

# The Tumbleweed

CFS Alsask, Sask.

**March '84  
CF Nutrition  
Month**

**Mois de la  
Nutrition**



Skiers on the Canadian Ski Marathon stop to replenish their energy with a warm honey and water drink.

Les participants du Marathon canadien de ski refont leur force a l'aide d'une boisson chaude a base d'eau et de miel.

(Photo by Canadian Ski Marathon)

## Inside

Facts and Fallacies of Nutrition  
Guidelines for good eating  
Test your Vitamin IQ  
Weight Reduction -Do's and Don'ts

# Letters 'n things

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

The views and opinions expressed are those of the contributors and do not necessarily reflect those of the Editor the Canadian Forces or the Department of National Defence.

The Editor reserves the right to reject any editorial or advertising material at his/her discretion.

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

Address all correspondence to:  
"The Editor, Tumbleweed",  
CFS Alsask,  
Alsask, Sask., SOLOAO

## Tumbleweed staff

Editor.....Jerry Lefler  
Typists.....Theresa Watson

Local Photography.....Terry Herman  
Leo Cormier  
Reg Dupchak

Printers.....Roger Shaw  
John Rix  
Fred Young  
Glen Dudley

Assembly.....DMCC shift workers  
Distribution.....Boy Scouts

To Whom it may concern:

Recently we have had reports of snowmobiles operating within the Village at all hours of the night and across private property.

We are publishing a copy of the Village Bylaw #376 stating at what hours and where within the Village one can operate a snowmobile.

Please comply with these regulations.

The Village Council  
Bylaw No. 376

The council of the Village of Alsask, in the province of Saskatchewan enact as follows:

1. Notwithstanding the provision contained in Subsection (1) of Section 21 of the Snowmobile Act, 1973, it shall be lawful to operate a snowmobile between the hours of 7 a.m. and 11 p.m. in the Village of Alsask:

(A) On Fourth Avenue, or any alley or lane, or for the purpose of crossing any Avenue from an alley or lane as an exit or entrance to the Village of Alsask:

2. Notwithstanding the provision contained in Subsection (1) of Section 21 of the Snowmobile Act, 1973, it shall be lawful to operate a snowmobile on First Street West, only for the purpose of crossing said First Street West.

**Deadline for  
next issue:  
March 16**



A MESSAGE FROM THE MASTER GOPHER

MAJOR V.W. BARKER

The '84 Winter Carnival is now behind us, and what a super event it was. A well deserved congratulations go to Sgt Sillito and his committee for the organizing and running of the carnival.

In addition to the warm weather, there is another sign that summer is not too far away. The postings are coming in almost daily. Since our last issue we have received word of the following. Westward bound are Cpl Chaplin to Penhold, Sgt Johnston, Cpl Dupchak, and Cpl Steve Johnson to Holberg and MCpl Cormier to Baldy Hughes. Heading east are Capt Deneault to Kingston, Lt Challender to North Bay, MCpl LeClerc to St Jean, Pte Fergusson to Goose Bay, MCpl Eckenswiller to Halifax and Cpl Hartry to Baden Soellingen. North and Southbound transfers must only be for people who like to fish or water-ski as Pte Cook is off to Cold Lake and Lt Naldrett is heading for China Lake, California.

