

# Be Resolute on Your Resolution

*Things like healthy eating, regular exercise and giving up smoking can have a real positive impact on our mental and physical health and are central to many people's New Year's resolutions.* Every year millions of people make resolutions yet almost 80% of us fail to achieve them. Most of us strive for unrealistic goals and ultimately set ourselves up for a failure.

As well as our tips for achieving your goals this year, we have a range of free wellbeing podcasts on topics including diet and exercise to help you stick to your resolutions for 2013. Read more about these below.

## How to stick to your New Year's resolutions:

### Be realistic

Unattainable goals are often the enemy of achievable resolutions. Change one small thing at a time.

### Planning helps

Don't wait until the last minute - plan ahead of New Year's Day.

### Develop a support network

Friends, family and colleagues can all help you - talk to them about what you're planning to do and tell them how they can help.

### Measure your successes

Stay motivated by measuring how far you've come each week. This will help you realize how small changes can make a big difference.

### Reward yourself

Celebrate when you succeed with a treat, which doesn't necessarily have to be the thing you're trying to avoid. You might reward the first month of your successful diet with a night at the cinema, for example - or even a short holiday!

### Treat failure as a small setback

If you slip and break your diet, forget to exercise or have a secret cigarette, don't despair! Learn from the setback: what situations made you slip? Can you avoid them next time? Don't obsess over small setbacks - it won't help you achieve your

goal. Start fresh the next day. Don't give up!

### Make your resolution stick

After a couple of weeks, the changes you've made will become a habit and part of your routine, so don't be discouraged if you're still finding it hard after the first week. Stick to it and it will only get easier!

### A Healthy Diet

Find out how a healthy diet can benefit your mental health. In our podcast, New Year's Resolutions - A Healthy Diet we look at how diet affects our mental health, and how you can learn techniques to help change your eating habits and improve your overall mental and physical wellbeing. Our free Food and Mood Diary will help you work out how your diet affects your mood throughout the day.

### Getting More Exercise

Find out about how exercise can benefit your mental health. In our podcast, New Year's Resolutions - Exercise, we look at the benefits of exercise for your mental health as well as your physical health. We'll also teach you some techniques to help you create and stick to a program of regular exercise.

### Giving Up Smoking

Find out about the link between smoking and mental health and ways to help you quit.

### Learn How To Beat Stress

Find out how to manage your work-life balance. Mindfulness is a type of meditation that can help you change the way you think about experiences and reduce stress and anxiety. Find out more about Mindfulness or take our free stress test.

### 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 16th, 2015  
7:30 pm on Channel 13 / Cable 5,  
Digital 365 / 96.5FM

### Power Ball - \$300.00

#### 1st Series

One Line/4 Corners: \$50.00  
Two Lines: \$75.00  
Caller's Choice: \$100.00  
Large Frame: \$125.00  
**Blackout: \$400.00**

#### 2nd Series

One Corner Stamp: \$50.00  
Two Corner Stamps: \$75.00  
Three Corner Stamps: \$100.00  
Four Corner Stamps: \$125.00  
**Blackout: \$400.00**

### Bonanza

One Line or 4 Corners: \$75.00  
Two Lines: \$100.00  
Caller's Choice: \$125.00  
Large Frame: \$150.00  
**Blackout: \$2000 in  
57 #'s or less**  
Consolation: \$500.00  
2nd Blackout: \$200.00

### Cards are:

\$2.00 for 1st & 2nd series  
\$5.00 for 3-up Special Bonanza  
License Number MB14-0009

## National Non-Smoking Week January 18th - 24th, 2015

*To promote a smoke free environment in your home, business, organization, or agency for this week.*

**National Non-Smoking Week** is one of the longest running and most important events in Canada's ongoing public health education efforts. It was established in 1977 by the Canadian Council for Tobacco Control.

