

Community Calendar

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

May 24 – Spring Plant Sale – Carmangay Library 10am
 May 26 – Vulcan District 4-H Show and Sale – Vulcan Ag Grounds
 May 27 - Living with Worry: Understanding Anxiety at Any Age – Information session (See front page)
 May 29 – Volunteer Cooking at Vulcan FCSS at 403-485-2192
 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 13 & 22 – Jam Sessions at the Pool Gazebo 2pm
 June 13-15 Spock Days – Fireworks, Slopitch Tournament, Beer Gardens, Pancake Breakfast, Parade, Food trucks, Family Fun Fair, Pickleball Tournament <https://www.spockdays.com/>
 June 20 – 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
 June 28 – Porchfest - Vulcan
 June 28 – 4 on 4 Beach Volleyball Tournament – register at townofvulcan.ca/recreation

Pickleball - Register at: townofvulcan.ca/recreation - Mon 2-5pm at the Vulcan Arena, Wed. 6-9pm at Memorial Park Fri.& Sun. 2-5pm Vulcan Arena

Mondays

-Roving Gym 10:30am Milo School
-Arrowwood Playgroup 10am-12pm Community Hall 0-5 years old.
-Little Gardeners May 5, 12, 26 1:30pm Vulcan Lodge Hall—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.
Youth Group Vulcan Church of Christ 7pm. Grades 7-12.

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. Membership \$25
 Friday-Sunday—**Coffee Time** - Lomond 8:30am at the Drop-In



VULCAN COMMUNITY GARDEN
 Garden plots will be available to rent for the 2025 season!

How does a community garden work?
 Garden plots are rented annually to community members. Each plot is pre measured and assigned to an individual for the growing season. There are a limited amount of plots available.

Develop a new skill
 Enjoy the accomplishment of growing your own fruits or vegetables. Get to know other community garden members. They have a lot of knowledge.

How do you get started?
 Registration is required and will be opened in April. Tools and seeds will be the responsibility of each plot holder. Research what types of produce can be grown in the area.

If you have any questions or want more information, email vulcancommunitygarden@outlook.com

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

May 22, 2025

COMMUNITY NEWSLETTER

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

FREE

Want to learn pickleball? It is the fastest growing sport. Come out and give it a try. Every Wednesday in June, Vulcan Arena 6:00-9:00pm



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

Share the Pride
 VULCAN 2025

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
 -Harvey Milk

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

This is a Youth led Event
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.'

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 24 HOURS AHEAD TO SECURE YOUR RIDE

Southern Alberta Summer Games
 Taber July 2-5

Register for the 2025 Summer Games at <http://VulcanCounty.rampregistrations.com>
 From athletics to e-sports, trapshooting, swimming, there's something for everyone. Mark your calendars, find your events, and get in on the fun!



fcss
 Vulcan and Region Family and Community Support Services

“Spill the Tea”
 Drop In
Information Session

Living with Worry:
Understanding Anxiety at Any Age
Tuesday, May 27, 2025 @ 5:00 p.m.

This 90-minute session will help you understand what anxiety looks like at different ages, from kids to seniors. You'll learn simple ways to cope, how to support loved ones with anxiety, and where to find help in the Vulcan area and online.

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.

TRIVIA

1. Where were French fries invented?
2. What two words were combined to make the word “Spam”?
3. What are the names of the Rice Krispies mascots?

Free Trial Acupuncture!
Grand Opening in Vulcan!

For First Time (30 minutes on every Wednesday in May & June 2025)

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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



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



The Vulcan Curling Club is hosting indoor Cornhole games for the month of May!

705 Elizabeth Street
Dates: May 6,13,20,27

Family Teams - Adults & children 14 and under
Times : 5:30 - 6:30

Adult Teams - 15 and older
Times : 7:00 - 9:00

\$20 per team - Cash Prizes!
Food available - limited menu

Lounge Open!

If you would like to enter a team please call Sandy at 485-5507



Food Bank Wish List

Chunky Soup, Brown Beans, Rice, Kraft Dinner, Cereal
 Crackers, Coffee, Jam/Jelly, Kids Snacks, Dog Food
 Monday to Friday 9am – 4:30pm

We can accept some items past the best-before dates.

