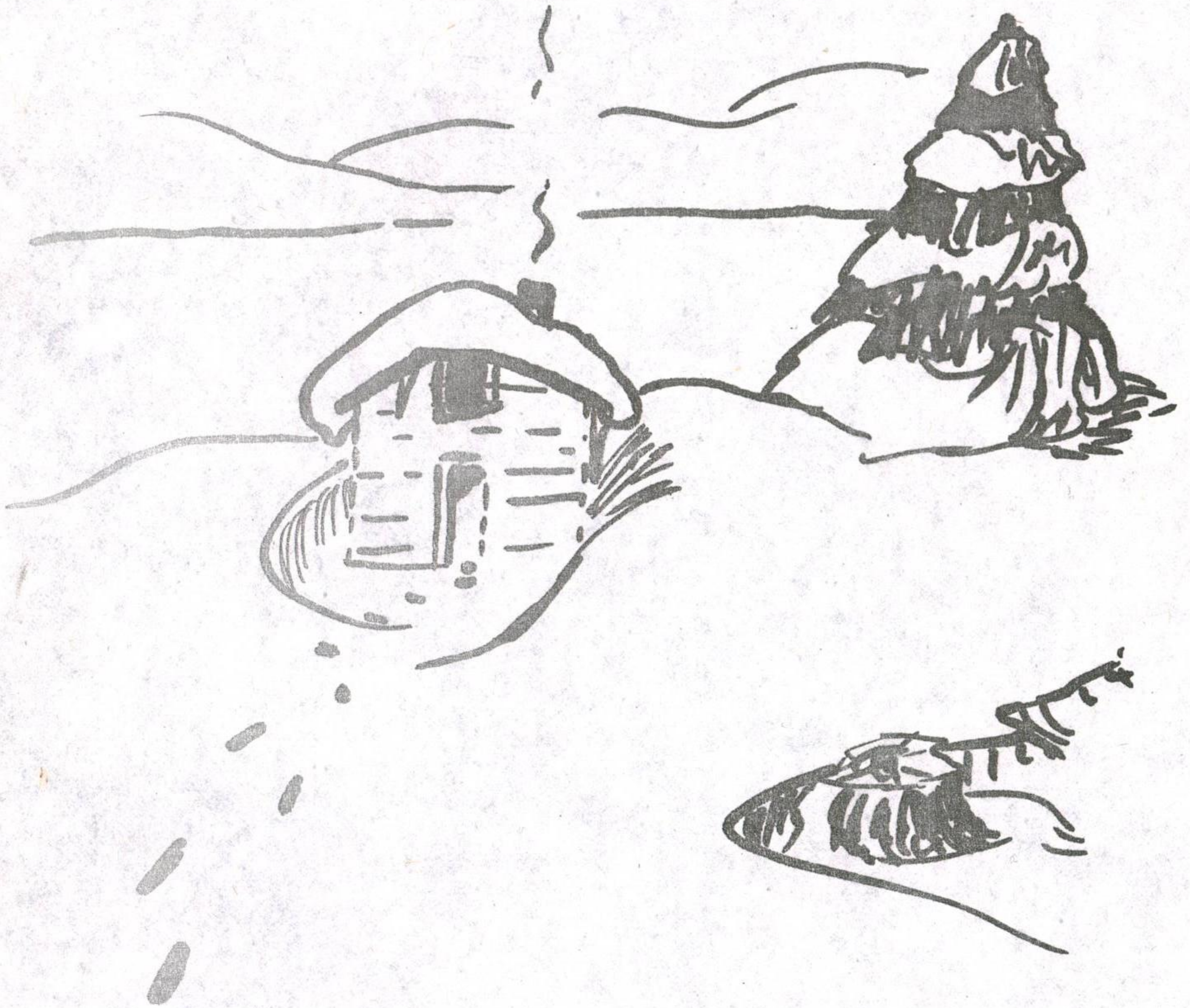


4 Dec 79.

THE TUMBLEWEED



Doug McClain

THE TUMBLEWEED

CFS ALSASK

Dec. 4, 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 Station Orderly Room in the Tumbleweed basket.

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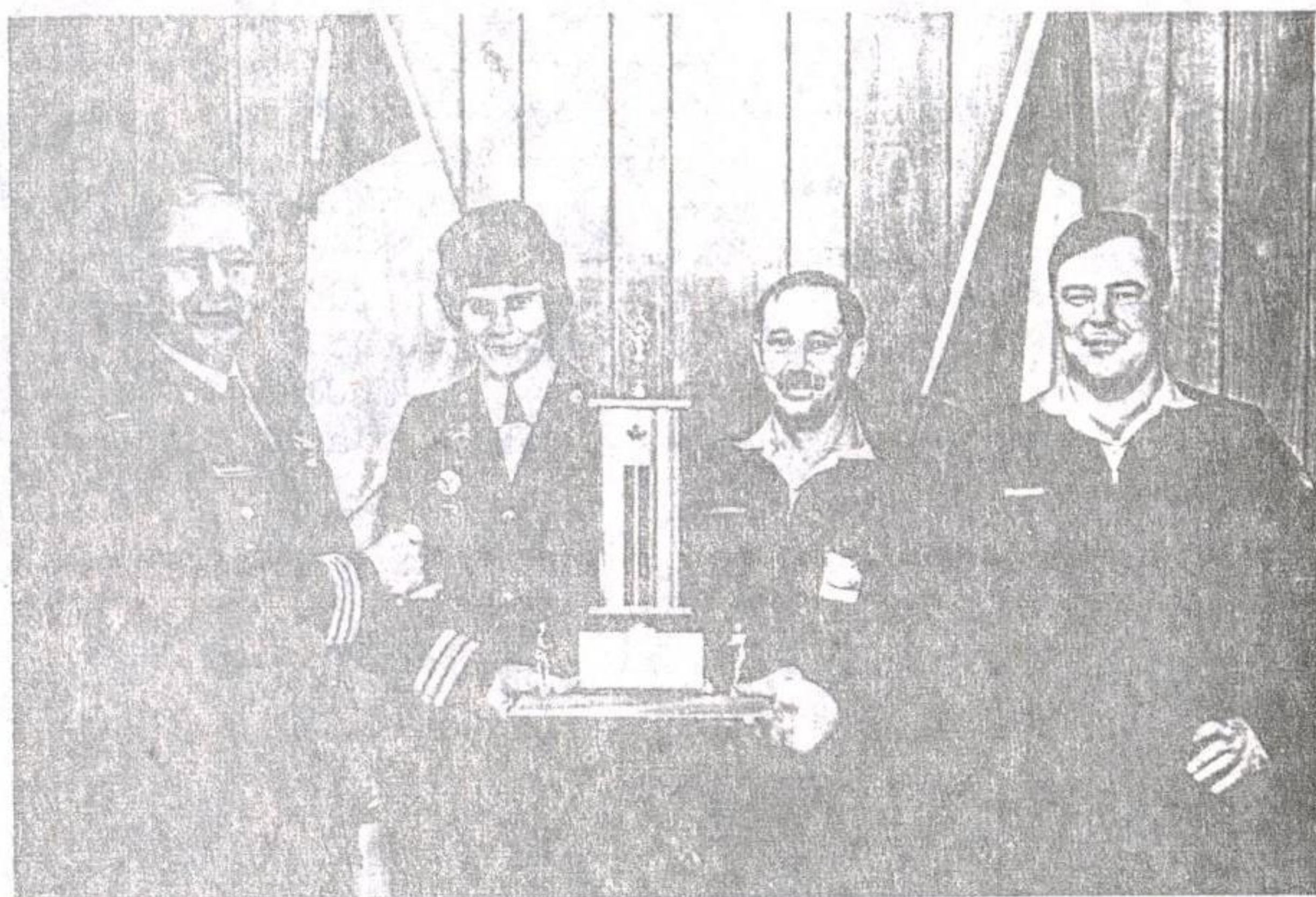
Deadline for next issue - Dec. 18, 1979

2.

