

The Tumbleweed

CFS ALSASK

Feb 87



Letters 'n things

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

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NEXT DEADLINE

06 Mar 87

the editor's effuse...

It's time to put out another poison pen issue. Firstly I must correct my article in the last issue where I stated that the CFS Alask Raiders defeated Falconbridge when it should have read Beaverlodge.

Well carnival is over for this year and I don't know where my next carnival will be but wherever, I hope that I'm able to have as much fun. I would like to take this opportunity to congratulate the Officer's Mess Team (The Gangsters) for a hard fought victory. After twenty years they finally won a carnival. I would be remiss if I did not say congratulations to all the teams that participated in winter carnival. It was a very good carnival with excellent sportsmanship from all teams. Lloyd Mack from the Kindersley Clarion was here to cover part of the carnival action. (See pages 5,6 and 7 for candid shots and a write-up.)

Our Station broomball team travelled to CFB Suffield to participate in the Small Base Broomball Championship this past week. They ended up playing six games in a double round robin and came up with a 2 and 4 record. All the team's games were close with only a one or two goal difference. Congratulations to the Station Broomball team for putting up such effort.

For those of you who have asked if the Tumbleweed will be publishing a list of where all our Station personnel will be moving to, well, we will endeavour to put that information in a future edition.

This past week 15 - 22 Feb 87 is designated as Scout/Guide

Letters 'n things

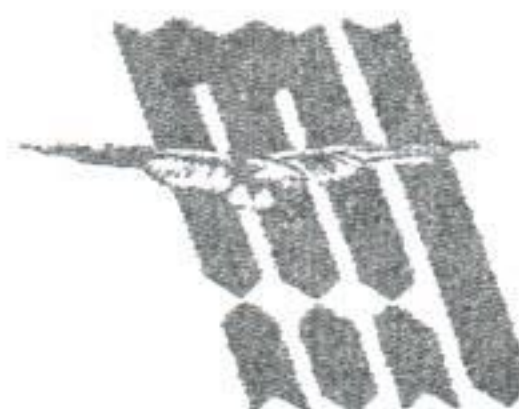
week in honour of their founders, Lord and Lady Baden-Powell. On Sunday 15 Feb, the Scout and Guide movement celebrated their birthday with a church service at 10 a.m. in the Station Chapel. A parent and child banquet was held on Tuesday, 17 Feb at 6:00 p.m. at the Rec Centre to round off the activities for the week.

Also this past weekend the Lions Club of Alsask organized a curling bonspiel for school children from Grades one to six in the local area. Thanks to the organizers of the bonspiel. I went down to the rink to watch some of the games and it looks as though we have some good upcoming curling talent.

The "A" Event winner was the rink of Mervin Laughin, Darrin Kidd, Ryan Hawtin and John Thomson. The runners-up were the rink of Tracey Clements, Scott McLeod, Tanya Hill and Kimberley Leadbeater. The "B" Event winner was the rink of Mike Baisley, Debbie Clements, Melissa Thomson and Jason Hawley. The runners-up was the rink of Jamie Bond, Katherine Macauley, Danielle Leadbeater and Tyrell Bond. Congratulations to all the teams that participated and showed good sportsmanship.

IF YOU ARE UNHAPPY

Once upon a time, there was a non-conforming sparrow who decided not to fly south for the winter. However, soon the weather turned so cold that he reluctantly started to fly south. In a short time, ice began to form on his wings and he fell to earth in a barnyard, almost frozen. A cow passed by and crapped on the little sparrow. The sparrow thought it was the end, but the manure warmed him and he defrosted his wings. Warm and happy, able to



Royal Air Force,
Royal Canadian Air Force
Canadian Armed Forces
Principal Airport
Civilian Staff
NATO Airforce

MOOSE JAW Reunion '87

P.O. BOX 437, BUSHELL PARK, SASKATCHEWAN, CANADA S0H 0H0

COME ON BACK

9TH TO 12TH JULY 1987.

AND VISIT WITH OLD FRIENDS - THE REUNION IS FOR ALL MILITARY AND CIVILIAN PERSONNEL WHO SERVED ON LOCATION AT CFB MOOSE JAW AT ANYTIME BETWEEN 1941 AND 1987

see the
SASKATCHEWAN AIR SHOW.
JULY 11th & 12th.

PROGRAM:	THUR 9 JUL	- REGISTRATION - RECEPTION - MESS VISITATION
	FRI 10 JUL	- REGISTRATION - CITY & CFB TOURS - HOMETOWN FAIR - SIDE WALK DAYS - PORK & BUFFALO BOO
	SAT 11 JUL	- AIR SHOW - BANQUET & DANCE
	SUN 12 JUL	- BREAKFAST - CHURCH SERVICE - AIRSHOW

For Information Contact.

MOOSE JAW REUNION COMMITTEE
BOX 437
BUSHELL PARK
SASKATCHEWAN
S0H 0H0

PH (306) 692-9934
OR
CFB MOOSE JAW LOCALS
382/383

breath, he started to sing. Just then a large cat came by and hearing the chirping, investigated the sounds. The cat cleared away the manure, found the chirping bird, and promptly ate him.

This story contains three morals:

1. Everyone who shits on you is not necessarily your enemy.
2. Everyone who gets you out of shit is not necessarily your friend.
3. And, if you are warm and happy in a pile of shit, keep your mouth shut.

Letters 'n things

WORLD DAY OF PRAYER
MARCH 6, 1987
Station Chapel, 19:00 hrs.

One hundred years of ecumenical prayer and action will be celebrated around the world on March 6, 1987 when World Day of Prayer marks its centennial. People of all major denominations in 170 countries and regions will gather on that day to pray for global concerns.

This event will continue a tradition that began in 1887. The poverty and miserable living conditions of immigrant families touched the heart of Mary Ellen James of Brooklyn, New York. She called for a national day of prayer and action.

Since then the movement has spread around the world and on the first Friday of March each year people gather to pray for peace and justice.

