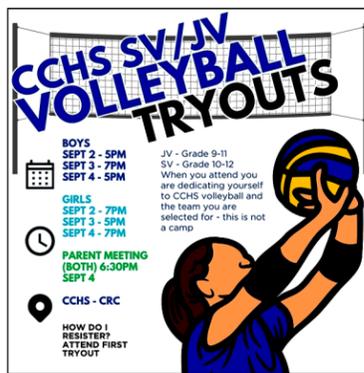


Community Calendar

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

Aug. 29 - Jam Session at the Vulcan Pool Park Gazebo 7pm Bring an instrument to play or a lawn chair to listen.
 Aug. 29 - Dive-In Movie: JAWS Vulcan Pool at 10pm Concession available
 Aug. 30 & Sept. 6 – Women’s Rugby 15’s Watch Party
 Sept. 2-4 – CCHS Volleyball Tryouts
 Sept. 7 – Paint Day - Vulcan Curling Lounge Painting a colourful rooster. Contact Sandy Stoddard by Facebook to register. \$50 . All classes have to be pre-paid and there’s no refunds Be there at 12:30 for 1:00 start.
 Sept. 11 – Fall Community Meet-up and Mass Registration – VPE School 4-6:30pm. Call Town of Vulcan Recreation 403-485-2554 for information
 Sept. 11 & 13 - Clothing Giveaway - Rosie’s Gift of Love –for residents of the Town of Vulcan and county of Vulcan – Vulcan Curling Club. Call Sandy for more information 403-485-5507
 Sept. 11 - Watercolour Paint Night at the Carmangay Library 6:30
 Sept. 12 – FASD Mini Conference Research, relationships and Reflection
 Sept. 12—BINGO at the Vulcan Senior Centre. Doors open 6pm. Starts 7pm
 Sept. 18 - Mini Art Show at the Carmangay Library 6:30pm
 Sept. 23 – Fall Tea and Pie Event at the Peter Dawson Lodge 2-4pm RSVP by Sept. 15 to 403-485-2422
 Sept. 25 – 7pm Carmangay Library Meet Lorne Fitch, a distinguished biologist with over 50 years of conservation experience, at our Author Talk. Lorne is the author of Travels Up the Creek: A Biologist’s Search for a Paddle and Streams of Consequence: Dispatches from the Conservation World.
 Sept. 26 Movie Night at the Carmangay Library 6pm Movie: Elio
 Sept. 27 – Lomond’s 2nd Annual Turkey Fry, Beef Roast, Pig Roast –4pm
 Sept. 28 – Bushel Barrel Race Event Vulcan Ag Grounds



Pickleball - Register at: townofvulcan.ca/recreation - for new dates and times.
 Arrowwood: Pickleball and Badminton – July-Sept. Daily 9-9.
 Carmangay: 7pm at the curling rink every Wednesday. Families can play Sundays.

Monday

-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.

-Wee Imagine in Lomond Sept. 8, 15, 22 & 29 Sharing books and fun activities. 2-6 year olds. Contact Greater Foothills Family Centre to register 403-652-8633

-Little Chefs in Vulcan Sept. 8, 15, 22 & 29 at 1:30. This hands on program gets kids in the kitchen. 3-6 year olds. Contact Greater Foothills Family Centre to register 403-652-8633

Tuesdays

Youth Zone at the Carmangay Library 4pm -Sept. 2 Volcanoes, Sept. 9 Board Games, Sept. 16 Shadow Drawings

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.

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

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 & Talk 1:30 Thursdays. Ladies lunch out once/month. Potluck suppers 3rd week 6pm. Cribbage Friday 1:30-4pm. Membership \$25



Presented by:
 Foothills Food Alcohol Society
 UNIVERSITY OF CALGARY
 Admission: Free | Coffee & Lunch Provided
 Contact for more info: Alaine - alaine.kowal@foothillsfas.com

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

September Hours
 Monday 3:30-6pm
 Tues-Thurs. 12-6pm
 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

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



GOOD MORNING

Aug. 28, 2025

COMMUNITY NEWSLETTER

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

FREE



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

TRIVIA

1. What do male mosquitos eat?
2. What percentage of people do not react to mosquito bites?
3. What area in Canada has the most mosquitos?

Drop in Chair Aerobics

Dates: Tuesdays & Thursdays
 Start Date: September 9th
 Time: 10:00 - 11:00 am
 Cost: Free
 Place: Vulcan Wellness Room @ Vulcan Hospital

Drop-in chair aerobics is an excellent way for individuals of all fitness levels to engage in physical activity while staying comfortable and supported. The blend of exercises, yoga, stretching, and Zumba can help improve strength, flexibility, and coordination, all while fostering a supportive community. Plus, the non-judgmental atmosphere makes it accessible for everyone! I'd encourage anyone interested to participate, as it's a great way to boost both physical and mental well-being.



