

THIS WEEK'S SAVINGS

FEB 22 - FEB 28, 2019

NO NAME SMOKED SAUSAGE

**900G
\$6.99 EACH**

NO NAME PAPER TOWELS 6 ROLLS \$4.49 EACH

NN BATHROOM TISSUE 12 ROLLS 2/ \$3.99

BECEL MARGARINE 454G \$2.99 EACH

KOOL AID JAMMERS 10x180ML 2/ \$7.00

ENGLISH CUCUMBERS 99¢ EACH

**BROWSE OUR WEEKLY SALES FLYER FOR MORE SAVINGS
IN OUR PRODUCE, DAIRY, DELI, FROZEN, MEAT, AND GROCERY DEPARTMENTS**



**Gas Bar Hours
Daily 7:00am - 10:30pm**

**General Store Hours
Mon-Wed 8:00am - 6:00pm
Thurs-Sat 8:00am - 9:00pm
Sun & Holidays 12:00pm - 5:00pm**

**Restaurant Hours
Mon-Sat 7:00am - 8:00pm
Sun 8:00am - 8:00pm**

Check out our Weekly Grocery Sales Flyer !



CIPI NEWSLETTER

Volume 35 Issue 4

Friday, February 22nd, 2019

CIPI NEWS

**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's 2019 AGM is coming up. There are 3 positions open for Board members. Come and vote in a board member or get someone to nominate you! There will be door prizes & refreshments served. Happening at CIPI on March 13th at 5:30pm.

CIPI will be having a BINGO SPECIAL! Early Bird blackout of \$500 and Orange Bonanza blackout of \$2000 will be TO GO every Sunday in March. Come on down and try your luck!

CIPI offers Bingo Gift Certificates! Can't decide what to get for your friend or relative on birthdays, anniversaries or just a thank you gift, come on down to CIPI and get a gift certificate! The perfect gift for those hard to buy for people!

Happy Birthday to our DJ, Randy Lafleur on Saturday, February 23rd and our Janitor/Bingo Supervisor, Rachel Roy-Laliberte on Monday, February 25th. May you both enjoy your special day with loved ones!

March cable bills will be mailed out by March 6th. If your account is in arrears, please make arrangements to have it brought up to date as soon as possible. We are asking cable customers to provide us with an email address, it makes it easier for us to send bills/notices via email instead of mailing them. If you are unable to come into CIPI to pay your bill, call the office and Velma can help you with email transfers. We, at CIPI, thank those who keep their accounts up to date and we hope to keep our customers satisfied with their cable.

We have been hosting contests on our FACEBOOK page for people to win bingo gift certificates. I am trying to make it fair for those who do not have Facebook. Sunday's contest is having Facebook members tag someone who doesn't have Facebook. Good Luck to all. Next contest will be for Sunday, March 3rd.

Kids say the Darndest things!
 Soccer coach: "When you are trying to score a goal, kick the ball with the laces of your shoes."
 My 4-year old daughter: "Umm, we are preschool, dere's only belcro (Velcro) walking around here."

When my child came home from school on the bus, I paused the work conference call I was on to ask her how her day was. She responded, "Shh go back to work. I have a list of things I want you to buy me with the money you're making!" (She's 5)

CIPI TV BINGO

Sipishk Communications Incorporated
Friday, February 22nd, 2019
7:30pm on Cable 5, Digital 365 /96.5FM

**Power Ball - \$3000.00
2nd Power Ball - \$900.00**

can only be won on Bonanza

Early Bird - 3up - \$5.00
45#'s pre-called
\$1000.00

in 54#'s or less
Consolation: \$200

1st Series - 1up - \$2.00
Standard Start: \$50.00
Two Lines: \$75.00
Caller's Choice: \$100.00
Large Frame: \$125.00
Blackout: \$400.00

2nd Series - 1up - \$2.00
Standard Start: \$50.00
Two Lines: \$75.00
Caller's Choice: \$100.00
Large Frame: \$125.00
Blackout: \$400.00

