

# Cumpleweed

C.F.S., ALASKA



29 JAN 76

"TUMBLEWEED" - 28 JAN 76

Items will not be accepted for publication unless signed by the contributor. Such items must be received by NOON, 4 Feb. The views and 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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C F S A L S A S K C H A P E L (R C & P)

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

ROMAN CATHOLIC

Mass: 7:00 p.m. Saturday  
 Confession: Before Mass  
 and by appointment.  
 Baptisms: Please contact  
 chaplain as soon as  
 possible.  
 Marriages: Please contact  
 chaplain at least 3  
 months in advance.

PROTESTANT

Worship: 7:00 p.m. Sunday  
 Sunday School: 10:30 a.m. Sunday  
NOTE: N O Sunday School 8 Feb due  
 to Cadet Sports Week-end  
 Baptisms: Please contact chaplain  
 as early as possible for  
 information.  
 Marriages: Please contact chaplain  
 as early as possible for  
 arrangements.

CHRISTIAN FAMILY LIFE

Today's family has the greatest opportunity to assure the continuance of all that makes people human - the virtues of justice, freedom, love, prudence and courage.

Parents are greatly concerned about preparation of their children for graduation into maturity. This is fit and proper because it is in the family that a child develops his attitude toward life and it is the family that determines the way a child measures up to life's challenges.

But parents should consider whether their worry is out of proportion to the cause. Behaviour which perplexes a parent may be the normal response of a healthy, full-of-life, human being. These young people are in a difficult transition stage from adolescence to maturity.

Much of today's unrest may be traced to lack of sense of quality; aesthetic, humane, or moral. The family provides a background that will enable young people to perceive qualities.

Most to be feared is a moral vacuum. A person may be ignorant in politics, literature, psychology, etc., without hurting society materially, but if he is ignorant morally, he taints society. Where else is a child to learn virtue than in the family.

Parents need to be sensible, discreet, reasonable, sensitive and cooperative. A man and woman did not take each other in marriage merely as agreeable companions. They assumed duties, one of which is toward their children.

In a good family there are always present the curbs and controls that constitute the essence of good government. Discipline is necessary because it must be learned as a quality essential in all walks of life. cont.

CHRISTIAN FAMILY LIFE - cont.

"The family is the cradle of culture, strength of the Nation, and the stronghold of civilization."

.... Paraphrase of Paula Barwell

Chaplain (RC)

Father Al Pich  
CFS Alsask - 264  
Residence - 968-2766

Chaplains (P)

Padre Al Stenson  
CFB Penhold - 397  
Residence - 886-4058

Padre Rom Sharp  
CFS Alsask - 264  
Residence - (403)  
664-2818

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NOTE There will be NO Sunday School 8 Feb due to Cadet Sports Week-end, when the Parish Hall will be in use.

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CHURCH SERVICES IN THE VILLAGE OF ALSASK

ANGLICAN CHURCH -

Next service:  
No time available

MISSIONARY CHURCH -

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

UNITED CHURCH -

Next service:  
Feb 8 - 1:30 p.m.

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TO ALL PEOPLE OF THE ALSASK COMMUNITY:

The Protestant Chapel Ladies Guild would like to thank this Community for its interest and generous support of our activities and projects during the past year. As you are a part of us we would like to bring you up to date on what we have been doing.

Some of you may be familiar with the fact that we support a foster child. His name is Leslie Gonsalves. He is 12 years old and lives in Kalimpong, India. The Guild sponsors Leslie through a fund set up with Dr. Graham's Homes. A few years ago we made a donation sufficient enough to last Leslie for 6 years. However, with inflation striking all of us, we have had to add to this fund. Also we send him a birthday and Christmas present each year.

In the spring of 1975 the ladies of the Guild were asked to organize and partially finance a Sunday School. This was undertaken with great enthusiasm. It was started in September and now has a registration of 48 children. On December 14th they gave a concert which was a joy to behold for all who attended.

Our Bazaar, November 29th, was a great success and we thank each and every one who participated. We realized a substantial profit and are proceeding to put this back into the community to work for all. Our general list of donations will be announced at a later date.

On December 13th, the Community Council of CFS Alsask held a "Lunch with Santa". They asked the Guild to prepare and serve a lunch for the children and parents. Although we underestimated the consumption of coffee by the parents, there was sufficient food and drink for the children. And a good time was held by all.

At our last meeting, January 12th, we held our annual elections. It was decided to retain the present executive except for the secretary, who will soon be transferred with husband and family. Our executive for 1976 is:

- President - Mrs. Stella Charlton
- Vice-President - Mrs. Flo Stonehouse
- Secretary - Mrs. Elizabeth Pithers
- Treasurer - Mrs. Dorothy Davies

One of our up-coming projects will be a Rummage Sale with proceeds to go to the Youth group. This will be held on April 2nd. Further information regarding this event will be published in the near future.

cont.

TO ALL PEOPLE OF THE ALSASK COMMUNITY: cont.

Our next meeting will be held at the Parish Hall on February 9th at 8:00 p.m., at which time a group picture will be taken. Leslie, our foster child, has requested a picture of his sponsors. We wish to extend an invitation to all ladies to join us and participate in some very worthwhile and interesting work.

