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of vacuum cleaners

The Vulcan Transparency Project.com is an independent, community-led group tracking and opposing the proposed 2 GW hyperscale AI data centre and power plant development near the Travers Reservoir in Vulcan County, Alberta. Follow our work on the website or on Facebook at #Vulcan Transparency Project

Learn. Participate. Be Heard.

Ad sponsored and paid for by the Little Bow AI Data Centre Committee

Fire & Frost HEATING & COOLING

587-575-2111
fireandfrost.ca
Local Champion, AB
contractor with 21 years
Experience in heating
and cooling services
Free Estimates





Fall Classes at the Healy Heritage Art Centre.
Stop in to sign up 216 Centre Street Vulcan

November

Nov.5th--- Thursday, 10:00. Heart Book Folding with Sandra
Nov.7th--- Saturday, 10:00 – 4:00. Sew Day bring your projects to work on with Charlean.
Nov. 9th--- Monday, 10:00 – 1:00. Monoprinting on gel plate with Carol Patterson.
Nov.16th---Monday, 10:00 – 1:00. Three wise men with Styrofoam cones and fabric bring sewing machine with Christa.
Nov.18th---Wednesday, 10:00. Unraveled social bring your projects knit, crochet, needle point wil have you in stitches.
Nov.19th---Thursday, 10:00 – 1:00. Watercolor painting with Emily.
Nov.23rd---Monday, 10:00 – 4:00. Sew project make a bag with a printed panel using a by Annie technique with Deb.
Nov.26th---Thursday 10:00 – 1:00. Acrylic painting with Cindy or Erin.

December

Dec. 5th--- Saturday, 10:00 – 4:00. Sew Day with Charlean bring your projects to work on.
Dec.16th---Wednesday, 10:00 – 4:00. Unraveled social! bring your projects to work on with Sharon or Deb.



WORKSHOP OVERVIEW:

Taking Action Against Elder Abuse is a full-day, in-person workshop designed to provide service providers with practical knowledge and skills to recognize, respond to, and support older adults who may be experiencing abuse.

Participants will explore the unique nature of elder abuse in Alberta, learn how to identify warning signs, assess risk, and respond effectively to disclosures or concerns. The workshop also covers referral options, available supports and resources for older adults, strategies for reconnecting and engaging with older adults, and the importance of self-care for professionals working in this field.

Through six focused units, attendees will gain tools and confidence to help prevent and address elder abuse in their communities:

- **Unit One:** The unique nature of elder abuse
- **Unit Two:** Recognizing the signs of elder abuse
- **Unit Three**: Responding to elder abuse
- **Unit Four:** Referral considerations and support/resources available to older adults
- **Unit Five:** Reconnecting with older adults
- **Unit Six:** Self Care

SESSION DETAILS:

November 6, 9am - 4pm

Town Office GR Davis Administration Building
#310, 20th Street Ft. McLeod

FACILITATED BY:

Joanne Blinco, Executive Director, AEAAC
Gabrielle Kirk, Senior Protect

REGISTRATION:

This is a FREE workshop. Registration is required.

REGISTER

If you have any questions or need additional information, please feel free to reach out to Anneke@aeaac.ca or by phone at 403.928.5564

albertaelderabuse.ca



VULCAN CURLING CLUB

LEAGUE INFORMATION
2026-2027

Doubles - Monday – Starts November 2, 2026
Contact - El Tokunaga – 403- 485-6766

Mixed - Tuesdays – Starts November 3, 2026
Contact - Marianne Hodge – 403-601-1801

Men's - Wednesdays – Starts November 4, 2026
Contact - Chad Munro – 403-485-0008

Ladies - Thursdays – Starts November 5, 2026
Contact - Linda Pratt – 403-486-0205

Stirling -Tuesdays and Thursday afternoons – Starts November 3
Contact - Percy Wilson – 403-650-0193

Juniors - Tuesdays – Starts Mid November 2026 to March 2027
Contact - Lee Markert – 403-485-1816

The Club is always looking for people who are wanting to curl or people who are interested in learning to curl

GENERAL MEETING
WEDNESDAY, OCTOBER 28, 2026
DOORS WILL OPEN AT 6:30 P.M.
MEETING WILL START AT 7:00 P.M.



