

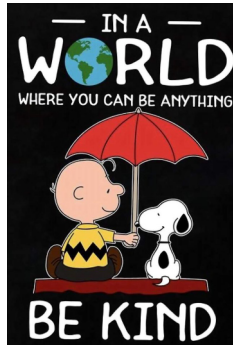
### Food Bank Wish List

Hygiene Items  
Tea  
Coffee  
Cake Mix Soda  
Crackers Bar Soap

Donations can be made

Mon.-Fri.  
9am-4:00pm

Fresh, clean garden  
produce is welcome.



## SILENT SHADOWS

CELEBRATE THE LIVES OF THOSE WHO PLAYED A  
ROLE IN THE JOURNEY OF A  
LOAF OF BREAD FROM  
FIELD TO TABLE



### VULCAN CEMETERY WALK

PRESENTED BY:  
THE VULCAN AND DISTRICT HISTORICAL SOCIETY

1:00 PM, SATURDAY, AUGUST 22, 2026

COME HEAR STORIES ABOUT A FEW MEN AND  
WOMEN WHO CONTRIBUTED TO VULCAN'S SUCCESS  
IN BEING A MAJOR FORCE IN GRAIN PRODUCTION  
AND THE COMMUNITY WE KNOW TODAY.



## FREE KIDS SUMMER FUN

Children explore literacy skills while reading, crafting, exploring, and playing games.  
A new book is sent home each week.

Register now at:  
403-485-3107

rainbowliteracy.com

family@rainbowliteracy.com

Milo  
August 5 - August 26  
At the gazebo beside the library

Little Adventurers 5-8yrs  
10am - 11am  
Big Adventurers 9-11yrs  
11am - 12pm

Lomond

August 4 - August 25  
At the gazebo beside the library

Little Adventurers 5-8yrs  
10am - 11am  
Big Adventurers 9-11yrs  
11am - 12pm

Vulcan  
August 6 - August 27  
Kinsmen park by the soccer field

Little Adventurers 5-8yrs  
10am - 11am  
Big Adventurers 9-11yrs  
11am - 12pm



## ADULT SUMMER CLASSES

\$25 Per Person Tuesdays June 2 - August 25

Digital Skills

Learn how to use  
your phone, tablet,  
or computer.

Vulcan Library  
1:30pm-3pm

Conversation Cafe

Practice listening & speaking English.

Arrowwood Park  
9am - 10:30am

Register now at:

403-485-3107

adult@rainbowliteracy.com

rainbowliteracy.com

110 1 Ave S, Vulcan, AB Box 449 TOL 2B0

### Something a Little Lighter

-I accidentally drank invisible ink. Now I'm at the hospital waiting to be seen.  
-The adjective for metal is metallic, but not so for iron, which is ironic.



## Picky Eating: Feeding Your Child

### Summer & Fall 2026 Schedule

|                       |                   |
|-----------------------|-------------------|
| June 23 <sup>rd</sup> | 6:30 pm - 8:00 pm |
| July 21 <sup>st</sup> | 6:30 pm - 8:00 pm |
| Aug 26 <sup>th</sup>  | 6:30 pm - 8:00 pm |
| Oct 27 <sup>th</sup>  | 6:30 pm - 8:00 pm |
| Nov 25 <sup>th</sup>  | 6:30 pm - 8:00 pm |
| Dec 15 <sup>th</sup>  | 6:30 pm - 8:00 pm |

For more toddler nutrition classes,  
visit: [ahs.ca/nutritionworkshops](https://ahs.ca/nutritionworkshops) and  
search toddler.

Join Registered Dietitians to learn how to:

- create a positive mealtime environment
- introduce new foods
- cope with mealtime struggles

Easy to attend  
virtual classes!

