

Salt: Shake the Habit

About one-third of people are sensitive to the sodium component of salt. Excess dietary salt can raise blood pressure and increase the risk of heart disease and stroke. The North American diet makes it hard to avoid salt, and most people consume more salt than they need, particularly from processed or packaged foods. In fact, 75% of the salt in our diets comes from processed foods. Some people may be salt sensitive, which means that dietary salt can actually raise their blood pressure. For most people, reducing their salt intake can help to lower their blood pressure. Do your body a favor and follow these tips on cutting salt out of your diet:

- Get out of the habit of putting salt on the table at dinnertime. If you need to sprinkle something on your food, fill your salt shaker with your favorite herbs or spices. Avoid seasonings that contain salt like onion salt, garlic salt, celery salt, etc.
- If a recipe calls for salt, cut the amount in half. You probably won't notice any difference in taste, but the food will be healthier for you.
- When planning your meals, steer clear of high-sodium items such as dried and canned soups and mixes, TV dinners, casserole mixes, and meat and poultry coating mixes. As a general rule, processed foods are high in salt.
- Limit highly-salted snack foods such as potato chips, salted nuts and pickles.
- Opt for fast foods less frequently. Many fast foods are high in salt. Search books or the internet for charts showing the amount of salt (and fat) found in fast foods.
- Watch out for salt-preserved foods such as smoked, salted, cured or processed products like bacon, ham, smoked meats and fish, corned meats, pepperoni, and luncheon meats.
- Get your family involved. Instead of asking them to pass the salt, get them to pass on the salt too.

Notice to all community members;

Due to the large number of calls/complaints to the Village Office personnel and at the Beauval Reclaiming Its Community Meetings, we are asking that all community members assist in this matter. There are numerous safety concerns in abandoned lots, and owned property and we are encouraging community members to keep yards safe and orderly. If any heavy items (appliances/metals/etc.) need to be removed from your yard please call the village office to make arrangements for pick up.

Some of the safety concerns and concerns in general are:

- Old vehicles and children playing in them;
- Tall Grasses/ Trees overhanging fences – Fire hazard and road hazard;
- Garbage boxes filled with ripped garbage – Fire Hazard;
- Old Sheds and Abandoned buildings – Vandalism;
- Dogs being left to roam, entering other home owners property;
- Garbage/Debris scattered around yards;

We are asking that home owners/landlords address these issues as soon as possible. Council will be looking into a bylaw officer. By September, the bylaw will hopefully be in full effect.

If anyone has any concerns or questions in regards to the bylaw please come to Village Office to overlook the manual.

We are also asking that if you have any safety concerns in regards to any of the above mentioned issues or any others we ask that you attend the B.R.I.C /Council meetings as many safety, health and wellness concerns are addressed at these meetings.

In case of a serious Emergency call 911

FIRE911
AMBULANCE911
POLICE306-288-6400
CLINIC306-288-4800
Ile-x Hospital....1-306-833-2016
Kids Help Line 1-800-668-6868

CIPI TV BINGO

Friday, August 12th, 2016
7:30 pm on Channel 13 / Cable 5,
Digital 365 / 96.5FM License # MB15-0005

1st Power Ball - \$3,000.00

2nd Powerball - \$400.00

can only be won on Bonanza

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

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Bonanza

One Line or 4 Corners: \$50.00

Two Lines: \$75.00

Caller's Choice: \$100.00

Large Frame: \$125.00

Blackout: \$2000 in

54#'s or less

Consolation: \$500.00

2nd Blackout: \$200.00

*Prizes depend on number of cards sold

Cards are:

\$2.00 for 1st & 2nd series

\$5.00 for 2-up Bonanza

Métis Nation - Saskatchewan delegates unanimously vote for a general election in February 2017

SASKATOON, Aug. 3, 2016 /CNW/ - The delegates at the Métis Nation – Saskatchewan Legislative Assembly voted unanimously in favour of a general election for the Métis Nation of Saskatchewan to be held February 4, 2017. This vote brings Métis Nation - Saskatchewan one step closer to fulfilling its mission of representing and working for Métis people in their quest for equitable, socio-economic development within the province of Saskatchewan.

