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March 16, 2017

“Too often, the opportunity knocks, but by the time you disengage the chain, push back the lock, unlock two locks, and shut off the burglar alarm, it’s too late.”

Rita Coolidge



A division of ConnectFirst Credit Union Ltd.

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LETHBRIDGE LIVE WELL SHOWCASE -



Trade Show for Active Living



@ Lethbridge Senior Citizen’s Organisation

May 4 @ 10 am - May 5 @ 4pm.

Free admission; over 70 exhibitors; Door prizes;
Speakers: Dr. Robin Gibb, U of L Neurosciences,
Gary Lepine, Clinical Ethicist AHS
Travis Zentner, Cornerstone Funeral Home,
Calgary/ Co-Operative Memorial Society,
Constable Dan Shurtz, LPS Economic Crimes Unit

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 fcshss@telus.net before 3 pm Monday prior to publication.

Model grandmother: Anyone who thinks elderly ladies cannot be models hasn’t met Emiko, a Japanese grandmother. In her nineties, Emiko loves modelling handmade clothing and accessories created by her granddaughter, Chinami Mori. Mori, of Osaka, uses a special weaving technique, called Saori. She makes colourful shirts, purses, hats, scarves, and more. One day, Emiko tried on a few of Mori’s items, and Mori started taking pictures. Emiko loved the opportunity and had so much fun modeling that Mori started posting the images on Instagram, making her grandmother an instant celebrity.

Wild hair: There is a new hair dye for use in salons and at home that is becoming a hot trend. The product makes people’s hair glow in the dark. Not only that, but it glows in the dark in many wild neon colors - everything from orange to pink and red to green. Stylists apply streaks of colour on their client’s locks. Later, under black lights such as at a night club, the newly dyed, colorful hair shines with neon glow. If color is not your thing, you can choose a white or blonde neon, which also will glow in the dark.

Community Volunteer Income Tax Program

Free basic income tax preparation available 105B-3rd Ave S.,Vulcan.

Sponsored by FCSS/Vulcan Regional Food Bank Society

403-485-2192

Volunteer do not prepare returns for:

Individuals who:

- *report business or rental income and expenses;
- *report capital gains or losses;
- *report employment expenses;
- *filed for bankruptcy; or
- *died in the tax year.

Income thresholds for eligible individuals

Taxpayer status	Annual Income
Single Person	up to \$30,000
Couple	up to \$40,000
One adult with one child	up to \$35,000
Each additional dependent	up to \$2,5000
Interest income less than	\$1,000



Vulcan Regional Food Bank Society



WISH LIST

- *Jam/Jelly (any size)
- *Canned/Frozen Peas
- *Canned Waxed Beans
- *Mayonnaise
- *Salad Dressing
- *Crackers
- *Kid’s Lunch Box Items
- *Snack Fruit /PuddingPacks
- *Evaporated Milk
- *Jello/ Jello Pudding
- *Cookies *Coffee
- *Mustard*Relish*Ketchup
- *Laundry Detergent
- *Shampoo/ Conditioner
- *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, 7:00-8:00pm, 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
 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 @ Vulcan Library 10 am
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 am a protector.
 I sit on a bridge.
 One person can see right through me.
 Others wonder what I hide.
 What am I?

Integrated

Invites you to a....
Community Evening of Worship
Vulcan Lodge Hall
Saturday March 25, 2017 @7pm

Please join us to sing and worship the Lord through inspirational music

*Free Admission...

*Everyone Welcome....

*Refreshments to Follow



115-2nd Street South, Vulcan

- *CUSTOM MADE SANDWICHES
- *FAST FOOD & PIZZA
- *SMOOTHIE BAR - ICE CREAM
- *CUSTOM AUTO DETAILING



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A & W Vulcan Home of Family Burgers



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 morning and weekend positions
 Please submit resumes to
 awvulcan@telus.net
 403-485-2444

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).

April 4 - Helping Others and Making a Difference



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

Common Sense Natural remedies & Supplements

Leslie Collins, Shop Keeper
 105 2nd Ave S.,
 Vulcan
 403-485-2045



Carmangay St. Patrick's Day Celebration Friday, March 17/17

Join us for one of the world's shortest parades, plus St. Paddy's Day festivities.
 Lunch and Festivities at Senior's Centre.
 Parade at 11 am.
 Lunch starts at 11:30 am.



Vulcan Regional Food Bank Society

Annual General Meeting
 March 23, 2017 @ 7pm.
 FCSS Meeting Room
 105B - 3 Ave S. Vulcan.