / Plastic Utensils



No Plastic Bags



No Hazardous Waste



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



Items may be sorted differently depending on your community



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



Coffee Cups



Styrofoam & Rubber



Non Refundable Glass

Plastic Clamshells



Film Plastic



Fabric



Single Use Packaging



No Recyclables



No Organics



*No Hazardous Waste
Must be taken to
Enviroserve
Station

BE CART SMART

STOP. THINK. SORT.

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



Utility Bill Due Dates

JANUARY - FEBRUARY = APRIL 6

MARCH - APRIL = JUNE 6

MAY - JUNE = AUGUST 6

JULY - AUGUST = OCTOBER 6

SEPTEMBER - OCTOBER = DECEMBER 6

NOVEMBER - DECEMBER = FEBRUARY 6

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

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

IMPORTANT NUMBERS:

- Public Works On Call: 780.446.7319
- Community Peace Officer: 780.985.0405
- Emergency: 911

SUBMISSIONS:

The deadline for content submissions for the Chronicle is the 15th of each month for the next edition. Please email Deven at dkumar@calmar.ca for assistance.

ADVERTISE WITH US

For more info about rates and to book ad space, please email Deven at dkumar@calmar.ca.

Note - Non-profit groups can advertise for free!

Property taxes made easier

Town of Calmar offers residents a Tax Installment Payment Plan (TIPS), allowing homeowners to pay their yearly property taxes in 12 equal installments via monthly automatic withdrawals.

No more missed due dates or penalties, and there's no need to renew every year. The monthly payment is calculated based on your most current levy.

You can sign up anytime throughout the year. All you need is a signed pre-authorized debit form and a void cheque/direct deposit form from your bank.

If you join part way through the year, you must make up payments from prior months to stay current. For example, if you decide to join in April, you need to make up the payments for January, February, March and April.

Interested in joining TIPS program? Please visit the Town Office or contact Heather Bryans at 780.985.3604 ext. 232.

How to stay in the know!



Regular Council meetings are held on the first and third Monday of each month, except on a public holiday, in which case the meeting is held the following day.

Regular Meetings start at 6:30 p.m. in the Council Chambers, located at 4901 50 Ave. Committee of the Whole meetings are held on the fourth Wednesday of each month at 1:30 p.m. in the Council Chambers (unless otherwise stated)..

Can't attend in-person? You can 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

Current meeting agendas are available for review on www.calmar.ca.

