

Good Morning Community Newsletter



Please recycle this newsletter.



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

August 18, 2022

Summer Macaroni Salad

- 1 package (16 ounces) elbow macaroni
- 1 cup reduced-fat mayonnaise
- 3 - 4 tablespoons water or 2% milk
- 2 tablespoons red wine vinegar
- 1 tablespoon sugar
- 1 1/2 teaspoons salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 small sweet yellow, orange or red pepper, finely chopped
- 1 small green pepper, finely chopped
- 1 small onion, finely chopped
- 1 celery rib, finely chopped
- 2 tablespoons minced fresh parsley

1) Cook macaroni according to package directions.

2) In a small bowl, mix mayonnaise, water, vinegar, sugar and seasonings until blended. In a large bowl, combine macaroni, peppers, onion and celery. Add 1 cup dressing; toss gently to coat.
 Refrigerate, covered until cold, about 2 hours.

Cover and refrigerate remaining dressing to add just before serving.

3) To serve, stir in reserved dressing. Sprinkle with parsley.

Source: <https://www.tasteofhome.com>

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/

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 navigating 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 www.mcgcareers.com

Canada Alberta See Good Things and local community partners



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

CELPiP

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

RIDDLE: A girl fell off a 20-foot ladder. She wasn't hurt. How?

Food Bank Wish List

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

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

Did You Know...

Ham and pineapple: Those who like ham and pineapple pizza can thank Sam Panopoulos, a Greek-born, Canadian restaurateur. In the 1960's, he added pineapple to a ham and bacon pizza because he thought the sweet and savoury mix would taste good.

Holding a grudge: Don't do anything to anger a crow! Biologists have figured out that crows are smart enough to recognize human faces, and even if someone annoys them, crows can hold a grudge for years.

Couples only: Switzerland has many laws in place to protect animals, even guinea pigs. It's illegal to own only one. These mammals are highly social, so having only one lone(ly) guinea pig is considered animal abuse.

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

Format: 4 person Texas scramble
 Cost: \$25 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.
 Cheques 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 Jeannie Rapuano of Victim Services @ 403-485-6162

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. 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 - Paddles are available if you would like to give it a try.
Register at townofvulcan.ca/recreation
Arrowood 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 Vulcan 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.

Riddle Answer: She fell off the bottom step

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

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

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...

Did you hear that the fire-eater got engaged? He ran into an old flame.

Knock! Knock!
Who's there?
Decay.
Decay who?
Decay is after J in the alphabet!

Teacher: "Did you read the book I gave you about trees?"
Student: "I leafed through it."

Income is something you can't live within or without.

What has a spine but no brain?
A book.



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

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.