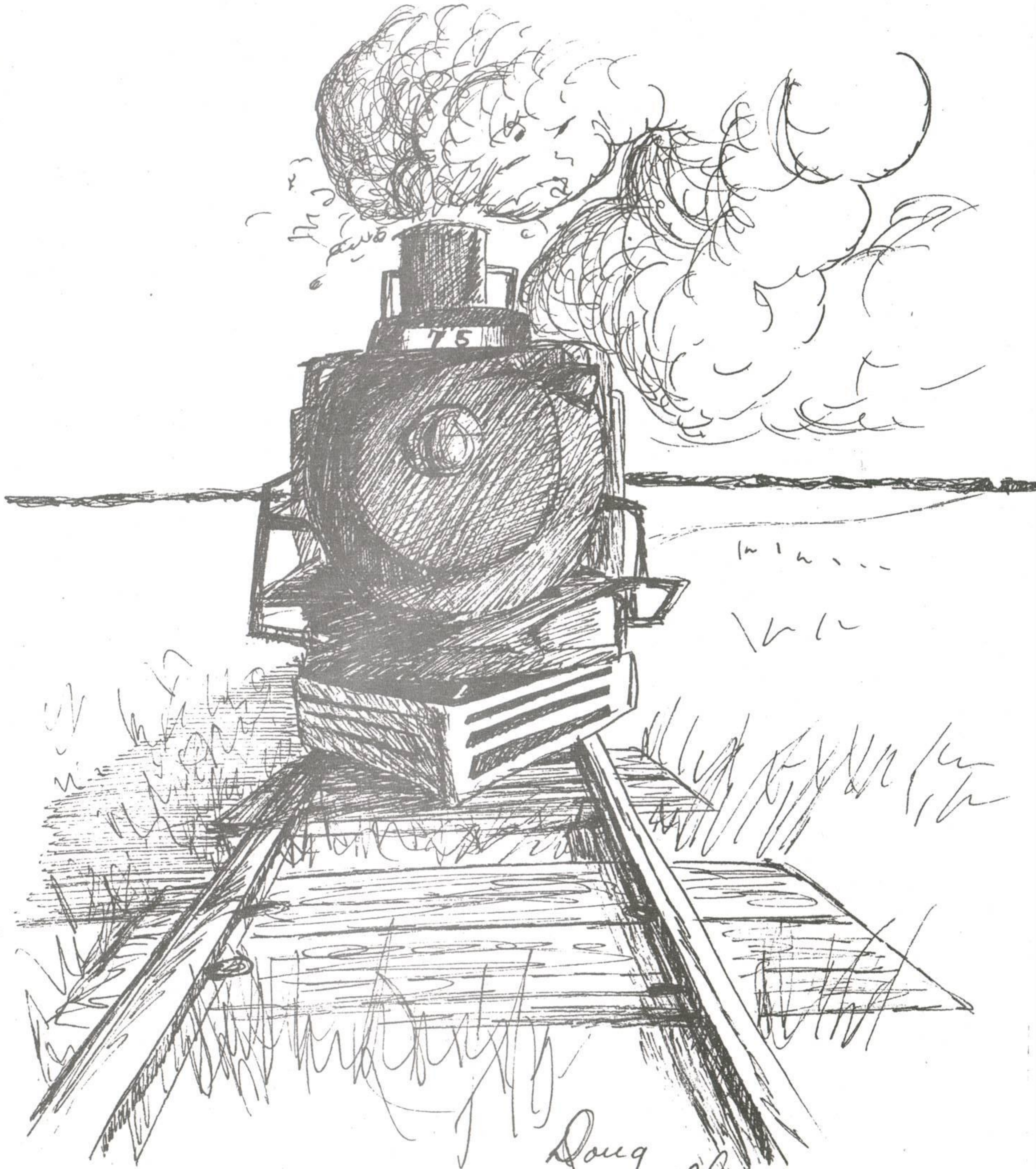


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THE TUMBLEWEED



Doug McClain

THE TUMBLEWEED

CFS ALSASK

Apr. 15, 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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CHIEF EDITOR-----Sandy Cochrane
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 -----Doug McClain
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HEAD PRINTER-----Stu Gordon
PRINTERS-----Jim Lowe
 -----Bill McClain
DISTRIBUTION-----Bob & Janet Blizzard

Deadline for next issue - Apr. 29, 1980

FROM THE CANADIAN FORCES PRESS

ARMY FUND CONTINUES EDUCATION ASSISTANCE -- Ottawa (CFP) -- The Canadian Army Welfare Fund plans to allocate \$135,000 to its bursaries program for the fiscal year 1980-1981.

This program, established in 1974, is specifically aimed at the children of former members of the Canadian Army who served between 1 October 1946 and 31 January 1968. It is intended to provide financial assistance to encourage these children to continue their education. The bursaries vary from \$300 to \$500 and will mainly defray part of the cost of tuition fees and text books.

To be eligible, applicants must have completed high school and be enrolled in a university, college or technical school program leading to a degree, diploma or certificate. Selection will be based on criteria set by the board of directors of the Welfare Fund, and will take into account the parent's number of years of service, income and number of dependents; however, financial need will be the determining factor.

Applications are available from Army Benevolent Fund Secretaries located in Department of Veterans Affairs Offices in Vancouver, Calgary, Winnipeg, Toronto, Ottawa, Montreal, Sain John, N.B. and Halifax. Applications must reach the Canadian Army Welfare Fund at the following address not later than 1 July 1980:

Manager
Canadian Army Welfare Fund
Veterans Affairs Building
Lyon & Wellington Streets
Ottawa, Ontario
K1A 0P4



The Commanding Officer presents Pte. Gauthier with his first hook.



IT'S ABOUT TIME!

As most of you know, the Tumbleweed's press has been broken down since February. It's sure nice to be back in operation, and we apologize to anyone who was inconvenienced by our inability to publish.

By the time you read this, we will have tendered our resignations to the Commanding Officer as Chief Editor and Editor, to take effect 1 July 80. Also, with postings and releases coming into effect in the near

future, the Tumbleweed staff is going to be pretty badly decimated. Think about it. If you want a newspaper next year, you are going to have to do something about it NOW. New staff will have to be found in time for outgoing staff to properly train them. September 9th is the first deadline date in the fall. September 8th is not a very good day to volunteer. It will be about three months too late.