TRIVIA ANSWERS

1. Standard daily intake is 0.8g per kg of body weight per day and up to 2g per kg for youth, pregnant or lactating individuals, older adults (to prevent muscle loss), and athletes that require more protein up to 2g/kg (ex. 55g - 134g grams per day for a 150 lb adult) Health Canada's Dietary Reference Intakes
2. Meat, fish and poultry at 23-28 grams, beans, lentils and tofu at 18-23 grams, dairy and eggs at 6-17 grams, whole grains at 2-5 grams and most vegetables and fruit at 1 gram.

Employment Opportunities

Caregiver - part time caregiver for a young female adult. Contact Linda at 403 485-4733.

Curiosity Cove Daycare is hiring for one full time position for Vulcan location. Send you resume to: curiositycovedaycare @gmail.com
Text - 403-918-2844

Found on LinkedIn.com
Director of Care – Extendicare
Service Truck Operator – Fountain Tire
Red Seal Automotive Technician – Fountain Tire

Wheat Country Special Needs Society: Community Rehabilitation Worker
Email info@wcsns.ca Call 403-485-2186 or visit 805 1st Ave. N.

Found on indeed.ca
Delivery Driver/ Warehouse - Furniture Villa
Health Care Aide - AHS
Health Care Aide - for pediatric clients - Classic Life Care
LPN - Classic Life Care
Complexity Education Assistant - Palliser School Division - VPE
Resident Program Aide - Extendicare
Health Care Aide/ Community Rehabilitation Worker - Wheat Country Special Needs Society
Parts and Setup Associate - Vanee Farm Centre
Parts Person, Labourer, Agriculture Heavy Equipment Technician, Territory Manager – Brandt Tractor

Palliser School Division
-Casual Educational Assistant
- Bus Drivers
-Casual Instructional Replacements
https://www.pallisersd.ab.ca/hr/career-opportunities

Christmas Markets

Arrowwood
Nov. 7

Champion
Nov. 21

Vulcan Kinettes
Nov. 22



Volunteer Opportunity

Vulcan Healthcare Auxiliary - Wonder what the auxiliary is all about? Come on out to our meetings once a month on a Monday at 1:30 at the Vulcan Healthcare Facility. We welcome any newcomers. For more information call: Shannon Rogers 306-331-6698 (c)

Something a Little Lighter

-I dreamt last night that my spirit rose from the toilet bowl. It was an out-of-potty experience.

-What do you get when you divide the circumference of a Jack-o-lantern by it's diameter? Pumpkin pi.

-What do you call a man with no shins? Tony.

-Do you know what part of the body dies last? The pupils. They di-late.



Food Bank Wish List

Crackers, Canned Beans and Vegetables and Fruit, Rolled Oats, Coffee, Tea, Gluten Free Cereal, Deodorant, Pet Food

Mon-Fri 9-4



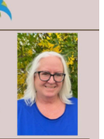
SOMETIMES LIFE CAN BE HARD

- Do you feel overwhelmed by work, family, or everyday responsibilities?
- Are you going through a loss or challenging life event?
- Are you having trouble communicating with a loved one?
- Do you feel lonely, frustrated or uncertain about the future?
- Is your sleep impacted by worry and racing thoughts?
- Would you like to learn strategies and gain tools to help with the challenges or to get unstuck?

Counselling Hours
Tuesdays 5:00 pm – 8:00 pm
Wednesdays 10:00 am – 8:00 pm
Thursdays 10:00 am – 8:00 pm
· Fridays 10:00 am – 4:00 pm ***VIRTUAL ONLY***
Saturdays 10:00 am – 2:00 pm
Kathleen is a practicum student with Yorkville University. She offers a welcoming and confidential place for you to be heard.
Located at the Vulcan Community Health Centre

FREE COUNSELLING

Whether work, family, grief relationships or stress, we all have times when a listening ear and extra support can make a difference. Sometimes talking to someone outside your circle of support can be helpful.



