

THIS WEEK'S SAVINGS

JAN 25 - JAN 31, 2019

**OUTSIDE ROUND BEEF ROAST  
BONELESS**

**\$3.59/LB ... \$7.91/KG**

**STEW BEEF BONELESS CLUB PACK \$3.99/LB**

**NN BATHROOM TISSUE 12 ROLLS \$2.99 EACH**

**COKE OR PEPSI 6x710ML \$4.49 EACH**

**SUNRYPE APPLE JUICE 1L \$1.29 EACH**

**McCAFE PREMIUM COFFEE 950G \$17.99 EACH**

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



**Check out our Weekly Grocery Sales Flyer !**



# CIPI NEWSLETTER

Volume 35 Issue 02

Friday, January 25, 2019

**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

### NEW RADIO PROGRAMMING LINEUP SET TO LAUNCH

Missinipi Broadcasting Corporation is excited to announce the launch of a new programming lineup on Monday, February 4, 2019 – exactly 34 years to the day of the first corporate broadcast back in 1985. MBC will have a new look programming schedule for the first time since its network launched back in 1992. The highlighted changes include:

**Achimostuwini (Share Your Story with Me)**

Cree morning program - 6am-7am Monday to Friday

**Start Your Day with Tyler J**

7am-11am Monday to Friday

**Cree Achimowin/Dene Honi (split feed)**

11am-12pm Monday to Friday

**North at Noon**

12pm-1pm Monday to Friday

**Middy with Riley**

1pm-5pm Monday to Friday

**Saskatchewan at Night**

5pm-9pm Monday to Friday

**Cree and Dene Connections Evening Show**

9pm-Midnight Monday to Thursday

MBC Radio broadcasts 24/7 with radio programs that focus on Indigenous language and culture, hourly news, informational segments and entertainment that includes homegrown performers from the aboriginal perspective.

MBC CEO Deborah Charles, the Board of Directors and the Senior Management Team worked diligently to ensure programming remains committed to the MBC mandate and goals set out in the MBC Strategic Plan. Included in the strategic plan was a fresh new programming lineup. This new programming schedule will contain many current popular MBC programming components as well as new Indigenous language segments including a Cree morning show from 6am to 7am weekdays, a new time slot for the network flagship Achimowin Cree and Dene Honi Indigenous language magazine-style programs and a new evening program that will incorporate the Cree, Dene and Michif languages.

MBC CEO Deborah Charles says “The Board of Directors of MBC is pleased to make this announcement as it moves to fulfill the MBC mission and mandate to serve all the Indigenous people of Saskatchewan with unique First Nations and Metis radio programming through our comprehensive radio network.”

### CIPI TV BINGO

Sipishk Communications Incorporated  
Friday, January 25th, 2019  
7:30pm on Cable 5, Digital 365 /96.5FM

**Power Ball - \$2700.00**

\*can only be won on Bonanza\*

**Early Bird - 3up - \$5.00**

45#'s pre-called

**\$1000.00**

in 53#'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

Sipishk Communications Incorporated  
 Sunday, January 27th, 2019  
 7:30pm on Cable 5, Digital 365 /96.5FM

**Power Ball - \$2800.00**

\*can only be won on Bonanza\*

**Early Bird - 3up - \$5.00**

45#'s pre-called

**\$1000.00**

in 54#'s or less

**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** in 50# or less

**Consolation: \$500**

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

**2nd Blackout: \$200.00**

\*Prizes depend on number of cards sold

License # MB18-0003

### St. Mary Magdalene

Sunday, January 27, 2019

Liturgy @ 10:30 am

### CIPI Newsletter

is published twice a month by  
**Sipishk 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:  
**February 6th @ 3:00 pm**  
 unless arrangements are made.

### Your Young Child's Brain: How Does It Work?

The brain grows and changes a lot during early childhood (0-6 years). When children are young the brain also grows and connections strengthen within the brain. These connections help the brain's different parts communicate with each other and with the rest of body.

