

**Why children especially at risk from second-hand and third-hand smoke?**

Babies and children are especially vulnerable to second- and third-hand smoke because:

- They have faster breathing rate: they breathe in more air relative to their body weight, which means they absorb more smoke
- Their immune systems are less developed
- They have less power and they're less able to complain about being around smoke
- They are less able to leave smoky places by themselves
- How does second-hand smoke harm children's health?

**Kids who are exposed to second-hand smoke are at higher risk for many serious health problems. Compared to other kids, children who regularly breathe second-hand smoke have:**

- More risk of dying from sudden infant death syndrome (SIDS)
- More cough and wheeze
- More cases of asthma, and among kids with asthma, worse asthma symptoms
- More ear infections
- Less lung capacity
- More respiratory tract infections (bronchitis, croup, pneumonia, etc.)
- Lower test scores in math, reading and logic more chance of taking up smoking themselves.

There is also growing evidence that kids exposed to second-hand smoke are more at risk of developing cancer later in life. And new research suggests that kids who are exposed to second-hand smoke may have more behaviour problems than other kids. Second-hand smoke also harms babies before they are born.

**When pregnant mothers smoke or breathe second-hand smoke, their babies can get serious health problems.** It's important that pregnant women don't smoke, and that they stay away from second-hand smoke. Read more about smoking and pregnancy on [www.lung.ca](http://www.lung.ca). How many childhood diseases and deaths in Canada can be blamed on second-hand smoke?

**The non-profit group Physicians for a Smoke-free Canada estimates that in Canada, second-hand smoke is responsible for:**

- 13% of ear infections: about 220,000 ear infections per year in children
- 26% of tympanostomy tube insertions : about 16,500 per year
- 24% of tonsillectomies and adenoidectomies: about 2,100 operations per year
- 13% of asthma cases: about 52,200 cases per year
- 16% of physician visits for cough: about 200,000 visits per year
- 20% of all lung infections in children under 5: about 43,600 cases of bronchitis and 19,000 cases of pneumonia per year
- 136-212 childhood deaths from lower respiratory infection: about 13-20 deaths per year
- 148 childhood deaths from fires started by tobacco products: about 15 deaths per year
- About 180-270 deaths per year from Sudden Infant Death Syndrome (SIDS)

**How many kids are exposed to second-hand smoke in Canada?**

*Data collected by Health Canada in 2007 showed that 7% of children under the age of 12 (about 290,042 children) were regularly exposed to second-hand smoke at home. A report based on 2003 data found that 16 % of 12-year-olds were regularly exposed to second-hand smoke in public spaces, and 17% were regularly exposed to second-hand smoke in private vehicles.*

**In case of a serious  
Emergency call 911**

FIRE .....911  
AMBULANCE .....911  
POLICE .....306-288-6400  
CLINIC .....306-288-4800  
Ile-x Hospital ....1-306-833-2016  
Kids Help Line 1-800-668-6868

**CIPI TV BINGO**

Friday, January 24th, 2014  
7:30 pm on Channel 13 / Cable 5

**Early Bird - \$2.00 for a 3-up**

Two Lines: \$200.00  
Win LOONIE POT on all 4 series.

**Loonie Pot - \$2400.00**

**1st & 2nd Series**

One Line/4 Corners: \$75.00  
Two Lines: \$100.00  
Letter X: \$125.00  
Large Frame: \$150.00  
**Blackout: \$300.00**

**Bonanza**

Roving "T" \$100.00  
Sputnik - \$200.00  
Blackout: \$3000 in  
**52 #'s or less**  
Consolation: \$300.00

**Last Chance Game**

Crazy "L" - \$100.00  
Rotating Half House - \$200.00  
1st Blackout: \$800.00  
2nd Blackout: \$200.00

**Cards are:**

\$2.00 for 1st & 2nd series  
\$5.00 for Special Bonanza  
\$5.00 for 3-up Last Chance

License Number MB13-0010

Bring your family and take part in some fun literacy activities...

**Family Literacy Night  
Monday, January 27th  
@ 6:30pm in the VVS Gym**

Activities include: Book reading & making, Word Bingo, Puppets & Puppet making, free books, face painting, children's play corner, book exchange table, etc.