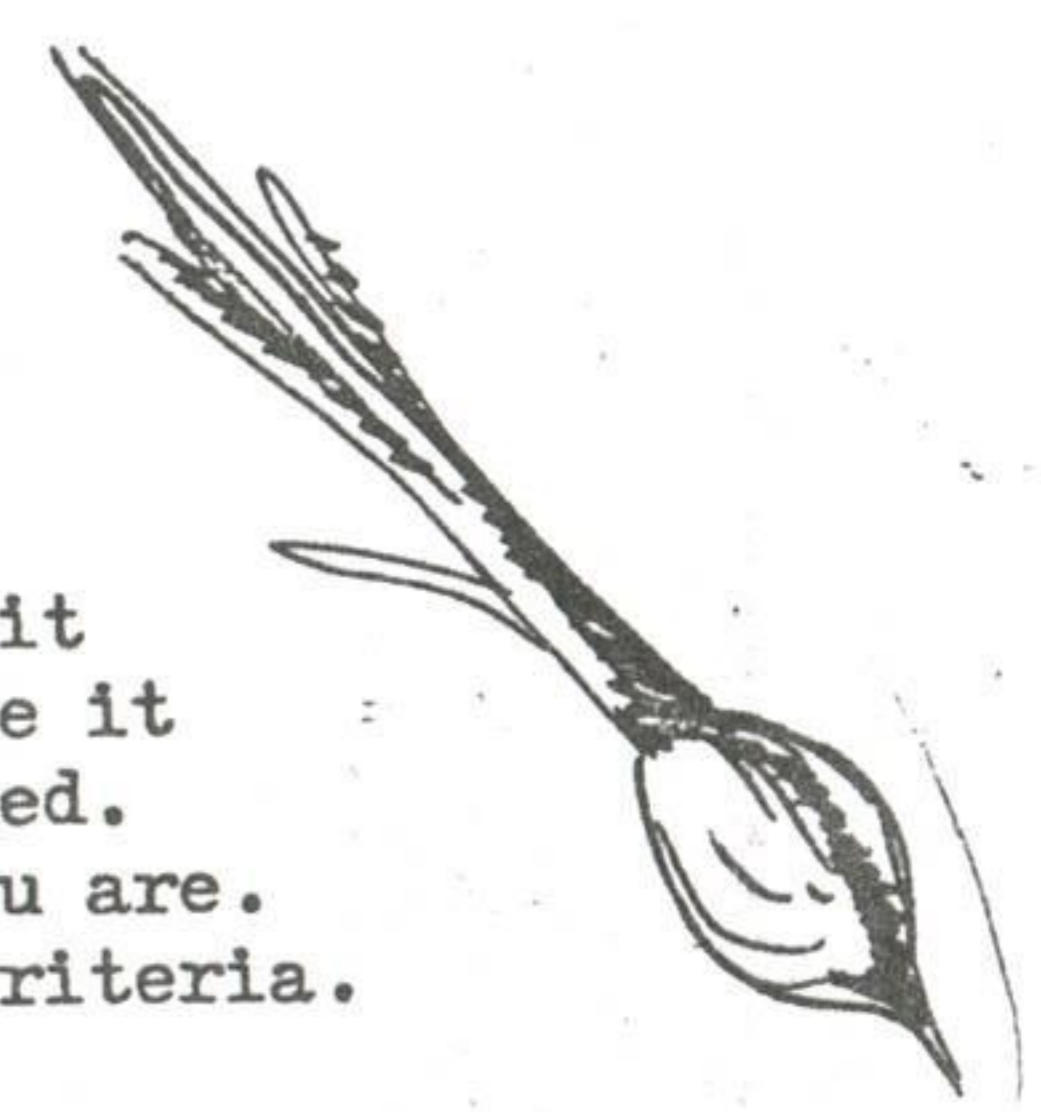
Aside from Editors, the Tumbleweed is going to need Assistant Editors, Typists, Assembly & Distribution people, and Artists. Not to mention Writers. The Editor's job is the most demanding in terms of time. Each issue has required about 12 - 15 hours of concentrated work over three days, plus three to five more hours spread over the intervening week. And most of this work has had to be done during the day. I'm not saying that the next Editor has to use the same system I have, but I do want to give a realistic picture of what is involved. If a new Editorial staff is forthcoming before our resignations take effect, we will endeavour to train them as fully as possible. However, after 1 July, our family commitments will limit us to giving verbal assistance only. So think it over. If you want a Tumbleweed, it's up to you.

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!



Now that the Community Council elections are over, I would like to send a big bouquet of roses to the members of this community in general and more specifically to the members of Community Council that supported me wholeheartedly during my time as Chairman of the Bingo Committee. The Bingos could not have been a success without your support. Thank you very much.

Pete Siford is the new Chairman of the Bingo Committee and I hope you will give him the same support you have me.



(Photo by Harvey Beveridge)

Back Row, L-R: LCol. Novakowski; Barb Runge, Instructor; Shirley Newell; Claire Malczewski; Berth Bigg; Judy Sikorski. Front Row, L-R: Judy Evans; Lynn Anderson; Sandi Petitpas; Wayne Anderson (Alsask's Toller Cranston)

The day this picture was taken marked the last day of the Alsask morning skating club. I would like to thank all the members for coming out and making it a big success. I hope you all enjoyed yourselves and feel you accomplished what you wanted to. Also, I hope you had fun. A very special Thank You to LCol. Novakowski for coming and presenting the members shows above with their badges.

In the ten lessons we had, the results are as follows:

Beginners: Lynn Anderson, Wayne Anderson, Sandi Petitpas, Judy Evans, Judy Sikorski, Shirley Newell, Bertha Bigg, Claire Malczewski, Bonnie Pigden.

Stokers: Lynn Anderson, Wayne Anderson, Sandi Petitpas, Judy Sikorski, Bertha Bigg, Claire Malczewski, Shirley Newell, Judy Evans, Bonnie Pigden.

Elementary: Lynn Anderson, Wayne Anderson, Judy Evans, Shirley Newell, Claire Malczewski, Bertha Bigg.

