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vulcanandregionfcss.com

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June 8, 2017

“No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit”.

Helen Keller.

Thank You
Gracias
Kiitos
Tודה
Obrigado
Merci

**Vulcan Regional Food Bank
wishes to thank the community
for donations of
1284 lbs of food and
90 volunteer hours.**



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: Lori Branden
- 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.**

**The Village of Carmangay Library is seeking a
Library Manager (Permanent part-time).**

The successful candidate will have related experience working with the public and supervising staff; knowledge of accounting, strong computer skills; computer proficiency.

Closing date for applications - June 12, 2017.

For information, contact Sheila Smidt at 403-836-0621.

Send resume, letter, and three reference contacts to:
help@carmangaylibrary.ca



Are You Eligible?

The **Assessing outcomes of enhanced Chronic disease Care through patient Education and a value-baSed formula Study (ACCESS)** is a three year study being conducted by investigators at the University of Calgary.

The ACCESS study is looking at whether providing preventative high value medications, and a comprehensive patient education program, combined with a relay of information on optimal medication use from patients to their healthcare providers, will improve people's health.

The study is enrolling low income seniors with a variety of chronic conditions (heart disease, stroke, kidney disease, or a combination of diabetes, high blood pressure, and other risk factors for heart disease [high cholesterol and smoking]).

The Royal Astronomical Society of Canada (Calgary) is offering free public stargazing at the Trek Center in Vulcan on Friday June 09th, 2017 at 19:30. Short presentation on “The Summer Sky” and more then we’ll check the heavens on our 11” telescope outside. Opportunity to snap your own smartphone photos of the Moon and planets. Refreshments served and all welcome for no charge. Held every second Friday monthly at 19:30. For further information contact the Trek center at 403-485-2994, www.vulcantourism.com.



**Vulcan Regional Food Bank
Society**



WISH LIST

- *Creamed Corn
- *Kidney Beans
- *Fruit Cocktail
- *Applesauce
- *Side Kicks
- *Ketchup
- *Mustard
- *Relish
- *Coffee
- *Cookies
- *Mr. Noodles
- *Instant Oatmeal
- *Kraft Dinner
- *Dish Soap

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

**“Spock Days” Vendor’s Market held at the Vulcan Legion
on Saturday, June 10th, 2017 from 10 am to 5 pm.**

There will be live entertainment and Meat Draws from 3 to 6 pm...
The Legion is open to everyone!!
Hope to see you there!!



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
Drop in Volleyball @ CRC 8:00pm - 9:30 pm \$2/ visit or pass



Every Monday

Day Time Pickleball 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, 7:00-8:00pm, Adult Day Support Room, Vulcan Hospital(Basement)
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
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

Coffee's On at the Champion Pioneer Club, 9:30am-11:30am, Everyone Welcome
Carmanngay Crafts & Quilting meets 9am - 12N @ Senior's Club
Legion open from 11:30 am - 7:30 pm
Crib at the Vulcan Legion 2:15 pm
Drop in Basketball 8:00 - 9:30 pm @ CRC (\$2/visit or pass).
Drop in Pickleball 7:00-8:30pm@VPE \$2/visit or pass.
Get-A-Way Youth Centre open 4-8pm (Ages 10-18).

Every Thursday

Coffee's On at the Champion Pioneer Club, 9:30am - 11:30am, Everyone Welcome
Carmanngay Senior's Club open 2-4pm
Carmanngay Seniors' Centre 2-4pm. Social Events ongoing.
BASIS Program @ CCHS 3:45 pm
Legion open from 11:30 am - 7:30pm.
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 Thursday May 25th - October 5 - Farmer's Market @ Vulcan Legion 3-6 pm

Vendors from Mialta Hutterite Colony, Darlene's Gift Baskets & more

Every Friday

Legion open from 11:30 am - 7:30 pm
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

Answer: Friendship



This Week's Riddle

I am a ship that can be made to ride the greatest waves.
I am not built by objects, but built by minds.
What am I?

**Senior's Help Available
Inside and Yard Work
at reasonable prices.**

**Call Connie @
403-485-1651**



VACATION BIBLE SCHOOL 2017

***Make New friends *** Amazing Crafts *** Wild games
***Lip-smacking snacks *** Bible Adventures
*** Incredible music
Lots of FUN!

When: July 24-28, 2017

Time: 1:00-4:00pm

Where: Vulcan Church of Christ (409 1st Street South)

Whom: Kids Grades K-6

Cost: FREE

Contact: Geri Budd @ 403-485-0873

Or Pastor Dave Sarsons @ 403-485-2457

www.VulcanChurchofChrist.com



ANNUAL CROP INSURANCE DEADLINE REMINDER

June 20, 2017

Last day to file Land Reports
(without penalty).

AFSC Vulcan 403-485-2766

Growing Forward 2



AFSC

Alberta Financial Services

Alberta

Canada

**Town Council Meetings
available to video on
vTV**

www.vulcantv.ca
**under the community
channel and get all
updates for
Vulcan County.**

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 – Cashiers
Please submit resumes to
awvulcan@telus.net
403-485-2444

Safe Food Handling Course



COST: \$5.00

Registration required by calling 403-485-2192 by Wednesday, May 31st

Monday, June 26/17

12 - 4:30 pm (lunch provided)

Vulcan & Region FCSS Meeting
Room, 105B - 3 Avenue South

Individuals or groups planning events at which food will be served are invited to attend the safe food handling course offered by Alberta Health Services.

The course helps volunteer food handlers and event organizers understand the potential health risks associated with foodborne illnesses, as well as the steps necessary to mitigate those risks.

Just sayin'

Squeeze the past like a
sponge, smell the present
like a rose, and send a kiss
to the future.

Student: "I don't think I
deserved a zero on this test."
Teacher: "I don't either, but
it was the lowest mark I
could give you."

March is an overspill for the
foul weather February
couldn't fit into its schedule.