

# GOOD MORNING

## COMMUNITY NEWSLETTER



Please recycle this  
newsletter.



Produced and Printed Locally; Folded By Hand!!  
Available online – [vulcanandregionfcss.com](http://vulcanandregionfcss.com)

**March 31, 2022**

### EMPLOYMENT OPPORTUNITIES

- Lifeguards - Town of Vulcan visit [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation)
- Principal - Vulcan Prairieview Elementary School [pallisersd.ab.ca](http://pallisersd.ab.ca)
- Class 1 and 3 Drivers Walker's Corral Cleaning. Call 403-485-8073
- Early Childhood Educator Vulcan Daycare - Training provided. [vulcanday-caresociety.weebly.com](http://vulcanday-caresociety.weebly.com)
- Mobile Universal Banker - connectFirst Credit Union, primarily in Vulcan and Nanton.
- Cooks/servers - Speargrass Country Club. Send resume to [proshop@speargrass.ca](mailto:proshop@speargrass.ca)
- Kitchen Help—Mossleigh Bar and Grill P/T & F/T.
- General construction and landscaping, casual/P/T - Residential Rescue call Jesse at 403 862 1961 or email at [getittojess@gmail.com](mailto:getittojess@gmail.com)
- Found on indeed.ca**
- Track Maintainer/ Labourer - CP Railway
- Train Associate Server - Aspen Crossing
- Community Support Worker - Wheat Country Special Needs Society
- Administrative Assistant, Protective Services - Vulcan County
- Payroll and Benefits Administrator - Vulcan County
- Location Assistant - Richardson Pioneer
- Insurance Broker - Western Financial Group
- Environmental II (Cleaning) - AHS Vulcan
- Health Care Aide, Dietary Aide, Cook - Extendicare Substitute Teaching - Palliser School Division
- General Farm Worker - Ballco Feeders

### **Found on workopolis.com:**

- Operations Assistant - G3 Canada Carmangay
- Electrical Apprentices Solar - PTW Energy Services Lomond
- Field Technician Supervisor - Nova Power Source Lomond
- School Bus Driver - First Student Canada Lomond
- Petroleum and Agro Salesperson - Arrowwood Co-op
- Agro Driver Seasonal - South Country Co-op Lomond
- Shaw Satellite and Internet Technician - Integrated Solutions Vulcan

## VULCAN YOUTH ENTREPRENEUR MARKET

**APRIL 09 10:00AM-3:00 PM AT THE CRC**

Do you offer any services?

Babysitting  
Dog walking  
Cutting grass  
shoveling  
farm help

Prizes for:

Most Creative  
Best Display  
Best Sales Pitch  
and more

Do you like to make things?

Sewing  
Slime/Play dough  
Jewelry  
Woodwork  
Painting/Drawings

Maybe you invested your money into something you think is a huge seller?

**\$10 Per Student**

**Grades 4-12**

Email for Registration

**[youthmarketvulcan@gmail.com](mailto:youthmarketvulcan@gmail.com)**

Questions? Contact Christina Marciszyn/Jackson

## Easter Adventure Camp 2022

**Vulcan Recreation**

### ACTIVITIES INCLUDE:

SPORTS  
NATURE HIKES  
OBSTACLE COURSE  
NERF WARS  
ART & CRAFTS  
DANCING  
FUN & GAMES

### CAMP DATE

TUESDAY APRIL 19 TO FRIDAY APRIL 22, 2022

### CAMP COST

4 DAY \$75

### LOCATION

VULCAN CULTURAL & RECREATION CENTRE  
AGE 7-13 YRS  
FROM 9:00AM-3:30 PM

VULCAN RECREATION  
PH. 403-485-6659

REGISTER AT [WWW.TOWNOFVULCAN.CA/RECREATION](http://WWW.TOWNOFVULCAN.CA/RECREATION)



Call FCSS for assistance with simple low income tax returns.  
403-485-2192

Riddle Answer: Doors.

### Kidsport

Need financial help with registration fees and equipment? Apply online at [www.kidsportcanada.ca/alberta/vulcan-county/](http://www.kidsportcanada.ca/alberta/vulcan-county/) or call 403-485-2554.

**RIDDLE:** What invention allows people to walk through walls? Find the answer hidden in the newsletter.

**RAPTOR SPEED CONSULTING**  
BOOKKEEPING & TAXES



### LET US HELP EASE YOUR TAX PAIN

Student Tax Return	\$40.00
Senior Tax Return	\$55.00
Basic Tax Return	\$70.00
Rental Income	\$150.00
Self-Employed	\$175.00
Small Inc. Business	\$350.00
Bookkeeping	\$40.00/hour

\*prices subject to change \*

**CASSANDRA BENOIT**

403-990-6593 • [cassbenoit3@gmail.com](mailto:cassbenoit3@gmail.com)

### Vulcan Communities in Bloom

will be planting soon.

