



FREE

GOOD MORNING COMMUNITY NEWSLETTER

Dec. 15, 2022

Please recycle this newsletter.
Produced and printed locally. Folded by hand.

PLEASE LIGHT THE TREE OF HOPE

In Memory Of:

Season's Greetings:

_____	_____
_____	_____
_____	_____

From: _____ Phone: _____
 Address: _____

Needed for receipt

Each decoration - **\$10.00**

Total amount enclosed: _____

Donations can be made by: - e transfer to email vhcaux@hotmail.com – Pls note Tree of Hope, and include the coupon of In Memory of or Season's Greetings

Or - coupon mailed with cheque payable to:

Vulcan Healthcare Auxiliary Box 299, Vulcan, AB T0L 2B0

Or- cash with completed coupon dropped off at Vulcan Community Health Center

Thank you for your support of Palliative Care at Vulcan Community Health Centre

TRIVIA

1. Who wrote "The Birds". On which the Alfred Hitchcock film was based?
2. What does the TORRO scale measure?
3. The island of Rhodes is part of Greece, Spain or Britain?

On the Lighter Side

Cinderella was terrible at sports. Probably because the coach was a pumpkin.

If you think raining cats and dogs is bad, try hailing taxis.

How does a sheep rancher take care of his workers?
Shear and shear alike.

I went to a fancy English hotel. Or, rather, a great Brit-inn.

Kid: How do you like your job?

Garbage collector:
It's picking up.

There's nothing like a meteor shower to rock your world.

Did you hear the one about the knives? It's a cutup.

EMPLOYMENT OPPORTUNITIES

Mama's Pizza - Wait staff, Kitchen help/prep cook, Food delivery person, Please drop resume at the restaurant or email to chenglores0923@gmail.com

Rise and Shine Services— Support Workers Contact Carol at 403-485-0609

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

Found on indeed.ca

Sales Professional – Furniture Villa

Post Office Assistant - Canada Post

Healthcare Aide – Extendicare

Parts Person – Brandt John Deere

Territory Manager – Brandt John Deere

Shipper/Receiver – Brandt John Deere

Service Technician – Brandt John Deere

Sales supervisor – Big Sky Beer and Wine

Location Assistant – Richardson International

Lending Associate – South Team Agricultural Financial Services Corp

Satellite and Internet Technician – Integrated Solutions

Cashier – Vulcan Petro

Administrative Assistant – Elections Alberta

Environmental II – AHS (Cleaning)

Commercial Tire Technician (Will train) – Fountain Tire

Area Marketing Representative – Richardson Pioneer

Residential Care Worker – Marquis Foundation Peter Dawson Lodge

Health Care Aide – Plan A KWLNAB

Overnight Healthcare Security Guard – Paladin Security

Found on Workopolis.com

South Zone Rural Community Consultant & Virtual Events Lead

Pen Rider/Feed Truck Driver – Ballco Feeders

Found on LinkedIn.com

Wind Turbine Technician II – Vestas (Carmangay)

Location Assistant – Richardson Pioneer

Seasonal Operations Support – Nutrien Milo

Seasonal Agronomy Assistant – Nutrien Milo

Registered Nurse – Extendicare

Licensed Practical Nurse – Extendicare

Kitchen Crew and Cashier – A&W (K-Corp Restaurants)

Google jobs near me

Nanny, Food Counter Attendant, Laboratory/X-Ray Technician, Farm Labourer, Registered Nurse, RCMP Guard, Housekeeper, Unit Clerk,



"Then it struck me—nobody originally on the Paleo Diet lived past 35."

MAMA'S PIZZA & PASTA

DINE IN AND DELIVERY

We are looking to hire:
Wait staff

Kitchen help/prep cook

Food delivery person

Please drop resume at the

restaurant or email to

chenglores0923@gmail.com

We are moving to a bigger
& nicer place!

Thank you so much for
your support.

CALL MAMA!

403 485 6367 or 403 485 6368

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 seniorsupports@vulcanandregionfcss.com

Dec. 16 – Hockey Benefit Game Challenge Cup CCHS High School Hockey team vs. County of Vulcan Businessmen
Dec. 16 – Milo Family Christmas – Get your picture with Live Reindeer 5-8pm Milo Lions Park/Curling Rink
Dec. 16 – Concert in the Country by Rockabilly Cruise and the Vulcan Legion 7-9pm, Family friendly outdoor event with Santa Pictures
Dec. 17 – Vulcan Legion Christmas Market 10am-4pm, Ugly Christmas Sweater Meat Draw 3-6pm
Dec. 18 – Cookie decorating class 2-4pm in Champion register with thethesugarshoppe.ca
Dec. 21 – Lomond School Last Minute Market 3-7pm
Dec. 30 – Mossleigh Ugly Christmas Sweater Party
Dec. 31 – New Year's Eve Family Christmas Party Skating, Hot Chocolate, Bonfire, Fireworks and more.
Dec. 31 – Milo Lions New Years Eve Fun Casino
Jan. 4 – Babysitters Course – Must pre-register

