

CUPAR NOVEMBER NEWSLETTER

November 2019

**Transfer Site Now
Closed!**



UPCOMING MEETINGS

Cupar Library Meeting

November 5 @ 6:30 pm

Remembrance Day

November 11 @ 10:30 am

Cupar Fire Department

November 12 @ 7:30 pm

Cupar Health Board

November 18 @ 1:00 pm

Cupar Council Meeting

November 19 @ 7:00pm

WE ARE MOVING!

We are pleased to announce the Town of Cupar are now the owners of 111 Stanley Street, formerly the Conexus Credit Union. We will be relocating the Town Office to that location within the next few months and couldn't be more excited. Stay tuned for the move and updates!

Nurse Practitioner – extra day

Thanks to the hard work of the local health board, the residents with all their letters and Cupar Council, we are pleased to announce we will have an extra day with a Nurse Practitioner in Cupar. We will now have services at the Health Center, located at the South end of the Cupar Nursing Home, on Monday, Wednesday and Thursday. Lab days are still Tuesday and Friday. Thank you so much everyone for your hard work and patience to achieve the extra day.

Utility Bills/Taxes

With the closing of the bank in town residents have been wondering how they can pay for their utility bills and taxes. The Town Office is open Monday to Friday from 8:30 am to 4:30 pm. We accept cash, cheques, you can set us up as a bill payee through your bank or you can E-transfer us at townofcupar1@sasktel.net. If you need further assistance please feel free to call us at 306-723-4324.

Cupar Rink – Secretary Position

We are still looking for someone to fill our Secretary/Advertising Rep position. This position will be offered commission on advertising. 10% on new advertising 5% on renewed advertising.

If this is something that interests you please contact Cory Hart @ 306-718-7007.



“Volunteers are not paid – not because they are worthless, but because they are priceless.”

Cupar Fire Department – Ladies Night

Cupar Fire Department is please to host **Ladies Diamond Night** on November 23 at the Cupar Town Hall. Tickets are almost sold out so make sure you get out there and get yours! Contact any Fire Department member!

AROUND THE TOWN.....

- The Town of Cupar has sponsored another year of FREE public Skating. They will be on Sundays starting at 3:00 pm beginning November 3rd. For more ice schedule times please visit the Cupar Skating Rink website at <http://www.cuparskatingrink.com> They will have all the information you need.
- With the snow arriving, it seems it may be sticking around making the next comment seem silly, however, in the event it does disappear and mother nature provides us with a few more days to clean up our yards we are asking residents to NOT rake leaves to the street. They plug the drainage and will cause water to backup. Clean streets ease any issues down the road. All leaves/garden refuse can be disposed of in biodegradable bags that the town maintenance will pick up OR you can place them in your grey bin for garbage pick-up every Wednesday.
- Seeing we are talking about snow we are telling residents to NOT blow their snow out to the street. Snow removed from your driveway must remain within your own yard or hauled away to an approved location, not on the street.
- The Transfer Site is now **closed** for the season.
- The Cupar Lion's will be selling Christmas Trees again this year. Please stay tuned for further announcements and dates as they come available.
- Please remember that parking on the street is only allowed for a 24-hour period. Moving your vehicles allows for our equipment to remove leaves, snow or any other debris for proper drainage and some streets are narrow where vehicles parked cause difficulty navigating around them. If your vehicle sits for a longer period of time you run the risk of it being towed at the owners' so let's all just try not to park on the street for long periods of time.
- **Don't forget the Flu Clinic will be at the Cupar Town Hall on November 15 from 10 am to 1 pm.**

Cupar Library

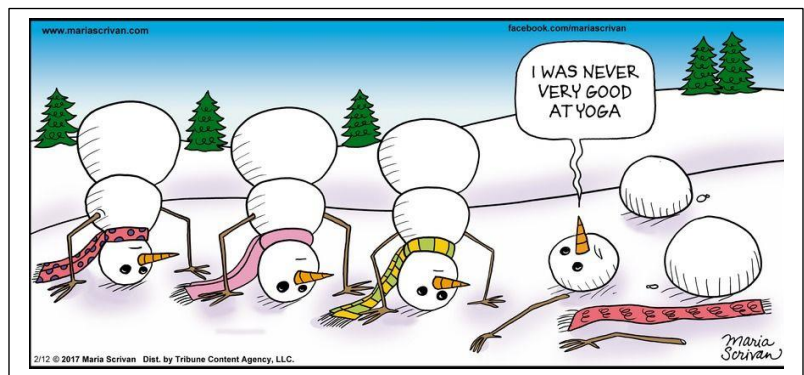
Cupar Library is open 10:00 to 6:00 Wednesdays and Fridays.

