

Community Calendar

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

Aug. 2 – Carmangay Fair, Parade and Sports Day – Pancake Breakfast, Parade 10am, Show and Shine 11-3, Children's Activities, Bench Fair, Family Pickleball Tournam
 Aug. 8 – Dive-In Movie - Moana at the Vulcan Pool 9:30pm
 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
 Aug. 16 - Arrowwood Lions Pancake Breakfast 8-10am @ Rink

Pickleball – Register at: 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.
 -Play in the Park Days Aug. 18 & 25

Tuesdays

Roller Hockey 10-11:30am Vulcan Arena 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.
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
Vulcan Carvers group - meeting every Thursday evening from 7-9 pm.

Fridays

Wiffle Ball - CCHS Ball Diamond 1-3pm. Register at 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

VACATION BIBLE SCHOOL 2025

Make New Friends
Amazing Crafts
Wild Games
Lip Smacking Snacks
Bible Adventures
Incredible Music
Lots of Fun!

When: August 11th-15th
Time: 9:00am - 12:00pm
Where: Vulcan Church of Christ (409 1st St. South)
Whom: Kids Grades K-6
Cost: FREE

Register Online
 Scan Below

Register by Contacting: Geri Budd @ 403-485-0873

Music in the Park

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.

How well can your child see?

You can't see the world through your child's eyes, but your optometrist can. During your child's eye exam, your optometrist will assess:

- Visual acuity (how well they can see)
- Lazy eye, crossed eyes
- Nearsightedness, farsightedness, astigmatism
- Colour vision
- Eye coordination, tracking and depth perception
- Eye health

For more information about **Eye See...Eye Learn™** contact the Alberta Association of Optometrists at 1-800-272-8843 or visit optometrists.ab.ca/esel



Alberta Association of Optometrists
 gratefully acknowledges funding support from the Government of Alberta.

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

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

July 31, 2025

COMMUNITY NEWSLETTER

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

FREE

fcss Kids Day Out
FOR AGES 6-12
WHERE AND WHEN:
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

KIDS MUST BE PRE-REGISTERED. SCAN THE QR CODE FOR FORMS OR GO TO VULCANANDREGIONFCSS.COM FORMS CAN BE SUBMITTED TO YOUTH@VULCANANDREGIONFCSS.COM

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

MILO LIONS CLUB
2025 BARBECUE
BBQ Sunday August 10, 2025
1:30 p.m.
 Milo Community Hall

Includes BBQ beef, baked potato, coleslaw, corn on the cob, refreshments, and ice cream

EVERYONE WELCOME

CAR SHOW

Once again, the Car Show will be a casual event where owners of antique and unique vehicles can show their units.
 No prizes or awards but we love seeing these wonderful vehicles.
 Please try to have your vehicles parked by 12:30 p.m. on main street.
 For more information, contact Lion Christopher Northcott (403-599-3801).

BIKES 4 VETS August 16 2025
 Breakfast at 9am
 Kick Stands up at 10am
 Dinner at 6pm \$25
 All proceeds going towards helping Veterans

CARMANGAY FAIR & SPORTS DAY
July 31-Aug. 2

TENTATIVE SCHEDULE

Thurs. July 31
 7:30-8:30 pm Fair entries @ community hall
 Fri. Aug. 1
 9:30-11 Fair entries @ community hall
 5:30-9:00 Firemen's Steak BBQ
 Sat. Aug. 2
 7:30-9 Lions pancake breakfast
 9 Parade marshalling area west of old hotel
 9:30 Parade judging
 10 Parade
 10-noon Toonie Coffee & Muffin @ Seniors Hall
 11-3 Show & Shine @ curling rink
 11-7 Pickleball tournament @ curling rink
 11-7 Concession & Beer Garden @ curling rink
 11 Ice cream @ library
 11-5 Silent Auction; Friends of the Carm. Library @ library
 11-3:15 Fair exhibits open to public
 11-3 Concession @ Community Hall
 11-3 Air brush tattoos @ Community Hall
 11-3 Museum open @ Carm. Historical Church
 noon-1:30 Pulled pork on a bun @ Seniors Hall
 noon-3 Kids activities north of Seniors Hall
 2-3 mini go cart races
 3:15 Presentation of fair trophies and prize money
 Fireworks after dark Carmangay Fire Dept.
 Sun. Aug. 4
 11-noon Service @ Carm. Historical Church

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

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

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 PHARMACY
 •VULCAN•

DIABETES CONSULTATION
 MEDICATION REVIEWS
 PRESCRIPTION AND MORE!

