

Good Morning Community Newsletter



Please recycle this
 newsletter.



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

Sept. 1, 2022

7th ANNUAL HARVEST PIE FUNDRAISER

Order sweet or savoury frozen pies
 Proceeds go to support the Vulcan Regional
 Food Bank Society.
 Stock your freezer for the winter or gift a pie to a
 senior or your neighbour.

Pies are prepared from scratch locally by Meals in Minutes

SAVOURY PIES 4" / 10"	FRUIT PIES 4" / 10"
Chicken \$6.00 / \$15.00	Apple \$6.00 / \$15.00
Turkey \$6.00 / \$15.00	Mixed Berry \$6.00 / \$15.00
Steak & Mushroom \$6.00 / \$15.00	Pumpkin \$6.00 / \$15.00

ORDER DEADLINE
 September 21, 2022

Order forms are available at:
vulcanandregionfcss.com
 Or call 403-485-2132
 Cheques payable to Vulcan Regional
 Food Bank

VULCAN RECREATION

Mass Registration

Tuesday September 13th 3:30-6:30
Vulcan Prairieview Elementary Gym

Come see what Vulcan has to offer for recreation! There will be
 data, sports and recreational programs as well as a used
 equipment sale and a professional skate sharpening site

Any groups interested in having a table or if you have
 questions please contact Chris Gauthier at the Town Office
 @ 403-485-2554 or cgauthier@townofvulcan.ca

RIDDLE: Two fathers and
 two sons are in a car togeth-
 er but there are only three
 people in the car, how?

Food Bank Wish List

- Canned Vegetables
- Canned Fruit
- Mr. Noodles
- Snack Crackers
- Cookies
- Dish Detergent
- Laundry Detergent
- Tea bags
- Kids Lunch Box Items
- Toothpaste

THANK YOU
 Monday to Friday
 9:00am – 4:30pm

Mossleigh 41st Annual Slo-Pitch Classic

What's Happening in Mossleigh Sept 2 to 5, 2022

THE ERIC CONDOVAN TEAM "SKILLS" COMPETITION Saturday 2:00pm at the Highway
 Diamond (W1) Need 7 per team. Test your ability! See you there! -Prize!

HOME RUN DERBY Sunday 7:00pm at the Highway Diamond (W1) \$10 entry; winner takes
 all! Each batter gets 5 pitches from his or her own pitcher. Sign up at the Beer Gardens!

BEER GARDENS Friday 7:00pm – 11:00pm, Saturday 10:00am to 1:00am, Sunday 10:00am
 to 1:00am, Monday 10:00am to 7:00pm at the south end of the Highway Diamond (W1)
 Proceeds to support dugouts and tower lights. DEBIT/CREDIT/CASH

FAHM'S BURGER - Food truck at the Beer Gardens Friday 4pm-12am, Saturday & Sunday
 11am to 1am, Monday 11am to 5pm. Burgers, chicken nuggets, beefsteak, pizza sticks, hot
 dogs, beef on a bun and more. DEBIT/CREDIT/CASH

SILENT AUCTION Starting 10:00am Saturday, bids close 8:00pm Sunday. Proceeds support
 the Eric and Wade Donovan Sports Foundation in building a multi-sport recreation facility
 in Mossleigh. DEBIT/CREDIT/CASH

DOOR PRIZES & BEST TEAM FLAG PRIZE Saturday 8:30pm at the Beer Gardens - bring
 your flag for judging!

LIVE BANDS at the Beer Gardens:

LYNDSAY BUTLER MUSIC - Saturday 9pm to midnight - www.lynsabutler.com

THE JACK BUTLER SOCIETY - Sunday 4pm to midnight - www.thejackbutlersociety.ca

HELP WANTED

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

Vulcan Skating Club

Vulcan Skating Club offers a Skate Canada
 learn to skate program. Our focus is on fun,
 fitness and participation. Our beginner
 program is CanSkate, which provides kids with
 the best foundation for all future ice-skating
 sports or recreational skating. Kids can start
 as young as 3 years old. Our StarSkate
 Program offers opportunities for skaters to
 develop figure skating skills in the areas of ice
 dance, skating skills, freeskate and interpretive
 skating. Private lessons are available.

Registration begins the first week of
 September at Mass Registration at 403-485-
 2132 at Vulcan Prairieview Elementary School.

CanSkate – Wednesdays at 5:15pm. Beginning October 5 and running
 through March.

StarSkate begins Sept. 21 and runs through March.
 StarSkate 1 – Wednesdays and Sundays
 StarSkate 2 and up – Wednesdays, Fridays and Sundays

For more information contact Jessica Maimberg at 403-371-9775 or Pamela
 Matlock for registration information at 403-485-
 8496. Email: vulcanskatingclub@gmail.com

To stay up-to-date, follow our Facebook page at [www.facebook.com/
 groups/278248292237378](http://www.facebook.com/groups/278248292237378)

skatesabwinwin.ca/clubs/atherta/vulcan-figure-skating-club/

Adult Literacy

Pre-GED: Sunday 5:30 – 7:00 p.m.

Tutoring in reading, writing & comprehension –
 please contact us.

Numeracy

Financial Skills for Success Wed 6:00 – 7:30 p.m.