This world prayer movement is unique in its leadership. From the beginning lay women have written and organized the service in local communities. In Canada alone over 3,000 services will be held across the country. In this community the Tumbleweed Park Ladies Auxiliary will hold a service at the Station Chapel, 1900 hrs, March 6, 1987.

On the same day, people will be gathering in Africa, Asia, Latin America, the Middle East, Europe and the Pacific Islands. It is a time to be linked with others around the world on a specific day praying for the same issues and hopes. Services are translated into thousands of languages and dialects.

Offerings are used for so-

cial service projects and education programs both nationally and internationally. In Korea aid has been given to A-bomb victims and to a half-way house for women prisoners. In Sudan a school for the blind is supported; Sweden provided scholarships for women in developing countries. New Zealand has sponsored medical aid to Guatemala, and Argentina has set up soup kitchens for children.

In Canada, World Day of Prayer is sponsored by Women's Inter-Church Council of Canada.

"A GREASERS THANKS"

The "Greasers" of Alsask would like to express their sincere thanks to Shelley Hein for doing such a fantastic job in organizing a town team for CFS Alsask & Area Winter Carnival - without you, Shelley, we would have been non-existent.

A bouquet to Frank Aylesworth and his committee for a well organized carnival.

Congratulations to all teams for showing great sportsmanship throughout the entire carnival. With less emphasis on winning and more on having a good time, this year's carnival turned out tremendously well.

To the Officer's Mess - FINALLY NUMBER 1 and it only took nineteen years of practice. Congratulations.

We wish all who are moving on to greener pastures the best of luck and "GOOD CARNIVALLYING" at your new destinations.

The Greasers
Town Carnival Team

Alsask Winter Carnival

ends with a bang

Last weekend's weather reminded most of summer (or at least spring) rather than winter, but it didn't put a damper on the 20th annual Alsask Winter Carnival.

Throughout the three days, teams from the Canadian Forces Station Alsask and the town enjoyed some friendly competitiveness in several unlikely *athletic* events.

The event, which dates back to February 1967, had a special aura surrounding it because it was likely the last one to be held. The base is scheduled to close August 1, 1987 and the history of the Winter Carnival will likely die.

No one's enthusiasm was quelled by this fact and if anything... the warmth and spirit grew.

The carnival, which ran from Thursday to Saturday, carried the theme of 'Vintage' this year, with each of the four rival teams picking a team characteristic. The Officers' Mess played the role of 1920's and 1930's gangsters, the Warrant Officers' and Sergeants' Mess were Robin Hood and his Merry Men, the Junior Ranks took the theme of the Wild West and the village team were 1950's greasers.

Overall it was an excellent carnival," said organizer Master Corporal Frank Aylesworth. "Everyone enjoyed themselves and the spirit behind it."

When the three day event concluded on Saturday the Officers' Mess had emerged victorious under the disguise of 1920's and 30's gangsters. Their victory was only a two point margin over Robin Hood and his Merry Men of the NCO's team.

The town finished in third place just ten points out of the running and the Junior Ranks were two points behind the town.

Aylesworth pointed out the positioning of the teams kept changing throughout the weekend with an extremely close race. He noted each event was worth nine points for a win, seven for second place, five for third place and three for fourth.

"Basically it came down to the two events which we don't post the winners of until the end," Aylesworth said, naming the skits and murals as those competitions. "No one knew who was the winner until I announced it on Saturday night."

The skits, held Friday night, and the murals were judged separately from the events.

Aylesworth explained a victory in Saturday's blind volleyball and a second place finish in the skits gave the officers the winning edge.

Other events that took place on the weekend were: a tug-a-war, a peri relay, blind curling, darts, shuffleboard, pillow fights, bowling, triathlon, snowgolf, water boiling, nail driving, log sawing, egg throwing, beer drinking, darts, shuffleboard, cribbage and euchre.

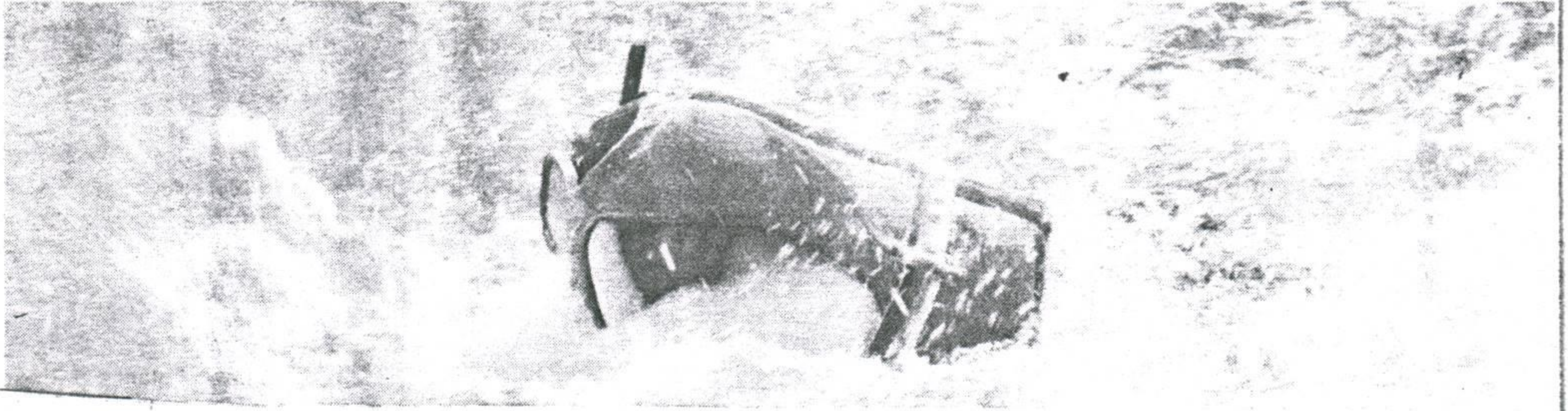
Along with the athletic endeavors, the participants enjoyed some relaxing hours during Thursday's Casino night and a dance on both Friday and Saturday. There was also a pancake breakfast served downtown on Saturday morning which saw 120 people come out.

The weekend concluded with Saturday's windup dance and the announcement of this year's carnival winners.

