

Co. 81
Feb

TUMBLWEED

ALSASK

ALSASK
TAMPEDERS



WINTER

SIBBALD
SAVAGES



GARNIVAL

C.F.S.
ALSASK

HEY FUN-LOVERS!

COME ON OUT AND
JOIN IN TO SUPPORT
YOUR TEAM!



JRC	-	Orange
Sibbald	-	Red
Alsask	-	Green
Officers	-	Black
WO & Sgts	-	Blue
Committee & Officials	-	Yellow

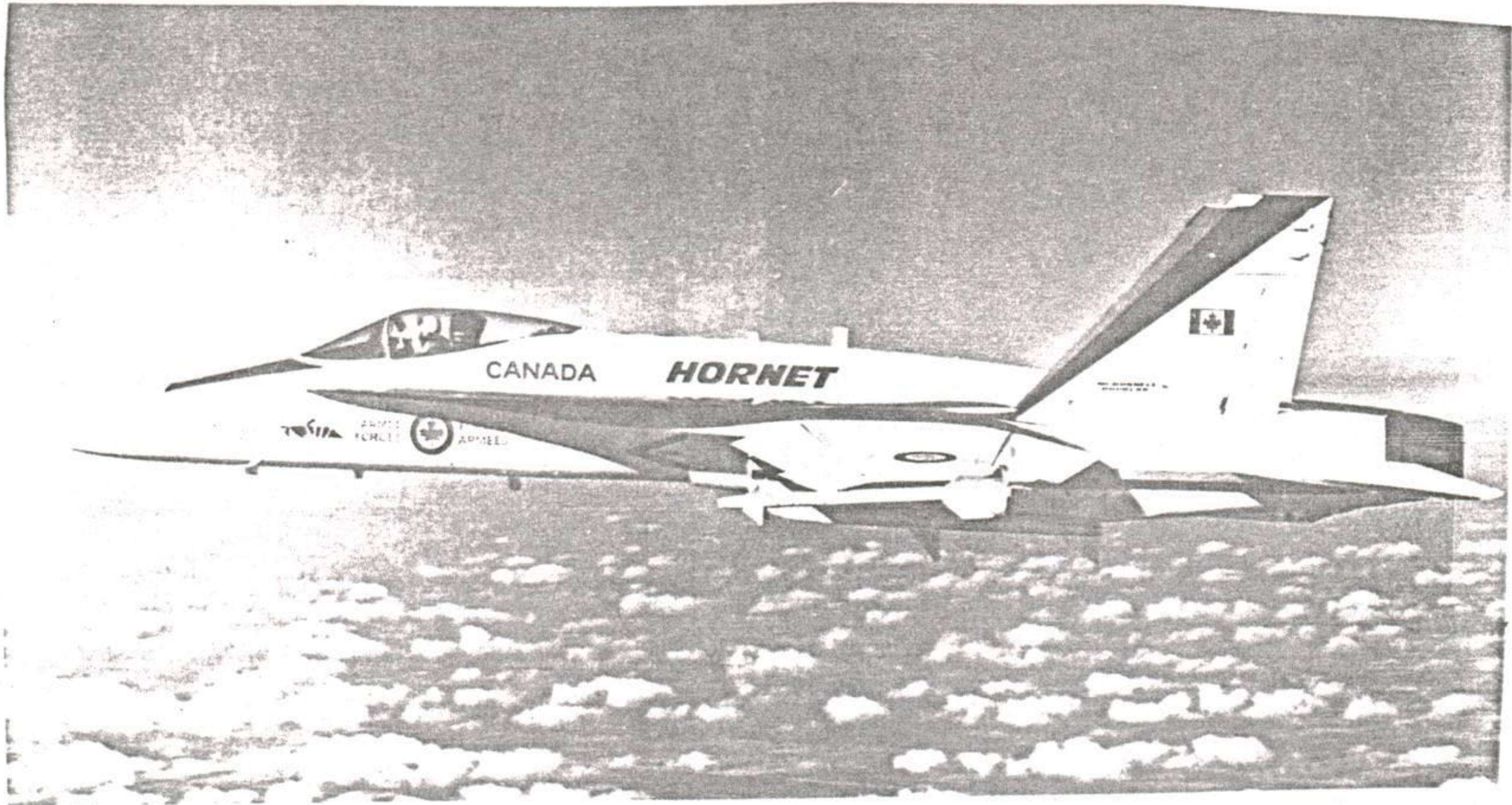


A MESSAGE FROM THE MASTER GOPHER

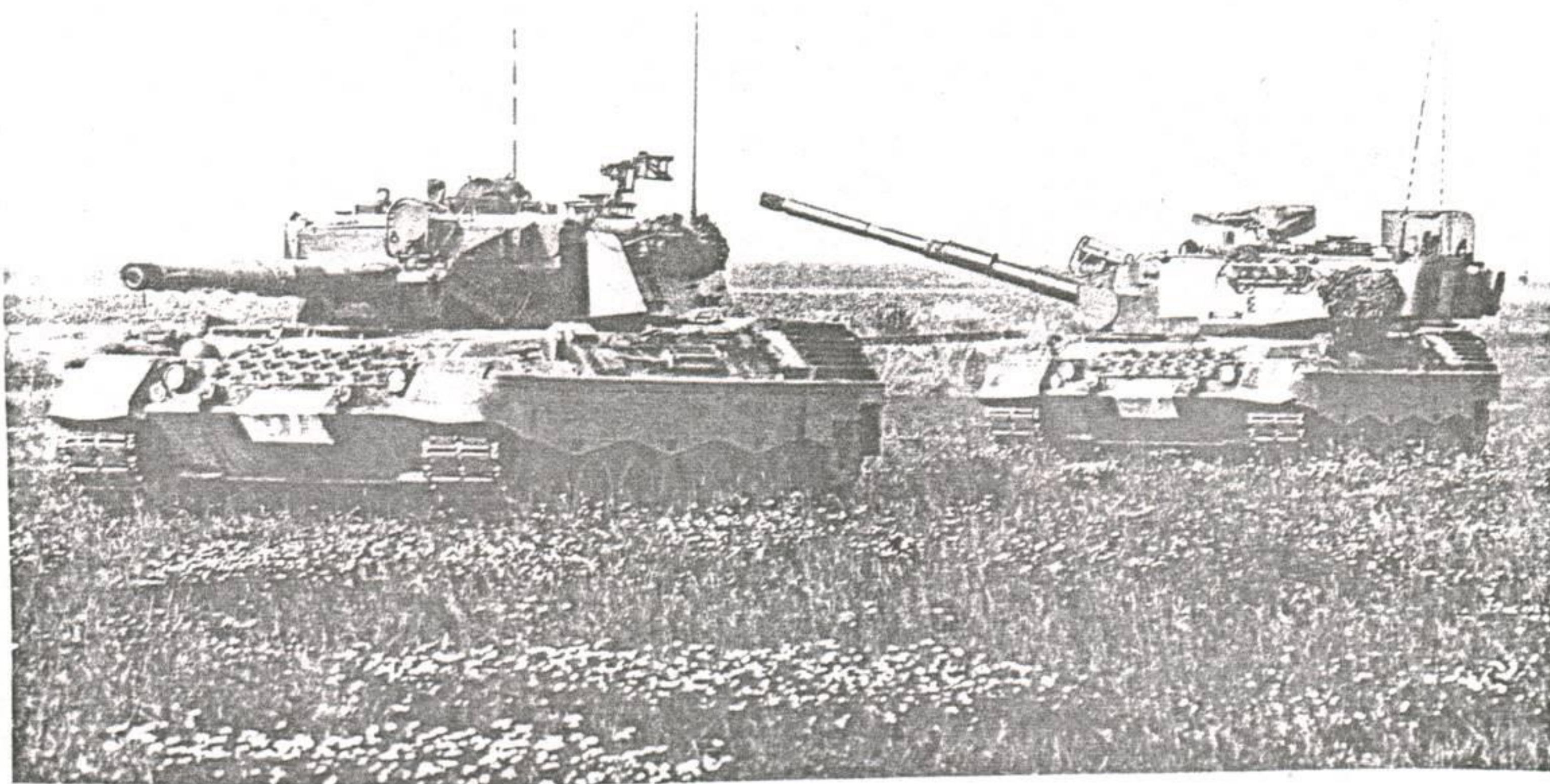
by LCol L.E. Novakowski

By now most of you have probably heard that the rank levels for Commanding Officer and Chief Ground Environment Officer of CFS Alsask will be lowered one rank this coming summer. This means that my successor will be a Major and Maj Shufflebotham's will be a Captain. Although this came as a bit of a surprise it's not really a surprise because it's been in the mill for a number of years. The rank changes result from a management study done in 1975 and are in keeping with the changing needs of the service. Yorkton, Gypsumville and other stations were changed within the past few years, and this year it is Alsask's and another station's turn.

The downgrading of rank levels does not mean that closure of the station is imminent or that phase-out of this type of radar station has been moved ahead. It means business as usual with no change in forecast activities. The plan to integrate all Canadian radar sites under East and West Regional Control Centres at North Bay is still scheduled to take place in the next two years. My estimate that CFS Alsask will be around until about 1987 still stands.



Rumour has it these babies actually fly. There seems to be a few hiccups but seeing as they were built by modifying the original designs shown below, they didn't turn out too bad. Personally, I like the original design better---at least it looks safer.



SAFETY IS....NO ACCIDENT

YBC - CANCELLATION

Youth Bowling is cancelled for the following Saturdays:

- A. Feb 21 - Winter Carnival
- B. Mar 07 - Cadet Sports Weekend



Is it true that R.J. was raised in the Red Light district of TO?



