

25 Sep 79

THE TUMBLEWEED



"THE ODD COUPLE"

THE TUMBLEWEED

CFS ALSASK

Sept. 25, 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.

CHIEF EDITOR-----Sandy Cochrane
EDITOR-----Bonnie Cochrane
ASSISTANT EDITOR---Gerry Swirsky
TYPISTS-----Betty Dooley
 -----Jeri Truman
 -----Alice Mathews
GRAPHIC ARTS-----Judy Evans
 -----Doug McClain
LOCAL PHOTOGRAPHY--Ted Jones
PRINTERS-----Stu Gordon
 -----Jim Lowe
 -----Bill McClain

DISTRIBUTION-----Bob & Janet Blizzard

Deadline for next issue - Oct. 10, 1979

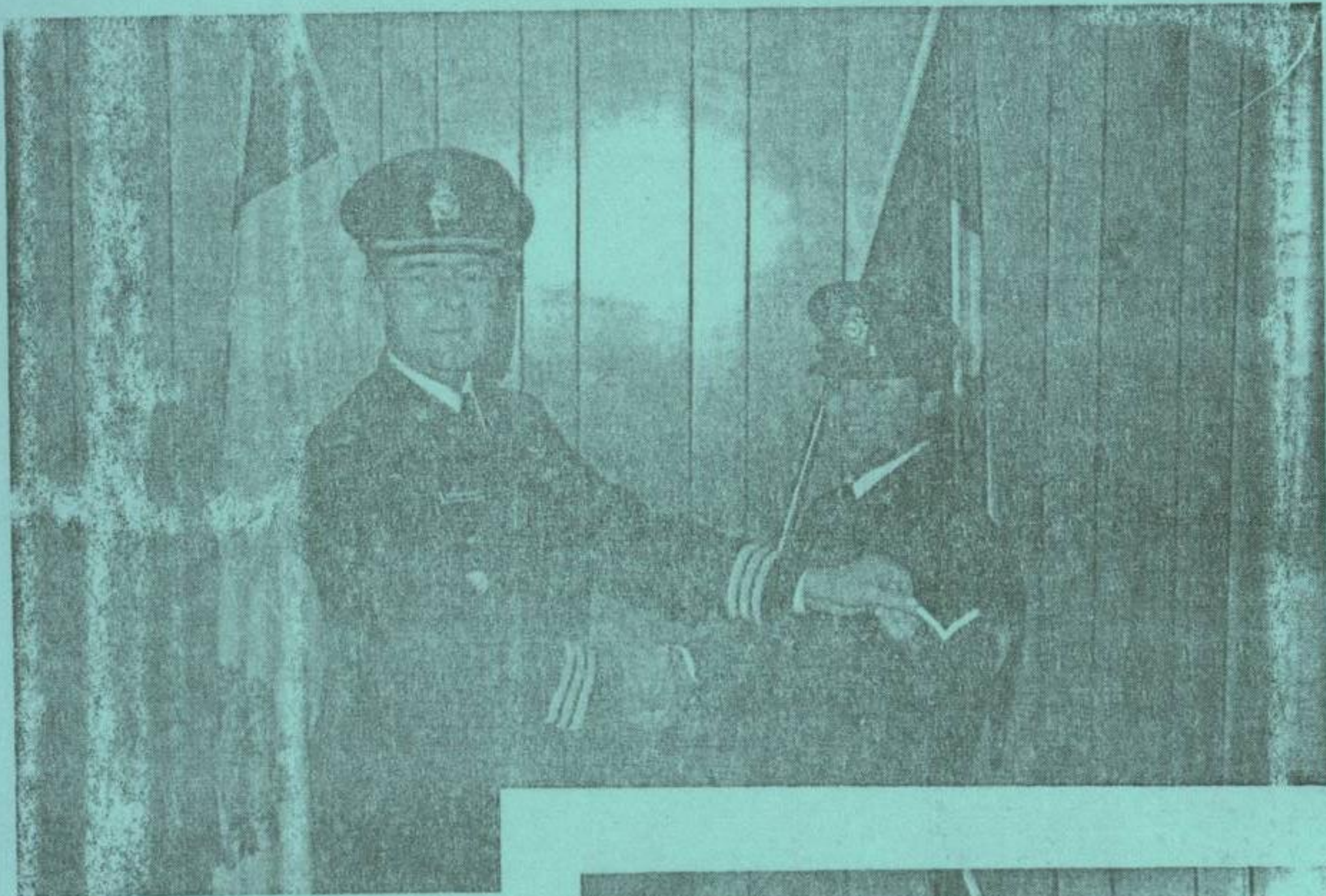
LOCAL NEWS



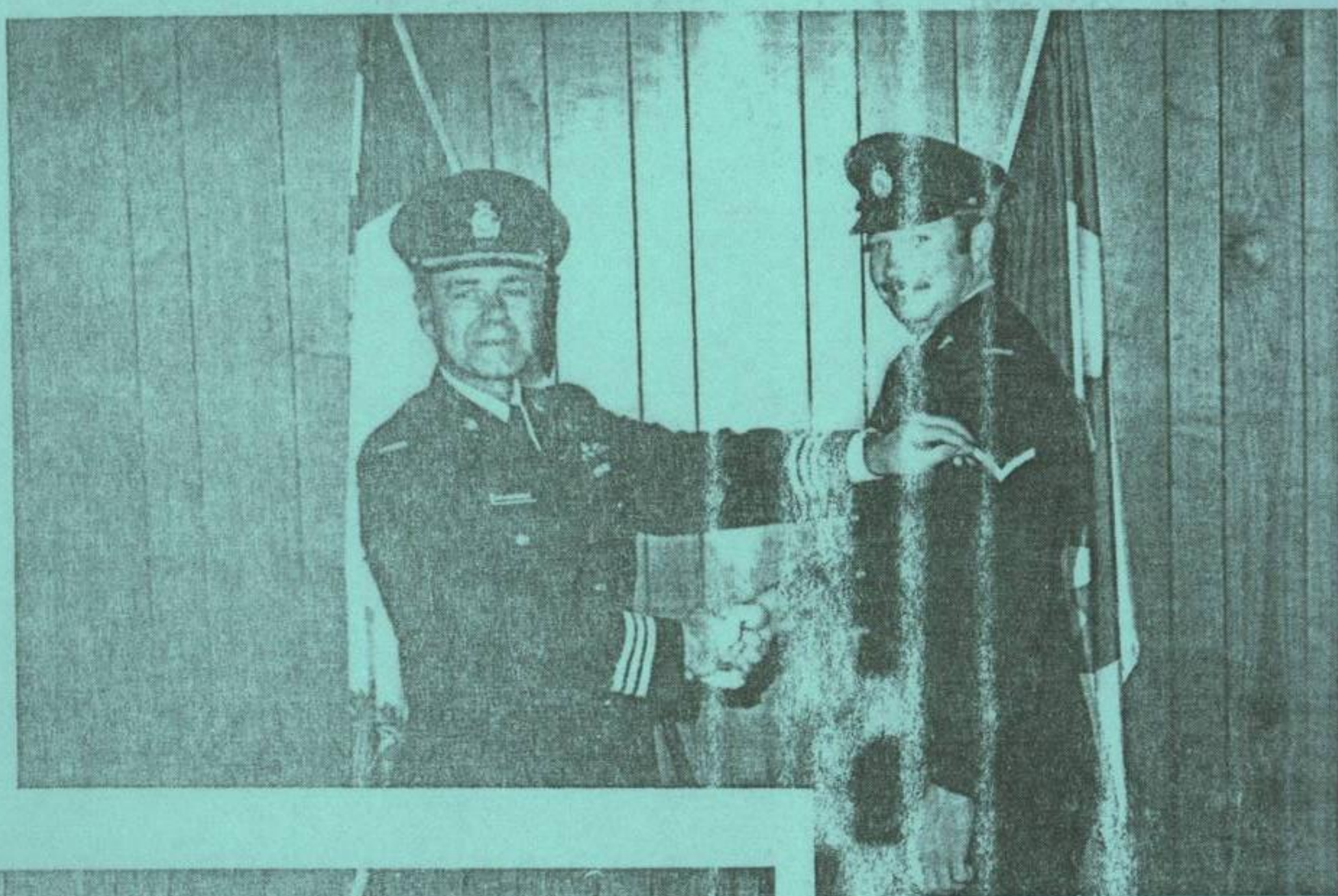
Sgt. R. Hossay receiving ADC Commander's Commendation from LCol. Novakowski.



Cpl. Mandryk receives his Certificate of Service on his retirement.



