



# GOOD MORNING COMMUNITY NEWSLETTER

**FREE**

Please recycle this newsletter. Produced and printed locally. Folded by hand by volunteers.

**ARROWWOOD AG SOCIETY**  
- CURE FOR CABIN FEVER -  
*presents*

## Casino Night

**February 8, 2025**  
Arrowwood Community Hall

**Tickets \$50 (180 available)**  
**Cocktails 5pm • Dinner 6pm**  
**Fun Money Casino 7-11pm**  
**\$10 Casino buy in / \$20 2nd and 3rd**

**Big Cash Prizes for top 4 casino earners!**  
**Silent Auction**  
**Local Country Singers**

The Arrowwood Ag Society is proud to support local communities throughout southern Alberta. Our annual events help us to remain active in supporting great causes and local charities. We hope to see you on Casino Night, let's make 2025 a great year!

For more information or tickets call or text  
**DEREK 403 485 1423 or CHRIS 403 312 0108**  
Like and follow Arrowwood Ag Society on Facebook for more info.

## FAMILY DAY

**MOVIE RAMPAGE SKATE**

**Monday, February 17**  
Vulcan CRC & Vulcan Arena  
10am-4:00pm **FREE**

**VULCAN CRC**  
FREE CRAFTS & GAMES @ 10:00AM  
FREE MOVIE (WICKED) @ 11:00AM  
FREE HOTDOGS

**VULCAN ARENA**  
RAMPAGE SKATE @ 2:00-4:00PM

**MAGNUSON REALTY LTD.**  
"Make Your Winning Move with us!"

**ARE YOU LOOKING FOR A SAFE & CONVENIENT WAY TO GET AROUND VULCAN COUNTY?**

The Transportation Shuttle is here to help!  
Rides as low as \$10  
**Call 403-485-2106**

to book your ride for Shopping, Appointments, Social Outings, Seniors Center Events, etc.

Rides of all kinds are welcome!  
Please call and discuss your needs.  
We are here to support you!  
**MULTIPLE STOPS WELCOME!**

**VILLAGE TO VULCAN ROUNDTrip**  
SUBSIDIES AVAILABLE BASED ON INCOME  
\$30 ROUNDTrip- \$45,000 PER YEAR  
\$20 ROUNDTrip- \$30,000- \$45,000  
\$10 ROUNDTrip- UNDER \$30,000  
Times may vary depending on other riders  
Please call 24 hours in advance to guarantee availability

A Partnership Between **FCSS** and **CLARESHOLM & DISTRICT TRANSPORTATION SOCIETY**

**MEDICAL TRIPS INTO LARGER CENTERS ALSO AVAILABLE AT SUBSIDIZED RATES THROUGH CLARESHOLM & DISTRICT TRANSPORTATION SOCIETY 403-625-4455**

The Kinsmen Club of Vulcan, FCSS and VCHWF, invite you to the free virtual conference:

**"Love Letter to Men (And to Those Who Love Them): A Celebration of Men and Mental Health."**

The event focuses on men's health issues and promotes open discussions on mental wellness through watch parties.

- Conference Dates:**
  - February 18, 2025, 6-9 pm MST
  - February 19, 2025, 6-9 pm MST
  - February 20, 2025, 6-9 pm MST

Contact: Glenn Hutton, Trustee, VCHW Foundation (403-485-1353 or huttga@gmail.com)

### Mobile Supports Clinic

FCSS is coming to a community near you!

Drop-In to see how FCSS and other community programs can assist you. Make a one-on-one appointment if you have a specific question or task you need help with. 403-485-2192

**Lomond Sunshine Drop-In**  
Monday, Feb. 3  
2:30-6:30pm

**Soup and Bun served from 5-6pm**

Things FCSS can help you with:

- Assistance with:
  - Income Support
  - Seniors Benefits
  - CPP
  - Old Age Security
  - Guaranteed Income Supplement
  - Government My Account set ups
- Assistance with Housing Supports: landlord/tenant issues, rent subsidies, utility shut-offs, accessing cleaners/yard maintenance contractors.
- FREE Low-Income, Simple Tax Filing (Have your questions answered today then have your taxes filed for free in Vulcan)
- Transportation: Shuttle services in Vulcan County Medical trips Calgary Lethbridge, out of County

**-FREE Counselling (on site by appointment)**

**Canada Revenue Agency (CRA)**  
Agent on site to answer your tax questions or help to solve outstanding tax hold-ups

**Referrals to:**  
Family supports  
Immigration Services  
Employment Services – job searching, resumes, interview skills, re-training  
Food Security  
Programs and services already operating in Vulcan County  
Mental Health

**Basic Digital/Tech support – Drop-In with your phone or tablet for help with your own device Available from 2:30-5pm on site Provided by Rainbow Literacy and Learning**

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  
Darcy Allen

Orphan Well  
Lars de Pauw

Alberta Energy Regulator (AER)  
Calgary Region Airshed Zone (CRAZ)  
Vulcan County Ag Department  
VAPPA Members

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

visit **VAPPA.ca** for tickets and information.

