

Produced and Printed Locally; Folded By Hand!!

November 19, 2015

**Christmas in Vulcan**



- November 20 ~ Christmas Vendors Market ~ Lodge Hall ~12-8pm
- November 22 ~ Kinettes Annual Christmas Market ~ CRC ~ 11am-4pm
- November 27 ~ Black Friday ~ Main Street ~ !2-8pm
- December 5 ~ Snowflake Festival ~ CRC ~ 11am- 1pm
- December 12 ~ CP Holiday Train ~ 2nd Street Crossing ~ 2:45- 3:30pm



**The Best Foods to Donate to Food Banks During the Holidays**

In Canada, one in seven people struggles with hunger, and many rely on food from local food banks to help feed their families. The holiday season is an especially difficult time to live with food insecurity - that is, not knowing when you will get your next meal - and many of us think about making food donations to local food banks at this time of year.

**What to Donate:** Donations of holiday ingredients and side dishes can help make sure a family struggling to put food on the table is still able to enjoy some of their favourite holiday meals.

Being able to make traditional holiday side dishes makes for a more festive meal, even if the family cannot afford expensive holiday meats.

**Donation Suggestions:** \*Canned Pumpkin & Pie Fillings \*Cranberry sauce \*Honey \*Boxed stuffing \*Pickles \*Mustard \*Applesauce \*Dried Pasta \*Baking ingredients.

**Shelf-Stable Protein Sources:** Donating items like canned fish and canned chicken, as well as vegetarian protein sources, like beans and peanut butter helps a family who is not able to purchase meat. Those substitutions can help create a filling meal.

**Donation suggestions:** \*Canned tuna or salmon \*Canned chicken or other meats \*Canned beans \*Dried beans \*Canned soups and stews \*Peanut Butter \*Nuts \*Canned chili \*Trail Mix

Answer: Thursday

**Rice, Pasta, and Other Pantry Staples:** Filling, shelf-stable foods that people can cook and flavor in any number of ways are always welcome. Even things like canned cream of chicken soup can be used in a number of different recipes.

**Donation suggestions:** Rice (especially whole grain) \*Instant oatmeal \*Pasta (especially wholegrain) \*Side-Kicks \*Diced tomatoes \*Tomato sauce \*Canned vegetables \*Cooking oils (Olive oil, Canola) \*Pancake mix \*Pancake syrup

**Your Time and/or Money:** Donating food is not the only way to help your local food bank. Volunteering is a rewarding way to give back, especially if you go with friends, family members, or colleagues. Food banks always need help with tasks like sorting donations, wrapping gifts. While it feels less tangible than donating cans of food or spending a day volunteering, giving money is often the most helpful thing you can do for a food bank.

**What to Avoid Donating:** Shelf-stable, nutrient-dense food is what people who struggle with food insecurity need most. People need snack foods as a treat too, but much is already donated.

**Damaged, Unlabelled, or Home-Canned Food:** For food safety reasons, items like rusty or dented cans, unlabelled packages, or non-commercially packaged food cannot be distributed. The same goes for perishable items and open containers. If you are unsure, ask the food bank before donating.



**The Bottom Line:** The main advice is similar to the Golden Rule: "Donate whatever you think you would want to eat." It's a good rule for the holiday season, as well as the rest of the year.



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**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

**Contact Us At:**

115-2<sup>nd</sup> 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.**

**Vulcan Regional Food**



**Bank Society WISH LIST**

**Items Such As:**

- \*Orange Juice
  - \*Side- Kicks
  - \*Rice-a Roni
  - \*Cookies
  - \*Canned Meats
  - \*Cereal
  - \*Alpha-getti/Zoodles
  - \*Mustard
  - \*Sandwich bags
  - \*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.