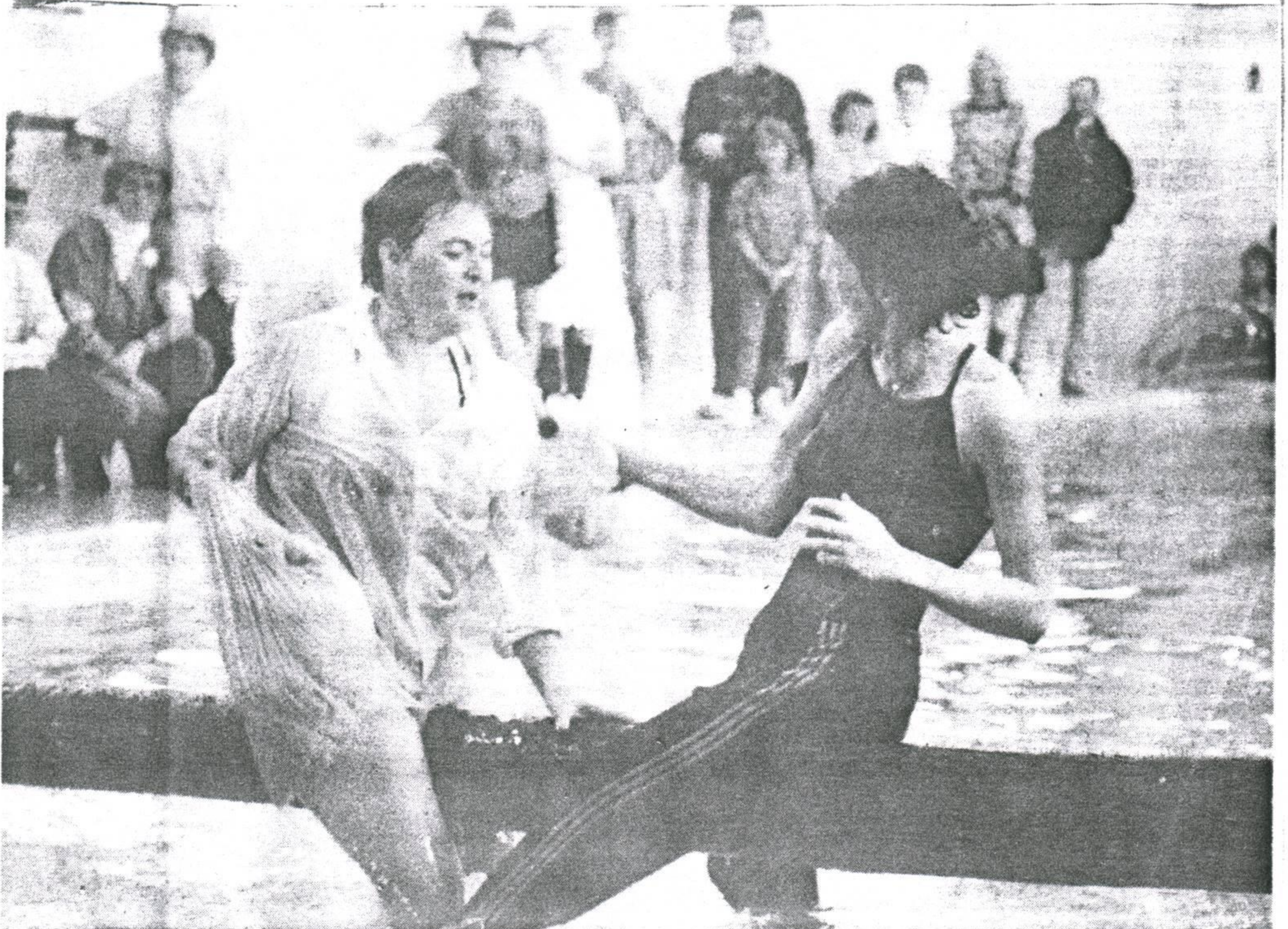


The final step of the triathlon is two laps of the gymnasium wearing a huge pair of winter boots.

Alsask Winter Carnival ends with a bang



An event which brought out the true spirit of the annual carnival was Friday's triathlon. Four pairs represented their respective squads with a male and female making the circuit which began with a length of the pool.



Last weekend, the Alsask Winter Carnival pitted three mess teams from CF 5 Alsask and one from the town against each other in several fun events. One of those was the pillow fights in the pool.



If you thought the other side was trying their best, you should try pick a winner from facial expression. Another enthusiastic pulling team their best in the tug-o-war competition.



Story
and
pictures
by
**LLOYD
MACK**
of the
Clarion

Kids play!! By definition it's not easy trying to peddle a tricycle as a grown up but it is fun. Several participants in the Alsask Winter Carnival found it was a lot easier to peddle one of these contraptions 20 years ago when they participated in the triathalon.

Letters 'n things

THE BERTRAND STEWART PRIZE ESSAY 1987

A legacy by the late Captain Bertrand Stewart provides a prize for the best essay submitted each year on a military subject selected by the Army Board of the Defence Council. The prize can be competed for by officers, ratings, soldiers or airmen who are serving, or who have served, in any of the Armed Forces of the Commonwealth.

Entrants for this competition may choose any one of the following three questions:

a. Current technological developments and associated equipment policy decisions will have their effect on the capabilities, and perhaps on the organization, of our Armed Forces for many years to come. Given a background of limited resources, where should our priorities in procurement lie and what changes in operational policy do you see as a consequence?

b. Progress in arms control has been unimpressive and, in the light of its built-in problems, the prospects for the future do not look much better. Discuss.

c. How do you see the use of simulation in all its aspects being blended with live training to develop the very high standards of operational and technical proficiency which are essential to meet the demands of modern warfare?

The prizes offered by the Trustees are: First prize: \$250, Second prize: \$100, Third prize: \$50. Commendations will be awarded to those competitors who do not win cash prizes but who, in the opinion of the

judges, have produced entries of special merit.

DAT offers the following special prizes to Army officers under the age of 26 on the date of closure of entries, 1 Jul 87.