*\*Family Challenge, write your own story using four pictures, be creative, original and most important have fun...bring your story to family night and you will be entered to win a "Back Pack filled with book, prizes and lots of goodies"*

Snacks provided! However feel free to bring finger foods!

**For more information contact Janet @ 306-288-2022  
Volunteers Welcome!!**

The **Beauval Public Library** will have story time from 2:00 pm. Parents and Children are invited to attend. From 4:00 to 6:00 pm you are invited to make your family a book. There will be free book bags and books for all families that attend. There will also be free puppy/panda bags for all children who attend with their families. There will be a table set up for Book/Magazine/Comic exchange all day until 7:00 pm.

Door Prizes - - - Snacks - - - Free Books

Every Thursday is **Movie Night** from 4:00 to 6:00 pm  
in the Library for Grades 6 & up.

Next movie: The Mortal Instruments - City of Bones.  
Free Popcorn!

**Valley View School Students**

are looking to borrow Curling Brooms and Sliders.  
They will be used at the Winter Games from  
February 9 - 14, 2014.

For more information contact Anita at 306 288 2022

# CIPI TV BING

Sunday, January 26th, 2014  
7:30 pm on Channel 13 / Cable 5

## Early Bird - \$2.00 for a 3-up

Win LOONIE POTS on all 4 series.

Two Lines: \$200.00  
Letter C: 29" Wireless Smart TV

## \* Loonie Pot - \$2700.00\*

### 1st & 2nd Series

One Line/4 Corners: \$75.00

Two Lines: \$100.00

Letter X: \$125.00

Large Frame: \$150.00

Blackout: \$300.00

### Bonanza

Roving "T" \$100.00

Sputnik - \$200.00

Blackout: \$3000 in

\* 53 #'s or less

Consolation: \$300.00

### Last Chance Game

Crazy "L" - \$100.00

Rotating Half House - \$200.00

1st Blackout: \$1500.00

2nd Blackout: \$500.00

Cards are:

\$2.00 for 1st & 2nd series

\$5.00 for Bonanza & Last Chance

License Number MB13-0010

\*Unless previously won\*

## St. Mary Magdalene

Sunday, January 26th, 2014

Mass @ 10:30am

### Readers:

Cecile Fiedler

Alexina Laliberte

### CIPI Newsletter

is published every Friday by  
Sipishk Communications Inc.

Beauval, Sask. S0M 0G0

Ph: 306-288-2222 Fax: 306-288-2033

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

Editor: Julieann Alcrow

Deadline for Submissions:

Wednesdays at 3:00 pm

unless arrangements are made.



## MDeez Confectionary

New Releases - January 21st, 2014



\*Blue Jasmine \*Machete Kills \*Captain Phillips

Looking for donations of yarn, any kind or color.  
Fundraising for Christie Brizinski's trip to Mexico. Will pick up, please call Debbie Mihalicz  
@ 306 288 7933.

## Snowmobile Cavalcade 2014

We are planning our annual snowmobile cavalcade from Beauval to Prince Albert, on February 14, 2014 in conjunction with Voices of the North. As always we encourage any snowmobilers to join us. We will be departing from the Beauval General Store (Beauval Forks) at approximately 10:00am. If anyone is interested or requires more details they can call Jerry Morin at 306 288 2020, or you can contact Shirley Bell-Morin at work 306 288 2022.

## Keewatin Yatthe Health Region Regular Board Meeting

Thursday, January 30, 2014

Buffalo Narrows @ 1:00pm

Provincial Courtroom

For more information, contact Lori Muench, Executive Assistant  
@ Keewatin Yatthe Health Region @ 306 235 5832

S  
u  
d  
o  
k  
u

8	6	1	3	2	9	7	5	4
9	3	4	5	8	7	6	1	2
2	5	7	6	1	4	9	3	8
5	7	9	1	6	2	8	4	3
6	4	3	8	9	5	1	2	7
1	8	2	7	4	3	5	6	9
4	1	8	2	7	6	3	9	5
3	2	6	9	5	8	4	7	1
7	9	5	4	3	1	2	8	6

A  
n  
s  
w  
e  
r

## The Arena Funds Fundraising Committee

hold meetings every month. On our last meeting, we decided to host a Quad/Snowmobile/Vehicle Poker Rally on March 15th, 2014. This gives you sufficient time to grab your ghost-rider sheets and get as many ghost-hands as you can. We want all the support that we can get! We need an arena!

