

Community Calendar

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

Aug. 16 – Bike4Vets at the Vulcan Legion
 Aug. 16 - Arrowwood Lions Pancake Breakfast 8-10am @ Rink
 Aug. 29 - Jam Session at the Vulcan Pool Park Gazebo 7pm Bring an instrument to play or a lawn chair to listen

Pickleball - Register at: townofvulcan.ca/recreation - Mon 2-5pm, Wed. 6-9pm, Fri. & Sun. 2-5pm Vulcan. Location dependant on weather. Want to learn pickleball? Join on Wednesday evenings in June from 6-9pm. Equipment provided.
 Arrowwood: Pickleball and Badminton – July-Sept. Daily 9-9. Carmangay: 7pm at the curling rink every Wednesday. Families can play Sundays. Men's League - Contact Dennis Benci (403) 634-6142 for info.

Mondays
 -Vulcan Healthcare Auxiliary meetings. New members welcome. Second Monday of each month except stats and summer. Call Shirley at 403-485-8352 for time and location.

-Play in the Park Days Aug. 18 & 25 Outdoor Activities and Connection from 9:30-11:30 in the Vulcan Kin Games Park weather permitting. Greater Foothills Family Centre 403-652-8633

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.

Thursdays
Chess at the Vulcan Library - 2:10-5:00pm
Dart League - Vulcan Legion. 6:30pm. Drop-In. No membership required.
Vulcan Carvers group - meeting every Thursday evening from 7-9 pm.

Fridays
Wiffle Ball - CCHS Ball Diamond 1-3pm. Register at townofvulcan.ca/recreation. June 6-Aug. 8. Ages 10-15
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

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 1:30-4pm. Membership \$25 Friday-Sunday—**Coffee Time** - Lomond 8:30am at the Drop -In

Little Adventurers 5-8 yrs.
 Aug. 19 Milo beside the Library 10-11am
 Aug. 20 Vulcan Kinsmen/Virginia Mitchell Park 10-11am
 Aug. 20 Lomond gazebo by the Library 10-11am

Big Adventurers 9-12 yrs.
 Aug. 19 Milo beside the Library 11am-12pm
 Aug. 20 Vulcan Kinsmen/Virginia Mitchell Park 11am-12pm
 Aug. 20 Lomond gazebo by the Library 11am-12pm

Fun Free Program—A new story each week with a themed craft. Register with Rainbow Literacy 403-485-3107 or family@rainbowliteracy.com



Get-A-Way Youth Centre
 Ages 10-18
 403-485-6033

Summer Hours
 Mon.-Thurs. 1:00-6:00pm
 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!

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 - 2 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

How well can your child see?



You can't see the world through your child's eyes, but your optometrist can. During your child's eye exam, your optometrist will assess:

- Visual acuity (how well they can see)
- Lazy eye, crossed eyes
- Nearsightedness, farsightedness, astigmatism
- Colour vision
- Eye coordination, tracking and depth perception
- Eye health

For more information about **Eye See...Eye Learn™** contact the Alberta Association of Optometrists at 1-800-272-8843 or visit optometrists.ab.ca/esel



Eye See... Eye Learn!



Alberta Association of Optometrists

The Alberta Association of Optometrists gratefully acknowledges funding support from the Government of Alberta.



GOOD MORNING

Aug. 14, 2025

COMMUNITY NEWSLETTER

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

FREE

THE KING RETURNS... ..To The Fairway!
 The Vulcan Golf & Country Club Presents:
Elvis Live
 Featuring DCTop!
 Classic hits, golf course vibes, and a night to remember.
 Date: Saturday August 16th
 Time: Doors open at 6:00pm Show starts at 7:00pm
 Location: Vulcan Golf & Country Club 710 1st Street N
 Admission: \$10 in advance \$15 at the door

TRIVIA

1. What are the 10 most asked questions on Google in 2025?
2. What are the top Google search terms in Canada on August 14, 2025?