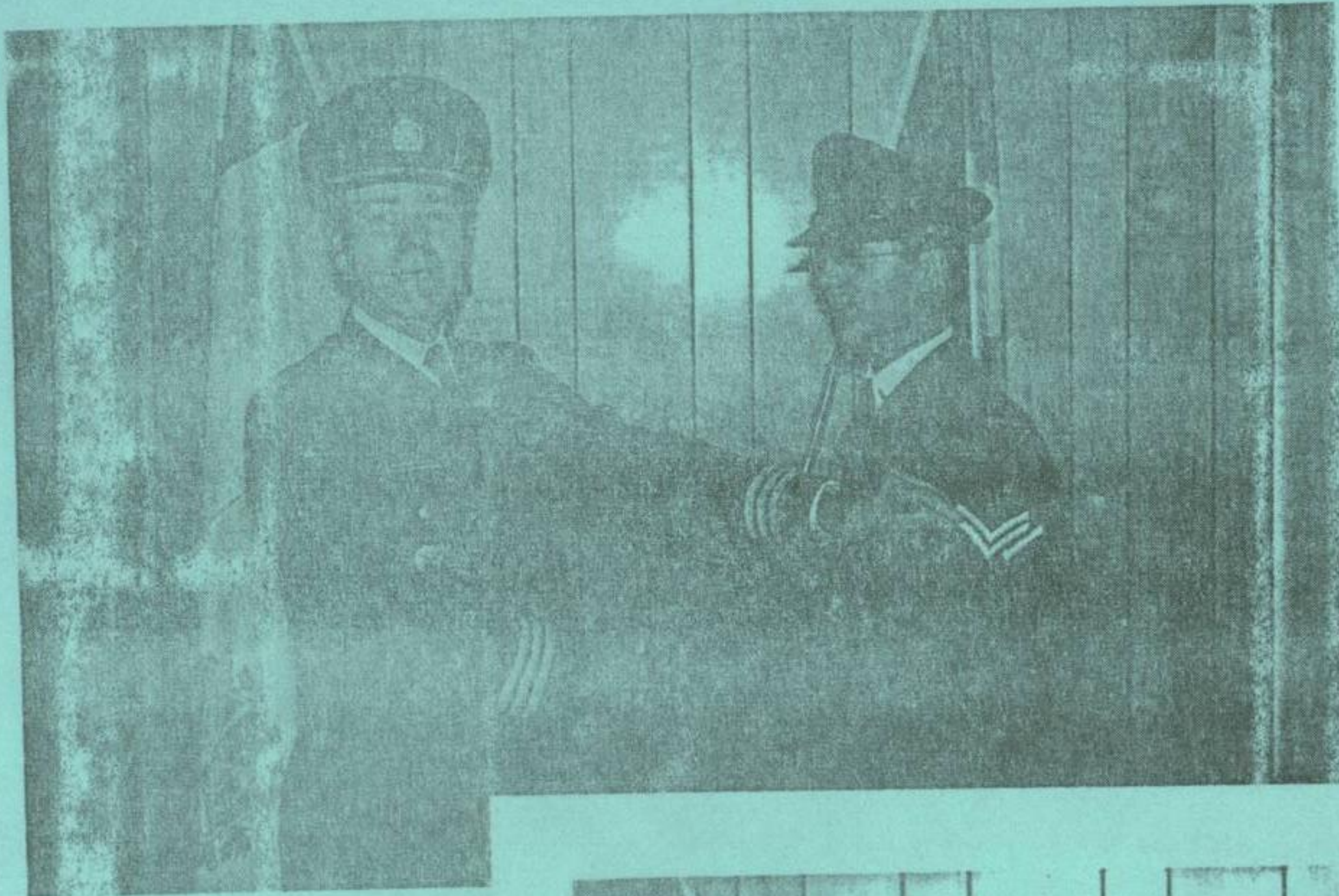
1st. hook presented to Pte. Wilson.



1st. hook presented to Pte. Murdoch.

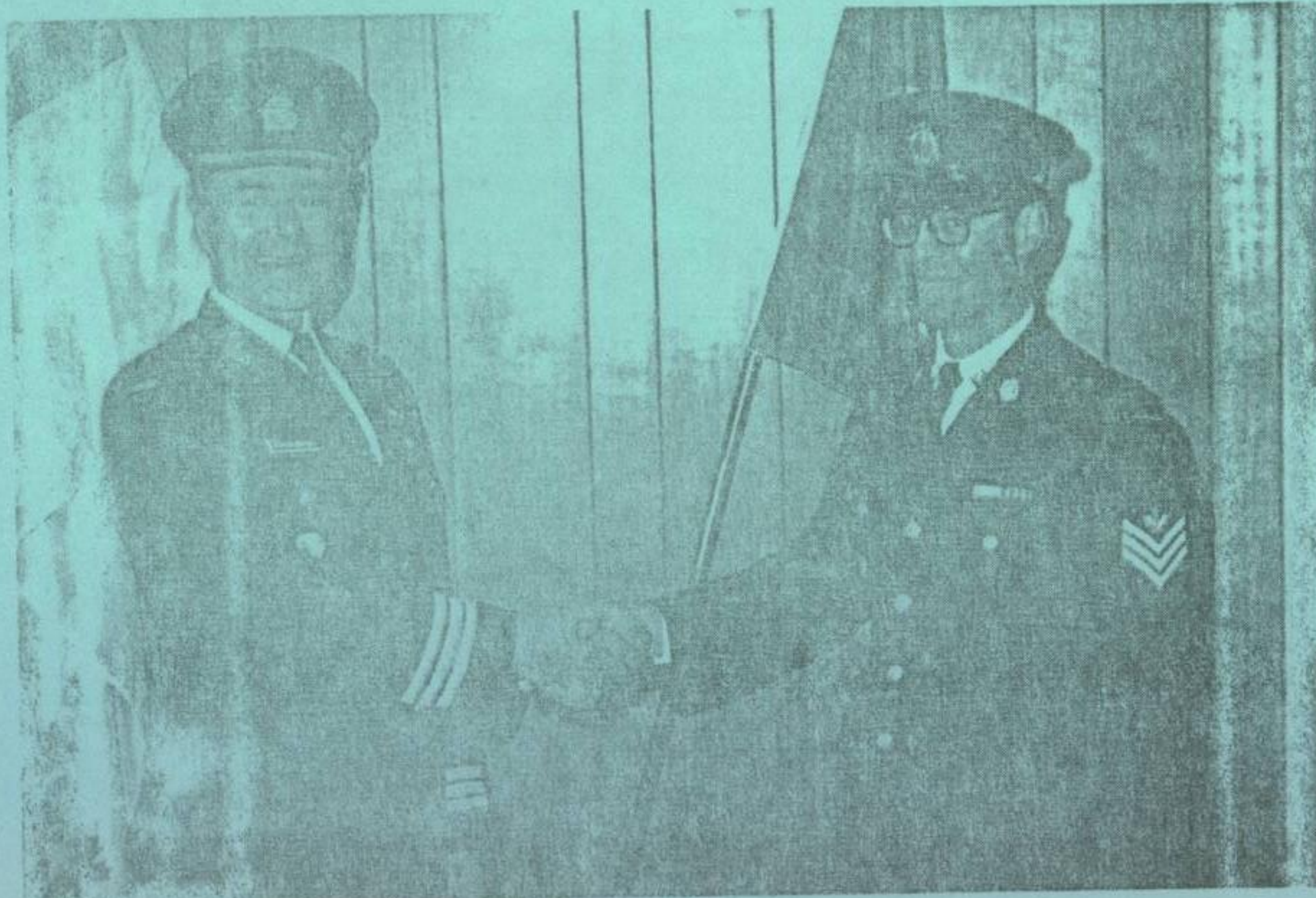


The CO presents Cpl. Jensen with his new stripes.



New stripes for
Cpl. Zwada.

The Colonel presents
Cpl. Jenkins with
his new rank.



The CO congratulates
Sgt. Dansereau on
his promotion.

A MESSAGE FROM THE CHIEF OF THE DEFENCE STAFF

UNITED APPEAL/COMMUNITY CHEST CAMPAIGN 1979

Every year at this time most communities across Canada are preparing for their Annual United Appeal and Community Chest Fund-raising Campaign. 1979 is no different as once again the many member agencies will depend on the goodwill and generosity of people of all walks of life to provide funds with which they may continue their benevolent and charitable activities.

The military communities throughout Canada have, we are proud to say, played a very active role in United Way Campaigns. Members of DND, both military and civilian, have volunteered their time and efforts as organizers and helpers in many towns and cities and, as usual, have done a first class job.

Once again, I would encourage you to continue your support of these very worthwhile campaigns.

R.H. Falls
Admiral
Chief of the Defence Staff

- - - - -

FROM THE CANADIAN FORCES PRESS

CANADIAN TO COMMAND COMBINED U.S./CANADIAN LAND FORCES FOR KERNEL POTLATCH II -- Canadian Army and U.S. Marine Corps units will hit the beaches of northern Vancouver Island October 1st. during Exercise Kernel II under the command of Brigadier General P.J. Mitchell, commander of 1 Canadian Brigade Group.

This major Canada/U.S. co-operative exercise involving 40,000 military personnel, 45 ships and 150 aircraft is designed to test and evaluate plans for the defence of North America. The assault phase will be the first time a Canadian land force Commander has commanded combined U.S. Marine and Canadian Land and Air Forces.

Exercise land forces are made up of members of the 11th. U.S. Marine Amphibious Unit, Camp Pendleton, California, along with units of 1 Canadian Brigade Group, CFB Calgary; 3rd. Battalion, Princess Patricia's Canadian Light Infantry, CFB Esquimalt; 3 Royal Canadian Horse Artillery, CFB Shilo; 1 Combat Engineering Regiment, CFB Chilliwack; and 1 Service Battalion, CFB Calgary.

Land forces are supported by helicopters and fighter aircraft of 408 and 447 Tactical Helicopter Squadrons, CFB Edmonton and 434 Tactical Fighter Squadron, CFB Cold Lake.

Kernel Potlatch II will conclude with Canadian and U.S. ships visiting various ports during the weekend of October 6-8.

- - - - -

6
MND INTRODUCES TASK FORCE ON UNIFICATION -- OTTAWA (CFP) -- Defence Minister Allan McKinnon introduced the five member task force on unification at an Ottawa news conference on September 6 and emphasized that he had an "open mind" on the subject.

