

# 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)

June 6 – Share the Pride Event - Let us show up as a community where everyone belongs.  
 June 6 - Champion Community Garage  
 June 7 – Darkness into Light – 5km Walk starting at the Vulcan Arena at 4:45am. Start in the dark and walk into light for mental health awareness and suicide prevention.  
 June 7 – Paint and Sip – Milo Hotel Basement 6:30pm reserve your spot with Karen at 403-819-2387  
 June 7 & 21 – Carmangay Library *Giggles & Tales at 10AM* For little ones with stories, games, snacks, and laughter.  
 June 8 - The United Church of Canada celebrates it's 100th Anniversary at 5:00pm. Please join us for Beef on a Bun and cake. A memorial concert to follow. 201 - 2nd Ave South. Please come and help us celebrate  
 June 11 – Spill the Tea Session - Neurodivergent Kids Aren't Broken  
 June 12 – Carmangay Library *BYOBook Club at 6:30 PM* - No assigned reading—just bring whatever book you're currently enjoying (or not!) and join the conversation.  
 June 11 – Protect yourself from Scams Lunch and Learn – Champion  
 June 12 – Vulcan RCMP Town Hall  
 June 12 - Farmers Market at the Vulcan Legion. Continues every Thursday.  
 June 13 & 22 – Jam Sessions at the Pool Gazebo 2pm  
 June 13-15 – Lielow Music Festival – Milo  
 June 13-15 Spock Days – Fireworks, Slopitch Tournament, Pancake Breakfast, Parade and more <https://www.spockdays.com/>  
 June 14 – Spock Days Pickleball Tournament (See attached poster)  
 June 14 - Community Garage Sale - Vulcan Curling Club 11am-3pm – Rosie's Gift of Love  
 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

**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 – 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

**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.

## 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

June 5, 2025

## COMMUNITY NEWSLETTER

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

**FREE**

### LUNCH & LEARN

#### PROTECT YOURSELF FROM FRAUD AND SCAMS

Scams are always changing and Canadians are victims of scams every day. Learn new tips to keep yourself and your family safe from scams and fraud. Learn how to identify and avoid phone, email and text scams and practices to keep your information safe.

Wednesday, June 11 at 10am-12pm  
 Everyone Welcome. Location: Champion Pioneer Club  
 Presented by Vulcan RCMP and ATB.  
 FREE lunch is provided. Register with Vulcan & Region FCSS  
 Call 403-485-2192 or email [reception@vulcanandregionfcss.com](mailto:reception@vulcanandregionfcss.com)

Type of scam	Money lost
Investments	\$2,882,074.74
Bank accounts	\$1,500,000.00
Senior phishing	\$1,361,961.00
ATM	\$270,000.00
Shopping	\$200,000.00

### Supporting the Mental Health, Safety & Belonging of ALL Genders and Sexual Orientations in Vulcan County

**FRIDAY June 6th**  
**Noon—3:30**  
 On the street outside FCSS Center Street & Third Ave S  
*Let us show up as a community where everyone belongs*

**FREE Beef on a Bun**  
**Get your Face Painted**  
**Outdoor Games**  
**Fresh made Lemonade**  
**Make a Friendship Bracelet**  
**Create Side-walk Chalk Art**  
**Information Tables**

**OPEN TO ALL AGES Old and Young Family Friendly**

\*Vulcan Businesses can support the event by displaying Window Decals\*

'All young people, regardless of their sexual orientation or identity, deserve a safe and supportive environment in which to achieve their full potential.'  
 -Harvey Milk

## IRON EDGE

salon & spa

### OUR FIRST SENIORS DAY IS JUNE 2 & 3

# 10% OFF

FOR GUESTS 65+  
**BOOK NOW**  
 (403-768-2752)  
 EXCLUDES LIQUOR

## VULCAN RCMP TOWN HALL

**JUNE 12TH, 2025**  
**STARTING AT 6:30PM**  
**AT LODGE HALL**

LOCATED AT 231 CENTRE STREET, VULCAN, AB  
 COME CHAT WITH S/SGT LAURA AKITT AND A/SGT COLLEEN LOWING REGARDING YOUR CONCERNS IN VULCAN COUNTY.  
 SNACKS AND REFRESHMENTS WILL BE AVAILABLE.

VULCAN RCMP WILL BE CONDUCTING A TOWN HALL MEETING

COME OUT TO DISCUSS COMMUNITY POLICING

YOUR CONCERNS

AND ONGOING CRIME PREVENTION AND REDUCTION INITIATIVES

FOR MORE INFORMATION PLEASE CALL: 403-485-2267

VULCAN RCMP  
 165076A RR244  
 VULCAN, AB

SERVING RESIDENTS IN VULCAN COUNTY, VULCAN, CHAMPION, CARMANGAY, MILO, LOMOND, AND THE RESORT COMMUNITIES

## “Spill the Tea”

Drop In

### Information Session

**Parenting Outside the Box:**  
**Neurodivergent Kids Aren't Broken**  
**Let's Change the Lens**  
**Wednesday, June 11, 2025**  
**1:00 p.m.**

Your child isn't "too much." They're just wired differently. Come to Parenting Outside the Box—a free session for caregivers raising neurodivergent kids in rural communities. Learn how to support emotional regulation, executive functioning, and sensory needs. Meet other parents who get it. All are welcome—no diagnosis required. Free tools & support.