#### What is happening in my baby's brain?

Because there is so much growth in the brain during early childhood, adults have an opportunity to influence brain development in good ways and in bad ways.

#### How can I make a difference in my young child's brain development?

Just as parents feed their children healthy foods so that their bodies can grow and develop to their fullest potential, parents can also provide healthy experiences so that their children's brains develop to their fullest. A child's brain develops in a "use-dependent" fashion. This means that experiences in early childhood shape the way our brain grows, works and communicates. The more stimulating and loving experiences will have on the child's brain development.

#### How can I help my child's brain develop?

- Love my child no matter what (unconditional love)
- Learn how to behave in a way that will promote secure attachment
- Provide safe, appropriate touch through cuddling, hugging, feeding, and rocking
- Respond to my child's needs in a consistent and sensitive manner
- Create routines for day to day activities
- Provide new experiences and environments to safely explore
- Provide consistent care
- Be a safe haven that my child' can return to after exploring
- Follow my child's cues regarding when to play and learn and when to be calm and restful
- Praise my child, be specific about what and why
- Set boundaries and rules and reinforce these in a calm, kind and respectful way
- Encourage play

**S**  
**u**  
**d**  
**o**  
**k**  
**u**

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

**A**  
**n**  
**s**  
**w**  
**e**  
**r**

### SCREEN TIME INFORMATION

1. Studies have shown that children who use tablets/iPads have fewer words and understand fewer words than their expected development levels. Screen Time takes away from personal communications skills and bonding.
2. Studies have shown that children who use tablets/iPads have lower attention spans when in school than children who don't use tablets/iPads. This puts strain on their learning and development.
3. Studies have shown that children who use tablets/iPads weigh more than children who don't. Time takes away from physical activity and play.
4. Studies have shown that children who use tablets/iPads are more violent. "Monkey See, Monkey Do" is the phrase used when children copy what they see.
5. Studies have shown that children that use tablets/iPads have less sleep. Screen Time negatively effects sleep in children, teenagers and adults.

#### HELPFUL TIPS TO REDUCE SCREEN TIME

**Be an example:** Model less-screen time behavior with your phone/ipad.

**Limit Screen Time:** During play time on the chart ask the child to build a fort indoors, play hide & seek or play outside.

**Play with your kids:** To encourage kids more, make time to play with them. Join in on activities or take them outdoors.

**Be the Parent:** It can be hard to limit children's wants. They become angry but remember you're the parent, take charge and be patient with them. They'll come around and the new routine will become normal for them.

**S**  
**U**  
**D**  
**O**  
**K**  
**U**

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

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

Sipishk Communications Incorporated  
 Tuesday, January 29th, 2019  
 7:30pm on Cable 5, Digital  
 365 /96.5FM

**Power Ball - \$2900.00**

\*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

51#'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
		
Chance of Flurries	Chance of Flurries	Sunny
High -6° Low -11°	High -9° Low -24°	High -21° Low -29°

