

Community Calendar

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

June 26-28 Siksika Nation Fair—<https://siksikanationfair.com> Powwow, Handgames, Rodeo, Vendors Market, Softball, Basketball, Golf and more.

June 26-27 - Arrowwood Rodeo

June 27 - Throwback Theatre at the Carmangay Library 12pm "Little Rascals"

June 29 - Farmer input wanted - Consider this your invitation to join the conversation around mental health and farming. Lunch and Film Screening of the short documentary "Deep Rooted." The filmmakers would like input on how the film can open up conversations and destigmatize mental health in agriculture. Call Glen 403-485-1353 to register by Friday, June, 26 at noon.

July 3-5 - Milo Beach Volleyball Tournament

Pickleball - Vulcan: Register at townofvulcan.ca/recreation - Mon. & Wed. 6-9pm, Fri. & Sun 2-5pm

Aquafit - Monday-Thursday 7pm Vulcan Pool

Mondays

Coffee at Snake Valley Drop-In Milo 9am

Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In.

Chair Yoga -11:30am in the Vulcan Library

Tuesdays

Caregiver Support Group - Every second Tuesdays from June 9th on. 9:30-10:30am Vulcan Hospital.

Roller Hockey - 10-11:30am. Vulcan Arena July 2- Aug. 13. 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.

Basketball - Drop-In Memorial Park 8pm

Drop-In Pool Vulcan Legion 7pm

Trivia Night - Second last Wednesday of the month at Nine-In-A-Line Brewing 7pm

Bingo - Last Wednesday of the month at Nine-In-A-Line Brewing 7pm

Thursdays

Tim Hortons Pop-Up 3rd Thursday of the Month at the Vulcan Curling Club 7:30-9:30am

Roller Hockey - 10-11:30am. Vulcan Arena July 2- Aug. 13. Register at townofvulcan.ca/recreation.

Chess at the Vulcan Library - 2:10-5:00pm

Dart League - Vulcan Legion. 6:30pm. Drop-In. No membership required.

Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In.

Farmers Market at the Vulcan Legion 3:00-5:30pm

Crib Night - Lomond Sunshine Drop-In Centre 7-9pm. Everyone welcome.

Pool & Games - Carmangay Senior Clubhouse

6:30pm

Adult Slo Pitch Drop-In League 7pm Mossleigh, Highway Diamond

Crib & Chickenfoot (Dominoes) - Lomond Drop-In 7pm

Community Beach Volleyball 8pm. Vulcan Pool Park. Register at townofvulcan.ca/recreation.

Fridays

Lions Club **Free Swim** at the Vulcan Lions Community Pool. 4-7:30pm

Monday - Saturday

Vulcan Senior Centre -Pool 9am-12, Coffee 10am - 12

Champion Pioneer Club - Coffee 9:30-11:30. Pool players meet at 2pm Mon. & Wed. Ladies Tea & Talk 2pm Thursdays. Ladies lunch out once/month. Pot-luck suppers 3rd week 6pm. Cribbage Friday 1:30-4pm. Membership \$25

Friday-Sun 8:30am—**Coffee Time** - Lomond Drop-In

Vulcan Legion -Open 11am-9pm. Everyone welcome

Saturdays

Vulcan Legion Meat Draw - 3-6pm

Coffee at the Arrowwood Museum 9:00am.

Pool & Games - Carmangay Senior Clubhouse 11am

Coffee at the Carmangay Seniors Centre 10am-12pm

Pancake Breakfast at the Carmangay Community Centre -1st Sat. of the month - 9 am

Carmangay Historic Church & Museum open from 11-3 on the first Saturday of each month

Friday-Sun

Coffee Time - 8:00am Lomond Drop-In

Get-A-Way Youth Centre

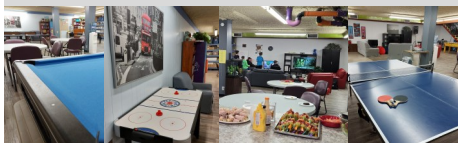
Ages 10-18

403-485-6033

Monday to Friday 1-6pm

Friday 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

-**Alberta Counselling Centre** Call 1-833-827-4230 or visit albertacounselling.ca: Confidential, (Farm-informed Counselling available)

-**National Farmer Crisis Line**: 1-866-327-6701 (1-866-FARMS01).

