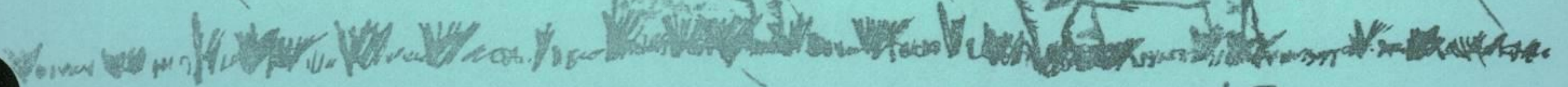
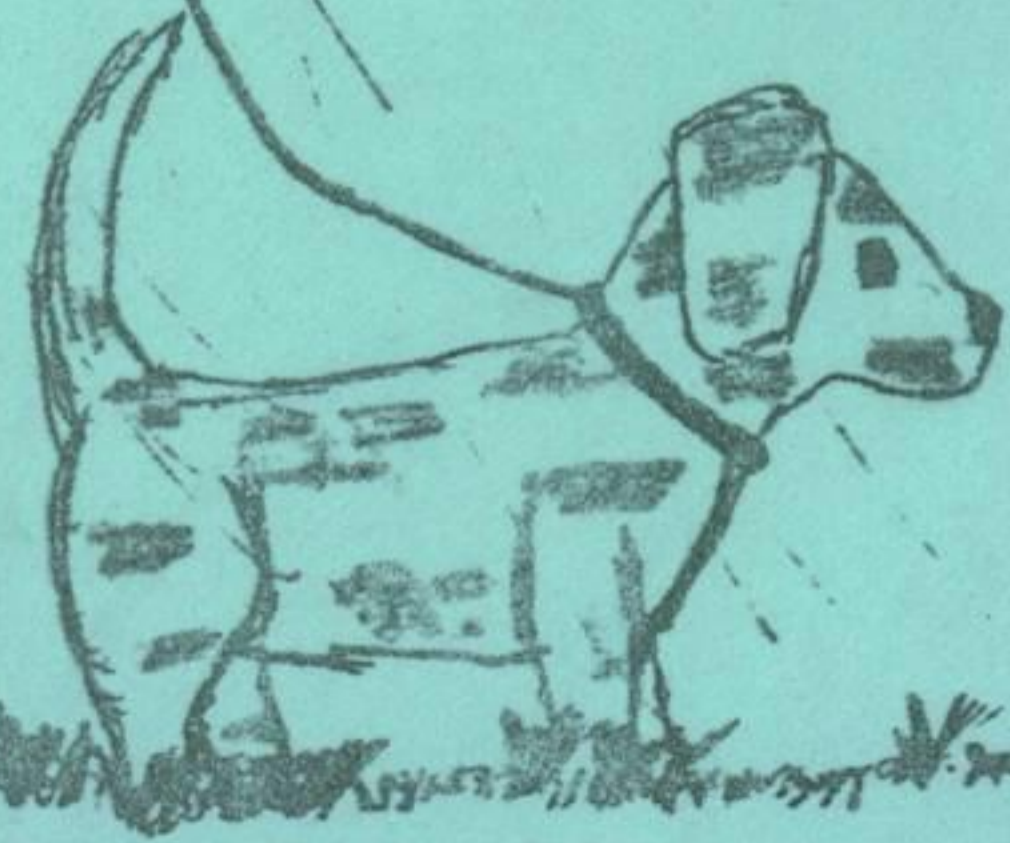


24 apr 79

# THE TUMBLEWEED



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THE TUMBLEWEED

CFS ALSASK

April 24, 1979

The Tumbleweed is an unofficial military publication and is printed with the kind permission of the Station Commander, LCol. L.E. Novakowski. It is published locally every second Tuesday.

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Address all correspondence to the Editor, CFS Alsask, Alsask, Sask. SOL OAO Office located in the Station Headquarters building. Local contributors may deposit articles at COR in the Tumbleweed basket.

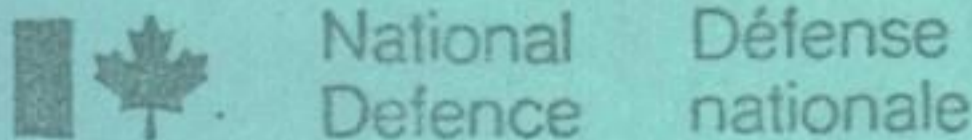
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Deadline for next issue - May 8, 1979

A MESSAGE FROM THE CO

Separate from my Master Gopher message, I would like to share with you the personal letter I received from BGen Kinney regarding his visit to Alsask. I am proud to be CO of this station and I sincerely thank you for your excellent support.



From Brigadier General C. M. Kinney, CD

Hq 24th NORAD Region  
Malmstrom AFB, Montana 59402  
17 April 1979

Dear *Len*:

Thank you for the outstanding hospitality extended to me during my visit to your Station. I was impressed by the sharp appearance of the Quarter Guard and ask you to convey my personal appreciation to the Guard Commander for the extra effort he has obviously put forth in this additional assignment.

I regret the unavoidable delay in our planned arrival time and ask that you convey my apologies to all concerned. After the diversion to Namao it would have been easy to cancel the visit but I know the effort and planning you put into this visit and felt I would be remiss if I didn't make all reasonable effort to arrive as scheduled. In the tradition of the mailman of old, neither rain nor sleet nor freezing drizzle shall keep me from my appointed rounds. The outstanding facility I have seen certainly made the trip enjoyable.

I was singularly impressed by the immaculate work areas, good morale and the evidence of innovative thinking and dedication to duty. The fact that the technicians have been able to take a piece of aging radar equipment and modify it on their own to the extent that it performs better than the original design specifications is proof of this dedication and forward thinking which is vital to continued progress and improvement in the defence of our country. You and your staff can be proud of your achievements. Please convey my personal appreciation to the NCOIC of this project. The tour of the domestic site reinforced my feeling that all the facilities are in good hands and morale is good throughout the Base.

The cooks and the mess staff deserve special mention for an excellent meal beautifully prepared and served. The social evening following was a great opportunity to meet and socialize with the officers and NCOs and their wives. I very much enjoyed talking to Ted and Alfreda and am delighted to see the good spirit of cooperation that exists between the military and civilian communities.

In closing, Len, let me say that I am impressed by the state of the facilities, the good morale and the proven performance of 44 Radar and will

-2-

be proud to display the squadron plaque in my office. This portion of the region is in good hands and I sincerely thank you and the members of your staff for your outstanding hospitality and performance.

Sincerely,

*Cliff Kinsey*

Lieutenant Colonel Leonard E. Novakowski  
 Commanding Officer  
 CFS Alask  
 Alask, Saskatchewan, Canada  
 SOL OAO

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OTTAWA (CFP).-- The Battle of Atlantic will be commemorated on Sunday, May 6, 1979. On that day we will pay our respects to those Canadian and Allied sailors, Merchant seamen and Airmen who kept open the Atlantic sea routes to Europe during the Second World War. Through their courage and endurance in the face of extreme danger and hardship, the battle was won and the day was paved for eventual allied victory. We will particularly remember at this time, those who gave their lives for the democratic freedom which is ours to enjoy. The dedication of the officers and men who served their country in the Battle of the Atlantic 1939-1945 will not be forgotten. Signed - Barney Danson.

