

Community Calendar

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

March 19–21 - The Screen Test Mobile Mammography Clinic is returning to Vulcan outside the Hospital for FREE breast cancer screening. Self referral. For women aged 45–74. Book your appointment: 1-800-667-0604 or screeningforlife.ca/breast
 Mar. 28 - Join Milo Art Society for a spring-themed acrylic painting class with Marla Blackwell on , 1:30 pm at the Snake Valley Drop In. \$55 for non-members and \$50 for art society members. Register by email to miloartsociety@gmail.com.

Pickleball
 Vulcan: Register at townofvulcan.ca/recreation - Wed. 7-9pm, Fri. 4-7pm, Sat. 6-9pm, Sun 1-4 at VPE

Mondays
Moving and Groovin - Milo Library - Mar. 30 at 10:30am Register with www.greaterfoothillsfamilycentre.ca/
Crafty Creations - Vulcan Lodge Hall 1:30pm Mar. 9, 16 & 23 www.greaterfoothillsfamilycentre.ca/
Roving Gym - Milo School 10:30am Contact Jessy 403-485-1451 or Nicole 403-485-1731
Community Walking - 11:35-12:20 at Vulcan CRC. Register at townofvulcan.ca/recreation.
Stay and Play 10:30-12:30 at Vulcan Yoga and Wellness Centre 112 3rd Ave. N. Vulcan \$2
Community Skating - 6:15-7:15pm. Vulcan Arena. Register at townofvulcan.ca/recreation.
Arrowwood Playgroup - 10am-12pm at the Arrowwood Hall for families with kids 0-5 years.
Ahimisa Yoga - Carmangay School Gym 6:30-7:30 register with cranberrybrowns@gmail.com
Yoga Fusion - 7pm vulcanyogaandwellness@gmail.com
Rec Volleyball in Lomond Contact Heather if you are coming at 403-485-8379 at 7:30

Tuesdays
Little's Lounge - Carmangay Library - 1pm Little's Lounge
Youth Zone at the Carmangay Library 4pm
Community Connection Café - 1:30pm. Coffee, Tea, Snacks and a topic to get everyone talking. Everyone Welcome, no membership needed. Located at the Vulcan Seniors Centre.
Book Club Chatter - 3rd Tuesday of the month 3:30pm Vulcan Library. Discuss your favorite books.
Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-in. **Please note this Chair Aerobics will change to Mondays in April.**
Community Badminton - 7-8pm. VPE. Starts Oct. 14. Register at townofvulcan.ca/recreation.
Community Volleyball - 8-9:30pm. VPE. Starts Oct. 14. 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.
Community Walking - 11:35-12:20 at Vulcan CRC. townofvulcan.ca/recreation
Community Basketball - 8-9:30pm. CRC. Starts Oct. 15. Register at townofvulcan.ca/recreation.
Yoga for Hips and Backs 3pm vulcanyogaandwellness@gmail.com
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
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.
Crib Night - Lomond Sunshine Drop-In Centre 7-9pm. Everyone welcome.

Fridays
Community Walking - 11:35-12:20 at Vulcan CRC. townofvulcan.ca/recreation
Cornhole at the Vulcan Curling Club. 18+ Register at 6:30, play at 7pm. \$3 per person.
BINGO - 2nd Friday of the Month Vulcan Senior Centre. Doors open at 6. Bingo starts at 7pm.

Monday - Saturday
Vulcan Senior Centre -Pool 9am-12, Coffee Drop-in 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. Potluck 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 Carmangay Seniors Centre 10am-12pm
Coffee at the Arrowwood Museum 9:00am.

Babysitting Basics

Babysitting is a job with significant responsibility and the Babysitting Course taught, by a certified Red Cross instructor, helps prospective babysitters learn the skills they need. This course is for youth aged 11 to 17 years old. It teaches the new babysitter the necessary skills to provide care to children in a variety of situations. The course emphasizes safety rules, responding to emergencies, and developing leadership skills.