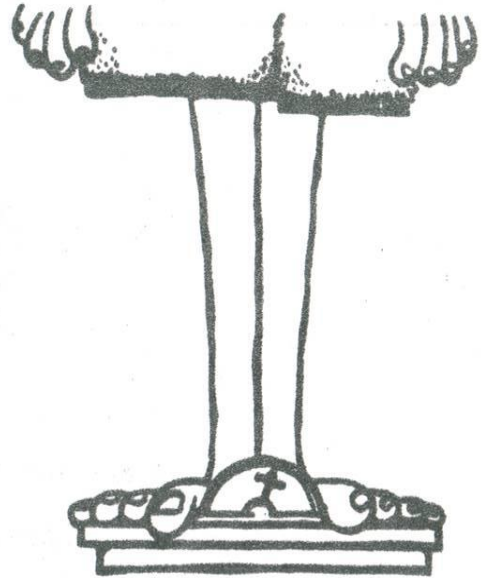
Replacing Lt Challender is Lt Black from North Bay and Lt Zilinkas will take over Capt Deneault's desk. New faces in the radar section will be Sgt Anderson from St Margarets, MCpl Mcleod from Kamloops, MCpl Whitney from Dana, Pte Hupman from Calgary and Pte Levesque from Kingston. Cpl Hutchings from Sydney and Cpl Davis from North Bay are joining our DMCC staff and Cpl Harcourt from Trenton will be our new EGS Tech. New MSE Ops will be Cpl Parent from Valcartier and Pte Shaw from Borden. Other new faces will be Sgt Chahley from Holberg coming to CANEX, Cpl Gilbert from Valcartier in Accounts and MCpl Peters from Halifax in our FMP shop. Sgt Brownrigg from Red Deer will move into Sgt Rix's newly renovated communications detachment. To date the only one who knows where the Rix's are going is Vallery. We know that there are a few more postings to come but let's hope that there are not too many - it would be nice to see a few old faces in September.

The Station Headquarters is becoming drastically over-ranked with the new promotions to Sgt Hawley, W.O. Fortin and Lt Naldrett who will be putting up his Captain bars in May. The new W.O. Sinclair received news of his promotion from Joan as he is in Borden learning what W.Os. are supposed to do. Other good news is that W.O. Kraft, W.O. Adams, Sgt Moore and Sgt Maringer have all just been offered an "indefinite period of service". Congratulations to everyone.

1984 marks the 60th Anniversary of the formation of the RCAF. Numerous events are being planned throughout Canada to honour the occasion. As an Air Command Station, and ex-RCAF Station, we will host a few commemorative activities. A committee has been formed and a planned schedule of events should be forthcoming in the next issue.

FACTS AND FALLACIES  
OF NUTRITION

**CHOOSE  
NUTRITION  
NOW**



Weight Reduction

Weight reducing diets are the "in" thing. As many Canadians are concerned about being overweight, we are constantly being bombarded with false, misleading and even dangerous information concerning weight loss diets. People are making fortunes writing books on "easy" weight loss regimes which are often based on unsafe eating habits and could lead to serious illness and even death!

To loose weight safely, follow a diet based on Canada's Food Guide. That is, choose a variety of foods from each of the four food groups, while avoiding high calorie foods and beverages containing fat, sugars, and alcohol. It is equally important to increase your physical activity. Physical activity "burns" up calories.

MYTH: All fad diets are safe if they are followed for a short period of time.

FACT: Any diet which does not include the recommended number of servings from all food groups in Canada's Food Guide is not sensible, and should not be followed. Weight loss depends on:

- a. selecting low calorie foods;
- b. reducing number of servings and size of portions, but following Canada's Food Guide;
- c. changing food preparation techniques to baking and broiling instead of frying and "saucing"; and
- d. physical activity.

MYTH: Carbohydrates are not necessary. They can be eliminated on a weight reducing diet.

FACT: Eliminating carbohydrates from your diet can be very dangerous. Carbohydrate is a nutrient that your body cannot live without. Carbohydrate foods include breads, cereals, fruits and vegetables which also provide vitamins, minerals and fibre. A diet eliminating carbohydrates would also be very boring.

MYTH: High protein foods are good for you during a weight loss program.

**FACT:** Protein foods are necessary for you at all times, but protein is also used for energy and is converted to body fat when eaten in excess amounts. Carbohydrate is also an essential nutrient and is just as important as protein.

