



Please recycle this
 newsletter.



Produced and Printed Locally; Folded By Hand!!
 Available online – vulcanandregionfcss.com

June 16, 2022



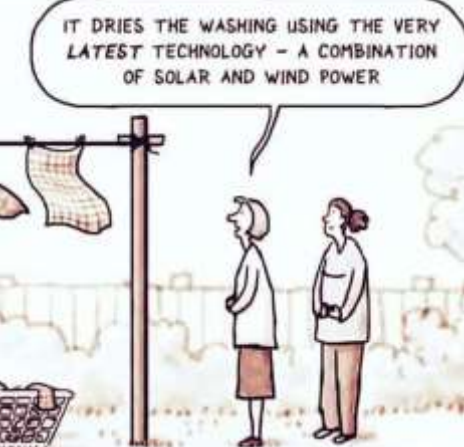
A car fainted after seeing the price of gas.



**July 1st
 2022**

Happy
 Canada
 Day

Vulcan Lions
 Community Swimming Pool
 Canada Day Celebration



CANADA DAY Milo Lions Club
 Canada Day

Pancake Breakfast

Date: Friday
 July 1, 2022

Time: 8:30 am - 10:00 am
 Place: Milo Community Hall

Admission: Donation of non-perishable items
 or cash for the Food Bank

Bring your family to celebrate Canada Day
 with the Milo Lions Club.
 EVERYONE WELCOME!

COMMUNITY MUSIC ON PORCHES

**Vulcan
 Porch
 FEST**

**Saturday June 25th
 Starts at 12:00pm**

LIVE MUSIC ON NEIGHBOUR'S PORCHES

Maps/ schedule will be available at the Vulcan Town Office &
 Vulcan Tourism morning of June 19th

ALL FREE
 If you enjoy the performers
 Leave them a tip

**CONCESSION AT
 THE POOL**

Don't forget to track your
 physical activity minutes as
 you walk and dance

For more information or interested in performing
 Visit: www.townofvulcan.ca/porchfest

RIDDLE: When you fall
 into the water, what is the
 first thing you do?
 Find the answer hidden in
 the newsletter.

**Food Bank Wish List
 Items**

- Soda Crackers
- Cereal
- Shampoo/Conditioner/
 2-in-1's
- Pancake Mix
- Fruit Juice
- Cookies
- Instant Noodles

THANK YOU
 Monday to Friday
 9am – 4:30pm

HELP WANTED

Hiring Class 1 and 3
 Drivers
 Walker's Corral
 Cleaning
 Call 403-485-8073

Yard Sale
 June 18-19 from
 11am - 2pm
 328 2nd St. N. Vulcan
 Moving Sale
 Couch, Queen Mattress,
 Box Spring and Bedding,
 Pictures and House Décor
 and other Furniture
 Very Clean

**HEY CLAY,
 HOW ARE YOU REALLY DOING?**

www.buddyup.ca

EMPLOYMENT OPPORTUNITIES

Line Cook, Train Associate - aspencrossing.com/jobs/
 Construction Worker - Rocky Mountain Renovation

Found on Indeed.ca
 Healthcare Security Guard - Paladin Security (Vulcan)
 Insurance Broker - Western Financial Services
 Florist - Flowers 'n Fancies
 Fulfillment Coordinator - UFA
 Telecommunications Technician - Integrated Solutions

Found on Workopolis.ca
 Cook - Marquis Foundation (Peter Dawson Lodge)
 Farm Supervisor - Belgium Farms Lomond
 Pen Rider - Ballco Feeders Brant
 Early Childhood Educator - Vulcan Daycare
 Construction, Wind and Solar Farms- Borea Construction
 Wind Turbine Technician - Vestas
 Operations Assistant - G3 Carmangay
 Petro and Ag Salesperson - Arrowwood Co-op
 Heavy Equipment Operator, Oilfield Supervisor - KLS
 Earthworks
 Agro Driver, Facility Assistant - South Country Co-op
 Lomond
 Environmental II - AHS (Cleaning)
 Parts Person - Brandt John Deere
 Commercial Tire Technician - Fountain Tire
 Track Maintainer - CP Rail (Vulcan)
 Dietary Aide, Housekeeping, Healthcare Aide
 - Extencicare

Found on LinkedIn.ca
 RN's and LPN's - Extencicare

Youth Summer Job Opportunities

Summer Youth Worker - Vulcan and Region Family
 and Community Support Services.
 8 week term position. Must have a drivers licence.
 Working with children in villages and teens in the
 Youth Centre. Apply immediately. vulcanandregionfcss.com

Program Coordinator & Assistant position
 Carmangay Library. Summer position.
 Involves working with children. Apply to
kchic@carmangaylibrary.ca or in person at the
 Library.