Mrs. Judy Lloyd, Secretary  
The Protestant Chapel Ladies Guild

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BILINGUAL SITUATION  
AIR COMMAND UNITS IN QUEBEC

1. The following comments are the results of a review by appropriate NDHQ staff divisions on observations raised by the CCWO after his visit to Air Command Units in Quebec. They are forwarded to you as information which could be useful to your personnel.
2. Quebec Educational System. The Quebec Educational System is established according to the religious denominational affiliation of the parent i.e. Roman Catholic or Protestant School Boards and not on linguistic lines alone. Education is dispensed in both official languages throughout the province to satisfy existing needs. The Quebec Educational System is organized under three groupings when excluding post-secondary education i.e. Kindergarten or Maternelle (1 year); elementary (6 years covering grades 1 to 6 with provision for an additional year beyond grade 6 for special education of students experiencing difficulty in progressing to the secondary level) and secondary (5 years covering grades Secondary I to V). The normal span of elementary and secondary education is 11 years of progressive schooling as opposed to 13 years in Ontario, 11 years in Newfoundland and 12 years in all other provinces. While advancement from grade to grade is generally compulsory under the system, the continuous progress of a student to qualify for a high school graduation certificate must be based on his scholastic abilities or previous achievements. With this in mind it will be readily seen that the level placement of a student from another province is dependent on his past achievements, subjects taken and degree of scholastic abilities. Education is generally dispensed under a three stream-system, i.e. slow, normal or advanced from the mid-elementary levels up to the completion of Secondary V. This open-ended system allows greater flexibility to place a student at his proper level. This approach is governed by Regulation 7 of the Department of Education of Quebec. Service members who come from another province and who are not aware of this approach may misconstrue the placement of a child as a demotion particularly when the province of origin may have a span of 12 years or more to cover elementary-secondary education. Therefore the problem may not be one of judging the standards of Quebec education but rather of fully comprehending the various comparative educational structures within other provinces. With regard to the testing requirements to establish the oral and written abilities of the student in French as a second language, it is indeed a fact that the Quebec norms would be difficult to meet if the student had never elected to take French as a subject under his previous secondary schooling elsewhere. This problem is compounded where French is an optional, and not a compulsory subject, in other provinces.
3. CFSO 128/75 provides special entitlements for CF members serving in or posted to Quebec who have children in high school who experience difficulty due to their levels of previous instruction or knowledge of French as a subject. The entitlements permit a member to leave his child at his former place of duty if the child has completed the grade 10 level, or to educate his child at his place of duty. If the child is unable to cope with the Quebec program assisted by private tutoring in French after a year's schooling at the place of duty, the child may return to attend school elsewhere or continue to be provided with private tutoring to achieve the required standing.
4. The Department of Finance in a letter to DND, dated 23 Jul 75, confirmed that the Department was looking into the matter of income taxation by

cont.

BILINGUAL SITUATION  
AIR COMMAND UNITS IN QUEBEC - cont.

the Province of Quebec on education allowance received by CF members serving in that Province. The results of that review will be notified through normal channels when known. Concerning the entitlement to education allowance for post-secondary education, this is based solely on achieving the equivalent of Ontario Grade 13 (or the qualifying year at a university). This level may only be obtained under the university entrance program provided under GECEP I and II and not the professional or vocational programs. Pupils in other provinces who do not qualify for university entrance may not attend a Community College at public expense.

5. Base Language Training Programs. The observation that "some units consider that a French language teacher one week out of a month is not sufficient to bring English speaking personnel up to a sufficiently proficient capability to work in French" is certainly true. The program was not designed with this purpose in mind. This observation describes the situation which existed in 1974/75. This year's program calls for radar site personnel to participate in intensive, cyclical courses under the host base concept. The only exception to this is the program running at CFS Lac St Denis which has a visiting French teacher three weeks per month and an English teacher two weeks per month. While there is always room for improvement in any program, the existing one is considered to be the most practical one under existing circumstances. The upgrading of facilities for language training at bilingual or unilingual units is a question of priorities. The number of teachers that are assigned to any given base is based upon information provided by base and station Commanders.

6. On-Job-Training. There is a lack of French language material available for some trades and this difficulty places an extra load on supervisors responsible for OJT. It is likely that these deficiencies will continue for some time. Translation of CFTOs is tied to the technical translation program (which has not yet started) and translation for training requirements will be a priority activity. Nevertheless many CFTOs have been translated and are thus available for OJT purposes. In this regard it is noted that all radar stations receive a copy of the DGBB/DTTC Status Report on Translation of Publications. From this, they can originate demands for needed publications.

7. Although on-job-training standards have been published it is impossible to ensure complete standardization. This problem is not unique to the air trades. However, OJT is the major vehicle of training for most of these trades. This situation will be alleviated somewhat with the introduction of formal coursing for 511, 512, 531 and 563 trades at the Trade Qualification (TQ) 5 level commencing FY 76/77.

8. Personnel Selection and Postings. The problems associated with the manning of units in Quebec, and particularly those associated with the posting of Anglophones and their dependents, are well understood and everything possible is being done to find solutions to our difficulties. On the other hand, it must be pointed out that similar problems exist for Francophones and their dependents posted outside Quebec.

9. In some classifications and trades it is necessary for unilingual Anglophone personnel to serve in Quebec because of shortages of Francophone personnel. Unilingual Anglophones serving in FLUs are left in situ only as long as it takes to obtain Francophone replacements. It is not, in general, practical to give one year's notice of postings to Quebec units because the triggers behind postings are promotion boards/merit lists. To give one year's notice to permit language training would not allow current lists to be used and it is probable that many postings would have to be cancelled or amended with the resulting turmoil and hardship. It should be noted, however, that career managers and DMMD are cooperating closely to ensure that personnel who have completed French language training are employed in units where their training will be fully utilized.

cont.

BILINGUAL SITUATION  
AIR COMMAND UNITS IN QUEBEC cont.

10. Although all efforts are being made to eliminate or at least reduce the difficulties in implementing the departmental Bilingualism and Biculturalism program, it must be realized that certain problems such as those created by the different provincial educational systems are largely beyond our control. With an understanding of the existing difficulties the impact of these problems can be generally reduced.

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THE TRUTH ABOUT SISIP  
ADVANTAGES OF SISIP

One of Canada's leading consulting firms on personnel benefits, commenting on the advantages of the Servicemen's Income Security Insurance Plan stated that: "Few benefit programs have been designed like SISIP to provide guaranteed minimum benefits at minimum cost by taking into consideration benefits available from all sources."

The "guaranteed minimum benefits" is indeed one of the disadvantages of SISIP. The main benefits, that is, the Long Term Disability (LTD) benefits and the survivor Income benefits are based on a percentage of the member's salary. This means that when a person enrolls in SISIP he or she knows that if the LTD or SIB monthly income ever becomes payable it will be a percentage of the last rate of pay, regardless of what has happened with inflation. Although the dependents insurance benefits do not have this protection against inflation (because they provide fixed sums of \$10,000 on the spouse's life and \$1000 on each dependent child throughout the life of the SISIP policy) if the real value of these amounts diminish in future years, the Servicemen's Insurance Board of Trustees may negotiate higher benefits as was done in 1973 when the spouse's insurance was raised from \$5000 to \$10,000.