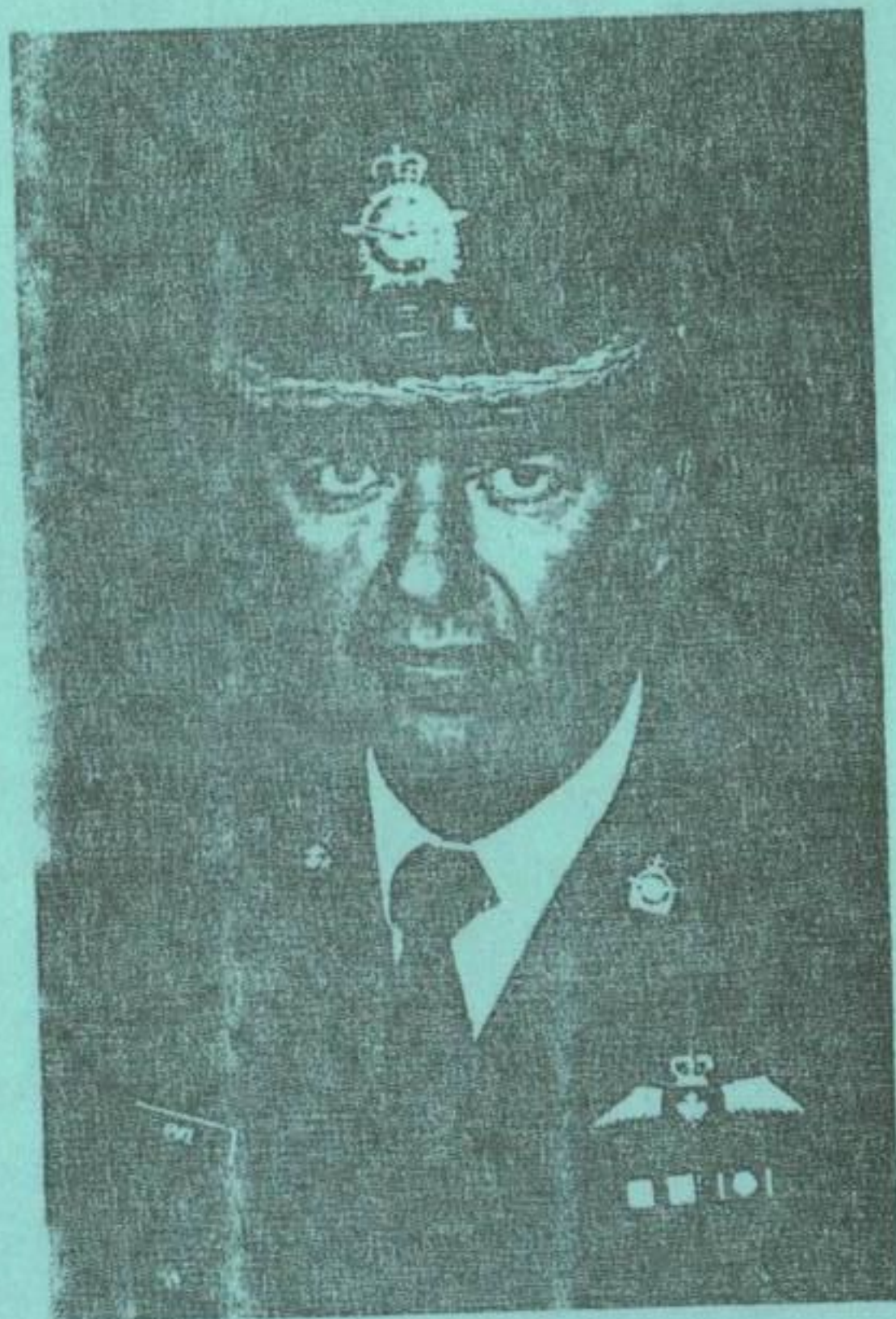
The group is headed by retired businessman and 25-year naval veteran George Gyffe of Ottawa and includes Dr. W Harriet Critchley, a member of the institute of International Relations at the University of British Columbia; Dr. Albert Leqault, Director General of the Quebec Centre of International Relations at Laval University, Major General P.A. Neatby, who will retire from the Canadian Forces in December, and LCol (Ret'd) Earl Olmsted of Ottawa. Mr. Bill Ritchie, Ottawa, has been appointed Executive Secretary to the task force.

The task force is to complete its study by the end of the year with a report to be in Mr. McKinnon's hands by January 31, 1980. The report will not only comment on the merits and disadvantages of unification, but will also recommend what changes, if any, should be made. The task force may also give any views it might form concerning the viability of the "funcional" command system which was introduced with unification.

Unification of the Royal Canadian Navy, the Canadian Army and the Royal Canadian Air Force commenced on February 1, 1968.

Today, out of approximately 79,000 members in the Regular Forces, 43,000 or 54 per cent have joined since unification.

FROM NORAD PUBLIC AFFAIRS OFFICE



CANADIAN COLONEL NAMED AS NORAD COC DEPUTY COMMANDER -- COLORADO SPRINGS, Colo. -- Canadian Forces Colonel Harold I. Pike will arrive shortly to take over duties as deputy commander of the North American Air Defense Command's Combat operations Center deep inside Cheyenne Mountain near Colorado Springs, Colo. He replaces Colonel Ralph H. Annis, Canadian Forces, who retires next month.

A pilot and veteran of 30 years military service, Pike held flying and command positions at Royal Canadian Air Force Stations at Summerside, Prince Edward Island; Claresholm, Alberta; Portage La Prairie, Manitoba; Toronto, Ontario; and Bagotville, Quebec, from 1950 to 1963. His overseas assignments have included posts with the Supreme Headquarters Allied Powers in Europe and Air Training advisory Group, Paris, France, from 1958 - 62 and the Royal Air Force Staff College, Brackwell, England, from 1971-74.

Pike served as commanding officer of the 425 All Weather Fighter Squadron and 410 Operational Training Squadron at Canadian Forces Base Bagotville, Quebec, between 1967-71. After attending the Public Service Commission Bilingual and Bicultural Development Program in Quebec City from June 1974 to July 1975, the colonel became deputy chief of staff, Air Operations and training at Headquarters Air Command, Winnipeg, Manitoba. He then returned to Bagotville as base commander.

Colonel Pike and his wife, the former Margaret Wilhemina, have a daughter and twin sons.

- - - - -

ENERGY CONSERVATION MONTH

The International Energy Agency has proclaimed October as International Energy Conservation Month. To participate, it has been agreed that the 1980 DND Energy Conservation Month will be moved forward from February to the week commencing 22 Oct 79.

This time frame is set aside each year to make the public aware of the high cost of utilities and shortage of fossil fuels, and the need to conserve these resources. Future shortages and our current budget restraints make it mandatory for us to ensure that only the minimum energy necessary, and hence the minimum funds necessary, are used to achieve our objectives. Only you at work and in the home can help conserve our resources. Here are a few ways you can help:

- a. Outside lights and those in hallways, washrooms and bedrooms should be on only when required.
- b. All electrical appliances should be turned off when not in use.
- c. Close storm windows when ventilation is not required.
- d. Monitor thermostats to ensure proper heat levels.
- e. When you go out in the evening or for the weekend, lower your thermostat to 65°F/18°C.

Air Command Headquarters requests we give International Energy Conservation Month our support. This will be a significant factor in obtaining a continual reduction in overall energy consumption for 79/80.

- - - - -

STATION PHOTO SERVICES

The Station Photo Section is now fully equipped and operational. It is staffed by volunteers and funded almost entirely by Station Fund. The Section was established to provide photos of local and Station events for public relations purposes. Requests for photo services should be made at least 24 hours in advance to one of the following:

- | | |
|---------------------|--------------|
| Capt. Dunstan (UIO) | Loc. 250 |
| MCpl. Jones | Loc. 231/232 |
| Cpl. Beveridge | Loc. 257 |

- - - - -



ENERGY CONSERVATION MONTH

The other day, Stan Mack sent the Tumbleweed a card which says "17 Easy Ways Towards a 50% Gasoline Saving.". The suggestions, approved by automobile experts says the card, are as follows:

1. Reduce driving speed from 60 to 40 on the open road.
2. Avoid jack-rabbit starts.
3. Avoid useless or non-essential driving.
4. Turn motor off when not in use; do not leave idling.
5. Don't race your engine; let it warm up slowly.
6. Don't strain your engine; change gears.
7. Keep carburetor cleaned and properly adjusted.
8. Tune up motor, timing, etc.
9. Keep spark plugs and valves clean.
10. Check cooling system; overheating wastes gasoline.
11. Maintain tires at right pressure.
12. Lubricate efficiently; worn engines waste gasoline.
13. Drive in groups to and from work, using cars alternate days.
14. For golf, picnics and other outings, use one car instead of four.
15. Take those short shopping trips on foot and carry parcels home.
16. Walk to and from the movies.
17. Boat owners, too, can help by reducing speed.

All valid tips, and very timely. Wrong!! You see, the front of the card reads, "I pledge myself to go 50/50 with our Fighting Forces by reducing my gasoline consumption by 50%." The cards were issued during World War II.

Maybe some new fashions aren't really so new after all. But they are just as necessary!

RAMBLINGS OF GORDON

Have you ever made a mistake that couldn't be blamed on anyone else? An error that was so blatant, so stupid, so noticeable, and yet it belongs totally to you? No way out, no excuse, no one to blame, no one to share it with; just YOU! Believe me, it's not a great feeling; a matter of fact it's a rotten feeling. It just recently happened to me. All the only comfort I have is the fact that I know other people have made mistakes and have at some time or other been in the same boat, or at least a similar boat.

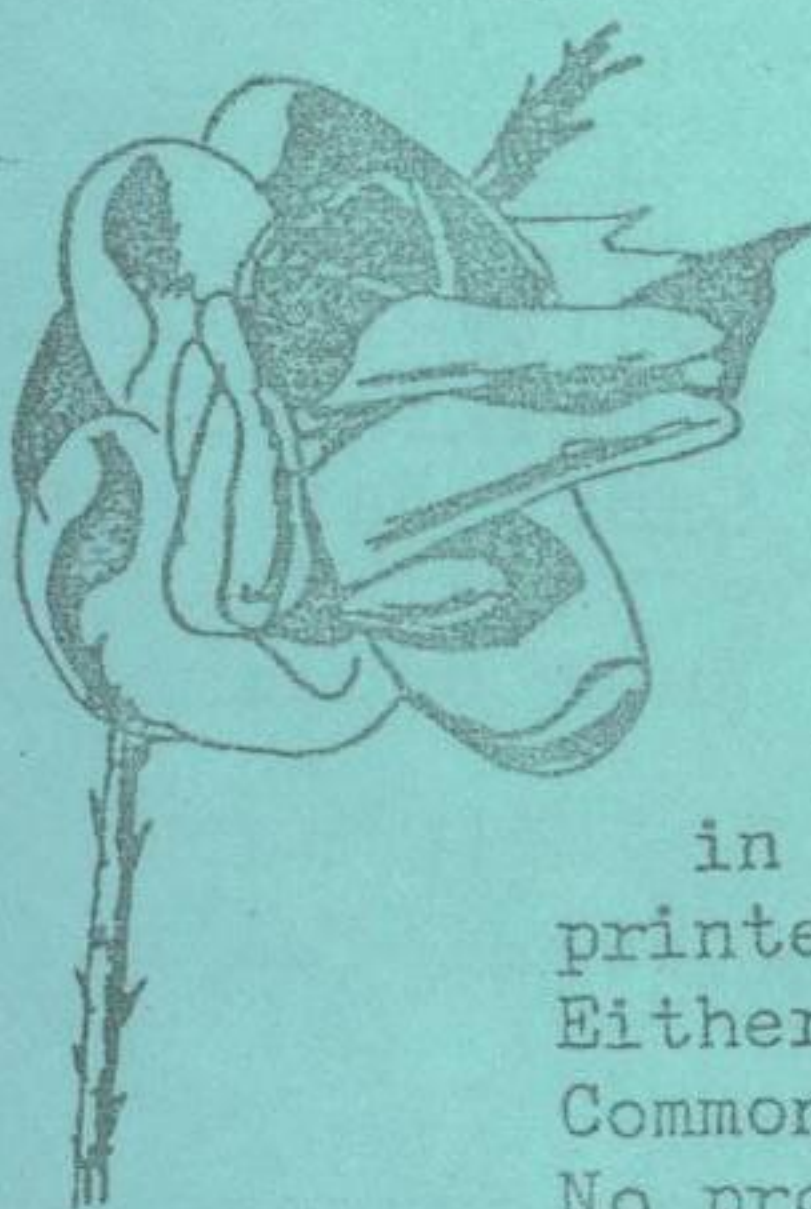
The recent numerous fire sirens are an indication that people are still making mistakes. Fires don't just happen; they are caused. Whether it be through neglect, carelessness or stupidity, they are still caused. This is a fact. This is also the reason we have fire trucks, fire fighting equipment and fire fighters. They are a part of life that we have to accept. What we don't have to accept is the absolute stupidity that often runs hand in hand with an emergency such as a fire. I'll point out a few things that have happened in the past and you can put yourself into whichever class you fit in to, but for goodness sake' don't exclude yourself, and make sure that in the

future you rectify the problem or situation whichever the case may be.

