

# 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)

July 18 – Dive-In Movie – Jaws 3 at the Vulcan Pool 10pm  
 July 19– Show and Shine, Pancake Breakfast, Kinsmen Soap Box Derby  
 July 19 – Vulcan team Showdown – Demolition Derby starts at 3pm  
 July 19 – Tim Hus performing at the Vulcan Golf Club  
 July 20 - Jam Session at the Vulcan Pool Park Gazebo 2pm Bring an instrument to play or a lawn chair to listen  
 July 25-27 – VulCon Convention <https://www.vulcantourism.com/vulcon>  
 July 25 Star Trek – Outdoor Movie at Nine-In-a-Line Brewing  
 July 26 – Champion 5km Walk/Run Clever Scoops Ice Cream eating challenge  
 Aug. 2 – Carmangay Fair, Parade and Sports Day – Pancake Breakfast, Parade 10am, Show and Shine 11-3, Children's Activities, Bench Fair  
 Aug. 8 – Dive-In Movie - Moana at the Vulcan Pool 9:30pm  
 Aug. 8 & 9 – Vulcan Rangeland Rodeo  
 August 10 - Milo Lions Club Barbecue & Car Show 1:30 pm  
 Aug. 10 - Jam Session at the Vulcan Pool Park Gazebo 2pm Bring an instrument to play or a lawn chair to listen  
 Aug. 16 – Bike4Vets at the Vulcan Legion

**Vulcan Pool**  
**DIVE-IN**  
**MOVIE SERIES**

**July 18**  
**10:00pm**  
**Doors open 9:30pm**

**JAWS 3**

**Pickleball** - Register at: [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation) - Mon 2-5pm, Wed. 6-9pm, Fri. & Sun. 2-5pm Vulcan. Location dependant on weather. Want to learn pickleball? Join on Wednesday evenings in June from 6-9pm. Equipment provided.

Arrowwood: Pickleball and Badminton – July-Sept. Daily 9-9.  
 Carmangay: 7pm at the curling rink every Wednesday. Families can play Sundays. Men's League - Contact Dennis Benci (403) 634-6142 for info.

## Mondays

**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.

## Tuesdays

**Roller Hockey** 10-11:30am Vulcan Arena Register at [townofvulcan.ca/recreation](http://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.  
**Cornhole** at the Aspen Crossing Tavern outdoor Patio 6:30 pm.

## Thursdays

**Chess at the Vulcan Library** - 2:10-5:00pm  
**Dart League** - Vulcan Legion. 6:30pm. Drop-In. No membership required.  
**Roller Hockey** 10-11:30am Vulcan Arena Register at [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation)  
**Vulcan Carvers group** - meeting every Thursday evening from 7-9 pm.

## Fridays

**Wiffle Ball** - CCHS Ball Diamond 1-3pm. Register at [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation). June 6-Aug. 8. Ages 10-15  
**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 and Talk Thursdays 1:30pm. Ladies lunch out once/month. Potluck suppers 3rd week 6pm. Cribbage Friday 1:30-4:00pm. Membership \$25  
 Friday-Sunday—**Coffee Time** - Lomond 8:30am at the Drop-In

**BIKES 4 VETS** August 16 2025

Breakfast at 9am  
 Kick Stands up at 10am  
 Dinner at 6pm \$25

All proceeds going towards helping Veterans

**Music in the Park**  
 Town of Vulcan Recreation

Bring a lawn chair and enjoy the local music scene

Bring your instrument and/or your voice and join us for an unstructured evening of sharing music.

**Pool Park Gazebo**

June 13, 7:00pm
June 22, 2:00pm
July 11, 7:00pm
July 20, 2:00pm
August 1, 7:00pm
August 10, 2:00pm
August 29, 7:00pm

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

Summer Hours  
 Mon.-Thurs. 1:00-6:00pm  
 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!

