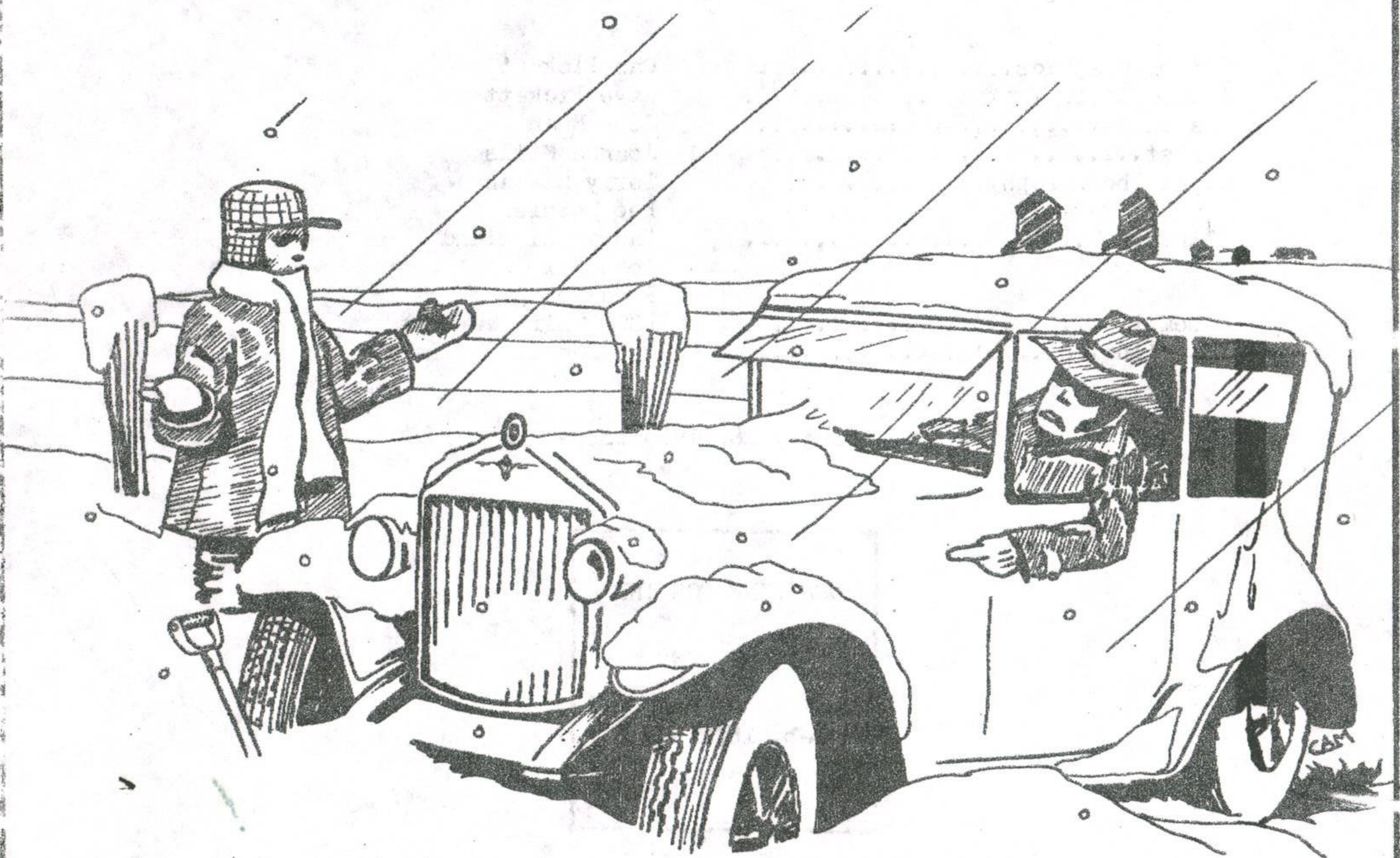


the Tumbleweed



THE TUMBLEWEED

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

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

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.

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.

THE TUMBLEWEED STAFF

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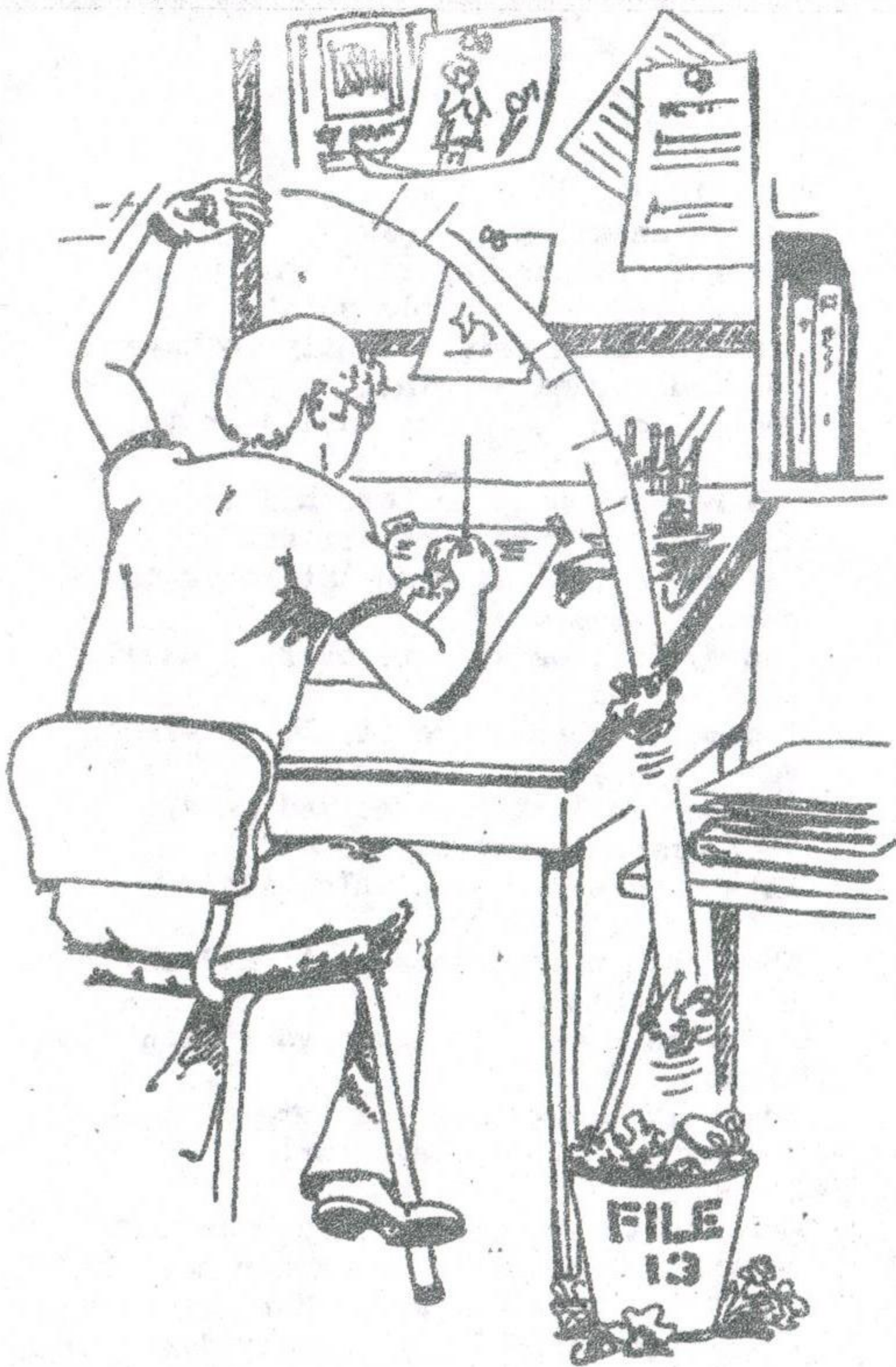
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January 28, 1983 Issue

DEADLINE FOR THE
NEXT ISSUE

Feb. 18, 1983



Graduates of the Junior and Senior Leaders Courses won't remember being taught this style of management because it, and a few others, were omitted from the syllabi. I intend to resolve that omission through the following Management Sampler. If you wish to clip this out it can be made an addendum to all the other handouts from your course which you, no doubt, have kept.