### REGISTRATION:

- [birthandbabies.com](https://birthandbabies.com)
- 403-955-1450



### Employment Opportunities

Mossleigh - Bahama Farming  
Grain Cart Driver for harvest.  
Link on Facebook Blackie  
Community Association News &  
Events Apply by Aug. 7  
Text: 403-869-2134 Email:  
[accounting@bahamafarming.com](mailto:accounting@bahamafarming.com)

Cook P/T - Peter Dawson Lodge  
[cao@marquisfoundation.ca](mailto:cao@marquisfoundation.ca)

Office Coordinator - Carey  
Insurance - Resumes & cover  
letter to Carey\_insurance\_  
[agency@cooperators.ca](mailto:agency@cooperators.ca)

Farm Labourer full time for  
harvest near Champion, Alberta.  
Listing on Life in Vulcan on  
Facebook.

Planner Development  
Department - Vulcan County  
View the job posting:  
<https://bit.ly/3TCfp4I>

Found on Indeed.ca  
Food Services I - AHS Vulcan  
Universal Financial Associate -  
Servus Credit Union  
Yard Manager - UFA  
Healthcare Aide - AHS  
Healthcare Aide - Extendicare  
Labourer - Brandt  
A & W

Found on LinkedIn.com  
Sales Representative - Richardson  
Territory Manager - Brandt  
Heavy Equipment Technician -  
Brandt  
Licenced Practical Nurse -  
Calgary Rural Primary Care  
Network  
Vulcan Recreation Aide P/T -  
Extendicare  
Social Worker P/T - Extendicare  
Member Experience Advisor -  
Lomond Servus Credit Union  
Prairie Land School Division -  
P/T High School STEM Teacher  
Service Truck Operator - Fountain  
Tire

Palliser School Division  
-Educational Assistant: Champion  
School, Shadow Ranch Colony,  
Riverbend Colony & Casual  
positions  
-Family School Liaison  
Counsellor VPE  
-Teacher - Riverbend Colony  
<https://www.pallisersd.ab.ca/hr/career-opportunities>

Educational Assistant in  
Lomond [www.horizon.ab.ca/](https://www.horizon.ab.ca/)

Extendicare - Cook, dietary aides  
and housekeeping - P/T & F/T.

Wheat Country Special Needs  
Society: Community  
Rehabilitation Worker (Day  
Support and residential), Bottle  
Depot staff, Psychologist/  
Behavioral Specialist part-time  
Email [info@wcsns.ca](mailto:info@wcsns.ca) Call 403-  
485-2186



Hockey Alberta Referee Clinic will be hosted  
by VMHA on Saturday September 26th, 8am  
4pm at the Kinsmen Room (Vulcan Arena)  
FULL Details & Registration at the links below  
Level 1: <https://bit.ly/4gpytW2>  
Level 2: <https://bit.ly/4g6tack>  
Contact Glen Murray, Referee in Chief with  
any questions.



15 hours per week from September 1, 2026 – March 31, 2027. Possible opportunity for extension until 2028.

The Home Support Outreach Worker will work directly with older adults to support their ability to stay in their own homes, reduce isolation and work through barriers to services and create connection. This may include in home visits, emotional support, attending activities with clients, transportation, supporting mental health and addictions and connecting with appropriate supports. This position will also include supporting caregivers.

Preference will be given to candidates with the following:

- Excellent teamwork and collaboration skills with other staff.
- Excellent communication skills with clients, healthcare professionals and other agencies while supporting clients or making referrals.
- Minimum of 2 years experience working with vulnerable population.
- Post-secondary diploma or higher in social work, human services, psychology or equivalency of experience and education working with older adults and diverse populations is required.
- Knowledge of trauma informed care.
- Current First Aid/CPR.
- Solid computer literacy, including effective working skills of MS Word, Excel and e-mail required.
- Able to communicate effectively both verbally and in writing in the English language.
- Knowledge of community resources and supports.
- Dependable; ability to plan and organize work effectively and ensure its completion.
- Police check and Child Intervention check is required for employment.

This position will involve travel around Vulcan, Vulcan County, and surrounding villages. Must have a valid driver's licence and access to a reliable vehicle.

Competition will close as soon as a suitable candidate is found. Only those selected for an interview will be contacted.

