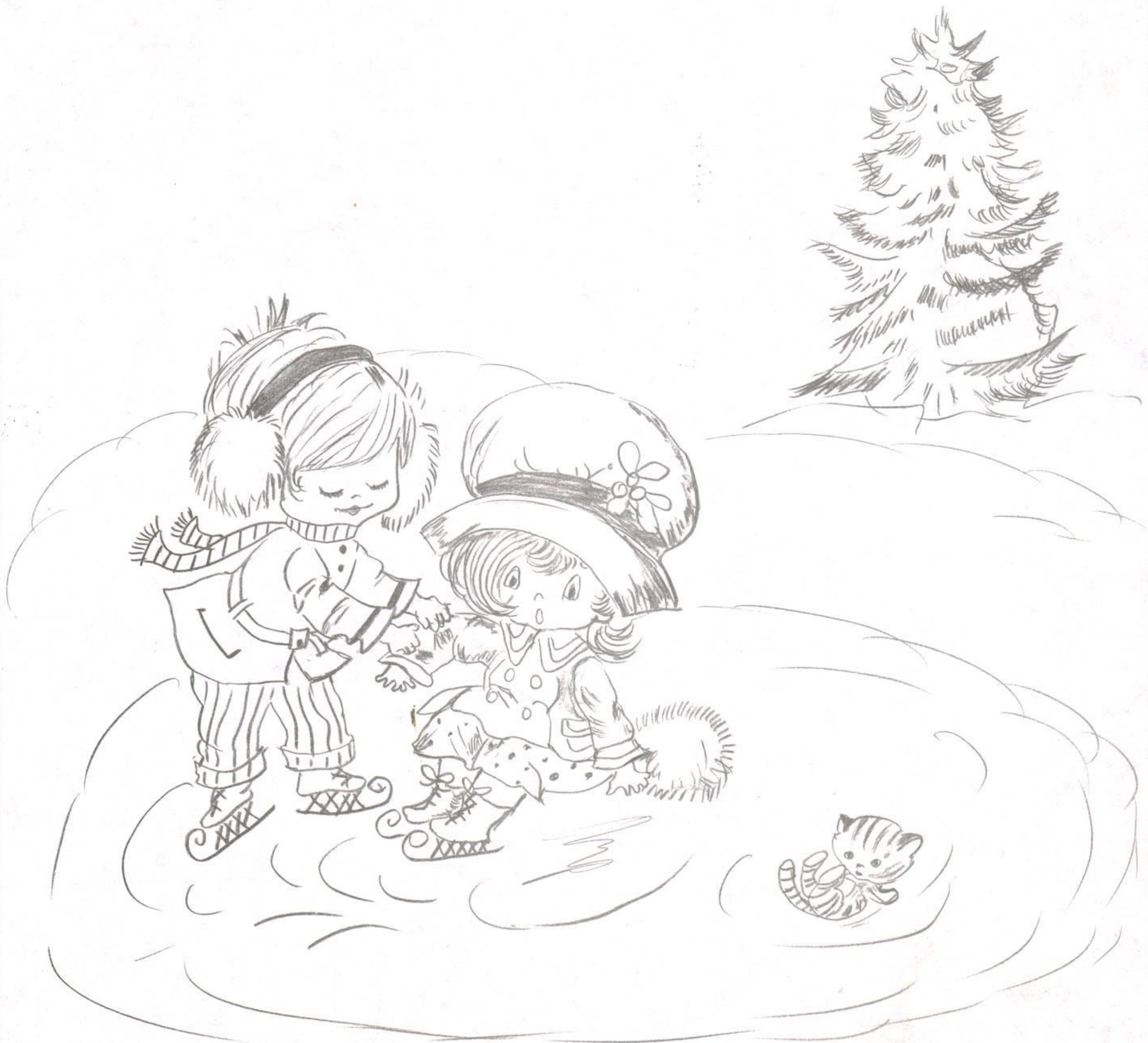


# Cumleweed

C, F, S, ALBASK



Items will not be accepted for publication unless signed by the contributor. Such items must be received by NOON, 21 Jan. The views & opinions herewith expressed are not necessarily those of the Department of National Defence. The "Tumbleweed" is printed under the authority of LCol W.B. Sterne, Commanding Officer, Canadian Forces Station, Alask.

\*\*\*\*\*

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GRAPHIC ARTS	LT. S. SLIPETZ
PAPER ASSEMBLY	MARLINE BURDETT

\*\*\*\*\*

C F S A L S A S K C H A P E L (RC & P)

I N V I T E you to join us in our worship and activities!

ROMAN CATHOLIC

Mass: 7:00 p.m. Saturdays  
 Confession: Before Mass  
 and by appointment.  
 Baptisms: Please contact  
 chaplain as soon as  
 possible.  
 Marriages: Please contact  
 chaplain at least three  
 months in advance

PROTESTANT

Divine Worship: 7:00 p.m. Sundays  
 Sunday School: 10:30 a.m. Sundays  
 Baptisms: Please contact chaplain  
 as early as possible for  
 information.  
 Marriages: Please contact chaplain  
 as early as possible for  
 arrangements.

WEEK OF CHRISTIAN UNITY - 18 JANUARY - 25 JANUARY

January 18th is the beginning of the worldwide week of prayer for unity among Christians. This year its theme is: Become Like Him. This universal week of prayer encourages Christians of all denominations to meet, to participate in various liturgical and other community activities, and to pray together that all may be one, as Christ desires.

The importance of unity among Christians is great. The responsibility of all Christian people to work for unity is never-ending. The need for the proclamation of God's love and concern for all people is urgent. For we live in a world full of strife and estrangement. Part of the answer for today's world is surely to be found in our "one-ness" as the people of God.

ECUMENICAL SERVICE - 7:00 p.m. Sunday January 18th - Worshippers of all denominations are invited - and indeed, urged - to attend this service of Christian Unity.

\*\*\*\*\*

WHO OWNS ME?

O come on now, the day of slavery is over. I am my own; no one owns me! Sure? What about the creditors? Or the family obligations; or the job? Perhaps even the search for success, or pleasure? Where is your major time involvement? The place of business? And then? The family? The home? The golf club? The Church? Public or community service? Where do you spend your money? Travel? Recreation? Entertainment? Tobacco? Alcohol? Hobbies? Add it up, ask and answer: Who really owns me?

\*\*\*\*\*

Chaplain (RC)

Father Al Pich  
 CFS Alask - 264  
 Office and Residence - 968-2766

Chaplains (P)

Padre Al Stenson	Padre Tom Shar
CFB Penhold - 397	CFS Alask - 2
Residence -	Residence -
(403)886-4058	(403) 664-2818

VILLAGE OF ALSASK ANGLICAN CHURCH -

Next service: Jan. 25 - 9:15 a.m.

