

THIS WEEK'S SAVINGS

MAR 8 - MAR 14, 2019

ORIGINAL POGO STICKS

**750G
\$5.99 EACH**

ROYALE BATHROOM TISSUES 12 ROLLS \$6.99 EACH

SWANSON FROZEN DINNERS \$2.99 EACH

McCAFE COFFEE 950G \$17.99 EACH

KRAFT DINNER ORIGINAL 225G \$1.39 EACH

RED POTATOES 10LBS \$4.99 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 5

Friday, March 8th, 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 Annual General Meeting (AGM) is scheduled for Wednesday, March 13th at 5:30pm in the CIPI Boardroom. Come on down and find out what's happening in the radio/cable station, vote in your choice of board member or compete with other members to get a seat on the CIPI board! There will be refreshments available along with door prizes!

March cable bills have been mailed out. To help keep our costs down, please provide us with your email address. If you cannot make it down to pay your bill in person, call CIPI and Velma can take your payments through an email transfer.

CIPI BINGO SPECIAL happens every Sunday in March! You have a chance to win either \$500 in the Early Bird Series or \$2000 in the Bonanza Series. You also have a chance of winning our Powerball Pot of \$1600! There are contests on the CIPI Radio page. You don't need Facebook to enter, you just need a friend who has it to nominate you. I'm trying to make it so everyone has a change to win free cards.

CIPI TV BINGO
 Sipishk Communications Incorporated
 Friday, March 8th, 2019
 7:30pm on Cable 5, Digital 365 /96.5FM

Power Ball - \$1500.00
 can only be won on Bonanza

Early Bird - 3up - \$5.00
 45#'s pre-called
\$1000.00
 in 58#'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 53#'s or less
Consolation: \$500.00
2nd Blackout: \$200.00
 *Prizes depend on number of cards sold
 License # MB18-0003

VILLAGE OFFICE NEWS

Community Birthday Calendars are in! They are available at the Village Office and are \$10.00 each.

Recycle dates for March are the 11th & 25th. Please remember to place your blue bins at the edge of your driveway with the wheels facing your house. Cart lids should be completely closed and over-filled carts with open lids might not be picked up. Thank you to all who continue to recycle.

Service Canada worker will be here on March 11th & 25th. Their office is located at the old Village Office.

The Precautionary Drinking Water Advisory for parts of the community has been lifted. If you need information or need to report a problem within the community, the Beauval Maintenance office number is 306 288 1003

CIPI TV BINGO

Sipishk Communications Incorporated
 Sunday, March 10th, 2019
 7:30pm on Cable 5, Digital 365 /96.5FM

Power Ball - \$1600.00

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, March 10th, 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:
 March 20th @ 3:00 pm
 unless arrangements are made.*



KidsFirst NORTH

& Wide Open Puppet Theater
 are hosting a
LITERACY CARNIVAL



When: March 28th, 2019 Time: 4:00 to 7:30pm

Where: Valley View Community School

This Carnival is to engage in fun ways to promote early literacy in families with children 0 to 6 years olds.

Little Red Riding Hood puppet show followed by fun engaging literacy stations for families. Wrap up with a talking circle (sitters will be available for this portion with a fish tank for the children to enjoy). Supper will be provided.

Pre-register with Megan Garr at 306 288 2022 or register on the day of the event before 4:30pm.

KidsFirst NORTH would like to thank all the organizations who partnered in making this event happen. Without all your support, this event would not be possible.

Alfred Bouvier & family



Would like to extend a Thank You to everyone who assisted in any way with the auction, wake & funeral of our beloved wife/mother/grandma/chapan, Cecile.

Your many acts of kindness, volunteerism, prayers and personal support will always be appreciated and remembered.

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

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MIYOPIMATISIWIN - "Seeking the Good Life"

March 14th, 21st & 28th from 1:30pm to 3:30pm
 In the Valley View School Cultural Room

**TOPICS: Self Esteem - Positive Communication - Grief & Loss
 - Healthy Relationships - Setting Goals -
 Addictions & Substance Abuse**

For more information, contact Melissa at 306 288 7276 or
 Bruce at 306 288 4808

*Funding for child care can be provided.
 You are invited to attend any or all sessions*



Safe Food Handling Course

Tuesday, March 19th, 2019
 \$65.00/person

Call Melissa for more information at 306 288 7276

BDI is talking applications for **CASUAL COOK & CASHIER**
 Leave your resume with Dion at the BDI office or Village Office.

There is an **ANGER MANAGEMENT** course schedule to begin as soon as there are enough interested people registered. Call 306 288 4811 or 306 288 4807 to register.