Date: March 27, 2026

Time: 9:30am - 4:30pm
 Location: Vulcan and Region FCSS 105B 3rd Ave. S.
 Details: Bring a bagged lunch. Maximum attendance is 20 youth.
 Cost: \$65/person

Register with Vulcan and Region FCSS 403-485-2192
 Payments due by May 24 to Vulcan and Region FCSS by cash, cheque or e-transfer at reception@vulcanandregionfcss.com

Get-A-Way Youth Centre

Ages 10-18
 403-485-6033
 Monday 3:30-6pm
 Tues-Thurs. 11:30-6pm
 Friday 11:30-6pm (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

Something a Little Lighter

-My father said, "As one door closes, another opens." Beautiful man, terrible cabinet maker.

-It's a 5 minute walk from my house to the pub. It's a 35 minute walk from the pub to my house. The difference is staggering.

-Maybe money doesn't buy happiness, but I'm accepting donations to test that theory.



GOOD MORNING COMMUNITY NEWSLETTER

Mar. 19, 2026

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

FREE

Adult Social Night
Cooking Night
 Mar. 24
 7:00-9:00pm

Please register!

Make and Take - Because it's fun to get to know people while cooking together and making delicious food.

In 2 hours or less, we are going to prep, cook and pack for home a variety of recipes for you to choose from!

You must register so we know how much food to buy. \$10 each. Call 485-2192 or Email reception@vulcanandregionfcss.com
 Location: 105A 3rd Ave. S. Vulcan

fcss 2026

FINDING PEACE IN CHAOS

WEDNESDAYS @9:00-9:00PM
 MARCH 11-APRIL 15
 105B 3rd AVE SOUTH

CALL OR EMAIL US AT:
 403-485-2192
COUNSELLING@VULCANANDREGIONFCSS.COM

SESSIONS ARE FREE SO THAT YOU CAN HAVE ONE LESS THING TO WORRY ABOUT

PSYCHOEDUCATION AND SUPPORT GROUP FOR MANAGING DAILY STRESS

Village of **ARROWWOOD** ALBERTA

Centennial Celebration

May 30-31, 2026

PARADE KIDS ZONE BBQ - MUSIC FIREWORKS
 HERITAGE DISPLAYS - SHOW N SHINE - FASHION SHOW

Camping available at the campground, overflow at the rodeo grounds. Contact village office for camping: 403-534-3821 or vgarr@telusplanet.net

Follow on Facebook for updates: [Arrowwood Centennial Celebration](https://www.facebook.com/ArrowwoodCentennialCelebration)

fcss **Vulcan and Region Recreation** **MENTAL WELLNESS SOLUTIONS**

PARENT CONFERENCE

A full day of learning and networking with other Parents, Caregivers, Educators and those who work with children

Saturday, April 18, 2026
10:00am-4:30 pm

Vulcan - Cultural Recreation Centre & CCHS Classrooms

Registration Required

If you cannot come for the whole day, you can still register for the sessions you can attend. Scan the QR Code, visit the website or call to register.

REGISTER NOW
 403-485-2192
<https://vulcanandregionfcss.com/useful-documents/>

\$10 includes lunch for the whole family
Babysitting provided

9:30 Doors open, babysitting drop-off
Full session descriptions online
Choose a sessions per time:

10-11am
 A. Feeding your Baby
 B. PlaySHOP - Physical Literacy for Life Starts in Early Childhood
 C. Hacking ADHD Motivation
 D. Talking to Teens about Healthy Relationships

11:15am-12:15pm
 A. Care for the Caregiver: Taking Care of Yourself to take Care of your Baby
 B. Picky Eaters and Nutrition for Healthy Development
 C. Growing Resilient Teens

1-2pm
 A. Head to Toe: How Your Child Grows
 B. Are you ready? How to talk about Puberty and Sexuality with your Children
 C. Managing the Messaging Around Food, Media, Nutrition Misinformation and Fueling Bodies

2:15-3:45 - Keynote Presentation
Navigating Technology with Youth (All ages) Presented by Andrea Halwas Larsen, PhD, CT
 Technology is everywhere: the good, the bad and the ugly. Our youth need to learn how to navigate this world and how to be critical about their relationship with tech. This keynote is not only about technology's impact on youth, but is also about a child's healthy brain development and the necessary parenting role in creating healthy, emotionally regulated brains.

