

29 apr 80

THE TUMBLEWEED



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CFS ALSASK

Apr. 29, 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.

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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 - May 13, 1980

FROM THE CANADIAN FORCES PRESS



NEW APPOINTMENTS ANNOUNCED -- Ottawa (CFP) --
Prime Minister Pierre E. Trudeau has announced the appointment of Lieutenant-General Ramsey M. Withers, 49, of Toronto, shown at left, as Chief of the Defence Staff and his promotion to the rank of general as of May 31.

He replaces Admiral Robert H. Falls who steps down from Canada's top military post on July 1st to become Chairman of NATO's military committee at NATO headquarters in Brussels, Belgium.

Meanwhile, Defence Minister Gilles Lamontagne has announced that Lieutenant-General Kenneth Lewis, 50, of Calgary, deputy commander-in-chief North American Air Defence Command at Colorado Springs, Colo., since 1978, will assume command of Air Command with headquarters at Winnipeg. He replaces Lt.-Gen. George MacKenzie, 48, of Halifax and Ottawa, who retired in April.

In conjunction with his appointment, LGen. Lewis sent out the following message to all units in Air Command:

"I am proud to join you today as your commander. As one of the founders of Air Command, I have followed your development and progress with pride and satisfaction.

In my subsequent appointments as DCDS and Deputy Commander-In-Chief NORAD, I have viewed your activities from varying perspectives.

I am delighted to return as Commander, at a time when the outlook for the Canadian Air Force is so bright. We have a new fighter, a new maritime control aircraft and a new command and control system for air defence.

I look forward to meeting and working with you, and to the exciting years which we shall experience together.

Sic itur ad astra."

GRADUATION SAFETY

A promising development in the high school graduation safety scene is the effort now being made to involve high school students in a safety program. As part of that effort, a seminar attended by representatives of all high schools in Saskatoon was held recently and that seminar made a number of recommendations.

A consensus of the seminar was that the main thing high school graduates should worry about at graduation time is safety, with emphasis on having

convey students or that they gather in small groups and pay sober friends to drive them around.

That there is a need for greater concern about high school graduation safety is made very clear by the fact that in Saskatchewan in the past five years 32 persons have been killed at graduation time. 204 impaired driving charges have been laid and 160 car accidents reported - all associated with graduation.

Nor is there any evidence that the safety record has been improving. Responding to a questionnaire about last year's exercises, 139 high schools in the province recorded five traffic deaths, two drownings, one suicide, 25 vehicle accidents and one motorcycle mishap.

While it is easy to say that most accidents would be avoided if no drinking in connection with the exercises took place, it has to be faced that it will occur. Many students will abstain but many will not. A logical step is to see that impaired students do not drive.

Traffic accidents are never happy events. But there is something particularly horrible to them at graduation time. Graduation is epochal to youth; it signifies special achievement, the end of school years and the beginning of a new phase of life. How incongruously appalling it is when tragedy occurs under those circumstances.

Another recommendation of the seminar was that mini seminars be held at individual high schools so all students could share in the experiences and see the concerns expressed by other students. Presumably this was intended for Saskatoon high schools but it would be well for them to be held throughout the province.

Many students are alarmed at the hazards of graduation time. Their influence and leadership may well be the real key to ending the highly unfortunate situation which has existed.