LOCAL NEWS



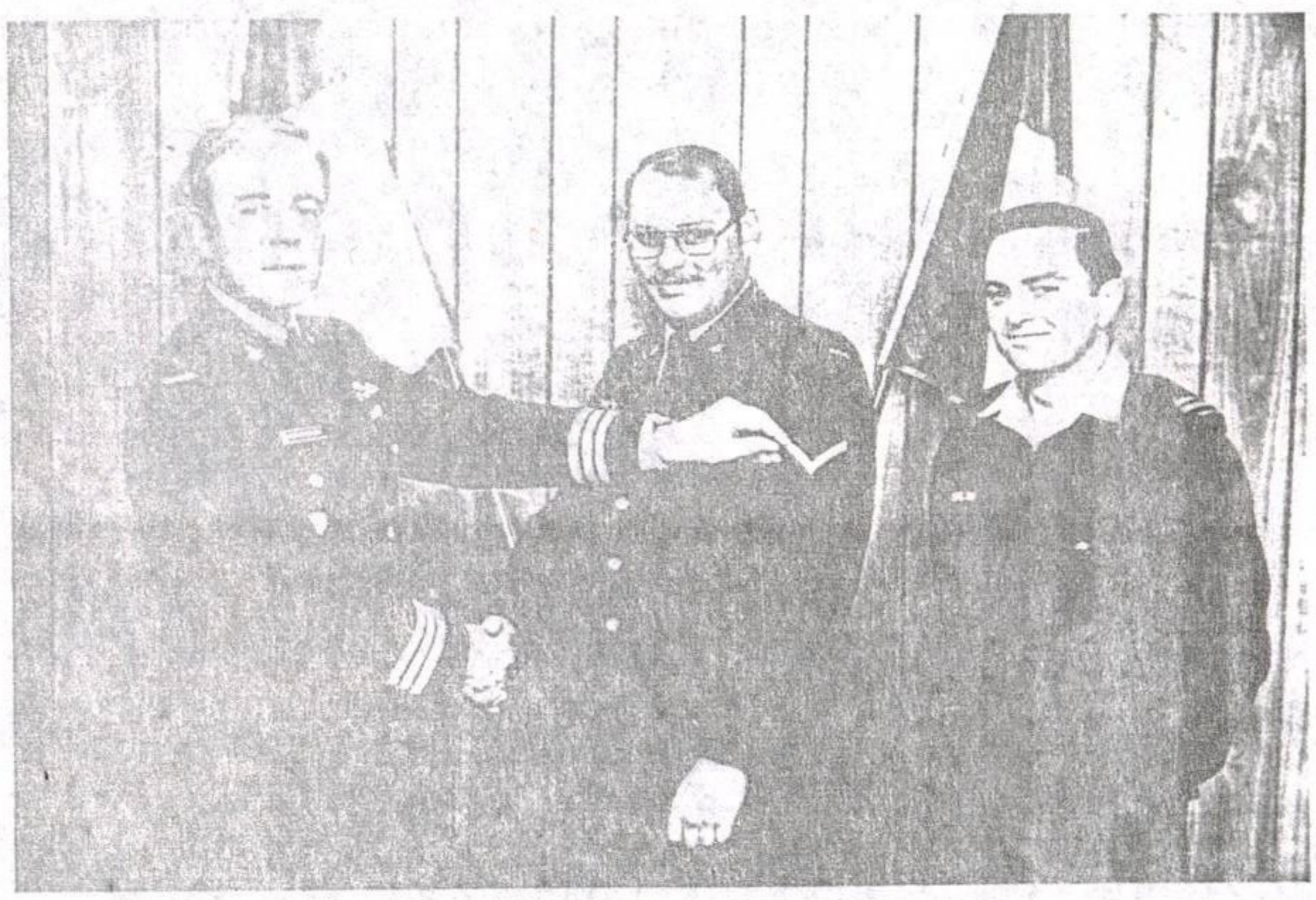
The Commanding Officer presents the PERI staff, Sgt. Reti and Cpl. Dael, with the Section Fitness Award.



The MIR staff, Capt. Threinen, Sgt. Woodman and MCpl. Brandner, receiving the Branch Fitness Award from LCol. Novakowski.



LCol. Novakowski presents MCpl. Mathews with the clasp to CD. Lt. Low observes.



The Commanding Officer presents Pte. Behnke with his first hook. Capt. Welton looks on.



A MESSAGE FROM THE MASTER GOPHER

by LCol L.E. Novakowski

As the year draws closer to an end I find myself giving more thought to what my priorities should be next year. The thought of beginning a new decade tends to fill one with great purpose, however I think I've been successful in tempering this great purpose with a practical perspective. It's clear that next year's budget and resources will have limitations just like they've had in past years.

My priorities and efforts towards operational commitments, quality of life and community relations will not change. These are the basic ingredients for us to successfully do our job, and we could not change this list even if we had more money or more people. I therefore intend to give more attention to "how we do things". I know there are many areas in which we can do better by applying ourselves better. To put it bluntly I'm going to come down hard on such things as long coffee breaks, goofing off, careless workmanship and slow movers. I want 1980 to be a year in which we can take special pride in our work and the products of our work. To use an old adage with some modification, "let us have the patience and courage to put up with the things we can't change, the pride and ambition to improve the things we can, and the common sense to do what is best."