3:45-4:30
Discussion Panel on Addressing Screens as a Community—Question Time
 RCMP—Scams, Luring, Exploitation
 Vulcan Prairieview Elementary—Impact and Possibilities in Schools
 FCSS—What can we do as a Community?

Presented by
 ATB Financial
 Vulcan and Region Family and Community Support Services
 Rainbow Literacy and Learning Society

ADULTING IS HARD

LET'S TALK ABOUT MONEY

FINANCIAL BASICS

Learn some of the things no one taught you or you weren't ready to learn. Now is the time. Before you are in trouble with debt, before you are retiring without savings, before you have bad credit, learn some basics. Find out what drives spending, where to get budget resources or where to get help if you are in trouble.

Tuesday, March 31, 2026
7:00-9:00PM

One beverage included

Nine-in-a-Line Brewing

Sponsored by **ATB**

Reservations with reception@vulcanandregionfcss.com or 403-485-2192

Vincent Joseph Henry
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 Allergen control
 Home solutions bags and HEPA filters
 Central vacuum systems

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MEET STEFANO, YOUR LOCAL PHARMACIST!

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DIABETES CONSULTATION
 MEDICATION REVIEWS
 PRESCRIPTION AND MORE!

(403) 485-2919
MARKETSTREETPHARMACY.CA

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(403) 485-2919
MARKETSTREETPHARMACY.CA

TRIVIA

- Where is the largest St. Patrick's Day celebration?
- How many countries used to change clocks to observe Daylight Savings Time and how many currently do?
- What is the longest-running Broadway show of all time?

Food Bank Wish List
 Coffee & Tea, Crackers, Rice, Kids Snacks, Mr. Noodle Rolled Oats, Baking Mixes, Cleaning Supplies

NEED HELP WITH YOUR SMARTPHONE COMPUTER OR TABLET? ENROLL IN DIGITAL SKILLS

MARCH 2 ~ APRIL 13
MONDAYS AT THE MILO LIBRARY
5:30PM - 7:00PM
\$25 PER PERSON

MARCH 10 ~ MAY 26
TUESDAYS CARMANGAY SENIOR CITIZENS CLUB
1:00PM - 2:30PM
\$25 PER PERSON

FEBRUARY 25 ~ MAY 27
WEDNESDAYS AT LOMOND SUNSHINE - DROP IN
12:30PM - 2:00PM
\$25 PER PERSON

Join Anytime. REGISTER TODAY!

VISIT OUR WEBSITE, CALL, OR EMAIL TO REGISTER.
rainbowliteracy.com | 403-485-3107
 adult@rainbowliteracy.com
 1101 Ave S, Vulcan, AB Box 449 TOL 2B0

TREASURE HUNT

Are you up for a week long challenge? Grab your explorer hat, bring your friends, and prepare to hunt for treasure. Let's make it an adventure to remember!

APRIL 6TH-10TH AGES: KINDER- GRADE 6
REGISTRATION OPEN NOW!!

To register please email vulcandaycare@gmail.com

FREE TAX CLINIC

March 2026 (9:30am to 4:00pm)
 Monday- 2, 9, 16, 23, 30
 Tuesday - 3, 10, 17, 24, 31

April 2026 (9:30am to 4:00pm)
 Monday- 13, 20, 27
 Tuesday- 7, 14, 21, 28
 *closed April 6 Easter Monday

Income Threshold:
 Individual \$40,000
 Couple \$55,000
 Family \$2500 per extra family member

Are you low income and need taxes filed?