First prize: 75 plus five years membership of the Royal United Service Institute for Defence Studies (RUSI) (currently worth 250).

Additional prizes: 25 each, at DAT's discretion and depending upon the quality of the entry, plus two years RUSI membership.

It is very much hoped that commanding officers will give serious consideration to the use of the Bertrand Stewart Competition as a means of encouraging those officers whom they have under instruction for PQS. They are asked to ensure that only those essays which are written in good English and which present their arguments clearly and logically are forwarded for judging.

The closing date for the 1987 competition is 1 Jul 87. Essays marked "Bertrand Stewart Prize Essay" on the envelope should be addressed direct to: The Secretary, The Bertrand Stewart Trust, Ministry of Defence, AT3, Room 205, First Avenue House, 40/48 High Holborn, London WC1V 6HE.

Conditions of entry:

a. The essays submitted must be not less than 3000 or more than 10000 words in length; they must be typewritten and submitted in quadruplicate.

b. The use of classified information must be avoided. Any such use will lead to disqualification.

c. The authorship of the essays must be strictly

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anonymous. Each competitor must adopt a motto and enclose with his essay a sealed envelope with his motto typewritten on the outside, and his name and address and date of birth inside.

d. The title and page of any published or unpublished work to which reference is made in any essay, or from which extracts are taken, must be quoted.

e. The essay will be judged by at least three referees to be appointed by the Army Board of the Defence Council. The majority decision of the referees will be final. If, in the opinion of the Trustees, the essays submitted do not come up to a sufficient high standard, they are empowered to withhold the prizes. Alternatively, they may, if they consider such a course desirable, divide the prizes equally among two or more competitors.

f. The results of the competition will be made known no later than Dec 87. The winning essay may be published in the British Army Review.

g. No responsibility can be held for the loss or return of essays, submitted for the competition.

20TH ANNIVERSARY CELEBRATION AND REUNION

1987 is CFS Mill Cove's 20th year of operation. To celebrate this auspicious occasion, festivities are scheduled for Fri, Sat and Sun 3,4 and 5 July 87.

Highlights for that weekend to include:

a. Registration and mess activities 1200 3 Jul.

b. Meet and Greet with cold buffet 1930 3 Jul.

c. Pancake breakfast 0930 4 Jul.

d. Station and Ops tour 1030 4 Jul.

e. Outdoor activities (if weather permits).

f. Banquet and dance 1900 4 Jul.

g. Commemorative church service 5 Jul.

h. Farewell brunch 0930 5 Jul.

j. Sunset guard ceremony 5 Jul.

All military and civilian personnel serving at Mill Cove over the past 20 years are cordially invited to participate in these celebrations to renew friendships with old acquaintances.

For further information and registration OPI for these activities is PO1 Bellemare at 427-7520 loc 140.

TUMBLEWEED COMMUNITY COUNCIL

presents

CFS ALSASK

FAMILY INDOOR PICNIC

Date: 21 March 1987

Time: 1100 - 1400 hrs.

Place: Rec Centre

Events: Three Legged Races
Sack Races
Balloon Race
Egg Race

Food: Hot dogs and hamburgers

Flyer to follow door to door



FROM THE COC'S PEN

Father R.L. Kleiter

Padre's Corner

CALL TO LENT

On March 4th the Church observes "Ash Wednesday" followed by the 1st Sunday of Lent, March 8th. These forty days of Lent are our traditional time to prepare for Easter, the Christian's most important feast.

Lent is the yearly celebration by the Church of its corporate conversion in Jesus Christ. During this season, the liturgy prepares catechumens to celebrate the paschal mystery by the various stages of Christian initiation. Lent also prepares the faithful for Easter as they recall their baptism and do penance in preparation for the greatest feast of the year.

Lent has two major purposes: it recalls baptism, or prepares for it, and it emphasizes a spirit of penance. Through forty days of closer attention to God's word and of more fervent prayer, believers are prepared to celebrate the paschal mystery.

At all times but especially during Lent, it is important to be aware of the social consequences of sin as well as the fact that the heart of the virtue of penance is hatred of sin as an offence against God. The Church too has a role in promoting penitential practices. We are also encouraged to pray and do penance for sinners.

Lenten penance should be external and social as well as internal and individual. In encouraging penitential practices, consideration should be given to the side possibilities in modern life, as well as to the circumstances of individuals and communities.

Ash Wednesday is a day of "proclamation". On this day the modern church echoes Joel's call to "blow the trumpet" and "call an assembly". Once again we "gather the people and "notify the congregation". Children and elders, the young and the old, women and men all gather as a worshipping community.

A fast is proclaimed, a season of repentance is announced, a desert journey is begun. The church once again proclaims that we are people of dust and calls us to make a communal effort to turn away from sin and adhere to the good news of the risen Jesus who awaits us at the end of our faith journey.

Ashes will be distributed at special Ash Wednesday Liturgies on March 4th. Please mark your calendar:

Marengo - 7:00 pm (Special Liturgy and Ashes)

Kindersley - 8:00 pm (Lenten Mass and Ashes)

Please note that the Sunday Liturgy of the 1st Sunday of Lent will be celebrated at St. Paul's Chapel on Sunday, March 8th at 4:30 pm instead of Saturday night.

"Blow the trumpet in Zion! Proclaim a fast, a call an assembly!"



CATHOLIC CHAPEL SERVICES

ROMAN CATHOLIC

Mass: 6:15 PM Saturday
Confession: Before Mass
by appointment
Baptisms: Please contact
Father R. Kleiter
Phone: 264 (Thurs only)
or 463-2306 Kindersley
Regular visits Thursday



Beaver Droppings¹¹



CAPTAIN'S LOG. STATIONDATE SC 2772

These are the messages of the Section C.E. Our two year mission - to seek out strange new work - to satisfy strange new life forms (MSE) - to boldly go where no man has gone before.

This is the first entry of the year, and as usual it finds CE busy. With every article we write, it seems more and more entries are edited. At one time we thought we would edit ourselves, but it left too much to the imagination. One entry was: "With our ProDO getting.....and really getting.....she is exhausted. But with less than two ... closing in, she has allends tied up. She knows, but she just has to patiently wait for it to come."