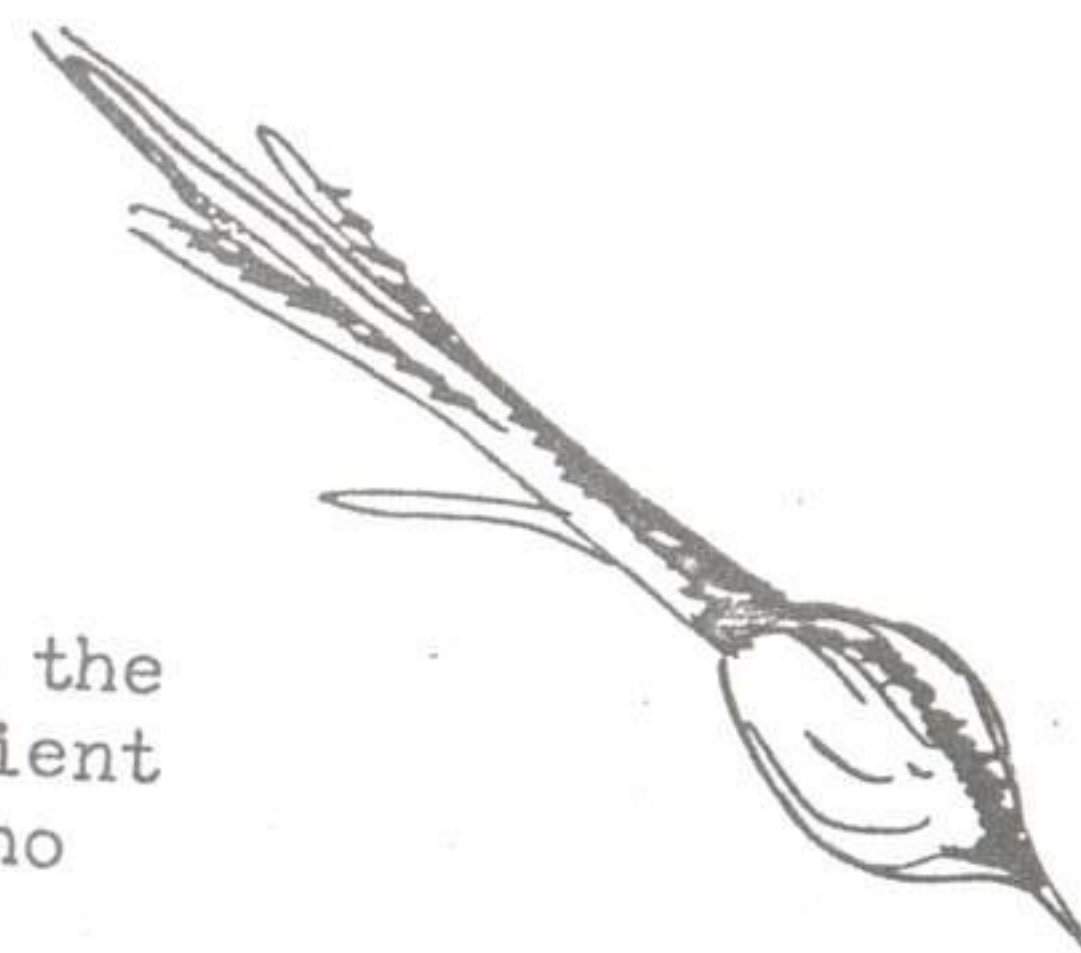
- Reprinted from the Saskatoon Star-Phoenix of Monday, April 28, 1980.

ROSES & ONIONS

by Chief-E

"I would like to say thank you for all the cards and gifts I received while a patient in the hospital. Also thanks to all who came to visit me."

Rod Stauble



"A bouquet of roses to Sgt. and Mrs. Watson for looking after my trailer while I was away on course."

M. Desveaux



A MESSAGE FROM THE MASTER GOPHER

by LCol L.E. Novakowski

It certainly is nice having our newspaper back in operation. Overhaul of the printing press has noticeably improved the appearance of the paper, and I hope we can match the appearance with continued high quality content. With summer postings, and particularly with the resignation of our Chief Editor and Editor, it's going to be tough to maintain the high standards we've grown accustomed to. Sandy and Bonnie Cochrane have done a great job for us for the past two years and it's going to be hard to replace their talent and dedication. As a community let's really dig in and search out replacements. The Tumbleweed is very important to the community and requires a first class effort.

The posting season is now upon us and we can expect to see a change-over of about 29 personnel. To all those leaving, I extend best wishes and thanks for your support and friendship. I hope you can look back on your stay at Alsask as a happy and rewarding experience. We who are staying shall do our best to continue the standards and traditions of our community.

On the business side of things, I'd like to mention that more emphasis will be put on the condition of PMQ's as they are vacated and re-occupied. There have been a number of complaints over the past year as to the condition/cleanliness of PMQ's when people move in and I think this can be taken care of fairly easily. First of all, houses and yards will be thoroughly inspected when they are vacated and occupants will be held responsible for leaving their premises in a neat and clean condition. I will not allow personnel to leave if they do not pass the inspection. Secondly, if any CE work is done to a PMQ, the PMQ shall be cleaned to the same standard expected of the occupants. I am not going to make any exceptions and I apologize in advance to anyone who will have to leave their PMQ in a better condition than when they arrived.

