

Produced and Printed Locally; Folded By Hand!!

February 18, 2016



safeTALK
Tell
Ask
Listen
KeepSafe



Workshop hosted by The Vulcan Suicide Prevention Steering Committee:

Sponsored by:

FCSS, AHS, UCW, County Central High (Palliser SD)

Date: February 25, 2016 **Time:** 3:30– 7:30 pm.

Location: Vulcan Hospital Classroom

Cost: \$15.00 for books **Contact:** Pre-register by calling Shirley Spanke at 403-485-3323 or by emailing Shirley.spanke@albertahealthservices.ca

Light supper supplied.



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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:

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VIABLE: Dori Coster

- Youth & Community Coord:

Roxanne Lambert

- Youth Centre Asst: Sandy Heldt

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403-485-2192

403-485-2106

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vulcanandregionfcss.com

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

On the Lighter Side

What's black and white and eats like a horse? A zebra.

A famous TV star was recognized by someone in the street. "Didn't I see you on television last night?" asked the passer-by. "I'm sorry, I don't know," replied the star. "When I'm on TV, I can't see out."

What is the opposite of cock-a-doodle-do? Cock-a-doodle-don't.

Most people are pessimists. When things go bump in the night, how many of us think it might be an undercover philanthropist on a secret mission to redistribute her wealth?

What a fine thing experience is! It enables us to recognize a mistake every time we make it.

If two is company, and three's a crowd - what are four and five? Nine.

It's terribly bad luck to be superstitious.

Is This You?

- * I help my elderly parents.
- * I assist my love one who has a mental illness.
- * I care for my ill spouse.
- * I have a child with special needs.

YOU ARE A CAREGIVER

A Caregiver is someone who assists a **Family Member or Friend** with challenges resulting from disability, illness, or aging.

The Caregiver Workshop COMPASS is for you. Topics include managing stress, preventing burnout, family dynamics, and navigating supports and services.

Join other caregivers in a safe and supportive environment for 8 sessions led by a trained facilitator

Location: VULCAN COMMUNITY HEALTH CENTRE HOSPITAL CLASSROOM (basement).

Date: Tuesdays March 15 - May 3, 2016.

Time: 1:00 - 2:30 PM.

Call to Register: FCSS 403-485-2192

Fee: \$20 (includes manual).

***** Respite care will be available during the sessions*****

Vulcan Regional Food



Bank Society

WISH LIST

Items Such As:

- *Canned Fruit
- * Canned Vegetables
- *Pudding Mixes
- * Chicken Noodle Soup
- *Vegetable Soup
- *Canned Meat
- *Orange Juice
- * Cake Mixes
- *Mayonnaise
- *Mustard
- *Ketchup

THANK YOU

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

Please remember to check all dates on donated items.

Thank you.

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 11:00 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

Time For Rhymes-Peter Dawson Lodge, 9:30. Starts April, 2016.
 Coffee's On at the Champion Pioneer Club, 9:30am-11:30am, Everyone Welcome
Milo Roving Gym—Milo School Gym—10:00 a.m.—11:00 a.m.
 Al-Anon Family Groups, 6:30 pm, Adult Day Support Room, Vulcan Hospital (Basement)
Get-A-Way Youth Centre open 4-8pm (Ages 10-18)

Every Tuesday

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!
Vulcan Roving Gym. 10:00-11:30 a.m. @ Vulcan Lodge Hall.
 Alcoholics Anonymous 8pm in the Lutheran Church basement.
Ball hockey @ VPE 3:30pm-4:30pm @ VPE. Free Grade 2 to 6.

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
 Gambler's Anonymous 7:30pm Hospital Basement
Get-A-Way Youth Centre open 4-8pm (Ages 10-18).
(Gym Night at VPE 6-7 PM.)

Every Thursday

Time For Rhymes Vulcan Library & Champion School 10:00-11:00am.
 Coffee's On at the Champion Pioneer Club, 9:30am-11:30am, Everyone Welcome.
 Carmangay Seniors' Centre 2-4pm. Social Events ongoing.
 Legion open from 11:30 am - 7:30pm. Kitchen open daily
Parent & Tot Learn to Skate Milo Skating Rink 11:15 am - 12pm.
 Darts at the Legion—7:00 pm
B.A.S.I.S Program (Building Adolescent Skills In School)
 3:30-4:30pm, County Central High School.
 Alcoholics Anonymous at 8pm in the Lutheran Church basement.

Answer: Tomorrow

Every Friday

Alphabet Soup -Free Program -Arrowwood United Church 12- 2pm
 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 1:00- 4:00pm.

Every Saturday

"Meat Draw" - 3:00 pm at the Vulcan Legion

This Week's Riddle

What is two days after the day after the day before yesterday?

A & W Vulcan Home of Family Burgers



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

The Get-A-Way Youth Centre



Feb. 19 2-8pm
Painting & Leather Crafts
Feb. 22 4-8pm
Pool Challenge a supervisor

Youth ages 10-18
welcome to join in the activities

Sign at a Car Dealership:
"The best way to get back on your feet - miss a car payment."
Outside a Muffler Shop:
"No appointment necessary. We hear you coming."

VOLUNTEER DRIVERS

NEEDED TO TRANSPORT

SENIORS WITHIN VULCAN.

Please call Brenda @ FCSS
 403-485-2192



Babysitter's Course

Who: Ages 10-14
Where: Vulcan Health Care Centre - Classroom
When: March 19, 2016
Time: 9:00am-4:00pm
Registration: \$40
Go to www.oakfieldsafety.ca/vulcan to register
Questions? Call Marina 403-606-4435



DUMB CROOKS

Here's more proof that crime doesn't pay.

GETTING THE JOB DONE

Twenty-year-old Anthony Kaleb Philips went to a construction site in Stillwater, Oklahoma, in June 2003 to apply for a job. There was nobody around, so instead of leaving an application, he stole \$1,000 worth of power tools and other items from an employee's car. Amazingly, Phillips returned to the site the next day to apply for the job again, but employees recognized him as the thief from surveillance video and called the police.

DON'T BE SO HASTY

In August 1992, Donald Murray was on trial in Gastonia, north Carolina. When the jury retired to the deliberation room to decide his fate, he got scared they would return with a guilty verdict that he jumped up and ran out of the courtroom, successfully escaping. A few moments later, the jury returned with its decision: not guilty. An arrest warrant was issued for Murray.

NO-GOOD ALIEN PUNKS

A Pennsylvania man came home one night in 2003 to find his window broken and a man bleeding profusely, lying on the couch. It was obvious that the bleeding man, Brian Waddington, had tried to burglarize the home. But he claimed aliens had kidnapped him, flew him 170 miles, and randomly dropped him off at the house. Police weren't amused; they arrested Waddington for burglary. "I assure you that if our detectives find any alien," a police spokesman said, "we'll drop the charges."