

# Good Morning Community Newsletter



Please recycle this newsletter.



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

**August 4, 2022**

### EMPLOYMENT OPPORTUNITIES

-Sales Associate - Furniture Villa  
-Rocky Mountain Renovations is hiring skilled trades people (all disciplines) and labourers. Class 5 Drivers License 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

-Sheep Manager—Yetwood Farms  
Healthcare Security Guard - Paladin Security (Vulcan)  
-Parts Person, Labourer - Brandt John Deere  
-Fertilizer Facility Operator - UFA Vulcan  
-RCMP Detachment Guard - Vulcan  
-Highway Maintenance Worker - Volker Stevin  
-Track Maintainer/Labourer - CP Rail  
-Client Service Representative - CIBC  
-Sales Supervisor Retail - Mohar Law  
-Sales Supervisor - Big Sky Beer, Wine & Spirits  
-Customer Service Insurance - Western Financial Group  
-Gravel Quarry Supervisor - Gogravel Inc.  
-Overnight Healthcare Security Guard - Paladin Security Vulcan  
-Construction, Solar Installer, Wind and Solar Farms- Borea Construction  
-Facility Assistant I - Parrish & Heimbecker Vulcan  
-Satellite and Internet Technician - Integrated Solutions

### Found on Workopolis.ca

-Marketing Specialist, Train Associate/Server - Aspen Crossing  
-Healthcare Aide - AHS Vulcan  
-Housekeeping/Laundry -Extencicare  
-Operations Asisstant - G3 Canada Carmangay  
-Health care Aide - Staffy Canada  
Residential Support Staff - Wheat Country  
Special Needs Society  
-Commercial Tire Technician – Fountain Tire  
-Healthcare Aide - Extencicare  
-Agro Driver, Facility Assistant - South Country Co-op Lomond

### Found on linkedin.com

-LPN and RN positions - Extencicare

**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, bag spray, and a change of clothes if they want to take part in a water fight. Based on weather and time each day.



For kids 5 - 12 years old. Children under 5 can take part if a parent stays with the child.

**LUNCH IS INCLUDED**

**FREE** Activities to take place outside.



Register for one or all of the days by the Thursday before.

Register with FCSS at 403-485-2192 or email [reception@vulcanandregionfcss.com](mailto:reception@vulcanandregionfcss.com)  
Registration Forms at [vulcanandregionfcss.com/useful-documents/](http://vulcanandregionfcss.com/useful-documents/)

## MILO LIONS CLUB 2022 BARBECUE



**Sunday  
August 7, 2022  
1:30 p.m.**

Milo Community Hall

Includes BBQ beef, baked potato, coloslaw, corn on the cob, refreshments and ice cream

\$20/person, \$10/ages 7 - 12, ages 6 and under free  
EVERYONE WELCOME

### CAR SHOW

Once again, the Car Show will be a casual event where owners of antique and unique vehicles can show their units.  
No prizes or awards but we love seeing these wonderful vehicles.  
Please try to have your vehicles parked by 12:30 p.m. on main street.



For more information, contact Lion Iain Godkin (403-485-8388)

### RIDDLE:

I'm tall when I'm young, and I'm short when I'm old.  
What am I?

### Food Bank Wish List

**Toiletry Drive**  
Laundry Detergent  
Shampoo/Conditioner  
Deodorant/Antiperspirant  
Razors/Shaving Cream  
Soap  
Feminine Hygiene Products  
Sunscreen

### THANK YOU

Monday to Friday  
9am – 4:30pm

### HELP WANTED

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

### I L TRANSPORTATION

**Door-to-Door Service** for appointments  
Medical  
Dental  
Optical  
Treatment appointments  
Special Event Trips

Servicing Vulcan & Vulcan County needing to go to the large cities in Southern Alberta, such as Calgary, Okotoks, High River or Lethbridge.

**Call Irene at  
403-485-1631**



Join us at the Arrowwood Library  
Starting July 20<sup>th</sup>  
For any of these FREE programs.

