

Community Calendar

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

May 19 - Joe Nolan Live in the Taproom - Nine in a Line Brewing 7pm. Email dan@nineinalinebrewing.com
 May 21 - Division 1 Meet with your Councillor - Mossleigh Hall at 7pm
 May 23 Spring Market at the Vulcan Legion Hall from 11:00 am to 4:00 pm. Contact Ashlee Jacobsen at the smashingweddingsevents@gmail.com
 May 24 . Paint and Potluck 12-1 for lunch if you don't want to join in on the potluck, just show up for painting. \$50 per person Vulcan Curling Club Lounge. Sing up with Sandy 403-485-5507
 June 12-14 - Spock Days - Fireworks, Pancake breakfast, Parade, Food Trucks, Slo-pitch Tournament, Beer Gardens and Cabaret www.spockdays.com

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

Mondays
Little Gardeners program May 4 & 25 Milo Library register with www.greaterfoothillsfamilycentre.ca/
Pre-school Prep - Vulcan Lodge Hall - May 4, 11 & 25. Ages 2-6 1:30pm register with www.greaterfoothillsfamilycentre.ca/
Coffee at Snake Valley Drop-In Milo 9am
Roving Gym - Milo School 10:30am Contact Jessy 403-485-1451 or Nicole 403-485-1731
Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In.
Chair Yoga - 11:30am in the Vulcan Library starting May 25
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
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.
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 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
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.
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

COME TRI with us!

THE VULCAN TINMAN TRIATHLON
JUNE 20TH 2026
 REGISTRATION CLOSES JUNE 1ST

Full Tinman
 Individual or Team
 Swim 500 meters, Bike 15 km, Run 5 km

Half Tinman
 Individual or Team
 Swim 250 meters, Bike 7 km, Run 2.5 km

Mini-Tin
 Individual or Team
 Swim 100 meters, Bike 5 km, Run 1.5 km (recommended ages 8-12)

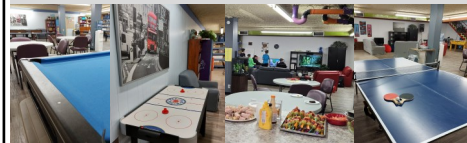
Tinbit
 Swim 25 meters, Bike 2-3 Blocks, Run 1/2 Block (recommended ages 8 & under)

FOR MORE INFO AND TO REGISTER VISIT vulcantinman.ca

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

Time for Rhymes
 Champion School Library - Wednesdays 10:30am
 Milo Public Library - Wednesdays 10am
 Vulcan Library - Thursdays 10:30am
 Lomond Library - Thursdays 10:30am

Register at 403-485-3109 or family@rainbowliteracy.com



GOOD MORNING

May 14, 2026

COMMUNITY NEWSLETTER

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

FREE

Corrie's Calm Contagion
 Help calm and come on.

Chair Yoga
 Mondays @ 11:30 am in the Vulcan Library
 Starting May 25, 2026

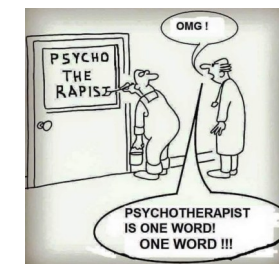
Vulcan Healthcare Auxiliary GARAGE SALE

Saturday, May 23, 2026
 9:30 am to 2pm
 610 Elizabeth Street S
 (via Vulcan Healthcare Centre entrance)

Auxiliary proceeds will go towards the purchase of Whirlpool Tub with hydraulic lift chair

Donations gratefully accepted
 Items can be dropped off May 19 to 22 from 3:30 to 5:30pm

For health reasons: no clothing, used bedding or stuffed toys, please. Also no electronics



MINUTE AND MINUTE SHOULDN'T BE SPELLED THE SAME.
 I'M NOT CONTENT WITH THIS CONTENT.
 I OBJECT TO THAT OBJECT.
 I NEED TO READ WHAT I READ AGAIN.
 EXCUSE ME BUT THERE'S NO EXCUSE FOR THIS.
 SOMEONE SHOULD WIND THIS POST UP AND THROW IT IN THE WIND.

