



# GOOD MORNING COMMUNITY NEWSLETTER

**FREE**

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## Women in Business

**co-operators**  
Cory Insurance Agency Inc.

**KRYSTALOWICH & CO.**  
CHARTERED PROFESSIONAL ACCOUNTANT

**ATB**

**ASPIRING ENTREPRENEUR?  
SEEKING RESOURCES TO  
FUEL YOUR BUSINESS  
GROWTH?**

Join our panel of experts – Diane Krystalowich, Colleen Carey, Angela Meadows, and Ursula Sherwood – for a discussion on the unique challenges and opportunities faced by women-owned businesses.

Bring a friend and join us, enjoy a complimentary drink and snack

**JANUARY 28 - 6:30PM**

**NINE  
IN A LINE  
BUSINESS**

## Telling Stories from the Past

### Lunch and Learn

Learn about sharing your own personal stories. Even if you think you have nothing interesting to share, by the end of the workshop you will know you have a story or two to tell. Whether you aim to record your experiences for personal reflection, relive past escapades, or highlight the wisdom and triumphs you've gained, this session will provide you with the tools and encouragement to record those memories!

**Arrowwood Museum  
Wed. Jan. 22 12-2pm**

**Vulcan Senior Centre  
Tues. Jan. 28 12-2pm**

**Carmangay Senior  
Centre Thurs. Feb. 6  
12pm-2pm**

**FREE lunch included. Please register with Vulcan and Region FCSS at 403-485-2192 or reception@vulcanandregionfcss.com**

Presenter: Bev Knutson Shaw, President of the Vulcan and District Historical Society, creator of Smorgasbord of Stories video series, self-proclaimed Nosey-Nellie because her passion is storytelling and she loves to hear people's stories!

## Community Support Beds

Peter Dawson Lodge offers Community Support Beds for short term stays, supporting individuals that may not want to be home alone after a medical procedure.

Breakfast, lunch & dinner included | Fully accessible | Home Care support available

**\$65/day**

Contact Kathryn or Darcie at Peter Dawson Lodge for more information.  
403.485.2422

Heather Highland's Annual **Robbie Burns Night** is back! **January 25, 2025 at the Champion Hall**

A delicious meal with haggis, entertainment including the Lethbridge Legion Pipe Band, Heather Highland dancers, and Scotch samples!

**Doors open 5pm, events at 6pm**

Call Susan at 403-485-3660 Adults \$45 Children \$15

## Financial Literacy for Success

Do you have financial goals that you are not sure how to achieve? Maybe you need different skills to go back to school or get promoted at work? **Let us help you gain the skills you need in order to succeed in life financially.**

**Starts Jan 21 2025 Ends March 18 2025**

**Class Runs:  
Weekly Tuesdays  
1pm-3pm  
At Rainbow Literacy**

**Registration  
January 14 2025  
1:30pm - 3pm  
At Rainbow Literacy  
\$25 per person**

To join our class at any time contact us!

adult@rainbowliteracy.com | rainbowliteracy.com  
403-485-3107 | Box 449, 110 1 Ave S | Vulcan, AB T0L 2B0

**RAINBOW**  
Literacy & Learning Society

Vulcan Legion Hall - 240 Sinclair Rd.

## VAPPA

### Meet & Greet

**February 4, 2025**

5:00pm Doors open  
5:30pm Supper  
6:30pm Program

EAT.  
LEARN.  
DISCUSS.  
*Join Us*

**GUEST SPEAKERS INCLUDE**

|   |  |
|---|--|
| Farmers Advocate Office<br><i>Darcy Allen</i> | Alberta Energy Regulator (AER)               |
| Orphan Well<br><i>Lars de Pauw</i>            | Calgary Region Airshed Zone (CRAZ)           |
|   | Vulcan County Ag Department<br>VAPPA Members |

**RESIDENTS AND LANDOWNERS OF VULCAN COUNTY** are invited to join us to learn more about your local association.

visit [VAPPA.ca](http://VAPPA.ca) for tickets and information.