AUGUST 16TH, 2025



9 AM- Vulcan Legion, registration. (Breakfast offered for donation)
 9:45 AM- Blessings of the bikes
 10 AM- Kickstart-Up
 STOP- Last Chance Saloon, Wayne Alberta
 6 PM Vulcan Legion- Supper, Door Prizes



\$30 for t-shirts, tank tops or ball caps, and \$75 for hoodies (MUST be pre-ordered by July 30th, and paid in advance)

DON'T RIDE? DRIVE ANY OTHER VEHICLE. CLASSIC CAR, HOT ROD, PICKUP, MINI-VAN?



— JUST COME AND PARTY WITH US!
 \$25 Tickets at the door, starting at 6pm (includes supper & a door prize entry ticket)
 All proceeds benefit The Vulcan Legion (For the vets and their families)

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

DATE: Friday August 15th
 LOCATION: Vulcan Library
 TIME: 12-3pm / Lunch Included
Death Cafe
 LUNCH & LEARN
 CALL 485-2571

Come join Tania & Erin, for a light lunch and discuss death. This is a group-directed, community-based discussion of death with no agenda, objective, or theme. Death, dying, and grief affect us all, yet many people avoid talking about it. Death Cafes help to create space where these conversations can exist and flow with the intention of helping us all live a more death-positive and fulfilling life. Death Cafes are safe, open, and respectful places to talk about death and dying.

Tania has been sharing the perspective of her family's MAID journey since her Dad's passing in January 2023.

Erin is a trained death doula in Lethbridge. She wants to create safe spaces to talk freely and openly about death, and by proxy, life.

587-575-2111
fireandfrost.ca
 Local Champion, AB contractor with 21 years Experience in heating and cooling services
 Free Estimates

MEET STEFANO, YOUR LOCAL PHARMACIST!

MARKET STREET • VULCAN •



(403) 485-2919

MARKETSTREETPHARMACY.CA



Vulcan Regional Food Bank Donation Request

The number of hampers that went out in July are 26% higher than July 2024 and August is our biggest month after December. Help fill hampers by making a donation

Build a hamper or bring in a case of something you found a great deal on. Hampers staples include:
 Rice, Pasta, Crackers, Coffee, Soup, Canned Vegetables, Canned Meat, Condiments, Cereals, Hygiene items, Back to School Snacks, Pet Food fresh, clean garden produce.

Donations can be made from Monday to Friday 9am – 4:30pm

ROSIE'S GIFT OF LOVE CLOTHING GIVE AWAY

FOR RESIDENTS OF THE TOWN AND COUNTY OF VULCAN

SEPT. 11th 5 - 8PM
 SEPT. 13th 10AM - 2PM

LOCATION: VULCAN CURLING CLUB
 705 Elizabeth Steet

Sandy 485-5507 for more information

NEW CLOTHING STORE COMING SOON!

Get ready for the latest fashion trends straight from

THIS YEAR MODERN · TRENDY · AUTHENTIC

Opening this year – Don't miss it! Follow us for updates and sneak peeks of our exclusive collection!

location: Lady's by LVS Corp. (old videotape store building beside Rytaceous bakery)

fcss KIDS DAY OUT
 FOR AGES 6-12
 WHERE AND WHEN:
 MILD - JULY 9, 16, 23 WEDNESDAYS 10AM-3PM
 LOMOND - JULY 15, 22, 29 TUESDAYS 10AM-3PM
 MOSSLEIGH - JULY 30, AUGUST 6, 13 WEDNESDAYS 10AM-3PM
 CHAMPION - AUGUST 5, 12, 19 TUESDAYS 10AM-3PM
 ARROWWOOD - AUGUST 7, 14, 21 THURSDAYS 10AM-3PM

Free Lunch Provided

WATER GAMES MUSIC & DANCE FUN SPORTS CRAFTS

Please send your child with sunscreen, a hat, change of clothes if water events, bottle of water, and a snack