### What is mediation?

**Relationships are hard! Family mediation is a process that helps families resolve issues through respectful dialogue with the help of a neutral third party, called a mediator.**

Mediation can help seniors have better, fuller relationships with their loved ones as well as reduce conflict however ANYONE can benefit from mediation. Including:

- adult children and relatives
- spouses
- care providers
- living arrangement participants
- friends

Join us at **5:30pm on February 11** for supper and information session at  
Vulcan FCSS (105B 3rd Ave S)  
Please register by calling 403-485-2192 or via  
reception@vulcanandregionfcss.com

### TRIVIA

1. Where was the first casino in the world opened?
2. Who opened the first hospital opened in Vulcan and in what year?

**Vincent Joseph Henry**  
Regional Agent and Distributor

**Air purification systems True HEPA**  
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

**Fire & Frost HEATING & COOLING**

587-575-2111  
fireandfrost.ca  
Local Champion, AB contractor with 21 years Experience  
Free Estimates

**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/LOAFS  
8" PIZZA  
CHICKEN FINGERS

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

**COMING SOON!!!!**

**Barber Shop Salon**

**NEW IN VULCAN!**

Manicure  
Pedicure  
Foot Spa

**LAUNDROMAT AVAILABLE!**

\*Inside Mama's Pizza Building

# 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)

-Feb. 5 - Home Routes Concert Series at the Arrowwood Museum performance by **Burnstick**, folk duo.  
 -Feb. 6 - Lunch and Learn: **Telling Stories from our Past**. Carmangay Seniors Centre 12-2pm. Register with FCSS 403-485-2192  
 -Mar. 8 Home Routes Concert series presents **Ian Foster** Arrowwood Museum.

**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.  
 -**Lomond Space Adventures** - Feb. 3, 10, 24. Register with [www.greaterfoothillsfamilycentre.ca/programs-1](http://www.greaterfoothillsfamilycentre.ca/programs-1)  
 -**Busy Bees** family program at the Vulcan Lodge Hall - Feb. 3, 10, 24. Register with [www.greaterfoothillsfamilycentre.ca](http://www.greaterfoothillsfamilycentre.ca)  
 -**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

## Tuesdays

**YouthZone** at the Carmangay Library 4-6pm ages 7+  
**Community Connection Café** - 1:30pm Vulcan Seniors Centre.  
**Community Walking** -Vulcan CRC 11:35am-12:25pm.  
**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.  
**Bingo** at the Champion Seniors Centre 3rd Tuesdays of each month at 1:30pm. For info call 587-257-7702.

## 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.  
**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.

## 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 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 8pm at Vulcan Anglican Church. 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

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



**FAMILY WEEK CAMP**  
 FEBRUARY 18TH-21ST  
 9:00AM-4:30PM  
 AGES 7-13  
 \$125  
 This 4-day camp offers a variety of activities including arts and crafts, open gym, movie, and plenty of games. There's something for everyone to stay busy, active and entertained.  
 Vulcan Recreation  
[www.townofvulcan.ca/recreation](http://www.townofvulcan.ca/recreation)

## **Trivia Answers**

- Gaming traces back to mankind's earliest ancestors. But wasn't until the world's very first casino, known as Il Ridotto (Italian: "Private Room"), opened its doors in **Venice, Italy**, that gaming went from small rooms and backlots to a more organized fashion.
- In 1917, nurse Cora Rinehart, was urged by a nearby doctor to start a hospital, and she did. Miss Rinehart opened a 4 bedroom cottage run by her and a handful of other nurses, for complicated deliveries and minor surgeries like tonsillectomies. With no electricity or running water, surgeries were done by the light of oil lamps and water was hauled in by the barrel for deliveries.



**Income Tax & Bookkeeping!!**

Call me for your personal or corporate income tax!

Bookkeeping:

Are you tired of being overcharged for bookkeeping, even though its the most important part of your entire business? Call me for solutions! I am pretty sure I can save on your monthly charge and even help get you organized with less stress.

[support@taxesaccountingservices.com](mailto:support@taxesaccountingservices.com)

phone: 368.999.4300

**MEET STEFANO, YOUR LOCAL PHARMACIST!**

**MARKET STREET VULCAN**



DIABETES CONSULTATION



MEDICATION REVIEWS



PRESCRIPTION AND MORE!

(403) 485-2919

MARKETSTREETPHARMACY.CA



## **Something a little lighter:**

Do you want a box for leftovers? No, but I'll wrestle you for them.  
 -Did you get a haircut? No, I got them all cut.  
 -When two vegans get in an argument, is it still called a beef?  
 -If pronouncing my b's as v's makes me sound Russian, then Soviet.  
 -Why can't you take inventory in Afghanistan? Because of the tally ban.  
 -A girl came up to me and said she recognized me from her vegetarian restaurant. I was a bit confused, I'd never met herbivore.

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

**Fergus Howard**

403-604-2923

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

- Specializing in Concrete
- Screwpile Installation
- General Handyman Work
- Existing Concrete Repair