

# Community Calendar

To add or change an event call Lori at 403-485-2192 or send us an email at [communityliaison@vulcanandregionfcss.com](mailto:communityliaison@vulcanandregionfcss.com)

Sept. 26 Movie Night at the Carmangay Library 6pm Movie: Elio  
 Sept. 27 – Lomond's 2<sup>nd</sup> Annual Turkey Fry, Beef /Pig Roast starts at 4pm  
 Sept. 27 - BINGO fundraiser Champion Hall 5pm  
 Oct. 7 - Adult Social Night - Appies and Board Games 7-9pm Register with [reception@vulcanandregionfcss.com](mailto:reception@vulcanandregionfcss.com)  
 Oct. 10 - BINGO at the Vulcan Senior Centre. Doors open at 6.  
 Oct. 17 - Milo Fall Fair - Booklets available around the village.  
 Oct. 21 - Adult Social Night - Make your own Mocktails & Name that Tune. A chance to get out of the house and meet new people.

## Pickleball

Vulcan: Register at: [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation) - Wed. 7-9pm, Fri. 4-7pm, Sat. 6-9pm, Sun 1-4pm at VPE  
 Arrowwood: Pickleball and Badminton – July-Sept. Daily 9-9.  
 Carmangay: 7pm at the curling rink every Wednesday. Families can play Sundays.

## Mondays

**Wee Imagine in Lomond** - Sept. 29 Sharing books and fun activities. 2-6 year olds. Contact Greater Foothills Family Centre to register 403-652-8633  
**Curiosity Kids in Milo** - Oct. 6, 20 & 27. Register with Greater Foothills Family Centre 403-652-8633  
**Community Walking** - 11:35-12:20 at Vulcan CRC. Register at [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation). Starts Oct. 15  
**Little Chefs** in Vulcan Sept. 29 at 1:30. All about Fall Oct. 6, 20 & 27. Contact Greater Foothills Family Centre to register 403-652-8633  
**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. Starts Oct. 6. Register at [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation).  
**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

**Youth Zone** at the Carmangay Library 4pm -Sept. 2 Volcanoes, Sept. 9 Board Games, Sept. 16 Shadow Drawings  
**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](http://townofvulcan.ca/recreation).  
**Community Volleyball** - 8-9:30pm. VPE. Starts Oct. 14. Register at [townofvulcan.ca/recreation](http://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](http://townofvulcan.ca/recreation)  
**Community Basketball** - 8-9:30pm. CRC. Starts Oct. 15. Register at [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation).  
**Workout Wednesdays** - 9am Carmangay Seniors Centre. Everyone welcome.

## Thursdays

**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.

## 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  
**Community Walking** - 11:35-12:20 at Vulcan CRC. [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation)  
**Shiny** - 10-11:30am. Vulcan Arena on Flex Fridays Oct. 10, 24, Nov. 7, 21, Dec. 5, 19, 26, Jan. 2, Feb. 6, 13, 20, Mar. 6, 13, 27. Register at [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation).

## 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 - 12pm  
**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



**BUSHEL BARREL RACE**  
 September 28<sup>th</sup>, 2025  
 12:00 pm start  
 \* Assisted Peeewe, Un-Assisted Peeewe, Youth & Open  
 There will be a food truck!  
 Location: NEW Vulcan and District Ag Society (some road as the Waste Transfer Station)  
 Vulcan and District Ag Society  
 FOLLOW THE FACEBOOK GROUP FOR MORE INFORMATION

**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

**AI-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

**Something a Little Lighter**

-A shop assistant fought off a robber with his labelling gun. Police are now looking for a man with a price on his head.  
 -How does a farmer mend his overalls? With cabbage patches.  
 -Why did the tree go to the dentist? To get a root canal.  
 -How can you tell if wood comes from a dogwood tree? From the bark.



