

CFS ALSASK

Cumblweed

SATURDAY 13 JUNE, 1981



Factor Day

It comes

in many sizes and many shapes.



A MESSAGE FROM THE MASTER GOPHER

by LCol L.E. Novakowski

By the end of this month we should be finished with our annual cycle of Personnel Evaluation Reports (PERs). We start in January with reports on Privates and finish up with Senior NCOs in June. I find this period to be very demanding, and I'm sure all supervisors will agree with me that it is not an easy job to accurately assess someone's performance. In any case, at the end of it all, both assessors and assessees should be satisfied that they know where they stand in terms of performance standards.

As CO I see all PERs, and I'd like to raise a few observations with the aim of trying to improve the quality of these reports. First, there is the inflation of scores which we must continually strive to control. Remember that a person who "meets the standard" in performance requirements is one who does a good job. In some cases it seems that people are given the score of "Met Standard" because they show up for work, and are given a score of "Exceeds Standard" if they do some work. Let's make sure we have the right perspective on quality of work. Both workers and supervisors alike are expected to earn their pay with good performance which should be an expected and routine thing. The second point I'd like to raise is "telling it like it is". There is a tendency to write only the good things about a person's performance and avoid writing anything about performance characteristics which need to be improved. It's no wonder some people complain about the fact that they always get a good PER but never get promoted. Maybe we need a bit more honesty in the system?

So much for preaching this time. I must say that I was generally happy with the quality of PERs this year, and only raise these points in an effort to continually improve our PER system which is so important to everyone.

In closing I'd like to make one last plea for someone to take on the editor's job for this paper. It would be nice if we could have publication of the Tumbleweed over the summer months. I'm sure new arrivals would appreciate it. The editor's column in this issue outlines what is involved in this editor's job and I'm sure you'll find that the job is not as hard as most think.

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Posting time has invaded Alsask once more. We will be losing a lot of key people this year and it's time for new leaders of the community to take over. As you read this issue of the Tumbleweed ask yourself if it is a worthwhile, community resource. The service wives and folks from town would not be as well informed and they would not have any means of communicating with all of us without the Tumbleweed. Local news is very important in our com-

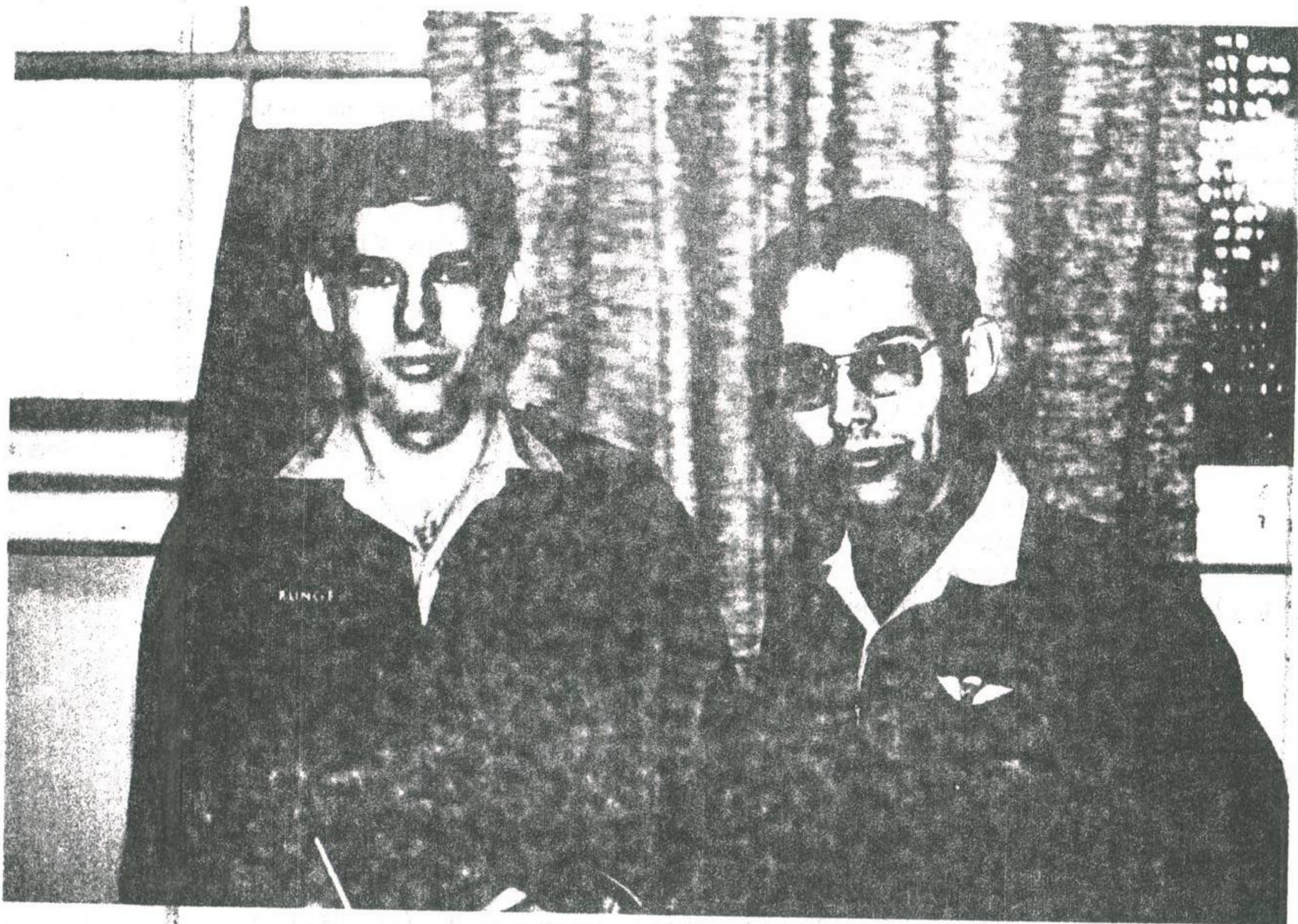
munity and we must not allow this voice to be silenced. Once dropped, it may prove too difficult a task to organize it again!

What is the Editor's job, you say? The Editor is the coordinator of the paper. It may be necessary to edit some material which is sensitive or too offensive but there is an editorial committee to assist if needed. Very little time (20 minutes an issue max.) is spent on this activity. The aim is to allow people to say what they want in their own words. It takes about 3 or 4 hours per issue to piece the paper together. Articles are fitted onto pages like a jigsaw puzzle, conserving space wherever possible and adding jokes or trivia where a filler is needed. The library has provided the trivia and jokes are clipped where we can find them. Once the paper is pieced together we scan the calendar for an appropriate theme in the issue period and clip some form of picture for a front page theme. The biggest asset an Editor can have is a good imagination.

The Assistant Editor handles the typing of articles submitted un-typed or articles requiring retyping. This person also assists with the layout of the paper and can take over the entire issue if required. The Tumbleweed has its own portable electric typewriter. The most practical team is a husband and wife. The coordination and set-up of the issue is much easier for a couple. The Assistant also requires 3 to 4 hours per issue.

Once the paper is formed, the Editor photocopies master copies and gives the masters to the printers. The printers will forward the finished sheets to DMCC personnel who have volunteered to assemble the paper on the midnight shift. The Editor then arranges for the drop off of copies to the Scouts/Cubs and post office for delivery in Alsask. Copies are also mailed to about 50 other locations with preaddressed labels.

The paper should continue over the summer for the benefit of new personnel, even if it is a small paper. We need a new Editor and Assistant now so we can work together for a few issues to ensure a smooth handover. This is a very interesting and highly rewarding job which requires no previous experience. It also provides you with an opportunity to gain experience and could prove to be an asset later in your life.



CFS ALSASK, SASK.....The Runge family and the Canadian Forces are inseparable. Pte Joseph J. Runge (left) and Captain A.R. (Tony) Runge are both serving at CFS Alsask. Pte Runge is a supply technician and Captain Runge is the station Engineering Officer and they often deal with each other in carrying out their duties. The family influence does not end there, another brother Cpl David Runge is currently serving at CF Station Baldy Hughes in Prince George, B.C. More yet, Dad gets into the act also. Mr. Joseph Runge Sr (previously 2 PPCLI) works in the supply section at CF Station Dana and Mrs. Sheila Runge also works on the base in the Combined Mess. Now you would think that is the limit but wait for it... a recent rumor has it that another Runge (daughter Mary-Ann) is contemplating a service career soon and another son (Jimmy) is part of the local cadet movement. Mr. & Mrs. Runge Sr. have become an integral part of the Canadian Forces personnel supply system.