If you went to the Alsask rink on Friday 30 Jan./81 you would have seen D.J. break D.S.'s goals scored in one game record.



Golf lessons are changing their times and nights. Ladies move to Monday at 8:00 pm and men move to Thursday at 8:00 pm in the gym. rat Hall is our resident pro and she does a good job of showing how to swing that club.



Tumbleweed Tops Club #SA2987 CFS Alsask meets every Thursday evening 6:30 pm, at Arts/Crafts and Science room at John A. Silver School on Base. Is overweight or maintaining weight a problem? Try TOPS! For more information phone Lyn - 2601 or Gwen - 2388.

Jump rope produces the greatest fitness in the least amount of time. 10 minutes jumping rope is equal to 30 minutes of jogging.



The Saskatchewan wildlife Federation, Alsask Branch will be holding a general meeting on 22 February/81, at 1400 hrs in the Parish Hall. AGENDA: Election of executives, Presentations, Review of budget and general discussion.

Hi there!

Here is the weekly report from SOR'S Mata Hari.

Well working in the Station Orderly Room in CFS Alsask is not what I expected.

I think you should call a doctor or something, they are all crazy in here. Here are a few examples.

The Rat/Move clerk is Cpl(W) Siford. You can't miss her. She is the one with the red horns sticking out of her head. Her desk is a mass of ornaments (including her). Her antics and infectious laughter give us many seconds of relief from a dull day. Her claim to fame is her impression of Charlie Chaplin, and a lot of pure schtick. She is known to burst into a song with least provocation anywhere from the National Anthem of the USA to hour long contests of "Name That Tune."

The Release clerk is Cpl Finn. After all the releases he has had to deal with he is now singing "Please Release me!!!" We have our own perpetual motion machine - he is known as Dan the Man. He is as busy as a beaver gathering nuts in the fall. Our nick name for him is Fast Fingered Finn. Dan is the Only Chicken Noodle that will do.

