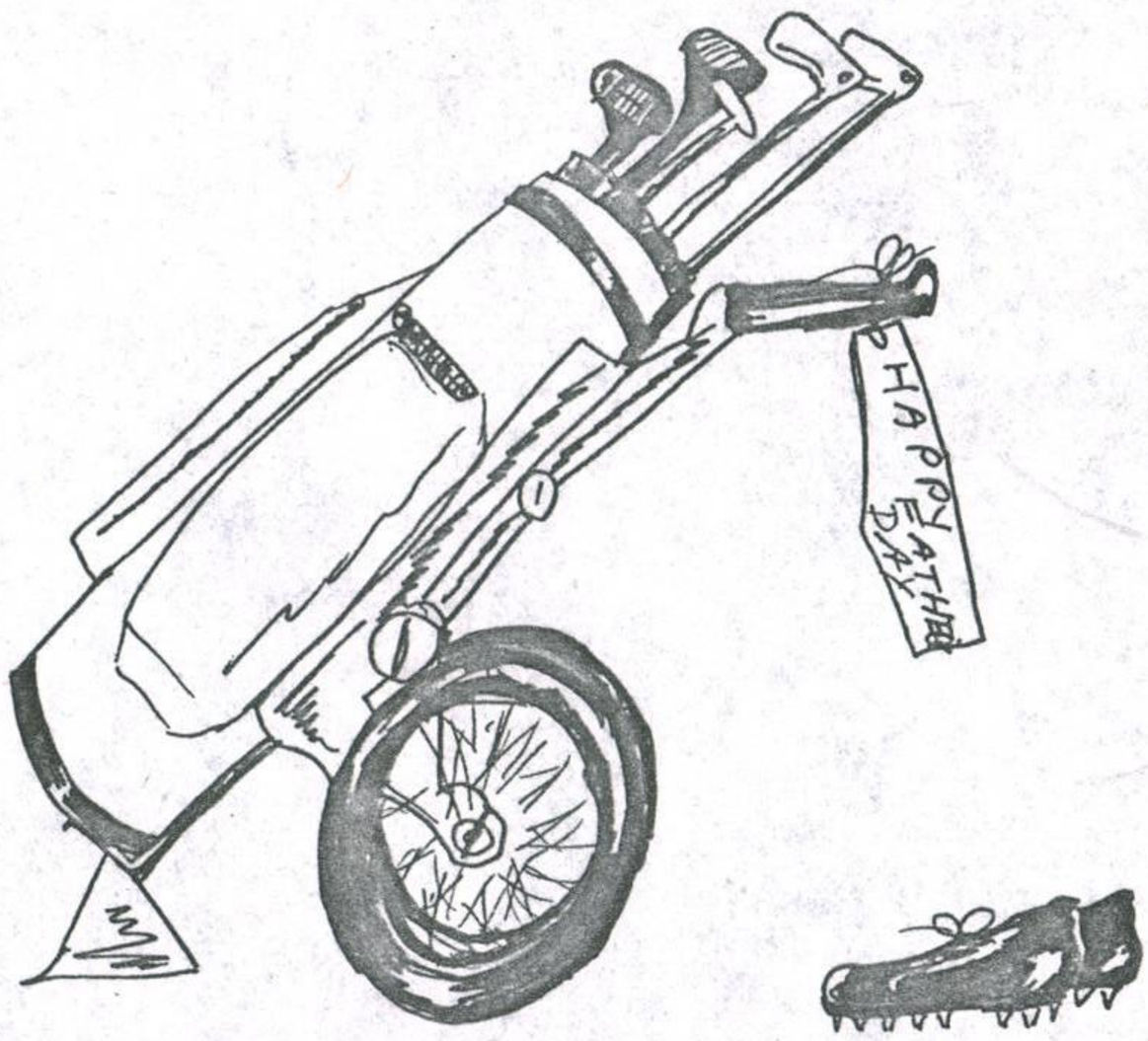
12 June 79

THE TUMBLEWEED



HAPPY FATHER'S DAY

THE TUMBLEWEED

CFS ALSASK

June 12, 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.

The opinions expressed are those of the contributors and do not necessarily reflect those of the Editor, the Canadian Armed Forces, or DND. The Editor reserves the right to reject any editorial or advertising material, and to edit any such material at his/her discretion. Items will not be accepted for publication unless signed by the contributor and received by NOON on the deadline day.

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 SOR in the Tumbleweed basket.

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Deadline for next issue - TO BE ANNOUNCED