Bonanza - 2up - \$5.00
Standard Start: \$50.00
Two Lines: \$75.00
Caller's Choice: \$100.00
Large Frame: \$125.00
Blackout:

**\$2,000 in 49#'s or less
Consolation: \$500.00
2nd Blackout: \$200.00**

*Prizes depend on number of cards sold
License # MB18-0003

CIPI TV BINGO

Sipishik Communications Incorporated
 Sunday, February 24, 2019
 7:30pm on Cable 5, Digital 365 /96.5FM

Power Ball - \$3000.00
2nd Power Ball - \$1000.00

can only be won on Bonanza

Early Bird - 3up - \$5.00

45#'s pre-called

\$500.00 TO GO

1st Series - 1up - \$2.00

Standard Start: \$50.00

Two Lines: \$75.00

Caller's Choice: \$100.00

Large Frame: \$125.00

Blackout: \$400.00

2nd Series - 1up - \$2.00

Standard Start: \$50.00

Two Lines: \$75.00

Caller's Choice: \$100.00

Large Frame: \$125.00

Blackout: \$400.00

Bonanza - 2up - \$5.00

Standard Start: \$50.00

Two Lines: \$75.00

Caller's Choice: \$100.00

Large Frame: \$125.00

Blackout

\$2000 TO GO

2nd Blackout: \$200.00

*Prizes depend on number of cards sold

License # MB18-0003

St. Mary Magdalene

Sunday, February 24th, 2019

Liturgy @ 10:30 am

CIPI Newsletter

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Sipishik Communications Inc.
 Beauval, SK S0M 0G0
 Ph.: 306-288-2222
Editor: Velma J. Roy
 cipinewsletter@cipiradio.com
 or velma@cipiradio.com

*Deadline for next submissions:
 March 6th @ 3:00 pm
 unless arrangements are made.*

FRY BREAD RECIPE

Ingredients:

- 4 cups of flour
- 1 tbs. baking powder
- 1 teaspoon salt
- 2 tbs. powdered milk
- 1 ½ cups warm water
- 1 cup shortening
- Extra flour to flour your hands



Directions:

1. Put flour in bowl, add baking powder, salt and powdered milk. Mix.
2. Add warm water to form dough.
3. Cover hands in flour.
4. Knead dough by hand until soft but not sticky. Cover with a cloth and let stand for 15 minutes.
5. Shape dough into balls about 2 inches across then flatten by patting and stretching the dough.
6. Melt shortening about an inch deep in frying pan. When hot, put dough in pan. Fry one side till golden brown, then turn and fry the other.

This fry bread can be used as a dessert by topping with honey, powdered sugar, etc. or can be used for main dishes such as topping with taco ingredients for an "Indian Taco".

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Kids are funny...

One afternoon I was running an errand at the post office with my 5 year old granddaughter, when she suddenly started yelling into an envelope. I asked, "What on earth are you doing?" And she replied, "I'm sending a voicemail!"

When my granddaughter was being toilet trained, she would receive a little present as a reward for using the potty. One day when she was at my house, she was admiring my gold locket and asked me where I got it. I told her that grandpa had given it to me as a present, to which she replied, "Did you use the potty?"

\$5200 Snowmobile Rally

Morin/Laliberte Family Reunion 2019

Saturday, March 16th, 2019

Register from 10:00am to 2:00pm
 Jerry & Shirley's garage

High Hand: \$2000

Low Hand: \$1000

Riders leave no later than 2:00pm
 Must return by 7:00pm

Riders Only

High Hand: \$300

Low Hand: \$200

Door prizes for Riders

Final checkpoint is at the garage.
 Route will be posted.

