

Community Calendar

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

June 19 – Carmangay Library *Human Battleship* at 6:30 PM - A larger-than-life twist on the classic game! Sign-up is required, and spaces fill quickly.
 June 20 – 24 Hour Charity Golf Classic – Vulcan County Health and Wellness Foundation
 June 21 – Tinman Triathlon <https://www.vulcantinman.ca/>
 June 20-22 - Arrowwood Rodeo
 June 21 – Arrowwood Parade 10am downtown
 June 23 – Vulcan Minor Hockey AGM 7pm Kinsmen Room
 June 26 – Carmangay Library *Friends of the Library Meeting at 6:30 PM* - A great opportunity to support your library, meet others, and get involved in upcoming plans.
 June 27 - Movie Night at 6:00 PM – Carmangay Library *Atlantis* - A nostalgic animated adventure that fits perfectly with this month's Movie Passport theme: *Journeys*. All ages welcome!
 June 27-29 – Milo Beach Volleyball Tournament
 June 28 – Porchfest – Vulcan
 June 28 – 4 on 4 Beach Volleyball Tournament – register at townofvulcan.ca/recreation

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 – June Mon.-Thurs. 1-9pm, Fri.- Sun. 9am-9pm. July-Sept. Daily 9-9.
 Carmangay: 7pm at the curling rink every Wednesday. Families can play Sundays. A men's League will also be starting. Contact Dennis Benci (403) 634-6142 for more information.

Mondays
 -**Little Explorers** Lomond Library June 9, 16 & 23 10:30am —Register with Greater Foothills Family Centre -Little Campers Vulcan Lodge Hall June 9, 16 & 23 at 1:30pm—Register with Greater Foothills Family Centre
 -**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
YouthZone at the Carmangay Library 4-6pm ages 7+
Community Connection Café - 1:30pm Vulcan Seniors Centre.
Bingo at the Champion Seniors Centre 3rd Tuesdays each month 1:30pm. For info 587-257-7702.

Wednesdays
Coffee Time- 2pm Lomond at the Drop-In
Mancave - 1-3pm 105A 3rd Ave. S. Visiting, billiards, puzzles, cards, ping pong, coffee and snacks.
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.
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

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

Music in the Park
 in the 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

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

GOOD MORNING COMMUNITY NEWSLETTER

Vulcan and Region Family and Community Support Services

June 19, 2025

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

EVERY SWING COUNTS. SUPPORT OUR GOLFERS FOR A GREAT CAUSE!

TWELVE GOLFERS. 24 HOURS. ONE GOAL: RAISING FUNDS FOR THE VULCAN COUNTY HEALTH & WELLNESS FOUNDATION TO SUPPORT RURAL HEALTH INITIATIVES.

ALEX HORKOFF	ALEX HUTTON	AUSTEN BATES	COLTON WARK
GRADY HONESS	JORDAN KRYSZALOWICH	LOGAN BUSSE	RYDER BARR
SARAH TIEGEN	TANNER STOVIN	TRAVIS IVARSON	WILL SMITH

“Spill the Tea”
 Drop In
Information Session

Mental Wellness 101:

Mental Health vs Mental Illness
Tuesday, June 24, 2025
1:00 p.m.

It's okay not to be okay. This session is all about building mental wellness and understanding what mental illness looks like. Open to all ages—whether you're curious, concerned, or just want to learn more.

Where: FCSS Vulcan and Area Office
 105B - 3 Avenue South, Vulcan, AB
 403-485-2192 or Email: counselling@vulcanandregionfcss.com
 If you are interested in a reminder text or email, contact FCSS.

Cheer on the athletes in the Tinman this Saturday, June 21!

Be welcoming to visitors!
 Be patient with street closures and extra cars!
 Thank a volunteer! Tinman volunteers help raise thousands for local organizations every year!

TRIVIA

- How many new cells does the body produce every second?
- How much saliva does the mouth produce every day?
- What does the noise come from when cracking your knuckles?

Food Bank Wish List

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

ARROWWOOD AG SOCIETY
 15th Annual Rodeo
 June 20, 21 & 22 2025

Friday
 Slack | 2:00 pm
 Arrowwood Rodeo Grounds
 Food Trucks | Beer Gardens
Evening Rodeo Performance | 7:00 pm
 Arrowwood Rodeo Grounds - Adult: \$20 | Child: \$10 | 6 & Under: free
 Wild Pony Races | Calf Scramble | Food Trucks | Beer Gardens

Saturday
 Lions Pancake Breakfast | 8:00 am
 Arrowwood Rink
 Parade | 10:00 am
 Village of Arrowwood
 Arrowwood River Wranglers 4-H Achievement Day | 11:00 am
 Arrowwood Rodeo Grounds
Farmers Market | 1:00 pm - 7:00 pm
 Arrowwood Rodeo Grounds
Evening Rodeo Performance | 5:00 pm
 Arrowwood Rodeo Grounds - Adult: \$20 | Child: \$10 | 6 & Under: free
 Wild Pony Races | Calf Scramble | Mutton Busting | Food Trucks | Beer Gardens

Sunday
 Tel Rhine & Ben Stieger Ranch Rodeo | 11:00 am - 6:00 pm
 Arrowwood Rodeo Grounds - Adult: \$25 | 12 & Under: free
 Memorial Ranch Scramble & Ranch Broncs | Food Trucks | Beer Gardens

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!