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

Caregiver Support Group - Every second Tuesdays from June 9th on. 9:30-10:30am Vulcan Hospital.

MUMS - Peer-to-Peer Maternal Support for pre- and post-partum. Weekly confidential phone calls. Call Families Matter at 403-205-5194

Farmers Market At The Legion
Starting June 11th

Every Thursday 3 to 5:30 pm



Vulcan and Region
Family and Community
Support Services

GOOD MORNING COMMUNITY NEWSLETTER

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

FREE



CANADA DAY Milo Lions Club
Canada Day

Pancake Breakfast



Date: Wednesday

July 1, 2026

Time: 8:30 am - 10:00 am

Place: Milo Community Hall

Admission: Donation of non-perishable items or cash for the Food Bank

Bring your family to celebrate Canada Day with the Milo Lions Club. EVERYONE WELCOME!

Something a Little Lighter

-Why do cats always get their way?

They are very purr-suasive.

-I think the worst time to have a heart attack is during a game of charades.

-Website: We use cookies to improve performance. Me: Same.



Family Fun at Pool Park Starting at 12:00 PM

Face Painting

Carnival Games

Potato Sack Races

Kids Watermelon Eating Contest

Adult Pie Eating Contest

FREE Community BBQ hosted by the Vulcan Lions Club

Live Music Across Town beginning at 2:00 PM

Vulcan Pool

Peter Dawson Lodge

Your Treehouse B&B

404 Centre Street

326 Centre Street

Featured Finale at Nine in a Line Brewing

Tin & the Toad | 7:00 PM

Amy Bishop | 8:00 PM

Fireworks

10:30 PM (approx.) at the Vulcan Ag Grounds

Whether you're joining us for an hour or spending the whole day with us, Canada Day Porchfest is your chance to celebrate community. Bring your lawn chair, your walking shoes, and your community spirit!



Hearing Evaluations

Free tests for seniors

Second Tuesday of the month

10am-3pm

Vulcan Lodge Hall

We Provide:

- Latest Technology
- All digital hearing aid models
- Repairs to all models
- 30 day trial period

We are AADL, WCB, NIHB, DVA providers.

Qualified Hearing Care Professional

Toll Free: 1-866-252-5582

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

TRIVIA

1. How much of the online market does Amazon capture in Canada?
2. What fictional town does Spongebob Squarepants live in?
3. What is the official animal of Scotland?

VILLAGE OF Champion ALBERTA
115th Anniversary
 1911-2026

★ JOIN US FOR ★
CHAMPION'S 115TH Parade!

★★ SATURDAY, JULY 4 ★★
10:30 AM

PARADE ENTRIES ARE ASKED TO MEET AT 10:00 AM ALONG RAILWAY AVENUE.

QUESTIONS? EMAIL villageofchampion111@gmail.com OR CALL 403-485-0212

Let's Celebrate Together!

Champion's 115th Anniversary SHOW & SHINE
 Saturday July 4, 2026 11 am - 3 pm

Arrive early and join the anniversary parade at 9:30 am

Door Prizes!

Registration fee \$5

Many other activities throughout the day

Champion School parking lot
Champion, Alberta

For Show & Shine info: Byron 403-485-8501 text preferred
 Poster by Bob Tramm, Ngor Old Cars.ca

VULCAN & DISTRICT MUSEUM AND ARCHIVES

YOGA @ THE MUSEUM JULY 1, 1:00

Corrie's Calm Contagion

Food Bank Wish List
 Coffee, Shampoo, Deodorant, Cake Mixes, Soda Crackers, Bar Soap

Vulcan Tractor Pull
 July 1st, 2026
 Register: 9am-10:30am
 Pull Starts: 11am

Sponsored By
 Berrywater Grain Ltd.,
 Vulcan AG Society

Located at
 New Vulcan Ag Society Exhibition Grounds at the corner of Highway 23 and Secondary Highway 534, access from Highway 534 on east side of hwy 23

For Info:
 Jonathan Tose 403-498-5373
 Kevin Love 403-485-1463

Vulcan Lion's Club Pancake Breakfast at 9:00am

Food will be available for purchase at lunch time.

fcss Kids Day Out Summer Camp

Activities: Water Games, Fun games, sports, crafts, etc. Please send your child with: sunscreen, hat, change of clothes for water events, bottle of water, and snack.

