

Community Calendar

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

- April 1 – **Paint, Sip and Create Night** at Nine-in-a-Line Brewing
- April 5 – **Our Hearts are in Rural Health Gala** – Fundraising Event
- April 11—**BINGO** at the Vulcan Seniors Centre Doors open at 6, Bingo starts at 7
- April 12 - **Crib competition** and see if your game is on point! Whether you're a beginner, local legend, or just in it for the thrill of it this will be a great day of cards and socializing. This is a pairs event. Each participant must register separately. <https://aspencrossing.com/events/crib-tournament/>
- April 22-25 **Easter Camp** Vulcan CRC 9-4:30 \$125 This camp offers a variety of activities including arts and crafts, open gym, movie and plenty of games. Stay active and entertained. Ages 7-13. Register with townofvulcan.ca/recreation 403-485-2554
- April 26 - **Carmangay Spring Fling Elton John Tribute**

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.
- BINGO** - 1st and 3rd Wednesday of the month at the Carmangay Seniors Centre Doors open at 6:30
- 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 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

Mar. 27, 2025

COMMUNITY NEWSLETTER

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

FREE

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

TRIVIA

1. What is the difference between a Product of Canada and Made in Canada?
2. Which of these companies are Canadian owned? Boston Pizza, New York Fries, Second Cup, Hudson's Bay Company, Tim Hortons's?

GET CHECKED.

PROSTATE CANCER OFTEN HAS NO WARNING SIGNS EARLY DETECTION SAVES LIVES

THE VISIT IS FAST, FREE AND NO APPOINTMENT IS NECESSARY.

The MAN VAN® will be on-site offering free baseline PSA (Prostate Specific Antigen) blood testing for men ages 40-70*, which can help with the early detection of prostate cancer. Additionally, all men over 18 can receive a mental wellness check.

LOCATION: Kinsmen Room
ADDRESS: Basement of the Curling Rink
DATE: Thursday, April 3, 2025
TIME: 12:00 pm to 3:00 pm

PROUDLY SPONSORED BY:



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

MEET STEFANO, YOUR LOCAL PHARMACIST!

MARKET STREET VULCAN

- DIABETES CONSULTATION**
- MEDICATION REVIEWS**
- PRESCRIPTION AND MORE!**

(403) 485-2919

MARKETSTREETPHARMACY.CA



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/LOAFS
- 8" PIZZA
- CHICKEN FINGERS

"Spill the Tea" Information Session

Is it Anger or Grief?

Tuesday, April 8, 2025 @ 5:00 p.m.

Ever feel mad... but deep down, you're just hurting?
Come explore how anger and grief are connected – and what to do about it.

Learn to recognize your emotions, understand what's underneath, and get simple strategies to cope.

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.

TICKETS NOW AVAILABLE

Please join us for a fantastic fundraising evening to support updates to the Palliative Care Room in our Vulcan Community Health Centre.

OUR HEART IS IN RURAL HEALTH GALA

5 April 2025 | Cultural Recreation Center Vulcan, AB | 5-8
\$100.00 per person

Learn more & get tickets at WWW.VCHFUNDATION.COM

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

Trivia Answers
 1. Product of Canada: This certification indicates that the product is 98% Canadian, meaning the product is made of Canadian materials and the direct costs of producing or manufacturing the product must have also been incurred in Canada. Made in Canada: This certification indicates that a minimum of 51% of the product's material or content is Canadian.



VULCAN LIONS CLUB



We want to contribute to your morning Gastronomic Intake with a Community Breakfast to help us feed our Community Projects.

Vulcan Lodge Hall April 12th
 8:00 AM ~ 11:00 AM
 Donations Gratefully Accepted



Close to Home COMMUNITY SERVICES

Coffee and Doughnuts
Come and learn about our Foster Care Program with Shalia and Taylor!

Join us for *coffee and doughnuts* on April 26, 2025, to learn about and discuss Closer to Home's Foster Care Program. This info session will be a conversation about what becoming a Foster Parent entails, go over common misconceptions, and answer any questions you may have!

Your care can make a life-changing difference, with the ultimate goal of helping families reunite.

THE DETAILS

- April 26, 2025
- 10 AM to 12 PM
- Vulcan Municipal Library (303 Centre St, Vulcan, AB)

See you there!

