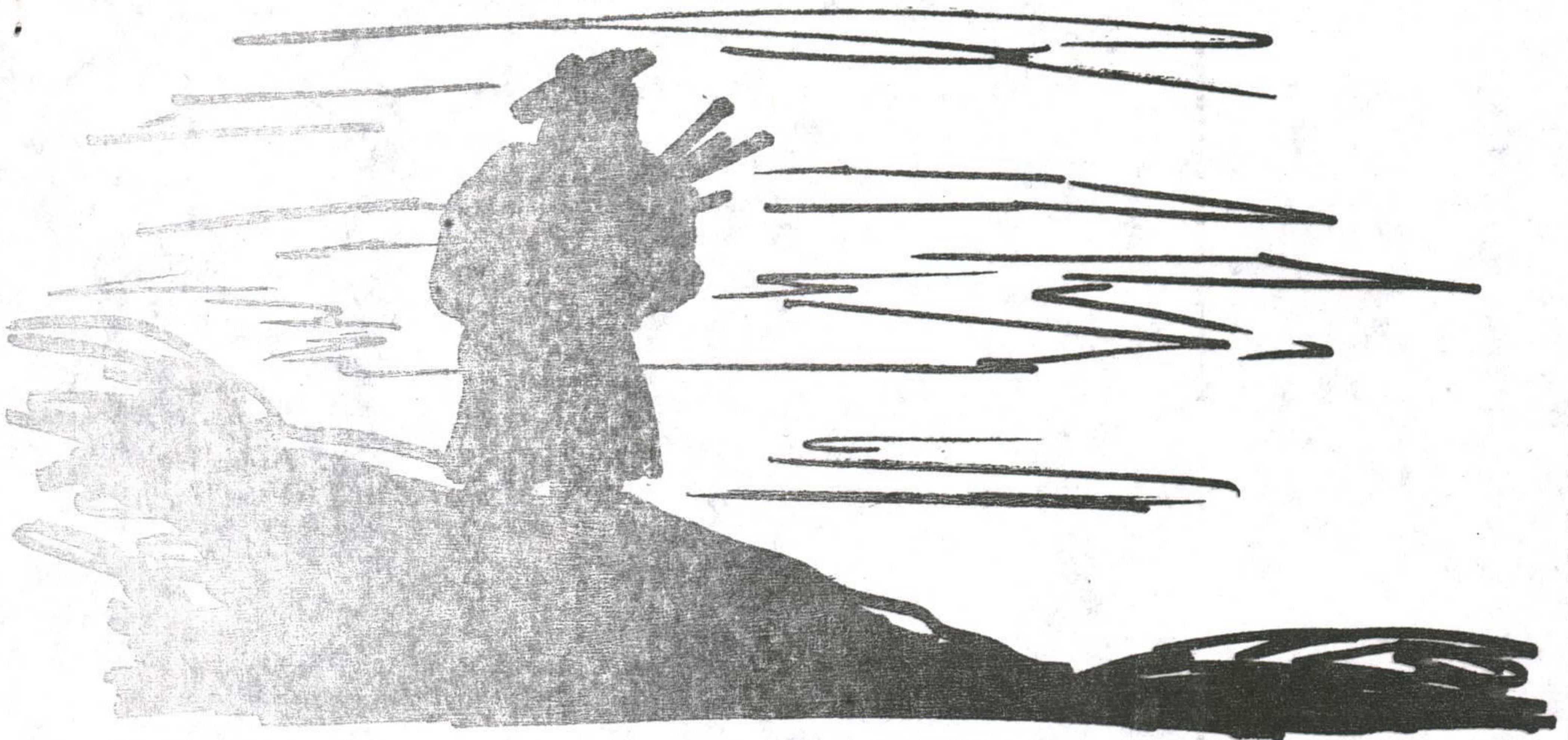


22 Jan 80

# THE TUMBLEWEED



ROBERT  
BURN'S  
DAY

Doug McClain

THE TUMBLEWEED

CFS ALSASK

Jan. 22, 1980

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 - Feb. 5, 1980



A MESSAGE FROM THE MASTER GOPHER

by LCol L.E. Novakowski

Although spring might seem to be a long time away from January, I would like to see an early start by all Sections on a spring clean-up/paint-up program. In the next two months we have the resources and time to do most of the inside work thus leaving us more time to do the outside work when warm weather arrives. I would like the Station to look especially nice this year for Saskatchewan's 75th birthday. A visit by MGen McNichol, Commander Air Defence Group, scheduled for 25 - 26 March also prompts me to want things to look good. I count on your support and co-operation.

In addition to looking good, CFS Alsask will be participating in Celebrate Saskatchewan activities in three ways. First, you should see a sign in the near future which conveys this unit's salutations to the province. I don't mean to sound prophetic but keep your eye on the east wall of the power plant. Secondly, we are planning increased Canadian Forces participation in the Alsask Stampede. Hopefully, if resources are available, people will see a bigger show of Canadian Forces activities. Finally, our third effort revolves around Village of Alsask celebration plans 2 - 4 August. We will support these arrangements by providing some help in the way of extra tables and a tent, and we will conduct tours of our Operations Site. All in all I'm sure that the "Alsask spirit" will prevail and this year will be a fitting tribute to the province and to ourselves.

Before closing I'd like to bring to your attention the fact that our Canex store profits have exceeded budget expectations and we now have \$840 more for station projects. This is quite an accomplishment because these extra funds resulted from economies made in Canex operations rather than from increased sales. I congratulate Sgt Petitpas and his staff for their good work. I also ask again that station personnel use our store as much as possible. Any further financial improvements will depend on increased sales.