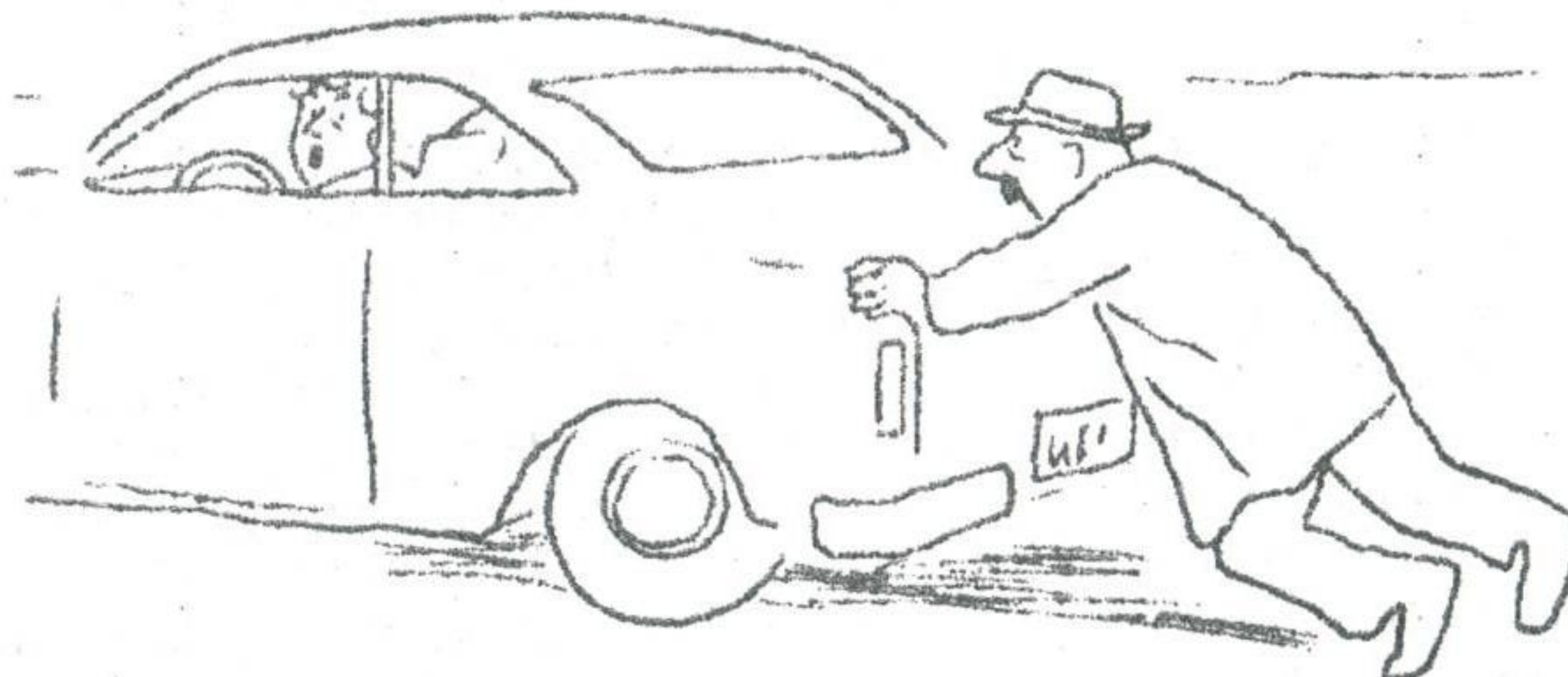
Pte Joseph Runge joined the CF at Saskatoon in March 1979. He attended Bruno Central High School and has an active interest in sports. He has represented the Prairie Region in Badminton for the past two years. Captain Tony Runge also joined in Saskatoon but a few years earlier in Aug 1970. After graduating at Bruno, Tony went to Military College in Victoria, B.C. and Kingston, Ont where he obtained his degree in Engineering. He has recently been posted to Moncton, N.B. so the brother act is temporarily suspended. There appears to be a good chance the family act may repeat itself in the future. I wonder what occupation the third generation Runge's will choose? Any bets?

SASKATCHEWAN NATIONAL SKEET CHAMPIONSHIPS

The Saskatchewan representative to the national Skeet Championships were selected by high scorers at CFS Alsask 6 & 7 June 81. The program consisted of 5 events of 100 tgts each. The doubles event, new to skeet shooting, is doubles all Stations, introduced on a trial basis for 1981. The following are a list of Event, Class and High Overall Champion:

- Event I 410 guage winner - Dan Petitpas (92)
 - B Class - D. Molloy 87 (Alsask)
 - D Class - L. Baker 81 (Prince Albert)
 - NC Class - Earl Crawford (Rosetown)
- Event II 28 guage winner - Dave Molloy 96
 - AA Class winner - Gord Ludlow 96 (Coldlake)
 - B Class winner - Leo Baker 85 (Prince Albert)
 - D Class winner - Louis Creasat 80 (Regina)
 - NC Class winner - Dan Petitpas 90
- Event III 20 guage Event winner - Earl Crawford 96 (Rosetown)
 - A Class - Gord Ludlow 95 (Cold Lake)
 - B Class - Dave Molloy 94
 - D Class - Leo Baker 90 (Prince Albert)
 - NC Class - Dan Petitpas 89
- Event IV 12 guage Event winner - Gord Ludlow 97 (Cold Lake)
 - 1 runner up - Dave Molloy 97
 - 2 runner up - Dan Petitpas 97
 - C Class winner - Jack Wedge 92 (suffield)
 - D Class winner - Leo Baker 90 (Prince Albert)
- Event V - Event Winner Doubles - Earl Crawford 47 (Rosetown)
 - B Class winner - Gord Ludow 45 (Cold Lake)
 - D Class winner - Leo Baker 42 (Prince Albert)
 - E Class winner - Bill Bridgman 42 (Calgary)
 - TD/D Class winner - Louis Creasat 42 (Regina)
 - NC Class winner - Terry Fromback 41 (Moosejaw)
 - HOA Military - Dave Molloy

The high overall winner of Open and Closed Championships was Dave Molloy of Alsask with a total of 374 out of a possible 400. Saskatchewan will be represented by Dave Molloy and Dan Petitpas at the Canadian Championships at Edmonton 1 - 5 July. A sincere thanks to the Junior Ranks Mess for the excellent hospitality to the visiting shooters. A special thanks to Dan Petitpas and Gord McNutt for their capable assistance in organizing and officiating at the shoot.



"Shall I take it out of reverse?"