# 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 (formerly Victory Church) 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

Time For Rhymes-Peter Dawson Lodge, 9:30-10:30am. Starts September 28.  
 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.**  
 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!  
 Alcoholics Anonymous 8pm in the Lutheran Church basement.  
**Roving Gym at the Vulcan Lodge Hall 10:00am- 11:30am Oct 20th-Dec 8th.**  
**Ball hockey @ VPE 3:30pm-4:30pm @ VPE. Free Grade 2 to 6.**

## Every Wednesday

Time For Rhymes 10:00-11:00am. Starts October 7.  
 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  
 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. resumes October 14, 2015).**

## Every Thursday

Time For Rhymes Vulcan Library 10:00-11:00am. Starts October 1.  
 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  
 Darts at the Legion—7:00 pm  
**B.A.S.I.S Program (Building Adolescent Skills In School)**  
 Starting October 1, 3:30-4:30. County Central High School.  
 Alcoholics Anonymous at 8pm in the Lutheran Church basement.

## Every Friday

**Alphabet Soup -Free Program -Arrowwood United Church**  
**12- 2pm starts Nov 6.**  
 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 1:00- 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



**Volunteers are required for clearing sidewalks  
 in Vulcan this winter.**  
**Please contact Dori @ FCSS 403 485 2192.**

**Big shoe:** A man in Branddraai, South Africa, took his wife's request seriously. She wanted him to build her a shoe. Artist Ron Van Zyl went to work and created a house-size shoe for wife Yvonne by carving it out of wood. Unfortunately, it is not possible to live in the shoe, like the woman in the nursery rhyme, but it is open for visitors to come and take a look. It has become somewhat of a tourist attraction in the region where people can stop for a snack, an overnight stay at the owner's hotel nearby, or enjoy a stroll around the grounds. Bronze and wood carvings are also on sale in the gift shop.

**To the rescue:** A police officer had to act fast in Spooner, Wisconsin (US). Part-time officer Adam Brunclik was driving his police car while on duty. As he approached an intersection, he noticed a shopping cart rolling very quickly out of a store's parking lot and toward a busy street. Unfortunately, a baby was strapped into the cart's child seat. Knowing he didn't have time to jump out and stop the cart, Brunclik turned on his flashing lights and positioned the cruiser so traffic could not reach the cart. It was a life-saving action and the child's mother was very grateful.

## This Week's Riddle

Angel lies on Monday, Tuesdays and Wednesdays, but tells the truth the rest of the week.  
 Bobbi lies on Thursday, Friday and Saturday, but tells the truth every other day.  
 Angel says, "Yesterday I was lying"  
 Bobbi replies "So was I."  
 What day was it?

## A & W Vulcan Home of Family Burgers



Now hiring -please  
 submit resumes to  
 awvulcan@telus.net

## The Get-A-Way Youth Center



**November 20**  
**Christmas gift making**

**Youth ages 10-18**  
**welcome to join in the activities**

The Vulcan Regional  
 Food Bank  
 would like to thank  
 ConocoPhillips Canada  
 for their most generous  
 contribution toward the  
 support of the Christmas  
 fund.



Thank you.

**FCSS would like to thank the  
 following volunteers for their  
 assistance during the  
 Family Halloween  
 Party & Dance  
 in Carmangay.**

- \*Dianne Currie
- \*Judy Dahl
- \*Rihann Hovde
- \*\*Rita Hovde
- \*Robin Reeve
- \*Sheila Smidt
- \*Katie Walker - Deejay
- \*Carmangay Curling Club -  
 Donated 100 candy bags
- \*Carmangay Seniors Society-  
 Donated \$100



## Building Blocks Training

November 21st & 22nd. 9-4pm.

**Cost:** CALP: \$150 Non-CALP: \$175 \*Lunch is provided\*

**Location:** 2nd Floor, 102 Center St (upstairs of the County office)



**Register** by calling Rainbow Literacy Society at **403-485-3107**, by emailing **info@rainbowliteracy.com**,  
 Or by contacting Literacy for Life Foundation at **403-652-5090** or **info@litforlife.com**