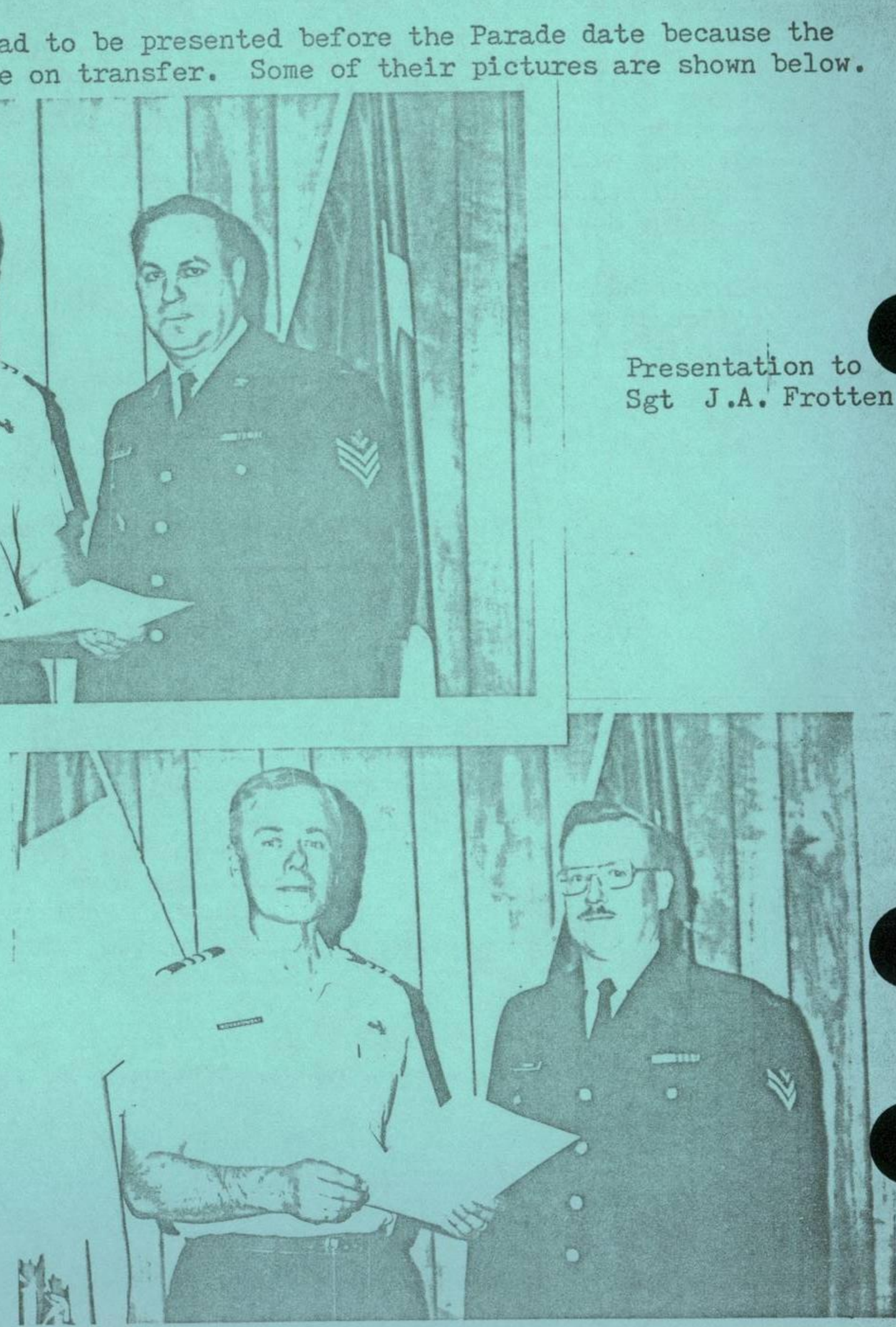
LOCAL NEWS

WEATHER CHANGES PARADE FORMAT -- Cold winds and the threat of heavy showers forced a quick change in the format of last Friday's Honours and Awards Parade. Instead of the Parade marching onto the parking lot, the spectators filed into the Rec Centre Gym after the Parade had taken their places. Lack of space meant that the March Past and Advance in Review Order had to be foregone. However, under the circumstances, the parade was enjoyable and all Awards were handed out with obvious pleasure by the Commanding Officer, LCol L.E. Novakowski.

The Tumbleweed wishes to apologize to those persons receiving awards whose pictures do not appear in this issue. Our photographer experienced some difficulty with his camera right in the middle of the proceedings. We'll just have to try harder next time!

Some awards had to be presented before the Parade date because the receipients had to leave on transfer. Some of their pictures are shown below.

