

Community Calendar

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

Nov. 8 - Christmas Market - Carmangay Community Centre 10am-3pm Soup and Snacks available. Vendors can contact Jan 403-643-3950 or Laurie 403-634-0246
Nov. 8 - Christmas Market - Arrowwood Community Hall 11am-4pm.
Nov. 10 - Crafty Creations in Milo. Go to www.greaterfoothillsfamilycentre.ca to register
Nov. 12 - Environmental Farm Plan Workshop - hosted by Foothills and Vulcan County. Register Here: <https://www.foothillsforage.com/efp>
Nov. 12 - CRA Support Clinic in Vulcan. Get help from a CRA Outreach Worker in-person. No long holds on the phone! Register with FCSS at 403-485-2192
Nov. 13 - Sound Bath 7pm Vulcan Hospital Wellness Room
Nov. 14 - Teen Dance Vulcan Lodge Hall grade 6-12
Nov. 15 - Milo fundraiser - Dinner and Dancing with Drew Gregory performing
Nov. 15 - Christmas Market in Champion. Please text (403) 485-0212 to reserve a table.
Nov. 14 - BINGO at the Vulcan Senior Centre. Doors open at 6.
Nov. 18 - Adult Social Night - Project Night 7pm. Visit and Create. Register with FCSS 403-485-2192
Nov. 20 - Lunch and Learn - Power of Attorney and Personal Directives Workshop - Carmangay and Champion. Register with FCSS 403-485-2192
Nov. 22 - Jingle All the Way 5K Santa Run/Walk Register at townofvulcan.ca/recreation.
Nov. 22 - Milo Christmas Market 10am-2pm Milo Hall. Nov. 22 - Jingle all the 5K - Santa Walk/Run fundraising event by the Town of Vulcan Recreation Department for the Vulcan Food Bank. Register at townofvulcan.ca/recreation
Nov. 23 - Kinettes Christmas Market Vulcan CRC 11am-4pm and Youth Entrepreneur Market
Nov. 24 - Little Chefs in Milo. Go to www.greaterfoothillsfamilycentre.ca to register
Nov. 29 - Christmas Market at the Vulcan Legion 11am-4pm

Pickleball

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

Mondays

Roving Gym - Milo School 10:30am Contact Jessy 403-485-1451 or Nicole 403-485-1731

Community Walking - 11:35-12:20 at Vulcan CRC. Register at townofvulcan.ca/recreation.

Stay and Play 10:30-12:30 at Vulcan Yoga and Wellness Centre 112 3rd Ave. N. Vulcan \$2 to help cover cleaning costs.

Community Skating - 6:15-7:15pm. Vulcan Arena. Register at townofvulcan.ca/recreation.

Arrowwood Playgroup - 10am-12pm at the Arrowwood Hall for families with kids 0-5 years.

Tuesdays

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.

Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In.

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 Walking - 11:35-12:20 at Vulcan CRC. townofvulcan.ca/recreation

Community Basketball - 8-9:30pm. CRC. Starts Oct. 15. Register at townofvulcan.ca/recreation.

Workout Wednesdays - 9am Carmangay Seniors Centre. Everyone welcome.

Chair Yoga 1:30 **Hips and Backs** Yoga 3:30 Vulcan Yoga and Wellness auburn.phillips@gmail.com

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

Munchkin Mornings - Carmangay Library for kids 0-6yrs. Songs, games and activities. 10:30am

Community Walking - 11:35-12:20 at Vulcan CRC. townofvulcan.ca/recreation

Shiny - 10-11:30am. Vulcan Arena on Flex Fridays Nov. 7, 21, Dec. 5, 19, 26, Jan. 2, Feb. 6, 13, 20. Mar. 6, 13, 27. Register at townofvulcan.ca/recreation.

Hearing Aid Specialist will be available on the 4th Friday of each month, at the Vulcan Medical Centre. Appointments 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

Monday - Saturday

Vulcan Legion - Open 11am - 9pm. Everyone welcome

Vulcan Senior Centre -Pool 9am-12pm, Coffee Drop-in 10am - 12

Champion Pioneer Club - Coffee 9:30-11:30. Pool players meet at 2pm Mon. & Wed. Ladies Tea & Talk 1:30 Thursdays. Ladies lunch out once/month. Potluck suppers 3rd week 6pm. Cribbage Friday 1:30-4pm. Membership \$25

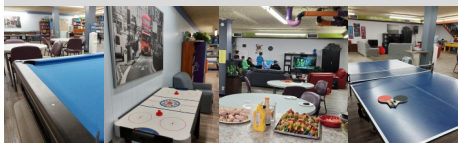
Get-A-Way Youth Centre

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

-**Counselling** at FCSS. FREE - 2 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

COMMUNITY NEWSLETTER

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

FREE

Nov. 6, 2025

Stop by the Vulcan Extencicare Auxiliary Associations Table at the Kinette Christmas Market starting at 11am Nov. 23 a the CRC.