SASKATCHEWAN NATIONAL SKEET CHAMPIONSHIPS

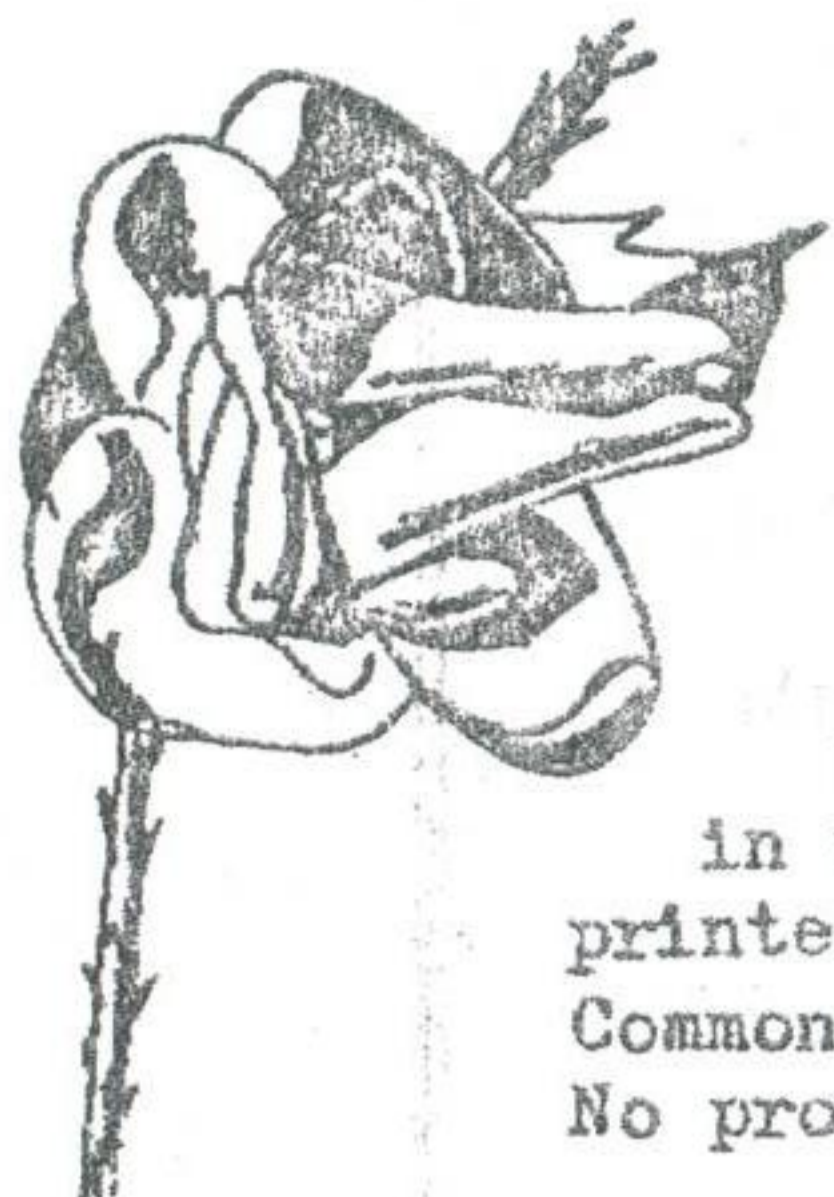
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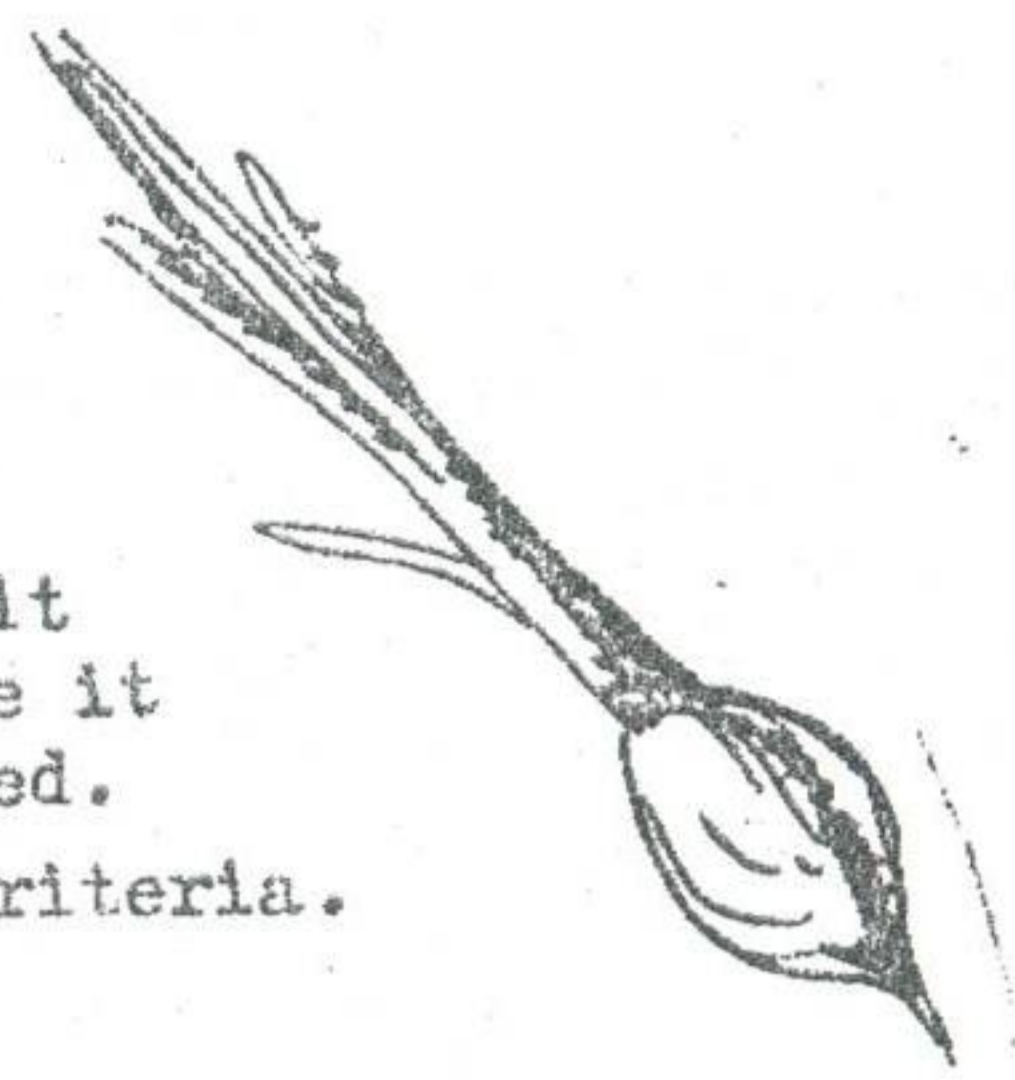
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"Shall I take it out of reverse?"



ROSES & ONIONS



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. Common courtesy and good taste are the only criteria. No profanity!

I would like to take this opportunity to personally thank the following members of the Meridian Saddle Club, for their time effort and many hours of work and frustration: Don & Sharon Kliem, Dave & JoAnn Mills Bruce & Marlene Pirie, Marlene MacKinnon, Laura Shufflebotham, Roxanne Levitt, Laurie Cormier, Jim & Brenda Shackleton and Harry Pitlik. I would also like to thank Zoria Novakowski, Bunny Thomas Al & Jean Smith. Although these four people are not members of the Club, they graciously consented to donate their time and culinary talents to the Rodeo Booth on Sunday 31 May. Thank you's also must go to the members of the Combined Mess, for their support in seeing that the pancake mix was ready both Saturday and Sunday mornings. To the members of Canex for insuring that if we were short of anything that the doors to that establishment were always open. As organizer of this years Saddle Club Booth, I feel that this years Rodeo concession was a huge success. Thank you one and all for 110% effort.

Darrell Levitt
Ranch Forman, Meridian Saddle Club

I would like to extend a big bouquet to Daphne Coombs and Sandi Petitpas for all they have done for the Brownies in the past years. A big "Thank You" to both of them for helping to get me established in the Brownies. Hopefully next year will be as successful and as much fun for the girls as this past year was. Thanks again to both of you and all the very best to both families on your postings.

Judy Steinke

Bouquet of Roses goes out to Sgt Fred Thomas and WO Bungay and their Search Section for putting in alot of time working on the golf course. Thanks to Roy Finlay, Dave Stiller and Terry Collins for being on the golf committee. Also a Bouquet to Hilbert Kovitch for cutting the golf course on his own time. Your cooperation is greatly appreciated!

Mike Newell

I would like to take this opportunity to thank everyone who came out and supported the Bike Rodeo. There are just too many names to mention them all. A special thanks goes to WO Murray for the use of the MSE Section. I hope everyone enjoyed the Rodeo even though it rained.

MCpl Bowering

AROUND THE ¹³ HOUSE



by Shirley News

A KITCHEN FULL OF SURPRISES

Cider Vinegar diluted in water can be used as a hair rinse or as a mild astringent for your face, hands and neck.

Honey can be mixed with strawberries or with an egg white to make a beauty mask. Mixed with olive oil, honey becomes a hair conditioner

Milk can be used to soothe and whiten the skin, cleanse and tighten the pores, wipe out blackheads and help stop excess facial perspiration. Soak a cotton ball in cold milk and apply to face, let dry and rinse with warm, then cold water.

