

Community Calendar

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

March 14 – **BINGO** at the Vulcan Senior Centre. Doors open at 6pm. Bingo at 7pm.
 March 14 – **Vulcan Skating Carnival**. Everyone welcome for great entertainment. Doors open at 6:30
 March 15 – Vulcan Legion St. Paddy's Day **Dart Shoot** phone Sid to register 403-796-5902
 March 16 – **St. Patrick's Day Dinner and Auction** Champion Kindergarten at the Hall starting at 5:00pm.
 March 17 – **St. Patrick's Day Parade** in Carmangay at 11am followed by stew, bun and green beer at the Community Centre
 March 18 – **Foot Clinic** at the Vulcan Senior Centre - sign up at the Centre open daily between 9am-12pm
 Call Scarlett Williamson 403-331-3338 www.chinookfoot.com
 Mar. 22 - Spring Fling **Corn Hole Tournament** at 1:00 PM at 119 1 Ave N, Vulcan. Email dan@nineinanebrewing.com to sign up.

Pickleball - Register at: townofvulcan.ca/recreation Mon. 2-4pm, Wed.6-8pm, Fri.2-4pm,Sat. 2-4pm

Mondays

-**Roving Gym** 10:30am Milo School
 -**Arrowwood Playgroup** 10am-12pm Community Hall 0-5 years old.
 -**Lomond Space Adventures** - Feb. 3, 10, 24. Register with www.greaterfoothillsfamilycentre.ca
 -**Busy Bees** family program at the Vulcan Lodge Hall - Feb. 3, 10, 24. Register with www.greaterfoothillsfamilycentre.ca
 -**Vulcan Healthcare Auxiliary** meetings. New members welcome. First Monday of each month except stats and summer. Call Shannon at 306-331-6698 for time and location.
 -**Flexibility Yoga** Carmangay Seniors Hall, 10:30 - \$5

Tuesdays

Time for Rhymes -Champion School at 10:30am
YouthZone at the Carmangay Library 4-6pm ages 7+
Community Connection Café - 1:30pm Vulcan Seniors Centre.
Community Walking -Vulcan CRC 11:35am-12:25pm.
Badminton - Mossleigh Hall at 6:30pm. \$20/season until the end of April. Signup with Bobby 403-809-0444.
Bingo at the Champion Seniors Centre 3rd Tuesdays each month 1:30pm. For info 587-257-7702.

Wednesdays

Time for Rhymes - Milo Library at 10:30am
Time for Rhymes -Vulcan Library (in Spanish) at 10:30
Coffee Time- 2pm Lomond at the Drop-In
Mancave - 1-3pm 105A 3rd Ave. S. Visiting, billiards, puzzles, cards, ping pong, coffee and snacks.
Pickleball - Carmangay Curling Club 7pm
Coffee at the Carmangay Seniors Centre 10am -12pm
Tim Hortons Pop-Up - First Wednesday of the Month 7:30-10:30am. Champion Pioneer Club.
Youth Group Vulcan Church of Christ 7pm. Grades 7-12.

Thursdays

Time for Rhymes -Vulcan Library at 10:30am
Chess at the Vulcan Library - 2:10-5:00pm
Dart League - Vulcan Legion. 6:30pm. Drop-In. No membership required.
Community Walking - Vulcan CRC 11:35am-12:25pm.
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
Community Walking - Vulcan CRC 1:00pm-2:30pm.

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 6:00pm. 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

Mar. 13, 2025

COMMUNITY NEWSLETTER

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

FREE

TRIVIA

1. What is the national animal of Scotland?
2. Where did coffee originally come from?
3. Which country is home to the most volcanoes?

CHAMPION KINDERGARTENS
ST. PATRICK'S DAY
 DINNER, AUCTION, 50/50 & MORE!!
16 MARCH **CHAMPION HALL**
TICKET PRICES
 ADULTS \$25
 YOUTH (7 AND UP) \$15
 KIDS UNDER 7 FREE
 FAMILIES (UP TO 5) \$70
 FOR TICKETS CONTACT HOLLY (403)894-0815
 DOORS OPEN AT 4PM | DINNER AT 5PM | AUCTION TO FOLLOW

JOIN US AT THE CARMANGAY COMMUNITY CENTER FOR THE ANNUAL PARADE AND
St. Patrick's Day PARTY
 Parade starts at 11am!
17 MARCH
 RIGHT AFTER THE PARADE
 Stew, Bun & Dessert \$10
 Proceeds go to the Food Bank
First Green Beer is on the House

COMEDIAN TODD NESS
 SATURDAY MARCH 22, 2025
 CULTURAL RECREATION CENTRE
 DOORS OPEN: 4:30 PM
 TICKETS: \$65
 ONLY 200 TICKETS AVAILABLE!
 TICKETS AVAILABLE FOR PURCHASE AT: N&S MECHANICAL SERVICES, VULCAN DAYCARE SOCIETY, IJFE MED PHARMACY, VULCAN COUNTY OFFICE
 MEAL CATERED BY THE INFAMOUS KIM MCLEAN
 GE OPTION AVAILABLE UPON REQUEST
 AN EVENT YOU ARE NOT GOING TO WANT TO MISS!
 DRAW BAG RAFFLES
 DOOR PRIZE
 WISH TREE