**MYTH:** I can easily lose five pounds per week.

**FACT:** A gradual weight loss of one half to one kg (one to two pounds) per week is recommended. However, because of changes in levels of body fluids, it is not unusual to lose five pounds per week for the first week or two while following a sensible reducing diet. One pound of fat, whether it is butter or part of your body, is 3500 calories. In order to lose one pound, you must therefore reduce your food intake (or increase your energy expenditure) by 3500 calories (500 calories per day to lose one pound per week).

**MYTH:** Skim milk is less nutritious than whole or 2% milk.

**FACT:** Skim milk has the same nutrients as whole or 2% milk except for fat. Because the fat is removed, skim milk has less calories.



FACTS AND FALLACIES

Circle one:

True      False

- 1. It is advisable to take a vitamin supplement even if you eat a variety of foods.      T.      F.
- 2. Bread and pasta are fattening.      T.      F.
- 3. Organic foods are better for you than foods grown with chemical fertilizers.      T.      F.
- 4. Fibre in the diet is important to health.      T.      F.
- 5. The term "enriched" refers to the amount of butter, eggs and milk in a product.      T.      F.
- 6. Gelatin does not strengthen finger nails.      T.      F.
- 7. Pasteurization destroys the nutrients in milk.      T.      F.
- 8. Certain foods such as grapefruit can burn up fat.      T.      F.
- 9. Brown eggs have higher quality protein than white eggs.      T.      F.
- 10. Sea Salt is better for you than regular salt.      T.      F.

1. FALSE - A diet chosen from a variety of foods and planned according to Canada's Food Guide can supply all the vitamins needed for the average person. Taking a daily vitamin pill is not necessary for most people.
2. FALSE - Bread and Pasta are NOT fattening. It is eating too much of any food that is fattening.
3. FALSE - All foods are organic. There is no such thing as inorganic food. If our food was grown without pesticides, fertilizers and so on, there would not be adequate quantities of food.
4. TRUE - Although fibre is not digested or absorbed by the body, fibre is required for regularity in bowel elimination.
5. FALSE - The term "enriched" means the government has allowed specific nutrients to be added to the food in specified amounts. For example, milk is enriched with vitamin D.
6. TRUE - Gelatin is a protein which lacks one of the essential amino acids, so by itself it will not build tissues. Nail formation is influenced by many other factors such as general body nutrition, disease, environment and nail care.
7. FALSE - The process of pasteurization does destroy some of the vitamin C of milk but there are many other excellent sources of this vitamin in our diet. Control of micro organisms by pasteurization and the prevention of the spread of disease far outweigh any dietary loss. Pasteurized milk differs little in food value from raw milk.
8. FALSE - To date scientists have discovered no such substance that will burn up fat.
9. FALSE - The colour of the shell of an egg has no bearing on the nutritional value of the egg itself. White eggs have the same nutrients as brown eggs, they just come from different hens.
10. FALSE - Sea salt is identical to regular salts except the sea salt may be contaminated by other substances.

Prepared by: Nutrition Campaign Core Committee of the  
Ontario Dietetic Association, 1984

Moving Expenses

Eligible Deduction - Income Tax

Reference: A. CFAO 211-1: Income Tax Federal and Provincial

1. This memo is offered as an attempt to clarify some of the misconceptions held by many regarding eligible income tax deductions for moving expenses. It is not meant to be an authoritative publication but rather is offered as assistance.

2. Essentially, a person may claim an expense for moving over 25 miles as a deduction on his income tax return (as long as the item can be legitimately claimed as a moving expense under the Income Tax Act). These expenses must be supported by receipts or the chances are they will not be allowed. Further, if a person has been reimbursed by his employer for any expense incurred on a move, then that amount cannot be claimed as an income tax deduction.

3. Most of the items reimbursed by DND are straight-forward and clearly show on the claim. These would include lodgings and meals expenses, baggage shipped, etc.. There are some expenses which are not clearly outlined because they are covered by the Movement Grant. It is these items plus the question of mileage that cause most of the difficulties.