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

## 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!

## LIELOW Music Fest

### The Wet Secrets

*Kue Varo & The Only Hopes*

A.N. \* BENJ ROWLAND  
 BRETT CASSIDY & THE CORDUROY COWBOYS  
 BROCK GEIGER \* CHAROLYN MARK  
 DENVER VENOVA \* DJ KILONOVA  
 DORSTEN \* HELLO MOTH \* JACK CARTON  
 MACLAYNE \* MAMMOTH GROVE  
 MOTHERDAUGHTERS \* POLLUX  
 REBEL GRRRLZ \* THE REVIBERATORS  
 STUBBS AND THE \* SYDNEY ZADRAVEC  
 THE BOBBY TENDERLION UNIVERSE  
 TINA MARIE \* WHEELS

June 13-15, 2025

### TRIVIA

1. What do the SOS distress letters stand for?
2. Who qualifies as a baby boomer?
3. Out of 12 how many dogs survived the Titanic disaster?

## SPOCK DAYS

A Weekend Of Out Of This World Fun!

**JUNE 13-15, 2025**  
[www.spockdays.com](http://www.spockdays.com)

**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**

**Something a Little Lighter**  
- My dad said he wanted something groundbreaking for Fathers Day. I got him a shovel.  
- My dad used to be afraid of hurdles. But he got over it.  
- Dad, when is Fathers Day? About 9 months before Mothers Day.  
-My dad died due to us not being able to remember his blood type. As he died, he kept insisting that we "be positive", but it's hard without him.

**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

**MEET STEFANO, YOUR LOCAL PHARMACIST!**

**MARKET STREET VULCAN**

DIABETES CONSULTATION  
MEDICATION REVIEWS  
PRESCRIPTION AND MORE!

(403) 485-2919  
MARKETSTREETPHARMACY.CA

**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

**IL 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

**CLASSIFIEDS**

To place an ad here call 403-485-2192 or email [communityliaison@vulcanandregionfcss.com](mailto:communityliaison@vulcanandregionfcss.com)

June 6 - Champion Garage Sale -Call Sandy to register your house for the list 403-897-2402

Casual driver for Vulcan County Shuttle Transportation Service. Please send your resume directly to [claresholmtransportation@gmail.com](mailto:claresholmtransportation@gmail.com) 403-625-4455

Youth Centre Coordinator Vulcan and Region FCSS 30 hours/week detailed description at [vulcanandregionfcss.com](http://vulcanandregionfcss.com)

Youth Worker - Summer Student Position Vulcan and Region FCSS detailed description at [vulcanandregionfcss.com](http://vulcanandregionfcss.com)

Curiosity Cove Daycare Hiring Level 1, 2, 3 positions. Send your resume + cover letter to [curiositycovedaycare@gmail.com](mailto:curiositycovedaycare@gmail.com) or call 403-918-2844

Harvest Help - Matlock Farms Email [aaron-matlock82@gmail.com](mailto:aaron-matlock82@gmail.com)

**Volunteers Needed**  
Vulcan Healthcare Auxiliary is seeking individuals who are interested in helping at the hospital Gift Shop; visiting Long Term Care Residents and lending a helping hand with our community projects. For more information, please call Shirley Spanke 403-485-2973 or Shannon Rogers 306-331-6698

Vulcan Daycare Society Early Childhood Educators - call 403-485-2945 for info or email resumes to [vsprogramsvisor@gmail.com](mailto:vsprogramsvisor@gmail.com)

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](mailto:kchic@carmangaylibrary.ca)

**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

**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](http://activepure.com)

We service all makes and models of vacuum cleaners

**SPOCK DAYS 1ST ANNUAL PICKLEBALL TOURNAMENT**  
SATURDAY, JUNE 14TH

**THE VULCAN PICKLEBALL CLUB**

Prizes in each category

**JUNIOR** 18+ under \$20/Team  
**ADULT** Beginner 2.5 \$50/Team  
**ADULT** Intermediate 3.0+ \$50/Team

Outdoor Courts on the Planet Vulcan  
Saturday, June 14th at 9 am  
Registration at [Vulcanab pickleball@gmail.com](mailto:Vulcanab pickleball@gmail.com)  
Register by email with your player names, which category you're playing in, and send an e-transfer. **Deadline June 10th**

All Humans Welcome

**"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](mailto:counselling@vulcanandregionfcss.com)  
If you are interested in a reminder text or email, contact FCSS.

**Vulcan Healthcare Auxiliary is setting up by Wolfe's Home Hardware at the 'Lion's Den' during the Spock Days parade from 10 to 2. "POP" on over to see us!**

**VULCAN CURLING CLUB**  
705 Elizabeth Street  
**GARAGE SALE**  
Saturday June 14th, 2025 11:00 - 3:00

Contact Sandy @ 485-5507 to drop off donations

All Proceeds Go To Renovations

**Trivia Answers**

1. Morse code is a series of electrical impulses that signify the letter of a structured message. SOS does NOT stand for "Save our Ship" or "Save our Souls." It was chosen as a distress signal at an international conference in 1906 because, at 9 keystrokes it was thought to be the easiest combination to transmit. Three dots, three dashes, three dots.
2. A baby boomer is someone born after the soldiers of the WWII had come home and up to eighteen years later so the period can differ in some countries. In the U.S. and Canada, 20 million babies were born during the boom between 1946 and 1964.
3. Three

**Food Bank Wish List**  
Shampoo, Deodorant, Brown Beans, Rice, Kraft Dinner, Cereal, Crackers, Coffee, Jam/Jelly, Kids Snacks, Dog Food, Chunky Soup  
Monday to Friday 9am - 4:30pm

**HELP WANTED**  
Hiring Class 1 and 3 Drivers  
Walker's Corral Cleaning  
Call 403-485-8073 to apply.

**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**

**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](mailto:LADYVALLOSERVICES@GMAIL.COM)

**H Visscher Contracting Ltd.**  
Vulcan, Alberta

**Fergus Howard**  
P: 403.604.2923 E: [enquiries@screw-pileconstruction.ca](mailto: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](mailto:support@taxesaccountingservices.com) or 250.448.4300, or 368.999.4300