Free lunch provided
 Kids MUST be pre-Registered. Scan the QR code for forms or go to vulcanandregionfcss.com Forms can be submitted to yc@vulcanandregionfcss.com

Age's 6-12

SCAN ME

Lomond
 July 14th, 21st, 28th
 Tuesday's 10am-3pm
 Milo
 July 15th, 22nd, 29th
 Wednesday's 10am-3pm
 Champion
 August 4th, 11th, 18th
 Tuesday's 10am-3pm
 Mossleigh
 August 5th, 12th, 19th
 Wednesday's 10am-3pm
 Arrowwood
 August 6th, 13th, 20th
 Thursday's 10am-3pm

RAINBOW Literacy & Learning Society

FREE KIDS SUMMER FUN
 Children explore literacy skills while reading, crafting, exploring, and playing games. A new book is sent home each week.

Register now at:
 403-485-3107
rainbowliteracy.com
family@rainbowliteracy.com

Milo
 August 5 - August 26
 At the gazebo beside the library
 Little Adventurers 5-8yrs 10am - 11am
 Big Adventurers 9-11yrs 11am - 12pm

Lomond
 August 4 - August 25
 At the gazebo beside the library
 Little Adventurers 5-8yrs 10am - 11am
 Big Adventurers 9-11yrs 11am - 12pm

Vulcan
 August 6 - August 27
 Kinsmen park by the soccer field
 Little Adventurers 5-8yrs 10am - 11am
 Big Adventurers 9-11yrs 11am - 12pm

ADULT SUMMER CLASSES
 \$25 Per Person Tuesdays June 2 - August 25

Digital Skills
 Learn how to use your phone, tablet, or computer.
 Vulcan Library 1:30pm-3pm
 403-485-3107
adult@rainbowliteracy.com
 110 1 Ave S, Vulcan, AB Box 449 TOL 280

Conversation Cafe
 Practice listening & speaking English.
 Arrowwood Park 9am - 10:30am
 Register now at:
adult@rainbowliteracy.com
 403-485-3107

English Class
 Learn how to read/write/speak/and listen to English.
 Rainbow Literacy 6pm - 7:30pm
rainbowliteracy.com

CURIOSITY COVE DAYCARE

ACCEPTING REGISTRATION
 for 12 months to 6 years. Govt Grants available for full time and part time children

Follows FLIGHT curriculum with special focus on play way learning

Small child and educator ratio

Special fee discount for full time and part time

Contact information is 403-918-2844
 Email - curiositycovedaycare@gmail.com
www.facebook.com/curiositycovedaycare

MEET STEFANO, YOUR LOCAL PHARMACIST!

MARKET STREET VULCAN

DIABETES CONSULTATION
 MEDICATION REVIEWS
 PRESCRIPTION AND MORE!

(403) 485-2919

MARKETSTREETPHARMACY.CA

RAINBOW Literacy & Learning Society

SUMMER CONVERSATION CAFE IN THE PARK
 BRING YOUR KIDS TO PLAY IN THE PARK WHILE YOU IMPROVE YOUR SPEAKING AND LISTENING SKILLS.
 AT THE ARROWWOOD PARK TUESDAYS 9:00AM - 10:30AM JULY 7 - AUGUST 25
 Join at any time! \$25 Per Person

REGISTER TODAY
 403-485-3107
rainbowliteracy.com
adult@rainbowliteracy.com
 110 1 Ave S, Vulcan, AB Box 449 TOL 280

EMPLOYMENT OPPORTUNITIES

Community Rehabilitation Worker, Behavioral Specialist/Psychologist, Admin/Financial Assistant, Outreach Day Support Workers - Wheat Country Special Needs Society. Email info@wcsns.ca Call 403-485-2186

Sales Associate - Home Hardware 25 hours/week for an energetic adult. Apply in store.

