



The Ambledweed

THE TUMBLEWEED

The Tumbleweed is an unofficial military publication and is printed with the kind permission of the Station Commander, Major W. W. Sled.

The views and opinions expressed are those of the contributors and do not necessarily reflect those of the Editor, the Canadian Armed Forces, or DND. The Editor reserves the right to reject any editorial or advertising material, and to edit any such material at his/her discretion.

Items will not be accepted for publication unless signed by the contributor and received by NOON on the deadline day.

The emphasis is clearly towards local news and events. All articles which contribute to the community or enhance the newspaper are welcome.

Address all correspondence to The Editor, Tumbleweed, CFS Alsask, Alsask, Saskatchewan, S0L 0A0.

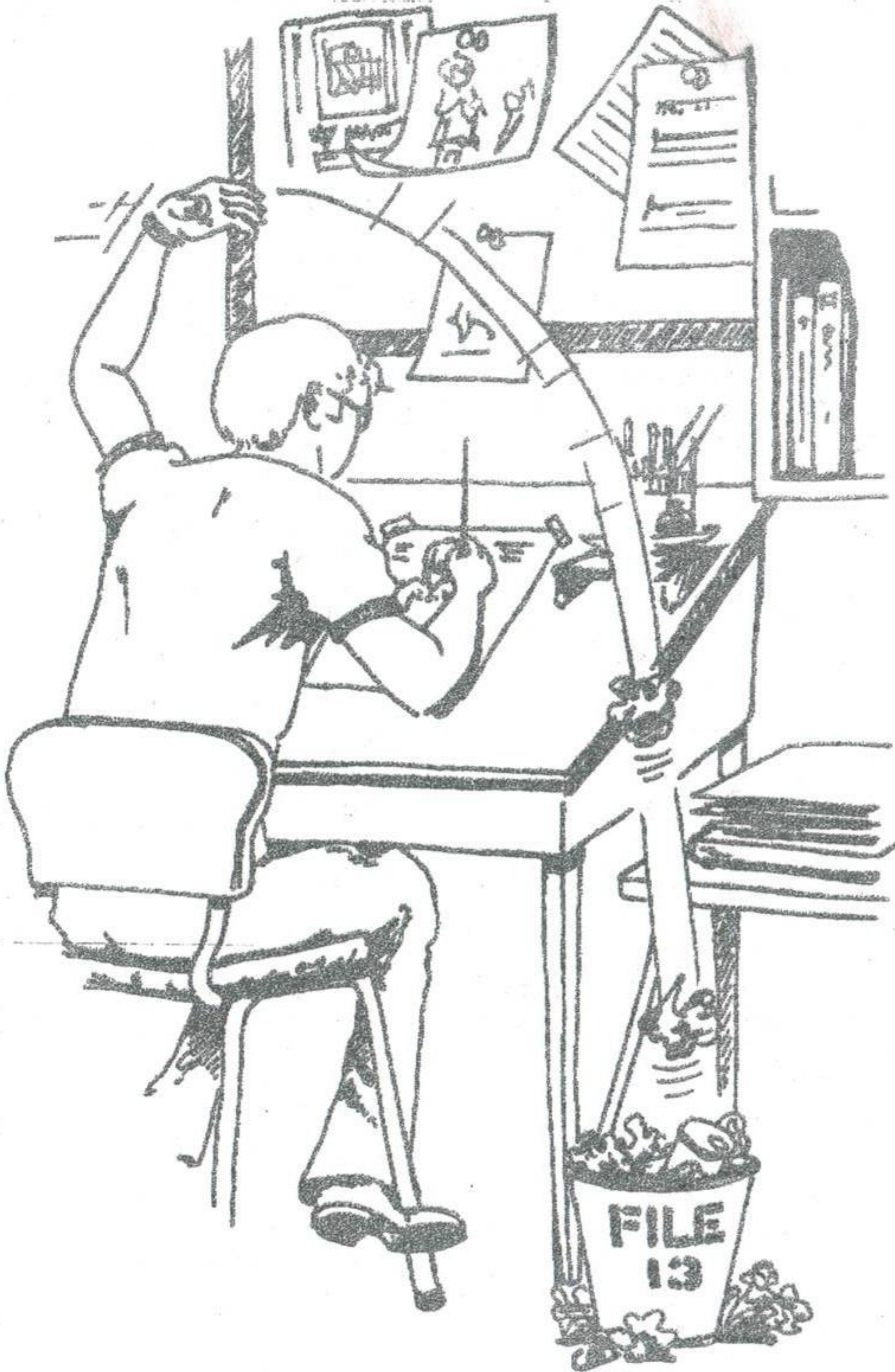
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Distribution.....	Boy Scouts

December 11, 1982 Issue

DEADLINE FOR THE
NEXT ISSUE

Dec. 17, 1982



I must assume that the image of the Phoenix immolating itself and being reborn from ashes is meant to inspire us to similar renewal.

In Dublin, Ireland, Phoenix Park's fame arises from some murders that took place there in 1882. One hundred years later, I guess there's some parallel between that, and what's going on in the Rec Center.

It seems to me that the name Phoenix has been over-used, and any one of a number of other symbols could have been borrowed from mythology. For example, what's wrong with the "OUROBOROS TEST"? The Ouroboros is a serpent which continually devours itself starting at the tail, and is then reborn from itself. That image has some appeal, too!

The name aside, Phoenix is the most sensible fitness test I've seen the service use. It checks more than your ability to endure the pain of a semi-annual mile-and-a-half run. The standards don't seem too high at the minimum end, and certainly make you work at the excellent end. (although the push-ups have come under some criticism).

If I understand the results, I found out that I'm carrying 17% body fat, which means I'm not exactly the Pillsbury Dough Boy, but there's still some work to do. I already knew that, from every time I've grabbed the roll around my middle. At least the test confirmed it. The old mile-and-a-half said I was "fit" at times when I knew I wasn't.

My only disappointment with the new program so far is; it doesn't seem to remove the "compulsory" from my P.T. program.

Phoenix: In Greek mythology; the mentor of Achilles.

Phoenix: In Arizona; the capitol city.

Phoenix: In Egyptian mythology; a fabulous bird connected with sun worship.

Phoenix: In 1807 New York; a 100 foot steamboat.

Phoenix: In the west central Pacific; a group of coral islands.

Phoenix: In Dublin; a park.

Phoenix: In the CAF; a fitness test.

