



Cumblweed

C. F. S. ALBASK

TUMBLEWEED - 15 Sept 1976

Items will not be accepted for publication unless signed by the contributor. Such items must be received by NOON, 22 SEPT. 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 L. A. Gibbon, Commanding Officer, Canadian Forces Station, Alsask.

EDITOR	DENNY ACKERAL
ASSISTANT EDITOR	WANTED
TYPIST	DORIS WELWOOD
ASSISTANT TYPIST	SHERYL COTE
PRINTER	BILL SIMMONS
ASSISTANT PRINTER	WANTED
GRAPHIC ARTS	GINA BAILEY
PAPER ASSEMBLY	EMERCIA MARTIN

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

CHAPLAIN (RC)

Father Mike Bedard
CFS Alsask - 264
Residence - 968-2766

PROTESTANT

Whorship: 7:00 p.m. Sunday

Sunday School: 10:30 a.m. Sunday

Baptisms: Please contact Chaplain as early as possible for information.

Marriages: Please contact Chaplain as early as possible for arrangements.

CHAPLAINS (P)

Padre Al Stenson
CFS Penhold - 397
Residence - (403) 886-4058

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

CHURCH SERVICES IN THE VILLAGE OF ALSASK

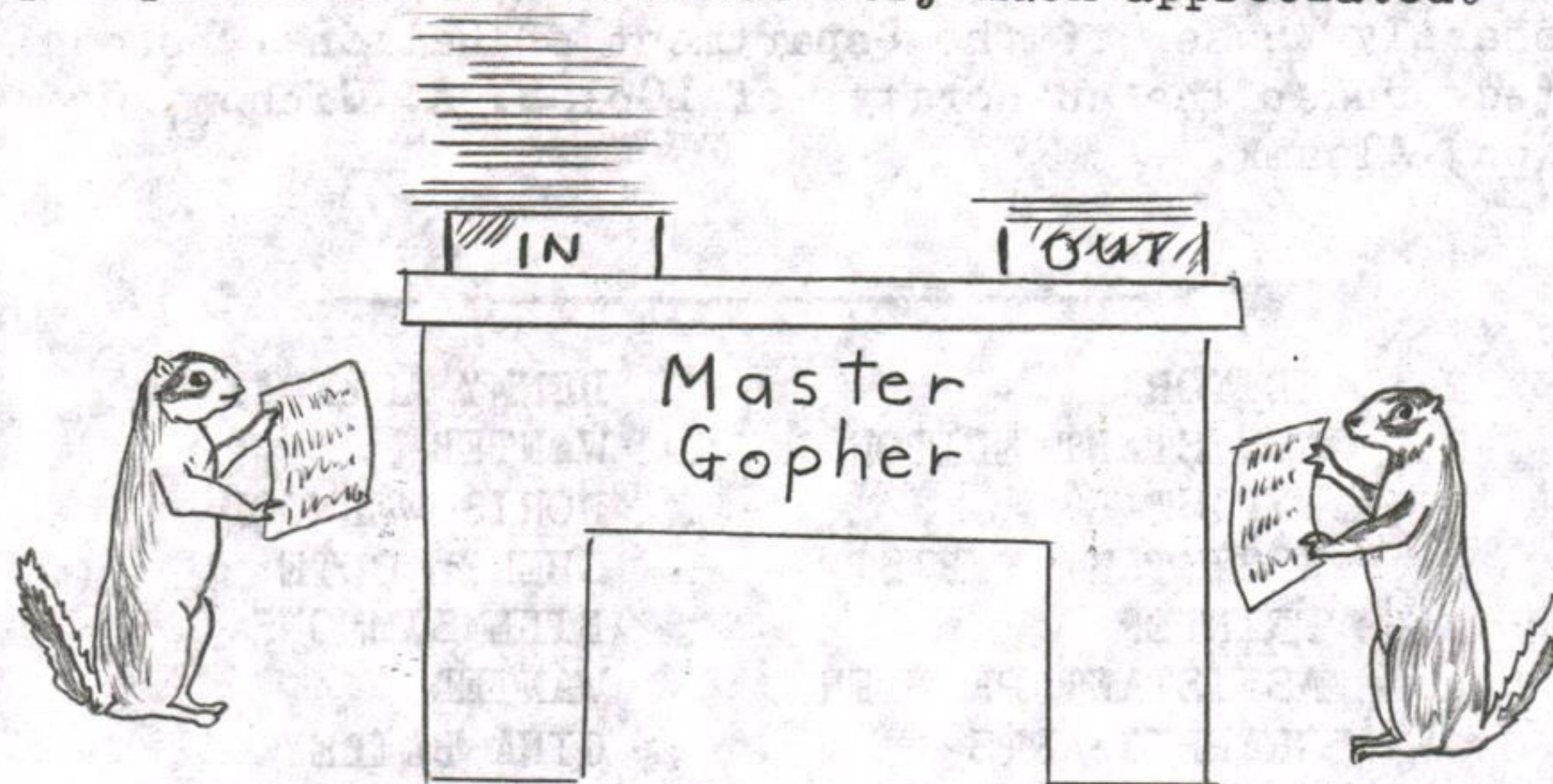
ANGLICAN CHURCH

MISSIONARY CHURCH

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

UNITED CHURCH

THANK YOU from the Alsask United Church Congregation to the C.F.S. Alsask Fire Department and the Eatonville Fire Department and the Volunteer Fire Fighters for saving our church from complete fire loss. Thank You to those persons who assisted the fire men. Your prompt action and work was very much appreciated.



MASTER GOPHER MESSAGE

I welcome the offer of your editor to provide me with a few column - inches to address you regularly in the Tumbleweed. A newspaper of this sort can and should be a valuable communication medium for all of us at Alsask. I strongly encourage your support for the paper through your contribution of copy, editorial, production or circulation assistance and very importantly your responsive readership. After all, the best paper is useless if its subscribers don't read it, believe it and respond positively to the information and opinions provided.

This first edition of the new publication year contains many valuable items of local interest that have accumulated over the summer and deserve your immediate attention. Please read it carefully and note for future reference some of the revised procedures and schedules for community services and activities.

Our summer activities have enjoyed remarkable success and I would like to pass my sincere thanks and congratulations of a job-well-done to all those who contributed to this achievement. Hopefully we will be able to plan and operate similar ventures next year. In this regard I am thinking of on-station programs as well as the Community Assistance Program through which our local teenagers successfully undertook an ambitious series of projects to improve the quality of life in and around the Village of Alsask. It is not too soon to develop ideas for a sequel next summer.

Finally but not by any means least importantly, please accept my thanks on behalf of my family and myself for the warm reception you provided us as newcomers to Alsask. We look forward eagerly to an active, challenging, rewarding and happy two years (or more) both in the job and in the community.

THINK METRIC!!!! 1000 g = 1 kg

A slice of "supermarket" packaged bread has a mass of approximately 25 g

A medium sized egg has a mass of 50 g

About 21 medium-sized plums have a mass of 1 kg

FROM THE EDITOR

We are back for a new year of bringing your paper. We will endeavor to publish your paper every two weeks; in order to do this, we need the support of all sections & all our readers to put in articles. If we don't get enough articles to print every two weeks, we will return to once a month as we did last year.

How do you get your article to the Tumbleweed you ask? It is very simple; For Base Personnel - address it to: Editor Tumbleweed and drop it into your section mail or in the case of a wife, have your husband do it for you. For Off Base Personnel: Editor Tumbleweed, CFS Alaskan, and drop it in the mail.

Now all the preliminaries **are** over I would like to welcome all the new people to our fair community, both to the base and town. Also I would like to ask for anyone wishing to join our staff to contact me at Loc 232 or leave word and I will call you, the openings on our staff are:

Assistant Editor
Assistant Printer
Assistant Graphics
Assistant Make Up.

These positions can be filled by either a male or female. You don't have to be a pro. We are all amateurs, so if you are interested in giving it a try, let me know.

I am planning a new column this year "Letters to the Editor", and hope I can get the answers to your questions. We also have a column called "Who Did It". In this column we don't use names and I don't want to know who the "In-out" comes from, all other articles must be signed. So if you see anyone pulling a boner, make note of it and send it in. Seeing summer is over, we should have a big column for our next issue, Sept 22.

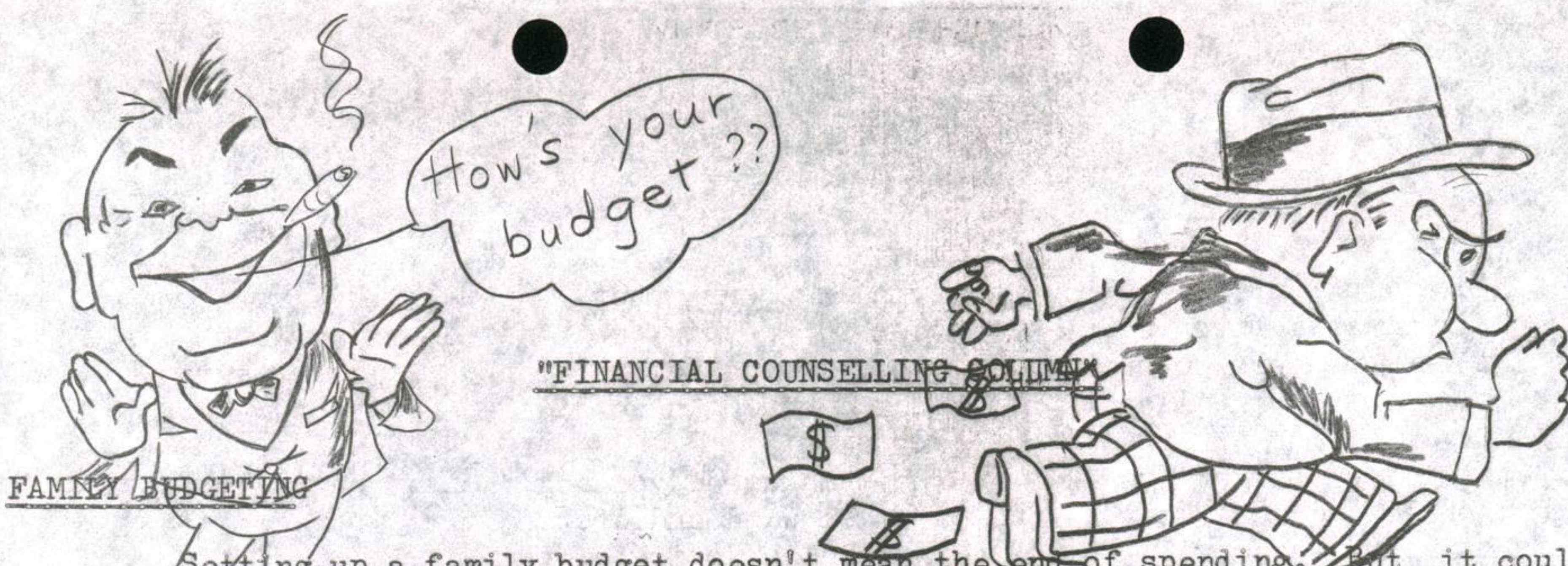
In closing I hope to hear from all of you during the next year of publishing.