610 Elizabeth Street
 Unit 28
 Vulcan, Alberta
 T0L 2R0
 Phone: 403-485-4001
 Email: vwhs.foundation@gmail.com



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



cgauthier@townofvulcan.ca"/>

reception@vulcanandregionfcss.com"/>

H Visscher Contracting Ltd.
Vulcan, Alberta

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

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Trivia Answers

1. Male mosquitoes only consume plant-based substances, such as flower nectar, plant sap, and honeydew (a sugary excretion from aphids). Only the females feed on human or animal blood which they need blood to create eggs.
2. 5-10% of the North American population does not have the immune response — the [histamine] response.
3. Northern Manitoba. The community of Komarno, Manitoba, Canada, is known as the unofficial "Mosquito Capital of the World." Its Ukrainian name, Komarno, translates to "mosquito infested". The town embraces its reputation with a giant mosquito statue, symbolizing its identity and attracting visitors to the area.

Something a Little Lighter

-I think my wife is putting glue on my firearms. She denies it but I'm sticking to my guns.
-Swarms of flying insects threaten town! Police deploy the SWAT team!
-I call my horse Mayo and sometimes Mayo neighs.

Let's Get Active Together

Workout Wednesdays

at the
Carmangay Senior Centre

Wednesdays starting Sept. 10
9:00am before coffee time

Join Sara from FCSS and enjoy time with others while using the exercise equipment and some standing and chair activities.

Everyone Welcome



SOLES 4 SOULS CANADA

Vulcan Lions are helping turn Shoes into Opportunities!

Donate your gently used, Men's, Ladies and Children's Shoes.
Give Shoes - Give Love

Accepting Shoes till Dec 4, 2025
Vulcan Library 303 Centre St.

Lions has a goal to collect 10,000 pairs of shoes!

In countries like Haiti and Honduras, your gently used shoes can provide a means to get food, shelter, and education for families.

To see how your shoes make an impact, visit:
www.soles4soulsCanada.org/give-shoes/

Have questions?
You can reach Peter @ 587-433-1247

Book Club Chatter

JOIN US!

Your Next Adventure Is Just a Book Away

September 16th, 3:30pm
Vulcan Library

Join us as we gather to discuss our favorite books and authors while sharing in the good company of others!

Watch Party Women's 15's World Cup

Aug 23, 10:30am CAN vs- FJI
Aug 30, 5:00am CAN vs- WLS
SEPT 6, 5:00am CAN vs- SCT
Playoff, TBD

at the Vulcan Lodge Hall
Doors open 30 min before Game
CHEER ON DeLeaka Menin

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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!

Food Bank Wish List

Coffee
School Snacks
Crackers
Mr. Noodle
Ketchup
Jam/Jelly
Razors
Dish Soap
Cake Mix
Side Kicks

Changing the Narrative on Suicide

WORLD SUICIDE PREVENTION DAY
SEPTEMBER 10, 2025



Here's what you can do to help prevent suicide.
From <https://www.suicideinfo.ca/world-suicide-prevention-day-2024/>

We all have a role to play in suicide prevention. It requires a multi-pronged approach that involves the actions of individuals, governments, institutions, workplaces, schools, communities, and society as a whole. As individuals, there are simple steps we can all take to help prevent death by suicide.

Pay attention
Learn the warning signs for suicide and pay attention to the people around you. Any noticeable change in someone's behaviour is a warning sign that they might not be doing well. This includes:

- Not texting or calling as much
- Drinking or smoking more than usual
- Appearing tired or distant
- Talking about how much life sucks
- Being more irritable or angry
- Reach out
- Learn how to have a conversation with someone who is thinking about suicide.
- If someone you know is exhibiting warning signs:
 - Mention what you've noticed; be specific: "I haven't heard from you much these days. Is everything okay?"
 - Ask questions and listen to what the person is saying.
 - Resist the urge to offer solutions.
 - Support them. Acknowledge their feelings are valid and let them know that you're there to support them: "That sounds really hard. But thank you for telling me. Can you tell me more about it? I'm here for you."
 - Who else have they told? Encourage them to reach out to others.
 - Still worried? Ask directly: "Are you thinking about suicide?"
 - If they say yes, don't panic.
 - Let them know you are there for them and connect them with readily accessible mental health supports, including 988, the Canada-wide Suicide Crisis Helpline.
- If they have immediate plans to die, call 911 and ensure they are not left alone.
- Connect someone to help
- Learn what resources are available. In Canada, 211.ca is a resources for community services, and the Suicide Crisis Helpline is available 24/7; call or text 988.
- Want to go further?
[Create a safety plan](#) with a person who is thinking about suicide
- Learn to do a suicide intervention with the [2-day ASIST training](#)

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

Full time construction labourer - Competitive wages and flexible hours are available.
builtbyrazorbacks.com

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

Lomond Community School needs Educational Assistants – Fulltime positions. Contact Mrs. Gartly for more information 403-331-5552

Early Childhood Educators - Vulcan Daycare vulcandaycare@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. Resumes go to ryeteousbread@gmail.com or drop off in person. 114 1st St. S.

Vulcan County - Payroll & Benefits Administrator. Do you have payroll experience? Are you detail-oriented? Temporary Full-Time position covering a maternity leave from December 1, 2025, to July 31, 2027.

For more information:
<https://bit.ly/3XrjWj3>

Armada Colony School
Is accepting applications for an EA for the upcoming school year. Please apply through the Horizon School Division website.

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
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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