An obvious advantage of SISIP is that it provides a total "package" to serve a person for a life time. The LTD, SIB, and dependent's Life Insurance provides excellent protection during a member's military career, and the Post Retirement Continuation Plan (PRCP) offers non-expiring decreasing term insurance at group premium rates when the member retires.

The cost of SISIP coverage is also one of the attractive features of the plan. SISIP is an "experience rated" group plan. Experience rated means that the net costs of the plan determine the premium rates for the group of participants. The "experience" of SISIP over its first five years was better than expected; therefore, on 1 December 1974 the premium rates were reduced for all participants under age 50. At present, single members who are earning from \$400 to \$2000 per month pay premiums ranging from \$0.50 to \$2.50, respectively, for LTD coverage. Married members pay higher premiums but have much greater coverage. A few examples, using approximate but fairly accurate calculations, will illustrate this point.

EXAMPLE NO. 1

For a Corporal; age 27; with 8 yrs service; married with 1 child; whose current pay rate is \$902 per month, would have at this time solely from SISIP;

(a) LTD coverage of \$551 per month, which equals \$6612 per year (\$66,120 over 10 years; \$132,240 over 20 years; and \$198,360 over 30 years) plus cost of living increases of up to 2% per year.

(b) SIB coverage of \$451 per month, which equals \$5412 per year (\$54,120 over 10 years; \$108,240 over 20 years; and \$162,360 over 30 years) plus the cost of living increases of up to 2% per year.

(c) Insurance on the spouse amounting to \$10,000 and \$1000 on the dependent child. The cost of this total coverage at this time would be \$9.25 per month.

EXAMPLE NO. 2

A Sergeant; age 42; with 20 years service; married with three children; with a pay rate of \$1048, would have at this time, solely from SISIP;

(a) LTD coverage of \$358 per month which equals \$4296 per year (\$42,960 over 10 years; and \$107,400 over 25 years) plus the cost of living increases of up to 2% per year.

cont.

THE TRUTH ABOUT SISIP  
ADVANTAGES OF SISIP cont.

(b) SIB coverage of \$315 per month which equals \$3780 per year (\$37,800 over 10 years; and \$94,500 over 25 years) plus the cost of living increases of up to 2% per year.

(c) Dependents insurance of \$10,000 for the spouse and \$1000 for each dependent child. The cost of this total coverage would be \$15.98 per month at this time.

EXAMPLE NO. 3

A Major; age 43; with 20 years service; married with three children; with a pay rate of \$1885 per month would have, solely from SISIP;

(a) LTD coverage of \$792 per month which equals \$9504 per year (\$95,040 over 10 years; \$237,600 over 25 years) plus cost of living increases of up to 2% per year.

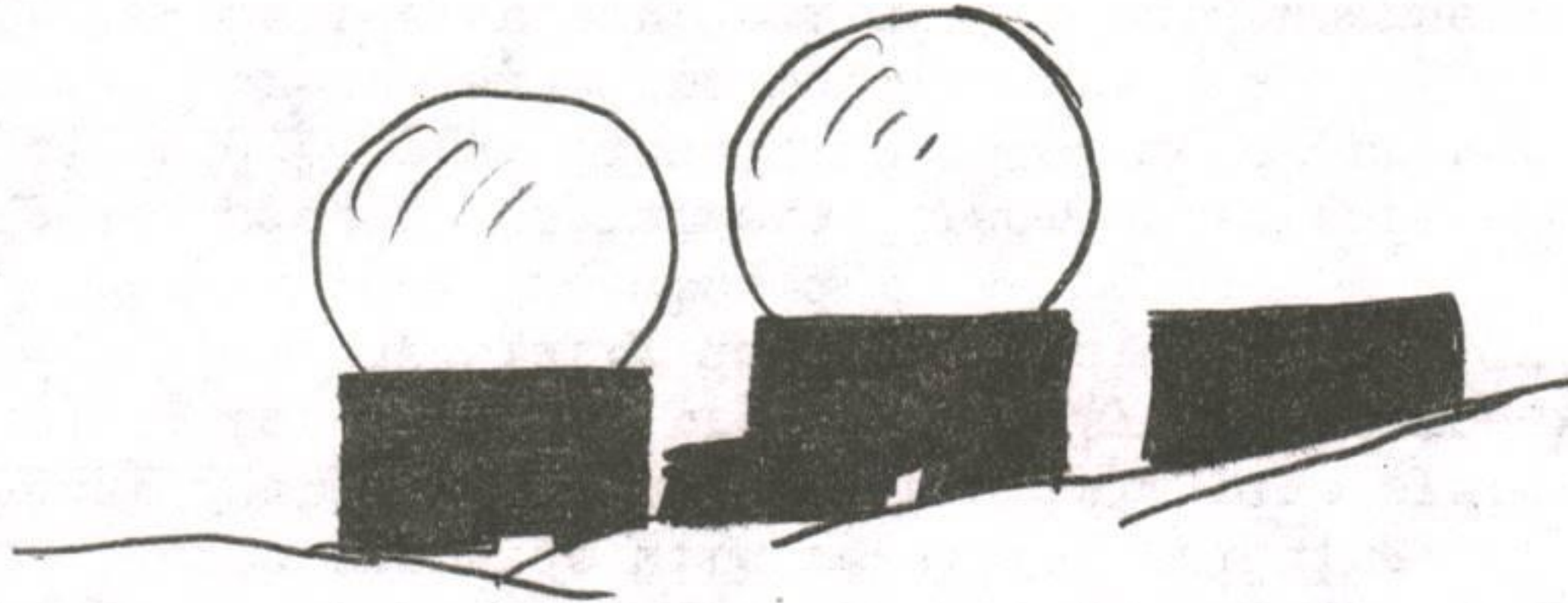
(b) SIB coverage of \$565 per month which equals \$6780 (\$67,800 over 10 years, and \$169,500 over 25 years) plus cost of living increases of up to 2% per year.

