

Good Morning Community Newsletter



Please recycle this newsletter.



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

June 30, 2022

July 1st 2022
Happy Canada Day
Canada Day Celebration

12pm-2pm Free Hot Dog Games and Cake
 1pm-6pm Pool Opens Free Admission
 1pm-3pm Foam Machine

Presented by the Government of Canada | Canada | Vulcan

VULCAN TEAM SHOWDOWN
DEMOLITION DERBY
JULY 16 2022

2 MAN TEAM DERBY
 STOCK TRUCKS
 POWERWHEELS
 KIDS DERBY

FOOD TRUCK
 CONCESSION
 RAINBOW THE CLOWN
 SOLUNARS
 BEER GARDENS
 LIVE MUSIC

510 @ THE GATE 12 & UNDER FREE
 GATES OPENS AT 1:30PM VULCAN RODEO GROUNDS

SPECIAL THANKS TO OUR MAJOR SPONSORS

AUTO PARTS Arrowwood
CO-OP
Snake City Welding

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

BUILD A CARDBOARD TOWN
WATER FIGHTS
GAMES CRAFTS FIRE DEPARTMENT VISIT

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.

FREE
 Activities to take place outside.

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.

RIDDLE: Only one colour, but not one size, stuck on the bottom but easily flies. Present in sun, but not in rain. Doing no harm and feeling no pain. What am I?

Food Bank Wish List

Toiletry Drive

Shampoo/Conditioner
 Deodorant/Antiperspirant
 Razors/Shaving Cream
 Soap
 Feminine Hygiene Products
 Sunscreen

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

Register with FCSS at 403-485-2192 or email reception@vulcanandregionfcss.com
 Registration Forms at vulcanandregionfcss.com/useful-documents/

HELP WANTED

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

EMPLOYMENT OPPORTUNITIES

-Outreach Worker/Employment Coach - Inclusion Foothills workinnonprofits.ca Claresholm and Vulcan area
 -Rocky Mountain Renovations is hiring skilled trades people (all disciplines) and labourers. Class 5 Drivers Licenses is an asset. Wage depends on experience, any experience considered. Company based out of Carmangay. Please contact Wyatt at (403) 393 8303 for more info & to apply.
 -Youth Program Coordinator - vulcanandregionfcss.com/career-opportunities/

Found on Indeed.ca
 Healthcare Security Guard - Paladin Security (Vulcan)
 Insurance Broker - Western Financial Services
 Florist - Flowers 'n Fancies
 Sales Supervisor Retail - Mohar Law
 Dietary Aide, Housekeeping, Healthcare Aide
 Extencicare
 Sales Supervisor - Big Sky Beer, Wine & Spirits
 Parts Person, Labourer - Brandt John Deere
 Early Childhood Educator - Vulcan Daycare

VILLAGE OF Champion SCHEDULE OF EVENTS
III Anniversary 1989-2022

FRIDAY, JULY 1

11am-7:30pm	Concession (Parent Council)	Champion School
1pm	Red & White Bike Parade	Meet at Gas Plus @ 12:45
1pm-5pm	Petting Zoo	Small Ball Diamond
1:30pm-3:30pm	Pool Games	Swimming Pool
1:30pm-5pm	Decades Display	Legion
4pm-9pm	Registration	Pioneer Club
5pm-7pm	Open House & Demos	Fire Hall
5pm-1am	Beer Gardens	Community Hall
7pm	Kids Movie	Champion School
9pm	5k	Champion School
11pm (approx.)	Fireworks	Large Ball Diamond

FIREWORKS SPONSORS

Government of Canada—Celebrate Canada Grant
 District 20 Fire Protection Association
 Champion Lions Club

Special thanks to our fireworks technician, **Tam Grant**, for volunteering his time.

Yard Sale
 July 2-3 from 10am - 4pm
 328 2nd St. N. Vulcan
 Moving Sale

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!

Found on Workopolis.ca
 Gravel Quarry Supervisor - gogravel
 Relationship Manager - ATB Financial
 Residential Support Staff - Wheat Country Special Needs Society
 Customer service Specialist - Western Financial Group
 Commercial Tire Technician – Fountain Tire
 Cook - Marquis Foundation (Peter Dawson Lodge)
 Telecommunications Technician - Integrated Solutions
 Environmental II - AHS (Cleaning)
 Farm Supervisor - Belgium Farms Lomond
 Pen Rider - Ballco Feeders Brant
 Heavy Equipment Operator, Oilfield Supervisor - KLS Earthworks
 Construction, Wind and Solar Farms- Borea
 Wind Turbine Technician - Vestas
 Operations Assistant - G3 Carmangay
 Agro Driver, Facility Assistant - South Country
 Co-op Lomond
 Track Maintainer - CP Rail (Vulcan)

SATURDAY, JULY 2

7:30am-9:30am	Pancake Breakfast	Community Hall
9am-3pm	Outdoor Market	Pioneer Club - Patio
9am-3pm	Registration	Pioneer Club
10am	Parade	Main Street & 2nd Ave S
Following Parade	Princesses - Meet & Greet	Champion School (North)
11am-2:30pm	Concession	Champion School
11am-2:30	Decades Display	Legion
11am-3pm	Show and Shine	Main Street
12pm-2am	Beer Gardens	Community Hall
12pm	Beard Contest - Judging	Pioneer Club
1pm	Flying Bob	Skating Rink
1pm-4pm	Public Swimming	Swimming Pool
3pm	Lawn Mower Races	Riding Arena
5pm-7pm	Beef on a Bun	Community Hall