## 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

July 17, 2025

## COMMUNITY NEWSLETTER

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

**FREE**

The Vulcan Golf & Country Club Presents:

**Western Star**  
**Tim Hus!**

Date: July 19, 2025  
 Time: Show starts at 7:30pm  
 Location: Doors open at 6pm Vulcan Golf and Country Club Shed  
 Admission: New price! \$20

**VULCAN TEAM SHOWDOWN** CRC  
 PRESENTED BY

**DEMOLITION DERBY**

**SATURDAY JULY 19TH 3:00PM**

GATES OPEN AT 1:00PM DERBY STARTS AT 3:00PM  
 TICKETS AVAILABLE ONLINE - LIMITED TICKETS AT GATE  
 RAIN OR SHINE EVENT \* NO ANIMALS \* NO OUTSIDE LIQUOR

TEAM CARS  
 COMPACT CARS  
 MINIVAN CLASS  
 FOOD TRUCKS  
 VENDOR MARKET  
 DERBY MERCH  
 BEER GARDENS  
 FREE FACE PAINTING  
 KIDS POWERWHEELS  
 KINSMEN 50/50

**BBQ SUPPER**  
 AT CAMP KITCHEN WEST OF CENTRE

19 JULY 5-7 PM

**\$20/PLATE**

**NORMAN'S FAMOUS BBQ BEEF, BUNS, PASTA SALAD, BAKED BEANS**

**WITH ICE CREAM SANDWICHES FOR DESSERT**

**SPONSORED BY LOMOND LIONS**

**VULCAN COUNTY** 37<sup>th</sup> Annual **SHOW 'N SHINE**  
**Saturday, July 19, 2025**  
**Main Street – VULCAN, AB**

Registration – 9:00 a.m. to 12:00 p.m.  
 Fee: \$20.00 Per Vehicle

**TROPHY PRESENTATION** at 2:30 p.m.

For Further Info Contact  
 Days - Deanna 403-485-8224  
 Evenings - Alan 403-485-0649

Live Stage Performance by **Crusiers** Saturday 11am-2pm

**Kinsmen Soap Box Derby** 10am-2pm  
 Corner of 2nd Ave & 1st Street North

**Lions Pancake Breakfast** 9am-11am  
 Corner of Center Street & 2nd Ave North

**Swap Meet** 9am-3pm  
 \$10 per table  
 For info contact Dave 403-874-6459

**Trophy Categories**

Best Ford Best Chevy Best Dodge Best Street Rod Best Paint Best Engine	Club Participation Best Original Bike Best Custom Bike Best Interior Best in Progress Best Restored Furthest Distance Traveled	Peoples Choice Car Peoples Choice Truck Best Import Best Restored Tractor People's Choice Tractor People's Choice Bike
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**587-575-2111**  
[fireandfrost.ca](http://fireandfrost.ca)  
**Local Champion, AB**  
**contractor with 21 years**  
**Experience in heating and cooling services**  
**Free Estimates**

**MEET STEFANO,**  
**YOUR LOCAL PHARMACIST!**

**MARKET STREET PHARMACY**  
 •VULCAN•

DIABETES CONSULTATION  
 MEDICATION REVIEWS  
 PRESCRIPTION AND MORE!

**(403) 485-2919**  
[MARKETSTREETPHARMACY.CA](http://MARKETSTREETPHARMACY.CA)

**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

Logos: fcss, Vulcan Regional Food Bank Society, Healthy Aging Alberta

**TRIVIA**

1. Of the 48 National Parks/ National Park Reserves in Canada, how many are in Alberta?
2. What is the largest National Park in Canada?
3. Where did the Parks Canada Red Chairs begin?
4. How much does a National Park Pass cost this summer?

**fcss** Kids Day Out

FOR AGES 6-12

WHERE AND WHEN:

**MILO** - JULY 9, 16, 23  
WEDNESDAYS 10AM-3PM

**LOMOND** - JULY 15, 22, 29  
TUESDAYS 10AM-3PM

**MOSSLEIGH** - JULY 30, AUGUST 6, 13  
WEDNESDAYS 10AM-3PM

**CHAMPION** - AUGUST 5, 12, 19  
TUESDAYS 10AM-3PM

**ARROWWOOD** - AUGUST 7, 14, 21  
THURSDAYS 10AM-3PM

Free Lunch Provided

ACTIVITIES: WATER GAMES, MUSIC & DANCE, FUN SPORTS, CRAFTS

Scan QR code to schedule

**Vulcan Recreation**

**2025 SUMMER CAMPS**

- Golf Camp
- Volleyball Camp
- Creative Camp
- Cooking Camp
- Nature Camp
- Tumbling Camp
- Science Camp
- Adventure Camp
- Explorers Camp
- Swim Camp