Let's take it from the top.

A fire breaks out and you see it. Call the emergency number and give explicit information to the operator and be prepared to stay on the line to give any information that will help. NOTE: Know the number to call. If you are a fire fighter, proceed to the fire hall using all due care and caution. Obey signs and laws. The fact that the siren goes does not authorize you to break the law. Killing or wounding someone on the way to the fire hall is no easy matter to explain. If you're not a fire fighter or directly involved, i.e. police, medic, stay the hell away! They don't need you. I don't care what your rank is, you don't belong, so stay home or at work and start a rumor or something. Just stay away from the fire and for that matter, off the road. Which brings up the next point: get you vehicle off the road. The fire truck may have to go by you; a fire fighter may have to get by; or a medic or a police person. So move it, buddy! Now then, Mom, where are your children? Are they on the road? At the fire? In the fire? Causing the fire? Get them home fast. When they hear that siren tell them, train them, urge them, or whatever it takes but get them home!

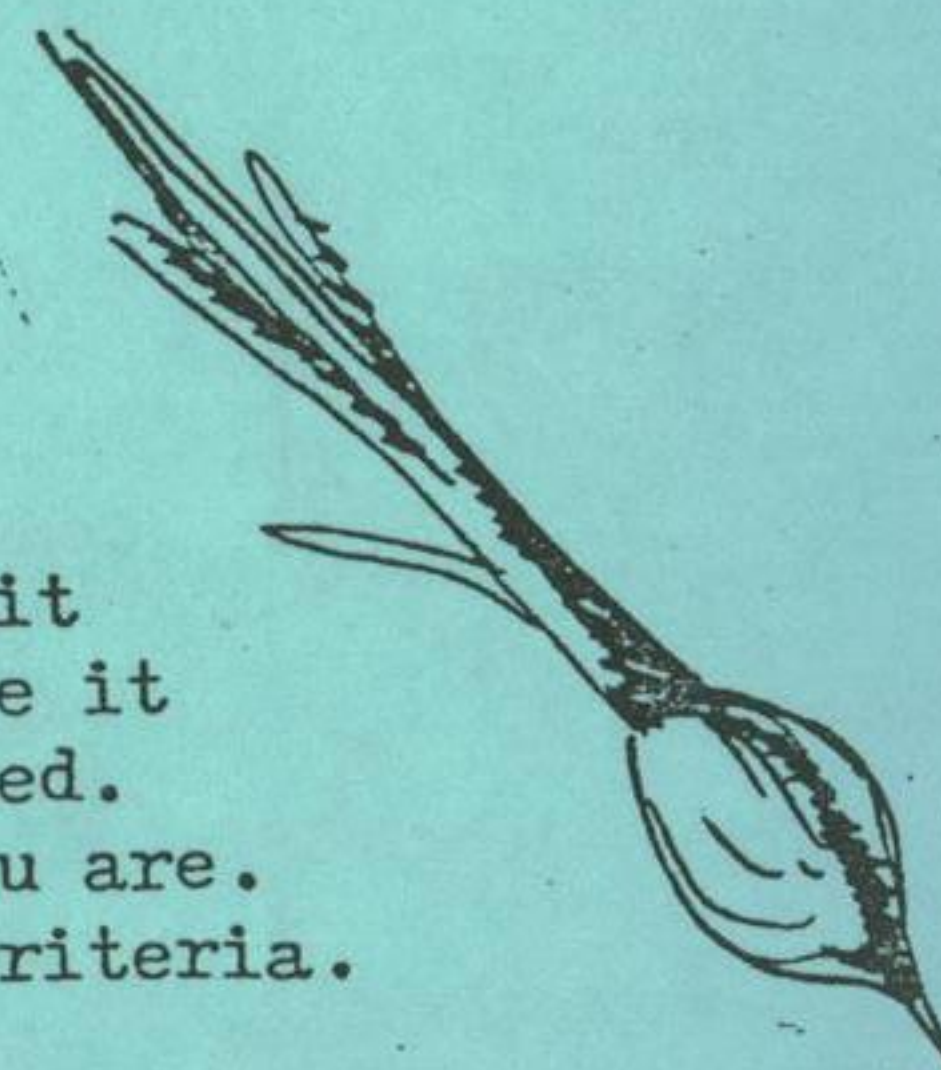
And last but not least, make your home and all other buildings fire safe. Check them regularly and often. Know what to do and how to do it. Fire has no conscience.



ROSES & ONIONS

by Chief-E

Got a gripe? Want to say a special thank you? Congratulate a buddy? Put it in writing and send it to me. You can have it printed anonymously, or with your name included. Either way, you must sign it so I know who you are. Common courtesy and good taste are the only criteria. No profanity!



"LCol. (Ret'd) A. Leppard wishes to thank the Commanding Officer, the PMC's, and all those who worked so very hard at the Mess Dinner, and sends his kindest regards to everyone at CFS Alsask for making his recent visit so enjoyable."

TUMBLEWEED PARK RESIDENTS

I have just completed six months as your mayor. I enjoyed the experience and look forward to future involvement in the community.

Your support, the support of station sections, and that of council has been appreciated.

I would like to wish Barry Moland, your new mayor, and his new and old council members the best of luck.

Your new council:

- MAYOR: Barry Moland
- SECRETARY: Kerry Siford replacing Lynn Anderson
- WARD ONE: Stu Gordon
Ken Brandner replacing Ken Hartlin
- WARD TWO: John Welton
Dave Christman
- WARD THREE: Brian Dolan replacing Ron Murray
Andy Horsnell replacing Fred Thomas
- WARD FOUR: John Mathews
LeRoy Schaffer replacing Bob Brown
- PET CONTROL: Wayne Hornsby

I am sure you will support them as you have supported the council in the past.

J.E. Lowe
J.E. LOWE

I would like to take this opportunity to thank Fran Ehrler, Stella Doody, Marlene Ward, Elaine Savidant, Laurie Weisgerber, Fennetta Bertrand, Sandi Petitpas and Donna Thomson for organizing the lovely baby shower for our daughter, Lisa Marie. The shower just couldn't have been any nicer.

Thanks to everyone for the many beautiful gifts for Lisa.

I shall always remember the thoughtfulness and kindness shown by all of you.

Sincerely,

Cindy Lowe

Cindy Lowe



Hear Ye
Hear Ye

Garden plots must be cleared by 15 Oct 79. All refuse must be neatly piled in one corner of the garden plot for pick-up. Anyone wanting a garden for next year please contact MCpl. Mathews, Loc. 245 or 2361, in lieu of WO Murray.

The following items have been turned in to the MP's:

- 1 black plastic billfold
 - 1 pair ladies sunglasses
 - 1 ladies gold bracelet, left at the Library
 - 1 blue jean jacket
 - 1 brown leatherette jacket
 - 1 brown nylon jacket
- } found in the Rec Centre

The Reverend David Nevett, Protestant Padre, will visit the Station on alternate Tuesdays commencing 9 Oct 79. He will be available for consultations at the Chapel Office from 10:30 a.m. to 12:00 noon. Phone Loc. 264. Dates of forthcoming visits are 9 & 23 Oct and 6 & 20 Nov. Padre Nevett also plans to visit the homes of the Protestant congregation on the Station.

Harvest Thanksgiving Service will be held in the Protestant Chapel on Sunday, 7 Oct 79 at 7:30 p.m.

An organist is still urgently required to play for Protestant Chapel Services on Sundays at 7:30 p.m. Anyone interested please contact the CADO at Loc. 202.

Ladies, just a reminder that the next meeting of the Chapel Ladies Guild will be held 8 Oct 79 at 8:30 p.m. in the Social Center. Don't forget our workshops on Wednesday afternoons. Anyone with old Reader's Digests or small baby food jars who would like to get rid of them, the Guild could really use them for crafts. For more information on the Guild, please feel free to call Sandi Petitpas at 2602.

Baby sitting service will be available for the Sunday evening service in the Protestant Chapel beginning the first of October. Anyone wanting further information please phone Sandi Petitpas at 2602.

- - - -

A sincere welcome is extended to all Catholic ladies of the Station and surrounding area to meet every Thursday for one and a half hours. These meetings will be very informal and relaxed. The purpose is friendship, mutual interests and better understanding of our faith. Our next meeting will be on Thursday, 4 Oct 79 from 1:30 to 3:00 p.m. in the Parish Hall.

Father Dormans

- - - -

ATTENTION: CUBS, SCOUTS AND BEAVERS: The Group Committee is now able to subsidize all the boys' registration fees by \$5.00, bringing the fee down to \$11.00 per boy. Leaders will be contacting each boy to advise on registration and start up of program. Note new times for each group:

Beavers - 6:00 - 7:00 p.m. Tuesday

Cubs - 6:30 - 8:00 p.m. Monday

Scouts - an individual program will operate this year. Leaders will contact boys.

All activities will be held in the gym this year. All boys are welcome. Come out any night at the above times and join the Scouting program.