Basic: Lynn Anderson, Wayne Anderson, Claire Malczewski, Judy Evans, Shirley Newell.

Novice I: Lynn Anderson.

I hope to have another morning class next winter. So, if you are interested please come. Thanks again to the members and a reminder that the badges are 40 cents each. See most of you next year!



SEARCHING THE SCRIPTURES

John 5:39

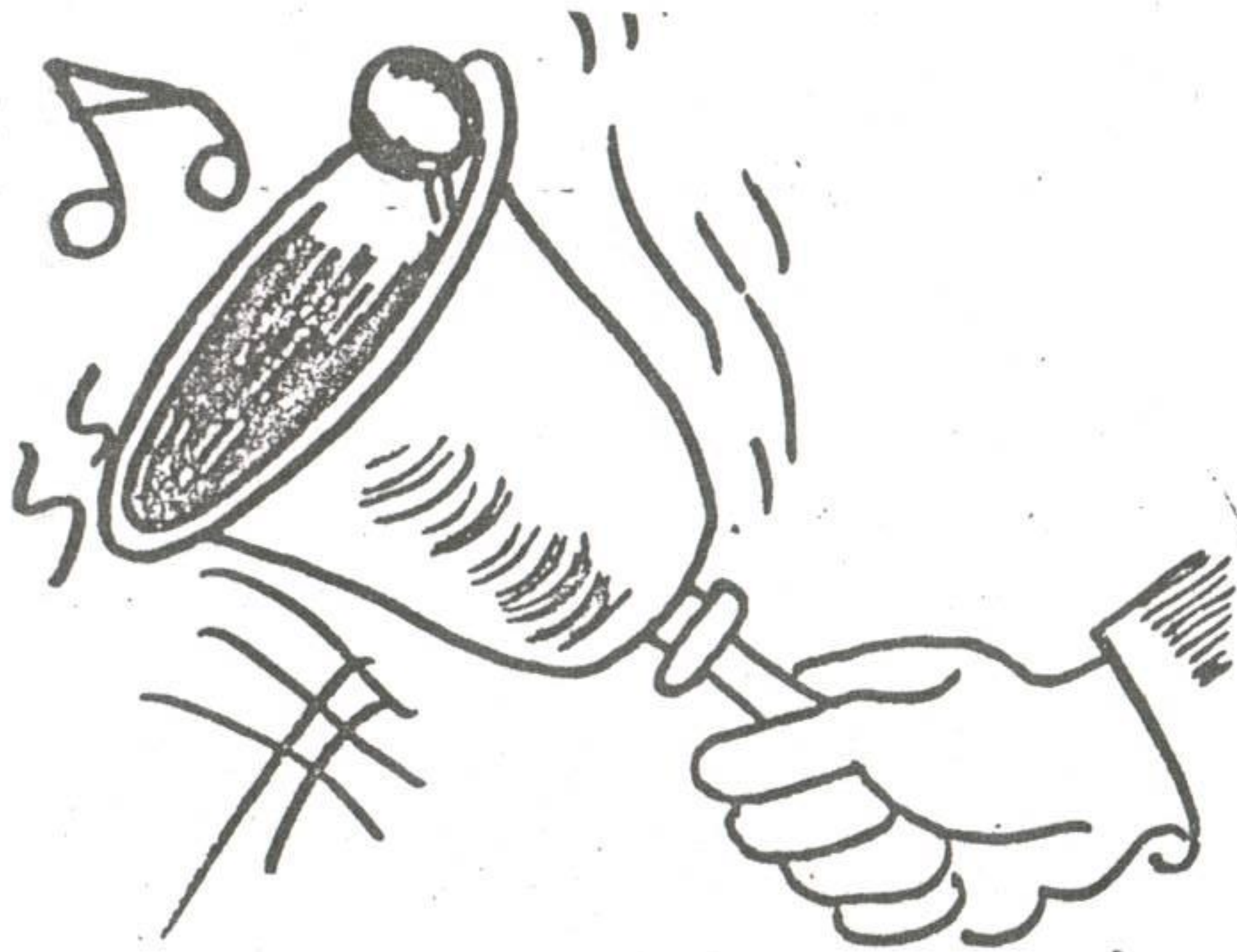
"Lo, children are an heritage of the Lord: As arrows are in the hand of a mighty man, so are children of the youth. Happy is the man that hath his quiver full of them: they shall not be ashamed, but they shall speak with the enemies in the gate."
Psalm 127:3,4,5.

It is nearly impossible to raise a child properly without God. In fact, it would be better to say it IS impossible, depending on what you call success.

In Luke 12:16-34, we have the story of a person who thought success was working until he was materially rich and could then take life easy. Verse 20 says "But God said unto him, Thou fool, this night thy soul shall be required of thee. Then whose shall these things be?" If you have brought up your children to focus their life on material things and gauge their success on those things, or the "mark" they have made in life, without including God, then you have trained them wrongly. It is not the making of a good living, or the being rich, that is wrong; it is the failure to include God in your life. Take some time and read the owner's manual for raising children. All the answers are in the Bible.

As Christians we dread seeing the anti-God teachings our children are exposed to from television, acquaintances and schools. Are you as a parent prepared to explain to your children what is right and wrong on television, what is right and wrong with the speech or actions of their various acquaintances? How about what they are taught in school? We read and hear many opinions on what is good for us physically, and more likely than not, we try to feed out children a properly balanced diet so that they will grow up physically healthy. But how much thought do we give to the intellectual feeding our children receive? How much concern do we show for the most important aspect of all, spiritual feeding? I believe it is safe to say that many parents show little or no concern about their children's spiritual welfare.

If you are rich and educated and go to hell, are you successful? If you are rich and educated and go to heaven, are you successful? Can one be poor and uneducated and still go to heaven, or hell? I know that if you believe in heaven and hell as taught in the infallible word of God, the Bible, then you will term going to heaven as being successful whether rich or poor, educated or uneducated. Did you ever wonder what it means to be rich toward God, to have treasures in heaven? Take your Bible and read it. Let Jesus talk to you through His word. Do it God's way. Raise your children for God. Feed them spiritual food. However, it will be much easier to know what to feed them if you learn the diet first. Accept Christ as your Saviour, study His word and feed yourself and your family. Read the Gospel of John for a start. 1 Peter 2:2 says "As newborn babes, desire the sincere milk of the word, that ye may grow thereby." Be concerned about your children's destiny. Love them and give them the best spiritual unbringing you are able. God loves you.



