

Community Calendar

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

Feb. 25 - Ask-Talk-Listen - Location TBD - A mental health workshop designed for agricultural communities. Coming to Lomond the end of February. Watch for posters and social media for details.
 Feb. 25 - Let's Talk about Death Together - Movie and Discussion Series. Feb. 25 In the Realm of Death and Dreaming, Mar. 4 Saying Goodbye, Mar. 11 Discussion, Mar. 18. The Architecture of Dying, Mar. 25 Discussion. 5:30 Potluck Supper, 6:30 Film. Hosted by the Vulcan United Church. Open to ALL community members. Come for whatever parts you want. This is not a grief group or religious, it is a safe, welcoming space to have open conversations about death and dying.
 Mar. 8 - Spring Dinner and Auction - Champion Kindergarten Association (See attached poster)
 Mar. 10 - Gerry Friesen, AKA The Recovering Farmer, chronicles his journey through anxiety, depression, and addiction to a place of improved mental health—and even, sometimes, happiness. Information sessions at 2-3:30 and 7-8:30pm.
 Mar. 14 - Nashville Night Fundraiser for the Vulcan Daycare
 March 19-21 - The Screen Test Mobile Mammography Clinic is returning to Vulcan outside the Hospital for FREE breast cancer screening. No referral needed. For women aged 45-74. Book your appointment: 1-800-667-0604 or Learn more: screeningforlife.ca/breast

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

Mondays
All about Winter - Milo Library Feb. 9 & 23 at 10:30am
Space Adventures - Vulcan Lodge Hall 1:30pm Feb. 2, 9 & 23 ages 2-6 Register with Greater Foot-hills Family Centre 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.
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
Little's Lounge - Carmangay Library - 1pm Little's Lounge
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.
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
Cornhole at the Vulcan Curling Club. 18+ Register at 6:30, play at 7pm. \$3 per person.
BINGO - 2nd Friday of the Month Vulcan Senior Centre. Doors open at 6. Bingo starts at 7pm.

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 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

Time for Rhymes

Champion School Library
 - Wednesdays 10:30am
 Milo Public Library
 - Wednesdays 10am
 Vulcan Library
 - Thursdays 10:30am
 Lomond Library -
 - Thursdays 10:30am
 Spanish TFR Vulcan Library
 - Wednesdays 10:30am
 Register 403-485-3109



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

-What do you call a fake noodle? An impasta.
 -What is a sharks favorite saying? Man overboard!
 -Why are cates better than dogs? Because dogs can't operate an MRI but catscan!
 -Why do melons have big weddings? Because they cantaloupe
 -Why do cows wear bells? Because their horns don't work..



GOOD MORNING

Feb. 19, 2026

COMMUNITY NEWSLETTER

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

FREE

TALK ASK LISTEN

MENTAL HEALTH LITERACY WORKSHOP

For Agriculture & Rural Communities
 Created & Facilitated by the Do More Agriculture Foundation

START THE CONVERSATION THAT MATTERS

Learn how to recognize stress, talk about mental health, and connect others with help in agricultural communities.



REGISTRATION REQUIRED

EVENT DETAILS
February 25, 2026 | 6:00 PM
 Lomond Community School
FREE | One-hour workshop
 Snacks provided

CONTACT
 Alex Whittington
cao@villageoflomond.ca
 (403) 792-3611

PRESENTED BY:



Are you low income and need taxes filed?

FREE TAX CLINIC

March 2026 (9:30am to 4:00pm)

Monday- 2, 9, 16, 23, 30

Tuesday - 3, 10, 17, 24, 31

April 2026 (9:30am to 4:00pm)

Monday- 13, 20, 27

Tuesday- 7, 14, 21, 28

*closed April 6 Easter Monday

Please note that we are not able to do the following taxes: RRSPs, bankruptcy, self employment, business or corporate, capital gains, foreign property or income.