**DAY TRIPS**

HERITAGE PARK, COULEE CLIMBING, TELUS Spark, Head-Smashed-In Buffalo Jump World Heritage Site

**JOIN NOW**

More information

**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

**AFTERNOON GOLF SPECIAL!**

SUPPORT OUR LOCAL FOOD BANK! Bring a non-perishable food item for the food bank or make a \$5 cash donation: Sunday to Thursday From 1:00 - 4:00 Golf for only \$60 Includes green fee, cart and tax!

**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

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

**RAINBOW Literacy & Learning Society**

**MILO - SUMMER - YOUTH - FUN - FREE**

**LITTLE ADVENTURERS 5-8yrs**  
Tuesdays Aug 5, 12, 19 10-11am

**BIG ADVENTURERS 9-12yrs**  
Tuesdays August 5, 12, 19 11-12pm

At the grass area beside the library

**VULCAN - SUMMER - YOUTH - FUN - FREE**

**LITTLE ADVENTURERS 5-8yrs**  
Wednesdays Aug 6, 13, 20 10-11am

**BIG ADVENTURERS 9-12yrs**  
Wednesdays August 6, 13, 20 11-12pm

At the Kinsmen Park by the rodeo grounds

**LOMOND - SUMMER - YOUTH - FUN - FREE**

**LITTLE ADVENTURERS 5-8yrs** 10-11am  
Thursdays Aug 7, 14  
Wednesday Aug 20

**BIG ADVENTURERS 9-12yrs** 11-12pm  
Thursdays August 7, 14  
Wednesday Aug 20

At the gazebo by the Library

Register at family@rainbowliteracy.com or 403-485-3107

Children have fun with a new story each week with a themed craft and being out in the sunshine and fresh air!

**Trivia Answers**

- Five National Parks are in Alberta: Waterton, Banff, Jasper, Elk Island and Wood Buffalo National Park
- At 44,741 km<sup>2</sup>, and spanning the Alberta-Northwest Territories border, Wood Buffalo National Park is Canada's largest national park and one of the largest in the world. Established in 1922 to protect the free-roaming bison (also the largest in the world), it also protects a large swath of the Northern Boreal Plains ecosystem, wolves, and vital whooping crane habitat, extraordinary examples of karst and caves, and the Peace-Athabasca Delta.
- In 2011, people at **Gros Morne National Park** in Newfoundland came up with the idea to place sets of Adirondack chairs in lesser-known, stunning locations around the park, inviting visitors to enjoy and share on social media. Today, the iconic red chairs can be found in over 100 locations administered by Parks Canada.
- \$0! Parks Canada is offering free admission and discounted overnight stays at participating locations, from June 20 to September 2, 2025.

**ROLLER HOCKEY**

JULY 2 - AUGUST 13  
TUESDAYS & THURSDAY

\*HELMET REQUIRED\*

FREE AGES 8+

10:00AM - 11:30AM  
Vulcan Arena

**Something a Little Lighter**

- A new species of head lice has been discovered that is resistant to all know treatments. Yes, I hear it's really left scientists scratching their heads.

-Cowboys in the old west used to hang lanterns from their saddles at night to help them find their way home. It was an early form of saddle light navigation.

-We had to assemble a human skeleton in anatomy class and I hid an arm bone as a joke. No one found it humerus.