Hear Ye
Hear Ye

ALSASK LIONS' CLUB DRAW OF THE MONTH

The winners of the Alsask Lions' Club Draw of the Month for February, 1980:

- \$50.00 - Carson Woodman
- \$30.00 - Ella Denney
- \$20.00 - Danielle & Missy Steiert
- \$15.00 - Pat Ross
- \$10.00 - Hilda Mundt

The winners for March, 1980:

- \$50.00 - Doreen Ross
- \$30.00 - Nellie Vold
- \$20.00 - Lena Mayer
- \$15.00 - Jerry Ross
- \$10.00 - Rod Stauble

The winners for April, 1980:

- \$50.00 - Karla Johnson
- \$30.00 - Larry Mercer
- \$20.00 - Noreen Chiliak
- \$15.00 - Lorne Tobias
- \$10.00 - Kathy Allen

West Central Farm's paper bin will be located next to Kelly's IGA from April 22 to April 28.

HELP YOUR ALSASK CELEBRATES SASKATCHEWAN COMMITTEE

Please make a list of addresses of all former residents of Alsask, including members of your family located elsewhere. They will not be invited to the celebrations (Aug. 2, 3 & 4) if you do not give us their addresses. There is a box in Kelly's Store for you to put your list in. Please do it soon. We hope to get the majority of invitations out this month.

GENERAL EDUCATION DEVELOPMENT

GED is the Saskatchewan testing program through which an adult may receive his/her high school equivalency certificate.

The program consists of 5 exams including:

- a. Writing skills
- b. Social Studies
- c. Science
- d. Reading skills
- e. Mathematics

The required scores are:

- a. For a Grade X Certificate, a minimum of 32 on each of the 5 tests and a minimum average score of 39 on all 5 tests.
- b. For a Grade XI Certificate, a minimum of 35 on each and a minimum average of 41.
- c. For a Grade XII Diploma, a minimum of 40 on each and a minimum average of 45.

The next tentative time frame for testing is mid-May. All those interested please contact Lt. Anderson at Loc. 208.

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GARDEN TIME AGAIN

Gardens will be ready by May 20. There will be a \$7.50 rental fee plus a \$5.00 deposit which will be returned when the plot is cleaned in the fall. Due to the weed infestations in the past years, an effort is being made to control weeds in all unused plots. If there has been no obvious attempt to clean the weeds out of your plot by the first of July, you will receive a warning to clean it up. If the problem persists, your garden will be worked under and your deposit will be forfeited.

Watering of gardens should be no problem as a new pump has been purchased this year. Water will be available from 6:00 to 10:00 p.m.

Most people put a lot of time and effort into their gardens; therefore, any kind of vandalism in the gardens will result in severe repercussions.

Now for the good news. One plot has been set aside for a community pumpkin patch. Hopefully, every child on base will receive a pumpkin in the fall. (Or at least every home; okay, kids?) Let's cheer on the pumpkins!

LeRoy Schaffer

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Garbage collection is changed to Tuesdays and Fridays (instead of Saturdays) at 0800 hours (instead of 0900).