# GOOD MORNING

## COMMUNITY NEWSLETTER

Vulcan and Region Family and Community Support Services

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

**Adult Social Night** Let's Eat, Laugh & Meet New People

**Appies @ Board Game Night** Tuesday, Oct. 7 7-9pm

105A 3rd Ave. S. Vulcan  
 Registration required for supplies and food. \$10 each. Call 485-2192 or Email [reception@vulcanandregionfcss.com](mailto:reception@vulcanandregionfcss.com)

Adult Social Night is Every other Tuesday

Oct. 21 Making Mocktails & Name that Tune  
 Nov. 4 Cooking Night - Make and Take  
 Nov. 18 Multi-Project Make a Creation Night  
 Dec. 2 Pizza & Party Games  
 Dec. 16 Make Your Own Ugly Christmas Sweater

**DISTRICT 20 FIRE PROTECTION ASSOCIATION**

# BINGO NIGHT

**GAMES, FOOD, FUN & PRIZES**

**SATURDAY, SEPTEMBER 27**  
**ALL AGES WELCOME**

**STARTS AT 5PM - \*CASH ONLY\***

**CHAMPION COMMUNITY HALL**  
 \$10/person or \$40/family (Max. 5) - includes Hot Dog, Chips, Pop/Water and 1 bingo card/person

**H Visscher Contracting Ltd.**  
 Vulcan, Alberta

**Fergus Howard**  
 P: 403.604.2923 E: [enquiries@screw-pileconstruction.ca](mailto:enquiries@screw-pileconstruction.ca)

Specializing in Concrete  
 Screwpile Installation  
 General Handyman Work

**September 27<sup>th</sup> Supper at 4:00 PM** COME EARLY AND HAVE FUN



**ACCEPTING DONATIONS TOWARDS NEW CAMPGROUND**

**LOMOND'S 2<sup>nd</sup> ANNUAL**

**Turkey Fry - Roast Beef - Pig Roast**  
 \$20/ Plate – (Children under Age 6 are free)  
 LOCATION: LOMOND CAMPGROUND- WEST OF UFA

- Turkeys deep-fried in different varieties of flavors
- Norman's Roast Beef
- Pig Roast by Murray Markert
- Beer Gardens Open from 2:00 pm – 10:00 pm (Please designate a driver)
- 50/50 Draw
- Silent Auction items
- Camping Spots available, (Some with Power)
- There will be fire-pits set up for warmth and pleasure
- Horseshoe pits



PROCEEDS WILL GO TO THE NEW CAMPGROUND DEVELOPMENT  
 THANK YOU ALL FOR YOUR DONATIONS  
 (In Memory of Terry Stokes)

**Vulcan Curling Club** 705 Elizabeth St.

**VULCAN CURLING CLUB**  
 \*\*The Vulcan Curling Club will be hosting a "Learn to Curl" interested in learning to curl  
 Email: [vulcancurlingclub1@gmail.com](mailto:vulcancurlingclub1@gmail.com)

**LEAGUES**

**Ladies League - Thursday**  
 Starts November 6, 2025  
 Contact—[vulcancurlingclub1@gmail.com](mailto: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  
 Juniors Bonspiel - March 7, 2026  
 Last Chance Bonspiel - March 27–29, 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](mailto:vulcancurlingclub1@gmail.com)

**ICE TIME**  
 4 Sheets of ice for Curling available from  
 November—March  
 Friday to Sunday

**TRIVIA**

- How many farms are in Alberta?
- What is the Great White Combine?
- What was the most planted crop in 2025?

**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.

**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 Rytaceous bakery)

**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!



 403-485-3107 rainbowliteracy.com  
 info@rainbowliteracy.com Box 449, 110 1 Ave S  
 Vulcan, AB T0L 2B0

## Rainbow Literacy Adult Programs

Contact us to register or if you have any questions.  
 If a program is not offered in your community let us know!  
 We might be able to bring that learning opportunity to you.

**Digital Skills**  
 Need help to use your phone, laptop, or tablet? This program teaches you the basic digital skills you need for success in our tech world.