4. DND provides each member posted with mileage applicable to each province when POMV(s) are used. The popular belief that one can claim as an income tax deduction the difference in excess of the DND posting rate is a misconception. Revenue Canada Taxation works on the basis of actual and reasonable expenses supported by receipts. If one's car expenses exceed the DND posting rate and one can substantiate these expenses with receipts, then one may be able to claim the amount in excess of the DND posting rate.

5. The movement grant is also a problem with regard to income tax because many of the items covered by the movement grant are those that are covered as income tax deductions and one cannot claim both. The items covered by the movement grant are contained at Annex A.

6. The best advice that can be offered is that income tax returns are highly individual in nature and what applies to one person may not necessarily apply to another. The best way of claiming eligible deductions on one's income tax return is to:

- a. keep All receipts applicable to the move and make the effort to ask for a receipt if one is not automatically given;
- b. keep a diary of events pertaining to the move and maintain a daily list of expenses, and retain receipts applicable to such expenses; and
- c. total up the expenses and subtract that total from the amount reimbursed by DND.

7. If the difference in 6.c. above is toward expenses, then claim that difference as an eligible deduction on the income tax return. If the difference is toward the reimbursement, then there is nothing eligible for tax deductions. As an example:

a. total expenses relating to move	\$ 3600
total amount reimbursed by DND	<u>3200</u>
amount of expenses in excess of reimbursement	\$ <u>400</u>

Claim \$400 (with receipts and copy of Moving Claim attached as tax deduction).

b. total expenses relating to move	\$ 3600
total amount reimbursed by DND	<u>3800</u>
amount of reimbursement in excess of expenses	<u>\$ 200</u>

Claim nothing as tax deduction (reimbursement exceeds expenses).

Annex A.

Movement Grant

Ref: CFAO 209-11

1. There is inevitably great confusion over what expenses incurred during a move on posting are covered under the movement grant and, therefore, not claimable as separate items. In order to alleviate the confusion, the following items listed are covered by the movement grant and may not be claimed again individually:

- a. telephone connection;
- b. hydro connection;
- c. sundry items -
  - (1) license and fees,
    - (a) drivers license,
    - (b) bicycle license,
    - (c) school fees,
    - (d) library fees,
    - (e) cancelled auto insurance admin. fees, etc, and
  - (2) Fixtures
    - (a) fuses, and
    - (b) light bulbs, etc.
- d. alterations to drapes, curtains, blinds and accessories;
- e. wastage of perishable goods and inflammable materials;
- f. connection of appliances;
- h. appliance disconnection, connection or conversion, ie, stoves, fridges, dryers, etc.;
- j. repair of furniture, appliances, etc. not covered by intransit insurance;
- k. alterations on rugs;
- m. T.V. aerials/cable installation;
- n. potted plant replacement;
- p. storage for excess furniture where PMQ or housing has not storage areas;
- q. redecoration of new accommodation;
- r. lawyer and rental agency fees on leases;
- s. cleaning services for vacated or new accommodation; and
- t. preparation and testing of appliances prior to the move.

# CARNIVAL REPORT

## Winter Carnival 84

If you were not in the area, or decided to stay home the 16, 17 and 18 February you missed the social event of the year. This years edition of the Alsask and area winter carnival was a resounding success. An estimated 300 people either took part in, or were spectators at carnival events, which included such things as pillow fights, banana eating and beer drinking contest, honeymoon race, ice softball games, a Monty Carlo, dancing and much much more. When all the dust settled team #5 from the town of Alsask were the runaway winners followed by team #2, team #4, team #1 and team #3 all from the station in that order. Good sportsmanship abounded throughout and having a good time was the order of the day.

In order for an event of this nature to be successful it requires the aid and co-operation of all personnel in all sections to "Do Their Bit" to this end.

Your carnival committee would like to take this opportunity to publicly thank you, the people of Alsask, for making this years carnival the success that it was.