YEAR OF THE FAMILY

The Catholic and Protestant Chapel Committees are sponsoring a non denominational presentation by Bishop Mahoney of Saskatoon on "The Family". There will be two talks of approximately one hour each starting at 1900 hrs, Tuesday 13 May in the Parish Hall. (Lunch will be served).

The talks will centre on the husband-wife relationship. Everyone is invited to listen to a very interesting speaker on a very interesting topic.



Hear Ye
Hear Ye

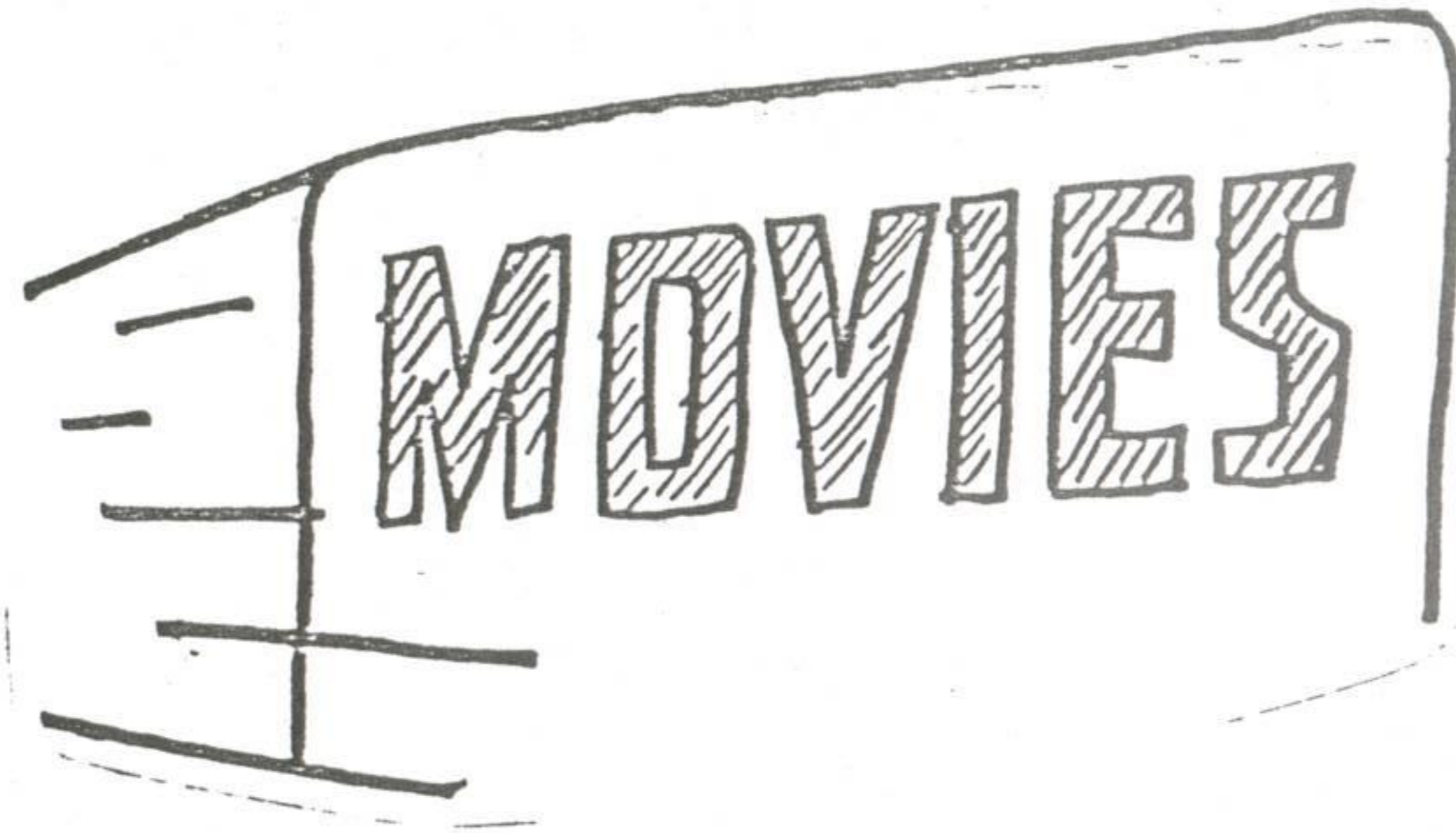
WATER CONSERVATION

1. The Water Treatment Plant has a limited capacity which, during the summer months, is highly taxed because of the demand for watering of lawns and flower beds. A water restriction must be enforced to maintain the water pressure and fire protection level.
2. The following restrictions will be in effect starting 01 May on PMQ lawns and flower beds:
 - a. odd numbered MQs or trailer court pads - odd numbered days;
 - b. even numbered MQs or trailer court pads - even numbered days; and
 - c. hours of watering from 5:00 p.m. to 10:00 p.m. on days mentioned above.
3. Your co-operation is a must for our fire protection level.

SKEET & TRAP CLUB

Effective 30 April, the Skeet & Trap Club will be shooting every Wednesday at 1900 hours and Sunday at 1315 hours. All interested persons are urged to take part.

If you have not yet attended a Michelle Lynn Jewelry party and demonstration! Everyone is welcome to attend one on the 13th of May at 10 a.m. at PMQ 112. Mothers, don't worry! Bring your children with you. For more information phone Janet Blizzard at 2260.



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

May 30 - DOUBLE FEATURE - RICH KIDS
starring Trini Alvarado & Jeremy
Levy Comedy-Drama Rated PG
PLUS EVICTORS starring Vic Morrow
& Jessica Harper Horror Rated PG

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

May 31 - BENJI starring Patsy Garrett
& Allen Fuzat Rated G

LETTERS TO DEAR CRABBY

Dear Crabby,

It seems to be that time of year again, where all personnel seem to be running around in circles. Is there any way that we can get the PERI Staff to cross-train in other trades like the rest of us have to in theirs twice a year? Who knows, maybe then they would even enjoy it.

Run À La Frazzle



Dear Run,

Here's a suggestion: since you must pass a physical agility test, maybe we could set up an intellectual agility test for them.

Crabby

- - - - -