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1								8
	8			2	9			6
	1	8					4	
		3				4	2	
		4	6		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

Sipishk Communications Incorporated
 Tuesday, March 12th, 2019
 7:30pm on Cable 5, Digital 365 /96.5FM

Power Ball - \$1700.00

can only be won on Bonanza

Early Bird - 3up - \$5.00

45#'s pre-called

\$1000.00

in 59#'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

54#'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 - 9° Low - 19°	High - 5° Low -12°	High +1° Low -8°

FIND A WORD - 60's Songs

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

BABY LOVE	DOWNTOWN	HEY JUDE	RUNAWAY	VALLERI
BLUE MOON	EL PASO	HOLIDAY	SHERRY	VOLARE
BLUE VELVET	ELENORE	ITCHYCOO PARK	SOUL MAN	WHITE RABBIT
BUS STOP	FINGERTIPS	LAST KISS	SPOOKY	WILD THING
CARA MIA	FIRE	MEMPHIS	STAY	WINDY
CHAIN GANG	GLAVESTON	MY GIRL	SURF CITY	WIPEOUT
CHERISH	GOOD LOVIN'	MY GUY	TEEN ANGEL	WORDS
CRAZY	GROOVIN'	PEOPLE	THE BOXER	YESTERDAY
CRYING	HAIR	PUPPY LOVE	THE TWIST	Hidden Word
DIZZY	HEATWAVE	RESPECT	THESE EYES	_____

Improving Relationships with your Community & Family

There are many ways in which parents can get involved in their communities, and in doing so improve their social relationships, their parenting skills and their children's health and development.

Be physically, socially and mentally active

Being physically, socially and mentally active can improve an individual's social environment and relationships and cause them to feel more involved in their community. For example, taking a walk or a bike ride provides opportunities for meeting or engaging other community members.

Join a club, team or community organization

Belonging to a group, whether it is a sporting team, book club or other organization, is a good way to meet new people and develop relationships and a sense of belonging. Groups which actively intervene in communities to improve the social environment, for example by having a clean up day or organizing a local government petition, have been shown to be particularly effective in creating a sense of cohesion in the community.

Consciously encourage family rituals and routines

Parenting and social environment Routines such as eating meals together as a family or going to the park on Sundays provide opportunities for family members to develop social relationships amongst themselves. Family rituals also promote a sense of belonging. Bedtime routines are associated with better sleep patterns amongst children. Family routines may also make it easier for children to cope with stress such as parental separation or divorce.

Balance work and family life

Parents may experience improvements in their social environment by adjusting their work schedules, for example by freeing up time to participate in community activities or

organizations. Australian employers have an obligation to grant parents flexible working arrangements in reasonable circumstances. Parents should therefore be aware of their entitlements as doing so may enable them more of their time to focus on their community and family commitments.

Encourage children to play with groups of children

Parents should also encourage their children to develop social relationships through play. Playing is one of the primary means by which children develop social skills and learn the abilities they need to form relationships with other children and adults. Playing promotes positive interactions between peers and reduces the likelihood of a child exhibiting aggressive behavior. Cooperative (as opposed to competitive) games may be particularly useful for the development of pro-social behavior as the success of the game is dependent on the group (not the individual) and children are encouraged to focus on the process of the game, rather than its outcome (the winner).

Develop parenting skill

Parents may also contribute to their children's health and development by improving their parenting skills. Parenting programs which teach parents to develop their children's emotional competence have reported positive results, and that the development of emotional competence in children improves their social behaviour. Children who are emotionally confident are more likely to interact with other children and displayed fewer negative emotions which might interrupt their social relationships.

Taken from

<https://www.myvmc.com/lifestyles/parenting-the-social-environment-and-its-effects-on-child-development/>

Two guys walk into a bar...

The third guy ducks.

What did one hat say to the other?

You wait here, I'll go on a head.



I sold my vacuum the other day...

All it was doing was collecting dust.

Why did the frog take the bus to work?

His car got toad away!



Ways your Smartphone wrecks your Health

Germs

Your cellphone probably goes with you everywhere. Ever check it while you were -- errr -- in the bathroom? And when's the last time you cleaned it? Ever? It makes sense that there might be bacteria, viruses, or other germs on it. One study found 1 in 6 phones has poop on it. On the bright side, it's a hard surface, which usually makes it harder for germs to survive. Still, it's probably a good idea to wipe it down now then.

Text Neck Syndrome

Too much time looking down at your phone can strain your neck muscles and cause tightness or spasms. You might even get nerve pain that goes to your back, or to your shoulder and down your arm. Take breaks at least every 20 minutes to stretch and arch your back. Try not to hunch forward. It helps to hold your phone higher up when you text, too. Posture exercises from yoga or Pilates will help you stay strong and avoid neck pain.

Awkward Phone Calls

Ever pinch the phone between your shoulder and ear while you do something else? It's not a natural position. Do it for too long and you'll probably notice that your neck hurts. If you can't avoid it, take breaks and move your neck in other directions to keep it loose. If the damage is done, simple rest, a heating pad, and over-the-counter drugs for pain and stiffness should help. Talk to your doctor if it lasts more than a few days.

Text and Drive

Just don't do it. Sending a text takes 5 seconds of your attention. That seems so quick. But it's not harmless. At 55 mph, your car goes about length of a football field -- more than enough space to cause a serious car wreck. Scientists figure this means you may be as much as 23 times more likely to crash. And the risk is the same whether you type or "voice text."