H Visscher Contracting Ltd.
Vulcan, Alberta

Fergus Howard
P: 403.604.2923 E:enquiries@screw-pileconstruction.ca

Specializing in Concrete
Screwpile Installation
General Handyman Work

Trivia Answers - Aug. 13 Google search in Canada

1. Air Canada Strike
2. Psg vs Tottenham
3. Colorado rabbits tentacles
4. Juneau tsumani
5. Meteor shower 2025
6. Alien earth
7. Weather
8. Westjet
9. Porter airlines
10. Alaska landslide tsunami

Source: <https://trends.google.com/trending?geo=CA>

Trivia Answers - 2025 Google questions

1. What is my IP address?
2. What time is it?
3. How to tie a tie?
4. What is AI?
5. How to lose weight fast?
6. When is Easter in 2025?
7. Where's my refund?
8. How to screenshot on Windows?
9. What is the weather today?
10. Who won the election?

Source: <https://www.link-assistant.com/rankdots/blog/100-most-asked-questions-on-google.html>

Vulcan Lionette Community Connection
Are you new to the Vulcan Community?

Welcome

We 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 information Library
- Local recreation facilities
- Clubs and organizations
- Coupons from local businesses

To refer someone or if you are new to our community please call/email one of the Lionette members listed below to arrange a visit:

Joyce Roe
403-485-6802
joyceroe21@gmail.com
Marg Richmond
403-485-2426
wmrich76@gmail.com

VULCAN BUSINESS' **PAR 3** SHOOT OUT SCRAMBLE
HOSTED BY NINE IN A LINE BREWING CO.

Multiple \$5,000 Hole in Ones!

SATURDAY **AUGUST 23**
VULCAN GOLF AND COUNTRY CLUB
Check-in: Noon
Shotgun starts 1:00 pm

\$240 - Register as a team of 4

36 Teams, tons of prizes
18 Par Three's
18 Hole Prizes
Dinner to follow
Register now, space is limited
dan@nineinalinebrewing.com

CELEBRATE OUR COMMUNITY BUSINESS' WITH US!

Vincent Joseph Henry
Regional Agent and Distributor

Air purification systems
True HEPA sealed units
Floor care
Allergen control
Home solutions bags and HEPA filters
Central vacuum systems

403-630-0439
activepure.com

We service all makes and models of vacuum cleaners

IRON EDGE
salon & spa

Now Offering Barbering & Hot Shave Services
Book instantly using the QR code below!
Students save 10% year-round (excludes kids' cuts) - the perfect time to take advantage and get back-to-school ready!



CHAPMAN'S

BEAT THE HEAT DELICIOUSLY!
We have 20+ Flavors of Scoop Ice Cream AVAILABLE! And for more DAILY SPECIALS, Come and visit us! Only here at MAMA'S PIZZA AND PASTA RESTAURANT!

Arrowwood Lions
Pancake Breakfast
Aug 16
Arrowwood Rink
8:00-10 am
Admission is Free but we ask for Donations to the Food Bank.

LIONS INTERNATIONAL
We Serve

JOIN TODAY!!

BASKETBALL
JUNE 3RD TO AUGUST 27TH
AGES 15+
WEDNESDAYS 8:00PM- 9:30PM
MEMORIAL PARK
FREE
PICKLE BALL
MONDAY, WEDNESDAYS FRIDAY & SATURDAY
AGES 15+
VULCAN ARENA
FEE: \$50.00/ \$5 DROP IN

BEACH VOLLEYBALL
JUNE 5TH TO AUGUST 28TH
AGES 12+
THURSDAYS 8:00PM TO 9:30PM
VULCAN BEACH PIT
FREE

AFTERNOON GOLF SPECIAL!
SUPPORT OUR LOCAL FOOD BANK!
Bring a non-perishable food item for the food bank or make a \$5 cash donation:
Sunday to Thursday
From 1:00 - 4:00
Golf for only \$60
Includes green fee, cart and tax!

Vulcan 100 Years Golf & Country Club

I before E except after "C." Spelling rules are great except when your foreign neighbour Keith receives eight counterfeit beige sleighs from feisty caffeinated weightlifters. Weird!