"If tobacco companies were truthful in their advertising, their packaging would be in the shape of a coffin," said Bob Walsh, executive director, Canadian Council for Tobacco Control. "It's no secret that cigarettes are the most dangerous product on the market - when used as directed, they have a fifty percent kill rate. Yet the tobacco industry continues to use branding and product packaging to attract youth and to make their deadly products appear safe."

**National Non-Smoking Week** aims to:

- Educate Canadians about the dangers of smoking
- Prevent people who do not smoke from beginning to smoke and becoming addicted to tobacco
- Help people quit smoking
- Promote the right of individuals to breathe air unpolluted by tobacco smoke
- De-normalize the tobacco industry, tobacco industry marketing practices, tobacco products and tobacco use
- Assist in the attainment of a smoke-free society in Canada

If you need assistance in quitting smoking, please feel free to contact your local Health Authority, [www.smokershelpline.ca](http://www.smokershelpline.ca) or call toll free to 1-877-513-5333.

**Reminder:** Please keep your cable accounts up to date. Billings are done at the beginning of each month. For your account information, please call the CIPI Office at 306 288 2222.  
Thank you for your continued patronage.

## CIPI TV BINGO

Sunday, January 18th, 2015  
7:30 pm on Channel 13 / Cable 5,  
Digital 365 / 96.5FM

**Power Ball - \$400.00**

### 1st Series

One Line or 4 Corners: \$50.00

Two Lines: \$75.00

Caller's Choice: \$100.00

Large Frame: \$125.00

**Blackout: \$400.00**

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License Number MB14-0009

## St. Mary Magdalene

Sunday, January 18, 2015

Mass @ 10:30am

### Readers:

☞ Annette Roy

☞ Yvonne Roy

### CIPI Newsletter

is published once a month by  
**Sipishk Communications Inc.**  
Beauval, Sask. SOM 0G0  
Ph: 306-288-2222 Fax: 306-288-2033  
Email: [cipinewsletter@cipiradio.com](mailto:cipinewsletter@cipiradio.com)

**Editor: Julieann Alcrow**

*Deadline for Submissions:*

**January 23rd @ 3:00 pm**

*unless arrangements are made.*

## MDeez Confectionary

New Releases - January 13th, 2015



**NOT AVAILABLE**



## Children's Dental Program

Attention: Consent for your child(ren) participation.

We now have 2 NEW Dental Forms that need to be filled out and returned to the school dental clinic. The forms must be filled out and signed before any service will begin. Please let us know if you take your child to your own dentist so we can update their dental records.

For more information, call Rae-Ann at 306 288-4803

## Is your child up to date with their immunizations?



Has your child had their 2, 4, 6, 12, 18 month or 4 year old immunizations?

Please call Lindsay at 306 288-4806 to check immunization status or to book an appointment.

## Baby Clinic is January 22nd, 2015

**\*\*Protect your children from preventable diseases!\*\***

For more information about baby immunizations or flu shots, call the Public Health Office @ 306 288 4806

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Beauval Recreation is looking for

## 1 Energetic Board Member

These applicants will be required to attend all meetings and be able to participate with all scheduled activities which could include: Bingo's, Campouts, Festivals, Canada Day, etc.

All interested applicants must complete an application form which can be picked up at the Recreation Office or the Village Office.

All applications will be forwarded to council for approval.

Deadline to apply is February 10th @ 3:00pm.

**No phone calls will be accepted**

**For more info., contact the Rec. Director @ 306 288 2064**

Happy "Sweet 16th" Birthday to our son/brother

## "Hayden Alcrow"

May your day be as wonderful as you are to us. Thanks for being such a great son/brother. We appreciate all you do and

**WE LOVE YOU!!!**

*Love, Mom, Dad, Brothers & Sisters*

## Employment Opportunity

[www.cameco.com](http://www.cameco.com)

[www.arevaresources.com](http://www.arevaresources.com)

*Jobs posted daily. Check it out!*

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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 20th, 2015  
7:30 pm on Channel 13 / Cable 5,  
Digital 365 / 96.5FM

**Power Ball - \$500.00**

### 1st Series

One Line/4 Corners: \$50.00

Two Lines: \$75.00

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License Number MB14-0009

### 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 60% Flurries	Sunny	Cloudy 40% Flurries
High -2° Low -6°	High -2° Low -8°	High -3° Low -8°

## Songs from the Year 2001

\*Find and circle all of the songs hidden in the grid. The remaining 22 letters will spell an additional song title from 2001. Enjoy!