Talk and Drive

Maybe you think it's pretty safe to talk on the phone when you drive. It's not. You're 4 times more likely to crash when you do it. It is a cause in more than a million crashes a year, or 20% of all car wrecks, including those that injure and kill people. If you

really need to take or make a call, pull over.

Surfing at Night

Not waves -- the Internet. Too much of any light after the sun goes down can mess up your sleep, which is linked to diabetes, obesity, heart disease, and other health problems. And the "blue light" your smartphone gives off is especially bad. Keep your bedroom dark for better rest. You can also help your nighttime sleep if you get lots of natural light during the day.

Walkin' or Talkin' -- Not Both

You're walking down the sidewalk and need to send a quick text. How long does it take? A few seconds? Enough time to trip and fall into a parking meter or car traffic. Just stop for a moment. Those seconds aren't worth an accident. And it's not just outside: The most common injuries happen while talking on the phone at home -- usually muscle and tendon strains, broken bones, and head injuries.

Cancer Risk?

Studies don't show any solid link to cancer or even tumors in people. It's something scientists continue to study. If you're worried about the radiation from cellphones, you can limit your cellphone use, or use it in speaker mode or with a headset or earpiece.

Trigger Thumb

This is when your thumb gets stuck in a bent position or pops when you try to straighten it. This pop can hurt. It happens when the sheath surrounding your thumb tendon thickens so that the tendon can't slide freely. Lots of texting or typing on a cellphone, or just holding a smartphone tightly, can cause trigger thumb. The treatment includes cutting down on your cellphone use.

Thumb Arthritis

While it's not clear that cellphone use actually causes thumb arthritis, it can definitely make the symptoms worse. Thumb arthritis causes pain and tenderness at the base of your thumb, where it meets the wrist. Pinching motions, like gripping your phone or texting with your thumbs, are the type that can cause or worsen the condition. Though there's no cure, rest, medication, and splints can all help.

continued from previous page

Cubital Tunnel Syndrome

If you lean on your elbows to text or bend them to hold the phone to your ear, it can irritate the ulnar nerve at your elbow. This can cause numbness and tingling in the ring and small fingers, and soreness on the inside of the elbow or forearm. Cushion your elbow on hard surfaces. Don't bend your elbow for a long time. Take breaks to move your arms in different directions. A night splint to keep your arm straight may help, too.

Interference

If you use your mobile phone very close to medical devices like pacemakers or implantable defibrillators, they may not work the way they're supposed to. The phones can even interfere with certain kinds of hearing aids. Talk to your doctor if you notice any problems with your medical device, especially if it happens when you use your smartphone.

Eye Problems

The shorter wavelength of the blue light that smartphones give off can tire your eyes very quickly and cause pain. It may even damage your cornea (the clear lens on the front of the eye) and harm your vision. If you notice these problems, it's best to limit your time with blue-light digital devices like smartphones and computers, or at least to take breaks often to rest your eyes.

Health Care Mistakes

Phones are distracting for everyone. If your doctors or nurses are on their phones, it could make errors more likely. One study found that mistakes in checking symptoms and in proper treatment each went up by more than 12% with just a single interruption by a smartphone.

Can You Hear Me Now?

Even if you don't look at it, just putting a phone in plain view when you talk to someone can get in the way of making a strong connection. It's especially a problem in close relationships and when you're talking about something meaningful. Maybe save that social media update for later and focus on the person sitting right in front of you in real life.

Never underestimate the power of your smile...

Share it!

NLSD #113 invites applications for the position of a CASUAL - Receptionist at the *BEAUVAL SUB OFFICE*
We are looking for an individual who is willing to come in when necessary.

Receptionist Duties are:

- Welcomes visitors by greeting them, in person or on the telephone, answering or referring inquiries
- Knowledge of office equipment & procedures
- Experience in providing excellent service with an emphasis on confidentiality
- Ability to pay attention to detail and maintain accuracy
- Ability to work independently and be a self starter
- Maintains a safe and clean receptionist area by complying with procedures, rules & regulations

Send resume with 3 professional references & current criminal record check to:

BEAUVAL SUB OFFICE

Myrna Bouvier

Northern Lights School Division #113

Bag Service #3

BEAUVAL, SK

S0M 0G0

Phone (306) 288-2310

Fax: (306) 288-2009

Email: hroffice@nlsd113.ca

Northern Lights School Division #113 is an Employment Equity Employer. Individuals of Aboriginal ancestry are encouraged to self-identity in their cover letter or resume.

Happy Birthday

Lyle Felske - March 9th
Miranda Felske - March 10th
Martina Leigh Roy - March 10th
Dusty Iron - March 11th
Josephine Laliberte - March 11th
Draydon Felske - March 14th
Clinton Sanderson - March 16th
Carl Laliberte - March 18th
Enjoy your day!