Dear Crabby,

The other day I was dozing in my living room when suddenly I was awakened by one *#"?!@ of a clatter. I looked out the window to see what was the matter. There I noticed a huge runaway chainsaw climbing the side of my M.Q. Is there any way I can prevent a recurrence of this incident?

Tooclose

Dear Tooclose,

Quit complaining about your cable reception. Either that, or talk the operator into getting a driver's licence that does not come from a box of popcorn.

Crabby

- - - - -

Dear Crabby,

Is it my B.O. or is this ship HMCS Alsask sinking? There seems to be a lot of rats jumping ashore these days. What could be the cause?

Lonely Rat

Dear Lonely,

Who cares? The promotion forecast is looking better all the time. If you bide your time you may even reach the enchanted level of Chief Rat sooner than you hoped.

Crabby

- - - - -



RECREATION AND SPORTS

by Harve Reti

NUTRITION AND THE ATHLETE: MYTHS AND REALITIES

Cont'd.

PRE-COMPETITION NUTRITION

Depending on its type and duration, the week prior to the competition in question the athlete will opt for one of two types of regimen:

- a. Normal training regimen;
- b. "Carbohydrate-heavy" diet.

In prolonged duration sports such as marathon, cross-country skiing (30 km), etc., Bergstrom recommends a carbohydrate-heavy diet which brings glycogenic muscular content reserves to their maximum. Glycogenic muscular content, which, given a normal diet, is approximately 1.75 g/100 g of wet muscle, can be increased to 3.5 g/100 g of wet muscle with the Bergstrom regimen. The regimen consists of ingesting a diet rich in proteins and fats and poor in carbohydrates, and poor in proteins and fats for the following 3 days. Better results seem to be obtained when the athlete "drains" his muscular reserves of starch by training in a prolonged and vigorous fashion on the day he begins to follow the regimen.

Chart 2 details the Bergstrom modified regimen most often followed by athletes. There exists, however, a disadvantage of the carbohydrate-heavy diet. We know, in fact, that for every gram of starch put in reserve, the body retains 2.7 grams of water. For this reason, because of the ensuing weight gain which would prove disadvantageous to them, this regimen is not recommended for athletes competing in events of short duration (races, jumps, fighting). In these cases there already exist sufficient body reserves to meet the requirements.