Email counselling@vulcanandregionfcss.com to book an appointment or use the link: https://vulcancommunitycounselling.klinical.app/bookings

ACCEPTING REGISTRATION

CURIOSITY COVE DAYCARE

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



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W. https://design.northernstudio.ca/
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HELP WANTED

Hiring Class 1 and 3 Drivers

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

Quote:
"On Halloween you get to become anything that you want to be." — Ava Dellaria

Community Calendar

To add or change an event call Lori @ (403) 485-2192 or email us at communityliason@vulcanandregionfcss.com

Nov. 14 - **Acrylic Painting Class** with Marla Blackwell in Milo at 1 PM at the Drop In. The cost is $40 for Milo Art Society members and $45 for non-members. We will accept the first 15 paid registrants. You may We will post a picture of the painting when it is available. Questions? Contact us at miloartsociety@gmail.com etransfer the fee to miloartsociety@gmail.com.
Nov. 21 - **Milo Christmas Market** at the Hall 10am-2pm
Dec. 5 - **County Of Vulcan Fire Departments Light Up The Trees** - Palliative Care Fund Raiser - Come to Vulcan's Winter Festival on December 5, 2026 and see the trees light up on the hospital road. The County of Vulcan fire departments are decorating and challenging each other to be the most beautiful tree. For $5.00 per vote, you can vote on your favorite tree. Voting stations will be available throughout the town. Stay tuned for more information. All purchases of $10.00 or more will receive a tax receipt. ALL MONIES RAISED WILL GO TO PALLIATIVE CARE. LET COMPASSION DIRECT YOUR CARE.

Pickleball - Vulcan: Register at townofvulcan.ca/recreation - September 11 – April 25 - Vulcan Prairieview Elementary. Wednesday 7–9 PM, Friday 4–7 PM, Saturday 1–4 PM, Sunday 1–4 PM

Mondays
Coffee at Snake Valley Drop-In Milo 9am
Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In.
Chair Yoga -11:30am in the Vulcan Library

Tuesdays
Walking Tai Chi - 12-1pm Vulcan Senior Centre
Chair Workouts - Carmangay Senior Clubhouse 10:30-11:30 Gentle stretches, Yoga, Zumba and other exercises that can be done sitting or standing - Free for member $2 for non-members
Community Connection Cafe - Every Tuesday and Wednesday 1:30pm at the Vulcan Seniors Centre. No membership required.

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.
Drop-In Pool - Vulcan Legion 7pm
Death: the Conversation Continues - Last Wednesday of the month 7pm. Dessert included. Vulcan United Church. Everyone welcome.
Community Badminton 7-8 pm VPE Gym $30 Adult / $15 Youth Age 14+ until March 30th
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
Dart League - Vulcan Legion. 7pm. Drop-In. No membership required.
Chair Aerobics - 10-11am Wellness Room Vulcan Hospital. Free. Drop-In.
Chair Workouts - Carmangay Senior Clubhouse 10:30-11:30 Gentle stretches, Yoga, Zumba and other exercises that can be done sitting or standing - $2 or free for members.
Dementia Support - 3rd Thursday of the month 9:30am-3pm. The Alzheimers Society is at the Vulcan Community Health Centre room 1363 to answer questions, provide navigation and support. Book an appointment with Nicole Pawlak at 1-866-950-5465 ext. 503
Game Time - Lomond Sunshine Drop-In Centre 1pm. Everyone welcome. Crib, pool, shuffle board and other games available.
Pool & Games - Carmangay Senior Clubhouse 6:00pm

Saturdays
Vulcan Legion Meat Draw - 3-6pm
Coffee at the Arrowwood Museum 9:00am.
Pool & Games - Carmangay Senior Clubhouse 10am
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
Vulcan Garden Club - 3rd Saturday of the month at 1pm. September through May. Vulcan Library. Bring a friend, learn, share, grow!
Jam Session - Last Sunday of the month 2-4pm Vulcan Seniors Centre