**Champion Library:** 6:00pm - 7:30pm Weekly Wednesdays  
 Starts: October 22 Ends: November 26 Cost: \$25

**Carmangay Senior Center:** 5:30pm - 7:00pm Weekly Wednesdays  
 Starts: January 7 2026 Ends: February 11 2026 Cost: \$25

**Milo Library:** 5:30pm - 7:00pm Weekly Wednesdays  
 Starts: February 25 2026 Ends: April 1 2026 Cost: \$25

**Lomond Sunshine Drop-In Centre:** 5:30pm - 7:00pm Weekly Wednesdays  
 Starts: April 15 2026 Ends: May 27 2026 Cost: \$25

**Microsoft/PC/Android Class**  
**Vulcan Library:** 2:15pm - 3:15pm Weekly Wednesdays  
 Starts: October 22 Ends: April 1 2026 Cost: \$25

**iPhone/iPad/Apple/Macintosh Class**  
**Vulcan Library:** 3:30pm - 4:30pm Weekly Wednesdays  
 Starts: October 22 Ends: April 1 2026 Cost: \$25

**Age Well: Smart Nutrition on a Budget**  
 This program is meant for people 50+ trying to eat nutritious food on a budget. Each week you'll get to make and take home a well balanced meal. You will also be given a lot of great information such as Senior Nutrition, Food and Safety, Buying groceries on a budget, and so much more!

**Vulcan United Church:** 12pm - 2:30pm Weekly Mondays  
 Starts: October 6 Ends: November 17 FREE  
 Registration: September 29 at the Vulcan Senior Center 12pm - 3pm

**TICKETS AVAILABLE ON EVENTBRITE**

# FLAMES GRAINS & ALES

FOOD - MUSIC - BEER

**OCTOBER 18, 2025 @5PM**

NINE IN A LINE BREWERY  
 119 1 AVE N, VULCAN, AB T0L 2B0

THIS EVENT IS BROUGHT TO YOU BY YOUR LOCAL FAVORITES:



## Drop in Chair Aerobics

Dates: Tuesdays & Thursdays  
 Start Date: September 9th  
 Time: 10:00 - 11:00 am  
 Cost: Free  
 Place: Vulcan Wellness Room @ Vulcan Hospital

Drop-in chair aerobics is an excellent way for individuals of all fitness levels to engage in physical activity while staying comfortable and supported. The blend of exercises, yoga, stretching, and Zumba can help improve strength, flexibility, and coordination, all while fostering a supportive community. Plus, the non-judgmental atmosphere makes it accessible for everyone! I'd encourage anyone interested to participate, as it's a great way to boost both physical and mental well-being.

610 Elizabeth Street  
 Box 28  
 Vulcan, Alberta  
 T0L 2B0  
 Phone: 403-485-4001  
 Email: vulwv.foundation@gmail.com



Please Join Us at Peter Dawson Lodge

## Fall Harvest Tea and Pie Event

Come for a slice of pie and leave with your Thanksgiving Desert from our Bake Sale Table

# 10th October

Seatings At:  
**2pm & 3pm**  
 RSVP for seating by  
 Oct. 6th @ 403-485-2422  
 or drc@marquisfoundation.ca  
 Entrance by Donation

Additionally we have craft supply sale table including fabrics and sewing items to make room for new upcoming activities for our Residents. We will have a misc. garage sale item table as well. Please come look for yourself.

### Trivia Answers

1. According to the 2021 census, there are 41,505 farms in Alberta, accounting for 21.9% of Canadian farms.
2. The Great White Combine is a metaphor referring to a hailstorm that destroys or severely damages a crop. When the white hail comes down the standing crop can become a flat field in seconds, like a fast combine, harvesting the crop.
3. In 2025, the most planted crop in Canada was wheat, with farmers planting 26.9 million acres, followed by canola at 21.5 million acres, according to preliminary figures from Statistics Canada.

## Youth & Mentor Market

Young Entrepreneur & Mentor Market  
 \* A market where tomorrow's business leaders shine today! \*

Local youth will showcase their creations alongside seasoned vendors. Our market mentors will be there to guide, answer questions, and cheer them on.