### Your Carnival Committee

Chairman	Ted Sillito
V/Chairman	Teddy Wagenaar
Secretary	Judy O'Brien
Facilities & Equipment	Glen Naldrett
Food Manager	Al Doell
Finance Adviser	Simon Fortin
Bar Manager	Pam Milner
Events	Marianne Echensweiller
	Marlice Sillito
	Teddy Wagenaar
	John Echenswiller

### NHTSA Finds Safety Defect In Custom Wheels

The National Highway Traffic Safety Administration (NHTSA) today announced it has made an initial determination of a safety-related defect involving custom automobile wheels manufactured by the Fenton Manufacturing Corp. of Gardena, Calif.

The initial determination covers approximately 650,000 cast aluminum wheels manufactured during 1969 through 1981, when Fenton stopped producing wheels. NHTSA said two models of Fenton wheels are involved in the case -- the Gyro Model, also called the Aluminum slot model, and the R.T. Championship models.

The investigation involving Fenton wheels was opened in July 1982. The agency is aware of reports from 14 owners about serious accidents, involving serious injuries and three fatalities.

NHTSA has scheduled a public hearing on the issue for 10 a.m. Jan. 17, 1984, in Room 2230 of the Department of Transportation Headquarters Bldg. at 400 Seventh St., SW, Washington, D.C.

The agency said most Fenton wheels are identified on the inside surface of the rim with both the name Fenton and the model of the wheel. However, it has been reported that some of these wheels were manufactured with no identification markings.

NHTSA said the wheels may exhibit cracks, cause vehicle vibration or show unusual tire wear prior to failure. However, they also may suddenly fail without any warning to the driver, and, as a precaution, owners may wish to discontinue use of these wheels. NHTSA said that during the tire mounting process involving these wheels, a safety cage and a remote air inflation chuch should be used.

The agency also is looking into problems with other custom wheels. Anyone who has experienced a problem with a Fenton wheel or any other custom wheel is urged to report it either by writing to NHTSA or by calling the agency's toll-free Auto Safety Hotline, 800-424-9393 (Call 426-0123 in the Washington, D.C. metropolitan area.)

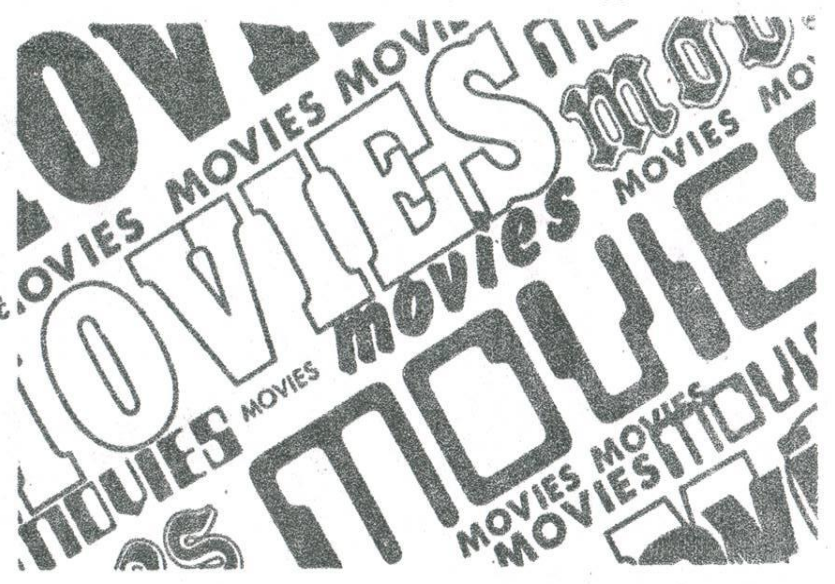
All movies shown in the Parish Hall are rated by the Canadian Forces Movie Guild. Admission to these movies is regulated as follows:

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.



