



Please recycle this  
 newsletter.



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 Available online – vulcanandregionfcss.com

July 14, 2022

**clay-in-kiln  
 STUDIO**

**Wednesday  
 WINE Nites**

**Come Learn a New Skill!  
 or Build on What You Know.**

sign up for,  
 Wednesday nights @ Clay in Kiln Studio  
 an informal evening of making or painting,  
 find your seat,  
 find your glass then  
 find your project.

All skill levels are welcomed and supported.  
 We invite you to B.Y.O.Bottle  
 We'll supply the atmosphere and the snacks!

Starting:  
 June 15,  
 2022

Book now

www.clayinkilnstudio.com  
 @clayinkilnstudio  
 clayinkilnstudio@gmail.com

**RAINBOW**

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

**RIDDLE:** Mississippi has four S's and four I's. Can you spell that without using S or I?

**Food Bank Wish List**

**Toiletry Drive**

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.

**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

Canada Alberta **See Good Things** ...and local community partner

**ROAR!**

**Vacation Bible School**

**GAMES July 25-29, 2022**

**Crafts 1:00pm-4:00pm**

**Songs**

**Bible Stories**

**Snacks**

**Free for Kids K-6**

**Vulcan Church of Christ**  
**409 1st Street South**

**REGISTRATION OPENS MAY 1ST**

For more information  
 Contact  
**Geri Budd 403-485-0873**  
**Church 403-485-1896**

**Mini Explorers Preschool**  
**Friday only July 29, 2022**  
**9-11am**  
**Ages 3-4**

**Life is Wild - God is Good**

*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/](http://www.rowanhouse.ca/)

**RAINBOW**  
 Literacy & Learning Society

**Youth in Action**

Where: Every Monday starting July 11th, 2022  
 Where: Rainbow Literacy and Learning Society  
 Time: 2:00 pm - 3:00 pm

This program provides a free, relaxing and pleasurable environment that promotes positive and enjoyable interactions with peers. Youth will spend time together learning team building skills, sharing stories and experiencing fun physical activities.

Pre-register by calling 403-485-3107

*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.

**Did You Know...**

**Southern constellation:**  
 The Southern Cross, also called Crux, is a well-known constellation in the southern hemisphere. People living south of the equator can see it all night, all year round. The brightest star in the Southern Cross is called Acrux.

# 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.)

## July 15-18 - Mammogram Van

July 15 – Interactive **Movie Night at the Carmangay Community Centre** – 5pm  
July 16 - **Vulcan Show n' Shine** 9-12 and **Demolition Derby** - Gates open at 1:30, Beer Gardens at 2pm and Team Showdown begins at 3pm.  
July 26 - **Ice Cream Sundaes** and Beverages \$5 Arrowwood Museum 1-3pm  
July 27- **Play in the Park** Vulcan- Birch Park (Allen Subdivision) 10am-12pm. Greater Foothills Family Centre. Weather permitting.

Riddle Answer: T-H-A-T!

## 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. Starts July 12  
**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 begin July 5th 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 (See attached poster) Starts July 12  
**Big Adventurers** – 11-12 (See attached poster) Starts July 12  
**Get-A-Way Youth Centre** - Summer Hours begin July 6th 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** (See attached Poster)

## 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.  
**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. Music by Lyndsay Butler and Mariya Stokes this Saturday.  
**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.

## Did You Know...

Useful animal: Domesticated yaks are bovines found in Tibet, other areas of South Central Asia and Mongolia. They are often used as beasts of burden. They also are kept for their milk and meat, and their hair can be spun into yarn.

# 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...*

Jaime: "What car does your Dad have?"  
Jane: "I can't remember but I think it starts with a T"  
Jaime: "Really? Ours starts with gas"

What do you get when you cross a bed with a kitchen appliance?  
A four poster toaster.

How do the three men in the tub sign their love letters?  
"I lub-a-dub-dub- you"

Did you hear the one about the un-stamped letter?  
Never mind, you won't get it.

Knock! Knock!  
Who's there?  
Ear.  
Ear who?  
Ear you are, I've been looking everywhere for you.

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

What do Alexander the Great and Winnie the Pooh have in common?  
They both have the same middle name.

What has a spine and no brain?  
A book.

What has to be broken before you can use it?  
An egg.

## 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