- - - -



A Pet Clinic and Registration will be held in the Rec Centre at 1:30 p.m. on Saturday, 29 Sept 79. New personnel on the Station who own pets are reminded that SSO 12 requires that pets be registered and provide proof of current inoculation to the Pet Control Officer within 90 days of arrival at the unit. Dr. Doroz from the Oyen Veterinary Clinic will be in attendance, and will be giving inoculations and providing treatment for pet ailments. Town residents are also urged to take advantage of this service.

Pet Control IS in effect at CFS Alsask. Regulations apply equally to dogs and cats. Pets must be kept under owner's control at all times. Owners found in violation of SSO 12 are subject to fines and/or disciplinary action by the CO. Pet complaints are to be directed to the Pet Control Officer. Please do not bother your ward councillors with pet complaints.

Be a good neighbour. Do not allow your pet to infringe upon the rights of others. See you Saturday!

W. Hornsby, Pet Control Officer

- - - -

The following classes are set up for October, November and December at Alsask Community College:

MIXOLOGY - November 14, 7:30 - 9:30 p.m. \$2.00 Contact Sue May at 2685.

Location: Lori Johnson's home.

STRETCH & SEW - October 3, 10, 17, 24 & 31, 1:00 - 4:00 p.m. \$15.00

Location: Alsask Lions Hall. Contact Anne Bond at 2615.

ST. JOHN'S AMBULANCE FIRST AID - November 6, 7 & 8, 7:00 - 10:00 p.m.

\$10.00 Location: Alsask United Church. Contact Gwen Hornsby at 2388.

LEAD GLASS - December 7, 7:00 - 10:00 p.m. December 8 & 9, 9 a.m. - 5 p.m. \$20.00 plus \$15.00 equipment. Location: Lions Hall. Contact Lori Johnson at 2281.

QUILTING - October 9, 11 & 16. \$10.00 Location: Lions Hall. Contact Lori Johnson at 2281.

PRAIRIE PERSONALITIES - November 28, 29 & 30, 7:00 - 10:00 p.m. Location: Lions Hall. Instructor: Grant MacEwan. Contact Diane Moss at 2272.

There are posters in Kelly's store and in Canex regarding these classes and many more to be planned if enough interest is shown. So put your name down and join a class. The following courses are being considered for 1980: Recreational Sewing (ski-doo suits, jackets, etc.); Disco Dancing; Old Time Dancing; Cake Decorating; Macrame Christmas Crafts; Heritage Homemaking; Belly Dancing; Cardio-Pulmonary Resuscitation; Children - the Challenge; Basic Oil Painting; Crocheting; Reupholstery; Coaching development; Ladies' Know Your Car; Grains Futures Marketing. If you have any other suggestions, let us know. We also need committee members, so if you're interested, phone Diane Moss at 2272.



C.E. SHOP TALK

by The Lone Spark

Two weeks have gone very quickly - no doubt our good Fire Chief "Smokey" would agree. However, the surrounding area gave him a very warm welcome back from his vacation as he and his crew were called out to three fires within a 24 hour period. Everything is so dry that a fire doesn't need much of a spark to get going and the prospects for rain are dim. If this situation keeps up, we'll have to import water from the Arabs!

The CE Shops are maintaining their status quo. The plumbers are busily preparing for those below zero days and nights by winterizing the PMQ water lines and the electricians are checking out the smoke detectors.

Paul LeBoeuf is looking ahead to next summer. He just spent five days on his northern island hideaway building a cabin and hopes to have it completed before the snow flies.

We often hear that our Paint Shop Supervisor is away either on a "swan" for PSAC, DND or else he's farming. We now have photographic proof that he does so put in a few hours work - when the weather's nice! Unfortunately, the Editor informs us that it won't photocopy too well. So if you want to see it, you'll just have to come over and visit.

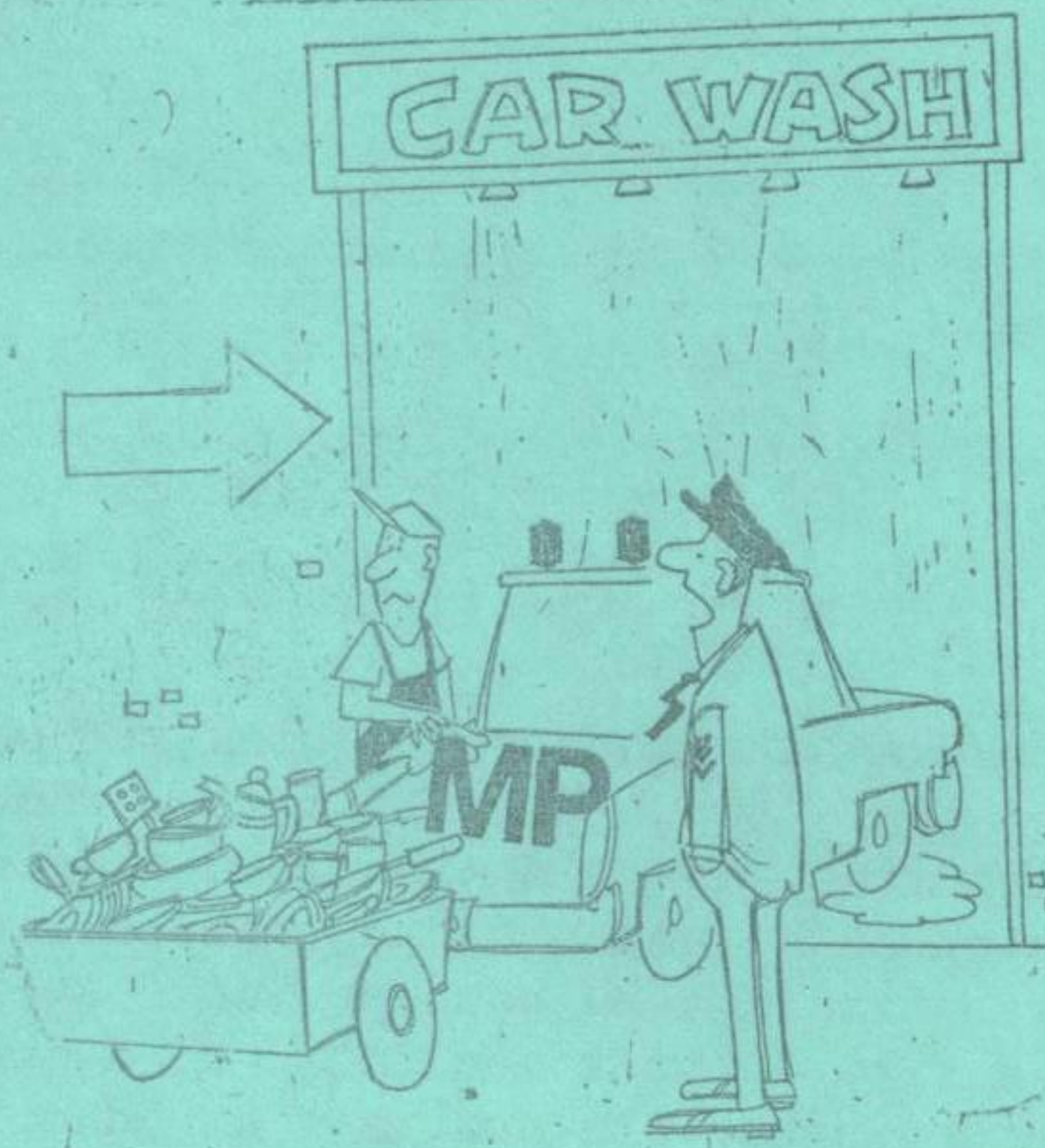
'Til next time...

LEPPARD'S FIRST DAY ON THE JOB????

LOCAL FOLK



... 42730. . . now the grand total ...
 622,744,365 ... they're all accounted
 for!"

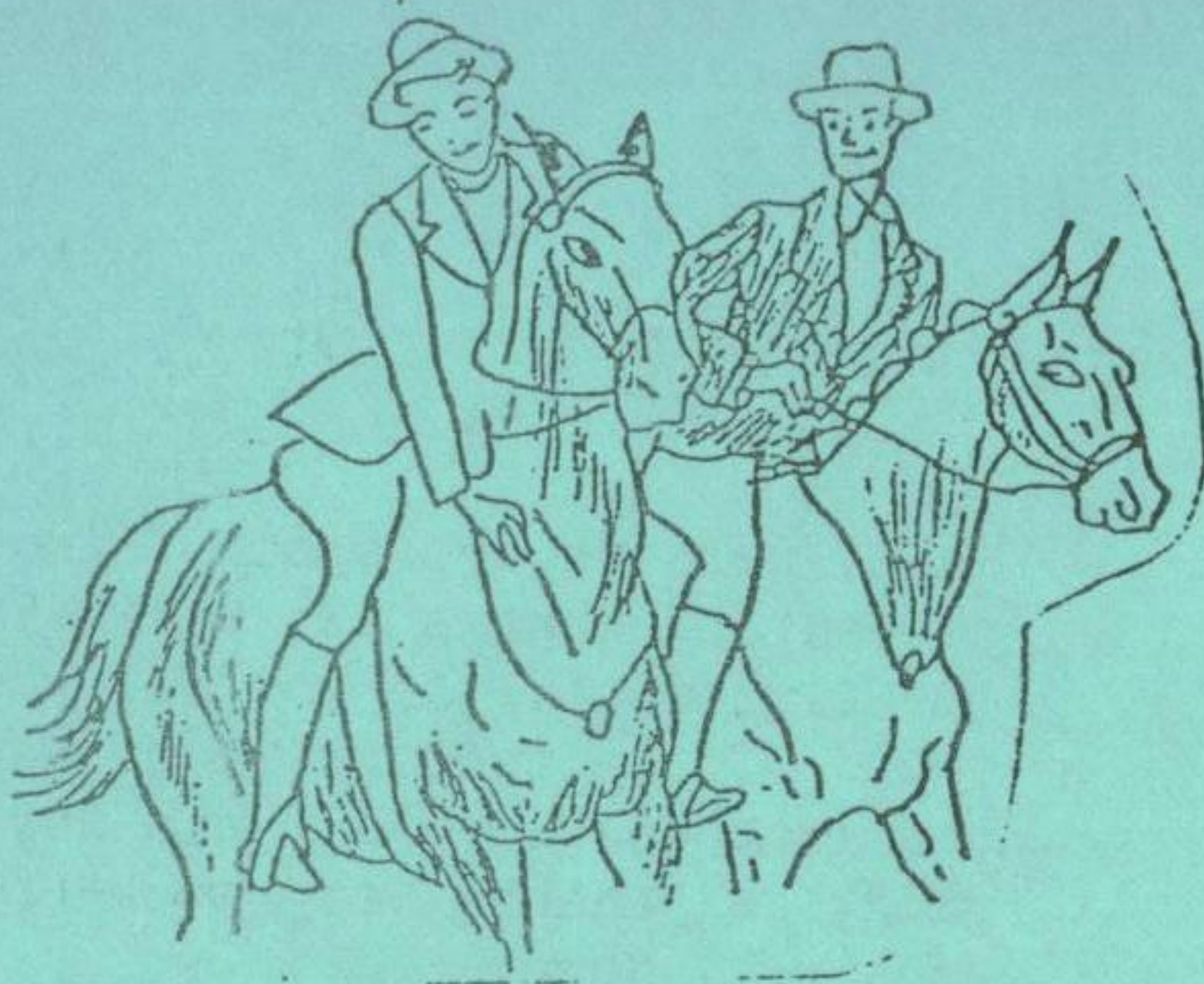


"SO I GOT THE TRAP HOUSE.
 ALL I WANT TO KNOW IS HOW
 MUCH IT IS GOING TO COST???"

