


Available online – vulcanandregionfcss.com      Produced and Printed Locally; Folded By Hand!!      August 31, 2017

*“The highest point of achievement yesterday is the starting point of today.”*  
**Early motto of the Paulist Fathers.**

**Advance Notice!**

**Coming to Vulcan  
 Friday December 1  
 1867 Confederation Ball  
 and Traditional Christmas Dinner  
 Dress: 1867 ball attire  
 Watch for more information soon.**



Answer: A clock



FINANCIAL  
 A division of ConnectFirst Credit Union Ltd.

**For all your financial needs, call 403.485.2268 today!!**

**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: Lori Branden
- 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

**To advertise, please email Claire, at [fcsshss@telus.net](mailto:fcsshss@telus.net) before 3 pm Monday prior to publication.**

**Canadian statistics in 1867**

**Where did the Canadians of 1867 work?**  
 At this time in Canada’s history, the place a person lived largely dictated what kind of job they could have because of what was available. According to the 1867 edition, the people of the Western part of the New Confederation are almost exclusively occupied in Agricultural pursuits; in the Far East, the Fisheries monopolize their labor; in the Central portion, Lumbering is an important industry; while Manufacturing begins to be of consequence in many of the cities, and Mining in a few outlying districts.”

**What was developing in Canada?**  
 The 1867 edition looked closely at various aspects of Canada’s development, such as international trade and infrastructure. Great Britain and the United States bought the majority of exports from Canada’s mines - mainly copper ore and iron. In the year ending June 1866, the value of metal exports was almost \$350,000. Foodstuffs and other items were exported to many countries. Canada was also investigating trading options with countries in the tropics, including British Guiana, Jamaica, Barbados, Trinidad, Antigua, St. Domingo, Cuba, Puerto Rico and Brazil. These early years showed promise for Canada’s infrastructure. Electric Telegraph stations were prevalent in every province of British North America, to a total of 471 stations. By 1865, the Grand Trunk Railway, which included the Montreal and Champlain and the Buffalo and Lake Huron railways, was 1,377 miles long and its road and equipment alone had cost \$81 million.

**How did they pay for goods and services?**  
 Several currencies were considered legal tender, although Canadian dollars were used in public accounts. The pound currency, pound sterling, “gold Eagle of the United States”, and the British silver coins were considered legal tender. The Canadian dollar was defined to be “one fourth of a pound.” Paper money of Canada was issued in denominations of \$1 and \$4, in addition to other denominations still issued today.

**Vulcan Regional Food Bank Society**



**WISH LIST**


- \*Orange juice
- \*Jello Powder
- \*Jello Pudding
- \*Canned Fruit
- \*Powdered Milk
- \*Canned Milk
- \*Canned Salmon
- \*Spaghetti Sauce
- \*Relish
- \*Kraft Dinner
- \*Cake Mixes
- \*Jam
- \*Sandwich Bags
- \*Dish Soap

Due to Health regulations, the Food Bank cannot accept homemade food.

Please remember to check all dates on donated items.  
 Thank you.

**TEN MOST NEEDED ITEMS AT THE FOOD BANK**

- \*Toilet Tissue
- \*Laundry Detergent
- \*Salad Dressing
- \*Mayonnaise/ Miracle Whip
- \*Coffee
- \*Snack Crackers
- \*Soda Crackers
- \*Vegetable Soup
- \*Tomato Sauce
- \*Macaroni/ Dry Pasta



# 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



## Every Monday

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)  
**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)*  
**Vulcan Pool - Parents & Tot's 4 yrs. & under 12:00 - 1:00pm.**  
 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!  
 Alcoholic's Anonymous at 8pm in the Lutheran Church basement.  
**Drop In Summer 3 on 3 Basketball 7:30 - 9:00 pm @ Vulcan Pool Court . Free 14+**

