

# 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 7 – Art with Derek at the Milo Drop-In 1pm register with [derekevernden@gmail.com](mailto:derekevernden@gmail.com)  
 July 12 – Queenstown's 100<sup>th</sup> Anniversary – Starts at 11am - Show and Shine, Historical Tours, Vintage Photos, Kids Games and Races, Beer Gardens, Food Truck, Face Painting, Dance at 8pm featuring Straight, Clean and Simple Gentlemen \$1 Ladies 50 cents.  
 July 17 – Movie at the CRC Matinee – See Vulcan Recreation Facebook page for what movie  
 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

**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



**Music in the Park**  
 Town of Vulcan Recreation  
 Bring a lawn chair and enjoy the local music scene

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

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

## NEED A RIDE?

VULCAN COUNTY SHUTTLE SERVICE

\$10 Around Vulcan  
 Roundtrip in Vulcan County \$10-\$30

403-485-2106

BOOK FOR:  
 -APPOINTMENTS  
 -SHOPPING  
 -SOCIAL EVENTS  
 -VISITING FRIENDS

CALL A MINIMUM OF 24 HOURS AHEAD TO SECURE YOUR RIDE

## 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.

## 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 - 4 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



# GOOD MORNING

## COMMUNITY NEWSLETTER

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

FREE

July 3, 2025

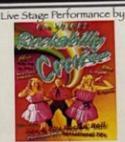


**37<sup>th</sup> Annual SHOW 'N SHINE**  
**Saturday, July 19, 2025**  
**Main Street – VULCAN, AB**

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  
  
 Saturday 11am-2pm

<b>Kinsmen Soap Box Derby</b> 10am-2pm Corner of 2nd Ave & 1st Street North	<b>Lions Pancake Breakfast</b> 9am-11am Corner of Center Street & 2nd Ave North
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**Swap Meet**  
 9am-3pm  
 \$10 per table  
 For info contact Dave 403-874-6459

**Trophy Categories**

Best Ford Best Chev 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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**VULCAN TEAM SHOWDOWN** PRESENTED BY **CRC**

**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

PHOTO CREDIT MISTY RILEY PHOTOGRAPHY

QR CODE



**fcss** Kids Day Out

FOR AGES 6-12

WHERE AND WHEN:

MIL0 - 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

WATER GAMES  
 MUSIC & DANCE  
 FUN SPORTS  
 CRAFTS

Please send your child with sunscreen, a change of clothes, if water events, bottle of water, and a snack.

QR CODE



**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

QR CODE



**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!



## TRIVIA

1. What is the name of the boat in Jaws?
2. Which city has more cars than it does people?
3. What is Canada's national sport?



**RAINBOW**  
 Literacy & Learning Society

**MIL0 - 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

Register at [family@rainbowliteracy.com](mailto: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!

## Food Bank Wish List

- Shampoo
- Deodorant,
- Fresh Garden Produce
- Rice
- Kraft Dinner,
- Cereal
- Crackers
- Coffee,
- Jam/Jelly
- Kids Snacks
- Dog Food
- Chunky Soup

Monday to Friday 9am – 4:30pm



**LOMOND DAYS SOFTBALL TOURNAMENT**

8 Mixed Co ED Teams - Must Have 4 Females Players

LOMOND BALL DIAMONDS & CAMP GROUND  
 \$10.00 Camping fee for the weekend, e-transfer to [caog@villageoflomond.ca](mailto:caog@villageoflomond.ca)

Team Entry Fee \$600 with Umpires included

Mark your calendars and get a team in for the 2025 NSA sanctioned Softball Tournament in Lomond. Friday evening games to start things off then a full day Saturday.

**ENTRY DEADLINE - JUNE 30TH**  
 E-transfer team fee with Team Name to Brad at [bkoch835@gmail.com](mailto:bkoch835@gmail.com)

As we are still finalizing this fun weekend there are still a few things to be determined but we will be sure to keep everyone posted! Stay Tuned.

**CASH PRIZES FOR TOP 5 TEAMS**

**TROPHIES FOR 6 & 7<sup>th</sup> TEAMS**

**FLAT OF BEER FOR THE LOSERS**

**TO BE DETERMINED STILL**

Beer gardens, concession, supper, awards & cabaret with location. More information to come as we are working really hard to finalize. Volunteers are always appreciated, feel free to reach out! THANK YOU to the Lions. More information to come.

