

# Community Calendar

To add or change an event call Lori at 403-485-2192 or send us an email at [communityliaison@vulcanandregionfcss.com](mailto:communityliaison@vulcanandregionfcss.com)

April 11—**BINGO** at the Vulcan Seniors Centre Doors open at 6, Bingo starts at 7  
 April 11 - **Spring/Mother's Day Market** - held at The Legion in Vulcan from 11 am to 5 pm!  
 April 14 – **Full Moon Yoga and Sound Bowls** \$25 register with Vulcan Yoga & Wellness on Facebook  
 April 15 – **Book Club Chatter** Vulcan Library Discuss our favourite books and authors. 3:30pm  
 April 15 - The **Vulcan & District Ag Society** would love your help! Rodeo grounds work bee on Tuesday, April 15 all day, start time at 9:30am. We will be setting up sorting pens and holding pens for upcoming rodeo. Please come and lend a hand if possible. Contact Ryan @ 403-485-8283 or Rod @ 403-485-0292  
 April 16 – **Trivia Night** at Nine-In-A-Line Brewing  
 April 23 – **Sound Bowl Session** at the Milo Library 2pm. Goodvibrations.com  
 April 26 - **Carmangay Spring Fling Elton John Tribute**  
 April 29 – **Paint Night at Aspen Crossing** – register on their webpage.  
 April 30 - **Taproom Bingo** Nine in A Line Brewing 7pm

**Pickleball** - Register at: [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation) - Wed.8-9:30pm, Fri.2-5pm, Sat.& Sun. 1-4pm at VPE

## Mondays

-**Roving Gym** 10:30am Milo School  
 -**Arrowwood Playgroup** 10am-12pm Community Hall 0-5 years old.  
 -**Vulcan Healthcare Auxiliary** meetings. New members welcome. First Monday of each month except stats and summer. Call Shannon at 306-331-6698 for time and location.  
 -**Flexibility Yoga** Carmangay Seniors Hall, 10:30 - \$5

## Tuesdays

**Time for Rhymes** -Champion School at 10:30am  
**YouthZone** at the Carmangay Library 4-6pm ages 7+  
**Community Connection Café** - 1:30pm Vulcan Seniors Centre.  
**Community Walking** -Vulcan CRC 11:35am-12:25pm.  
**Badminton** - Mossleigh Hall at 6:30pm. \$20/season until the end of April. Signup with Bobby 403-809-0444.  
**Bingo** at the Champion Seniors Centre 3rd Tuesdays each month 1:30pm. For info 587-257-7702.

## Wednesdays

**Time for Rhymes** - Milo Library at 10:30am  
**Time for Rhymes** -Vulcan Library (in Spanish) at 10:30  
**Coffee Time**- 2pm Lomond at the Drop-In  
**Mancave** - 1-3pm 105A 3rd Ave. S. Visiting, billiards, puzzles, cards, ping pong, coffee and snacks.  
**Coffee at the Carmangay Seniors Centre** 10am -12pm  
**Tim Hortons Pop-Up** - First Wednesday of the Month 7:30-10:30am. Champion Pioneer Club.  
**Youth Group** Vulcan Church of Christ 7pm. Grades 7-12.

## Thursdays

**Time for Rhymes** -Vulcan Library at 10:30am  
**Chess at the Vulcan Library** - 2:10-5:00pm  
**Dart League** - Vulcan Legion. 6:30pm. Drop-In. No membership required.  
**Community Walking** - Vulcan CRC 11:35am-12:25pm.  
**Vulcan Carvers group** - meeting every Thursday evening from 7 - 9 pm.

## Fridays

**Munchkin Mornings** – Carmangay Library for kids 0–6yrs. Songs, games and activities. 10:30am  
**Hearing Aid Specialist** will be available on the 4th Friday of each month, at the Vulcan Medical Centre. Appointments are available at 1-403-320-5051  
**Community Walking** - Vulcan CRC 1:00pm-2:30pm.

## Saturdays

**Vulcan Legion Meat Draw** - 3-6pm  
**Coffee at the Carmangay Seniors Centre** 10am-12pm  
**Coffee at the Arrowwood Museum** 9:00am.  
**Pancake Breakfast** at the Carmangay Community Centre -1st Sat. of the month - 9 am  
**Vulcan Track Club** - 9:30am Group sessions to run/walk. Drop-in, kids welcome in their strollers or on bikes. Meet in front of the library/senior centre (park on the street please). All paces, abilities and ages are welcome.