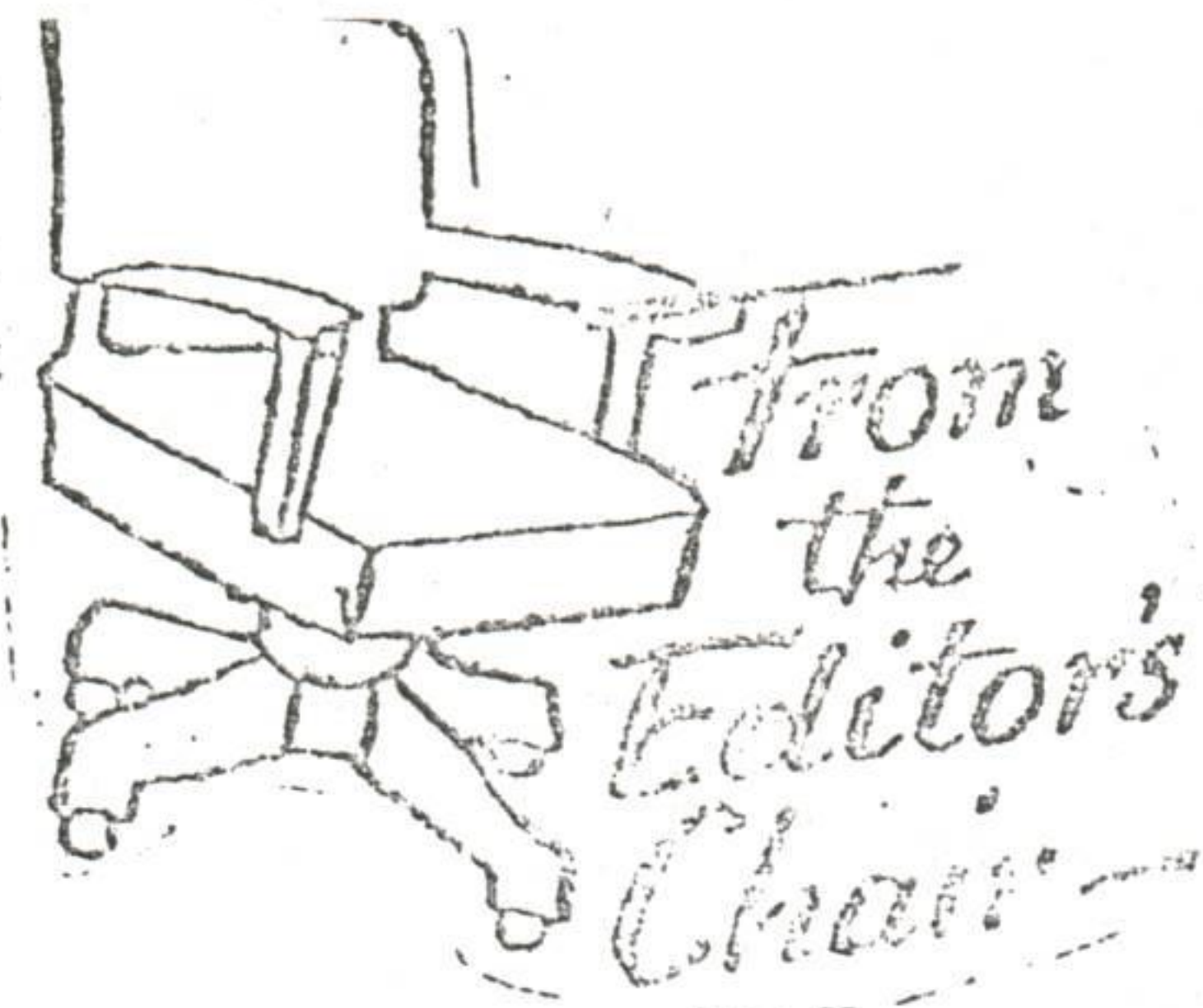
The head nut is Sgt Ringland. He is affectionately known as our WARDEN. He is the referee in all our rubber band fights. He is the fairest, most honest and luvable head honcho. If you believe that, you will believe anything. When the occasion arises he reminds us that there are two ways of doing anything the wrong way and HIS way.

The CR clerk is Lyn Brandner. Lyn is the only civilian working in this mad house. She is affectionately known for her Bucky Beaver Smile. She dislikes people coughing, sneezing, shouting or engaging in other activities while standing in front of her boxes (mail). If you see Lyn walking to work.... run you're late! When Lyn came to work with us she fit in very well with the rest of the inmates.

The Records clerk is Pte(W) Gervais, our newly admitted inmate. It took Mur a couple of months, but she is finally come around to our way of thinking - or not thinking, whichever. She has been a boost to our morale, one of our many claims to fame. One of her many talents is coloring rubber bands with black felt pens. I don't know if this increases her chances of getting a bullseye when she launches her sneak attacks, but from experience we call her Deadeye. It was not a comforting thought to learn that she has another one like her running around loose. (no offence Michele). Mur is our token Saskatchewanian and sticks up for her province - good thing she does no one else in here will, of course that's just kidding around. We're all very proud to be at CFS Alsask.....

This ends my report. I am sure your conclusion will be the same as mine, which is that they need a doctor. These people who run a smooth operation, taking care of peoples' problems, records, and typing are absolutely CRAZY!

Signed the
SOR'S Mata Hari



CORRECTION: Last issue had an article from our headquarters on RRSP's. In the first para on the second page of this article it indicated that you had to deduct CPP/OPP deductions to get the amount of allowable deductions for RRSP's. Only CFSA must be deducted to determine allowable deductions for RRSP.

It looks like the paper is already catching on. More articles this time and the phone has been busy also. We like to see the response...keep it up.

If you all had a time understanding the joke on page 5 of last issue----- good, if not you have a bizarre sense of humour. The printer had a little problem with the press and everything was printed a little low. The missing punch line is: "use to be a girl". Now you can chuckle (time joke).

U.I.O. NEWS

3 women will receive their wings at CFB Moose Jaw on Friday, February 13, 1981. The happy crew are:

- Capt A.N. Lottomley of Union, B.C.
- Capt D.M. Brasseur of Ottawa, Ont.
- Capt I.M. Mosher of Westmount, N.S.



MEDICAL INSPECTION ROOM HEALTH NEWS

This article is the first of many planned articles from the Medical Inspection Room.

If anyone has a particular subject they are interested in, and wishes to have an article published concerning it, they can contact Sgt Geo. G. Hamilton. I will do my best to answer all inquiries, either individually or if enough interest is expressed in a subject, by publishing it in the next issue of the Tumbleweed.

STRESS AND YOUR HEALTH

What is Stress?

What is stress and how does it affect your health? Stress is commonly defined as intense exertion-strain and effort-the wear and tear of life. Without some stress we wouldn't even be alive! A mother in childbirth and her baby being born-both are under stress. A baby straining to sit up for the first time is under stress. A child on that first day of school-or a student facing an important examination is sure to experience some stress. Nobody can escape stress.

There are varying degrees and different forms of stress-mental, emotional, physical-all having some impact-sometimes good, sometimes harmful-upon health. Stress can often be the spice of life or, depending upon circumstances and a person's capacities and reactions, it may have damaging side effects which may lead to disease, cause us to age prematurely, or sometimes even shorten life.

A key to health?

All normal living causes wear and tear on the body. Through our daily activities, our body's cells are continuously being worn out and replaced with new ones. In a medical sense, stress has been defined as the rate of all wear and tear caused by life. All emotions love as well as hate, for example, involve stress. And so does physical exertion - swimming, golf, or just a brisk walk. This type of stress is good for us. The thing that's important is not the stress itself but its effects.

Emotional and physical stress are basic parts of our experiences. Whether or not the strain caused by our experiences can make our bodies become susceptible to diseases-or perhaps even to accidents-depends to a great extent on our adaptability to these experiences.