- - - - -

RAMELINGS OF GORDON

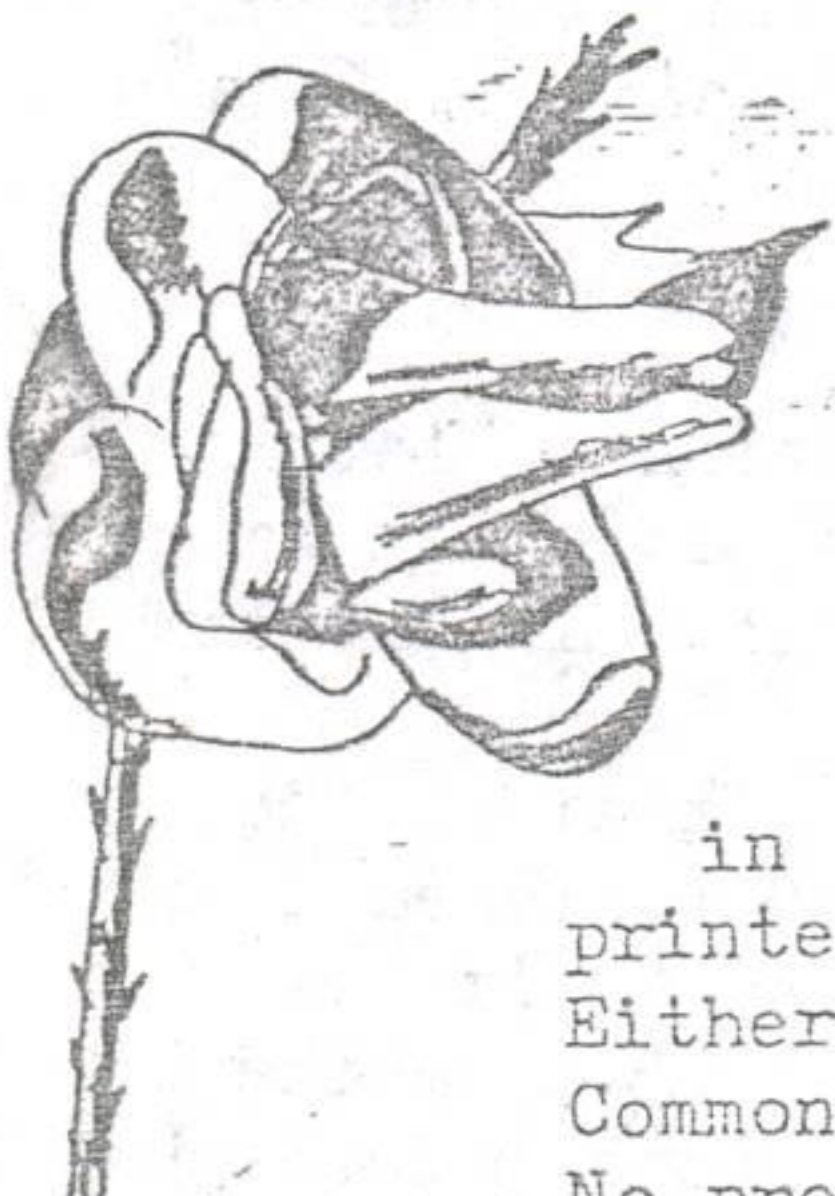
I suppose we all have a job to do in this world, and it's probably written in a book somewhere. I would guess it is right before the chapter devoted to telling us that no matter where you hurt yourself, you will get hit in exactly the same spot shortly after and thereby double your pain.

The job we have to do, no matter how menial, cannot be done unless someone before us has prepared the way, or works in partnership with us.

Think about this for a second and you'll see I'm right. If the job is digging a hole, someone had to make the shovel. If it's building a house, someone had to make the plans. And if it's helping someone, then someone else had to teach me guidance.

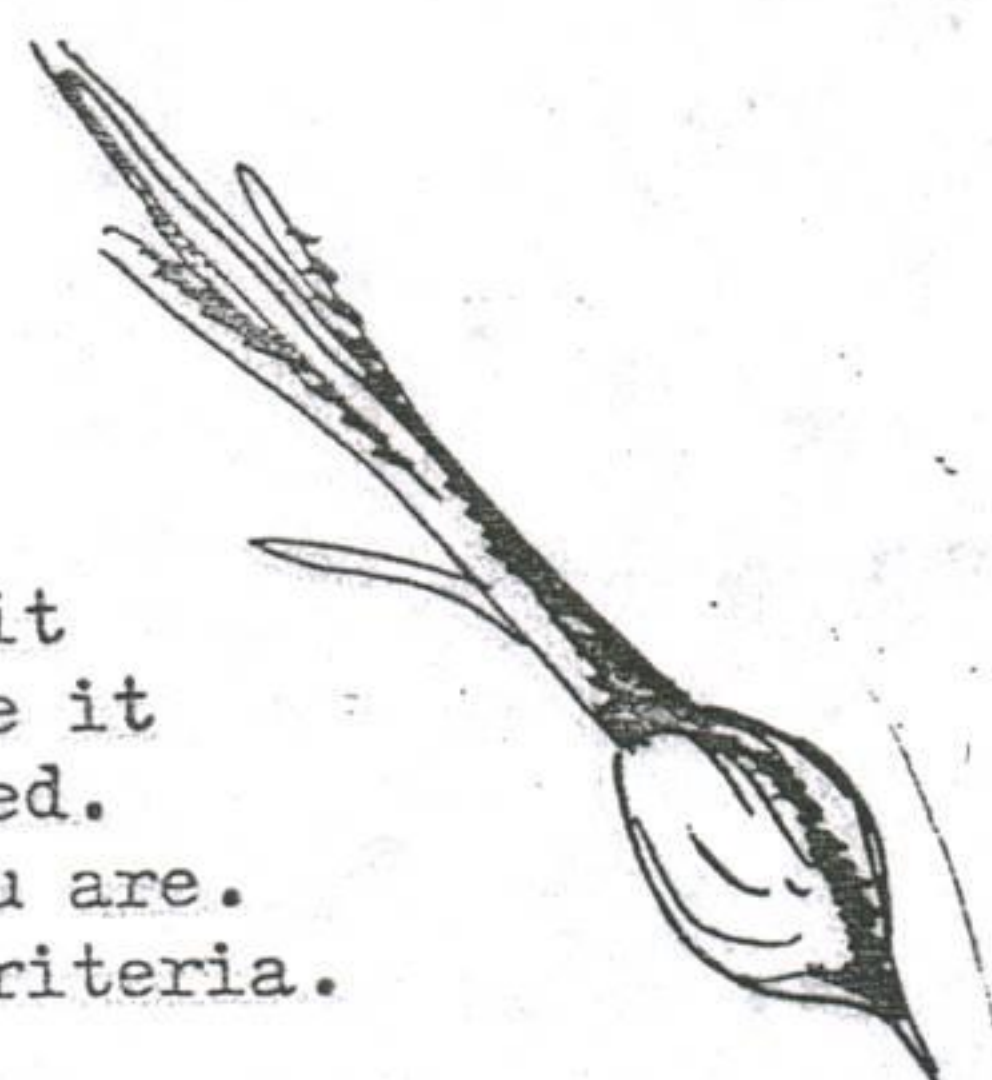
Partnership is what it's called today and partnership it is indeed. If there is a breakdown in this partnership, then things start to deteriorate rapidly. Let's take a for-instance. Say I'm doing my job as best I can. On pay day I go to collect my pay, and what's supposed to be there isn't there. Instead there's a mistake. The partnership is on the skids, and you can see the possibilities of the deterioration forming. I get mad and don't do my job properly; Accounts gets upset because their calls get cut off; business is not as usual and their boss complains to my boss; a heated argument starts; soon there's more ill feelings between "them guys up the hill" and the "support staff".... Well, before this gets any further....This is merely a hypothetical case and will probably never develop into such an upheaval. But it reinforces the fact that a partnership is essential. I need my proper pay and you need your telephone. We all need G.E. and M.S.E. and Supply and yes, even R&M once in a while. So think "Partnership" more often. This book that has all kinds of neat stuff written in it also has your name in it....only once.

-----



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!

"A bouquet of roses to Mrs. Judy Evans for designing the front of the Alsask Winter Carnival Schedule Booklet."

-----

"A bouquet of roses to Paul Le Boeuf from CE Section who spent four hours on Sunday, January 20, restoring heat to my MQ.