Email resumes to [director@vulcanandregionfcss.com](mailto:director@vulcanandregionfcss.com)  
Or apply in person at 105B 3rd Avenue South  
Box 594  
Vulcan, AB TOL 2B0  
[www.vulcanandregionfcss.com](https://www.vulcanandregionfcss.com)  
403-485-2192



### MARKET STREET VULCAN



DIABETES  
CONSULTATION



MEDICATION  
REVIEWS



PRESCRIPTION  
AND MORE!

(403) 485-2919

[MARKETSTREETPHARMACY.CA](https://www.marketstreetpharmacy.ca)



### HELP WANTED

Hiring Class 1 and 3 Drivers

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



### Hearing Evaluations

Free tests for seniors

### Second Tuesday of the month

10am-3pm  
Vulcan Lodge Hall

### We Provide:

- Latest Technology
  - All digital hearing aid models
  - Repairs to all models
  - 30 day trial period
- We are AADL, WCB, NIHB,  
DVA providers.

Qualified Hearing Care Professional  
Toll Free: 1-866-252-5582



587-575-2111

[fireandfrost.ca](https://www.fireandfrost.ca)

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

## Summer Challenge for prizes

For children, teens and families throughout Vulcan County  
Everyone's mental health wins, just by taking part!

### Disconnect to Connect

|                                                                                    |                                                                                                 |                                                                          |                                                                                                         |                                                                                                       |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| Go for a hike or stroll somewhere beautiful in Canada                              | Get books from the library or thrift stores to keep your family reading all summer              | Attend a community event                                                 | Have each family member pick an activity or outing that involves no screens                             | Get your hands dirty, eg. picking weeds, chopping wood, playing in the sand, etc.                     |
| Invite friends over for a visit                                                    | Cook your favourite meals together                                                              | Prioritize sleep over screens! Keep devices out of bedrooms              | Spend a whole day without a phone                                                                       | Play word games, tell jokes or sing along on car trips rather than going on screens                   |
| Go outside after supper to work or play until bedtime                              | Say thank you or show gratitude to a friend                                                     | Enjoy a campfire or fire table with others                               | Start discussions with family and friends around screen use and what concerns you                       | Spend an evening with friends or family playing board games or card games                             |
| Give your undivided attention to each other when talking - put phones away         | Enjoy supper with no tv or phones at the table talking about your day and telling jokes         | Meet friends at a park or at an activity                                 | Play outdoor games                                                                                      | Take a week long holiday from something that has a hold of you. TikTok, online shopping, Roblox, etc. |
| Write down or tell someone something you are grateful for. Can you do it everyday? | Learn about and practice box breathing or the 5-4-3-2-1 grounding technique to calm your system | Do an activity on, in or near water.                                     | See the good in other people. Make an effort to talk to someone new.                                    | Let's get physical! Park far away, take the stairs, do some heavy lifting.                            |
| Get creative, work on a project, make art, music, write, build something, etc.     | Blast some music or dance to make cleaning and chores more fun                                  | Connect with someone you haven't seen in a while by talking on the phone | Volunteer! It is a chance to connect with other volunteers. Even picking up litter helps your community | Sign up for Email of Events to know about events around the county                                    |

### Prize Details:

1 \$200 gas card,  
+\$200 grocery card  
+ a book for each  
family member

2 \$100 gas card  
+\$100 grocery card  
+ a book for each  
family member

3 \$50 gas card  
+\$50 grocery card  
+ a book for each  
family member

Honourable Mentions:  
Win a \$25 gas, grocery  
or book gift card.



**How to Enter:** Your name is entered one time for each square you complete. At the end of summer tell us which ones you tried and how it went or share some pictures! Submit it all by a form at [forms.gle/qjhfX9RjWhqigTkg6](https://forms.gle/qjhfX9RjWhqigTkg6) or use the QR Code or send entries by email to [vcmentalwellness@gmail.com](mailto:vcmentalwellness@gmail.com) Enter by Sept. 11, 2026