Here, then, we may hold a key to better health and longer life. Can we learn how "to take" stress? Can we avoid undue physical or mental strain? Authorities believe that by understanding our individual reaction - and having some knowledge of our limitations - we can help to prevent excessive stress.

Hormones - the body's chemical messengers

Any "attack" on the body can cause stress. The "attack" might be invasion by disease or it might be an injury, or even an emotional crisis. Let's say that the trouble is a burned finger. The sudden injury sets off an "alarm reaction" within the body. First the nervous system sends out an SOS to the hormones. These messengers set up a chain reaction of signals which put the body in a state of preparedness to handle the emergency. In response to the "alarm signals", special hormones rush to the injured area where they steady the work of the

healing processes, helping to speed up or slow down activity as needed. With their help, disease can be resisted or an injury healed without overly disturbing the working order of the rest of the system.

Strong emotions, too, cause bodily changes because emotions, in general, are meant to make us act. Fear, for example, makes us tense. When this happens, nerve impulses and hormones (adrenalin) speed through the system causing the heart to beat rapidly. Blood vessels of the stomach and intestines contract, shunting the blood to muscles for quick action. Breathing speeds up, and other changes occur which help to pitch us to a point where we can meet an emergency or go through a difficult situation.

Normal emotional stress is useful in many ways. We can't and wouldn't want to live like vegetables - without feeling or responsiveness. You may get "steamed up" over an important or interesting job and, as a result, be able to handle the work more effectively. Pleasurable emotions involving stress and tension can be exhilarating. You may get excited and tense while watching a football game. This type of tension can pep you up. The letdown that follows in healthy relaxation.

In contrast to healthy stress, however, intense and persistent anger, fear, frustration or worry, which we may bottle up inside ourselves, can threaten health. It is this buildup of stress without release of tension which leads to trouble. As a result of steady strain, a person may experience a variety of symptoms. He may become very irritable, perhaps have headaches, or digestive distress. These are warning signs indicating a need for relief.

THE SAGA OF STRESS AND EMOTIONS WILL CONTINUE NEXT ISSUE.....



"Ouch! I think I just invented the hernia."

AROUND THE HOUSE

The puzzle-lovers in your family will enjoy using a cork bulletin board with a frame, as a puzzle board. The pieces won't slide around and the board can be moved out of the way if the puzzle isn't completed.

Neat treats for your child's classroom are cupcakes baked in flat-bottomed ice cream cones instead of paper cups. Fill the cones $\frac{3}{4}$ full of batter, line them up on a cookie sheet, and bake as usual. Decorate with frosting or whipped cream, then add candy sprinkles or poke in a lollipop.

Create an heirloom christening robe for your children and grandchildren by re-sewing the lace and fabric of your own wedding dress.

When separating eggs, crack one at a time into a funnel. The egg white will fall through and the yoke stays in the funnel.

A static and shock remover. Mix one part liquid fabric softener with five parts water in a spray bottle. Mist the carpet very lightly. Let dry and you'll have no more clinging pet hairs or unwanted carpet fuzz on clothing.

Floor cleaner for linoleum. Combine one-half cup of bleach, one-quarter cup of white distilled vinegar, one-quarter cup of washing soda, and one gallon of warm water for the perfect solution for washing floors. (Do not use on cork)

If a mopped floor dries with a film that dulls the luster, pour one cup of white vinegar into a pail of water and go over the floor again.

Before putting your mop away, soften it by dunking it in a fresh pail of water and a capful of fabric softener.

Black heel marks and crayon marks can be removed by rubbing with a damp cloth and a dab of toothpaste.

Using something else. Use a Basting syringe to water small terrariums. Use a Teflon spatula to scrape ice from car windows. It won't scratch the windows.

Use an ice-cream scoop for a measuring cup. The average one holds exactly one-third cup.

A dollar bill makes a handy measuring guide. Every bill is six and a quarter inches long.

Keep bread twist closures in your purse to attach buttons that might come off. Push through button holes and twist closed on inside. Or temporarily repair with a twist, eyeglasses from which the small screw is lost.

Excerpts from a book called "SMASHED POTATOES". An elementary school teacher invited her pupils to write down some of their favorite recipes.

PEAS

3 potatoes
2 big chickens (30 pounds)
1 roast beef
2 packages of corn
2 big pumpkins
Cook them one at a time.

CHOPS

Some chops that are enough to fill up your pan.
Fresh salt and pepper
Fresh flour
1 ball of salad lettuce
1 sponge cake with ice cream
Put the chops in the bag and shake them for 5 hours - and the flour too.
Put them in a skillet pan on the biggest black circle on the roof of your stove.
Cook them for plenty of time.
Fringe up the lettuce in little heaps in all the bowls.
Go on the porch and bring the high chair and have your supper everybody!
Note: But stoves really is dangerous and you shouldn't go near one till you get married.

POPCORN

37 of those hard little seed things that splode into popcorn
3 hot butters to trickle on
1 dish of salt to throw all over it
Put the popcorn seeds in the popcorn bowl and plug it in the plug hold - and get the toaster out of the way.
It takes about 10 hours to get going - but if wait, you would see something funny. If your brother takes the lid off, popcorn go zinging all over the kitchen - POW! POW! POW!
Go wash both of your hands because you need to eat it with your fingers.
If you want to save it, put it in a big plastic Baggie and put it under your bed till tomorrow.
You just keep eating till it's all gone.

BANILLA CAKE

1 cake stuff
2 eggs (Put on "Sesame Street" they put 2 eggs in a cake. I always watch "Love American Style" after "Sesame Street.")
A drop of milk
7 of those little silver baseballs for the top.
Put every single thing you have into a mother size pan - a little one wouldn't do.
Put it in the oven department of the stove.
Make it as hot as a coffee pot.
Iretty soon it will come popping right out!
Eat it when the news comes on.

STEAK AND SMASHED POTATOES AND APPLE PIE

For Steak:
1 pound of steak with red meat in it
5 potatoes or 10 pounds
10 inches of salt
For Gravy:
A whole of flour
6 inches of water
For Pie:
10 inches of dough
3 apples
7 pounds of sugar
Put the steak in a flat pan and put in on the stove at 8 degrees (my mother thinks) or 10 degrees (my father thinks) and cook for 4 hours.
Cut up the potatoes and smash them up and cook them in a big pot for the same time.
Then put the dough in a flat silver thing and smash with a potato smasher and then put on some more dough. Put it in the oven at 9 degrees for 5 minutes.
Put everything on the table and you could have company. Serves 4.
And if my sister doesn't eat her carrots, she can't have any pie.