Lastly the strict Bergstrom regimen should not be followed on a regular basis (i.e. repeated every week) by an athlete, since it would lead him to stray from a balanced diet. It is, therefore, recommended for use only during particularly important competitions.

COMPETITION NUTRITION

The day of the competition, the nutrition of the athlete will vary according to the duration and intensity of the activity in question. Another factor, the psychological attraction of certain foods, demands a modification of the style of nutrition. This last factor, which sometimes predominates, often brings about some hairbrained choices.

A champion marksman mentioned, for example, that the night before a competition his "tactic" consisted of smoking cigarette after cigarette and drinking cup upon cup of coffee in an effort to remain wide awake and thus be perfectly alert during the competition. It should be noted that he had never tried alternate methods of preparation.

MODIFIED BERGSTROM REGIMEN

First 3-4 days DIET

- 1/2 grapefruit
- 2 eggs
- Bacon, ham or sausages
- Butter
- 1 slice whole wheat bread
- 1 cup whole milk

- Broth or tomato juice
- Fish or fowl (6 oz. or more)
- Salad and dressing
- 1 cup whole milk
- D-Zerta

Last 3 days DIET

- 1 cup sweetened orange juice
- Cereal
- Eggs and/or pancakes
- Bacon, ham or sausages
- Butter or margerine
- 2-4 slices whole wheat bread
- Hot chocolate

- Cream or vegetable soup
- Fish or fowl (6 oz. or more)
- Beans, noodles, rice or other starches
- Fruits
- Milkshake
- 2-4 slices whole wheat bread
- Cakes, pies, etc.

SNACK

- Cheese
- Nuts
- 1 slice whole wheat bread
- Lemonade (substitute sugar)

- Fruits (especially dates, figs)
- Milkshake
- Cookies
- Nuts

In fact, certain principles are still repeated.

a. The last important meal is generally taken 2 1/2 to 3 hours before the competition in order to avoid hyperkinetic splenic activity accompanied by a muscular hypothermic reaction which could cause cramps.

b. If the competition is of the "round-robin" type (volleyball, basketball, weekend tournament), snacks of 500 to 800 kcal are consumed when two matches are separated by at least one hour.

c. Generally, foods rich in fat are avoided during meals which precede a sports event because they take longer to digest.

d. Finally, gassy foods such as cabbage, onion, garlic, etc. are to be avoided immediately before a competition.

Many trainers prefer pre-competition liquid meals to all other forms of nutrition. These drinks have a powdered skim milk, water, sugar and vanilla base, with additional ingredients added according to taste. This type of meal is used by certain athletes who wish to avoid the nausea and throwing up often brought about by the consumption of a normal complete meal.

Finally, during the competition, frequent use is made of such products as Gatorade, Sportade and Bike 1/2-time Punch. The composition of these mixtures (Robinson, 1970) is given in Chart 3. Generally speaking, a drink made up of water, lemon juice, sugar (to taste) and one teaspoon of table salt can serve the same purpose as the aforementioned drinks.

Athletes are ideal targets for any publicity demonstrating the special powers of certain products. The ingestion of massive doses of spreads, pills, powders, biscuits, protein tablets, vitamin and mineral pills (especially NaCl and K), and the adherence to "lose 14 lbs. in 14 days" type diets, or to gain weight, "gain 14 lbs. in 14 days with a special training program" type diets, have made of athletes individuals with the richest urine in the world. These

products do not necessarily make champions of our athletes however, since several other factors have to be considered also.

In conclusion, here is a quote from nutritionist Jean Mayer, that is well worth remembering: "The use of one of these products, or the ingestion of a particular food (chocolate, honey, steak, etc.) before a competition, cannot prove harmful to the athlete if his nutritional base is well balanced." On the other hand, the restriction of such a product could have an adverse psychological effect brought about by the suppression of the need for strict and adequate nutritional support.

COMPOSITION OF COMMERCIAL ELECTROLYTE MIXTURES

Name of Mixture	Nutritional Elements			
	Na (mEq/l)	K (mEq/l)	Glucose (g/l)	Sucrose (g/l)
Gatorade	21	3	50	-
Sportade	27.4	14	7	40
Bike $\frac{1}{2}$ -time Punch	24	2	1	76



THE ROCK by John Masters

Coming in low from due east, looking through the curved perspex it appears first as a pale cloud on the surface of the sea off the mountains of Africa. This is Gibraltar. There is nothing else like it on earth. No place on earth has witnessed or played a part in so much history. Against the impressive fort which Gibraltar has been through history. John Masters has written an exciting and moving novel. It is written of a place and the people who have inhabited it at times through the centuries. Here is Gibraltar, as seen through the eyes of Roman legionnaires, invading barbarian Goths, Moslem Moors, British occupiers and French would be invaders. It is a novel which conveys a sense of historic destiny and is full of interesting stories about fascinating people.

