

# Good Morning Community Newsletter



Please recycle this newsletter.



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

August 25, 2022

**Lions RECYCLE for Sight**

Canadian Lions Eyeglass Recycling Centre

For most of the world eyeglasses are scarce & expensive. Children must drop out of school because they can't see well enough to read. Parents who need glasses may lose their jobs because they can't see. It is estimated that one in ten people in developing countries need glasses. That's more than 62 million people!

We collect all types of glasses including:

- Single Vision
- Children's
- Progressive
- Reading
- Frames
- Safety
- Sunglasses
- Prescription Sunglasses
- Loose Lenses

Please donate your used eyeglasses today. Don't throw away someone's chance for a clearer tomorrow. Donate Today at your nearest CLERC location.

ALAN PATRICK WALKER  
507-933-1057  
www.clerc.ca

Drop off your old glasses at  
DejaView Eyecare, Life Med Pharmacy and  
Market Street Foods and Pharmacy

**Vulcan Extencicare Auxiliary Association** is looking for new and younger members as we are all getting older. Both women and men. Meetings are the third Tuesday of every month at Extencicare. For information phone Mary Gregory at 403-485-2695.

**Vulcan and District Historical Society** is in need of new members. Please phone Mary at 403-485-2695.

**Vulcan Communities in Bloom** is in need of new volunteers. We need your energy and your green (or not so green) thumb! Call Christa at 403-485-0239

**Vulcan Community Health Centre** Volunteers are needed to help with the Gift Shop, Gardening, Recreation Activities and Acute Care

**Interested in joining us?**  
Call Kaire Davis at 403-489-7623 or 403-625-8632  
[kaire.davis@albertahealthservices.ca](mailto:kaire.davis@albertahealthservices.ca)

**Wheat Country Special Needs Society** is seeking members to sit on the Board from rural and village areas. Meetings are held the second Monday of each month at 7:00 pm. Compensation will be paid for mileage to meetings. Please contact Linda Schierman at 403-485-4733 for more information.

**Vulcan County Health and Wellness Foundation** is looking for new volunteers. Board, Trustees, Ambassadors and Event Volunteers. More information at [vchwfoundation.com](http://vchwfoundation.com) 403-485-4001

**Spock Days Association** is looking for a Secretary to join the Board. For information contact Lori at 403-485-0601.

**RIDDLE:** What can run but never walks, has a head but never talks, has a bed but never sleeps?

**Food Bank Wish List**

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

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

**HELP WANTED**

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



**KNOW THE RISKS INVOLVED IN VAPING**

What is a vape? A vape is an electronic smoking device that contains a cartridge of liquid (e-juice) or other forms of nicotine (or cannabis) that are heated into a vapor and inhaled by the user.

Vaping is not harmless. Vaping can increase your exposure to harmful chemicals and lead to nicotine addiction. The short and long term health effects are unknown, but recent reports are showing significant respiratory and health effects such as lung failure, seizures and even death. Although rare, some vaping devices may catch fire or explode, leading to burns or injuries.

What should parents look for? Parents should pay attention to an unusual attachment to a USB stick, sharpie, pen, lipstick, key fob, etc. These items may be electronic cigarettes "disguised" as everyday items.

Talk to your teen about vaping  
Alberta Health Services recommends talking to your teen about electronic cigarettes (vape) early, even as young as age 10. Discuss the facts about exposure and chemicals as well as nicotine addiction. Correct misconceptions in a calm manner and take time to listen. Find out more by searching "electronic cigarettes" at [albertaquits.ca](http://albertaquits.ca).

**Bruschetta Recipe**

- 4 diced tomatoes
  - Half an onion diced
  - 2 garlic cloves minced
  - Handful of fresh basil chopped
  - 2-3 Tbsp balsamic vinegar
  - 2 Tbsp olive oil
  - Sprinkle of Salt
- Mix together and serve cold with crackers or baguette. Can be toasted on bread slices in the oven on a cookie sheet with sprinkle of parmesan cheese.

**ADVERTISE HERE**

For **\$10/week** you can let people know you are open for business.  
Contact Lori to place your ad at 403-485-2192  
[communityliaison@vulcanandregionfcss.com](mailto:communityliaison@vulcanandregionfcss.com)

Box 449  
Vulcan, AB T0L 2B0  
(403) 485-3107  
[adult@rainbowliteracy.com](mailto:adult@rainbowliteracy.com)  
[www.rainbowliteracy.com](http://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](mailto: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\*

**How your House is looked at:**

- ...by you
- ...the buyer
- ...the Bank loan
- ...the Insurance Evaluator
- ...by the Municipality for rates and taxes

# 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.)

Aug. 26 - Movie—Jurassic World Dominion 9:30pm Pool Park  
Aug. 28 - Last day of swimming at the Vulcan Lions Swimming Pool 1-8pm.  
Sept. 12 - Vulcan Stay and Play begins at 1:30pm at the Lodge Hall  
Sept. 13 - Mass registration 3:30 - 6:30 at Vulcan Prairieview Elementary

## 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](http://townofvulcan.ca/recreation)  
**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.  
**Seniors Social** - 2pm Lomond at the Drop-In. Games, cards, coffee, etc.  
**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](http://www.clayinkilnstudio.com)

Riddle Answer: A river

## 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 Library** - 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** - Register at [townofvulcan.ca/recreation](http://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](http://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.



## KidSport

Need help with registration fees and equipment? Apply online at



[www.kidsportcanada.ca/alberta/vulcan-county/](http://www.kidsportcanada.ca/alberta/vulcan-county/)  
or call 403-485-2554

## Job Posting Interim Program Manager

Vulcan Regional  
Victims Services  
Society -  
Full posting at  
[www.vrvss.com/about-5](http://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 they arrested the devil?  
Yeah, they got him on possession.  
-What did one DNA say to the other DNA? "  
Do these genes make me look fat?"  
-My IQ test results came back.  
They were negative.  
-What do you get when you cross a polar bear with a seal? A polar bear.  
-Why can't you trust an atom? Because they make up literally everything.  
-Why was six afraid of seven? Because seven eight nine.  
-What do you call a hippie's wife?  
Mississippi.  
-What's the difference between an out-law and an in-law?  
Outlaws are wanted.  
-Before you marry a person, you should first make them use a computer with a slow Internet connection to see who they really are.  
-Advice to husbands: Try praising your wife now and then, even if it does startle her at first.



## 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](http://vulcanandregionfcss.com)  
reception@  
[vulcanandregionfcss.com](http://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