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OTTAWA -- Defence Minister Barney Danson said today his department has agreed to pay Miss Nathalie Bedard \$1200. to settle a claim for general and special damages submitted on her behalf by the Canadian Human Rights Commission.

Last year the Montreal student attempted to enrol in the Canadian Grenadier Guards for duties in Parliament Hill's Changing of the Guard ceremony. Her application was denied, however, because the Guards, being a combat infantry unit could not accept women. Women are excluded from combat duties in the Canadian Forces.

This summer the ceremony will be performed by the newly-formed Canadian Forces Ceremonial Guard which will allow both men and women to participate.

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A MESSAGE FROM THE MASTER GOPHER

by LCol L.E. Novakowski

I would like to discuss "Station Fund" in this Tumbleweed. It's an important factor in our community life and everyone should know what it does and where it gets its money from. I'm of course leading to the point of money and some problems which we face. I'm confident that the problems can be resolved if we get everyone's support.

Most of you are aware that Station Fund is used to finance Community Council and Recreation Council activities. Here is a list of some of these activities:

- Playground equipment;
- Summer supervisor program;
- Kiln for Ceramics Club;
- Hockey team support;
- Additional sports equipment for gym;
- Tumbleweed support;
- Garden plot improvements;
- Library grant;
- Financial assistance to teen town, figure skating, cadets, French lessons, Scouts.

This list is not all inclusive and is given only to show that a wide variety of things depend on the fund. It follows that if the fund shrinks then activities must be cut back or we have to look for new sources of revenue.

The two primary sources of revenue for Station Fund are Canex profits and Country Club dues. The fund's budget for this fiscal year calls for revenues of approximately \$1000 per month from Canex and \$700 per month from Country Club dues. As you can see Canex is expected to be the biggest supporter of the fund.

Now comes the problem. March, the first month of this fiscal year, shows a big drop in expected Canex profits. We were expecting about \$1000 and only realized \$400. If this continues we're in trouble, so something has to be done.

In researching the problem I found that the cause of reduced profits at Canex is fewer customers. The staff at the store are doing a very good job and prices are competitive. Why fewer customers then? Over the past year or so we have seen about a 10% reduction in station population. I think it's obvious to everyone that right now there are fewer children on the station; also the ratio of single personnel has increased. Furthermore I think people are changing their shopping habits. With increased mobility we are willing to drive farther for our

6.

shopping needs. It's a fact that Canex can't stock all items we need so we have to go to other stores. Since we have to go to other stores we do all our shopping there and we forget about Canex. Voilà - fewer customers.

Now comes the solution. Since I don't intend to encourage families to have more babies, I strongly ask everyone to make a deliberate and dedicated effort to use our Canex facility to the maximum. When you have to go shopping, stop at Canex first. Buy what you can in our store and then use other shopping facilities. If we don't make this collective effort I think we'll see a decrease in the quality of life on our station.

Have you shopped at Canex this week?

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#### RAMBLINGS OF GORDON

I have discovered a person who has a talent that cannot be taught in any school, college or university anywhere in the world. You cannot learn this art by yourself, and in order to be proficient, you must sometimes apply yourself almost beyond human limits. It's a talent that we talk about all the time but so few of us are capable of comprehending that we sometimes lie and say that we can.

I'm talking about the art of conversation: an art that is rapidly becoming obsolete, due to the hustle of the world, television, movies and other forms of entertainment. That, plus the urge to talk continuously or listen continuously, has robbed us of one of the most pleasant ways of passing time that is as old as time itself.

Let's face it, we all have the ability! All it requires is to be able to talk, listen, think, reason, confirm, agree and contemplate. The only thing to do now is use them in their proper order without becoming boisterous, mouthy, braggy, noisy, conceited, loud, disagreeable, and argumentative. Unfortunately people very often confuse the two lists and consider themselves conversationalists when in actual fact all they're doing is arguing, being long winded, lecturing, etc., etc.

The finest way to pass time is to find a subject on which you and your partner or partners are both reasonably knowledgeable and exchange views and information. This way you learn, not only more about the subject but what other people's views are. Opinions expressed can give you different ideas that you hadn't thought about. They can make you realize that different angles create a whole different view, simply because they are seen through different eyes. The ability to listen as well as intersect with new or different thoughts serves to add fuel to a conversation, and before you know it you've accomplished and conquered an art.

A word to the wise however; stay away from shop talk; Leave the word "I" out of your conversation; and don't allow yourself to dominate. Nothing ends a conversation faster than these three points. Remember we all have the ability; it's just a matter of organizing your mind!

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SEARCHING THE SCRIPTURES

John 5:39

LOVE IS A MANY SPLENDORED THING

Love as described in God's word, the Bible, as demonstrated in the Bible, and as encouraged in the Bible, is the most wonderful, the most splendid thing that can and has happened to mankind. God's love is unfathomable and undeserved by man yet is freely and abundantly bestowed upon him. God did not create mankind to have him live and toil and die and return as it were, to dust with life ended. What a tragedy, to live a life with such a philosophy. No! God created mankind in His image to have fellowship with him forever and ever. The sin of mankind has broken that fellowship, but, God in His foreknowledge had a plan to make it possible to restore this fellowship. Through the 12 to 14 of April we have commemorated the finished work of this plan of God that made it possible for each human to have this restoration of fellowship with our heavenly Father.

God has done his part in the sacrifice of His only begotten Son, Jesus Christ. Jesus suffered horrendously and died for you and for me. Our part is to ask God for forgiveness, accept His Son as the sacrifice which has paid the penalty for our sins, and turn to God.

God has promised us that if we do this and mean it with all our heart and mind, that we can and will have eternal life. It was the immense love of God that was responsible for this plan for our salvation.

"Love is a many splendored thing". Think of the first marriage, the marriage in Eden of Adam and Eve. God presided at this first wedding in Person. Can you imagine Adam's life? All the animals he was able to have as pets and companions. His work was dressing the garden. What satisfaction he must have had. Here was the first man nearly bursting with the wonder of God's love and wisdom, but no one to tell it to. There was not a 'help meet' for Adam. God had one thing more to add to this already perfect creation. God put Adam to sleep, took from him a rib and formed a woman. No doubt it was love at first sight. Both were perfect so neither had ought to fear in loving each other completely. Imagine the first charm, the thrill of the first meeting, the first touch and the instant infatuation that grew into perfect love. Paradise was complete when this first man took this first woman into his arms. We could imagine many ways in which God presented this perfect woman to Adam. Perhaps if you look back to your own marriage day; as you stand at the altar, expectantly waiting for your bride to appear. During the ceremony as you look into that radiantly beaming face with love blushing her cheeks. Husbands, do you remember?

You think that nothing can spoil this love. Love will and does cover the faults each of us has. You can only see the good and wonderful side of your new bride or groom. Husbands and wives, do you ever reminisce about that beautiful day when the one you love became yours, to love and cherish???