COMMUNITY BIRTHDAY CALENDAR

For the second year the Alsask Lions Club will be sponsoring the sale of community Birthday Calendars. These calendars will run from May 1981 to April 1982 and will list birthdays, anniversaries, club meetings, etc. of anyone who wants to subscribe.

A Lions member will call for your subscription between the 3rd and 15th of February, or if you're missed call Len Novakowski 968-2688.

Calendar Price	\$3.50 per family
Extra copies	\$2.50 each

Buy a calendar and support worthy projects sponsored by your local Lions Club.



"The school psychiatrist will be interested in this."



"I'd like to learn to drive now while there's still gas!"



"Twenty sticks of gum! Now that's what I call macho!"

THE MEANEST MOTHER IN THE WORLD

I had the meanest mother in the world. While other kids had candy for breakfast, I had to eat cereal, eggs and toast.

While other kids had soda pop and candy for lunch, I had a sandwich. As you can guess, my dinner was different from other kids' dinners, too.

My mother insisted on knowing where we were at all times. You'd think we were on a chain gang or something.

She had to know who our friends were, where we were going, and she even told us when to be home.

I am ashamed to admit it, but she actually had the nerve to break the child labour laws. She made us work. We had to wash dishes, make the beds and learn how to cook. That woman must have stayed awake nights thinking up things for us kids to do.

She always insisted that we tell the truth, the whole truth, and nothing but the truth.

By the time we were teen-agers, our life became even more unbearable. No tooting the car horn for the girls in the family to come running. She embarrassed us by insisting that the boys come to the door to get us.

I forgot to mention that most of our friends were allowed to date at the mature age of 12 or 13. Our old fashioned mother refused to let us date until we were 15. She really raised a bunch of squares. None of us kids was ever arrested for shoplifting or busted for dope. And who do we have to thank for this? You're right, our mean mother.

I am trying to raise my children to stand a little straighter and taller and I'm tickled to pieces when my children call me mean. I thank God for giving me the meanest mother in the world. Our country doesn't need a good five-cent cigar. It needs more mean mothers like mine.

SUNDAY SCHOOL VOLUNTEERS

The Sunday School requires a Superintendent and Teachers for the school year 1981/82, anyone interested in volunteering for one of these positions can get further information by phoning Daphne Coombs at 968-2672 or Sandi Petitpas at 968-2602.

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ALLAR-A-YEAR-MEN - A reference to successful businessmen who were employed by the federal government doing war work from 1939 to 1945. They were recruited by CD Howe and paid a token salary.

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PAIN HITS MIND OF DEAD YOUTH

Agony claws at my mind. I am a statistic. When I first got here I felt very much alone. I was overwhelmed with grief and expected to find sympathy.

I found no sympathy. I saw only thousands of others whose bodies were as badly mangled as mine. I was given a number and placed in category. The category was called "Traffic Fatalities".

The day I died was an ordinary school day. How I wish I had taken the bus! I remember how I wheedled the car from Mom.

"Special Favor", I pleaded, "all the kids drive". When the three o'clock bell rang I threw my books in my locker. I was free until 8:30 tomorrow morning. I ran to the parking lot - excited at the thought of driving a car and being my own boss - Free!!

It doesn't matter how the accident happened. I was goofing off - going too fast. Taking crazy chances, but I was enjoying my freedom and having fun. The last thing I remember was passing an old lady who seemed to be going awfully slow. I heard a deafening crash and felt a terrific jolt. Glass and steel flew everywhere. My whole body seemed to be turning inside out. I heard myself scream.

Suddenly I awakened, it was very quiet. A Police Officer was standing over me. Then I saw a Doctor. My body was mangled. I was saturated with blood. Pieces of jagged glass were sticking out all over. Strange that I couldn't feel anything. Hey, don't pull that sheet over my head. I can't be dead! I'm only 17!

I've got a date tonight. I'm supposed to grow up and have a wonderful life. I haven't lived yet. I can't be dead!

Later I was placed in a drawer. My folks had to identify me. Why did they have to see me like this? Why did I have to look at Mom's eyes when she faced the most terrible ordeal of her life? Dad suddenly looked like an old man. He told the man in charge - "Yes, he is our son".

The funeral was a weird experience. I saw all my relatives and friends walk toward the casket. They passed by, one by one, and looked at me with the saddest eyes I've ever seen. Some of my buddies were crying, a few of the girls touched my hand, and sobbed as they walked away.

Please someone - wake me up! Get me out of here. I can't bear to see my Mom and Dad so broken up. My grandparents are so racked with grief they can barely walk. My brother and sister are like zombies. They move like robots, in a daze, everyone, no one can believe this, and I can't believe it either.

Letter to the Editor,

I was a little set back when I read the article regarding public and figure skating, in the last issue of The Tumbleweed.

NO children should (or do) suffer for the sake of hockey! The Alsask Skating Rink has set aside ample time for public and figure skating. It was very difficult to draw up a schedule that would please everyone, as some of you know. A lot of time and effort was put into drawing up a schedule to try to please everyone.

We now have a schedule posted at the Arena for the 1980-81 season. I am also supplying the Editor with some schedules for hockey games and the Arena. These are for your convenience. Please clip them for future references!

Sask. Amateur Hockey playoffs (SAHA) will be starting soon. Sometimes it is impossible to get in a game at their scheduled time and is necessary to schedule the game during Public Skating time. If this is necessary, it will be posted in due time for EVERYONE to see.

I would like to thank the people who have paid their 1980-81 skating fees. Also a big thanks to those of you who have helped get things organized and kept running smoothly. Without your full support there would be no Alsask Arena to use.

In the future, it would be nice if people would check more closely (if they checked at all) into the skating times allotted.

Thank-you again,
Ken McLay
Secretary,
Alsask Skating Rink

**IF YOU KNOW ALL THE
ANSWERS - YOU HAVEN'T ASKED
ALL THE QUESTIONS**

FIVE CENT SPEECH - Address in the House Of Commons on 3 April, 1930 in which Prime Minister Mackenzie King declared he would not give 'a five-cent piece' to any Tory government for 'these alleged unemployment purposes', the point being that unemployment was a provincial and not a federal responsibility.