## Canada Revenue Agency (CRA) In-Person Support

C.R.A. is coming to answer your questions. Here are some of the services they can provide:

- obtaining tax slips,
- determining what tax years need to be filed,
- Printing Notice of Assessment (NOA),
- change of address / phone number / direct deposit information,
- helping to understand letters from the CRA,
- recovering uncashed cheques
- providing clarity about the different benefits and credits,
- educating clients on MyAccount, including how to enroll and how to use the system,
- educating clients and income support officers on Represent a Client and its use,
- promoting the Community Volunteer Income Tax Program (CVITP)

Date: **Tuesday, January 21, 2025**  
Time: **10:00 AM - 4:00 PM**  
Location: **Peter Dawson Lodge  
614 - 1 Street N, Vulcan, AB, T0L 2B0**  
Book an Appointment: 403-485-2192

To access your information, CRA will need your Social Insurance Number and Photo ID

Canada Revenue Agency | Agence des Revenus du Canada | Canada

## TRIVIA

- Where do baobab trees grow?
- What tree in Canada has the most legal protection?

## COMING SOON!!!!

### Barber Shop Salon

**NEW IN VULCAN!**

Manicure  
Pedicure  
Foot Spa

**LAUNDROMAT AVAILABLE!**

\*Inside Mama's Pizza Building

**MEET STEFANO,  
YOUR LOCAL PHARMACIST!**

## MARKET STREET VULCAN

DIABETES CONSULTATION | MEDICATION REVIEWS | PRESCRIPTION AND MORE!

**(403) 485-2919**

[MARKETSTREETPHARMACY.CA](http://MARKETSTREETPHARMACY.CA)

## MAMA'S PIZZA LUNCH MENU SPECIAL

**EVERYTHING FOR \$14.99**

ASK FOR DAILY FREE SOUP FOR EVERY MEAL

BURGERS  
PASTA  
SALAD  
FISH & CHIPS  
FRIED CHICKEN  
SANDWICHES  
SUBS/LOAFERS  
8" PIZZA  
CHICKEN FINGERS

## Did you know...?

There is shuttle that can do round trips from villages and farms to Vulcan and in-town trips around Vulcan.

Call 403-485-2106 to find out more about this new service.

## Something a little lighter:

- Why do chicken coops only have two doors? Because if they had four, they would be chicken sedans
- Sausage puns are the wurst.
- Why can't towels can't tell jokes? They have a dry sense of humor.
- How do you throw a space party? You planet.

# Community Calendar

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

Jan. 18 - Lielow Music Fest presents **Bobby Dove** performing at T's Saloon in Milo, blend of roots and country soul. Showtime 8pm  
Jan. 21—Sound Bath in Carmangay 7pm. Register at [www.goodvibeswellness.ca](http://www.goodvibeswellness.ca)

Jan. 24 - **Amy Bishop**, singer/songwriter, performs at Nine-In-a-Line Brewing, Doors at 6pm, show at 7pm. Please email [Dan@nineinalinebrewing.com](mailto:Dan@nineinalinebrewing.com) for reservations.

Feb. 5 - Home Routes Music Tour at the Arrowwood Museum performance by **Burnstick**, folk duo.

**Pickleball** - Register at: [www.townofvulcan.ca/recreation](http://www.townofvulcan.ca/recreation)  
Mon. 2-4pm, Wed.6-8pm, Fri.2-4pm,Sat. 2-4pm

## Mondays

-**Roving Gym** 10:30am Milo School

-**Arrowwood Playgroup** 10am-12pm Community Hall 0-5 years old.

-**Vulcan Healthcare Auxiliary** meetings. New members welcome. First Monday of each month except stats and summer. Call Shannon at 306-331-6698 for time and location.

-**Flexibility Yoga** Carmangay Seniors Hall, 10:30 \$5 per session.

## Tuesdays

**YouthZone** at the Carmangay Library 4-6pm ages 7+

**Community Connection Café** - 1:30pm Vulcan Seniors Centre. Resumes Jan. 7.

**Community Walking** -Vulcan CRC 11:35am-12:25pm. Cancelled from Dec. 20 Resumes Jan. 7

**Badminton** - Mossleigh Hall at 6:30pm. \$20 per person for the season until the end of April. Contact Bobby if you're interested in signing up at 403-809-0444.