(c) Dependents life insurance accounting to \$10,000 for the spouse and \$1000 for each child. The cost of this total coverage would be \$28.74 per month.

SISIP has many advantages and it offers excellent value for the participants. These SISIP benefits added to those that may be available under the CFSA and CPP/QPP provide excellent financial security.

Find out what SISIP can do for you by consulting your Pensions and Insurance Co-ordinator at local 218 or by writing to the Director Compensation Development at National Defence Headquarters in Ottawa.

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"NEWS FROM THE DOME"

Our new office with the purple floor has a new improvement - a rug on the floor. Not deep cut pile, mind you, but it is a rug and it covers up part of the purple floor.

An 8 year old youngster accompanied his mother to the supermarket where he carefully checked every brand of bacon. After each inspection, he wrote down the name of a city. When they returned home, the boy went at once to some uncompleted homework, and filled in the names of the cities he had found in his research. His mother, who had pursued a policy of watchful waiting, couldn't resist a peek at the question he was answering: "Where does bacon come from?" she read.

Pte Biesiada will be leaving us for another hill on the prairie at Dana in August. Cpl Wood will be going to the Rain Forrest (Holberg) in April and Ed Zacharias (Zac) is going to be sent out to sea at Aldergrove near Vancouver, B.C. Hope you have a fishing rod, Zac.

The condition of a man can best be judged by what he takes "2-at-a-time" - stairs or pills. The man who says marriage is a 50-50 proposition doesn't understand women - or fractions - or both.

Sgt Rushton who also will be leaving for the east coast soon, has taken Sgt Brown's place in the CD section and since one of the requirements of working in the CD section is radial tires on your car, Sgt Rushton was forced into buying a new car with radial tires.

When Cpl Anderson was asked if he had snow tires on his car he said "Yes, but only on the one of the 3 cars that don't run."

cont.

"NEWS FROM THE DOME" cont.

It is now a known fact that parts of the new Volkswagon Rabbit will not fit on the Volkswagon Beetle, the reason being the Rabbit is a rodent and the Beetle is an insect so they can't be intermixed.

We are finally getting the holes patched up in the DMCC area after the equipment shuffle in that room.

PUZZLE

Here's a word puzzle some of you might like to try. First of all, take 2 related words such as PIG and STY. They both have 3 letters. Then, by changing only one letter at a time, turn PIG into STY! Here's how: PIG, WIG, WAG, WAY, SAY, STY. Now try to turn BARN into MILK. (Answer next week)

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SAFETY TIPS - To be a Safe Winter Driver

Slow down, avoid sudden manoeuvres, and in general, Drive defensively by:  
Recognizing the hazards  
Understanding the defences  
Acting in time.

As Defensive Drivers we all know that there are a number of important steps to be taken before "Old Man Winter" arrives.

Here is a list of steps that we should be concerned with, pertaining to our vehicle:

- Step 1 - Brakes: must be faultless and equalized so there is no pulling to one side with resulting skidding.
- Step 2 - Exhaust System:- the muffler and tail pipe system should be checked for leaks to prevent deadly carbon monoxide gas poisoning in especially dangerous cold weather driving when the windows are closed.
- Step 3 - Tires: snow tires increase traction in soft snow.
- Step 4 - Windshield Wipers: Should be checked for proper tension and anti-freeze added to the washers.
- Step 5 - Battery: Battery power declines in cold weather. Have your battery checked and replaced if necessary.
- Step 6 - Heaters and Defrosters: should be checked to see they are operational.
- Step 7 - Extra Equipment: motorists should be equipped with a -
  - (1) brush to wipe off the snow
  - (2) scraper
  - (3) tire chains
  - (4) booster cables
  - (5) shovel and flashlight
  - (6) some extra warm clothing and blankets in case of a breakdown.

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OF INTEREST TO SNOWMOBILE OWNERS/OPERATORS

SECTION 1

1. (a) Operators of motorized snow vehicles must possess a valid automobile driver's licence. All snow machines operated on DND property must be covered by PL and PD insurance and be registered with the Military Police.
- (b) When driving on Station roads, snow machines shall be driven on the extreme right side of the road, obey all traffic signs, not exceed 15 mph, and adhere to all other rules of the road.
- (c) The minimum age for operating a snow machine is sixteen years. The registered owner shall be responsible to ensure no one under this age operates his snow machine.
- (d) Owners of snow machines shall report immediately to the Military Police any change in the insurance coverage or ownership of his snow machine.
2. A penalty of two points shall be imposed for each offence under Section 1 cont.

OF INTEREST TO SNOWMOBILE OWNERS/OPERATORS - cont.

SECTION 2

- 3. (a) Snow machines will be restricted to Station roads when operating in the MQ area proper, or in the domestic site working area. Snow machines shall not trespass on the lots of MQ residents.
  - (b) Snow machines shall remain well clear of the CATV antenna mast and its support wires.
  - (c) The golf course is out of bounds to snow machines.
  - (d) All snow machines must come to a full stop and yield to other vehicles from both sides before crossing any road.
  - (e) Snow machines shall not park within fifteen feet of a building entrance, fire hydrant, fire alarm box, or building exit.
  - (f) All snow machines must be equipped with properly operating front and rear lights.
  - (g) Appropriate safety helmets shall be worn by personnel riding as driver or passengers on motorized snow vehicles or tow-sleds.
  - (h) When tow-sleds are being pulled by a motorized snow vehicle, it shall be attached to the vehicle by a rigid hitch tow-bar so as to prevent tailend collisions and provide positive control of the sled. Sleights and toboggans or other sleds shall NOT be towed using ropes, chains, or other flexible connections.
  - (j) Care shall be taken to prevent damage to grass, trees, shrubbery and other natural features.
4. A penalty of one point shall be imposed for each offence under Section 2.

SECTION 3

- 5. Any person accumulating a total of 6 points shall be barred from operating his snow machine on Station for a period of 14 days.
- 6. Any person accumulating a total of 8 points shall be barred from operating his snow machine on Station for a further period of 30 days.
- 7. Any person accumulating a total of 10 points shall be barred from operating his snow machine for a period as specified by the Commanding Officer.
- 8. Any person who has been barred from operating a snow machine on DND property and is found operating a snow machine on DND property for any reason during the period he is barred will have committed an offence under Section 3 of SSO 8 and a minimum fine of \$10.00 shall be imposed for each offence.
- 9. Penalty points are cumulative for one season only, except that habitual offenders may be barred indefinitely at the CO's discretion.