"Management by Absence" is a favourite. It's often mistaken for common buck passing; but only by people who don't properly appreciate executive absence. This style usually works well at the beginning of the year. However, your effectiveness as a manager is directly proportional to the annual leave and T.D. funds remaining. Considerable time must be spent planning and forecasting, or you may find yourself present during a crisis you had intended for someone else.

"One Up - Management" is another dandy. It requires an imaginative mind and a persuasive manner.

If the following phrase is familiar, then you have already encountered this school of thought:

- "You think you've got a problem, wait until you hear about"

This is a subtle variation of "Handle it Yourself". Given practise you can field any number of personnel with separate problems; if each of them is convinced that someone else has a more serious problem, and that's the one you're busy with. If they have any initiative at all they'll have their problems solved sooner than they imagine you could possibly solve the problem they think you have. See what I mean about subtle.

A sterling method that can be applied almost universally against problems, is "Management by Procrastination." There are up to three stages,

con't on page 14

I once worked around an MWO who had perfected "Management by Threat". He made sure that anyone who entered his office was immediately placed on the defensive. A typical encounter went something like this:

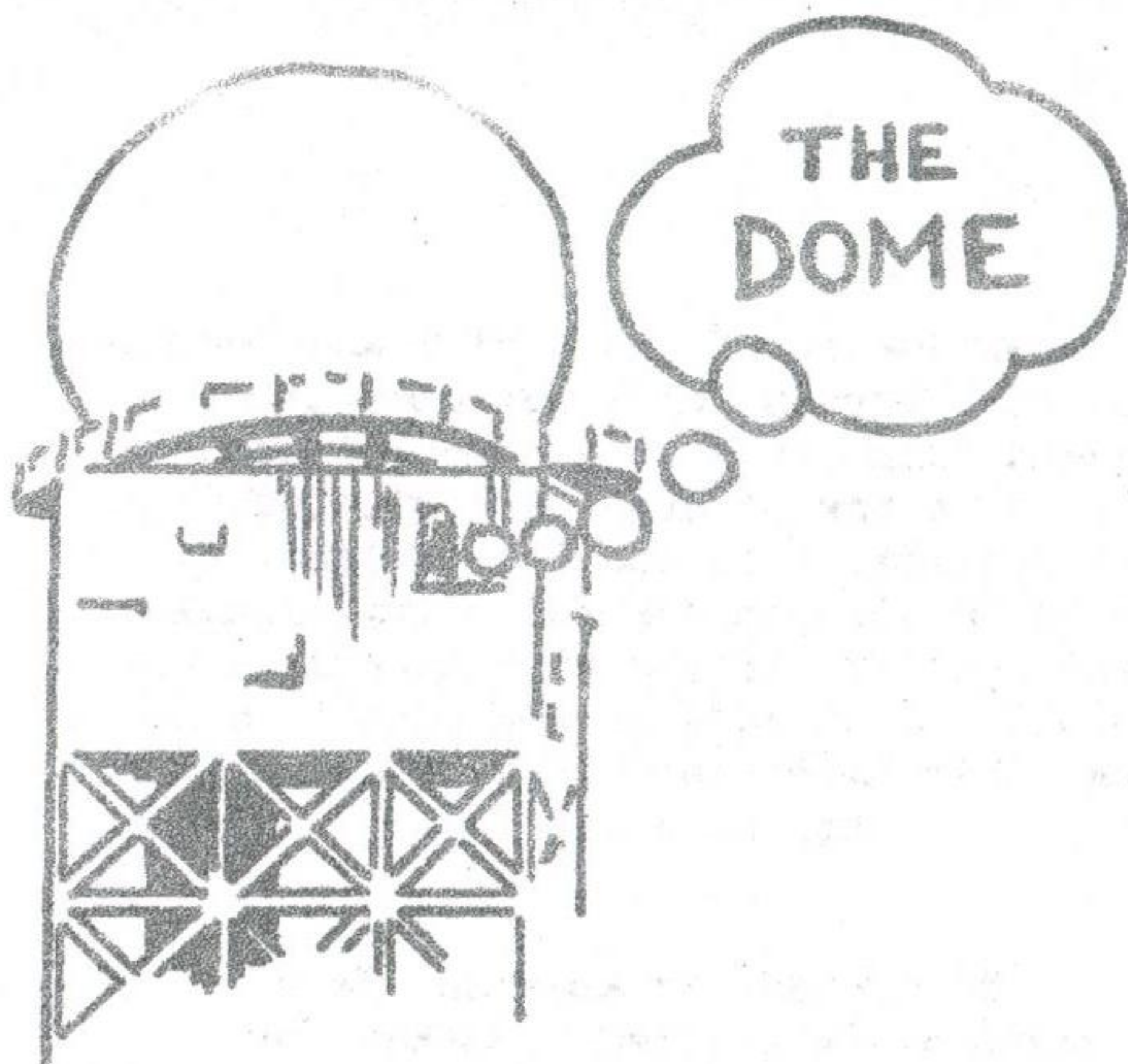
- "Morning Bob, how's it going?"

- "Look, I can have you working the Duty Centre for the rest of your tour on this base!"

- "No doubt about it. Coffee's ready, Bob."

- "That's right! And don't you forget it."

The weak of heart seldom made it past the threshold, so a lot of hassle was shot dead in it's tracks before it got started; of course so were a number of social visits.



The Christmas and New Years Season has come and gone again and our Christmas trees are put away for another year. The Christmas season has taken its toll in sickness and the flu, but most of us did survive. I have found that most home remedies for colds, either don't taste good or leave you with a hang over; and besides most of them don't work.

I have taken some summer holidays in January so I don't know what's going on and since I didn't go to Australia it wasn't summer.

I thought since I had so much time on my hands on my winter vacation, I would take up doing something that takes a lot of time and is a challenge, so I decided to knit a Siwash sweater. I will write a poem about the project.

They told me it was easy, and simple as could be,
 But when I knit a Siwash, here's what happened to me.
 I cast on stitches badly, and then I plained and purlled -
 And I had lofty visions of a sweater out of this world.
 And even the little pine trees looked very much like pine,
 Standing there so staunchly, all in a wavy line.
 But then I reached the reindeer and really hit a snag,

My reindeer looked as if they'd been out on an all night jag.
 Their front legs sported sparing their hind legs double joints.
 Their antlers were slightly cockeyed and had too many points.
 Their backs resembled camels or is it dromedaries?
 One had one hump and one had two- they really were the berries.
 One had a tail like an antelope, the other like a cow,
 But my worries all are over, I have it finished now.
 I put it on and wore it, but I wasn't very proud,
 For people looked at me and said, "For crying right out loud!"
 It's a horse, it's a mule, it's a fish, it's a bunny.
 They even placed bets on it and all of them lost money.
 And when I wear it nowadays it isn't any better,
 The only thing they are sure of is - it just might be a sweater!