(for specific recipes using these ingredients and many more refer to the FRENCH VEGETARIAN COSMETICS book in the Station Library.)

A lemon at room temperature is much juicier than cold ones. Immerse a refrigerated lemon in hot water for a few minutes before using it. To ripen a green banana, wrap it in a wet towel and put in a brown paper bag.

Don't leave tomatoes in direct sunlight to ripen. They will soften but not ripen, so leave them anywhere out of direct sunlight.

Keep unripened fruit in a perforated plastic bag. The perforations will allow the necessary circulation of air and the plastic will trap the ethylene gas which fruits produce naturally to promote ripening.

To chop onions without tears, put the onion in the freezer for about an hour before chopping.

To prevent bacon from curling up in the pan, dip the strips in cold water before frying and prick them with a fork as they fry.

Before putting your ham in the oven, slit the rind lengthwise on the underside. When the ham is done, the rind will pull away easily without taking half the ham with it.

Don't peek into the oven too often while it's on, everytime you open the oven door, you lose 25 degrees F.

Shiny pots and pans not only look nice, they are more energy efficient than dull and tarnished pans.

Do not over pack your refrigerator. It works more efficiently if there is room for air circulation. On the other hand, your freezer works better when foods are packed in tightly.

Did you know that one drip per second from a hot water faucet wastes 175 gallons of water a month?

Showers use less water than baths.

As the trend toward health and alternative foods grows, more and more recipes for tofu, (soybean cheese) are appearing. Tofu has many uses, It can be cubed in soup, spaghetti sauce or chili, or stir fry it into vegetables or chop suey. Here are two recipes using tofu.

TOFU FRENCH TOAST

$\frac{1}{2}$ lb. tofu
 1 tsp. cinnammon
 $\frac{1}{4}$ tsp. nutmeg
 1 tbsp. honey
 Blend with enough water or soy milk to make a slightly runny batter. Dip whole wheat bread slices in batter and fry until brown in a little oil or butter. Serve hot with honey or syrup.

TREATS FOR THE KIDS

THICK MILKSHAKE

1 cup skim milk
 3-4 ice cubes
 1 banana (any fresh fruit)
 Whip all ingredients in blender -
 Makes 2 large glasses.

NONMEATBALLS

1 lb. tofu
 $\frac{1}{2}$ sup bread crumbs
 2 eggs
 2 tsp Worcestershire sauce
 $\frac{1}{2}$ tsp onion salt
 $\frac{1}{4}$ tsp garlic powder
 3 tbsp Parmesan cheese
 1 tbsp dried onion flakes
 Form into 1 inch balls. Brown in oil. Serve with spaghetti or as a snack.

JELLY BEAN COOKIES

$\frac{1}{2}$ cup butter or margarine
 $\frac{1}{3}$ cup white sugar
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ tsp baking powder
 $\frac{1}{2}$ tsp baking soda
 2 eggs
 $\frac{1}{2}$ tsp salt
 $1\frac{1}{4}$ cups flour
 $\frac{1}{2}$ cup rolled oats
 1 cup jelly beans, cup up
 Using the above ingredients, follow the instructions for any cookie recipe. 36 cookies.

HERE'S ERMA

At my age there are few things that excite me anymore. But when I read about a tour to the chocolate factories in Switzerland, I got so dizzy I had to lie down. I have felt for a long time that people have had it looking at statues around old buildings. That's why they now have wine-tasting tours to France and pasta tours of Italy. But this chocolate tour is a real breakthrough. Imagine-chocolate lovers can now go public and not have to eat chocolate behind the cupboard, or sneak it in and out of their pocketbooks when no one is looking. These fun-loving pilgrims will pack elastic waistband clothes, leave as "single occupancy" and come back as "doubles". And when someone asks, "How did you find the Alps?" they'll probably answer, "Great-but it needs more sugar."

IF YOU WOULD LIKE A COPY OF ALL THE "AROUND THE HOUSE ARTICLES, WE ARE MAKING A BOOKLET WHICH YOU CAN OBTAIN BY CALLING 2231 or WRITING TO "AROUND THE HOUSE" c/o THE TUMBLEWEED, CFS ALSASK, SASKATCHEWAN, SOL OAO.

10 WAYS TO DEFUSE ANGER

1. Postpone getting angry for 10 to 15 seconds. Once you're able to put it off, you will have learned control.
2. Keep an anger journal, recording the time, place and frequency of the occasions when you get angry. It will help you zero in on the real cause of your anger. The next step is to discuss ways of eliminating the cause.
3. Get rid of your expectations of other people. Remind yourself that other people have a right to be whatever they choose.
4. Remind yourself that children will always be active and loud.
5. Be aware of how you sound to others.
6. After an angry outburst, announce that you just slipped and you'll try to do better.
7. Hold hands with the person you're angry at.
8. Learn to tolerate things you may dislike.
9. Love yourself. Don't burden yourself with self-destructive anger.
10. Keep in mind that expressing anger is better than storing it up. Not having it at all is the healthiest situation. Now everyone, count to 10.....

CONSUMER BUYLINES

Saskatchewan Consumer and Commercial Affairs has prepared a series of fact sheets on common consumer problems and how to avoid them. "Consumer Buylines" fact sheets have been published on the following topics:

- | | |
|---|--|
| <u>Activated Carbon Water Filters</u> | <u>Hiring a Contractor</u> |
| <u>The Mortgage Money Supermarket</u> | <u>Consumers Advised to Listen About</u> |
| <u>Purchasing Steel Buildings</u> | <u>Hearing Aids</u> |
| <u>Door-To-Door Sales</u> | <u>Avoiding Auto Repair Problems</u> |
| <u>Gasoline Prices in Saskatchewan</u> | <u>Training Courses</u> |
| <u>Refunds and Exchanges Up To Seller</u> | <u>Complaining</u> |
| <u>Mail Order Buying Risky</u> | <u>Bulk Food Buying</u> |

If you would like a copy of any "Consumer Buyline", write to the department at Box 3000, Regina S4P 3V7

The following information is also available from the above address.

- | | |
|-----------------------------------|--------------------------------------|
| <u>In Search of a Home</u> | <u>In Search of a Used Car</u> |
| <u>In Search of a Mobile Home</u> | <u>In Search of an R.R.S.P.</u> |
| <u>In Search of a Carpet</u> | (Registered Retirement Savings Plan) |

TO FILE A CONSUMER COMPLAINT

Write to: Saskatchewan Consumer and Commercial Affairs
1871 Smith Street
Regina, S4P 3V7 Phone 664-5725

Provide the following information:
All necessary facts, names and dates.
The guarantee, bill-of-sale or any material relating to your problem.



THE UNIVERSITY OF MANITOBA

Continuing Education Division

Winnipeg, Canada R3T 2N2

Phone (204) 474-9921

MAY 1981

HUNDREDTH STUDENT GRADUATES

The one hundredth student to receive a Baccalaureate degree through the University of Manitoba Canadian Forces Program graduated during the Convocation ceremonies May 28 and 29, 1981. Actually, the 15 students graduating in May brings to 105 the total number of graduates from the military community who have earned degrees as part-time students since the program began in September 1974.