FLIGHT - THE PASSIONATE AFFAIR, CBC-TV

CBC-TV national network will air a special four-part series under subject title, beginning Sun 19 Sept at 2200 hrs (10:00 p.m.) Subsequent shows are scheduled for 26 Sept, 3 Oct. and 10 Oct. Suggest timings be confirmed with Local CBC outlets.

DND loaned considerable amount of current and historical film to CBC for this series, which portrays the history of aviation.

Wonder who the red-faced NCO was who ran out of gas on the way home at noon hour???



FAMILY BUDGETING

"FINANCIAL COUNSELLING COLUMN"

Setting up a family budget doesn't mean the end of spending. But it could mean the end of some unnecessary headaches.

You may be the rare one with an instinctive sense of how much money you have at any given time and where it is going. Or maybe you're one of a growing number who feel the need of some concrete guidelines to help you in making the most of your money. Test yourself with the following quiz and then decide.

If you have a high score, chances are, you're a well-organized money manager. If the answers don't come readily to mind it may be an encouragement to you to start keeping some simple records of just how your income is being put to use.

1. Do you know what is your yearly net income from all sources?
2. Can you estimate what percentage of your monthly income is taken up by your fixed living expenses? - housing, fuel, clothing, food, etc?
3. How much does your family spend on clothes in a year?
4. How much do you spend as a family on gifts?
5. Are the other members of your family as aware as you are of family spending priorities and goals?
6. When was the last time you held a family council on money matters within the family?
7. If you suddenly become ill could your spouse carry on the family's financial affairs in your place?
8. Do you plan credit commitments to fit into your spending plan each month?
9. Do you anticipate the unexpected by setting aside part of your income for savings?
10. Are you spending as comfortably at the end of the month as you were at the beginning?

What a good budget should do is show what in reality you are spending. You'll know right away if that is more than you have to spend, and from there you can make your choices based on the facts!

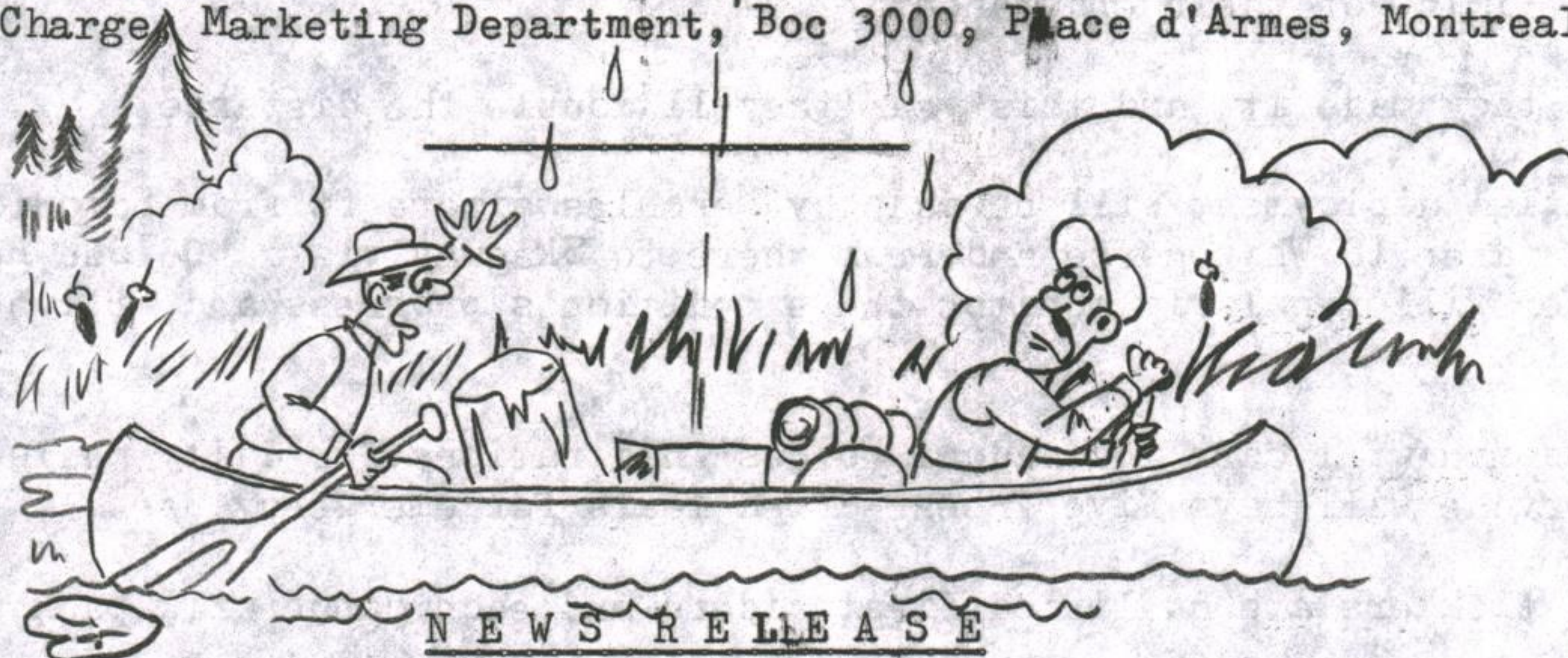
Take an ordinary loose-leaf binder. Use a page for each category of spending and list your expenditures as you pay your bills.

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FAMILY BUDGETING - continued

The most difficult part of all this is sticking to the record-keeping. But think about it - you have to take some time each month to pay your bills. Why not record what you spend while you're at it? The benefit is that you've got a road map telling you where your spending has taken you and allowing you to decide where you ought to be going.

How do you rate as a money manager? Let me have your comments. Write to me at: Master Charge Marketing Department, Box 3000, Place d'Armes, Montreal, Que. H2Y 3M1.



EDMONTON - The '76 Klondike Gold Rush is on for 19 servicemen - but these men are after adventure, not gold.

It's really an adventure training exercise called Northern Rush, for a select group of airmen from CFS Edmonton - men who love the outdoors, and thrive on a challenge.

Leaving Skagway on the Alaska panhandle, August 25, the expedition will walk and canoe 584 miles to Dawson in the Yukon in 17 days. At times the men expect to cover as much as 77 miles in 24 hours.

The trip won't be a cakewalk. The expedition will cross 3500 foot mountains, travel through thick forests and paddle 540 miles of fast water along the Yukon River system. They expect rain, fog and even snow during most of the trip.

Expedition leader is Captain Tim Hicks, 28, Chemainus, B.C., a pilot with 408 Tactical Helicopter Squadron.

He said, "We want to savor the experiences of the men who rused into the Lkondike after gold in 1898.

"The real reason for the trip is to teach these men self-discipline, leadership and initiative. The constant element of risk will develop self-reliance, mora l fibre and teamwork.

"The Canadian Forces encourages and supports adventure training. This is an excellent opportunity for us to break away from our routine duties as pilots and groundcrew and become exposed to an entirely different environment. This change allows us to grow and develop qualities required by today's serviceman."

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NEWS RELEASE - continued

The men are members of 408 Squadron, 1 Aircraft Field Maintenance Squadron and CFS Edmonton.

Most of the '76 adventurers have faced this kind of hardship and ordeal before. For the last two years, 408 Squadron has held similar exercises in the North.

Last year's gruelling trek to retrace Alexander Mackenzie's 1793 expedition in Northern B.C. was almost overwhelming. Thirteen of 18 starters finished the 270 mile journey. One man punctured a vein, another got blood poisoning, and all were taxed to the limit of their endurance.

But they made it, and this year they'll double the distance.

Initial deployment will be made by Hercules aircraft from Edmonton's 435 Transport Squadron to Whitehorse and from there to Skagway via a 408 Sqn Helicopter. The helicopter will regularly monitor the expedition's progress and will be available for emergencies.

Each man will carry individual Forces' rations for daily meals. In addition everyone will have five freeze-dried meals for emergency use.

All trekkers are qualified first aiders and each canoe will pack a complete medical kit.

Additional equipment includes walkie-talkie radios and two rifles, for protection against wild animals.

After learning of last year's Mackenzie expedition, Edmonton Journal reporter Bob Remington, an experienced outdoorsman, sought and received special permission to accompany Ex Northern Rush.

Because of the hazards involved, all members of the expedition have undergone an intensive individual and team training program. Each man has completed several 10-mile walks, complete with loaded rucksack, including sleeping bags and waterproof shelters, to be used on the trail. Two-man canoe teams have been practicing paddling and emergency drills in chilly Alberta waters since May.

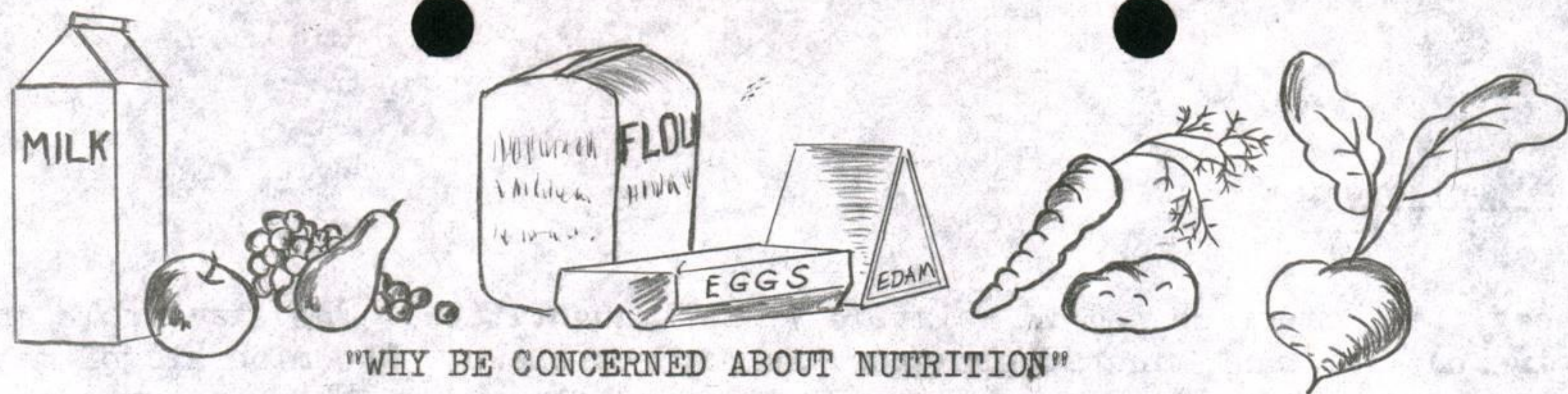
To Captain Hicks, the historical significance of the trip is essential to the journey itself. All exercise members have dug into several books on the Klondike Gold Rush and are well-versed in the accomplishments of their predecessors.