The committee invites all individuals to attend the meetings and help us brainstorm some fundraising projects.

For more information, contact Wes Laliberte @ 306 715 2265

## Happy Birthday Greetings to

Dorothy McIntyre Gail Gardiner-Lafleur  
Toni Therrien Phil Boyer  
Leroy Laliberte Maggie Maurice  
Darwin Roy Richard April

Love, Family & Friends

**NORTEP/NORPAC** Northern Teacher Education Program  
and Northern Teacher Professional Access College  
Are now accepting applications for Admission.  
Forms are available at the Gabriel Dumont Institute office.

**Deadline for applications is March 3, 2014**

For more information, call Marina at 306 288 2304

S  
u  
d  
o  
k  
u

9						5		
1				5			2	
	6		9		2			4
		5		4	7	2		
		1				3		
		8	2	9		6		
8			4		9		5	
	1			8				6
		7						8

The aim of the puzzle is to enter a number from 1 through 9 in such a way that each row, column, and region contains only one instance of each number.

## CIPI TV BINGO

Tuesday, January 28th, 2014  
7:30 pm on Channel 13 / Cable 5

## Early Bird - \$2.00 for a 3-up

Win LOONIE POT on all 4 series.

Two Lines: \$200.00

## Loonie Pot - \$3000.00\*

### 1st & 2nd Series

One Line/4 Corners: \$75.00

Two Lines: \$100.00

Letter X: \$125.00

Large Frame: \$150.00

Blackout: \$300.00

### Bonanza

Roving "T" \$100.00

Sputnik - \$200.00

Blackout: \$3,000 in

\* 54#'s or less

Consolation: \$300.00

### Last Chance Game

Crazy "L" - \$100.00

Rotating Half House - \$200.00

1st Blackout: \$800.00

2nd Blackout: \$200.00

Cards are:

\$2.00 for 1st & 2nd series

\$5.00 for Special Bonanza

\$5.00 for 3-up Last Chance

License Number MB13-0010

\*unless previously won

## CIPI NUMBERS

Office: 306-288-2222 or 306-288-2474

Requests: 306-288-2230

Contest Line: 306-288-2053

email: [cipi@sasktel.net](mailto:cipi@sasktel.net)

website: [www.cipiradio.com](http://www.cipiradio.com)

Saturday	Sunday	Monday
Cloudy 40% Flurries	Sunny	Sunny
High -2° Low -5°	High -19° Low -26°	High -13° Low -20°

W	S	D	D	S	G	V	T	K	Z	K	B	X	Z	W	B	T	D	L	Y
B	A	B	K	J	C	T	V	T	S	D	O	M	V	I	L	N	U	X	C
R	X	O	A	C	O	Z	Y	C	E	M	U	I	C	H	A	C	Z	P	I
L	A	A	E	V	U	X	I	S	U	G	N	L	U	H	O	M	W	A	V
T	B	S	T	I	M	L	F	J	O	P	O	G	I	F	V	R	A	O	S
T	Q	R	G	U	Y	T	T	W	G	O	N	G	F	R	A	L	T	E	G
B	C	X	R	N	A	Y	A	I	Z	F	F	E	K	N	T	R	S	V	L
P	X	B	H	E	I	C	S	Z	V	S	E	Z	O	B	A	R	N	J	D
O	C	Q	M	E	A	L	K	T	S	A	R	I	E	N	O	T	T	O	C
S	Z	K	L	R	D	G	L	G	N	N	T	Z	G	H	B	O	M	T	F
J	R	D	L	G	U	Y	I	I	R	A	I	E	B	Q	X	E	O	V	Z
O	S	D	R	E	H	P	M	A	T	A	L	I	V	E	S	T	O	C	K
L	V	R	L	M	L	A	M	O	M	A	I	P	C	T	U	M	Q	B	W
C	L	P	O	U	L	T	R	Y	N	A	Z	N	I	F	A	C	R	P	L
D	R	Q	V	S	M	G	T	D	E	O	E	C	P	T	B	E	P	A	A
N	Y	J	C	O	A	E	N	A	O	I	R	P	Q	R	H	A	H	B	F
U	Z	Z	I	N	I	Z	K	N	C	O	S	G	X	T	J	X	C	W	D
D	C	D	I	N	J	G	S	S	P	P	F	J	A	D	H	H	D	A	A
R	D	C	T	F	K	W	S	S	C	D	V	G	R	X	Z	A	R	A	O
S	Y	R	T	B	X	E	R	J	M	O	V	U	U	G	F	K	B	N	Y