Youth 8-14 can register at FCSS for the 4 week young entrepreneur course to prepare for the market.

More information:  
 juliesgoodfood1@gmail.com  
 403-433-0045 call or text Julie

**NOV 22 VULCAN LODGE HALL**  
 10AM - 3PM  
 231 Centre Street Vulcan AB



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



### Vincent Joseph Henry

Regional Agent and Distributor

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

MEET STEFANO, YOUR LOCAL PHARMACIST!



MARKET STREET - VULCAN -

DIABETES CONSULTATION  
 MEDICATION REVIEWS  
 PRESCRIPTION AND MORE!

(403) 485-2919  
 MARKETSTREETPHARMACY.CA

### HELP WANTED

Hiring Class 1 and 3 Drivers

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

**Fire & Frost HEATING & COOLING**

587-575-2111  
 fireandfrost.ca

Local Champion, AB contractor with 21 years Experience in heating and cooling services

## Carmangay Curling Clubs Annual HARVEST Dinner

**October 18**

### BBQ KINGS DINNER

SILENT AND LIVE AUCTIONS  
 FEATURED ENTERTAINMENT  
 CAL TOTHS DUELING PIANOS

Tickets \$50 Each

DOORS OPEN AT 5:30 DINNER AT 6:30  
 Call or Text 403-634-0426 or 403-308-9964 for more information

## VULCAN AND REGION FCSS FREE COUNSELLING

WITH FCSS'S PRACTICUM STUDENT JAROM MOSSEY

HELP MAKE SENSE OF THOUGHTS AND FEELINGS

FIND MORE FREEDOM IN LIVING DAY TO DAY LIFE

BOOK UP TO 10 FREE SESSIONS

TALK TO SOMEONE WHO WILL LISTEN

MY HOURS  
 WEDNESDAYS AND THURSDAYS FROM 9 AM TO 5 PM  
 HOURS ARE FLEXIBLE AND BASED ON YOUR INDIVIDUAL NEEDS.

INTERESTED IN MEETING FOR MORE INFORMATION AND TO BOOK A SESSION CONTACT OUR RECEPTION OR EMAIL JAROM AT:  
 COUNSELLING@VULCANANDREGIONFCSS.COM  
 403-485-2192

### Food Bank Wish List

Ketchup, Mustard, Coffee, School Snacks, Crackers, Mr. Noodle  
 Jam/Jelly, Razors, Dish Soap, Cake Mix, Side Kicks

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

Fresh, clean garden produce is welcome.  
 We can accept some items past the best-before dates.  
 Call to check if you are unsure.

### EMPLOYMENT OPPORTUNITIES

Part-time Social Worker - Vulcan  
 Extensive full posting can be found on indeed.ca

Quality Assurance Technician and Production Operator—BASF, Blackie  
[https://basf.jobs/light\\_green\\_NA/job/Blackie-QC-Technician-and-Production-Operator-AB-TOL-0J0/1250538501](https://basf.jobs/light_green_NA/job/Blackie-QC-Technician-and-Production-Operator-AB-TOL-0J0/1250538501)

Armada Colony School  
 Is accepting applications for an Educational Assistant. Please apply through the Horizon School Division website.

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

Teacher, Temp P/T - Brant School  
 Caretaker - CCHS  
 Substitute Teachers  
 pallisersd.ab.ca

Early Childhood Educators - Vulcan Daycare [vulcanday-care@gmail.com](mailto: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)

Firefighters Wanted - Are you looking for a way to give back to your community, learn new skills, and be part of an incredible team? Vulcan County is looking for dedicated, community-minded individuals to join our team! No experience necessary—just a willingness to learn and a desire to help others. Interested? (403)485-3115 [shania.culp@vulcancounty.ab.ca](mailto:shania.culp@vulcancounty.ab.ca)



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](mailto:support@taxesaccountingservices.com) or 250.448.4300, or 368.999.4300

### 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

### 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