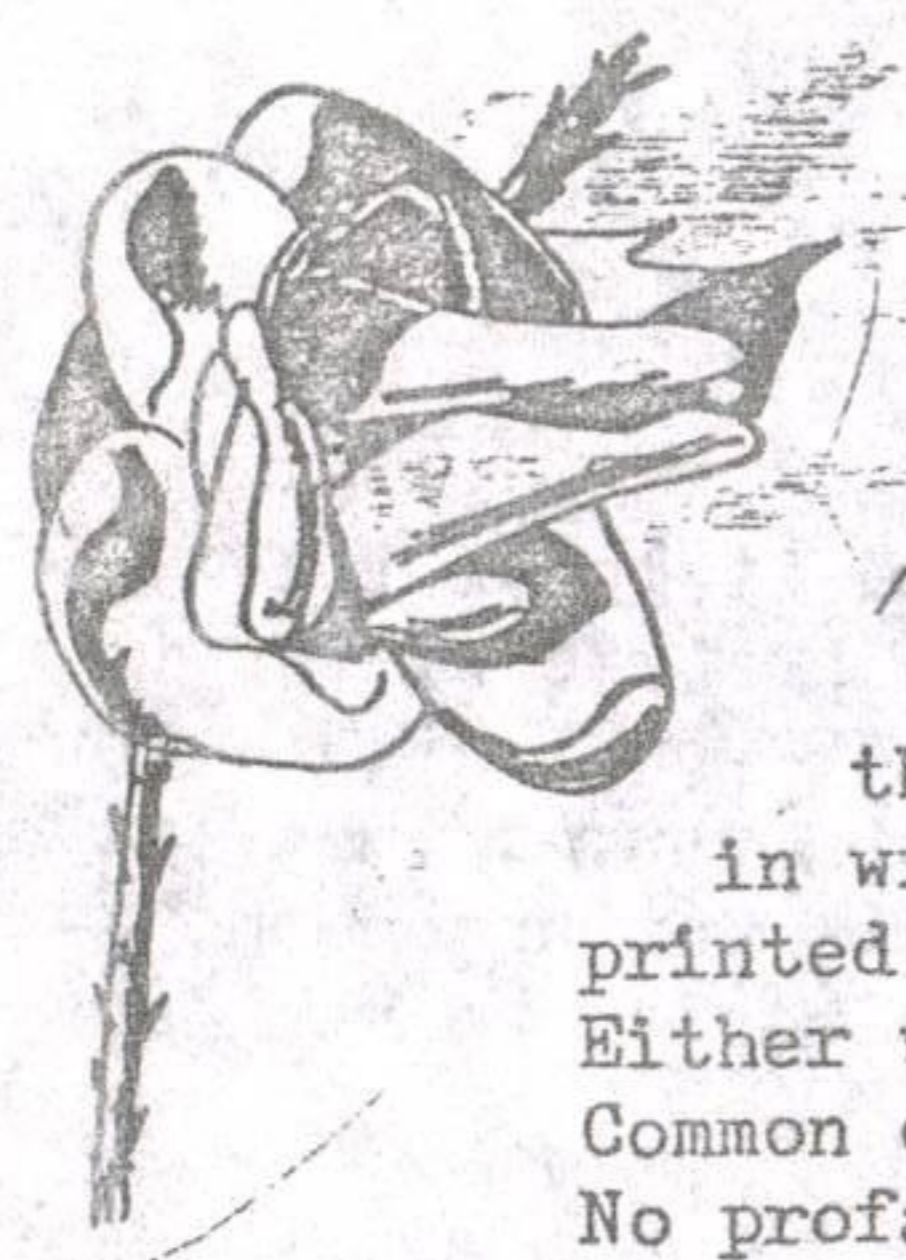
Camp Wainwright

1940 1980



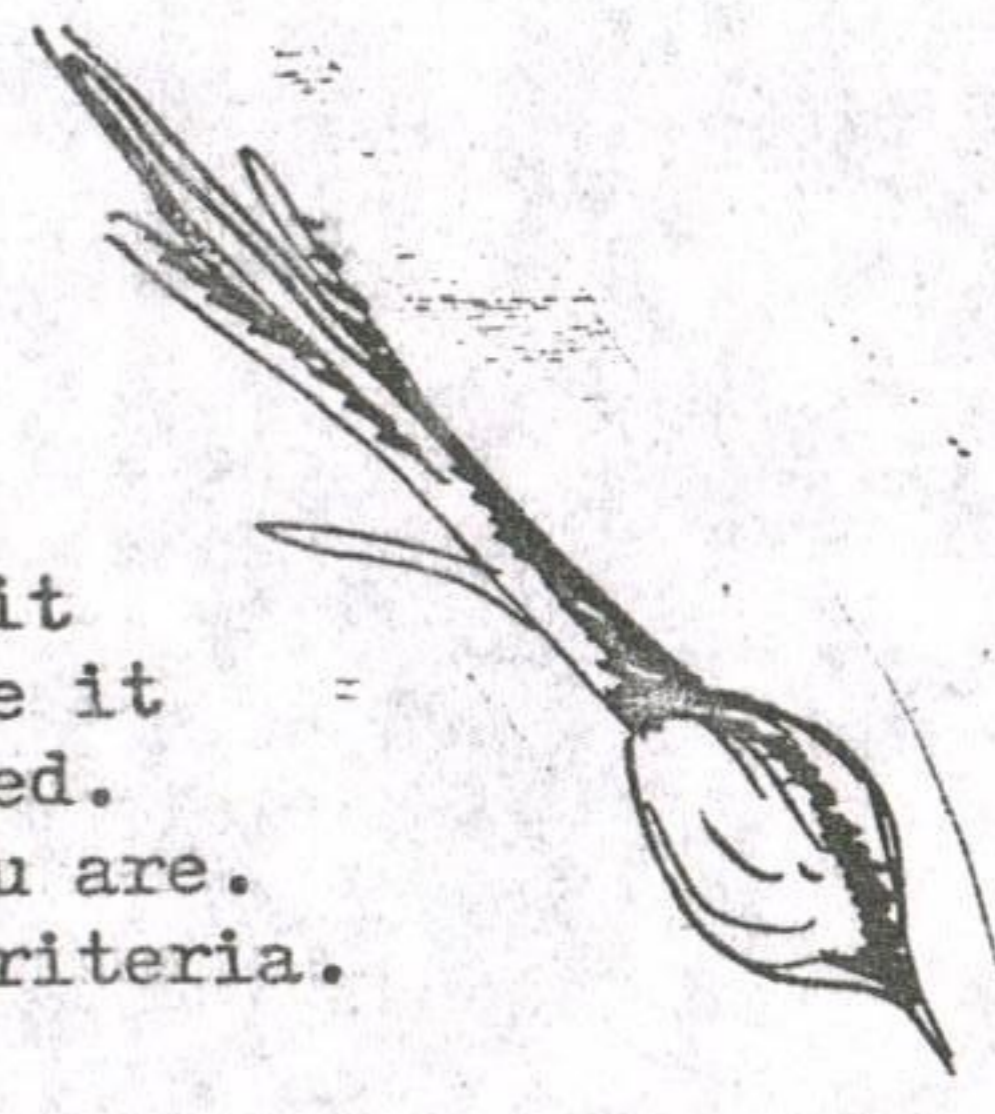
A photographic historical record of Camp Wainwright is being assembled as part of Alberta's 75th Anniversary. There are serious gaps in the material. We would ask that anyone who has served or trained at Camp Wainwright between 1940 to the present, donate photos to this project (they will be mounted into a series of large books) indicating date/time/place/unit/type of training/activity. In the event that the owner of the material wishes to loan material, Camp Wainwright will reproduce the material and return same. All communications should be addressed to:

Commanding Officer
Camp Wainwright
Denwood, Alberta
TOB 1B0



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!

"Many thanks to the community of C.F.S. Alsask and the village of Alsask for the friendly hospitality shown me on my recent stay with my daughter Gwen and husband Wayne Hornsby and family."

Mr. Len Warner,
Melville, Sask.

"A bouquet of roses to Mrs. Thomas, Mrs. Savidant and Mrs. Truman for the lovely baby shower they organized for Marie Cheryl. I also want to thank all the ladies who attended the shower. Thank-you that was really thoughtful from all of you."

Mr. & Mrs. Philibert.

"A house full of roses to Cpl. & Mrs. Dael, the M.I.R. staff and Transport who assisted Douglas Reti on Friday 23 November, after he had severely injured his knee at school."

Harvey Reti.

"Onions to people who don't leave their names when calling the Guardhouse. They should let the Commissionaire know who is calling so he can pass on the message to the party concerned if that said party is not present at that time."

"A bouquet of roses to those from C.E. who remember to take off their wet or muddy boots before walking across my living room rug; a bag of onions to those who don't."

6.

RAMBLINGS OF GORDON

The first fall of snow has finally arrived, and it looks like it's going to stay until at least the end of March. The prairie winter is a cold, desolate, demoralising time of year. For those of you that are new here, and have never experienced the season of snow, rest assured that it will get a lot colder than it is now. 40 degrees below is not uncommon. (That's Celsius or Farenheit; when it's that cold, who cares?) We will get more snow, and more snow, and more snow!

It is, however, a dry cold; that is to say, it doesn't get bone-chilling, like coastal winters. Normally people sit in their houses and try to hibernate, venturing out only when necessary; like when the food supply runs low or having to make a guest appearance at work! Other than that it's back to the house and away from Old Man Winter.

This need not be so. All types of recreation and sports abound when the frost is on the pumpkin. It's a healthy and fun time of the year. So come on out and don't wait for an excuse. Take the kids tobogganing and have a few turns yourself. I enjoy it and the kids love to see Dad fall off the sled.

Dress up warm and take your dog for a walk all around the perimeter of the base. You would be surprised at what you might see. A jack rabbit may give your dog some extra exercise. (My dog can't get within 100 meters of one but he has fun trying.) Snowy owls are all over the place and just the sight of one of these silent hunters can make the walk worth while.

Perhaps cross country skiing appeals to you. If you haven't tried it, then get a pair from the Rec Center and have a bash at it. Once you get the hang of it, it's a lot of fun, and goodness knows there's lots of country to cross and ski on.

Snowshoeing is good exercise and fun also; a little hard to master at first but there's all kinds of entertainment to be had just by getting out and moving around.

Get a group together and challenge the kids in the area to a game of broomball. Hopefully we'll have ice on the rink by then.