Vulcan Skating Club PRESENTS
Disney Pixar INSIDE OUT
FRIDAY MARCH 14TH - 7PM
 DOORS OPEN AT 6:30PM
ADMISSION: \$5
6 & UNDER: FREE

Whispering Creek Condo Corporation is looking to hire someone for lawn care available spring through fall for 76 units. Equipment is provided. Contact Rick Ludwig at 403-813-3066

Income Tax & Bookkeeping!!
 Call me for your personal or corporate income tax!
 Bookkeeping:
 Are you tired of being overcharged for bookkeeping, even though its the most important part of your entire business? Call me for solutions!
 I am pretty sure I can save on your monthly charge and even help get you organized with less stress.
support@taxesaccountingservices.com
 phone: 368.999.4300

MAMA'S PIZZA LUNCH MENU SPECIAL
EVERYTHING FOR \$14.99
 ASK FOR DAILY FREE SOUP FOR EVERY MEAL
 BURGERS
 PASTA
 SALAD
 FISH & CHIPS
 FRIED CHICKEN
 SANDWICHES
 SUBS/LOAFERS
 8" PIZZA
 CHICKEN FINGERS

COMING SOON!!!!
Barber Shop Salon
NEW IN VULCAN!
Manicure Pedicure Foot Spa
LAUNDROMAT AVAILABLE!
 *Inside Mama's Pizza Building

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

Hot Flashes & Tall Tales: Menopause Myths Unplugged!

Mar 26

7 - 8.30 pm

Vulcan Community Health Center



What You Will Learn:

- Menopause comes with a lot of changes—and even more myths! Will hormone therapy give you cancer? Is weight gain inevitable? Does menopause really last forever? This presentation will help you separate fact from fiction, bust the biggest menopause myths, and help clear up the confusion!

Kim Hand
Registered Nurse
1403.625.0053
@kimhand.themamacoach
kim.hand@themamacoach.com
Check out my Website



STAY SAFE

A course to help kids stay HOME ALONE safely

Real-world scenarios often call on children to respond to challenges. The **Stay Safe!** program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to **Stay Safe!** in a variety of different situations.

Canadian Red Cross

Stay Safe Course



Checklist:

- Importance of responsibility and respect while being accountable for yourself
- Importance of setting and following rules around safety when staying on your own
- How to stay safe at home and within the community
- How to prepare, recognize and respond to unexpected situations, (i.e. inclement weather, strangers, unanticipated visits)
- First Aid Content:
- Check, Call, Care (includes phoning EMS/911), recovery position, conscious choking (adult/child/alone), feeling unwell, asthma (includes use of inhaler and spacer), anaphylaxis (includes use of EpiPen), poisoning, insect stings, wound care (i.e. minor cuts and scrapes, splinters, nosebleeds, bumps and bruises, life-threatening bleeding, burns).

Age 9 and up or completed Gr. 3

Date: Friday, Mar. 21, 2025
Time: 1:00pm - 4:30pm
Location: Vulcan and Region FCSS 105B 3rd Ave. S.
Cost: \$60/person

Register with Vulcan and Region FCSS 403-485-2192. Register by Mar. 14.
Payments to Vulcan and Region FCSS by cash, cheque or e-transfer at reception@vulcanandregionfcss.com

Volunteer Position

The Volunteer Support Group Facilitator ensures a supportive and constructive atmosphere, where informal care partners (family members, friends, etc.) can come together to learn, discuss, and share conversations about common experiences and questions regarding supporting or caring for a person living with dementia. If you are interested in learning more email: volunteer@alzheimers.ab.ca

CAREER and EMPLOYMENT FAIR 2025

Are you looking for a job? An advancement? A new career? To learn about employment in local industries? Meet employers and make connections.

- Cultural Recreation Centre (CRC), Vulcan
- Thursday, April 3, 2025
- 1:30-3:30 CCHS Students Career Exploration and Employment Inquiries
- 4:00-6:30 General Public Employment Fair
- No Cost

Employers: This is a great opportunity to meet potential new employees and recruit new talent. To register contact Lori Gair at FCSS 403-485-2192 communityliaison@vulcanandregionfcss.com or Jen Dobson, CCHS jennifer.dobson@pallisersd.ab.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.

UPCOMING DATES:
MARCH 18TH
APRIL 15TH
MAY 20TH

Seedy Saturday

1st annual!

Vulcan

Mar 22 1-3 pm

Clay in Kiln Studio
102A 1 St S

Seed and supply swap
Garden items for purchase

Get, give, and trade seeds and supplies

More information to come!

