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March 2, 2017

“The best thing you can do is the right thing. The next best thing you can do is the wrong thing. The worst thing you can do is nothing.”

Theodore Roosevelt.



A division of ConnectFirst Credit Union Ltd.

For all your financial needs, call 403.485.2268 today!!



Financial Literacy Workshop

Thursday, March 9th

6:30 - 9:00 pm

105B - 3 Avenue South - FCSS Meeting Room



Managing your money is a complicated process, so it is not surprising that most of us have financial struggles.

By increasing your financial literacy, you will find that managing your money will be easier and less stressful. This program will help you control your money, not have your money control you!

\$10 PER PERSON. REGISTRATION ONLY BY TUESDAY, MAR.7

403-485-2192

Facilitated by Community Futures Highwood.

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

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Vulcan Affordable Housing Community Consultation

WE NEED YOUR HELP to plan for the future.

Please join us to discuss and help define the need for affordable housing within our community.

Monday, March 13/17

5:00 - 8:00 pm

Vulcan Lodge Hall

231 Centre Street (lower floor)

RSVP: please call 403-485-2106, Ext 103 by March

9th so we can provide enough seating, food, and beverages.

Hosted by Alberta Rural Development Network, in partnership with Vulcan Regional Food Bank Society.



Filing your taxes can turn your life around

The Community Volunteer Income Tax Program helps individuals with a modest income and a simple tax situation file their taxes.

Organized by local community organizations with support from the Canada Revenue Agency, the program focuses on making sure individuals who most need help doing their taxes get that help. .

The program makes doing taxes easy. If you are over 19 years of age and are currently unemployed you may still be eligible for tax credits and payments.

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

Sponsored by FCSS/Vulcan Regional Food Bank Society

403-485-2192



Vulcan Regional Food Bank Society



WISH LIST

*Fruit Juices

*Instant Oatmeal

*Mayonnaise

*Salad Dressing

*Kid's Lunch Box Items

*Snack Fruit & Pudding Packs

*Evaporated Milk

*Jello/ Jello Pudding

*Cookies

*Soda Crackers

*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.

Vulcan Food Bank is hiring a one year part-time position for part-time position for Homelessness Project Coordinator

12 hrs./week Monday to Thursday @ \$18/hr.

DUTIES:

Coordination and facilitation of workshops; mentorship; volunteer coordinator; data input, tracking, maintenance and reporting; and other duties.

QUALIFICATIONS:

*Solid working knowledge of MS Word, Excel, Outlook, Access and Internet.

*Experience working knowledge with the public one-on-one and facilitation of a group.

*Exceptional written and verbal communication skills.

*Effective organizational skills with proven to multi-task and manage priorities /projects simultaneously.

*Ability to work independently, under pressure, making sound decisions.

*Positive, enthusiastic, and highly personable.

REQUIREMENTS:

*Business administration diploma and/or equivalent experience.

*Current criminal record check/ vulnerable sector check.

*Alberta Children's Service Intervention Record Check.

Please email resume to Wendy at fcsscsc@telus.net.

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
 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).
 Alcoholic's 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

Answer: Counterfeit money

This Week's Riddle
 Whoever makes it, tells it not,
 Whoever takes it, knows it not,
 Whoever knows it, wants it not.



Nomination Forms are now available for the 2017 Leaders of Tomorrow Awards!
 Awards will be presented at the Volunteer Appreciation BBQ in April (date TBA).
 You can download the form from our website at www.vulcanandregionfcss.com or pick up at our office at 105B - 3 Avenue South. **Deadline for submission is April 3rd.**



VULCAN
 BUY ANY 3 FOOTLONG & GET EQUAL OR LESSER 1 FOOTLONG FREE
 MARCH 1 TO MARCH 31 2017.
 PH: 4034852008

A & W Vulcan Home of Family Burgers



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

Common Sense Natural remedies & Supplements



Leslie Collins, Shop Keeper
 105 2nd Ave S.,
 Vulcan

Vulcan Regional Food Bank Society

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



115-2nd Street South, Vulcan
 *CUSTOM MADE SANDWICHES
 *FAST FOOD & PIZZA
 *SMOOTHIE BAR - ICE CREAM
 *CUSTOM AUTO DETAILING

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).

March 7 - Autonomy/Freedom April 4 - Personal Engagement

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



The Royal Astronomical Society of Canada (Calgary) is offering free public stargazing at the Trek Center in Vulcan on Friday March 10th, 2017 at 19:30
 Short presentation on "Spring in the Sky" 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 more information contact the Trek center at 403-485-2994.

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.