Cam


 THE
DOME

It's deadline date and I don't feel like writing. The world is full of doom and gloom and not too many sensational things have happened, except our "practice EDP". Coming events are: the Christmas Party, Christmas itself, and the Phoenix Program for P.T. I think it should have been left in Phoenix because I don't think it's that important to know how many times our heart ticks a minute, or how much oxygen we use up. As long as the heart doesn't quit altogether, and we don't use up all the world's oxygen we'll be O.K. We are like a car, and our cars, whether they run with 30 or 60 pounds oil pressure and whether they use 50 or 100 cubic feet of air a minute and whether the doors are 4 inches or 8 inches thick doesn't make much difference, as long as it runs good and gets us to where we're going. Maybe I'll feel better after my P.T. Test.

A theory has been advanced that people feel good and feel bad in cycles. Psychologists say that for a certain number of days you will be "sitting on top of the world". Then for a longer period of time you will feel about average. Then for a while you may be depressed -- "in the dumps" and have the "blues". Then the cycle starts over again. It is claimed you can keep a record of the way you feel, and predict accurately about when you will be feeling grand or when you will be depressed. Be this as it may, we

do know that no matter how black things look at times, conditions always seem to improve. It's a very very true saying that "every cloud has a silver lining". Perhaps this old saying is really based on the scientific theory I mentioned above.

Since you and I both know that we are bound to "snap out" of periods of depression, let's resolve never to make important decisions while feeling "low". Don't fuss with a friend, don't quit a good job, don't give up a worthwhile ambition just because you are in a "depressed cycle". Tomorrow or next week you'll feel better! I hope this last theory of mine doesn't bore you as the biorhythm would tell me I'm at an all time low.

OBVIOUS

Love and a cough cannot be hidden.

THE TONGUE

Medical doctors measure physical health by how the tongue looks. The Great Physician measures spiritual health by how the tongue acts.

Harold

BRAVERY RECOGNIZED - Capt. Keith Gathercole, MCpl Steve Gledhill and Cpl Craig Seager received the Star of Courage from Governor-General Edward Schreyer this summer. Capt Gathercole, who has since been promoted major, was pilot of a 447 Sqn helicopter based at CFB Comox, B.C. sent to rescue a group of people trapped in flood waters near Squamish, B.C. MCpl Gledhill and Cpl Seager were repeatedly lowered through high trees and dropped chest deep into the swift flowing Cheakamus River to wade towards the six survivors. At the time of the rescue, they were aware that an upstream embankment holding back a 15-metre wall of water would soon collapse.

A HERCULES' TRAGEDY

CFB Edmonton, Alberta - A C130 Hercules transport aircraft crashed November 16, 1982 at CFB Edmonton during a routine training mission. There were seven crew members aboard the aircraft and there were no survivors.

The aircraft was from the Tactical Airlift School of 435 Squadron based at CFB Edmonton. It was performing a Low Altitude Parachute Extraction (LAPES) exercise at the base drop zone. The crash occurred approximately two miles east of the airport in an open field.

Colonel Peter DeTracey, Base Commander, CFB Edmonton, said "This tragic event reminds us once again of the unforgiving and challenging environment in which the Canadian Forces operate".

The crew of the aircraft were:

Major MICHAEL T. KRAMPITZ, United States Air Force, Killeen, Texas.
 Captain JOHN MICHAEL SMITH, Charlottetown, P.E.I.
 Captain RICHARD FRANK LOVELL, Saskatoon, Sask.
 Captain TERRY CAMPBELL HARPER, Kincaid, Sask.
 Sergeant DONALD GARTH BUCHAN, West Hawkesbury, Ont.
 Sergeant JEAN RENNIE GIONET, Bathurst, N.B.
 Master Corporal LAYTON D. SMITH, Shelburne, N.S.

Captain Smith and Master Corporal Smith were from 436 (Transport) Squadron, CFB Trenton, Ont. and the other crew members were from 435 (Transport) Squadron.

A Board of Inquiry has been convened to determine the cause of the crash.

Major Michael T. Krampitz, of Killeen, Texas, was a United States Air Force pilot serving on exchange duty with the Canadian Forces. Major Krampitz was born in Virginia on April 13, 1949. He was attached to 435 (Transport) Squadron at CFB Edmonton in June, 1981 and was employed as an instructor pilot with the Squadron's Tactical Airlift School. Major Krampitz is survived by his parents in Killeen.

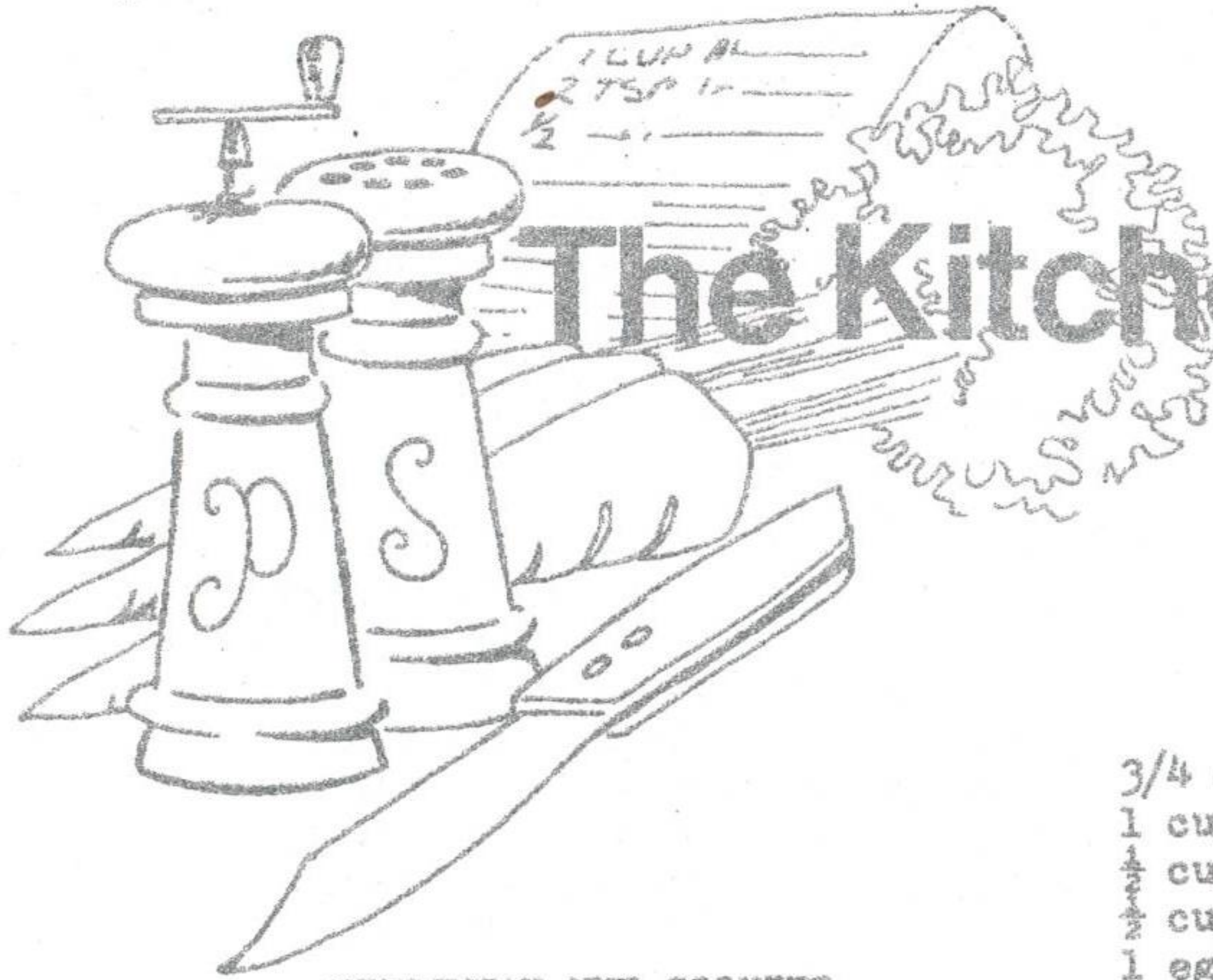
Captain John Michael Smith, of Charlottetown, P.E.I., was a pilot with 436 (Transport) Squadron, CFB Trenton, Ontario. Aged 29, Captain Smith joined the Canadian Forces in 1970. He is survived by his wife Carol of Trenton, and three children.