## WINTER

Find and Circle all of the winter related words that are hidden in the grid.

```

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

- |           |             |                |             |            |
|-----------|-------------|----------------|-------------|------------|
| BLACK ICE | FREEZE      | KNIT CAP       | SLED        | SNOWMAN    |
| BLIZZARD  | FROST       | LONG UNDERWEAR | SLEET       | SNOWSHOES  |
| BOOTS     | GLOVES      | MITTENS        | SLIPPERY    | SOLSTICE   |
| CARNIVAL  | HAIL        | OLYMPICS       | SNOW CASTLE | SOUP       |
| CHRISTMAS | HEADBAND    | PARKA          | SNOW PLOW   | STEW       |
| COLD      | HIBERNATION | SCARF          | SNOW SHOVEL | STORM      |
| EGG NOGG  | HOCKEY      | SEASON         | SNOW TIRES  | SWEATSHIRT |
| FIREPLACE | HOLIDAYS    | SKATES         | SNOWBALL    | TOBOGGAN   |
| FIREWOOD  | ICE FISHING | SKI DOO        | SNOWBOARD   | VACATION   |
| FOG       | ICICLES     | SKIING         | SNOWFLAKE   | WIND CHILL |

### Northern Village of Beauval is accepting **TENDERS** For Snow Removal Services

The Northern Village of Beauval is seeking businesses and/or individuals with equipment that would aide in the removal of snow from key areas within the municipal boundaries as directed by the Maintenance Supervisor.

Those submitting tenders MUST include the following:

- Hourly Rate
- Equipment List

Sealed Tenders can be submitted to:

Mail: P.O. Box 19, Beauval Saskatchewan S0M 0G0

or dropped off at the Village Office.

**TENDERS MUST BE MARKED AS “SNOW REMOVAL”**

DEADLINE: January 30th @ 4pm

Tenders will be reviewed on January 31st and successful tender(s) will be notified the following day.

For information contact:

E-mail: [admin.beauval@sasktel.net](mailto:admin.beauval@sasktel.net) or Phone: 306-288-2110

### VVS Winter 2019 Exam Schedule

	Monday Jan 28th	Tuesday Jan 29th	Wednesday Jan 30th	Thursday Jan 31st
9:00 - 11:15	Science 10 Math 11 ELA B30	Physical Science 20 ELA B10	ELA A10	Math Foundations 20 Native Studies 30
1:00 - 3:15		Food Science 10	Biology 30 Math Workplace & Apprenticeship 10	Inclement Weather Exams See #3

1. Regular attendance for all classes will still be taken whether students have an exam or not. Students who do not have an exam will be expected to work on their recovery programs in the Computer Lab or the classroom beside the computer lab.
2. Only students who have medical appointments with a specialist can be reschedule exams. This does not include regular doctor, eye or dental appointments, please schedule these on alternate days.
  - To reschedule exams please contact Alvina no later than January 14th. Doctor notes will be required .
  - Students who do not attend exams and have not made previous arrangements will not receive a grade for the missed exam.
3. Inclement Weather Exam Afternoon is for Bus Students only. This a day rescheduled exams if the bus did not run.

## Scams And Frauds Targeting Saskatchewan Residents

The Financial and Consumer Affairs Authority (FCAA) and the Canadian Anti-Fraud Centre (CAFC) want to warn residents about common frauds and scams that are occurring in Saskatchewan.

“We are partnering with the Canadian Anti-Fraud Centre because we have common concerns about frauds happening in the province,” Financial and Consumer Affairs Authority Director of Securities Dean Murrison said.

### The most prominent frauds and scams in Saskatchewan by complaint are:

- Phishing – Any email falsely claiming to be an established legitimate organization such as a financial institution, business or government agency in an attempt to have the consumer give private and personal information.
- Service scam – Any false, deceptive or misleading promotion of or solicitation for services. These solicitations involve third parties that commonly make offers for telecommunications, and internet finance services.
- Prize scam – Any false, deceptive or misleading solicitation advising victims they have won or have a chance to win something, but are required to purchase something first or pay an advance fee, such as taxes, to receive the prize.
- Sale of fraudulent securities – Sale of investments that do not exist.
- Recovery scam – A victim who lost money in a previous scam, is approached by someone claiming to work for a government agency, private company or consumer organization and told that they can help recover the lost money for a fee.
- Extortion – Any person who unlawfully obtains money, property or services from a person, entity or institution, through coercion.