Before leaving Skagway, the team will present that city's mayor with a plaque bringing official greetings from the city of Edmonton. Similar plaques will be presented in Whitehorse and Dawson.

If present attitude is any indication of eventual outcome, there is no doubt the Ex Northern Rush will be a success. The men are physically and mentally ready.

"Whatever else happens, no matter what we encounter, our aim is to complete this trip as a team," said Captain Hicks.

Never one to be still for long, Capt Hicks is already hatching plans for the future.



The more one observes the human body and all its functions, the more one marvels at how magnificent it really is. Most of us recognize early in life that the body we have is the body we keep, and whether or not we like it, it is ours to keep healthy. If we abuse it, we alone suffer.

One of the main functions involved in keeping the body healthy is that of providing it with nutrients. It is a task most of us find enjoyable, but not always one we approach with wisdom and prudence. It is as though we continually test our bodies to see what degree of malnutrition they can withstand. Going without a substantial breakfast is just like taking the car for a trip with only one gallon of gas left in the tank. One cannot expect to get far!

Food intake is often compared to refueling a car, but there is an analogy. Our bodies are "living machines" requiring fuel to keep them running. So much so that we have a built-in reminder - an appetite - to keep us aware of the need to add more fuel. But it has to be the right combination of fuel.

We need PROTEIN (actually the protein building blocks - "amino acids") because our body cells are constructed primarily of protein; however, there are very few protein foods that individually supply all eight essential amino acids required by the human body. We have to vary our protein food intake to be certain of getting sufficient amounts of each of these essential amino acids. What makes them essential? Although they are needed by our bodies, we are unable to manufacture them ourselves as we do other amino acids, so it is "essential" that we consume them as part of our diet. A good variety of protein foods (meats, fish, poultry, milk, cheese, eggs as well as legumes and nuts) will ensure adequate intake of these amino acids for building and repair of body tissues.

FATS and CARBOHYDRATES also have important roles. The fats carry fat soluble vitamins (A, D, E, and K) and essential fatty acids, and along with the carbohydrates (starches and sugars), they are burned for energy. Both fats and carbohydrates, if consumed in amounts excessive to our requirements, are stored as body fat. Some storage is necessary to cushion bones and organs and to prepare for those times when extra energy is needed, but storage beyond this point results in poor appearance and more work for the body in carrying around the extra weight. Certain fatty deposits can also clog arteries thereby blocking the essential flow of oxygenated blood to various organs. Foods high in fat include butter, margarine, cream, oils, cheese, nuts and chocolate. Carbohydrate foods include bread, cereal, pastas, starchy vegetables, fruits and sweets of all varieties.

VITAMINS perform the task of regulating the bodily processes. They are essential during digestion, absorption and utilization of other food nutrients. If they are lacking, deficiency diseases result. They are required in relatively small quantities, but no single food contains all the essential vitamins in sufficient amounts to satisfy normal human needs. It is therefore necessary to consume a well-balanced diet to ensure a sufficient daily intake of these important nutrients.

Like vitamins, MINERALS are a critically essential part of human nutrition

NUTRITION - continued

although they, too, are required in relatively small quantities. The exact role and daily requirement of many mineral elements is not yet known. The minerals of major nutritional concern are calcium, phosphorous, iron and fluoride. When recommended amounts of these are provided, needs for the others are usually met.

In addition to the above nutrients, WATER and CELLULOSE are important. Water regulates body temperature and improves digestion and absorption of other nutrients. It is also necessary for the transportation of nutrients to the cells and for the elimination of waste materials from the body by way of both the kidneys and intestines. Cellulose (the indigestible structural portion of vegetables, fruits and whole grains) provides the necessary bulk for normal functioning of the digestive tract.

A car owner knows the value of good fuel for keeping the car in top running condition in order to receive maximum benefit from the machine. Your entire life is invested in your body, so its up-keep should be important to you. Knowing the major role that good food plays in that up-keep should make each of us concerned about nutrition.

COMMENTS FROM THE BROOM CLOSET:

HI ALL:

Well, the holidays are over and all or most of the people on the swan at the Olympics are back.

During the holiday season we had a new addition to the Commcen, Jim James arrived from the Commsqn in Penhold on the 9th Aug. I'm sure everybody will join me in extending a hearty welcome both to Jim and his wife Heather. They now reside in MQ 17. Also, we must say goodbye to Al Grocholski. He has decided to join Civi Street. I guess he found The Forces life just too hectic. He and his family reside in Kindersley. We wish both you and your family the very best for the future.

Also, during the holiday season we decided to go on a little trip of our own. First of all the morning we left the trailer lights didn't work. I checked and found out they weren't plugged in properly. (Wife Forgot). The outside mirrors were pointing towards the sky and this cost us some time as instead of tilting the mirrors down Flo was trying to lift the trailer up. After that was all straightened out we decided to check the signal lights etc, on the trailer. We stood behind the trailer for approx. 5 min. and so far nothing had happened. I immediately checked to see what the hold up was, only to find the kids beating each other to death with "Tonka" Dump Trucks, fighting for position to see who turns the signal lights etc on and off. With that cleared up we were on our way. We headed to the U.S. to see Glacier Park. The border crossing was nice and damp (Cloudburst) and the customs officials did everything but a motor job before we got through. I think this was due to the fact that one of the kids (the dump truck still sticking out of his ear) said, "you forgot to mention the 5 forty ounces in the trunk." (Now both of his ears are pierced.)

We witnessed some beautiful scenery on our way to East Glacier, such as signs stating, "Danger, Avalanche Area, Beware of Grizzlies, Do Not Tease The Bo-

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BROOM CLOSET - continued

Constrictors, Do Not Leave Your Car Under Any Circumstances." Later on we decided to stop off for a swim at a beach (Good Place as any) and there was the usual sign, "Lifeguard on duty." Funny thing was, I have never seen a lifeguard sit 40 feet high before. This puzzled us until we saw the next sign 10 feet further down stating, "We are not responsible for personal damage during tidal waves." Even so, I felt we could of possible ignored that, but when I saw the 2 vultures sitting in a tree with a knife and fork in their claws (each with a bib) that was the last straw. So, we grabbed the kids out of the water (as they were going over the dam) and took off.

Finally, we arrived in East Glacier Park (4 PM) whereupon the wife decided to back up the trailer, being guided in by myself and the kids (at the same time). I told her she did a good job except that the next stop we set up camp that she should try to have it parked before breakfast. She then suggested as to where I might park it the next time. Need I say more?? We finally got the camper set up, on a bit of a slant that is, as a matter of fact if any of the kids had of dropped a marble at one end the momentum gathered by the time it reached the other end would have been great enough to take a complete wall out.

Later, while we were chasing our meal down the table, the park ranger (or park stranger as my young fellow calls them) dropped in and mentioned a few facts about grizzlies. Things like, they like to rip people to pieces. There are approx. 200 in the Park, don't have food left within a 100 yards of the trailer and stay awake all night. He finished with, "don't become paranoiac about this and enjoy your stay." So, we sent the kids out for awhile, I locked myself in the car and the wife sat in the trailer reading, "Night of The Grizzlies."

The next morning we went on a guided tour of the St. Mary Lake (by boat) and a one and a half mile hike afterwards to the St Mary Falls with a Ranger. There was approx. 20 people in the tour and the only instructions we received from the guide was, in the event we should meet up with a grizzly we are to make a circle around him. Another fellow suggested we turn the other cheek. I told him the only cheek I'll be turning will be the rear one as I depart. Not that it would do any good according to the book, "Night of the Grizzlies," A Grizzly can run 300 yds in 20 seconds. Thats even faster than Neuf Hunt runs to beer call.

To make a long story short, generally, a good time was had by all. It was a change, especially for the wife. Instead of siting at home washing dishes, floors and clothes she was able to do it in the trailer.

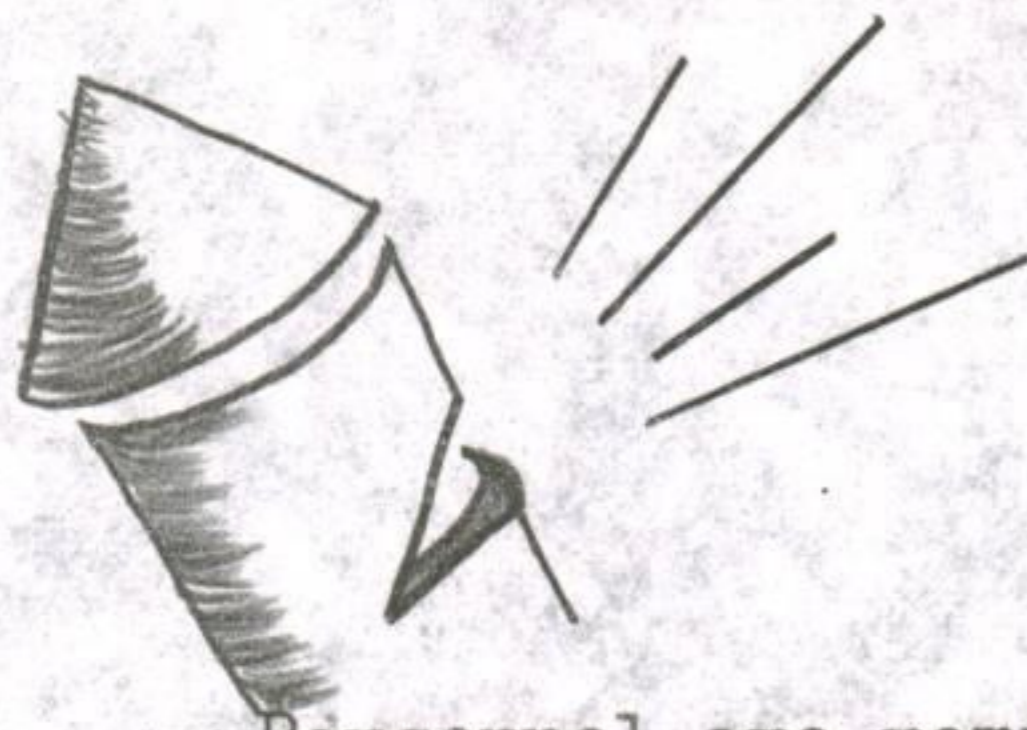
It wasn't exactly boring during the summer in Alsask either. For example, we can't forget the little fire we had. Seems a TV caught fire. The fellow must of had CBC content on it at the time. Of course, the Fire Department was quickly to react. (It seems they were at a briefing in the Mess at the time).

