

Produced and Printed Locally; Folded By Hand!!

March 3, 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.

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

Contact Us At:

115-2nd 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 before 3 pm Monday prior to publication.



Preschool Speech/Language Walk-In Clinic

Do you have questions, or do you want to learn more about your 1-5 year old child's.....

- *Speech skills -What speech sounds should my child be able to say based on their age
- *Language - is my child talking enough? How many words should my child say? What should they understand?
- *What toys or play strategies can help my child learn?

Ask a Speech Language Pathologist

2nd Wednesday of every month: 9:30 am to 11:30am

Parent Link Center - Okotoks United Church - 43 Riverside Drive -403-995-2706

OR 4th Wednesday of every month - 9:00am to 11:30 am

Okotoks Health & Wellness Center - Room 1424 - 403-995-2645

1st Tuesday of every month: 9:30 am to 11:30 am

The Station, 4925 1st St w, Claresholm. -403-995-2707.

www.foothillsnetwork.ca

Vulcan Skating Carnival



March 4 @7 p.m.

"WHAT SENIORS CAN RECEIVE FROM ALBERTA SENIORS BENEFITS." INFORMATION SESSION

MARCH 10, 2016 @ 1PM

Carmangay Seniors Center

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, refreshment 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.



Vulcan Regional Food Bank Society



Answer: A Labradorador

WISH LIST

Items Such As:

- *Canned Fruit
 - *Cake Mixes
 - *Canned Salmon
 - *Jam
 - *Mustard
 - *Relish
 - *Coffee
 - *Toothbrushes
 - *Shaving Cream/Razors
 - *Dish Drops Detergent
 - *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.

Weird - but real - "holidays"
MARCH : International Mirth Month
Mar. 13: National Open an Umbrella Indoors Day

Mar. 18: Awkward Moments Day.

Mar. 26: Make Up Your Own Holiday Day

Mar. 31: Bunsen Burner Day

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.



Infant/Toddler Motor Development Walk-In Clinic

Do you have questions, or do you want to learn more about....

- * Your child's movement skills (e.g. rolling, creeping, scooting, crawling, kneeling, standing, squatting, or walking).
- * Lying, sitting or standing postures.
- * How your child's balance and/or coordination is developing.
- * What toys or play strategies can best support motor development.
- * Tricks for tummy time, and why tummy time is so important.
- * Information about Infant/Toddler Development.

Ask a Physiotherapist at our Walk-in Clinic!

Second Tuesday of every month 9:00 a.m. to 12:00 p.m.
 Children's Rehabilitation - Okotoks health and Wellness Centre.
 For more information, contact Paediatric Physiotherapy at 403-995-2646.

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.



This Week's Riddle

What do you call a magic dog?

A & W Vulcan Home of Family Burgers



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

The Get-A-Way Youth Centre



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/our after.

**Prices are subject to change without notice*

info@rivertowntaxi.com
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



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