

# Calmar Chronicle



January 2012



## HAPPY NEW YEAR !!!!!!!



### Calmar's 2011 Christmas Decorations Contest

**Christmas in the Park—Thursday, December 1, 2011**

**Door Prize Winners:**

Adult—Charity Rieger

Under 18—Drake Pepper

The weather was fantastic and the event was enjoyed by ALL—YOUNG & OLD

**Snowman Building Contest**

1st, 2nd & 3rd Prize Winners—each received a Christmas Gift

**GREAT JOB** to all whom competed— **AMAZING !!!**

**1st Prize Winner**

Steve & Trisha Kuhn



**2nd Prize Winner**

Debbie & Lloyd Sawatsky



**3rd Prize Winner**

Vicki & John Konkin

**CONGRATULATIONS !!**

Great Job on Lighting up the Community

### Calmar & District Christmas Elves

#### THANK YOU

On behalf of the Calmar & District Christmas Elves and the recipients of the program.

A heart felt thank you for your kindness and generosity.

Thank you to all the volunteers, the Volunteer fire department, Calmar Elementary school, Calmar Secondary school, Calmar Drama Club, Calmar Secondary Interact Club, Urecon, Calmar Apple Drugs, Sabina Agencies, Dyck Insurance, KDM Management, Calmar Canada Post, Bank of Montreal that supported this important program.

I would like to share what I have experienced and want all of you to know how thankful the people who receive these hamper and gifts are.

I had a number of people with tears in their eyes, hug me and thank me for making a positive difference. They felt people really do care about others challenges in life and are willing to do what it takes to Make THAT difference.

I accepted their thank you's and told them I only do what the community REQUESTS to be DONE and that the Calmar Community, Council MEMBERS and local businesses are the ones responsible for this to actually happen.

Thank you for making my job so much more rewarding, your support and Kindness is what makes the difference

From everyone that is involved with the Christmas Elves and myself Yvonne Pearson, F.C.S.S.,

**Sending wishes to all of you of Happiness & Health in the new year of 2012**



I'd like to take this opportunity to "Thank" the following volunteers for the help they provided me with the "Christmas In the Park" Activity.

Laurel Blackmore, Spencer Edgerly, Bob McKerracher, the girls from Connectivity Dance Ltd., Haley Martens, Kailyn Ankerstein, and Katelynn Richter.

Without your help, it wouldn't have been such a success.

Also, a BIG "Thank You" to Southbridge Crossing, Compass Rose Homes and Royal Le Page for the Sponsorship in the horse drawn sleigh rides and providing the riders with complimentary hot dogs.

Sincerely, Karen Ankerstein—Town of Calmar Recreation Coordinator





## REMINDER

### Calmar Residents with Rental Property

Effective **Jan 1, 2012** all active utility accounts which were in the renters name will be changed to the name(s) of the landowner(s) only.



### Family Support and Youth Services

Family Violence and Bullying Prevention is important to us all. Please review this utube video created by The Society for Safe and Caring Schools today and learn what you can do.

<http://www.youtube.com/watch?v=riSzyWVJL90>

Community and in-school workshops, resources and information for you, your family or someone you know is available through our office all year.

**Family Support and Youth Services. Contact 780-955-6421. Judy Dumont @ Leduc County FCSS.**

**1-800-668-6868 Kids Help Phone**

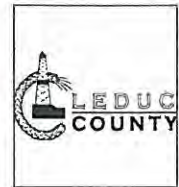
Thank you!

Judy L. Dumont, BSW, RSW

Family Support and Youth Services Worker

Leduc County Family and Community Support Services

780-446-2042 cell, 780-955-6421, fax: 780-955-4765 or Email: [jdumont@leduc-county.com](mailto:jdumont@leduc-county.com)



Call for a consultation or appointment today!

**780-504-9808** Walk-ins always welcome!

4729 – 50 Avenue, Calmar, AB

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

*At Relax & Renew Spa we're not only about providing services to make you look and feel beautiful; we also have specialized services to support your health and wellness. Kick start your New Year's Resolution with a gift to support your wellbeing.*

**Ion Foot Detoxification:** Our bodies are exposed to pollutions from the air, fertilizers, water, growth hormones in foods, antibiotics, fast foods, stress, and lack of rest; creating a build up of toxins in our blood, lymphatic, kidneys, liver and muscles. The Ion Foot Spa Detox is a gentle detoxifying system that pulls unwanted toxins out of the body. One Session \$45.00, Package of 10 - 30 Minute Sessions \$375.00

**Infrared Body Wraps:** Radiant infrared heat therapy that penetrates twice as deep as older, conventional heat methods to target fats, toxins, and cellulite as well as pain management. Relax and detoxify while you're wrapped in a snug cocoon of heat. \$75.00, Package of 10 Session \$500.00

**Whole Body Vibration:** Leading experts agree that vibration can enhance all areas of fitness, from Osteoporosis to weight loss. Vibration is now being used by many top athletes to train and is being used as a recovery tool after strenuous competition. Involuntary muscle contraction causes a chain reaction of positive events to our bodies. One 12-15 Minute Session \$10.00, One Week Unlimited Use \$30.00, One Month Unlimited Use \$100.00

**Hair Rejuvenation:** Therapeutic low level lasers deliver light energy to increase the blood flow to the scalp. The laser light stimulates cell metabolism and causes damaged cells to be repaired. One Month, 3x per week \$299.00

**Esthetic Services:** Gel Nails, Custom Facials, Microdermabrasion, Manicures/Pedicures, Waxing, Tinting

**Laser Services:** Hair Removal, Skin Tightening, Skin Rejuvenation (age spots, rosacea)

**Authorized Dermalogica Skin Centre:** Dermalogica is a leader in the skin care industry with exceptional products to treat a wide variety of skin concerns using top-notch ingredients and expertly designed technologies. Dermalogica products never use cheap chemicals like Mineral Oil, Lanolin, S.D. Alcohol, artificial fragrances and colors. We carry all skin lines – come in for a sample.