## Word Search

### Farming

AGRONOMY	HERBS
ANIMALS	HORSES
BARN	LIVESTOCK
CATTLE	MAIZE
COFFEE	MEAT
COTTON	MILK
CROPS	ORGANIZ
CULTIVATE	PIGS
DOMESTIC	PLANTS
FARMS	POULTRY
FERTILIZER	RANGELAND
FOOD	SCIENCE
GATHER	TILLING
GRAIN	WHEAT
GREEN	YIELDS

**Employment Opportunities**  
[www.cameco.com](http://www.cameco.com)  
[www.arearesources.com](http://www.arearesources.com)

## HELP WANTED

### English River Travel Centre - Beauval General Store requires a part time Grocery Store Cashier

#### The position requires:

- ▼ Operation of store till and debit machine
- ▼ Friendly customer service
- ▼ Counting and balancing the till at the store opening and closing
- ▼ Bagging groceries
- ▼ Facing shelves
- ▼ Various other duties

shifts

**Rate of pay is \$12.00**

The successful candidate must be punctual, outgoing and responsible with attention to detail.

Please apply in person, with resume at the Grocery Store Office

Hours vary with day, evening and weekend

**Application deadline is January 31, 2014**

### Senior Boys Volleyball

have been selected as the Sportsmanship award winners from the 3A Provincial Volleyball Championship this year. The award is sponsored by Milk and SHSAA. The scheduled date to receive the banner was January 16th and it is postponed until early February. We will keep you posted. For more information call VVS @ 306-288-2022.

## Parent Support Group

- children with syndromes  
Valley View School  
Monday, January 27, 2014  
@6:00pm

Resource Room

Everyone Welcome!

## Beauval Community Police Board

is looking for

**(1) Board Member &  
(1) Youth Rep**

Forms can be picked up at the Village Office

Deadline for submission is February 7

If you have any questions, please call Darlene in the evenings at 306 288 2081.

## CAP-C Calendar of events for the week of January 27 to 31

Jan 27th - Headstart PM  
Jan 28th - Baking Day 1-3pm  
Jan 29th - Learn how to sew  
1-3pm , Craft Night @AHS  
6-8pm . Open to everyone  
Jan 30th - Headstart PM  
Jan 31st - Nutrition Bingo 1-3pm

On January 31st, 2014, a benefit supper, silent auction and dance will be held at the Meadow Lake Civic Centre for the Caron family who lost their home to a fire on December 22nd, 2013. We are asking you or your business for a donation of a food item, silent auction item and/or cash to help the Caron family in the rebuilding process of their home and lives. Any donations will be greatly appreciated. These items can be dropped off at Sisonh's Mechanical located next door to 7-11 in Meadow Lake or by contacting Darren @ 306 240 7433 or 306 236 4490. Any person (s) and business contributing to the cause will be recognized at the benefit also in the newspaper.

*Thank you for your consideration*

## Weight Loss and Management Presentation

Saturday, January 25th  
Beauval Community Hall  
3pm to 5pm

This product is helping many people lose weight and eat healthy

**Come check it out!**

This could be the breakthrough you have been waiting for!

For more information call  
Arlene Hansen @ 306 288 7726

## Gospel Meetings

Beauval Community Hall  
January 24th & 25th  
@ 7:00pm

Ministering in word and music  
Beverly Kenny from Lethbridge Alberta

Bev is from the Gordons First Nation and she started singing at the age of 3 and at the age of 15 she started preaching. Bev now travels across North America.

Come out and listen to some great preaching and gospel music.

Bring the sick and those who need prayer

For more information call  
Arlene Hansen @ 306 288 7726

RCMP Media Advisory

Building a healthier community together

If you are concerned for the health and stability of your community, we, at the Beauval RCMP detachment, are looking for your help.

We all know that drugs in this community are running wild and threatening the very core of this community. Drugs affect far more than just the person taking them. Drugs and the drug trade contribute greatly to the crime rate in the community, from petty thefts to support an individuals drug habit up to serious assaults and possible homicides.

