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“Life is the art of drawing without an eraser.”
John W. Gardiner



A division of ConnectFirst Credit Union Ltd.

For all your financial needs, call 403.485.2268 today!!

The Women’s Leadership Conference
Share the Vision. Anything is Possible.



April 21, 2017
9:30am - 4:30pm
at the Vulcan Lodge Hall.



\$20 a ticket - available @VBDS, FCSS & Eventbrite

Please check the FCSS website at www.vulcanandregionfcss.com for more information.

Brought To You By:

- Vulcan & Region Family and Community Support Services (F.C.S.S.)
- Director: Carrol Thomson
 - Senior Supports: Claire Kuchel-Klassen
 - Community Liaison/VIABLE Coordinator: Wendy Theodore
 - Reception/Food Bank: Brenda English/ Tammy Wallace
 - VIABLE: Laurie Brandon
 - Youth & Community Coord: Roxanne Lambert
 - Youth Centre SS: Sandy Heldt
- Contact Us At:**
105B-3 Ave S.
Box 594
Vulcan, AB, T0L 2B0
403-485-2192
403-485-2106
Fax: 403-485-6043
vulcanandregionfcss.com

STRESS AND EARLY CHILDHOOD DEVELOPMENT
Lethbridge Early Years Coalition invites you to join us for one or both session!
WEDNESDAY, MAY 3, 2017

AFTERNOON SESSION

Stress Camouflages as YES!
Wednesday, May 3rd
1:00 - 4:00 PM

Educators and Professionals working with children:

- *What are stressors in your life?
- *Positive strategies that affect day to day work

*How stress impacts caregivers and the ripple effect on children
St. Basil’s Catholic Education Centre
602– 12 St. ‘B’ North Lethbridge

\$30 registration at sapdc.ca or call 403.381.5580

EVENING SESSION

Why Kids Have Stress Too & So Do You
Wednesday, May 3rd
6:30 - 8:00 PM

Parents, grandparents, aunts, uncles, caregivers:
*What happens to children’s brains when overstressed?

- *Strategies to help support children experiencing stress
- *helpful resources so you won’t need to pull your hair out

Lethbridge Public Library
South Theatre Gallery

FREE registration at
lethbridgeearlyyears.ca or call 403.715.4585

To advertise, please email Claire, at fcsshss@telus.net before 3 pm Monday prior to publication.

Vulcan Regional Food Bank Society



WISH LIST

- *Pasta Sauce
- *Jam/Jelly (any size)
- *Mayonnaise
- *Salad Dressing
- *Crackers
- *Kid’s Lunch Box Items
- *Evaporated Milk
- *Jello/ Jello Pudding
- *Cookies
- *Mustard*Relish*Ketchup
- *Laundry Detergent
- *Dish Soap
- *Shampoo/ Conditioner
- *Toilet Tissue

Due to Health regulations, the Food Bank cannot accept homemade food. Please remember to check all dates on donated items. Thank you.



4th Annual Multicultural Dinner
to be held
Wednesday May 31, 2017 at Vulcan CRC.

DINNER 6:00 PM

ADVANCED TICKETS ONLY - AVAILABLE MAY 1
\$15 - Single / \$30 - Family

Tickets Available at:

Vulcan & Region FCSS - 403.485.2192
Market Street - 403.485.6955

SEEKING:

Cooks to prepare an ethnic dish
*All ingredients provided
*Single dinner ticket provided for each cook

Volunteers for set-up/ take-down, cooking/ dinner assistance, and clean-up.

Please contact FCSS at 403.485.2192

**An opportunity to enhance your cultural awareness and taste buds!
Great Fun for the Whole Family!**

Community Calendar

Every Sunday

Bethel Lutheran Church Worship 2nd & 4th Sunday @ 11:00 am.
 Vulcan Evangelical Missionary Church 11:00 am
 Vulcan Church of Christ 10:30 am
 St. Aldhelm's Anglican Church 11:00 am
 St. Andrew's Catholic Church 9:00am
 Vulcan United Church 11:00am
 Living Word Fellowship 10:00 am
 Vulcan Victory Church 11:00 am
 Champion Congregational Church 10:30 am
 Champion Evangelical Free Church 11:00 am
 Church of Jesus Christ of Latter-Day Saints, Champion 10:00am
Drop in Volleyball @ CRC 8:00pm - 9:30 pm \$2/ visit or pass



Every Monday

Day Time Pickleball 10:20-11:45 @CRC \$2/visit or pass.
 Coffee's On at the Champion Pioneer Club, 9:30am-11:30am, Everyone Welcome
 Al-Anon Family Groups, 7:00-8:00pm, Adult Day Support Room, Vulcan Hospital(Basement)
Time for Rhymes @ Peter Dawson Lodge 9:30am
Get-A-Way Youth Centre open 4-8pm (Ages 10-18)