There are, as always, hazards to any kind of outing of this type. Be careful not to exhaust yourself. Don't go to far away and then not be able to make it back. Excessive running in cold weather can freeze your lungs. Dress warm, relax and have a lot of fun. Enjoy winter; rosy cheeks and a healthy attitude can make this the most enjoyable time of the year!

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HELP WANTED: The Tumbleweed is in need of more help. Specifically, we need at least one qualified typist and two or three people to train as printers. Also, we could use some more help in Assembly & Distribution. If you feel like getting involved, call Sandy Cochrane at Loc. 233 or Bonnie Cochrane at 2659.

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Hear Ye
Hear Ye

BABY CLINIC

Anyone having appointments for baby clinic on December 13th, please phone Kay Langille the day before. I should know whether or not there'll be a clinic this month. This is due to the strike of the Saskatchewan Government Employees Association.

CFS ALSASK PROTESTANT CHAPEL

Commencing Dec. 23, the hour for our Sunday Service will be changed to 7:00 p.m. from 7:30 p.m. I hope this may be more convenient for the people of our community.

Sunday Service - Dec. 23 - Sunday School Children will take part. Parents and all other interested persons are invited to attend.

Sunday Service - Dec. 24 - Christmas Eve Service at 9:00 p.m.

CFS ALSASK SUNDAY SCHOOL

The Sunday School will put on their Christmas Pageant on Dec. 16th. It will be held at the Parish Hall at 1:30 p.m. Everyone is welcome to attend. There may even be a surprise visitor. The usual Sunday School Class will be cancelled that morning and through the Christmas holidays until school begins in the New Year.

CFS ALSASK CHAPEL GUILD

The next meeting of the Ladies Guild will be held Dec. 10th. This will be our Christmas Party. Any members who missed our last meeting may call me for more information. Sandi Petitpas at 2602.

CFS ALSASK PROTESTANT CHAPEL

A Bible Study program has been organized and will commence on January 8th, 1980. The gatherings will be held at the Chapel Office at 7:00 p.m. These study sessions will be held once a month. If you have been looking for an opportunity to become more familiar with the Bible, these studies are just what you have been looking for.

PLASTIC COVERING FOR MQ WINDOWS

A suggestion had been received by the CE Section to install plastic coverings over MQ windows. It is understood that most MQ windows are drafty especially those windows located on the windward side of PMQs. This suggestion has been investigated and has merit. However, the CE Section does not have the manpower or materials to do all windows in all PMQs.

Therefore this task will be accepted by the CE Section on a customer request "YOU DO IT" basis and should be limited to those windows on the windward side (north-northwest). If you desire materials with which to complete this task, phone the CE Section work receptionist at local 242. For those MQ wives whose husbands are on TD away from Alsask for a considerable length of time and cannot complete this task themselves, the CE Section will endeavour to complete this task for them. Please indicate so at the time of request.

It must be realized by all that to prevent the Tumbleweed Park from a degraded appearance, a reasonable good quality workmanship is required in this endeavour.

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ROMAN CATHOLIC CHAPEL CHRISTMAS EVE SERVICE - 7:00 p.m. DECEMBER 24th, 1979.

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The Acadia Hutterite Colony will be killing fryers in early December. They will cost 90 cents per pound and weigh approximately 5 pounds each. All are Government inspected. I have ordered 300 total, so order now! "First come, First served!" Call WO Ward-2653 or loc. 249.

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NEW YEAR'S EVE ALL RANKS DANCE

DRESS: Semi-Formal - Gentlemen - Jacket & Tie/Turtleneck
Ladies - Suitable Attire

SCHEDULE: 7:00 p.m. - 7:30 p.m. Cocktails
7:30 p.m. - 9:00 p.m. Dinner
9:00 p.m. - 2:00 a.m. Dancing

BANDS: WO & Sgts Mess - "The New Scarlet Image" (same as last year)
Jr. Ranks Mess - "Sahara" (middle of the road band)

TICKET PRICES: Regular & Associate Mess Members - \$12.50 per person
Guests of Regular & Associate Mess Members - \$15.00 per person

TICKET SALES SCHEDULE: Regular Members - 1 Nov - 31 Dec
Associate Members - 25 Nov - 31 Dec

TICKET SELLERS: Officers' Mess - Capt. Shackleton, Loc. 202
WO & Sgts Mess - Sgt. MacIntosh, Loc. 217
Jr. Ranks Mess - Cpl. Gagne, Loc. 235

SEATING: Mess ticket sellers will provide a seating plan. You may reserve a seat(s) in any mess. You may wander from one mess to another. When going from mess to mess, please do not occupy someone else's seat who may be up dancing, etc.

TRANSPORTATION: For those who require a ride home, transportation will be available to Station and Town of Alsask residents.

"GET YOUR PARTY TOGETHER AND RESERVE YOUR SEATS EARLY"

CANADIAN FORCES



EXCHANGE SYSTEM

ECONOMATS DES

FORCES CANADIENNES

NOTICE
STATION EXCHANGE
STARTING SAT.
DEC. 8, NEW HOURS
FOR SATURDAYS ONLY
DURING DEC.

9:00 — 5:30

NORMAL HOURS

ON DEC. 29



GIFT IDEAS

- | | |
|---------------------------------------|--------------------------------------|
| MACRAME KITS | TOASTER COVERS |
| RUG KITS | APRONS |
| KODAK COLORBURST 50 | T TOWELS |
| KODAK COLORBURST 300 | HOCKEY HELMETS |
| KODAK EKTRALITE 10 | ASST BAR SETS |
| KODAK EKTRA 1 | ICE BUCKETS |
| RICOH KR5 35m CAMERA | TRAVEL BAR SETS |
| SLIK TRIPOD | MAKE UP MIRROR |
| BLACK & DECKER DELUXE WORK BENCH | RECORDS & TAPES |
| FORNIER STANDS | CORELLE LIVINGWARE SETS |
| BUXTON WALLETS & JEWEL CASES | STEAK KNIFE SETS |
| PAPER MATE PEN SETS | BROTHERS 520 FREE ARM SEWING MACHINE |
| ALSASK SPOONS | |
| STERLING SILVER & GOLD FILLED LOCKETS | BATH TOWELS ASST |
| ZODIAC PENDANTS | RED & WHITE WINE SETS |
| ASST STERLING SILVER CROSSES | SPANISH COFFEE GLASSES |
| ASST CHARMS | WINE GLASSES |
| FRONTIER 31 DAY CLOCKS | 20" SANYO COLOR TV |
| COPPER PLAQUES ASST | TAPE CASES 8TRACK & CASSETTE |
| CLOCK RADIOS ASST | BLUE MOUNTAIN POTTERY |

WE STILL HAVE MANY SPECIALS FROM OUR PRE CHRISTMAS SALE

GROCERY STORE

NOW IN STOCK

26 oz COKE 49^d

- CHRISTMAS NUTS
- CITRON PEEL

- GLAZED CHERRYS
- CUT MIXED PEEL



SPARKY SEZ

Well, here it is only three (3) weeks to Christmas and everyone will be looking for Christmas trees unless you have an imitation one.

If you have an imitation tree, is it Fire Retardant? Here is how you can test for fire retardancy. Take a needle off one of the branches, hold a match to it. When it starts to burn, take the match away and if it goes out, it's okay. If it continues to burn, it is NOT fire retardant.

If you are planning on buying a real tree, look for these points and a few tips on fire safety at Christmas.

1. Don't buy a tree with shedding needles.
2. Cut off one inch from the trunk, keep the tree in water in a non tip stand away from exits and sources of heat.
3. Don't use real candles on the tree.

Lighting Safety

1. Lighting sets must be labelled by a testing laboratory.
2. Replace worn sets.
3. Don't overload extension cords. Protect wires from injury. Don't run wires under rugs.
4. Outdoors - use only lighting specifically made for outdoor use.
5. Don't burn real candles in the windows.
6. Unplug all lighting before you go to bed or leave the house.