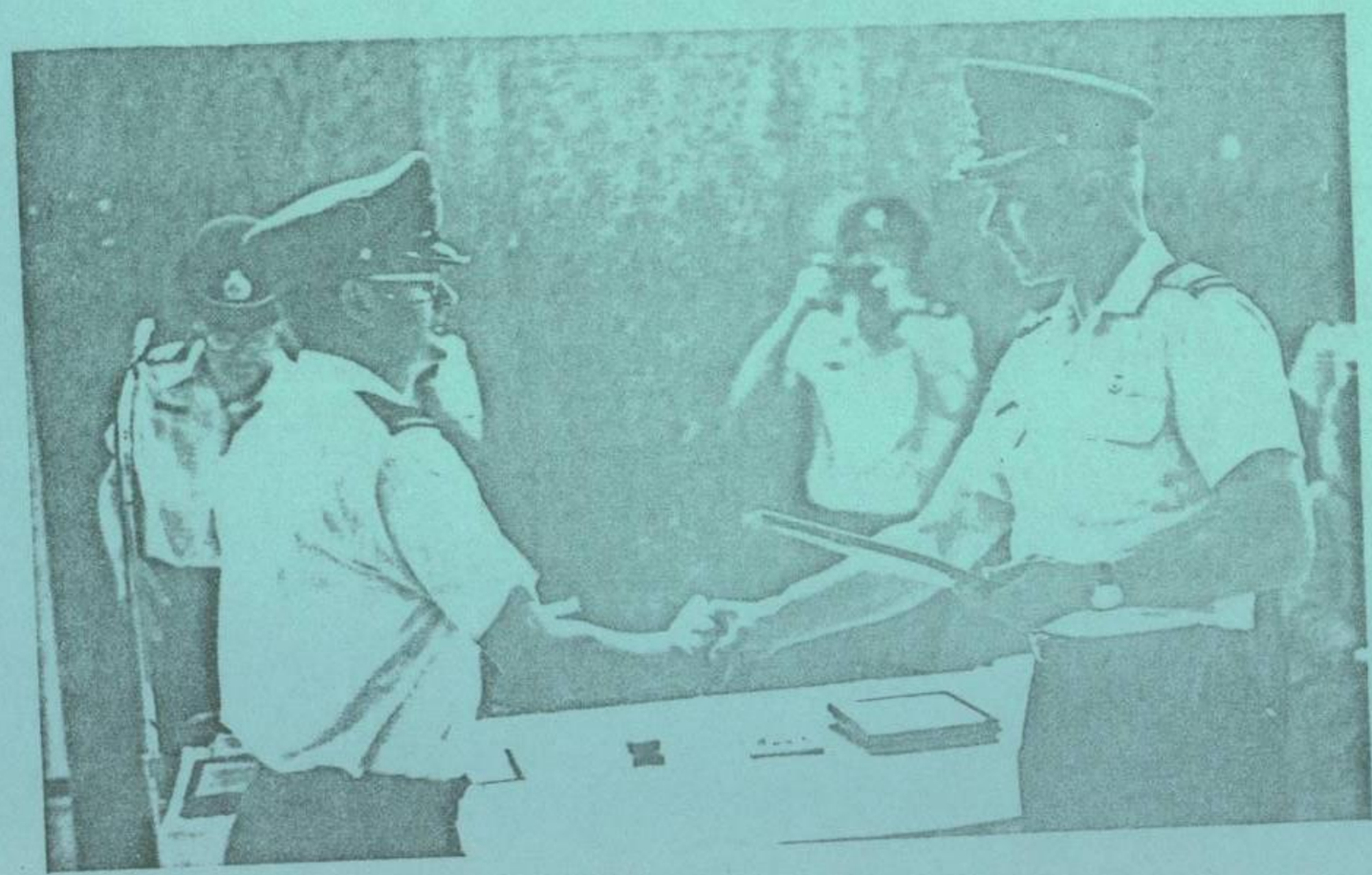
Presentation to
Sgt J.A. Frotten



Presentation to
MCpl W.G. Simmons

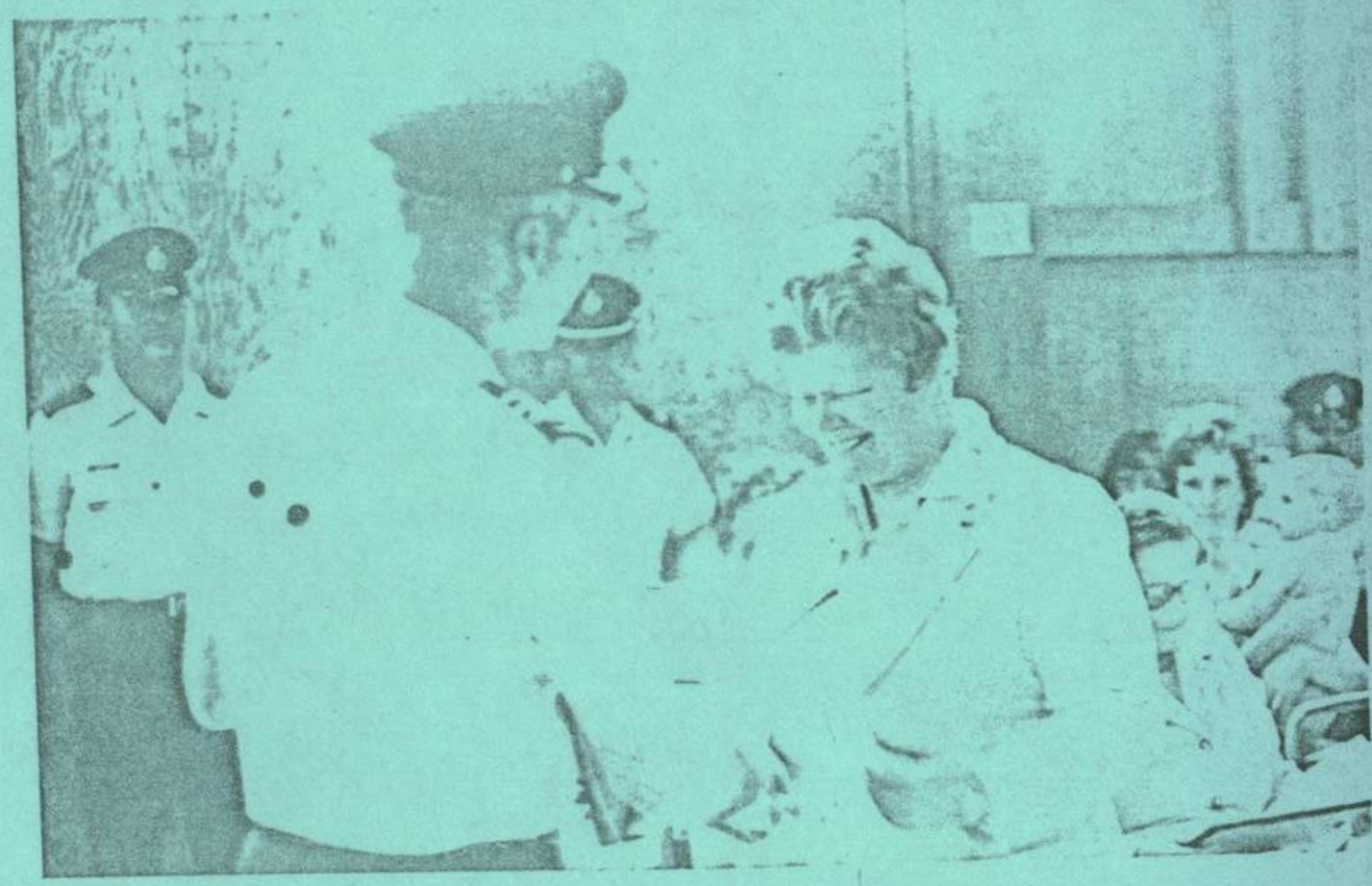
Presentation to
Mrs. K. Brown

Presentation to
Capt B.D. Dolan

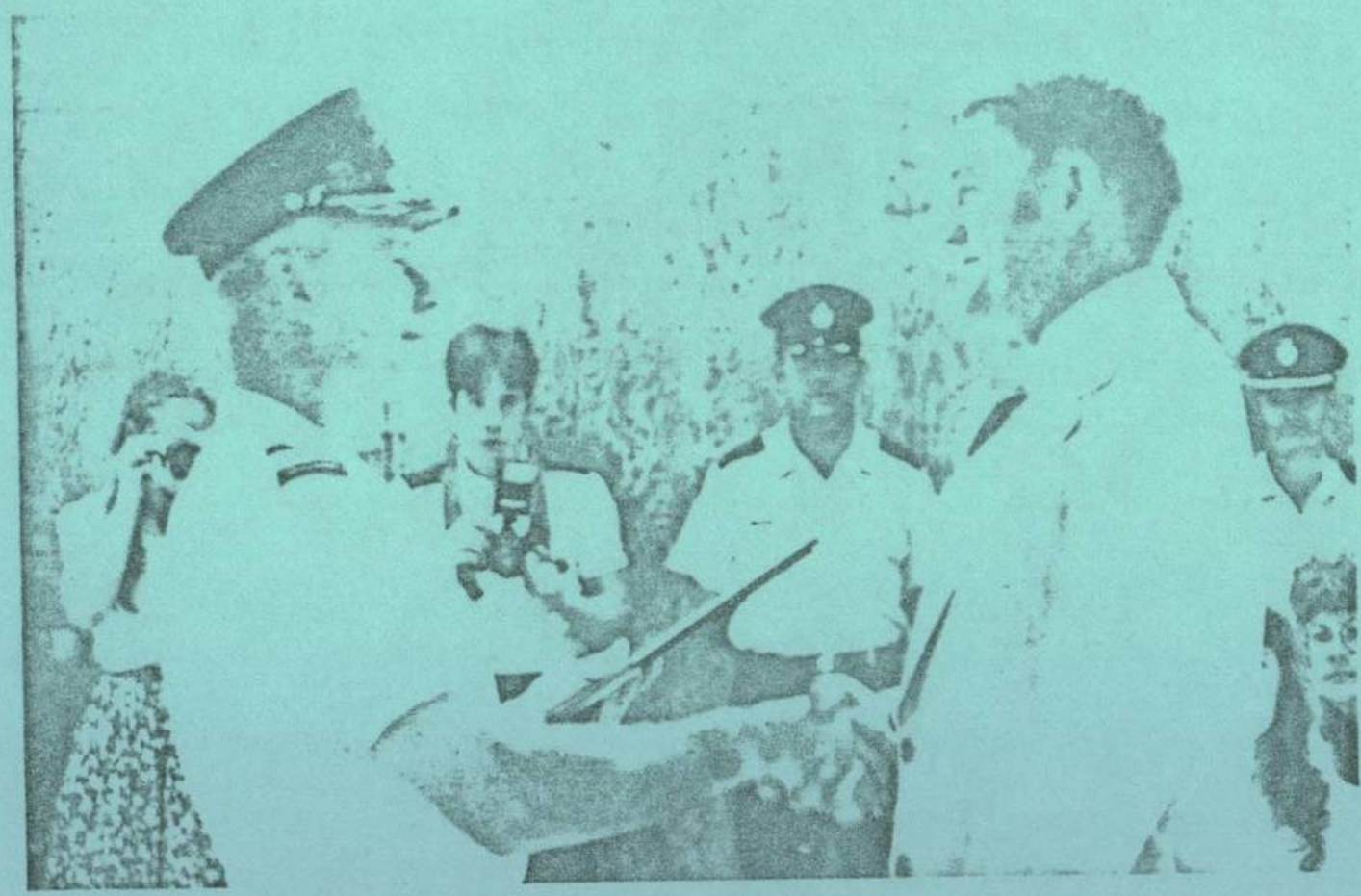


Presentation to
WO W.R. Hedley

Presentation to
Mrs. Lena Millar



Presentation to
Mrs. Leona Hedman



Presentation to
Mr. Robert Vold

A MESSAGE FROM THE MINISTER OF NATIONAL DEFENSE

To all ranks of the Canadian Armed Forces and civilians of the Department of National Defence.
It is with a sincere sense of pride that I have assumed the duties of Minister of National Defence.
Both as a former serving officer and as a parliamentarian I have closely followed military matters in Canada and I am very much aware that your professionalism and dedication have earned for Canada a reputation second to none. I am proud to me a member of the team. I assure each and every one of you that it is my intention to work with you to maintain these high standards.
In the near future it is my intention to visit bases, stations and units and I look forward to the opportunity to meet with many of you personally as the beginning of a long and fruitful association.

Signed: ALLAN MCKINNON

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WATER CONSERVATION

The Water Treatment has a limited capacity which, during summer months, is highly taxed because of the demand for watering lawns, flower beds, etc. Therefore, a water restriction must be imposed to maintain the water pressure and fire protection level.

The following restrictions for watering lawns and flower beds are imposed commencing immediately.

a. Odd numbered PMQ or mobile home pad
5:00 p.m. to 10:00 p.m. on odd numbered days and

b. Even numbered PMQ or mobile home pad
5:00 p.m. to 10:00 p.m. on even numbered days.

It is realized that the growing and keeping of lawns in this dry and dusty area is hard enough without imposed restrictions but the maintenance of an adequate fire protection capability must take precedence.

Your co-operation must be obtained to forego imposing yet more severe restrictions.

A.R. Runge
Capt.
SCEO

A MESSAGE FROM THE MASTER GOPHER

by LCol L.E. Novakowski

Most of us are breathing a sigh of relief with the end of physical fitness tests as of 31 May. I'm glad to see a better response this time and I hope to see us get even better. Last fall we had 14 failures and this time there were 7 failures. Even with this improvement, I think the unit will still be below the Air Command average. For the past two years CFS Alsask has been near the bottom in terms of physical fitness and I intend to reverse this trend. Everyone knows the requirements and I'm going to insist they be met unless there is a valid medical excusal. A regular fitness program must be maintained and a good part of it has to be done on your own time. Canadian Forces Orders recommend that personnel be given two hours off each week for fitness training and I support this recommendation. In some cases our job won't allow it or we need more time to keep the necessary fitness level. We have no choice then but to do it on our time. Remember it is your responsibility to keep fit and I hope everyone will remember this over the summer period. When the fall testing period comes around in September make sure your're prepared!

