

Community Calendar

To add or change an event call Lori at 403-485-2192 or send us an email at communityliaison@vulcanandregionfcss.com

April 11 - Live Music Night with Coyote Junction Vulcan Legion Branch 21 Doors open at 6:30. Show starts at 7pm. <https://www.coyotejunctionband.com/>
 April 12 - Relaxing Yoga Workshop in Vulcan. Hands-on assists, yin yoga and relaxing tones from the sound bowls \$44. 1-3pm contact Auburn to register auburn.phillips@gmail.com
 April 15 - Home Routes Concert at the Arrowwood Museum featuring alternative-folk artist Kaeley Jade 7pm. Tickets \$25.
 April 20 - Meeting at the Arrowwood Hall at 7pm- Get an exclusive first look at two major projects: Marquis Foundation Senior Housing Complex - See floor plans for senior housing in Arrowwood. Water for Life Pipeline: Learn how this regional connection secures our long-term drinking water supply and what the construction timeline looks like.

Pickleball
 Vulcan: Register at townofvulcan.ca/recreation - Wed. 7-9pm, Fri. 4-7pm, Sat. 6-9pm, Sun 1-4 at VPE

Mondays
All About Spring program April 13 & 27 Milo Library register with www.greaterfoothillsfamilycentre.ca/
FARM-tastic Activities - Vulcan Lodge Hall - April 13, 20 & 27. Ages 2-6 1:30pm register with www.greaterfoothillsfamilycentre.ca/
Roving Gym - Milo School 10:30am Contact Jessy 403-485-1451 or Nicole 403-485-1731
Community Walking - 11:35-12:20 at Vulcan CRC. Register at townofvulcan.ca/recreation.
Arrowwood Playgroup - 10am-12pm at the Arrowwood Hall for families with kids 0-5 years.
Ahimisa Yoga - Carmangay School Gym 6:30-7:30 register with cranberrybrowns@gmail.com
Yoga Fusion - 7pm vulcanyogaandwellness@gmail.com
Rec Volleyball in Lomond Contact Heather if you are coming at 403-485-8379 at 7:30

Tuesdays
Little's Lounge - Carmangay Library - 1pm
Youth Zone at the Carmangay Library 4pm
Community Connection Café - 1:30pm. Coffee, Tea, Snacks and a topic to get everyone talking. Everyone Welcome, no membership needed. Located at the Vulcan Seniors Centre.
Book Club Chatter - 3rd Tuesday of the month 3:30pm Vulcan Library. Discuss your favorite books.
Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-in. **Please note this Chair Aerobics will change to Mondays in April.**
Community Badminton - 7-8pm. VPE. Starts Oct. 14. Register at townofvulcan.ca/recreation.
Community Volleyball - 8-9:30pm. VPE. Starts Oct. 14. Register at townofvulcan.ca/recreation.

Wednesdays
Coffee Time- 2pm Lomond at the Drop-In
Coffee at the Carmangay Seniors Centre 10am -12pm
Tim Hortons Pop-Up - First Wednesday of the Month 7:30-10:30am. Champion Pioneer Club.
Community Walking - 11:35-12:20 at Vulcan CRC. townofvulcan.ca/recreation
Community Basketball - 8-9:30pm. CRC. Starts Oct. 15. Register at townofvulcan.ca/recreation.
Yoga for Hips and Backs 3pm vulcanyogaandwellness@gmail.com
Drop-In Pool Vulcan Legion 7pm
Trivia Night - Second last Wednesday of the month at Nine-In-A-Line Brewing 7pm
Bingo - Last Wednesday of the month at Nine-In-A-Line Brewing 7pm

Thursdays
Tim Hortons Pop-Up 3rd Thursday of the Month at the Vulcan Curling Club 7:30-9:30am
Chess at the Vulcan Library - 2:10-5:00pm
Dart League - Vulcan Legion. 6:30pm. Drop-In. No membership required.
Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-in.
Crib Night - Lomond Sunshine Drop-In Centre 7-9pm. Everyone welcome.