ALSASK SKATING RINK SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1000-1100am CFS ladies skating	1030-1130am town ladies skating	1000-1100am CFS ladies skating		1000-1100am 9-11 yrs. hockey	
430-600 pm Figure Skating	530-700 pm CFS Hockey	430-600 pm Figure Skating	530-700 pm CFS Hockey	430-600 pm Figure Skating	1100-1200am 8 yrs under Hockey	230-500 pm Stampeders Games
600-830 pm Public Skating	730-900 pm Batams Hockey	600-700 pm 11 yr under Hockey	730-900 pm Batams Hockey	600-830 pm Public Skating	230-500 pm Batams Games	700-900 pm Public Skating
830-1030 pm Hockey	900-1030 pm Stampeders Hockey	700-900 pm Public Skating	900-1030 pm Stampeders Hockey	830-1100 pm CFS Games		900-1100 pm Hockey
		900-1030 pm Hockey				

*ALL LEAGUE HOCKEY GAMES
HAVE "PRIORITY"

*ALL TIMES ARE SUBJECT
TO CHANGE

WILD DUCK HOCKEY LEAGUE 80-81 SCHEDULE

Sat., Feb. 7	EATONIA at CONSORT	8:00
Sun., Feb. 8	KINDERSLEY at ALSASK	2:30
Wed., Feb. 11	KINDERSLEY at EATONIA	8:30
Thu., Feb. 12	ALSASK at OYEN	8:30
Sat., Feb. 14	CONSORT at EATONIA	8:30
	KINDERSLEY at OYEN	8:00

Snack Bar is open for all hockey games.

SKATING FEES

Family - \$15.00
Single Adult - \$8.00
Single Student - \$6.00

All times are local times.

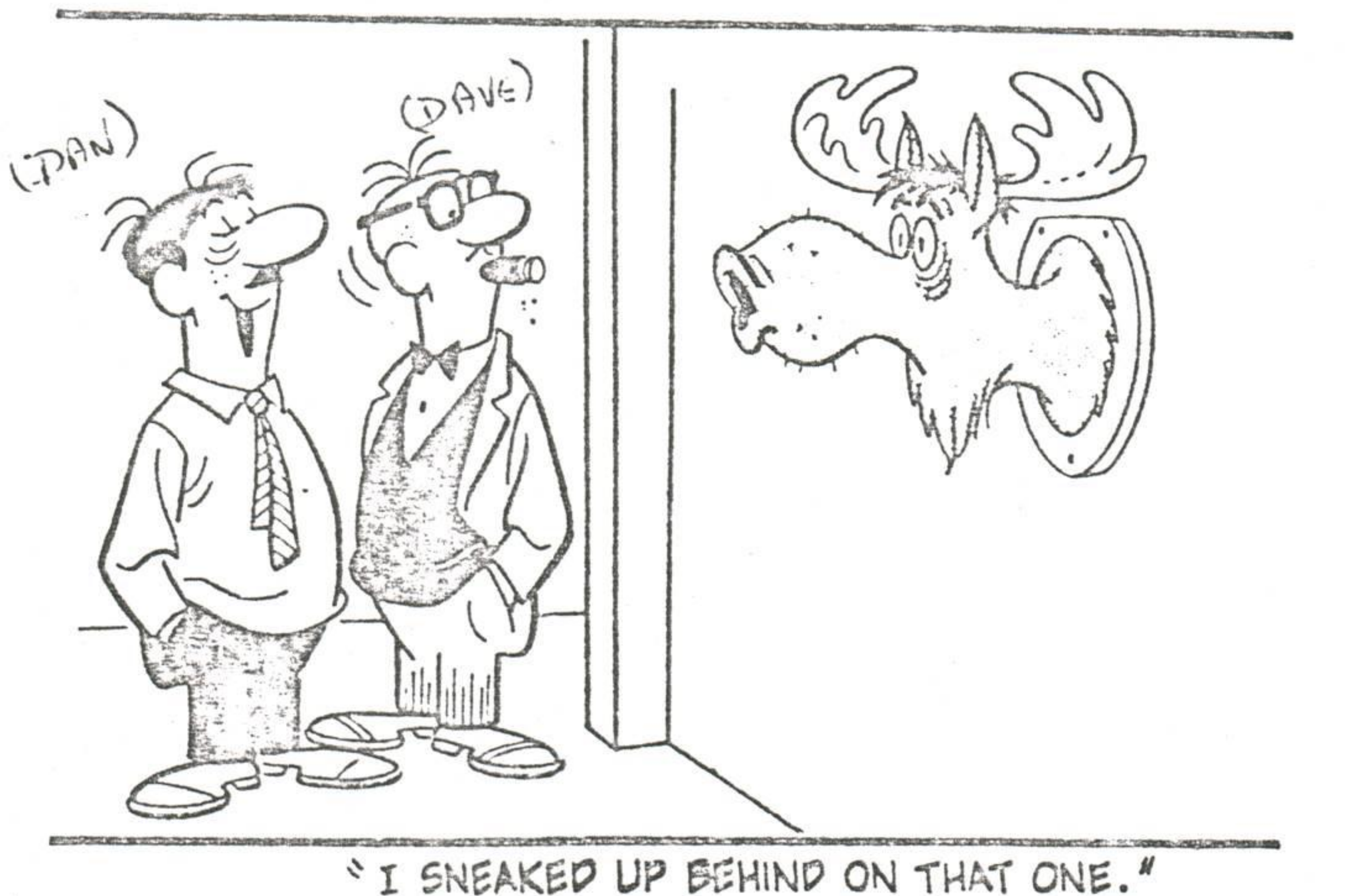
CANADIAN FORCES NUTRITION WEEK 1981

Coming soon at your unit is the first CF Nutrition Week! The week of 2nd to 7th of March 1981 has been designated as National Nutrition Week by the Canadian Dietetic Association and plans have been made to extend it to over 100 CF units.

The theme is "Energy In, Energy Out". The aim is to make Canadians more aware of eating the proper foods (Energy In) in amounts that are compatible with their energy expenditures (Energy Out).

The CF Nutrition Week is an initiative of NDHQ and is jointly sponsored by the Directorate of Food Services, the Directorate of Preventive Medicine and the Directorate of Physical Education, Recreation and Amenities. Because of the nature of the theme, food services, medical and physical education personnel will be involved in the implementation of the program.

Several activities have been planned for you during Nutrition Week by the coordinator and the organizing committee. March 2 to 7 is the Canadian Forces first Nutrition Week. Get involved!



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

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: Tues. and Thurs. evenings
7:00 - 9:00 p.m. Located at school. Use S.E. corner door.
Librarian - Mrs S.Newell

CASUAL BOWLING: Self-serve
pick up key at Guardhouse. Cost 50 cents per game.