A quick review of Canex profits shows continuing improvement. For May, Canex contribution to Station Fund was $912 which was $237 over what we expected. This has reduced our deficit for the year to approximately $800. Let's reduce this deficit to zero - make sure you shop at Canex.

With the last issue of the Tumbleweed before the summer season I would like to thank our newspaper staff for a job well done. Quite often short of help, they have consistently put forth a fine product and a most useful community service. A special thanks to Bonnie Cochrane who has been the cornerstone of the paper. I look forward to the fall when the Tumbleweed will start up again with renewed vigor and hopefully more help.

In closing, keep fit, shop at Canex and have a safe summer.

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The time has come to appoint a new Teen Town Coordinator. Anyone who would be interested in filling this important position - male, female, service, civilian, married, single, parent or not - no previous expierience required - please contact Capt Davis at L.202

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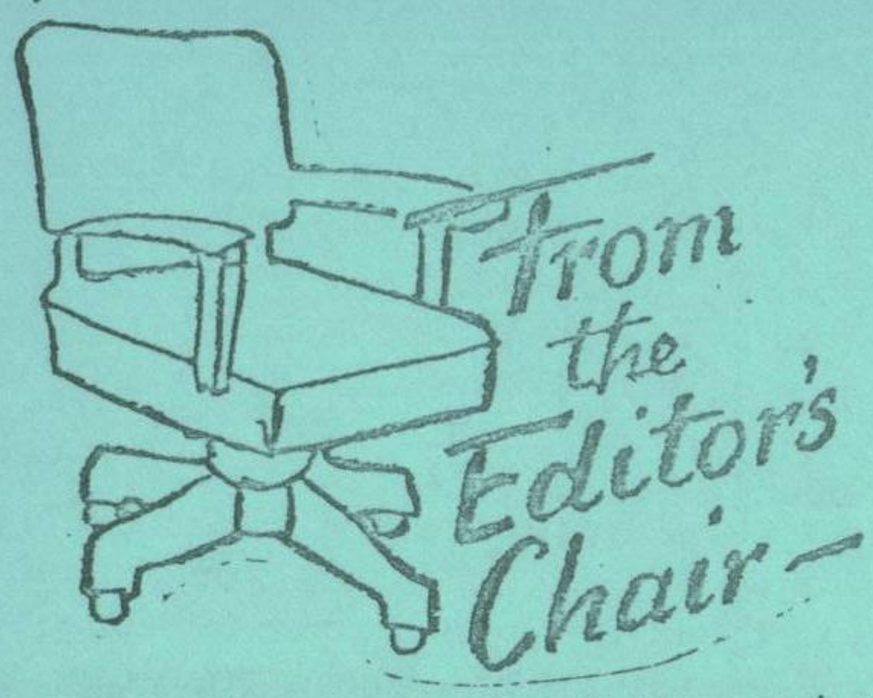

THE END

How does one go about ending something gracefully? I suppose it is an inborn knack. How does one go about ending gracefully something one does not really want to have end? That is a talent infinitely rarer. So, while this is the end of the Tumbleweed for this year at least, it is not going to be especially graceful.

I have enjoyed the past year as editor, and I know that it has been a good year for me. When I came to Alsask, I was worried about finding good friends in so small a place. I can truthfully say that I have been much lonlier in most of the cities I have lived in than I am here. I volunteered for this job in order to have something to do. I found not only a job, but friends, good times together, and a special reward that a salary-paying position could never have. For all of these things I thank you with all my heart.

I thank also those people who while not directly associated with the production of the Tumbleweed, were instrumental in giving me the courage to go on, and to try to produce something better each time: LCol Novakowski; Capt Davis; and Bill Simmons. Thank you for caring!

From the Chief Editor, a very special thank you to all staff members, and a special word of appreciation to all those secretaries who pre-typed articles, thereby saving a great deal of time for the Tumbleweed's own typists.