- ART THROUGH LITERACY 10 A.M. - 11 A.M.
- ENGLISH AS A SECOND LANGUAGE CONVERSATION CAFE 11 A.M. - 12 P.M.
- LITERACY & PARENTING SKILLS 7 - 8 P.M.
- ENGLISH LANGUAGE LEARNING (ELL) 8 - 9 P.M.

When: July 20 - August 31st  
Where: Arrowwood Library

All supplies for classes are provided. To ensure that we have enough please pre-register by calling Rainbow Literacy & Learning Society.

To register or for more information, please call (403) 485-3107

### Quoteable Quotes

“You don’t need a weatherman to know which way the wind blows.” *Bob Dylan*

“No rule is so general, which admits not some exception.” *Robert Burton*

“Accursed be he that first invented war.” *Christopher Marlowe*

“Opinions cannot survive if one has no chance to fight for them.” *Thomas Mann*

“A bore is a man who, when you ask him how he is, tells you.” *Bert Leston Taylor*

“An expert is one who knows more about less and less.” *Nicholas Murray Butler*

“We love the things we love for what they are.” *Robert Frost*

“A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.” *George Bernard Shaw*

Riddle Answer: A candle

# 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. 5 - 6 - Carmangay Fair and Sports Day Weekend. See event listing details below.  
Aug. 7 - Milo Lions BBQ and Car Show 1:30pm  
Aug. 12 - Vulcan Lions Fundraising **BBQ** at Market Street Foods 11am-2pm.  
Aug. 22-26 - Creative Camp. Go to [townofvulcan.ca/recreation](http://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](http://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](http://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.  
**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  
**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. No session on July 29.  
**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.  
**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 [rownhouse.ca/safe-at-home](http://rownhouse.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.



Fair entries: Community Hall... Thurs 7:30-8:30 & Fri 9:30-11:00. Judging Fri afternoon... closed to public	
<b>Friday, August 5, 2022:</b>	
5:30-9:00 pm	Carmangay Fireman's Steak BBQ @ Comm. Hall: <b>Pre-sold tickets only!!</b> CONTACT: Sue Duhl 403-892-8277
<b>Saturday, August 6, 2022:</b>	
7:30-9:30 am	Lions Pancake Breakfast @ Comm. Hall
9:00-9:30 am	Parade Marshall area west of hotel
9:30 am	Parade Judging
10:00 am	Parade... organized by Carm. Hort. Assoc.
11:00 am	Ice Cream at Library (after parade)
10:00-12:00 noon	Coffee & Cookies at Senior's Centre
11:00-1:00 pm	Beef on a bun by Carm. Seniors
11:00-3:00 pm	Concession by ECCA @ Community Hall
11:00 am-3:00 pm	Fair Exhibits open at Community Hall
	Museum open at Carm. Historical Church
	Another Pretty Face - Face Painting/Air Brush/Tattoo...Comm. Hall
	Bounce & Slide north side of Srs. Center
	Silent Auction... Friends of the Library @ Library
	Kids games/activities outside Srs. Center
	Treats available for a fee
	Sponsored by Carm. Library/1 of L
	Presentation of Fair Trophies/Prize money
	Pickup exhibits
	Carm. Library Family movie "Uncharmed" on old hotel site. Treats available for a fee
10:30	Fireworks
3:15 pm	
3:30 pm	
9:00	
<b>Sunday, August 7, 2022:</b>	
11:00-12:00 am	Service at Carmangay Historical Church Everyone Welcome!!!
Watch for other possible events closer to Fair Day!	

# 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...

Why didn't the sun go to college?  
Because it already had a million degrees.

Knock! Knock!  
*Who's there?*  
Who.  
*Who who?*  
I didn't know you were an owl.

Country air is so much more pure.  
Why didn't they build the city out there?

If you can stay calm while all around you is chaos, then you probably haven't understood the seriousness of the situation.

I used to be a banker, but then I lost interest.

How did the giant's wife know that Jack was coming?  
She could hear Jack and the beans talk!

Why do the cows cross the road?  
To get to the udder side.

## 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](mailto: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