Vulcan Lionette Community Connection

Are you new to the Vulcan Community?

Welcome

We would like to help by providing you with the civic information you may need to familiarize yourself with the local community including:

- Local map
- Recycling information Library
- Local recreation facilities
- Clubs and organizations
- Coupons from local businesses

To refer someone or if you are new to our community please call/email one of the Lionette members listed below to arrange a visit:

Joyce Roe
 403-485-6802
 joyceroe21@gmail.com

Marg Richmond
 403-485-2426
 wmrch76@gmail.com

Something a Little Lighter

-A man goes to the zoo. There's only ONE exhibit in the entire zoo. It was a Shih Tzu.

-Did you know that ants are the only animals that don't get sick? It's true! It's because they have little antibodies.

-Two antennas decided to get married, the ceremony was pretty boring, but the reception was great!

-Why did the donut go to the dentist? To get a filling.

-What do you call a bear with no teeth? A gummy bear!

-What did the right eye say to the left eye? Honestly, between you and me something smells.

-Why it is hard for a communist to tell a joke? It's not funny until everyone gets it.

-What's the difference between a hippo and a zippo? One's pretty heavy and the other's a little lighter

-What's orange and sounds like a parrot? A carrot!

SPOCK DAYS

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A Weekend Of Out Of This World Fun!

JUNE 13-15, 2025

www.spockdays.com



Trivia Answers

1. Belgium
2. Spiced Ham
3. Snap, Crackle, and Pop

Nine in a Line Creative Arts Society of Vulcan

Sign up for a class or come in to shop! Monday - Saturday 10-4

Fri. May 23, 6pm-9pm Whimsical Art Workshop with Sally Tower Sybblis - Part 1

Sat. May 24, 10am-3pm Whimsical Art Workshop - Part 2

Tues. May 27, 10am-4pm Paint Trekzi - Part 2

Thurs. May 29, Plein Art with Shelby at Deb's

Tues. June 3, 1-4pm, Block Painting with Erin

Sat. June 7 10am-4pm, Sew Day with Charlean, Bring your own project

Tues. June 10, 10am-4pm Serger Bag with Deb

Tues. June 17, 10am-4pm Beginner Stain Glass with Ron

Thurs. June 19, 10am-12pm Painting Instruction with Shelby

Thurs. June 26, 10am-1pm Drop In Painting Class

Thurs. Evenings , 7-9pm Wood Carving Class with Ron

Class Fees—members \$5 Non-Members \$10

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



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HELP WANTED
 Hiring Class 1 and 3 Drivers

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



Vulcan Healthcare Auxiliary

GARAGE SALE

Saturday, May 24, 2025
 10am to 2pm
 610 Elizabeth Street S
 (via Vulcan Healthcare Centre entrance)

Auxiliary proceeds will go towards the purchase of ceiling lifts for acute care rooms

Donations gratefully accepted
 Items can be dropped off
 May 20 to 23
 from 3:30 to 5:30pm

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



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

IT'S BACK!!!
VILLAGE OF ARROWWOOD

GARAGE SALE
MAY 31ST

9:00 am to 2:00 pm

Centre Street Eatery Food!

Small business vendors welcome!

Tables/space available to rent for \$10.00 in the arena. Proceeds going to the Lion's Pickleball Program.

For more info, or to book a table, contact the Village at 403-534-3821 or vlgrarw@telusplanet.net

CLASSIFIEDS

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

Casual driver for Vulcan County Shuttle Transportation Service. Please send your resume directly to claresholmtransportation@gmail.com 403-625-4455

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

Summer Recreation Therapy Helper Starts July 7 for 6 weeks. Apply at www.careersnextgen.ca

ABC Daycare and Pre-school is Hiring Educators/ staff for more info call 403-906-3110 email info@abcdaycares.com

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

Vulcan Daycare Society Early Childhood Educators – call 403-485-2945 for info or email resumes to vdprogramsuptervisor@gmail.com

Rural Mental Health Project Lead - Temporary coverage for a leave - CMHA

<https://reachhire.ca/jobs/rural-mental-health-lead-in-calgary-alberta-ca/>

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

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 Brenda Lemoine
 email: support@taxesaccountingservices.com or 250.448.4300, or 368.999.4300