

September 28, 2023

Please recycle this newsletter.
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Canada Revenue Agency (CRA)

New to Canada?

You may be eligible for government benefits and credits – that's money in your pocket!

Date: October 18, 2023
Time: 6:00 – 7:00 PM
Location: Mossleigh Community Hall
309 – 1st Street W, Mossleigh

The Canada Revenue Agency (CRA) is presenting an information session about:

- Canada child benefits (CCB)
- GST / HST Credit
- Canada workers benefit (CWB)
- Climate action incentive payment
- Canada Dental Benefit
- Disability Tax Credit (DTC)
- Free tax help
- The importance of keeping information up to date with the CRA
- How to protect yourself against scams

You will get a chance to ask tax and benefits questions.

Spanish translation on site – Traductor de Español en el sitio.

Register with FCSS Vulcan at 403-485-2192



Thursday, October 19, 2023
6:30 – 8:30 p.m.
Mossleigh Community Hall

Join our Division 1 Councillor, Reeve and CAO to informally discuss ideas, questions & concerns.

We bring the coffee ... you bring the conversation!



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

Janet Meyersik, Practicum Counsellor, Addiction and Mental Health Psychotherapy
University of Lethbridge
Supervision provided by Baronis Eureka Warner FCSS Counselling Services



EMPLOYMENT OPPORTUNITIES

Link Worker - Act4Health. Full job ad available on vulcanandregionfcss.com

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 went to buy some camo pants but I couldn't find any.
- I was wondering why the frisbee kept getting bigger and bigger, then it hit me.
- The easiest time to add insult to injury is when you're signing someone's cast.
- Just burned 2000 calories. That's the last time I fall asleep while baking.
- If a parsley farmer gets sued, can they garnish his wages?

TRIVIA

1. What is the hottest planet in our solar system?
2. What animal can be seen on the Porsche logo?
3. Which mammal does not possess vocal chords?

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 7pm-5pm

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

Fire & Frost
HEATING & COOLING

587-575-2111
fireandfrost.ca

LOCAL HEATING AND COOLING SERVICES

Free estimates
21 years experience

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



Pre Season Exhibition

Subspace Challenge VOLLEYBALL



October 4, 2023
Vulcan Cultural and Recreation Centre
O & A Session with Kodiaks Players and Coaches 4:30pm - 5:00pm
95 Lion's Tailgate BBQ 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
Located at the Vulcan Seniors Centre

Beginning Sept. 26

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

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

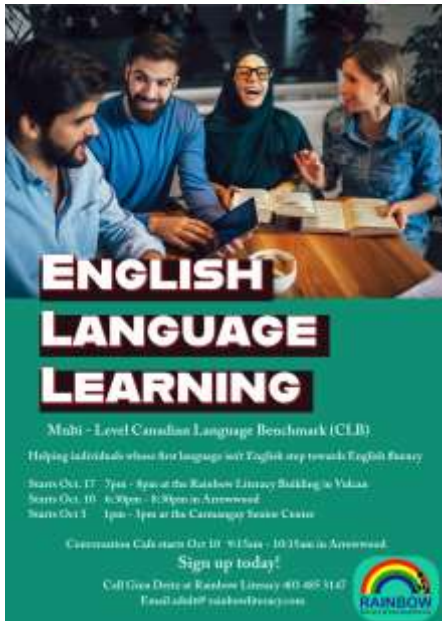
Wednesdays

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

Trivia Answers:

- 1.Venus
- 2.Horse
- 3.Giraffe

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**

Carmangay Library October Events

Goodie Donation –Oct 1 to 25 *donate treats for the Halloween parade bags

Solar Eclipse Viewing—Oct 14 @ 10:00am *kids 10 and under need to be accompanied by an adult, viewing glasses to be provided

Death Café—Oct 17 @ 6:00pm *enjoy a cup of tea and snack while confronting the taboo and opening a conversation where you can freely discuss death and what it means to each of us. Non-judgemental space

Double Feature Movie Night—Oct 27 @ 6pm and 8pm *for families Coraline will be shown, for those looking for a fright "Insidious: The Red Door" will follow

Halloween Parade—Oct 28 @ 2pm *at the school, walk with us in your costumes from the school to the library. Costume contest and goodie bags included

Library Open Late—Oct 31 2pm to 9pm * warm up with hot chocolate, munch on spooky snacks, or play games