Please note that we are not able to do the following taxes: RRSPs, bankruptcy, self employment, business or corporate, capital gains, foreign property or income.

By appointment only. To book, please contact Vulcan FCSS

403-485-2192
 Clinic located at 105B 3rd Ave S Vulcan

PALLILEARN

PALLIATIVE CARE EDUCATION FOR EVERYONE

Join us for TWO FREE, interactive sessions designed to build confidence and knowledge around supporting people experiencing serious illness, dying and grief.

Wednesday, April 8
10:00 AM - 2:00 PM
 Lunch served 11:30 - 12:30

Vulcan Community Health Centre Wellness Room

REGISTRATION REQUIRED
 Email: vchwfoundation@gmail.com
 Call: 403-485-4001

vchwfoundation.com

Community Breakfast

Saturday, March 21
8:00 AM - 10:00 AM
 Champion Community Hall

Join us for a warm, welcoming Community Breakfast - everyone is invited!

COST: By Donation

Proudly Sponsored by the CHAMPION COMMUNITY BOOSTER CLUB

Proceeds support community programs and events.

Easter Craft A Long

Hop, Hop, Hop

Ages 2-5yrs Monday, March 30 10:30-11:30am (caregivers stay for 2-5yrs age group)

Ages 6-8yrs Monday, March 30 4:30-5:30pm
 Ages 9-12yrs Monday, March 30 5:30-6:30pm

At the Rainbow Literacy Building

FREE to join and take home a new book!

Please REGISTER at 403-485-3109 or email family@rainbowliteracy.com

Seedy Saturday

Saturday, March 21, 2026.

Come trade your seeds, pick up new seeds, buy some plants, get your ceramic plant stakes and/or paint a rock or three!

We will be inside the big blue car wash this year from 10:00 am to 4:00 pm.

Fire & Frost HEATING & COOLING

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

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
 To ensure availability, please give as much notice as possible. Same day bookings can not be guaranteed.

Rates available round trip:
 • \$10 in Town of Vulcan
 • \$20 Village to Vulcan
 • \$50 High River
 • \$75 Okotoks
 • \$100 Calgary/ Lethbridge

Book a ride for:

- Appointments
- Shopping/Errands
- Social Events

Wheelchair Accessible

fcss, Food Bank, Healthy Aging Alberta

Join Us For A FAMILY GAMES NIGHT!

Tuesday, March 24
6:30PM - 8:30PM

Fun & Laughter! No Charge!
 Snacks & Drinks!

All Ages Welcome!
 14 & under must be accompanied by an adult
 Games will be provided

At The Champion Pioneer Club
 Sponsored by the Champion Community Booster Club & Vulcan FCSS

REGISTRATION NOW OPEN

Palliser School Division's Early Learning Program

To learn more, please call Vulcan Prairievew Elementary School at (403) 485-2074 TODAY!

EMPLOYMENT OPPORTUNITIES

Palliser School Division Jobs
 -Vice Principal - CCHS
 -Temp. Complexity Team Teacher and Educational Assistants - multiple locations
 -Educational Assistant - Champion
<https://www.pallisersd.ab.ca/hr/career-opportunities>

Vulcan County www.vulcancounty.ab.ca/announcements/career-opportunities/
 Mower Operator and Water and Wastewater Operator

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

-Parts Technician - NAS Mechanical
 email nasmechanical@hotmail.com or stop by the shop in person.

Inside Parts and Sales Associate - R.A. West
indeed.com

Feed Truck Drivers, Pen Checkers, Barn Processors - Chinook Feeders. Email HR@ChinookFeeders.com
 Please note: LMIA positions are not available at this time.