If we could only recapture some of that romance, the blissful times, the fun times!

God the author of love has much to say about this subject. God the author of marriage knows exactly how a marriage should work. God the author of life knows exactly how you should live it.

Friends if you want to rekindle that love that you once knew or put more spark in the love you have, then find out about God's love, and He will instill in your marriage a love you never knew existed.

Why do you not take God at His word? Why not now?

The next article, Lord willing, will give you some thoughts from God's word on how your marriage should work.

Bible study is conducted at MQ 33 each Monday evening at 8:00 p.m. or call me, Harvey Reti, at 2333.

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Dear Editor:

I don't like to reply to any of the articles I write as I feel I am flogging a dead horse. However, I refuse to be tied to a whipping post. As you know, I write about things that are pertinent or argumentative, staying away from military subjects.

By being "invited" to Mr. McLean's office I would be held at a disadvantage. Rank does have its privileges. As for guts, well...I wrote the article, didn't I??

I would also like to remind Mr. McLean that my talent wasn't wasted during the Youth Carnival. I utilized it to be a team captain for the pre-teens. The Green Machine, we called ourselves. But perhaps that was too early in the morning for some people to witness. There are two points that I really enjoyed about the letter and I would like to thank Mr. McLean for them: Number 1, Thank You for reading the Ramblings of Gordon; Number 2, Thank You for putting an "Ex" in front of "Carnival Chairman."

Signed: THE POMPOUS ASS  
S. Gordon

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NOTICE: Anyone wishing to have their lawn aerated, please contact C.E.



ENER\$AVE OFFERS \$\$ SAVINGS ON HOME INSULATION

While most Canadians are aware that improved home insulation means big savings on their heating bill, many are not clear about the details of getting the job done. Uncertainty often exists about how much insulation is required, where and how it should be installed, and whether or not the fuel and dollar savings really warrant the required outlay for insulation materials and labour.

To make sure that Canadians have ready access to accurate answers to all their home insulation questions, EMR's Conservation and Renewable Energy Branch is currently operating the ENER\$AVE For Home Insulation Program.

ENER\$AVE provides a complete information service on all aspects of home insulation. The primary feature of the program is a free computer analysis of home insulation requirements. Householders complete the 30-point ENER\$AVE questionnaire, supplying data on the home's age, construction, size and shape as well as the amount of existing insulation, type of heating fuel used and winter thermostat settings.

The ENER\$AVE computer then processes the data to pinpoint areas in the home where insulation is required. Weatherstripping, storm windows and thermostat setback are also recommended where appropriate. Because the decision to insulate depends largely on economic considerations, a full cost-benefit analysis is provided. Each recommendation is accompanied by estimated material and labour costs, resulting fuel and dollar savings and payback period.

Householders receive their personalized computer analysis, which takes into account regional variations in climatic conditions, heating and insulation costs, in the form of a computer printout. By the end of 1978, 250 000 Canadians had received the ENER\$AVE computer analysis.

As a complement to the computer analysis service, ENER\$AVE operates the HEATLINE, a telephone advisory service that can be reached toll free from anywhere in the country. The HEATLINE's bilingual personnel offer technical advice on home insulation, details on federal and provincial grant and loan programs and general information on household energy conservation.

The HEATLINE is open Monday to Friday during regular business hours. Call toll free 1-800-267-9563. (Ottawa-Hull residents call 995-1801).

To receive your free ENER\$AVE For Home Insulation questionnaire, fill out this coupon. Please print.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

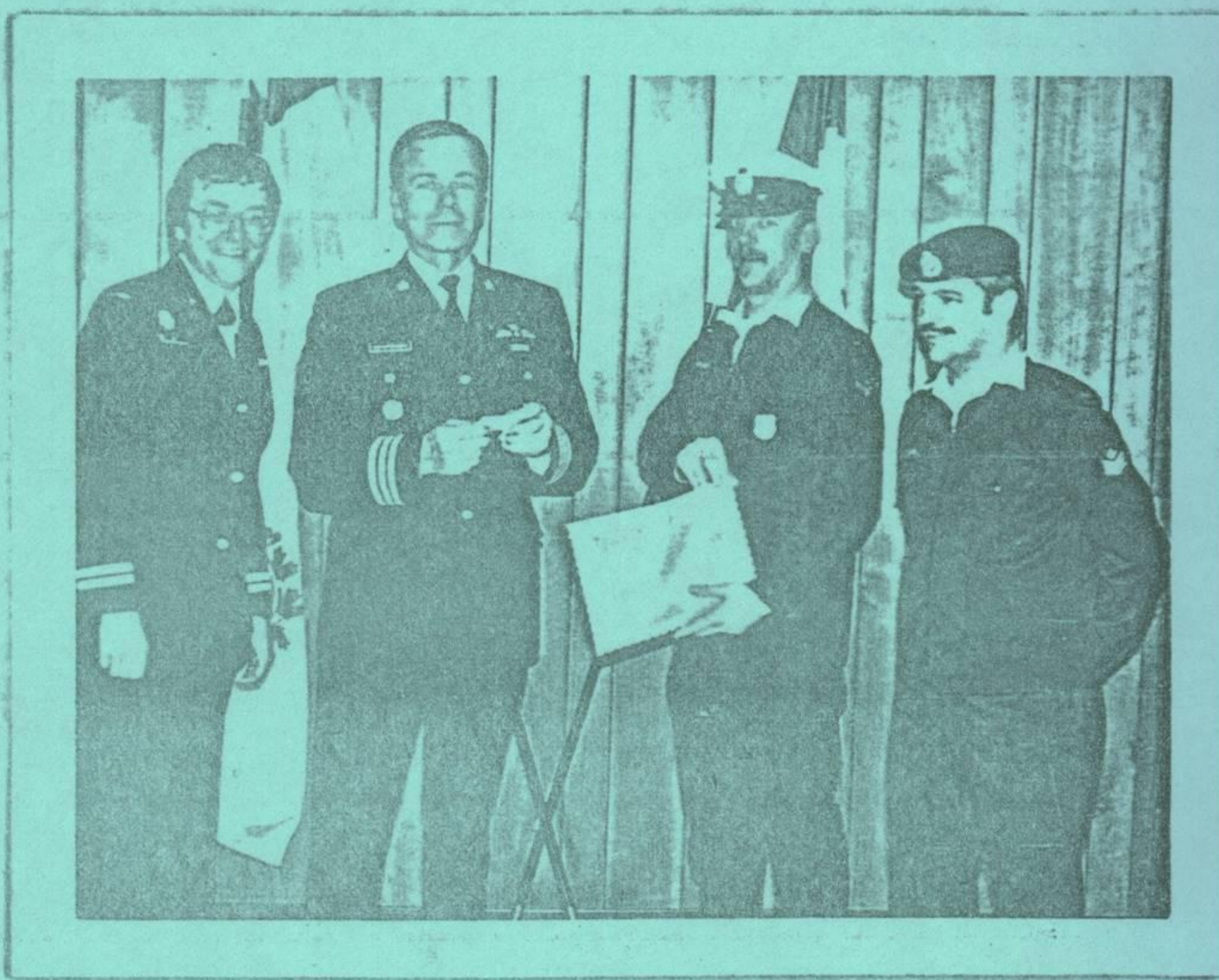
CITY \_\_\_\_\_ PROVINCE \_\_\_\_\_

POSTAL CODE \_\_\_\_\_

Send or bring this coupon to: ENER\$AVE, Verification Unit,  
588 Booth Street,  
4th Floor, Room 431,  
OTTAWA, Ontario K1A 0E4



# TOTEM TALK



Pictured above making the draw for the MP Fund for Blind Children, are from left to right, Capt. Davis, LCol Novakowski, MCpl Atkinson and Sgt Petitpas. The lucky winner of the \$100. shopping spree at Canex was Laurie Proud, of CFS Alsask.