Capt Jerry "Lemieux" Schock and Dave Lee represented the CE section on the station Zone Tournament. The Capt got injured, but Dave carried the team to its good finish. (So says Dave.)

The carnival was deemed a complete success from our section. Not only did we get time off, but we came first in the commercial float category. Congrats to the officers for their first win in twenty odd years. The question in our minds is was it the ex Warrant Officer's training or CE mental preparation or combination of both that ensured the win.

Poor Chris is not poor Chris at all. At first we thought he had hurt his back, but the truth is that he has learned the Burr shuffle from Thing 1 and Thing 2.

Rumour has it that Cactus had a transfer, but the truth was that if Gordon ran one more shady hockey pool, Don was going to move him from the upright position to the horizontal position, and then transfer the remains to a six foot hole.

Poor Marian is having dental problems and she believes that the Gov't should pay. It is her belief that it is either from too much coffee or from gritting her teeth at all of Russel's dinner suggestions.

The plumbing shop is having a terrible time with the flappers (especially with the old one in the front office).

Things must have been pretty steamy in PMQ 14 last week. The water heater got so hot it started whistling.

Stay tuned for next month when we answer the following planet shattering questions:

Is Don growing a beard because he is an illegal immigrant?

Are Marian's tight clothes really a safety requirement, or is Russ reading the safety regulations to his advantage?

Do the Capt's trips to see his wife really cause a vitamin deficiency?

Is the only helpful hand you receive from MSE really a 16 hand in crib?

Does Ann really have a last name, or has she merely been faking it all these years? A contest to pick a real last name for her will be finalized in the next issue. Send your suggestions to the SCEO.

Can a certain beardless plumber really put both feet in his mouth?

Will the Officer's Mess remain Carnival Champions until eternity?

Will the RM Shop find their ball before the SLogO comes to take them back?

Transport Wheels are Turning



DRIVING WITH FRONT WHEEL DRIVE

A front wheel drive car may take some getting used to. No longer is the car pushed from behind by its rear wheels, it's now pulled by its front wheels. Since these are also the steering wheels, this arrangement gives the car its difference.

It may feel a little different at first but for most driving situations, no special skills are needed. Front wheel drive cars are specifically designed to handle in the same way as conventional, rear wheel drive cars. In fact, most people won't notice any difference.

The front wheel drive arrangement positions the entire weight of an engine/drive train unit over the driving wheels. While most cars are heavier in front than in the rear because the engine is up front, a front wheel drive car is even heavier in front because of the added weight of the transmission and differential directly over the front wheels. Compared to a rear wheel drive car where approximately 45 percent of the car's weight is on the driving wheels, as much as 60 percent of a front wheel drive car's weight rests over the driving wheels. This location of weight can help the driving wheels maintain their grip on the road. This extra grip can be an advantage in Canadian winter driving.

Although this advantage may help get the car going under adverse conditions such as snow, ice or heavy rain, don't expect any gains in braking performance under any driving conditions. Braking performance is not influenced by drive arrangement.

Regardless of whether your vehicle is front or rear wheel drive, when the going gets slippery, slow down. Adjust your speed to the changing surface conditions and drive accordingly. Caution before the fact is always the best solution.

In slippery conditions a skid may occur. If it happens:

- Keep your cool;
- Do not use the brakes;
- Take your foot off the accelerator;
- Follow your natural impulse and steer to keep the car going in its original direction;
- Don't over-compensate. When you feel the car regaining traction, start to straighten your wheels;
- Be prepared to handle a skid in the opposite direction.

Experienced front wheel drive owners may find that gentle acceleration will help the vehicle pull out of a rear wheel ski. If the front wheels skid, as is the case when entering a corner too fast, take your foot off the accelerator. The engine braking effect may slow the car to the point where front end traction is regained. If the skid continues, depress the clutch or select neutral. Freely rolling wheels are better able to regain traction.

Because of our need for more fuel efficient vehicles the front wheel drive car may become the standard of the future. As these changes occur we will learn to adjust. But, as we drive, we should always remember to drive with care for ourselves and the others we share the road with - no matter what type of vehicle we're driving.

(This article was taken from the Moose Jaw Plainsman dated 5 Feb 87)



"Let's pretend you're a spy trying to get secrets from me!"



"Joe! Can we stop something that goes 'Tinkle-whee-plonk-tinkis-whee-plonk'?"

STUDY FINDS BODYBUILDERS ARE OVERDOSING SELVES WITH PROTEIN

Bodybuilders who believe they need extra-large quantities of protein in their diet to maintain a musclebound physique have swallowed a potentially dangerous myth, say two researchers at McMaster University in Hamilton, Ontario.

Bodybuilders have only a slightly higher-than-normal need for protein and this is well covered by the average North American diet, say Dr. Stephanie Atkinson, a nutritional biochemist, and Dr. Duncan MacDougall, a physiologist in the department of physical education.

"Most people in our society eat much more protein than they require for healthy growth," says Dr. Atkinson. "In fact, it is difficult not to get enough protein."

But many weightlifters, encouraged by false information and advertising in muscle magazines and manuals, consume three or four times as much protein as they need. They frequently get this extra protein in the form of supplements (powders, drinks) marketed by companies in the weight-lifting industry.

"Not only is it wrong to say that weightlifters need big amounts of protein, it's dangerous," says Dr. Atkinson. Several studies indicate that a prolonged high intake of protein can do irreparable damage to the kidneys, she says.

In the words of Harvard Medical School nutritionist and kidney specialist, Dr. Barry Brenner: "If we were to look at a naturally created disease that would have an equal effect on the kidney as many bodybuilders' protein intake, it would be diabetes."

Dr. Brenner predicts a major increase in kidney failures in the next 15 to 20 years if bodybuilders keep consuming large amounts of protein.

To find out exactly how much protein the body needs for pumping iron, the two Canadian researchers tested six "Charles Atlases" from a local weight-training program. They estimated the protein retained in the men's bodies by monitoring protein intake in the men's diets and protein output in their urine, sweat and feces.