Recently it was brought to our attention that there could be a fire/safety hazard when using your dryer at home. Some items that could cause this problem are toys with foam rubber or plastic material, rubs with rubber backing, rubber boots, items that have been treated with gas, solvent, wax or oil.

For further information your washer/dryer booklet has a one (1) page article on the things to look for. That's about all for now, so have a fire safe December and

LEARN NOT TO BURN.

PLAY IT SAFE - by John Boy

Hi again! This issue I'd like to say a few words about a subject that is (or at least should be) very close to our hearts - Safety at Home!

A few weeks ago I was on a safety course and during one of the discussions a terrifying fact was brought to my attention - the fact that for every single accident that occurs on the job, FOUR accidents occur in the home!

Think about it for a moment. Frightening isn't it?!

Why is it so? Good question. I don't have the definitive answer, but I'd like to express a few reasons which are obvious to me as a result of the training I've had. Here they are:

1. Lack of Supervision: Generally, when working around the house, people are not supervised, so they take risks that a supervisor would not let them take. Bad news! everyone has to "Think Safety" at home as well as when away from home.
2. Lack of Protection: Many household tasks (and hobbies) require some kind of protection such as goggles or gloves which we don't always have at home; but we press on without this protection and often pay dearly for our folly. I'm sure that neighbours and friends would gladly lend us their equipment for a short time if they are asked (and are not using it themselves) - after all they are our neighbours and friends.
3. Not Reading and Heeding Instructions: I'm sure that every one of us (including me) is guilty of this offence. How many times have we bought a new "toy" (e.g. a router) and started "playing" with it before having read and understood the instructions and safety precautions? For heaven's (and safety's) sake don't abide by the old "When all else fails read the instructions" rule! Read the instructions first, because later may be too late!
4. Rushing the work: Remember "Haste makes waste"? It could be all too true if we try to work too fast - we may never finish the job if we hurt ourselves by hurrying and disregarding safety precautions. And how ironic if we are engaged in our favourite pastime and seriously injure ourselves because we were hurrying to finish what we were doing!

This is by no means an exhaustive list of the factors which can contribute to injuries around the house, merely a few general ideas I have seen in action or heard about. Can you think of any others? How many apply to YOU AND YOUR loved ones?



TOTEM TALK

Hello again from your freindly Military Police Section. As Christmas draws nearer, according to our pocket book, you have probably noticed that the parties in the sections and homes are on the increase. Because of this, our theme for this issue is, IMPAIRED DRIVING. I'm not going to quote the Criminal Code of Canada or the don'ts, however I would like you to read this poem and THINK about it.

NOBODY'S BUSINESS

It's nobody's business what I drink;
 I care not what my neighbors think
 Or how many laws they choose to pass;
 I'll tell the world I'll have my glass.
 Here's one man's freedom cannot be curbed.
 My right to drink is undisturbed.

So he drank in spite of law or man,
 Then got into his old tin can,
 Stepped on the gas and let it go
 Down the highway to and fro.
 He took the curves at fifty miles
 With bleary eyes and drunken smiles.

Not long till a car he tried to pass
 There was a crash, a scream, and breaking
 glass.

The other car was upside down,
 About two miles from the nearest town
 The man was clear but his wife was caught
 And she needed the help of that drunken sot
 Who sat in a maudlin, drunken daze
 And heard the screams and saw the blaze,
 But was too far gone to save a life
 By helping the car from off the wife.

The car was burned, and the mother died,
 While a husband wept and the baby cried.
 And a drunk sat by and still some think
 It's nobody's business what they drink.

Don't think that an accident can't happen to you between the club and your home, as I have seen very serious accidents happen within 100 yards from where a drunk got in his car.

It has been brought to our attention that some of the children from this area have been climbing into the 25 yard range, located on the golf course, and using this as there tobogganing hill. There has been one incident where a child could have been seriously injured. Please advise your children that the range is out of bounds.

At this time I would like to thank all the people who have donated to the Military Police Fund for Blind Children. With your help, CFS Alsask donated a total of \$261.35 for the year ending Nov.79. A special big THANK-YOU to Mr. Pat Aasen who donated \$25.00 and to the Messes who have donated \$57.35 through the Blind Fund penny jars. Thank-you.

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CFS ALSASK LADIES GUILD

Well, what can I say but we did it - we had the most successful bazaar ever. Our proceeds exceeded \$800.00. Thank - you all very much for the tremendous support you all have given us. It is very deeply appreciated by all the members of the Guild. There is a long list of Thank-you's I would like to make at this time.

First of all, to all the Guild members, as few as we are, a very special thanks for all the hard work and support which sure helped to make the Bazaar such a success. To the Guides and Pathfinders, for the fantastic job of serving the Tea. Many people came to me during the Bazaar and commented on how nice it was to see the young ladies doing such a wonderful job. To the Leaders and girls of the Brownies, Guides and Pathfinders, for participating and also in helping us set up on Friday night and working on Saturday. To the Teen Town members, who volunteered their help again this year. Without their great help in the kitchen our Tea could not have been the success it was. To the Rec Centre staff, for all their co- operation and for allowing us to use their facilities again this year.

To the following people who graciously donated things for our door prizes. These people are sure great. I have been helping collect the door prize donation for two years and I know how thoughtful and responsive they are. It sure makes our job easire. Again thank you to the following people for donations and to the lucky winners for supporting us at the Bazaar.

- Marge Horton - Avon - winner, Donna Dansereau.
- Shirley Newell - Avon - winner, Dee Iftinuk.
- Brenda Holmstrom - Tri-Chem - winner, Lyn Brandner.
- Jean Smith - Amway - winner, Scott Woodman.
- Alsask Hotel - Two T-shirts - winner, Melissa Johnson.
- Alsask Cafe - Dinner for Two - winner, Mary Spears.
- Tomboys - Gift Certificate for \$10.00 - winner, Lena Millar.
- Alsask Sundry Shop - Gopher ornament - winner, Janet London.
- Kelly's Food Centre - Candle - winner, Shelley Schaffer.
- Alsask Sew & Save - Needlepoint - winner, Linda Ross.
- Alsask Cut & Curl - Oil treatment, shampoo & set - winner, Edith Johnson.

Country Kitchen Snack Bar - Large Pizza, any comb. - winner, Edith Johnson.
Also, a special thank you to Mr. & Mrs. Pigden for donating all the treat
bags for our Fish Pond.
Fern Wilkie - Vanda - winner, Donnie Moland.

A special thank you to Loreen Wolfe for all the work and blisters
in making the beautiful Macrame Shelf Hanger. This prize was won by Jerry
Ehrler.

To all the people who donated the items for our Food Hamper. It
was valued at approximately \$75.00. I hope Lorraine London enjoys the
hamper as she was the lucky winner.

To all of you who donated baked goods and craft items, thank you.
They were all beautiful and very greatly appreciated. It was your response
that helped us do so well.

To the volunteers who came forward to help us work our tables,
thank you.

A special thank you to some ex-Alsask residents. To Donna
MacNeill from Dana for helping sell tickets and clean up. Thanks, Donna!
Also to Jim MacNeill, who was also around come cleanup. Heather James
from Penhold was a great help at our Fish Pond with the help of Jeri Truman.
To Dan Petitpas for all his patience, running around and hauling, thanks.
To Barry Moland for volunteering his services in setting up and clean up. To
Gord Gagne for the great job on the signs and for helping to set up. To John
Dooley for helping on clean up. We were out of there in record time because
of their help.

I was very deeply touched when we found out the results, and by the
help and response of so many people. Our foster children will be well looked
after.

Just in closing, I would personally like to thank Betty Dooley for
all her help and support in organizing the Bazaar. I couldn't have managed
without her.

If I have overlooked anyone in this long list of thank-you's, I
apologize. It sure isn't intentional.

In closing on behalf of the Guild, we wish you all A VERY MERRY
CHRISTMAS AND A HAPPY NEW YEAR.

THANKS AGAIN!

Sandi Petitpas,
President.