(403) 485-2919
MARKETSTREETPHARMACY.CA

Food Bank Wish List

Condiments, Rice, Pasta, Snacks
 Cookies, Crackers, Coffee,
 Instant Oatmeal, Salad Dressing,
 Mr. Noodle, Pet Food, Hygiene items, Kraft Dinner

TRIVIA

1. What animal is biologically immortal?
2. What country covers five time zones but only operates on one?
3. Why are there black sand beaches?

YOUTH VOLLEYBALL SUMMER CAMP

When: Aug 4 – 8, 2025
Where: Vulcan Pool and CRC
Cost: \$140
Registration Deadline: Aug 1, 2025



JOIN TODAY!!

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

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

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

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!

Vulcan
 Golf & Country Club

CLASSIFIEDS

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

EMPLOYMENT OPPORTUNITIES

Dugdale Ag Group is seeking harvest help, with the opportunity for full time employment. Experience running combine or tractor / grain cart. Mechanically inclined with understanding of basic service of equipment. Willing to work long hours. Class 1 is not necessary, but would be an asset. The successful candidate must have a valid driver's license and be willing to provide a driver's abstract. Pay will be based on experience. Starting: August 1st Brant, Alberta. Contact Graham Dugdale at (403) 485-5867 or Mya Dugdale at (403) 485-8668

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

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

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

1. The immortal jelly-fish. If a *T. dohrnii* jelly-fish is exposed to environmental stress or physical assault, is sick or old, it can revert to the polyp stage, forming a new polyp colony. It does this through the cell development process of transdifferentiation, which alters the differentiated state of the cells and transforms them into new types of cells. Theoretically, this process can go on indefinitely, effectively rendering the jellyfish biologically immortal, although, in nature, most are likely to succumb to predation or disease in their Medusa stage without reverting to the polyp form.

2. China

3. Black sand comes from volcanic minerals. Sand is broken down minerals and rocks. It can take thousands of years for rocks to become sand! Over time it becomes smooth from the moving water. Golden coloured sand is most common but it can also be red, brown, pink, orange, gold, purple and green.

ROLLER HOCKEY

JULY 2 - AUGUST 13
 TUESDAYS & THURSDAY

HELMET REQUIRED

FREE AGES 8+

10:00AM - 11:30AM
 Vulcan Arena

Something a Little Lighter

- I got kicked out for peeing in the pool. I said, "What's the big deal, everybody does it." The lifeguard replied, "Not from the diving board."
 -Why do world travellers have bladder issues. Because they are incontinents.
 -I got a month of community service and a \$900 fine for peeing in public. If you ask me it was a harsh punishment for a wee crime.



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!

"IF IT BLOOMS YELLOW AFTER JULY 1ST, IT'S PROBABLY A WEED"

BE ON THE LOOKOUT THIS SUMMER FOR INVASIVE SPECIES!

For more information or to report a regulated weed, contact:
 Vulcan County's Agricultural Fieldman
 403-485-3103

DID YOU KNOW:
 If Prohibited Noxious or Noxious weeds are found on your land, you are obligated by Alberta's Weed Control Act to destroy or control them, depending on species.

CANCELLED

Vulcan Rangeland Rodeo

August 8th-9th

2025

CANCELLED

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

Beer Gardens
 Group Camping

Nightly-7:00 PM

\$100

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
 VISIT OUR WEBSITE OR CALL THE STUDIO TO REGISTER TODAY! LIMITED SPACES AVAILABLE!
 PH: 403-486-3009

- 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? (403)485-3115 shania.culp@vulcancounty.ab.ca

Sales Person- new clothing store in Vulcan Full time and Part time. Email resume to LVSMARKETING25@GMAIL.COM 825-985-9478

Operations Assistant
 G3 Carماغay
 jobs.dayforcehcm.com/en-US/g3canada/CANDIDATE PORTAL/jobs/3113

-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

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

Found on indeed.ca
 Live-in nanny – Umscheids
 Hair Stylist – Iron Edge
 Team Lead – Vulcan Bud Supply

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

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