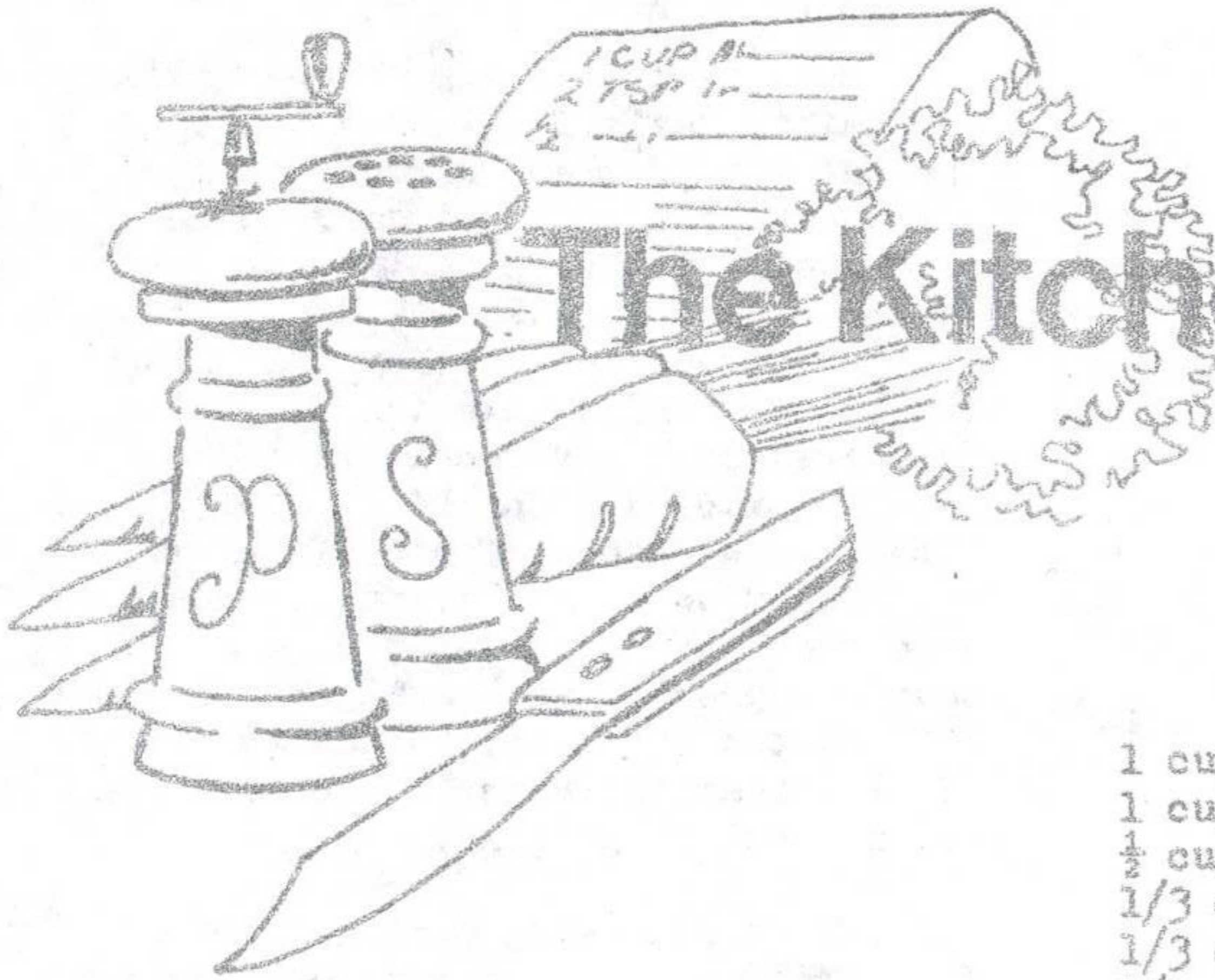
Next week for me it's back to work with the big giant under the golf ball, on the hill, where Murphys Laws come into effect nearly every day. A couple of them are:

1. Anything you try to fix will take longer and cost more than you thought.
2. A \$200 transformer will protect a ten cent fuse by blowing first.

H. D. Anderson

HEART ATTACK RISK PROFILE - risk levels interpreted by the American Heart Assoc. (see page 23 first)

Total	Risk
6-11	well below average
12-17	Below average
18-24	Average
25-31	Moderate risk
32-40	Dangerous
41-62	Urgent, see your doctor



The Kitchen Page

COCOA DROP COOKIES (Joanne Woodruff)

- 1 cup butter or margarine
- 1 3/4 cups white sugar
- 1 tsp. vanilla
- 2 eggs
- 1 cup cottage cheese

- 2 1/2 cups sifted all purpose flour
- 1/2 cup cocoa (dry - regular type)
- 1 tsp. soda
- 1 tsp. baking powder
- 1/2 tsp. salt

Cream butter and sugar till fluffy; add cottage cheese and vanilla and beat thoroughly. Add eggs, one at a time, beating well after each addition. Sift together flour, cocoa, soda, baking powder, and salt; gradually add to creamed mixture. Drop by rounded teaspoons onto greased cookie sheet. Bake at 350 degrees about 12 minutes. Let stand a few minutes before removing from cookie sheet. When cool, frost with chocolate icing. Makes about 6 1/2 dozen cookies.

FRUIT, NUT GRANOLA (Donna Urban)

- 1 cup rolled oats
- 1 cup bran
- 1/2 cup fine coconut
- 1/3 cup wheat germ
- 1/3 cup chopped peanuts
- 1/3 cup hulled sunflower seeds
- 1/3 cup honey
- 2 tbsp. sesame seeds
- 1/3 cup vegetable oil
- 1 tsp. vanilla
- 1/4 cup seedless raisins (or any dried fruit)

Mix oats, bran, coconut, wheat germ, peanuts, sunflower and sesame seeds. Heat honey and oil. Then add vanilla. Pour over dry ingredients and mix well. Spread in baking dish and bake for 25 minutes at 325 degrees or until golden brown. Stir every 10 minutes. Remove from oven and sprinkle with raisins while still warm.

QUICK FRUIT DESSERT (Judy Steinke)

- 1 pkg. (3 oz) jello
- 1 cup boiling water
- 1 pkg. frozen fruit (15 oz size)
- 1/4 cup chopped nuts (Optional)

Dissolve jello in boiling water. Add frozen fruit and stir gently until fruit thaws and separates. Jello may begin to thicken. Add nuts. Spoon into parfait glasses. Chill until set - about 30 min. Top with whipped cream.

This is a fast easy dessert that can be ready within one hour.



C.E. SHOP TALK

by The Lone Spark

Why did the Breaker trip?

Many MQ occupants have called CE in the past month or so complaining about electrical problems without looking at the culprit, that all too handy and very convenient extension cord.

Problems of wiring heating because extension cords are too light to handle the load, or are too long for the job they are doing; or problems of circuit breakers and GFI's (ground fault interpreter) tripping because cords are shorting or even wired improperly. Problems...

What can you do about it? First assess your needs, and be honest with yourself. If the item to be plugged in requires a cord with that third prong, then use one; if it requires a heavy duty cord, then use one; if it requires a 6 foot cord, then use one, not a 100 foot; and if the extension cord is tired and worn, then lay it to rest before its the cause of you being laid to rest.

Both circuit breakers and GFI's are safety devices. If they trip, it indicates a problem. Circuit breakers prevent a problem being carried beyond itself by stopping the current. On the other hand GFI's are designed to protect people. If they trip its because they have detected a problem. They are extremely sensitive and can even be tripped by humidity. This, although an inconvenience, assures us the GFI is working. Occupants should also check GFI's at least once a month by pushing the small test button. This causes the Reset Button to pop. Simply press the Reset Button and you are all set to plug in.