MISSIONARY CHURCH -

Sunday School - 10:30 a.m.  
 Service - 11:30 a.m.

UNITED CHURCH -

Next service: Jan. 18 - 1:30 p.

# THANK YOU NOTES

## THE MAYOR'S "THANK YOU"

Although the festive season is slowly fading into the past for another year, the memories I still possess of "Kids Day with Santa", will remain for awhile yet. To make it all possible of course, we had to have you know who-----"Thanks Santa", and where Santa sat this year was beautifully decorated by Mrs. Jean Belanger, assisted by my wife Judy, thanks girls - not to mention all the set-up and take-down of tables, chairs, etc. thanks to all who pitched in there. Then of course, everybody there had either hot-dogs, donuts, pop or hot coffee, depending on their age - served by the girls of the Protestant Chapel Ladies Guild - thanks a bunch girls. Then, before going home for the day - a ride on the bale wagon around part of the Station, compliments of Mr. Glenn Shantz. Thanks a lot, Glenn, the kids loved it. (As did a few adults). Sto to one and all, just "THANKS". The best in '76.

\*\*\*\*\*

## "THANK YOU" from JOHN A. SILVER DND SCHOOL

Thank you to all the people who donated so generously to the carol singers from Grades 3 to 8, John A. Silver School. We were sorry we were not able to sing at each door and we missed the trailer court completely. Unfortunately we ran out of breath and it started to get cold.

We sent \$37.50 to the children's ward in the Oyen Hospital and \$37.50 to the children's ward in the Kindersley Hospital. They are using the money to buy entertainment items.

Also, thank you to Sgt. Joe Tanner for providing chocolate and cookies, and to MCpl and Mrs. Collins, Mrs. Melrose, Mrs. Eshpeter, and Mrs. McPherson for preparing and serving the hot chocolate. It was very much appreciated.

G. Proud (Principal)  
L. Schroeder (Music Teacher)

\*\*\*\*\*

## NOTE OF THANKS

A special bouquet to our C.E. Section. When a recent emergency arose in a PMQ, this team of men responded in a prompt, efficient and co-operative manner, many doing menial tasks completely outside of their vocation. It is reassuring to know if an emergency arises we have men like these to count on.

A PMQ Resident.

\*\*\*\*\*

## NOTE OF THANKS

To all of you who gave me the beautiful gold bracelet, I want to say thank you. My memories of working at CFS Alsask are all happy ones and your gift will be a treasured reminder of those days.

Thanks for all the good wishes I have received and my 1976 be good to you all.

Peggy McLay

\*\*\*\*\*

## NOTE OF THANKS

A Thank You to CFS Alsask personnel and Alsask residents for hospitality and kindness. We wish all of you a Happy New Year.

G.B. & Lydia Sterne

NOTE OF THANKS

I would like at this time to thank all those who gave their assistance with the planning, organizing, and setting up and decorating for the New Years Ball. Without their support and assistance I am sure it would never have been the success it was. One never realizes the great amount of time and effort that goes into the New Years Ball unless one is tasked with that responsibility.

I feel, though I hate to mention one area and not another, but a very special thanks should be extended to the Mess staff for the fabulous meal that they put out for all who attended the Ball.

For those that assisted in the cleanup many thanks. It is the real dirty job and the one I personally would like to bypass.

I guess the forgotten people of the whole operation is the people that pay the bills. To all those that came to the Ball and made it a complete success. I thank you and I sincerely hope one and all truly enjoyed themselves.

In closing I just want to say again "Thank You".

R.E. Grundy

\*\*\*\*\*

NOTE OF THANKS

On behalf of the Tumbleweed Staff, we would like to take this opportunity to extend our heartfelt thanks to Peggy McLay for her most interesting and informative column (Peg's Poke) which was read and appreciated by both DND personnel and civilians. We understand Peg and Morris will be departing Alsask shortly for a trip to sunny Arizona and we wish them a safe and happy journey.

NOTE: So far no one has come forward to volunteer their services in compiling "The News from The Down-Towners". If anyone is interested in taking on this task we would appreciate it if they would get in touch with any of our Tumbleweed Staff.

\*\*\*\*\*

NOTE OF CONGRATULATIONS

Congratulations to Lt. Ed Carberry on successful completion of the CFOCS Course at Chilliwack, B.C. Carol flew out to attend the graduation ceremonies, and motored back with Ed before Christmas. The Carberrys will be leaving Alsask shortly for a tour at Moose Jaw, Saskatchewan, and we wish them all the best.

\*\*\*\*\*

NOTE: Any one interested in taking over as Assistant Editor and/or writing up the PMQ news (Carol's Chit Chat) please call Carol at 2334.

\*\*\*\*\*



"Fluffy, this is Mr Chowning, our lawyer. After I'm gone he's going to look after your financial affairs."

CHRISTMAS DECORATING OF PMQ'S

Again this year, as in past years, the PMQ's were judged for decoration during the festive season. The judging this past year took place on Mon 22 Dec with the following results being obtained:

1st	MQ #10	M/Cpl Haig	\$25.00
2nd	MQ #15	M/Cpl Warner	\$15.00
3rd	MQ #54	Cpl Salyzyn	\$10.00

I would like to thank the judges for their time and effort, not to mention the number of trips around the MQ's and Trailer Court, in selecting the three winning MQ's for this past season.

D.L. Lloyd, Mayor  
MQ Council

\*\*\*\*\*

THE MERIDIAN SADDLE CLUB

Happy New Year and hope everyone had a very enjoyable holiday.

Weather permitting, we will be having a "Pancake Day" at the Corral on 18 January at 11:30 hours. Mr. Don Ball will have sleigh rides and we'll be selling pancakes, sausages, coffee and hot chocolate. Everyone welcome to come. If the weather is still too cold on the 18th, the next date will be 1 Feb. (Sun).

"Horse - Sense" - common-sense safety precautions taken when riding or working with horses can prevent most accidents. Did you know that your strength is nothing compared to that of a horse's which weighs six or seven times as much as you do? You have to be able to outsmart him.