Come September.... We will need two couples for Assembly and Distribution; 3 printers; and probably an Assistant Editor. Pass the word, please, so I can write a new beginning to go with THE END.

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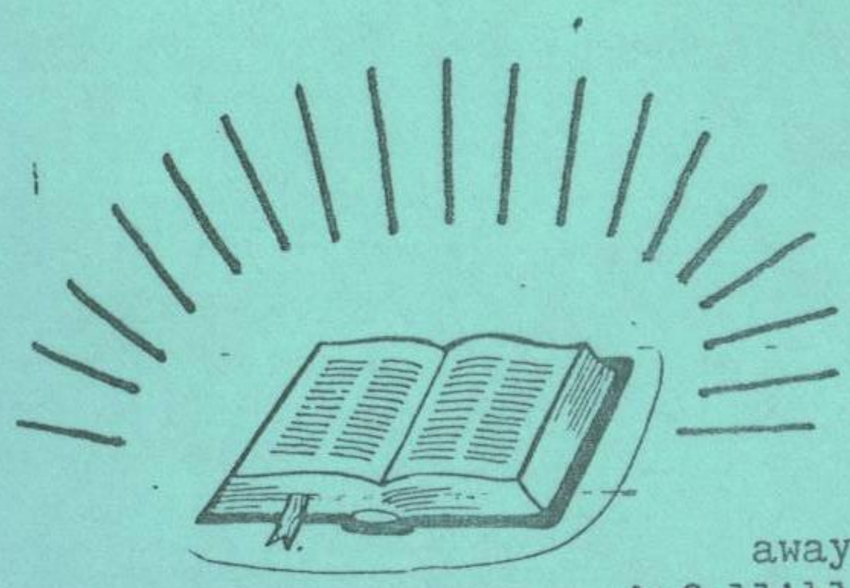

SEARCHING THE SCRIPTURES

John 5:39

As we move into the part of the year known as Summer and the Spring season passes away, we are reminded of the Scriptures, the infallible Word of God, which talk about this present age known as the "Age of Grace" or "Church Age". God's timetable is right on schedule. All of the events described in the Bible are coming to pass as God said they would. We have only a sbrt time until we are, per our calendars, officially in the summer season. We have only a short time before spring is over and never again will we see this 1979 spring season. On God's calendar,

we have only a short time before this "Age of Grace" or "Church Age" is at an end, and never again will we see another "Church Age".

As we can only enjoy the benefits of the spring season while it is spring, we can only enjoy the benefits of the "Church Age" while it is the "Church Age". It is in this age that people can be "saved", "born again", "come to know Jesus as their own personal Saviour", or become a "Christian". (All these terms mean the same thing.) According to God's Word, Christ's second coming could be anytime. If Christ returns before you accept Him as your own personal Saviour, then you will never have another chance if you have heard the Gospel message prior to His coming. Some Bible scholars believe that you will never have another chance at anytime. There are a few who believe you might have another chance. How does one know for sure? Search the Scriptures. Talk to God about it. Talk to a pastor or layman who believes that the Scriptures in their original writings were infallible and of final authority on all questions about themselves. There are very few who believe this, unfortunately. However, it is you who must give account of yourself. Never will you be able to blame another for your missing heaven.

The second coming of Christ is known as the Rapture and will be the end of the "Church Age". Where will you be when Jesus comes again? Will you be taken up at the Rapture? Are you a Christian, meaning "Christ follower"? You are not a Christian because your parents are. You are not a Christian because you go to church and do as the church tells you to do. You are not a Christian because you follow the Ten Commandments. You are only a Christian if you have been "born again", only if you have accepted Christ as your own personal Saviour.

Spring will pass away but do not let your life or this "Church Age" pass away without your becoming a Christian. These articles on Searching the Scriptures will, like the Tumbleweed, close for the summer season. Please take time to read the Bible. It is of eternal importance to you. God's main desire is to have you as his child. Any required changes will be made after salvation, not before. For the holidays, may the Lord bless you; give yourself to Him. If you have any questions, would like to know the time of Bible study, or if there is any way this wirter can help you spiritually, please do not hesitate to cantact me at MQ 33 or phone 2333.

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CONGRATULATIONS RICHARD SAVIDANT

Richard savidant won second prize in a Safety Poster Contest sponsored by the Saskatchewan Government Insurance Office. The contest was open to all schools in Saskatchewan and there were many entries. Richard and his mother had an all - expense - paid trip to a banquet in Regina where Richard received a watch from the Honourable Ed Whelan, Minister - in - Charge of S.G.I.O.

Well done ! Richard.

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RAMBLINGS OF GORDON

Well, I finally got my garden in. Whether anything grows or not remains to be seen. It's my first attempt, but I've been assured by those in the know that I can at least be certain of a bumper crop of weeds. I suppose I could always start studying herbalism.

I've also done some fancy work around the house, like digging up some turf for a rock garden, planting a tree, re-soding winter kill, and spreading grass seed where appropriate. I started this adventure into green thumbery at the same time my neighbour did. We even shared a common trailer to haul rocks with. Co-operation is, after all, the name of the game. We even phoned C.E. on the same day to have dirt and manure delivered. And true to form, C.E. delivered. Wellll....almost true to form. You see, my neighbour got his dirt and manure, mixed them proportionatly, and planted his garden. And grew stuff, all kinds of neat green things! Meanwhile, the ol' Rambler here has his dirt and no manure. Another call to C.E.; they may have forgotten; what the hell; I made a mistake once; why can't they? But I was told they don't know anything about manure. I start thinking; if anybody should know anything about manure it should be C.E., but they don't, I'm told. M.S.E. is more co-operative. They used to deliver it but they are all out. Well, as it turned out, I hauled my own in a cardboard box, but I'm three weeks behind my neighbour. Nothing is growing yet, but my hopes are high. With my luck, my green thumb is the one that's cut off.

This being the last issue for the summer, I will say to one and all, have a good summer, and please be careful. I need you in the fall to read my column.

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HAVE I GOT A DEAL FOR YOU!

GOING CAMPING THIS SUMMER? NEED EXTRA ROOM? NEED A TENT?

Y O U G O T I T !

JUST LIKE THAT!

9 x 12 Tents Are Being Rented Out By Community Council So That You Can Enjoy Canada. 50 Cents A Day Puts You In Touch With Nature.

For enquiries or rentals, call Omar the Tent Leaser at 968-2630 and ask for Stu. Camels not included.

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HOW MANY CALORIES A DAY?

