

# Good Morning Community Newsletter



Please recycle this newsletter.



Produced and Printed Locally; Folded By Hand!!  
Available online – [vulcanandregionfcss.com](http://vulcanandregionfcss.com)

June 23, 2022

## find your SUMMER camp

### ART CAMP 2022 - July 18 - 22

Where: Healy Art Studio, Register Online @ [www.townofvulcan.ca](http://www.townofvulcan.ca)  
When: (Ages 8 - 12, 10:00am - 1:00pm)

Cost: \$125, Registration Due June 27th

### GOLF CAMP 2022 - JULY 15-19 & JULY 25 -29

Where: Vulcan Golf and County Club, Register Online @ [www.townofvulcan.ca](http://www.townofvulcan.ca)

When: July 11-15

(Ages 6-9, 9:00am-12:00pm) Cost \$159

(Ages 10-18, 1:00pm-5:00pm) Cost \$169

July 25 - 29

(ages 6-16, 9:00am to 12:30pm) Cost \$159

Clubs Available, Registration Due July 1st

### TUMBLING CAMP 2022 - Aug 2-5

Where: CRC, Register Online @ [www.townofvulcan.ca](http://www.townofvulcan.ca)

When: (Ages 5-8, 9:30am - 11:30am)

(Ages 5-8, 1:30pm - 3:30pm)

Cost: \$60 Registration Due July 25th

### VULCAN HOOPS 2022 - July 25-29

Where: CRC, Register Online @ [www.townofvulcan.ca](http://www.townofvulcan.ca)

When: (9:00am-12:00pm Gr. 5-8)

(1:00pm-5:00pm Gr. 9-12)

Cost: \$125 Registration Due July 15

### VULCAN VOLLEY 2022 - Aug 8-12

Where: Vulcan Pool & CRC, Register Online @ [www.townofvulcan.ca](http://www.townofvulcan.ca)

When: (9:00am-12:00pm Gr. 5-8)

(1:00pm-5:00pm Gr. 9-12)

Cost: \$125 Registration Due Aug 1th

### CREATIVE CAMP 2022 - Aug 22-26

Where: Vulcan Pool & VPE, Register Online @ [www.townofvulcan.ca](http://www.townofvulcan.ca)

When: (9:00am-3:30pm Ages 7-14)

Cost: \$80.00 Registration Due August 8th



Concession will be open with all the old Favorites

July 9<sup>th</sup> —

Dive in Movie @ Vulcan Pool 9:30

Jaws 2 - \$5 admission

July 13<sup>th</sup> —

Family Movie @ CRC, 2:00pm

Turning Red - \$5 Admission

July 29<sup>th</sup> —

Outdoor Movie @ Pool Park,

10:00pm

Morbius - \$5 Admission

Aug. 26<sup>th</sup> —

Outdoor Movie @ Skate Park, 10:00

Doctor Strange - \$5 Admission



Milo - Wednesdays - July 6,13,20,27  
Mossleigh - Thursdays - July 7,14,21,28  
Lomond - Wednesdays - Aug 3,10,17,24  
Arrowwood - Thursdays - Aug 4,11,18,25

<p><b>BUILD A CARDBOARD TOWN</b></p> <p>WATER FIGHTS</p>			<p><b>GAMES</b></p> <p><b>CRAFTS</b></p> <p><b>FIRE DEPARTMENT VISIT</b></p>
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**KIDS DAY OUT**  
10:00 am - 3:00pm

Please send children with their own water bottle, hat, sunscreen, bug spray, and a change of clothes if they want to take part in a water fight. Based on weather and time each day.

For kids 5-13 years old. Children under 5 can take part if a parent stays with the child.

**LUNCH IS INCLUDED**

Register for one or all of the days by the Thursday before.

**FREE**

Activities to take place outside.

Register with FCSS at 403-485-2192 or email [reception@vulcanandregionfcss.com](mailto:reception@vulcanandregionfcss.com)  
Registration Forms at [vulcanandregionfcss.com/useful-documents/](http://vulcanandregionfcss.com/useful-documents/)

**ARROWWOOD AG SOCIETY**

**ARROWWOOD RODEO GROUNDS**

**JUNE 24, 25 & 26 2022**

Admission: Adult: \$15, Child: \$10, 6 & Under: FREE

**Friday**  
Rodeo & Beer Gardens 7:00 pm

**Saturday**  
Lions Pancake Breakfast 8:00 am  
Parade 10:00 am  
4-H Achievement Day 1:00 pm  
Softball Tournament All Day  
Rodeo & Beer Gardens 7:00 pm

**Sunday**  
Rodeo Stock & Beer Gardens 2:00 pm  
Softball Tournament All Day

FREE camping with weekend admission purchase!

**ONE-PITCH SOFTBALL TOURNAMENT:**  
Entries & Additional Information:  
Austin Ashbecher  
403-485-0076

**LOCAL ENTRIES:**  
Inquiries:  
Dennis Ashbecher  
403-652-8167

**RIDDLE:** Until I am measured, I am not known. Yet how you miss me, when I have flown. 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  
July 2-3 from 10am - 4pm  
328 2nd St. N. Vulcan  
Moving Sale

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

**Buddy's UP**

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

**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!

July 1<sup>st</sup> 2022

Happy Canada Day

Vulcan Lions Community Swimming Pool Canada Day Celebration

**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](http://www.townofvulcan.ca/porchfest)

Are you new to the Vulcan Community? **Welcome!**  
**The Vulcan Lionette Community Connection** would like to help by providing you with the civic information you may need to familiarize yourself with the local community including: Local map, recycling, library, recreation facilities, clubs and organizations and coupons from local businesses. Call Joyce@403-485-6802 or Marg @403-485-2426.

# 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](mailto:communityliaison@vulcanandregionfcss.com)  
Brought To You By: Vulcan & Region Family and Community Support Services (F.C.S.S.)

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 **Play in the Park** (weather permitting) – Greater Foothills Family Centre.  
-Monday, July 11- Milo School Drop-In 10am-12pm  
-Wednesday, July 13- Vulcan- Birch Park (Allen Subdivision) 10am-12pm  
-Wednesday, July 27- Vulcan- Birch Park (Allen Subdivision) 10am-12pm  
Bring a hat, a water bottle and sunscreen!

## Tuesdays

**Virtual Baby Group** with Public Health 10-11:30am email [Susan.Hass@ahs.ca](mailto: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 is at the pool office while open.

## 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 Riddle Answer: Time.

## 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  
-**Al-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](http://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

## Something a little lighter...

-Knock, knock. *Who's there?* Nobel. *Nobel who?* No-bel, so I knock knocked.  
-Knock, knock. *Who's there?* Alabama. *Anybody with you?* Nope. I'm Alabama self.  
-Knock, knock. *Who's there?* Ayatollah. *Ayatollah who?* Ayatollah you already.  
-Knock, knock. *Who's there?* Control freak. Now you say, "Control freak who?"  
-Knock, knock. *Who's there?* Goat. Goat who? Goat to the door and find out.  
-Knock, knock. *Who's there?* Water you asking so many questions for, just open up!

clay-in-kiln  
**STUDIO**

**Wednesday WINE Nites**

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

Starting June 15, 2022

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!

Book now

[www.clayinkilnstudio.com](http://www.clayinkilnstudio.com)  
[clayinkilnstudio@gmail.com](mailto: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 meditation, 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  
Doreen Belliveau  
and Andrea Phillips

Register at [goddessstemplearts.ca/sessions](http://goddessstemplearts.ca/sessions)