Violence goes hand in hand with the drug trade. The RCMP does not wish to see this community torn apart as a result of drugs. We want a healthy, thriving community as we are a part of this community as well.

If you know anything about the drug issues in Beauval, the following ways are available to you to report what you know. Please note that all information you give and your identities will be protected:

- 1. Crime stoppers
- 2. Call the Beauval RCMP Detachment
- 3. Stop by the Detachment in person
- 4. Write a letter
- 5. Speak to a member when we are out in the community

Please do not do anything to put yourself in harm’s way to gain any type of information.

We all need to step up and fight back in order to keep this community happy and healthy.

RCMP - Depot Youth Camp

The Depot Youth Camp is a week-long summer camp for students 16-19 years of age.

Students selected for the RCMP Youth Camp form a co-ed group that is reflective of typical RCMP cadet troop. By the end of the week-long camp, the group will develop a good understanding of the career possibilities offered by the RCMP. This is a once-in-a-lifetime opportunity to experience Depot prior to submitting an RCMP application.

This is also a wonderful opportunity to interact with police officers from many different units within the RCMP, which will allow you to obtain a better understanding of what life would be like as a member of the Royal Canadian Mounted Police!

ABOUT THE PROGRAM

Student selection will be based on academic achievement, fitness and interest in a career in policing. While at camp, students will be issued parts of the RCMP uniform to wear and will be expected to act as a troop in training. They will be required to wake up early, keep uniforms clean, and behave as a professional representative of the RCMP.

August 4 to 8, 2014 Aboriginal Focus  
August 11 to 15, 2014 Open to everyone

Are you interested?

For more information and how you can apply, please contact your school guidance counselor or “F” Division RCMP ProActive Recruiting at 306 780 5447 or 1 877 RCMP GRC (1-877-726-7472)

Now accepting applications for the 2014 Sessions. Deadline is February 28, 2014

What is second-hand smoke?

Submitted by Deborah Laliberte

Second-hand smoke is made up of the smoke from the burning end of a cigarette or pipe, and the smoke that is blown into the air by the person smoking.

Second-hand smoke has over 4,000 chemicals; many of them cause cancer. Two thirds of the smoke from a cigarette is not inhaled by the smoker, but enters the air around the smoker.

Second-hand smoke has at least twice the amount of nicotine and tar as the smoke inhaled by the smoker

- It has five times the amount of carbon monoxide, a deadly gas that robs the blood of oxygen
- It also contains higher levels of ammonia (better known as window cleaner) and cadmium (also found in batteries)
- The concentration of hydrogen cyanide (a poisonous gas that attacks respiratory enzymes) in tobacco smoke is considered toxic
- It contains nitrogen dioxide which is measured at fifty times higher than the standard for harm
- Non-smokers who breathe in second-hand smoke can get many serious diseases. It can cause lung cancer, heart disease, Chronic Obstructive Pulmonary Disease (emphysema and chronic bronchitis) asthma and other diseases
- Regular exposure to second-hand smoke increases the risk of lung disease by 25% and heart disease by 10%

How second-hand smoke hurts your health:

Second-hand smoke seriously hurts your

health. Researchers estimate that second-hand smoke kills at least 1100 Canadians every year.

Consider these facts:

- Secondhand smoke exposure is the number two cause of lung cancer (smoking is the number one cause)
- Marrying a smoker increases your risk of heart disease and COPD
- Just 30 minutes' exposure to second-hand smoke hardens your arteries (arteriosclerosis); more exposure puts you at risk for heart problems
- Smoking can increase your risk of miscarriage and stillbirths
- Babies whose mother smoked while she was pregnant or who are around second-hand smoker after they're born are more likely to die of SIDS

Children born to smoking parents are generally:

Smaller at birth, have smaller heads, are sickly as infants, remain smaller than other children their age, Are more likely to have asthma, colds, the flu, and ear infections. Are more likely to have leukemia, Children of smokers often don't do as well in school as children of nonsmokers.

Children & second-hand smoke

Second-hand smoke is harmful for everyone, but it’s especially harmful for babies and children. Second-hand smoke can cause ear infections, breathing problems, SIDS, and serious diseases in kids. Kids deserve special protection against second-hand smoke.

Kids should also be protected against third-hand smoke, the smoke that gets trapped in furniture, carpet and fabric, and sticks around even after people butt out.

Continued on page 8...