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vulcanandregionfcss.com

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January 12, 2017

*“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.*

**John F. Kennedy**

### Getting Ahead in a Just-Getting'-By World For Persons Living in Low-Income Situations

**WHEN JUST GETTING BY IS NO LONGER GOOD ENOUGH...  
IT'S TIME TO START GETTING AHEAD!**

#### You Are Invited To...

Join a Small Group Of People in Vulcan County so You Can:

- \*Build resources & find your strengths.
- \*Create a plan to reach your goals.
- \*Help your community to solve poverty issues.

#### Program Basics:

- \*16 sessions once a week - 3 hours each.
- \*March to June 2017.
- \*\$25 convenience store gift card.
- \*Refreshments available.
- \*Free childcare available.

Please contact Vulcan Regional Food Bank Society at 403-485-2106  
before January 31, 2017.



***There are so many community members who made the  
2016 Vulcan Regional Food Bank Christmas Hampers  
a huge success.***

***To those who donated goods & cash, volunteers in the  
warehouse, stocking shelves, packing hampers,  
wrapping gifts, pick-ups & deliveries, your contributions  
were all appreciated.***

***Food Donations: 7777 lbs  
85 Hampers total 12900lbs distributed***

#### Vulcan Regional Food Bank Society is hiring a part time HEALTHY FOOD INSTRUCTOR 15 hours per month @ 15/hour

VRFB is seeking a seasoned healthy food instructor who has experience in working with groups.

This position is responsible for the coordination of the Life Skills Cooking Program at VRFB Community Kitchen. The instructor ensures a safe, welcoming and non-judgemental environment for groups of low-income people to develop skills in the preparation of healthy foods that are both nutritious and delicious.

Requirements before hiring: Food Safety Course Certificate; current criminal record check; child welfare check; and Alberta Children's Services Intervention Record Check.

Position starts as soon as a qualified candidate has been hired.

**Please email resume to Wendy at fcsscsc@telus.net**

For more information, call 403-485-2106, Ext. 103



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 fcsshss@telus.net  
before 3 pm Monday prior to  
publication.**

#### Vulcan Regional Food Bank Society



#### WISH LIST

- \*Vegetable Soup
- \*Chicken Noodle Soup
- \*Mayonnaise
- \*Salad Dressing
- \*Kid's Lunch Box Items
- \*Canned Milk
- \*Coffee Mate
- \*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.

# 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**  
**Time For Rhymes @ Vulcan Library 10 am**  
 Coffee's On at the Champion Pioneer Club, 9:30am - 11:30am, Everyone Welcome  
**Carmangay 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

ANSWER: A WAVE

**This Week's Riddle**  
**What breaks in water, but never on land?**

## Robbie Burns Night

January 28th, 2017  
 Champion Hall  
 Doors Open at 5:30

\*Traditional Burns Supper with Haggis  
 \*Heather Highland Dancers  
 \*Lethbridge Legion Pipe Band  
 \*Raffles & Silent Auction  
 \*Scotch Tasting  
 \*Ceihidh to follow with Kavanaugh & Hopher

Tickets: \$30 Adults, \$15 Youth(6-12)  
 Under 5 Free  
 Call 403-897-0004  
 Or 403-485-3660  
 For tickets.

## 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

## The Get-A-Way Youth Centre



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

## New to Town? Time to Spare?

We are recruiting VOLUNTEERS for Vulcan Community Health Centre!  
**Assist the recreation staff with outings, activities, gardening and more!**  
 If you enjoy helping seniors, or those in our care, you will LOVE to be a part of our team!

Apply at <http://bit.ly/AHSVulcanApp> \*RCMP Clearance, confidentiality form needed to join.  
 Email [carmelle.steel@ahs.ca](mailto:carmelle.steel@ahs.ca) for more information!

## 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).**

Jan 17 - Optimism

Feb 7 - Life Skills

Mar 7 - Autonomy/Freedom

Apr 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*

The Royal Astronomical Society of Canada (Calgary) is offering free public stargazing at the Trek Centre in Vulcan on Friday January 13th, 2017 at 19:30. Short presentation on "Friday the 13th and astronomy" then we'll check the heavens on our 11" telescope outside. Opportunity to snap your own smartphone photos of the Moon, planets. Refreshments served and all welcome for no charge. Held every second Friday monthly at 19:30. For more information contact the Trek center at 403-485-2994, [www.vulcantourism.com](http://www.vulcantourism.com)