"YEAH....WIFE JUST HAD HER FIRST BABY"



"WELCOME TO THE COLD LAKE PALM SPRINGS.
 NOW, THE BASICS. GERRY HAS A GOLF CLUB.
 GERRY STANDS ON THE GRASS WITH THE GOLF
 CLUB. GERRY HAS A GOLF BALL. GERRY....."



MERIDIAN SADDLE CLUB

Welcome back partners! Once again the Meridian Saddle Club is reporting the events that occurred over the summer months.

Our executive committee for this year is Darrel Levitt as President, Sue Reschke as Secretary, Bunnie Thomas as Treasurer and Paul Brunner as the Ranch Foreman.

The following people have joined the Meridian Saddle; Jim and Jean Shackleton and daughter Brenda, Brenda Smith and Dana Mathews and Sharon Dignard. The Meridian Saddle Club welcomes all new members and hopes to see a lot of you out at the corrals!

A few rumors were heard over the summer months and I am just wondering if there is any truth behind the scene of it all! The first one that hit the headlines was that Brenda Shackleton took Dad on a small expedition down to the springs one Sunday afternoon and on the way back to the corrals someone spotted Dad standing up in the saddle. It was brought to conclusion that he was relieving the tension that built up from behind! Also Miss Smith is bribing her horse with carrots while Dana Mathews is helping her to and hoping that no one has seen this happen! Sue's horse Glory was missing for three weeks and was seen out at Pratts. After she came home it was brought to Sue's attention that she is now an expectant mother! And here Sue thought she was there to visit!

The horses out at the corrals thought that they should enter this small article to all their owners. "WHAT IS A HORSEMAN"

A horseman is a person who has a personal feel for a horse and a deep respect for a horse. They realize that, no matter how much they know they need to keep on learning to be a student of horsemanship everyday. As they go down the path of life they continue to learn. That is what people, the older they get the more horses they see, a little they really know about this fine animal.

A horseman's whole being - man or woman - is involved with horses. They are among the most important things in such a person's life.

Horsemen really do care about all kinds of horses. They like horses - love them - depending on what these words mean to them. They are sensitive to a horse's needs. Much as a good husband or father - wife or mother - is sensitive to the needs of family members and their needs and desires, what is really good for them.

GOOD HORSEMANSHIP AND SAFE RIDING!!



SPARKY SEZ

Well, here we are again. Two weeks have passed and what a two weeks its been for the fire dept. As you all know by the sound of the tone we've had 4 fires in the last week. All I can say at this time, gang, is "thanks very much" for a bunch of jobs well done.

As I mentioned two weeks ago, the 7th to the 13th of Oct. is fire prevention week. The fire dept. is expecting to be very busy during that week with lectures and demonstrations to the people on the station. Sunday an open house in the fire hall from 0900 to 1200 hrs. so people can come down and see what we've got, and from 1400 on a hose laying competition between the messes. I hope this part will go as I still haven't heard officially from any of the messes. On Monday I hope to get to the school for some talks to our younger folk. On Tuesday I'd like to hold two lectures for the PMQ wives in the social centre on fire prevention in the home. One at 1000 hrs and one at 1400 hrs. I'd like to see the ladies from PMQ 1 to PMQ 45 in the morning and PMQ 45 to the end of the PMQ's including the ones in their own mobile homes. If any of the ladies from down town or surrounding area wish to come to any of these talks and demonstrations you are more than welcome. Wednesday we hope to visit some of the sections on the base for lectures and demonstrations. On Thursday back to the school if required and on Friday the finishing touches and wrap-up. So I think you can see we will be quite busy.

Well, folks, that's about all for this time and we hope to see you during fire prevention week. Remember fire prevention starts and ends with you.

Bye for now

Smokey

LEARN NOT TO BURN.

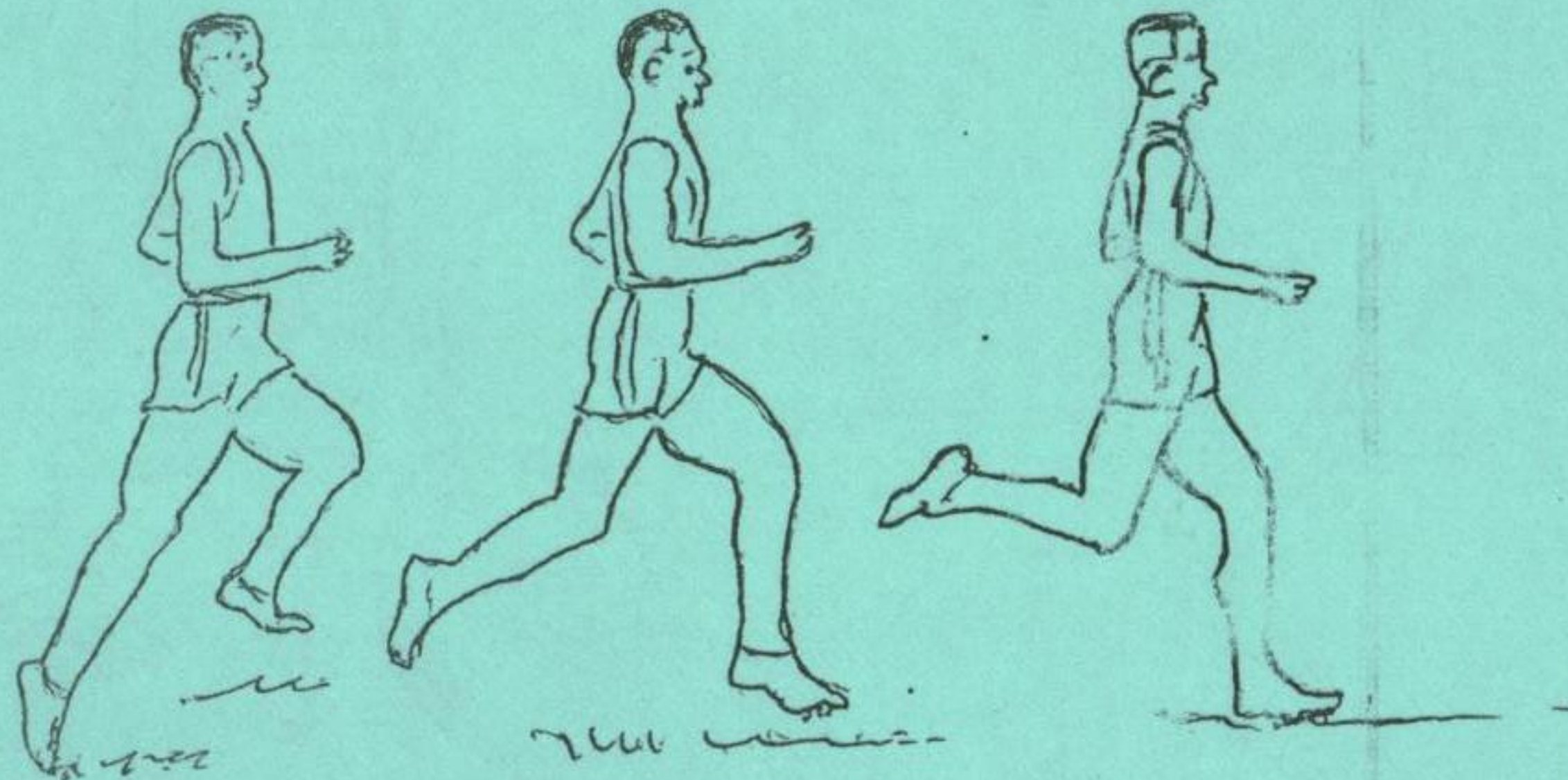
HI! John Boy is back after a (well deserved?) rest. This time around I'll be writing about a subject that can't even try to approach the excitement of my former column, but one which is very important to each and every one of us. I'm talking, of course, about safety.

Now safety is a pretty dry subject, but if you really think about it for a minute, isn't it far better to do something safely, than to lose a finger or eye (or worse). A few seconds to act safely can save many hours, days, or even years of suffering for you and your family. I hope that, through this column, I'll be able to help you to live and work more safely.

I'm not going to pretend to be an authority on the subject, and most (if not all) of the pointers you'll see here on paper will come from periodicals I receive on General Safety. I hope, however, that some of you will provide some helpful hints that you'd like to pass on to neighbours and friends. If you have something, write it down and send it to me (I can use all the help I can get!) but please sign it so I can get back to you if I need your help to clarify something you said.

That's about it for this week. I just wanted to introduce the column. I'm looking forward to hearing from some of you soon. See you next time when my main topics will be...(tune in next time and see).