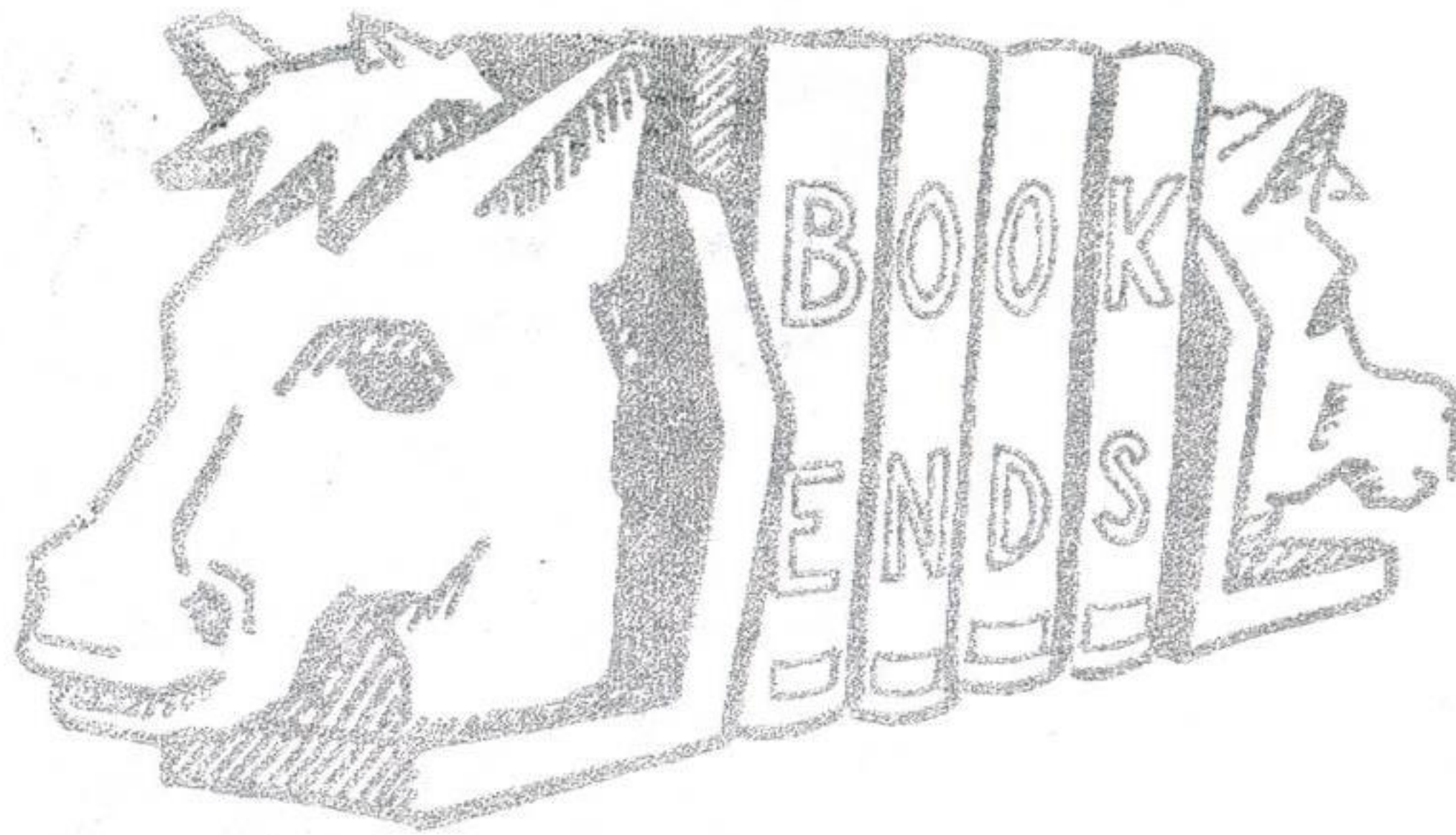
If an extension cord is part of your problems, or you are not sure on what type of cord, ask for help. Although we at CE can not supply you with a cord, we can sure check them out, and if you need advice, we're great at giving that too.

FIRE ALARM SYSTEMS

All internal fire alarm systems in buildings, including pull stations, are fully functional and can be utilized without exception.

However, as some exterior pull-stations are experiencing problems, ALL exterior pull-stations are to be considered unserviceable. In the event that a fire is detected externally, it should be reported by phone, calling 222 or 2277 in the usual manner.

Capt. B.R. Neyedli, SCEO



by Jo-Anne Mills

SLIP-UP - by Anthony Delano.
Ronald Biggs was -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 \$5 million.

Every cop from Scotland Yard was--is--aching to clap the cuffs on him.

But it was not a cop who found Biggs. It was a newspaper, the lively and aggressive Daily Express. And it was the Express, too, that enraged its competition by the Scoop of the Century: the story of the dramatic arrest of Biggs (a gorgeous girl at his side) in unbearably glamorous Rio de Janeiro.

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 celebrated fugitive in the first place?

And who the hell was Colin MacKenzie, the unknown reporter whose byline was planted so tantalizingly below each shrieking Express headline?

Could it be--could it possibly

be--that a great national paper had violated the unwritten code and set a trusting and needy Biggs up for the spectacular arrest? Had the Press been the informant? Had the Yard taken its orders from the Express?

And how did they together manage to make such a hilarious mess of it?

Anthony Delano, a veteran Fleet Street reporter himself, answers the questions in this exhilarating, inside account of the nuttiest caper since The Great Train Robbery itself. This time it is not just cops and robbers but cops robbers, reporters, photographers--and the remarkable women who could not resist a robber-on-the-run.

And, of course, the one who outsmarts them all in the end is--as ever--elusive Ronald Biggs.

Biography.

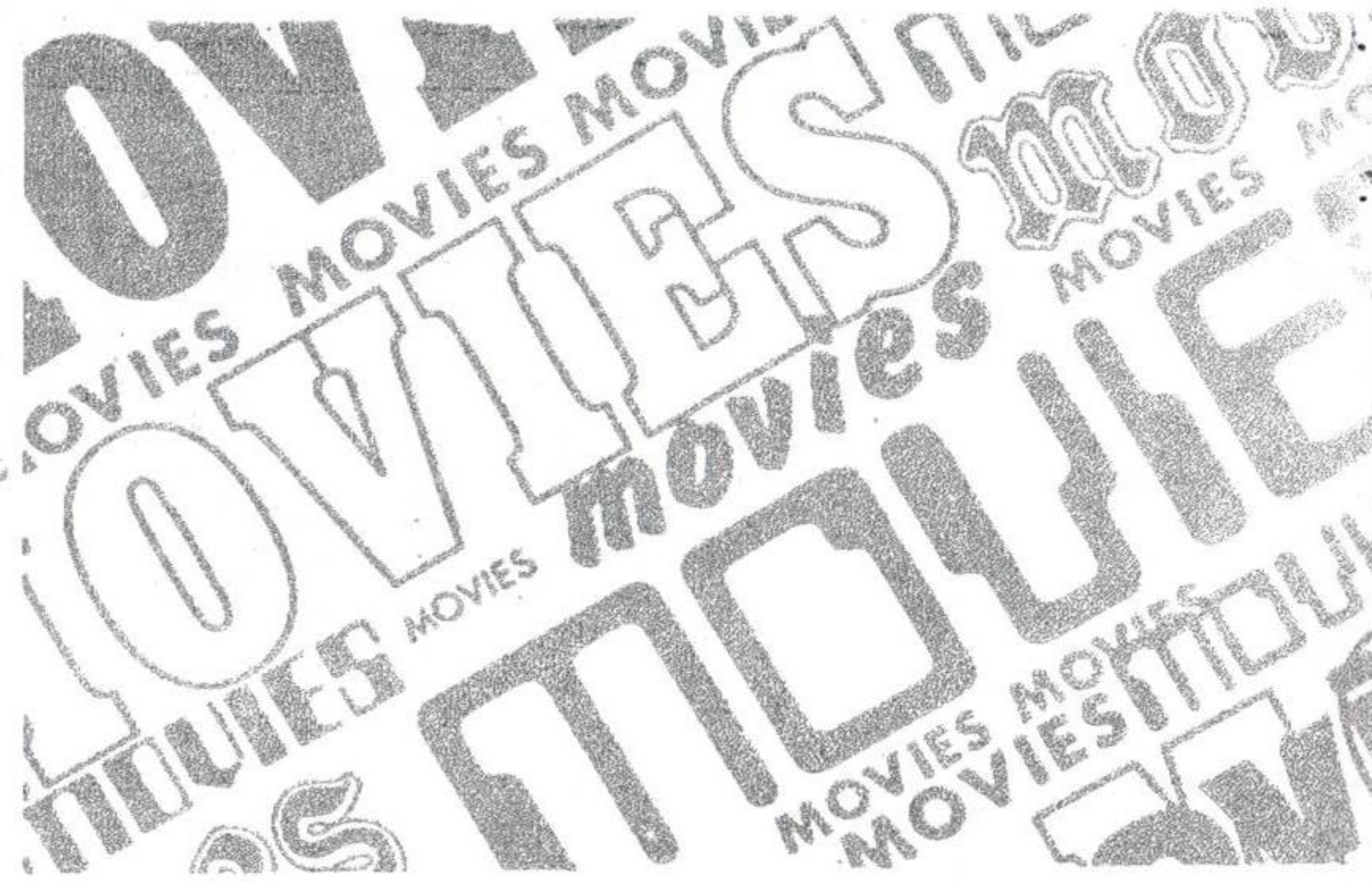
All movies shown in the Parish Hall are rated by the Canadian Forces Movie Guild. Admission to these movies is regulated as follows:

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.



Pray for day
LINDA BLAIR
**HELL
NIGHT**

FRIDAY, 28 January

**KENNY
ROGERS**
is Brewster Baker.



©1982 TWENTIETH CENTURY FOX

PLUS!