By appointment only.
To book, please contact
Vulcan FCSS

403-485-2192

Clinic located at 105B 3rd Ave S Vulcan

fcss 2026
FINDING PEACE IN CHAOS
 WEDNESDAYS @0500-0600PM
 MARCH 11- APRIL 15
 105B 3RD AVE SOUTH
 CALL OR EMAIL US AT:
 403-485-2192
COUNSELLING@VULCANANDREGIONFCSS.COM
SESSIONS ARE FREE SO THAT YOU CAN HAVE ONE LESS THING TO WORRY ABOUT
PSYCHOEDUCATION AND SUPPORT GROUP FOR MANAGING DAILY STRESS

Join Us For A **FAMILY GAMES NIGHT!**
Tuesday, February 24
6:30PM - 8:30PM
Fun & Laughter! **No Charge!**
Snacks & Drinks!
All Ages Welcome!
 14 & under must be accompanied by an adult
 Games will be provided
At The Champion Pioneer Club
 Sponsored by the Champion Community Booster Club & Vulcan FCSS

TRIVIA

1. Who is the only Canadian athlete who won medals in both the summer and winter games?
2. What country used the army to bring snow in to host the Winter Olympics?
3. In what country was National Kindness Week (the 3rd week of February) passed as an act into federal law?



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



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

JOIN US FOR
Cornhole TOURNAMENT
February 27th - 6pm
Hosted at Mossleigh Hall

BAGS OR BOARDS
BRING A SNACK IN A BAG OR ON A BOARD

\$10/ TEAM or **\$5/ PERSON**

PRIZES
1st & 2nd Place

MUSIC, FOOD & FUN
Arrive by 6:00pm to Sign Up!!
To Pre-Register email: amy_tye@hotmail.com

CHAMPION KINDERGARTEN ASSOCIATION
Spring Dinner & Auction

Sunday March 8th
Champion Community Hall
Doors open at 4:00pm
Dinner at 5:00pm
Auction to follow

FOR TICKETS CONTACT
ALENA (403) 915-5381
FAMILY OF 5: \$50
ADULTS: \$25 YOUTH 6-17: \$15
KIDS 5 AND UNDER - FREE

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.

EMPLOYMENT OPPORTUNITIES

Palliser School Division Jobs
Family School Liaison Counsellor—
Vulcan Prairieview Elementary
Caretaker - CCHS
Educational Assistant - CCHS
Casual Educational Assistant - Temp.
www.pallisersd.ab.ca/hr/career-opportunities

Vulcan County
www.vulcancounty.ab.ca/
announcements/career-opportunities/
Seasonal Equipment Operator 1
Seasonal Gravel Truck Driver
Seasonal Grader Operator
Seasonal Gravel Truck Driver
Seasonal Agricultural Service Labourer

CAREGIVER SUPPORT GROUP

If you are caring for an aging parent, spouse, friend or neighbour, this support group is for you.

- 3/3 Join our Caregiver series and connect with others, featuring a Zoom hello from the FGSS counselling student.
- 3/10 Caregiver supports you may not know about - programs and financial benefits with FGSS.
- 3/17 Join us for a session on building your self-advocacy skills with the Alberta Health Advocates.
- 3/24 Home Care, Long-Term Care, Peter Dawson Lodge and Extended Care will be here to chat about navigating the next stages of care.
- 3/31 Self-care session with Vulcan Yoga and Wellness, including breathing, meditation, and gentle, optional movement.
- 4/7 Caregiver's Alberta share how they support Caregivers in our communities.

Join us from 8am-10am in Meeting Room 1364 (Wellness Center) at the Vulcan Hospital

RSVP Requested
RSVP with Amanda: 403-495-4011 linkact4health@gmail.com

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

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

~ Adult Social Night ~
No Talent Arts and Crafts
Feb. 24th

Easy simple crafts that anyone can do come and expand your creativity!

Adult Social Night
Every other Tuesday 7:00-9:00pm

mar.10th Appies and Boardgames
mar. 24th Cooking Night - Make and Take

Please register!