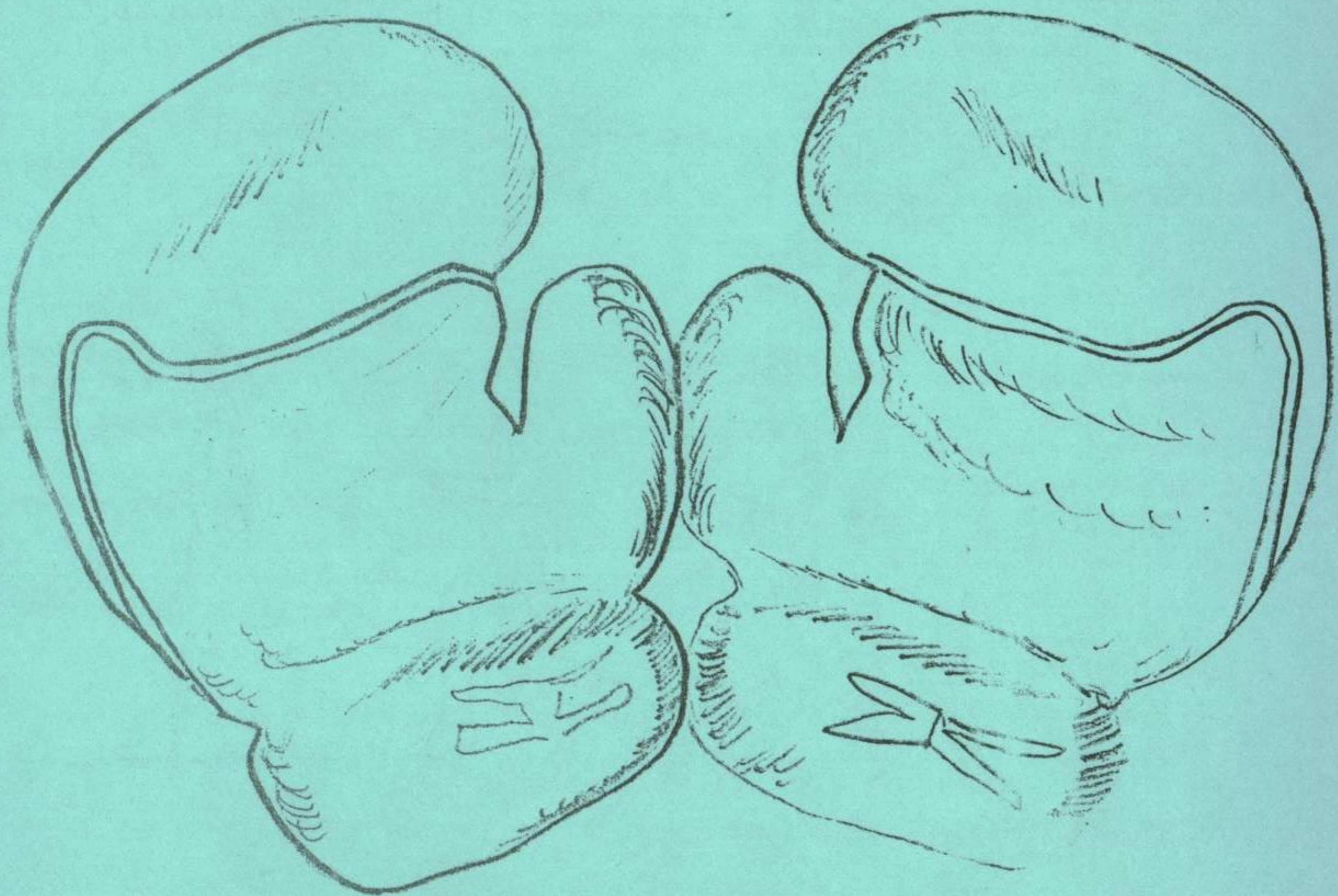
Bye-bye!



" RUN DICK - RUN J A E "

A 20 minute film on fitness is being shown in the WO & Sgts Mess at 10 a.m. on October 1 to 5. This film is the product of years of study of approximately 30,000 individuals by Dr. Kenneth Cooper, USAF. All servicemen/women, dependent wives and civilians are urged to attend this very interesting film showing the benefits derived from a proper personal fitness program.

BOXING



LESSONS ARE BEING CONDUCTED
AT THE REC CENTRE (No 265) FROM
1700-1800 Hrs MON. WED. FRI.

INTERESTED PERSONS ARE INVITED
TO PARTICIPATE.

GYMNASIUM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY
0800 - 0900	Military Training	Military Training	Military Training
0900 - 1030	Ladies Fitness	Open	Ladies Fitness
1030 - 1300	Military Training	Military Training	Military Training
1300 - 1430	Open	Open	Open
1430 - 1530	DND School	DND School	DND School
1530 - 1730	Military Training	Military Training	Military Training
1730 - 1830	Boxing	*1730 - 1900 Open	Boxing
1830 - 2000	Scouts	*1900 - 2200 Teen	*1830 - 2030 Air Cadets
2000 - 2130	Archery	Town	*2030 - 2200 Open

	THURSDAY	FRIDAY	SATURDAY
0800 - 0900	Military Training	Military Training	*Open All Day Unless Otherwise Posted.
0900 - 1030	Open	Ladies Fitness	
1030 - 1115	Military Training	*1030 - 1300	SUNDAY 0900 - 1200 Gymnastics 1300 - 1600 Teen Town 1900 - 2200 Badminton All other times Open.
1115 - 1200	DND School	Military	
1200 - 1300	Military Training	Training	
1300 - 1400	Open	Open	
1400 - 1530	DND School	DND School	
1530 - 1730	Military Training	Military Training	
1730 - 1830	Open	Boxing	
1830 - 2000	Cubs	Open	
2000 - 2200	Badminton	Open	

- NOTES: 1. After duty, Open or Unscheduled times, service personnel and dependent wives of CFS Alask may draw the gymnasium key. Other personnel with permission from the Senior Recreation NCO may sign for the key.
2. All allocations are subject to cancellation should military commitments dictate. Where possible advance notice will be given.
3. The above schedule is for your information. Changes will be made should circumstances demand.
4. Military Training gives military personnel approximately 23 hours allocated to them plus 8 Open hours for them to use for fitness training. All times are ideal training periods of the day.

POOL SCHEDULE

Fall & Winter Schedule, Starting Oct. 1, 1970

MONDAY:	1900 - 2000 Teen Town 2000 - 2100 Bronze Classes	THURSDAY:	1430 - 1530 DND School
TUESDAY:	1430 - 1530 DND School 1900 - 2100 Adult Swim Classes	FRIDAY:	1900 - 2000 Public 2000 - 2100 Adult
WEDNESDAY:	1430 - 1530 DND School 1900 - 2000 Public 2000 - 2100 Adult	SATURDAY:	1900 - 2000 Public 2000 - 2100 Adult
		SUNDAY:	1400 - 1600 Public

Swimmers with long hair are recommended to buy their own bathing caps as the wearing of bathing caps will be strictly enforced.

Anyone interested in joining the Adult swimming classes or the Bronze Class, contact either the Rec Centre, Loc. 268, or Mrs. J. Smith, 2625

Any person or group wanting to use the pool during any other time must have a qualified lifeguard on duty. Lifeguards can be reached at these numbers:

Mrs. J. Smith 2625
Miss B. Smith 2625
Mr. F. Ehrler 2232

There are many activities at CFS Alask. The following list of contacts may assist you in choosing an activity for yourself or your family:

SCOUTS	Wayne Hornsby, Loc. 235 or 2388
GUIDES	Daphne Dael, 2383
BROWNIES	Daphne Coombs, 2672
BEAVERS	Marge Gordon, 2630
CUBS	Frank Truman, Loc. 245 or 2647
TEEN TOWN	Gerry Ehrler, Loc. 240 or 2232
PRE-TEEN BOWLING	Barry Moland, Loc. 211 or 2658
T-BALL (Summer)	MQ Council Mayor
SUMMER PLAYGROUND	MQ Council Mayor
FIGURE SKATING	MQ Council Mayor
HOCKEY	Carson Woodman, Loc. 203 or 2342
SWIMMING	Rec Staff, Loc. 268
CURLING	Rec Staff, Loc. 268
BADMINTON	Rec Staff, Loc. 268
BOWLING	Mike Newell, Loc. 218 or 2231
JUDO	Rec Staff, Loc. 268
BOXING	Rec Staff, Loc. 268
ARCHERY	Wayne Hornsby, Loc. 235 or 2388
SCUBA	Rec Staff, Loc. 268
SKIING, Alpine or Nordic	Rec Staff, Loc. 268
GOLF	Gerry Swirsky, Loc. 211
TENNIS	Rec Staff, Loc. 268
SKEET	Sandy Cochrane, Loc. 255 or 2659
SADDLE CLUB	Darrell Levitt, Loc. 231 or 2607
JOGGING	Rec Staff, Loc. 268
GYMNASTICS	Wayne Anderson, Loc. 235 or 2382
SOFTBALL	Hilbert Kovitch, Loc. 217 or 2384
CERAMICS	Sheryl Cote, 2368
WOOD HOBBY	Bob Cote, Loc. 223 or 2368
WEIGHT TRAINING	Rec Staff, Loc. 268
PADDLE BALL	Rec Staff, Loc. 268
VOLLEYBALL	Rec Staff, Loc. 268
FLOOR HOCKEY	Rec Staff, Loc. 268

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 - Sgt. B.A. Moland 211
 Member - Capt. J.F. Shackleton CADO 202



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:

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 conducts Sunday services and visits the Station alternate Tuesdays. Call 463-2317 Kindersley or Loc. 264.
 Padre Al Stenson from CFB Penhold will visit the Station from time to time. Call Loc. 397 Penhold.
 Baby Sitting Service: Baby sitting is available during Sunday service. Call Sandi Petitpas at 2602 for information.

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
CBRT 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

CAFEX: 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.

LIBRARY: Mon, Wed, Fri evenings
 7:00 - 9:00 p.m. Located at
 school. Use SE corner door.
 Librarian - Shirley Newell

SNACK BAR: Mon-Thurs 4:30 - 10:00
 Friday 4:30 - 12:00
 Saturday 12:00 - 12:00
 Sunday 12:00 - 10:00

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

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	Elena Thomas	(13)	*	2656
Gloria Moskowac	(17)	*	2608	Karen Wilke	(14)	*	2296
Tracey Motion	(16)		2243	Brad Thomas	(15)	*	2656
Darrell Christman	(17)	*	2386	Barb Burk	(16)	*	2252
Martin Christman	(15)	*	2386	Debbie Munro	(16)	*	2396
Mandy Mathews	(16)		2361	Sandy Dooley	(15)		2686
Sinda Adams	(14)	*	2346	Butch Woodman	(15)		2342

SERVICES AND BUSINESSES

TRUCKWAY DISTRIBUTORS: Call Al
or Jean Smith at 2625 or stop
in at PMQ 98.