Palliser School Division Jobs
 -Educational Assistant: -Shadow Ranch Colony & Brant Christian School
 -Gr. 7-9 Teacher Carmangay
<https://www.pallisersd.ab.ca/hr/career-opportunities>

Grade 1/2 Teacher and Casual Educational Assistants in Lomond www.horizon.ab.ca/careers

Vulcan Golf & Country Club is looking for seasonal restaurant servers. Experience is preferred but not required. Also looking for cooks with minimum one year experience. Send your resume to golfvulcan1@gmail.com or drop it off at the clubhouse.

Sales Associate - The Threaded Needle. Full time and part time with sewing/quilting experience. Email debra@thethreadedneedle.ca

Careers - Seasonal Grader Operator - <https://www.vulcancounty.ab.ca/announcements/career-opportunities/>

Early Childhood Educators Level 2 or 3 - Vulcan Daycare vulcandaycare@gmail.com 403-485-2954 Early Childhood Educator.

Aspen Crossing - multiple positions available in Mossleigh
<https://aspencrossing.com/jobs/>

Found on Linked In
 Licensed Practical Nurse - Calgary Rural Primary Care Network - Vulcan
 Combined Lab / X-Ray Technologist - AB Precision Laboratories - Vulcan
 Sales Representative - Richarson Pioneer Occupational Therapist, Social Worker, Housekeeping, Laundry, Dietary Aide, Cook and Health Care Aides - Extendicare Vulcan
 Yard Manager—UFA
 Labourer and Ag Heavy Duty Equipment Technician - Brandt John Deere
 STEM Teacher - Champion Prairielands School Division

Early Childhood Educator - Curiosity Cove email curiositycovedaycare@gmail.com or text 403-918-2844

Found on Indeed.ca
 Hairdresser - Iron Edge Salon
 Sandwich Artist—Subway

Trivia Answers

- Amazon has 40% of the Canadian retail e-commerce market, effectively claiming over \$4 out of every \$10 Canadians spend online according to madeinca.ca/amazon-statistics-canada/
- Bikini Bottom

VULCAN OLD SCHOOL DEMOLITION DERBY
 PRESENTED BY CRC

DEMOLITION DERBY

SATURDAY JULY 18TH 3:00PM @ THE VULCAN AG GROUNDS

VULCAN COUNTY CRUISERS 38th Annual SHOW 'N SHINE
 Saturday, July 18, 2026
 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

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 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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Dive Into the Summer Reading Program
 at
 Vulcan Municipal Library!

July 10th from 11:00am-12:00pm and July 29th from 1:00pm-2:00pm.
 All ages welcome!

Become Submerged in New Books!

July 10th from 11:00am-12:00pm and July 29th from 1:00pm-2:00pm.
 All ages welcome!

QR Code

HELP WANTED
 Hiring Class 1 and 3 Drivers

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

Fire & Frost HEATING & COOLING

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

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

Feeding Your Baby

Summer & Fall 2026 Schedule

July 7 th	1:30 pm - 3:00 pm
July 15 th	6:30 pm - 8:00 pm
August 5 th	1:30 pm - 3:00 pm
August 18 th	6:30 pm - 8:00 pm
September 2 nd	1:30 pm - 3:00 pm
September 15 th	6:30 pm - 8:00 pm
October 6 th	1:30 pm - 3:00 pm
October 21 st	6:30 pm - 8:00 pm
November 3 rd	1:30 pm - 3:00 pm
November 17 th	6:30 pm - 8:00 pm
December 1 st	1:30 pm - 3:00 pm

FREE Online Nutrition Class
 for parents and caregivers of infants

Registered Dietitians will share information and answer your questions on starting solids and first foods, textures, finger foods, timing, amounts, and more!

REGISTRATION:
 • birthandbabies.com
 • 403-955-1450

Albera Health Services