Actively Recruiting Foster Parents

Be part of a child's story.
 For any questions, please email: fostercare@closer-to-home.com
 closer-to-home.com

2. Boston Pizza: Canadian owned. New York Fries: Canadian owned. Second Cup: Canadian owned. Hudson's Bay Company: American owned. Tim Hortons: That is complicated. Started in Canada and sold many times, it is part of Restaurant Brands International now. It's corporate headquarters are in Ontario, it is traded on the TSX and the NYSE and the largest shareholder is actually a Brazilian/American firm with 32% share. The vast majority of Tim Hortons are still in Canada.

Something a Little Lighter
 -I'm friends with 25 letters of the alphabet. I don't know Y.
 -"I didn't have time to jog this morning."
 "But my dear, you say that every day."
 "I know, it's a running joke."
 -I accidentally rubbed ketchup in my eyes. Now I have heinzsight.
 -The adjective for metal is metallic, but not so for iron, which is ironic.
 -I see people my age out there climbing mountains and zip lining. And here I am feeling good about myself because I got my through my underwear without losing my balance!



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
 1101 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



Vulcan THRIFT Market

APRIL 4

5-8pm / Free entry
 Vulcan Cultural Recreation Centre. 504 4th Ave

Come out and shop gently used woman's, men's and childrens clothing, shoes & accessories from a variety of local sellers

*Cash/e-transfer accepted

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,

Get-A-Way Youth Center Vulcan FCSS

fcss Family and Community Support Services

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

EMPLOYMENT OPPORTUNITIES

Free ads Basic info only

Vulcan ATB is hiring an Everyday Banking Advisor
<https://careers.atb.com/careers/job/1125899907082156>

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

Wheat Country Special Needs Society:
 -Maintenance Worker-Part Time
 -Financial Controller-Part Time
 -Community Support Worker
 Please send resumes to kbilinsky@wcsns.ca.

Casual driver for Vulcan County Shuttle Transportation Service. Please send your resume directly to Claresholm Transportation Services. A class 4 license will be needed before completion of hiring.

claresholmtransportation@gmail.com 403-625-4455

Free ads THANK YOU FOR RENT NOTICES BIRTH/DEATH MARRIAGE

HELP WANTED

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

H Visscher Contracting Ltd.
 Vulcan, Alberta

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

Specializing in Concrete
 Screwpile Installation
 General Handyman Work



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 Local Champion, AB contractor with 21 years Experience in heating and cooling services
 Free Estimates

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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

BOOK FOR:
 -APPOINTMENTS
 -SHOPPING
 -SOCIAL EVENTS
 -VISITING FRIENDS

CALL A MINIMUM OF 24HOURS AHEAD TO SECURE YOUR RIDE

403-485-2106

COUNSELLING VS. TALKING TO A FRIEND

Both can be helpful - but they're not the same!



Counselling
 Confidential and professional
 Trained to help with mental health and life challenges
 Uses evidence-based techniques
 Safe, non-judgmental, goal-focused space
 Helps with deeper long-term issues
 Boundaries are clear and consistent

Talking to a Friend
 May offer advice based on opinions and experiences
 Support may vary depending on the person alone
 Can sometimes feel one-sided
 Might not feel comfortable expressing everything
 May lack tools to handle serious issues
 Informal and personal

Similarities
 You feel heard and less alone
 Someone listens and supports you
 You can express emotions and thoughts
 You may feel relief after talking

You can have both!

Friends provide connection, whereas counsellors provide tools for healing and growth.

FCSS Vulcan & Region has a counselling service.
 10 FREE Sessions with a supervised counselling practicum student.
 Office Hours: Monday thru Thursday 1:00 p.m. to 6:00 p.m.
 In-person, telephone or video appointments available.

fcss Vulcan and Region Family and Community Support Services
 Phone: 403-485-2192 or Email: counselling@vulcanandregionfcss.com OR walk-in at 105B - 3 Avenue South, Vulcan, AB

Join us for an exciting **COMMUNITY GARDEN INFORMATION SESSION**

Join us for an informative session about our Community Garden! We're thrilled to share all the details on costs, benefits, and what to expect from this amazing initiative. Whether you're a seasoned gardener or just curious about starting, this is the perfect opportunity to learn and connect with fellow green thumbs!

Date: April 8th, 2025
Time: 7:00pm
Location: Vulcan FCSS, 105B 3 Ave S



VULCAN COMMUNITY GARDEN

Food Bank Wish List

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

Monday to Friday 9am - 4:30pm

We can accept some items past the best-before dates. Call to check if you are unsure.

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>

COMING SOON!!!!

Barber Shop Salon

NEW IN VULCAN!
 Manicure
 Pedicure
 Foot Spa

LAUNDROMAT AVAILABLE!

*Inside Mama's Pizza Building