\*\*\*\*\*



FASHION - FLAIR - BEAUTY - SHOPPE

Janice Dick

NEW HOURS: Closed all day Monday  
Open 9:00 - 5:00 on  
Tuesdays, Wednesdays,  
Thursdays and Fridays  
Open 8:30 - 3:30 on  
Saturdays

Phone 968-2332 for appointments now

\*\*\*\*\*

CABLE TV CHANNELS

<u>STN</u>		<u>RECEIVED CHANNEL</u>	<u>CABLE CHANNEL</u>
CFCN	Calgary	2	2
CHAT	Medicine Hat	4	4
CKRD	Red Deer	10	10
CFQC	Saskatoon	3	7
CBRST	Saskatoon	9	6

CATV PROBLEMS:

Call Mon - Fri 0800 to 1630 hrs - 968-2401  
local 245 and ask for CATV  
Manager Cpl "Stoney" Stonehouse  
Cpl Barry Stokes  
MCpl "Newf" Hunt

After duty hours and week-ends call:

"Stoney" Stonehouse	2386
Barry Stokes	2345
"Newf" Hunt	2261

\*\*\*\*\*

FAULTY FIRE ALARM SYSTEM - The present Fire Alarm System is unreliable. Personnel

BOWLING

There will be a bowling meeting in the Station Theatre (Chapel Building) at 2000 hrs (8:00 p.m.) on the 15 Jan 76. Purpose of this meeting is the election of League officials. Turn out and elect candidates of your choice!

MIXED LEAGUE

The following Mixed League members have won the following pins:

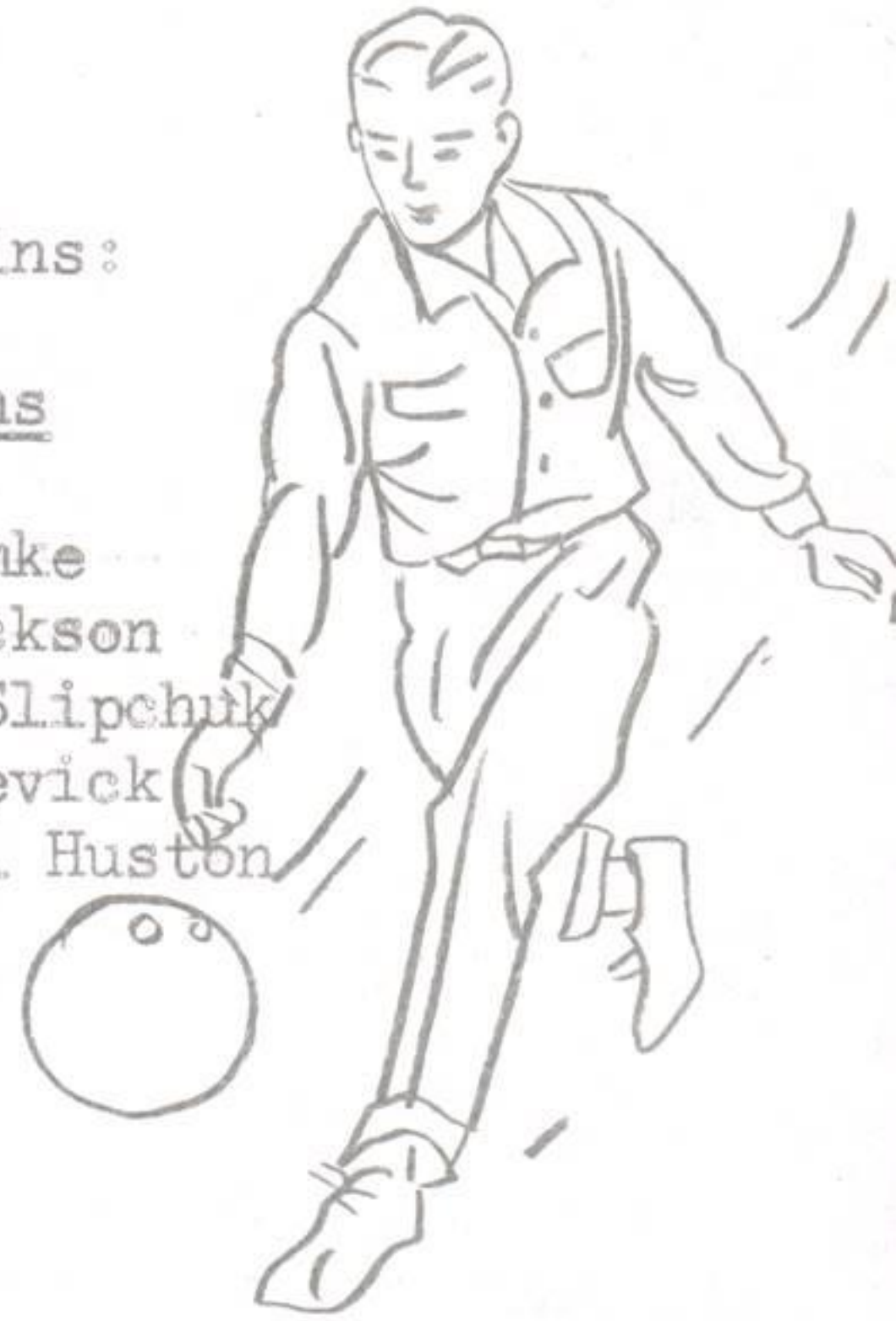
250 Pins

Don Hausaur  
Bill Laurin  
Tom Tracey  
Bill O'Neill  
Larry Bourdeau  
John Levick  
Don Smith  
Glen Shantz  
Jack Anderson  
Rick Pockett  
Ted Coombs

Dave Lemke  
Alf Paul  
Judy Lloyd  
Dianne Tracey  
Kay Bathgate  
Marj Thomson  
Grace Anderson  
Kay Langille  
Marvie Kenny

300 Pins

Pat Lemke  
Al Erickson  
Boris Slipchuk  
John Levick  
Crystal Huston



A new batch of pins have been received. If you have not received yours call Cal Bathgate at PMQ 29. Pins are awarded for 250, 300, 350 and 400 games once throughout the season in ascending order, i.e. if you bowl a 300 game prior to a 250 game you would only receive the 300 pin and up. Pins are awarded for raw score - that is your single score less handicap.