Canadian Census 2026 Jobs
<https://www.census.gc.ca/en/jobs>

Found on indeed.ca
 - Location Assistant - Richardson Pioneer
 - Social Worker, Cook, Health Care Aide, Dietary Aide - Extencicare
 - Food Counter Attendant, Food Service Supervisor - A&W
 - Farm Labourer
 - Kitchen Helper - Vulcan Country Inn
 - Parts and Service Representative - Brandt

Early Childhood Educators - Vulcan Daycare
vulcandaycare@gmail.com 403-485-2954
 ECE certification and experience preferred

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

Construction Labourer. Email dmsconstruction@hotmail.com

Found on LinkedIn.com
 - High School Teacher - Hope Christian School
 - Farm Equipment Operator - P&H Mossleigh

Cleaning Assistant - mapleandmop@gmail.com

Seasonal Grain Farm Worker - email aaronmatlock82@gmail.com

Help bring Sport Ball to Vulcan - apply at <https://sportball.com/careers/> send questions to central@sportball.com

HELP WANTED

Hiring Class 1 and 3 Drivers

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

Healthy relationships of all kinds start with clear boundaries & open communication.

Healthy Connections Group

Join us to learn about:

- Healthy Relationships
- Domestic Abuse & The Cycle of Abuse
- Effects of Abuse & Coping Skills
- Self-Esteem & Boundaries
- Safety Planning
- Moving Forward

Rowan House Society
 Deadline to register: April 16, 2026

Located in Vulcan
 Thursdays, April 23 - May 28, 2026
 12:30 p.m. - 2:30 p.m.
 All genders welcome
 Childcare available, snacks will be provided.

CAPTURE

Community Assisted Policing Through Use of Recorded Evidence
 Communautés à l'Aide de la Police par le Transfert et l'Utilisation de Renseignements Enregistrés

ruralalbertacapture.ca ruralalbertacapture.ca/fr

Register your security camera

Enregistrez votre caméra de sécurité

Help police investigate crimes and keep your community safe.
 Aide la police à enquêter sur des crimes et à assurer la sécurité de votre collectivité.

The registry is voluntary and secure. Sign up and help protect your property, your family and your community.
 L'inscription au registre est volontaire et sécurisée. Inscrivez-vous pour aider à protéger votre propriété, votre famille et votre collectivité.

REGISTER YOUR CAMERA(S) AT ruralalbertacapture.ca
 FOUR ENREGISTRER VOTRE CAMÉRA: ruralalbertacapture.ca/fr

Volunteer Opportunities

Vulcan Community Health Care Centre and the Palliative Care Committee are looking for volunteers to significantly improve the palliative experience for the patient and their family.

No One Dies Alone: Volunteers who would be willing to sit with those who need some human kindness and support at a time when they are most vulnerable and alone. In hospital or their home.

Care Packages for Families: Volunteers would review, update or replace education resources.

Touch Base with Families: Volunteers to make phone calls to families and check on their well-being within 3 months of the passing of their loved one.

White Rose Program: A white rose and a quilt are given to the family after each one has passed. Volunteers monitor supplies.

Education and/or experience provided. For information contact Laurie Mehlhaff at laurie.mehlhaff@assistedlivingalberta.ca or 403-485-0083 or Shirley Spanke at shirspan@hotmail.com or 403-495-8352.

ACCEPTING REGISTRATION

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

CURIOSITY COVE DAYCARE

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

Professional Makeup Artist BAYLIE MARTINE

at IRON EDGE SALON & SPA
 95B Centre Street, Vulcan

Now Booking Grad Makeup

Flawless, every-lasting makeup perfectly tailored for your grad day.

TEXT or DM Baylie to book your appointment:
 403-336-1530
 @baymarartistry

Limited spots available
 95B Centre Street, Vulcan

Trivia Answers

1. New York City
2. At one point 143 countries observed DST, now 70 do.
3. Phantom of the Opera.

Professional Stylist ASHLEY

@_beautyby.ash

at IRON EDGE SALON & SPA
 95B Centre Street, Vulcan

Now Booking Grad Styling

For beautiful, elegant hair on your grad day.

DM Ashley on Instagram:
 @_beautyby.ash

Limited spots available