## Monday - Saturday

**Vulcan Legion** - Open 11am - 9pm. Everyone welcome  
**Vulcan Senior Centre** -Pool 9am-12pm, Coffee Drop-in 10am - 12pm  
**Champion Pioneer Club** - Coffee 9:30-11:30. Pool players meet at 2pm Mon. & Wed. Ladies Tea and Talk Thursdays 1:30pm. Ladies lunch out once/month. Potluck suppers 3rd week 6pm. Cribbage Friday 1:30-4:00pm. Membership \$25

## Get-A-Way Youth Centre

Ages 10-18  
 403-485-6033  
 Mon.-Thurs. 3:30-6pm  
 Tues.-Thurs. Lunch Hour  
 Friday 12:30-6pm (Free Lunch)

Drop In for ping-pong, pool tables, foosball, air hockey, video games, crafts and musical instruments!

Come on Thursdays for programmed activities.

## Mental Health Supports

If you need to talk to someone today:

-Call **9-8-8** Suicide/Crisis Line  
 -**Emergency Dept.** Walk-In  
 -Call **2-1-1** Mental Health Support  
 -**Rapid Access Counselling**  
 1-877-244-2360

If you need counselling / mental health support:  
 -**Mental Health Clinician** (Vulcan Hospital). Call Access Mental Health to book 403-943-1500  
 -**Counselling** at FCSS. FREE - 4 days / week Supervised Practicum Counsellor 403-485-2192

## Support Groups

**SMART Recovery**  
 Wednesdays 7-8:30pm  
 Addiction Support Meeting. Call Beth at 403-485-1054 for info.

**AA - Alcoholics Anonymous** Every Tuesday and Thursday. 8pm at the Anglican Church. Contact Gary at 403-485-5818

**AA** – Tuesdays at 7pm at the Hospital. Call Mike 403-485-8119

**Al-Anon Family Group** - Meet Thursdays at 5:30pm. Contact Betty at 403-652-8285

**MUMS - Peer-to-Peer Maternal Support** for pre- and post-partum. Weekly confidential phone calls. Call Families Matter at 403-205-5194



# GOOD MORNING

April 10, 2025

## COMMUNITY NEWSLETTER

Please recycle this newsletter. Printed locally every 2 weeks. Folded by hand by volunteers.

**FREE**

## Vulcan Community Easter Egg Hunt

**Saturday April 19**  
 Location: Centennial/Kinsmen Park  
 Close to Virginia Mitchell Park  
 Registration at 1 pm Hunt at 2pm  
 Please bring your own basket.

The Vulcan Untied Church welcomes everyone to join the hunt.

## TRIVIA

1. In the last year, how much have Canadians lost to fraud and scams?
2. What scam is referred to as "pig butchering"?
3. What is website spoofing?

Whispering Creek Condo Corporation is looking to hire someone for lawn care available spring through fall for 76 units. Equipment is provided. Contact Rick Ludwig at 403-813-3066



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We specialize in providing comprehensive tax and bookkeeping services for seniors, sole proprietors, contractors, and corporate businesses. Our services include personal and corporate income tax preparation, WCB, GST, sales and expense tracking, budgeting, T4/T4A preparation, payroll, and much more.

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 Brenda Lemoine  
 email: [support@taxesaccountingservices.com](mailto:support@taxesaccountingservices.com) or 250.448.4300, or 368.999.4300

Now Open

IRON EDGE  
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[WWW.IRONEDGESALONANDSPA.COM](http://WWW.IRONEDGESALONANDSPA.COM)

**Grand Opening April 26**  
 Join us for drinks, snacks and draw prizes.  
 10am - 4pm  
 95B Centre Street, Vulcan  
 403-768-2752

**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

**Trivia Answers**

1. According to the Canadian Anti-Fraud Centre, Canadians lost 638 million in reported fraud and scams.
2. In "Pig butchering" scams, you are contacted on dating apps or social media by a fraudster who is attempting to develop a relationship with you to gain your trust. After trust is gained, the fraudster will claim that they have been a successful investor in cryptocurrency and can help you also make money and "get rich" and convince you to invest.
3. Fraudsters will create fraudulent websites that look legitimate. The fake websites can pretend to be a financial institution, company offering employment, investment company or government agency. In many cases, fraudsters will use a similar domain/website URL to the legitimate company or organization with a minor spelling difference. Never clicking on links received via text message or email. Look up the website yourself and check the multiple URL's in your search to make sure you are on the official website.

**VULCAN COMMUNITY GARDEN**  
Garden plots will be available to rent for the 2025 season!

**How does a community garden work?**  
Garden plots are rented annually to community members. Each plot is pre measured and assigned to an individual for the growing season. There are a limited amount of plots available.

**Develop a new skill**  
Enjoy the accomplishment of growing your own fruits or vegetables. Get to know other community garden members. They have a lot of knowledge.