Fridays
Community Walking - 11:35-12:20 at Vulcan CRC. townofvulcan.ca/recreation
BINGO - 2nd Friday of the Month Vulcan Senior Centre. Doors open at 6. Bingo starts at 7pm.

Monday - Saturday
Vulcan Senior Centre -Pool 9am-12, Coffee Drop-in 10am - 12
Champion Pioneer Club - Coffee 9:30-11:30. Pool players meet at 2pm Mon. & Wed. Ladies Tea & Talk 2pm Thursdays. Ladies lunch out once/month. Potluck suppers 3rd week 6pm. Cribbage Friday 1:30-4pm. Membership \$25
 Friday-Sun 8:30am—**Coffee Time** - Lomond Drop-In
Vulcan Legion - Open 11am - 9pm. Everyone welcome

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
Carmangay Historic Church & Museum open from 11-3 on the first Saturday of each month (April 4)

-Vulcan Minor Ball, Vulcan Minor Soccer, Swimming Lesson Registration and Summer Day Camps are available at <https://app.univerusrec.com/vulcanrecreationpub/courses/index.asp> New to Vulcan minor ball U15 Girls Fastpitch. Register right away. For questions contact vulcanminorball@gmail.com
 -Milo Mustangs T-ball, Coach Pitch and Can Pitch - contact Jessy 403-485-1451 or Nicole 403-485-1731
 -Milo Mustangs Soccer (Tuesdays) - contact Karlee 403-820-3047 or Maurissa 403-485-7066

Get-A-Way Youth Centre

Ages 10-18
 403-485-6033

Monday 3:30-6pm
 Tues-Thurs. 11:30-6pm
 Friday 11:30-6pm (Free Lunch)

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



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
-Alberta Counselling Centre Call 1-833-827-4230 or visit albertacounselling.ca: Confidential, (Farm-informed Counselling available)
-National Farmer Crisis Line: 1-866-327-6701 (1-866-FARMS01).

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
AI-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

Time for Rhymes

Champion School Library - Wednesdays 10:30am
 Milo Public Library - Wednesdays 10am
 Vulcan Library - Thursdays 10:30am
 Lomond Library - Thursdays 10:30am

Register at 403-485-3109 or family@rainbowliteracy.com



GOOD MORNING

April 2, 2026

COMMUNITY NEWSLETTER

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

FREE



PARENT CONFERENCE

A full day of learning and networking with other Parents, Caregivers, Educators and those who work with children

Saturday, April 18, 2026

10:00am-4:30 pm



Vulcan - Cultural Recreation Centre & CCHS Classrooms

Registration Required

If you cannot come for the whole day, you can still register for the sessions you can attend. Scan the QR Code, visit the website or call to register.

REGISTER NOW

403-485-2192

<https://vulcanandregionfcss.com/useful-documents/>



\$10 includes lunch for the whole family
 Babysitting provided

9:30 Doors open, babysitting drop-off

Full session descriptions online
 Choose a sessions per time:

10-11am
A. Feeding your Baby
B. PlaySHOP - Physical Literacy for Life Starts in Early Childhood
C. Hacking ADHD Motivation
D. Talking to Teens about Healthy Relationships

11:15am-12:15pm
A. Care for the Caregiver: Taking Care of Yourself to take Care of your Baby
B. Picky Eaters and Nutrition for Healthy Development
C. Growing Resilient Teens

1-2pm
A. Head to Toe: How Your Child Grows
B. Are you ready? How to talk about Puberty and Sexuality with your Children
C. Managing the Messaging Around Food, Media, Nutrition Misinformation and Fueling Bodies

2:15-3:45 - **Keynote Presentation Navigating Technology with Youth** (All ages) Presented by Andrea Halwas Larsen, PhD, CT
 Technology is everywhere: the good, the bad and the ugly. Our youth need to learn how to navigate this world and how to be critical about their relationship with tech. This keynote is not only about technology's impact on youth, but is also about a child's healthy brain development and the necessary parenting role in creating healthy, emotionally regulated brains.

