

Good Morning Community Newsletter



Please recycle this newsletter.



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

August 11, 2022

RIDDLE: What eleven-letter English word does everyone pronounce incorrectly? Find the answer hidden in the newsletter.

Food Bank Wish List

- Canned Vegetables
- Canned Fruit
- Mr. Noodles
- Dish Detergent
- Laundry Detergent
- Tea bags
- Kids Lunch Box Items

THANK YOU
Monday to Friday
9:00am – 4:30pm

We can accept some items past the best-before dates. Call to check if you are unsure.

HELP WANTED

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

love shouldn't hurt...
Safety Support Education
Hope is just a Call or Text away:
403-652-3311

Abuse thrives in secrecy. Even if your own relationship is healthy, your knowledge can support and empower others.
Learn more about our Create Change online course:
www.rowanhouse.ca/prevention



August 13th, 2022
4th ANNUAL

- 8 AM- Vulcan Legion, registration. (Panoramic breakfast offered by The Lions)
- ◆ 1st card: Turner Valley Legion, Turner Valley
 - ◆ 2nd card: Twin Cities Saloon, Longview
 - ◆ 3rd card: General's Quarters, Pincher Creek
 - ◆ 4th card: Earl McLeod Legion, Fort McLeod
 - ◆ 5th card: Vulcan Legion... Draws, supper, and live music

Pre-registration (10-50) at The Vulcan Legion,
244 Stachair Rd, Vulcan, AB (403-485-2138)

\$50 fee for deluxe jacketed paper book, supper, and 100% complete on the Legion grounds, and the chance to win cash and prizes!
\$20 fee for passenger's hand-drawn coloring! \$10 each for 2nd books for drivers or passengers
\$10 each for 3rd book (pre-registered) by non-member to get lower rates

NO BIKE! DRIVE ANY OTHER VEHICLE (classic car?)
= JUST COME FOR THE PARTY!!
(\$20 each- Tickets at the door, starting at 8pm - Includes supper)



All proceeds benefit The Vulcan Legion
(from the sale, their families, and the community)



Box 449
Vulcan, AB T0L 2B0
(403) 485-3107
adult@rainbowliteracy.com
www.rainbowliteracy.com

ESL- Conversation Cafe

Sunday Evenings @ 7 pm
Begins July 31st.

Rainbow Literacy and Learning
Society Building

Register at (403)485-3107 or
adult@rainbowliteracy.com

This Program provides a free, relaxing and pleasurable environment that promotes enjoyable interactions with peers.



Box 449
Vulcan, AB T0L 2B0
(403) 485-3107
adult@rainbowliteracy.com
www.rainbowliteracy.com

CELP

Canadian English Language Proficiency
Index Program

Sunday Evenings @ 8 pm
Begins July 24

Rainbow Literacy Building in
Vulcan

Register at (403)485-3107 or
adult@rainbowliteracy.com

Please pre-register for these programs by calling,
emailing or visiting our office.

*YOU HAVE TO TAKE AND PASS A CELPIP BEFORE YOU CAN WRITE YOUR
CITIZENSHIP EXAM*



STORYWALK

You are invited to take a walk with your family to read pages of the book *A Color of His Own* by Leo Lionni

Who: Families (0-17)

Cost: FREE

When: August 10th, at 1:30 pm, and ends at 2:30 pm

Where: Starts on the bike path near PHOB stop sign at
Champion, Alberta.

Registered participants will meet with a facilitator at school playground after completing the walk to do the craft.

To register, please call: (403) 485- 3107



MCG Careers- Vulcan Services



We are here to assist with your
CAREER AND EMPLOYMENT GOALS!

Meet our MCG Career Coach at the Vulcan Library
Tuesdays from 1-4 PM

Learn how we can help with career, employment, and post-secondary goals at NO COST!!

Up to date job postings available to Vulcan area.

