

GOOD MORNING COMMUNITY NEWSLETTER

September 21, 2023

Please recycle this newsletter.
Produced and printed locally. Folded by hand by volunteers.

Pre Season Exhibition

Subspace Challenge VOLLEYBALL



where no college has gone before

October 4, 2023
Vulcan Cultural and Recreation Centre
O & A Session with
Kodiaks Players and Coaches 4:30pm - 5:00pm
SS Lion's Tailgate 880 4:30pm - 5:30pm
Women's Game 6:00pm
Men's Game 8:00pm
Admission \$10 each
Ticket available at Vulcan Recreation Office
Silent Auction Table, Proceeds to KidSport
Viper Volleyball 50/50 Lottery
Concession Open



COMMUNITY CONNECTION CAFE



At a Cafe there is no cost, no agenda, no homework, no cliques. Just a starting topic each week and a chance to listen and be heard. Because we don't all have to be the same or have the same ideas to find a connection.

Coffee, tea and muffins

Tuesdays at 1:30pm
Drop-In
All ages welcome
Beginning Sept. 26

Located at the Vulcan Seniors Centre

For information contact FCSS at 403-485-2192 or reception@vulcanandregionfcss.com

TRIVIA

1. L.M. Montgomery published this famous book in 1908.
2. Who was the first female Prime Minister of Canada?
3. Who was the first Canadian to fly in space?

VULCAN



MAMA'S PIZZA & PASTA
Eat In, Take Out and Delivery

AT THE NEW LOCATION
115 2nd Ave S.
403-485-6368

HOURS
Monday Closed
Tuesday-Saturday 11am-9pm
Sunday 7:00am-5pm

¿QUIERES HABLAR ESPAÑOL?

(Do you want to speak Spanish?)



SPANISH CLASS

Starts Sept. 19 10:30am - 12pm
at the Rainbow Literacy Building in Vulcan



Sign up today!
Call or email
(403) 485-3147 adult@rainbowliteracy.com

COMMUNITY COUNSELLING

FREE



Short-term preventive based counselling for individuals with mild to medium mental health concerns adults and youth 10+
Concerns include anxiety, stress, depression, loss, separation, relationships, etc.

Appointments available Wednesdays and Fridays at Vulcan and Region FCSS
Call or email to book 403-485-2192 or reception@vulcanandregionfcss.com

Janel Meyrick, Practicum Counsellor, Addictions and Mental Health Psychotherapy
University of Lethbridge
Supervision provided by Barbra Eureka Warner FCSS Counselling Services



New At Mama's
Starting at 5pm
Tuesday - Pizza & Beer
Specials
Wednesdays - Wing & Beer
Special



587-575-2111
fireandfrost.ca

LOCAL HEATING AND COOLING SERVICES

Free estimates
21 years experience

LET'S COOK

Teen Cooking series

Thursdays 6:30-9pm
Sept 28 and Oct 5 & 12
Teens Ages 13-18
Limited space, registration required



Practice and learn new cooking skills
Make recipe changes to suit your taste
Learn to see cooking as an art form you get to eat

Scan the QR Code to register using our Get In Touch Form—While Let's Cook in the Message

Register with the
Get-A-Way Youth Centre
Call 403 485 6033
yc@vulcanandregionfcss.com



EMPLOYMENT OPPORTUNITIES

Director of Resident Care - Details online at www.marquisfoundation.ca Closing date for resumes is Sept. 22 at 1 pm

Early Childhood Educators – Vulcan Daycare
Stop in or email resumes to vulcandaycare@gmail.com

Palliser School Division
www.pallisersd.ab.ca/hr/career-opportunities

Brandt John Deere - Shop Foreman, Territory Manager, Customer Support Advisor, Agricultural Heavy Equipment Technician

Something a little lighter....

-I stayed up all night wondering where the sun had gone. And then it dawned on me.
-What do you call a factory that makes okay products? A satisfactory.
-5/4 of people admit that they're bad with fractions.
-A guy walks into a bar...and he was disqualified from the limbo contest.

HELP WANTED

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

Trevor's Paints and Stains

Wow wow wow !!



Sweet summer savings
Free estimates \$!
10% off whole house exterior refresh
Smokin' deal
Limited time only
Call today to book your free estimate
403-390-8821

Community Calendar

To add or change an event on the calendar call Claire at 403-485-2192 ext. 202 or send us an email at seniorsupports@vulcanandregionfcss.com

Sept. 26 – Community Connection Café – Tuesdays at 1:30 Vulcan Seniors Centre. Everyone Welcome.
 Sept. 30 – National Day for Truth and Reconciliation
 Oct. 4 - BINGO at the Carmangay Seniors Centre. Doors open at 7pm 1st and 3rd Wednesday of the month. Progressive Jackpot.
 Oct. 14 – Referee Clinic. Visit <http://vulcanminorhockey.ca/> for details.

Mondays

Milo on the Farm! Join us for a morning of FARM-TASTIC activities, learning all about life on a farm! This program is perfect for 2-6 year olds! September 11, 18, 25. Registration is required. For more information, please visit greaterfoothillsfamilycentre.ca
Stay & Play– Vulcan Lodge Hall 1:30-3pm.