3:45-4:30
Discussion Panel on Addressing Screens as a Community—Question Time
RCMP—Scams, Luring, Exploitation
Vulcan Prairieview Elementary—Impact and Possibilities in Schools
FCSS—What can we do as a Community?

Something a Little Lighter

-Instead of "the John," I call my toilet "the Jim." That way it sounds better when I say I go to the Jim first thing every morning.
 -Did you hear about the kidnapping at school? It's okay. He woke up.
 -Why did the can crusher quit his job? Because it was soda pressing.

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 VULCAN



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MARKETSTREETPHARMACY.CA



TRIVIA

1. What is the name of the 40 days before Easter?
2. In what fairytale does a rabbit carry a pocket watch and say, "I'm late!"?
3. Despite the saying April showers bring May flowers, what month has the most rain in Alberta?

Food Bank Wish List

Coffee & Tea, Crackers, Rice, Kids Snacks, Mr. Noodle
 Rolled Oats, Baking Mixes, Cleaning Supplies

BUNNY 5K RUN WALK BIKE

BUNNY 10K

Free Family Fun!

Happy Easter

Complete between 9am and 12pm

Start/Finish at Champion School

Sponsored by the
Champion Community Booster Club & Vulcan FCSS

EASTER EGG HUNT

MEMORIAL PARK | APRIL 4TH | 1:00PM

Join the VULCAN UNITED CHURCH, in partnership with the Town of Vulcan, for a fun-filled Easter Egg Hunt packed with treats, laughter, and springtime cheer. Bring your basket and your best egg-spotting skills!

Registration-1:00pm
Easter Egg Hunt-2:00pm

For more details, call (403) 485-2047

Carmangay Seniors Easter Egg Hunt

APRIL 4 AT 11:00 AM

Enjoy hot chocolate and a goodie bag at the Lions Campground

For children 12 and under accompanied by an adult

Sponsored by Carmangay Senior Clubhouse

587-575-2111

fireandfrost.ca

Local Champion, AB contractor with 21 years Experience in heating and cooling services Free Estimates

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

Adult Social Night

Where do you meet people in town if you're not in a sport or a club?

New dates for Spring

One Tuesday per month 7:00-9:00pm

April 14 Pizza and Game Night
May 12 Cooking Night - Make and Take
June 16 Mocktails and Paint Night

Registration required each time for supplies and food. \$10 each. Call 485-2192 or Email reception@vulcanandregionfcss.com Location: 105A 3rd Ave. S. Vulcan

SOAR TO NEW HEIGHTS!

CHAMPION YOUTH AVIATION CLUB

LEARN TO FLY! BUILD & EXPLORE! FUN & ADVENTURE!

FOR KIDS & TEENS AGES 10 & UP

Champion Pioneer Club Starting Thursday, March 26 from 4-5

For more information or to register, call Kathy at 403-485-0212

Garmangay Lions Club Turkey Dinner

April 3 5:30 - 7:00

Garmangay Community Center

\$20 per Person Under 6 Free

Proceeds will go towards Terrin Lyon's recovery

EASTER EGG HUNT APRIL 3RD

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 Vinoy (403) 485-1451 or Nicole Dietz (403) 485-1731 to preregister

Vulcan Shuttle Service is here to provide affordable transportation to seniors & people with cognitive, medical and transportation barriers.

Call 403-485-2106

To ensure availability, please give as much notice as possible. Same day bookings can not be guaranteed.

Rates available round trip:

- \$10 in Town of Vulcan
- \$20 Village to Vulcan
- \$50 High River
- \$75 Okotoks
- \$100 Calgary/ Lethbridge

Healthy relationships of all kinds start with clear boundaries & open communication.

Healthy Connections Group

Join us to learn about:

- Healthy Relationships
- Domestic Abuse & The Cycle of Abuse
- Effects of Abuse & Coping Skills
- Self-Esteem & Boundaries
- Safety Planning
- Moving Forward

Deadlin

Located in Vulcan
Thursdays, April 23 - May 28, 2026
12:30 p.m. - 2:30 p.m.

All genders welcome
Childcare available. snacks will be provided.

