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January 26, 2017

“The world is changed by your example, not by your opinion.”

Paulo Coelho



A division of ConnectFirst Credit Union Ltd.

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

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.*

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.**

Is This You?

- *I help my elderly parents.
- *I assist my loved 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 disabilities, 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 Library Carrie Graham Room
DATE: Thursdays Starting February 9 - March 30, 2017 (8 weeks)
TIME: 1:00pm to 3:00pm
TO REGISTER: Call FCSS at 403-485-2192
FEE: \$30.00 (includes manual)

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.

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 VRFBS 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 fcscsc@telus.net

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

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

This Week's Riddle
I can shave every day but my beard will stay.
What am I?

"Integrated"

Invites you to a.....
Community Evening of Worship



Vulcan Lodge Hall
Saturday January 28, 2017
7:00 p.m.

*Free Admission...
 Everyone Welcome...
 Refreshments to follow...*

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

Be Part of the Survey

The University of Alberta is doing a survey about your transportation needs in our community (e.g. if you're able to get to medical appointments, shops for groceries, clothing etc. or for social and religious events).

If you would like to participate please phone or come into the Vulcan Food Bank.

All they need is your phone number and if you are a senior or a person with a disability.

If you would like to participate please contact the Vulcan Food Bank at 403-485-2192 Monday to Thursday for more information.

Thank you for your input.

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 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).

Feb 7 - Life Skills

Mar 7 - Autonomy/Freedom

Apr 4 - Personal Engagement

May 2 - Meaning and Purpose

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*



Answer: A barber