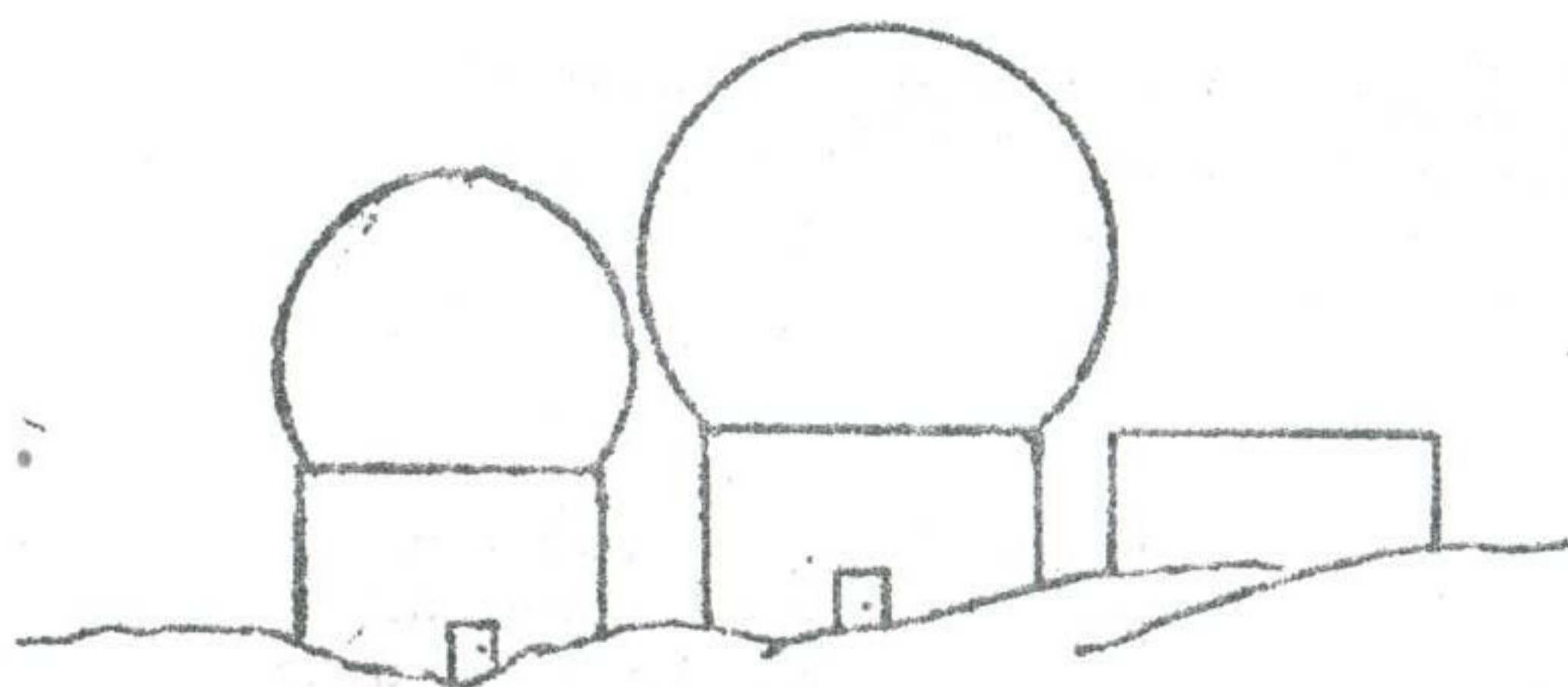
To date, more than 1,700 service members, or their spouses who account for approximately 20% of the participants, have undertaken degree studies as part-time students with the University of Manitoba. More than half of the participants were admitted under the Mature Student Plan which permits applicants who have not completed Senior Matriculation to gain admission to the university, providing they are at least 21 years of age or will be 21 years of age during the session to which they are seeking admission.

There are distinct advantages to the University of Manitoba program. A full-time program co-ordinator is available to provide information and guidance. Once applicants have been admitted and registered for a course of study, they can feel relatively confident that they will be able to complete their academic goal through the University of Manitoba. Studies can be undertaken on-campus, off-campus in Manitoba or at bases in Germany, by correspondence and through the facilities of other post-secondary institutions as a Visiting student from Manitoba. It is not necessary for a student to take on-campus classes at the University of Manitoba; residency requirements for graduation can be met through correspondence or off-campus study. The program provides for the granting of up to one year of standing in recognition of military training and service and will permit a reduction of the normal residence requirement for graduation. In May 1981, the Faculty of Arts removed the previous restriction on the number of courses which students may offer toward the Bachelor of Arts (General) degree by means of correspondence courses.

Classes on-campus can be commenced in January, May, July and September while correspondence study can be on all but the July date. Application for admission to any of the correspondence sessions should be undertaken approximately two months prior to the course commencement date, whereas application and registration for on-campus courses can be made as late as the week classes commence.

Admission and registration for an off-campus course can be completed at the first class in September. Off-campus courses offered in Manitoba for 1981-82 will be given at CFS Gypsumville, and in communities near bases at Winnipeg, Portage la Prairie and CFS Beausejour. Also, courses will again be offered at CFB Lahr and CFB Baden-Soellingen, Germany, commencing 6 October 81.

To obtain an application for admission and further information on the University of Manitoba Canadian Forces Program, contact Mr. M. J. Piercy, Co-ordinator, Canadian Forces Program, Room 509, University Centre, University of Manitoba, Winnipeg, Manitoba, R3T 2N2, or telephone 474-8497.



LOCAL YOKELS

1981 - SPOTLIGHT ON VOLUNTEERS - GIRL GUIDES OF CANADA

1981 is the Year of the Volunteer for Girl Guides of Canada. Across Canada there are many kinds of Volunteers sharing their time and talents. There are Unit Leaders who serve Brownies, Guides, Pathfinders and Cadets. There are Volunteers planning banquets and bazaars. They work on committees and help out at camp. Volunteers are vital to our organization. They are our V.I.P.'s. This year the spotlight is on them. To help show our Volunteers how much we appreciate them, we're asking you to tell us about them. If you know a Volunteer you feel should be a V.I.P., just send us a letter, 250 words or less, telling us why. And don't forget to include a picture. She may be one of nine V.I.P.'s chosen to be spotlighted in issues of the Canadian Guider. Send your nominations to:

National Public Relations Committee
Spotlight on Volunteers
Girl Guides of Canada
50 Merton Street
Toronto, Ontario
M4S 1A3

Deadlines for entries: June 30th, 1981.

SCHOOL SAFETY PROGRAMME

Safety Education is an important part of the School Health Course. The safety programme usually centres around the activities carried on at that particular time of year. With the summer vacation approaching some of the topics for June include bicycle safety, boat safety, swimming, camping, campfires and safety around animals. Please help your children to learn to be safety conscious at all times.

The Military Police have conducted a bicycle rodeo and Sgt Molloy and his helpers will be conducting the Red Cross Survival Swim.

Animals which act differently or appear to be sick should be treated with caution. They may be rabid and a bite from a rabid animal can be very serious.

Be safety conscious and have a happy and safe holiday!

SERVICEMEN'S AUTOMOBILE CLUB LIMITED

The Representative for The Servicemen's Automobile Club Limited for CFS Alsask is now W.O. Dave Mills. Local 249/2661.

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.

BROWNIE AND MOTHER DINNER

The Brownie and Mother pot luck supper was held May 26th. This is the first year each group has had their own dinner and it proved to be very successful. After dinner there were badges presented to the Brownies and some special presentations to:

- Michelle Hornsby - Packy
- Kim Ringland - All around Best Brownie
- Janet London - Bringing the most pennies for Thinking Day
- Krista Petitpas - Not yet a Brownie but is already a member of all the packs.

Collette and Laura Newell, Tanya Andrew and Janet London received going away gifts from the leaders. Certificates of Appreciation were presented to: Peggie Gagne, Pat Palka, Marge Horton, John Eckenswiller, Shiela Dore, Shirley Newell, June O'Keefe, JoAnn Mills and Jean Smith, for helping the leaders and Brownies throughout the year. The leaders, Daphne Coombs and Sandi Petitpas were presented with going away gifts from the Brownies. A skit and some songs by the Brownies put the finishing touch to a most enjoyable evening. Judy Steinke is Brown Owl for the coming year and we wish her Good Luck.

FISHING DERBY

The First Combined Mess Fishing Derby was held on the 23rd of May at the Blood Indian River. It was a great success with nineteen registered contestants ranging in age from 4 to ?. I'm sure everyone had a great time. The event winners were:

- Mens: 1st Ernie Woolf
- 2nd Don Smith
- 3rd John Eckenswiller
- Hidden weight - Gord McNutt
- Ladies: 1st Theresa Watson
- 2nd Claire Malczewski
- Childrens: 1st Noah Eckenswiller
- 2nd Robby Coombs
- Show: Dave Mills

Thanks for coming out and we all look forward to seeing you at the next fishing derby.

