



Sept. 22, 2022

FREE

GOOD MORNING COMMUNITY NEWSLETTER

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

COMMUNITY CONNECTION CAFÉ

A chance to get out of the house and connect with others.

An interesting topic or subject will be presented each week followed by time to talk and interact while enjoying coffee, tea and a snack.

Date: **TUESDAYS 1:30PM**

Location: **VULCAN SENIORS CENTRE**
STARTS SEPT 27
DROP-IN

All ages are welcome.
Seniors, parents, farmers, shift workers, chatty people, quiet people, eager to learn people or the bored and going stir crazy people.

For more information contact
FCSS at 403-485-2192
www.vulcanandregionfcss.com



For men of all ages to get out of the house, support one another and have a little fun.
105A 3rd Ave. S. Vulcan (Downstairs)

Drop-In Thursdays from 1-3pm
Coffee and muffins are supplied.

Billiards, board games, foosball, ping-pong, puzzles, and visiting.

Come out to meet people or invite a friend to check it out.

For info call Peter at 587-433-1247

FEELING LONELY OR BORED?
LOOKING FOR A WAY TO GET INVOLVED IN YOUR COMMUNITY?

FEED THE BODY FEED THE SOUL



Cooking with and for others inspires better food and provides us with meaningful social connection.

VOLUNTEER OPPORTUNITY

Small groups of volunteers gather to cook soup and other freezer meals that are donated to the Food Bank, used by the Youth Centre and are available for friendly visits to isolated community members. Sign up as an individual or a small group.
Call FCSS 403-485-2192 or email reception@vulcanandregionfcss.com.

Big Bug: A woman from Brisbane, Australia, got the shock of her life while on an outing in the surrounding area with her husband and grandson. She discovered the biggest moth she had ever seen on a tree branch. It was larger than her outstretched hand. She took a photo of the insect beside her hand and posted it on social media. Members of the Facebook group called Amateur Entomology Australia identified the moth as a giant wood moth scientifically known as *Endoxyla cinereus*. Viewers of the post were amazed at the sight of the beautiful insect, which is common in the eastern coastal areas, although this specimen was larger than most.

TRIVIA

1. Which food dipping sauce is available only in Manitoba?
2. Other than kangaroos and Koalas, which marsupial is found only in Australia?
3. Where did German Chocolate Cake originate?

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

HELP WANTED

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

Vulcan Community Health Centre

Volunteers are needed to help with the Recreation Activities.
Interested in joining us?

Call Kaire Davis at 403-489-7623 or 403-625-8632
Kaire.davis@albertahealthservices.ca

Are you new to the Vulcan Community? Welcome!

The Vulcan Lionette Community Connection

would like to help by providing you with the civic information you may need to familiarize yourself with the local community including:

Local map, recycling, library, recreation facilities, clubs and organizations and coupons from local businesses.

Call Joyce@403-485-6802 or Marg @403-485-2426.

The ride home from a sport is simple. You just have to remember to say six words:

I love to watch you play.

-Inspired by the video "The ride home"

@activeforlifecom

70% of kids quit sports before high school because it just isn't fun anymore. That's a staggering number. Have you ever (even though you meant well) focused on the negative things from a game or practice on the ride home from your child's sport? Focusing on a certain six words instead can make a world of difference. "I love to watch you play."



I know you have been laying awake at night wondering why baby diapers have brand names such as "Luvs", "Huggies," and "Pampers", while undergarments for old people are called "Depends".

Well here is the low down on the whole thing.

When babies crap in their pants, people are still gonna Luv'em, Hug'em and Pamper'em. When old people crap in their pants, it "Depends" on who's in the will!

Glad I got that straightened out so you can rest your mind.

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

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

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

Seniors Social - 2pm Lomond at the Drop-In. Games, cards, coffee, etc.

Get-A-Way Youth Centre - 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.

Pickleball - 6-7:30 at Vulcan Prairieview Elementary School

Register at townofvulcan.ca/recreation

Community Basketball - 9-10:30pm.CRC. Register with the Town of Vulcan Recreation

Coffee at the Carmangay Seniors Centre - 10am-12pm

Thursdays

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.

Chess at the Vulcan Library- 2:10-5:00pm

Bring Your Own Project - Milo Seniors Centre 1-4pm.

Fridays

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 - 2-3:30 at Vulcan Prairieview Elementary School

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.

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

-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.

Trivia Answers:

1.Honey dill sauce is a delicious dipping sauce for chicken fingers and created by a local diner chef .

2. The quokka is a small animal which lives in Western Australia, on Rottnest Island, near Perth and on Bald Island near Albany.

3.German Chocolate Cake originated in the U.S. in the 1950's, but is named for confectioner Sam German. He created the dark chocolate bar used to make it, and the recipe was printed in the U.S. newspapers. The recipe's huge success dramatically increased chocolate sales.

Something a little lighter....

Knock! Knock!

Who's there?

Pencil.

Pencil who?

Pencil fall down if you don't wear a belt.

Did you hear how hard it is to get a job as a sword-swallower?
It's a cutthroat competition.

What kind of cheese did the lunch lady serve to the basketball team?
Swish cheese.

Food Bank Wish List

Canned Vegetables

Canned Fruit

Cookies

Dish Detergent

Laundry Detergent

Tea bags

Kids Lunch Box Items

Toothpaste

Toiletries

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.

Quotable Quotes

“Truth is generally the best vindication against slander.” - *Abraham Lincoln*

“A good book is the precious lifeblood of a master spirit, embalmed and treasured up on purpose to a life beyond life” - *John Milton*



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



Are you or someone you know struggling with addictions?

Do you need some support to help you deal with the stress, crisis or feelings that you are struggling with?

**Try out a SMART Recovery meeting.
Wednesday's at 7pm
Located at 105B 3rd Ave. S.
Contact Beth for more
information 403-485-1054**

SMART Recovery meetings are free and open to anyone seeking science-based, self-empowered addiction recovery. It is a global community of people & families working together to thrive and overcome the suffering caused by addiction.

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@](mailto:reception@vulcanandregionfcss.com)

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