Mixed League Standing as at 5 Jan 76

	<u>TEAM</u>	<u>PINFALL</u>	<u>POINTS</u>	<u>TOTAL POINTS</u>	<u>STANDING</u>	
					<u>LAST WEEK</u>	<u>THIS WEEK</u>
1	Kenny	3220	8	64	4	2
2	Jardine	3212	7	58	5	5
3	Huston	2838	1	26	8	8
4	Noland	3132	5	66	1	1
5	Levick	2935	4	61	3	4
6	Laurin	2850	3	63	2	3
7	Ball	3198	6	50	6	6
8	Salyzyn	2840	2	45	7	7

Ladies League Standing as at 7 Jan 76

1	S. Charlton	2750	1	60	3	3
2	B. Hunt	2799	2	44	6	6
3	M. Thomson	3131	8	59	4	4
4	J. Bloom	3062	5	34	7	8
5	L. Boyko	2857	4	72	2	2
6	M. Horton	3071	7	35	8	7
7	C. Huston	2832	3	52	5	5
8	P. Lemke	3069	6	78	1	1

250 Pins (without handicaps)

Kay Langille  
Linda Boyko  
Marge Thomson

Stella Charlton  
Dorothy Davies  
Mari-Ellen Wood

Pat Lemke  
May Dowell  
Judy Lloyd

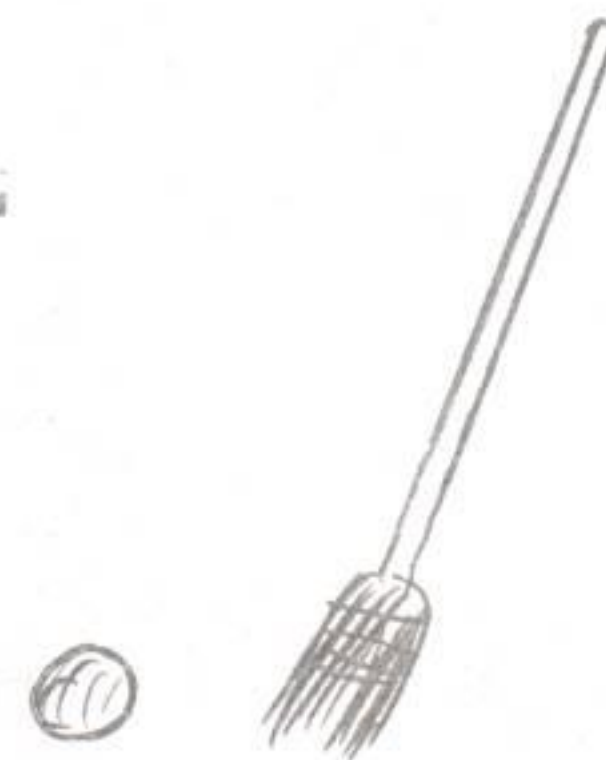
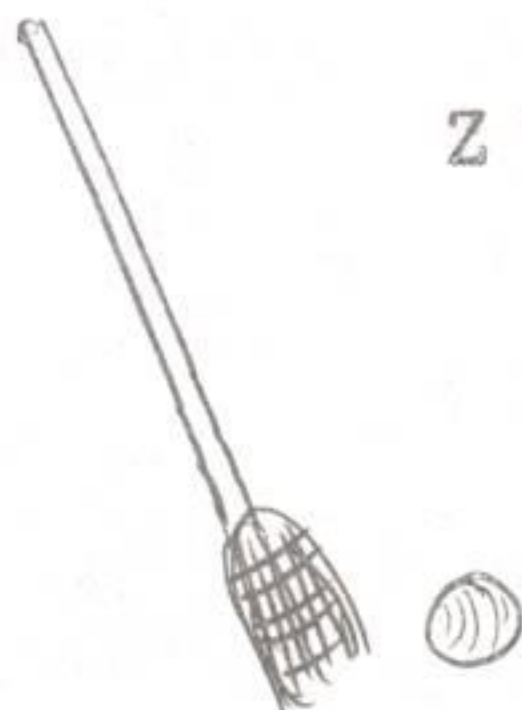
Marg Horton  
Vi Darbell  
Donna Crozier  
Flo Jardine

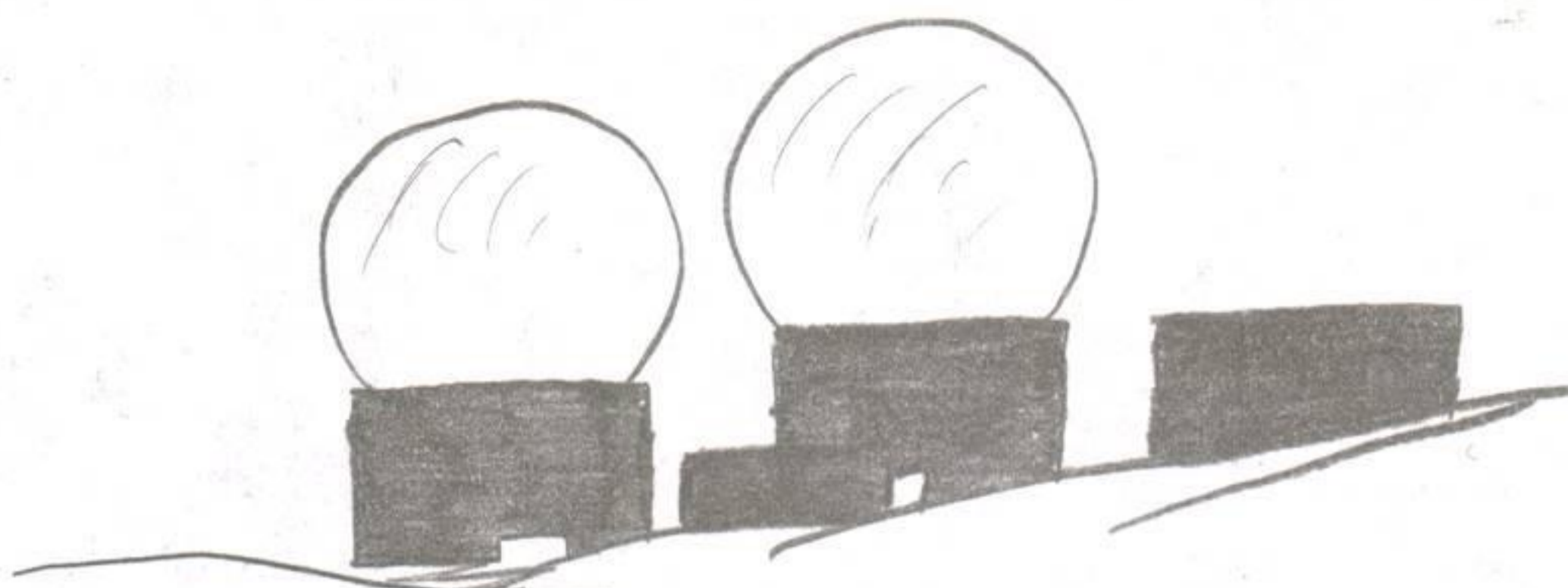
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Z O N E B R O O M B A L L

Jan 21 - 22 - 23

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NEWS FROM ON TOP OF THE DOMES

The Ops Site Christmas Party was held in the Junior Ranks Mess on 19 Dec. A good time was had by all. Newf Hunt was M.C. and did a fine job. Also, a "Well done" passed on to the Mess Hall Staff for the "chicken and chips", from all the gang up the hill.