NO NEWS IS HAD NEWS:

The beautiful secretary hurried to the boss's office to tell him she had some good news and some bad news. "Only the good," he said, "I don't think I could take anymore bad news today." "Okay," she said, "the good news is that you aren't Sterile."

Who is that fellow in the Power Plant, they call McKean. I always thought his name was Woody

Well, thats it for now, see you next "Tumbleweed." (Maybe).



"AN EMERGENCY SITUATION"



Personnel are reminded the "NO CALLS" are to be placed thru the Station Switchboard for at least fifteen (15) minutes after the Fire Siren has been activated. During this period the Station Operator is busy placing calls to essential personnel, and any incoming calls "Tie up" the limited number of Switchboard lines, making it virtually impossible for the Station Operator to contact those people required to respond to an Emergency Situation.

An example of just how this situation occurs is as follows:

"On Friday evening, 27 Aug 76, an alarm was turned in for the fire at the United church in the town of Alsask. Immediately after the siren was activated the Station Switchboard was flooded with incoming phone calls by people calling the various clubs and messes on the Station. At the same time, people at the clubs were trying to call home. The Station ONLY HAS THREE (3) LINES that can be utilized for on/off Station calls. As soon as anyone dials "9", so as to call off the Station, they immediately "Tie up" one (1) line. Conversely, if a person is trying to call someone at the mess or any "On-Station" number from home, you have to go through the Station Operator. Again this "Ties-up" one (1) of the three (3) lines.

In this particular instance, solely due to the excessive number of incoming and outgoing calls through the Station Switchboard, a delay of approximately TEN (10) minutes was encountered, before ANY of the "Essential Calls" could be placed.

I sincerely hope that this explanation and recent example, may give you an idea of the severe problem that can be caused by a simple call to or from a Station phone during ANY EMERGENCY SITUATION.



OTTAWA -- A clinical program was undertaken at CFS Trenton, Ontario today Aug 2 to determine if lesser doses of an influenza vaccine are acceptable in warding off what has been called the Quote "Swine Flu" Unquote.

Aim of the program, conducted by the Trenton Base Surgeon, Major R.J. Hicks, at the request of the Connaught Laboratories, Toronto, is to measure the efficacy and levels of protection afforded by the vaccine.

A total of 300 members of the Armed Forces have volunteered to receive the vaccine. Officials say there is little or no risk involved in Administering the vaccine; "Influenza vaccines have been tested and proven world-wide."

The forces volunteers will be observed for a period of 48 hrs, and three weeks from now blood tests will be taken and analyzed for results.

Trenton was selected for the program because it has a relatively stable military population at this time of year, and also because of its proximity to the Connaught Laboratories in Toronto, where the results will be analysed.

"One of the Aims" Officials say, "is to find out how little of the vaccine can be used to achieve the desired results."

Defence Medical Officials point out that plans also will go ahead with a normal vaccination program in the forces, beginning about Oct. 1, subject to the availability of
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OTTAWA- Continued

the vaccine.

They emphasized that there is no connection between this Flu Vaccine program and the coincidental occurrences of Lassa Fever, and what has become known as the Legionnaires Disease.

LAHR, WEST GERMANY

Command of Canada Nato Forces assigned to Continental Europe changed here today in a parade-square ceremony that saw 46-year old Major-General Ramsey M. Withers, of Ottawa and Toronto, takeover the 5,000 member Army and Air Force Formations. Presiding at the event was the Canadian Vice-Chief of the Defence Staff, Vice Admiral Robert H. Falls.

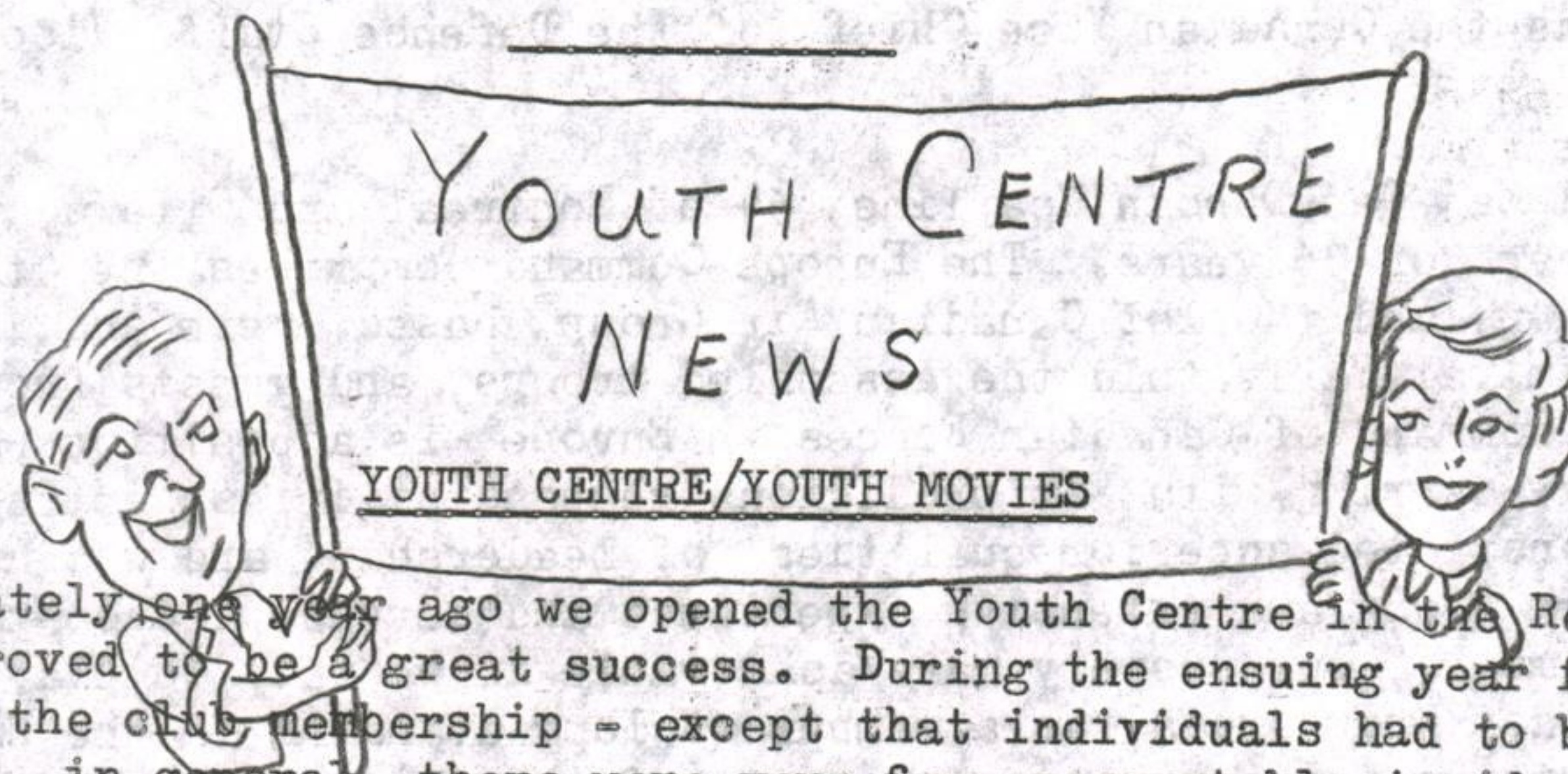
Gen. Withers succeeded Maj-Gen Duncan Mcapline, 54 of Montreal and Ottawa, who retires after a Military Career of 36 years. The Europe Command comprises the 4th Canadian Mechanized Brigade Group, and the 1st Canadian Air Group, based here and in nearby Baden-Soellingen. Admiral Falls told the assembled troops, and guests from Allied Nato Formations, that command of Canadian Forces in Europe is a position of "Great Prestige and Authority, carrying with it prodigious responsibilities, entrusted only to those who have demonstrated superior qualities of leadership, and who have proven their abilities through long and extensive experience and service. Also that Canada recognized no other aims of our society are achievable if we fail to play our part in protecting our freedom and Canada, as a member of long standing in the Nato Alliance, is dedicated to maintaining its security, and that of its allies with whom it shares similar goals and our commitment has been re-affirmed. Measures are in store to continue our just contribution to collective security, designed to safeguard the freedom and calibre of life to which we and our allies subscribe."

The new Commander, Gen Withers, last served in Ottawa as Associate Assistant Deputy Minister for policy. He is the first General Officer of the Post-War era to be given the European Command. He began his career in the early 1950s, and overseas assignments have included Korea and Germany. He was first Commander of Canadian Forces Northern Region, with headquarters in Yellowknife. He speaks three languages, German, French and English. Gen Mcalpine took over the Canadian Nato Command in July of last year. He began his career in 1940, and during the Second World War was served in Canada, The United Kingdom, Italy and Northwest Europe, with the Black Watch (Royal Highland Regiment) of Canada. He commanded a battalion of the Black Watch in Germany and Cyprus, and also headed Canadas Military Component in Vietnam in 1973, for which he was appointed a Commander of the Order of Military Merit. He has served in various parts of Canada, and before going to Germany served in Ottawa, first as Associate Assistant Deputy Minister for Personnel, and later as Chief of Personnel Development for the Canadian Forces.

In his remarks to the troops, Vice-Admiral Falls also said that the forces had reason to welcome recent major decision by the Government to update and re-equip the Navy, Army and Air Force. He cited the decisions to acquire the aurora long-range Patrol Aircraft, a new Battle Tank, and long-term plans for the replacement of ships and fighter aircraft.

TRAFFIC SAFETY - SCHOOL AREA

That time of the year has rolled around again and the children are back at school. This is a good time to remind everyone that the speed limit around the MQ area is 15 m.p.h. and in the front of the DND School it is 10 m.p.h. The speed is posted and designed to protect our childrens' lives, so please slow down. If you wish further guidance on Traffic Regulations consult Station Standing Order #14.



