



Town Of Cupar

October 2016

FALL IS HERE!

Cupar Public Library

by Diane Dennis

Welcome to Fall! How about cozying up with a book? We have ordered dozens of health-related books from the Dr. Maddin health grant (MS, cancer, diabetes, celiac, FASD, grief, anxiety/depression, natural health remedies). We will display them here when they arrive and then you are free to take them out.

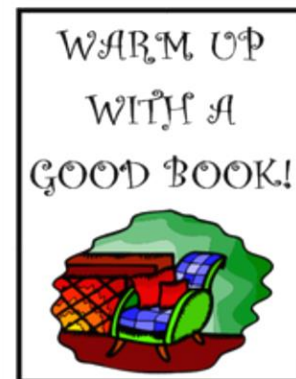
We have booked Leslie Herman of Earl Grey to do a presentation on Natural Health Remedies (for colds, flus, etc) on Sun., Oct 16 @ 2 pm, here at the Library. Free admission but bring a pen/paper to take notes. Leslie is finishing her studies on Natural Health. We hope to bring her back for more presentations on Natural Health and Nutrition. Coffee Hour to follow.

We also hope to have an evening presentation with our pharmacist Kelly Kemp, who will talk about our medications and interactions, etc. Be sure to look for the posters.

If you know of a health presenter or topic, please let us know. Also, new parents are asked to stop in to receive a free baby book for their child.

Thanks to our Summer Reading Program participants. Seven children received prizes from High Plains Restaurant, whom we also thank for their participation! We are hoping the Playschool children come on Oct 26 for a story and treat!

Our next meeting is Tues., Oct 4 @ 6:30 pm. You are welcome to attend. For any inquiries, please visit us on Wednesdays/Fridays as we are open from 10:30-5. Call us at 306-723-4749 or email cupar@parkland.lib.sk.ca



Warm up with a good book

The colder weather is upon us so why not cuddle up with a good book. Best way to beat the cold blues

Tips for Autumn:

- Canning fruit and vegetables is a great way to preserve food if you think you're too good to shop at the grocery store.



PHOTO: THE S&S.COM

Tips for Autumn lol 😊

Ladies night!!!!

by Cupar Canucks

The Cupar Canucks will be hosting this year's Ladies night!

DENIM & DIAMONDS!!!

We will be having supper, entertainment from DJ Derek Blayone, Miss Cupar Canuck Pageant on top of a chance to win diamonds! It is going to be a great night!

Tickets available at:

Cupar Agencies

Cupar Conexus Credit Union

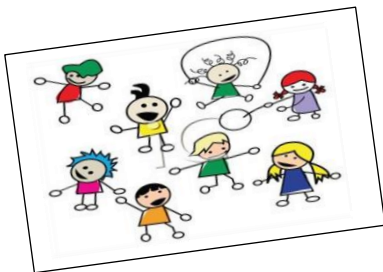
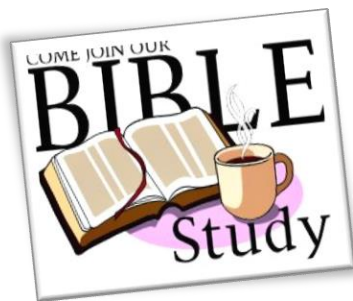
Town of Cupar Office

Any Canucks Player

Wanda McLeod 520-2441

Cheryl Boha 726-7881

See you at the Cupar Town Hall!!!!



St Paul Lutheran Church

by Diane Dennis

As the beauty of the season falls down to the ground, the busy-ness of our activities increase! Confirmation classes started on Wednesdays at 4 pm with our 12-year-olds. Parents, if you have a 12/13-year-old child who would like to learn more about our Lutheran faith, then he/she is welcome to attend. The Ladies' Group – The Lutheran Women's Missionary League-Canada – has started meeting again for Bible study and a meeting. This month, they are meeting on Mon. Oct 3 @ 7:30 pm (a change from the 10th due to Thanksgiving), and will be planning the Nov 5 "Soup + Sandwich + Bake Sale Lunch", as well as the Oct 16 Coffee Hour/LWMLC Sunday participation.

Cupar Community Playschool meets in our basement on Wednesday mornings from 9-11:30.

We have ordered a chair lift for the main level to the basement. Seniors and those with physical ability issues are welcome to the lower level anytime to take part in our activities! We hope to have it up and working by end of Sept or early Oct.

A special Reformation Service will take place at Emmanuel, Southey on Sun., Oct 30 @ 4:30 pm, with pot-luck supper to follow.

For any office inquiries, please call 306-723-4899. Worship Service times are at 9 am for the 1st, 3rd, 5th Sunday; 11 am with Holy Communion on the 2nd and 4th Sunday.

Tips for Autumn:

- Flying a kite is a good way to detect severe weather. If your kite is sucked into a funnel cloud and impales a telephone pole, a tornado may be near.



Autumn Tips - lol 😊



Co-op Week - Chili and a bun

October 21 – chili and a bun – Free with a silver donation going towards a community project.

TOWN MEETINGS

Cupar Town Council

Tuesday, October 18 @ 7:00 pm

Cupar Fire Department

Tuesday, October 11 @ 7:30 pm

Cupar Library

Tuesday, October 4 @ 6:30 pm

AUTUMN

Tips for Autumn:

- Trees can tell if your yard has been freshly raked. To encourage them to drop the last of their leaves, rake your yard.