## Every Wednesday

Coffee's On at the Champion Pioneer Club, 9:30am-11:30am, Everyone Welcome  
**Carmangay Crafts & Quilting meets 9am - 12N @ Senior's Club**  
**Teddy Bear Wednesday Vulcan Swimming Pool Park 11:00 a.m. - 12:00 p.m.**  
 Legion open from 11:30 am - 7:30 pm  
 Crib at the Vulcan Legion 2:15 pm  
**Get-A-Way Youth Centre open 4-8pm (Ages 10-18).**  
**Drop In Basketball 8:00 - 9:00 pm @ CRC \$2.00 drop-in cost**

## Every Thursday

**Vulcan Pool Parents & Tot's Swim 4yrs. & under 12:00 - 1:00pm.**  
 Coffee's On at the Champion Pioneer Club, 9:30am - 11:30am, Everyone Welcome  
**Carmanngay Senior's Club open 2-4pm**  
 Carmangay Seniors' Centre 2-4pm. Social Events ongoing.  
 Legion open from 11:30 am - 7:30pm.  
 Alcoholic's Anonymous at 8pm in the Lutheran Church basement.  
**Drop In Beach Volleyball 8:00 - 9:00 pm @ Pool, Sand Court Free 14+**

## Every Thursday May 25th - October 5 - **Farmer's Market @ Vulcan Legion 3-6 pm**

Vendors from Mialta Hutterite Colony, Darlene's Gift Baskets & more....

## Every Friday

Legion open from 11:30 am - 7:30 pm  
 Coffee's On at the Champion Pioneer Club, 9:30am-11:30am, Everyone Welcome  
**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



## This Week's Riddle

Two handsome racers are having a race. One keeps lapping the other and the race never ends.  
**What am I?**

## *Common Sense Natural remedies & Supplements*

Leslie Collins, Shop Keeper

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



## **A & W Vulcan Home of Family Burgers**



Now hiring – Cashiers  
 Please submit resumes to  
 awvulcan@telus.net  
 403-485-2444

## *The Get-A-Way Youth Centre*



*Youth ages 10-18  
 Welcome to  
 join in the activities  
 Basement 105-3Ave S.*



New ADHD parent Forum  
 Online  
<https://healthunlocked.com/adhd-parents>

## **What we do**

The ADHD Parents Together community is a place to discuss the impact of ADHD on both you and your child.  
 Talking about the challenges you face as a parent of a child with ADHD can be hard, but sometimes, there's nothing more helpful than talking with others who are in the same boat. Our community is one where we can all have the conversations we need to, sharing our experiences and supporting each other.

Check out our events calendar at



[www.vulcanandregionfcss.co](http://www.vulcanandregionfcss.co)

**Suicide kills more people than all wars and homicides combined.....**

**and it is on the rise**

**What's contributing to the spread of suicide?**

**And, how can we help  
 SAVE LIVES?**

**In honor of National Suicide Prevention month, this September, there is a *free Webinar* offered on preventing suicide with National Suicide Prevention Lifeline Director, Dr. John Draper.**

*Effectively Saving Lives: A Webinar with the Director of the National Suicide Prevention LifeLine*

**Wed, Sep 13, 2017 12:00 - 1:00 PM MDT**

The National Suicide Prevention Lifeline (1-800-273-TALK), with its network of more than 160 crisis centers across the country and its volume of more than a million calls per year, is successfully saving lives. How does it work? The Lifeline's director, Dr. John draper, challenges traditional ideas about what the "best care" is for people at risk of suicide. He champions a transformative approach: "The best way to keep individuals safe is to empower them to want to keep themselves safe."

In this compelling talk, Dr. Draper will discuss how we can amplify and magnetize hope and empower people to prevent suicides among their families and friends, in their schools, work, and communities.

Dr. John Draper is an expert in crisis center practices, with over 25 years of experience in crisis intervention and suicide prevention. Since 2004, he has served as the director of the National Suicide Prevention Lifeline(800-273-TALK) funded by SAMHSA-funded Disaster Distress Helpline, technical and backup support for the VA's Veterans Crisis Line, and the NFL life Line Less.

**To register: [www.glendon.org/resource-category/ce-courses/](http://www.glendon.org/resource-category/ce-courses/)**