"THE BORDER"
Jack Nicholson, Valerie Perrine

FRIDAY, 4 February

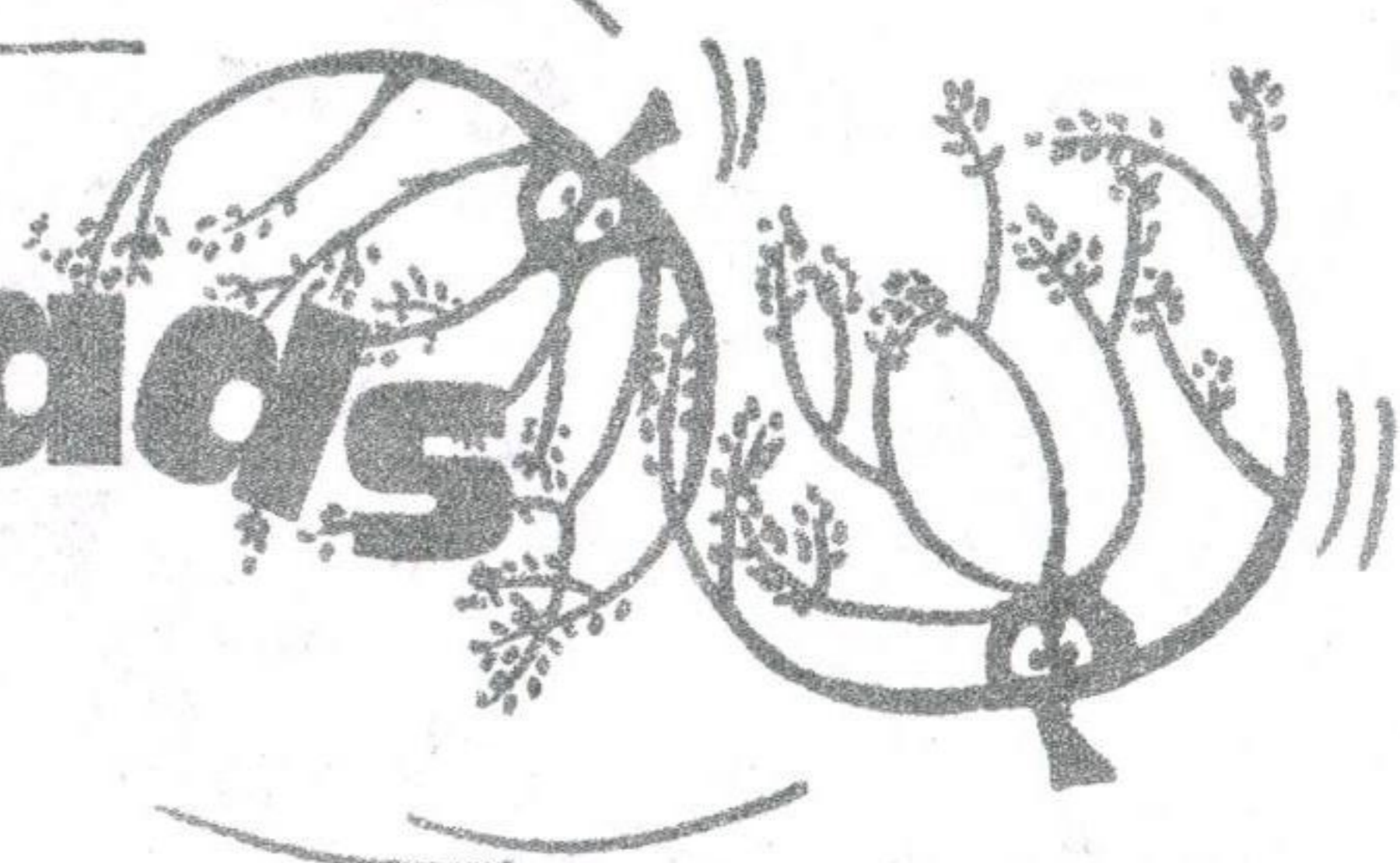
BYE BYE BIRDIE (G)
Janet Leigh, Dick Van Dyke

SATURDAY, 29 January

THE WONDERS OF ALADDIN (G)
Donald O'Connor, Noelle Adam

SATURDAY, 5 February

Tumble-weeds



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.

Used 1978 Chev Van

350 Automatic - Partly Camperized (Insulated) Sun Roof - Side Window Captain Seats in front; AM-FM MPX 8 Track; Approx 37,000 miles.
Phone 968-2272

FOR SALE:

Sears Silvertone Guitar and Amp Semi-Solid Body; Blond Finish; 3 pickup; Amplifier has 75 watts with reverb. Asking \$200.00.
Phone 968-2272

WANTED:

Playpen - mesh sides
Highchair - folding kind or other if in good shape.
Phone 968-2272 (1/4)

REGAL GREETINGS & GIFTS:

The new Spring Catalogues have now arrived. Anyone wishing one call Faye Pickett at 2327.

DATE: _____

(AGE)

(INITIALS)

I give permission for my child:

To attend:

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

MOVIE TITLE: (If applicable)

PARENTS NAMES: (Please Print): _____

PARENTS SIGNATURE: _____

PERMISSION TO ATTEND RESTRICTED MOVIES
AT PARISH HALL. CFS ASK FOR AGES
17 AND UNDER

Tumbulletins



SGI NOTICE

Effective Jan 15/83 new residents applying for a drivers licence may be authorized to apply for a drivers licence in the same class or a lower class without completing a written Vision or Road test.

Phone Gwen at 2692 for more information.

CLOSED

The SGI and SEARS OFFICE will be closed on Thurs. Jan 27th.

SIMPSONS - SEARS

We are pleased to announce effective immediately our Catalogue Sales Office is now a Catalogue ORDER Office.

This means we can now process all your orders from our office. Phone us at 968-2491 Monday to Friday 9-12 A.M. and 1-5 P.M.
We now:

1. take all prepaid C.O.D. and account orders.
2. sell returned merchandise out of our office.
3. supply gift certificates
4. take account payments.
5. handle all your returns.

We appreciate your business and need your support in order to keep this service available in Alsask.

SEARS Spring and Summer Catalogues are now available at the Sears Office. If you haven't received your copy stop in and pick one up.

ALSASK LIONS CLUB

The Alsask Lions Club made their first draw of the month for 1982-83. The winners for:

SEPT 82

1. \$50 James Goulden CFS Alsask
2. \$30 Sandra Graham Alsask
3. \$20 Ella Tobias Acadia Valley
4. \$15 Dale Hislop Alsask
5. \$10 Jan C, Coutts Marengo

OCT 82

1. \$50 Eric Gherasim Alsask
2. \$30 Dave Russell Alsask
3. \$20 W.J. Weinkauff Alsask
4. \$15 Grant Hawking Alsask
5. \$10 George Regnier Alsask

NOV 82

1. \$50 Dennis Exner CFS Alsask
2. \$30 Cindy Dyck CFS Alsask
3. \$20 Ken Weisbrod Marengo
4. \$15 A.W. McTavish Acadia Valley
5. \$10 Bernice Ross Alsask

DEC 82

1. \$50 George Froud Alsask
2. \$30 Valaine Tobias Acadia Valley
3. \$20 Caroline Simmons Acadia Valley
4. \$15 Dave Mills CFS Alsask
5. \$10 Grace Johnson Alsask

JAN 83

1. \$50 Diane C. Ball Alsask
2. \$30 Dale Hislop Alsask
3. \$20 Kimberly Robertson Alsask
4. \$15 John William Thomson Alsask
5. \$10 Ernie Apps Alsask

STATION SPORTS WEEKEND

10 - 11 FEB 83

The Station Sports Weekend will be conducted on 10 - 11 Feb 83. The following events are scheduled:

- a. 10 Feb Station TGIF at Rec Centre;
- b. 2000 hrs Sports Round Robin in 4 sports begins:
 - (1) volleyball,
 - (2) curling,
 - (3) bowling,
 - (4) broomball.
- c. 11 Feb Sports Round Robin completed; and
- d. Valentine's Dance at Rec Centre from 2000 hrs - 2400 hrs/food and refreshments.

Organization

The following teams will comprise the Sports Weekend. Respective co-ordinators are listed:

- a. team I - SLogO branch co-ordinator WO Miles;
- b. team II - HQ/MP/Canex/kitchen/DND School - co-ordinator MCpl Finn;
- c. team III - CE/Power Plant/ Water Treatment/ GATR/ EM Shop co-ordinator Sgt. Barker; and
- d. team IV - Ops Site co-ordinator MCpl Negrich

Eligibility

All Military personnel, wives, DND employees and dependants.

