

HAPPY CANADA DAY, CUPAR!

The Town of Cupar will not be holding any Canada Day Celebrations but check out what Southey and Fort Qu'Appelle have planned!

PLEASE JOIN US FOR

**CANADA
DAY**

AND SOUTHEY'S 110 ANNIVERSARY!

PANCAKE BREAKFAST-SOUTHEY FIRE DEPT.
7:30-10:30AM

PARADE BEGINS AT 11AM

PICKLEBALL TOURNAMENT 9AM-5PM DRINKS
AND FRUIT AVAILABLE (BAR SERVICE 2-11PM)

BOUNCY HOUSE, CURBSIDE GAMES, FACE
PAINTER, BALLOON TWISTER & SPRAY PARK

BALL GAMES WITH GRANDSLAM GRILL FOR HOT
DOGS AND HAMBURGERS

SUPPER 5:30PM \$10/PERSON -BEEF ON A
BUN , PEROGIES, CABBAGE ROLLS, SALAD &
CANADA DAY CAKE

BAND: 6-10PM DUKE OF COUNTRY

ALL EVENTS WILL BE HELD AT THE SKATING
RINK

SPONSORED BY TOWN OF SOUTHEY,
SOUTHEY REC BOARD. AND SASK
ENERGY

In Fort Qu'Appelle on July 1st

7:30—10:00 a.m.— Rotary Pancake Breakfast at the Rexentre

9:00—1:00 p.m.— Farmers Market

9:00 a.m.— Bike decorating for Parade at QVCA

10:00—3:00 p.m.— Pop-Up Art Market (QVCA)

11:00 a.m.— Lions Parade (Main St.)

Following the Parade until 3:00 p.m.— BBQ on the Patio at the
Royal Canadian Legion

Following the Parade until 1:30 — BBQ St. Andrew's United Church

Following the Parade until 4:30—Free Canada Day Cake at
The Castle 166 Bay Ave. N. (Beside the Museum)

12:00—4:00 p.m. Legion Chase the Ace ticket sales

12:30—1:30 Gospel Song Event Outside St. Andrew's United Church

1:00—2:00 p.m. Face Painting (Company Ave.)

1:00—3:00 p.m. Chamber of Commerce Car Show (Company Ave)

1:00 p.m.— All ages beach volleyball Tournament call or email to
register 332-4614, fortrec@sasktel.net

**2:00 p.m.— Battle at the Fort family event, water balloon fight.
Bring own water guns**

2:30 p.m. Drop time — Lions Fort Qu'Pelican River Race

Race will start west of the Dam and End at the Bridge on Boundary

4:30 p.m.— Children Races on the Beach South of Splash Park (Lions)

FIREWORKS OVER

ECHO LAKE

AT 10:30 p.m.!



JEFF FOXWORTHY'S THOUGHTS ON CANADIANS

SOME CANADIAN HISTORY

The Greek migrant who says he first put one of the most controversial toppings on a pizza died in June at 83 in London, Ont.

Sam Panopoulos says he created the Hawaiian pizza in 1962 in Chatham, Ont. (His claim of invention is contested, though, with some saying it was created in Australia and others in Germany.)

Pineapple on a pizza created an international stir when Iceland's president Gudni Johannesson said in that he wished he could ban the fruit as a pizza topping. Prime Minister Justin Trudeau waded in by tweeting: "I have a pineapple. I have a pizza. And I stand behind this delicious Southwestern Ontario creation. #TeamPineapple"



(I think we all may be able to relate to most of these!)

- *If your local Dairy Queen is closed from September through May you may live in Canada.*
- *If someone in a Home Depot store offers you assistance and they don't work there, you may live in Canada.*
- *If you've worn shorts and a parka at the same time, you may live in Canada*
- *If you've had a lengthy telephone conversation with someone who dialed a wrong number, you may live in Canada*
- *If "Vacation" means going anywhere south of Muncie for the weekend you may live in Canada.*
- *If you measure distance in hours, you may live in Canada*
- *If you know several people who have hit a deer more than once, you may live in Canada*
- *If you have switched from "heat" to "A/C" in the same day and back again, you may live in Canada*
- *If you can drive 90 kms/hr through 2 feet of snow during a raging blizzard without flinching, you may live in Canada*
- *If you install security lights on your house and garage, but leave both unlocked, you may live in Canada*
- *If you carry jumpers in your car and your wife knows how to use them, you may live in Canada*
- *If you design your kid's Halloween costume to fit over a snowsuit, you may live in Canada*
- *If the speed limit on the highway is 80km — you're going 90 and everybody is passing you, you may live in Canada*
- *If driving is better in the winter because the potholes are filled with snow, you may live in Canada*
- *If you know all 4 seasons: almost winter, winter, still winter and road construction, you may live in Canada*
- *If you have more miles on your snow blower than your car, you may live in Canada.*
- *If you find 2 degrees "a little chilly", you may live in Canada*