Most Ghost riders: \$1000 2nd: \$500 3rd: \$200

(Minimum of 50 ghostriders needed to qualify)

**Ghostrider sheets can be picked up from Shirley Bell-Morin

Hosting committee not responsible for injuries or breakdowns

Call Jerry Morin at 306 2887590 for more information

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6								
7	5	8					1	

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

Sipishik Communications Incorporated
 Tuesday, February 26th, 2019
 7:30pm on Cable 5, Digital
 365 /96.5FM

Power Ball - \$3000.00
2nd Power Ball - \$1100.00

can only be won on Bonanza

Early Bird - 3up - \$5.00

45#'s pre-called

\$1000.00

in 55#'s or less

Consolation: \$200

1st Series - 1up - \$2.00

Standard Start: \$50.00

Two Lines: \$75.00

Caller's Choice: \$100.00

Large Frame: \$125.00

Blackout: \$400.00

2nd Series - 1up - \$2.00

Standard Start: \$50.00

Two Lines: \$75.00

Caller's Choice: \$100.00

Large Frame: \$125.00

Blackout: \$400.00

Bonanza - 2up - \$5.00

Standard Start: \$50.00

Two Lines: \$75.00

Caller's Choice: \$100.00

Large Frame: \$125.00

Blackout: \$2,000 in

50#'s or less

*Amounts/numbers subject to change if there is a winner

Consolation: \$500.00

2nd Blackout: \$200.00

*Prizes depend on number of cards sold

License # MB18-0003

CIPI NUMBERS

Office: 306-288-2222 - 306-288-2474
 Request Line: 306-288-2230
 Fax: 306 288 2033
 email: cipi@sasktel.net
 website: www.cipiradio.com

Saturday **Sunday** **Monday**



Sunny Sunny Sunny

High - 19° High - 19° High -15°

Low - 28° Low -28° Low -26°

FIND A WORD - ALICE IN WONDERLAND

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

- | | | | | |
|--------------|--------------|----------------|-----------------|--------------|
| ALICE | DORMOUSE | GRIN | MARCH HARE | TARTS |
| BABY | DRINK ME | GRYPHON | MOCK TURTLE | TEA PARTY |
| BILL | DUCHESS | GUINEA PIGS | MUSHROOM | TEARS |
| BOTTLE | EAGLET | HEDGEHOGS | PEPPER | THIMBLE |
| CATERPILLAR | EAT ME | KING OF HEARTS | PIG | WATCH |
| CAUCUS RACE | FAN | KNAVE | PIGEON | WHITE RABBIT |
| CHESHIRE CAT | FISH FOOTMAN | LEWIS CARROLL | POOL | WONDERLAND |
| COOK | FLAMINGOS | LITTLE DOOR | PUPPY | Hidden Verse |
| CROQUET | FROGFOOTMAN | LIZARD | QUEEN OF HEARTS | _____ |
| DINAH | GLASS BOX | LORY | RABBIT HOLE | |
| DODO | GOLDEN KEY | MAD HATTER | SMALL CAKE | |

Drugs & Medication are the leading cause of Poisoning for Children in Canada

Are there poisons hiding in your home?

Bathroom

Cleaning products; *toilet cleaners, drain openers*
 Lotions & Creams; *First Aid solutions, hair removal products, body lotions, Personal Hygiene & Cosmetics; hair spray & cologne, mouthwash, toothpaste & teeth whiteners,*
 Rubbing Alcohol, Medicines, Vitamins, Herbal Products, Air Fresheners

Bedroom

Cosmetics; *hair spray & hair products, nail polish & nail polish remover, aftershave. Cologne, deodorant*
 Medicines, Vitamins & Herbal Products
 Birth Control pills & other medications

Laundry Room

Detergent & Fabric Softeners, Bleach & Cleaning Solutions, Fabric Dyes, Laundry Packets

Yard

Plants (*Berries, Seeds and flowers of plants may be poisonous. Watch for wild mushrooms*)
 Weed Killers, Insecticides & Fertilizers

Living Room

Plants (*Place a label with the plant name around the stalk of each plant; do not place on stake in soil as it can easily be removed*), Tobacco, Cigarettes & Butts, Electronic Cigarette Cartridges, Craft & Hobby supplies; *paint & glue*, Batteries

Kitchen

Cleaning Products; *Dishwasher & Dish Soaps, Oven cleaner & Drain Openers, Other Products*
 Medicines, Vitamins & Herbal Products
 Alcohol, Tobacco, Cigarettes & Butts
 Vanilla Extract, Spray Oils, Pet Medications

Basement, Garage & Storage Room

Weed killers, Insecticides & Fertilizers
 Paint & Paint Thinner, Charcoal Lighter
 Gasoline & Motor Oil, Antifreeze
 Windshield Washer Fluid, Lime, Mothballs

*Walk around your home and use this checklist to identify poisons to your child. Once you have identified poisonous substances, store appropriately following the tips listed below.

