



Town of Vauxhall



News Letter

Wellness Articles provided by Alberta Health Services

National Addiction Awareness Week

November 12- 18

To help individuals, community groups, schools and businesses across the province in hopes of reducing addictions, AHS has created an online Addictions Preventions Toolkit. To view the toolkit visit:

<http://www.albertahealthservices.ca/info/Page14610.aspx>

It is important to know if you are or someone you know is struggling with an addiction help is available. Call Health Link at 811 or the Addiction Helpline 1-866-332-2322

Feel Better

From homemade chicken soup to a hot shower-everyone has their own remedy for a cold or flu. If you get sick this winter here are seven tried-and-true suggestions to help you feel better.

- Get lots of sleep
- Drink lots of water
- Gargle with salt and warm water to relieve pain
- When you have a stuffy nose, try a humidifier
- Talk to your pharmacist about safe over-the-counter medications
- Give your body time to heal
- Get the flu shot

We are pleased to announce by acclamation the following council. The official oath of office ceremony and organizational meeting was held on October 25th 2017. The position of Mayor and Deputy Mayor until the next years organization meeting are Mayor Margaret Plumtree and Deputy Mayor Richard Phillips along with Councillor Kimberley Cawley, Councillor Linda English and Councillor Marilyn Forchuk. The Town has been instructed by Ministerial Order. MSL: 108/17 to hold a by-election to fill the vacant council positions, the date for the election has not been set by Council we will keep you posted.

Important Numbers

R.C.M.P.

In an Emergency (Currently happening, will cause damage to person, property or life threatening) call: 911

24 Hour Complaint Line: 403 223 4446

Office hours Mon – Fri 8:00 a.m. – 5:00 p.m. 403 223 4447

Power Outage: Fortis - 310 WIRE

Street Lights: Fortis – 310 WIRE you can also report a streetlight repair online visit www.fortisalberta.com follow the Outages link, request a streetlight repair.

Gas Outage: Atco - 1 800 511 3447

Before you dig call: Alberta One Call - 1 800 242 3447

Town Office: 403 654 2174 after hours/Emergency 403 654 0708

Did you know?

- The Vauxhall Landfill and Transfer site collected 671 tons of waste in 2016 and only 516 tons of waste collected in 2017, that's a 23% reduction in waste transferred to larger Landfills and the Environment. *Keep up the good job on recycling!*

- "In Flanders Fields, the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below."

John McCrae



We require updated information to be able to contact you in an emergency situation. Please fill out the attached form and return to the office or we have a drop box located by the front door for your convenience you can also email the completed form to cao@town.vauxhall.ab.ca. **If you would like to start receiving your utility invoice by email please let us know by filling out the appropriate section on the form.**