Don Watson
JRC Sports Officer



The Community Council Award Winners!!! This very select group of people were selected to receive the Community Council Award for their contribution to clubs and organizations. They have been hard at work on many nights while we relaxed at home or did something else we wanted to.

Front Row: Marge Gordon (Beavers), Eileen Mackintosh (Beavers, Catechism), Sandi Petitpas (Brownies/Sunday School), Daphne Coombs (Brownies/Sunday School).

Back Row: LCol Len E. Novakowski (Commanding Officer), Bill Pronyk (Scouts), Larry Scherr (YBC), Victor Gherasim (Drafting & Designing), Mayor Dave Garland.

MP BLIND FUND

The run from Oyen recently raised about \$500 which is double the amount raised last year. This charitable organization has grown to a major contributor to the Blind people. Last year a total of over \$41,000 was raised and contributions to blind organizations amounted to over \$70,000. Since the fund began in 1957, over \$420,000 has been raised so we should be proud to contribute and belong to this cause. Bravo Zulu MP's!!!

BOOKENDS

Posting time is here again and if you look around you'll see a lot of people with little white clearance cards in hand trying to locate the right person. You must clear the Library with the Station Librarian or Assistant Librarian, not Capt. Threinen. The best time to do that is Tuesday and Thursday evenings from 7:00 - 9:00 p.m. at the Library. You are clearing for your family as well and I have to be sure all the books are returned. The phone number at the Library is 2401 local 265. As of July 1st Mrs JoAnn Mills will take over as Station Librarian and Debbie Adams will continue as Assistant Librarian. Mrs Mills will be away the first 2 weeks of July and Debbie will be working during that period of time. I would like to remind everyone if you are moving or just clearing out shelf space and have pocket books you don't want, we will take them off your hands. We have a good selection of pocket books but there is always room for more.

NEW BOOKS

FRENCH VEGETARIAN COSMETICS - Rosine Claire

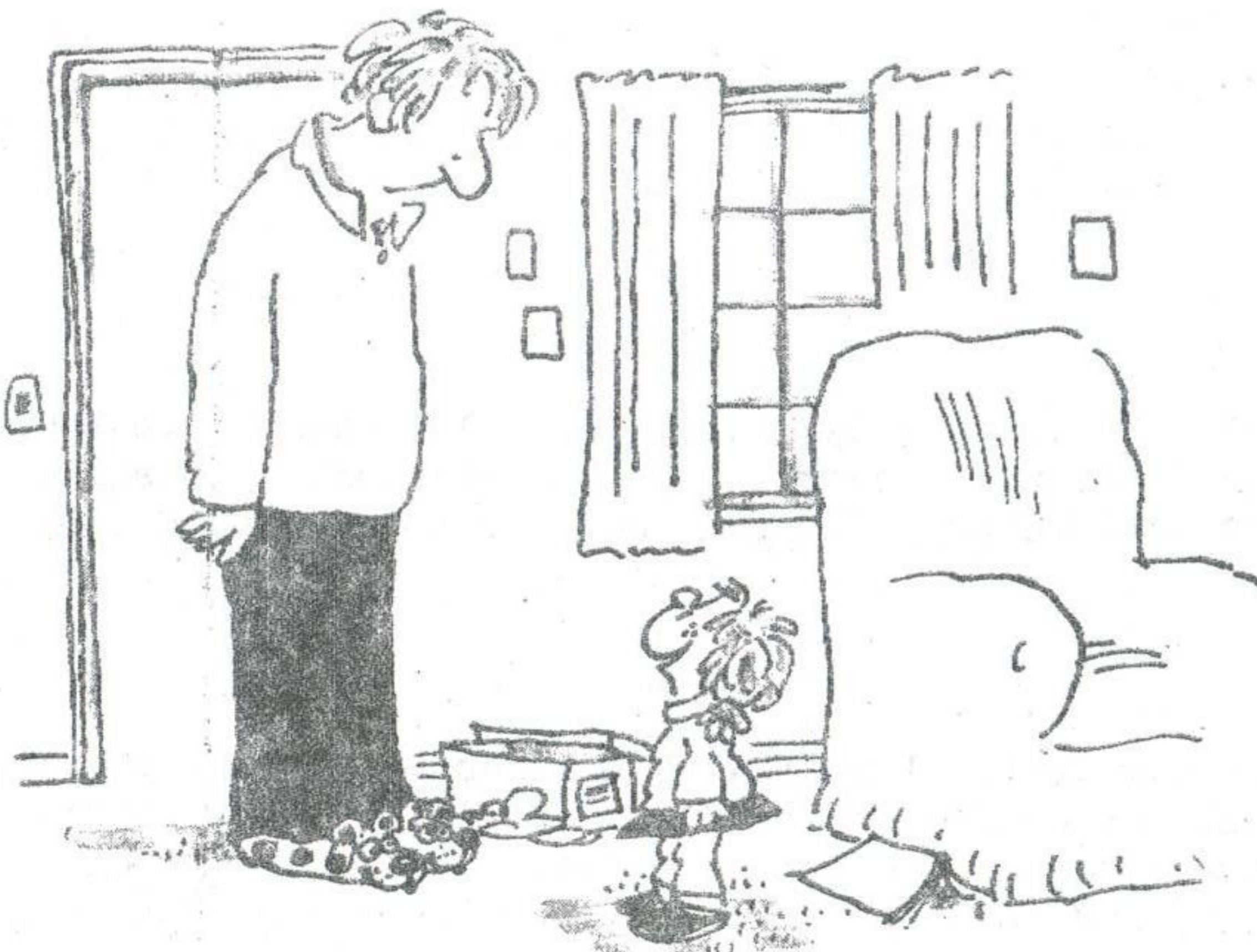
The authors purpose in writing this book was to pass on the beauty secrets and recipes that she learned as a young woman growing up in France. Knowing how to use beauty products properly is very important, but knowing how to make them at home with easily found ingredients is equally important. Creating gentle products with complete knowledge of the ingredients they contain and at a cost often far below cosmetic counter prices is very satisfying and sensible, as well as fun. Rosines book helps you create your own products for hair and skin care: shampoos, hair rinses, and treatments, moisturizing and cleansing creams, facial packs, perfumes, natural rouges, lipsticks, eye make-up, and face powder. You can create your own Beauty Care products at home using cucumbers, fruit juices, milk, eggs, yogurt, rose petals, lemons, honey, etc. This is the book for every woman no longer willing to look and smell and feel like everyone else!

