

Community Calendar

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

June 13 - Garage Sale for the Vulcan Curling Club
 June 12-14 - Spock Days - Fireworks, Pancake breakfast, Parade, Food Trucks, Slo-pitch Tournament, Beer Gardens and Cabaret www.spockdays.com
 June 19 - 21 - Champion Community Garage Sale - Look for the balloons. Contact Christine to sign up. 403-897-3984

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

Mondays
 May 4 & 25 Milo Library register with www.greaterfoothillsfamilycentre.ca/
Little Explorers program - Vulcan Kin Park- June 1, 8, 15, 22, 29. 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

Don't miss the fun!

POOL & GAMES

Pool, darts, shuffleboard, fooseball, boardgames, cards, etc.

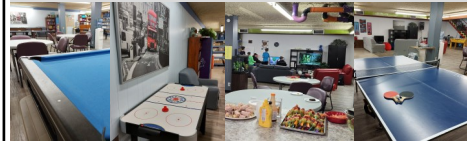
AT THE CARMANGAY SENIOR CLUBHOUSE

EVERY SATURDAY AT 11:00 AM AND THURSDAY AT 6:30 PM

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
 Until June 24th!

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

GOOD MORNING

COMMUNITY NEWSLETTER

May 28, 2026

FREE

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

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

Caregiver Support Group

You Are Not Alone

- Connect with others
- Share experiences and challenges
- Learn about helpful resources
- Feel heard and supported

JUNE 9TH @9:30-10:30AM
EVERY SECOND TUESDAY
VULCAN HOSPITAL

For more information or to register please contact Amanda: 403-485-4011 link.act4health@gmail.com

EMERGENCY PREPAREDNESS OPEN HOUSE

RESCHEDULED

June 5 | 2 - 5:30 p.m.
 Tri Services Building
 165075B RR 244

Centennial Celebration Schedule of Events

SATURDAY - MAY 30, 2026		SUNDAY - MAY 31, 2026	
Registration Guestbook 8:00 AM - 12:00 PM Culp's Old Garage 12:00 PM - 4:00 PM Museum	Show & Shine 12:00 PM - 6:00 PM Centre Street	Coffee Provided by United Church 10:00 AM - 10:30 AM Outside Stage - Community Hall	Community Church Service 10:30 AM - 11:15 AM Outside Stage - Community Hall Please bring your own chair!
Photo Booth Opens 8:00 AM - ongoing North of Culp's Old Garage	United Church Open House & Quilt Display 1:00 PM - 3:00 pm United Church	Beer Gardens Open 1:00 PM Arena	Mexican Lunch 11:30 AM Community Hall Kitchen Free lunch provided by local Mexican Community
Museum Open 8:00 AM - 4:00 PM Tim Horton's Coffee & Donuts 8:00 AM Ice Cream 1:00 PM	Highland Dance Demo 1:00 PM Outside Stage - Community Hall	FREE Camping Available Served sites at Campground Overflow at Rodeo Grounds	Contact village office for camping 403-534-3821 or vigartw@telusplanet.net A selection of food trucks will be available on Saturday
History Book Sales 8:00 am - 4:00 pm Museum	Old-Fashioned Races & Kids Activities 1:30 PM North of Arena	Centennial Fashion Show 4:00 PM Outside Stage - Community Hall	Follow on Facebook for updates: Arrowwood Centennial Celebration Check out the map pinned on our page!
School Displays Open 9:00 am - 12:00 pm School Gym & Foyer	Mexican Dance Demo 3:00 PM Outside Stage - Community Hall	BBQ Beef Dinner 5:00 PM - 7:00 PM Arena	Free or by donation to Arrowwood Community Hall Renovations
Centennial Parade 10:00 AM	Evening Entertainment 7:00 PM Outside Stage - Community Hall	Fireworks 10:00 PM Location TBD - watch the Facebook page!	Village of ARROWWOOD ALBERTA
Bouncy Castles, Petting Zoo, Kids Money Pit, Face Painting 11:00 AM North of Arena	Historical Video 11:00 AM - Ongoing Community Hall		
Centre Street Eatery Open 11:00 AM - 2:00 PM			
Aerial Farmyard Displays 11:00 AM - Ongoing Upstairs Community Hall			

SPOCK DAYS

JUNE 12-14

A Weekend of Out Of This World Fun

Friday: Fireworks. Saturday: Pancake Breakfast, Parade, Family Fun Fair, Food Trucks. All Weekend: SloPitch Tournament, Beer Gardens, Concession

Something a Little Lighter

-What do you call a Bee that lives in America? A USB
 -I was burning sage in the house and the kids whined, "I can't breathe." I bet you can't. Demons.
 -Did you hear about the angry pancake? He just flipped.
 -I told a joke on Zoom today and nobody laughed. Turns out I'm not even remotely funny.

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VULCAN

DIABETES CONSULTATION

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PRESCRIPTION AND MORE!