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C.E. SHOP TALK
by The Lone Spark

We have been very fortunate this year in that the weatherman has smiled upon us and we have enjoyed a mild November. Hope December will be as pleasant. However, the following information will probably be of some interest to all our readers over the next few months as at some time or another we all experience condensation to either a greater or lesser degree.

LEAKY ROOFS IN NOV?, DEC?, JAN?, FEB?

Got a leaky roof? leaky window opening? or perhaps its raining down through the ceiling light fixture. Can't understand how come its leaking when it's the middle of winter and we haven't had any rain since last August? the explanation is simple and can be given in one word "CONDENSATION".

The transportable homes in which we live are very thin skinned. Picture if you can a sandwich made of tin cladding nailed on to a 3/8 inch plywood sheet - that's the outside skin. The inside skin is a 1/4 inch thick panelling which has a wood grain finish. Between these two thin skins is a filling composed of 2 x 4 lumber spaced at 16 inch centres. The space between the 2 x 4's is filled with a fibre glass blanket insulation. Now over top of the 2 x 4's and the insulation and directly underneath the 1/4 inch wood panelling is a thin plastic film much like the bags in which we get our bread. This is called the vapour barrier and plays a large part in preventing condensation problems.

Although the walls and roof are relatively thin, they do a remarkable job of keeping the heat in the house. Even with outside temperatures of thirty to forty below zero we can maintain a temperature of seventy to seventy-five inside the house. And therein lies the source of the problem. The warmer the air, the more moisture it can hold.

A considerable number of PMQ occupants have purchased a home humidifier which basically consists of a water reservoir, a capillary type screen and a fan. They do a terrific job of raising the water content in the air but because there are no automatic controls on them, they are liable to saturate the air with too much moisture. That is when your troubles could begin.

How many times a day do you open your fridge door? Perhaps eight or ten times daily and you find that after two or three weeks you have to defrost. The ice build-up on your freezer compartment is caused by the moisture in the air condensing on the cold surface as small water droplets which in turn freeze onto the surface. Assuming that your fridge door is open for fifteen seconds each time you can see that your freezer compartment is exposed to the air circulating in your house for a maximum of two and one half minutes per day. Now lets multiply that time by twenty-one which represents the three weeks between defrostings. We find then that the freezer compartment has been exposed for a total of fifty-two and one half minutes. That's less than one hour and yet

you still have a quarter of an inch build-up of ice on the freezer compartment walls.

So what in heck has my fridge got to do with my leaking roof or walls you say. Well, we're coming to it. The story of the fridge was to illustrate what is happening in your home. We mentioned previously that there was a thin plastic film or vapour barrier on the inside of the walls and ceilings. This is supposed to act like a fridge door which would never be opened. It should keep the moisture laden air inside the house from percolating through to the outside. Unfortunately where ever you have a ceiling fixture or a window or a door, the vapour barrier has been broken. Indeed its possible that you are living in a house which, when being assembled, had a careless workman who allowed the vapour barrier to get torn in several places and didn't care enough to replace it.

Now what happens when the vapour barrier has been broken? That's right, the air infiltrates and tries to get through to the outside. The air is full of moisture and when it gets past the insulation, it hits the outside skin of the house. What happens when it hits the underside of the plywood is exactly what happens when you open your fridge door and let the air strike the freezer compartment. The moisture condenses and freezes on the surface.

Now it's not unusual here on the prairies to get cold snaps lasting for three or four weeks. If you have too much moisture in the house this will continue to condense and freeze on the underside of the roof and walls. If you can build up a quarter inch of frost on your freezer compartment with only fifty-odd minutes of exposure to moisture laden air every three weeks, how much ice will build up inside the walls and ceiling during a cold snap? One heck of a lot. Then the trouble begins. Along comes a Chinook and then the sun beats down on the roof. The radiant heat of the sun during these periods has the same effect as you obtain by putting a pan of warm water in the freezer compartment of your fridge, to hasten the defrosting. The ice melts, soaking through the insulation and eventually drips out where ever it can get past the plastic film. Usually in the area of the windows or down through the ceiling fixture. So you see, your roof isn't leaking, the cause is a combination of a faulty vapour barrier and too high a humidity in the house.

Unfortunately there is no way to ensure that the vapour barrier is impenetrable. The way to tackle the problem then is to ensure that the humidity within the house does not get too high. Cold, outdoor winter air is able to contain very little water vapour. The warmer the air gets, however, the more it can hold. Consequently, as winter air filters into a house and is heated, it's "relative humidity" (that is, the amount of moisture it contains relative to what it could contain) drops. The air feels dry to us.

However, human activity changes that. Our day-to-day living adds water to the air. The following figures are approximation, but they give us an idea of how extensive this impact is:

Quantity of Moisture Added to the Air
by Normal Human Activity

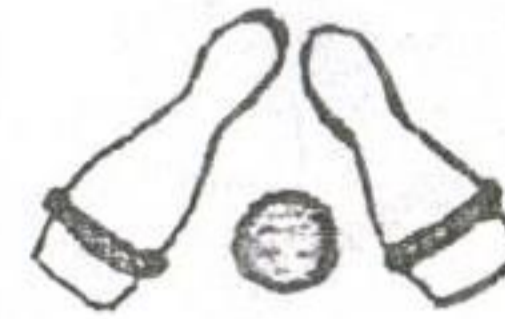
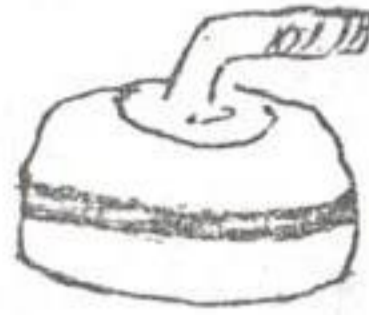
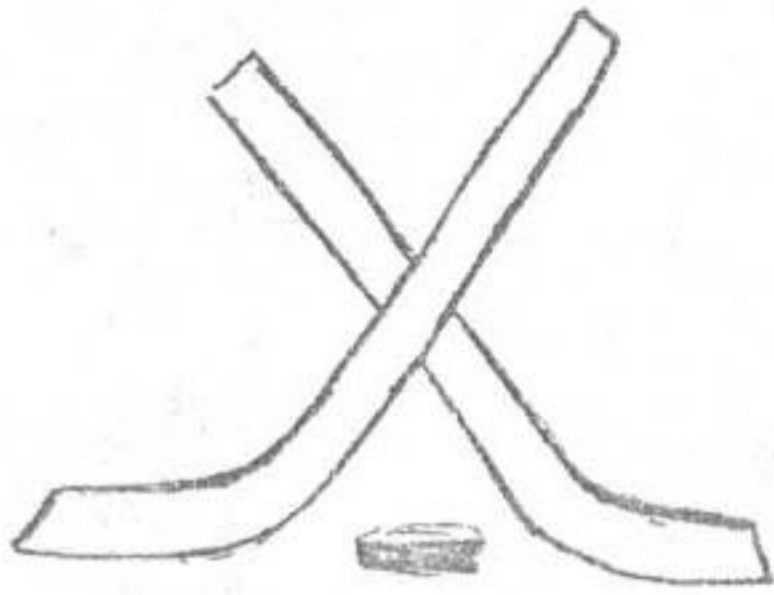
<u>Activity</u>	<u>Lbs of Moisture</u>
Washing clothes, per week	4.0
Drying clothes by hanging on line indoors, per week	26.0
Cooking and dishwashing, per week	35.0
Each shower	.5
Each tub bath	.2
Normal respiration and skin evaporation, per person per 24 hour day	2.9

Houseplants and assorted other activities will all add to this total. If you have a portable humidifier, even just on the low cycle constantly, you are running the risk of having too high a humidity and consequently a condensation problem.