Captain Richard Frank Lovell, of Saskatoon, Sask, was an instructor pilot with 435 (Transport) Squadron's Tactical Airlift School. Captain Lovell, aged 26, joined the Canadian Forces in September, 1977 and had been with 435 Squadron since December 1979. He is survived by his wife, Karen, of Edmonton.

Captain Terry Campbell Harper, of Kincaid, Sask, was a pilot with 435 (Transport) Squadron at CFB Edmonton, Alberta. Captain Harper joined the Canadian Forces in February 1974 and had served with 435 Squadron since June 1981. He is survived by his wife, Brenda, of Edmonton.

Sergeant Donald Garth Buchan, of West Hawkesbury, Ont. joined the Royal Canadian Navy in October, 1964. Aged 38, Sergeant Buchan had served with 435 (Transport) Squadron since July, 1982 as a flight engineer. He is survived by his wife, Marilyn of Edmonton, and two children.

Sergeant Jean Rennie Gionet, 35, of Bathurst, N.B., had served with the Canadian Forces since September, 1967. A traffic technician



The Kitchen Page

MINCEMEAT NUT COOKIES (Sharon Anderson)

- 2 1/2 cups flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 tsp. cinammon
- 1/2 tsp. nutmeg
- 1/2 tsp. cloves
- 3/4 cup margarine
- 3/4 cup brown sugar
- 3/4 cup white sugar
- 2 eggs
- 1 1/2 cups mincemeat
- 1 cup chopped nuts
- 1 tsp. vanilla
- 2 tsp. rum flavouring(optional)

Sift to-gether first 7 ingredients; Cream margarine, gradually blend in sugar and eggs, beat well.

Combine remaining 4 ingredients. Add to creamed mixture alternately with flour; If necessary, add extra flour to make a dropdough.

Drop dough by rounded teaspoon-fuls well apart on cookie sheets.

Bake in 350 degree oven 12-15 minutes.

Makes about 6 dozen.

GUM DROP GEMS (Edith Townsend)

- 3/4 cup undiluted carnation milk
- 1 cup finely chopped gumdrops
- 1/2 cup shortening
- 1/2 cup sugar
- 1 egg
- 1 tsp. vanilla
- 1 cup sifted all purpose flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup chopped nuts

Four carnation milk over gum drops. Let stand. Beat shortening, sugar, egg and vanilla together thoroughly.

Add carnation - gum drop mixture. Sift flour, baking powder, and salt together. Stir in gum drop mixture. Add nuts. Spread in greased 9 inch square pan. Bake in moderate oven 350 degrees 25-30 minutes.

Frost while warm, with vanilla icing.

VANILLA ICING

Blend 1 1/2 cups sifted icing sugar with 2 tablespoons of butter. Add 2 tablespoons undiluted carnation evaporated milk and 1/2 tsp. vanilla. Beat until smooth.

Spread over bars.

Here
comes

Santa

Christmas is coming near and it's
time for all the good boys and girls to
send letters to Santa Claus.

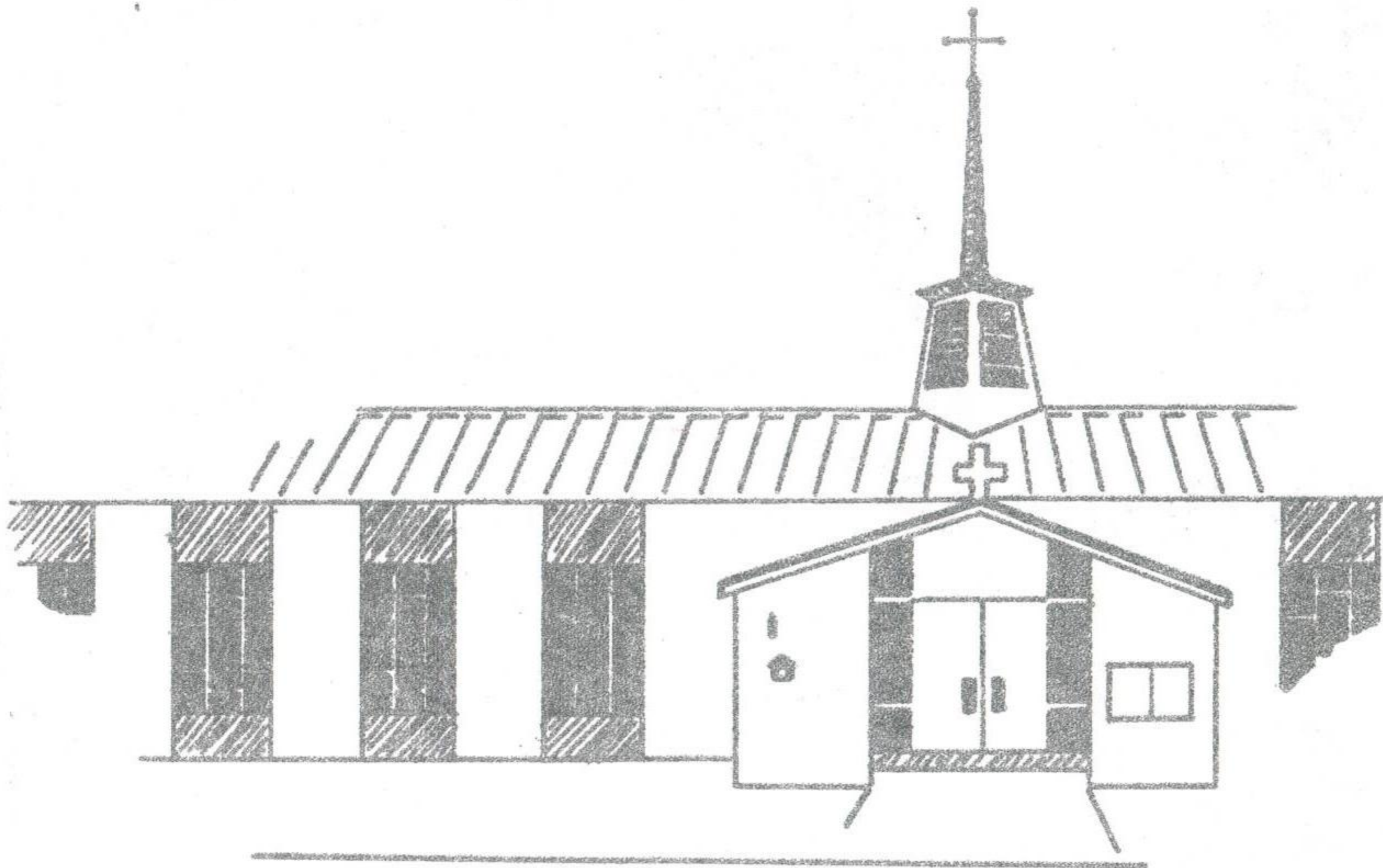
The "Tumbleweed" will forward your
letters to Santa at the North Pole.