BINGO

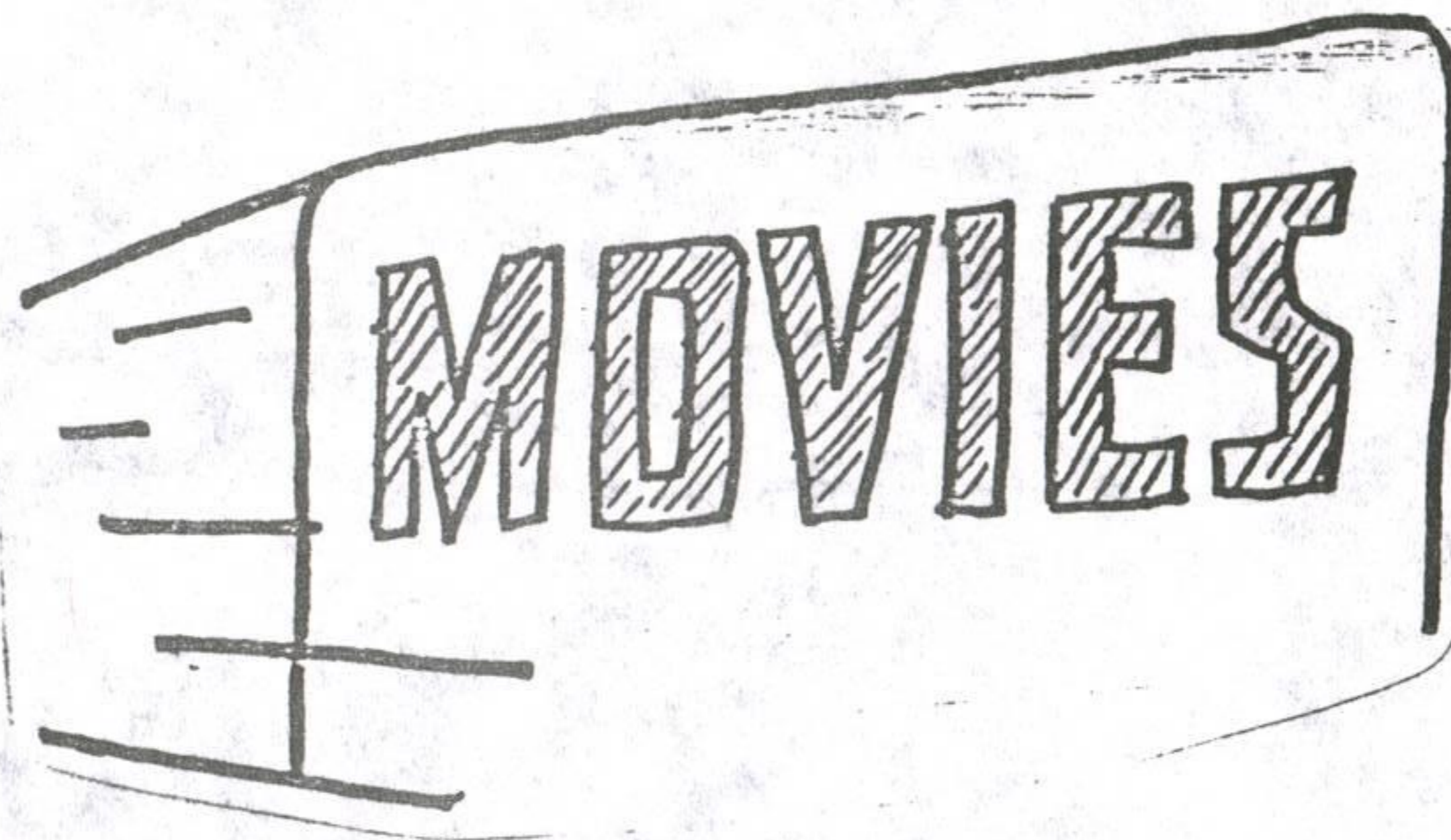
CFS ALSASK GYM

MAY 6, 8 PM

JACKPOT \$425.00

IN 57 NUMBERS

SPONSORED BY:
COMMUNITY
COUNCIL



MOVIES

Apr. 18 - DOUBLE FEATURE - BERMUDA TRIANGLE narrated by Brad Crandall Documentary Rated G PLUS DAYS OF HEAVEN starring Richard Gere & Brooke Adams Drama Rated PG

Apr. 25 - DOUBLE FEATURE - JUST YOU AND ME KID starring George Burns & Brooke Shields Comedy Rated PG PLUS MORE AMERICAN GRAFFITI starring Ron Howard & Cindy Williams Comedy-Drama Rated PG

May 2 - DOUBLE FEATURE - BLOODLINE starring Audrey Hepburn & Ben Gazzara Mystery Rated R PLUS ESCAPE FROM ALCATRAZ starring Clint Eastwood Suspense Rated PG

May 9 - DOUBLE FEATURE - YANKS starring Richard Gere & Vanessa Redgrave War Rated R PLUS AND JUSTICE FOR ALL starring Al Pacino & Jack Warden Drama Rated R

May 16 - DOUBLE FEATURE - NATIONAL LAMPOON'S ANIMAL HOUSE starring Donald Sutherland & John Vernon Comedy Rated RESTRICTED ADULT *EXCESSIVE LANGUAGE WARNING* PLUS THE JERK starring Steve Martin & Bernadette Peters Comedy Rated Adult

May 23 - DOUBLE FEATURE - ASHANTI starring Peter Ustinov & Michael Caine Action Rated R PLUS PROPHECY starring Robert Foxworth & Talia Shire Horror Rated PG

Apr. 19 - FUN AND FANCY FREE Animated Feature Rated G

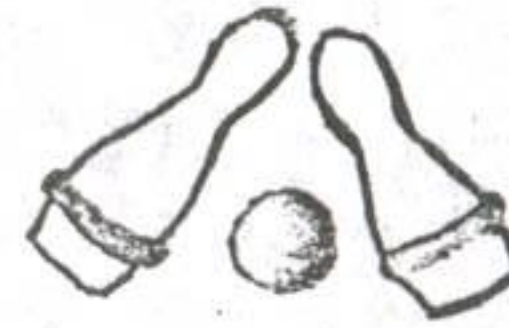
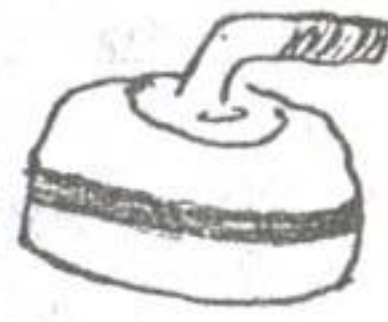
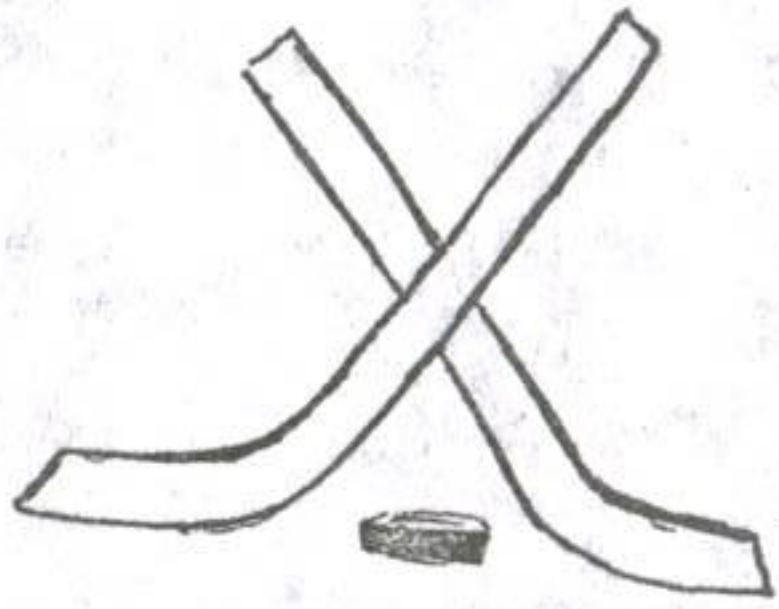
Apr. 26 - KING OF THE GRIZZLIES starring Chris Wiggins & John Yesno Rated G

May 3 - THE CLOWN AND THE KID starring Emmett Kelly & Cathy Dunn Rated G

May 10 - CARTOON PROGRAM Animated Cartoons Rated G

May 17 - JASON & THE ARGONAUTS starring Todd Armstrong Rated G

May 24 - THREE CABELLEROS ANIMATED CARTOON Rated G



RECREATION AND SPORTS

by Harve Reti

Where is it at? If you haven't got it on the inside, you will not last. We may call it intestinal fortitude, or desire, or gumption. Whatever, you have to want to do it to make it last.