The Military Police would like to thank you who gave graciously in support of the blind.

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The Guides and Brownies of Alsask would like to thank everyone who donated baking and crafts to make our sale the big success it was.

Yours in Guiding  
The Leaders

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There will be no more gymnastics classes this year; for a variety of reasons: holidays, transfers, and a decline in attendance, we have finished a month early. There will be a wind-up party in May. All the participants will be notified as to the date and time.

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FROM THE LAND OF

2

TRANSPORT TRAFFIC LAND MAINT. SUPPLY

CHILD SAFETY WEEK, MAY 1 - 7, 1979

In 1976, accidents killed 1,295 children under 15 in Canada, with traffic, drowning and suffocation claiming the three highest numbers of fatalities. With timely action most of these deaths could have been prevented. This is Child Safety Week and your M.S.E. Safety Section urges you to make it a week of thought and planning so that this bleak picture can be brightened.

Accidents are the greatest threat to the lives and limbs of children and more of them die because of accidents than because of all the communicable diseases of childhood combined. Many more are seriously injured or permanently disabled. Medicine can immunize children against some diseases and prevent many others, but parents and educators must immunize children against accidents through protection and education.

1979 has been proclaimed International Year of the Child by the United Nations. It is also the 20th anniversary of the Declaration of the Rights of the Child. It is the responsibility as parents, educators or simply as adults to make sure that our children have and enjoy the right to safety, which is ultimately the right to life. It is too late to resolve to do better as the results of an accident. Prevention is the answer. Adults responsibility is clear. The time for thought and action is NOW!

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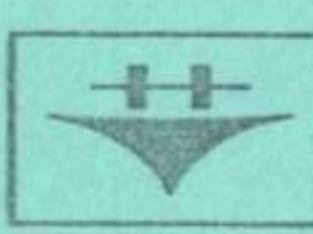
Roy & Bonnie Pigden and son Golden wish to announce the much waited arrival of daughter and sister, Renata Maria. She's 11 months old and a real sweetheart!! She's brought a great deal of love to our home with her winning smile and ways.

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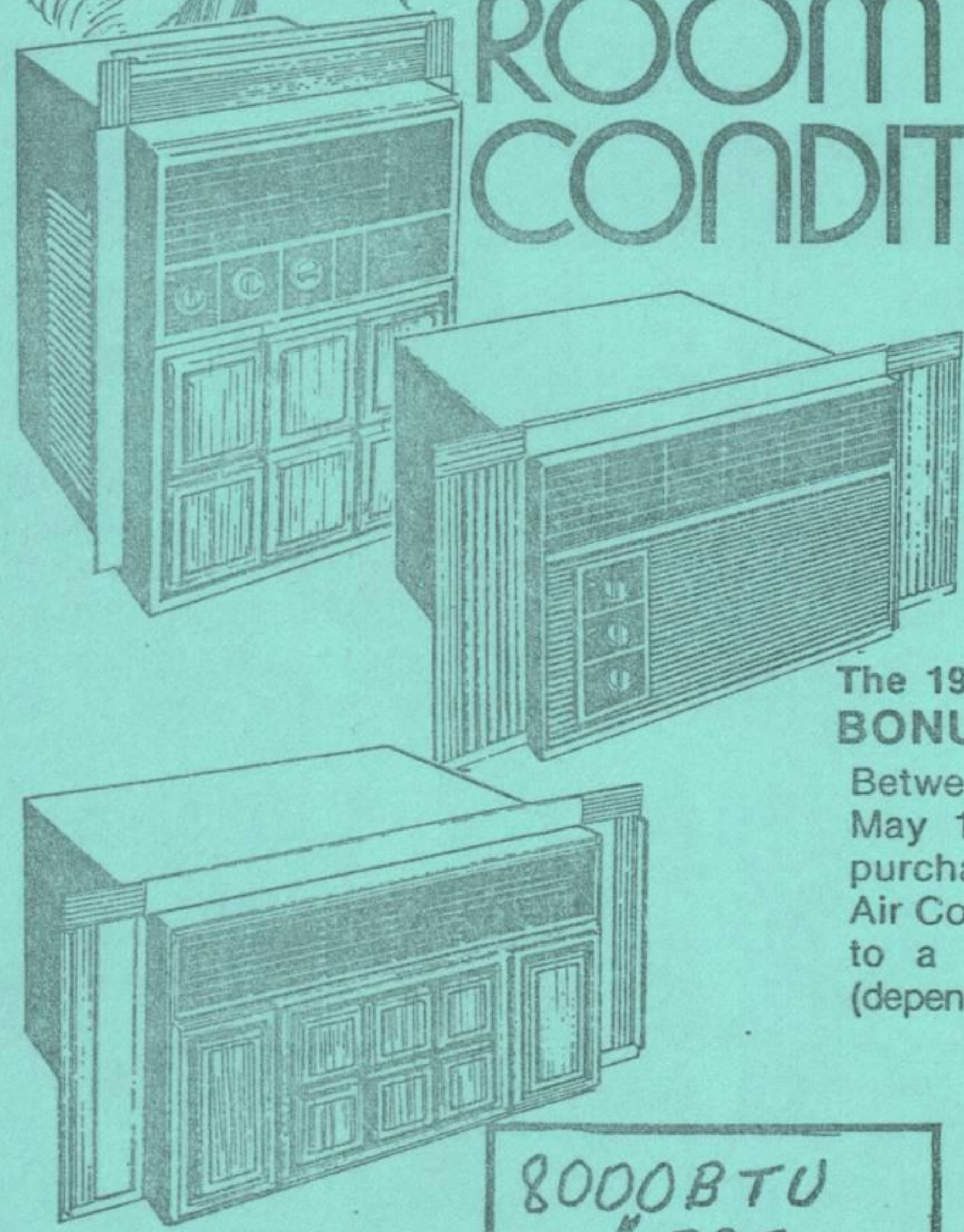
The Ceramics Club will be holding a Display and Sale June 9th at the Rec Centre from 1:30 to 3:30 p.m. There will also be a Bake Sale and White Elephant Table. A Donkey Planter will be raffled off, so get your tickets early from any club member.