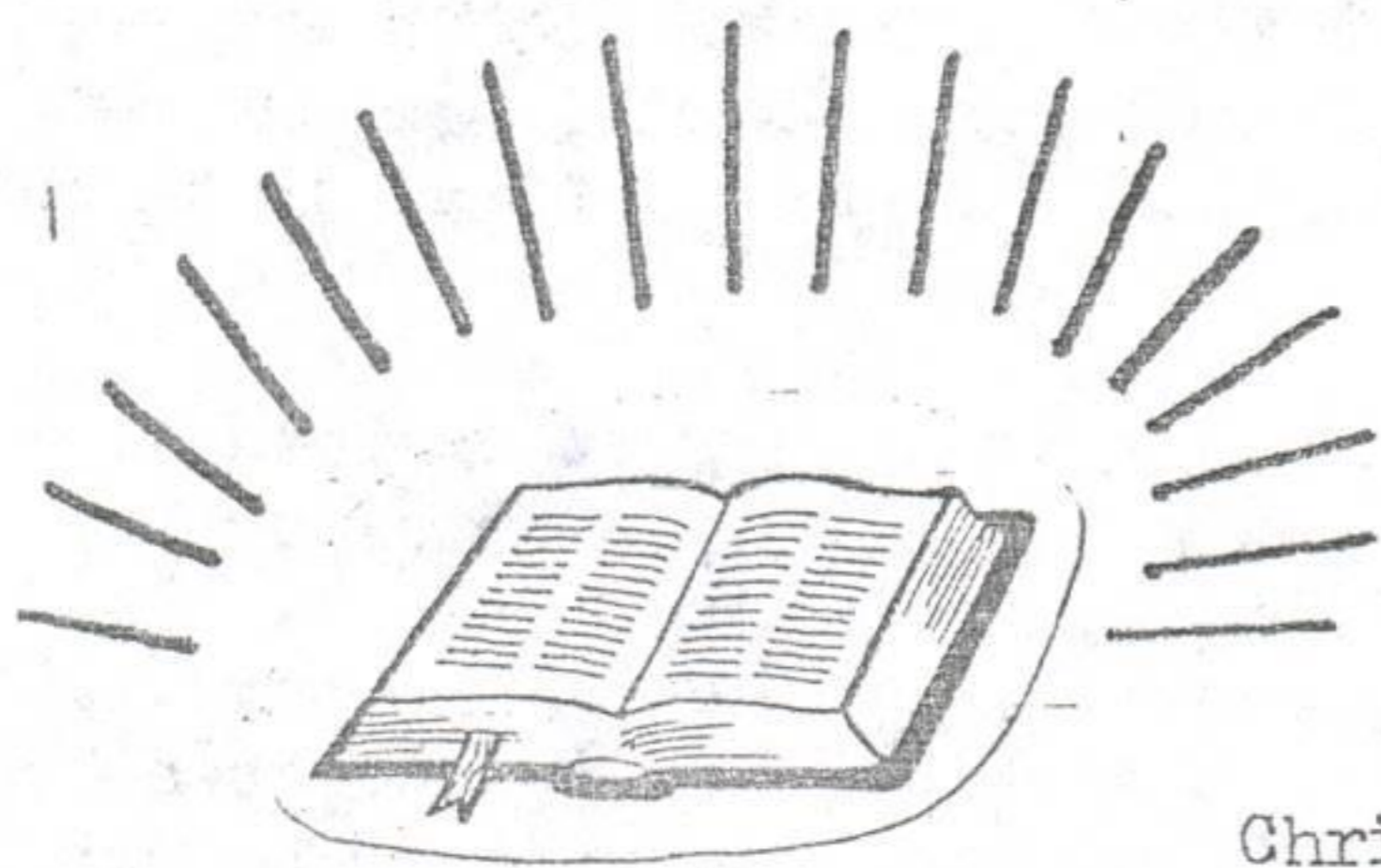
B. Moland

-----

"A bouquet of roses for the people involved from Ops Site for making our evening on Monday, January 21, an interesting and enjoyable one, as the Alsask Cubs toured Ops Site. It was enjoyed by all, leaders included.

Thank you.  
1st. Alsask Cub Pack

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## SEARCHING THE SCRIPTURES

John 5:39

We as Christians have, beyond a doubt, the most wonderful belief in existence.

Christianity is a unique belief. It is different from all others. It is a way of life given to us by a pure and holy God, a God whose love is unfathomable, whose mercy endureth forever. This God who gave Himself to mankind as a ransom to bring them or buy them back for Himself wants His own, those who have given themselves to Him, to also be pure and holy. Are you as a child of God ensuring that your worship of Him is pure and holy and right? As Christians, in our zeal to please people not of our faith and have them like us, we allow some of their religious practices to become part of what we call our Christian worship. Have you ever looked in the Scriptures to find out how you should worship the Lord? The Bible says to worship God in spirit and in truth. The truth is God's word, the Bible. The Scripture says to serve God and Him only. How do you serve Him? You serve Him by right living, by attending a gospel-preaching New Testament church, by telling others about Jesus and how He wants to be and can be their Saviour. You can serve by giving, by helping, and by being kind to others.

Last issue I stated that this article would, in addition to letting you know ways to serve God, give you a brief indication of ways in which we add to what we think are part of Christian worship, and in particular Christmas.

Christmas, as such, is not mentioned in Scripture; neither is the time of year. For that matter, the birth of Christ should be 4 years earlier than our calendar indicates. However, it is rather nice to have a time each year set aside to worship Christ. But where do we get December 25th as the day, when Christmas was not heard of until the third century? Long before the Christian era, a festival was celebrated among the heathens at that precise time of year in honour of the birth of the son of the Babylonian queen of heaven. In Egypt, the son of Isis, the Egyptian queen of heaven, was also born at this very time. The name by which Christmas is popularly known among ourselves - Yule-day - proves the pagan and Babylonian origins of the feast - Yule is the Chaldean word for "infant" or "little child" and the day was called Yule-day by the pagans. The night before was called Mother-night.

The Christmas tree or Christmas fir we find so "delightful" and "meaningful" is purely pagan and originally denoted a pagan Messiah as Baal-Tamar. In Rome a slight difference was noted. Briefly then, the Christmas tree arose this way. The divine pagan child born at the winter solstice was born as an incarnation of the great god Nimrod (after that god had been cut in pieces) purposely to revenge his death upon his murderers. This great god Nimrod being cut down is represented by the Yule-log, which was put on the fire on "Christmas" eve and in the morning a fir tree had sprung from it.

Another custom we find purely pagan is kissing under the mistletoe bough. This mistletoe bough represents the Messiah or "the man the branch" and is regarded as the "divine branch". This branch came from heaven and grew upon a tree that sprang out of the earth. This engrafting of the celestial

'branch onto the earthly tree represents heaven and earth that sin had severed and were now joined together. Thus the mistletoe bough became the token of divine reconciliation to man, the "kiss" being the well-known token of pardon and reconciliation.

There are other "christian" practices that one could mention but space and time do not permit further discussion. Perhaps this will whet your appetite to study, though, and find out why we include so many pagan customs in our Christmas worship.

These practices being purely pagan, how can they make our worship of a pure and holy God as pure and holy as we desire it to be.

Reference for this material is a book titled "The Two Babylons" by the late Rev. Alexander Hislop, and includes some two hundred and sixty other works referred to plus sixty-one illustrations.

These so-called Christian Practices of worship are not happenstance. Read your Bible; there are references to many of these pagan practices mentioned. May I encourage you to read your Bible, pray every day and you will grow in knowledge of God's word. You will grow in nature of Jesus. Do you know Him as your personal Saviour? Give yourself to Him today. He loves you.

Bible study is held each Thursday evening at 8 p.m. at MQ #33.  
Phone 2333.