Marie Kraus and Martha Hunscher, in their book "Food, Nutrition and Diet Therapy", suggest the following formula for determining how many calories an adult needs each day.

a. Determine your ideal body weight. (For all practical purposes, this is what you would like to weigh.) Convert this from pounds into kilograms by dividing by 2.2.

b. Men: multiply your ideal body weight (in kg) by 24. Women: multiply your ideal body weight by .9; then by 24.

c. Subtract one-tenth of your ideal body weight (in kg) for each hour you average sleeping a day.

d. Add the following "activity allowance":

Physical Activity	Men	Women
Sedentary or light work	225	225
Moderate work	750	500
Heavy work	1500	1000
Very heavy work	2500	

e. Add ten per cent to the resulting figure. The sum will represent your approximate calorie requirement per day.

Example: Let's say you're a man and would like to weigh 165 pounds:

a. 165 divided by 2.2 = 75

b. 75 multiplied by 24 = 1800

c. One tenth of 75 kg = 7.5 x 7 hours of sleep = 50 (approx)
1800 - 50 = 1750.

d. Assuming he does light work, we will add 225 calories.
1750 + 225 = 1975.

e. 1975 + one-tenth of 1975 = 1975 + 197 = 2172 calories needed per day.

If you have had the perserverance to muddle your way through all the mathematics you likely did not need to know your calorie intake anyway. But if you happen to be one of the "not so slim" who perservered - why continue from here to adjust your intake to the magic number you have just computed. Remember: intake = output when weight is constant. If intake is in excess, voila, weight gain. On the other hand, if output exceeds intake you have the secret to weight loss - and a 500 calorie difference (a little more than one piece of pie) per day means one pound per week. Easy eh?

- Aviation Medical Bulletin
January, 1979

TOTEM TALK

Warmer weather is here and with it brings an increase of activity on our roads. There is a large number of un-supervised children playing on the roads. These children become everyones concern. We must ask all vehicle operators to drive safely, but also we ask you as parents to ensure your children realize the dangers of crossing the roads or playing on or near the roads. Safety is everyones business.

Have an enjoyable summer.

MP BLIND FUND

CHARLIES 100 MILE RUN - this is a repeat of a message received from CFB Borden

On Thursday 21 JUN 79 SGT Michel (Charlie) GINGRAS will attempt to run 100 miles in support of the Military Police for blind children.

Charlie is prepared for this event. He has been in training since April. This is not his first attempt. He ran 50 miles in SEP 77 and raised a considerable amount for the blind fund.

If you wish to make a pledge toward Charlies run you are asked to send it to CFSUS CFB Borden c/o Charlies run or phone 424-1200 ext 2457 or 270-2457. Receipts will be issued on request make cheques to the MP Blind fund. Thanks from Charlie.

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The following articles have been found and turned in to the Military Police Section:

3 pair men's gloves
1 pair child's gloves
2 wrist watches
1 single child's blue woolen glove
2 keys (one is a FORD)
A gold coin-type necklace
1 pair pierced earrings
1 beige fisherknit sweater
A white purse
1 key on a DODGE keyholder
1 gold club cover

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FROM THE MAYOR

There are still a few MQ garden plots left to rent. Contact WO Murray or MCpl Mathews. Garden users are requested to place all garden debris along the east edge of the garden for pickup and disposal.

Water supplied to the gardens will soon be regulated by a pressure value, which will do away with the current requirement to have six or more people ready to water before the system can be turned on.

As this is the last Tumbleweed, I would like to again remind all residents of Tumbleweed Park about Conditions of Occupany of Married Quarters para #3, Quote " The occupant of an MQ, his family and quests shall not trespass on the grounds or in the quarters of their neighbours, and shall refrain from any activity which constitutes a common nuisance to occupants of other MQ" Un-Quote.

To you, who are new comers to TUMBLEWEED PARK, a BIG HELLO , if you have any suggestions or problems please contact your ward councillor. Pet problems please contact the Pet Control Officer. We also have, each year, a "Best Yard Contest"

List of Ward Councillors- Ward One -
WO Ken Hartlin
MCpl Stu Gordon

Ward Two
Capt John Welton
MCpl Dave Christman

Ward Three
WO Ron Murray
Sgt Fred Thomas

Ward Four
MCpl John Mathews
Cpl Bob Brown

PET Control Officer - Cpl Wayne Hornsby

J.E. Lowe, Mayor

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CLOSING OF SCHOOL

The last regular day of the school year will be June 27th. The school will be closed to students on June 28th while the teachers make up report cards. Students may pick up their report cards between 9 and 10 a.m. on June 29th.

G.E. Proud, Principal

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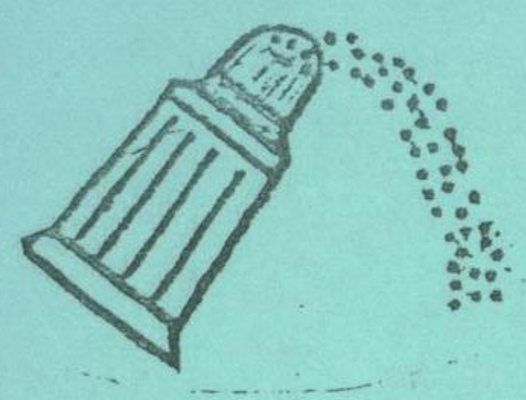

MON GRAIN DE SEL

par Michelle Lemay

Bonjour tout le monde,

Au moment où vous lisez ces lignes, je suis en vacances au Québec. Je serai donc en pleine forme pour nettoyer la maison et pour déménager à mon retour. Déjà la station aura changé avec ses nombreuses maisons vides et quelques nouveaux venus.

Si vous voulez de nouvelles plantes, venez"magasiner" chez moi (après le I9); j'en ai quelques unes à donner.

Félicitations aux récipiendaires des décorations qui ont été remises lors de la parade vendredi dernier! Ce sont Brian Dolan, Bob Hedley, Doug McLean, Ray Hossay, Bill London et Heather James.

Je tiens à rendre hommage à Donna Thompson, professeur de piano, qui a accepté de bonne grâce les vieux débutants que nous sommes. Elle est une musicienne d'expérience qui sait apprécier nos petites qualités sans trop insister sur les erreurs. De sorte qu'on se sent bien bon malgré notre maigre savoir. Je parle des débutants bien sûr. Merci Donna de ton dévouement.

Ceci étant ma dernière contribution au Tumbleweed, je souhaite Bon Voyage et Bonne Chance à ceux qui partent, Bonnes Vacances à ceux qui restent et Bienvenue à ceux qui arrivent.

A tous, bon été et on se reverra quelque part ailleurs.

* Cuvrez grand vos yeux, l'herbe est verte à Alsask. Appréciez tout de suite car ça va bientôt changer...

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NEWS FROM THE LIBRARY

The Library will be changing over to summer hours starting July 3 through Sept. 4. It will be open Tuesdays and Thursdays from 7:00 to 9:00 pm. We have purchased a lot of new books this year; listed below are some of the more recent arrivals:

THE DEEP by Peter Benchley; TWO WOMEN by Doris Anderson; CHESAPEAKE by James A. Michener; THE AMATEUR PHOTOGRAPHER'S HANDBOOK by Aaron Sussman; ON THE TRAIL OF GOD by William Proctor; THE LUNAR EFFECT by Arnold L. Lieber, M.D.; THE GATES OF HELL by Harrison E. Salisbury; THE DOGS OF WAR by Frederick Forsyth; SPORTS by George Plimpton; THE INDIAN LEGENDS OF CANADA by Claude Mélançon.

