



# Town of Cupar April Newsletter

## April 2020



Boy, are we experiencing some different times right now! With the COVID-19 Virus spreading everyone is dealing with challenging times. We would like to express our gratitude to our community for doing their part and staying home. This will help stop the spread of the virus and help us all beat this sooner.

The Town of Cupar is following all the Province of Saskatchewan's protocols and are watching and reading all new releases to ensure we are up to date the best we can. Currently our Town Office is closed to the public but we are still there working away making sure our town has what it needs during these hard times. To reach us call the office at 306-723-4324 or email [townofcupar1@sasktel.net](mailto:townofcupar1@sasktel.net) and we will do our best to respond in a timely manner.

At this time we are asking all residents to follow all the Provincial protocols and this information can be found at [www.saskatchewan.ca/COVID-19](http://www.saskatchewan.ca/COVID-19) They will have the current up to date information as it is changing daily if not more. What we provide today may be different tomorrow so feel free to visit that site to keep up on the most up-to-date information.

The Province has rescinded all pool permits at this time so we are watching closely to see when that will be lifted. When it is, we are hoping to be ready to begin the summer season for the pool. However, as of right now, all lessons and programs are suspended.

All social gatherings have been cancelled including the Lion's AG Supper, In Motion Group, Plus 50, Rink closed for the season, etc.

Council meetings will be held via teleconferencing but the minutes will still be posted on our website [www.townofcupar.com](http://www.townofcupar.com) once they are approved.

We urge residents to **STAY HOME** and follow the social distancing requirements laid out by the Province of Saskatchewan.

Our community has really stepped up and is making isolation easier to do with the following from our amazing businesses in town:

**Cupar Town Office** is closed to the public but operating under regular hours. Call 306-723-4324 or email [townofcupar1@sasktel.net](mailto:townofcupar1@sasktel.net) if you need anything.

**Cupar Foods** will deliver groceries with a no contact protocol. Or you can call in your order to have ready for pick up. Please call 306-723-4334 for further information

**Prairie Pharmacy** is receiving all prescriptions by fax/phone and will have them ready for pick up as needed. Hours are Monday to Friday 9 am to 4 pm – closed for lunch and they are limiting the amount of people in the store at a time. Phone number 306-723-4212

**High Plains Grill** – Open Monday, Tuesday and Wednesday from 4pm-8pm and Thursday, Friday and Saturday from 12-7 pm. Closed Sundays. TAKE OUT ONLY. Please call 306-723-0005 to place an order. If you need anything earlier than these hours feel free to call the day before or text Karie at 306-861-6010. Please everybody be safe out there.



**Cupar Agencies** - Office is closed to the public. They are still available by phone or email to assist your insurance needs.

Restricted office hours are:

Monday to Friday 9 am - 4pm.

Phone: 306-723-4484

Email: [cuparagencies@sasktel.net](mailto:cuparagencies@sasktel.net)

**Wheatland Agencies** – Open as they are an essential service. They ask that people respect others and not to come in if they are sick. They do sanitize after each customer, for the protection of others and our staff. Office hours are the same as usual, 9 to 12 and 1 to 5:30 Monday thru Saturday. Phone 306-723-4688. Please everyone, respect others and stay home if you do not need any services. Stay Healthy

**Lee's Funeral Home** – Closed to the public but if you need anything please call Karen Kirchhofer at 306-723-4881

**High Yield Accounting** – Closed to the public but can be contacted at 306-540-5345 to make arrangements for work to be completed.

**Prairie Coop** is open Monday to Friday 9 am to 5 pm and the self serve beverage counter is closed.

**AMA Accounting** is closed to the public and only taking customers by appointment. Please call 306-527-5247.

**B & D Auto Repair** – open regular hours but will arrange pick up and drop off of vehicles if preferred. Call 306-726-7803 for arrangements. They are taking all protocols to ensure no cross contamination so your vehicle will be wiped down at pick up and again at drop off.