THANK YOU to Lomond Ball Committee for the support as well.  
 Call or Text  
 McKenzie 403-485-1668, Breanna 403-894-3947, Brad 403-485-8683



**Fire & Frost**  
 HEATING & COOLING

587-575-2111  
[fireandfrost.ca](http://fireandfrost.ca)  
 Local Champion, AB contractor with 21 years  
 Experience in heating and cooling services  
 Free Estimates

The Vulcan Golf & Country Club Presents:

## Western Star Tim Hus!

**Date:** July 19, 2025  
**Time:** Show starts at 7:30pm  
**Doors open at 6:00pm**

**Location:** Vulcan Golf & Country Club Cart Shed  
710 1st Street N

**Admission:** \$30.00 for advanced purchases  
\$35.00 at the door. (Cash only)




## 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 (INDOOR BOULDERING & FITNESS)
- TELUS Spark (SCIENCE CENTRE)
- Head-Smashed-In Buffalo Jump World Heritage Site

**JOIN NOW**



More information

### JOIN TODAY!!

**BASKETBALL**  
JUNE 3RD TO AUGUST 27TH  
AGES 15+  
WEDNESDAYS 8:00PM - 9:30PM  
MEMORIAL PARK

**PICKLE BALL**  
MONDAY, WEDNESDAYS FRIDAY & SATURDAY  
AGES 15+  
VULCAN ARENA  
FEE: \$50.00 / \$5 DROP IN

**BEACH VOLLEYBALL**  
JUNE 5TH TO AUGUST 28TH  
AGES 12+  
THURSDAYS 8:00PM TO 9:30PM  
VULCAN BEACH PIT  
FREE



### KIDS SUMMER SEWING CAMP!

August 12-16 (4-5PM)  
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: 403-485-3009

### Summer English Class

Multi CLB English Language Learning  
Learn to read, write, listen, and speak English.

Starts July 8 Ends August 26

Weekly on Tuesdays  
9am-10:30am  
At the Arrowwood Park

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




### Trivia Answers

- Orca
- San Marino, Italy
- Lacrosse



**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!

### H Visscher Contracting Ltd.

Vulcan, Alberta

Fergus Howard  
P: 403.604.2923 E:enquiries@screw-pileconstruction.ca

Specializing in Concrete  
Screwpile Installation  
General Handyman Work



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

## EVENT HOST



HELLO PEOPLE! MY NAME IS LEE SHERWOOD AND I AM A PROFESSIONAL EVENT HOST ORGANIZER FOR:

- BIRTHDAYS
- CORPORATE MEETINGS AND SUCH.

FEEL FREE TO REACH ME AT:  
(+1)825-985-9478  
OR LADYVALLOSERVICES@GMAIL.COM

### MEET STEFANO, YOUR LOCAL PHARMACIST!



**MARKET STREET - VULCAN**

- DIABETES CONSULTATION
- MEDICATION REVIEWS
- PRESCRIPTION AND MORE!

(403) 485-2919

MARKETSTREETPHARMACY.CA



### 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



### 1st Annual Vulcan Rangeland Rodeo

August 8th-9th  
Vulcan, Alberta

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

Beer Gardens  
Group Camping

Nightly-7:00 PM



### Clever Scoops 4th 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!
- YOUR Special DAY  
Draws & Specials will be held all day in shop!  
Be sure to stop by!  
It just might be your special day!

### 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

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

Send Proposal to: Village of Champion, Attn CAO Box 367, 135 Main Street, Champion, AB T0L 0R0

Inquiries / Email: cao@villageofchampion.ca

-Early Childhood Educators - Vulcan Daycare 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

Found on indeed.ca  
Live-in nanny – Umscheids  
Hair Stylist – Iron Edge  
Sandwich Artist – Subway  
Food Service Manager – A&W  
Parts Person – Brandt John Deere  
Team Lead – Vulcan Bud Supply

### 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

### HELP WANTED

Hiring Class 1 and 3 Drivers

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

### I L TRANSPORTATION

Door-to-Door Service for appointments

Medical  
Dental  
Optical  
Treatment appointments  
Special Event Trips  
Servicing Vulcan & Vulcan County needing to go to the large cities in Southern Alberta, such as Calgary, Okotoks, High River or Lethbridge.

Call Irene at 403-485-1631

### 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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- Min of 50 hours hands-on operating experience, over a period of six months or longer

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### Paid ads GARAGE SALE FOR SALE

\$5 ads, limit of 2x