

Good Morning Community Newsletter



Please recycle this newsletter.



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

July 21, 2022

105B 3rd Ave. S. Phone: 403-485-2192 vulcanfoodbank.com
Hours of operation: Monday–Friday 9:00am–4:30pm

Helping Out

Monetary Donations

We accept automatic monthly donation withdrawals from your banking institute, cash, check, electronic/automatic transfers.

Fundraising

Anyone can donate food or host a food drive at any time of year. Watch our social media, website and Good Morning newsletters for upcoming fundraisers. Food can also be left in the Give-and-Take Pantry in front of the Vulcan Library.

Adopt-a-Family

Over the holiday season, we connect families or who are struggling, anonymously, with donors who provide Christmas gifts. Donors could be individuals or businesses.

Volunteering

Casual help is needed throughout the year to sort food after food drives, preparing food and packing hampers ahead of Christmas. Talk to us about being added to the volunteer list.

Unable to volunteer, but want to help? Become an ambassador for your local food bank by spreading the word. It helps more than you know! Share our posts on social media or simply spread our message by word of mouth!

Also check out volunteerconnector.org
To create a volunteer profile and for current volunteering opportunities.

Getting Help

On your 1st visit to the food bank we require 1 piece of government issued ID for proof of residency within Vulcan and County, and anyone living in your house who will be included in your hamper request.

2nd visit & after every 6 hampers, we will require bank statements from the last 30 days for anyone over the age of 18 in your household. Basic expenses, and current situation are taken into consideration when assessing current needs for the foodbank. This information is also used for statistics, potential outside referrals, as well to limit misuse of the food bank.

When requesting a food hamper please try to provide 24 hours notice.

Any more than 10 hampers a year will be accessed on an as needed basis, preferably only one per month.

Starting in October of every year we will start taking Christmas hamper requests.

We can provide fresh produce, eggs, margarine, frozen meat, non-perishable food items, bread, milk, toiletries.

In the event that the food bank is closed and you are in need of food, a small emergency food hamper can be accessed at the Vulcan hospital.

We reserve the right to ask for additional confirmation of residence or need.

Did you know?
Vulcan and Region Food Bank helped feed over 838 people in Vulcan and County in 2021. That's over 25,000 lbs of food. 2021 hunger count report shows a 29.6% increase in people accessing Alberta Food Banks. Vulcan Regional Food Bank is a member in good standing of Food Banks Canada and Food Banks Alberta and uses Link-2-Feed software to confidentially track food bank use and trends.

The Rural Reaching Home Program is funded by the Rural Development Network to help prevent homelessness. Emergency shelter, medical transportation, and short-term financial support may be provided after conducting an assessment of required documentation. Call 403-485-2192 ext. 105.

RIDDLE: What runs around the yard without moving?
Find the riddle answer hidden in the newsletter.

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.

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

Morbis
Friday
July 22, 10:00pm
@ Pool Park
Admission: \$5

MILO LIONS CLUB

2022 BARBECUE

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

Milo Community Hall

Includes BBQ beef, baked potato, coleslaw, corn on the cob, soft drinks and ice cream

\$50/person, \$10/ages 7 - 19, 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 wares.

No prize or award but we are giving these wonderful vehicles.

Please try to have your vehicles parked by 12:30 pm, on main street.

For more information, contact Lisa Jan Dobson (403-485-3288).

RESCHEDULED:

Milo Golf Classic

TUESDAY, AUGUST 2

Spearsgrass Golf Course
Banquet to follow in Milo

\$100/PLAYER
A PERSON BEST BALL
BUSINESS PROVIDED FROM MILO

To enter an individual or team contact
Jenny 403-485-1451
Deanna 403-485-8384
David 403-485-8384

Youth in Action

When: 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

Join us at the Arrowwood Library Starting July 20th
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

MILO ONE PITCH TOURNAMENT

AUGUST 5-7th

Concession and Beer Gardens!! All proceeds will go to the Milo Alphabets Kindergarten

PLEASE REGISTER YOUR TEAM AS SOON AS POSSIBLE WITH JESSY 403-485-1451 OR DEANNA 403-485-8384

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.)

July 22 - Outdoor Movie: Morbius ant the Vulcan Pool Park at 10pm. Admission \$5.
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.
Aug. 12 - Vulcan Lions Fundraising **BBQ** at Market Street Foods 11am-2pm.

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.
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. July 22, Aug. 5, 12, 19, 26. No session on July 29th.
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 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.



Vulcan Legion 
Branch 21
Saturday Meat Draw
Every Saturday
from 3pm to 6pm
12 chances to win some meat
Live Entertainment
50/50 Draw



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

Riddle Answer: A fence.

Something a little lighter...

Headlines

-Cartoonist found dead in home. Details sketchy.
-Astronaut Takes Blame for Gas in Spacecraft
-Hospitals Sued by 7 Foot Doctors
-Police Begin Campaign to Run Down Jaywalkers
-War Dims Hope for Peace
-Juvenile Court to Try Shooting Defendants
-New Study of Obesity Looks for Larger Test Group
-Cold Wave Linked to Temperatures
-Typhoon Rips Through Cemetery; Hundreds Dead
-Cop makes arrest in bathroom after smelling crack.

Women shouldn't have horses after 60.



Seriously...

Sixty horses should be plenty !!

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