-----

LETTERS TO DEAR CRABBY

Due to the increased interest that has been shown regarding the identity of Dear Crabby, I have decided to run a photograph of me with each column. I hope this satisfies all of the morbid curiosities out there in Tumbleweed Land.

Crabby



Dear Crabby,

Since the weekend that I moved my personal effects, people have been calling me Club Foot, Gimp and other derogatory terms. Could it be something I did?

Signed

Cripple (Physical that is)

Dear Cripple,

That will teach you to be so clumsy. "Way to go Klutz"

Crabby

Dear Crabby,

I heard a vicious rumor the other day that I am going to work for a guy whose usual sounds are HAR HAR HAR and I know it isn't Santa Claus. What should I do?

Signed, Anxious Aardvark

Dear Aardvark,

Buy ear defenders, binoculars and a swivel rocker.

Crabby

-----

Dear Crabby,

I recently had a long chat with my boss. Tell me, do words like rabble rouser, incompetent and incomprehensive mean that my PER is not all that great?

Signed, Wondering

Dear Wondering,

Out of 11 or 17 categories, it sounds like your average is about 2. Need I say more?

Crabby

-----

Dear Crabby,

Yesterday I lost a lot of money by betting on the Station Hockey Team's opponents, as the local lads came through with an astounding victory. How can I recoup my loses?

Signed  
"The Humboldt Kid"

Dear Kid,

I'll give you 2 to 1 odds on the Leafs for the Stanley Cup.

Crabby

-----

Dear Crabby,

One of the lads at work recently got led down the garden path, er I mean married. What can I do to console him?

Signed  
Concerned

Dear Concerned,

It's too late for that, you should have done that a month ago.

Crabby

-----



Hear Ye  
Hear Ye

LOST AND FOUND

The following items have been turned in to the Military Police:  
1 pair of girl's brown shoes  
1 yellow plastic toboggan  
1 man's bicycle

SKATE SHARPENING

Station Fund has recently purchased a skate sharpener, presently located in the Rec Centre. Personnel desiring to have skates sharpened may bring them in throughout the day. Sgt. Woodman or Sgt. Reti are the personnel who will sharpen your skates. The charge is \$1.00 per pair. Please try to have your skates brought in only during working hours.

The Alsask Figure Skating Club will be having its Ice Show - Storybooks on Ice - on Sunday January 27, at 1 p.m.. There will be a silver collection at the door.

ALSASK LIONS DRAW OF THE MONTH

The winners of the Alsask Lions Club Draw of the month for January are:

- \$50.00 - Diane Moss
- \$30.00 - Ellery Switzer
- \$20.00 - Bill Chilliak
- \$15.00 - Bobby Jo Johnson
- \$10.00 - Ron Murray, Ian Mayer, Murray Grady, Dan Steiert

There will be a meeting of the Local Association for Guides, Brownies and Pathfinders on Monday, February 4, at 8:30 p.m. in the Social Centre. The parents of all girls in Guides, Brownies or Pathfinders are urged to attend. Without your support, your daughters may find no organization to join next year!



# MILfOTO REUNION

8.

CANADIAN FORCES PHOTOGRAPHIC UNIT  
CFB OTTAWA, OTTAWA, ONTARIO K1A 0K4  
(613) 993-9217

You are cordially invited to attend the fourth Re-Union of Military and former Military Photographers to be held at CFB Ottawa North (Rockcliffe) and CFB Ottawa South (Uplands), on 16-18 May 1980.

Events scheduled for the Re-Union include:

- a. "Meet & Greet" and Registration, at Social Centre  
1800 hrs 16 May CFB Ottawa (North);
- b. Tour of White House, 1300-1530 hrs 17 May;
- c. Dinner & Dance at Recreation Centre 2030-0100 hrs  
17 May CFB Ottawa (South); and
- d. Farewell "Brunch" at the Social Centre, 1200-1600  
hrs 18 May CFB Ottawa (North).

The cost will be \$15.00 per person which includes:

- a. Cocktails,
- b. Dinner & Dance to the Music of the Canadian  
Forces Central Band; and
- c. Sunday Brunch.

Please make cheques or money orders payable to Milfoto ReUnion. For further information please call 613-993-2230 or 993-2210.

Please forward all correspondence to:

Commanding Officer  
Canadian Forces Photographic Unit  
Canadian Forces Base Ottawa  
Ottawa, Ontario  
K1A 0K4

Attention: Milfoto 80

J.C. Menard

MWO

Chairman ReUnion Committee

# BINGO

9.

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5 FEB. 8 PM

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\$350.00

IN 54 NO.'S

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## PRAIRIE WEST COMMUNITY COLLEGE - ALSASK COMMITTEE

Did you read our article in the Tumbleweed? Plus read the flyer that was sent out?? Please note the following items of interest, too.

INCOME TAX (on a personal level) was set up for January 15th. in the Alsask United Church basement. This class was cancelled when I phoned for confirmation, etc. The fault was not mine or the Community College's, and a complaint has been sent in to our headquarters at Biggar, Sask. Please accept my apologies for your disappointment. I am still trying to arrange for another instructor to come before the end of February. Please watch for further information on this class. Those that pre-registered and paid will be reimbursed if this class does not run. Contact Gwen Hornsby at 2388.

CARDIO-PULMONARY RESUSCITATION - This was one of the courses mentioned on previous notices. The interest is there! I received enough names and pre-registrations to run this course, so I set it up. Date - Saturday, Feb. 2nd. Time - 9:30 - 12:30 & 1:00 - 6:00 (8 hour course) Location - Social Centre Fee - \$8.00 Class Limit - 12 persons --FILLED-- Contact Gwen at 2388.

Stu Gordon is a qualified instructor and is willing and anxious to start CPR classes in our area. He has to be supervised for his first class by Keith Marlowe from Rosetown. Keith is bringing two resuscien plus a slide presentation. Keith's time is limited so he prefers weekends for courses. Stu can teach courses anytime but the Alsask area has no resuscien. The resuscien is the life-like "dummy" that participants practice on while learning the technique of treating a heart-attack victim. This resuscien is a necessity when teaching a CPR course. No human being could withstand the vigorous routine that this resuscien goes through at each teaching class. This course speaks for itself! Remember, the techniques learned at a CPR class could save a life - maybe even your own. No one with heart problems can take the course, however, as it is very strenuous. If you are interested in having more CPR courses run, please feel free to phone and leave your name. Maybe if we show the interest, Stu Gordon will be able to get monies donated to purchase a resuscien for the Alsask community and surrounding area. For more information phone Gwen at 2388, Stu at 2630 or Lori at 2281.

CONSUMER AND THE LAW - Date - Tuesday, Feb. 5th. Time - 7:30 - 9:30 p.m. Location - Alsask Lions Hall Instructor - Dept. of Consumer Affairs Fee - \$1.00 Pre-register and pay or pay at the door. Contact Diane Moss at 2272. Posters are up explaining the class.

CONSUMER AND MONEY - Date - Monday, Feb. 11th. Time - 7:30 - 9:30 p.m. Location - Alsask Lions Hall Instructor - Dept. of Consumer Affairs Fee - \$1.00 Pre-register and pay or pay at the door. Contact Diane Moss at 2272. Posters are up explaining the class.