## Black Gold Tae-Kwon-Do



Is accepting new registrations for January.

Get in shape for the New Year and have FUN!!

Monday & Wednesday evenings at the Ukrainian Hall in Calmar.

Call Daniel 780-910-6651 for more information

## Calmar Fitness Classes

**2 Winter Sessions** (6 weeks) Mon., Wed., & Sat.

-January 9—February 13 & February 27—April 16

**Spring Session** ( 8 weeks) Mon.,Wed., & Sat.

- April 23—June 18

To Register or more information: [truetouchmt@hotmail.com](mailto:truetouchmt@hotmail.com)

[www.truetouch.vpweb.ca](http://www.truetouch.vpweb.ca) - 780-984-9183



## School Dance

Grades 4 to 6  
Calmar Elementary School

Friday January 13, 2012  
7:00 p.m. to 9:30 p.m.

\$3.00 admission  
Snacks for purchase

For more information please contact  
Karen Ankerstein  
Town of Calmar  
780-985-3604 ext 224 or [kankerstein@calmar.ca](mailto:kankerstein@calmar.ca)

## CALMAR FAS GAS

CONVENIENCE STORE - LIQUOR STORE - CARWASH



Many Canadians understand the importance of contributing to their RRSPs. But, are you sure you're getting the full benefit?

Find out if you're taking advantage of the  
**Top 10 RRSP Tips.**

**Consider attending this seminar if you want to:**

- Reduce your taxes.
- Stop providing the government with what is effectively an annual interest free loan.
- Increase your take home pay.
- Prevent inflation from eroding your retirement savings.

Hosted by:  
**Joanne Kaban**  
Consultant

**Date: Saturday, January 14<sup>th</sup>, 2012**

**Time: 1:00 PM**  
**Location: Calmar Community Hall –**  
**4815 -49<sup>th</sup> Street**

Sandwiches and beverages will be provided.

Please call (780) 996-8926 to confirm your attendance. There is no cost or obligation but limited seating is available.



Looking to  
Advertise in our monthly  
newsletter:



\$25.00 Business Card Size

\$50.00 Half Page

\$100.00 Full Page

Contact Karen at

780-985-3604 Ext 224

kankerstein@calmar.ca

Community Groups are  
FREE to advertise your news  
and information

We're on the Web!

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

Town of Calmar  
Box 750, 4901-50th Ave  
T0C 0V0  
Ph (780)985-3604  
Fax (780)985-3039

Newsletter submissions  
are due each month by  
the 15th

Submit to:  
Karen Ankerstein  
kankerstein@calmar.ca  
Fax 780-985-3039

## Calmar Fire & Rescue - Levels of Service & Staffing

Calmar Fire & Rescue, the Town of Calmar's fire service, is seeking volunteers to improve its ability to respond to emergency situations in a timely fashion with sufficient manpower to address the needs of local emergencies. Calmar Fire & Rescue is a paid on-call (volunteer with pay) department, and currently is seeking increased manpower to fulfill its mandate to provide emergency service to the Town of Calmar and surrounding area. Please consider participating in our fire department and protecting your community, your property and your family. If you are interested in participation, please contact Brent Bachman at 780-985-3604 or drop by the fire hall any Tuesday at 7:00 PM.

Calmar Fire & Rescue responds to, and is trained to handle, situations involving fires, medical emergencies, and motor vehicle collisions. It should be understood by the public that the department is a volunteer department with no paid full-time membership. As a bedroom community to Edmonton, there are periods of time every week when very limited, or no manpower, may be available to respond to emergencies in the community. If this happens, very long response times will result due to services being supplied from neighboring communities. Community participation in the fire department is critical to provide a heightened ability to provide an effective and timely response during periods in which low manpower is normally available. Please become involved.

Tim Blackmore  
Fire Chief



For the month of January I wanted to focus on your residence, including snow removal, as well as writing about January as Intersection Safety Month for Alberta.

The most pronounced winter bylaw is snow removal, in Calmar you must remove the snow and ice within 48 hours. We encourage neighbors to aide senior citizens or people with disabilities with snow removal.

If there is a failure to shovel the sidewalk, the property will be cleaned by the Town of Calmar, and the owner of the property billed.

January in Alberta is Intersection Safety Month. This means that our department will be focusing on enforcing traffic control devices such as stop signs, yield signs, and other control devices (do not enter signs, pedestrian signs). This enforcement is in coordination across Alberta and some RCMP rural statistics show why:

"More than 90 per cent of fatal and serious injury collisions in Alberta occur in areas policed by the RCMP...Approximately 15 per cent of all deaths from traffic collisions in Alberta's RCMP jurisdictions are due to intersection infractions. Annually in Alberta there are more than 85,000 collisions, an average of 20,000 people are injured, and more than 400 people are killed in motor vehicle collisions." ([www.rcmp-grc.gc.ca](http://www.rcmp-grc.gc.ca))

Our department hopes that everyone had a safe holiday season, and continues to be safe for the New Year.

Matthew Nickless—Peace Officer