Game Schedule and Eligibility Dates

Annex A

Special Events

The following are a list of special events and designated OPI's:

- a. beard growing contest - OPI Sgt. Maringer;
- b. dance contest - OPI Sgt. Molloy;
- c. door prize - OPI Sgt. Molloy; and
- d. amateur contest - OPI Sgt. Molloy.

Broomball Schedule and Rules

10 Feb - Alaskan Arena
 2000 hrs - 2100 hrs - CE vs Ops
 2000 hrs - 2100 hrs - Log vs HQ

11 Feb - Alaskan Arena
 0900 hrs - 1000 hrs - CE vs HQ
 0900 hrs - 1000 hrs - Ops vs Log
 1400 hrs - 1500 hrs - CE vs Log
 1400 hrs - 1500 hrs - Ops vs HQ

Game Rules

Team may comprise 18 personnel. Six may be on the ice at one time. No goalies will be used and no players allowed in the crease. Any type of footwear is acceptable. Games will consist of 2 X 20 min per half. Total goals in the Round Robin will decide overall winner. Play will be half rink. Equipment supplied. One female player must be on the ice during playing time.

Volleyball Schedule and Rules

Gymnasium

11 Feb - 0900 hrs - 1000 hrs - HQ vs Ops
 1000 hrs - 1100 hrs - CE vs Log
 1100 hrs - 1200 hrs - Ops vs Log
 1300 hrs - 1400 hrs - CE vs HQ
 1400 hrs - 1500 hrs - Log vs HQ
 1500 hrs - 1600 hrs - CE vs Ops

Rules

Intersection Volleyball rules apply. Team consist of 12 players. Two females on the floor at all times. Set will be 2 out of 3 games. Total score variance to decide the overall Round Robin winner.

Curling

10 Feb - Alask Arena
1930 hrs - 2045 hrs -
Ops vs Log
1930 hrs - 2045 hrs -
CE vs HQ

11 Feb - Alask Arena
0900 hrs - 1030 hrs
CE vs Log
0900 hrs - 1030 hrs
Ops vs HQ
1300 hrs - 1430 hrs
HQ vs Log
1300 hrs - 1430 hrs
CE vs Ops

Rules

Team will comprise of two male and two female members. Games will consist of 8 ends. Total rocks in the Round Robin will decide overall winner. The entire 8 ends must be played.

Bowling

10 Feb - Station Bowling Alley
2000 hrs - 2130 hrs - HQ vs Log

11 Feb - Station Bowling Alley
0900 hrs - 1030 hrs - CE vs Log
1030 hrs - 1200 hrs - HQ vs Ops
1300 hrs - 1430 hrs - Ops vs Log
1430 hrs - 1600 hrs - CE vs HQ
1600 hrs - 1730 hrs - CE vs Ops

Rules

Teams will consist of 5 players, two of which must be females. Each team to bowl three games with the best 4 scores to count. Total pinfall to decide overall winner.

Amateur Contest

10 Feb - Rec Centre:

The following rules will apply:

- a. one team/individual from each Branch;
- b. be prepared to entertain at the Happy Hour on Friday evening at Station TGIF;
- c. performance limited to five minute duration;
- d. all entertainment must be in good taste; and
- e. overall winner decided by judges.

Prizes and Awards

Prizes and awards to be presented at Valentine's Dance. Trophies to the first place teams. Merchandise prizes for special events.

Sgt. D.R. Molloy, Peri

NQ WATER FREEZE UP ATTRIBUTABLE TO OCCUPANT NEGLIGENCE

NQ occupants are cautioned not to allow dogs to dig under NQ's. This is critical in the winter months as it allows heat loss beneath the NQ resulting in frozen water lines.

If CE is called out, either to thaw frozen water lines or to repair NQ damage due to burst water lines as a result of lack of pet control by occupants, BISR action will be taken.

depending upon the severity of the situation.

Basic Procrastination (B.P.) is the initial approach. Simple problems will usually be dissipated very quickly; patience is all that's required. Serenity is maintained.

If the problem should persist, then a period of Intermediate Procrastination (I.P.) is required. When confronted with a problem of this calibre the direct approach (handling it) would often be easier. But persevere; with considerable effort you can avoid the easy way out.

If I.P. doesn't vanquish the problem, then Advanced Procrastination (A.P.) is your only recourse. It defies description.

Should a problem continue past A.P., then it is clearly insurmountable.

To round off this column with a totally irrelevant thought, I'll leave you with a quotation from my favourite bumper sticker:

"I may not agree with your bumper sticker but I'll defend, with my life, your right to stick it!"

CF NUTRITION MONTH

The 1983 CF Nutrition Month will be the month of March to correspond with the National Nutrition Month.

The 1983 Nutrition month theme is "Choose Nutrition Now". Our aim is to make Canadians aware of the benefits of eating properly, following the principles of "Nutrition Recommendations for Canadians", adopted by Health and Welfare.

DONORS CHOICE CANVASS

Results from Alsask and District and CFS Alsask Donors Choice Canvass.

Can. Arthritis Society	305.50
Can. Cancer Society	577.00
Can. Bible Society	148.50
Can. Heart Fund	416.00
Can. Red Cross	196.50
Can. Nat. Instit. for the Blind	238.50
Muscular Dystrophy Assoc.	201.50
Sask. Assoc. for Mentally Retarded	212.50
Salvation Army	246.50
Mental Health	137.50
Diabetis	84.00
St. Johns Ambulance	25.00
Indian Head Home	17.00
World Vision	8.50
	<u>2,814.50</u>

On behalf of Donors Choice I would like to thank those who canvassed and those who donated. No matter what amount you gave, you did --- and it is appreciated. To those who were away when we called, we'll get you next go round.

Marion Apps

REUNION

417 Tactical Fighter (Operational Training) Squadron will receive its Squadron Air Standard during the weekend of 3-5 June 1983 at Canadian Forces Base Cold Lake, Alberta. In conjunction with this special event, a reunion will be held for ex-squadron members from Spitfire, Hurricane and Mustang days, and for all personnel who flew or maintained the Starfighter throughout its twenty-one years of service in Canada and Europe.

417 Squadron, which during WW II was adopted by the City of Windsor, would like to locate both ex-squadron members and those associated with the CF 104 over the years in order to compile a mailing list. Anyone interested in receiving further information

about this historic event may call
or write:

Commanding Officer.
417 Tac F(OT) Squadron
CFB, Cold Lake
Medley, Alberta
TOA 2MO
Attention: 417 Colours/
Reunion Co-ordinator
1-403-594-8805

ALSASK COMMUNITY COLLEGE

The following classes are being
held:

Re-upholstery:

Class Planning Session - Jan. 22
Class Dates: Feb. 3, 10, 17, 24 Mar 3
Time: 7:00 - 10:00 pm
Contact: Sue May - 2685

Instructor: Jean Belanger
Location: Alsask Lions Hall
Cost: \$15.00 plus material, etc.
for article reupholstered

Microwave:

Date: Sat. Jan. 22
Time:
Contact: Sue May - 2685

Instructor: Joyce Radke - Dodsland
Location: Alsask Lions Hall
Cost: \$8.00 plus consumables

Calligraphy:

Dates: Feb. 28, May 7, 14
Time: 7:30 - 9:30 pm
Contact: Diane Moss - 2272

Instructor: Debbie Lothammer-Eatonia
Location: Alsask Ceramics Club
Cost: \$9.00 plus equipment

Photography:

Date: March 5
Time: 10-12 am 1-5 pm
Contact: Diane Moss - 2272

Instructor: Jerry Humney - Saskatoon (F-12)
Location: Alsask Drop Inn Centre
Cost: \$12.00

Advanced Microwave:

Date: March 5
Time: 11:00 - 7 pm
Contact: Sue May - 2685

Instructor: Doreen Bauer - Saskatoon
Location: Alsask Lions Hall
Cost: \$16.00 plus consumables

Buffet Cooking:

Date: March 6
Time: 9:30 - 2:30
Contact: Sue May - 2685

Instructor: Doreen Bauer - Saskatoon
Location: Alsask Lions Hall
Cost: \$7.50 plus consumables

Oil Painting:

Date: April 16 and 17
Time: Apr. 16 1-5 pm
Apr. 17 10 am to 4 pm
Contact: Diane Moss 2272

Instructor: Nola Harrington - Ardath
Location: Alsask Ceramics Club
Cost: \$20.00

Basic Cake Decorating:

Dates: To be announced - possibly
April (end) or beginning of
May

Total of 8 hours
Instructor: Diane Moss
Contact: Linda Ross - 2608

Indian Mukluks:

This class is in the process of being
set up. Watch out for posters on dates
and times. Contact Linda Sutherland-
2669 if you are interested.