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CANADA DAY 	2 SWIMMING POOL OPENS TODAY @ 1:00PM  TOWN OFFICE CLOSED	3 ADVANCED POLL FOR BY-ELECTION 8:30am – 4:00pm @ TOWN OFFICE RECYCLE DAY	4 INDEPENDANCE DAY  <small>shutterstock - 101942641</small>			7 Transfer Site CLOSED Today
8	9 Swimming Lessons	10 Swimming Lessons	11 Swimming Lessons BY-ELECTION DAY 8am – 8pm @ TOWN HALL	12 Swimming Lessons	13 Swimming Lessons	14
15	16 Swimming Lessons	17 Swimming Lessons Town Council Meeting 7:00pm	18 Swimming Lessons	19 Swimming Lessons	20 Swimming Lessons	21
22	23	24	25	26	27 BRONZE MEDALLION / CROSS CRASH COURSE	28 BRONZE MEDALLION / CROSS CRASH COURSE NLS SKILLS DAY
29	30	31 RECYCLE DAY	SWIMMING POOL HOURS: Open every day from July 2 nd to Sept. 1 st 1:00pm - 8:30pm on weeks with NO lessons 3:00pm – 8:30pm on weeks <i>with</i> lessons Lessons: 8:30am - 3:00pm July 9-13, July 16-20, August 6-10, August 13-17 **Closed everyday 6:00pm – 6:30pm for supper breaks**			

What's new – the 2-1-1 phone line is now active:

Across Saskatchewan, anyone looking for social, community, non-clinical health and government services can now get support from a Certified Information and Referral Specialist by phone, text, web chat and email.

Users of the 211 Saskatchewan website will learn about the expanded services when they visit sk.211.ca:

The updated banner indicates the availability of 211 information and referral services via phone, text and web chat, which are all up and running.



The updated [Contact Us](#) page provides information on how anyone can connect with a community navigator and get help in finding programs and services to meet their needs.

211 services are free, confidential, available 24/7, and multilingual. Users can view the list of languages available for interpretation.

Links to 4 simple forms are provided for users to:

- request information and referrals by email
- suggest listings or report incorrect information
- report technical problems
- order 211 promotional material

The public launch of the 211 Saskatchewan Expansion, consisting of 7 local announcement events (Saskatoon, La Ronge, Prince Albert, Swift Current, Moose Jaw, Estevan and Regina), will take place from June 13 to 20, 2018.



Stolen toe - -One of Canada's most colourful traditions was momentarily halted after a patron at a Dawson City, Yukon bar made off with a mummified toe served in its infamous Sourtoe cocktail.

The shot of whisky at the Downtown Hotel features the blackened toe, complete with nail, and those who successfully down the shot and touch the toe to their lips get a certificate. The toe is reportedly that of a 1920s rum runner who preserved his frostbitten, amputated big toe in a jar of alcohol in his cabin.

The toe was eventually mailed back to the hotel with an apology. How Canadian.

St. Paul Lutheran Church

As our programs are taking a break, we are not closing for the summer. All are welcome to join us on the 1st, 3rd, 5th Sundays of the month at 9 am; 2nd and 4th Sundays of the month are at 11 am with Holy Communion. Our volunteers still look after the upkeep of the outside and inside of the church, and we thank them for their time, service and talents!

We celebrate the Annual Cemetery Memorial Service at the old Cupar/ Lutheran Church Cemetery on Sun July 22 @ 11 am. Bring a lawn chair and a hat, and come back to the church for a BBQ lunch organized by the FaithLife chapter of our congregation. Free will offerings go towards a matching grant with proceeds for maintenance and mission projects. Our sister congregation in Southey – Emmanuel Lutheran Church – is hosting its famous Beef Pit BBQ on Friday July 6 at their rink from 5-7 pm.