BEGINNERS CROCHETING - Date - Feb. 26 & 28 and March 4 & 6 Time - 7 - 10 p.m. Location - Alsask United Church basement. Instructor - Marge Thomson, Alsask Fee - \$12.00 Pre-register and pay. (Limited class) Contact Fern Wilke at 2296

UKRAINIAN EASTER EGG DECORATING - Date - March 11 & 13 Time 7 - 10 p.m. Location - Alsask United Church basement. Instructor - Jean Boychuck. Fee - \$6.00 Pre-register and pay. (Limited class) Contact Lori Johnson at 2281.

WILLS AND ESTATES - Date - April 22 & 24 Time - 7:30 - 9:30 p.m.  
 Location - Alsask Lions Hall Instructor - Terry Chin or Ken Ritter, Andrews  
 Law, Kindersley. Fee - \$6.00 Pre-register and pay. (Limited Class)  
 Contact Gwen Hornsby at 2388.

STONE MASONRY - Still trying to set up. Contact Lori Johnson at 2281.

FARM ACCOUNTING - Still trying to set up. Contact Diane Moss at 2272.

AUTOMOTIVE AIR CONDITIONING - Our area co-ordinator is trying to set up.  
 Contact Lori Johnson at 2281.

If the interest is shown, Community College in the Alsask area will  
 continue. If not, we will probably slow down a little and only offer a few  
 courses each year. It's up to you - the community! Let us know.

- |                                 |                                |
|---------------------------------|--------------------------------|
| Lori Johnson - 2281 Chairperson | Fern Wilke - 2296 Member       |
| Diane Moss - 2272 Sec./Tres.    | Florence Menzies - 2217 Member |
| Cheryl Thomson - 2275 Member    | Gwen Hornsby - 2388 Member     |
| Ann Bond - 2615 Member          | Sue May - 2685 Member          |

- - - - -

PRICE COMPARISON CHECK

PRODUCT	BRAND	SIZE	CANEX	OYEN
Cold Meats	Schneiders			
	All Beef Weiners	1 lb.	\$ 1.81	\$ --
	Bacon	1 lb.	1.87	--
	All Beef Bologna	1 lb.	1.82	2.09
	Bologna (Extra Thick Slices)	1 lb.	1.82	2.09
	Bologna	6 oz.	.83	1.09
	Pork, Beef, Chicken & Pimento	6 oz.	.84	--
	Macaroni & Cheese	6 oz.	.83	--
	Luncheon Meat	6 oz.	.84	.99
	Mock Chicken	6 oz.	.84	.95
	Cooked Salami	6 oz.	1.20	1.39
	Spiced Ham Sausage	6 oz.	1.13	--
	Corned Beef (cooked, sliced)	6 oz.	1.68	1.95
	Cooked Ham	6 oz.	1.58	1.89
	Ham Steak		1.67	--
Ham (Ready to Serve)	Polish Sausage (Mini Deli)	8 oz. roll	1.44	1.69
	Pepperoni (Mini Deli)	8 oz. roll	1.44	1.69
	Kielbosa (Mini Deli)	8 oz. roll	1.44	--
	Beerwurst (Mini Deli)	8 oz. roll	1.44	1.75
Apple Juice	Schneiders		18.75	23.50
Miracle Whip	Sunrype (clear unsweetened)	48 oz.	--	1.43
Eggs	Kraft	35.2 oz.	--	2.09
Stuffing Mix	Grade A Large	1 doz.	1.07	1.07
Cereal	Stove Top	12 oz.	1.91	1.95
Cheese	Northern Gold Granola			
	Nutty	1 lb.	.96	.99
	Honey & Almond	1 lb.	.96	.99
	Kraft 24 Singles	1 lb.	--	2.31

List compiles by Gwen Hornsby on Dec. 21, 1979



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For Complete Details contact your Local Representative:

SGT DAN. PETIPAS

OR WRITE DIRECT TO:—

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	3 pc. suit (Ladies or Mens)	4.50
	2 pc. suit (Ladies or Mens)	4.00
1	trousers or slacks uniform	2.00
	mens sports coat	3.00
	Ladies Blazzer	2.50
	plain dress	3.75
	gown (plain) (pleated extra chgs.)	5.00
	Down filled Jacket (waist length)	5.00
	Down filled Jacket (29" & over)	5.75
	Down filled Maxi Coat	6.00
	Ties	1.25
	Caps	1.50
	Parkas	5.00
	Ski-doo Suits	7.00
	Water repel in Mens & Ladies Top Coats	2.00
	<i>Sleeping Bags</i>	<i>7.00</i>

**PICK UP + DELIVERY ON**  
**TUESDAYS AT YOUR**  
**STATION EXCHANGE**

PLAY IT SAFE - by John Boy

I was looking through my files the other day for a subject I could use in this column and came across the home safety checklist which is outlined below. It goes room by room, then ends up with miscellaneous points which should be checked to ensure you have a safe home. I hope it's helpful. Here goes:

1. Living Room

- do your small rugs slip, slide or crumple or are they skid-proofed?
- are all electrical cords in good condition? (ie. no frayed parts)
- are all electrical outlets in good condition?
- are there any extension cords trailing across the floor where someone could catch a foot in them and fall?
- is furniture placed so that it does not block normal walking areas or exits?

2. Bedroom

- does everyone close drawers and closet doors which can cause painful bumps and bruises?
- does anyone ever smoke in bed?
- does anyone leave medicine or pills on bedside tables or dressers in reach of children?
- are bedside lights within reach of the bed?

3. Kitchen

- are pots and pans always placed so that the handles do not protrude over the front or sides of the stove?
- are insecticides, household cleaners and disinfectants kept in a cupboard separate from food and out of reach of children?
- if water, food or grease spills on the floor is it wiped up immediately?
- are proper devices, not knives, used to open cans and jars?
- do you shield yourself from hot steam when removing covers from hot pans by lifting the far side first?
- do you wear loose, flimsy garments around sources of flame or heat?
- do you use a step stool when reaching into high cupboards?
- do you cut with the sharp edge away from you when using a knife?

## 4. Bathroom

- do you have a rubber mat or skid resistant bottom in your bath to prevent slipping?
- is there a hand grab rail for the bath to prevent falls?
- do you plug electrical appliances (other than razors) or radios into bathroom circuits?
- do you avoid using hair spray near open flames or when smoking?
- are medicine cabinets above the reach of small children and locked?
- are all medicines clearly labelled?

## 5. Miscellaneous

- are passageways clear of obstruction at all times?
- do you ever leave a baby or toddler in the bath while you answer a telephone or doorbell?
- are all work areas properly lit (ie. kitchen, garage, tool shed)?
- is your heating plant cleaned annually?
- has your home been checked for fire hazards by the fire department?
- do you tell your babysitter what to do in an emergency?
- are emergency phone numbers for police, fire, doctor and utilities posted at the phone?
- do you always keep firearms unloaded and locked up?
- are children's swings, slides and other outdoor play equipment in good repair and safe?
- are pesticides and weed killers always used according to manufacture's instructions, stored and disposed of safely?

Can you think of anything to add to this checklist? How safe is your home with respect to the above points?

As I said at the beginning of this article, I found this checklist in my file and it had nothing with it to indicate who published it or when it was published. Nonetheless, it points out some important aspects of a home safety programme which apply as much today and tomorrow as they did yesterday.

Bye for now. See you next time.