-----



 **Hotpoint**  
the beautiful appliances

Great new line of 1979  
**ROOM AIR  
CONDITIONERS**



*Here is your opportunity  
to capitalize on early  
purchases during  
Feb 15th to May 15th 1979*

**The 1979 Hotpoint Pre-Season  
BONUS BUY PROGRAM**  
Between February 15 and  
May 15, 1979, any customer  
purchasing a Hotpoint Room  
Air Conditioner will be entitled  
to a rebate of \$25 or \$35  
(depending on model purchased).

See your store  
manager for  
details on rebate.

8000 BTU  
# 395.00  
10,000 BTU  
# 409.95

\$35. REBATE  
HH 088K  
HH 110K

CUSTOMER PRICE COMPARISON

<u>PRODUCT</u>	<u>BRAND</u>	<u>SIZE</u>	<u>OYEN STORE</u>	<u>CANEX</u>
SHORTENING	CRISCO	1 LB	.97	.94
SHORTENING	CRISCO	3 LB	2.85	2.71
ING SUGAR		1 KG	.75	.81
VEGETABLE SOUP	AYLMER	10 OZ	2/59	.31
VEGETABLE SOUP	CAMPBELLS	10 OZ	2/67	.33
COFFEE FILTERS	MELITA	40	1.09	1.01
SALTED CRACKERS	PAULINS	2 LB	1.87	1.91
BUTTER	ALPHA	1 LB	1.54	1.50
CUCUMBERS		EACH	.49	.60
EGGS	LARGE	DOZ	1.07	1.07
FISH & CHIPS	HIGH LINER	32 OZ	2.79	2.78
CONDENSED MILK	EAGLE BRAND	300 ML	1.15	2/2.14
CRACKERS	RITZ	1 lb	1.69	1.53
CREST TOOTHPASTE	CREST	100 ML	1.19	1.40
BANANAS			3 LB/.89	1.32

In reply to the customer comparison by Michelle LeMay. First off, we would like to thank her very much for taking on this task. Second, we would also like to tell our authorized patrons that we have reduced the items in the comparison which were higher in canex.

Michelle has agreed to do these comparisons on a regular bases, our guarantee is to have competitive prices even if we have to reduce our prices on certain items.

YOUR SUPPORT IS NEEDED

CANEX STAFF AND MANAGEMENT



CANEX CONSUMER PLEDGE  
(RETAIL DEPARTMENT STORE)

WE PLEDGE:

1. To cheerfully refund your money if your purchase is not satisfactory.
2. To provide you with quality brand name merchandise.
3. To guarantee competitive prices. If any authorized patron purchases an item from the Exchange Retail Store and finds within a ten day period the identical item regularly priced lower in any local retail store. We will cheerfully refund the price difference on presentation of Exchange Retail Store sales slip.
4. To always provide courteous efficient service.
5. To service or have serviced what we sell.

YOUR BASE FUND IS A GOOD IDEA ...

MESSES AND CLUBS

CANEX

PHYSICAL EDUCATION & RECREATION

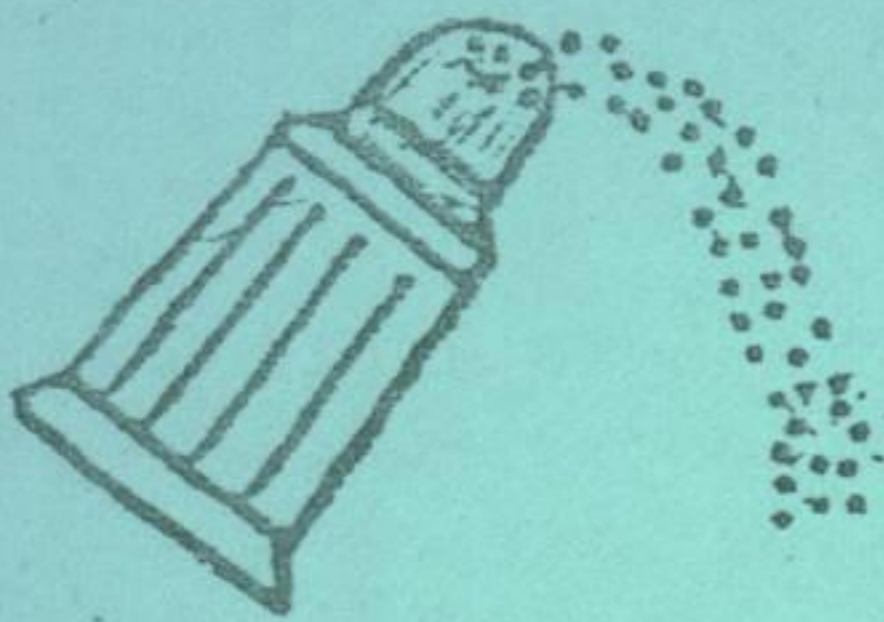
CULTURAL & SOCIAL ACTIVITIES

SHOPPING

PARTICIPATION

ENTERTAINMENT

... AND IT'S WORKING ... FOR YOU!



## MON GRAIN DE SEL

par Michelle Lemay

Bonjour,

J'écris encore à la dernière minute, mais cette fois-ci j'ai une bonne excuse: la soirée des femmes au Club des rangs juniors. Que de beaux chapeaux il y avait là! Originaux aussi. Joyce Baker a remporté le premier prix avec Maman Lapin, ses bébés et leurs carottes. Le chapeau de Kathy Brown était le plus coloré, avec ses poussins. Celui qui a le plus intrigué est le chapeau musical de Mémère. On croyait avoir des illusions, mais son oiseau chantait vraiment. Donc la parade des chapeaux de Pâques a été un succès. Merci au comité pour leur invitation.

Si les gophers sont indécis quant à la saison, les oies ont commencé à revenir. Peut-être donneront-elles au printemps l'idée d'arriver. Mais ne vous en faites pas, c'est comme ça partout.

Histoire de connaître davantage la Saskatchewan et de vérifier s'il y a vraiment des arbres dans cette province, nous avons fait un petit voyage du côté de Prince Albert. Croyez-le ou non il y a des arbres. Des lacs aussi. En plus grand nombre que d'habitude. Il fallait vérifier sur la carte pour savoir lesquels étaient des vrais et lesquels étaient de la neige fondue. Au nord de Saskatoon il y a encore de la neige. A certains endroits beaucoup de neige. Dire qu'à Alsask c'est déjà tout sec. Les fermiers ne doivent pas aimer ça.

Mes élèves du cours de français avancé ont terminé leurs 24 semaines avec succès. Je suis fière du travail qu'ils ont accompli et j'admire leur ténacité. J'ai eu beaucoup d'agrément à partager ma langue avec Joan, Donna, Bill et Karen. Bill aura un problème cet été. Il devra s'habituer à "entendre" le français de France, lui qui connaît mieux le français du Québec, maintenant. Avec l'allemand ce sera un beau mélange. Mais il réussira. A tous les quatre, merci d'avoir été mes élèves.

Félicitations à Bob Hedley pour sa promotion bien méritée au rang d'adjudant. Gail dit qu'elle va s'occuper de l'augmentation de salaire.

A bientôt.

-----

On m'a dit que je devais regarder souvent Sesame Street parce que je sais beaucoup de français.....