Alzheimer Society
 ALBERTA AND NORTHWEST TERRITORIES

Community Presentation:
Understanding Dementia and Alzheimer Disease

The Alzheimer Society of Alberta and Northwest Territories will present on:
 • The difference between Dementia and Alzheimer Disease
 • Practical tips to help yourself and those with the disease have better quality of life
 • Have your questions answered

WHERE: Vulcan County Health Centre
 610 Elizabeth Street, Vulcan, AB
WHEN: Wednesday, May 27, 1:00-3:00 PM

Centennial Celebration Schedule of Events

SATURDAY - MAY 30, 2026	SUNDAY - MAY 31, 2026
Registration Guestbook 8:00 AM - 12:00 PM Cul's Old Garage 12:00 PM - 4:00 PM Museum	Show & Shine 12:00 PM - 6:00 PM Centre Street
Photo Booth Opens 8:00 AM - ongoing North of Cul's Old Garage	United Church Open House & Quilt Display 1:00 pm - 3:00 pm United Church
Museum Open 8:00 AM - 4:00 PM Tim Horton's Coffee & Donuts 8:00 AM Ice Cream 1:00 PM	Beer Gardens Open 1:00 PM Arena
History Book Sales 8:00 am - 4:00 pm Museum	Highland Dance Demo 1:00 PM Outside Stage - Community Hall
School Displays Open 9:00 am - 12:00 pm School Gym & Foyer	Mexican Dance Demo 3:00 PM Outside Stage - Community Hall
Centennial Parade 10:00 AM	Centennial Fashion Show 4:00 PM Outside Stage - Community Hall
Bouncy Castles, Petting Zoo, Kids Money Pit, Face Painting 11:00 AM North of Arena	BBQ Beef Dinner 5:00 PM - 7:00 PM Arena
Historical Video 11:00 AM - Ongoing Community Hall	Free or by donation to Arrowwood Community Hall Renovations
Centre Street Eatery Open 11:00 AM - 2:00 PM	Evening Entertainment 7:00 PM Outside Stage - Community Hall
Aerial Farmyard Displays 11:00 AM - Ongoing Upstairs Community Hall	Fireworks 10:00 PM Location TBD - watch the Facebook page!

Registration provided by United Church 10:00 AM - 10:30 AM
 Outside Stage - Community Hall
 Please bring your own chair!

Mexican Lunch 11:30 AM
 Community Hall Kitchen
 Free lunch provided by local Mexican Community

FREE Camping Available
 Serviced sites at Campground
 Overflow at Rodeo Grounds

Contact village office for camping 403-534-3821 or vlgarw@telusplanet.net

A selection of food trucks will be available on Saturday

Follow on Facebook for updates: Arrowwood Centennial Celebration
 Check out the map pinned on our page!

Something a Little Lighter
 -When a petite psychic escapes police custody, news headlines will say, "Small Medium at Large."
 -The cashier told me "Strip Down Facing Me." By the time I realized they meant the debit card, it was too late.
 -I think the worst time to have a heart attack is during a game of charades.

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

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

Food Bank Wish List
 Coffee
 Shampoo
 Deodorant
 Soda Crackers

TRIVIA

1. A mandrill is what type of creature?
2. Which state in the U.S. is only one syllable long?
3. What country has the most active volcanoes?

CHAMPION COMMUNITY GARAGE SALE

JUNE 19-20-21
LOOK FOR THE BALLOONS

To register your address and receive a balloon, please call Christine Nyberg at 403-897-9995

CHAMPION SWIMMING POOL

www.championcommunityswim.com
(403) 293-0640

MASS REGISTRATION!

MAY 15 AT 1:00 PM FRIDAY
IN PERSON OR ONLINE!

Mass Registration for swimming lessons will take place on May 15! Registration will be available both in person and online through our new website, where you can now sign up for lessons and pay online. Evening private lessons will begin June 1, and our public lessons will begin June 22

Due to the high volume of registrations on this day, we will not be able to register lessons over the phone on May 15. Phone registrations will open on May 16. Thank you for your understanding!