What am I talking about? A few things come to mind. First and foremost is your personal fitness program. With the motto "Train, don't strain" in mind, you should be on a regular fitness program. For your sake, for your family's sake, you should keep fit. As Canadians, we have degenerated into what is termed, "internationally the most unfit nation." Oh yes, we have our fine athletes who participate around the world, but that is not you!! We have our "run-a-thons, swim-a-thons, etc., but you are not in them!! We have our local "fitness nuts", if you want to use that term, but I wonder who is the "nut" -- YOU, who has to strain to pass a minimum "wimp" test; YOU, who can walk or run for miles until testing time. Let's face it, you have allowed yourself to become a physically lazy???? and maybe even fat. Of course you could be trying out for the national heart failure team....

COME OUT AND JOIN IN

GET FIT

TRAIN, DON'T STRAIN

The semi-annual fitness evaluation is now being conducted. Also it is time for ball players to start training. Let's not have happen as last year! If the team doesn't work, the team doesn't go to the Region ball playoffs! Make up your mind. Get some desire, some incentive! Some of the wives around the Station have done this and are more fit than most of the husbands. Shame on you husbands!! The Rec Centre and M.I.R. can set up a program for you and assist you with it. It's all free for the taking. Let's do it now!

NUTRITION AND THE ATHLETE: MYTHS AND REALITIES

What an athlete should eat in order to achieve maximum performance has been a controversial question for centuries. The well-touted practice of eating large quantities of broiled meat originated in the 5th century B.C. Greek athletes were then permitted a largely carnivorous diet instead of the vegetarian fare prescribed for the majority of the population. To this day the principle behind this practice has been the belief that the major protein losses brought about by vigorous muscular exertion must be compensated for.

In the 19th century, such drastic measures as restriction of liquids, bleedings and the use of laxatives were imposed upon athletes. More recently, the discovery of protein capsules and the use of anabolisers have helped to perpetuate this ancient practice.

When it comes to his diet, the athlete is all too often guided by the principle "a little is good, more is better." In addition to which, athletes regularly ingest vitamin, protein and mineral supplements. A survey taken

during the 1976 Olympics indicated that, in fact, 75% of the 54 athletes interviewed took vitamin supplements, mainly ascorbic acid, Vitamin E (80% of athletes interviewed) and multivitamins, these made up of individual vitamins such as A, D, E and B complex. Thirth-seven per cent of the athletes took mineral supplements, the women being more assiduous consumers (63%) than the men. The fact that women show a marked tendency toward ingesting iron supplements might explain this discrepancy.

TRAINING - During training, the athlete's diet is not fundamentally much different from the non-athlete's. The proportions remain identical (12-15% of calories in the form of protein, 30-35% in the form of lipids and the rest in carbohydrates) while the total caloric intake will vary according to the type of sports practiced and the intensity and duration of training.

During the first months of regular training, certain authors recommend an increase in protein intake from 1.5 to 2.0 g/kg of body weight to then stabilize at 1.2 g/kg of body weight per day. Vitamin and mineral supplements taken regularly during training have yet to demonstrate they have a positive effect on athletic performance.

The hydration and sodium needs of the athlete are the subject of much discussion, for many trainers cannot yet see the necessity of replacing the losses incurred due to increased perspiration. It is true that the athlete's nutritional regimen normally manages to meet his sodium requirements, while his hydration needs are satisfied by regular ingestion of small quantities of water. However, the sodium losses associated with excessive perspiration, which can bring about a 5 to 10 lb. weight loss, must be replaced with the help of supplements. Such losses can occur as a result of intense and prolonged physical activity, varying significantly from one individual to the next. Chart 1 shows the hydration and sodium losses found in athletes as well as several suggestions on how to remedy the situation. As a general rule, salt tablets contain 500 mg of NaCl or 7.5 grains to which dextrose is added in certain cases. They must be taken with an adequate quantity of water, that is one pint of water per tablet. (1 g NaCl/quart of water or 0.88 g NaCl/litre of water)

It is good to remember that where water loss is minimal (2-4 lbs), salted broth (1.0 g NaCl/cup), salted tomato or vegetable juice (200 mg/100 ml unsalted), beef consomme (0.8 g NaCl/cup), .2% saline solution or a normal well-salted meal should meet the replacement requirements.

WATER LOSS lbs./Pints	NaCl LOSS g grains	SUBSTITUTION OF LOSSES		Diet(normal nutritional regimen of athlete)
		Water(pints)	Salt(tablets) A B	
2	1.5	23	2 0	Sufficient
4	3.0	46	4 0	Sufficient
6	4.5	69	6 0	Sufficient
8	6.0	92	8 2 1	Insufficient
10	7.5	115	10 4 3	Insufficient
12	9.0	138	12 6 5	Insufficient

Col. A is non-acclimatized subject. Col. B is acclimatized subject. Figures in these columns are number of salt tablets (500 mg NaCl/tablet) per pint of water.

This article will conclude next issue.

BOOKENDS

THE FAMILY ARSENAL by Paul Theroux

In Deptford (London), a seedy riverside district, lives a group that might pass for a family: Valentine Hood, late an American consul in Hue; Mayo, a female thief working for the IRA Provisionals; and two street-wise teen-age Waifs, Murf who makes bombs, and the girl Brodie who plants them. Hood casts his lot with these dubious terrorists and with the Provos who distrust his motives and keep him on the hook. Impelled to act for actions sake, Hood becomes embroiled in a murder that triggers a shock wave of far-reaching consequences.

THE MONEY GAME by Adam Smith

The Name of the game is Money. It is Adam Smith's contention that all the books on money speak only of economics and statistics - and they're only half the Game. The other half of the Money Game is people, individually and together, emotional investor and irrational crowd. This book is about how the Money Game is played and how the players really behave.

THE SINS OF HEROD by Frank G. Slaughter

The story is told from the point of view of Prochorus, who is a freeborn Roman citizen of Judia, and the central character in this engrossing tale. In a time of contrast and conflict in men's souls. Prochorus finds he must ultimately choose between the temporal rewards of serving Rome and spiritual salvation. In telling the story of this man his life, his love for a woman and his confrontation with Christianity, the author has vividly recreated the historical and cultural background of one of history's most stirring epochs.

BURY HIM AMONG KINGS by Elleston Trevor

This is the story of men who discovered the terrible reality waiting in the trenches of France; it is the story of others who stayed at home and learned a different, bitter truth. A story of a mad world where the smug selfishness of the home front could be worse than the battlefield, and one's own generals worse than the enemy.