Did anyone buy themselves an electric train for Christmas and say it was for their son? Maybe you heard about the drunk who had been wandering around Times Square and, finally, went down into the subway at 42nd Street. About half an hour later he emerged at 44th Street and bumped into a friend who had been looking for him. "Where on earth have you been all this time?" the friend asked. "Down in some guy's cellar," the drunk said. "And boy, you should see the set of trains he has!"

This is the season of the year that gets a bit hard on the pocket book, or you could say, hard on finances. What is finance? It is the art of passing currency from hand to hand until it finally disappears.

The New Years' Ball has come and gone and a "ball" it was. It was attended quite well from the Station itself and most of the population in the whole countryside around here was also there. Once again the Mess Hall Staff should be complimented on their efforts, for the roast beef meal was very good. Bob Grundy did a good job in the decorating and undecorating with the help of quite a few other people. Did anyone notice the ratio of "up the hill" to "down the hill" working on the decorating committee? Mark up one more for the boys at the dome.

There has been a paper around telling us to conserve energy. O.K. - we go along with that but I can't really see that reporting a fire which is done by phone is much easier whether or not the fire chief leaves his porch light on, but then maybe there are a few houses it would shine through the window and we could see to dial our phone without turning our kitchen light on.

There was a paper around telling us that our rent would go up - it took 2 pages to tell us this. It could have been done in 2 lines and for reasons they give, as one, the car port! the house I could believe!

Can you imagine what could be the most unusual zoo in the world? It would include a school of whales that would be having a people of a good time, a boy-footed cat, a clam that man's up a human hearted lion, a turtle with an athletic-neck sweater, a hog who speaks manwash, and a cat who lets gossips out of bags, and horses - well no comment. On thinking it over and finding out everyone didn't like my horse story and although they sometimes lean on our tower compound fence but are not within the bounds of the dome fence, and for someone who thinks it takes 4 quarter horses to make a whole horse and for some one who thinks a saddle club is a horse pasture shouldn't be writing about something he knows so little about.

\*\*\*\*\*

CHILDREN'S MATINEE MOVIES

- 10 Jan - NOW YOU SEE IT, NOW YOU DON'T (G)
- 17 Jan - DUMBO (G)
- 24 Jan - AFRICAN ADVENTURE (G)
- 31 Jan - ANGEL IN MY POCKET

NOTE: The above movies are subject to change.

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NOTICE

BOWLING MEETING ON 18 JAN 76.  
INSTEAD OF 15 JAN.

# Carol's Chit Chat



HAPPY NEW YEAR! Your car, furniture and personal effects have just depreciated in value another year. Income Tax is just around the corner and plans of Winter Carnival festivities are scheduled to begin shortly. Why should anyone be bored in Alsask?

While preparing this article, Saskatchewan is in the midst of a deep freeze and, hopefully, by the time this column goes to press, a warm chinook will have arrived to the area. While browsing through the Holberg Newspaper (The Seagull Courier) I came across an article which I felt was worthwhile passing along to our readers.

"The highest temperature ever recorded in Canada occurred in Saskatchewan. On July 5, 1937, the weather observers at both Midale, Sask., and at Yellowgrass, Sask., observed a maximum temperature of 113°F or 45°C."

See! It isn't always -30°C in the Prairies!!!

Christmas and New Year visitors to CFS Alsask included the parents of our CO, Mr. and Mrs. G.B. Sterne from Vancouver, Debbie Saulner's parents, Rene and Bert Francis of Sydney, N.S., Al Stonehouses' mom and dad, Mr. and Mrs. Chuck Stonehouse from Darcy, Sask., Chuck Stapleton's mom, Mrs. Helen Stapleton and boys from Swift Current, Sheila O'Byrne's sister from Neepawa, Manitoba, Darlene Lussier's mother from Regina. Visiting with Ed and Carol Carberry from Great Falls, Montana, were Mr. and Mrs. Al Shephard and Mr. and Mrs. John Hunt. It was also nice to see sons and daughters arrive home from universities and places of employment to share the holiday season with their parents and friends.

Some of those who hit the bare highways to visit relatives and friends were as follows: Don and Judy Lloyd and family to Edmonton, Ted Coombs to Dorchester, N.B., Almina and Louis Cailloux and girls to Yorkton, John and Mary Day and boys to Swift Current, Grace and Mel Brown and family to Calgary, Bob and Sheila Collins and family to Kamsack, Sask., Vicki and Gord Melrose and girls to Edmonton, Al and Bonnie Groome and family to Drumheller and Edmonton, Rick and Joni Pockett and daughter Tina to Winnipeg, and last but not least our fine nursing sister Shel who visited with her folks in the Winnipeg area.

Belated birthday greetings to Mrs. Florence Stonehouse who celebrated her 21st birthday Dec. 31st and to Master Darren Skomorowski who had his very first birthday on Dec. 30th.

Our best wishes go out to Marj and Mel Bullock on the occasion of their 25th Wedding Anniversary on Dec. 30th. I'm sure our readers join me in wishing them many more years of happy wedded bliss.

It has come to our attention that a former DND School teacher, namely Mrs. Theresa McDonald of Sioux Lookout, has had an addition to their family, a baby daughter. Friends of Rick and Nancy Brown (Calgary) will be happy to hear they have a new son. The baby was born during the holiday season and weighed over 10 lbs.

Sorry to hear of all the discomfort the Jardine family suffered during Christmas, with having to sleep on the floor and all. It was nice to see the moving truck arrive a couple of days after New Years with their new furniture, although I was scared for a minute as I figured they (movers) were coming to move me to Moose Jaw already.

Well, that's it for now. If anyone has any news to enter in this column for next month please call me at 2334.

\*\*\*\*\*

### NOTICE

Effective January 1, 1976  
Revision of International  
Postage Rates  
First Class

up to 1 oz.	20¢
1 to 2 oz.	35¢
2 to 4 oz.	50¢
4 to 8 oz.	95¢
8 to 16 oz.	\$1.80

### ATTENTION

### ALL LADIES

### VOLLEYBALL

Every Tuesday and  
Thursday mornings  
from 9:30 - 11:00  
(Bring your kids)

MQ COUNCIL

B I N G O

in

Rec Centre

8:30 p.m.