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

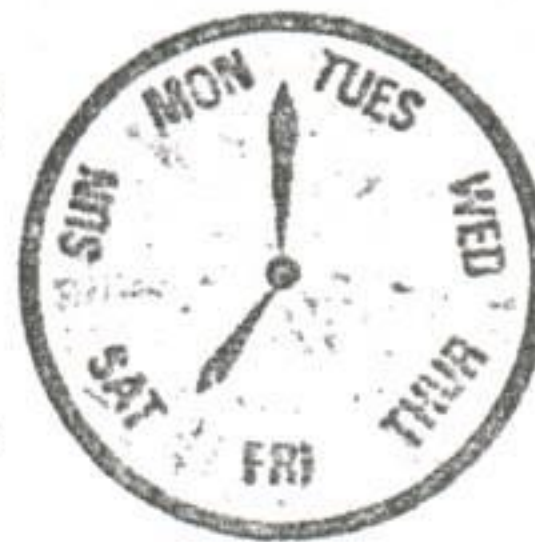
Here are some nutrition notes from Nancy . . .

. . . to help you eat better for less!



- * Cook vegetables in their skins whenever possible— if you must peel, do it carefully. All the nutrients are stored just under the skin.
- * Conserve water soluble vitamins and minerals— cook vegetables in the smallest amount of water possible. Try using a steamer basket in your regular pans. They aren't expensive and steamed vegetables are delicious . . . and nutritious!
- * Add any leftover vegetable water to soups, gravies and stews. Don't throw those valuable nutrients down the drain!
- * What about extra juice from canned fruit? Use it to add colour, flavour and extra nutrients to jellied salads, fruit salads, dressings and sauces.
- * Don't waste calcium! Stir the skin that forms on heated milk or chocolate milk back into the milk.
- * Be sure to eat the cooked bones in canned fish— otherwise you'll be missing out on an excellent source of calcium.
- * Save leftover gravy and pan drippings— add to soups, meat sauces, meat loaves or casseroles for extra flavour and nourishment.

Here is a suggested daily guide
for a diet that will give you
round the clock nutrition.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Orange Juice, Rolled Oats, Coffee, Milk. LUNCH Cold Roast Beef Sandwich, Carrot Sticks, Dried Apricots, Apple, Milk. DINNER Pork Chow Mein, Rice, Frozen Peas, Sliced Tomatoes, Tapioca Pudding, Tea, Milk.	BREAKFAST Half a grapefruit, Toast, Coffee, Milk. LUNCH Egg Salad Sandwich, Dill Pickle, Cookie, Orange, Milk. DINNER Baked Chicken, Roast Potatoes, Mashed Turnips, Tossed Salad, Canned or Fresh Pineapple, Tea, Milk.	BREAKFAST Vitaminized Apple Juice, Scrambled Eggs, Toast, Milk, Coffee. LUNCH Cheese Sandwich, Celery Stick, Sunflower Seeds, Pear, Milk. DINNER Deep Fried Cod Fish, French Fried Potatoes, Green Beans, Apple Cabbage Salad, Jellied Fruit, Tea, Milk.	BREAKFAST Grapefruit Juice, Enriched Cream of Wheat, Coffee, Milk. LUNCH Peanut Butter Sandwich, Raisins, Banana, Milk. DINNER Sautéed Liver, Mashed Potatoes, Creamed Onions, Celery and Carrot Sticks, Orange Cake Pudding, Tea, Milk.	BREAKFAST Orange Juice, Poached Egg, Toast, Coffee, Milk. LUNCH Cold Meat Sandwich, Tomato, Cookie, Apple, Milk. DINNER Pork Chop Casserole, Baked Potatoes, Butter Squash, Coleslaw, Butter-scotch Pudding, Tea, Milk.	BREAKFAST Vitaminized Apple Juice, Buckwheat Cakes, Blueberry Syrup, Coffee, Milk. LUNCH Homemade Beef Soup, Crackers, Cheese, Cookies, Milk. DINNER Macaroni and Cheese, Broccoli and Lemon Butter, Tossed Salad, Peaches, Chocolate Cake, Tea, Milk.	BREAKFAST Orange Sections, Bacon and Egg, Toast, Coffee, Milk. LUNCH Cottage Cheese, Fruit, Chocolate Cake, Milk. DINNER Roast Beef, Yorkshire Pudding, Roast Potatoes, Julienne Carrots, Spinach Salad, Lemon Meringue Pie, Tea, Milk.



Because we want you to eat better for less

Canada Safeway invites you to meet NANCY NUTRITION



Many Canadians are over-fed . . . but not well-nourished! This startling fact has come to light through the Nutrition Canada Report and many other recent studies.

Realizing that this serious problem exists in British Columbia, as in the rest of Canada, we at Canada Safeway want to do what we can to help. We have created Nancy Nutrition. She will bring you worthwhile information on good eating habits, what to buy to eat better, facts about vitamins and minerals, menu planning . . . many, many useful guidelines to help you eat better for less.

Watch for Nancy Nutrition in our ads and in our stores. If you and your family are to be well-nourished and healthy you must eat wisely. You must plan your meals to be sure that each family member gets his or her daily requirements. Then you are doing all you can to safeguard the good health and well-being of your whole family.



Nancy Nutrition says "Eat well to feel well. You are what you eat, so choose your food carefully"

➤ Nutrients ➤

The important ingredients contained in foods are called nutrients: proteins, carbohydrates, fats, minerals, vitamins and water. These nutrients are essential for energy, for growth and maintenance. Why maintenance? Because your body continues to rebuild itself even after you have stopped growing.

Good food will provide all the nourishment your body needs . . . without extra supplements. But you must choose wisely when you plan meals. To help choose a nutritious, well-balanced diet, all foods have been arranged into four basic groups. You must eat food from each of these groups and eat the amount recommended every day to be sure you are not undernourished.

Nancy Nutrition has four symbols to identify the four food groups. Look for these symbols in our advertisements and in our stores. They will identify the basic food group each food is taken from and they will guide in wise and healthful menu planning.



MEAT GROUP—
2 servings a day.
Sources: meat, fish, poultry, dried peas and beans, peanut butter, eggs, cheese and nuts.



DAIRY GROUP—
Children need 2 to 3 servings or 20 oz. per day. Adolescents need 4 servings or 32 oz. per day. Adults need 1½ servings or 12 oz. per day.
Sources: all milk products, cottage cheese, yogurt, ice cream, milk puddings, etc.