SHOW TIMES FRIDAYS: 7:00 pm, SUNDAY MATINEES: 1:00 pm

ADMISSION .50¢ per movie shown

FRIDAY MARCH 2	DEADLY FORCE... ACTION	RESTRICTED
	(To be shown in Rec Center)	
FRIDAY MARCH 9	THE SURVIVORS	RESTRICTED
	AROUND THE WORLD IN 80 DAYS	GENERAL
FRIDAY MARCH 16	THE GRAY FOX	PG
	SCANNERS	PG
FRIDAY MARCH 23	PRIVATE SCHOOL	RESTRICTED
	STILL OF THE NIGHT	PG
FRIDAY MARCH 30	EXPOSED	RESTRICTED
	FORCED VENGEANCE	RESTRICTED

**CFS ALSASK  
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: \_\_\_\_\_

# Sunday Matinees

## Parish Hall

**Time: 1:00 pm**  
**Cost: .50**

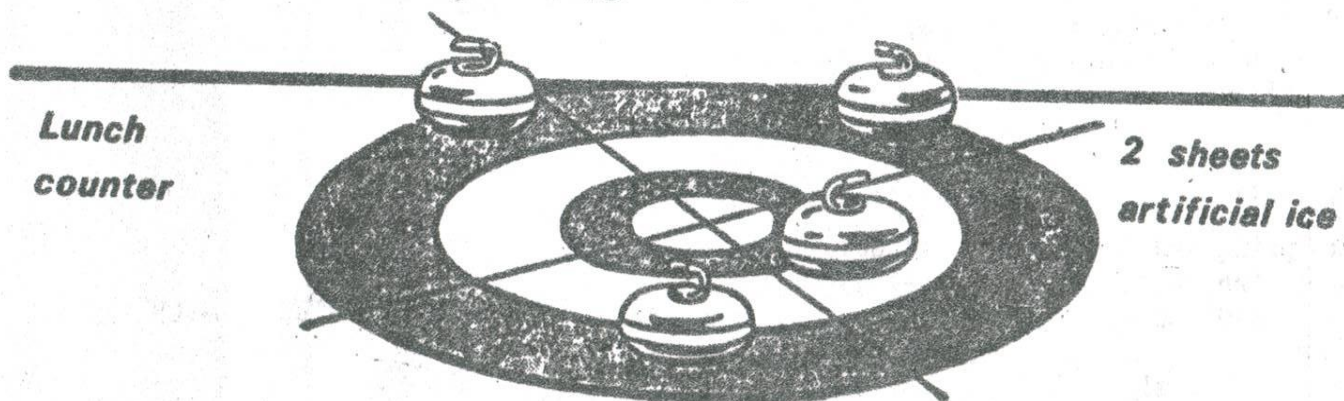
**CLIP & SAVE**

**UPCOMING MATINEES**

- SUNDAY MARCH 4.....POLLYANNA...HAYLEY MILLS, JANE WYMAN
- SUNDAY MARCH 11.....FLIPPERS NEW ADVENTURE.....
- SUNDAY MARCH 18.....SAMMY, THE WAY OUT SEAL.....
- SUNDAY MARCH 25.....MAN CALLED FLINTSTONE.....
- SUNDAY APRIL 1.....THE SWORD AND THE STONE.....