Life Skills

Life skills for Success Wed 7:30 – 9:00 p.m.

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**

Lions RECYCLE for Sight

Canadian Lions Eyeglass Recycling Centre

For most of the world eyeglasses are scarce & expensive.
 Children must drop out of school because they can't see
 well enough to read. Parents who need glasses may lose
 their jobs because they can't see. It is estimated that one
 in ten people in developing countries need glasses.
 That's more than 62 million people!

We collect all types of glasses including:

- Single Vision
- Children's
- Bifocal
- Progressive
- Reading
- Frames
- Safety
- Sunglasses
- Prescription Sunglasses
- Loose Lenses

Please donate your used eyeglasses today.
 Don't throw away someone's chance
 for a clearer tomorrow.
 Donate Today at your nearest CLERC location

LION PETER WALLIS
 587-433-1631

www.clerc.ca

Something a little lighter...

- My wife told me to stop impersonating a flamingo. I had to put my foot down.
- I went to buy some camo pants but couldn't find any.
- My therapist says I have a preoccupation for revenge. We'll see about that.
- I'm reading a book about anti-gravity. It's impossible to put down.
- Two fish are in a tank. One says, 'How do you drive this thing?'

NEIGHBOURLY BREAKFAST

We would like to invite each of you to our once a month community potluck breakfast! We have many new faces
 in our community and this is a great opportunity to meet and talk to the first Saturday of each month. We will
 be serving Potluck (and please bring your own), sausage, scrambled eggs, coffee and orange juice. The cost is
 \$5.00 per person or \$20.00 for families. Proceeds to cover cost of food and the remainder to community projects.
 Come on out and meet your neighbours!

Saturday, September 3, 2022
9:00am-10:30am
Carmangay Community Centre

For more info contact Larne (phone 403-634-0346 or Kyle (phone 403-485-8902)

Proceeds from the breakfast are going towards Community
 projects.

First Annual Plunger Toss

PROCEEDS TO COMMUNITY
 BETTERMENT PROJECTS

September 24, 2022
 At the Lions Den
 (next to Wolfe's Home Hardware)
 At 11:00 AM

Teams of 2 Skilled
 Plunger Tossers

1st Place 20% of Registration
 2nd Place 15% of Registration
 3rd Place 10% of Registration

\$50 TEAM Registration
 with Club Secretary Peter Wallis
 587-433-1247

Ammunition
The Target

Drop off your old glasses at DejaView
 Eyecare, Vulcan Library, Life Med Pharma-
 cy and Market Street Foods and Pharmacy

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.)

Sept. 2 - Movie - Jurassic World Dominion 9:30pm Vulcan Pool Park
Sept. 2-5 - Mossleigh Slo-Pitch Tournament and Live Music and Festivities
Sept. 3 - Neighbourly Breakfast in Carmangay. 9am at the Community Centre
Sept. 6 - Clairvoyant Kim Dennis (Psychic Medium Meet and Greet 11:30-12:30 at the Vulcan Seniors Centre
Sept. 9 - Fun Friday at the Vulcan Library. Registration Required 403-485-2571
Sept. 12 - Vulcan Stay and Play begins at 1:30pm at the Lodge Hall
Sept. 13 - Mass registration 3:30 - 6:30 at Vulcan Prairieview Elementary
Equipment Swap and Skate sharpening available.
Sept. 15, 17, 18, 22 Vulcan Minor Hockey Development Camp - contact Ashley Glover at 403-312-0342 or vmhapd@gmail.com
Sept. 20 - Family Fun Night in Vulcan 6-7:30pm Greater Foothills Family Centre. Register at 1-877-652-8633
Sept. 24 - Plunger Toss Fundraiser for the Vulcan Lions 11am
Sept 29 - 7pm - Gillian Goerz Presentation - Author of graphic novels Shirley and Jamila Save Their Summer & Shirley and Jamila Big Fall at the Carmangay Library
Oct. 5 - Family Links Program Vulcan 1:30-3pm
Oct-April - Stepping Back in Time. One Friday/month for kids in Gr. 1-6. Vulcan Museum.

Mondays

Stay and Play in Vulcan at the Lodge Hall -Sept. 12, 19, 26

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 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.
Seniors Social - 2pm Lomond at the Drop-In. Games, cards, coffee, etc.
Get-A-Way Youth Centre - Summer Hours 3:30-6pm 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.
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.
Chess at the Vulcan Library - 2:10-5:00pm
Bring Your Own Project - Milo Seniors Centre 1-4pm.

Fridays

Yoga - Milo at the Seniors Drop-In at 10am
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 - Register at townofvulcan.ca/recreation

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 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
-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.



Answer: There's a grandpa, dad, and son.



KidSport

Need help with registration fees and equipment? Apply online at



www.kidsportcanada.ca/alberta/vulcan-county/
or call 403-485-2554

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

Gleaning: Refers to the collection of unused or unwanted fruit or veggies.

Vulcan, do you have any fruit trees, or garden items in your yard that you won't be using or wanting? If so, please let us know at Vulcan FCSS and we can organize for someone to come clean off your tree or dig up your veggies. Food costs are up and we don't want that delicious food going to waste. 403-485-2192



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