In June 2016, Métis Nation – Saskatchewan announced it will hold a Legislative Assembly ("MNLA") followed by a General Assembly and asked Locals to submit the names of their elected President and Vice President.

The Legislative Assembly was held July 30-31, 2016 in Yorkton, Saskatchewan.

About The Métis Nation – Saskatchewan

Métis Nation–Saskatchewan represents Métis citizens living in Saskatchewan. As such, the MN-S strives for the political, legal and constitutional recognition and guarantee of the rights of its People, including the right to a land and resource base, self-government and self-government institutions.

The MN-S exists in part to represent and work for Métis people in their quest for equitable, socio-economic development within the province of Saskatchewan. The role of Métis citizens in governance is to establish, amend and enforce the Métis Nation of Saskatchewan Constitution, to organize Métis citizens in their respective communities, and to participate in nation building in a good way.

Beauval Residents who would like to register or confirm their registration with the Beauval Métis Local #37, they can pick up registration forms at the Village Office.

Beauval Residents are encouraged to register locally as to rebuild the membership database for when the Local Métis Society hold Annual General Meetings (AGMs). The next AGM is scheduled for September 2016. For more details on the election or registration process contact Nick Daigneault (306) 288-7123.

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License Number MB15-0005

St. Mary Magdalene

Sunday, August 14th, 2016

Mass @ 10:30am

Readers:

Abraham Gardiner

Vitaline Read

CIPI Newsletter

is published twice a month by

Sipishk Communications Inc.

Beauval, SK S0M 0G0

Ph.: 306-288-2222

Editor: Julieann Alcrow

Deadline for Submissions:

August 24th @ 3:00 pm

unless arrangements are made.

Beauval Reclaiming Its Community (BRIC)
is sponsoring a
Family Camp Out @ Sandy Beach Resort
August 16, 17, 18, 2016

Entertainment Games Food Swimming	Family Workshops Traditional Teachings Berry Picking Other Group Activities
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- ▶ Bring your family out for a Drug & Alcohol Free Fun Camp Out!
- ▶ Bring your tents or campers.
- ▶ Cabins and rooms available for rent - Call Judy @ 306-288-2191

If you would like to help out or contribute in any way. Come to the Tuesday BRIC meetings or contact one of the Camp Coordinators below.

**For more information or to Register call
Alvina @ (306) 288-7559, Rachel @ (306) 288-7133
or Jolene @ (306) 288-7553.**

B.R.I.C. Public Meetings will be held every Tuesday
@ 9:30am, Community Hall

Come be a part of our Community's Action Plan

*Beauval is a safe, sustainable and wholistic community that is
built on the heart of the traditional values of our people.*

For more information, contact Jolene @ 306 288 7553

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Keewatin Yatthe Regional Health Authority
HEALTH SCHOLARSHIPS

Keewatin Yatthe Regional Health Authority is pleased to offer Health Scholarships to students from communities throughout the Health Region enrolled in Health Sciences Programs such as Nursing.

In exchange, successful applicants will agree to assist the Region in the promotion of Health related Careers though participation at High schools to Health related Careers to students as well as participation in Job/Career Fairs etc.

Skilled health care providers are important to our future, and Keewatin Yatthe Regional Health Authority encourages local students to consider a career in the Health Care Field.

To qualify for a scholarship, you will be enrolled in a health-related post-secondary training course and you will be a resident of the KYRHA. A resident is defined as "residing in the KYRHA for ten (10) years or half your life".

In a 1000 words or less introduce yourself and your goals upon completion of studies and how your chosen course will benefit Keewatin Yatthe and our residents, a copy of your resume, and a letter of acceptance from the training institution and transcripts are all that is required.

Applications for scholarships will be received until 12:00p.m. (Noon) August 19, 2016. Please submit to Keewatin Yatthe Regional Health Authority, Box 40, Buffalo Narrows, SK S0M 0J0 by Fax: (306) 235-4604 or by Email: careers@kyrha.sk.ca

For more scholarship information, call Keewatin Yatthe Regional Health Authority at (306) 235-2220.