THE CADO KNOWS

Well, some of our mess members have returned to the fold, after exotic holidays, more or less intact. Less in the case of Florence Menzies, I guess: did Mrs. Sterne's cooking not agree with you Flo or did you pick up a germ in that big bad city of Winnipeg? Then of course, there was Shirley Booth who came back poorer having donated most of her income tax rebate to the province of Sask., after getting picked up in a Mountie's speed trap..... Rick Low, all smiles, returned from a brief honeymoon. Never mind, Rick, she's entitled to use Pri 5 now and anyway there's always the weekends when you're on course in Borden.... Ah, the joys of military romances!

Others are scattering to the winds: Rick Dunstan to Falconbridge on course (I hear there's a pretty hefty bet on as to whether he or Pte Lassen will do better: dinner at the 'Homesteader' for WO and Mrs. Bertrand hangs in the balance! Knowing Rick's penchant for losing bets, I'd say they have a good chance of collecting.) And Tony Runge and crew to Dana to talk to the MILE trades career manager - in the midst of their Op Eval - they should be welcome guests! Speaking of Op Evals, I gather our NOE last week went well. I'm not sure whether that was as a result of the absence, in Phoenix, of the CGEO, our prowess in the Command Post or our hospitality to Tech Sgt Price afterwards. I gather that after the second Meridian he was feeling quite mellow towards C.F.S. Alsask!

With our usual knack for timing, our mess has planned a barbeque for Saturday night. A weenie roast in the fireplace maybe? Or is the rumour true that spring does arrive, eventually, in Saskatchewan?!

- - - - -

J.R.C.

Saturday, the 21st, found the Junior Ranks members just a-bouncin' with laughter. The reason was a mixed games night which was thoroughly enjoyed by all. Hats off to Steve O'Neil and his committee. The winners were Bob Coombs, Pool; Peggy Gagne & Ross Atkinson, Euchre; Jim MacNeil & Daphne Dael, Darts. When the mini golf got under way, there was just as much excitement as if we were watching the pros on TV. The Golf champs at the moment are Heather James & Bob Coombs. Watch Jim, Heather! He will probably want lessons now! The last winner of the evening was Doug Haggart who hit the Bull's Eye.

During the evening, everyone filled up on pizzas from the Snack Bar, which were delicious! Thanks, Bonnie.

Next Saturday is Campers Bingo, so if you missed the fun last week don't miss it this week. Come out and support your mess and entertainment committee.

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The Junior Ranks Ladies held a parade of Easter hats and Monte Carlo on Monday, April 23. We had a nice turnout from all messes. First prize was won by Joyce Baker, Second by Bunny Thomas. Kathy Brown had the most colorful hat and Linda Frotten made the best attempt. Stella Doody (Mamere) won the prize for most original with her beautiful singing bird. Door prizes were won by Bertha Bigg and Delia Kelly.

The evening went without a hitch except for a few minor (funny) incidents. We hope that the five pictures Gwen Hornsby took of her eye turn out okay. At least Sandy will have a fond remembrance of her. Later in the evening, one of the LADIES spilled HIS food on the floor. That's what happens when you don't pay attention to what you're doing.

Harvey Beveredge was kind enough to come over and take pictures for us. We can't wait to see them. We also appreciated the fact that the mess put money on the bar to subsidize our drinks.

We would like to thank everyone who helped: Jim MacNeil and his truck, Steve O'Neil, Pete Murdock, Don Smith, John Dooley, Daphne Dael, Donna MacNeil, Bob Brown, and of course Kathy Brown for cifering. A special thanks to Roy Pigden and the mess hall staff for the beautiful meat trays, and to our three judges: Fern Wilkie, Delia Kelly and Janet Carr. You did a good job, girls.

In closing we would sincerely like to thank everyone who showed up and participated, and brought salads, sweets and rolls. We hope that everyone had an enjoyable time.

Gwen Stapleton  
Peggie Gagne  
Joan O'Neil

-----  
LETTER OF THANKS

I was 100% surprised by the lovely Baby Shower! A special thank you to Daphne Dael for hosting (just had a baby - Daphne, where do you get the energy!) and all the ladies for the beautiful gifts and scrumptious treats. Renata will enjoy the lovely cake, Debbie. Mother is keeping it for her first birthday which is very soon.

Also a special thank you to Daphne for the donation of a high chair for the Snack Bar. It's being put to good use! Also to Maureen Irving, Gwen Hornsby and Joan O'Neil for the baby clothes. They sure have come in handy.

A super special thank you to Darlene & Bill Simmons for their help over the Cadet Weekend. We sure needed it! Also for their donation of a cupboard for the Snack Bar. It was with great pleasure that the old one was discarded. Thanks once again.

Bonnie Pigden  
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TACK TALK by D. Levitt

It is with great pleasure that I announce the Meridian Saddle Club is alive and fairly well in Alsask. This in itself is a little-known fact. In this article I hope to enlighten the population of the area on a few aspects of the club.

First of all a new executive was appointed at a general meeting held in March. The changes are as follows:

POSITION HELD	OLD	NEW
Chairman	WO Al Ward	Cpl Darrell Levitt
Ranch Foreman	Paul Brunner	Paul Brunner
Treasurer	Bunny Thomas	Bunny Thomas
Secretary	Sue Reschke	Sue Reschke

At this time I would like to thank Al Ward on behalf of the members of the Meridian Saddle Club for the time and effort he put in as the past chairman of the club.

At present the club membership is very small. Right now there is a total of eight horses stabled in the club. With help, it is my hope to greatly increase the herd in the coming year. We all have high hopes for the present year. For instance, in May the club will commence preparations for the booth that we operate every year at the rodeo, which is held in June. We are also hoping to have a number of trail rides and camp outs throughout the year. Judging by the response to the Kiddies Day last year, further functions of this nature are a definite possibility this year.

Persons wanting information or interested in joining this worthwhile club, please feel free to contact any of the following persons: Darrell Levitt at 2607; Sue Reschke at 2644; or Bunny Thomas at 2656.

