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March 23, 2017

“Wealth after all is a relative thing since he that has little and wants less is richer than he that has much and wants more.”

Charles Caleb Colton



A division of ConnectFirst Credit Union Ltd.

For all your financial needs, call 403.485.2268 today!!

LETHBRIDGE LIVE WELL SHOWCASE -



Trade Show for Active Living



@ Lethbridge Senior Citizen’s Organisation

May 4 & 5, 10 am - 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: JoAnne Juce
- 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.

Are you a senior looking to retire in a comfortable retirement home in Vulcan?
Are you looking for some home cooked meals that are cooked for you?
Are you tired of yard work?
Please come and check out the Peter Dawson Lodge.
We have single rooms available and also 2 couple suites that are ready to move into immediately.
Please call 403-485-2422 for more information.



UPCOMING EVENT - SAVE THE DATE!



The Women’s Conference will be held on April 21,2017 at the Vulcan Lodge Hall.
Details to follow.



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 Volunteer Income Tax Program

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

***Sponsored by FCSS/Vulcan Regional Food Bank Society
Call Sandi @ 403-485-2192***

Basis returns will be completed by volunteers Tuesdays & Thursdays only.

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 \$25,000
Interest income less than	\$1,000



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

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

Water war: In cities, towns, and villages in Punjab, a state in northern India, people like to show off their interests in an unusual way. They mount artistically designed water tanks on their roofs. People have the concrete water tanks constructed in a variety of forms to suit their lives. For example, if a homeowner loves airplanes, there may be a tank shaped like a plane. Others might chose a water tank in the shape of a rooster or a team of oxen to show a love of agriculture or animals. The home of soccer fans may be topped with a soccer ball shaped water tank. When the time comes for a new tank, residents use their old ones to collect rainwater.

This Week's Riddle

When I point up, it's bright.
 When I point down, it's dark.
 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



Vulcan Lionette Community Connection

Are you new to the Vulcan Community?

Welcome

We would like to help by providing you with the civic information you may need to familiarize yourself with the local community including:

- *Local map
- *Recycling information
- *Library
- *Local recreation facilities
- *Clubs and organizations
- *Coupons from local businesses

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 roehaven@wildroseinternet.ca
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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

Answer: A light switch

Common Sense

Natural remedies & Supplements

Leslie Collins, Shop Keeper

105 2nd Ave S.,
 Vulcan
 403-485-2045



Vulcan Regional Food Bank Society

Annual General Meeting

March 23, 2017 @ 7pm.

FCSS Meeting Room

105B - 3 Ave S. Vulcan.