AVON REPS: Base - Shirley Newell
call 2231. Town: Marge Horton -
call 2235.

BABY CLINIC: 2nd Thursday of each
month. Phone Kay Langille - 2317

BARBER SHOP: Frank Truman 2647
and Jocelyn Dore 257/206. Wed.
and Thur. 6-9p.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.-Fri. 9:00 a.m. -
5:00 p.m. Sat. 9:00 a.m. -
3:00 p.m. Closed Noon to 1:00 p.m.

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

REGAL PRODUCTS: Anyone interested
in ordering supplies through Regal
or in looking at the Regal Catalogue
can contact Stella Doody at 2232 or
at MQ 34.

ROYAL BANK: Call 2213
Mon., Tues., Wed., & Fri.:
10:00 a.m. - Noon
1:00 p.m. - 3:00 p.m.
Thurs.: 10:00 a.m. - Noon
1:00 p.m. - 5:00 p.m.

ALASKA 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
Dean Stroud - 2696. Base delivery,
call Mike & Chris Dolan at 2218, or
Richard Gordon at 2630. Please -
advise if you are going to be away.

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

VANDA BEAUTY COUNSELLOR: For info
on home demonstration of make-up,
beauty aids, etc., call Fern Wilke
at 2296.

PONTIAC, BUICK GMC: Keller & Cameron
Ltd of Kindersley invites interested
persons to see their new 1980 Pontiac,
Buick & GMC trucks now in their show-
room. 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. in Kindersley.

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.

GIRL GUIDES OF CANADA: Brownies: Call Daphne Coombs at 2672; Guides: Call Daphne Dael at 2383; Pathfinders: Call Virginia Schaefer at 403 676-2121.

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

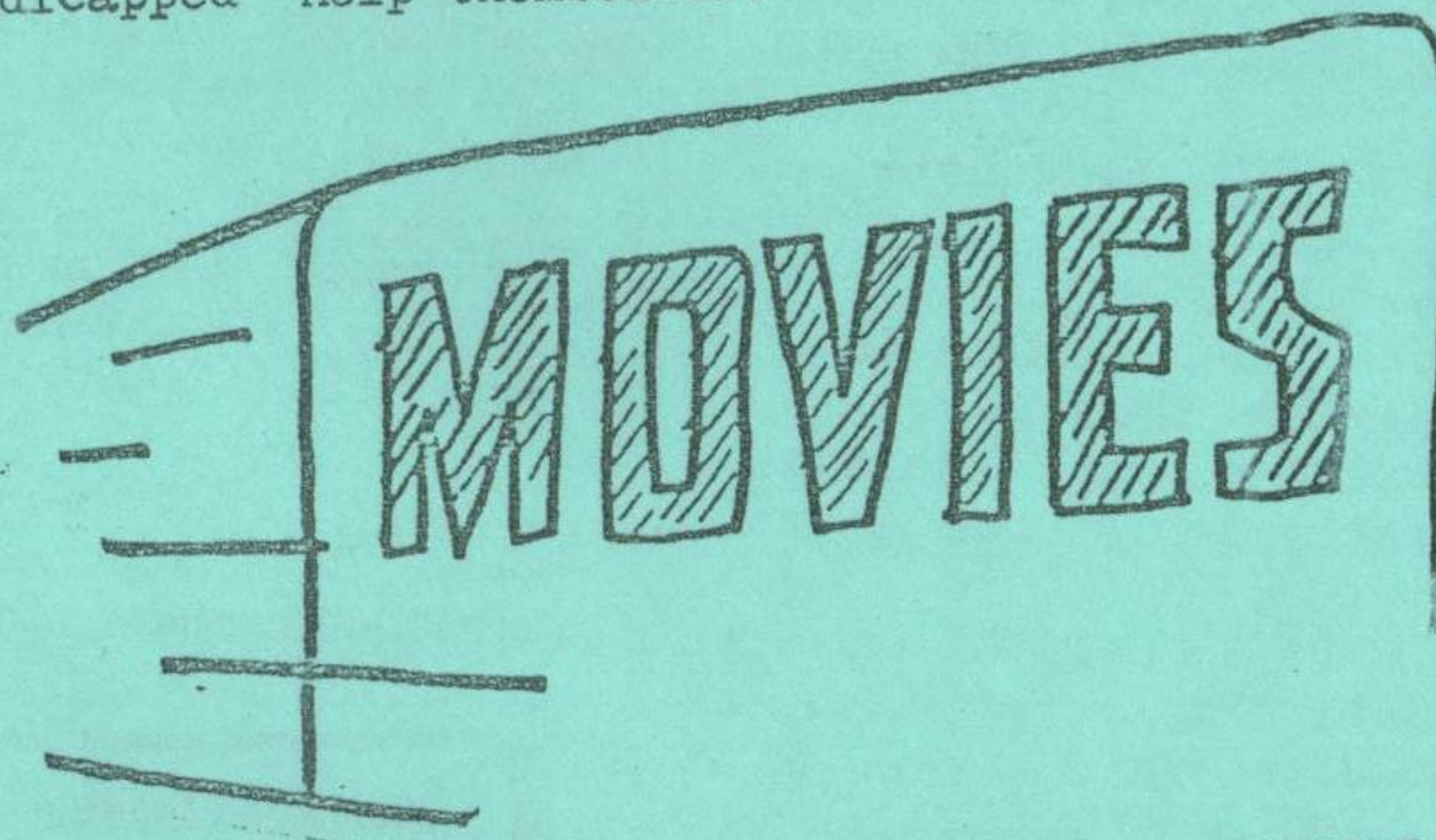
TOPS (Take Off Pounds Sensibly): Meeting 7:30 p.m. Mondays at the United Church, Alsask.

WEST CENTRAL FARM for handicapped persons in Kindersley collects newsprint type paper that they sort, bundle and sell to insulation firms. From this and other projects they are able to support themselves. You can help them in this project by collecting and depositing your papers in the small green trailer that is parked in the vacant lot beside Kellys' Food Centre from time to time. Help the handicapped help themselves.

24.
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 information call Harry Pyttlik at 2270 or Wayne Hornsby at 2388.



FRIDAY EVENING

Sept. 28 - BUCK ROGERS IN THE 25TH CENTURY starring Gil Gerard & Henry Silva Science Fiction Rated PG

Oct. 5 - DOUBLE FEATURE - DOG DAY AFTERNOON starring Al Pacino & John Cazale Drama Rated R
PLUS WALK PROUD starring Bobby Benson Drama Rated PG

Oct. 12 - DOUBLE FEATURE - BRINKS JOB starring Peter Falk & Peter Boyle Crime-Drama Rated PG
PLUS BAD NEWS BEARS GO TO JAPAN starring Tony Curtis & Erin Blunt

SATURDAY MATINEE

Sept. 29 - RAILWAY CHILDREN starring Dinah Sheridan & Bernard Cribbins Rated G

Oct. 6 - MR. MAGOO/MA. OF MYSTERY All Star Cast Rated G

Oct. 13 - BAD NEWS BEARS GO TO JAPAN starring Tony Curtis & Erin Blunt Comedy Rated Adult

ADVERTISEMENTS

Advertisements are to be submitted in writing along with the number of times you wish them to run, to a maximum of three times. If your ad gets results, please call Bonnie Cochrane at 2659 to have it discontinued. The Humbleweed staff is not responsible for errors in advertising.

FOR SALE

- Suitcase type folding (camping/picnic) table with 4 attached seats. \$40.00
 - Chrome kitchen chair - white 3.00
 - Mono record player 10.00
 - 5 Ladies dresses - sizes 10-12, ea. 5.00
 - Snowmobile suit - girls size 10 10.00
 - Girls cloth coat - size 12 5.00
 - 2 pr. girls jeans - size 12 ea. 2.00
 - 2 sweaters - sizes 12 & 14 ea. 3.00
 - Blouses - size 12 .50 -2.00
 - Skirts - size 10 1.00 -3.00
 - Ladies pantsuit - size 12 3.00
 - Ladies patent sandals (new) size 5 2.00
 - 2 sundresses - girls - 10 & 12 ea. 2.00
 - Girls Maxi dress (as new) size 10 8.00
 - Girls pantsuit (as new) size 12 8.00
- Call Ann Munro - 2396 MQ 49. (2)

WICON 200 Smoke/Fire alarm system. Features economical 9-Volt battery; low battery warning; flashing power "ON" light; dual ionization chambers; advanced solid state circuitry; supervised sensing semiconductor; test button; loud 85 decibel alarm; automatic reset; easy installation, no wires; 2 year warranty. These units cost \$15.00 each and must be prepaid. Anyone wanting to purchase one or more of these detectors can contact Max or Dave at Loc. 205. (1)

- Crib - white- good mattress \$30
 - Baby swing to put on a swing set \$4.00
 - Twin dryer. Torcan \$10.00
- Also selling some toys.
- Fisher price Activity Centre \$6.00
 - Stove, stove and sink set \$30.00
 - Minnie the Pooh Crib toys \$2.00
- and an assortment of others
Call 2271 or see at PMQ 16 (2)

FOR SALE

1963 Pontiac - 6 cylinder (standard) Great second car. call Bob Cote at 223/2368. (2)

Wanted to buy: Refrigerator, Dest, Shelves or Stand for sound equipment. Call 2633.(2)

1974 AMC Hornet Sportabout, V8 304, newly reconditioned transmission, PS, Pullman seats, New Battery, Good condition. Call 2205. (1)

1 39" bed complete with Box spring/mattress. Good condition. 1 - Gold Rug 6' X 9'. For more info call Capt. J.F. Shackleton Loc. 202 or 2641, or MQ #4.(1)

1964 Dodge S.B. 1/2 ton with homemade canopy. Slant-6 in running condition. Body good. \$175.00

1963 Dodge Car. 318 cu. in. V8 standard. Suitable for parts. Engine and trans. Good, with new clutch. \$100. will sell both for \$250.00
Call 2388 (1)



FOR THE LITTLE ONES!

26.