ROWAN HOUSE SOCIETY

CONTACT US OR REGISTER IF YOU ARE INTERESTED IN A RECERFICATION COURSE

403-485-3107 adult@rainbowliteracy.com rainbowliteracy.com

FIRST AID LEVEL C CPR/AED

Learn how to save lives by enrolling in our comprehensive two-day course focused on first aid, cardiopulmonary resuscitation (CPR) and AED for adults, children, and infants.

\$145

18-19 April, 2026
9:00 AM - 4:00 PM

110 1st Ave South
Vulcan, AB, T0L 2B0

- Limited Seating Available Receipt of payment guarantees your seat.
- If your current first aid is expired, you'll have to attend a two-day course like this to be recertified.
- Refunds will be issued for cancellations made up to seven days prior to the start of the course.
- The course will be cancelled and refunded if there are not enough participants

CONTACT US OR REGISTER IF YOU ARE INTERESTED IN A RECERFICATION COURSE

403-485-3107 adult@rainbowliteracy.com rainbowliteracy.com

SPRING INTO FASHION

WITH VULCAN HEALTHCARE AUXILIARY

SATURDAY APRIL 25, 2026

Wine & Appetizers - 6pm
Fashion show - 6:30pm

Vulcan Senior Centre
303 Centre St, Vulcan, AB

Tickets for sale at:
Vulcan Healthcare Auxiliary Gift Shoppe
Vulcan Municipal Library

Tickets \$25

2026 VULCAN COUNTY WELLNESS CHALLENGE

12TH ANNUAL COMMUNITY CHALLENGE

June 1 - June 30, 2026

REGISTRATION OPENS: APRIL 1 - MAY 5

Cost: \$20 per person | \$80 per team
Includes official Challenge T-shirt

REGISTER AT:
townofvulcan.ca/recreation

chwfoundation.com

EMPLOYMENT OPPORTUNITIES

Palliser School Division Jobs
-Vice Principal - CCHS
-Temp. Complexity Team Teacher and Educational Assistants - multiple locations
-Educational Assistant - Champion
<https://www.pallisersd.ab.ca/hr/career-opportunities>

Vulcan County www.vulcancounty.ab.ca/announcements/career-opportunities/
Mower Operator and Water and Wastewater Operator

Early Childhood Educator - Curiosity Cove
email curiositycovedaycare@gmail.com or text 403-918-2844

Wolfes Home Hardware is looking for a part high school student. Apply in store 403-485-2011

Full-time Farm Labourer near Milo. Listing on Kijiji.ca 403-599-2220

Equipment Maintenance - Chinook Feeders. Email HR@ChinookFeeders.com
Please note: LMIA positions are not available at this time.

Canadian Census 2026 Jobs
<https://www.census.gc.ca/en/jobs>

Lomond Chief Administrative Officer posted at <https://www.facebook.com/VillageofLomond> Deadline April 10.

Early Childhood Educators - Vulcan Daycare vulcandaycare@gmail.com 403-485-2954 ECE certification and experience preferred

Aspen Crossing - multiple positions available in Mossleigh
<https://aspencrossing.com/jobs/>

Delivery Truck Driver—Furniture Villa service@furniturevilla.com or stop by the store.

Vulcan and District Museum - 2 Summer Students May-August bknutsonshaw@gmail.com

Cleaning Assistant - mapleandmop@gmail.com

Found on Indeed.ca
Pork Production Technician—Premium Farms
Location Assistant, Agribusiness Student, Agribusiness Assistant—Richardson Pioneer
Administrative Support III—AHS Vulcan
Food Counter Attendant—A&W
Sandwich Artist—Subway
Cooks and Dietary Aides—Extendicare
Parts Person—Brandt John Deere

Help bring Sport Ball to Vulcan—apply at <https://sportball.com/careers/> send questions to central@sportball.com

HELP WANTED

Hiring Class 1 and 3 Drivers

Walker's Corral Cleaning
Call 403-485-8073 to apply.