FRUITS AND VEGETABLES GROUP—
4 servings or more a day, one rich in vitamin C and one rich in vitamin A. Some vitamin C rich sources are broccoli, green pepper, cauliflower, spinach, strawberries, brussels sprouts, oranges and other citrus fruits, vitaminized apple juice. Some vitamin A rich sources are carrots, squash, sweet potatoes, spinach, beet greens, apricots, peaches, cantaloupe.



CEREAL GROUP—
3 servings a day, one of which is whole grain.
Sources: all foods made from oats, wheat, rice, rye, and other grains.

If you need help with foods . . . their selection . . . their storage & preparation, you can also write to Nancy Nutrition
P.O. BOX 439 EDMONTON, ALBERTA

SAFEWAY
CANADA SAFEWAY LIMITED



SERVICES AND BUSINESSES

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

SARAH COVENTRY JEWELLRY: Phone
Roxanne Levitt at 2675.

MICHELLE LYNN JEWELLRY: Phone
Bea Borschneck at 2308

WATKINS PRODUCTS: Phone Esther
Smart at 2645.

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

OLYMPIA PRODUCTS: For gift ideas, gift wrap, novelties, decorations,
kitchen articles and greeting cards. Call Barb Runge 2271.

REGAL GREETINGS AND GIFTS - Spring 1981 catalogue. Stock up on
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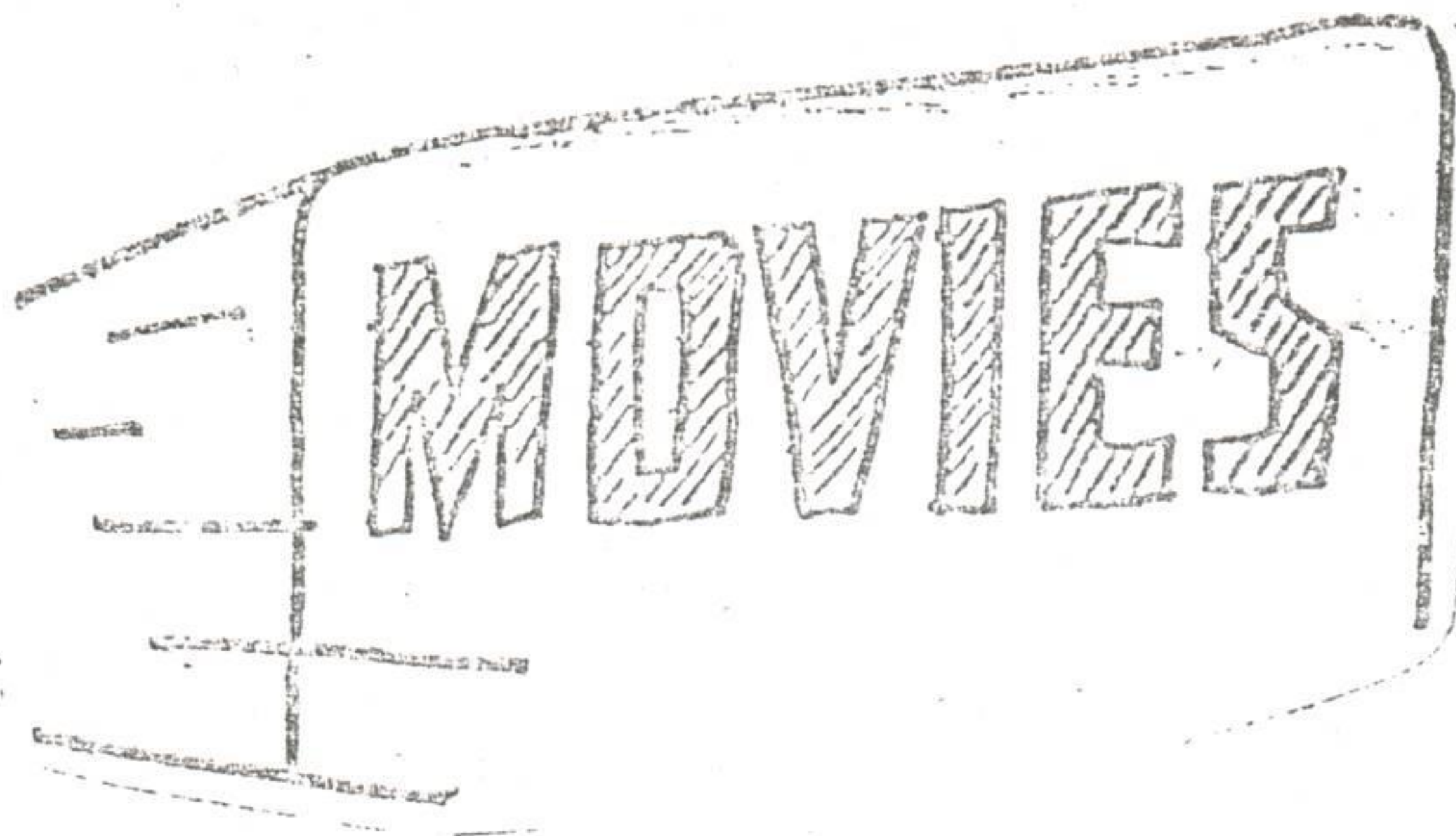
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AVON



FRIDAY NIGHT - Projectionist - Mr. Ken Brandner

Feb. 6th	<u>The Fiendish Plot of Dr. Fu Manchu</u> -----C PG Peter Sellers
	<u>The Blues Brothers</u> -----C R John Belushi, Dan Akroyd
Feb. 13th	<u>Roadie</u> -----M-C PG Art Carney, Deborah Harry
	<u>Starting Over</u> -----C-D R Burt Reynolds, Jill Clayburgh
Feb. 20th	<u>In God We Trust</u> -----C PG Marty Feldman, Peter Boyle
	<u>Gilda Live</u> -----M-C R Diana Grasselli

SATURDAY MATINEES - Projectionists - Angela Bungay
- Maureen Bungay

Feb. 7th	<u>Animals Are Beautiful People</u> -----G Jamie Uys
Feb. 14th	<u>Happiest Millionaire</u> -----G Fred MacMurray, Tommy Steele
Feb. 21st	<u>Please Don't Eat The Daisies</u> -----G Doris Day

PRESENTATION OF SQUADRON COLOURS

MR880 formerly VS880 Squadron

To all former members :

Squadron colours will be presented at
CFB Summerside 26 September 1981

FOR FURTHER INFORMATION, CONTACT :
COMMANDING OFFICER, MR880 SQUADRON
CFB SHEARWATER, SHEARWATER, N.S., BOJ 3A0
(912) 463-5111 local 232
PRIOR TO 1 JULY 1981

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