Every Tuesday

Alphabet Soup 9:30-11:30 @ Vulcan Church of Christ *Pre-registration only (403-485-3107)*
 Teddy Bear Club 10:00 to 11:30am at the Lodge Hall (Preschool kids &parents/caregivers).
Arrowwood Play Gym 10:30am- 12:00pm (for kids 0 - 6 and their parents/caregivers)
Champion Play Gym 10 - 11:30 am in Champion Legion
 Coffee's On at the Champion Pioneer Club, 9:30am-11:30am, Everyone Welcome .
 Legion open from 11:30 am - 7:30 pm
 Coffee Time at the Vulcan Senior's Centre - 10:00a.m - Everyone Welcome!
Ball Hockey 3:30pm-4:30pm @VPE (FREE)
 Alcoholic's Anonymous at 8pm in the Lutheran Church basement.

Every Wednesday

Time for Rhymes @ Milo Library 9:30 am.
 Coffee's On at the Champion Pioneer Club, 9:30am-11:30am, Everyone Welcome
Carmangay Crafts & Quilting meets 9am - 12N @ Senior's Club
 Legion open from 11:30 am - 7:30 pm
 Crib at the Vulcan Legion 2:15 pm
Drop in Basketball 8:00 - 9:30 pm @ CRC (\$2/visit or pass).
Drop in Pickleball 7:00-8:30pm@VPE \$2/visit or pass.
Get-A-Way Youth Centre open 4-8pm (Ages 10-18).

Every Thursday

Time For Rhymes @ Champion Legion Hall 10 am
 Coffee's On at the Champion Pioneer Club, 9:30am - 11:30am, Everyone Welcome
Carmangay Senior's Club open 2-4pm
 Carmangay Seniors' Centre 2-4pm. Social Events ongoing.
BASIS Program @ CCHS 3:45 pm
 Legion open from 11:30 am - 7:30pm.
 Darts @ the Legion—7:00 pm
Drop in Volleyball 8:00pm - 9:30pm @CRC (\$2/visit or pass).
 Alcoholics Anonymous at 8pm in the Lutheran Church basement.

Every Friday

Time For Rhymes @ Vulcan Library 10 am
Time For Rhymes @ Carmangay Library 10am. Call 403-485-3107.
 Legion open from 11:30 am - 7:30 pm
 Coffee's On at the Champion Pioneer Club, 9:30am-11:30am, Everyone Welcome
 Second Friday of the Month—Stargazing at the Trek Center-7:30pm.
Get-A-Way Youth Centre open 2-8pm (Ages 10-18).

Monday—Friday Healy Heritage Art Centre will be open 10:00am- 4:00pm.

Every Saturday

"Meat Draw" - 3:00 pm at the Vulcan Legion
 Legion open from 11:30 am - 7:30 pm

Thank You
 Obrigado
 Grazie
 Merci

Thank you to
 Carmangay Craft and Quilter's Club
 for their donation to
 Vulcan Regional Food Bank

Thank You
 Obrigado
 Grazie
 Merci

This Week's Riddle

You can have it
 and be at it,
 But it never
 lasts forever.

PHINNEY PHIXXERS
 @ 102A- 1St. S., Vulcan
 will be having their
GRAND OPENING
 on April 22nd, 2017,
 from 9am - 1pm.



There will be Donuts & Juice
 and small engine trivia.
 Come and meet the owners.

GALAXY YARDS

Licensed & Insured

- *Yard Clean-ups
- *Lawn cutting edging and trimming
- *Lawn aeration and power raking
- *Fertilizing
- *Rototilling
- *Hedge trimming



403-485-4185

Senior's Help Available Inside and Yard Work

at reasonable prices.



**Call Connie @
 403-485-1651**

Common Sense Natural remedies & Supplements

Leslie Collins, Shop Keeper

105 2nd Ave S.,
 Vulcan
 403-485-2045



A & W Vulcan Home of Family Burgers



Adult all positions
 Please submit resumes to
 avvulcan@telus.net
 403-485-2444

Are you a senior looking to retire in a comfortable retirement home in Vulcan?
 Are you looking for some home cooked meals that are cooked for you?
 Are you tired of yard work?
 Please come and check out the Peter Dawson Lodge.
 We have single rooms available and also 2 couple suites that
 are ready to move into immediately.
 Please call 403-485-2422 for more information.



Online Registration

Vulcan Recreation and many of the Vulcan community organizations have come together to offer online registration to help with administration and free up time for our volunteers.
 Please fill out the online form and then drop off or mail in your payment to the Vulcan Town Office at 321 2nd St S or P.O.Box 360 Vulcan T0L 2B0

NEW

Participating Organization

Vulcan Recreation
 Vulcan Pool
 Soccer Club of Vulcan County
 Vulcan Minor Baseball
 Vulcan Volleyball Club

Visit us at : www.activevulcan.ca