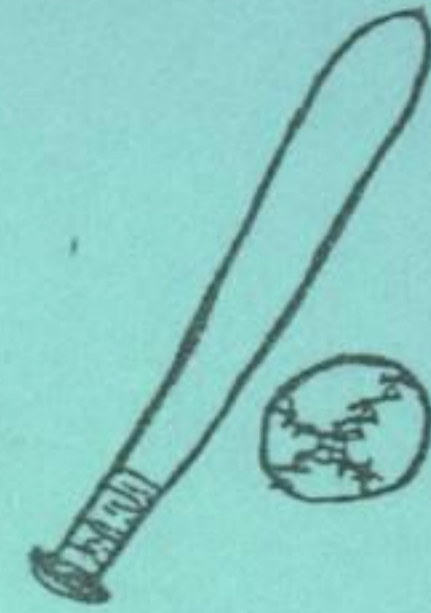
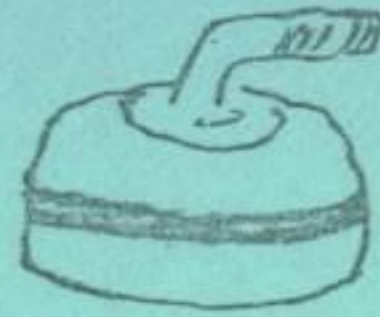
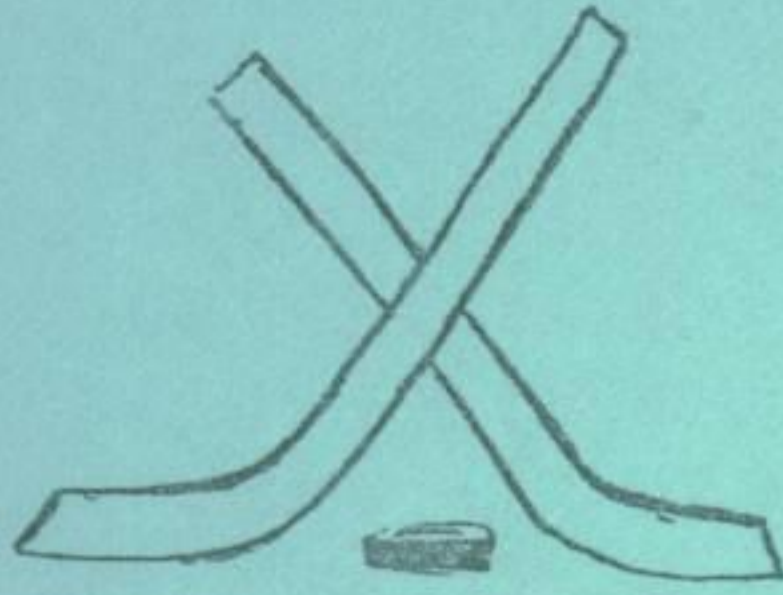
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SMOKING AND EXERCISE

Some would contend that jogging nullifies the harmful effects of smoking. Not so, says Dr. Robert Crowe, cardiopulmonary physiologist with the Urban Medical Hospital in Marietta, Georgia. The pack-a-day jogger is just fooling himself, he says. While his overall "lung power" may increase due to better developed muscles in the diaphragm, the lungs themselves still have the problem of processing the oxygen they inhale, and jogging does not "clean out" the lungs, nor restore their normal efficiency. Abstinence, on the other hand, does. Studies have shown that smokers who stop smoking show a remarkable restoration of oxygen uptake (the ability of the lungs to process and the bloodstream to deliver and the body to utilize, oxygen) in only two months.

Aviation Medical Bulletin, Jan., 1979

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RECREATION AND SPORTS

by Harve Reti

Physical Fitness evaluation is upon us again. A small percentage of station personnel have been tested to date. Unfortunately most personnel eligible for testing always leave it to the last few days of the test period before they show for testing, despite the repeated encouragement to train first and complete your test with ease. One would also find their physical well-being enhanced. Both appearance and a more lively feeling would result from this stimulating physical activity. One can become fit through jogging, fast walking or vigours sports. All of these activities are available to you. Make use of them. Set an active example for your children.

The present fitness test, though not a true test of your fitness, is an indication, if you can do it with ease, that you are reasonably fit. Be wise, don't strain; than stay with it twice or three times each week.

The following table will give you an example of what is accepted as reasonably fit. Combine some calisthenics with your jogging or walking to have a more rounded fitness program.

COME OUT & JOIN IN

Performance Standards

MALE

FEMALE

1.5 Mile Test

AGE	LEVEL 5	LEVEL 4
Under 30	under 10.16	10.16 -- 12.00
30 - 34	under 10.38	10.38 - 12.30
35 - 39	under 11.01	11.01 - 13.00
40 - 44	under 11.16	11.16 - 13.30

1.5 Mile Test

AGE	LEVEL 5	LEVEL 4
Under 30	under 12.31	12.31 - 14.30
30 - 34	under 13.01	13.01 - 15.00
35 - 39	under 13.31	13.31 - 15.30
40 - 44	under 14.01	14.01 -- 16.00

OPTIONAL

45 - 49	under 11.31	11.31 - 14.00
50 - 54	under 12.01	12.01 - 14.30
55-Over	under 12.31	12.31 - 15.00

OPTIONAL

45 - 49	under 14.31	14.31 - 16.30
50 - 54	under 15.01	15.01 - 17.00
55-Over	under 15.31	15.31 - 17.30

FINANCIAL - SMALL LOANS AND BENEVOLENT FUND ASSISTANCE

1. The Canadian Forces Personnel Assistance Fund (CFPAF) comprises the Canadian Forces Small Loan Programme (CFSLP) and the Canadian Forces Financial Distress Programme. The Financial Distress Programme is operated in co-operation with the Royal Canadian Air Force Benevolent Fund (RCAFBF).

2. CFSLP small loans of \$50. to \$500. are available to all members of the Canadian Forces (Regular) for any genuine purpose that will promote the well-being of members or their dependents.

3. CFSLP repayment rates may be geared from six to 24 months depending on the amount of the loan, at a service charge of \$3.00 per \$100. per year or approximately 5 1/2% simple interest.

4. Any regular member on leave, TD, etc. away from his home unit may apply to the unit nearest him for an emergency loan.

5. If a member is on an unaccompanied posting, his dependent may make application to the loan committee where the dependent is located for assistance.

6. Applications for CFSLP small loans, Distress/Benevolent Fund Assistance, or Benevolent/Financial counselling committee:

- Chairman - Lt. D.N. Newell SCOMPT 218
- Secretary - Sgt. W.R. Hedley 211
- Member - CWO C.F. Baker SWO 221

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CFS ALSASK CHAPEL (RC & P)



ROMAN CATHOLIC  
 Mass: 5 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: Father Joseph Dormans  
 CFS Alsask - 264 Wednesdays only  
 Residence - 463-2306 (Kindersley)  
 RC Chapel Committee Chairman:- Sgt. Ed Weisgerber

PROTESTANT

Worship: 7:30 p.m. each Sunday  
 Sunday School: 11:00 a.m. each Sunday  
 Baptisms & Marriages: Please contact Chaplain as soon as possible for arrangements.  
 Chaplains: Padre David Nevett (463-2317 Kindersley) is conducting Sunday services and is available for call-out in an emergency.  
 Padre Al Stenson (397 CFB Penhold) will visit the Station from time to time.  
 P Chapel Committee Chairman:

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CABLE TV CHANNELS

STATION	RECEIVED CHANNEL	CABLE CHANNEL
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 8 a.m. to 4:30 p.m.  
 Loc. 245 and ask for CATV

Weekends and after duty hours call  
 Frank Truman 2647 - Manager  
 Phil Adams 2346  
 Bill Pronyk 2614

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CANEX: Mon - Fri 10:30 - 12:30  
 1:00 - 5:30  
 Sat 11:00 - 3:00  
 Phone Loc. 239 or 2262

AUTO CLUB: Self-serve.  
 Pick up key at Guardhouse.