*Take a CPR/First Aid course so you know what to do in the event of a poisoning.

*Take the following safety measure to help ensure your children are safe from poisons.

1. Store potential poisons, such as medications, chemicals, and household cleaners, in a locked box or cabinet. It can be difficult to keep children in view at all times. This is why it is important that potential poisons are always kept out of sight and reach of children.
2. Talk with children about what is a poison and what is not a poison. Teach children what warning labels mean.
3. Have the Saskatchewan Poison Control Centre phone number **1-866-454-1212** posted in your home and saved in your phone.
4. Supervise your children, especially young children.

Make Sure Your Baby Sleeps Safely Each Night

SIDS (Sudden Infant Death Syndrome) can happen in any home. Why babies die from SIDS is not completely understood, but there are actions you can take to reduce your child's risk of SIDS.

Make sure you talk about the following safe sleep practices with everyone who cares for your baby.

1. Always put your baby to sleep on their back.
2. Share a room with your baby without sharing a bed.
3. Keep the room temperature comfortable (not too hot), and dress your baby in appropriate clothing for this temperature.
4. Use infant sleep clothing that does not cover the head.
5. Car seats, strollers, swings, and infant carriers should not be used for routine sleep.
6. Make sure no one smokes around your baby.
7. Make sure your baby's sleep surface is firm, flat, and free of soft objects, such as stuffed animals or quilts.
8. Breastfeed and immunize your baby.
9. Avoid alcohol and illicit drugs during pregnancy and after birth.

Beauval Village Office - Mayor's Report

It's been awhile but Happy New Year everyone! The 2018 Year has brought with it some new and interesting changes!

Recreation

The Recreation Department reorganized the positions to better fit the way the department offers programming to the community. This is also the first time in a long time the board has all seats filled: Travis Laliberte, Wehkees Durocher, Gwen Gauthier, Stan Morin, Kim Dennett, Shelly Buffin and Councillor Mervin Morin comprise the Beauval Recreation Board. I want to thank them for their hard work volunteering their time at events and activities in 2018 and into 2019. The community rang in 2019 with its annual Drug and Alcohol Free family event at the BDI Gymnasium. We have had to postpone this weeks Family Festival to a later time. Be on the look out for those activities being posted some time in March.

Maintenance/Water & Sewer/Waste Management

You may have noticed less activity around the Water Treatment Plant, the plant is officially complete but has a few minor outstanding items. We are now circulating water to the community that requires less treatment due to the use of biological filtration (the 2nd of its kind in Saskatchewan - Montreal Lake has a similar larger Water Treatment Plant). This is definitely something Beauval can brag about. We will be hosting a Grand Opening in Spring with some limited tours of the facility. Thanks to everyone who made this project possible - it was definitely a long time coming.

Thank you to our diligent Maintenance Crews who do not skip a beat to make sure our roads are clear after the records amounts off snow we are receiving this year. Due to limited equipment we are doing our best to keep up and keep all roadways open. If you wish to put in a reminder/request to have a roadway taken care of - please call the Maintenance Office at (306) 288 - 1003. Ideally, the crews will tackle all roadways in the community (yes this

includes Sagamayak!) but as other priorities pop up, sometimes a road or two can get overlooked. Snow removal will begin in early March as we are anticipating another major snowfall (I think it was written in a prophecy or something!).

We have almost completed our review of the Water/Sewer rates over the last 3-4 years and Mayor & Council will likely be submitting a request to Sask Municipal Board to see the rates increase to \$60.00/month this year (\$30 water / \$30 sewer) and will again be re-reviewed next year to see if any additional changes need to be made.

