



Please recycle this
 newsletter.



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 Available online – vulcanandregionfcss.com

June 9, 2022

The Get-A-Way Youth Centre
 is offering
clay work classes,
 Two groups weekly,
Mondays & Thursdays.
 in the month of June.

4PM ~ 5PM
 Space is limited!
 Registration required
 Starts June 9th
 you can register for
 single classes

AGES 10 - 15
 Projects for each age group

CONTACT THE YOUTH CENTRE TO REGISTER

FCSS vulcanandregionfcss.com
 403-485-6033

30TH ANNUAL SPOCK DAYS
 JUNE 10-12
 VULCAN, AB
 WWW.SPOCKDAYS.COM

FURNITURE Villa FURNITURE REPAIR & RESTORATION SLO-PITCH TOURNAMENT FRIDAY - SUNDAY @ VIRGINIA MITCHELL MUNICIPAL PARK	Vulcan Advocate FIREWORKS FRIDAY - 11:00 PM @ VIRGINIA MITCHELL MUNICIPAL PARK	Market Street PANCAKE BREAKFAST SATURDAY - 7:30-9:30AM @CRC
Town of Vulcan PARADE SATURDAY - 10AM @DOWNTOWN (ROUTE ON MAP)	ATB Financial FAMILY FUN FAIR SATURDAY - 1-4PM @ VULCAN ARENA	connectFirst credit union TASTE OF VULCAN SATURDAY - 10:30AM - 2:30PM @ NINE IN A LINE BREWING
VULCAN COUNTY BBQ - FRIDAY 11AM-2PM BETTER TOGETHER BACKYARD CHEF SERIES @ FORTMORRE VILLA - FRIDAY @ 6PM LISNE READ TEL - SATURDAY 11AM-2PM	SODA SHOP BBQ & FASHION SHOW - SATURDAY 11AM-2PM FRIENDS OF THE LIBRARY BAKE SALE & CRAFT EXCHANGE - SATURDAY 11AM-2PM	SENIORS CENTRE COFFEE & BAKE SALE - SATURDAY 9AM-12PM HEALTHCARE AUXILIARY POP UP SHOP - SATURDAY 11AM-2PM CROPLEY HORSE RACE @ VULCAN GOLF CLUB - SUNDAY 3PM

RIDDLE: Ten ladies tried to fit under a small umbrella, none of them got wet. How is this possible? 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

THANK YOU

Monday to Friday
 9am – 4:30pm
 We can accept some items past the best-before dates.

HELP WANTED

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

Graduating and don't yet know money management?

We can help! With a personal finance course from
JA Southern Alberta

For those grades 10 thru 12 learn:

- Saving
- Investing
- Spending and Credit

Your free, 90 minute, crash course to help you manage your money.
 Food Provided

Wednesday, June 15th @ 4:30 pm
 At the Get-A-Way Youth Centre | 105A.3 Ave. E. Vulcan

Contact Josh to register or for more information
 josh.vulcanandregionfcss.com | 403-485-6033

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. Must be between 16 and 30 and be legally entitled to work in Canada as part of the Canada Summer Job Program. 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.

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

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

Don't Delay!
VULCAN HEALTHCARE AUXILIARY

Will be **LANDING** once again for SPOCK DAYS Saturday, June 11, 2022
 Come see us for an assortment of items from **The Helping Hands Gift Shop** will be close to the Senior's Center between 10 am and 2 pm

Lunch & Learn

Preventing and Addressing Elder Abuse

June 14th, 2022 @ 12:00pm
 213 2 Ave S, Vulcan

Learning Objectives:

- Recognise the signs and types of elder abuse
- Understand how to respond to elder abuse situations.
- Promote mental wellbeing in older adults

Presented by:

- The Vulcan Regional Response to Elder Abuse Council
- Vulcan Mental Wellness Support Community
- Lunch provided by the Vulcan United Church

Call Gabrielle at 403-359-0712 to register for this free event

Milo Library Archives

WE'RE HIRING!

Milo Library has received a 2022 Canada Summer Jobs grant to hire someone between 15-30 years old during the summer.

Duties will be 35 hours/week over 8 weeks, including:

- Running the Summer Reading Program for 4-12- year-olds
- Manning the library
- Assisting in the archives

Computer skills are necessary

You can find the job posting at <https://www.jobbank.gc.ca/youth>

Please email your resume to Joanne Monner at archives@milolibrary.ca
 Riddle Answer: It wasn't raining.

We look forward to hearing from you!

Voluntary Road Toll

Vulcan Lions will come out of their Den to ask for a donation to pass the intersection Centre St. & 2nd Ave
 June 11th, 2022
 11:00AM - 2:00PM
 Proceeds to New Pool Playground

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

June 4-5 - **Champion Community Garage Sale**

June 10 - **Vulcan County Agricultural Services BBQ**

June 10-12 - **Vulcan Spock Days** www.spockdays.com Friday Fireworks, Saturday Pancake Breakfast, Parade, Family Fun Fair, Petting Zoo, Taste of Vulcan, Vul-Con, Beer Gardens and Slo-Pitch all weekend. Library Great Craft exchange and Book Sale.

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** - Looking for music entries. www.townofvulcan.ca/recreation

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 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 10:30 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.

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.

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.

Curiosity Kids - 1:30pm Vulcan Lodge Hall. Call Greater Foothills Family Centre to Register 1-877-652-8633. Starts May 4.

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!

Mon. Wed. Fri.

Carmangay Community Centre is open for **walking** from 10:30-11:30am.

Saturdays

Vulcan Legion Meat Draw - 3-6pm.

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

Sundays

Youth Community Basketball - 3-5pm at the CRC.

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.

Brought To You By:

Vulcan & Region Family and
Community Support Services
(F.C.S.S.)

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

Youth Program Manager:

Josh Cookson

My Kid: I feel like you're always making up rules and stuff.

Me: Like what?

My Kid: Like if I don't clean my room a portal will open and take me to another dimension.

Me: Well that's what happened to your older brother.

My Kid: What older brother?

Me: Exactly. TWINKLES

Something a little lighter...

-What sounds like a sneeze and is made out of leather? A shoe.

-What do fish say when they hit a concrete wall? Dam!

-I spent a lot of time, money, and effort childproofing my house ... but the kids still get in.

-Our child has a great deal of will-power - and even more won't power.

-Among the things that are so simple even a child can operate them are parents.

-They've been treating me like one of the family, and I've put up with it for as long as I can.

-Their first daughter was born with a silver spoon in her mouth. Now they're hoping for triplets so they can have a whole set.



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