**Cupar Hair Plus** – Closed until further Notice.

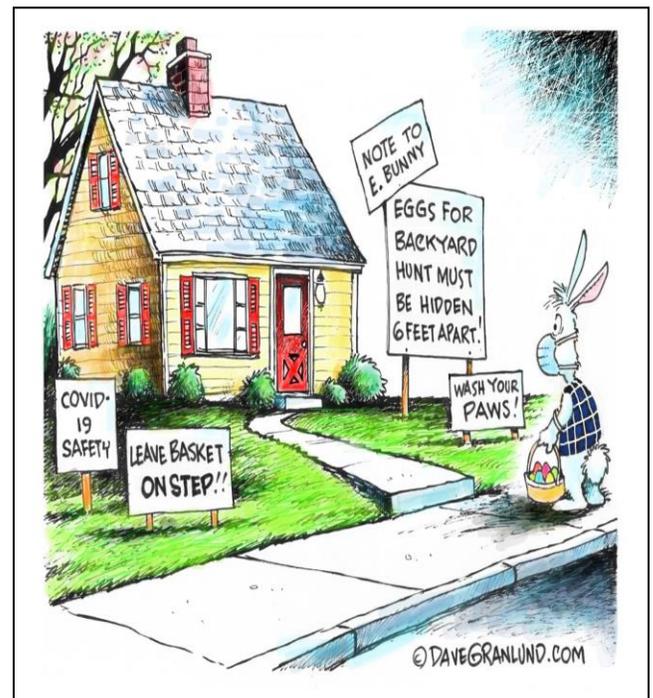
**Town and Country Tax Consultants** will still be open Wednesday till the end of April and will be open from 9:00-3:00. They have setup a drop box

inside the front door that you can drop your tax papers off as soon as you enter. Pick up in town at doorstep may be available. They can email you your tax returns and E-file authorizations if you prefer, you can print and email back to them. Contact them at 306-721-5181 for further information.

**Nurse Practitioner Hours** are as listed in the calendar attached.

**Canada Post** has reduced hours of service Monday – Friday 9am-12pm and 1pm-4pm with Saturdays being 9am-12pm. This enables the cleaning and disinfecting of the office. They have also implemented other procedures to ensure the safety of their staff and customers. They thank everyone for their patience during tis difficult time.

If any information is incorrect, we invite businesses to contact the Town Office to clarify and correct.



Before you judge a man, walk a mile in his shoes.  
After that, who cares?... you are a mile away and  
you've got his shoes! 🐰

### Fun Things to do during Quarantine!

1. Complete a puzzle. The more pieces the better!
2. Start a journal or blog. Why not write down what is happening and how you are handling it so you can remember when we are all released.
3. Learn an instrument. There are all sorts of online tutorials and lessons now.
4. Watch all the really long movies you have avoided until now.
5. Learn a foreign language. Download an app and come out of this bilingual!
6. Meditate. Try lying down with your eyes closed, palms up while focusing on your breath. Or spend 20 minutes sitting cross-legged and repeat a soothing word to yourself in your head.
7. Treat yourself to a 10-step skin care routine that you don't have time for during a normal week.
8. Write actual letters to your family and friends. Or to a service person who you remember went out of their way for you.
9. Put on a soap opera. Mute the sound and create your own dialogue.
10. Try on a new shade of lipstick and see how long it takes your partner to notice it. Funnier if it is the husband doing it!

