

# Good Morning Community Newsletter



Please recycle this newsletter.



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

July 7, 2022

## Big Adventurers

**Who**  
 FREE program for parents of children ages 6-9 years.

**When**  
 Every Wednesday starting July 12th from 11:00 am to 12:00 pm.

**Where**  
 Virginia Mitchell Park

**What is it?**  
 Children learn observation, gross and fine motor skills, numeracy and literacy skills while exploring the natural world, crafting, exploring and playing games.

Register by calling (403) 485-3107

## SCREEN TEST

Mobile Mammography Screening is coming to:  
**Vulcan**  
 July 15 to 18, 2022  
 Community Health Centre (Hospital)

Appointments are required. Call to book:  
**1-800-667-0604 (toll free)**

To learn more visit: [screeningforlife.ca](http://screeningforlife.ca)

Due to COVID-19, Screen Test is taking a number of precautions to ensure the safety of our clients and staff. Details will be shared when you call to book your appointment.

Thank you for supporting Screen Test over the past 36 years. Together we are saving lives, one community at a time.

**RIDDLE:** How can you physically stand behind your father when he is standing behind you? Find the answer hidden in the newsletter.

**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

Yard Sale  
 July 9 from 10am - 4pm  
 328 2nd St. N. Vulcan  
 Will take best Offer

## Little Adventurers

**Who**  
 FREE program for parents of children ages 2-5 years.

**When**  
 Every Wednesday starting July 12th from 10:00 am to 11:00 am.

**Where**  
 Virginia Mitchell Park

**What is it?**  
 Learn how to encourage observation, gross and fine motor skills and literacy while exploring the natural world with your child.

Register by calling (403) 485-3107

## Vulcan County Cruisers 34th Annual SHOW 'N SHINE

Saturday, July 16, 2022  
 Main Street – VULCAN, AB

Registration – 9:00 a.m. to 12:00 p.m. • Fee: 10.00 Per Vehicle  
 TROPHY PRESENTATION at 2:00 p.m.

For Further Info Contact:  
 Days - Deanna 403-485-8224  
 Evenings - Alan 403-485-0649

Street Music by 10 am to 2 pm  
 Izzy's Entertainment

RODEO GROUNDS GATES OPEN AT 1:30 PM  
 CONCESSION AT RODEO GROUNDS

**Beer Gardens**  
 Saturday 2:00pm - 1:00am  
 Tin Shed - Rodeo Grounds

**Fly In Breakfast**  
 Sunday July 17, 8am-11am  
 Vulcan Airport  
 Everyone Welcome  
 Hosted by Vulcan Flying Club

Live Stage Performance by

28th Annual Demo Derby  
 5th Annual  
**TEAM SHOWDOWN DEMOLITION MINI'S & TRUCK DEMO**  
 Saturday, July 16, 3:00pm - 8:30pm  
 KIDS POWER WHEELS DERBY SATURDAY  
 Admission Fee \$10.00 per person & 12 and under FREE  
 Contact Deanna Call 403-485-1830 (after 9 pm) for more info

**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**

**Milo - Wednesdays - July 6,13,20,27**  
**Mossleigh - Thursdays - July 7,14,21,28**  
**Lomond - Wednesdays - Aug 3,10,17,24**  
**Arrowwood - Thursdays - Aug 4,11,18,25**

**DEED 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 5-13 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.

## VULCAN TEAM SHOWDOWN DEMOLITION DERBY

JULY 16 2022

510 @ THE GATE 12 & UNDER FREE  
 GATES OPENS AT 1:30PM VULCAN RODEO GROUNDS

SPECIAL THANKS TO OUR MAJOR SPONSORS

2 MAN TEAM DERBY  
 STOCK TRUCKS  
 STOCK MINIS  
 POWERWHEELS  
 KIDS DERBY

FOOD TRUCK  
 CONCESSION  
 RAINBOW THE CLOWN  
 SOUVENIRS  
 BEER GARDENS  
 LIVE MUSIC

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/)

Love shouldn't hurt...

Safety Support Education

Hope is just a Call or Text away:  
**403-652-3311**

# 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.)

**Play in the Park** (weather permitting) – Greater Foothills Family Centre.  
-Wednesday, July 13- Vulcan- Birch Park (Allen Subdivision) 10am-12pm  
-Wednesday, July 27- Vulcan- Birch Park (Allen Subdivision) 10am-12pm  
Bring a hat, a water bottle and sunscreen!  
July 15-18 - **Mammogram Van** (See attached Poster) Riddle Answer: You're back-to-back.  
July 9 – **Dive-In Movie** Jaws 2 at the Vulcan Pool \$5 – 9:30pm  
July 10 – **Yoga and Sound Mini Retreat** 12-4 Vulcan (See attached Poster)  
July 11- **Play in the Park** Milo School Drop-In 10am-12pm. Greater Foothills Family Centre. Weather permitting.  
July 13- **Play in the Park** Vulcan- Birch Park (Allen Subdivision) 10am-12pm. Greater Foothills Family Centre. Weather permitting.  
July 13 – **Joe Nolan Concert** at Nine-in-a-Line Email [Dan@nineinalinebrewing.com](mailto:Dan@nineinalinebrewing.com) for details and reservations  
July 13 – **Movie at the CRC** – Turning Red – 6:30pm  
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.

## Mondays

**Champion Library Summer Reading Program** 10-12 (No class July 11)

## 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 9:30a -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  
-**AI-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.

# 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...

-How many telemarketers does it take to change a light bulb? Only one, but he has to do it while you are eating dinner.  
-How many egomaniacs does it take to screw in a light bulb? One. The egomaniac holds the light bulb while the world revolves around him.  
-How many paranoid people does it take to change a light bulb? Who wants to know?  
-How many DIY buffs does it take to change a light bulb? One, but it takes two weeks and four trips to the hardware store.  
-How many jazz musicians does it take to replace a lightbulb?  
A-one, a-two, a one-two-three-four!  
-How many psychiatrists does it take to change a lightbulb? Only one, but the light bulb has to *really* want to change.



Concession will be open with all the old Favorites

July 9<sup>th</sup> –

**Dive in Movie @ Vulcan Pool 9:30**  
Jaws 2- \$5admission

July 13<sup>th</sup> –

**Family Movie @ CRC, 2:00pm**  
Turning Red - \$5 Admission

July 29<sup>th</sup> –

**Outdoor Movie @ Pool Park,**  
10:00pm

Morbius - \$5 Admission

Aug. 26<sup>th</sup> –

**Outdoor Movie @ Skate Park, 10:00**  
Doctor Strange - \$5 Admission



## 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