SLIP-UP - Anthony Delano

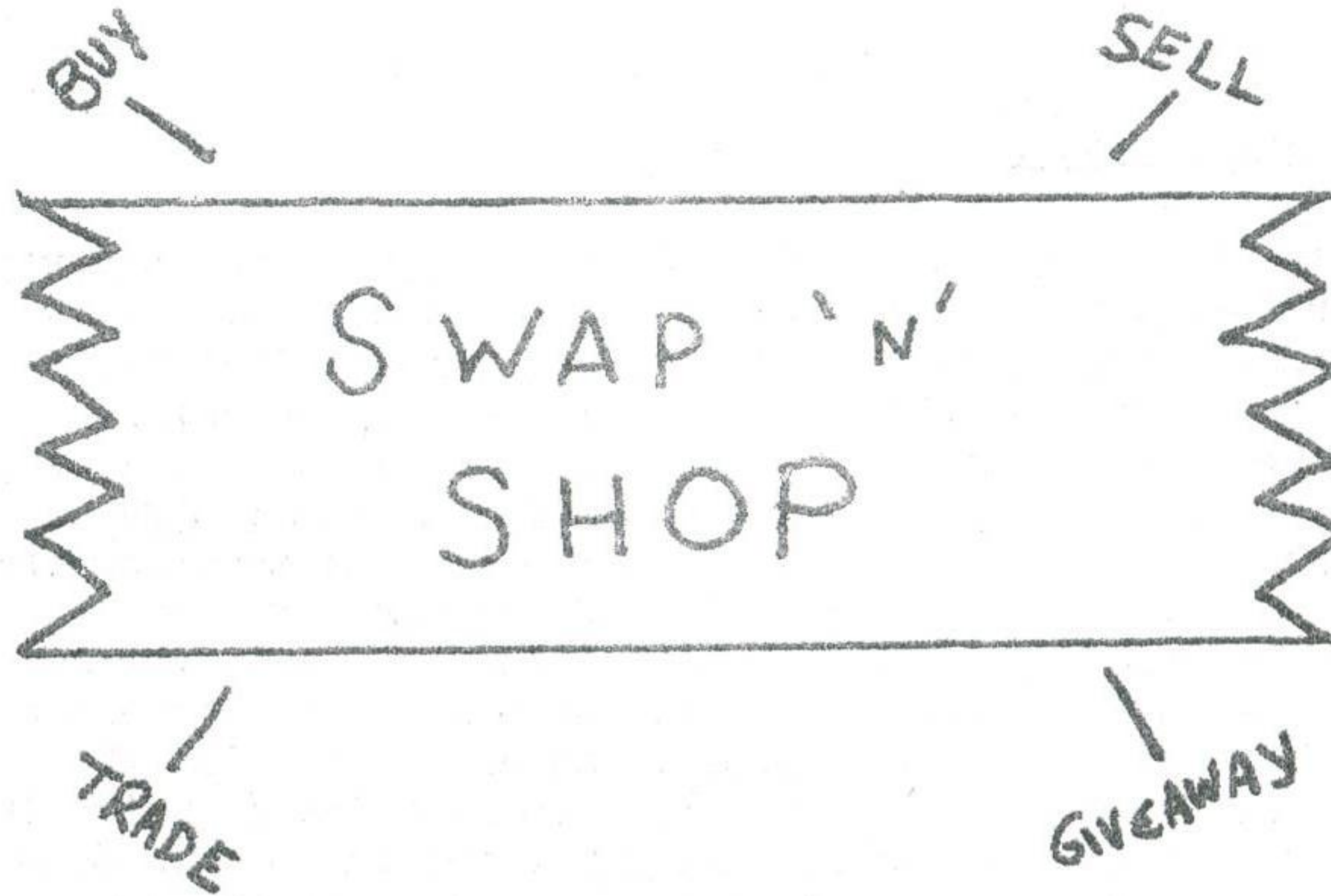
Ronald Biggs was and is the most wanted crook of our time. Highwayman, professional fugitive, bonvivant and indefatigable casanova; he is the last man still at large from the gang that pulled off England's Great Train Robbery and got away with a never-equalled haul of \$6 million. Every cop from Scotland yard was and is aching to clap the cuffs on him. But it was not a cop who found Biggs. It was a newspaper, the Daily Express. It was all too much for the brutally competitive newspaper world of London's Fleet Street. Rival reporters started asking awkward questions. How did the Express happen to be in just the right place when Biggs was arrested by the redoubtable Detective Chief Superintendent Jack Slipper? For that matter how did the Yard know where to find the fugitive in the first place? And who was Colin MacKenzie, the unknown reporter whose byline was planted so tantalizingly below each shrieking Express headline? Was it the Express that set Biggs up for the arrest? And how did they together manage to make such a hilarious mess of it?

IN SEARCH OF YOUR ROOTS - Angus Baxter

Genealogy is one of the fastest-growing hobbies in North America. This light, easy to read guide will tell you, step by step, how to find your ancestors. Here is the most complete book ever offered to help Canadians of every ethnic descent, this book details all possible sources of pertinent information for every province in Canada, for England, Ireland, Wales, and Scotland, United States, for the various nations of Europe, and for major countries around the world. Angus Baxter explains how to start, what to do, how to avoid pitfalls and deadends, even how to best combine a vacation in Canada or abroad with ancestor hunting. His comprehensive text is augmented with a selected list of useful reference works and advice on how to produce a family history all highlighted by amusing recollections of situations he has encountered in his more than 30 years of genealogical research.



*"Happy Father's Day, Daddy!
What do you think?"*



FOR SALE: Brother sewing machine (straight stitch & zig zag)
Price \$50.00. Phone 968-2338

FOR SALE: House Trailer - 8' x 40' Furnished
Price: \$1,700.00. Phone: Mr. Jach Chorney, Alsask.

FOR SALE: 9.9 H.P. Evinrude outboard motor. Has been operated
approx. 200 hrs. Phone: 221 or 2637.

FOR SALE: 1979 Short Wheel Base customized, fully loaded Chev.
Van. Low mileage, excellent condition. Will take $\frac{1}{2}$ Ton
as partial trade. Phone 968-2609. Wayne Couri

FOR SALE: 1977 710 Datsun. 1977 Super Cab. 14' Vanguard boat with
50 H.P. Johnson motor. 12' Aluminum boat with six horse
West Bend Motor. Phone: Joe Borschneck at 968-2308

FOR SALE: Baby Car Seat. 1 year old, Strolee Deluxe - 4 position.
Excellent Condition, \$40.00. Dual 17 Gallon Saddle
Tanks. Fit inside box of $\frac{1}{2}$ Ton. Complete with caps,
hoses, and four-way valve. \$150.00. Phone: 968-2272

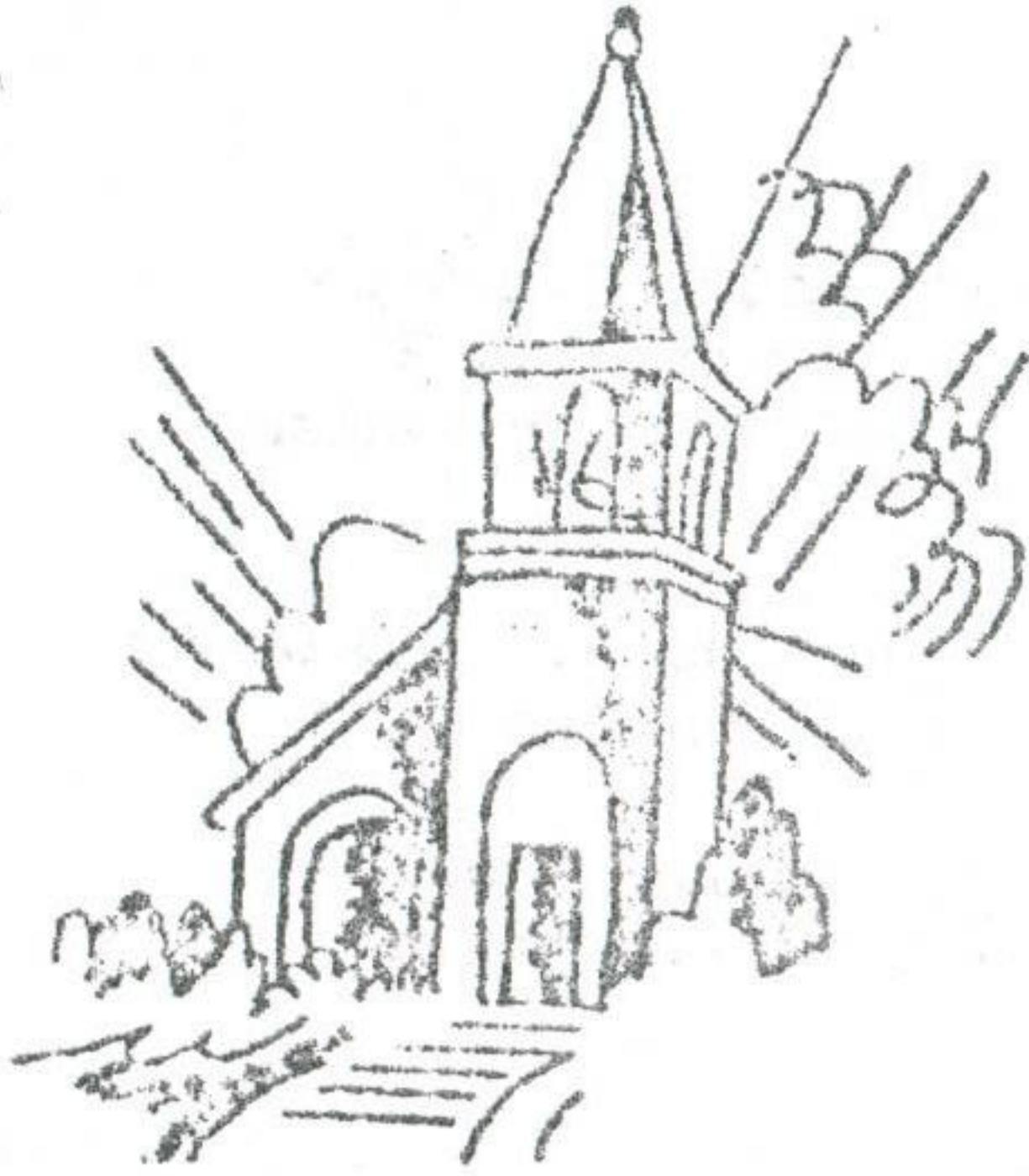
FOR SALE: STEREO SYSTEM - 1 Sansui Stereo Receiver Model #221 16 watts power. 1 Akai AP-005 Belt-drive automatic turntable. 2, 50 watt RMP Speakers. 12" woofer, 4" midrange and 3" tweeter. Cabinet measures 25"x15"x13". \$500.00 for system.
 Pole Lamp \$25.00
 Table Lamp \$25.00
 1 Coffee Table - Smoked glass top with wooden base. \$50.00
 Chesterfield and matching swivel rocker with ottoman. 1 yr. old, perfect condition. \$625.00
 1 artificial Fireplace with logs and firescreen. \$200.00
 1 Black and Decker router and guide. Perfect condition \$35.00 - phone 2631