**IRON EDGE salon & spa**

WWW.IRONEDGESALONANDSPA.COM

95B Centre Street

**No appointment? No problem.**

We gladly take walk-ins whenever we can - call ahead to check availability or swing by and say hi!  
403-768-2752

Or scan the QR code below

**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!**

**Clever Scoops 4<sup>TH</sup> ANNIVERSARY CELEBRATION**

Saturday July 26, 2025

5 km walk/run Go anytime all day! Register early for SWAG! SWAG bag pickup July 25 & 26 at Clever Scoops.	Vendor's Market 11:30 - 3:30 No fee for a table! Preregister to ensure enough space.	Ice Cream Eating Contest 3:30 pm Legacy Corner Preregister \$20 Be the new champion & win your \$\$ back, a t-shirt, & your photo on our hall of fame!	<b>YOUR Special DAY</b> Draws & Specials will be held all day in shop! Be sure to stop by! It just might be your special day!
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**1st Annual Vulcan Rangeland Rodeo**

August 8th-9th

2025 Vulcan, Alberta

Nightly-7:00 PM

Tickets: Adults-\$20  
Child(10 & Under)-Free  
Weekend Pass-\$40

Beer Gardens  
Group Camping

**CLASSIFIEDS**

To place an ad here call 403-485-2192 or email communityliaison@vulcanandregionfcss.com

**EMPLOYMENT OPPORTUNITIES**

- 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? Have questions? Call (403)485-3115 or email [shania.culp@vulcancounty.ab.ca](mailto:shania.culp@vulcancounty.ab.ca)

Legislative Clerk - Full time permanent  
Deadline July 28  
[www.vulcancounty.ab.ca/announcements/career-opportunities/](http://www.vulcancounty.ab.ca/announcements/career-opportunities/)

Operations Assistant  
G3 Carmangay  
[jobs.dayforcecm.com/en-US/g3canada/CANDIDATEPORTAL/jobs/3113](http://jobs.dayforcecm.com/en-US/g3canada/CANDIDATEPORTAL/jobs/3113)

-Early Childhood Educators - Vulcan Daycare [vulcanday-care@gmail.com](mailto:vulcanday-care@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)

-Dietary Aide morning/lunch shift - Vulcan Extencicare

Vulcan bottle depot is looking to hire summer help with possible employment continuing in the fall. Please send resume to [jsmith@wcsns.ca](mailto:jsmith@wcsns.ca)

Found on [indeed.ca](http://indeed.ca)  
Live-in nanny - Umscheids  
Hair Stylist - Iron Edge  
Team Lead - Vulcan Bud Supply

**HELP WANTED**

Hiring Class 1 and 3 Drivers

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

**ROSIE'S GIFT OF LOVE CLOTHING GIVE AWAY**

**THURSDAY, AUGUST 21st 5-8pm**

**SATURDAY AUGUST 23rd 10am-3pm**

**VULCAN CURLING RINK**

**Village of Champion**

**Small Water and Wastewater Systems Operator Contract Opportunity**

The Village of Champion is accepting proposals for Small Systems Water and Wastewater Operator Contract.

- Monday to Friday
- 1 Hour per day (Plus On-Call)

Successfully complete the Small Water Wastewater Certification

**Small Water System (SWS)**

- Completion of 12 hours (1.2 continuing education units (CEUs)) in an approved operator training course
- Min of 50 hours hands-on operating experience, over a period of six months or longer

Once you become a certified operator you are required to maintain your certification by:

- Completing 1.2 approved CEUs every two years
- Maintaining annual membership (Champion pays for Program and Membership)

**Small Wastewater Certification (SWWS)**

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Once you become a certified operator you are required to maintain your certification by:

- Completing 1.2 approved CEUs every two years
- Maintaining annual membership (Champion pays for Program and Membership)

Send Proposal to: Village of Champion, Attn CAO  
Box 367, 135 Main Street, Champion, AB T0L 0R0  
Inquiries / Email: [cao@villageofchampion.ca](mailto:cao@villageofchampion.ca)

**Paid ads GARAGE SALE FOR SALE \$5 ads, limit of 2x**

**KIDS SUMMER SEWING CAMP!**

August 12-16 (1-4PM) Ages 10+

In this hands-on class, kids will learn the basics of quilting and get creative with colourful fabric scraps. Each participant will finish the class with a one-of-a-kind scrappy quilt they created themselves!

THE THREADED NEEDLE

PH: 403-486-3009