# Alsask Curling Club

## OPEN BONSPIEL



**Date:** MAR 12-18

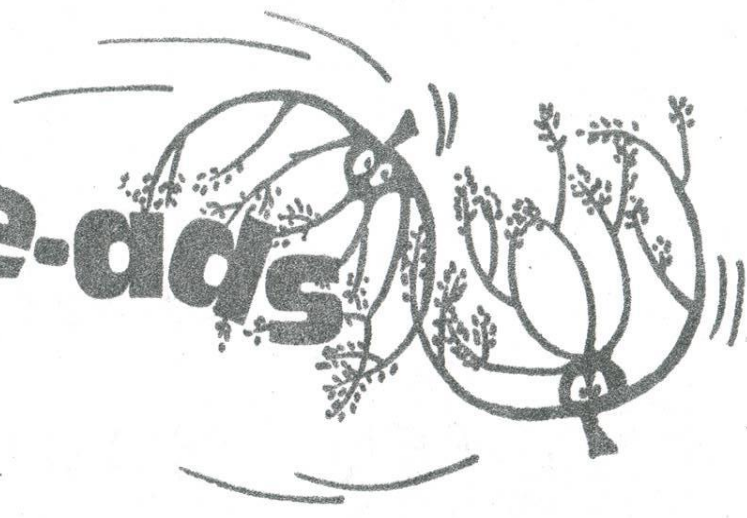
**Entries close:** MAR 11 6:00 PM

**Entry fee:** \$60.00 per rink includes banquet + dance

**Contact:** RICK OLORENSHAW 968-2241

ROGER SHAW - 968-2249

# 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.

**FOR SALE\***

Box Spring and Mattress, Queen size, with metal frame, \$200.00 or best offer.

Boy's skates size 12, plastic boot with removable inner boot, worn for one year only, \$20.00 or best offer

Ladies skates, size 5, \$10.00

Phone - 968-2227

**FOR SALE \***

INTELLIVISION GAME. complete with 6 games-one year old. A great family gift idea.

JOLLY JUMPER and CHILD GATE.

Please call 968-2676 after 5.

**FOR RENT/HIRE**

BABYSITTERS °

Suzanne Sinclair 2287  
 Melissa Smart 2645  
 Blaine Woodruff 2337  
 Terry Shaw 2249  
 Dean Shaw 2249  
 Cindy Young 2653  
 Lori Yolkowski 2271  
 Debby Young 2653

**FOR SALE \***

Insulated Shell for 350 truck, like new  
 Call local 262 after 4:00 PM ask for Art.

**FOR SALE\***

1968 Ford Cortina. New battery, new brakes high compression engine with headers, elec ign. radial tires- offers? 968-2369 after 5

**FOR RENT/HIRE**

BABYSITTERS\*

Linda Adams 2346  
 Grant Adams 2346  
 Shawn Adams 2346  
 Chris Anderson 2338  
 Bryon Barker 2322  
 Sherry Barker 2322  
 Cindy Belanger 2215  
 Kim Belanger 2215  
 Mark Griffith 2660  
 Laurie Laughren 2629  
 Laurie Jackson 2687  
 Gordon Lodge 2388  
 Elizabeth Lodge 2388  
 Theresa Lodge 2388  
 Carmen Lefler 2369  
 Gerold Lefler 2369  
 Barry Myers 2607  
 Stuart Sinclair 2287

**FOR SALE \***

LANGE SKATES - LASER 100's PLASTIC BOOT SIZE 8 \$20.00,

SKIS, BOOTS & BINDINGS BOOT SIZE 8 ADJUSTABLE BINDINGS \$50.00 or BEST OFFER

CONTACT ERIC GHERASIM 968 2334

**7-44**  
**Ind. Service**  
**2606**

Required: Hair dresser at CFS Alsask. For further information contact Lt. Higgins 2401 Loc 207 or Sgt. Johnston 2262

Directorate of  
Food Services

Direction des Services  
d'Alimentation



# COLORING CONTEST CONCOURS DE COLORIAGE

Name / Nom: \_\_\_\_\_ Age: \_\_\_\_\_

Address / Adresse: \_\_\_\_\_

\_\_\_\_\_

# "WOs & SGTs MESS"

\* HOSTING \*

◆ **ALL-RANKS** ◆

\* **MEET**

"CADET"  
"STAFF"

\* **GREET**

**SATURDAY**  
• 03 MAR.  
7 30 PM.

\* **DANCE**

**DANCE**  
9-1 AM

**D.J.**

**ADMISSION**  
\$ 2.00

*Badet Officers*  
*Badet Leaders*

*Badet instructors*

*Liaison Officers*  
*Sports Weekend*  
*& Helpers.*

*Parents*

*Staff*

**FOOD**  
.....  
**COLD**  
**PLATE**

NO! CADETS