JACKPOT - \$150.00 in 52 numbers  
January 15th

\*\*\*\*\*

!!!! SOARING CLUB!!!!

Ground school has commenced under the Prairie West Community College programme. Unfortunately this article will not be published until after the first two lectures have been held. However, it is not too late. You can still join the ground school if you sign up and pay your \$19.50 before the 27 Jan 76. The total ground school package consists of 39 hours of instruction. At three hours every Tuesday night (7-10 p.m.) that means we should finish by the end of March.

One of the prerequisites for earning your Glider Pilot License is to obtain 60% on an MOT written test. This course will be geared to that end so that as soon as a glider and instructor are available those who have successfully passed the MOT test, passed their MOT medical and have obtained their Glider Student Pilot permit will be able to commence glider training. (Those who have a valid private pilot licence need not write the MOT written test).

We are in a bit better position to explain costs now. Bear in mind however, that some of these figures are approximate so that the end figure is only "ball park". Also some costs are optional:

Alsask Soaring Club Membership	25.00
Soaring Association of Canada Annual Membership	15.00
Ground School	19.50
Ground School Books (approx.)	10.25
Medical	15.00
Tow Charges \$2.00 x 20 tows	40.00
Instructor	30.00
Log Book	2.25
SAC Instruction Manual - Part III Students Notes	1.00
	<u>\$158.00</u>

This is not to say it will only cost you \$160.00. It would however be safe to say that your glider pilot licence will cost you around \$200.00 here at the Alsask Soaring Club. This is a very low price to pay for becoming a certified glider pilot. A civilian club in Alberta costs around \$800.00 for similar training though they would go into greater detail no doubt in certain areas.

If you want to earn your licence this summer, sign up for the Ground School any Tuesday before 27 Jan 76 at the John A. Silver School at CFS Alsask between 7 and 10 p.m.

Join the Alsask Soaring Club by dropping \$25.00 at the Accounts Section.

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THE TRUTH ABOUT SISIP

"SISIP may be alright for young members of the Force, but not for me!" "SISIP is not needed when you have the CFSA; Pension Act and Canada Pension Plan!" "SISIP is just another insurance company's scheme to sell insurance!" "You can get better and cheaper insurance coverage than SISIP by shopping around!" We've heard all of these comments at one time or another - and all are wrong; so completely wrong! If it were just a matter of a difference of opinion, such comments could be ignored and there would be no harm done. But such erroneous statements can have very serious consequences for some members of the Force and for some dependents.

The Servicemen's Income Security Insurance Plan was designed by Servicemen for all members of the Force, and it was designed in a way which takes other benefits into account so that the members will get the TOTAL protection that they require at the lowest possible costs. SISIP is a group insurance plan which belongs to members of the Force, and its effectiveness is controlled by members of the Force. In a nutshell SISIP is one of the best group insurance plans in Canada to-day and certainly it is the best plan available for all service personnel.

Within the Force a member, understandably, is influenced by the opinions of his superiors, associates and friends. Therefore, if you are offering advice on SISIP make sure that you are aware of the facts; and if you are receiving advice, check it out. Unfortunately, there are recorded cases where members have declined or cancelled SISIP coverage on the bad advice of someone else, and later they died and left their dependents virtually penniless. Some members cancelled their coverage and purchased a small lump sum insurance policy which offered little or no financial security in the long run. Others failed to enrol because they considered that they could not afford the coverage. (Even if the premium costs were the only criteria for purchasing insurance, SISIP costs are well within the budget for all service personnel). In essence, when reviewing the casualty notifications for personnel

THE TRUTH ABOUT SISIP cont.

surviving dependents simply because the members ignored a benefit plan that was designed specifically for them.

Find out about SISIP; get the facts. Don't listen to the sceptics or the uninformed barrack room lawyer. Consult your local Pensions and Insurance Co-ordinator at local 218.

\*\*\*\*\*

BRIEFINGS -SERVICEMEN'S REGISTERED RETIREMENT SAVINGS PLAN

Arrangements have been completed, and approved by the CO, for briefings to be given by Mr. Bob Fraser, Canada Trust Company representative Edmonton, on the following:

- a. Servicemen's Registered Retirement Savings Plan (SRRSP)
- b. Home Ownership Plan (RHOSP)

There will be two briefings to be held in the Junior Ranks' Mess on Monday, 19 January 1976 at 10:30 and 14:30 hrs. These briefings followed by question and answer periods are open to both servicemen and their dependants.

All Station personnel are encouraged to attend either of the above briefings, and avail themselves of the opportunity of obtaining information on these topical subjects as the basis for personal financial planning.

Mr. Fraser will be available during the evening of 19 January and also on 20 January for individual appointments, and will be located in Room 101, Single Quarters, Local 230.

\*\*\*\*\*

D.I.D DRUGS

This is the first article of a continuing series of articles on Drugs and Alcohol.

I've named this column "D.I.D DRUGS", because it has two meanings.

1. Detect, Identify and Destroy the misuse of Drugs and Alcohol (this is my (our) objective)
2. IF you D.I.D Drugs at one time or another, including alcohol, you probably already know what the effects on you can be.

As Unit Drug Education Co-ordinator (UDEEC), it is my responsibility to:

- (a) Provide a consultative service to the Commanding Officer and subsequent supervisors at all levels on matters pertaining to Drugs and their misuse.
- (b) Develop a program which discourages the misuse of drugs of dependence, including alcohol, by members and their dependants and civilian DND employees.
- (c) Acquaint members and dependants and civilian DND employees, with Service policies on drug misuse, with particular emphasis on the hazards involving operational effectiveness and reliability, general safety and security.
- (d) Provide all concerned with factual information on the pharmacological, legal and social aspects of drug use and misuse.

Now that may sound like a mouthful, but the name of the game is to make people "AWARE" of drugs and alcohol and the effects they have on an individual and those around him or her.

It is my intention that through this column, I'll be able to provide you with information about Drugs and Alcohol, what to be wary of, how to identify a person with a problem or a potential problem, NOT to DIAGNOSE a problem, but where to get help if you have a problem. The hardest thing for any individual to admit to himself or herself, is that he or she has a problem with Drugs or Alcohol.

At the same time, it is my hope that you the reader, young, old, parent, student, serviceman, will take enough time and interest to express your opinions or comments on this particular subject. If you have any opinions or comments on any of the articles of this column please address them in writing to

CAPT D.H. OBYRNE, GEOPSO.

I would like to have them published in this column. If you do not wish to have your name published with the article please state your wish in your comments.