Mondays

Coffee Time: Lomond 9am at the Drop-In
Holiday Sensory Play– Lomond Library Mondays in December 10:30am Register with Greater Foothills Family Centre 1-877-652-8633
Stay and Play – Vulcan Lodge Hall 1:30-3pm Greater Foothills Family Centre
Adult Rec. Hockey 8:30 - 10:00 pm. Vulcan Arena.
Community Walking 10:00 - 11:00 am. CRC Cost Free
Community Skate 6:00– 7:00 pm Vulcan Arena Cost Free

Tuesdays

Coffee is on at the Carmangay Community Centre 2-4pm Cost \$1.
Get-A-Way Youth Centre - 3:30-6pm for 10-18 year old's at 105A 3rd Ave. S. Vulcan. 403-485-6033. Ping-pong, pool tables, foosball, air hockey, video games, crafts and music!
Youth Shinny 3:30-4:45 pm Vulcan Arena
Community Badminton 5:00 - 10pm. VPE
Community Volleyball 6:30 - 8:00 pm. VPE

Wednesdays

Community Walking 10:00 - 11:00 am CRC
Adult & Tot Skate : Vulcan Arena 12:00– 1:00pm
Seniors Social - 2pm Lomond at the Drop-In. Games, cards, coffee, etc.
Get-A-Way Youth Centre - 3:30-6pm for 10-18 year old's at 105A 3rd Ave. S. Vulcan 403-485-6033.
Pickleball - 6-8 at Vulcan Prairieview Elementary School
Community Basketball - 8-9:30 pm VPE Register with Town of Vulcan Rec .
Adult Shinny 8:45-10 pm Vulcan Arena
Coffee at the Carmangay Seniors Centre - 10am-12pm

Thursdays

Coffee is on at the Carmangay Community Centre 2-4pm Cost \$1.
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.
Chess at the Vulcan Library- 2:10-5:00pm
Roving Gym - Milo School 8:30am
Community Skate 3:30 - 4:30 pm Vulcan Arena
Crafters Afternoon - Milo Seniors Centre 1-4pm.
Get-A-Way Youth Centre—Teen Night 13+ - Open 6:30 - 9pm. 403-485-6033
Bingo– Lomond Seniors Centre 7pm

Fridays

Community Walking 1:00– 2:00 pm CRC
Mom & Tots - Champion Legion 10-11:30am
Fun Fridays - Carmangay Library 10am-12pm. Games, activities, snacks, crafts and fun!
Get-A-Way Youth Centre - Open 12:30-6pm at 105A 3rd Ave.S. Vulcan 403-485-6033. Ping-pong, pool tables, foosball, air hockey, video games, crafts and music!
Pickleball - 2-4 at Vulcan Prairieview Elementary School
Youth Rec. Hockey 1:00-2:15 pm. Vulcan Arena.

Saturdays

Community Skate: 12:10 - 1:15 pm OR 1:30 - 2:30pm Vulcan Arena
Vulcan Legion Meat Draw - 3-6pm.
Vulcan Legion - Drop-in Pool at the Hall 3pm. \$5/person. No membership required.
Coffee at the Carmangay Seniors Centre - 10am-12pm

Monday - Saturday

Vulcan Senior Centre Drop-In 10am-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
-**Mondays- SMART Recovery** - 7- 8:30pm 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.

Trivia Answers:

1. Daphne du Maurier
2. Tornado intensity
3. Greece



**MEET STEFANO,
YOUR LOCAL PHARMACIST!**

**MARKET STREET
VULCAN**

DIABETES CONSULTATION MEDICATION REVIEWS PRESCRIPTION AND MORE!

(403) 485-2919

MARKETSTREETPHARMACY.CA



Food Bank Wish List

Cranberry Sauce
Pickles
Stove Top Stuffing Mix
Pancake Mix/Syrup
Nuts
Chocolates
Snack Crackers
Toothpaste
Toiletries/Personal Care Items
Self-Care Items for Christmas
Body Wash/Bar Soap
Shampoo Conditioner
2:1 Shampoo
Male & Female Razors
Cat/ Dog Food/Cat Litter

Clean, empty egg cartons

THANK YOU

Monday to Friday
9:00am – 4:30pm
We can accept some items past the best-before dates.
Call to check if you are unsure.

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: Dawn Wiseman
Senior Supports & Food Bank: Claire Kuchel-Klassen
Community Liaison: Lori Gair
Reception: Corrina Lee
Rural Reaching Home Coordinator: Deanna Edwards

“He who thinks himself wise,
O heavens! Is a great fool”

Voltaire