CANADIAN HEALTH WEEK

Events scheduled April 7-10th
Wellness Space Vulcan County Community Centre

April 7 – Open House (2:00–4:00 PM)
Join us for coffee and treats while exploring resources and information from organizations across the County of Vulcan.

April 8 – Pallilearn Presentation (10:00– 2:00 pm)
A short, interactive courses designed to help participants develop the knowledge and confidence to offer meaningful support to family, friends, and community members.
Registration required by April 2
Email: vchw.foundation@gmail.com | Phone: 403-485-4001

April 9 – Nutrition & Movement (1:00–3:00 PM)
This presentation will focus on how movement and nutrition work together to support strength, mobility, energy, and overall health.

April 9 – Menopause Presentation By Dr. Hudson (6:00 PM)
Menopause brings many changes—learn what to expect and discover ways to manage symptoms and support your well-being during this transition.

April 10 – Bridges Out of Poverty (9:30 AM–2:00 PM)
Learn how poverty affects individuals, how it impacts decision-making, highlights strengths, and shapes how people navigate their world.
Registration required by April 7
Email: reception@vulcanandregionfcss.com | Phone: 403-485-2192

Vulcan County Health & Wellness Foundation

April 14 - Vulcan Community Garden Start Up Meeting - 6pm Vulcan FCSS. 105B 3rd Ave. S. Plot Registration forms available at FCSS.

Questions? Email: vulcancommunitygarden@outlook.com

Palliser School Division's Early Learning Program

Our team of experienced and caring professionals is passionate about fostering early childhood development and creating a space where children can grow, explore, and learn through play.

REGISTRATION NOW OPEN for 2026-2027

PLAY-BASED, DEVELOPMENTALLY APPROPRIATE PROGRAMMING TO DEVELOP YOUR CHILD'S SOCIAL, LITERACY, AND NUMERACY SKILLS.

Enroll your child today and give them the best start to their educational journey.

Programs available for Three-and-Four-Year-Olds.
Please contact us to learn whether your child may be eligible for fee waiving.

To learn more, please call
Vulcan Prairieview Elementary School at (403) 485-2074 TODAY!

Or visit our website at: www.vpes.ca

Volunteer Opportunities

Vulcan Community Health Care Centre and the Palliative Care Committee are looking for volunteers to significantly improve the palliative experience for the patient and their family.

No One Dies Alone: Volunteers who would be willing to sit with those who need some human kindness and support at a time when they are most vulnerable and alone. In hospital or their home.

Care Packages for Families: Volunteers would review, update or replace education resources.

Touch Base with Families: Volunteers to make phone calls to families and check on their well-being within 3 months of the passing of their loved one.

White Rose Program: A white rose and a quilt are given to the family after each one has passed. Volunteers monitor supplies.

Education and/or experience provided. For information contact Laurie Mehlhaff at laurie.mehlhaff@assistedlivingalberta.ca or 403-485-0083 or Shirley Spanke at shirspan@hotmail.com or 403-495-8352.

Rainbow Literacy and Learning Society is looking for new Board Members contact Kim at exdir@rainbowliteracy.com 403-485-3107

ACCEPTING REGISTRATION

for 12 months to 6 years.
Govt Grants available for full time and part time children

Follows FLIGHT curriculum with special focus on play way learning

Small child and educator ratio

Special fee discount for full time and part time

Contact information is 403-918-2844
Email - curiositycovedaycare@gmail.com
www.facebook.com/curiositycovedaycare

Professional Makeup Artist

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at IRON EDGE SALON & SPA
95B Centre Street, Vulcan

Now Booking Grad Makeup

Flawless, every-lasting makeup perfectly tailored for your grad day.

TEXT or DM Baylie to book your appointment:
403-336-1530
@baymarartistry

Limited spots available

95B Centre Street, Vulcan

Trivia Answers

- Lent
- Alice in Wonderland
- June

Professional Stylist

ASHLEY

@_beautyby.ash

at IRON EDGE SALON & SPA
95B Centre Street, Vulcan

Now Booking Grad Styling

For beautiful, elegant hair on your grad day.

DM Ashley on Instagram:
@_beautyby.ash

Limited spots available