

Community Calendar

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

Dec. 5 - Live Nativity in Champion
 Dec. 6 - Milo Pancake Supper and Turkey Bingo
 Dec. 6 - Snowflake Festival Vulcan - Pictures with Santa, crafts and the movie The Santa Clause
 Dec. 6 - Mossleigh Ugly Christmas Sweater Potluck
 Dec. 7 - Steppin' Into Art 1pm Vulcan Library \$25. Sign up in person at the library or 403-485-2571
 Dec. 8 - Christmas Craft-a-Long Rainbow Literacy
 Dec. 8 - Milo Library - Gift of Giving - Children will work on a gift to give someone special - Register at Greater Foothills Family Centre 403-652-8633
 Dec. 8 - Join the Vulcan Area Public Petroleum Association (VAPPA) on Monday, December 8th at 1:00PM for our quarterly meeting. All Vulcan County residents and Landowners are welcome in Vulcan County Council Chambers.
 Dec. 9 - Carmangay Food Drive- firefighters will be out collecting donations for the local food bank
 Dec. 10 - Step-Up Support Group Chat & Chow gathering in Claresholm for families with children with disabilities. 12:30-1:30 - Sign up with Inclusion Foothills 403-652-0566
 Dec. 11 - Santa will be at the Lomond Library 5:30pm - 6:30pm
 Dec. 11 - Milo School Christmas Production - 7pm Scholastic Book Fair is open 5:30-6:30
 Dec. 11 - Christmas Concert Night - Vulcan 7pm
 Dec. 12 - Milo Family Christmas Party
 Dec. 12 - Ag Appreciation Night Vulcan County - Tickets online at <https://bit.ly/3K8DQf4>
 Dec. 13 - Holiday Train in Vulcan featuring the band Barenaked Ladies
 Dec. 13 - Pet Pictures with Santa
 Dec. 15 - Christmas Variety Concert Vulcan United Church - 7pm Church. Everyone welcome.
 Dec. 16 - Adult Social Night - Make your own Ugly Christmas Sweater - Register at 403-485-2192 or reception@vulcanandregionfcss.com so there is a sweater for you!
 Dec. 17 - Sound Bowl Session - Milo Library 1:30pm. Register at goodvibeswellness.ca
 Dec. 20 - Christmas Turkey and Ham Bingo - Nine-in-a-Line Brewing 7pm. Proceeds to the Food Bank.

Pickleball

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

Mondays

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.
Stay and Play 10:30-12:30 at Vulcan Yoga and Wellness Centre 112 3rd Ave. N. Vulcan \$2
Community Skating - 6:15-7:15pm. Vulcan Arena. 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

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.
Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In.
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

Time For Rhymes - 10-11am Milo Library
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.
Workout Wednesdays - 9am Carmangay Seniors Centre. Everyone welcome.
Yoga for Hips and Backs 4pm vulcanyogaandwellness@gmail.com
Drop-In Pool Vulcan Legion 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

Munchkin Mornings - Carmangay Library for kids 0-6yrs. Songs, games and activities. 10:30am
Community Walking - 11:35-12:20 at Vulcan CRC. townofvulcan.ca/recreation

Monday - Saturday

Vulcan Senior Centre -Pool 9am-12pm, Coffee Drop-in 10am - 12
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
 Friday-Sunday—**Coffee Time** - Lomond 8:30am at the Drop-In

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
-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

Something a Little Lighter

-The man that invented the Ferris wheel never met the man that invented the merry-go-round. They traveled in different circles.
 -Someone told be that humans eat more bananas than monkeys. Pretty obvious, I can't even remember the last time I ate a monkey.
 -What do mermaids use to wash their fins? Tide.
 -So this man assaulted me with milk. How dairy!



GOOD MORNING

Dec. 4, 2025

COMMUNITY NEWSLETTER

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

FREE

Everyone is welcome to Ag Appreciation Night

FRIDAY, DECEMBER 12

5:30 Cocktails by the Vulcan Ag Society
 6:30 Dinner by Meals in Minutes
 7:30 Music and Comedy Show
 NEW this year **MOCKTAIL BAR** provided by Carey Insurance
 Vulcan CRC 18+
 Tickets are \$60 available at Vulcan County Office
 Vulcan and Region FCSS or online scan the code



Fundraiser to support local mental health initiatives.



