

Produced and Printed Locally; Folded By Hand!!

March 10, 2016

**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 \*\*\***



A division of **ConnectFirst** Credit Union Ltd.

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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: Brenda English
- VIABLE: Dori Coster
- Youth & Community Coord: Roxanne Lambert
- Youth Centre Asst: Sandy Heldt

**Contact Us At:**

115-2<sup>nd</sup> Avenue N  
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](mailto:fcsshss@telus.net) before 3 pm Monday prior to publication.**

**UPSKILL YOUR LINGO**

Every year Merriam-Webster's and The Oxford English Dictionary add new words. If they weren't commonly used, they couldn't make it into the dictionary, but it's kind of funny to think of these words as "official".

**Crunk.** A type of hip-hop music that came out of Southern cities such as Memphis and New Orleans in the 1990s.

**Ginorous.** Extremely large (from *gigantic* + *enormous*).

**Yogalates.** Exercise regime combining yoga and pilates.

**Mouse potato.** Like a "couch potato," only someone who sits at the computer all day, not the TV.

**Perfect storm.** A disastrous situation brought about by several concurrent factors (as in the film *The Perfect Storm*).

**Upskill.** To learn more skills.

**Hardscape.** Manmade features in a landscape, such as gazebos and fountains.

**IED.** Abbreviation for "improvised explosive device".

**Snowboardcross.** A snowboard race featuring several turns and jumps (from "motocross").

**Sandwich generation.** People who are "sandwiched" between the parents they're taking care of and the kids they're raising.

**Smackdown.** A decisive defeat of an opponent.

**Supersize.** To increase in size (from a former McDonald's menu feature).

**Big-box.** Relating to large chain stores (like Wal-Mart or Home Depot).

**Blowback.** Unintended and undesirable results from the actions of politicians.

**Hoody.** A hooded sweatshirt or other hooded top.

**Def.** Cool.

**VULCAN COMMUNITY CHOIR  
SPRING CONCERT**

Director: Jim Stelter  
Accompanist: Sandra Stelter

**Special Guest Pianist:**  
**Juanita Faas**  
International Recording Artist  
and Professional Musician

Friday March 18,  
7:00p.m.

Vulcan Evangelical Missionary  
Church  
(Main street and 6th Avenue)

Admission - \$5 at the door  
Snacks and refreshments to follow.



*Join us for the world's shortest parade plus  
St. Paddy's Day festivities  
in Carmangay.  
March 17th, 2016.*

**9:30 - 11 am - Kid's Craft at the Library**  
**11 am - Parade starts at Village Office**  
**11:15 am Live music at Grange Hotel**  
**11:15 am - 2:00 pm at Seniors' Centre - lunch, goodies, refreshments and festivities.**

**Lunch starts at 12 noon -  
Irish Stew for \$7/adult or \$3.50/child  
(net proceeds to  
Vulcan Regional Food Bank Society).**

**Kiss the Blarney Stone and get the  
"gift of gab", plus other fun festivities.**

**"I survived Carmanay's St. Patrick' Day  
Parade" t-shirts on sale for  
\$20/each at Village Office.**

**Sponsored by  
Carmangay Library,  
Village of Carmanay, and  
Vulcan & Region FCSS.**



Answer: Two - animals have paws.

**Vulcan Regional Food Bank Society**



**WISH LIST**

**Items Such As:**

- \*Cookies
- \*Cake Mixes
- \*Jam
- \*Mustard
- \*Relish
- \*Coffee
- \*Dry Spaghetti
- \*Pasta Sauce
- \*Pudding Mixes
- \*Canned Milk
- \*Laundry Soap

**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  
**Free Public Skate (No Sticks) 8:00 am - 9:00 am.** (Based on Ice Availability)



## Every Monday

Time For Rhymes-Peter Dawson Lodge, 9:30.  
 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.**  
**Free Family Skate (No Sticks) 3:30 - 4:30pm & 6:45 - 7:45p.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.**  
**Champion Roving Gym 10:00 - 11:30 a.m. @ Champion Legion.**  
 Alcoholics Anonymous 8pm in the Lutheran Church basement.  
**Ball hockey @ VPE 3:30pm-4:30pm @ VPE. Free Grade 2 to 6.**  
**Free Shinny (Helmets, Sticks and Pucks) 7:45 - 8:45 pm.**

## Every Wednesday

Time For Rhymes, Milo Library, 9:30 am -10:30 am.  
 Coffee's On at the Champion Pioneer Club, 9:30am-11:30am, Everyone Welcome  
**Arrowwood Roving Gym - 10:00-11:30 a.m. @ Arrowwood Hall.**  
 Legion open from 11:30 am - 7:30 pm - Kitchen Open Daily  
 Crib at the Vulcan Legion 2:15 pm  
**Free Parents and Tots Public Skate 3:00 - 4:00pm.** (Based on Ice Availability).  
 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.