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WHO DID IT ??????

WHO keeps changing bus stops in the morning looking for a heated one??

WHO's wife gets away with speeding in B.C., but when HE tries it, contributes to the B.C. Election Campaign?? (none deductible)

What Sgt's wife got fish and chips for a Christmas present??

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NOTES FROM THE MERIDIAN SADDLE CLUB

Our "Pancake Day" was held on 18 Jan 76 and we had near-perfect weather. We, of the Saddle Club, would like to take this opportunity to say a special "Thank You" to Don and Diane Ball for supplying the rides; to Joe Tanner for the delicious pancake batter (were they ever good!); and to Kitty Harder who was in charge of the food and had everything ready and there when we needed it. Also, thank you to everyone who supported us and made it a success. (Hope you're feeling better, Diane).

Watch for our next big function coming in June.

More "Horse-Sense" - When trail riding, observe good trail manners. Always consider the other rider. Pass other riders or pedestrians only at a walk, and give them plenty of room.

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FROM YOUR EDITOR

First, I would like to say "Thank you" to Carol for being my assistant and doing a great job in bringing out the "Tumbleweed" in my absence. The "Tumbleweed" staff wish you all the best in the future.

Second, I and all the readers, I am sure, would like to see somebody from Down Town take over "Peg's Poke".

Thirdly, I said it once before - we can't print what we don't get - So, let's get those articles in. If you don't, we may have to cut down to once a month. We have received very few items for "WHO did it??" I'm sure there have been boners pulled over Christmas and the New Year so let's hear about them.

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THANK YOU FROM DONOR'S CHOICE - 1975

We wish to thank all those who donated to Alsask and District Donor's Choice. Following is a break down of donations:

Multiple Sclerosis	\$ 12.00
Anti-Tuberculosis	25.00
Can. Arthritis and Rheum. Society	181.00
Can. Cancer Society	473.50
Canadian Bible Society	100.50
Canadian Heart Fund	344.00
Canadian Red Cross	201.50
Can. Nat. Institute for the Blind	158.00
Muscular Dystrophy Association	152.00
Sask. Assoc. for Mentally Retarded	122.00
Salvation Army	322.50
Mental Health	126.00
Diabetis	7.00
Indian Head Home for Children	35.00
Deaf	1.00
Boy Scouts	1.00
	<hr/>
	\$2,262.00

M.A. Apps  
Sec. Treas.

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FASHION - FLAIR - BEAUTY- SHOPPE

Janice Dick

NEW HOURS

Closed all day Monday  
Open 9:00 to 5:00 on  
Tuesdays, Wednesdays,  
Thursdays & Fridays  
Open 8:30 to 3:30 on  
Saturdays

Phone 968-2332 for appointments now

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FLASH !!! !!! !!! Anderson buys first ticket on Saddle Club Draw!!!!!! FLASH

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CONSERVATION CONVERSATION

We can dream of living in the tropical Caribbean, or the South Pacific. But the hard truth is, we live in a country where home heating in Winter is essential and expensive. In a family's energy budget home heating is the biggest item. So, it makes sense to save what we can. It's worth understanding how heat is generated; how it is distributed and how it is controlled. Gone are the days when we depend upon wood stoves, fireplaces and even central heating with coal. Most Canadian homes are now heated by oil, gas furnaces, or electric heating of some kind.

The furnace installed in our PMQs is adequate to do the job given a chance and is properly cared for, such as kept clean and maintained properly. The cleaning is up to the occupant to a point. The filter in the door should be cleaned at least once a month, vacuumed and washed in soap and water if necessary. Any lint around the furnace should be vacuumed. Caution - special care should be taken as not to damage any of the controls. If the filter becomes choked, the furnace will use twice as much fuel to do the job. The maintenance of the furnace is done by your CE Section. So don't attempt any of the repairs yourself. Any malfunction: phone the CE at 242 and have it repaired. We may not be the most efficient in the world, but we get the job done.

Turn your furnace down to 65° at night when you retire. It only takes a few minutes in the morning to get the temperature back up to normal - with a great saving on fuel. Also when you are away for extended periods.

Make sure your registers in the floor are kept clean and open and that no obstructions are blocking them. Drapes should never be so long as to cover the registers.

So, in summation, turn your thermostat down at night. Keep filters clean, keep registers clean. Really all it amounts to is good housekeeping. If we followed those few simple steps, we would save in Canada in one year 7.5 million barrels of oil (or equivalent) valued at 90 million dollars. So you see even a very small saving per household means big savings when it is all added together - and our fuel is a non renewable resource.

Anyone having any ideas on ways to save energy please contact your energy Conservation Committee. We are counting on you to help us meet our goal of 10% over the 1972/73 fiscal year.

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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

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FAULTY FIRE ALARM SYSTEM -

The present Fire Alarm System is unreliable. Personnel reporting fires should ring the nearest alarm box and follow this up by phoning 2277 or local 222.

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MQ COUNCIL  
BINGO

Rec Centre at 8:30  
 5 February  
 JACKPOT: \$175.00 in 53 numbers

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ALL LADIES  
VOLLEYBALL

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

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D.I.D. DRUGS

Probably one of the most fascinating topics to observe and discuss in our society, is our headlong compulsive research into instantaneous answers to all our wants. In this continuing search, our society's experimentation with mood changing agents is especially interesting. The controversy over legalizing mariyuana is a classic example. The more I read and listen to specialists in this field, the more complicated the whole question becomes. It is now very apparent to me that we are all molded or motivated by the basic social attitudes of our environment, and our parents from the day we are born.

The following article has been taken from Milan Korcok's "We Still Lack Perspective."

Try to explain the difference between drug "use" and "abuse" has brought many sophisticated drug "experts" to their knees.

One lunchtime drink may be characterized as "use" but most people would agree that five would verge on "abuse". That, of course, is a relatively simple distinction.

