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February 16, 2017

“ A large portion of success is derived from flexibility. It is all very well to have principles, rules of behavior concerning right and wrong.

But it is quite as essential to know when to forget as when to use them.”

Alice Foote MacDougall

Frightening time: Mark McCracken is a kayak fisherman from the state of California. He got the surprise of his life when he realized a hammerhead shark was bumping his kayak from behind. He was off the coast of the city of Santa Barbara when the incident happened, and McCracken did the only thing he could think to do: he hit the shark on the head with his paddle 20 times to no avail. The shark didn't go away and kept following him. McCracken doesn't know if the shark wanted him for lunch, but he didn't want to find out. Luckily, he made it safely to shore.

White lions: There is such a thing, and the Toronto Zoo now has five of them. Four male white lion cubs were born to a mother white lion named Makali. The Zoo posted a video of the sleepy and cute cubs, who curiously approached the camera to see what was going on. The rest of the time they cuddled with each other, yawned, and wriggled their ears. White lions are rare, and estimates say there are only about 300 of them in the world. The fur of the white lions can be anywhere from blond to almost white. A recessive trait causes a lion's fur to be white.

Helping others: A young girl from a town called Surprise near Phoenix, Arizona, is doing her part to make sure homeless people don't get cold in the winter. Makenna Breeding-Goodrich goes around her neighborhood collecting coats and jackets, and then she gives them to the Phoenix Rescue Mission. In the first three years of doing her good deed, Makenna collected hundreds of coats, and people also gave other items, such as gloves and hats. Not only is this young lady helping the poor, but she is also setting a good example to other youth in the area, several of whom have set up their own helping initiatives.



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

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



**FAMILY DAY
Toboggan Party**

**Monday February 20, 2017
CRC Parking Lot
11:00 am to 1:00pm**

- *Toboggan on a small hill (weather permitting)
- * Outdoor Games
- * Roast hot dogs & marshmallows over an outdoor fire pit (BYO sticks).
- * Hot chocolate
- * And Much More

ALL FREE

**Come and join us for
Milo's Family Day
Skating Party**

A fun-filled afternoon presented by Milo & District Recreation Board. Come out to enjoy a family skate, hot chocolate, hot dogs and a bonfire.

Ensure you bring skates and helmets for the kids. Weather permitting.
**Milo Skating Rink
Monday February 20
1 - 4 pm**



**FACE TIME
A FUN DAY OF PARENT-YOUTH ACTIVITIES
(for youth aged 7—17)**

NO CHARGE - REGISTRATION ONLY BY MARCH 2ND
Contact FCSS for tickets - 403-485-2192

- *Lunch, snacks & beverages
- *Giveaways

**Check with us closer to date of event about babysitting available for children 0 - 6.*

Chance to win a \$100
Local Restaurant Dinner
Gift Certificate
With the "How Well Do
You Know Your Child/
Parent Game



TACO LUNCH BAR

Chance to win a
VULCAN POOL SWIM PASS
in the Monkey Sling Game

**PAINT
PARTY**



Chance to win
**5 CALAWAY PARK
SEASON PASSES**
by playing the



MINUTE to WIN IT
contest

**Vulcan Regional Food Bank
Society**



WISH LIST

- *Vegetable Soup
- *Canned Peas
- *Canned Wax Beans
- *Mayonnaise
- *Salad Dressing
- *Kid's Lunch Box Items
- *Snack Fruit & Pudding Packs
- *Evaporated Milk
- *Jello/ Jello Pudding
- *Cookies
- *Soda Crackers
- *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.

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
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
 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 @ Vulcan Library 10 am
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

KINETTES CLUB OF VULCAN WOULD LIKE TO EXTEND AN INVITATION TO WOMEN OF VULCAN COUNTY!
 WE ARE A SERVICE CLUB, OPERATING OUT OF VULCAN, AND WOULD LOVE TO HAVE YOU JOIN US TO SEE WHAT WE ARE ABOUT!
 WE MEET ONCE A MONTH AND ARE VERY ACTIVE WITHIN THE COMMUNITY OF VULCAN AND ITS SURROUNDING COUNTY.



Kin Canada
 Kinette Club
 of Vulcan

PLEASE CONTACT PRESIDENT LYNN SURMAN
 AT surmanlynn@gmail.com or at 403-485-2794
 IF YOU WOULD LIKE MORE INFORMATION, OR IF YOU WOULD LIKE TO JOIN US FOR A MEETING.
 WE LOOK FORWARD TO SEEING YOU SOON!

2017 Personal Well-Being Lunch & Learn Series

Vulcan FCSS Meeting Room - 105B - 3 Ave. South

12:05 - 12:55 pm / \$ 6 each session (includes lunch & beverage).

March 7 - Autonomy/Freedom April 4 - Personal Engagement

Registration Required by the Thursday prior to Workshop.

Please call FCSS at 403-485-2192 to register.

Presented by Bev Edwards, Vulcan Community Health Centre

Sponsored by Vulcan & Region FCSS

**RELAX with 15 minute MEDITATION SESSIONS @ FCSS Meeting Room, 105B - 3Ave S,
 February 21 & 28, 12:15 - 12:30 PM**

Brief, seated meditation/ deep relaxation sessions. Feel relaxed and energized.
 Bring a lunch to eat with FCSS staff at 12:30 - 1:00 pm after meditation.

This Week's Riddle

I come in the form of a question.
 If you don't know the answers,
 you will think a lot, but when
 you know or are being told the
 answer it will seem so simple
 that you will think everyone can
 easily know.
 What am I?

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



**Nomination Forms are now
 available for the 2017
 Leaders of Tomorrow Awards!**
 Awards will be presented at the
 Volunteer Appreciation BBQ in
 April (date TBA).
*You can download the form
 from our website at
www.vulcanandregionfcss.com
 or pick up at our office at
 105B - 3 Avenue South.*

**Deadline for submission is
 April 3rd.**

Answer: A riddle

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 –
 morning and weekend positions
 Please submit resumes to
awvulcan@telus.net
 403-485-2444



115-2nd Street South, Vulcan

*CUSTOM MADE SANDWICHES
 *FAST FOOD & PIZZA
 *SMOOTHIE BAR - ICE CREAM
 *CUSTOM AUTO DETAILING