CLASSIFIEDS
To place an ad here call 403-485-2192 or email communityliaison@vulcanandregionfcss.com

EMPLOYMENT OPPORTUNITIES

The Vulcan Legion is looking for a part-time bartender. Drop off a resume at 240 Sinclair Road

Wheat Country Special Needs Society Contract Cleaner for our Main Office located at 805 1 Ave N Vulcan Provide resume to info@wcsns.ca

Sales Person- new clothing store in Vulcan Full time and Part time. Email resume to 825-985-9478 LVSMARKETING25@GMAIL.COM

Firefighters Wanted - Are you looking for a way to give back to your community, learn new skills, and be part of an incredible team? Vulcan County is looking for dedicated, community-minded individuals to join our team! No experience necessary—just a willingness to learn and a desire to help others. Interested? (403) 485-3115 shania.culp@vulcancounty.ab.ca

Operations Assistant
G3 Carmangay
jobs.dayforcehcm.com/en-US/g3canada/CANDIDATE-POR-TAL/jobs/3113

Early Childhood Educators - Vulcan Daycare vulcanday-care@gmail.com 403-485-2954 ECE certification and experience preferred (not required to apply, but minimum Level 1 must be obtained within the first 3 months of employment)

P/T Barista/clerk. Resume's to ryeteousbread@gmail.com or drop off in person. 114 1st St. S.

Dugdale Ag Group is seeking harvest help, with the opportunity for full time employment. Experience running combine or tractor / grain cart. Mechanically inclined with understanding of basic service of equipment. Willing to work long hours. Class 1 is not necessary, but would be an asset. The successful candidate must have a valid driver's license and be willing to provide a driver's abstract. Pay will be based on experience. Starting: August 1st Brant, Alberta. Contact Graham Dugdale at (403) 485-5867 or Mya Dugdale at (403) 485-8668

PERSONAL & CORPORATE INCOME TAX SERVICES | MONTHLY BOOKKEEPING AVAILABLE

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.

Feel free to reach out via email anytime for assistance with your tax or bookkeeping needs. We're here to help!
Live Long & Prosper,
Brenda Lemoine
email: support@taxesaccountingservices.com or 250.448.4300, or 368.999.4300

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

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

Need a Ride?

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

Call 403-485-2106
Please call 24 hours in advance to secure your ride

Rates available:
• \$10 around Vulcan
• \$20 into Vulcan from a village
• Trips to larger centers possible, call to discuss rates, eligibility & availability.

Book a ride for:
• Appointments
• Shopping/Errands
• Social Events

Wheelchair Accessible

fcss Vulcan and Region Family and Community Services
Vulcan Regional Food Bank
Healthy Aging Alberta

Social Isolation and Loneliness in Older Adults: What Older Adults, Families and Care Partners Should Know

Older adults may face feelings of social isolation or loneliness that can have an impact on their mental or physical health. However, this isn't an inevitable part of aging. Here are some of the facts regarding the risks - and ways to mitigate them.

Social Isolation & Loneliness: Similar but Different Concepts

- Social isolation can be understood as a measurable lack in the number of relationships a person has.
- Loneliness is more subjective and can be understood as the feeling we get when our social relationships are lacking in terms of quality or quantity compared with what we expect them to be.

Social Isolation and Loneliness Can Impact our Physical and Mental Health

As many as 41% of Canadians aged 50 years and older are at risk of social isolation. Up to 58% have experienced loneliness.

Health risks of isolation and loneliness among adults over 50 include:

- 32% increased risk of stroke
- 25% increased risk of cancer mortality
- 50% increased risk of developing dementia
- 45% increased risk of death

Data from the National Institute on Ageing.

Staying Connected is Good for Our Health

Staying socially connected may mitigate these risks and contribute to better physical and mental health. From a national survey we conducted, older adults identified these activities as their preferred ways to address feeling socially isolated or lonely:

- spending time with friends or family
- exercising
- spending time in nature
- participating in hobbies
- volunteering

Visit our website ccsmh.ca to find additional information

If you want yours with bacon bits, we can wait until he finishes breakfast.

Something a Little Lighter

-What do you call a reluctant potato? A hesi-tater!
-The adjective for metal is metallic but not so for iron, which is ironic.