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

Good Morning! Community Newsletter

Please Take One!

Available online – vulcanandregionfcss.com | Produced and Printed Locally; Folded By Hand!! | December 15, 2016

"Discipline is choosing between what you want now, and what you want most".

Abraham Lincoln

Vulcan FCSS and the Food Bank will be closing at 12 noon December 22, 2016 and re-open 9 am January 3, 2016.

Thanking the community for your support in the past year.
Wishing all the compliments of the Season.

The next "Good Morning" Community Newsletter will appear January 5,2016.

Chinook 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: Dori Coster
- 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

Answer: The ocean

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

Vulcan Regional Food Bank Society
is requesting items to add to our Christmas Hampers.

*Applesauce
*Pickles
*Gravy Mixes
*Stove-Top Stuffing Mix
*Snack Crackers
*Chocolates
*Baking Items (Chocolate Chips, Nuts, Dried Fruit)

*** We are packing hampers and are in desperate need of small gifts for men of all ages from teen to 80! Games, cards, cologne, gloves, gloves, gloves, touques, blue tooth speakers, watch, wallet, tools, gadget knives, movies, gift cards, earbuds, itunes cards, sweaters, hoodies, new clothing, sizes med to XXL. Please ASAP.

Vulcan Regional Food Bank Society

WISH LIST
***Apple Juice**
***Orange Juice**
***Canned Salmon**
***Mayonnaise**
***Salad Dressing**
***Kid's Lunch Box Items**
***Jello Powder**
***Honey**
***Strawberry Jam**
***Cookies**
***Soda Crackers**
***Shaving Cream & Razors**
***Laundry Detergent**
***Shampoo/ Conditioner**
***Dish Soap**
***Toilet Tissue**

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

MOVIES
Presented By
Vulcan Recreation

Come enjoy a movie on our big Screen 20ft x 11 ft and high resolution projector with big sound.

FAMILY EVENING MOVIE DATES
Dec 21 at 6:30 pm, CRC - A Christmas Carol (2009).

Jan 6 at 6:30 pm, CRC - Captain America, Civil War

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

Day Time Pickleball (Monday & Wednesday) 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, 6:30-7:30 pm, Adult Day Support Room,
Vulcan Hospital (Basement)
Time for Rhymes @ Peter Dawson Lodge 9:30am
Milo Roving Gym 10-11am @ Milo Community School (Starts Mon. Oct .3 - Dec.12). (No Gym , Nov 14th).
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 - Kitchen Open Daily
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
Legion open from 11:30 am - 7:30 pm - Kitchen Open Daily
Crib at the Vulcan Legion 2:15 pm
Youth Night 6:00pm - 7:00pm @VPE (Free)
Drop in Basketball 8:00 - 9:30 pm @ CRC ($2/visit or pass).
Drop in Badminton 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 @ Arrowwood Library 10 am
Time For Rhymes @ Champion Legion Hall 10 am
Time For Rhymes @ Vulcan Library 10 am
Coffee's On at the Champion Pioneer Club, 9:30am - 11:30am, Everyone Welcome
Carmanngay Crafts & Quilting meets 9am - 12 N @ senior's Club
Carmangay Seniors' Centre 2-4pm. Social Events ongoing.
BASIS Program @ CCHS 3:45 pm
Legion open from 11:30 am – 7:30pm. Kitchen open daily
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 @ Carmangay Library 10am alternate Fridays. Call 403-485-3107.
Legion open from 11:30 am - 7:30 pm - Kitchen Open Daily
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 - Kitchen Open Daily

Kidsport - Need financial help with registration fees and equipment?
Apply online @ http://www.kidsportcanada.ca/alberta/vulcan-county/ or call 403-4852554.

Revised Date & Place
FLYIN' Bob's 3 Day Circus skills Camp!
December 27, 28 & 29, 2016
ONLY $40! Ages 8 - 17.
Vulcan CRC (504– 4Ave South)
KIDS WILL LEARN:
JUGGLING - UNICYCLE - WIRE WALKING - STILTS—
ROLA BOLA - BALANCE & PERFORMANCE
Space is limited, register with FCSS 403-485-2192
by December 22nd.
ANYONE WANTING TO SPONSOR A CHILD FOR CHRISTMAS CIRCUS CAMP, PLEASE CALL!

This Week's Riddle

I remain calm and cool among tumult and fury, I find treasures and creatures you could hardly fathom, I will crush those I welcome in deeply, I am dark yet beautiful. What am I?

Common Sense Natural remedies & Supplements

Leslie Collins, Shop Keeper

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

The Get-A-Way Youth Centre

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

The Get-a-Way Youth Centre Kitchen Social
If you like to cook and hang out with friends,

THIS IS FOR YOU!
Friday Dec 16 @ 3pm
Cheeseburger Pie

Cost is only $4 per month!
Please register with Roxanne at FCSS @ 403-485-2192 or Youth Centre @ 403-485-6033.

Town Council Meetings available to video on vTV www.vulcantv.ca under the community channel and get all updates for Vulcan County.

Check out our events calendar at
www.vulcanandregionfcss.com

Safe water: Researcher Theresa Dankovich, working at McGill University in Canada and at the University of Virginia in the United States, has developed a book with pages that can purify water. The treated pages contain nanoparticles of silver or copper, which kill 99 percent of the bacteria in water. Dankovich explains that to get clean water, one need only tear a sheet of paper from her "Drinkable Book", put it into a special holder, pour water over it. The result is clean water. Each page can clean 100 litres (26.4 gal.), making it valuable in countries with no access to clean drinking water.