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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, August 16th, 2016
7:30 pm on Channel 13 / Cable 5,
Digital 365 / 96.5FM

1st Power Ball - \$3,000.00

2nd Powerball - \$600.00

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\$5.00 for 2-up Bonanza

License Number MB15-0005

CIPI NUMBERS




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

Request Line: 306-288-2230

Contest Line: 306-288-2053

email: cipi@sasktel.net

website: www.cipiradio.com

Saturday	Sunday	Monday
		
Sunny	Mix of sun & cloud	Mix of sun & cloud
High 26° Low 14°	High 25° Low 14°	High 26° Low 12°

Fall Harvest Word Search

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

- Leaves
- Wind
- Pumpkins
- Corn
- Hay
- Fall
- Trees
- Maple syrup
- Rake
- Turkey
- Acorns
- Apples
- Scarecrow
- Squirrel

Northern Village of Beauval

Form H (Section 66 of the Act)

NOTICE OF CALL FOR NOMINATIONS

(Municipal or School Division Elections)

Public Notice is hereby given that nominations of candidates for the office of:

Mayor: Northern Village of Beauval

Councilor: Northern Village of Beauval

Numbers to be elected: 4

Will be received by the undersigned on the 24th day of August, 2016
from 9:00am to 4:00pm at Village Office.

Nominations Forms may be obtained at the following location: Village Office

Dated this 3rd day of August, 2016.

Lydia Gauthier, Returning Officer

Interview with Wehkees Durocher

By Library Intern Cassidy Alcrow

1. What was your purpose in going to Africa, any specific cause?

For the experience, also for an internship I heard from a friend and saw more than once online.

2. Did you go with any family or friends?

No. I went with other aboriginals from all over the country and a person I met years back which was comforting to me.

3. How was your overall experience in Africa?

Different. I expected it to be more of a challenge to adapt but it was very similar in a way.

4. Did you see any animals and if so what kind.

I saw all sorts of animals from elephants to zebras and lions to hippopotamuses?

5. Did you meet a lot of new people and did they have any impact on your life at all?

Yes. I met a friend from Canoe Lake, SK and all the other aboriginal students had impacted my adventure for the better.

6. Was Africa an area of interest you had for a long time?

No it wasn't. I never expected or saw myself going to Africa, it just happened and the internship was free.

7. What was your favourite memory from over there?

All the other interns and I got to shop, which was everyday, and getting to know the place while interacting with one another on the trip.

8. What's the best advice you've received in



that different continent?

To not wander out alone past curfew and to just be safe as possible; cautious of surroundings.

9. What was it like being surrounded by different people with different culture?

Was quite easy talking to one another and just came natural since our cultures a similar in a way.

10. Where did you all travel while in Africa?

I trained in Toronto and went to Turkey, Istanbul, and Ethiopia for exploring and volunteering and then I did four months of the internship in Tanzania.

11. Did you go where you wanted to go while there?

Yes. I was able to see everything that I wanted to like the mountains, the animals, the people, and I also got to see where the movie The Lion King was inspired from.

12. What kinds of foods did you eat over there? Or what kind did they eat.

Beans and rice mostly in every meal, they had traditional foods like goats, gazelle, fish, and other mixtures.

13. How was their drinking water?

Their drinking water was very poor and not very sanitary in the way of cleaning or filtering their water. I drank water out of the jugs or bottled.

14. Did you receive any type of connection with the people in Africa?

Yes. I was able to connect with the professors from everywhere.

BEAUVAL RECREATION REPORT

Submitted by Wayne Laliberte

15. What to you, was the most memorable memory while there?

Most memorable memory while there would have to be being able to see the expressions on the faces of everyone as I worked with them daily, and just being able to see the small changes and positivity around them.

16. How long was your internship?

The internship was 5 months long.

17. Did you want to stay or come back earlier than expected?

I wanted to come back earlier because I missed all of the things that Canadians take for granted like a comfortable beds, the washing and drying machines, and the water.

18. What did you like the most about the experience of travelling over there?

I liked visiting all the foreign places that I was able to.

19. What did you like least?

It was over populated with Muslims and the way they treated their women was very poor.