Tuesdays

Coffee is on at the Carmangay Community Centre 2-4pm Cost \$1
Get-A-Way Youth Centre - Open 3:30-6pm. 403-485-6033

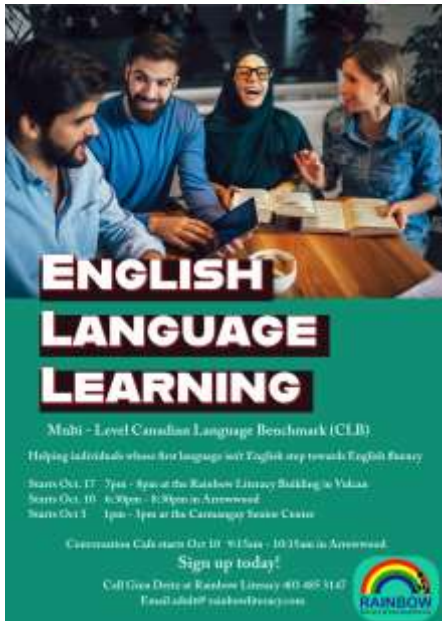
Wednesdays

Coffee Time- 2pm Lomond at the Drop-In
ManCave - 1-3pm 105A 3rd Ave. S. Coffee, Pool, Ping-pong, puzzles, foosball, games and visiting
Get-A-Way Youth Centre - Open 3:30-6pm 403-485-6033
Coffee at the Carmangay Seniors Centre 10am -12pm
Community Pickleball - Ages 16+ 6:30-8pm at VPE
 Register at: www.townofvulcan.ca/recreation
Moms & Tots - 10:30 am. Vulcan Church of Christ basement
Community Basketball - 8-9:30pm Starts Sept. 20. In the VPE gym. Registration required <https://app.univerusrec.com/vulcanrecre.../courses/index.asp>



Thursdays

Coffee is on at the Carmangay Community Centre 2-4pm Cost \$1
Chess at the Vulcan Library 2:10-5:00pm
Get-A-Way Youth Centre - Open 3:30-6pm 403-485-6033
Teen Night at the Youth Centre – 13+ Open 6:30-9:00pm
Farmers Market at the Vulcan Legion. 3-6pm. Ongoing until Thanksgiving.



Fridays

Community Pickleball - Ages 16+ 2-4pm at VPE
 Register at: www.townofvulcan.ca/recreation
Get-A-Way Youth Centre - Open 12:30-6pm **Free lunch is served 12:30 - 1pm**
 105A 3rd Ave.S. Vulcan 403-485-6033. Ping-pong, pool tables, foosball, air hockey, video games, crafts and music!

Saturdays

Vulcan Legion Meat Draw - 3-6pm
Vulcan Legion -Drop-in Pool at the Hall @ 3pm. \$5/person. No membership required.
Coffee at the Carmangay Seniors Centre - 10am-12pm
 1st Saturday of the month - 9 am Pancake Breakfast at the Community Centre \$5/person, \$20/family
Coffee Time – Lomond 9am at the Drop-In

Sunday

Community Pickleball - Ages 16+ 3:30-5:30pm at VPE
 Register at: www.townofvulcan.ca/recreation

Monday - Saturday

Vulcan Senior Centre
 -Men's Pool - 9am - 12pm
 -Ladies' Coffee Drop-in 10am - 11am
Champion Pioneer Club - Coffee 9:30-11:30. Membership \$25



BINGO!

October 13
November 10
December 8

Community Bingo Night in Vulcan
 Second Friday Every Month
 Vulcan Senior Citizen Centre

Doors open 6:00 pm
 Bingo at 7:00 pm

EVERYONE WELCOME!
 Minors who are accompanied by an adult must play

COMMUNITY PICKLEBALL

Ages 16+ years
 Wednesday 6:30pm - 8:00pm
 Friday 2:00pm - 4:00pm
 Sunday 3:30pm - 5:30pm
 at the VPE
 Check Schedule for black out dates

Register at: www.townofvulcan.ca/recreation

Trivia Answers:

1. Anne of Green Gables
2. Kim Campbell in 1993
3. Marc Garneau in 1984

The Hair Hut & Coffee Bar

Dine In or Takeout

- Brewed Coffee
- Lattes & Cappuccinos
- Variety Cold Drinks
- Cold Brews
- Pies & Pastries
- Daily Fresh Cinnamon Buns
- Milkshakes - 20 flavors
- Fizzy Drinks
- Gummy Bear Refreshers

OPEN TO THE PUBLIC

220 Centre Street, Vulcan.
403-485-2854

MEET STEFANO, YOUR LOCAL PHARMACIST!

MARKET STREET - VULCAN

- DIABETES CONSULTATION
- MEDICATION REVIEWS
- PRESCRIPTION AND MORE!

(403) 485-2919

MARKETSTREETPHARMACY.CA

Food Bank Wish List

- Boxed Mac & Cheese
- Granola Bars
- Fresh Fruits and Vegetables
- Milk/Yogurt/Cheese
- Peanut Butter
- Canned Meat & Fish
- Canned Beans in Sauce
- Canned/Frozen Corn
- Canned Cream Corn
- Frozen Peas/ Mixed Vegetables
- Cereal/Oatmeal
- Soda Crackers
- Pancake Mix
- Shampoo/ Conditioner
- Cat/ Dog Food/Cat Litter

THANK YOU

Monday to Friday 9am – 4:30pm
We can accept some items past the best-before dates. Call to check if you are unsure.

Are you new to the community?

Welcome! The Vulcan Lionette Community Connection 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, library, recreation facilities, clubs and organizations and coupons from local businesses. Call Joyce@403-485-6802 or Marg @ 403-485-2046