WANTED: Used baby stroller in good condition. Phone: 968-2365 after 4:00 p.m.

STUDENT FOR HIRE: Willing to do odd jobs: yardwork, mowing lawns, farm work, roto-tilling and garden care, pet care, babysitting, wash and clean cars. Phone: 968-2388 ask for Chris.

LOST: From the Cadet pot-luck supper, a Royal Albert china plate with Provincial Flowers pattern. Please phone 968-2360 PMQ 35, if you have my plate. Thank you. Joan Proud





CFS ALSASK CHAPEL (RC & P)

ROMAN CATHOLIC

Mass: 5 pm 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 Thurs. only.

Residence - 463-2306 Kindersley

RC Chapel Committee Chairman:
Al Metcalf

PROTESTANT

Worship: 7:00 pm each Sunday

Sunday School: 11:00 am 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.

WANTED

Childs Swing set, Please phone Bernice Ross at 968-2266 or 968-2608.

Bouquet of Roses to the Tumbleweed Staff. Keep up the good work.

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 cooperation 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 | - | Sgt. L. Ringland | | 211 |
| Member | - | Capt. J.F. Shackleton | CADO | 202 |

CABLE TV CHANNELS

| <u>STATION</u> | <u>RECEIVED CHANNEL</u> | <u>CABLE CHANNEL</u> |
|-------------------|-------------------------|----------------------|
| 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 am - 4:30 pm
 Loc 245 and ask for CATV
 Weekends and after duty hours
 call:
 Bill Pronyk 2614 - Manager
 Larry Scherr 2230
 Al Metcalfe 2642

CANEX: Mon-Fri 10:30 - 12:30
 1:00 - 5:30
 Sat 11:00 - 3:00
 Phone Loc. 230 or 2262

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

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

LIBRARY: Tues and Thurs
 evenings 7:00-9:00.
 Located at school
 Use S.E. corner door.
 Librarian: Mrs S. Newell
 Phone: local 265

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

SERVICES AND BUSINESSES

ROYAL BANK: Call 2213. Hours:
 Mon., Tues., Wed. & Fri.:
 10:00 am - Noon; 1:00-3:00 pm
 Thurs., 10:00 am - Noon;
 1:00 - 5:00 pm

TUPPERWARE: Phone Isabel Ashley
 967-2821. Mantario, Sask.

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 at 2271.

REGAL GREETINGS AND GIFTS: Spring 1981
 catalogue. Stock up on stationary and
 gift items. Browse through a catalogue
 Phone 2388.

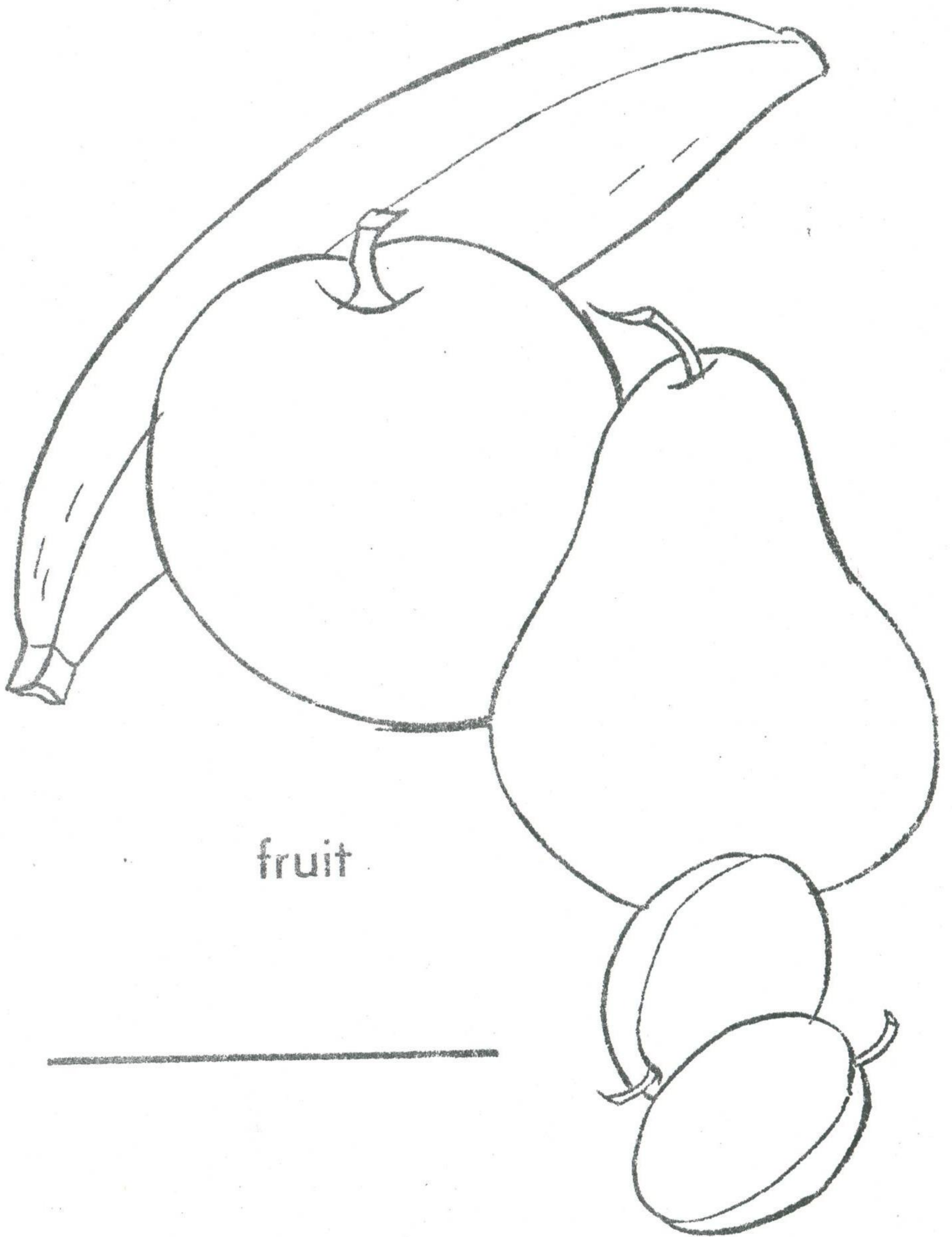
AVON PRODUCTS: Love looking good at
 low prices? Your Avon representative -
 Kerry Siford, phone 2621.
 Town: Marg Horton 2235

SUN LIFE ASSURANCE
 CO. OF CANADA -

Ken Winter a representative
 will be at the Rec Centre
 every first and third
 Monday each month.
 7 - 9 pm - Phone 2433

Yes there are A.A. &
 AL ANON in the area.
 For further information
 call any time 968-2353,
 2665, 2691.

OTHER CLUBS AND ORGANIZATIONS ARE ENCOURAGED TO ADVERTISE!



fruit