Come and join us...

we need your energy and your green (or not so green) thumb!  
Call Christa @ 403-485-0239

### HELP WANTED

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



## Books for Babies

**When:** Every Wednesday starting April 6th.

**Time:** 10:00 a.m -11:00 a.m

**Where:** Rainbow Literacy and Learning Society, Vulcan

This 6-week program supports new parents in learning how to read, sing and interact with their newborn. We also work in partnership with AHS where they will deliver a Books for Babies bag full of resources!

This is a **FREE** program for parents with babies 0-12 months of age.



## EASTER EGG HUNT APRIL 16TH

Ages 6 and up: Join us with your runners or bike in the lions park at 1pm for a journey down the walking path to the lake and back, collecting Easter eggs along the way!

Ages 5 and under: Head down to the lions park at 1pm for an Easter egg hunt in the park

Please contact Jessy Voors (403) 485-1451 or Deanna Heather (403) 485-8384 to preregister



The younger crew will be doing a Easter egg hunt in the lions park! For the older kids AND adults you are going to earn your chocolate. Bring your bike, scooter or plan to run from the Lions park down the path. The farther you go the more chocolate you earn as there will be eggs to collect along the way. Preregistration is not mandatory but it does help us when buying supplies so please preregister.



# Community Calendar

To add or change an event on the calendar call Lori at 403-485-2192 ext. 103  
or send us an email at [communityliaison@vulcanandregionfcss.com](mailto:communityliaison@vulcanandregionfcss.com)

Apr. 2 - **Milo Lions Fundraiser and Silent Auction.** Get your tickets at Milo Green Foods or Milo Post Office.

Apr. 2 & 3 - **Firearms Courses** Register with Rainbow Literacy 403-485-3107

Apr. 11 - **Easter Craft-along.** Register with Rainbow Literacy 403-485-3107

Apr. 13, 20 & 27 - **Moovin and Groovin** for the little ones at the Vulcan Lodge Hall on Wednesdays at 10:30am

Apr. 15 - **Vulcan Community Easter Egg Hunt** Memorial Park-ages 0-12. Register from 1:00-2:00, with a 2:00 start. Bring a basket to collect your goodies. Hosted by the Vulcan United Church.

Apr. 16 - **Milo Easter Egg Hunt** - 1pm, at the Milo Lions Park for 5 and under. On the path for older kids and adults.

Apr. 19-22 - **Easter Adventure Camp** Go to [townofvulcan.ca/recreation](http://townofvulcan.ca/recreation) for info.

Apr. 29 - **Movie at the C.R.C.** 6pm Spiderman No Way Home.

**Time for Rhymes** - Register with Rainbow Literacy at 403-485-3107  
[info@rainbowliteracy.com](mailto:info@rainbowliteracy.com)

Milo - Wednesdays at 10:30am - Milo Drop-in Centre

Vulcan - Fridays at 10:30am - Vulcan Yoga and Wellness Centre starting March 11th.

Champion - Tuesdays at 10:00am - Zoom

## Mondays

**Arrowwood Play Group** - 10am Arrowwood Hall. Drop-in. Contact Betty for more information 403-485-8623.

**Bedtime Stories** - Online in the evening. Register with Rainbow Literacy 403-485-3107

## Tuesdays

**Virtual Baby Group** with Public Health 10-11:30am email [Susan.Hass@ahs.ca](mailto:Susan.Hass@ahs.ca) for the link.

**Mentorship Program** - For youth 6-17 years old to improve the well-being of youth by providing a role model that can support them academically, socially and/or personally. Call Rainbow Literacy at 403-485-3107.

**Get-A-Way Youth Centre** - Open 3:30-6pm for 10-18 year olds at 105A 3rd Ave. S. Vulcan. 403-485-6033. Ping-pong, pool tables, foosball, air hockey, video games, crafts and music!

**Stretch Class** - Champion School at 7pm. \$10. Bring your own mat.

## Wednesdays

**Quilting** - Carmangay Seniors Centre 9am-12pm.

**Seniors Social** - 2pm Lomond at the Drop-In. Games, cards, coffee, etc.

**Get-A-Way Youth Centre** - Open 3:30-6pm for 10-18 year olds at 105A 3rd Ave. S. Vulcan 403-485-6033. Open for **Teen Night** from 6:30-9pm for ages 13-18 yr. olds.