- - - - -

# BOOKENDS

## DIRTY POOL by George Bagley

The woman was little. She was pretty. But what was the good of it when the knife was at her throat and no man anywhere she could trust. Certainly she should be able to turn to the police, but it was the most trustworthy - seeming policeman who pushed her into this danger and even Inspector Schmidt was moving heaven and earth to put her back into the hands of the killer. You might know that Schmitt & Bagley were misunderstood, but how could she? It was her throat.

## THEY by Marya Mannes

THEY decreed that all people be retired at age fifty, segregated in special communities, allowed to live only fifteen years more.... This is a powerful novel about the not-too-distant future. It is a moving and frightening record of the last years of five people isolated by age from everything meaningful.

## THIS PERFECT DAY by Ira Levin

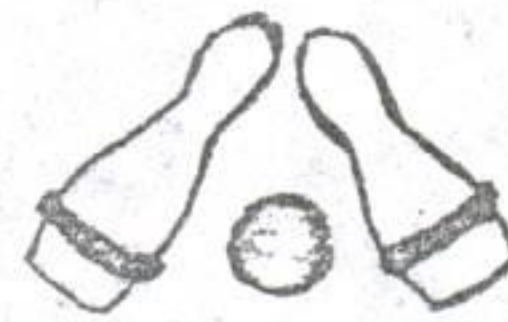
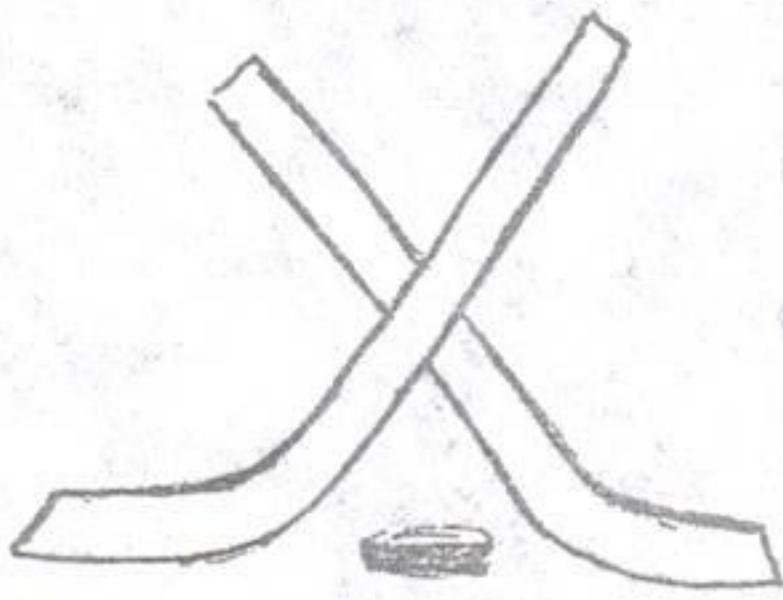
The time of the novel is a century and a half after the unification of the nations and its hero is a young man called Chip, who fights a desperate battle for freedom in a world benumbed by chemistry and computerization. It is a story of suspense, love and adventure, but it is shaped and underlaid by thought provoking social inquiry. The Terrors of Rosemary's Baby were of mankind's past; the terrors of this are the terrors that all too possibly wait in mankind's future.

## MEET ME TONIGHT by Martha Albrand

When her husband, Jed, failed to meet her at the Brussels airport, Sarotta put aside her disappointments and went to the Worlds Fair. What should have been a happy day faded fast as she recognised a face she had learned to hate, Farkas, the man responsible for the imprisonment, torture and death of her family and friends in Hungary. At first she thought it was only a coincidence but soon discovered that everything had been carefully planned and she was being used, but it was too late to call for help. It was Farkas who made the call - "If you want to see your wife alive again, meet me tonight"...

## WELCOME, PROUD LADY by June Drummond

Young Linda Watton, a brilliant student, suddenly flunks an exam and goes into a decline in school and her personal life. Her tutor tries to help her understand what is happening for he is sensitive to the fact that there is something very wrong in Linda's family life. Linda's eccentric family, claim that the girl is mentally ill, but her tutor begins to uncover evidence of malice, hidden madness, and murder past and very much present.



## RECREATION AND SPORTS

by Harve Reti

The winners of the Small Base Curling Championships, held at CFS Dana on January 8 - 11, are as follows: 1st. - CFS Sioux Lookout; 2nd. - CFS Dana.

Some future sporting events to keep in mind - Bowling at CFS Dana on March 10 - 14; Badminton at CFB Winnipeg on February 20 - 24; Volleyball at DET Wainwright on February 15 - 17; Broomball at CFB Cold Lake on February 4 - 10; Cross Country Skiing at CFS Sioux Lookout on February 12 - 16. Hockey will be announced later.

Personnel (adults) desiring to learn to skate properly or to skate better, please give your name to Mrs. Barbara Runge at 2271. Instruction is tentatively being planned for 10 a.m. to noon each Tuesday and Thursday. You're never too old to learn until you're too old to do.

Thanks to CE, the outdoor skating rink next to the school is being flooded and is "skatable." The "dressing hut" (skate shack, warmup room, or whatever) will be lighted and heated by this weekend, Jan. 26. Keys may be signed out from the guardhouse by personnel, or responsible dependents thirteen years and over. Please do not misuse this privilege or it will be revoked, and only adults (18 years and over) will be allowed to sign for the keys. Come on, everyone! Make it happen! For further information contact your Mayor, Sgt. Barry Moland at Loc. 211.

### UPDATE ON THE VALUE OF WARM-UP

by Dr. Clayne R. Jensen and Craig Jensen  
College of Physical Education, Brigham Young University

The question is often asked, "How important is warm-up to performance and the prevention of injury, and which kind of warm-up is best?"

Experts on the physiology of performance point out that:

1. Warm-up increases the speed and force of muscle contraction.
2. It improves the co-ordinations involved in the particular activity.
3. It helps induce second wind more readily in endurance activities.

Research findings on warm-up are conflicting, but much of the conflict stems from the definition of the term. For example, can any form of preliminary exercise be called a warm-up, or must it be vigorous and extensive enough to increase the body temperature?

P.O. Astrand, in the Textbook of Work Physiology, claims warm-up is beneficial because the increased temperature allows for a higher metabolic process in the cells. He claims that for each degree of increased temperature, the metabolic rate increases by about 13%. Higher body temperatures accelerate the transportation of oxygen from the blood to the tissue, and also speed up the nerve impulses.

H. Mellerowica, writing "Conditioning" in the Encyclopedia of Sports Science and Medicine, found that warm-up can reduce damage to the locomotive system. He and his associates pointed out that the elasticity of the muscles depends upon their blood saturation. While cold muscles (below normal body temperature) have low blood saturation and tend to be more susceptible to tears and ruptures, warm muscles (higher than normal body temperature) exhibit opposite symptoms.

Bruce J. Martin and associates, in Medicine in Science and Sports, studied the effects of warm-up on metabolic responses in strenuous exercise, and found that:

1. Warm-up contributes to greater oxygen consumption and thereby reduces the performance's dependence upon the anaerobic process.
2. Warm-up helps decrease the buildup of lactic acid following strenuous exercise.
3. A vigorous muscular warm-up increases the blood flow in the vascular beds of the working muscles and decreases the blood flow in the skin and viscera. This causes a greater exchange of oxygen and carbon dioxide in the working tissues, which, in turn, contributes to greater endurance.