We will select a few of the letters
and print them in the Christmas issue of
the Tumbleweed.

Send your letters to:
Santa Claus,
c/o Tumbleweed,
CFS Alask.

1957

CFS ALSASK CHAPEL



ROMAN CATHOLIC

Mass: 5:00 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:
Larry Scherr

PROTESTANT

Worship: 7:00 PM Sunday

Sunday School: 11 AM Sunday

Baptisms and Marriages: Please contact Chaplain as soon as possible for arrangements.

Chaplain: Rev. David Nevett conducts Sunday services and visits the Station on alternate Fridays.
Call local 264 or 463-2317 Kindersley.

ALSASK UNITED CHURCH: Services every Sunday at 9:30 AM. Sunday School at 11:15 AM.

Minister: Larry Wright -2396



(*) Indicates those who had a babysitting course. Anyone wishing to be included on this list please send your name, age, and phone number indicating whether or not you have had a babysitting course, to the Tumbleweed or phone 2327/240.

<u>NAME</u>	<u>AGE</u>	<u>PHONE NUMBER</u>
Debbie Adams*	19	2346
Linda Adams*	18	2346
Susan Adams*	18	2346
Grant Adams*	16	2346
Shawn Adams*	13	2346
Christine Anderson*	16	2338
Bryon Barker*	13	2322
Sherry Barker*	15	2322
Cindy Belanger*	17	2215
Kim Belanger*	15	2215
Mark Griffith*	14	2660
Carmen Lefler*	12	2369
Gerold Lefler*	15	2369
Tanya Mills*	13	2661
Barry Myers*	13	2607
Shawn Pickett*	12	2327
Darlene Scherr*	13	2230
Stuart Sinclair*	13	2287
Suzanne Sinclair*	14	2287
Tracy Sinclair*	16	2287
Melissa Smart*	15	2645
Kim Townsend*	13	2375
Steven Townsend*	15	2375
Blaine Woodruff*	16	2337
Cindy Young*	14	2653

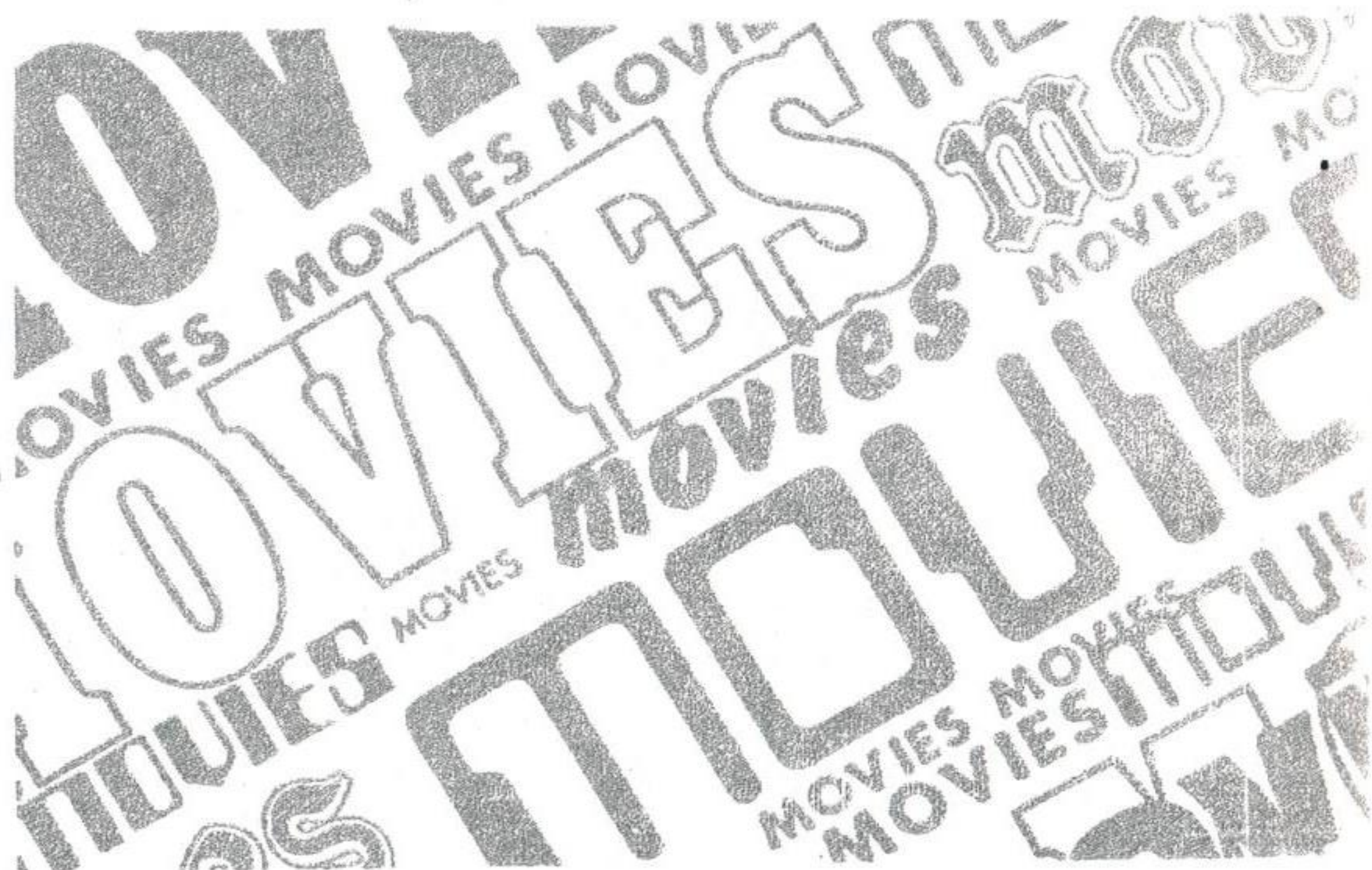
All movies shown in the Parish Hall are rated by the Canadian Forces Movie Guild. Admission to these movies is regulated as follows:

GENERAL (G) All ages may attend.

PARENTAL GUIDANCE (PG) All ages may attend, however, parents must decide suitability.

RESTRICTED (R) Anyone 17 years of age and under shall have written consent from one or both parents.

Parental consent forms are available at the guardhouse and in the Tumbleweed.



A Paramount Picture
Copyright © 1964, 1965
by Paramount Pictures Corporation
All rights reserved.

PLUS!

Hitler sent out 40,000 men aboard German U boats during World War II. Less than 10,000 returned. This is the story of 42 raw recruits caught up in a war they didn't understand, and the Captain who must lead them in their struggle to survive.

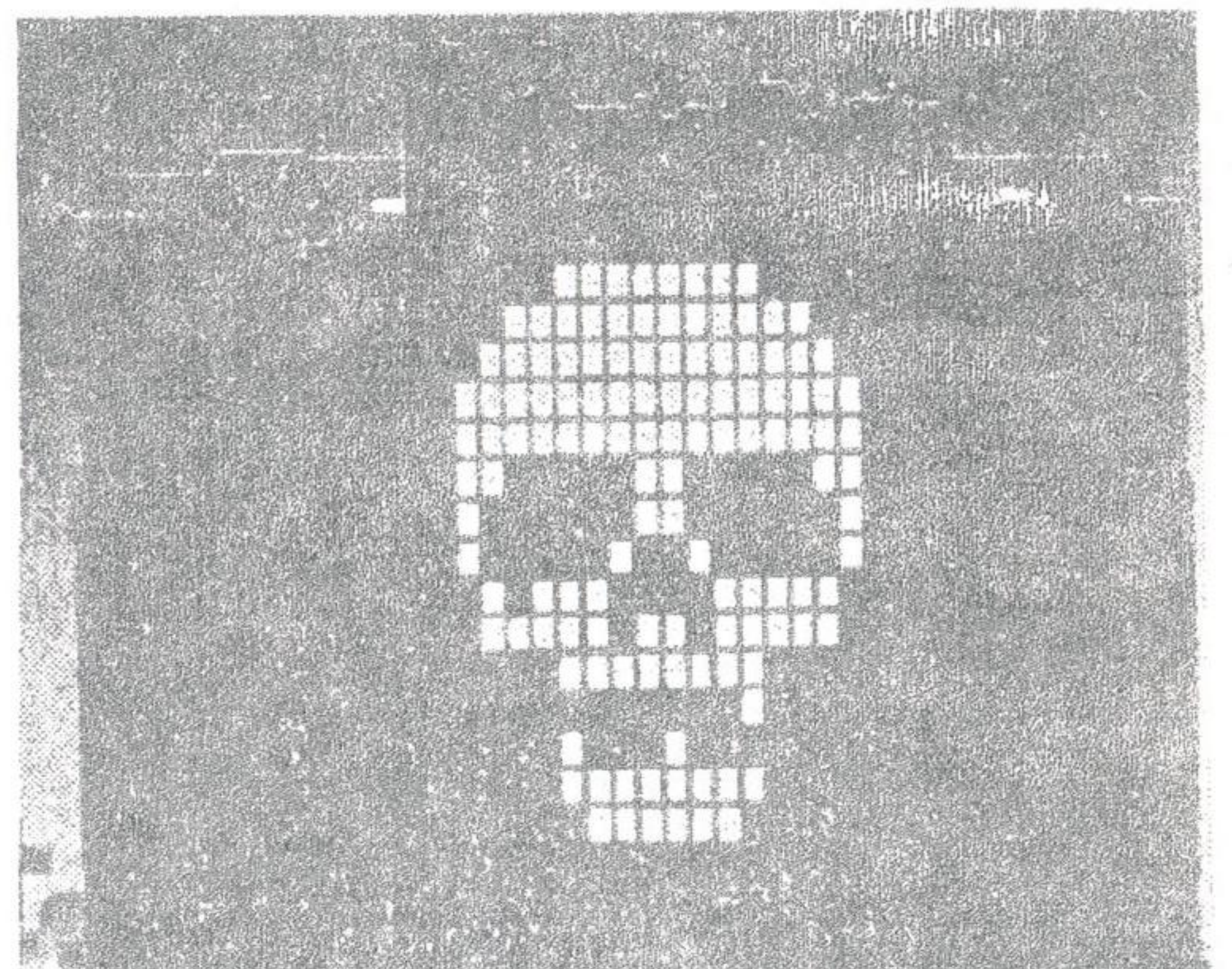
RESTRICTED
Das Boot

The other side of World War II

FRIDAY, 17 December

CARTOON PROGRAM # 102 (G)

Saturday, 18 December



HOSPITAL EMERGENCY

RESTRICTED

VISITING HOURS

So frightening you'll never recover.