FOOLS DIE by Mario Puzo

Fools Die focuses dramatically on forty years in the life of an orphaned American boy named Merlyn who, in time, comes to understand how he relates to the magician of Authurian legend. His haphazard youth is spent outside the law and only his over whelming interest in writing and extraordinary success as an author save him from a life behind bars.

Merlyn's books bring fame and fortune and open doors to the literary coteries of New York and the Hollywood world of film moguls, actors, agents and beautiful women. His friends, a cross section of the beautiful and the damned are the dramatis personae of this great story.

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
 Eaptisms & 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
Kevin Brandner	(14)	*	2601	Sandy Dooley	(15)		2686
Linda Adams	(14)	*	2346	Butch Woodman	(15)		2342

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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RENT RINSENVAC \$12.00
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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

1974 Chev $\frac{1}{2}$ ton; 454 motor, P/S, P/B, A/C; reasonable price. Also, single bed, like new - box spring, mattress & frame with casters. \$75. or best offer. Call 2327 after 5 p.m. (1)

Apartment-size washer and dryer. Call 2618 after 5 p.m. (1)

1 child's folding gate. \$5.
1 child's Jolly Jumper. \$5.
1 dog cage. \$15. Call 2613. (1)

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

Kitchen set - table & 4 chairs. If interested call Loc. 262 and ask for Art. (2)

1975 Chev wagon, 9-passenger Bel Air; PS & PB. \$1100. Phone 2430. (3)

1976 Vanguard truck camper, $9\frac{1}{2}$ ft. 3-way fridge, stove, hide-away toilet, queensize bed, lots of cupboard space, will sleep 6 comfortably. Inquiries please phone 2364. (2)

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. (2)

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 dressers; 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. (2)

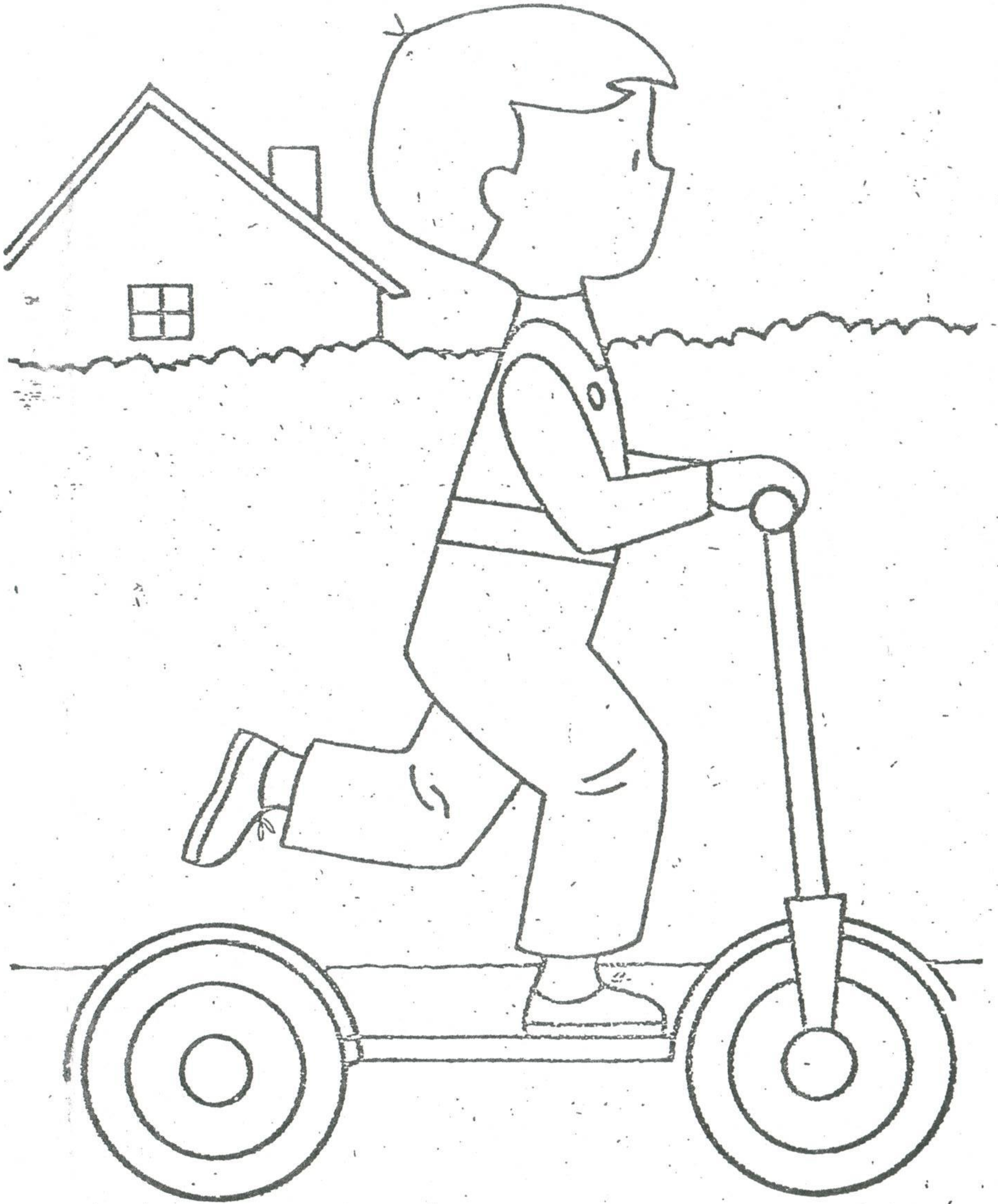
Akai integrated amplifier, 23 watts per channel RMS. \$150. firm. Call 2265. (2)