## Wednesdays

**Coffee Time**- 2pm Lomond at the Drop-In

**Mancave** - 1-3pm 105A 3rd Ave. S. Time to visit over billiards, puzzles, cards, ping pong, coffee, tea and snacks.

**Pickleball** - Carmangay Curling Club 7pm

**Coffee at the Carmangay Seniors Centre** 10am -12pm

**Tim Hortons Pop-Up** - First Wednesday of the Month 7:30-10:30am. Champion Pioneer Club.

**Youth Group** Vulcan Church of Christ 7pm. Grades 7-12.

## Thursdays

**Chess at the Vulcan Library** - 2:10-5:00pm

**Dart League** - Vulcan Legion. 6:30pm. Drop-In. No membership required.

**Community Walking** - Vulcan CRC 11:35am-12:25pm. Cancelled from Dec. 20 Resumes Jan. 7

**Vulcan Carvers group** - meeting every Thursday evening from 7 - 9 pm.

## 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

**Community Walking** - Vulcan CRC 1:00pm-2:30pm. Cancelled from Dec. 20 Resumes Jan. 7

## Saturdays

**Vulcan Legion Meat Draw** - 3-6pm

**Coffee at the Carmangay Seniors Centre** 10am-12pm

**Pancake Breakfast** at the Carmangay Community Centre - 1st Sat. of the month - 9 am

**Vulcan Track Club** - 9:30am Group sessions to run or 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

**Coffee Time** - Lomond 9am at the Drop-In

**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 1:30-4:00pm. Membership \$25

## Support Groups

**Wednesdays - SMART Recovery**

7-8:30pm Addiction Support Meeting. Call Beth at 403-485-1054 for info.

**AA - Alcoholics Anonymous** Tuesdays and Thursdays at 8pm. Call Gary at 403-485-5818

**AA** – Tuesdays at 7pm at the Hospital. Call Mike 403-485-8119

**AI-Anon Family Group** - Meet Thursdays at 6:00pm. 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

## **Get-A-Way Youth Centre**

Ages 10-18

403-485-6033

Mon.-Thurs. 3:30-6pm

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!

Come on Thursdays for programmed activities.

## **Time for Rhymes:**

-Champion School

Tuesdays 10:30am

-Milo Library Wednesdays

10:30am

-Vulcan Library (Spanish)

Wednesdays 10:30

-Vulcan Library Thursdays

at 10:30am

## **Financial Literacy for Newcomers**

New to Canada? Want to learn more about how our banks work? How employers pay in Canada? How to save money in Canada? Let us help you gain the skills you need to succeed in life financially in Canada.

Starts Jan 22 2025 Ends March 19 2025

Class Runs:  
Weekly Wednesdays  
5pm-6pm  
At Rainbow Literacy

Registration  
January 15 2025  
4pm - 6pm  
At Rainbow Literacy  
\$25 per person

To join our class at any time contact us!

adult@rainbowliteracy.com rainbowliteracy.com

403-485-3107 Box 449, 110 1 Ave S  
Vulcan, AB T0L 2B0



## **Learning for Success**

Do you have work or school goals that you are not sure how to achieve? Want to become more confident in your learning abilities? Need some extra help in reaching your life goals? Let us help you gain the skills you need in order to succeed.

Starts January 21 Ends March 18  
Tuesdays Weekly  
1pm-1:30pm  
At Rainbow Literacy

Registration  
January 14 2025, 1pm - 3pm  
At Rainbow Literacy  
\$25 per person

To join our class at any time contact us!

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## **Digital Skills**

Want to learn how to use your phone, tablet, or laptop?

Starts October 2 Ends April 2 2025

At the  
Vulcan Senior Center  
3:30pm-5pm  
Weekly on Wednesday  
\$25 per person

Join our class at anytime!

Want to register? Contact Us!

adult@rainbowliteracy.com rainbowliteracy.com

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## **Trivia Answers**

1. Baobabs are widely distributed across Africa, but also in Madagascar, India, Ceylon and Australia. Known as the "Tree of Life," it features a water-storing trunk that may reach a diameter of 9 metres (30 feet) and a height of 18 metres (59 feet) and is known as the longest living tree. One in Namibia is dated at 1275 years old.
2. The tree with the highest legal protection is in Kitchener, Ont. Planted by William Lyon Mackenzie King's father, this tulip tree still grows in Woodside National Historic Site.

## **HELP WANTED**

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



587-575-2111

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phone: 368.999.4300

"Children are likely to live up to what you believe of them." -Lady Bird Johnson

**H Visscher Contracting Ltd.**  
Vulcan, Alberta

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[enquiries@screw-pileconstruction.ca](mailto:enquiries@screw-pileconstruction.ca)

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