Discuss casual, one-time mariyuana or LSD experimentation, however, and those criteria change: Smoking Pot or sniffing cocaine is automatically thought of in terms of "abuse". In other words, one type of drug is respectable, the other deviant.

It is a distinction which not only makes hypocrites of many, well-intentioned drug program planners, but impedes rational discussion and instruction about the use of many drugs branded "illicit" by those who fashion laws and social customs.

This kind of absolutism about "use" and "abuse" - "licit" and "illicit" - "good" and "bad" is often bogged down much more in value judgements and personal preferences, than in fact. But that doesn't make it less real or less of a problem for those who believe the most effective mechanism for controlling drug-related problems lies in the conditioning and education of the user, rather than an imposition of external, arbitrary devices.

For example: In Canada 80% of adults drink some type of alcohol, possibly 10% of these run into varying degrees of problems because of their alcohol consumption.

The intriguing question some researchers are now asking is not only what precipitated that 10% to drink to excess, but what allows the 90% of Canadian drinkers to control consumption of this drug to the point of suffering no ill effects?

Is there something in the way they were conditioned to drink? Is there something in the way they learned drinking practices? Were there things they were taught - deliberately or incidentally - as children about the use of alcohol that instilled these control mechanisms?

In various school surveys, it was found that perhaps 20% of high school and junior high students in some Ontario communities have experimented with mariyuana. Question: What forces went into play to keep the other 80% from experimenting?

Of those who experimented, only small percentages went on to suffer more serious drug problems. What kept this majority from running into trouble?

Questions such as these deserve a lot more attention than they have received to date, but they are now beginning to engage the minds of many types of investigators. One such investigator is Dr. Norman E. Zinberg, associate clinical professor of psychiatry at Howard University.

Dr. Zinberg believes that while the so called "illicit" drugs are kept under wrap, away from public scrutiny, and maintained as sinister underground artifacts, the potential users of these drugs will be deprived of learning anything about them, and thus being able to develop the kinds of control mechanisms that keep millions of alcohol users out of trouble.

Dr. Zinberg even advocates some form of controlled use in some educational process, though he does stop well short of urging it be peddled "at newsstands."

cont.

CONSERVATION CONVERSATION

We can dream of living in the tropical Caribbean, or the South Pacific. But the hard truth is, we live in a country where home heating in Winter is essential and expensive. In a family's energy budget home heating is the biggest item. So, it makes sense to save what we can. It's worth understanding how heat is generated; how it is distributed and how it is controlled. Gone are the days when we depend upon wood stoves, fireplaces and even central heating with coal. Most Canadian homes are now heated by oil, gas furnaces, or electric heating of some kind.

The furnace installed in our PMQs is adequate to do the job given a chance and is properly cared for, such as kept clean and maintained properly. The cleaning is up to the occupant to a point. The filter in the door should be cleaned at least once a month, vacuumed and washed in soap and water if necessary. Any lint around the furnace should be vacuumed. Caution - special care should be taken as not to damage any of the controls. If the filter becomes choked, the furnace will use twice as much fuel to do the job. The maintenance of the furnace is done by your CE Section. So don't attempt any of the repairs yourself. Any malfunction: phone the CE at 242 and have it repaired. We may not be the most efficient in the world, but we get the job done.

Turn your furnace down to 65° at night when you retire. It only takes a few minutes in the morning to get the temperature back up to normal - with a great saving on fuel. Also when you are away for extended periods.

Make sure your registers in the floor are kept clean and open and that no obstructions are blocking them. Drapes should never be so long as to cover the registers.

So, in summation, turn your thermostat down at night. Keep filters clean, keep registers clean. Really all it amounts to is good housekeeping. If we followed those few simple steps, we would save in Canada in one year 7.5 million barrels of oil (or equivalent) valued at 90 million dollars. So you see even a very small saving per household means big savings when it is all added together - and our fuel is a non renewable resource.

Anyone having any ideas on ways to save energy please contact your energy Conservation Committee. We are counting on you to help us meet our goal of 10% over the 1972/73 fiscal year.

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CABLE TV CHANNELS

<u>STN</u>		<u>RECEIVED</u>	<u>CABLE</u>
		<u>CHANNEL</u>	<u>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

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FAULTY FIRE ALARM SYSTEM -

The present Fire Alarm System is unreliable. Personnel reporting fires should ring the nearest alarm box and follow this up by phoning 2277 or local 222.

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MQ COUNCIL  
BINGO

Rec Centre at 8:30  
5 February

JACKPOT: \$175.00 in 53 numbers

\*\*\*\*\*

ALL LADIES  
VOLLEYBALL

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

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D.I.D. DRUGS - cont.

This could mean trial of heroin maintenance clinics and open discussions about various drugs, benefits and drawbacks - but within the context of tight control on the age of the user, the place of sale, advertising, and some regulations on the consistency and strength of drugs.

Supporting this kind of approach is the abundant evidence related to alcohol use, that while alcohol is given such prominence within society and is used so extensively, it is also subject to a great many restraints.

There is no arguing the enormous social, health and economic damage that misuse of this drug involves. It is also true, however, that here is one example of an intoxicant that for the vast majority of users has been kept under successful social control.

Next issue will deal with "Being Respectable". I may not necessarily agree with everything that Mr. Korcok says, but it may help some people form some sort of opinion with regards to Alcohol and Drugs in general.

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*Carol's  
Chit  
Chat*



It was originally planned that this column would only appear once a month, but due to the fact that this will be my last time of compiling the news and gossip of on the base - I thought it best that I bring everyone up to date on the latest happenings before leaving.

Welcome home Denny, Cindy and family. From all reports, the Ackerals had a very enjoyable two weeks holidays in sunny Ontario.

Birthday greetings to Master Kevin Wooley who was three years old. Kevin entertained some of his friends with a party on January 22nd.

Get well wishes to Mrs. Irene Driediger who was recently hospitalized.

Congratulations to Mari-Ellen and Wayne Wood on the birth of their 8 lb 3 oz son (Derek Shawn) on January 16th. Visiting the Woods family is Mari-Ellen's mom, Mrs. J.B. Gymball of Victoria, B.C. We wish her a very pleasant stay.