PUBLIC LESSONS: \$50
PRIVATE LESSONS: \$90

Palliser School Division's Early Learning Program

Our team of experienced and caring professionals is **passionate** about fostering early childhood development and creating a space where children can grow, explore, and learn through **play**.

REGISTRATION NOW OPEN

for 2026-2027

PLAY-BASED, DEVELOPMENTALLY APPROPRIATE PROGRAMMING TO DEVELOP YOUR CHILD'S SOCIAL, LITERACY, AND NUMERACY SKILLS.

Enroll your child today and give them the best start to their educational journey.

Programs available for Three-and-Four-Year-Olds.

Please contact us to learn whether your child may be eligible for fee waiving.

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

Or visit our website at: www.vpes.ca

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

Beltone

Helping the world hear better
Serving Alberta since 1964

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

EMPLOYMENT OPPORTUNITIES

Palliser School Division Jobs
-Grade10-12 Math/Science Teacher
Carmangay
-Wildrose Colony Teacher
-Educational Assistants - Milo, Vulcan and Casual in Vulcan County
<https://www.pallisersd.ab.ca/hr/career-opportunities>

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

Wheat Country Special Needs Society has 3 openings Bottle Depot Attendant, Casual Residential Outreach Support, PT Admin/Financial Assistant. Email info@wcsns.ca

Champion swimming pool is hiring. Contact championswimpool@gmail.com

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/>

Found on Indeed.ca
Warehouse Person, Labourer - Brandt Vulcan
Post Office Assistant (On-call)- Champion A&W - Food Services Manager
Pork Production Technician—Premium Farms
Administrative Support III—AHS Vulcan
Food Counter Attendant—A&W
Sandwich Artist—Subway
Housekeeping Aide - Extencicare
Sales Representative - Richardson Pioneer

Town of Vulcan Community Services Assistant, 2026 Visitor Services Advisor and Summer Tourism staff- <https://www.townofvulcan.ca/opportunities/career-opportunities>

VULCAN

June 6th @ 10am

Join us for a very special poetry reading with the U.S. National Beat Poet Laureate (2024-25)
Mark Lipman
at the Vulcan Historical Museum
232 Centre Street, Vulcan, AB, Canada, T0L2B0

Free and open to the public ... plus Open Mic

MEET STEFANO, YOUR LOCAL PHARMACIST!

MARKET STREET VULCAN

DIABETES CONSULTATION
MEDICATION REVIEWS
PRESCRIPTION AND MORE!

(403) 485-2919

MARKETSTREETPHARMACY.CA

NEED HELP WITH YOUR DIGITAL SKILLS?

Do you want to learn how to better use your phone, tablet, or computer?

LEARN WHAT YOU WANT TO LEARN
Class topics are determined by the people attending the class.

GAIN THE SKILLS YOU NEED
Learn tips, tricks, and tech safety you need to navigate cyberspace and the internet.

JOIN AT ANYTIME
All our courses can be joined at any time after they start. You will never miss what you need.

\$25 TOTAL

TUESDAYS 5:30PM - 7:00PM
MAY 5 - JUNE 9TH
AT THE MILO LIBRARY

CONTACT US TO REGISTER
rainbowliteracy.com adult@rainbowliteracy.com 403-485-3107

Vulcan County 75TH ANNIVERSARY PHOTO BOOK

LOOKING FOR "THEN & NOW" PHOTOS

Highlighting the people, places & history that make Vulcan County what it is today.

SUBMIT TO: photos@vulcancounty.ab.ca

DEADLINE: June 30, 2026

Include a historical & current photo of the same location!

EXAMPLES: Family homestead, farming operation, buildings, landscapes, etc.

FREE COMMUNITY SUPPER

Everyone is Welcome!

MONDAY, MAY 25TH, 2026
STARTING AT 5:00 PM

VULCAN RODEO GROUNDS
DURING VULCAN DISTRICT 4-H ACHIEVEMENT DAY

GREAT FOOD for everyone!
GREAT COMPANY stronger together!
COMMUNITY at its best!

