

Good Morning Community Newsletter



Please recycle this newsletter.



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

July 28, 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

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.

KIDS DAY OUT

10:00 am - 3:00pm



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
Registration Forms at vulcanandregionfcss.com/useful-documents/

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, potatoes, bread 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 wares. 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 Ian Godkin (403-485-8268)

RIDDLE: You're in a race and you pass the person in second place. What place are you in now? Find the hidden answer.

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



Riddle Answer: Second place.

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



STORYWALK

You are invited to take a walk with your family to read pages of the book *A Color of His Own* by Leo Lionni

Who: Families (0-17)

Cost: FREE

When: August 3rd at 1:30 pm, and ends at 2:30 pm

Where: Starts on the bike path near the skating rink at 5th and ends near the bridge on the bike path near Milo Lions Park

Registered participants will meet with a facilitator at Milo Lions Park after completing the walk to do the craft.

To register, please call: (403) 485-3107



MONDAY, AUGUST 8

AGES 5-10 from 11am - 12:30pm

AGES 11-16 from 1pm - 2:30pm

Cost - \$10/participant

Maximum 30 per group

ALL skating equipment will be provided

Deadline to register - Thursday, August 4

Call Kathy at 403-485-0212 to register

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. 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 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
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. 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
-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	
Friday, August 5, 2022:	
5:30-9:00 pm	Carmangay Fireman's Steak BBQ @ Comm. Hall: Pre-sold tickets only!! CONTACT: Sue Dahl 403-892-8277
Saturday, August 6, 2022:	
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 Str. Center
	Silent Auction...Friends of the Library @ Library
	Kids games/activities outside Str. 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	
Sunday, August 7, 2022:	
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...

Did you hear the one about ...
...the nurse who was chewed out by the doctor because she was absent without gauze?
...the crustacean accused of promoting his own shellfish interests?
...the kid who started a business tying shoelaces on the playground? It was a knot-for-profit.
...the claustrophobic astronaut? He just wanted a little more space.
...the racing snail that got rid of his shell? He thought it would make him faster, but it just made him sluggish.
...the cow that ate bluegrass and moed indigo?
...the veterinarian who prescribes birth-control pills for dogs? It's part of an anti-litter campaign.



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