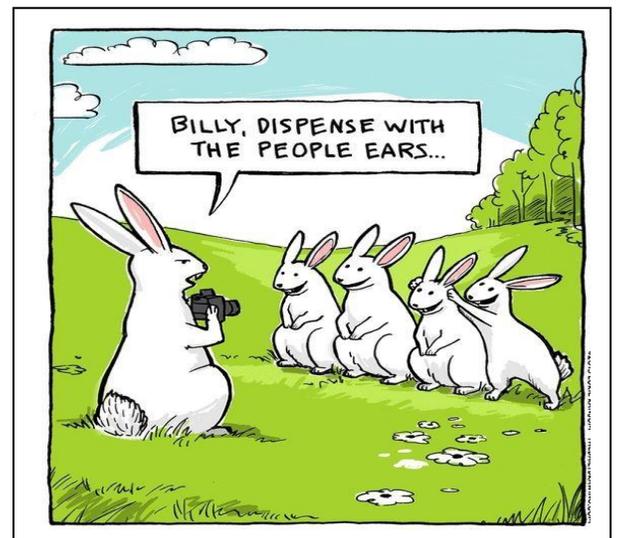
For more quarantine things to do these were found at "coronavirus-quarantine – 100 things to do while trapped inside". FUN!!

### LOTTERIES GRANT 2019/2020

Reporting for the 2019/2020 Lotteries Grants are now due. We are asking all applicants to please provide all receipts to the Town Office for the period of April 1, 2019 to March 31, 2020 by the end of April 2020. This will give the office time to prepare for their reporting for approval of funds. Once approval is received payments will be sent out according to Council decisions.

### Around the Town.

- Pet licenses are overdue. If you have not registered your pet with the Town Office, we urge you to do so as soon as possible.
- Dogs and cats are not allowed to roam free. Please make sure they are tied up within your yard and not harassing or scaring anyone walking by. You may know they are gentle but there are people who do not know it and are terrified when a dog runs at them. Please make them feel safe within their own town and keep your pets properly restrained. Cats are not allowed to roam free so please do not let your cat out without it being on a tie just like a dog. Residents do not like cats tearing up their flower beds or using their yards as a litter box. Please keep them in your own yard if you insist on letting them out.
- The assessment roll for the Town of Cupar is now closed.
- Once the weather warms up, we will be out there sweeping the streets. Please do your best to have your vehicles out of the way so we can clean up the streets for spring.
- As we are cleaning out yards and gardens remember the bags that the town picks up are only biodegradable bags. They are available at the coop and other businesses that opt to carry them.



# April 2020

**NURSE PRACTITIONER SCHEDULE**  
 Please call 1-855-766-6399  
 To schedule appointments

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			Cara REGINA BEACH Jill BY PHONE CONSULT ONLY	Cara CUPAR Jill BY PHONE CONSULT ONLY	<b>NO CLINIC</b> Jill BY PHONE CONSULT ONLY	
5	6	7	8	9	10	11
	CUPAR	SOUTHEY	Cara REGINA BEACH Jill BY PHONE CONSULT ONLY	Cara CUPAR Jill BY PHONE CONSULT ONLY	<b>NO CLINIC</b> GOOD FRIDAY STAT 	
12	13	14	15	16	17	18
	<b>NO CLINIC</b> EASTER MONDAY STAT	SOUTHEY	Cara REGINA BEACH Jill BY PHONE CONSULT ONLY	Cara CUPAR Jill BY PHONE CONSULT ONLY	Cara SOUTHEY Jill BY PHONE CONSULT ONLY	
19	20	21	22	23	24	25
	CUPAR	SOUTHEY	REGINA BEACH CUPAR	CUPAR SOUTHEY	REGINA BEACH	
26	27	28	29	30		
	CUPAR	SOUTHEY	REGINA BEACH CUPAR	CUPAR SOUTHEY		

Payments for Utility or Taxes can be provided to the Town Office via Online payments, E transfers to [townofcupar1@sasktel.net](mailto:townofcupar1@sasktel.net) (please indicate what you are paying for and for what address), cheques mailed to Box 397, Cupar, SK S0G0Y0 or dropped in our drop boxes located to the right of the front door at our office- 111 Stanley Street.

Town of Cupar  
 Box 397 111 Stanley St  
 Cupar, SK S0G 0Y0  
 306-723-4324  
[townofcupar1@sasktel.net](mailto:townofcupar1@sasktel.net)