SPONSORED BY **Vulcan County** and **VAPPA** (Vulcan Area Public Petroleum Association)

BRING YOUR FAMILY, FRIENDS & NEIGHBOURS!
No cost, just good food and good people.

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 SOME HELP GETTING ON THE ROAD?

LEARNER'S PERMIT & DRIVER'S LICENSE PREP

Do you want help reading and writing English for the Alberta Driving tests?

We help adult learners master Alberta Traffic Laws so they can tackle the written test with confidence.

4:00PM - 5:30PM TUESDAYS
AT RAINBOW LITERACY
MAY 5 - JUNE 30

CONTACT US TO REGISTER
403-485-3107
rainbowliteracy.com
adult@rainbowliteracy.com
110 1 Ave S, Vulcan, AB Box 449 TOL 2B0

Spring Class Schedule

Class Fees: Members \$5.00
Non-Members \$10.00

May

- May 2nd - Saturday, 10:00am - 4:00pm, Sew Day with Charlean. Bring your own project to work on.
- May 5th - Tuesday, 10:00am - 1:00pm, Denim Jacket Upcycle - Part One with Debbie.
- May 11th - Monday, 10:00am - 1:00pm, Pottery bird feeder - pickup.
- May 16th - Saturday, 10:00am - 4:00pm, Denim Quilt Squares for Quilt or other small denim projects.
- May 19th - Tuesday, 10:00am - 1:00pm, Denim Jacket Upcycle - Part Two with Debbie.
- May 21st - Thursday, 10:00 - 1:00pm, Watercolor painting with Emily.
- May 23rd - Saturday, starting at 10:00am - 4:00pm, Spring wreath with Amy.
- May 26th - Tuesday, 10:00am - 1:00pm, Learn to draw sketches before painting with Erin.
- May 28th - Thursday, 10:00am - 1:00pm, Acrylic painting with Cindy.
- May 29th & 30th - Friday & Saturday, starting at 10:00am, Monoline Calligraphy Workshop with Gwen.

June

- June 6th - Saturday, 10:00am - 4:00pm, Sew Day with Charlean. Bring your own project to work on.
- June 8th - Monday 10:00 - 1:00pm, Painted wine glass with Krista.
- June 12th - Friday, Sidewalk chalk drawing for Spock Days with Bill. Time to be decided.
- June 17th & 19th - Wednesday & Friday starting at 10:00am, Trekzi character for your yard. Prep work and painting with Linda & Cindy.
- June 25th - Thursday, 10:00am - 1:00pm, Acrylic Painting with Cindy.

Sign up for classes at the Healy Heritage Art Centre
216 Centre Street

Vincent Joseph Henry

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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

When your child asks...

Where do babies come from?
What's a period?
What is a wet dream?

Will you be ready?

"Can We Talk?"
Sex Ed for Parents

Free online two-part lunch and learn Series

- Puberty 101 - everybody changes
- Supporting healthy development, body and mind
- Tools for decision-making and conflict resolution

June 15 and 16
12 - 1 pm

Registration required:

Centre for Sexuality

HELP WANTED

Hiring Class 1 and 3 Drivers

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

Updates from Vulcan County

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

We have a new Economic Development website that just launched - <https://www.explorevulcancounty.com/>

Agricultural Services Bursary Application
Deadline May 31st - www.vulcancounty.ab.ca/departments/agricultural-services/agricultural-programs/awards/

Vulcan COUNTY

Volunteer Opportunities

Contact Kim if you are interested in volunteering for the Tinman June 20 on behalf of Bodyworks. bodyworksvp@gmail.com or text 403-485-0235

KINDERGARTEN REGISTRATION

Champion Kindergarten welcomes you to register for the 2026-2027 school year

Please bring your child's birth certificate and blue sign number for bussing, if applicable

MAY 27 7:00 PM

LOCATION: CHAMPION SCHOOL KINDERGARTEN ROOM

FOR MORE INFO: CALL THE SCHOOL AT 403-897-3831 OR EMAIL STACEY.KAISER@PALLISERSD.AB.CA