20. Would you ever consider going back to visit?

Yes. The cost of living over there is about a quarter (1/4) of living in Canada.

21. Do you ever wish you were over there than here?

No, I like Canada.

22. When you were there, were there any great scenery of animal life, or green life?

Yes. Every day I would wake up to monkeys swinging in the trees above, the mountains, and all the exotic birds and fruit trees.

23. If you could, what would you change about the African way of life?

I wouldn't change anything because it's who they are.

24. What did you like about the African way

of life?

The similarities of the Native American way of life were almost the same; similar

25. Did you make any internet friends, or friends in general?

Yes. I did vlogs (a video log) and the other interns helped me make the trip much better with their support. It was meaningful

26. What would you say was one of your favourite dishes/meals in Africa, is the food the same as here or completely different?

Similar food but then again different. They eat African tacos which weren't bad. I liked their gazelles

27. Did you feel worried or free being surrounded by a different environment and different people?

Free. I felt free and encouraged to wander the city, but then again cautious.

28. What words would you use to describe the people you've had interactions with? (Friendly, rude, kind, etc.)

Very enthusiastic and friendly. They're very welcoming and open to foreigners.

29. What would you rate the entire trip away?

Out of 10 I rate my trip an 8 because it was a great experience.

30. Do you have any final words of wisdom?

Everything that you've ever seen on T.V about first world problems and sponsor commercials, their real. There's so much to Africa then we see on T.V and I never thought in a million years I'd go to Africa, definitely a place to experience. Waking up to the mountains was the best.



Tansi. It's been a great year filling in as Recreation Director for our community. My contract expires September 2nd.

Here is an update in regards to Recreation in Beauval. I was able to access the following Grants: Community Initiatives Fund for \$5000 which is to be used for Youth Canoe Trips. Cameco Creative Kids Cultural Grant for \$4500 to be used to a fiddle program. \$1000 from SIGA for Cultural Day. Aboriginal Sport Development Grant for \$5000 to implement a Soccer Program. Metis Sport Development Grant for \$2000 to use for Kids Soccer Program. \$500 from SGI for a Bike Rodeo. \$500 for May, June, July SPRA for getting teen active. Aboriginal Annual Community Grant for \$7099 and the Canadian Heritage Grant for \$2000. These programs take time to implement and when we have no coaches, Officials or Volunteers, it makes it that much harder to be successful in providing adequate sport, recreation, cultural and Leisure activities.

There is so much more that can be done to implement consistent Recreational Programs for everyone, but volunteerism is vital. I got our 17 & under Youth Slo-Pitch Team, Ball shirts courtesy of NRT along with \$500 to assist with travel for our 21 & under hockey

Notice from CIPI CABLE INC.

Cable bills have now been posted for August. CIPI will no longer mail out paper bills. If you would like to request a copy, stop in at the office during regular hours.

For balance information, call 306 288 2222.

team last winter. Hockey nets from Cameco. Barbeque propane tanks from CO-OP. I have also lobbied and solicited business and corporations to help hosting various activities and special events. The new gymnasium will be a welcome addition to expanding opportunities for more sporting programs. My hope is to continue soccer, fiddle and canoe programs offered on a continuous basis, but at the same time focus on new programs as well, such as skiing, curling, hockey and archery. Final reports are now being submitted for the grants, so that everything is left in good standing with Beauval Recreation. Grants that are received to support Beauval Recreation Programs are managed by the Northern Village of Beauval Financial Department. Grants that are in cheque form are deposited into the Village/ Recreation account and there are some grants that arrive via direct deposit also into that same account.

There are endless possibilities for Recreational opportunities in our community in terms of infrastructure and sport, culture, recreation and leisure programming, providing community members involved with volunteerism. It's been a great learning experience, thank you for the opportunity.

CIPI Invites all organizations/groups to send in a request of interest to provide a canteen on the day of the Fish Derby, which is September 3rd, 2016. **Deadline August 15th**

Mail to: CIPI Board of Directors
Box 49

Beauval, SK S0M 0G0

Email: cipi@sasktel.net Fax: 306-288-2033