Techniques of Hair Care and Cutting:

We are in the process of setting this class up- any suggestions on instructors????? Contact Linda Ross 2608

Social Dancing and Guitar for Beginners are also being looked into. Instructors are few and far between. For Social Dancing contact Linda Sutherland, and for Guitar contact Michelle Robinson - 2351

If you would like to take any of the above classes please phone the contact person listed. Some classes have limited enrolment so we operate on a first come - first served basis; in order to assure your spot in a class you may pre-register by sending your name and fee for the class to the contact person or to Diane Moss.

JOIN THE ALSASK MOVIE CLUB

Membership still only	\$15.00
Machine rental, per day	\$10.00
Movie rental, per day	
Mon - Thus	\$ 5.00
Movie rental, per day	
Fri - Sun & Holidays	\$10.00

Movie selection builds each month, any Movie not in stock can be requested.

Available in Alsask now:

- Rocky III
- Ragtime
- Dressed to Kill
- On Golden Pond
- High Noon
- Great Movie Stunts & Making of
- Raiders of The Lost Ark
- Raise the Titanic
- Legend of The Lone Ranger
- A Stranger is Watching
- Cannery Row
- Raging Bull
- Stir Crazy
- Tora Tora Tora
- The Deep
- Whose Life Is It Anyway
- Horse Soldiers
- Disney Cartoon Parade Vol. 1

Phone 2243

CSA NEWS RELEASE

Radco Products Limited of Scarborough is recalling approximately 4,000 portable quartz heaters due to potential shock hazard. Owners of model V1501W are advised to stop using them immediately and bring them to the manufacturer for repair.

Bob White, Manager of Audits and Investigations, CSA says that we have had no reports of injuries, but these heaters could contain sub-standard electrical spacings and become electrically alive causing injury and possibly death.

Since March, 1982 Radco Products Ltd has been under new ownership. The potentially hazardous heaters were manufactured and distributed by the company's previous owners from November, 1981 to March, 1982, says the company.

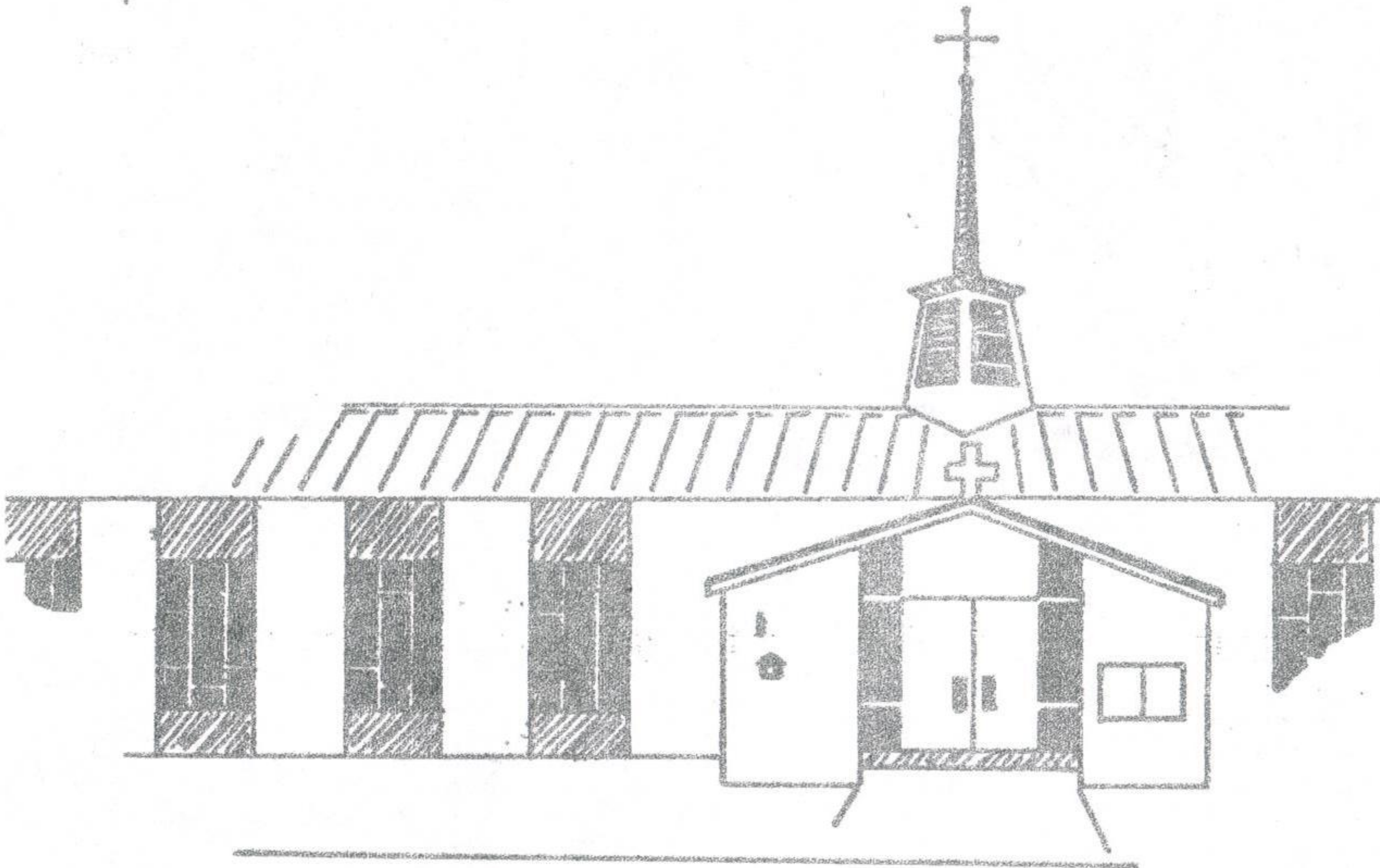
The heaters were distributed to outlets in Ontario only.

They can be identified by the following markings on the front bottom plate of the product: Model V1501W, 120 VAC, 60 Hz, 1500W, Radco Products Ltd., Scarborough, LR 49167, CSA Monogram, Made in Canada.

These heaters should be brought to Radco Products Ltd., 452 Birchmount Road, Scarborough, Ontario M1K 1M6. (416) 698-0539

Repaired units will have a small green sticker beside the serial number on the back of the heater. Radco portable quartz heaters, Model V1502W, distributed since April, 1982 are not part of this recall.

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: 2nd Ave. E.
Service every Sunday 10:00 AM
Sunday Church School 11:15 AM
Minister: Rev. Larry Wright
Tel. - 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*	17	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*	14	2375
Steven Townsend*	16	2375
Blaine Woodruff*	16	2337
Cindy Young*	14	2653

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.

THIS SPACE AVAILABLE !!!!!

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
Ringland 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.

CPS 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

ON STATION INFORMATION

EMERGENCY NUMBERS:

(Dial switchboard 2401
to reach all 3 digit
locals)

FIRE: Stn phones 222
PMQ phones 2277
SMC: 203
MP's: 261
CE: normal hrs. 242
quiet hrs. 269

CATV

<u>STATION</u>	<u>RECEIVED CHANNEL</u>	<u>CABLE CHANNEL</u>
CFCN Calgary	2	2
CJRD Red Deer	10	10
CFQC Saskatoon	3	7
CBRST Saskatoon	9	6

CATV PROBLEMS

Call Mon-Fri 0800-1630 2401
ext. 245/247

Weekends and after hours call:

Manager: Ernie Krepps 2659
Technicians: Larry Scherr 2230
Cam Pickett 2327

LIBRARY

Mon. and Wed. evenings
1900 - 2100

Located at school, use SE corner door.