JOIN US FOR THE HOLIDAY TRAIN!

The CPKC Holiday Train is coming to Vulcan December 13th at 3:15PM! This wonderful family holiday event is also a fundraiser for the food bank and we will be accepting monetary and food donations. Join us for hot chocolate, pictures with Santa, special musical guest the Barenaked Ladies, and help us provide food security to our community. The train will be stopping next to the dog and solar parks.



'Tis the season for great hair. Book your holiday appointments today. Call 403-768-2752 or scan the QR code below. Follow along on socials for festive deals, giveaways and more!




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

Mossleigh Community Hall
 JOIN US FOR THE
2025 UGLY SWEATER CHRISTMAS POTLUCK
 COMMUNITY . FUN . FOOD
SATURDAY 6TH DECEMBER
 The fun will start at 6:30pm
 LET THE SPIRIT OF CHRISTMAS FILL MOSSLEIGH

DECORATE SUGAR COOKIES

BYOB

Milo Lions Club
PANCAKE SUPPER


AND TURKEY BINGO
Saturday, December 6, 2025
 Supper 5:30 pm Bingo 7:00 pm
 at Milo Community Hall
 Everyone welcome!
 Adults \$15.00, Children 6 to 12 years \$5.00, preschoolers free
 We will also be collecting eyeglasses for the Lions Eye Bank.

BAKE SALE
 by Milo School Council
 between supper and bingo

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EMPLOYMENT OPPORTUNITIES

Educational Assistants - Arrowwood Colony (P/T) and Milo School (Temp/PT) - Palliser School Division
<https://www.pallisersd.ab.ca/hr/career-opportunities>

Learning Facilitator—email adult@rainbowliteracy.com

Program Supervisor - Vulcan Day-care Society - ECE Level 2 or 3
 vulcandaycare@gmail.com For info call 403-485-2945

Vulcan Bottle Depot—Apply to Wheat Country Special Needs Society found on indeed.ca

Found on LinkedIn.com
 Wind Turbine Technician - Siemens Gamesa - Lomond
 Farm Machinery Operator - Hubka Farms Ltd.
 Service Truck Operator/Front Counter Representative - Fountain Tire
 Registered ACP - Paramedic - AHS Vulcan
 Head Caretaker - Carmangay School
 Palliser School Division

Found on indeed.ca
 Kitchen Helper- New Club Cafe
 Sandwich Artist - Subway
 Food Counter Attendant - A&W
 Food Services Manager - Mama's Pizza
 Early Childhood Educator - Vulcan Daycare Society
 Building Maintenance Worker - Wholesale Warehouse Vulcan
 Educational Assistant - Vulcan Prairieview School - PT/Temp
 Outside Parts and Service Representative, Sales Coordinator, Parts Person - Brandt John Deere
 Mobile Rural Navigator, Client Services - Alzheimer Society
 Casual Cook - Extendicare
 Agribusiness Assistant or Sales Representative - Richardson International
 Health Care Aide - Alberta Health Services

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)

MILO LIONS CLUB
NEW YEAR'S & FUN CASINO NIGHT

Adding 6 new Blackjack tables this year!!

Wednesday December 31, 2025
 Milo Hall
 Casino runs 7:00 p.m. to 11:00 p.m.
 Then finals and New Year's celebration.

cash prizes
 Admission: \$30
 Includes play money and festive buffet.
 Food prepared by Friends of Milo Library.

Sherwood.
 EST. 2014

become a SHERWOOD vendor!

SHERWOOD is open to aspiring entrepreneurs! JOIN OUR COMMUNITY!

- at SHERWOOD, you pay a "flat" monthly membership and keep 100% of your sales!
- you manage your own inventory!
- with a BONUS of RADIO/TV advertisements to our SHERWOOD partners!

INQUIRE NOW!!

NEW DATE
 Lunch and Learn
POWER OF ATTORNEY and PERSONAL DIRECTIVES
 Free Lunch

Vulcan Senior Centre
 Tues. Dec. 9, 12:30-2:30pm

Learn about how these documents protect you and your loved ones, important things to consider, then get help from the facilitator filling them out. If you are over 18 you should have these documents filled out and should change them as your circumstances change.