Best wishes are also extended to a former base couple, Brenda and Mark Buller on the birth of their son at Kamloops, B.C.

Recent visitors to base were: Greg Fehr's brother Mark from Toronto; Marj and Mel Bullock's son Mike and daughter-in-law Ronnie of Edmonton; and visiting with the Charlton family, Mr. and Mrs. Richard Buckley and son Paul, from Cold Lake.

Fred and Julie Eshpeter motored to Edmonton last week and had a nice two day stay in that city.

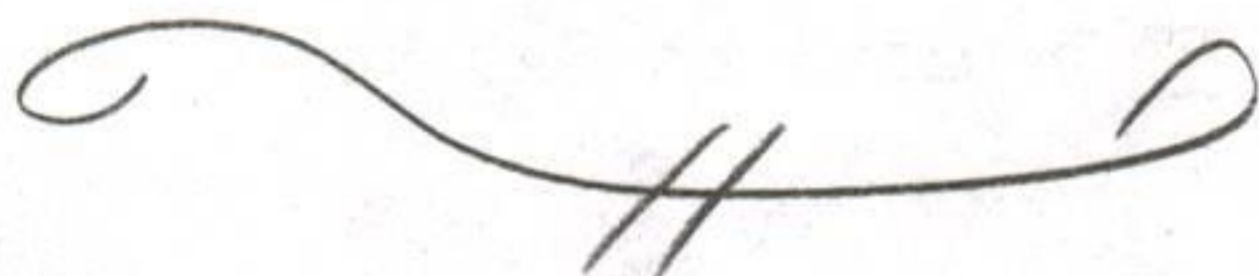
Farewell to Dick and Vada Williams who will be departing Alsask on Feb 15 for Camp Borden, Ontario. We wish them a very happy and safe trip to their new home.

Before signing off I would like to mention that Mrs. Stella Charlton has so kindly come forward and has volunteered her services in continuing to put this column together in the future. I wish her every success in the months ahead.

At this time I'd like to say "Good-bye" to everyone on behalf of Ed, Blair, Kimberley and myself. We have some very fond memories of our year and a half stay in Alsask and we wish you all, both on base and in the Village, the very best of luck with your up-coming Winter Carnival.

Carol Carberry

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PRE-TEEN BOWLING

With the beginning of the New Year Pre-Teen Bowling continues to do well. The long lay off doesn't appear to have hurt too many of the bowlers, as they continue to come up with some very respectable games.

With hockey now in full swing we are more in need of both full time and spare bowlers. Many of the boys participate in both sports, so in order to cover for them we require more spares. If you wish to take part in the Pre-Teen Bowling please contact George Dowell at work - local 275 or at home 2674.

Stats for the last three weeks of bowling are as follow:

WEEK OF JAN 3

<u>Team</u>	<u>Points</u>	<u>Standings</u>
1	27	5th
2	31	4th
3	40	3rd
4	42	2nd
5	51	1st
6	22	6th
7	40	3rd

High Average	Boys	Steve Salyzyn	119
	Girls	Sandra Brown	124
Weekly High Single	Boys	Greg Molloy	137
		Robin Lahey	137
Yearly High Single	Girls	Sharleen Lemke	149
	Boys	Robin Lahey	174
	Girls	Sharleen Lemke	174

WEEK OF JAN 10

<u>Team</u>	<u>Points</u>	<u>Standings</u>
1	29	6th
2	36	5th
3	43	4th
4	49	2nd
5	57	1st
6	23	7th
7	44	3rd

Weekly High Single:	Boys	Dannie Martin	147
	Girls	Laura Dowell	166
Season High Average	Boys	Wade Erickson	118
	Girls	Sandra Brown	126
Season High Single	Boys	Robin Lahey	174
	Girls	Sharleen Lemke	174

WEEK OF JAN 17

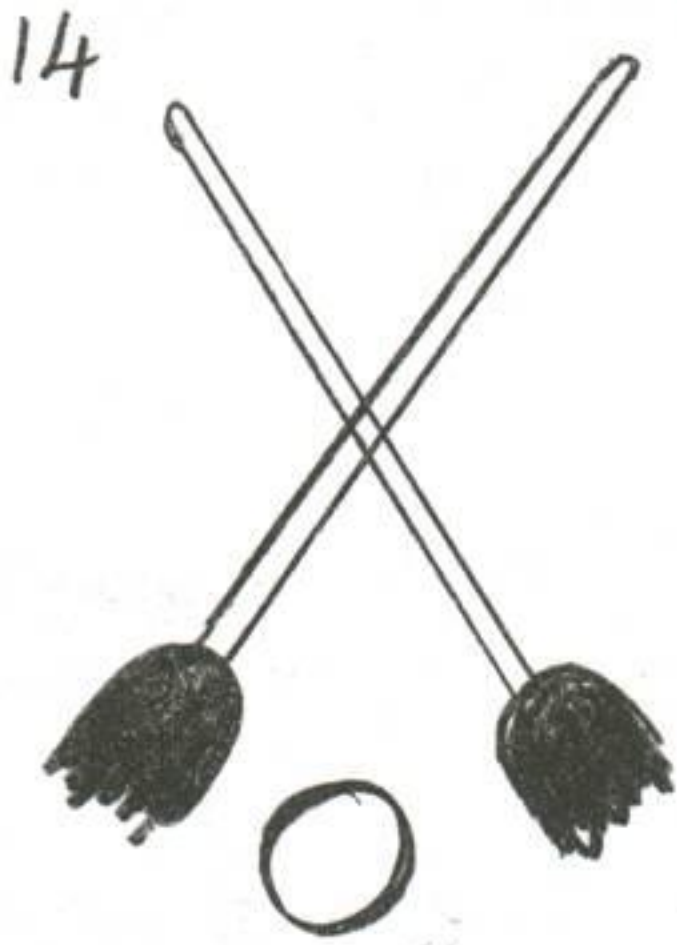
<u>Team</u>	<u>Points</u>	<u>Standings</u>
1	34	5th
2	42	4th
3	47	3rd (Tie)
4	56	2nd
5	59	1st
6	24	6th
7	47	3rd (Tie)

Weekly High Single	Boys	Billy Haig	150
	Girls	Angela Wibberley	154
Season High Average	Boys	Wade Erickson	117
	Girls	Sandra Brown	123
Season High Single	Boys	Robin Lahey	174
	Girls	Sharleen Lemke	174

NOTICE: Due to the Air Cadet Sports Weekend, there will be NO bowling on Sat Feb 7.