Thank you to Jenna Szigli for leading Story time at 10:30 on Friday, September 20th and October 18th. Lucky children enjoyed stories read to them, singing songs, crafts, play time and picking out library books to read at home. Board members enjoyed watching and serving a snack. Fat Cat from Raymore Credit Union arrived and also brought a snack for the little ones. Thank you.

Library Week was October 21st to 25th. Cupar Library hosted an open house October 23rd from 2:00 to 4:00. Thank you to the happy crowd that visited for lunch and fellowship.

Check out posters regarding "Cupar Cook Club". Cupar Library will be hosting an evening of sharing your favorite recipe, on Friday November 29th at 6:30. Each participant will bring a sample of their food with the recipe, to share with the others. Bring your own plate, cutlery and cup. There is limited seating. Register now. Contact Silvia at 306 533 3836

Next meeting will be November 5th at 6:30. Anyone interested in library activities are welcome to attend.



Ladies Night
 Presented by the Cupar Fire Department

Cocktails 5:00PM
 Supper 6:00PM
 Designated Driver Service available

Saturday November 23, 2019
 Cupar Town Hall

Supper: Pizza, Raffle, Draw
 Entertainment
 Tickets \$10
 Available at: Cupar Agency, Town of Cupar Office,
 Cupar Foods or
 any Fire Dept Member
 Find us on Facebook

Christmas Market
 CRAFT SHOW & TRADE FAIR

Sunday, December 15
 10:00 am to 4:00 pm
 Cupar School Gymnasium

Table and concession proceeds to help Cupar School GSA group



**ST PATRICK'S PARISH
 CUPAR, SK
 CABBAGE ROLL SALE**



\$15 per dozen

Please **Pre-order** by **NOV 16/19**
 Will be making: **During week of NOV 28/19**

Phone: Marj--723-4766, Beth--723-4800
 Betty--723-4723, Linda--723-4868

Cabbage roll making will be November 28, 2019.

Anyone and everyone are welcome to join us in our Church basement. Starting at 10:00 am and we will be having a Pot Luck Lunch, coffee, tea and juice will be provided.




THE ROYAL CANADIAN LEGION
 CUPAR BRANCH 217
80th Anniversary

They shall grow not old,
 as we that are left grow old:
 Age shall not weary them,
 nor the years condemn.
 At the going down of the sun
 and in the morning,
 We will remember them.

**REMEMBRANCE DAY SERVICE
 NOVEMBER 11, 2019
 10:30 AM CUPAR TOWN HALL
 EVERYONE WELCOME
 LUNCH IN THE HALL TO
 FOLLOW THE SERVICE**

Become a member of the Legion. Join now and help us improve the lives of those who serve, support our communities and remember the Fallen. Any Canadian citizen can join. Apply with Al Turner at 306 726 7808.




Cupar Forever In Motion Fitness Classes

Are you looking for a way to get active? The *Forever in Motion* fitness program may be exactly what you are looking for. The goal of this program is to improve and/or maintain the health and fitness level of men and women living in our community through education and physical activity.

The *Forever in Motion* exercise program uses bands, weights and (on Wednesdays) fitness balls to help participants increase their endurance, strength, balance and flexibility. These exercises may be performed either in sitting or standing positions.

Forever in Motion classes are held every **Monday, Wednesday, and Friday** in the **Cupar Town Hall from 9-10 am**. They run from mid-October until the end of May. The classes are run by trained volunteers and there is no registration fee or cost to participants.

Our goal, as leaders, is to get people out and active. We understand that not everyone wants to participate in a formal exercise program, so with that in mind, this year we have included walking, as an independent component of our program. Walkers are welcome to come and walk in the warmth and safety of Town Hall, anytime the *Forever in Motion* group is holding their class.

Come give *Forever in Motion* a try, we would love for you to join us!

Everyone is Welcome!!



Celebrate With Singing

Presented by the Calling Lakes Choir 2019

*Directed by Fred Barber
Accompanied by Leanne Wicks & Friends
Guest Artists*



Friday, December 6, 7:00 p.m.

Sacred Heart Church, Lebret
Doors open at 6:15 p.m.

Sunday, December 8, 3:00 p.m.

Our Lady of Sorrows Church, Fort Qu'Appelle
Doors open at 2:15 p.m.