"Collecting urine and feces was simple enough," says Dr. Atkinson. "But to collect sweat, we had to ask each man to do his daily exercise regime in a climate-controlled room. After each session, we stripped each man of his gym clothes and wrung the sweat out of them. Then, we had the men step into a baby pool where we doused them with de-

ionized water to wash the sweat off their bodies. The water in the pool was freeze-dried and then chemically analyzed."

Dr. Atkinson says the recommended average daily protein intake for adults is 0.82 grams of protein per kilogram of body weight. For bodybuilders, that number is only slightly higher - 0.9 to 1.2 grams.

Dr. Atkinson estimates the average North American young man consumes 1.5 to 1.6 grams of protein per kilogram of body weight - "more than enough to cover a weightlifter's protein needs."

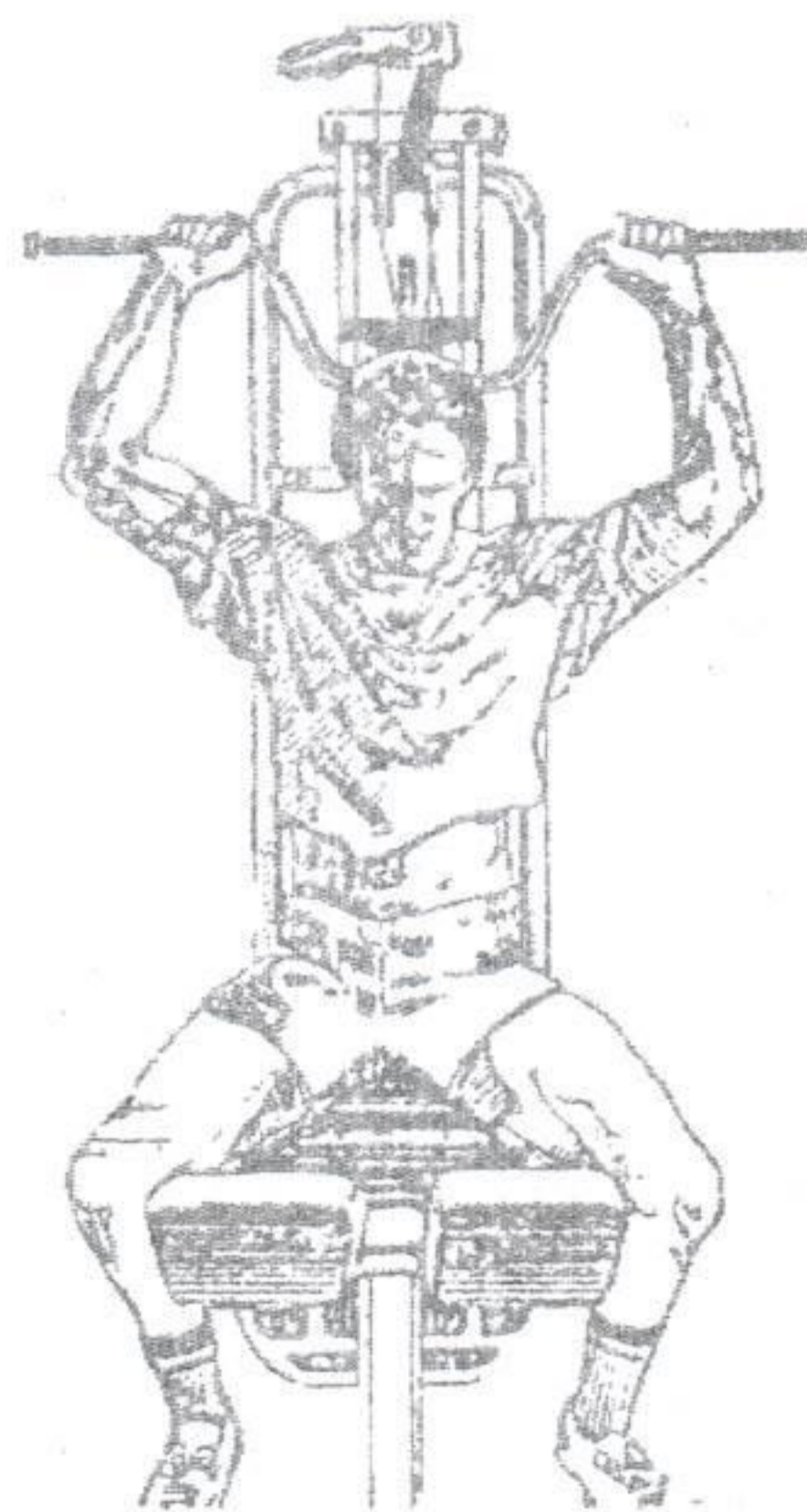
The bodybuilders that Dr. Atkinson monitored had an average intake of 2.8 grams of protein per kilogram.

"My advice to bodybuilders is to eat a variety of foods - follow Canada's Food Guide - and to eat enough of them to maintain present body weight," she says. "You definitely do not need these protein supplements."

Dr. Atkinson emphasizes that the project studied bodybuilders who had already-developed muscles. Protein requirements might be somewhat higher for people trying to build up muscle, she says.

Dr. Atkinson and MacDougall were assisted by medical student Mark Tarnapolsky. Their research was funded by the Ontario Ministry of Tourism and Recreation.

(Canadian Science News)



Tumble-weed



TUMBLEWEED ADVERTISING POLICY

There is no fee charged for advertising in the Tumbleweed. Submit your ad to the Editor in writing, with the number of times to run. If your getting results please contact the Editor at 278/2631 to discontinue. The tumbleweed staff is not responsible for errors in advertising.

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WANTED

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Phone: 2212

Hours:

Tuesday: 10 - 7
Thursdays: 10 - 3
Saturdays: 10 - 3

Loretta will be in on Friday Feb 20th.

MARY SANOY wishes to thank all her AVON customers for their past business.