Approximately one year ago we opened the Youth Centre in the Recreation Building and it proved to be a great success. During the ensuing year few controls were exerted over the club membership - except that individuals had to be Country Club members - and, in general, there were very few unacceptable incidents. There were, however, a number of occasions that seemed to argue in favour of greater control. In addition, many parents expressed the feeling that the wide open atmosphere of both the Youth Centre and the Youth Movies opened the way for some members to take advantage of the situation.

In response to the above the Mayor of the Community Council, the Youth Councillor and I have decided to canvas the community for feedback. In the interest of the youth we feel that it would be a much more healthy situation if the parents of Youth Club members were more actively involved. In some ways it seems that we, in an attempt to avoid pressuring our young people, have placed a little too much responsibility on them. We ask them to sign for the building (either the Rec Centre/ Youth Centre or the Parish Hall) and expect them to monitor the premises for safety, ensure nothing untoward happens and then secure the building after having cleaned up and carried out a fire check. We believe that it is in this area that adult maturity could be put to good use and feel that the parents of these young people should shoulder some of this responsibility.

We propose that a suitable method of operation would be to have the parents of Youth Club members sponsor their children. Inherent in that sponsorship would be the agreement to, on a roster basis, sign for the key to the appropriate facility, open and close it, perform periodic spot checks during the evening (offering assistance where required) and generally helping the young people to carry out their responsibilities. We realize that those families living outside the immediate area of Alsask may find the above arrangement a hardship but we ask you to give it your consideration.

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YOUTH - continued

The Community Council have initiated plans to establish an organized recreation night in the gym, after the younger children have been sent home. Teen Bowling is also being investigated as a recreation possibility.

At this stage we are looking for feedback from you, the parents. Please feel free to contact the Mayor, Sgt Wally Macyszyn, the Youth Councillor, MCpl Bob Grundy, or myself, Capt Ken Wilson, to express your views. We feel the time has come to place a little more control over these facilities and would like to know your feelings on the matter.

PRAIRIE REGION SMALL BASE SOFTBALL CHAMPIONSHIP

On behalf of the Commander I would like to express sincere appreciation to your base for hosting the 1976 Prairie Region Small Base Softball Championships.

The success of this tournament was made possible by the professional competence displayed by the CFS Alsask Physical Education and Recreation Staff and the willingness of the many volunteers who worked in conjunction with them.

The contribution of CFS Alsask to service competitions within Prairie Region is indeed commendable, for this is the third championship your station has hosted during the current competition year.

Please extend my personal congratulations to all of your staff concerned, for a job well done.

CFS ALSASK GOLF CLUB CHAMPIONSHIP

On Saturday, 25 Sept 76 from 1000 hrs to 1100 hrs at No. 1 Tee, CFS Alsask will hold their annual Golf Championship. Competitors must be paid up members of the Station Country Club. An entry fee of \$1.50 will be charged to help defray the cost of food, trophies and prizes. The 19th hole activities and presentations will take place at the Jr. Rank's Club commencing at 1500 hrs. In case of inclement weather the tournament will be held the following day, Sunday, 26 Sep 76.

BOWLING MEETING to be held at 7 P.M. (1900hrs) 23 Sept 76 at Parish Hall (Theatre)
AGENDA: 1. Financial Statement
2. Ratification of Constitution
3. Elections

PRE-TEEN BOWLING

Attached to the back of this Tumbleweed is a registration form for Pre-Teen Bowling. Please fill in and return to Flo Jardine, M.Q. 56 by Sept 24th so the teams can be made up as soon as possible. Hopefully the children will be able to start bowling by Oct. 2. The cost of pre-teen Bowling will be determined as soon as possible and a notice sent around.

Anyone interested in pinsetting on Saturday morning or afternoon please phone 2680 and leave your name and age.

RC CHAPEL NEWS

Notice to all RC Chapel Members from your new Chaplin Father
Michael Bedard

Mass Weekly Saturday 7 PM (1900L)
Confessions " 6 PM (1800L)

Those with children in Grades 1 to 12 please contact Miss
Schroeder (2649) giving the students Name and grade level.

If any assistance is required do not hesitate to contact me,
I will be on base weekly on Tuesday and can be contacted at
Local 264 or at the Chapel Office.



STELLA'S SMALL TALK

Hello again and a warm welcome to all the people who moved to our base this summer. Lots of activities this summer with swimming, summerschool, baseball etc. For all you new people here, we hope you'll take advantage of the many activities offered here, namely: bowling, curling, swimming, ceramics, Guild, Guides, Brownies, Cubs, Beavers, Scouts, Sunday School & Catechism.

A farewell party was held for Dorothy Davies at the Parish Hall. There were 34 women and she was presented with a Tiger Lily Tea Set. Games were played, refreshments served and a good time was had by all.

New arrivals to the base were a baby girl to Debbie & Pat Saulnier and a baby boy to George & Joyce Leadbeater. Special contrats to the Leadbeaters' from the Pearces'.

Alexis Stokes has gone home to her parents at St. John's, Nfld. while hubby, Barry, is doing his 6 month's tour in Egypt.

A special Happy Birthday to Mary Beth Saulnier from Flo & Stella. Also from Flo & Stella - Habby Birthday to Sophie Macyszyn.

Our Feature Family of the month is: Pat & Debbie Saulnier:

Debbie hails from Sydney N. S. and Pat from Yarmouth. Pat & Debbie met and were married in Sydney in 1972. The Saulnier's have two children, Mary Beth 2 yrs old and Rebecca, born July 29th. Both Children were born in Oyen. Pat & debbie have been at Alsask two years and are due to leave next July. Before Alsask they were stationed at Sydney, N.S. for two years. Debbie is on the Teaching Staff of DND School Alsask. Debbie keeps busy here at Alsask with bowling, Ladies Guild, Artex & last year she taught Sunday School. Pat is a Radar Tech. and works at 107 Tower. Pat likes to bowl, curl broomball, gardening and woodworking. The Saulnier's reside in the Trailer Court.

Thats' all our small talk for this month. We'll leave you with this funny:

The teacher wrote on the blackboard: "I ain't had no fun all summer." Then she asked a younster in the front row: "Harry what should I do to correct that?" Might get a boyfriend?, he suggested helpfully.

CANEX SPONSORS/PACKAGE HOLIDAY FLIGHTS/OTTAWA CFP

No vacation this summer? Inflation got you down? Feel like doing your own thing? How does a trip to Hawaii, Spain, Puerto Rico, Mexico or Jamaica strike you? Can't afford it just now? Maybe you can. Read on. A special vacation-in-the-sun package has just been negotiated at special rates, available to all Military Personnel, DND Civilian Employee, DND Pensioners and any authorized Canex Patron. Details of the five tours as follows:

HAWAII TOUR NO. 1

To Hawaii featuring 14 nights in Honolulu on the Island of Oahu. Fly CP Air and stay at either the Ramada Inn or the Pacific Prince in Honolulu, just a short distance from Waikiki Beach. Tour Prices: From Vancouver \$395.00, from Wpg, \$482.00, from Toronto \$489.99, from Ottawa \$529.00, from Montreal \$539.00. Departure dates from all cities: October 1st, October 15th, November 4th, November 18th and December 2nd.

Entry requirements to Hawaii: Proof of Canadian Citizenship, ie: Birth Certificate, Drivers Licence, Baptismal Certificate.

SPAIN TOUR NO. 2

To Spain featuring 13 nights in Torremolinos on the Costa Del Sol. Flight from Montreal via Iberia Airlines and stay at the Maite Apts. Tour Prices: From Montreal \$399.00 (includes comfortably furnished kitchenette). Departure dates: September 30th, October 14th, October 28th, November 11th and November 25th.

Entry requirements to Spain: Valid Canadian Passport.

PUERTO RICO TOUR NO. 3

Departs from Montreal. Fly via Quebec Air Charter to San Juan, Puerto Rico. This tour will include 14 nights at either the Regency Hotel or at the Condado Holiday Inn.

Tour Prices: Regency Hotel \$329.00 including kitchenette. Condado Holiday Inn - \$389.00 which includes Continental Breakfast daily. Departure dates: Oct. 9th, October 23rd, November 6th, November 20th and Dec. 4th.

Entry requirements: Proof of Canadian Citizenship, ie: Birth Certificate, Drivers Licence, Baptismal Certificate.

MEXICO TOUR NO. 4

Departing from either Montreal, Ottawa, Toronto and Vancouver, and includes 14 nights accommodation at the Fairway Quatro or Villa Los Arcos in Acapulco.

Tour Prices: From Montreal \$415.00, From Ottawa \$439.00, from Toronto \$415.00, from Vancouver \$459.00. Departure dates: Oct. 10th, Oct. 24th, Nov. 7th, Nov. 21st, and Dec. 5th. Tour prices for passengers staying at the Fairway Quatro based on persons staying in luxury two-bedroom units and at Villa Los Arcos Hotel based on double occupancy.

Entry requirements: Proof of Canadian Citizenship, ie: Birth Certificate, Drivers Licence, Baptismal Certificate. Mexico Tourist Card: Obtainable at Mexico Embassy or at any CP Air Ticket outlet.

con't

PACKAGE HOLIDAY FLIGHTS - Continued

JAMAICA TOUR NO. 5

Departing from Montreal and Toronto. From Montreal, Fly Nordair Charter and stay at the Club Carribean Hotel in Runaway Bay, Jamaica, for 14 nights.

Tour Prices: October Departure \$326.00, November Departure \$336.00, Dec. Departure \$336.00. From Toronto, depart via Air Jamaica, staying for 14 nights at either the Inn On The Beach or The Careb Ocho Rios, both in Ocho Rios, Jamaica. Inn On the Beach \$399.00 (Hotel rooms only). Careb Ocho Rios \$469.00 (Deluxe Kitchens). Departure dates: Oct. 10th, Oct. 24th, Nov. 7th, Nov. 21st and Dec. 5th.

Entry Requirements: Proof of Canadian Citizenship, ie: Birth Certificate, Drivers Licence, Baptismal Certificate.

GENERAL INFORMATION:

Note that this series of tours extends only from Sept. 30th to Dec. 15th, 1976.

All tours include round trip group. Air Transportation including inflight meals, two weeks accommodation in moderate hotels (prices are per person based on double occupancy, unless otherwise stated), transportation between airport and hotel at destination, baggage handling, hotel tax and service charges (except in Puerto Rico), plus many extras.

Not included in the price of the tour are Canadian Air Tax (\$8.00), U. S. or Foreign Departure Tax, tips, meals and items of a personal nature.