16 ft. fibreglass canoe. Call loc. 248 (2)

WANTED TO BUY - man's 10-speed bike. Phone 2610 anytime after 10 a.m. (2)

FOR THE LITTLE ONES!

13.



YEAR OF THE FAMILY

1980

"A LOOK AT THE FAMILY"

SPONSORED BY BOTH CHAPEL COMMITTEES.

HEAR YE!
TAKE NOTE
REHTUNG

ATTENTION!

SHAKESPEER

YOU DON'T LISTEN.
LOOKING AT LOVE AND MARRIAGE
DREAMS SCATTERED
I'M NOT IN LOVE!

FOR AN IDEAL
ALL-ON-ON
LOVERS!



I'M NOT IN LOVE!

WHERE HAVE YOU BEEN IN ALL MY LIFE
I HAVE NOTHING TO WEAR...
I NIGHT, EARLY
GREAT LOVERS
JUST WAIT TILL THE OLD MAN GETS HOME
GREAT LOVERS

KIDS? ... WHO NEEDS THEM?

NEVER BARGAINED
NEVER BARGAINED
NEVER BARGAINED
NEVER BARGAINED
NEVER BARGAINED

WHATEVER HAPPENED TO OUR ROMANCE?

HOME, SWEET HOME!
I PRAY
I PRAY
I PRAY
I PRAY
I PRAY

WHAT? Two(2) TALKS - QUESTIONS
WHEN? TUESDAY - 1900 HRS (Mk)
WHERE? PARISH HALL - CFS ALASKA
WHO? BISHOP MAHONEY

THE ARE YOUR KIDS TOO, YOU KNOW!
HI THERE
GOOD-LOOKING
HOCKEY
CONSIDERATION!
HANDLE WITH CARE

STILL IN LOVE
JOE & MARY
I WILL BE TRUE TO YOU UNTIL DEATH
I WILL BE TRUE TO YOU UNTIL DEATH
I WILL BE TRUE TO YOU UNTIL DEATH



UNTIL DEATH DO US PART
WITH THIS RING I THEE WED...
DON'T APPRECIATE ME ANYMORE
I SHOULD WHO KNOW WHO I SAW TODAY
I SHOULD WHO KNOW WHO I SAW TODAY

NEVER BARGAINED
NEVER BARGAINED
NEVER BARGAINED
NEVER BARGAINED
NEVER BARGAINED