She announces that

DIANE MOSS (2272)

will be selling AVON in the town of ALSASK and that

GWEN MARTIN (2692) eves & Sat (2670)

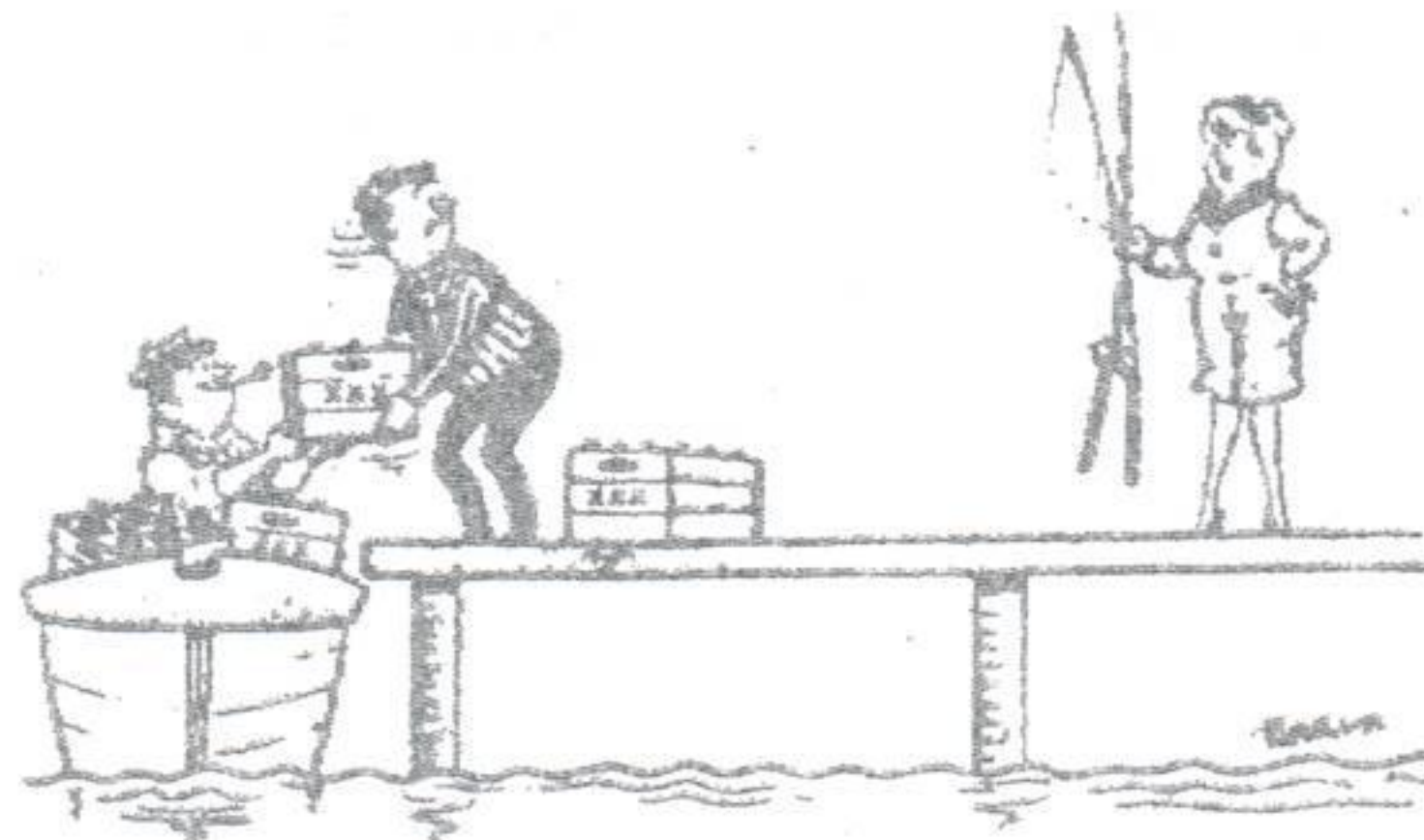
will be selling AVON at CFS Alsask and in the rural area.

BABYSITTERS LIST

- Jennifer Anderson....2274
- Valeria Anderson....2274
- Tracy Clements.....2689
- Cathy Brownrigg.....2232
- Marcie Desrosiers....2630
- Daniel Desrosiers....2630
- Katrina Frank.....2314
- Jacque Lindal.....2641
- Lesley Lindal.....2641
- Stefan Lindal.....2641
- Ivan Peters.....2292
- Mary-Ann Petrie.....2684
- Candice Reum.....2693
- Allen Roy.....2375
- Grace Sommerville....2335
- Jonita Sommerville...2335
- Lizanne Sommerville.2335
- Crystal Winter.....2433
- Valerie Winter.....2433

FOR SALE

Model 870 Remington 12 Gauge Pump, 3 inch magnum, full choke with 2 3/4 variable choke barrel extra. Plus shells, belt and cleaning rod. Excellent condition, \$500.00 firm. Ph: 968-2314 or 968-2401 ext. 225.



"Haven't you forgotten something?"

ENTERTAINMENT

Officer's Mess

28 Feb 87 Dinner and Mugging Out

WO's/Sgt's Mess

20 Feb 87 Mess Dining-In (Wives and Associates)
 24 Feb 87 All Ranks Bingo
 27 Feb 87 Closing Out BML
 28 Feb 87 Pot Luck closing out party

Junior Rank's Mess

20 Feb 87 TGIF
 27 Feb 87 TGIF
 28 Feb 87 Closing Out Party

Mixed Functions

21 Feb 87 Dart League Wind-up Party (WSM)
 24 Feb 87 All Ranks Bingo in WSM
 02 Mar 87 Official Opening of ARC

BATTLE OF THE BULGING



EAT WELL, LIVE WELL

T.M. The Canadian Dietetic Association

Until recently, most people equated physical fitness with bulging muscles. PARTICIPaction, however, has always taken the position that fitness starts with a sound heart - a muscle, to be sure, but not the one that's going to win the Mr. or Ms. Universe title.

Still, anyone striving for overall fitness must work on developing skeletal muscle tone as well as cardiovascular fitness.

Understand, when you start a program involving calisthenics or weight training of any kind, you're not aiming to build a body beautiful - although that may result.