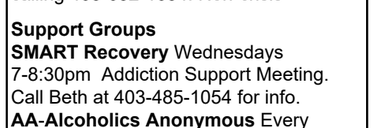
Mulit-Day
Vulcan Senior Centre-Monday-Saturday - Pool 9am-12, Coffee 10am - 12
Champion Pioneer Club - Coffee 9:30-11:30. Pool players meet at 2pm Mon. & Wed. Ladies Tea & Talk 2pm Thursdays. Ladies lunch out once/month. Potluck suppers 3rd week 6pm. Cribbage Friday 1:30-4pm.
Vulcan Legion -Open 11am-9pm Mon-Saturday. Everyone welcome.
Coffee Time - 8:00am Lomond Drop-In Friday, Saturday, Sunday and Monday

Time For Rhymes
Milo Library - Wednesdays 10am - Starts Sept. 9
Vulcan Library - Thursdays 10:30am - Starts Sept. 17
Champion School Library - Wednesdays 10:30am

Get-A-Way Youth Centre
Ages 10-18
403-485-6033

Monday to Friday 3:30-6pm
Open at lunch Tues-Friday
Free Lunch on Flex Fridays

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
-**Mental Health Help Line**
1-877-303-2642

Counselling / mental health support:
-**Mental Health Clinician** (Vulcan Hospital). Call Access Mental Health to book 403-943-1500 or 211
-**Free Counselling** - Supervised Counselling Practicum student in Vulcan Tues-Sat. Some evenings. To book email counselling@ vulcanandregionfcss.com
-**Alberta Counselling Centre** 1-833-827-4230 or visit albertacounselling.ca
-**National Farmer Crisis Line**: 1-866-327-6701 (1-866-FARMS01)
-**Virtual Urgent Mental Health** at the Vulan Emergency Department - Monday, Wednesday, Friday 10am-4pm. Check in with the E.R. nurse.
-**Primary Care Network**. 6-8 therapy sessions in person (High River, Okotoks, Strathmore), or by phone/video. Referral through family doctor, or self refer by calling 403-652-1654. Non-crisis

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- Thursdays at 5:30pm. Contact Betty at 403-652-8285
Caregiver Support Group - Every second Tuesdays. 9:30-10:30am Vulcan Hospital. 403-485-4011
MUMS -Peer-to-Peer Pre- and Post-partum **Support**. By phone Families Matter at 403-205-5194

fcss Vulcan and Region Family and Community Support Services

GoodMorning Community Newsletter

Oct. 29 2026

FREE

Sign up for the monthly Events & Resources email to receive posters right to your inbox. You'll know what's going on in Vulcan County and be able to share with others. Just scan the QR code to the right or visit www.vulcanandregionfcss.com

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







Vulcan Sound Bath
November 5, 2026 7:00 pm - 8:30pm
$30 Location
Vulcan Municipal Library
303 Centre Street 485-2571

Register at https://www.goodvibeswellness.ca/



A practical workshop for rural communities

COMET™ is an evidence-based workshop that helps people recognize emotional distress and start supportive conversations before a mental health crisis develops. COMET™ trainings are designed specifically for people in rural and farming communtiess.

Free and open to farmers, family members, community members or anyone who regularly interacts with farmers.

TUESDAY
November 3, 2026
1:00-3:00pm

LOCATION
Vulcan Community Health Centre
Wellness Room

TO REGISTER, PLEASE CONTACT
Vulcan and Region FCSS
403-485-2192
reception@vulcanandregionfcss.com
or Glen Hutton at huttga@gmail.com

HOSTED BY Vulcan County Mental Wellness Coalition
DELIVERED BY agwell
DEVELOPED BY High Plains Research Network, AgrAbility



I L TRANSPORTATION
Door-to-Door Service
for appointments
Medical
Dental
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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

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:
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- 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

TRIVIA
1. What is the recommended daily intake of protien per day?
2. What foods are good sources of protein?