R. James Barnard, in The Physician, Sports and Medicine, studied the effects of warm-up on heart function and found that healthy adults who participate in strenuous activity without warm-up exhibited abnormal electrocardiograph changes immediately after the exercise. When two minutes or more of steady jogging precede the vigorous exercise, the abnormal electrocardiograph changes either vanish or are significantly reduced.

Barnard also found that strenuous activity without warm-up produces an abnormal increase in arterial blood pressure. The greatly increased oxygen demands of the heart again produce abnormal electrocardiograph changes.

When strenuous exercise is preceded by a moderate to heavy warm-up (15 - 20 minutes of exercise followed by a short rest), the abnormal increase in arterial blood pressure is significantly reduced and the electrocardiograph changes are normalized.

Barnard concluded that these findings provide a physiological basis for warm-up as a method of reducing or eliminating abnormal changes in cardiac functions and blood pressure associated with strenuous activity.

While almost everyone believes that warm-up is valuable, it must also be understood that indiscriminate warm-up may waste energy and produce very limited benefits.

Following are several important guidelines:

1. Warm-up should be intense enough to increase body temperature and cause perspiration, but not so intense as to cause partial fatigue.
2. Warm-up should include some stretching and loosening exercises along with some heavy work.
3. It should include movements and simulate the performance: runners should run, shotputters should put, basketball players should do basketball skills, etc. This will help ready the specific muscle groups involved in the performance and may also sharpen nerve-muscle innervation. Maximum efforts should be avoided during the warm-up.

4. The athlete should begin to taper off 10 to 15 minutes prior to the performance and finish about five minutes before the performance. This will permit recovery from mild temporary fatigue without losing the effects of the warm-up.

#### Physiology of Warm-up

A.V. Hill, in the British Medical Bulletin "The Design of Muscles", found that increasing the temperature of muscle improved both contractile force and contractile speed.

H.S. DeVries, in Physiology of Exercise for Physical Education and Athletics, reasoned that any warm-up that increased the temperature of the blood and muscles would improve performance because: (1) muscles would contract and relax faster, (2) muscles would contract with greater efficiency because of lower viscous resistance, (3) hemoglobin would yield more oxygen and also disassociate rapidly, (4) myoglobin would show effects similar to those of hemoglobin, (5) metabolic processes would increase, and (6) resistance of the vascular bed would decrease.

Conversely, laboratory studies show that cooling of the body below normal body temperature causes a loss of reaction time and contractile time and reduces the excitability of the muscles.

It is rightfully believed that the simulation of the specific skills involved in the activity will sharpen the competitor's co-ordination and timing. However, the degree to which the skills can actually be sharpened has not been clearly established.

#### Intensity and Duration of Warm-up

Optimal combinations of intensity and duration are needed to achieve the desired warm-up effects. Too little work does not produce optimal levels of temperature, while too much work can impair the performance due to fatigue.

The intensity and duration of warm-up must be adjusted to the individual. As a rule, one may accept perspiration as an indication of increased body temperature. Those who wish to be more scientific can look for an increase in internal temperature (core temperature measured rectally) of one or two degrees.

#### Effects on Injury

Several experts have claimed that a failure to warm-up may lead to tearing of muscle tissue. Muscle pulls often occur in the relaxed fibers of the antagonistic muscles, as the relaxed opposing muscles cannot respond to the pull suddenly placed on them by the rapidly contracting muscles.

L.E. Morehouse and A.T. Miller, in Physiology of Exercise, support this idea. They say that the muscles most frequently torn because of inadequate warm-up are those antagonistic to the strong contracting muscles. When not prepared, these antagonistic muscles relax slowly and incompletely, thus retarding free movement and hindering co-ordination.

It's generally accepted that athletes who are prepared to react and move quickly are less prone to injury. Warm-up seems to contribute to the individual's readiness to respond.

#### Effects on Certain Performance Factors

Much of the research on warm-up has been related to specific performance factors such as speed, strength, endurance, etc.

Two studies on total body warm-up produced evidence that warm-up will increase strength because (1) more than the normal amount of blood is found in muscles during and immediately following exercise, and this decreases viscosity and enhances the muscles' readiness to act; and (2) increased muscle temperature contributes to more forceful muscle contractions.

Conversely, three studies involving only local heating (artificially) showed no evidence of strength increase. In fact, one of them produced a strength decrease. The studies support the idea that to influence strength the warm-up must involve working the muscles rather than artificially heating them. Several researchers have found that local artificial heating does not improve muscle endurance, whereas local cooling, which reduces skin temperature, may enhance the performance of the underlying muscles. Rationale: the cooling of the surface area reduces the circulation near the surface and provides a better supply of blood in the muscles beneath the surface. Conversely, it's highly probable that total body warm-up through exercise has a favourable influence on endurance.

Warm-up will likely improve power, as measured by the vertical jump or throwing speed. This is logical, as power is generated by strength and muscle speed, both of which can be increased by warm-up. Several studies support the idea that warm-up improves swimming speed and running speed, which further supports the concept that warm-up improves power, as swimming speed and running speed depend greatly upon power.

#### Kinds of Warm-up

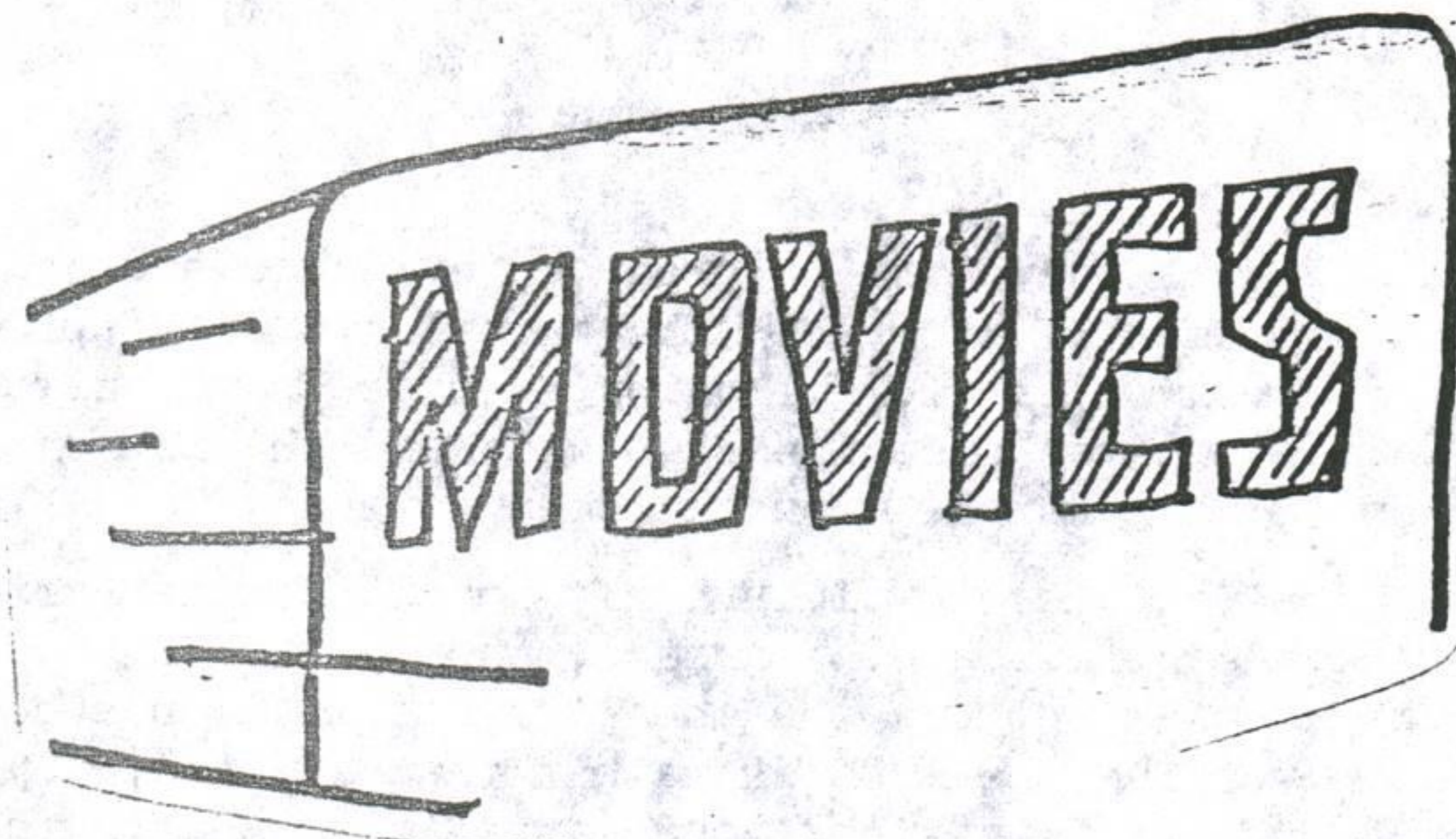
Coaches and athletes should be acquainted with the different approaches to warm-up.