SUNDAY, JULY 3

11am	Gospel Music Hour with Larry Vannatta	Centennial Park—Behind Hall
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THANK YOU TO OUR SPONSORS

WINMORE FARM, G3, FIBRES ELECTRIC, WI-FIBRE, TWIN VALLEY

Canadian Food Inventions:

- Butter Tarts - Barrie 1900
- Nanaimo Bars - Nanaimo 1952
- Poutine - Montreal late 1950's
- Hawkins Cheezies - Belleville 1949
- Ginger Ale - Toronto 1907
- Canola Oil - Sask. / Manitoba 1960's
- Pabulum - Toronto 1930
- Instant Mashed Potatoes - Ottawa 1962
- Yukon Gold Potatoes - Guelph 1960's
- Peanut Butter - Montreal 1884
- California Rolls - Vancouver 1971
- Cuban Lunch - Winnipeg 1948
- The Caesar Drink - Calgary 1969
- Beaver Tails - Ottawa 1978
- Maple Syrup - Quebec Pre 17 - 1800's
- Hawaiian Pizza - Chatham 1962
- Ginger Beef - Calgary 1975
- Chewing Gum - Toronto 1860's

Source is Pinterest so believe what you want! I have heard that Ginger Beef began in Calgary on a news story before.

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.)

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!

July 16 - **Vulcan Show n' Shine** 9-12 and **Demolition Derby** - Gates open at 1:30, Beer Gardens at 2pm and Team Showdown begins at 3pm.

Tuesdays

Coffee is on at the Carmangay Community Centre 2-4pm Cost \$1.
Pickleball - 10am at the Vulcan Arena. Paddles are available if you would like to give it a try. Register at townofvulcan.ca/recreation
Carmangay Library Program with guests! Everyone welcome, all ages & skill levels.
Get-A-Way Youth Centre - Summer Hours begin July 5th 1-6pm 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.
Seniors Social - 2pm Lomond at the Drop-In. Games, cards, coffee, etc.
Get-A-Way Youth Centre - Summer Hours begin July 6th 1-6pm 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 9:30a -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. Summer visits to local attractions. Call 403-485-2192 to find out where the men are headed.
Get-A-Way Youth Centre - Summer Hours begin July 7th 3-6pm 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!
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 1-6pm at 105A 3rd Ave. S. Vulcan 403-485-6033. Ping-pong, pool tables, foosball, air hockey, video games, crafts and music!
Pickleball - 10am at the Vulcan Arena. Extra paddles if you would like to give it a try.

Saturdays

Vulcan Legion Meat Draw - 3-6pm. Music by Lyndsay Butler and Mariya Stokes.
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

-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.

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...

-A pirate walks into a bar with a paper towel on his head. The bartender asks, "What's with the paper towel?" The Pirate replies, "Arg, I've got a bounty on me head!"

-One day, a fourteen-year-old weasel went down to the local dance hall. The bartender took one look at him and says, "You are under-aged. I can't serve you beer." The weasel asks, "What can I have?" The bartender replies, "I have bottled water, juice, energy drinks, and pop." "Pop!" goes the weasel.

-A panda walks into a bar and gobbles some beer nuts. Then he pulls out a gun, fires it in the air, and heads for the door. "Hey!" shouts the bartender, but the panda yells back, "I'm a panda. Google me!" Sure enough, *panda*: "A tree-climbing mammal with distinct black-and-white coloring. Eats shoots and leaves."



FREE Online Nutrition Class
for parents and caregivers of 1 to 3 year olds

Spring - Summer 2022 Schedule

May 13 th	6:30 pm - 8:00 pm
June 14 th	6:30 pm - 8:00 pm
July 20 th	6:30 pm - 8:00 pm
August 24 th	6:30 pm - 8:00 pm
August 28 th	6:30 pm - 8:00 pm

Join Registered Dietitians to learn how to:

- create a positive mealtime environment
- introduce new foods
- cope with mealtime struggles

Easy to attend virtual classes!

REGISTRATION:
• bethandbobbie.com
• 403-956-1450

Alberta Health Services



Wednesday WINE Nites

Come Learn a New Skills!
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!

Riddle Answer: A shadow

Starting:
June 15,
2022



Book now

Yoga and Sound Mini-Retreat

July 10 | 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 yin yoga session. Amplify your yoga practice with the frequency of the Akasha sound bowls!



Hosted by Samantha Bellini and Andrea Phillips
Register at goddessatemplearts.ca/sessions

HOURS Monday-Friday 9:00am - 4:30pm

If you are without food outside office hours, there are Emergency Hampers at the Vulcan Hospital or check the Give-and-Take Pantry outside the Vulcan Library

Contact Us At:

105B-3 Ave S. Box 594 Vulcan, AB,
FCSS/Food Bank #: 403-485-2192
vulcanandregionfcss.com
reception@
vulcanandregionfcss.com
Youth Centre #: 403-485-6033

Director: Joan Petersen
Senior Supports & Food Bank: Claire Kuchel-Klassen
Community Liaison: Lori Gair
Reception: Corrina Lee
Rural Reaching Home Coordinator: Deanna Edwards