LIBERAL PARTY CONVENTION - DND RESOLUTIONS

The following are a list of resolutions pertaining to DND that were passed at the Liberal Party Convention this past weekend:

1.
  - a. Be it resolved that the Government of Canada be urged to increase the size of and re-equip Canada's Armed Forces in line with their increased responsibilities in the areas of Arctic sovereignty and Fisheries Patrol.
  - b. Be it resolved that the delegates assembled commend the Minister of National Defence on a program of restoring the separate identities of the land, sea and air commands of the Armed Forces and support the concept of integration of support services.
  - c. Be it resolved that:
    - (1) Canada maintain its Armed Forces at a strength which properly and adequately equipped, will ensure that the sovereignty over its own territory is fully provided for
    - (2) Canada honour its obligations under the NATO Treaty and its NORAD Agreement to the full
    - (3) Bring its regular and reserve forces up to sufficient strength in numbers and effectiveness by the provision of modern equipment until mutual Armed Forces and equipment reduction is negotiated and assured between NATO and the Soviet Block
  - d. Be it resolved that Canada carry a fair share in the NATO Alliance because international stability can best be maintained by a balance of military force between the NATO Alliance and the Warsaw Pact countries
2. A resolution to strengthen reserve forces and increase support of Cadets, provide leave for employees on reserve duties and provide job protection for callouts was defeated. Reason for defeat appears to be complexity of the resolution and the limited time left to discuss rather than the content.

\*\*\*\*\*

KIDS, BOOZE, AND THE LAW (PART II)

Part I on the subject of kids, booze and the law dealt with minors drinking at home. Minors may drink at home in all provinces and territories except Ontario and Nova Scotia, provided that the drink is served or supplied to them by their parents or guardians.

This article will deal with drinking by minors outside the home. A minor is a person under the age of 18 or 19, depending on the age of majority in your province or territory.

Drinking in Eating Establishments

Minors, accompanied by their parents or guardians, may, apparently, drink in licensed eating establishments in Quebec, New Brunswick, Newfoundland, Manitoba, the North West Territories, the Yukon, and, possibly others, but in New Brunswick and the North West Territories, they may drink beer or wine only. Only in New Brunswick may a wife, who is a minor, drink in an eating establishment with her husband, and I suppose she may drink beer or wine only. Minors cannot drink legally in eating establishments in the other provinces, but they may enter to eat with their parents or guardians.

Drinking in Bars, Lounges

Here, the law becomes a lot more consistent, in that it appears illegal for minors to drink in bars, taverns or lounges anywhere in Canada. Bars or taverns can generally be defined as establishments that serve drinks, but not meals.

A lounge seems to be a cocktail bar with a connecting door or opening to a dining room. So, to be on the safe side, if you want a few drinks before dinner, and you have the kids with you, do your drinking in the dining room, and ply the children with pop.

It is almost universal in Canada that minors are not allowed to enter taverns, beverage rooms, liquor stores or drinking establishments that do not serve food.

KIDS, BOOZE, AND THE LAW (PART II) - cont.

Additionally, it is an offence in all provinces for minors to purchase or be in possession of alcoholic beverages.

The liquor laws in Canada are extremely complicated and varied, and I want to emphasize again that the above may not be entirely accurate nor complete because of the difficulty in understanding terms used in the various Provincial and Territorial Statutes, and because I have not obtained all of the Liquor Regulations for all the provinces and territories.

No mention at all has been made in these two articles about minors in military messes, because the subject is not discussed very much in the Provincial Statutes. Therefore, the rules laid down by your mess about family nights should be rigidly adhered to. Please keep your children out of the bar room when you bring them to dinner.

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CONSERVATION CONVERSATION

Last year we ran a series of articles on energy conservation in the Tumbleweed and we plan to do the same this year. To some of you a lot of the information will be repeated, but to the new arrivals it could be new. We will try to keep the articles interesting as well as informative.

A Committee comprising the following personnel:

Chairman	CE	MWO G. Harris	269	2374
Member	MSE	Sgt. R. Murray	227	2627
"	OPS	Sgt. S. Carter	235	2335
"	HQ	Sgt. F. Coxall	217	2693
"	GATR	MCpl. F. Truman	245	2647

has been set up by the Commanding Officer to find ways of conserving energy, and send quarterly reports to CHQ with actual figures on energy used, which is based on the fiscal year 72/73 which is used as a constant of 100%. Any amounts used over or below this figure will give us a - or + reading and our goal is set at 10% below the 72/73 fiscal year figure, and in order to achieve this we need the support of all personnel. Anyone having any ideas on how to save energy, or where energy is being wasted, please call us. We will be happy to hear from you.

In this issue of the Tumbleweed we will deal with electric lighting.

How many of us have said there is lots of electricity around, surely this is one kind of energy I don't have to worry about. This is a very common view among people. But it takes fuel to generate electricity even hydro sites (sites operated by water power) are now limited. Developing nuclear and hydro facilities in the future will be very expensive. So we have to do our bit to conserve it now.

Turning out lights that aren't in use is a definite energy saver. For instance the carport light in PMQs is necessary, but the flood lights on the front and back doors are not necessary unless you are actually working outside. So, please turn them off and teach your children to turn them off when not in use. Also, turn your car port light off when you retire for the night.

There is a misconception among most people that leaving lights on saves more electricity than turning them on and off. Not true, there is a momentary surge of power when a light is turned on, but it is equal to only a second or two of actual lighting time.

Types of LightingIncandescent

This is the familiar light bulb found in most homes. Light is produced by heating a tiny filament until it glows. Unfortunately it produces more heat than light - 95% heat and 5% light - this heat is generally wasted because it is generated in the wrong place at the wrong time.

It is very easy to be confused by all the different incandescent lamps on the market such as: general service, eye saver, shadow ban, extended service etc. We will try to explain the advantages and disadvantages of each. However, the most

CONSERVATION CONVERSATION - cont.

energy efficient is the general service which gives the most light (measured in lumens) for watts consumed.

General Service

Most economical requires shade to avoid glare, average length of life, high proportion of lumens per watt.

Eye Saver

No glare from lamp, produces same amount of lumens as general service, reduced length of life, more expensive than general service type

Long service (Extended service)

Longer life, reduced lumens per watt, more expensive than general service or eye power, inefficient energy user.

Crypton filled

Same lumens or more compared with general service, long life, good for outside locations, cost three times as much as general service, requires heavy shade because of glare, not readily available.