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

- |                 |                 |                  |                |
|-----------------|-----------------|------------------|----------------|
| ✓ AGAIN         | ✓ DIG IN        | ✓ JADED          | ✓ PLAY         |
| ✓ ALL FOR YOU   | ✓ DRIVE         | ✓ KRYPTONITE     | ✓ PROMISE      |
| ✓ ANGEL         | ✓ EMOTION       | ✓ LADY MARMALADE | ✓ RIDE WITH ME |
| ✓ AUSTIN        | ✓ EVERYWHERE    | ✓ LOVE           | ✓ SOUTH SIDE   |
| ✓ BE LIKE THAT  | ✓ FAMILY AFFAIR | ✓ MISSING YOU    | ✓ STUTTER      |
| ✓ BEAUTIFUL DAY | ✓ FIESTA        | ✓ MOST GIRLS     | ✓ SURVIVOR     |
| ✓ BUTTERFLY     | ✓ FILL ME IN    | ✓ MUSIC          | ✓ THANK YOU    |
| ✓ CONTAGIOUS    | ✓ FOLLOW ME     | ✓ MY BABY        | ✓ U REMIND ME  |
| ✓ CRAZY         | ✓ HERO          | ✓ ONE MORE DAY   | ✓ VIDEO        |
| ✓ DANCE WITH ME | ✓ I WISH        | ✓ ONLY TIME      | ✓ WALK ON      |
| ✓ DIFFERENCES   | ✓ IRRESISTABLE  | ✓ OUTSIDE        | ✓ WHO I AM     |



# ASIST

Applied Suicide Intervention Skills Training

Edition II

### What is ASIST?

ASIST is designed to help all caregivers become more willing, ready and able to help persons at risk. Suicide can be prevented with the help of prepared caregivers. Just as “CPR” skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid. ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognize risk and learn how to intervene to prevent the immediate risk of suicide.

### Who can attend this workshop?

The ASIST workshop is for anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. The workshop is for all caregivers (any person in a position of trust). This includes professionals, nurses, physicians, pharmacists, teachers, counselors, youth workers, police and correctional staff, school support staff, Elders, clergy, community volunteers and parents.

### Cost:

There is no cost to participate in the workshop! Upon completion of the two day workshop, you will receive the following:

- ✓ Certificate of completion
- ✓ Suicide intervention model quick reference guide

### Workshop Dates & Location:

Wednesday & Thursday, February 11th & 12th, 2015 from 8:30 to 4:30 pm daily  
 Valley View School, Beauval Saskatchewan

### ASIST Trainers:

Carol Piche Shirley Bell-Morin  
 Calla Gordon Marlene Hansen

Lunch & Snacks  
 will be provided!

**\*\*Please note: Due to the limited space, participant registrants will be limited to 16 people\*\***

Please register by contacting Shirley Bell-Morin @ Work 306 288-2022 Fax 306 288-2202 or email to: shirleymorin@nlsd113.ca Register early!



### Keewatin Yatthe Health Region Regular Board Meeting

Wednesday, January 28th, 2015  
 Green Lake Community Hall  
 @ 1:00 pm

Members of the public are welcome to attend and observe. Individuals and groups wishing to speak to the Board are also welcome; however, must be placed on the agenda.