## 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 10:00am- 4:00pm.

## Every Saturday

**Free Shinny (Helmets, Sticks and Pucks) 8:00 - 9:00am** (Based on Ice Availability).  
**Free Public Skate (No Sticks) 9:00am—10:00am.** (Based on Ice Availability).  
 "Meat Draw" - 3:00 pm at the Vulcan Legion  
 Legion open from 11:30 am - 7:30 pm - Kitchen Open Daily

**Kidsport** - Need financial help with registration fees and equipment?

Apply online @ <http://www.kidsportcanada.ca/alberta/vulcan-county/> or call 403-4852554.



A man takes his place in the theater, but his seat is too far from the stage.

He whispers to the usher, "This is a mystery, and I have to watch a mystery close up. Get me a better seat, and I'll give you a handsome tip."

The usher moves him into the second row, and the man hands the usher a quarter.

The usher looks at the quarter, leans over and whispers, "The wife did it."

Spring

Is here

NOW TAKING BOOKINGS FOR SPRING CLEAN-UPS  
 YARD CLEAN-UPS AND SHRUB TRIMMING.  
 GIVE US A CALL



PO BOX 422, CHAMPION  
 PH. OR TEXT 403 630-2061  
 EMAIL-greenscapes@live.com

## This Week's Riddle

A man hiked through the woods with his dog and saw three coyotes, six wolf cubs, seven bunnies, nine squirrels and thirteen chipmunks.

How many total feet were there?

## A & W Vulcan Home of Family Burgers



Now hiring – morning and weekend positions  
 Please submit resumes to [awvulcan@telus.net](mailto:awvulcan@telus.net)  
 403-485-2444

## The Get-A-Way Youth Centre



March 11: 2-8 pm  
**Pool - Challenge a supervisor**  
 March 14: 4-8 pm  
**Cookies and cupcakes**

Youth ages 10-18  
 welcome to join in the activities  
 Get-A-Way Youth Centre  
 2016 Plant Fundraiser Orders will be accepted @ FCSS Office by March 16 @ 3:00 p.m.

## RIVERTOWN TAXI Services & Logistics

403.485-5852

1.800.381.3039

### Out Of Town Rates Round Trip

Vulcan to:  
 Arrowwood: \$40:00  
 Champion: \$20:00  
 Carmangay:\$25:00  
 High River:\$45:00  
 Okotoks:\$50:00  
 Lomond\$:50:00  
 Lethbridge:\$65:00  
 Calgary:\$90:00  
 Calgary Airport:\$95:00  
 Waiting time – first 1/2 hour free  
 \$15/hour after.

\*Prices are subject to change without notice

[info@rivertowntaxi.com](mailto:info@rivertowntaxi.com)

[www.rivertowntaxi.com](http://www.rivertowntaxi.com)

Presented by Vulcan Recreation & Friends of CCHS.

Family Movies

At the CRC

\$2 per movie

Concession open

Hot Dogs Available.

Next Movie Night March 29th.

Movie Matinee

1:00 pm

Minions

3:00pm

Fantastic Four



The Royal Astronomical Society of Canada (Calgary) is offering free public Stargazing at the Trek Center in Vulcan on Friday, March 11th, 2016 @ 19:30. Short indoor presentation on "Easter and Astronomy" and then we'll check the heavens on our 11" telescope outside. Opportunity to snap your own smartphone photos of the Moon, planets, rent a scope for \$10. Refreshments served and all welcome for no charge. Held the second Friday monthly at 19:30. For further information contact the Trek center at 403-485-2994.



Vulcan Regional Food Bank Society  
 Annual General Meeting to be held  
 March 24, 2016 @ 7pm.  
 FCSS Office  
 115 - 2nd Ave. N.  
 Vulcan.