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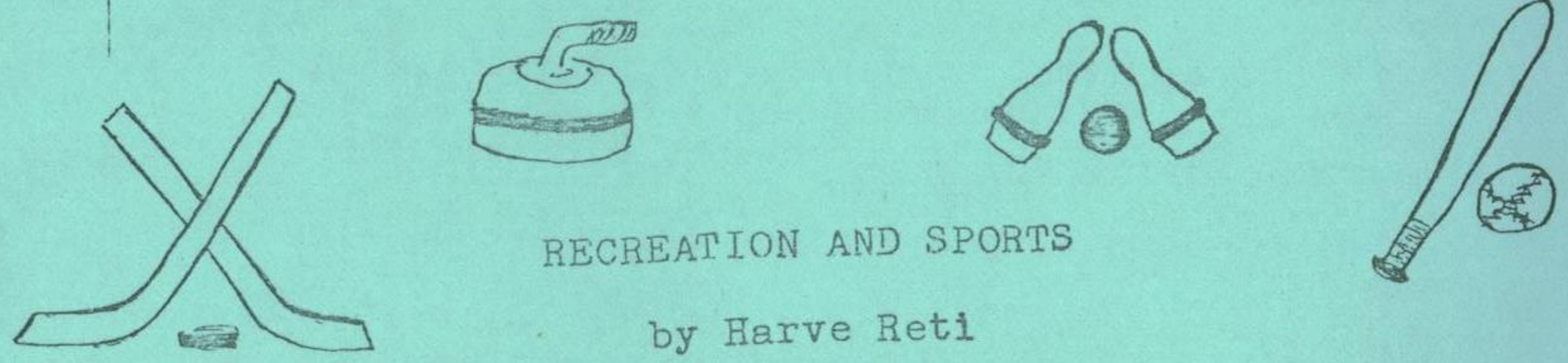
THE CADO KNOWS

Summer has truly arrived - a grasshopper has moved into my quarters. But that's all right; he can have them. I have signed a lease on a beautiful brand-new 16th floor (expensive!) apartment in Ottawa: my thoughts are turning inevitably and increasingly eastward. Partly it's my own fault. My major 'projects' are all winding up, my PERs done, my filing cabinet and desk drawers cleaned out. (By the way, anyone want an 'I GO-PHER ALSASK' Button - just ask at the orderly room. I found a bag of them at the back of a drawer, from some long past Winter Carnival no doubt). It's almost time to start sorting through my things in quarters for 'good junk' to donate to the Ladies' Guild Bazaar!

In closing, I'd just like to say it has been a good 10 months here (nobody has to spend a year at Alsask!) I have learned a lot and enjoyed myself, into the bargain. To all of you - military and civilian - my personal thanks for the support you have given me and all the various clubs and agencies that one way or another, come under my ægis. Certainly I have benefited from it but, more importantly, the station has prospered and our community been enriched because of you.

Au revoir and remember I'm not a goose hunter but probably would not refuse an invitation to Winter Carnival! (Then I can demonstrate - again - my prowess at smoosh).



RECREATION AND SPORTS

by Harve Reti

CFS ALSASK SUMMER PROGRAM

Once again CFS Alsask will be offering a Summer Program for the Alsask and surrounding area. The program will entail swim lessons and playground sessions. The swimming portion, tentatively held from 8:30 am - 12:00 will involve swim instruction from CRCS; pre-beginner through senior levels. The playground portions will be broken down into two age groups; 5 years and under, 1:00 pm-2:30 pm and six to 10 years, 2:45 pm-4:15 pm. The children will participate in arts and crafts, various games and local field trips. A qualified, experienced playground supervisor will be conducting these sessions.

Registrations will be held on the 3rd, 4th, and 5th of July, or the week prior to the second and third program commencement dates. Program fee will be $5.00 per child per program to include swim instruction and playground activities. Three programs will be conducted; July 9 to July 20, July 23 to August 3, and August 6 to August 17.

Please register in person at the Rec Center. For additional information please phone the Rec Center at 968-2401; Ext - 268.

LADIES BOWLING

On April 6 and 7, 1979, the Ladies League competited in a Dependent Ladies Wire Bowl against thirteen Canadian Forces Stations across Canada. Twelve Ladies participated with the top six scores being forwarded to Winnipeg. The scores forwarded are as follows:

NAME	10 GAME TOTAL	HIGH GAME	HIGH TRIPLE	AVERAGE
Linda Frotten	2254	313	742	225.4
Diane Tremblay	2227	356	856	222.7
Betty Dooley	2093	304	808	209.3
Peggie Gagne	2075	291	695	207.5
Sue Carr	2024	250	664	202.4
Gayle Hedley	1876	246	623	187.6

TOTAL PINFALL 10,876

* one score was dropped each game

RESULTS OF THE WIRE BOWL:

1st	Senneterre	11,263
2nd	Alsask	10,876
3rd	Portage La Prairie	10,694
4th	Edmonton	10,439
5th	North Bay	10,238
6th	Holberg	10,018
7th	Lac St Denis	9,598
8th	Falconbridge	9,555
9th	Sioux Lookout	9,545
10th	Gander	9,084
11th	Mont Apica	9,008
12th	Beaverlodge	8,885
13th	Moisie	8,688

High Single	356	- Diane Tremblay	Alsask
High Triple	856	- Diane Tremblay	Alsask
High Average	242.1	- J.A. Desjardins	Senneterre

Congratulations to the team on a second place showing and especially to Diane who will receive two more trophies for her collection.

Special thanks to Donna and Jim MacNeil, John Mathews and Bill McClain who kept score and spirits up. It really helped. To the Ladies Bowling League good luck and good bowling next year.

Linda Frotten

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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 5½% 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.M. Newell SCOMPT 218
Secretary - WO W.R. Hedley 211
Member - Capt. D. Davis CADO 202

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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
Bill Pronyk 2614 - Manager
Phil Adams 2346
John Mathews 2361

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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

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

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

LIBRARY: Mon, Wed, Fri evenings
7:00 - 9:00 p.m. Located at
school. Use SE Corner door.
Librarians - Shirley Newell
Roxanne Levitt

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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
Lorraine Lafleur	(15)	*	2380	Sandy Dooley	(15)		2686

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FRIDAY NIGHT MOVIES

June 15 - STREET PEOPLE starring Roger Moore & Stacy Keach
Action Rated Restricted

June 22 - DOUBLE FEATURE - AMERICAN HOT WAX starring Tim McIntire & Loraine Newman
Comedy Rated Adult
- WAR LORDS OF ATLANTIS starring Doug McLure & Peter Gilmore
Fantasy Adventure Rated P.G.