Please register with Vulcan and Region FCSS at 403-485-2192 or email reception@vulcanandregionfcss.com or in person at the senior centres

Presented by Gabrielle Kirk Case Manager for Southern Alberta Senior Protect Society

Grinch or Christmas Tree Theme

Light up LOMOND

Make sure your lights are on for the evenings of December 11th, 12th, 13th, & 14th

Lomond students will be judging the lights and the results will be announced at the Christmas Concert.

Prize money awarded to the winners by the Lomond Community Development

Fire & Frost HEATING & COOLING

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

Types of Performers in the School Holiday Concert

Super loud singer
 Only one who really knows the choreography
 Fancy dresser
 Unenthused lip synchroner

Thrower-upper
 Not-fancy dresser
 Statue

MEET STEFANO, YOUR LOCAL PHARMACIST!

MARKET STREET PHARMACY

DIABETES CONSULTATION
 MEDICATION REVIEWS
 PRESCRIPTION AND MORE!

Rainbow Literacy
 Snowflake Festival Craft
 CRC Dec. 6 12:30-4:30pm

Create an Ugly Sweater and take home a special treat for Santa's Reindeer!

There is shuttle that can do round trips from villages and farms to Vulcan, in-town trips around Vulcan and medical trips to the cities. Call 403-485-2106 to book a ride.

H Visscher Contracting Ltd.
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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

FOR RENT!
 1 BACHELOR SUITE AVAILABLE
 Located at 115 2nd Ave South

MAIN FLOOR WITH 3.5 BED ROOMS
 UPPER FLOOR WITH 3 BED ROOMS
 BASEMENT WITH 2 BED ROOMS

Located at 208 2nd St South
 ALL SEMI FURNISHED

FOR MORE DETAILS PLEASE
 CONTACT: 587-436-1132
 Or visit Mamas Pizza Restaurant

DJ Stewart Says:
 "Screw Cancer Let's Have a Party"
 New Year's Eve Bash
 Presented by Vulcan Kinetics and Kinsuen
Wednesday December 31 Vulcan Legion
 Doors Open at 8pm
 Lunch served @ 11pm
 Playing til Late:

TENFORWARDROADSHOW
 DJ Stewart Surman

50/50 Draw
 \$600 in Door Prizes
 Tickets \$30 and are available at:
 ATB Financial & Market Street
 18+ Only

Help us Support a Great Cause!
 All Proceeds go to Palliative Care Vulcan
 With Special Thanks to The Vulcan Legion

Trivia Answers 1) 3 years. 2) Applesauce. 3) 5 hours.

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
www.facebook.com/curiositycovedaycare

HELP WANTED
 Hiring Class 1 and 3 Drivers

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

MAMAS PIZZA AND PASTA RESTAURANT

TRY OUR NEW:
FREDDIE CRISPY FRIED CHICKEN
 *comes with french fries, gravy and coleslaw

DAILY SPECIALS
10% OFF PASTA AND SALAD
 *for dine in only

COME DINE IN WITH US FOR DAILY SOUP AND SANDWICH FOR ONLY \$14.99
 Located at: 115 2nd Ave South, Vulcan, Alberta.

CHRISTMAS CRAFT A LONG

Let it SNOW
 Let it SNOW
 Let it SNOW!

Ages 2-5yrs Monday, Dec 8 10:30-11:30am (caregivers stay for 2-5yrs age group)

Ages 6-8yrs Monday, Dec 8 4:30-5:30pm
 Ages 9-12yrs Monday, Dec 8 5:30-6:30pm

At the Rainbow Literacy Building
 Please REGISTER at 403-485-3109 or email family@rainbowliteracy.com

JOIN US AT THE LIBRARY FOR PET PICTURES WITH SANTA

BRING A PET RELATED DONATION FOR THE FOOD BANK AND GET A FREE PICTURE WITH SANTA!

SPONSORED BY ROSIE'S GIFT OF LOVE AND THE VULCAN LIBRARY
SATURDAY DECEMBER 13th 10:00 - 12:00