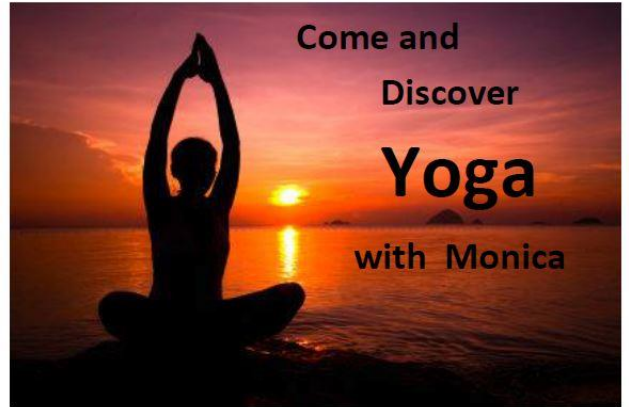
TICKETS:

\$12 (per person in advance) / \$15 (at the door)
Children 6 and under are free.

Tickets sold at Pharmasave Stores in
Fort Qu'Appelle, Indian Head & Balcarres



Contact Darlene
at (306) 332-613
for more information



Tuesdays: 7:30 – 9:00 PM starting Oct 1/2019

Lee Funeral Home Building

10 classes for \$100 or \$15 for a drop-in class

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 306-533-1251 (Cell)

Or mboha@sasktel.net



“If you think you are too small to make a difference, try sleeping with a mosquito.”

Dalai Lama

“Even a stopped clock is right twice a day. After some years it can boast a long series of successes”

Marie Von Ebner-Eschenbach

“I believe that if life gives you lemons, you should make lemonade..... and try to find somebody whose life has given them vodka, and have a party.”

Ron White

Garbage/Recycle bins!

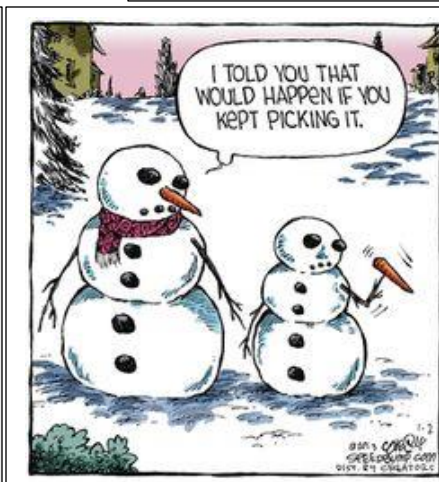
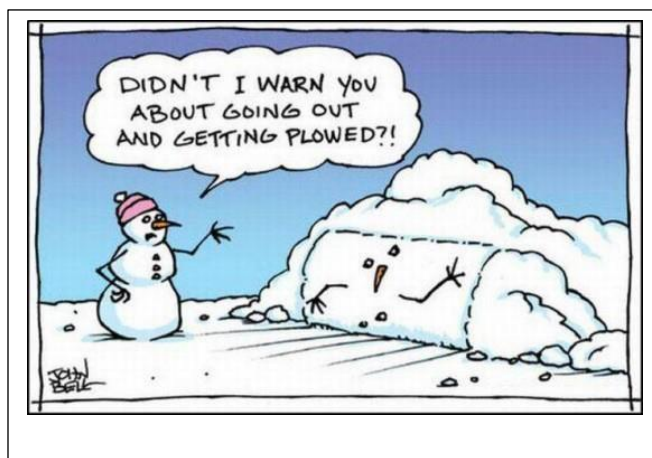
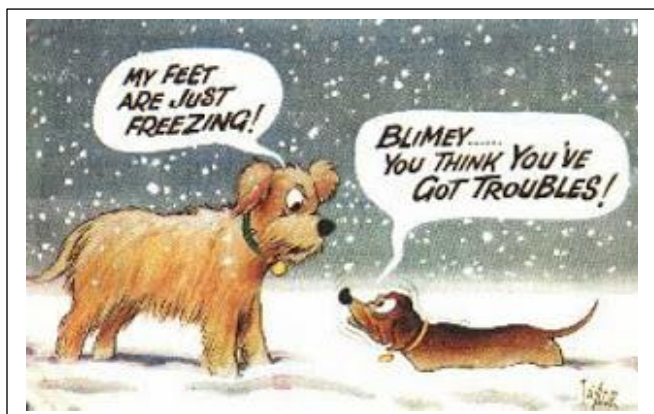
Garbage days are every Wednesday yet we are still seeing some bins still sitting on the street on Friday's throughout the weekend. Not to mention the winds we get can knock these bins around like they are tinsel in the wind. These bins that are left out or not treated nice are noted at the office and if they are called in as broken, the home owner will be billed for the replacement. These bins are not cheap and they have to be cared for as they are your own. Set them out the night before pick up and return them to the safety of your property that night.