Summer Reading Program and Archive Position
 at the Milo Library. Contact archives@milolibrary.ca

Lifeguard Positions - Town of Vulcan
 See more at jobbank.gc.ca/youth search Vulcan

Me: I want to travel

Bank account: Where?
 To work?

Riddle Answer: You get wet.

I normally don't brag about
 expensive trips but I just got back
 from the gas station



Community Calendar

To add or change an event on the calendar call Lori at 403-485-2192 ext. 103
or send us an email at communityliaison@vulcanandregionfcss.com
Brought To You By: Vulcan & Region Family and Community Support Services (F.C.S.S.)

June 18 - Vulcan Tinman Triathlon

June 18 - **Milo Market** and **Lielow Music Festival** tickets at lielowmusicfest@gmail.com

June 18 - **Arrowwood Lions Car/Tractor Show and BBQ** Arrowwood Rink and Park
Show starts at 1pm. BBQ at 5pm Meals \$25, Kids \$15, under 6 free.

June 23 - **Kids Paint Night** - Carmangay Curling Rink 5PM - Free, Registration is required.

June 23 - **Adult Paint Night** - Carmangay Curling Rink 7PM - \$10. Registration is required.

June 24-26 - **Arrowwood Rodeo** - Fri. 7pm, Sat. 7pm, Sun. 2pm. Plus Arrowwood Lions Club Pancake Breakfast at 8am Saturday, Parade at 10am, Arrowwood River Wranglers 4-H Horse Club has achievement fun ride at the grounds at 11am.

June 25 - **Vulcan Porchfest** - See the poster on the front for details.

July 1-3 - **Champion 111th Anniversary**. Bike Parade, Beer Gardens, 5K Walk/Run, Fireworks, Pancake Breakfast, Lawn Mower Races, Flying Bob, Beef on a Bun.

July 1 - **Cake, Hot dogs and Free swimming** at the Vulcan Pool for Canada Day

Time for Rhymes - Register with Rainbow Literacy at 403-485-3107

info@rainbowliteracy.com

Milo - Wednesdays at 10:30am - Milo Drop-in Centre

Vulcan - Fridays at 10:30am - Vulcan Yoga and Wellness Centre

Champion - Tuesdays at 10am - Zoom

Arrowwood - Thursdays at 10am - Arrowwood Public Library

Lomond - Wednesdays at 10:30am Lomond Library

Mondays

Arrowwood Play Group - 10am Arrowwood Hall. Drop-in. Contact Betty 403-485-8623.

Tuesdays

Virtual Baby Group with Public Health 10-11:30am email Susan.Hass@ahs.ca for the link.

Coffee is on at the Carmangay Community Centre 2-4pm Cost \$1.

Community Connection Café - 1:30pm at Vulcan Senior's Centre. All ages welcome. Drop-In. It is a chance to get out of the house and connect with others. An interesting topic or subject will be presented each week followed by time to talk and interact. Call FCSS at 403-485-2192.

Get-A-Way Youth Centre - Open 3:30-6pm for 10-18 year olds at 105A 3rd Ave. S. Vulcan. 403-485-6033. Ping-pong, pool tables, foosball, air hockey, video games, crafts and music!

Wednesdays

Quilting - Carmangay Seniors Centre 9am-12pm.

Busy Bees (Stay and Play) - Vulcan Lodge Hall 1:30pm

Seniors Social - 2pm Lomond at the Drop-In. Games, cards, coffee, etc.

After School Program - From after school until 6pm - Carmangay Community Centre - Games, activities, snacks, socializing and fun!