October brings Harvest Luncheons.

Check out below for dates and locations to get out and enjoy food and great company.

Around the Town

by Town of Cupar

The **Cupar Museum** will be hosting their Annual Harvest Lunch at the Legion/Library October 1st from 11 am to 1 pm. Premier Brad Wall has declared 2016 as the year of the Ukrainian in Saskatchewan, and therefore as our Culture Days Celebration, we will have a display of illustrations of Ukrainian Christmas with brief explanations. This display will be in conjunction with the Harvest Lunch at the Legion.

The **Prairie Co-op** will be having a Co-op Week chili lunch at the hall with **Conexus Credit Union** on Friday, October 21st. The lunch will be from 11:30am - 1pm and will be free with a silver collection taken where it will be donated to a community project.

Cupar Lion's Steak night is on Saturday, October 22nd at the Cupar Town Hall from 5-8 pm. Tickets are \$25/each but there are limited tickets available so get them as soon as you can.

Cupar Primary Health Group will be hosting their Health Care Fair at the Cupar Town Hall on Monday, October 24th from 3-6:30. A take-out or sit down supper will be served with all proceeds going to the Cupar Fire Department. Please watch for posters for more information.



Cupar Municipal Elections

by Town of Cupar

2016 Elections are underway. Our Mayor position was acclaimed by Steve Boha so he will be our mayor for a 4-year term.

We have 6 council positions available and 7 people running:

Cory Hart
 Don Jeworski
 Ed Lehman
 Darren Pele
 Neil Schulhauser
 Heather Stabler
 Gloria Woodward

*Advance poll will be October 19th from 5-8 pm @ Town Office

*Election day is October 26 from 9 am to 8 pm @ Cupar Town Hall



Get out there
 and vote!
 Don't forget!

Halloween

by Town of Cupar

This year Halloween falls on a Monday. As everyone will be tired, as we all are after a Monday work day, it is especially important to pay attention and really watch for all those little witches and goblins out there running around gathering candy.

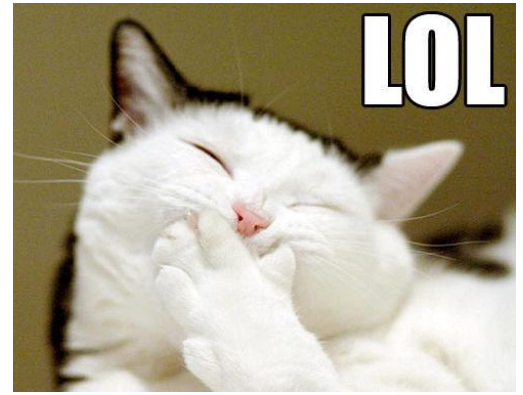
1. Please leave your outside lights on when you are expecting little trick or treaters so they can come up to your house without tripping on anything.
2. Do not enter strangers' homes.
3. Travel in small groups and be accompanied by an adult.
4. Consider reflective tape or striping to costumes and treat bags.
5. Stay on Sidewalks, use flashlights and avoid crossing yards.
6. Inspect all candy before it is consumed.

These are just a few suggestions to make sure everyone stays safe while the kids are out having fun.



FUN FACTS!!!!!!!

1. You burn more calories sleeping than you do watching television.
2. There are more lifeforms living on your skin than there are people on the planet.
3. One in every five adults believe that aliens are hiding in our planet disguised as humans.
4. A hardboiled egg will spin, but a soft boiled egg will not.
5. A "jiffy" is the scientific name for 1/100th of a second.
6. Blue-eyed people tend to have the highest tolerance of alcohol.
7. Cows kill more people than sharks do.
8. The giraffe's tongue is so long that they can lick the inside of their own ear.
9. A ten-gallon hat will only hold $\frac{3}{4}$ of a gallon.
10. A Swedish woman lost her wedding ring, and found it 16 years later- growing on a carrot in her garden.



**New Town hours beginning
October 3, 2016**

Monday to Friday 8:30-4:30

Closed at noon.

Town
Of Cupar

16 Stanley
Street
Cupar, SK
S0G0Y0Ph
306.723.4324



Come Discover Yoga With Monica

Tuesday Evenings: 6:15-7:45 or 8:00-9:30

Lee Funeral Home Building

October 11 to December 13

Come and try a class for \$13. If you decide to stay the 1st class will be applied to your tuition. You don't need to be fit and flexible.

That is something you will become with us.

To Register call Monica at:


306-723-4309 (Home) OR 306-723-4688 (Work)

Or mboha@sasktel.net

October 2016

NURSE PRACTITIONER SCHEDULE

Please call 1-855-766-6399
To schedule appointments

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Cupar 9:30—3pm	4 Southey 9:30—3pm	5 Regina Beach 9:30—3pm	6 Cupar 9:30—3pm	7 Southey 9:30—3pm	8
9	10 	11 Southey 9:30—3pm	12 Regina Beach 9:30—3pm	13 Cupar 9:30—3pm	14 Southey 9:30—3pm	15
16	17 Cupar 9:30—3pm	18 Southey 9:30—3pm	19 Regina Beach 9:30—3pm	20 Cupar 9:30—3pm	21 NO CLINIC	22
23/30	24/31 Cupar 9:30—3pm	25 Southey 9:30—3pm	26 Regina Beach 9:30—3pm	27 Cupar 9:30—3pm	28 Southey 9:30—3pm	29