# Community Calendar

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

Aug. 22 - Movie - Carmangy Library 12pm "Rise of the Guardians"  
Aug. 26 - BINGO Nine-in-a-Line Brewing 7pm  
Aug. 22 - Carmangay Trivia Night 7pm at the Community Centre.  
Aug. 25 & 26 - Back to School Clothing Give-away. Rosies Gift of Love  
-Tuesday, August 25 6-9pm and Wednesday, August 26 . 1-3pm and  
6-8pm. Vulcan Curling Club. VAug. 28 - The Lovebullies performing at  
Nine-in-a-Line Brewing Email [dan@nineinalinebrewing.com](mailto:dan@nineinalinebrewing.com) for  
reservations  
Aug. 31 - Babysitter Course - Register with FCSS 403-485-2192  
**Pickleball** - Vulcan: Register at [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation) - Mon. & Wed.  
6-9pm, Fri. & Sun 2-5pm  
**Aquafit** - Monday-Thursday 7pm Vulcan Pool

## Mondays

**Coffee** at Snake Valley Drop-In Milo 9am  
**Campventure Mondays** - Aspen Crossing Mossleigh 10am  
**Chair Aerobics** - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In.  
**Chair Yoga** -11:30am in the Vulcan Library

## Tuesdays

**Caregiver Support Group** - Every 2nd Tuesdays from June 9th on. 9:30-  
10:30am Vulcan Hospital.

## 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.  
**Wacky Water Wednesdays** - Aspen Crossing Mossleigh 1pm  
**Basketball** - Drop-In Memorial Park 8pm  
**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

**Dart League** - Vulcan Legion. 6:30pm. Drop-In. No membership required.  
**Chair Aerobics** - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In.  
**Farmers Market** at the Vulcan Legion 3:00-5:30pm  
**Crib Night** - Lomond Sunshine Drop-In Centre 7-9pm. Everyone welcome.  
**Pool & Games** - Carmangay Senior Clubhouse 6:00pm  
**Adult Slo Pitch Drop-In** League 7pm Mossleigh, Highway Diamond  
**Crib & Chickenfoot** (Dominoes) - Lomond Drop-In 7pm  
**Community Beach Volleyball** 8pm. Vulcan Pool Park. Register at  
[townofvulcan.ca/recreation](http://townofvulcan.ca/recreation).

## Fridays

Lions Club **Free Swim** at the Vulcan Lions Community Pool. 4-7:30pm

## Monday - Saturday

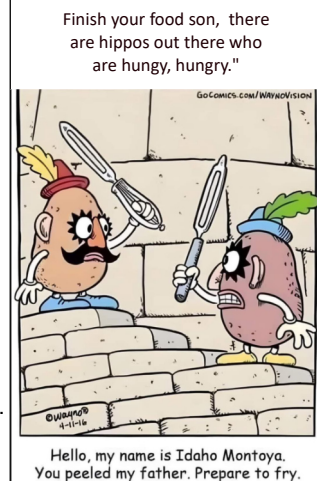
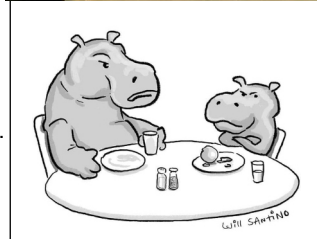
**Vulcan Senior Centre**-Pool 9am-12, Coffee 10am - 12  
**Champion Pioneer Club** - Coffee 9:30-11:30. Pool players meet at 2pm  
Mon. & Wed. Ladies Tea & Talk 2pm Thursdays. Ladies lunch out once/  
month. Potluck suppers 3rd week 6pm. Cribbage Friday 1:30-4pm.  
Friday-Sun 8:30am - **Coffee Time**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

## Saturdays

**Vulcan Legion Meat Draw** - 3-6pm  
**Coffee at the Arrowwood Museum** 9:00am.  
**Pool & Games** - Carmangay Senior Clubhouse 10am  
**Coffee at the Carmangay Seniors Centre** 10am-12pm  
**Pancake Breakfast** at the Carmangay Community Centre -1st Sat. of the  
month - 9 am (No Sept. 5)  
**Carmangay Historic Church & Museum** open from 11-3 on the first  
Saturday of each month