- - - - -

If you have a tender message,
Or a loving word to say,
Do not wait till you forget it,
But whisper it today;
The tender word unspoken,
The letter never sent,
The long forgotten messages,
The wealth of love unspent -
For these some hearts are breaking,
For these some loved ones wait;
So show them that you care for them
Before it is too late.

LETTERS TO DEAR CRABBY

Dear Crabby,

How would you get Evergreens to grow when they are whipped to death by CE and blown to no end by the wind.

Complainer



Dear Complainer,

First you should build an 8-foot brick fence around them, then get the local security force to mount an around-the-clock watch over them armed with machine guns. If that fails, you could grind up this column and apply liberally to the roots with plenty of water.

Crabby

Dear Crabby,

In answer to your list of pre-requisites to earn my halo and wings in this happy hunting ground or the "land of winkin, blinkin and nod", I don't think I will apply for the following reasons:

- a. no Parachute no jumpy,
- b. no horseshoe big enough,
- c. due to Mr. Carr's new riding of Merid South he hasn't got the time to talk to anybody right now as he is very busy campaigning for the new Antelope party, and
- d. Bill Carr's car is a '48 Ford not a Chevy.

How does that grab you!

The Humboldt Kid

Dear Hummy,

In this age of government cut-backs and restrictions, one must do the best with what one has. If you don't have a parachute, use your hankie; no horseshoe, use a brake shoe; if Mr. Carr is too busy to talk, he can always pretend to listen; and as far as his Chevy being a Ford, well, nobody's perfect.

Crabby

Dear Crabby,

Winter Carnival has come and gone but always one poor sport lingers on. Do you have any suggestions as to what we can do with a Waller-lookalike who has no conception of sportsmanship or fair play?

Regretful Red

Dear R.R.,

Give him a wind generator and send him to the interior of B.C.

Crabby

Dear Crabby,

I am writing in regard to a recent situation which occurred at the Rec Centre during Carnival. What I would like to know is this: is it policy to

make all wash rooms on the Station co-ed or are the Rec Specs merely catching up with the Feminist movement?

House Broken

Dear H.B.,

You know what they say about Rec Specs regarding these matters. As to the incident you refer to, that's a different story. The subject merely didn't have the time to deviate from her straight and narrow course.

Crabby

- - - - -

Dear Crabby,

I was wondering why a section that does so little work would require such a drastic expansion as is presently underway in a certain section. Meanwhile another section, such as my own, has such a pressing requirement for an improved coffee room, for obvious reasons, yet cannot get the necessary funds to back such a project. Why, oh why?

Logic Seeker

Dear L.S.,

You know where you can find sympathy in the dictionary, don't you?

Crabby

- - - - -

Dear Crabby,

Is it really true that the RM Techs have their kite made out of angle iron and sheet metal? Does this mean that the AD Techs have to use old ESR's and the Height Techs are going to make theirs out of a blue Citation?

Ben Franklin

Dear Ben,

That's the only way that the Citation will ever get off the ground.

Crabby

- - - - -

Dear Crabby,

Since the spring has sprung and the grass has riz, I wonder where the birdies is? This is in reference to the back forty with flags and greens (or should I say sands)? Is there any way the golf course maintenance staff could be increased to keep out the grand canyons and briar patches?

Duffy

Dear Duffy,

If you don't want the job, why don't you organize your fellow workers to improve at least one hole each per section.

Crabby

- - - - -

Dear Crabby,

Upon returning from leave, I found that my train had come in. At least I think that that's what being railroaded is referring to. I now find

15

myself as a member of the Community Council. My question is this, since the ballots were destroyed before I could ask for a recount, does this mean that I have no recourse but to serve?

Stiffed Stiff

Dear S.S.,

You politicians are all alike. I hear Dick Culver is also recruiting. Interested?

Crabby

Dear Crabby,

Whilst playing the game of volleyball in the local intersection league, I found that the gym ceiling gets in the way of all my returns. Do you think CE would raise the roof if I asked them to raise the roof?

The Hermit

Dear Hermy,

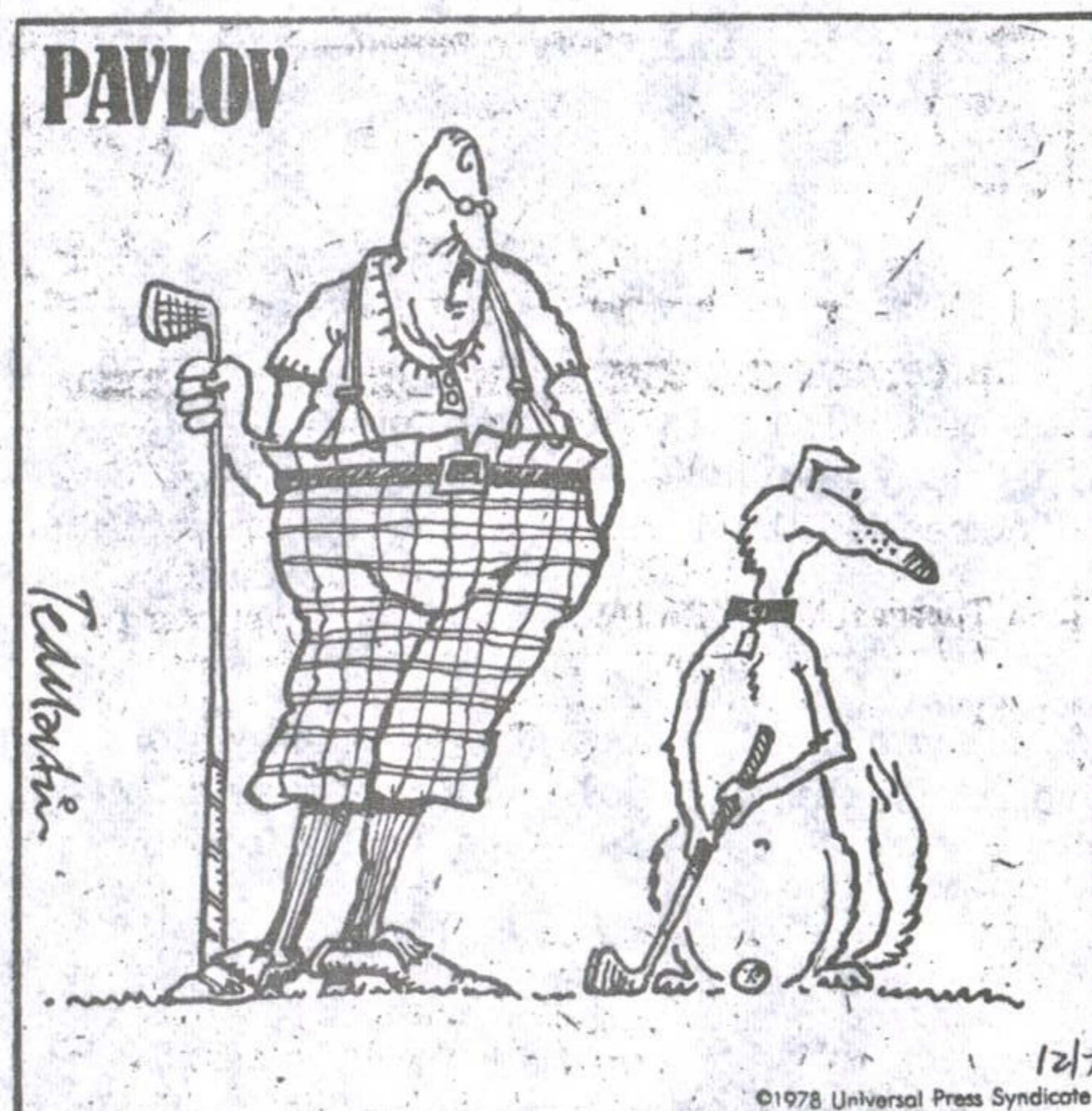
Take up Ping Pong, or is the table too high?