Professional Makeup Artist
BAYLIE MARTINE
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

Food Bank Wish List

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

Casual Receptionist - Vulcan Medical Clinic send resumes to L. Bexte, Staff Supervisor
admin@vulcanclinic.ca mail to Box 419 Vulcan, AB or hand deliver to 610B Elizabeth Street South Fax 403-485-2218

Part-time Post Office Assistant - Village of Milo
email cao@villageofmilo.ca with the subject line Post Office Position

Inside Parts and Sales Associate - R.A. West indeed.com

Administrative Assistant - Wheat Country Special Needs Society

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

Found on indeed.ca

- Building Maintenance Worker - Wholesale Warehouse Vulcan
- Pork Production Technician—Premium Farms
- Agribusiness Assistant and Sales Representative -Richardson Int.
- Relationship Manager, Lending - Agriculture Financial Services Corporation
- Yard Manager - UFA
- Sandwich Artist - Subway
- Parts and Service Representative – Brandt

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)

Looking for a fun, welcoming way to stay active?

JOIN US FOR DROP-IN CHAIR AEROBICS

A gentle and energizing class designed for all fitness levels. Enjoy a mix of movement, stretching, and light cardio in a supportive, judgement-free environment.

- Tuesdays & Thursdays
- 10:00-11:00 am
- Vulcan Wellness Room at Vulcan Hospital
- Free to attend

No registration required. Just drop in and move at your own pace.

Vulcan County Health & Wellness Foundation

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

Trivia Answers

- 1) Clara Hughes has won multiple medals in both summer and winter Games, representing Canada in speed skating and cycling.
- 2) In 1964, the Winter Olympics were set to take place in Innsbruck, Austria – but as the event loomed, the officials realized that there wasn't enough snow! So, the Austrian army headed into the nearby mountains and carted down more than 38,200 cubic metres of snow and 20,000 blocks of ice!
- 3) Canada.

Tim Hortons COFFEE SHOP FUNDRAISER!

JOIN US TO SUPPORT A GREAT CAUSE!

WHEN: Thursday, February 19th, 2026
7:30 AM - 10:30 AM

WHERE: The Vulcan Curling Club

WHO: All Proceeds Go to THE VULCAN SKATE CLUB

DONATE & MAKE A DIFFERENCE!
Pay by Cash or E-Transfer May be Available

Community Breakfast
Saturday, February 21
8:00 AM - 10:00 AM
Champion Community Hall

Join us for a warm, welcoming Community Breakfast—everyone is invited!

COST: By Donation

Proudly Sponsored by the CHAMPION COMMUNITY BOOSTER CLUB

Proceeds support community programs and events.

BEDTIME STORIES
Wednesday evenings March 11, 18, 25, Apr 1 2026
Stay at home in your jammies and read along with our facilitator a bedtime story!

FREE TO JOIN

- 2-5yrs 6:00-6:30pm
- 6-8yrs 6:30-7:00pm
- 9-12yrs 7:00-7:30pm

Please call us to register, receive your new storybooks and get the link to join
Phone 403-485-3109
Email family@rainbowliteracy.com

RAINBOW Literacy & Learning Inc.

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

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

HELP WANTED
Hiring Class 1 and 3 Drivers

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

NEED HELP WITH YOUR SMARTPHONE COMPUTER OR TABLET? ENROLL IN DIGITAL SKILLS

FEBRUARY 25 - APRIL 1

WEDNESDAYS AT THE MILO LIBRARY
5:30PM - 7:00PM
Join Anytime. REGISTER TODAY!

VISIT OUR WEBSITE, CALL, OR EMAIL TO REGISTER.
rainbowliteracy.com | 403-485-3107
adult@rainbowliteracy.com
110 1 Ave S, Vulcan, AB Box 449 TOL 280

MEXICAN TRAIN DOMINO NIGHT
Tuesdays at 7:00 PM
Whispering Creek Amenities Building
102 Whispering Way
Contact Suzanne at 403-279-8522
Please call only (No text messages)