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PRAIRIE REGION BROOMBALL PLAY-OFFS

Although all Prairie Region Units were invited, only the following six teams attended. Because some teams arrived late they were divided into two divisions.

<u>#1</u>	<u>#2</u>
Alsask	Inuvik
Sioux Lookout	Beausejour
Gypsumville	Penhold

Playoffs started 21 Jan 76.

Alsask 3 - Sioux Lookout 2  
 Sioux Lookout 3 - Gypsumville 4  
 Gypsumville 2 - Alsask 1

Division #1 Winner - Gypsumville

22 Jan 76

Penhold 2 - Beausejour 1  
 Inuvik 4 - Beausejour 1  
 Penhold 0 - Inuvik 1

Division #2 Winner - Inuvik

Final

Inuvik 6 - Gypsumville 0

Inuvik now proceeds to Moose Jaw to represent the Small Stations in the Western finals. We would like to wish them the best of luck and hope they go on to win the National Finals Also.

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C A D E T S

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

Feb 7 and 8

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"Me, gone soft on women's lib. What kind of a fool question is that to hit me with at 7:15 in the morning?"



PRAIRIE WEST COMMUNITY COLLEGE

The winter calendar of adult learning opportunities has now been distributed. If you haven't seen it, contact any of the members of the Community College local committee, for a copy.

A typing course (beginners) has been arranged. All we require is a minimum of 8 students and the course will then be able to commence. It will be held at the Marengo School and will run for 20 hours total (about 7 nights). The cost to the student will be \$10.00. Please contact Ed Skomorowsky or Cheryl Wilson if you want to register.

A Metric course is being set up by Cal Bathgate. It will be a very informative course running about 9 hours (3 nights). The cost to the student will be \$4.50. Again contact Ed or Cheryl if you would like to attend.

If anybody has the qualifications to instruct welding or metal lathe work, would they please contact Ed at local 208. The Community College is interested in obtaining an instructor in the above areas.

Your Community College Contact Committee is comprised of:

Chairman:	Lt Ed Skomorowsky	2342/208
Secretary:	Capt Ken Wilson	2348/202
Member:	Sgt Paul Rushton	2604/223
"	MCpl Bob Collins	2257/276
"	MCpl Louis Cailloux	2617/271
"	Mrs. Stella Charlton	2382
"	Mrs. Cheryl Wilson	2348

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JOB OPPORTUNITY - CLUB MANAGER

Manager position open at Canadian Forces Base Edmonton Golf and Curling Clubs. Year round employment commencing 1 April. Wage and amenity package attractive and competitive with local clubs. Applications stating experience/qualifications should be forwarded to: Base Services Officer, Canadian Forces Base Edmonton, Lancaster Park, Alberta, TOA 2H0.

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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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HUSTONS FASHION FABRICS

January Winter Clearance Sale - January 17th to 31st -

Fortrels - Double Knits - Polyesters  
20% off  
Cottons  
30% off

We have Whisper Pantie Hose in all sizes - also Control top

Come in and see our new line of fancy buttons - Phentex -  
3 ply - Sky - new Elite

From 1 to 5 every Saturday (17th, 24th, 31st) we give 1 zipper and 1 spool of thread with every purchase of 3 yds of material. Lucky Draw on 31st of January. Come in and get your name in.

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ADVERTISEMENTS

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 1 pair boys Baur skates - size 6  
1 evening gown - size 14  
Phone 2273

FOR SALE 1 pair boys skates - size 3  
phone 2627

FOR SALE Ten-speed sprinter - 1 year old  
Phone 2694

FOR SALE 1962 Ford  $\frac{1}{2}$  ton (steers terrible - uses oil) \$200.00. Good truck for around town. Also 1971 Ford  $\frac{1}{2}$  ton 302 automatic - 60,000 miles - AL shape - \$2200.00 Phone Richard Reichert - 2750 Marengo.

FOR SALE Girls long gown - size 10 - like new - \$10.00 - phone 2398

FOR SALE One Viking wringer washer with large square tub. In good working condition Also - portable record player with blond cabinet. Record player needs repairs. Any reasonable offers - Phone 2387.

FOR SALE 6 year old,  $\frac{3}{4}$  Appaloosa mare, 13.5 hands high. Broke and good disposition. Good home wanted. Phone 676-2124 and ask for Loretta Speers. To see picture of horse in Alsask phone 2658.

LOST 1 pair boys jogging shoes - size 12 (B width) - Blue with white stripes. Like new - call 2322.

TAKEN BY MISTAKE from Headquarters' Section Party - 1 Man's Trench coat. Owner please call 2340 and identify.

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.

ALSASK SEW 'N SAVE  $\frac{1}{2}$  price sale - Jan 28 to Feb 6 - ALL material on  $\frac{1}{2}$  price - Contact Marge Thomson at 2258

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

AMWAY PRODUCTS: call Jean Finley at 964-4440

NIBBLE-NOTS: call Debbie at 2383

TRI-CHEM SUPPLIES: Call Jean at 2353

VANDA BEAUTY COUNSELOR: For information on 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 or 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 Scouts. For pick up call 2278.

STAR-PHOENIX: For delivery (Base) call Ben and Kevin Bathgate - 2357 or for Town call Mike Ackeral at 2672.

STANLEY HOME PRODUCTS: call Debbie at 2383

REGAL SUPPLIES: call Judy at 2241

MUTUAL LIFE OF CANADA: For all your insurance needs, registered retirement savings, contact: Quincy Von Kuster at 463-3060 in Kindersley.

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

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 Camgard, Jana, and Addison TV parts catalogues. Anyone who would like to see these and can't make it up 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.

SARAH COVENTRY FASHION JEWELLERY:

Esquisite jewellery that is fully guaranteed. New line has just arrived. For catalogues and information call Marge Horton at 2235 - mornings.

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The clown wants to go to the big top  
can you help him.