Fluorescent

Fluorescent lights are found in offices and schools. However they can have important energy savings to the home as well. Fluorescent lighting is over five times as efficient as the ordinary light bulb - 30% light, 70% heat. Fluorescent lighting can be confusing. There are two main types on the market: "cool white" and "daylight". Cool white produces the most lumens per watt while daylight is softer light. Cool white produces more glare unless shaded. These lights are best used in work areas and in bathrooms, kitchens and recreation rooms.

Strange as it may seem one lamp of higher wattage will give more light than the same wattage from two smaller lamps. Example: one 100 watt bulb will give more light than two 60 watt bulbs. One 100 watt bulb = 1740 lumens, two 60 watt bulbs = 1720 lumens. The more watts used, the higher the cost.

Use good lights for reading, working, etc. Maybe localized lights would be best such as a lamp on the table by the work area. Try lower wattage bulbs in bed rooms, living rooms etc. or wherever close work is not being done. Less light in certain areas is a lot more romantic: and why have a living room flooded with light when you are watching T.V.

Energy is a non renewable source and it is up to us to do our share and save all we can.

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BABYSITTERS

Leslie Acton	2320	Sheryl Ann Murray	2627
Brenda Borschneck	2308	Michael Murray	2627
Janice Carr	2430	Debi Ramsay	2278
Sharon Cordick	2462	Tammy Salyzan	2273
Cindy Erickson	2630	Malcolm Bailey	2641
Danny Hill	2386	Gloria Moskowec	2608
Terry Mainhood	2611		

Anyone wishing to be included on this list please advise the "Tumbleweed" of your name and phone number.

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## C A D E T ' S

S P O R T W E E K - E N D

Feb 7th and 8th

A D V E R T I S E M E N T S

Advertisements are to be written in with the number of times they are to run. If this information is not with the ad it will be run once only.

Persons placing ads and getting results from same are asked to make arrangements to have their ads discontinued. Please phone local 232 or 2672 and ask for Dennis.

- FOR SALE Scout shirt size 14-14½ - \$3.50  
Scout beret size L - \$2.50  
Phone 2683.
- FOR SALE Girls figure skates - size 13 &  
Boys skates - size 2 - \$8.00 a pair  
Boys Daoust skates - size 5 - \$20.00  
Scout uniform, Size 14-14½. Phone 2386
- FOR SALE 1 pair boys Baur skates - size 6  
1 evening gown - size 14  
Lg batterie Opp Crane. Phone 2273
- FOR SALE 1 pair boys skates - size 3 - phone  
2627
- FOR SALE Ten-speed sprinter - 1 year old  
Phone 2694
- FOR SALE 1964 Meteor 6 cylinder automatic -  
radio (runs good) - \$160.00  
1962 Ford ½ ton (steers terrible -  
uses oil) \$200.00. Good truck for  
around town. Richard Reichert - phone  
2750 Marengo.
- FOR SALE Girls long gown - size 10 - like new  
\$10.00. Phone 2398
- FOR SALE Girls figure skates - size 13 - only  
worn once - \$10.00. Phone 2353
- FOR SALE 2 F 78 x 14 tires mounted on Chev rims  
Phone 2335
- FOR SALE Two pairs girls figure skates - sizes  
7 & 10. One pair ladies figure skates  
size 7. Two pair boys skates sizes  
10 & 12. Phone 2678.
- LOST 1 pair boys jogging shoes - size 12(B  
width) - Blue with white stripes.  
Like new - call 2322.
- FOR SALE Boys skates - size 1 - \$5.00. Phone  
2288
- TAKEN BY MISTAKE from Headquarters' Section  
Party - 1 Man's Trench Coat. Owner  
please call 2340 and identify.
- FOUND Dec. 13th in Rec Centre - 1 child's  
birthstone ring - Sarah Coventry - phone  
2241

FOUND Red and white trike - phone 2382

WANTED Part-time and full time waitresses/  
waiters for employment at Flaxcombe  
Hotel in Beverage Room. No experience  
necessary. Phone 463-3497 or apply in  
person.

WANTED High Chair. Reasonable. Phone 2

WANTED Set of Ceramic African Heads -  
black glazed. Phone 2604

WANTED 1 pair boys skates - size 6 -  
phone 2340

GUIDE & BROWNIE INFO: Call Sheila O'Byrne  
at 2610

AMWAY PRODUCTS: Call Jean Finley - 964-4

NIBBLE-NOTS: Call Debbie at 2383

ALSASK SEW 'N SAVE: Call Marge Thomson -

TRI-CHEM SUPPLIES: Call Jean at 2353

VANDA BEAUTY COUNSELOR: For information

home demonstrations on make-up,  
beauty aids, etc. contact Joni  
Pockett at 2329 or Ferne Wilkie  
at 2296 (town)

CFS ALSASK AVON REPS: Barb Hunt at 2261  
Alexis Stokes at 2345

ARTEX SUPPLIES: Call Joni at 2329

SUN LIFE ASSURANCE CO. OF CANADA: Ken  
Winter rep at Rec Centre, 1st and  
3rd Thursday each month, 7 - 9  
p.m. Phone 2433

BOTTLES: Don't throw them away!! Donate  
them to the 1st Alsask Boy Scout  
For pick up call 2278.

STAR-PHOENIX: For delivery of Star-Phoen  
call Ben and Kevin Bathgate (Bas  
delivery) at 2357 or Mike Ackera  
(Town Delivery) at 2672.

STANLEY HOME PRODUCTS: call Debbie at 238

REGAL SUPPLIES: Call Judy at 2241

MUTUAL LIFE OF CANADA: For all your in-  
surance needs, registered retire-  
ment savings, contact: Quincey  
Von Kuster at 463-3060 in  
Kindersley.

OYEN DENTAL APPOINTMENTS: Call Oyen (403  
664-3966 Office Hours 9 a.m. to  
5 p.m. Dental appointments on  
Fridays ONLY at Oyen Dental Cent

BARBER SHOP HOURS: Tuesday, Wednesday &  
Thursday evenings - 1800 - 2100

T O P S (Take Off Pounds Sensibly) -

Meetings: 7:30 Monday evenings  
in Alsask School

RADIO SHACK: Equipment is now being sold  
at the Kindersley Hobbe Shoppe,  
Main Street, Kindersley. The  
1975 Catalogue is held in Ground  
Training. We also hold the Cam-  
gard, Jana, and Addison TV Parts  
catalogues. Anyone who would li-  
to see these and can't make it u-  
to Ground Training, please call  
Sgt Rushton at 240 and he will  
send it to you. A 1974 or 1975  
Heathkit Catalogue to be held in  
Ground Training, is wanted.

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"Yes! There's A.A. and AL-ANON in Alsask.  
Fridays - 8:30 p.m. in the United Church  
Basement.

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