Arrangements have been made to make available to Military Personnel a comprehensive trip cancellation insurance policy, to cover the possibility of cancellation due to illness or Military Contingencies. (\$8.50 per person) Regular trip cancellation insurance and other supplementary insurance is also available at reasonable cost to non-military patrons.

A bank financing plan is available upon request from your local Base Exchange or simply use your Master Charge or Chargex. A deposit is required no later than Sept. 15.

The special group Air Fares used in these packages are subject to a minimum number of participants, travelling together. In the event that these numbers are not obtained, passengers will be offered an alternative departure date or deposits will be refunded. Note carefully that prices vary with the point of departure. Transportation to and from the departure point is the responsibility of the individual. Contact your Base Exchange Officer as soon as possible for further details. Remember that this offer is valid only for authorized personnel and patrons from Sept. 30th to Dec. 15th, 1976

Hurry now, space is limited, so book early. The time has arrived for your vacation-in-the-sun!!

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 run once only.

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

FOR SALE: Lumas Truck Topper Fits 8ft Box. Asking 275.00. 1967 Chev $\frac{1}{2}$ ton asking \$1275.00. phone Bill Carr Loc 271 or 2430.

FOR SALE: 1973 GT350 Yamaha Motorcycle Phone 2692

WANTED: 2 used B&W TVs. One with 23YP4 Picture Tube and one model 102T17 Marconi. Phone 2692

FOR SALE: Gendron Baby Carriage and set of baby scales. \$20.00 phone 2215 or PMQ 90 Susan Gibbon.

FOR SALE: 1 pr boys snowboots size 3 Brand-new phone 2382

STAR-PHOENIX: Town Delivery Call Gloria Base Delivery Steve Lawrence 2314 & Dan Martin - 2262

Please advise boys if you are going to be away.

ALSASK SEW 'N SAVE: Contact Marge at 2258

RADIO SHACK: Equipment is now being sold at the Kindersley Hobbe Shoppe Main Street, Kindersley.

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

AMWAY PRODUCTS: Call Jean Finley 4440

TRI-CHEM SUPPLIES: Call Jean 2353

VANDA BEAUTY COUNSELOR: For information on home demonstration on make-up, beauty aids etc. contact Ferne Wilkie at 2296 (town)

CFS ALSASK AVON REP: Barb Hunt 2261

REGAL SUPPLIES: Call Nancy 2268

SUN LIFE ASSURANCE CO. OF CANADA:

Ken Winter rep at Rec Centre 1st & 3rd Thursday each month 7-9 p.m. phone 2433

S.G.I.O. AGENT: Automobile Casualty & Fire Insurance Gwen Martin 2692

HARVARD CREDIT UNION LTD: See Lee Antinuk Loc 213

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

BARBER SHOP: Tues.-Fri. 9-6. Closed Closed noon every day. 8:30 to 3:30 Saturdays.

T O P S: (Take Off Pounds Sensibly) Meetings: 7:30 Monday evenings in Alsask School

"BRASS HOOD": For a good time try the Brass Hood in Rosetown. TGIF in effect - New Management and your hosts - Gord & Blanche.

KIDS BUSINESS

Something Great

The other day, I had occasion to hear one of those comments from a person who shall remain nameless. The comment concerned military cadets and went something like this: "I don't want one of my kids joining the cadets, carrying a rifle and learning about war". The comment sort of shook me up because I happen to believe cadets are absolutely GREAT for youngsters. And, looking at it seriously, that bit about learning all about war is way, way off the mark.

I have attended Several of the Annual Inspection and Parades of Cadet Corps. And, what I saw there just reaffirmed my belief that cadets provide very worthwhile training as well as a lot of good, clean fun for the young people.

The cadets on parade exhibited a good deal of pride in their uniforms, in their conduct and in themselves, generally. But, there was another kind of pride much in evidence. Pride in the uniform and in the fact it represented Canada. In these days when everyone seems to be finding something wrong with this country, it was refreshing, to say the least, to see a group of young people enjoying being representatives of their country. To some of you, that may sound a bit corny but to anyone who has ever worn a uniform to represent this nation, it is a very serious and meaningful thing, carrying with it a high degree of responsibility.

Sure, these kids carry rifles perform drill, field exercises, and the like. But, they have been involved for some time in acquiring such seemingly outdated skills as discipline and respect for others. And then there's the First Aid, Hunter Safety and physical Fitness. There's nothing corny about that. Indeed, if more youngsters would take such training, this world would be much better off.

I feel cadets are a worthwhile organization in any community; they build pride, self-confidence, sense of responsibility, discipline and the feeling of belonging to a team. In short, they teach basic humanity and citizenship.

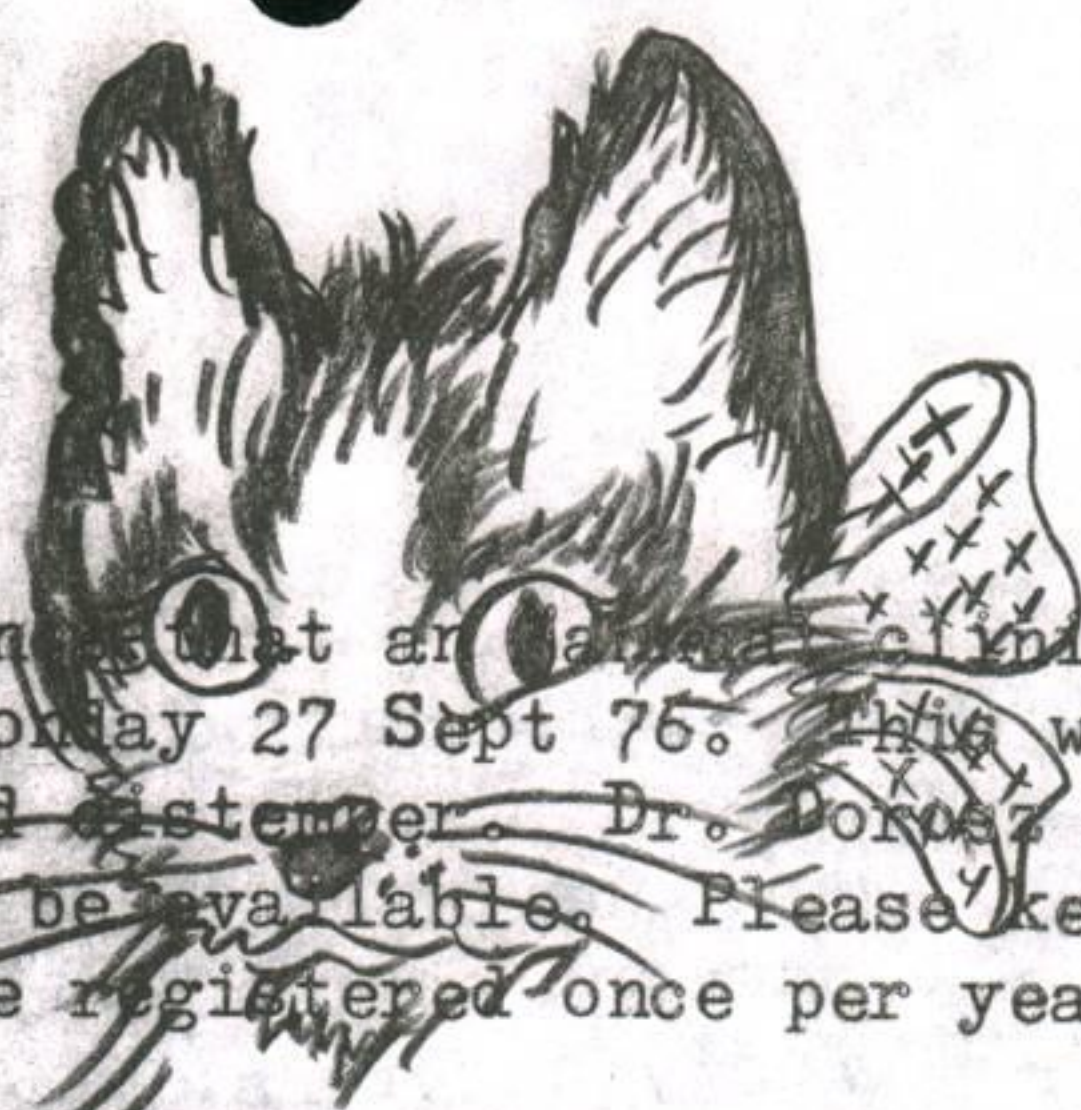
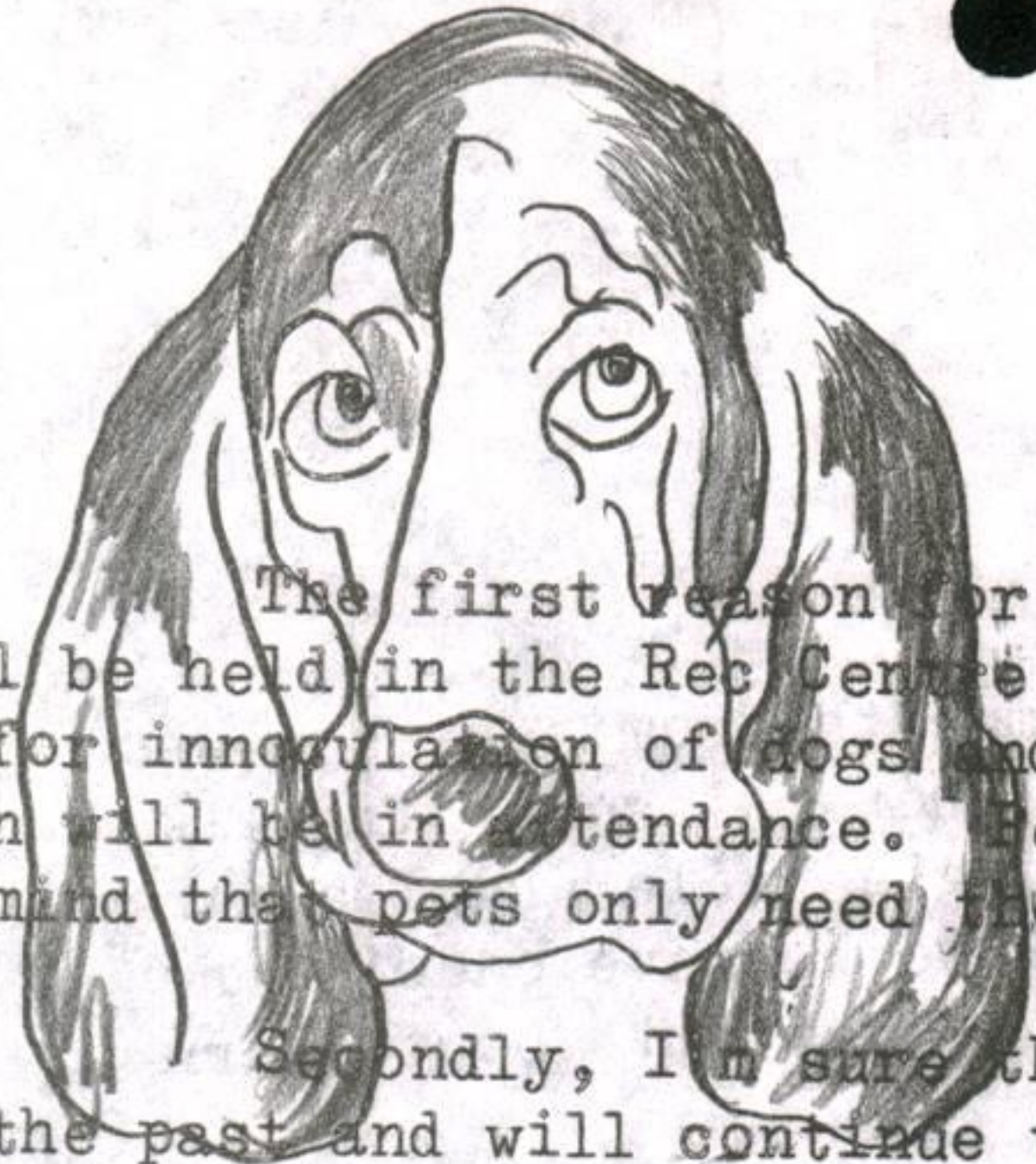
There is more to it than that. They provide fun, a good social atmosphere and respect for what is right and what is wrong.