Crabby

Dear Readers,

Initial response to this column was quite satisfactory, but recently it seems to have dwindled somewhat. If this situation persists, I may have to resort to fabricating my own inquiries (à la Penthouse). We all know that this would defeat the purpose of this column so keep those cards and letters rolling.

Crabby



"Keep your head down, Pavlov, follow through on the swing and forget about the damn gopher holes."

FINANCIAL - SMALL LOANS AND BENEVOLENT FUND ASSISTANCE

1. The Canadian Forces Personnel Assistance Fund (CFPAF) comprises the Canadian Forces Small Loan Programme (CFSLP) and the Canadian Forces Financial Distress Programme. The Financial Distress Programme is operated in co-operation with the Royal Canadian Air Force Benevolent Fund (RCAFBF).
2. CFSLP Small loans of \$50. to \$500. are available to all members of the Canadian Forces (Regular) for any genuine purpose that will promote the well-being of members or their dependents.
3. CFSLP repayment rates may be geared from six to 24 months depending on the amount of the loan, at a service charge of \$3.00 per \$100. per year or approximately 5½% simple interest.
4. Any regular member on leave, TD, etc; away from his home unit may apply to the unit nearest him for an emergency loan.
5. If a member is on an unaccompanied posting, his dependent may make application to the loan committee where the dependent is located for assistance.
6. Applications for CFSLP small loans, Distress/Benevolent Fund Assistance, or Benevolent/Financial counselling committee:

Chairman - Capt. D.M. Newell SCOMPT 218
Secretary - MCpl. L. Ringland 211
Member - Capt. J.F. Shackleton CADO 202



CFS ALSASK CHAPEL (RC & P)

ROMAN CATHOLIC

Mass: 5 p.m. Saturday

Confession: Before Mass and by appointment.

Baptisms: Please contact Chaplain as soon as possible.

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

Chaplain: Father Joseph Dormans

CFS Alsask - 264 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.

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
 Al Metcalfe 2642

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				

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.

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 HOBEE SHOPPE: We now have Radio Shack equipment. Call 463-2145. Located on Main St., in Kindersley.

BARBER SHOP: Mon. 2:00 - 6:00 p.m. Tues. 9 a.m. - Noon & 12:30 - 2 p.m. Appointment chart on Barber Shop door. Cost is \$2.00

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 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.

WEST CENTRAL FARM: We collect old newsprint to sell to insulation firms. Collect and deposit your papers in the small green trailer that is parked in the vacant lot next to Kelly's Food Centre from time to time.

Yes! There is an A.A. & Al-Anon in Alsask. Friday evening 8 p.m. in the United Church. Every third Friday is a Public Open Meeting. Anyone interested may attend. For more info 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.

ARTEX HOBBY PRODUCTS: Phone for supplies or book parties and win free gifts. Mary Speers, Sibbald, Alta. Phone (403) 676-2124.

ADVERTISEMENTS

FOR SALE

Solid Walnut coffee table & 2 end tables. \$150. firm. Call 2614. (1)

1968 Dodge van in very good condition. 318 cu.in. V8; new brakes, shocks & battery; insulated interior. \$1000. firm. Interested persons only call 2628 for more information. (1)

1 kitchen set - table & 4 chairs. If interested call Loc. 262 and ask for Art. (1)

1975 Chev wagon; 9-passenger Bel Air; PS & PB. \$1100. Phone 2430. (2)

1976 Vanguard truck camper, 9½ ft. 3-way fridge, stove, hide-away toilet, queensize bed, lots of cupboard space, will sleep 6 comfortably. Inquiries please phone 2364. (1)

16 ft. fibreglass canoe. Call Loc. 248. (1)

WANTED TO BUY - man's 10-speed bike. Phone 2610 anytime after 10 a.m. (1)

FOR SALE

Antique dining room drop-leaf table, needs some repairs. Valued at \$600. when repaired; asking \$25. Toddler car seat; meets government standards, A-1 shape. \$5. Two end tables, step-table type, good condition. \$5. each. For information phone 2610 anytime after 10 a.m. (1)

1972 Holly Park 2-bedroom Mobile Home. Includes skirting, fuel tanks, fridge, stove, washer, dryer, drapes, carpet, some fencing. Other features: in Master bedroom - hidden lighting and built-in dresser; in bathroom - dble. sinks, large mirror, built-in clothes hamper; in dining room - built-in china cabinet, clock and intercom; in living room - built-in desk and hidden lighting. Call 2631. (1)

Akai integrated amplifier, 23 watts per channel RMS. \$150. firm. Call 2265. (1)

