

GOOG MONTHING!

<u>Please</u> <u>Take</u> <u>One!</u>

Available online – vulcanandregionfcss.com

Produced and Printed Locally; Folded By Hand!!

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.



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



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.



"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!!





A division of Connectirst 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 fcsshss@telus.net before 3 pm Monday prior to publication.

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.

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

Carmangay 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

Carmangay Seniors' Centre 2-4pm. Social Events ongoing.

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

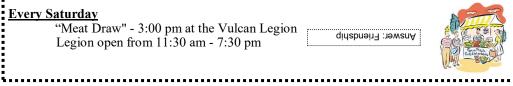
Second Friday of the Month—Stargazing at the Trek Center-7:30pm. Get-A-Way Youth Centre open 2-8pm (Ages 10-18).

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



Safe Food **Handling** Course













on 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.

This Week's Riddle

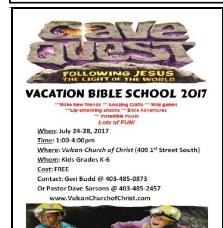
I am a ship that can be made to ride the greatest waves. I am not built by objects, but built by minds. What am I?

Senior's Help Available Inside and Yard Work at reasonable prices. Call Connie (a) 403-485-1651











Town Council Meetings available to video on

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