If you are a youngster and you are not yet a member of the cadets, give it some thought. You're missing out on something great.

"Oh, look Martha - Harold bagged a weather vane!"



"PETS"



The first reason for this article is to announce that an "annual clinic" will be held in the Rec Centre gymnasium at 1330 hrs, Monday 27 Sept 76. This will be for inoculation of dogs and cats against rabies and distemper. Dr. Dorosz from Oyen will be in attendance. Pet Registration will also be available. Please keep in mind that pets only need their needles and have to be registered once per year.

Secondly, I'm sure that you are aware of the problems which we have had in the past and will continue to have in regards to pets. The following is an article written by a man who was once stationed here. Please read it with an open mind.

"The purpose of CFS-Alsask Pet Control Orders is simply to prevent pets from becoming a nuisance or a problem to residents of the station.

Paragraphs one, two and three of Pet Control Orders, relate to the registration and licensing of pets. This is neither difficult nor costly and must be strictly adhered to by all pet owners.

It should be apparent that we do not enforce control regulations to the letter. Indeed it would be virtually impossible to do so.

We do not insist that cats be fettered, leashed to car ports nor led around the area at the end of a rope. Insisting that a cat be continuously tied up when outdoors is akin to insisting a dog never bark. So if your cat remains close to his home grounds and is not the cause of complaints by neighbors, then you have no problem - nor do we.

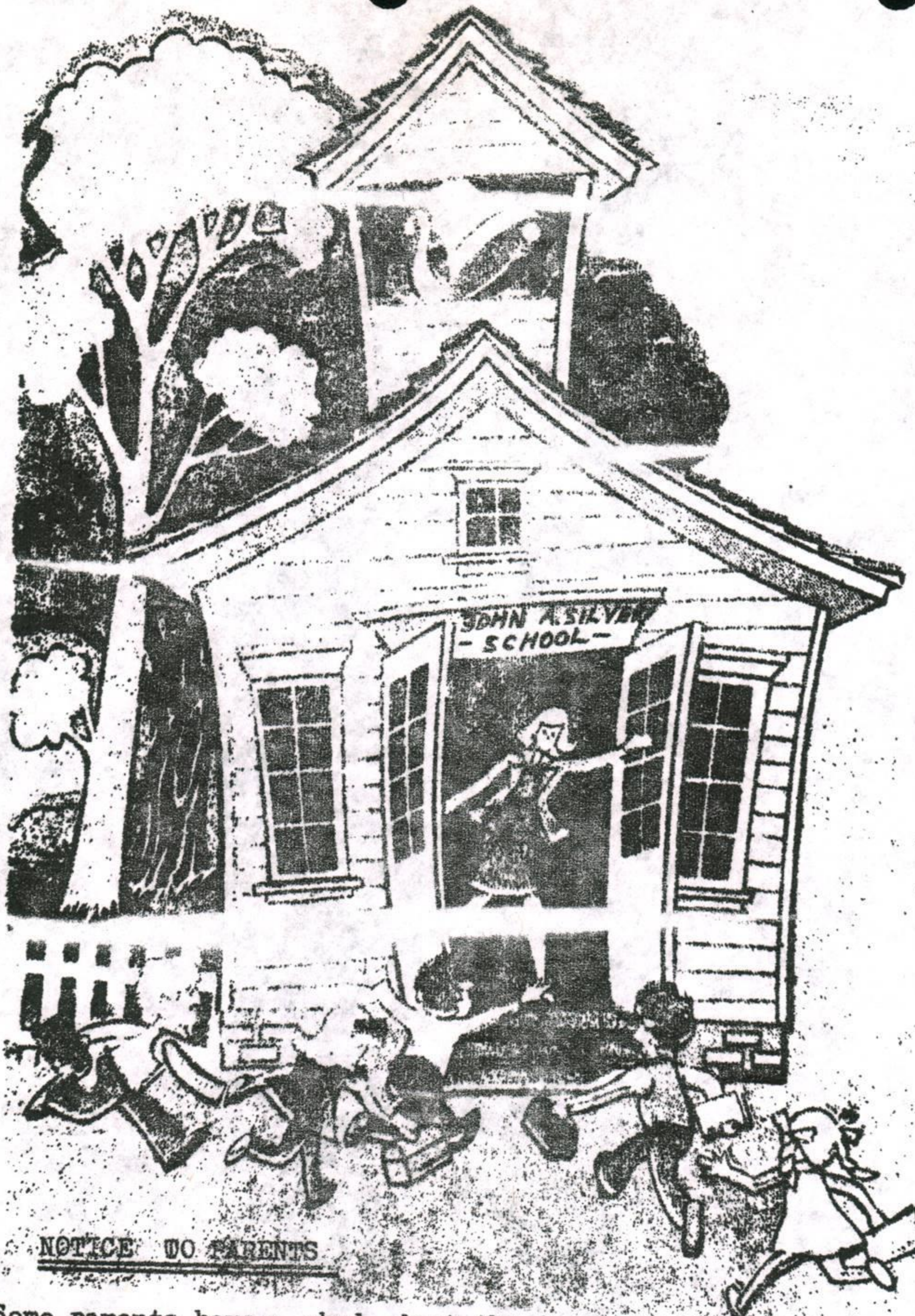
If however, Kitty roams free, far and wide, getting into peoples garbage, digging in their gardens and, the chief complaint, climbing over peoples cars, then you have a problem. This cannot be tolerated anymore than a dogs continuous barking.

The vast majority of pets on this station are never a problem. A very few cause minor complaints. Most of these complaints are settled amiably between good neighbors. Very few ever reach the Pet Control Officer who may, as the situation warrants, enforce the Pet Control Orders to the degree necessary.

K.B. Essig
Sergeant
P.M.A. Mayor

P.S. Anyone who could write Pet Control Orders that would please all cat lovers, dog lovers, cat haters and dog haters would have to be a literary genius."

If you read the article, thank you for your time and in closing, let me ask you this "Do you know where your pet is tonight? If not, your neighbour probably does."



NOTICE TO PARENTS

Some parents have asked about the dates for Christmas vacation. Holiday dates are shown below. You may wish to take note of these in order to make arrangements for medical or dental appointments and holidays.

Thurs. and Fri. Oct. 7th and 8th - Teachers Convention
Saskatoon - School Closed

Christmas Vacation Dec. 20th to Jan. 2nd inclusive - School closes
3:30 p.m., Fri. Dec. 17th and re-opens 9:00 a.m. Mon. Jan. 3rd.

Spring Vacation April 8th to April 17th inclusive.

Summer Vacation School closes 3:30 p.m. Thurs. June 30th.

G.E. Proud
Principal

TIMES TO REMEMBER

CLIP OUT AND SAVE

CUT & CURL CORNER: Phone 2622

Tuesday - Friday - 9:00 - 11:30
13:00 - 18:00
Saturday 8:30 - 15:30

BX - CANNEX:

Phone 2262 - Special Order Loc 239

Monday - Friday 11:00 - 17:30
Saturday 11:00 - 15:00

Closed Sunday and all Statutory Holidays

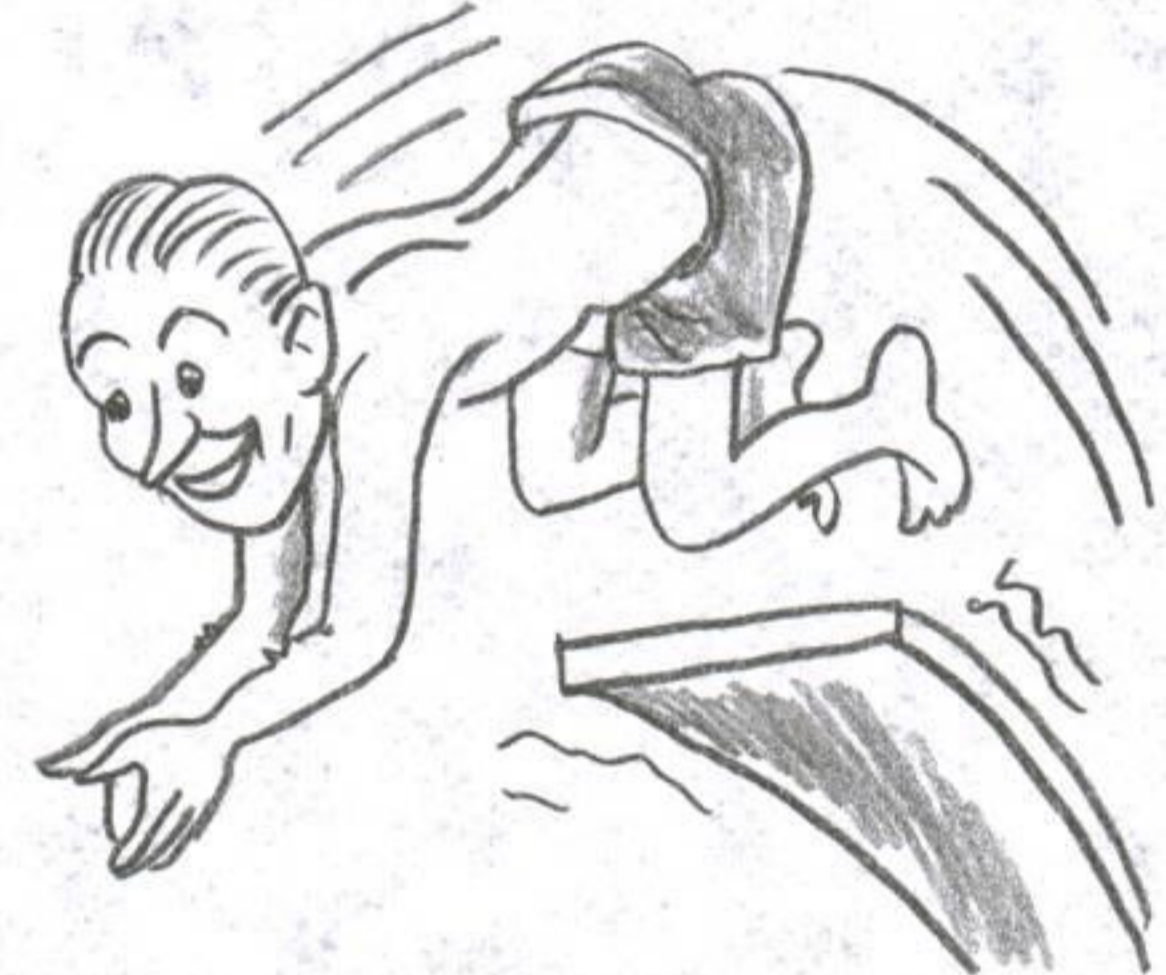
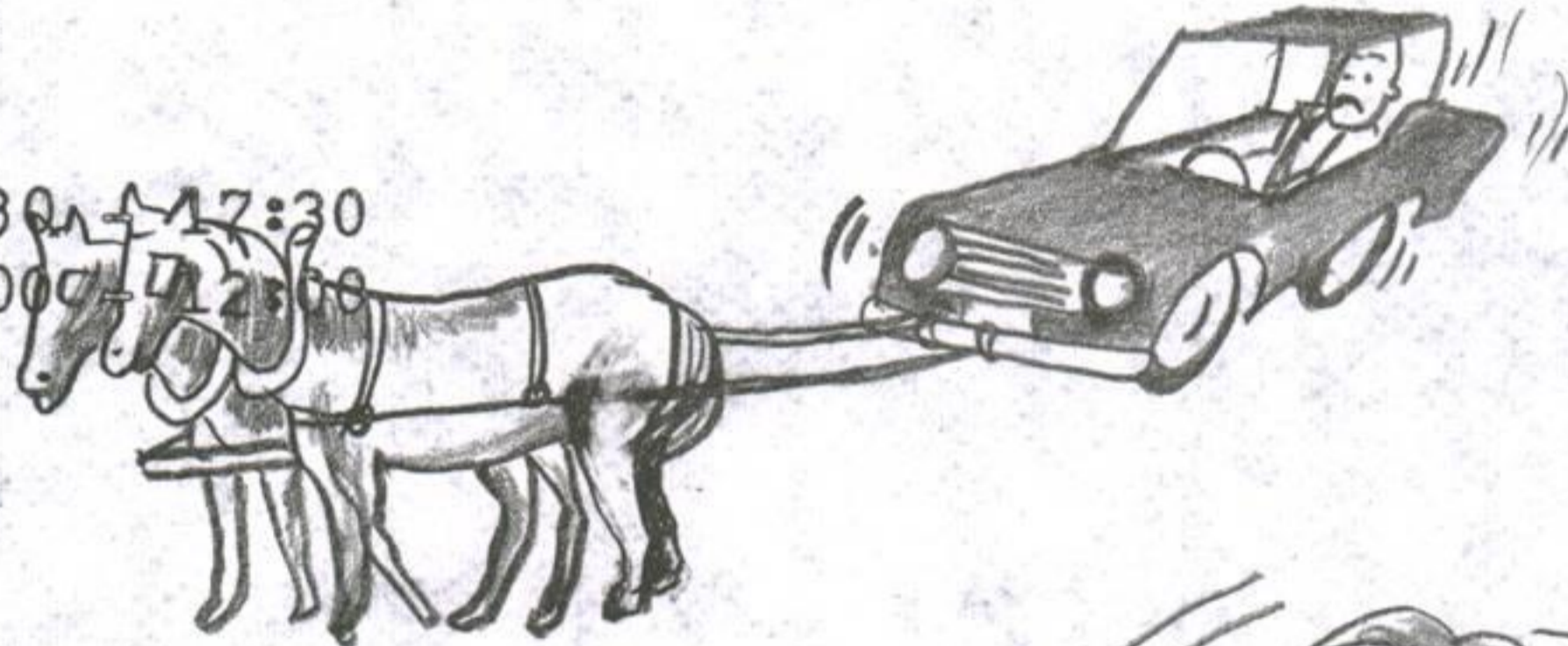
AUTO CLUB: Phone BX

Monday - Friday - 16:30 - 17:30
Saturday - 11:00 - 12:00

Closed same as BX

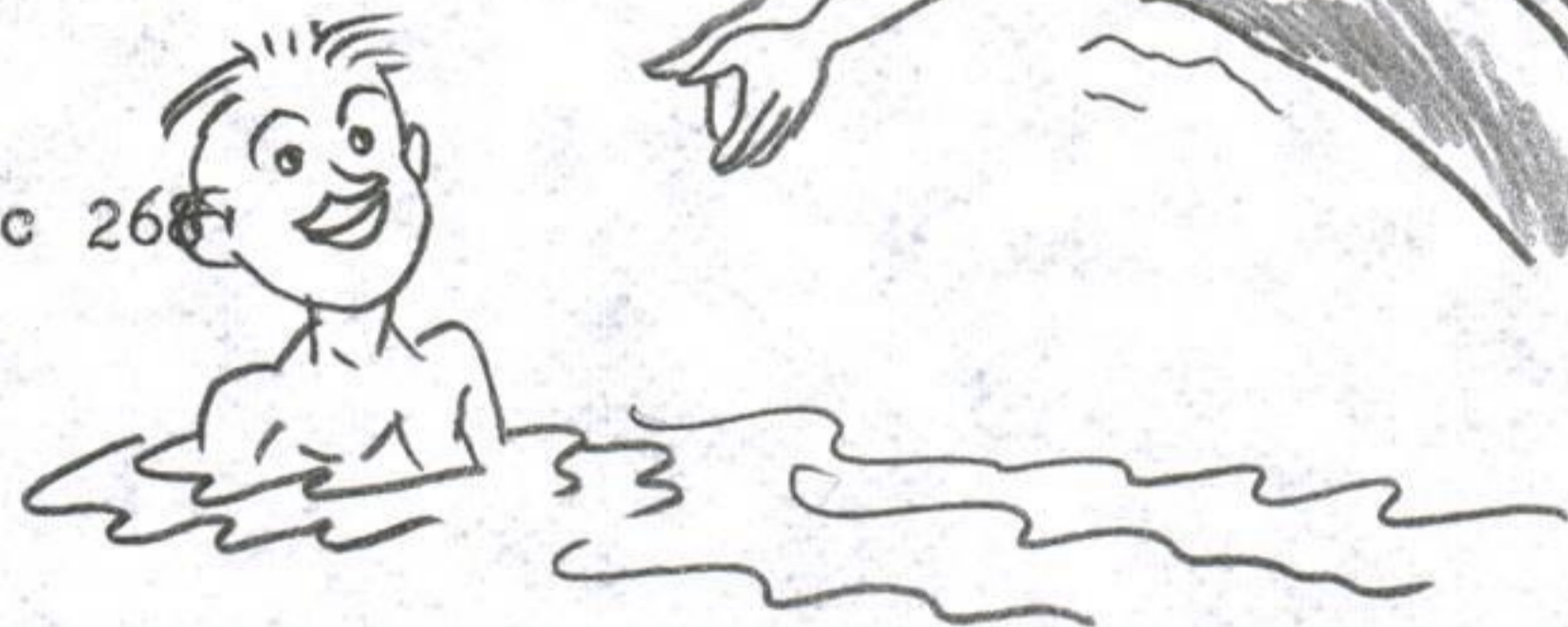
SNACK BAR: Phone 2662

Hours to follow



SWIMMING POOL- Phone Loc 270

When open, for other information Loc 266



CERAMICS CLUB

Thursdays - 1:00 - 4:30 p.m.
6:30 - 10:30 p.m.

I hope this will help you to enjoy our facilities better.

REC FACILITIES - WINTER SCHEDULE

Swimming Pool

Starting Date Oct 1, 1976

Wednesday Evening	- 1900 - 2100 hrs
Friday Evening	- 1900 - 2100 hrs
Saturday Afternoon	- 1400 - 1600 hrs
Sunday	- 1400 - 1600 hrs
	- 1700 - 1900 hrs



SAUNA:

Open by request

GYMNASIUM:

Tuesday	- 1800 hrs - 2030 hrs	- Children
Friday	- 1800 hrs - 2030 hrs	- Children
Sunday	- 1800 hrs - 2030 hrs	- Children

WEIGHT ROOM - open by request

Schedule for Badminton & Vollyball to appear in Tumbleweed at later date.

Bowling (Children) starting date Oct. 2 - 0800 hrs (tentative)

Bowling Co-ordinator (Youth) Flo Jardine.



At a family gathering, I found myself sitting on the sofa next to a schoolboy nephew I had not seen for some time. "How old are you now, David?" I asked him. His eyes peered out through a wigwam of hair: "How do you mean, exactly? When I go on a bus, when I go to the pictures, or in real life?"

A fellow who was given one of those instant cameras last Christmas reports: "Its works so fast that, so far, the only thing I've taken has been 12 pictures of me loading the film."

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 loc 222.

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 - MCpl "Stoney" Stonehouse
MCpl "Neuf" Hunt

After duty hours and week-ends call:
"Stoney" Stonehouse 2386
"Newf" Hunt 2261

BABYSITTERS:

Leslie Acton	2320	Sheryl Ann Murray	2627
Brenda Borshneck	2308	Michael Murray	2627
Janice Carr	2430	Debi Ramsay	2274
Sharon Cordick	2402	Malcolm Bailey	2641
Cindy Erickson	2635	Gloria Moskowec	2608
Danny Hill	2386	Rhonda Kidd	2438
Terry Mainhood	2611	Kathy Keats	2413
Lorna Helfrich	2494		

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