SNACK BAR: Mon-Thur 4:00 - 10:00  
 Friday 4:00 - 11:00  
 Saturday 12:00 - 11:00  
 Sunday 12:00 - 10:00

LIBRARY: Mon, Wed, Fri evenings  
 7:00 - 9:00 p.m. Located at  
 school. Use SE Corner door.  
 Librarians - Maureen Irving  
 Betty Dooley

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FIRE ALARM SYSTEM IS UNSERVICEABLE. PHONE 222 IF ON BASE OR 2277 IN MQ'S.

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BABYSITTERS

\* indicates those who have had a babysitting course. Anyone wishing to be included on this list please send your name, age, phone number and whether or not you have had a babysitting course to the Tumbleweed.

Michelle Ross	(13)	*	2264	Kathy Keats	(16)	*	2413
Sharon Cordick	(18)		2376	Karen Wilke	(13)	*	2296
Gloria Moskowac	(16)	*	2608	Brad Thomas	(14)	*	2656
Tracey Hislop	(14)		2243	Bob Kessler	(14)	*	2354
Darrell Christman	(16)	*	2386	Barb Burk	(16)	*	2252
Martin Christman	(14)	*	2386	Debbie Munro	(15)	*	2396

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FRIDAY NIGHT MOVIES

- April 6 - COMES A HORSEMAN starring James Caan & Jane Fonda  
 Western Rated PG (Parental Guidance)
- April 13 - WHO'S KILLING THE GREAT CHEFS OF EUROPE starring George Segal  
 Mystery Rated Adult
- April 20 - CONFESSIONS OF A POP PERFORMER PART 2 starring Robin Asquith  
 Comedy Rated Restricted
- April 27 - MANSION OF THE DOOMED starring Gloria Graham  
 Horror Rated Restricted Adult  
 Warning - Some scenes may be offensive
- May 4 - GREEK TYCOON starring Anthony Quinn & Jacqueline Bisset  
 Drama Rated Restricted Adult  
 Language Warning

SERVICES AND BUSINESSES

ARTEX PRODUCTS: For supplies and parties, phone Donna Mac Neil at 2694 or drop in at PMQ 22.

AVON REPS: Base - Laurie Weisgerber, 2339. Town - Marge Horton, 2235.

BABY CLINIC: 2nd Thursday of every month. Phone Kay Langille at 2317.

BARBER SHOP: Frank Truman 2647 and Jocelyn Dore 257/206. Wed. and Thur. 6-9 p.m. by appointment. Fill in appointment book at barber shop door.

CUT & CURL CORNER (BEAUTY SHOP): Elaine Savidant (home 2205) Phone 2622 for appointments. Hours: Wed. - Sat. 9 a.m. to 5 p.m. Closed Noon to 1 p.m.

HARVARD CREDIT UNION: Call Lyle Holmstrom, Loc. 213.

THE KINDERSLEY CLARION: is being distributed in the Alsask area by the Boy Scouts. Subscriptions available at \$9. per year by calling Wayne Hornsby at 2388.

REGAL PRODUCTS: Anyone interested in ordering supplies through Regal or in looking at the Regal Catalogue can contact Gwen Stapleton at PMQ 23 or phone 2340.

ROYAL BANK: Call 2213. Mon, Tues, Wed, & Fri; 10 a.m. - Noon; 1-3 p.m. Thur: 10 a.m. - Noon; 1-5 p.m.

ALSASK SEW & SAVE: Phone Marge Thomson at 2258. Located in home, 2nd Ave. E first home on way into town. Hours - anytime.

SGIO: Motor vehicle licence issuer. Game and angling licences. Automobile, Casualty & Fire Insurance. Phone Gwen Martin at 2692.

STAR-PHOENIX: Town delivery: Bobbi-Jo Johnson at 2281 or Janet Graham at 2698. Base: Mike Brown at 2214 or Arnold Simmons at 2634. Please advise if you are going to be away.


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

TRI-CHEM SUPPLIES: Call Heather James at 2391.

TUPPERWARE DEALER: Call Diane Moss evenings at 2272.

VANDA BEAUTY COUNSELLOR: For information on home demonstration of make-up, beauty aids, etc. Call Fern Wilkie at 2296. or Lynn Anderson at 2382.

Look at all the dirt RINSENVAC got out of our carpet!



You'll be amazed when you see how really deep down clean your carpets can be. RINSENVAC rinses and vacuums out dirt and grime in a single sweep. Cleans the way professionals do—but at a fraction of the cost!

For professional carpet cleaning you can do yourself. Only RENT RINSENVAC \$12.00 a day

AVAILABLE AT - **MACLEODS** 664-3620 Oyen, Alta

BOY SCOUTS OF CANADA: Call Wayne Hornsby at 2388 for information.

GUIDE & BROWNIE INFORMATION: Call Karen Atkinson at 2635 and Heather James at 2391 respectively.

ROYAL CANADIAN LEGION: Flaxcombe Branch No. 98. Sick and visiting committee, see or call Russ Denney at 2358 or Hiram Huston at 2229.

TOPS (Take Off Pounds Sensibly): Meeting 7:30 p.m. Mondays at the United Church, Alsask. For more information call Wendy Hislop at 2414.

Yes! There is an A.A. & Al-Anon in Alsask. Friday evening 8 p.m. in the United Church. Every 3rd, Friday is a Public Open Meeting. Anyone interested may attend. For more information call 968-2691 968-2310, 968-2666, or 968-2353.



Did you know that there is an active club in Alsask? For info call John Meade at 2225 or Ken Griggs at 2284.

PRINCIPAL CONSULTANTS LTD:

FINANCIAL CONSULTING IN:

- Equity Investments
- Guaranteed Investments
- Estate Planning
- Tax Planning

Phone or write Louise Adams, B. Comm., at 223 - 23rd St. E., Saskatoon.  
664-1194                      374-4818

PONTIAC, BUICK, GMC: Keller & Cameron Ltd. of Kindersley invites interested persons to see their new 1979 Pontiac, Buick & GMC trucks now in their showroom. Call 463-2617 or see Bob England, Don Morgan, Elwind Gronning or Bernard Keller.

MUTUAL LIFE OF CANADA: For all year insurance needs or registered retirement savings call Quincy Von Kuster at 463-3060.

KINDERSLEY HOBBER SHOPPE: We now have Radio Shack equipment. Call 463-2145. Located on Main St. Kindersley.

R.J.'s HOUSE OF CRAFTS: For all your craft supply needs, come to 111-1st. Avenue E. or call 463-4616. We're located upstairs.

ADVERTISEMENTS

To Give Away - Female Beagle cross pup. 8 mos. old, good with children, has had all shots. Call 2370 (1)

For Sale - Baby Crib & Mattress \$20. Child's Toilet Chair \$2. Electrolux 3-brush Floor Polisher w/extra brushes \$20. Man's 10-speed bike \$80. Call 2357. (1)

19½ ft. Skylark twin-axle trailer. Loaded with options. Seeing is believing. Phone 257 or 258, or 2386 after 5 p.m. (2)

For Sale - 1966 Pontiac V-8. Fair running condition. Asking \$250. MQ 33 or phone 2333. (2)

FOR THE LITTLE ONES!!

# 3 KITTENS