We organize the Shalom Bingo on the third Monday of the month every second month, so July 16 @ 2:30 will require a half dozen volunteers. Our ladies' group enjoyed a dessert "potluck"/windup on June 11.

For mission opportunities, we collect pop tabs for wheelchairs and used stamps for the Canadian Bible Society's mission projects. We have containers in the church where these items can be placed. Two of our Lutheran churches in Regina – Grace and Mount Olive- host clothing and linen giveaways to the needy in the area, so if you have any items to donate, then you are welcome to drop them off before September. Our blankets will be taken there.

For the kids, there is Camp Lutherland at Fort Qu'Appelle that offers a kids' camp July 8-12, and a youth camp July 15-19. Check the website for more info and to register.

For any office inquiries, call 723-4899.

Cupar Public Library

Thanks to all who supported Silvia/us for Spanish tapas night on June 1 – 37 people enjoyed the fellowship and food. We look forward to another international dinner hosted by Silvia in the fall!

Thanks also to our board members and those who supported us for the Community Garage Sale. Many of the old chairs were sold and we have wonderful new chairs that the public can use to enjoy events held at the Legion! However, these new chairs are costly (similar in style to Plus 50's) and we are asking for donations to the library to help us pay for them. Please consider a donation and drop it off at the library. Thank you!

KIDS... come visit us this summer to register for the Summer Reading Program, where you just read a book, record the title on paper and submit to us between Aug 15-24. You will receive a \$5 gift voucher to High Plains Restaurant. Parents of newborns...visit us to receive a free baby book for your child. Give the gift of reading!

We are planning a Family Outdoor Movie Night, Friday Aug 24 at dusk in the Legion Park. There will be popcorn and pop/water available for sale. No pets please. It will be held indoors if the weather turns bad.

Thanks to the Vera Rakai family for beautifying our front flower displays!

We rent our signboard and bingo machine for \$5/day. Contact our librarian for bookings.

We are open Wednesdays and Fridays from 10:30-5 (Legion Hall); phone 306-723-4749; email cupar@parkland.lib.sk.ca or like us on Facebook "Cupar Library, Saskatchewan". Library cards are free to anyone over 5 years of age, and we have a computer for public use for free.

HOW TO MINIMIZE SCREEN TIME AND AVOID A TECH TANTRUM

Research has shown that excessive screen time for kids under 5 years is one of the biggest threats to their health as it is linked with language delays, reduced attention and low school readiness.

Before your child becomes attached to screens at an early age, consider these tips to help you minimize risks of screen time before age 5:

Consider colouring instead.

Not all sedentary time is bad. Colouring is a good interactive and creative activity.

Reach for a book!

Children younger than 5 years learn best from live, immersive interactions with family members and caregivers. Given the choice, they will nearly always opt for talking, playing or being read to over screen time in any form.

Implement screen free meal time.

Kids learn intensely through face-to-face interactions with parents or caregivers. Meal time is a big opportunity for social learning.

Remember, screens are not toys. Toys are toys!

And choosing an active toy like a ride-on helps to burn some of that boundless energy.

Choose to play background music.

Don't let the TV run in the background.

Co-view with your child.

There are few proven benefits of screen-time for children under 5. For children 2 years and older, use the hour wisely by selecting age-appropriate content to co-view and discuss together.

Model good behaviour.

A recent study observed that as time spent by parents on their phones increased, so too did the likelihood of children acting out to gain attention, often leading to negative interactions. Show good behaviour and your child will follow suit.

Protect bedtime.

Avoid screens for at least 1 hour before bedtime. Screens can suppress melatonin making going to sleep more difficult.



FOR MORE INFORMATION VISIT:
BUILDYOURBESTDAY.COM/EARLYYEARS

Canadian Paediatric Society. (2017). Screen time and young children: promoting health and development in a digital world. Paediatrics & Child Health, 22(8), 461-468



IMPORTANT REMINDERS:

THE CUPAR LION'S VOLUNTEER AMBULANCE:

Would like to remind everyone that in the event of an EMERGENCY, PLEASE CALL **911** as the ambulance base does NOT always have personnel on site. They also would like to remind everyone to stay clear of the STARS LANDING ZONE when STARS is coming on a call.