**How do you get started?**  
Registration is required and will be opened in April. Tools and seeds will be the responsibility of each plot holder. Research what types of produce can be grown in the area.

If you have any questions or want more information, email [vulcancommunitygarden@outlook.com](mailto:vulcancommunitygarden@outlook.com)

**Something a Little Lighter**

-I have this incredible ability to predict what's inside a wrapped present. It's a gift.  
-Break in at the Apple Store! Police are looking for iWitnesses  
-I've started investing in stocks. Chicken, beef, vegetable. One day, I hope to be a bouillonaire.  
-Don't bother walking a mile in my shoes, that would be boring. Spend 30 seconds in my head, that will freak you right out!  
-I'd like to start a flight company exclusively for bald people. And I'll call it "Receding Airlines!"  
-Cows have hooves because they lactose.

**WHAT IF YOU COULD ASK YOUR BODY WHAT IT WANTS? NOW YOU CAN!**

**WHAT WILL YOUR BODY SAY TO YOU?**

Scan QR code, to schedule

**Rock-A-Billy**  
**AMAZING ONE MAN SHOW**  
**VOICES OF LEGENDS**  
MULTI TRIBUTE SHOW

50's/60's RnR - Johnny Cash, Elvis, Roy O, Neil Diamond PLUS  
**Canada's #1 GARTH BROOKS Tribute!**  
PLUS an ALL REQUEST ROCKIN' DANCE PARTY after the Show

**April 26th 2025**  
Doors: 6:30pm  
Show & Dance: 7:30pm

**tickets \$30** cash & show only

Tickets available at Vulcan Legion, & Heritage Inn (High River) Information & E Transfer call 403 612 7046

**MOVIE**  
**APRIL 24TH, 2:00PM**  
VULCAN CRC, 504 4TH AVE SOUTH

**MUFASA**  
\$5.00 ENTRY

The concession will be available to purchase snacks & drinks to enjoy during the show!

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

**FREE! ECS CHECK-UPS!**

**Palliser School Division** offers **FREE** Early Childhood developmental check-ups for newly registered children from 2.5 years to 5 years old.

The check-up involves you and your child going through engaging activities around key developmental areas like:

- communication
- gross motor
- fine motor
- problem-solving, and
- personal-social skills.

Secure your child's future success in school and in life by making calling to register with a school near you!

Call the school to make an appointment or for further details:

- APRIL 18: Coalhurst Elementary School
- APRIL 29: Milo Community School
- APRIL 29: Jennie Emery Elementary School
- MAY 1: Arrowwood Community School
- MAY 2: Noble Central School
- MAY 5: Trinity Christian School
- MAY 6: Menno Simons Christian School
- MAY 9: Sunnyside School
- MAY 9: Dorothy Dalgleish School
- MAY 9: Huntsville School
- MAY 16: Barons School
- MAY 16: Jennie Emery Elementary School
- MAY 16: Calgary Christian Elementary School
- MAY 16: Heritage Christian Academy
- MAY 23: Champion School
- MAY 26: Brant Christian School
- JUNE 4: John Davidson School
- JUNE 13: Jennie Emery Elementary School

**START EARLY**

**Vulcan Recreation AGES 7-13**  
**EASTER CAMP**  
April 22nd - 25th  
9:00am - 4:30pm  
\$125 Vulcan CRC

This camp offers a variety of activities including arts & crafts, open gym, movie and plenty of games. There's something for everyone to stay busy, active and entertained.

**Enroll now! More Info Contact:**  
Town of Vulcan Recreation  
403-485-2554  
[WWW.TOWNOFVULCAN.CA/RECREATION](http://WWW.TOWNOFVULCAN.CA/RECREATION)

**MEET STEFANO, YOUR LOCAL PHARMACIST!**

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(403) 485-2919  
[MARKETSTREETPHARMACY.CA](http://MARKETSTREETPHARMACY.CA)

**Closer to Home COMMUNITY SERVICES**

**Coffee and Doughnuts**  
Come and learn about our Foster Care Program with Shalia and Taylor!

Join us for coffee and doughnuts on April 26, 2025, to learn about and discuss Closer to Home's Foster Care Program. This info session will be a conversation about what becoming a Foster Parent entails, go over common misconceptions, and answer any questions you may have!

Your care can make a life-changing difference, with the ultimate goal of helping families reunite.

**THE DETAILS**  
• April 26, 2025  
• 10 AM to 12 PM  
• Vulcan Municipal Library (303 Centre St, Vulcan, AB)

See you there!

