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March 9, 2017

“What you do makes a difference, and you have to decide what kind of difference you want to make.”

Jane Goodall.

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

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



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/ 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 fcsshss@telus.net before 3 pm Monday prior to publication.

Vulcan Regional Food Bank Society



WISH LIST

- *Jam/Jelly (any size)
- *Canned/Frozen Peas
- *Canned Waxed Beans
- *Mayonnaise
- *Salad Dressing
- *Kid's Lunch Box Items
- *Snack Fruit & Pudding Packs
- *Evaporated Milk
- *Jello/ Jello Pudding
- *Cookies
- *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 Regional Food Bank wishes to thank Champion School families for their donation of 118 lbs food "Food Bank Friday"

Big tip: Waitress Breanne Snow might have expected a 15 percent tip - about \$75, on a customer's \$500 tab in the restaurant where she works in Salt Lake City, Utah.

But to her amazement, she received an amount well beyond that; she got a \$3,000 tip! The overly generous tip came from an anonymous football fan who was in town to watch a game. It was rumoured that the person was a member of a group that aims to motivate others to give worthwhile gratuities. For Snow, the tip came at the right time; she was working two jobs while she and her partner were trying to get out of debt.

Final resting place: A San Francisco company, Elysium Space, is giving people the opportunity to have a final resting place on the moon. Founded by former NASA engineer Thomas Civeit, the company charges \$12,000 to transport someone's cremated remains to the moon. They expect the ashes to head for outer space in 2017. Elysium Space will work with Astrobotic Technology, a space logistics company, to get the cargo there. Civeit says his service will appeal to folks with a special interest in or connection to space or the night sky.

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).
 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

Answer: An electric fan

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



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.



This Week's Riddle
 I wave my hands at you,
 But I never say goodbye.
 You're always cool with me,
 Even cooler when I'm high.
What am I?



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
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 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
 403-485-2045



Vulcan Regional Food Bank Society

Annual General Meeting

March 23, 2017 @ 7pm.

FCSS Meeting Room

105B - 3 Ave S. Vulcan.

The Get-A-Way Youth Centre



Youth ages 10-18
 Welcome to join in the activities
Basement 105-3Ave S.