June 29 - UP IN SMOKE starring Cheech & Chong
Comedy 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 phone2340.

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 - any-time.

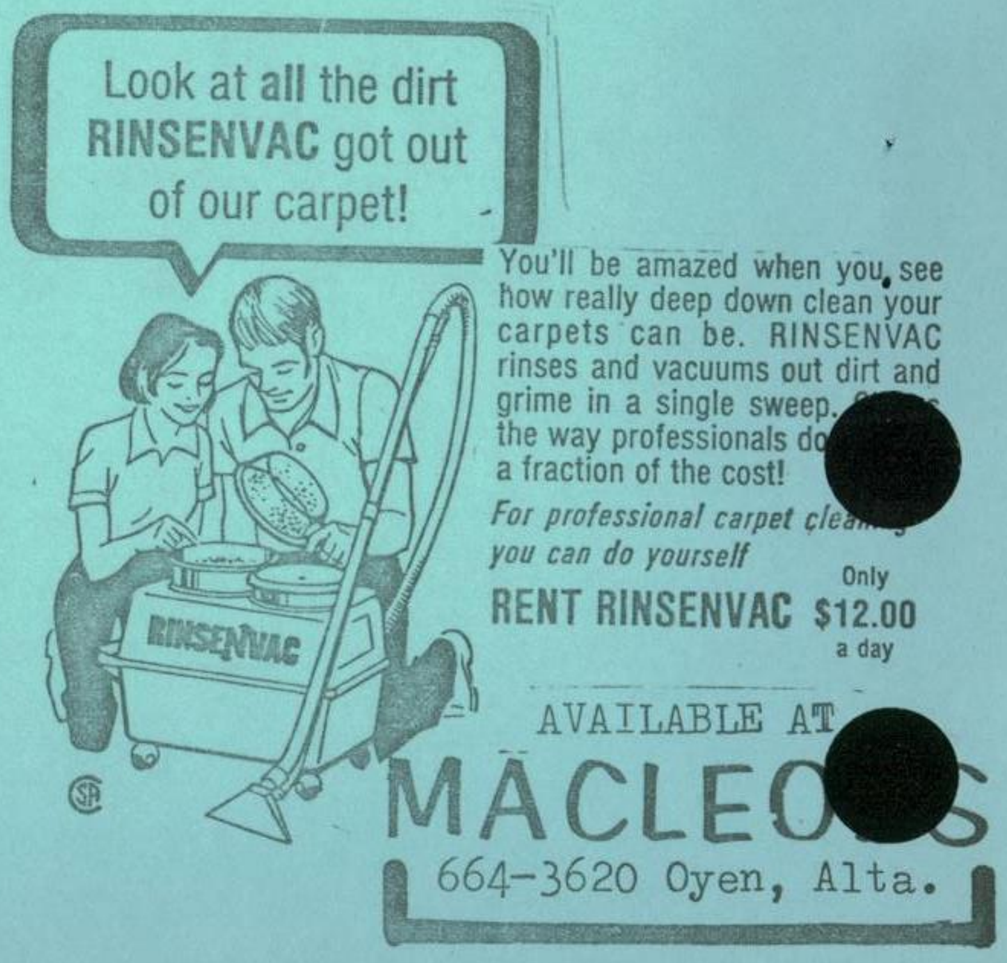
SGIO: Motor vehicle licence issuer. Game and angling licences. Automobile, Casualty & Fire Insurance. Phone Gwen Martin at 2692.

STAR-PHOENIX: Town delivery, call Bobbi-Jo Johnson at 2281 or Janet Graham at 2698. Base delivery, call Mike & Chris Dolan at 2218, Richard Gordon at 2630, or Richard Savidant at 2205. Please advise if you are going to be away.

SUN-LIFE ASSURANCE CO. OF CANADA: Rep. Ken Winter is at the Rec Centre on the first and third Thursday of each month from 7 to 9 p.m. Phone 2433.

TRI-CHEM SUPPLIES: Call Brenda Holmstrom at 2666.

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



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.

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 HOBBEE 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.

WANTED TO BUY - Travel trailer or truck camper similar to the Okanagan 8'9" model, suitable for Ford F150 ½ ton. Must be equipped with toilet stall, fridge, stove and furnace. Call Barry Heath at 463-2075 (work) or 463-4401 (home). (3)

ADVERTISEMENTS

FOR SALE

Beatty front loading dryer, white. Recently reconditioned. Zenith Continental washer, white. Also recently reconditioned. $150.00 for the pair. Call 2610.

1977 GMC Sierra Classic ½ ton w/ custom cap, 454 motor, 4 bbl., P.S. & P.B., radio, 8 track/ cassette, air conditioning, tilt steering, insulated and customized back. Very good condition, only 28,000 miles. Call Jocelyn Dore at Loc. 206 or Loc. 257.

1973 Dodge Charger. Low mileage. Excellent condition. Call 2624.

1974 Chrysler Newport; only 57,000 miles. If interested call 2308.

1979 GMC Sierra Grande Heavy Half ½ ton w/custom cap, 350 motor, 4 bbl. carb., P.S. & P.B., radio, heavy duty battery, 2-tone paint. $8500. Only 555 km on it. Call Ed Schultz Mon. to Fri. at Alsask Hotel before 4:30 p.m.

1966 Pontiac. Fair running cond. Asking $100. Call 2333.

1967 Ford ½ ton 6 cyl. Good tires all around. Motor runs like a top. Take offers. Also regulation size Ping Pong table, home built, folding legs. Call 2308.

FOR SALE

1973 Sportscraft hardtop tent trailer with propane stove, spare tire, wired for 12V and 110. Call 2343 or Loc.

1973 Honda CB 350 motorcycle. Low mileage, excellent condition. Roll bar, sissy bar, highway pegs and helmets included. 4 - 15" x 7" Rally sport rims. Will fit most 5-lug hubs. Any offers on above call 2739.

3 fibreglass recurve archery bows. 25 lb pull. Retail value $35. Selling for $15. each. Call Loc. 268.

Power brake assembly off a 1972 Plymouth. Convert your car from standard to power brakes as easy as "snap" that. Call 2630 and ask for Stu.

Admiral electric stove, avocado, us 2 years. New Porta-potti portable toilet. Call 2645.

WANTED TO BUY - A playpen. Call Diane Ball collect, 403 - 676-2128.

TO GIVE AWAY - One year old female Irish Setter. Good with children. Call 2304.

TEACHER WANTED - Acadia Valley E.C.S. requires a Kindergarten teacher 2 full days per week for 1979 - 80 term. State qualifications and salary expected. Send applications to Box 74, Acadia Valley, Alta. Call 403 - 972-2235.

Z ZEBRA