Save yourself money in the long run and treat them careful. They are in excess of \$100 each to replace.

Same thing for the Recycle Bins. Set them out the night before and return them to your property the night of the pick up date.

Fun Facts:

1. If a Polar Bear and a Grizzly Bear mate, their offspring is called a “Pizzly Bear”.
2. Nintendo trademarked the phrase “It’s on like Donkey Kong” in 2010.
3. A single strand of Spaghetti is called a “Spaghetto”.
4. Sunflowers can help clean radioactive soil. Japan is using this to rehabilitate Fukushima. Almost 10,000 packets of sunflower seeds have been sold to the people of the city.
5. At birth, a baby Panda is smaller than a mouse.
6. Forrest Fenn, an art dealer and author, hid a treasure chest in the Rocky Mountains worth over 1 Million dollars. It still has not been found.
7. The world’s largest grand piano was built by a 15-year-old in New Zealand. It is a little over 18 feet long and has 85 keys – 3 short of the standard 88.
8. After the release of the 1996 film Scram, which involved an anonymous killer calling and murdering his victims, Caller ID usage tripled in the United States.
9. The British government coined the slogan, “Keep Calm and Carry On” during the World War II in order to motivate citizens to stay strong.
10. In 2009, Stephen Hawking held a reception for time travelers, but didn’t publicize it until after. This way, only those who could time travel would be able to attend. Nobody else attended.



Town of Cupar
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Cupar, Saskatchewan
S0G0Y0
Ph 306-723-4324
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Email – townofcupar1@sasktel.net

November 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1	2
Lab Phone # 723-4300	To schedule an appointment with the Nurse Practitioner , please call: 1-855-766-6399		FOREVER in MOTION every Mon, Wed, Fri 9am – 10am in Town Hall		LAB 9:00am-1:45pm LIBRARY OPEN 10:00-6:00	TRANSFER SITE NOW CLOSED UNTIL SPRING
3	4	5		7	8	9
FREE PUBLIC SKATING at RINK– 3pm	NURSE PRACTITIONER 9:30am-3:15pm	LAB 9:30am-1:45pm LIBRARY MEETING 6:30PM	LIBRARY OPEN 10:00-6:00 NURSE PRACTITIONER 9:30am-3:15pm	NURSE PRACTITIONER 9:30am-3:15pm LEE FUNERAL HOME 10am-4pm	LAB 9:00am-1:45pm LIBRARY OPEN 10:00-6:00	
10	11	12	13	14	15	16
FREE PUBLIC SKATING at RINK– 3pm	REMEMBRANCE DAY SERVICE at TOWN HALL – 10:30am TOWN OFFICE CLOSED	LAB 9:30am-1:45pm FIRE DEPT. MEETING	LIBRARY OPEN 10:00-6:00 NURSE PRACTITIONER 9:30am-3:15pm	NURSE PRACTITIONER 9:30am-3:15pm LEE FUNERAL HOME 10am-4pm	FLU CLINIC 10am-1pm LAB 9:00am-1:45pm LIBRARY OPEN 10:00-6:00	
17	18	19	20	21	22	23
FREE PUBLIC SKATING at RINK– 3pm	NURSE PRACTITIONER 9:30am-3:15pm HEALTH BOARD MEETING – 1pm	LAB 9:30am-1:45pm TOWN COUNCIL MEETING RECYCLE DAY	LIBRARY OPEN 10:00-6:00 NURSE PRACTITIONER 9:30am-3:15pm	NURSE PRACTITIONER 9:30am-3:15pm LEE FUNERAL HOME 10am-4pm	LAB 9:00am-1:45pm LIBRARY OPEN 10:00-6:00	LADIES DIAMOND NIGHT
24	25	26	27	28	29	30
FREE PUBLIC SKATING at RINK– 3pm	NURSE PRACTITIONER 9:30am-3:15pm	LAB 9:30am-1:45pm	LIBRARY OPEN 10:00-6:00 NURSE PRACTITIONER 9:30am-3:15pm	NURSE PRACTITIONER 9:30am-3:15pm LEE FUNERAL HOME 10am-4pm	LAB 9:00am-1:45pm LIBRARY OPEN 10:00-6:00 CUPAR COOK CLUB – 6:30pm	