Mayor & Council are also exploring options around waste management. We have successfully extended our Landfill permit for one additional year by applying for an emergency cell. The costs around building this cell and obtaining the sand needed to maintain and control the waste is quite costly however. With the introduction of recycling to the community this also adds an extra cost to waste management - but it keeps additional waste out of the landfill and we are doing our part as stewards of the environment. With this being said, a Waste Management fee may be added to the utility bills to help off-set this additional costs. This will likely be around \$5/month with a re-review of expenses in the 2020 Budget.

New Projects

As you may have noticed, a new building has been constructed where the previous Youth/ Recreation Center previously stood. This new building is set to launch by Mid to Late March once all equipment is received and set-up. We will open up the facility for the time being for people to utilize at no charge and then membership fees will be posted to help keep the facility costs down. This is very exciting for the community and will be great for youth and adults to come and hang out, have a coffee, play some pool or foosball, etc.

Continued next page

Mayor's Report - *continued from previous page*

Economic Development

Beauval Development Inc (BDI) is set to acquire the Mdeez Confectionary & Gas Bar Ltd business as of March 1st, 2019. This was quite the deal in the making and I would like to take this time to thank Maggie & Darryl Natomagan for being patient with us as we worked out the business plan and details with our funding agencies and also for considering us as purchasers. I can't imagine it's easy to sell a business that has seen you both pour 200% of your lives into, but we promise to take good care of it! This is exciting news for BDI as it will definitely serve as an anchor businesses in the community. BDI Kitchen will also merge with the store, but the kitchen will remain at the BDI Gymnasium. We hope to transition in some changes the way MDeez Food service is offered at the confectionary store location - Grab & go type of

food service. I mean you still have to pay though. A ready-to-serve food service I guess is more appropriate.

This is along with our continuing plans to create new business and also explore options in the area for acquisition of other turnkey operations.

We are happy to also launch our BDI website at www.beauvaldevelopment.com. It has limited information currently but we hope to continue to add to it and update it with new businesses as we move forward with our strategic plan.

There is more to report on, but as we gear up to wind down 2018 and prepare for the Audit, we are going to be quite busy in March preparing documents for the auditors and prepping the new budget for 2019.

Thank you! - Nick Daigneault, Mayor

\$2.5 Million In Capital Funding For 10 Addictions Beds In LLRIB Wellness Centre Project

The Government of Saskatchewan is providing \$2.5 million in capital funding to support 10 addictions beds as part of the Lac La Ronge Indian Band's Wellness, Health and Recovery Centre project.

The wellness centre will blend western and traditional Indigenous approaches to healing and recovery. In addition to the 10 addictions treatment beds, it will include recreational facilities and mini-lodges that allow for clients to stay as part of a remote community program.

"We are committed to improving the health and well-being of Saskatchewan residents," Rural and Remote Health Minister Greg Ottenbreit said. "We are pleased to provide capital funding to this centre, whose model of care will be both culturally responsive and community-driven."

"With this funding support, I am pleased that our vision of securing a Wellness, Healing and Recovery Centre in northern Saskatchewan is closer to becoming a reality," Lac La Ronge Indian Band Chief Tammy Cook-Searson said. "This

program and facility are the result of five years of extensive consultations with our membership and other community members from young children to our Elders who have asked for improved local and culturally sensitive health opportunities. It is a crucial solution to our need for better access to health and addiction services, and one that will be key in helping our communities in need to reach their full potential and, ultimately, achieve a better quality of life."

Investing in the wellness centre supports the Truth and Reconciliation Commission's Calls to Action as well as Saskatchewan's Mental Health and Addictions Action Plan, which recommends that government partner with First Nations and Métis peoples in planning and delivering mental health and addictions services that meet community needs.

The Lac La Ronge Indian Band delivers services to the largest First Nation in Saskatchewan, and is one of the 10 largest First Nations in Canada, with a membership of nearly 11,000 people.