Get-A-Way Youth Centre - Open 3:30-6pm for 10-18 year olds at 105A 3rd Ave. S. Vulcan 403-485-6033. Open for **Teen Night** from 6:30-9pm for ages 13-18 yr. olds.

Adult Basketball - 8pm at the CRC.

Thursdays

Creative Minds - Carmangay Seniors Centre 9:30am - 12pm for any type of project.

Coffee is on at the Carmangay Community Centre 2-4pm Cost \$1.

Farmers Market - Vulcan Legion 3-6pm

Man Cave - 1-3pm for men of all ages to hang out, visit, play pool, ping pong, foosball, cards, puzzles or games. 105A 3rd Ave. S. Vulcan.

Bring Your Own Project - Milo Seniors Centre 1-4pm.

Drop-In Adult Slo-Pitch - Mossleigh 7pm

Beach Volleyball - 8pm. Beach Pit at the Pool. Ball available at pool office during office hours.

Fridays

Yoga - Milo at the Drop-In at 10am

Mom & Tots - Champion Legion 10-11:30am

Fun Fridays - Carmangay Library 10am-12pm.

Games, activities, snacks, crafts and fun!

Get-A-Way Youth Centre - Open 12:30-5pm at 105A 3rd Ave. S. Vulcan 403-485-6033. Ping-pong, pool tables, foosball, air hockey, video games, crafts and music!

Saturdays

Vulcan Legion Meat Draw - 3-6pm.

Vulcan Legion - Drop-in Pool at the Hall 3pm. \$5/person. No membership required.

Monday - Saturday

Vulcan Senior Centre Drop-In 9am-12pm

Support Groups

-MUMS - **Peer-to-Peer Maternal Support** for pre- and post-partum. Weekly confidential phone calls. Call Families Matter at 403-205-5194.

-Every Tuesday and Thursday - **AA - Alcoholics Anonymous** - Meetings are at 8pm. Contact Gary at 403-485-5818

-**AI-Anon Family Group** - meetings as needed. Contact Betty at 403-652-8285

-Wednesday's - **SMART Recovery** - 7pm Addiction Support Meeting. Call Beth at 403-485-1054 for information.

-Thursday's - **Men's Healthy Relationship Group** - 6-8pm Registration details at rowanhouse.ca/safe-at-home

MAMA'S PIZZA & PASTA

DINE IN AND DELIVERY

Family Pack #1 \$41.00

Medium 3 topping pizza

Large spaghetti or lasagna

Large caesar salad

Family pack #2 \$48.00

Large 3 topping pizza

20 pieces chicken wings

Large caesar salad

Family pack #3 \$57.00

Extra large 3 topping pizza

Extra large spaghetti or lasagna

Large Caesar salad

RESTAURANT HOURS:

Tues. - Sat. 11am - 9pm

Sun. 12 - 8pm, Mon. - CLOSED

CALL MAMA!

403 485 6367 or 403 485 6368



Arrowwood Lions

Mini Car/Tractor Show and BBQ

June 18

Arrowwood Rink & Park

Starts at 1:00

BBQ at 5:00

Meal Adults \$20, Kids 6-15 \$15, under 6

free



We Serve



Wednesday WINE Nites

Come Learn a New Skill!
or Build on What You Know.

sign up for,
Wednesday nights @ Clay in Kiln Studio
an informal evening of making or painting.
find your seat,
find your glass then
find your project.

All skill levels are welcomed and supported.
We invite you to B.Y.O.Bottle
We'll supply the atmosphere and the snacks!

Starting
June 15,
2022



www.clayinkilnstudio.com
clayinkilnstudio@gmail.com



Yoga and Sound Mini Retreat

July 16 | 12-4pm
Vulcan Yoga & Wellness

immerse yourself in four hours of well-deserved self-care. This afternoon mini retreat will offer you guided meditations, a gentle yoga flow, pranayama (breath) practice, and a deeply relaxing restorative yoga session. Amplify your yoga practice with the frequency of the Atheryn sound bowl!



Hosted by
Suzanne Belliveau
and Andrea Phillips

Register at goddess templearts.ca/sessions