## Friday-Sun

**Coffee Time** - 8:00am Lomond Drop-In



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

Monday to Friday 1-6pm  
Friday 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  
-**Mental Health Help Line**  
1-877-303-2642

If you need counselling / mental  
health support:  
-**Mental Health Clinician**  
(Vulcan Hospital). Call Access  
Mental Health to book 403-943-1500  
-**Alberta Counselling Centre**  
1-833-827-4230 or visit  
[albertacounselling.ca](http://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  
**Al-Anon Family Group**- Meet  
Thursdays at 5:30pm. Contact Betty  
at 403-652-8285

**Caregiver Support Group** - Every  
second Tuesdays from June 9th on.  
9:30-10:30am Vulcan Hospital.

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



# GoodMorning Community Newsletter

Sign up for the monthly Events & Resources email to receive posters right to your inbox. You'll know what's going on in Vulcan  
County and be able to share with others. Just scan the QR code to the right or visit [www.vulcanandregionfcss.com](http://www.vulcanandregionfcss.com)

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

Aug. 20, 2026

FREE



## Babysitting Basics

Babysitting is a job with significant responsibility and the Babysitting Course taught,  
by a certified Red Cross instructor, helps prospective babysitters learn the skills they  
need. This course is for youth aged **11 to 17** years old. It teaches the new babysitter  
the necessary skills to provide care to children in a variety of situations. The course  
emphasizes safety rules, responding to emergencies, and developing leadership  
skills.

- Becoming a babysitter
- Basic first aid
- Safe play
- Changing diapers
- Bedtime routines
- Handling emergencies

Participants will also learn skills for making correct decisions when dealing with  
behaviour, caring for a sick child, and what to ask before caring for a child with  
disabilities.

**Date: Aug. 31, 2026**

Time: 9:30am - 4:30pm

Location: Vulcan and Region FCSS 105B 3<sup>rd</sup> Ave. S.

Details: Bring a bagged lunch. Maximum attendance is 20 youth.

Cost: \$65/person

Register with Vulcan and Region FCSS 403-485-2192  
Payments due by Aug. 26 to Vulcan and Region FCSS by cash, cheque or  
e-transfer at [reception@vulcanandregionfcss.com](mailto:reception@vulcanandregionfcss.com)



**COMPASS for  
the Caregiver**

**ACT4Health**  
ACTIVE HEALTH & ENGAGED COMMUNITY

Caregivers Alberta's award-winning COMPASS for the Caregiver program  
helps caregivers balance their own well-being with the challenges of  
caregiving.

This series of the COMPASS program is proudly sponsored by us at the  
**Vulcan Hospital.**

| Details:                                                                                                                          | Topics:                                                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| September 16: 10:00am - 12:30pm<br>September 23: 10:00am - 12:30pm<br>October 7: 10:00am - 12:30pm<br>October 14: 1:00pm - 3:00pm | Week 1: Being a Caregiver<br>Week 2: Managing Your Stress<br>Week 3: Balancing Relationships<br>Week 4: Navigating the Journey |

**Are you a caregiver?**  
YES, if you do even  
one of the following:

- Attend medical appointments with a loved one
- Prepare meals for a family member or friend
- Help with finances or personal medical care
- Provide transportation or home living support

**FREE**  
Register with Amanda at:  
403-485-4011  
[link.act4health@gmail.com](mailto:link.act4health@gmail.com)

**Caregivers  
Alberta**  
support@caregiversalberta.ca | 780-453-5588 | 1-877-453-5688 (toll-free)

**TRIVIA**  
Who is the God/Goddess of:

|                | Greek  | Roman  |
|----------------|--------|--------|
| 1. Agriculture | _____? | _____? |
| 2. Love        | _____? | _____? |
| 3. Fire        | _____? | _____? |
| 4. War         | _____? | _____? |

**CURIOSITY COVE  
DAYCARE**

**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](mailto:curiositycovedaycare@gmail.com)  
[www.facebook.com/curiositycovedaycare](http://www.facebook.com/curiositycovedaycare)

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**Home solutions bags**  
**and HEPA filters**  
**Central vacuum systems**

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**activepure.com**

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