THE CUPAR VOLUNTEER DEPARTMENT:

Would like to remind people that STARS needs a large, flat landing zone of 120 x 120 feet and must be clear of wires, poles, trees, debris and *civilians*. The Pilot will not land if he feels it is not safe.

Helicopter blades create winds at approximately 100km/h and the public can be hurt by flying rocks or debris that the helicopter stirs up. If someone gets hit, they are now taking emergency personnel away from the initial emergency.

Please remember to give the emergency workers the required space to safely perform their duties and follow direction from emergency personnel as their goal is to keep the community safe.

Jacques Larouche, a Canadian calls the *RCMP, 'Hello is the RCMP? I'm calling about my neighbour, Étienne Dubois. He is hiding marijuana in his firewood.'

The next day the RCMP descends on Étienne's house and search the shed where the firewood is kept. They break open every piece of firewood, but find no marijuana. They apologise to Étienne and leave.

Now the phone rings at Étienne's.

'Hey Étienne, did the RCMP come to your house?'

'Yep.'

'Did they chop all your firewood?'

'Yep.'



Friendly Reminders

Our community suffers when we stay silent! Please report all suspicious or criminal activity to the [Southey RCMP](#) at [726-5230](#) (or **911** ONLY in case of an emergency.)

Please remember to trim your trees, mow your grass, and keep up with weed control. It keeps our town beautiful and your neighbors happy 😊

Please keep your cats indoors. We have received numerous complaints of cats using flower beds and gardens as their litter boxes. 😞

The Cupar Transfer Site is open Saturdays 10am – 2pm weather permitting. BUT it will be closed Saturday, July 7th.

Advance Poll for the Town Council By-Election will be Tuesday, July 3rd, 8:30am to 4pm at the Town Office.

Election Day for the Town Council By-Election will be Wednesday, July 11th, 8:00am to 8:00pm and the Town Hall.

Swimming Pool opens July 2nd at 1:00pm!

Please return any Culligan water bottles that you may still have to the Cupar Town Office!

The New Canadian Tax Form

Canada's T1 Tax Return Form [New Simple Format]

1. How much money did you make? \$_____,_____,_____
2. Send it to us.

Divert Your Course

This is the actual radio conversation of a US naval ship with Canadian authorities off the coast of Newfoundland in October 1995. Radio conversation released by the chief of naval operations, 10-10-95.

CANADIANS: Please divert your course 15 degrees to the south to avoid a collision.

AMERICANS: Recommend you divert your course 15 degrees to the north to avoid a collision.

CANADIANS: Negative. You will have to divert your course 15 degrees to the south to avoid a collision.

AMERICANS: This is the captain of a US Navy ship. I say again, divert YOUR course.

CANADIANS: No, I say again, you divert YOUR course.

AMERICANS: This is the Aircraft Carrier US LINCOLN, the second largest ship in the United States Atlantic Fleet. We are accompanied with three Destroyers, three Cruisers and numerous support vessels. I DEMAND that you change your course 15 degrees north. I say again, that's one-five degrees north, or counter-measures will be undertaken to ensure the safety of this ship.

CANADIANS: This is a lighthouse. Your call.

CANADIANS

Rulers of the high seas

SOME FUN, LESS KNOW, JULY HOLIDAYS THAT YOU MIGHT WANT TO CELEBRATE:

July 14: National Nude Day

The day the Tobias Fünkes of the world fear most. Originating in New Zealand, this non-public holiday encourages everyone to publicly celebrate their all-natural form. Note: please be sure to familiarize yourself with current local legislation concerning public nudity, lest you find yourself observing “international delinquent day.”



July 19 - National Flitch Day



A 15th century relic, a “flitch” referred to an amount of bacon offered to married couples by local monks who could prove a year’s worth of matrimonial bliss to a jury of their single peers. Thought to have originated in Dunmore, England, the modern-day flitch ceremony now takes place once every four years, but is still very much all about the bacon.

16. July 27: Bagpipe Appreciation Day



Thinkstock

Though bagpipes are perhaps most commonly linked to the Scottish, the largest producer in the world of this aerophone instrument is Pakistan. Just one of many fun facts you can toss out on Bagpipe Appreciation Day. You're welcome.