Your goal: to achieve strength and muscular endurance. Keep that simple premise in mind and your efforts in the gym will pay greater rewards.

Any qualified instructor will tell you the basics:

1. A good program will involve resistance exercises and repetition of those exercises.
2. It makes sense to start with light weights and add poundage as you are able to complete your repetitions.
3. Good form is imperative which means slow, deliberate controlled movements whether you're curling a dumbbell or doing a push-up.
4. A proper execution of a movement involves working the muscle through a full range of motion.

As you can imagine, you'll begin to pick up a myriad of other pointers once you start to work out with P.E. & R. staff guidance. You'll learn proper breathing techniques, how to concentrate only on the muscles being exerted, how to warm up and cool down and much more that will speed your progress while reducing the chance of injury.

Most important, you'll quickly overcome the false notion of "No Pain, No Gain". PARTICIPaction believes that *if it hurts, stop doing it!* We prefer the slogan: "Train, Don't Strain!"

Getting into a gym may seem a nuisance or unnecessary to some people. However, the benefits of regular, intense exercise last a lifetime - and only you can do it.

And PARTICIPaction knows that as a member of the Canadian Forces, you *can* do it!

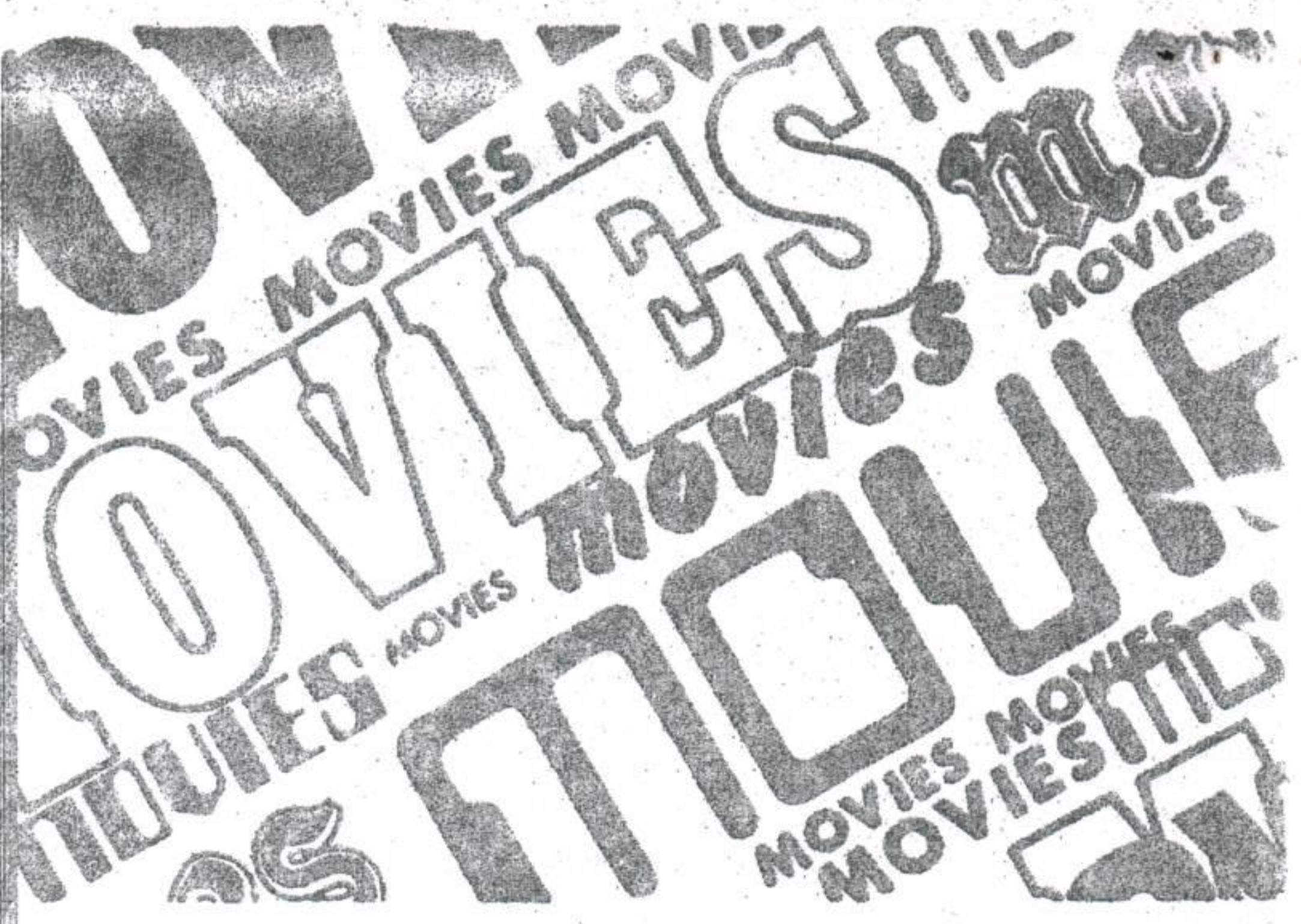
16 All movies shown in the Parish Hall are rated by the Canadian Parents Movie Guild. Admission to these movies is regulated as follows:

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

ADMISSION

SHOW TIMES SUNDAY MATINEES 1:00 PM

50 cents

20 Feb	OUT OF AFRICA Meryl Streep, Robert Redford	PG
	HEAVENLY BODIES Cynthia Dale, Walter George Alton	R
27 Feb	HAUNTED HONEYMOON Gene Wilder, Gilda Radner	PG
	CROSSROADS Ralph Macchio, Joe Seneca	R
06 Mar	TOP GUN Tom Cruise, Val Kilmer	PG
	HEARTBURN Meryl Streep, Jack Nicholson	R

22 Feb	THE SWORD OF STONE Animated	G
01 Mar	ARISTOCRATS Animated	G
08 Mar	HERBIE GOES TO MONTE CARLO Don Knotts	G

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

I give my child: _____
 (Name, Initials Age)
 permission to attend: All (R) rated movies
 Only the (R) rated
 movie.

Movie Title: _____
 Parents Name and Signature _____