Fire & Frost
 HEATING & COOLING

587-575-2111
fireandfrost.ca
 Local Champion, AB contractor with 21 years
 Experience in heating and cooling services
 Free Estimates

fcss Vulcan and Region Family and Community Support Services

KIDS DAY OUT

FOR AGES 6-12

WHERE AND WHEN:

MILD - 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

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

off the mark.com by Mark Parisi

THE LESSER-KNOWN PLAGUE OF PARALYSIS

I AM OFTEN MISTAKEN FOR AN ADULT BECAUSE OF MY AGE.

H Visscher Contracting Ltd.
Vulcan, Alberta

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

Specializing in Concrete
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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

Trivia Answers

- 25 million new cells.
- Approximately one litre of saliva every day.
- The noise is the sound of bubbles popping in the joints' fluid.

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

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

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We service all makes and models of vacuum cleaners

Town of 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 COULLEE CLIMBING TELUS Spark

Head-Smashed-In Buffalo Jump World Heritage Site

JOIN NOW

More information

Free community-wide event!

PORCH Fest III

VULCAN, AB

JUNE 28, 12pm to 9pm

FEATURING
BRIAN YORKE
ROCKABILLY CRUISE
AL YOUNG
DANIEL HAYES
CHRISTIAN HUDSON
CODY SHEARER
FREE BEER
NEIL SPEERS
SHALAIN STEBNER

Times & Locations (Map) Available June 19 at
Vulcan Town Office & Vulcan Tourist Centre
More information Visit www.townofvulcan.ca/recreation or Call 403-485-6659

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

The Highwoodshedders

Coming to Vulcan Senior Centre
Date: Wednesday July 2
Potluck Supper @ 5:30
Entertainment @ 7:00

Limited Seating/Registration Required at Vulcan Library or Vulcan Senior Centre or call 485-2571

**We sing a little,
We play a little,
We tell really bad jokes.**

Free Event
Sponsored by **fcss**

CLASSIFIEDS

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

EMPLOYMENT OPPORTUNITIES

Public works person fulltime. Equipment handling (back hoe) mowing equipment, able to problem solve, do maintenance on equipment, etc. Reporting to CAO. Benefits, Pension and vacation after first year. Looking for someone reliable, honest, can work around public. Email cao@villageofchampion.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

Free Trial Acupuncture! Grand Opening in Vulcan!

For First Time (30 minutes on every Wednesday in May & June 2025)

Acupuncture & Massage
25 years massage and acupuncture experience specializing in injury rehabilitation
Working with physiotherapists in clinical setting.

Trained in myofascial release, deep tissue, relaxation, lymphatic drainage, pregnancy, headache and migraine treatment, TMJD treatment and more.

Thomas Law
Text: 587-893-6543
Address: 308 2nd Ave S. Vulcan (Next to post office)

Special Treatment Acupuncture & Massage

MEET STEFANO, YOUR LOCAL PHARMACIST!

MARKET STREET • VULCAN •

DIABETES CONSULTATION
MEDICATION REVIEWS
PRESCRIPTION AND MORE!

(403) 485-2919
MARKETSTREETPHARMACY.CA

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

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

VULCAN TEAM SHOWDOWN

PRESENTED BY **CRC**

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

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

*You'll always stay young if you live honestly,
eat slowly, sleep sufficiently, work industriously,
worship faithfully, and lie about your age.*

Something a Little Lighter

- I had trouble getting the bartenders attention to order a drink, so I dressed up as a tennis ball. I got served right away.

- The man who invented the Ferris Wheel never met the man who invented the merry-go-round. They traveled in different circles.

- If you love something, set it free. If it comes back, it is yours. If it doesn't, it was never was. And if it just sits there on the sofa, watching tv, unaware that it's been set free, you probably married it or gave birth to it!

- Five ants rented an apartment with another five ants. Now they are tenants.

LOMOND DAYS SOFTBALL TOURNAMENT

NO ATM

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 cao@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 bkkoch835@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 & 7TH 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

The Carmangay Library is looking for 2 summer staff to plan and run our youth programming this July & August: Program Coordinator & Program Assistant. Pay depends on position, 8 week position. Mon-Fri. Must be 15-30 years. Apply by June 10. Drop off your resume at the library or email kchic@carmangaylibrary.ca

BOOK CLUB CHATTER

WHERE? Vulcan Library
WHEN? 3RD TUESDAY OF EACH MONTH @ 3:30PM

Join us each month as we gather to discuss our favorite books and authors while sharing in the good company of others.

HELP WANTED

Hiring Class 1 and 3 Drivers

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