Any profits and donations made that day will be used to enrich Extencicare residents quality of life.

To donate to our baking table please call Dianne at 780-552-6240 to get guidelines for baked goods.

Hope to see you there.

Teen Dance

NOVEMBER 14TH, 2025

7 PM - 11 PM

VULCAN LODGE HALL
231 CENTRE ST, VULCAN

TICKETS AVAILABLE AT THE VULCAN RECREATION OFFICE

Spring Formal April 2, 2026

\$10/Each Grade 6-12

Something a Little Lighter

-Why was 4 scared to marry 5?

Because it was 2²

-I asked my mom to buy me some raw fish for supper. Sushi did.

-What two words have the most letters? Post Office.

WE'RE COMING TO YOU, VULCAN COUNTY!

Rhonda Longson, our Rural Reaching Home and Client Services Coordinator, is headed to your local library on the days below. If you need help with government forms, seniors benefits, have income related questions, need taxes done, need assistance with housing, or anything FCSS related, please drop by and see her!

Days/Towns:

1st Thursday - Arrowwood 10am-3pm

2nd Thursday - Milo 10am-3pm

3rd Thursday - Champion 10am -1pm

& Carmangay 1:30pm -4:30pm

4th Thursday - Lomond 10am-3pm

Call Vulcan FCSS for more info or to register to see Rhonda at 403-485-2192

TRIVIA

1. What is credit card churning?
2. How is AI setting personal pricing for you?

Free Workshop

Nov. 20, 2025

POWER OF ATTORNEY and PERSONAL DIRECTIVES

Carmangay Senior Centre

10am-12pm Free Lunch

Champion Pioneer Club

1pm-3pm Free Lunch

Learn about how these documents protect you and your loved ones, important things to consider then get and get one-on-one help from the facilitator filling them out during lunch.

Please register with Vulcan and Region FCSS at 403-485-2192 or email reception@vulcanandregionfcss.com



Presented by
Gabrielle Kirk
Case Manager
for Southern
Alberta Senior
Protect
Society



ACCEPTING REGISTRATION

for 12 months to 6 years.

Govt Grants available for full time and part time children

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Contact information is 403-918-2844

Email - curiositycovedaycare@gmail.com

www.facebook.com/curiositycovedaycare

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

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WHAT IF YOU COULD ASK YOUR BODY WHAT IT WANTS? **NOW YOU CAN!**



Personal & Corporate Income Tax Services | Monthly Bookkeeping Available

We specialize in providing comprehensive tax and bookkeeping services for seniors, sole proprietors, contractors, and corporate businesses. Our services include personal and corporate income tax preparation, WCB, GST, sales and expense tracking, budgeting, T4/T4A preparation, payroll, and much more.

Feel free to reach out via email anytime for assistance with your tax or bookkeeping needs. We're here to help!

Live Long & Prosper,

Brenda Lemoine

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

MCCF
Milo Curling Club

2025/2026 Curling Season

WOULD YOU LIKE TO CURL IN LEAGUE PLAY?

Beginners and juniors most welcome!
Most people put their names in as singles or couples and we make up teams.
This year, leagues run early December to mid-March, with some breaks for bonspiels.
Memberships are \$100 for an adult, \$25 for junior.

Men's League
Monday nights
Contact **Travis Deltz** 403-485-8478
or **Bill Godkin** 403-485-8103

Stick League
Tuesday nights
Contact **Barb Godkin** 403-485-8389
ibgodkin@gmail.com

Ladies' League
Wednesday nights (every 2 weeks)
Contact **Deanna Heather** 403-485-8384
dheatherdh@gmail.com

Mixed League
Thursday nights
Contact **Sami Schneider** 403-485-5771
or **Quincy Smith** 403-601-6815

Trivia Answers

- Credit card churning is the practice of repeatedly applying for new credit cards to earn large sign-up bonuses, such as points or cash back. A "churner" meets the minimum spending requirement to get the bonus and then often cancels the card before the annual fee is due to avoid costs. They then repeat the cycle with different cards. It is only a benefit if you were going to spend the required amount anyway. There is risk of being banned from some companies.
- AI personal pricing is a strategy where a company uses artificial intelligence to set a customized price for an individual customer based on their personal data, such as purchase history, browsing behavior, location, and even device type. This approach allows businesses to dynamically adjust prices in real-time to maximize profit by charging each person what they are predicted to be willing to pay.