**Actively Recruiting Foster Parents**

Be part of a child's story.  
For any questions, please email: [fostercare@closer-to-home.com](mailto:fostercare@closer-to-home.com)  
[closer-to-home.com](http://closer-to-home.com)

**CLASSIFIEDS**

To place an ad here call 403-485-2192 or email [communityliaison@vulcanandregionfcss.com](mailto:communityliaison@vulcanandregionfcss.com)

**EMPLOYMENT OPPORTUNITIES**

**Free ads Basic info only**

Vulcan ATB is hiring an Everyday Banking Advisor  
<https://careers.atb.com/careers/job/1125899907082156>

Casual driver for Vulcan County Shuttle Transportation Service. Please send your resume directly to Claresholm Transportation Services. A class 4 license will be needed before completion of hiring.  
[claresholmtransportation@gmail.com](mailto:claresholmtransportation@gmail.com) 403-625-4455

ABC Daycare and Pre-school is Hiring Educators/ staff for more info call 403-906-3110 email [info@abcdaycares.com](mailto:info@abcdaycares.com)

Curiosity Cove Daycare Hiring Level 1, 2, 3 positions. Send your resume + cover letter to [curiositycovedaycare@gmail.com](mailto:curiositycovedaycare@gmail.com) or call 403-918-2844

**Volunteers Needed**  
Vulcan Healthcare Auxiliary is seeking individuals who are interested in helping at the hospital Gift Shop; visiting Long Term Care Residents and lending a helping hand with our community projects.  
For more information, please call Shirley Spanke 403-485-2973 or Shannon Rogers 306-331-6698

Peter Dawson Lodge is seeking an individual for the position of Part Time Financial Assistant!  
Please email [cao@marquisfoundation.ca](mailto:cao@marquisfoundation.ca) to obtain full job description.

Vulcan Daycare Society Early Childhood Educators – call 403-485-2945 for info or email resumes to [vdsprogramsuptervisor@gmail.com](mailto:vdsprogramsuptervisor@gmail.com)

**VULCAN COUNTY SHUTTLE SERVICE**  
\$10 Around Vulcan  
Roundtrip in Vulcan County \$10-\$30  
403-485-2106

**EASTER EGG HUNT APRIL 19TH In Milo**

Ages 6 and up: Join us with your runners or bike in the lions park at 1pm for a journey down the walking path to the lake and back, collecting candy along the way!  
Ages 5 and under: Head down to the lions park at 1pm for an Easter egg hunt in the park  
Please contact Jessy Vooyis (403) 485-1451 or Nicole Ditz (403) 485-1731 to preregister

**H Visscher Contracting Ltd.**  
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**NEED A RIDE?**

**VULCAN COUNTY SHUTTLE SERVICE**

BOOK FOR:  
-APPOINTMENTS  
-SHOPPING  
-SOCIAL EVENTS  
-VISITING FRIENDS

CALL A MINIMUM OF 24 HOURS AHEAD TO SECURE YOUR RIDE

**MAMA'S PIZZA LUNCH MENU SPECIAL**  
**EVERYTHING FOR \$14.99**  
ASK FOR DAILY FREE SOUP FOR EVERY MEAL

BURGERS  
PASTA  
SALAD  
FISH & CHIPS  
FRIED CHICKEN  
SANDWICHES  
SUBS/LOAFS  
8" PIZZA  
CHICKEN FINGERS

**“Spill the Tea” Information Session**

**Am I Supporting Them or Enabling the Addiction?**

**Tuesday, April 28, 2025 @ 5:00 p.m.**

If you've ever asked yourself this question, you're not alone. Information session will help you explore the difference between healthy support and harmful enabling when loving someone with an addiction. Learn practical strategies for setting boundaries, taking care of yourself, and finding support.

Where: FCSS Vulcan and Area Office  
105B - 3 Avenue South, Vulcan, AB  
403-485-2192 or Email: [counselling@vulcanandregionfcss.com](mailto:counselling@vulcanandregionfcss.com)

If you are interested in a reminder text or email, contact FCSS.

**Easter Craft A Long**  
Hop, Hop, Hop

Ages 2-5yrs Wednesday, April 16 10:30-11:30am  
Ages 6-8yrs Wednesday, April 16 4:30-5:30pm  
Ages 9-12yrs Wednesday, April 16 5:30-6:30pm

At the Rainbow Literacy Building  
FREE to join and take home a new book!  
Please REGISTER at 403-485-3109 or email [family@rainbowliteracy.com](mailto:family@rainbowliteracy.com)

**Food Bank Wish List**

Brown Beans  
Sugar  
Canned Vegetables  
Shampoo  
Deodorant men's and women's  
Canned Brown Beans  
Cereal  
Crackers