Librarian - Mrs. J. Mills
A/Librarian - Ms. D. Adams
Library local 265

AUTO CLUB:

Self - serve: Pick up key at guard
house.

CANEX 2262

Mon to Fri 1030-1300
1330-1730
Sat. 1100-1500
Sun. 1230-1430

FINANCIAL - SMALL LOANS AND
BENEVOLENT FUND ASSISTANCE

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).

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.

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.

Any regular member on leave, TD, etc. away from his home unit may apply to the unit nearest him for an emergency loan.

If a member is on an un-accompanied posting, his dependent may make application to the loan committee where the dependent is located for assistance.

Applications for CFSLP small loans, Distress/Benevolent Fund Assistance, or Benevolent/Financial counselling committee:

Chairman - Capt. Y. Fortier
SCOMPT 218
Secretary - Sgt. L. Ringland
CC/SOR 211
Member - Lt. G. Naldrett
CADO 202

GARBAGE COLLECTION: Tuesdays and
Fridays, at 0900

QUICK REFERENCES

OFF STATION

ALSASK

Alsask Food Centre	2202	Royal Bank	2213
Alsask Sundries	2321	Alsask Hotel	2222
Alsask Curling Rink	2313	SIG (Mrs. Martin)	2692
7 - 1/4 Independent service	2606	Marengo Intermediate School	2757

OYEN

Big Country Hospital	403 664-3526	Oyen Flowers	403 664-3827
H & H Tom Boy	403 664-3636	Oyen Dental Clinic	403 664-3774
Macleods	403 664-3620	Oyen Medical Clinic	403 664-3577
Oyen Bakery	403 664-2182	RCMP	403 664-3883
Oyen Drugs	403 664-3732	Sears Catalogue	403 664-3531

KINDERSLEY

Kindersley Medical Clinic	463-2621	Kindersley Dental Clinic	463-5332
Nights	463-2623	Rogers Florist	463-2015
If no answer call	463-2611	RCMP	463-2311
Kindersley Union Hospital	463-2611	Sears Catalogue Office	463-2636

SASKATCHEWAN HOSPITAL SERVICES PLAN:
Applications forms available at SOR
or Village of Alsask Office. Or write
SHSP, 3211 Albert Street, Regina,
S4S 5W6

FAMILY ALLOWANCE: Regional Office,
Room 608, Financial Building, 230-
22nd Street East, Saskatoon, S7K 0E9
Tel. 665-4222

SASK TEL: North Battleford
Business Office: 112-800-772-6713

For your convenience telephone
bills can be payed at Alsask Sundries.

SASKATCHEWAN GOVERNMENT INSURANCE:
Local agent - Gwen Martin, Alsask;
2692. Vehicle Registrations & Lic-
ences; Sask. Drivers Manuals; SGI
Auto, Casualty & Fire Insurance;
Fishing & Hunting Licences. To
make an appointment for Saskatchewan
Drivers Licence test, call 463-2628
in Kindersley.

DEPARTMENT OF COMMUNICATIONS:
210 Idyllwild Drive, Saskatoon

CFOC Radio Playlist

#	Title	Artist
1	HEARTBREAKER	DIONNE WARWICK
2	MISSING YOU	DAN FOGELBERG
3	THE GIRL IS MINE	MICHAEL JACKSON & PAUL McCARTNE
4	TRULY	LIONEL RICHIE
5	YOU AND I	EDDIE RABBITT & CRYSTAL GAYLE
6	AFRICA	TOTO
7	BABY, COME TO ME	PATTI AUSTIN
8	IT'S RAINING AGAIN	SUPERTRAMP
9	A LOVE SONG	KENNY ROGERS
10	DOWN UNDER	MEN AT WORK (N/P 5 am-11 am)
11	MANEATER	HALL & OATES
12	TWO LESS LONELY PEOPLE...	AIR SUPPLY
13	I GOTTA TRY	MICHAEL McDONALD
14	YOU CAN'T HURRY LOVE	PHIL COLLINS
15	LOVE IN STORE	FLEETWOOD MAC
16	HEART TO HEART	KENNY LOGGINS
17	THE OTHER GUY	LITTLE RIVER BAND (N/P 5 am-11)
18	STILL TAKING CHANCES	MICHAEL MURPHEY
19	MEMORY	BARRY MANILOW
20	A PENNY FOR YOUR THOUGHTS	TAVARES
21	INSIDE	RONNIE MILSAP
22	SHAME ON THE MOON	BOB SEGER
23	HEART OF THE NIGHT	JUICE NEWTON
24	ALLENTOWN	BILLY JOEL
25	EVERYTHING'S BEAUTIFUL	DOLLY PARTON & WILLIE NELSON
26	THAT GIRL	GLENN FREY
27*	ANYWHERE YOU RUN TO	DAVID ROBERTS
28*	IT TAKES TWO	SUSAN JACKS with Tom Lavin
29*	RIGHT BEFORE YOUR EYES	AMERICA
30*	GET THIS LOVE OUT OF HERE ALIVE	RONNEY ABRAMSON
31*	SOMEBODY'S ALWAYS SAYING GOODBYE	ANNE MURRAY
32*	LADY, YOU'RE GONNA LOSE HIM	LAURIE THAIN
33*	SILHOUETTES	THE NYLONS
34*	WHAT ABOUT THE TEARS	THE GOOD BROTHERS
35*	THESE TEARS	SANDI D.
36*	YOU'RE ALL THAT I NEED	CRAIG RUHNKE
37*	FOREVER	RICH DODSON
38*	WHO KNOWS HOW TO MAKE LOVE STAY	DOUG AND THE SLUGS
40	SHADOWS OF THE NIGHT	PAT BENATAR
41	MICKEY	TONI BASIL
42	DIRTY LAUNDRY	DON HENLEY
43	HAND TO HOLD ON TO	JOHN COUGAR
44	YOU GOT LUCKY	TOM PETTY AND THE HEARTBREAKERS
45	DOES IT MAKE YOU REMEMBER	KIM CARNES
46	I DO	THE J. GEELS BAND
47	WHAT ABOUT ME	MOVING PICTURES
48	GOODY TWO SHOES	ADAM ANT
49	INDUSTRIAL DISEASE	DIRE STRAITS
50	SPACE AGE LOVE SONG	A FLOCK OF SEAGULLS

HEART ATTACK RISK PROFILE

AGE	10 to 20 1	21 to 30 2	31 to 40 3	41 to 50 4	51 to 60 6	61 to 70 (and over) 8
HEREDITARY (cardio/ vascular)	No known history of heart disease 1	1 relative over 60 with c/v disease 2	2 relatives over 60 with c/v disease 3	1 relative under 60 with c/v disease 4	2 relatives under 60 with c/v disease 6	3 relatives under 60 with c/v disease 7
WEIGHT **	More than 5 lbs below standard weight 0	-5 to +5 lbs s/w 1	6 to 20 lbs overweight 2	21 to 35 lbs overweight 3	36 to 50 lbs overweight 5	51 to 65 lbs overweight 7
TOBACCO SMOKING	non-user 0	cigar and/ or pipe 1	cigarettes 10 or less per day 2	20 per day 4	30 per day 6	40 per day 10
EXERCISE	Intense occupational & recreational exertion 1	Moderate o & r exertion 2	Sedentary work/ intense r exertion 3	Sedentary work/ moderate r exertion 5	Sedentary work/ light r exertion 6	Complete lack of all exertion 8
CHOLESTEROL OR FAT % IN DIET *	Chol. below 180 mg/ no solid fats 1	181 to 205 mg/ 10% fat 2	206 to 230 mg/ 20% fat 3	231 to 255 mg/ 30% fat 4	256 to 280 mg/ 40% fat 5	281 to 300 mg/ 50% fat 7
BLOOD PRESSURE (upper reading)	100 1	120 2	140 3	160 4	180 6	200 or over 8
GENDER	Female under 40 1	Female age 40 to 50 2	Female over 50 3	Male 5	Stocky male 6	Bald, stocky male 7

* The average American diet contains 40% fat. ** refer to CFAO 34-30 Annex C

Find the square that you fit into in each category and record the number in the bottom right of the square. Total all the squares and take that total to page 4, to see your risk of suffering a heart attack.

THE COLORING PAGE



THE DARK CRYSTAL