ALSO

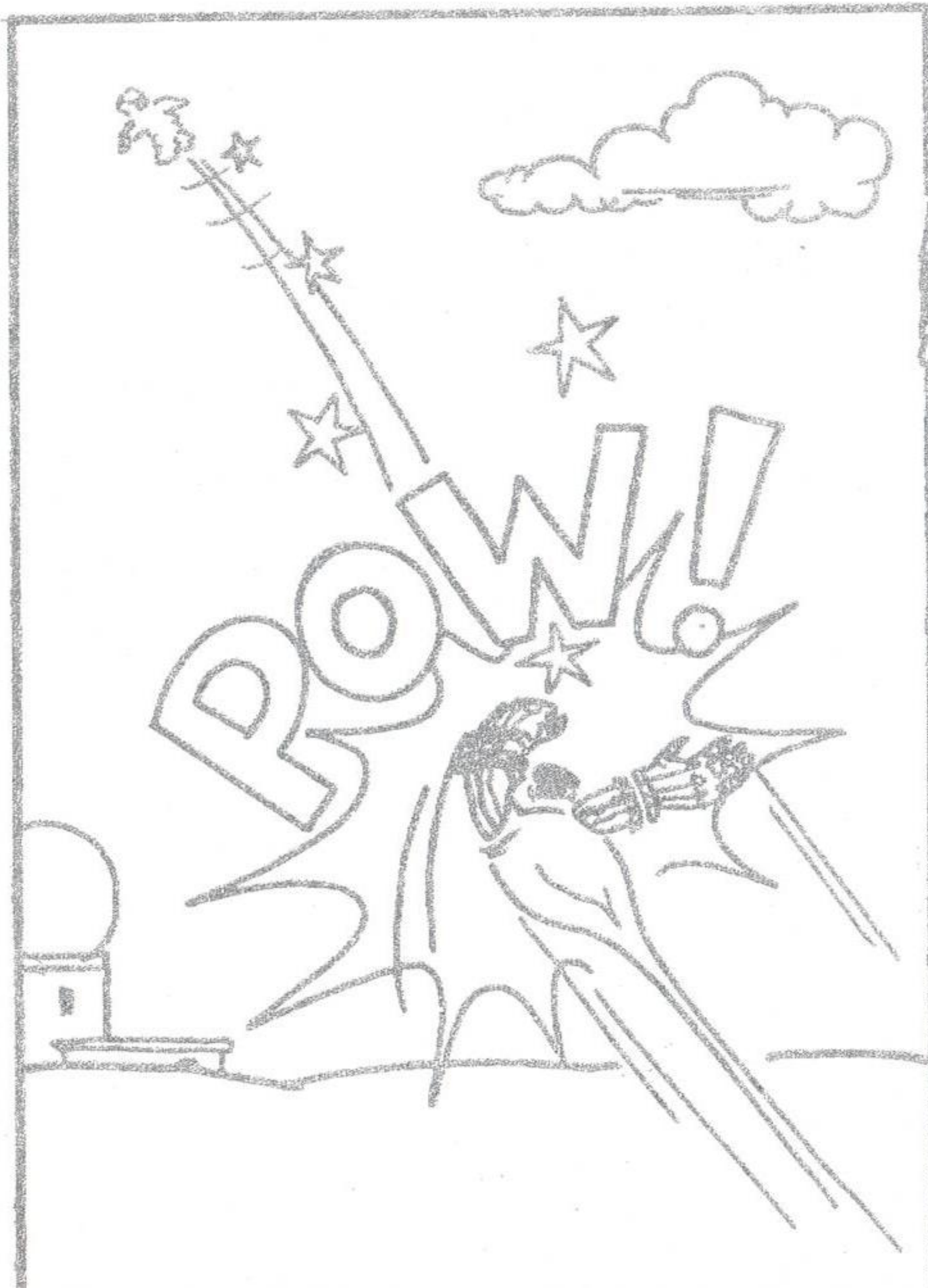
SILENT RAGE
Chuck Norris, Toni Kalem

FRIDAY, 24 December

BLIND MAN'S BUFF (G)
Cast Unknown

SATURDAY, 25 December

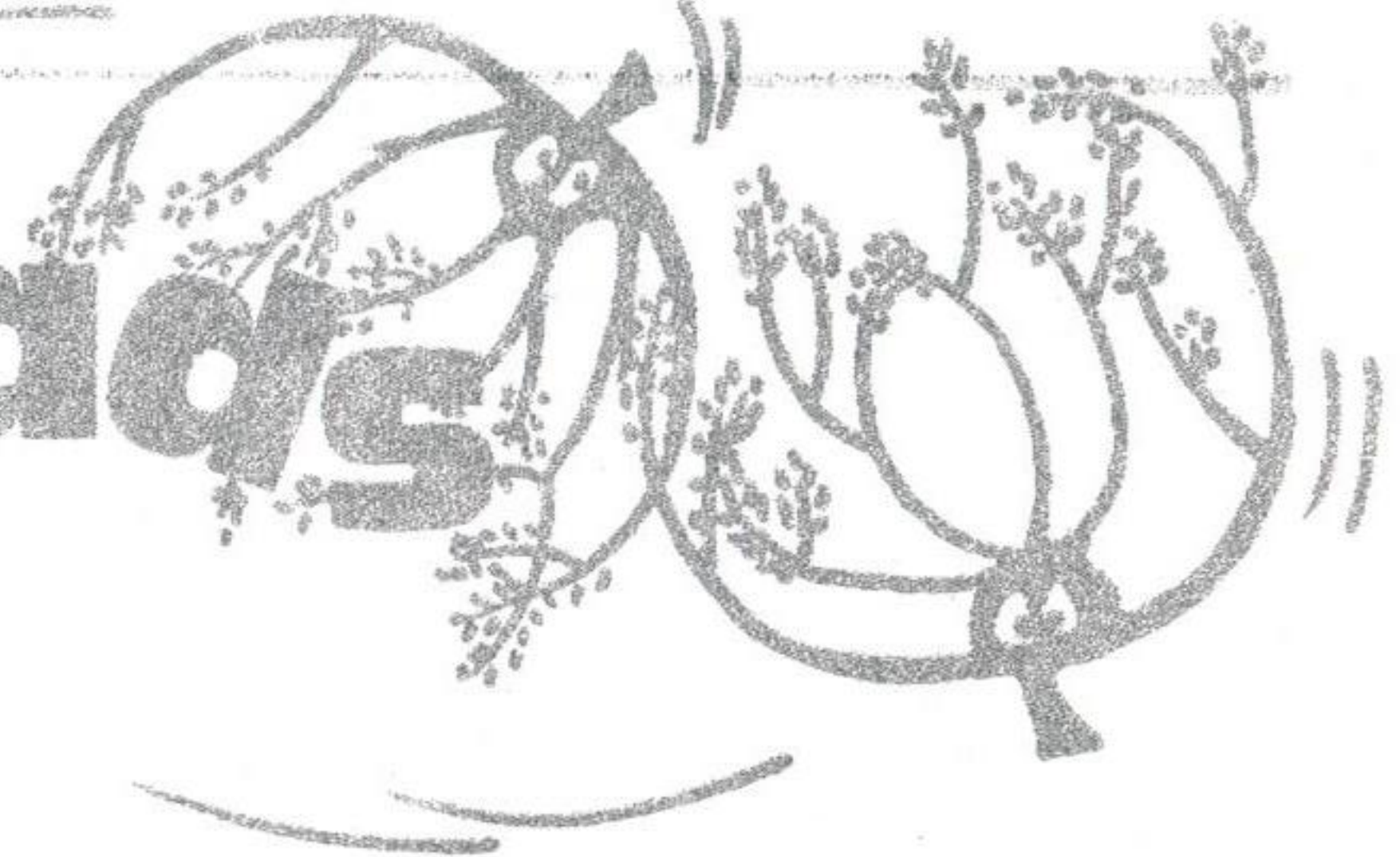
at CFS Boondalks



YOU TOO,
SUPE! WE'RE
SOME KIND OF
TEAM!

by
CAM

Tumble-weed



TUMBLEWEED ADVERTISING POLICY -

There is no fee charged for advertising in the Tumbleweed. Submit your ad to the editor in writing, along with the number of times you wish it to run.