Trivia Answers

- The unicorn
- Ethiopia
- Indonesia

-I told my doctor that I broke my arm in two places – he told me to stop going to those places.
-Before you criticize someone, walk a mile in their shoes. That way, when you do criticize them, you're a mile away, and you have their shoes.
-Evening news is where they begin with "Good evening," and then proceed to tell you why it isn't.
-What do you call a lazy kangaroo? A pouch potato
-I have an inferiority complex, but it's not a very good one.

LITERACY & PARENTING SKILLS (LAPS)

JOIN US FOR A 6 WEEK WORKSHOP

WHEN: APRIL 2, 9, 30, AND MAY 7, 14, & 21
TIME: 1:00 TO 3 P.M.

WHERE: RAINBOW LITERACY
110 1 AVENUE SOUTH, VULCAN

This program will increase:

- knowledge of parents' roles in the lives of their children
- awareness of attitudes, values, and beliefs as they relate to positive interactions with your child
- ability to use resources and tools to increase knowledge, comfort, and implementation in the home.
- learn about childhood milestones, establishing boundaries & building relationships

REGISTER TODAY: 403-485-3109
family@rainbowliteracy.com

LIMITED SPACES

St. Patricks Day Craft A Long

Age 2-5yrs Wednesday, March 12 10:30-11:30am
Age 6-8yrs Wednesday, March 12 4:30-5:30pm
Age 9-12yrs Wednesday, March 12 5:30-6:30pm

At the Rainbow Literacy Building

FREE, FUN and a new story to take home!

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

Food Bank Wish List

- Canned Vegetables
- Shampoo
- Deodorant men's and women's
- Canned Brown Beans
- Cereal
- Crackers

Monday to Friday 9am – 4:30pm

Vulcan COUNTY OPEN HOUSE

MUNICIPAL DEVELOPMENT PLAN

Thursday, March 27th @ 5:00 - 8:00 p.m.
Vulcan County Administration Building
102 Centre Street, Vulcan AB

Review details of the proposed Municipal Development Plan. Provide Feedback. Talk with staff and councillors about the proposed plan.

For more information and to see the draft Municipal Development Plan please visit our website. www.vulcancounty.ab.ca

We look forward to seeing you!

NOMINATE AN OUTSTANDING YOUTH VOLUNTEER TODAY!

Leaders of Tomorrow Awards

NOMINATION FORMS ARE NOW AVAILABLE FOR THE LEADERS OF TOMORROW AWARDS!

Please visit our website for forms or more information <https://vulcanandregionfcss.com/Awards> will be presented at the

Volunteer Appreciation Dinner April 16, 2025
Deadline for submission is April 9, 2025,

First Aid Course

Only \$145

Red Cross First Aid Level C CPR/AED

March 31/April 1 at Rainbow Literacy 9am - 4pm

Limited Seating Available

Once you pay your seat is guaranteed We will refund the class up to 7 days before the course

Contact Us to Register!

adult@rainbowliteracy.com rainbowliteracy.com
403-485-3107

Box 449
110 1 Ave S
Vulcan, AB
TOL 2B0

CLASSIFIEDS

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

EMPLOYMENT OPPORTUNITIES

Free ads
Basic info only

Whispering Creek Corp. Hiring for lawn care, spring through fall for 76 units. Equipment is provided. Contact Rick Ludwig at 403-813-3066

Financial Controller-Part Time – Wheat Country Special Needs Society
Managing financial records according to Society's principles; providing financial administration assistance in the accounts receivable/payable including:
-Recording, analyzing and processing information relating to accounts receivable and accounts payable
-Preparing bank deposits and recording receivables
-Verifying the accuracy of documents and records relating to financial transactions
-Maintaining, distributing, and filing appropriate documentation and records
-Communicating appropriately with other staff members
-Producing reports outlining financial position for the Board of Directors
-Preparing financials for the Auditor
-Requires basic knowledge of bookkeeping and accounting principles and knowledge in internal accounting processes and procedures. Send resumes to kbilinsky@wcsns.ca.

Maintenance Worker-Part Time - Wheat Country Special Needs Society
-Ability to work in a range of buildings, such as apartment complexes, 4 plex's, homes and office buildings, bottle depot and Thrift Store.
-General maintenance & repair buildings, paint, repair flooring, work on plumbing, electrical & air conditioning & heating systems.
-Maintenance involves, preventative maintenance, corrective maintenance, predetermined maintenance, condition-based maintenance, predictive maintenance and reactive maintenance. Please send resumes to kbilinsky@wcsns.ca.

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

Free ads
THANK YOU FOR RENT NOTICES BIRTH/DEATH

Visscher Contracting Ltd.

Vulcan, Alberta

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

Specializing in Concrete
Screwpile Installation
General Handyman Work

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

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 24HOURS AHEAD TO SECURE YOUR RIDE

ROWAN HOUSE SOCIETY

Healthy Connections Group

Join others with similar experiences to connect and learn about:

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

Located in VULCAN
April 1st - May 6, 2025
9:30 am - 11:30 Am
Childcare and snacks will be provided

To register call 403-652-3311 / CHECK: <https://www.rowanhouse.ca/prevention>