To be placed on the agenda, please contact the Executive Assistant 10 days before the meeting. An outline of your presentation must be submitted along with your request to be placed on the agenda. Individuals wishing to make written submissions only must submit the document 5 business days prior to the meeting

## Valley View High School Exam Schedule

<b>Tuesday, January 27</b>	AM	Physical Science 20 Math 10 Workplace ELA B10 Native Studies 30 – in class assessment Carpentry 20/30 (Make up time)
	PM	Math 20 Foundations Native Studies 10 Native Studies 30 – in class assessment Visual Arts 20/30 (Make up time)
<b>Wednesday, January 28</b>	AM	Health Sciences 20 History 20 Science 10
	PM	ELA A30 ELA 11 Math 20 Workplace Communication Media (Make up time)
<b>Thursday, January 29</b>	AM	Science 11 Pre Calculus 20 ELA B10 Foods 20/30
<b>Friday, January 30</b>	<b>EXAM MAKE UP DAY - 2nd Semester Registration All Day</b> <b>Second Semester begins February 2nd</b>	

<p><b>Exam Expectations</b></p> <ul style="list-style-type: none"> <li>✓ Exams begin at 9:00 am sharp, students be prepared with a pencil, pens, etc</li> <li>✓ Students must have an actual calculator (cell phone/l-pod calculators will not be allowed)</li> <li>✓ Students must be in exam until 10:00am, may not leave any earlier</li> <li>✓ There will be NO Hall Passes issued during exams</li> <li>✓ Exams will end at 11:00 am, students have the option of leaving the school or studying in a designated room in the school</li> <li>✓ Students unable to write an exam due to a death, court, and specialist appointments will be permitted to write exam on makeup day on Friday, January 30, 2015. Must contact Shirley Bell-Morin if you are unable to write an exam for any of these reasons.</li> <li>✓ Personal Electronic Devices (PEDS) will not be permitted in an exam and usage will result in the loss of an exam</li> </ul> <p style="text-align: center;"><b>Be prepared and study!!</b></p>	<p style="text-align: center;"><b>Valley View School Recommend Policy</b></p> <p>Students in Grades 10-12 may receive a recommend in courses where their average before the exam is 80% or higher. This means they do not have to write the final exam.</p> <p>Grade 10 students must write at least 2 exams.</p> <p>Grade 11 and 12 students must write at least 1 exam.</p> <p><i>Students must complete the recommend form (see Sarah Aubichon) and hand it in before exams begin to be excused from the exam.</i></p>
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## Employment Opportunity CAP-C COORDINATOR

The Cap-C program in Beauval requires a strong team player to provide services to children and parents of (0 to 6) children and offer them services to assist them with skills to create awareness about the importance of parenting skills.

**Qualifications:**

- Complete post-secondary education in a related field and/or minimum 2 years experience working in a related field
- CPR/First Aid Certificate or willing to be certified
- Must be able to work independently with minimal supervisor and as part of a team
- Ability to work extended hours or on weekends as required
- Availability and ability to travel overnight or longer
- Must possess a valid driver’s license
- Police Security check with resume
- Proficiency with computer programs

**Duties and Responsibilities**

- Participate in on-going professional training activities and usually takes place 3-4 times a year throughout the province
- Supervise children attending programs
- Participate in community events as required (this may include evenings and weekends)
- Coordinate day to day operations
- Organize and deliver participant focused daily activities, workshops, events to meet funding requirements
- Support individual client as needed
- Work closely with the Headstart program and help with the children there as well
- Work well and close with other agencies in Beauval and in surrounding communities
- And other duties given to you by the Program Supervisor

**Knowledge & Requirements:**

- Experience working with young children and families
- Excellent organizational skills in order to meet deadlines
- Effective facilitation skills
- Computer literacy level to responding to requirements of the position
- Experience in program planning, development, and evaluation
- Confident and consistent decision making skills
- Resourcefulness and flexibility to meet the demands of the position and needs of the organization

**Salary depends on experience.**

**Deadline to apply is: January 16th, 2015**

**Call 306 288 2274 for more information**



Send resumes to:  
Beauval Aboriginal Headstart  
PO Box 269  
Beauval SK S0M 0G0  
Attn: Cap-C Position