If your ad gets results, please call the editor at 240/2327 to have it discontinued. The Tumbleweed staff is not responsible for errors in advertising.

FOR SALE:

1974 Artic Cat-Panther 400. Rebuilt engine. Excellent condition - including helmet, suit, boots and mitts. Phone 968-2358. (4/4)

FOR SALE:

Boys skates size 13 \$8.00
Phone 968-2338 (3/3)

FOR SALE:

Single or double bed and mattress. Phone: 2337 (2/3)

FOR SALE:

Baby Crib \$60.00 (includes mattress, mattress cover, 4 sheets, jolly jumper and box of baby clothes if you want them)

Playpen \$30.00
Call D. Lanctot at 2635

WANTED:

Child's skates size 7 or 8
Phone: 2608 (1/2)

FOR SALE:

Girls skates	size 11	\$10.00
Girls skates	size 12	10.00
Boys skates	size 1	10.00
Mens skates	size 7½	10.00

Phone 2327 (1/3)

A HERCULES' TRAGEDY (con't)

Sergeant Gionet joined 435 (Transport) Squadron in October, 1974 and was an instructor loadmaster with the Squadron's Tactical Airlift School. He is survived by his wife, Wendy, of Edmonton and one child.

Master Corporal Layton Smith, of Shelburne, N.S. joined the Canadian Forces in 1972. Master Corporal Smith, 29, was a traffic technician with 436 (Transport) Squadron at CFB Trenton, Ont. He is survived by his wife, Doris, of Belleville, Ont.

Tumbulletins



ALSASK AND DISTRICT DONORS CHOICE

On behalf of the Alsask Donors Choice I would like to extend my appreciation to the residents of Tumbleweed Park for their support of this years appeal. With your assistance we were able to collect a healthy sum of \$370.00.

Also my most sincere appreciation to Miss Edrie Boyle and the volunteers from the Ladies Guild who most capably assisted me in the canvass of the MQ area during a frosty Nov. 18th evening. Without your assistance and community spirit Donors Choice would have not succeeded this year.

Again thank you, one and all.

G.R. Naldrett

TUMBLEWEED PARK AUXILIARY

The ladies of the Tumbleweed Park Auxiliary wish to thank everyone who donated to the Christmas Tea & Bazaar. The winners of the Raffle Draw this year were, first draw Mary Helm, and second draw Dennis Van Sickle. The winners of the Door Prizes were Food Hamper -- Trina Eckenswiller, Stuffed Animal -- Fern Wilke, Avon Product -- Florence Menzies, Glass Bell -- France Darveau, Box of Chocolates -- Lorraine Wilke, E.T. Cake -- Pat Mercier, Loaded Pizza -- Barb Hawking, Mary Kay product -- Nancy Hamilton, Shampoc & Comb -- Cheryl Knott, Steak Sandwich for 2 -- Betsie Young.

Thank you for helping to make our bazaar a success.

CHRISTMAS LIGHTING

The Station Energy Conservation Committee have set the dates and times for outdoor Christmas Lighting as follows:

18 Dec 82 to 04 Jan 83
1700 hrs to 2400 hrs

These guide lines are not meant to dampen the Christmas Spirit but to help to contribute to good energy management and aid conservation. Please help us to be efficient by complying to the above dates and times.

B. G. Paquette
WO

Energy Conservation Officer

MOVING WASHERS AND DRYERS

If the requirement for moving washers and dryers in the MQ's for cleaning purposes arises, occupants will contact CE to have them moved.

E. T. LAWSUIT

Lisa Litchfield claims that E.T. is based solely on characterizations and plot elements from her play "Lohey from Naldaan".

Her play, which deals with a child/alien encounter, was rejected by Universal in 1979. She filed a copyright infringement suit for \$750,000,000. Now that's out of this world!

FEATS OF DARING WIN COMMENDATIONS

Seven Canadian Forces personnel who were serving in HMCS Huron last January have been awarded Chief of Defence Staff Commendations to reward their successful medical evacuations by helicopter, on two consecutive nights, of critically ill seamen from Soviet trawlers in the North Atlantic.

Recipients are: Maj Michael Pinfold, Capt James Gottingham, Capt Nigel Field, Lt Benjamin Leveille, Sgt Steven MacLean and MCpl Anthony Martin all of 443 Squadron, Shearwater. Petty Officer 2nd Class, William McGuire, senior medical assistant aboard HMCS Huron is the seventh recipient.

For their quick and corrective action in defusing a demolition charge, Sgt John Mount and Cpl Jean Savard have been awarded CDS Commendations. The incident took place at Rendezvous '81 while both were members of 1 Svc Bn Calgary.

Four members of 423 Squadron, Shearwater have been awarded CDS Commendations as a result of their outstanding work in rescuing seamen off the bulk carrier Euro Princess in November, 1981.

Recipients are: Lt.-Cdr. (USN) David Craddock, Lt Dave Amberley, MCpl David Hutchinson, MCpl Marcel L'Archeveque.

Trooper Jacques Hebert, 12 REC, Valcartier has been awarded a CDS Commendation for sounding the initial alarm and then staying to fight a house fire in a suburb outside Quebec City.

Every member of 413 Transport and Rescue Squadron, Summerside, P.E.I. has been awarded a CDS Commendation for their work in rescuing crewmen off the Euro Princess and the Dalia-D. Their efforts were cited as two outstanding examples of professionalism and dedication.

A LIGHT FINE

MR occupants who fail to comply with the Christmas Lighting regulations on page 13, will receive written warnings for the first two infractions, and a \$5.00 fine for each infraction after that.