Short of installing special instruments for detecting the moisture/air ratio it is almost impossible to determine if the humidity in your house is too high. However, if you notice that your windows are frosting up more than usual or that you have to defrost your fridge more frequently than you used to, it is probable that you have too much moisture. If the house still feels cold even when the thermostat thermometer shows 70 degrees, it is possible that you do not have enough moisture in the air. A little experimentation is required but you will probably find that you need only put on the humidifier for an hour or so daily to attain your comfort level. However, try to keep the humidity at the lowest possible level still consistent with good comfort. If you do have a relative humidity guage the following table presents the recommended levels of relative humidity for inside your house at varying outside temperatures.

<u>Outside Air Temp (°C)</u>	<u>Recommended Inside Humidity at 20°C (68° F).</u>
-30° or below	15%
-30° to -24°	20%
-24° to -18°	25%
-18° to -12°	35%
-12° to above	40%

If you understand and follow the above recommendations, there will be no need to sing "Raindrops Keep Falling on MY Head".



RECREATION AND SPORTS

by Harve Reti

The Swimming Pool is currently open Wenesday, Friday and Saturday evenings, and Sunday afternoons. The schedule will remain the same until after Christmas holidays unless there is sufficient demand to warrant opening it during the holiday season. Enough people will mean a minimum of thirty (30) potential users. Please contact the Rec Center at local 268 if you want to make additional use of the facility during the holidays.

Beginning in January, we are looking at cutting one swim period per week. This will depend on the user demand. If you want it open, please use it.

The Rec Center has been a scene of 'busy beavers' the last few weeks. Busy not only with the CE project of building new storage areas and decorating the gym but busy with individuals keeping fit. Ladies fitness classes are conducted each Monday, Wednesday and Friday with from eight to twelve ladies participating on a regular basis. These ladies (some, anyway) will soon be able to pass the 1.5 mile run. (There are a few who can now easily attain a pass category). Well done ladies!

A voluntary class for Service people is also being conducted each Monday, Wednesday and Friday at 11:00 a.m. This class is attended by four or five regulars, depending on work committment.

In addition, Monday, Wednesday and Friday, from 3:30 p.m. to 4:45 p.m. sees anywhere from 10 to 15 personnel out for Floor Hockey. And on Tuesday & Thursdays approximately 16 personnel turn out for Intersection Volleyball. Presently the No. 1 team in Volleyball is the Combines, leading the league by many, many points.

Each Friday at 11:30 a.m. has been set aside for those teams desiring extra practice for volleyball combined with a fitness period. Come on out and have some fun. This is open to all teams to develop skills. NOTE: Personnel interested in participating on the station team for Small Base Volleyball, please show up on Tuesday and Thursday at 5:00 p.m. for skills practice.

In addition to the various fitness sessions and fun times that are currently being held, there are others available. Why don't you come and ask! Information is also available on fitness Whys and Wherefores.

"COME OUT AND JOIN IN!"

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THE U.N.D.E. INFORMANT

Did you know that we had a meeting open to all our members (approx. 50) for the election of officers and committee chairmen? Six of our membership were on shift detail and 16 made the effort to attend. Out of the 16 the following slate of officers were chosen:

- | | |
|--|----------------------|
| President | Brother Vic Gherasim |
| Vice President | Brother Max Stroud |
| Secretary | Sister Joan Adams |
| Treasurer | Brother Max Stroud |
| Sgt. at Arms | Brother Bob Nixon |
| Chief Shop Steward | Brother Bill Heath |
| Shop Stewards | Sister Mel Hossay |
| | Brother Ron Smart |
| | |
| Safety, Health & Visiting Committee Chairman | Sister Mel Hossay |
| Alcohol & Drug Abuse Committee Chairman | Brother Paul LeBoeuf |
| Entertainment Committee Chairman | Sister Lena Miller. |

Following the meeting a delicious lunch was enjoyed by all those attending. Congratulations to Sister McLean who won the Jackpot.

Brothers and Sisters, it only takes one hour of your time out of 480 hours based on a 5 day week, 24 hour day with your weekends free! Your executive is left with two options - you don't give a rotten tomato what happens until the wheels of retrogression have progressed past the point of no return or we're so fabulous that there's no room for improvement! We can't second guess your problems or ideas. Come on out and express thyself. The wheels that squeak the loudest get the most grease. The executives and their committees in the PSAC, the U.N.D.E. Component executives and staff are all there to work for us. Let's see that they don't sit idle.

Next meeting will be on January 18, 1980 at 8:00 in the Lion's Hall.

Coffee and Donuts will be served.

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THIS IS THE WAY I SEE IT

by Your Guardhouse Intellectual, Tim McBride

Before I start this article, I would advise everyone wanting to see a National Hockey League game to take in same in the Edmonton Coliseum. This huge oval building, built without any supports to mar your vision of the players on the ice, holds 16,000 people. It is easy to gain access to your seat, and I had a jacket on when I sat down and found I had to take it off as the building was just at the right temperature.

The game in progress was between the New York Islanders and Edmonton Oilers. It was gratifying to see the smooth play of both teams, but I did not like to see the unnecessary heavy body contact, especially the slamming of a player against the boards; hockey sticks being used as weapons; players having the wind knocked out of them; or the tripping of a player who had made a break-away, causing him to pile into the goal keeper or the goal itself and injuring himself.

I quite agree with the Sports Editor of the Kindersley Clarion, that coaches of all hockey teams have to train their players to the ethics of good clean hockey. A memo should be sent to the board of governors of the National Hockey League, asking for changes in the rules along the lines of the International rules of hockey, so that players can enjoy this game without receiving unnecessary injuries that may cripple them for life.

Many a time I have heard it said that people go to hockey games to see rough play and fights on the ice, but if you recall the last game of the Russia/Team NHL series, the Russians disregarded the rough tactics of the NHL players and made them look like novices.

A rebuttal is most welcome.

BOOKENDS

TINKER, TAILOR, SOLDIER, SPY by John Le Carré

It has become evident beyond all question that somewhere at the very highest levels of British Intelligence there stands a double agent - a "mole" implanted by Moscow Centre. And it is evident as well that he can only be one of five men; men who have worked closely together through the years. It is George Smiley, one of the five, who is tapped to dig out the mole and destroy him.

RAISE THE TITANIC by Clive Cussler

The Sicilian Project is the undercover plan of the decade. It is undoubtedly the best-kept secret since the atomic bomb. And it's the President's baby. If successful, it will create a defence network that will insure America's security from foreign attack for the foreseeable future. The sole hitch is that the project requires a quantity of byzantium, an extremely rare element. The only byzantium in the world lies in the hold of R.S.M. Titanic, sunk in 1912 and still 12,000 ft. deep in the North Atlantic. The task is simple - Raise the Titanic.

TOUCH NOT THE CAT by Mary Stewart

The Ashleys were survivors. They had a gift for retaining just what they wanted to retain, while adapting immediately to the winning side. Touch Not The Cat was their motto, and the cat had claws and teeth. Bryony Ashley came back after almost a year's absence. Her father was dead, killed on a lonely road in Bavaria, and the Court, with its moated house, would become the responsibility of her cousin Emory. He would no doubt be able to deal with the Trust which had tied her father's hands and kept him poor. The Court was no longer Bryony's home, and it was not her worry. But....

BOWLING ALLEY SCHEDULE

SUNDAY:	0800 - 1200 Cleaning	THURSDAY:	0800 - 0900 OPEN
	1200 - 1700 League Play		0900 - 1000 Cleaning
	1700 - 1800 OPEN		1000 - 1800 OPEN
	1800 - 2200 League Play		1800 - 2230 League Play
MONDAY:	0800 - 2200 OPEN	FRIDAY:	0800 - 2200 OPEN
TUESDAY:	0800 - 1800 OPEN	SATURDAY:	0800 - 0900 OPEN
	1800 - 2230 League Play		0900 - 1700 League Play
			1700 - 2200 OPEN
WEDNESDAY:	0800 - 1800 OPEN		
	1800 - 2230 League Play		

POOL SCHEDULE

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

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

SERVICES AND BUSINESSES

AMWAY 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

CUT & CURL CORNER (BEAUTY SHOP): Elaine Savidant (home 2205). Phone 2622 for appointments. Hours: Tues.-Fri. 9:00 a.m. - 5:00 p.m. Sat. 9:00 a.m. - 3:00 p.m. Closed Noon to 1 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. Hours: Mon., Tues., Wed. & Fri.: 10:00 a.m. - Noon; 1:00 - 3:00 p.m. Thurs.: 10:00 a.m. - Noon; 1:00 - 5:00 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 & Angling licences. Automobile, Casualty & Fire Insurance. Phone Gwen Martin at 2692.