Need a Ride ?

Vulcan Shuttle Service is here to provide affordable transportation to seniors & people with cognitive, medical and transportation barriers.

Call 403-485-2106
Please call 24 hours in advance to secure your ride

Rates available:

- \$10 around Vulcan
- \$20 into Vulcan from a village
- Trips to larger centers possible, call to discuss rates, eligibility & availability.

Book a ride for:

- Appointments
- Shopping/Errands
- Social Events

Wheelchair Accessible

fcss Vulcan and Region Family and Community Support Services

Vulcan Regional Food Bank Society

Healthy Aging Alberta

Adopt-A-Family

If you are a family experiencing financial struggles and would like to be adopted to receive gifts for the holidays, please call 403-485-2192. The deadline is November 14th. Eligibility criteria will apply. If you would like to ADOPT an individual or family, please call the office by November 14th.

Please note that making Christmas magical for children and youth is the priority. Gifts for adults MAY be dependent on the adopter.

Vulcan Curling Club
705 Elizabeth St.

LEAGUES

Ladies League - Thursday
Starts November 6, 2025
Contact—vulcancurlingclub1@gmail.com

Men's League - Wednesday
Starts November 5, 2025
Contact—Troy Rhodes—403-485-8699

Mixed League - Tuesday
Starts November 4, 2025
Contact—Marianne Hodge—403-601-1801

Doubles League - Monday
Starts November 3, 2025
Contact—Rick Tokunaga—403-485-6766

Stirling League - Tuesday/Thursday afternoons
Starts November 4, 2025
Contact Percy Wilson—403-650-0193

Junior Curling - Tuesday
Starts January 6, 2026 ends March 3, 2026
Contact—John Cumiford - 403-485-2214

BONSPIEL DATES

Ladies Bonspiel - January 9—11, 2026
Men's Bonspiel - January 23—25, 2026
Stirling Bonspiel - March 14, 2026

FACILITY RENTALS

Rent the Vulcan Curling Club for your next event.

- Family Gatherings
- Corporate Parties
- Tournaments
- Christmas Parties
- Funerals and more

120 Capacity in Lounge
WiFi available
Big Screen TV's
Full Service Bar available
Pool Table

On Site Catering if needed—587-678-5448
For more information contact
Vulcan Curling Club at
vulcancurlingclub1@gmail.com

ICE TIME
4 Sheets of Ice for Curling available from

MCCF
Milo Curling Club

Ready Rock
new experiences with new friends!

Free Youth Learn-to-Curl / Practices

Register to join or try curling!
No experience necessary
Ages 9 - 15
Mondays 4:15 pm—5:30 pm
December 8 - March 2 (excluding Holidays)

Register today!
League registration - Milo Curling Club
<https://milo.curling.io/en/leagues>
Free Youth Ready to Rock Program

Participants will need a clean pair of running shoes or curling shoes. The club has sliders and brooms available to use. Recommend that younger and new curlers bring a hockey or bike helmet to wear.

Contact: Jana Bartsch C: 403-485-8104 janabartsch@gmail.com

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Milo Alphabets Presents:
Kindergarten
Dinner & Dancing

Sponsored by:

ATB Milo Hotel
co-operators
Catering by **Nutrien** Kim McLean
Ag Solutions

Silent Auction by the Milo School Council
Featuring **Drew Gregory**
Tickets available for \$60 each at the Milo Post Office & ATB or contact Maria at 485-8358

Saturday, Nov 15, 2025
5:30pm Cocktails
6:00pm Supper
8:00pm Band

FOR RENT!
1 BACHELOR SUITE AVAILABLE
Located at 115 2nd Ave South

MAIN FLOOR WITH 3.5 BED ROOMS
UPPER FLOOR WITH 3 BED ROOMS
BASEMENT WITH 2 BED ROOMS
Located at 208 2nd St South
ALL SEMI FURNISHED

FOR MORE DETAILS PLEASE
CONTACT: 587-436-1132
Or visit Mamas Pizza Restaurant

Canada Revenue Agency (CRA)
In-Person Support

C.R.A. is coming to answer your questions. Here are some of the services they can provide:

- obtaining tax slips,
- determining what tax years need to be filed,
- Printing Notice of Assessment (NOA),
- change of address / phone number / direct deposit information,
- helping to understand letters from the CRA,
- recovering uncashed cheques
- providing clarity about the different benefits and credits,
- educating clients on MyAccount, including how to enroll and how to use the system,
- educating clients and income support officers on Represent a Client and its use,
- promoting the Community Volunteer Income Tax Program (CVITP)

Date: Wed. Nov. 12, 2025
Time: 1-4pm
Location: Vulcan FCSS 105B 3rd Ave. S.
Book an appointment at 403-485-2192

To access your information, CRA will need your Social Insurance Number and Photo ID

English
Multi CLB English Language Learning
Learn to read, write, listen and speak English.
Starts October 28 Ends May 26 2026
At the Arrowwood Library
Tuesdays: 6:15pm-7:45pm
\$25 per person

Inglés
Aprender a leer, escribir, escuchar y hablar inglés.
28 de octubre - 26 de mayo de 2026
En la biblioteca de Arrowwood
Semanalmente los martes
18:15-19:45
\$25 por persona

Conversation Cafe With Kids!
Want to you and your kids to practice speaking English together?
Starts October 30 Ends May 28 2026
Arrowwood Library
9am-10:30am
Weekly on Thursday
\$25 per adult
Kids are welcome but not mandatory to join.

¡Café de Conversación Con Niños!
¿Quieres que tú y tus hijos practiquen hablar inglés juntos?
30 de octubre - 26 de mayo de 2026
Biblioteca Arrowwood
9 a.m.-10:30 a.m.
Semanalmente los jueves
\$25 por adulto
Los niños son bienvenidos pero no obligatorios para unirse.

Join our classes at anytime!
Want to register? Contact Us!
adult@rainbowliteracy.com
403 - 485 - 3107 Box 449, 110 1 Ave S Vulcan, AB, TOL 2B0

RAINBOW
Literacy & Learning Society

Christmas HAMPERS

Individuals and families experiencing financial hardship are welcome to call the Vulcan Regional Food Bank prior to November 14th to request a Christmas hamper. Please note that you may not initially receive a time slot and may receive a call back to assess eligibility and receive a time for pick up. Please indicate any allergies at the time of requesting.

Please call 403-485-2192

Vulcan Regional Food Bank Society

NEW CLOTHING STORE
COMING SOON!

Get ready for the latest fashion trends straight from

THIS YEAR
MODERN · TRENDY · AUTHENTIC
Opening this year – Don't miss it!
Follow us for updates and sneak peeks of our exclusive collection!

location: Lady's by LVS Corp.
(old videotape store building beside Ryeteous bakery)

EMPLOYMENT OPPORTUNITIES

Educational Assistant - New Dale Colony School (located north of Milo). Two days per week from 9:00 to 2:30. Please email me at Rob.vanSpronsen @pallisersd.ab.ca.

Vulcan County - Regional Deputy Fire Chief <https://bit.ly/3XrjWj3>

Vulcan Bottle Depot—Apply to Wheat Country Special Needs Society found on indeed.ca

Lomond Community School needs Educational Assistants – Contact Mrs. Gartly for more information 403-331-5552

Sales Professional—Furniture Villa Call 403-485-2414 or email service@furniturevilla.com

Tire & Oil Change Technician (Full-Time) - NAS Mechanical 210 4th Ave S. Champion, AB
Send your resume or stop by the shop in person

CAO - Village of Milo <https://www.villageofmilo.ca/modules/news/post/employment-opportunity2>

Early Childhood Educators - Vulcan Daycare vulcanday-care@gmail.com 403-485-2954
ECE certification and experience preferred (not required to apply, but minimum Level 1 must be obtained within the first 3 months of employment)

Food Bank Wish List

Cranberries, Coffee, Pancake Mix, Syrup, Rice, Crackers, Mr. Noodle, Jam/Jelly, Razors, Dish Soap, Cake Mix, Side Kicks, Boxed Stuffing

Donations can be made from Monday to Friday 9am – 4:30pm

IRON EDGE
salon & spa

Now Offering Barbering & Hot Shave Services
Book instantly using the QR code below!
Students save 10% year-round (excludes kids' cuts) – the perfect time to take advantage and get back-to-school ready!

MAMAS PIZZA AND PASTA RESTAURANT

TRY OUR NEW:
FREDDIE CRISPY FRIED CHICKEN
*comes with french fries, gravy and coleslaw

DAILY SPECIALS
10% OFF PASTA AND SALAD
*for dine in only

COME DINE IN WITH US FOR DAILY SOUP AND SANDWICH FOR ONLY \$14.99
Located at: 115 2nd Ave South, Vulcan, Alberta.

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

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