Call to book an appointment at 403-601-2660

Services include:

- Assistance with developing strong resumes and cover letters
- Job Search supports, including managing online job boards and applications
- Career exploration
- Occupational and post-secondary research
- Interview preparation activities
- Referrals to additional resources and supports

The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services
www.mcgcareers.com

Canada Alberta...and local community partner

Vulcan RCMP and Victim Services 10th Annual Golf Tournament
August 27th, 2022 at _____
the Vulcan Golf & Country Club _____

Format: 4 person team scramble
Cost: \$75 for Vulcan Golf and CC Members
\$115 for non members (first paid 144 golfers)

Includes: 18 holes of golf,
power cart, dinner, and prizes

Proceeds raised will be going to Vulcan Victim Services,
Vulcan Golf and CC Junior Golf Program,
and Vulcan Get-A-Way Youth Centre.

Registration can be done at the Vulcan RCMP Detachment
or the Vulcan Golf & Country Club by cash or cheque only.

Cheque's can be made payable to "Vulcan RCMP and Victim Services Golf Tournament".

For further information or donation inquiries,
please contact Jayde Barr at the Vulcan RCMP Detachment @ 403-485-2267
or Jasmine Raguena of Victim Services @ 403-485-6163



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.)

Aug. 12 - Vulcan Lions Fundraising **BBQ** at Market Street Foods 11am-2pm.
Aug. 22-26 - Creative Camp. Go to townofvulcan.ca/recreation to register.
Aug. 26 - Movie—Jurassic World Dominion 9:30pm Pool Park

Mondays

Champion Library Summer Reading Program 10-12

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

Arrowwood Library Summer Reading Program 1-3:30pm.

Milo Library Summer Reading Program 1:30-3:30pm

Carmangay Library Program with guests! Everyone welcome, all ages & skill levels.

Get-A-Way Youth Centre - Summer Hours 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.

Champion Library Summer Reading Program 10-12

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

Little Adventurers - 10-11am Starts July 12

Big Adventurers - 11-12 Starts July 12

Get-A-Way Youth Centre - Summer Hours 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.

Wednesday Wine Night at Clay In Kiln www.clayinkilnstudio.com

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. Summer visits to local attractions. Call 403-485-2192 to find out where the men are headed.

Chess at the Seniors Centre - 2:10-5:00pm

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 Seniors Drop-In at 10am

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

Friday Fun Days at the Vulcan Library - 1pm Call to register 403-485-2571 or come in to sign up. Aug. 5, 12, 19, 26.

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.

Free Swim at the Vulcan Pool Friday evenings sponsored by the Vulcan Lions.

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

-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

Gleaning: Refers to the collection of unused or unwanted fruit or veggies.

Vulcan, do you have any fruit trees, or garden items in your yard that you won't be using or wanting? If so please let us know at Vulcan FCSS and we can organize for someone to come clean off your tree or dig up your veggies. Groceries are crazy expensive right now and we don't want that delicious food going to waste.

Job Posting
Interim Program Manager
Vulcan Regional Victims Services Society - Full posting at www.vrvss.com/about-5

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.

Riddle Answer: Incorrect

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...

-How much do dead batteries cost?

Nothing, they're free of charge

-My girlfriend changed after she became a vegetarian It's like I've never seen herbivore

-The man who created "knock knock" jokes deserves a "no-bell" prize.

-She said I was just average. How mean.

-When I found out my toaster wasn't waterproof, I was shocked.

-Did you hear the rumor about butter? I really shouldn't be spreading it.

-Did you hear about the circus fire? It was in tents!

-Why don't oysters share their pearls? Because they're shellfish.

-My wife caught me standing on the bathroom scale, sucking in my stomach. "Ha! That's not going to help," she said. "Sure, it does," I said. "It's the only way I can see the numbers."

More information visit www.townofvulcan.ca/intermedia or call 403-485-6033

Jurassic World Dominion
Friday, August 26,
9:30pm @ Pool Park
Admission: \$5

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@](mailto:reception@vulcanandregionfcss.com)

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