TRI-CHEM SUPPLIES: Phone Brenda Holmstrom at 2666.

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 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., 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

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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.

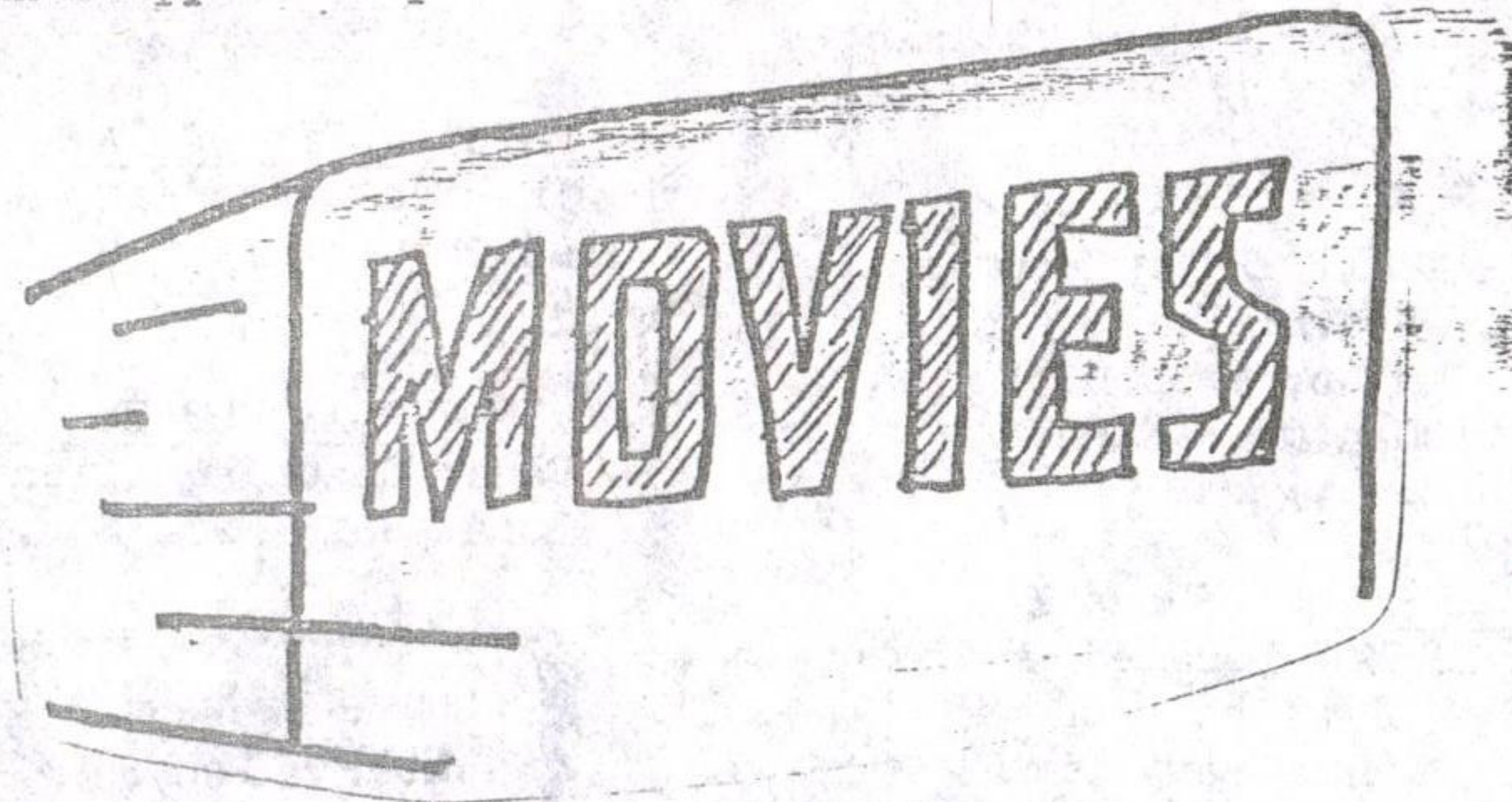
ROYAL CANADIAN LEGION: Flaxcombe Branch No. 98. Sick and visiting committee, see or call Russ Denney at 2358 or Hiram Huston at 2229.

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 Kelly's Food Centre from time to time. Help the handicapped help themselves.



Did you know that there is an active club in Alsask? For information call Harry Pyttlik at 2270 or Wayne Hornsby at 2388.



Dec. 7 - DOUBLE FEATURE - MAGIC starring Ann-Margret & Burgess Meredith Suspense Restricted Adult *LANGUAGE WARNING* PLUS I MISS YOUR HUGS & KISSES starring Elke Sommers & George Chuvalo Drama Rated R

Dec. 14 - CORVETTE SUMMER starring Mark Hamill & Annie Potts Action Rated Adult Not Suitable for Children

Dec. 21 - DOUBLE FEATURE - THE CHAMP starring Jon Voight & Faye Dunaway Drama Rated PG PLUS WANDA NEVADA starring Peter Fonda & Brooke Shields Comedy-Adventure Rated PG

Dec. 8 - C.H.O.M.P.S. starring Red Buttons & Larry Bishop Action-Comedy Rated PG

Dec. 15 - SEA GYPSIES starring Robert Logan Matinee Rated G

Dec. 22 - SHANE starring Alan Ladd & Jean Arthur Matinee Rated G

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 Tumbleweed staff is not responsible for errors in advertising.

FOR SALE

1 electronic flash. Will fit SX70 Polaroid. \$15.00 Call 2266. (3)

1968 Traveler trailer c/w ice box, propane stove, sink, pottie toilet, canopy & lots of storage space. Asking \$1100.00 Call 2252. (1)

Gendron "Stroll-R-Crib" carriage \$50.00 Stroller, folds flat \$15.00 Mesh playpen \$10.00 F-P Activity Centre \$8.00 Circus figures crib mobile \$4.00 Large green diaper pail \$3.00 Girl's white figure skates, Size 2, \$8.00 Boy's Bauer hockey skates, Size 5, \$8.00 Men's Bauer hockey skates, Size 6, \$8.00 Call 2388. (1)

1 pair of Bauer Goalie skates in good condition. Used only one season. Size 8. Call 2630. (2)

Pool Table, disassembled, as is. Contact Teen Town. Sealed bids to be sent to Miss Kim Gamble. Bids to be clearly marked. (2)

1 - 15" saddle and 1 hackamore. Good condition. Call 2644 after 4:30 p.m. (3)

XMAS TREESXMAS TREESXMAS TREESXMAS TREES

The Alsask Beavers, Cubs & Scouts now have their XMas trees available. They are being sold at the Guardhouse, at a cost of \$7.00 each. Come and choose one now for best selection.

THANK YOU FOR SUPPORTING SCOUTING AT ALSASK!

WANTED TO BUY

Girl's white figure skates, Size 3 or 4. Call 2388. (1)

One baby crib in good condition. Call Linda at 2213 or 2327 after 3:00 p.m. (1)

MISCELLANEOUS

Earn Jewellery for yourself by being a Michelle Lynn hostess and have a party. Contact Bea Borschneck at 2308. (3)

Hub City Sports Ltd. Hockey, Bikes, Softball, Soccer, Shoes, Gym Wear, Golf, Fishing, Racquets, Skate Sharpening, Numbering, Lettering, Bike Repairs. #102 - 3521 Eighth St. Saskatoon (across from Wildwood Mall) Dick Millar, phone Bus. 374-8736 Res. 373-1754