PERMISSION TO ATTEND RESTRICTED MOVIES AT PARISH HALL, CFS ALSASK FOR AGES 17 AND UNDER

I give permission for my child:

DATE: _____

To attend: (NAME) (INITIALS) (AGE)

ALL RESTRICTED (R) MOVIES / ONLY THE RESTRICTED (R) MOVIE BELOW (Cross out phrase not applicable)

MOVIE TITLE: (If applicable)

PARENTS NAME: (Please Print): _____

PARENTS SIGNATURE: _____

"NOTICE"
SCOUT BOTTLE DRIVE

SATURDAY - JAN. 8, 1983.

10 A.M.

COULD YOU PLEASE HAVE
YOUR BOTTLES OUT AT
THE END OF YOUR
DRIVEWAY?

THANK YOU FOR
SUPPORTING YOUR LOCAL
SCOUT GROUP ALL YEAR.
"MERRY CHRISTMAS" FROM
1ST ALSASK SCOUT GROUP.

CFOC Radio Playlist

#	Title	Artist
1	SOUTHERN CROSS	CROSBY, STILLS & NASH
2	LOVE ME TOMORROW	CHICAGO
3	HEARTBREAKER	DIONNE WARWICK
4	ON THE WINGS OF LOVE	JEFFREY OSBORNE
5	MISSING YOU	DAN FOGELBERG
6	THE GIRL IS MINE	MICHAEL JACKSON & PAUL McCARTNEY
7	TRULY	LIONEL RICHIE
8	I.G.Y. (WHAT A BEAUTIFUL WORLD)	DONALD FAGEN
9	HEARTLIGHT	NEIL DIAMOND
10	STEPPIN' OUT	JOE JACKSON
11	A LOVE SONG	KENNY ROGERS
12	YOU AND I	EDDIE RABBITT & CRYSTAL GAYLE
13	HOW CAN I LIVE WITHOUT HER	CHRISTOPHER ATKINS
14	MANEATER	HALL & OATES (N/P 5 am-11 am)
15	IT'S RAINING AGAIN	SUPERTRAMP
16	I WOULDN'T BEG FOR WATER	SHEENA EASTON
17	AFRICA	TOTO (N/P 5 am-11 am)
18	THE ELVIS MEDLEY	ELVIS PRESLEY
19	TWO LESS LONELY PEOPLE IN THE WORLD	D - AIR SUPPLY
20	RIGHT HERE AND NOW	BILL MEDLEY
21	I GOTTA TRY	MICHAEL McDONALD
22	YOU CAN'T HURRY LOVE	PHIL COLLINS
23	BABY, COME TO ME	PATTI AUSTIN
24	LOVE IN STORE	FLEETWOOD MAC
25	HEART TO HEART	KENNY LOGGINS
26	THE OTHER GUY	LITTLE RIVER BAND (N/P 5 am-11 a
27	STILL TAKING CHANCES	MICHAEL MURPHEY
28*	SHADOWS	GORDON LIGHTFOOT
29*	SUN, SON (SHINING ON THE WATER)	KATE & ANNA McGARRIGLE
30*	SOMEONE	JUNE GARBA AND ANGEL FEVER
31*	IF I HAD ONE WISH	MARY LU ZAHALAN
32*	IT TAKES TWO	SUSAN JACKS with Tom Lavin
33*	RIGHT BEFORE YOUR EYES	AMERICA
34*	GET THIS LOVE OUT OF HERE ALIVE	RONNEY ABRAMSON
37*	ANYWHERE YOU RUN TO	DIANA ROSS
38*	SOMEBODY'S ALWAYS SAYING GOODBYE	ANNE MURRAY
39*	LADY, YOU'RE GONNA LOSE HIM	LAURIE THAIN
40*	SILHOUETTES	THE NYLONS
41*	WHAT ABOUT THE TEARS	THE GOOD BROTHERS
42	DOWN UNDER	MEN AT WORK
43	GLORIA	LAURA BRANIGAN
44	MUSCLES	DIANA ROSS
45	THE LOOK OF LOVE	ABC
46	BE MY LADY	JEFFERSON STARSHIP
47	SHADOWS OF THE NIGHT	PAT BENATAR
48	MICKEY	TONI BASIL
49	ROCK THIS TOWN	STRAY CATS
50	DIRTY LAUNDRY	DON HENLEY

SERVICES AND BUSINESSES

ROYAL BANK: Call 2213. Hours:
Mon., Tues., Wed. and Fri.
1000 AM - Noon: 1300 - 1500
Thurs. 1000 - Noon:
1300 - 1700 Hours.

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

SGIO: Motor vehicle license issuer.
Game and Angling Licences. Automobile,
Casualty & Fire Insurance.

Gwen Martin at 2692.

SIMPSONS-SEARS CATALOGUE SALES MERCHANT:
Telephone 968-2491

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

AVON PRODUCTS: Love looking good at low
prices? Your Avon representative is
Base: Phyllis Johnston - 2240
Town: Bev. Cowie - 2609

REGAL GREETINGS & GIFTS: Shop
the convenient way, many unique
and interesting items. Phone
Faye Pickett - 2327.

CUT 'N CURL CORNER: For all
your hair needs, please call
for an appointment. Salon is
open by appointment only.
Phone: 2288 (salon)
2676 (home)

MICHELLE LYNN JEWELLERY: Phone
Bea Borschneck at 2308.

WILD GOOSE HOME CARE DISTRICT 20
CONTACT:

Ellen LeBoeuf	968-2320
Joe Borschneck	968-2308
Helen Barr	968-4328
Johan Coutts	968-2465

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

ROYAL CANADIAN LEGION:
Flaxcombe Branch No. 98.
Sick and visiting
committee, see or call
Russ Denney at 2358 or
Hiram Huston at 2229.

BABY CLINIC: Second
Thurs. of each month at the
SMC. For appointment call
Kay Langille at 2317.

TRICHEM PRODUCTS: Phone Helene
Hingland at 2668.

STATION BARBER SHOP:
Tuesday and Wednesday evenings.
1800 to ?
For appointments, call 2215

SUN LIFE INSURANCE
CO OF CANADA:
Ken Winter, representative,
phone 2433.

BOY SCOUTS OF CANADA:
1st Alsask
Phone 2613

SHAKLEE -VITAMINS AND YOU:
Contact your SHAKLEE Representative-
Peggy Pasta at 2654, after 4 pm.

CREATIVE STITCHERY: Needlepoint,
rug hooking, frames. Catalogue
available on request.

CAKE DECORATING: Cakes for all
occasions and Novelty Cakes at
reasonable prices.
Phone 968-2637.

CFS ALSASK SNACK BAR:

Hours:
Monday Closed
Tues/Wed/Thurs 0930-1330 & 1630-2230
Friday 0930-1330 & 1630-2400
Saturday 1130 - 2400
Sunday 1130 - 2300

Phone: 968-2662



THE COLORING PAGE