(403) 485-2919
MARKETSTREETPHARMACY.CA

Food Bank Wish List

- Coffee
- Shampoo
- Deodorant
- Cake Mixes
- Soda Crackers

TRIVIA

1. Are owls protected in Alberta?
2. What animal never sleeps?
3. What is the only mammal that can fly?

LITTLE EXPLORERS VULCAN

MONDAYS, June 1, 8, 15, 22 & 29 at 10:30am

The Little Explorers Program will provide children the opportunity to connect with the natural world through hands-on outdoor activities! Make sure you dress for the weather and outdoor nature play! **Meet at Kin Games Park

SCAN ME

Corrie's Calm Contagion

Keep calm and Corrie on.

Chair Yoga

Mondays @ 11:30 am in the Vulcan Library

Starting May 25, 2026

Vulcan Library

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

1101 Ave S, Vulcan, AB Box 449 TOL 2B0

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 blood sugar, blood pressure, mental wellness check and waist circumference measurements.

PLACE: Nine in a Line Brewing Co.
ADDRESS: 119 - 1st Avenue N, Vulcan, AB TOL 2
DATE: Friday, June 12, 2026
TIME: 1PM-4PM

THE MAN VAN® By Prostate Cancer Centre

THIS MAN VAN® CLINIC IS PROUDLY SPONSORED BY:

Kin Canada
Kinsmen Club
of Vulcan

Visit getchecked.ca for more information.

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 technology you need to navigate our technological world.

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 1:30PM - 3:00PM JUNE 2 - AUGUST 25 AT THE VULCAN LIBRARY

CONTACT US TO REGISTER

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

STARS & RCMP 1st Annual Charity Golf Tournament

Friday June 26, 2026 | Vulcan Golf & Country Club

Registration at 08:30 a.m. | Shotgun start at 10 a.m.

Texas Scramble - \$150 per person or \$600 for a team of 4
Includes 18 holes of golf, a cart and a buffet dinner

Door prizes and live auction
Firetruck ball drop 50/50
STARS 50/50

Contact to Register: Vulcanrcmpstarsgolf@gmail.com

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

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EMPLOYMENT OPPORTUNITIES

Palliser School Division Jobs
-Brant Christian School 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

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

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

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

Summer Youth Worker - Carmangay Library
This is an 8-week position at 35 hours per week, with pay dependent on experience. The successful candidate will assist with library projects and help plan and run our summer programming—perfect for someone who's creative, organized, and enjoys working with the community. Applicants must be between 15-30 years old and legally able to work in Canada. Please email your resume to kchic@carmangaylibrary.ca by June 5.

Part time Cook and Casual Resident Care Giver - Peter Dawson Lodge. Email cao@marquisfoundation.ca for a full job description

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

Centre for Sexuality | Registration required:

HELP WANTED

Hiring Class 1 and 3 Drivers

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

LieLow

KACY & CLAYTON

367 • All Hands On Jane
Bennett Mitchell • Boss St. B & Hank Pine
CG Tears • Chrome Harvest • Clinton St. John
Connor Grant • Electric Lemonade Hair Control • Hermitess • Jaiden Riley & the Cry Babies • Kid Cali
Ras Bagga's Rootz Ambassadors • Shy Friend
Static • Tad & the Toads • The Fast Train Honeys
The Irvin Miller Band • The Secret Beach
The Wandering V's • Winnie Brave • (un)decided

LieLow Music Fest

June 12-14 2026

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2026 WELLNESS SEMINARS

Your Local Pharmacy

SPONSORED BY:

Vulcan County Health & Wellness Foundation

MARKET STREET PHARMACY

Thursday, June 18, 2026

6:45 PM - 7:45 PM

Vulcan Hospital

Learn practical tips for healthy living and sustainable weight management from Stefano Ciofani. Everyone is welcome!

For more information, call us at (403) 485-2919

CALLING FARMERS

We are looking for farmers and families interested in participating in a case study about mental health. You will view the short documentary *Deep Rooted* with raw, personal stories of farmers in Canada and then share your thoughts afterward with the production team from Deep Rooted. **June 29** from 12-2:30 Lunch will be served. To sign up contact Glen from the Vulcan County Mental Wellness Coalition at (403) 485-1353.

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

I L TRANSPORTATION

Door-to-Door Service for appointments

Medical
Dental
Optical
Treatment appointments
Special Event Trips

Servicing Vulcan & Vulcan County needing to go to the large cities in Southern Alberta, such as Calgary, Okotoks, High River or Lethbridge.

Call Irene at 403-485-1631

Town of Vulcan PARADE

REGISTRATION OPEN

JUNE 13TH | 10 AM | ROUTE ONLINE

Trivia Answers

1. In Alberta, it is unlawful, under the Wildlife Act, to harass or kill an owl or any other bird of prey. As with other wildlife, habitat protection ensures that owls will have a place to nest, hunt and seek shelter.
2. Bullfrogs do not experience traditional, deep sleep like humans do. Instead of a typical sleep-wake cycle, they enter a state of reduced activity and lowered metabolism. While resting, they remain highly alert to their surroundings, allowing them to instantly react to predators and environmental change
3. Bats! (if you said flying squirrel you are close! But they glide rather than actually fly)