**Related vs Unrelated:** Related warm-up involves movements that are included in the activity itself, whereas unrelated warm-up does not include the particular skills of the performance. Research in this area is lacking, but it's obviously preferable to achieve the desired body temperature by related warm-up, because of its positive effects on co-ordination and timing in the specific skills of the activity.

**Passive vs Active:** Any method of exercise which increases the body temperature can have a favourable influence on performance. This has been demonstrated through active warm-up procedures such as running, calisthenics, etc.

It's unlikely that passive heating such as hot baths, hot showers, turkish baths, or diathermy is effective for improving performance.

- Reprinted from DPERA Information Bulletin  
October, 1979 Issue



Jan. 25 - DOUBLE FEATURE - THE WARRIORS starring Michael Beck & Thomas Waites Action Rated R PLUS SHARK starring Burt Reynolds & Barry Sullivan Action Rated PG

Jan. 26 - SEVEN ALONE starring Dewey Martin & Aldo Ray Rated G

ATTENTION: The children's matinee movie will be shown Sunday, Feb. 3rd, instead of Saturday, Feb. 2nd. Time remains 2 p.m.

Feb. 1 - DOUBLE FEATURE - IN-LAWS starring Alan Arkin & Nancy Dussault Comedy Rated PG PLUS BOULEVARD NIGHTS starring Marta Du Bois & Betty Carvalho Action Rated R

Feb. 3 - DOC SAVAGE, MAN OF BRONZE starring Ron Ely Rated G

Feb. 8 - DOUBLE FEATURE - PRISONER OF ZENDA starring Peter Sellers & Elke Sommer Comedy Rated PG PLUS LEGACY starring Katherine Ross & Sam Elliott Drama Rated R

Feb. 9 - BLACK BEAUTY starring Walter Slezak & Mark Lester Rated G

Feb. 15 - BOYS FROM BRAZIL starring Laurence Olivier & Gregory Peck Suspense Rated RESTRICTED ADULT \*VIOLENCE WARNING\*

Feb. 16 - FOREVER YOUNG, FOREVER FREE starring Jose Ferrer Rated G

Feb. 22 - BRASS TARGET starring George Kennedy & Sophia Loren Suspense Rated Adult

Feb. 23 - GALLANT BESS starring Marshall Thompson Rated G

Feb. 29 - DOUBLE FEATURE - MAIN EVENT starring Barbra Streisand & Ryan O'Neil Comedy-Drama Rated PG PLUS FRISCO KID starring Gene Wilder & Harrison Ford Comedy-Western Rated PG

Mar. 1 - SCALAWAG starring Kirk Douglas Rated PG

FINANCIAL - SMALL LOANS AND BENEVOLENT FUND ASSISTANCE

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

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

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

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

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

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

- Chairman - Lt. D.M. Newell SCOMPT 218
- Secretary - Sgt. B.A. Moland 211
- Member - Capt. J.F. Shackleton CADO 202

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CFS ALSASK CHAPEL (RC & P)

ROMAN CATHOLIC

Mass: 5 p.m. Saturday

Confession: Before Mass and by appointment.

Baptisms: Please contact Chaplain as soon as possible.

Marriages: Please contact Chaplain at least 3 months in advance.

Chaplain: Father Joseph Dormans

CFS Alsask - 264 Thursdays only.

Residence - 463-2306 (Kindersley)

RC Chapel Committee Chairman:

PROTESTANT

Worship: 7:00 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.

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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		

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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

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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	

CABLE TV CHANNELS

STATION	RECEIVED CHANNEL	CABLE CHANNEL
CFCN Calgary	2	2
CHAT Medicine Hat	4	4
CKRD Red Deer	10	10
CFQC Saskatoon	3	7
CBRST Saskatoon	9	6

CATV PROBLEMS

Call Mon - Fri 8 a.m. to 4:30 p.m.  
Loc. 245 and ask for CATV

Weekends and after duty hours call  
Bill Pronyk 2614 - Manager  
Leroy Schaffer 2336

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

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

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
				Sandy Dooley	(15)		2686
Linda Adams	(14)	*	2346	Butch Woodman	(15)		2342
Kevin Brandner	(14)	*	2601	Richard Gordon	(12)		2630

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 Duddy 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.

WATKINS PRODUCTS: Phone Esther Smart at 2645.

MICHELLE LYNN JEWELLRY: Phone Bea Borschneck at 2308.

STAR-PHOENIX: Town delivery, call Dean Stroud - 2696. Base delivery, call Kevin Brandner at 2601, 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.

KINDERSLEY HOBBIE 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!

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Only  
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a day

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**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.

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.

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.

#### ADVERTISEMENTS

##### FOR SALE

One Hackamore in good shape.  
Call 2644 after 4:30. (1)

One chesterfield, floral pattern on a dark beige background. Just like new. Call 2362. (2)

LP Records, played only a few times for tape recording. \$3.00 each - All The Best of Lou Rawls; Helen Reddy's Greatest Hits; Classical Barbra Streisand; Herb Alpert Greatest Hits, Vol. 2; Here You Come Again, Dolly Parton; The Wayne Newton 2 Record Show; Up The Yellow Brick Road, Salsoul Orch.; The Best of the Oak Ridge Boys; Love Me Again, Rita Coolidge. Others at \$1.00 each. Call 2396 or MQ 49. (1)

##### TO GIVE AWAY

Free Gerbils. Phone 2630. (2)

##### WANTED

4 good homes for soft, fluffy Kittens. Call 2604 anytime. (1)

FOR THE LITTLE ONES!