**BINGO** - Carmangay, first and 3rd Wednesday. Doors open 6:30pm. Seniors Centre

**Adult Basketball** - 8pm at the CRC.

**Drop-In for Coffee** - 2pm at the Lomond Seniors Centre

## Thursdays

**Creative Minds** - Carmangay Seniors Centre 9:30am - 12pm for any type of project.

**Man Cave** - 1-3pm for men of all ages to hang out, visit, play pool, ping pong, foosball, cards, puzzles or games. 105A 3rd Ave. S. Vulcan.

## Fridays

**Yoga** - Milo at the Drop-In at 10am

**Tip Talks for Parents** - 10am on Zoom, March 18 - ADHD, March 25 - Being a Parent/ Coping with Stress. Call Greater Foothills Family Centre 1-877-652-8633

**Get-A-Way Youth Centre** - Open 12:30-5pm at 105A 3rd Ave. S. Vulcan 403-485-6033. Ping-pong, pool tables, foosball, air hockey, video games, crafts and music!

## Mon. Wed. Fri.

Carmangay Community Centre is open for **walking** from 10:30-11:30am.

## Saturdays

**Pickleball** - 10-11am Vulcan CRC.

**Vulcan Legion Meat Draw** - 3-6pm.

**Vulcan Legion - Drop-in Pool** at the Hall 3pm. \$5/person. No membership required.

## Sundays

**Youth Community Basketball** - 3-5pm at the CRC.

## Monday - Saturday

**Vulcan Senior Centre** Drop-In 9am-12pm at 303 Centre St.

## Support Groups

-MUMS - **Peer-to-Peer Maternal Support** for pre- and post-partum. Weekly confidential phone calls. Call Families Matter at 403-205-5194.

-Every Tuesday and Thursday - **AA - Alcoholics**

**Anonymous** - Meetings are at 8pm. Contact Gary at 403-485-5818

-**Al-Anon Family Group** - meetings as needed. Contact Betty at 403-652-8285

-Wednesday's - **SMART Recovery** - 7pm Addiction Support Meeting. Call Beth at 403-485-1054 for information.

-Thursday's - **Men's Healthy Relationship Group**

6-8pm Registration details at [rowanhouse.ca/safe-at-home](http://rowanhouse.ca/safe-at-home)



## **Brought To You By:**

Vulcan & Region Family and  
Community Support Services  
(F.C.S.S.)

## **HOURS**

**Monday-Friday 9:00am - 4:30pm**

If you are without food outside office hours, there are Emergency Hampers at the Vulcan Hospital or check the Give-and-Take Pantry outside the Vulcan Library

## **Contact Us:**

105B-3 Ave S. Box 594 Vulcan, AB,  
FCSS/Food Bank #: 403-485-2192  
[vulcanandregionfcss.com](http://vulcanandregionfcss.com)  
[reception@vulcanandregionfcss.com](mailto:reception@vulcanandregionfcss.com)  
Youth Centre #: 403-485-6033

**Director:** Joan Petersen

**Senior Supports & Food Bank:**

Claire Kuchel-Klassen

**Community Liaison:** Lori Gair

**Rural Reaching Home Coordinator:**

Deanna Edwards

**Reception:** Laura Raymond

**Youth Program Manager:**

Josh Cookson

## MAMA'S PIZZA & PASTA

### DINE IN AND DELIVERY

**Family Pack #1 \$41.00**

Medium 3 topping pizza

Large spaghetti or lasagna

Large caesar salad

**Family pack #2 \$48.00**

Large 3 topping pizza

20 pieces chicken wings

Large caesar salad

**Family pack #3 \$57.00**

Extra large 3 topping pizza

Extra large spaghetti or lasagna

Large Caesar salad

### RESTAURANT HOURS:

Tues. - Sat. 11am - 9pm

Sun. 12 - 8pm, Mon. - CLOSED

### CALL MAMA!

403 485 6367 or 403 485 6368

### Food Bank Wish List Items

Dish Soap

Laundry Detergent

Shampoo/Conditioner/2-in-1's

Dish Soap

Mr. Noodle

Cookies

Crackers

### THANK YOU

Monday to Friday

9am – 4:30pm

### Something a little lighter...

-What did the grape say when it got stepped on? Nothing, it just let out a little wine.

-Did you hear the pizza joke? In my opinion, it was a little too cheesy.

-I once had a dream that I was swimming in orange soda, it was more of a fanta-sea.

-What kind of car does an egg drive? A Volkswagen.

Why did the student eat his homework? His teacher told him it was a piece of cake

Why does a bee always have sticky hair? Because it uses a honeycomb.