### How to protect yourself:

- Be very cautious when speaking to people on the phone you do not know.
- If someone emails, texts or calls asking for personal or banking information, do not provide the information.
- Never wire money to a stranger.
- Never make a cheque payable to a financial advisor personally or to a financial advisor's personal company, it should only be payable to the registered dealer or issuer of the securities.
- If someone contacts you about an investment opportunity, contact a professional adviser.
- If you are investing money, check and make sure the person you are sending money to is a registered professional (<http://aretheyregistered.ca/>) with the Canadian Securities Administrators.

### Who to contact:

If you suspect that you may be the target of a scam or fraud, you can contact the Anti-Fraud Centre toll free at 1-888-495-8501 or online at [www.antifraudcentre.ca](http://www.antifraudcentre.ca).

If you suspect you may have been a target of investment fraud, contact FCAA's Securities Division at 306-787-5645.

For more information about investment fraud visit <http://fcaa.gov.sk.ca/consumers-investors-pension-plan-members/investors/investment-fraud>.

CAFC is the central agency in Canada that collects information and criminal intelligence on such matters as mass marketing fraud (e.g., telemarketing), advance fee fraud (e.g., West African letters), Internet fraud and identification theft complaints.

For more information, contact:  
Canadian Anti-Fraud Centre  
Phone: 705-499-4572



NORTHLANDS  
COLLEGE

PROGRAM CALENDAR  
2019 - 2020

### Build Your Career Today.

The education you need to open doors to amazing opportunities is closer than you think. The programs at Northlands College allow you to specialize in a career with a strong future.

An education at Northlands College can lead you to the skilled jobs that industries in Saskatchewan have to offer. With an education in nursing, mining technology, the trades or social services, your options to build a career you'll love and a life you'll enjoy are endless.

### 2019-2020 Courses / Programs

Northlands College offers trades and technical courses as well as training for careers in health care and the mining sector. Northlands also offers university courses, including Bachelor of Social Work, Bachelor of Nursing.

#### Continuing Care Assistant

Air Ronge (Sept 3, 2019 - June 12, 2020)

#### Women in Trades - Carpentry

Buffalo Narrows (Sept 3, 2019 - Dec 20, 2019)

#### Women in Trades - Plumbing & Electrical

Buffalo Narrows (Jan 6, 2020 - May 1, 2020)

#### Adult 10-12

Buffalo Narrows (Aug 28, 2019 - May 27, 2020)

#### Adult Essential Skills

La Ronge (Aug 28, 2019 - May 27, 2020)

#### Automotive Service Technician

Air Ronge (Sept 3, 2019 - June 24, 2020)

#### Bachelor of Arts (Three or Four-Year Degree)

Buffalo Narrows; Creighton; Ile a la Crosse; La Loche; La Ronge (Sept 2019 - April 2020)

#### Bachelor of Education (Four Year Degree)

La Ronge (Sept 2019 - April 2020)

#### Bachelor of Social Work (Four-Year Degree)

Buffalo Narrows; Creighton; Ile a la Crosse; La Loche; La Ronge (Sept 2019 - April 2020)

#### Bachelor of Science (Years 1 & 2)

Buffalo Narrows; Creighton; Ile a la Crosse; La Loche; La Ronge (Sept 2019 - April 2020)

#### Office Administration

La Ronge (Sept 3, 2019 - May 15, 2020)

#### Mental Health & Wellness (Diploma: Year Two)

Air Ronge (Sept 3, 2019 - June 10, 2020)

#### Early Childhood Education

Creighton; La Ronge (Sept 2019 - June 2020)

#### Educational Assistant

La Ronge (Sept 3, 2019 - June 12, 2020)

#### Exploration & Mining Engineering Technician

Air Ronge (Sept 3, 2019 - June 25, 2021)

#### Institutional Cooking

Buffalo Narrows (Sept 3, 2019 - Feb 7, 2020)

#### Local Government Authority

Buffalo Narrows; Creighton; Ile a la Crosse; La Loche; La Ronge (Sept 2019 - June 2020)

#### Pre-Engineering & Science (Year One)

Buffalo Narrows; Creighton; Ile a la Crosse; La Loche; La Ronge (Sept 2019 - June 2020)

#### Practical Nursing (Diploma: Year 1 of 2)

Air Ronge (Sept 2019 - June 2021)

#### Recreation & Community Development

Diploma: Year 1 of 2

La Ronge (Sept 2019 - May 2021)

For further details on these programs and others, visit [trainnorth.ca](http://trainnorth.ca)

For applications and application details on these programs and other programs being offered by Northlands College in 2019-2020, visit [trainnorth.ca](http://trainnorth.ca) or call toll-free 1-888-311-1185.