



SUPERMEN—THAT'S US!

PHYSICAL FITNESS PROGRAM STARTED

By F/S Kelba, S.W.O.

"P. T." What a word! Hated by everyone. So we will change it and make it sound more pleasant. It is now known as Physical Fitness.

What is Physical Fitness? It is a means whereby airmen can be brought into the best possible physical condition to fit them for modern combat, flying overseas and meeting the enemy on an even footing. It is a known fact that our enemies have been stressing youth movements for years developing their man-power for war. We unfortunately failed to keep up with them.

Our main theme at the beginning of the war was to get aircrew into the air as fast as possible. Now that we have gained superiority in the air, we can afford to strive for the peak in man-power capabilities. Physical Fitness, according to statistics, is the coming important subject not only in Canada but overseas as well, and men must keep fit.

With the summer months coming on, we can carry out an extensive program out-doors. Some of our aims are to create a competitive spirit amongst airmen and officers in organized sports, and to organize boxing and wrestling. Our obstacle course is now finished and is a honey. It is the most natural site I have seen in quite some time, and should make you really work to cover it in good time.

So, all in all lads, we have a lot in store for you, and anyone who isn't in shape, and does not try to be so, actually will have no one to blame but himself. Keep fit lads. Once you have started, personal pride will not let you stop.

MUSCLES INCORPORATED!



F./L. "MIKE" OZARKO



CPL. "BUS" WYCHERLY

No. 20's Physical Fitness experts, F./L. Ozarko, pigskin pusher of the R.C.A.F. Hurricanes, is directing the program, and Cpl. Wycherly, ex-puck chaser for New York Americans, puts the boys through their paces on the field.

THE METROPOLITAN AERODROME

By F/S "Nels" Schroeter

For one day last week this airport really let down its hair and rolled out the "welcome" mat. The control truck, with trigger-fingered operator, was flashing so many green light "O.K. to land" signals it looked like a flickering neon sign you might see outside the Casa Manana.

Not to mention fifty some Moths trying to make holes in the circuit (no pun here) as they had to land sometime (safe endurance 2.15 hrs.), there were Cornells, a Piper Cub, Stinson 105, Lockheed 10, Oxford, Beechcraft, Cessna, Ansons and Harvards humming around and in all making our usually routine and somewhat quiet airport look like something out of the Bucky Rogers' era.

The Cornells are here to stay, it seems, with a rumour of a full quota by July, so it may be farewell to the good old Tigers. I feel I should say good Tigers, as many of us who have taken a rib for flying the little kites, feel and know that they are really a good safe elementary aircraft, in which thousands of boys have been trained to become the best pilots of this generation.

"Harvard 3815 is the flying instructors' "dream come true!" For three years now Elementary Schools have been fighting for the use of a Service Aircraft for its instructors. Mainly, the reason was to let him have a change from the day-after-day monotony of the light aircraft, to the freedom of no students and powerful

(Continued on page 3)

HARVARD STEP TEST EXPLAINED

By F/L "Doc" Thomson

War has been defined as "long periods of boredom and inactivity interspersed with short periods of very intense activity."

Although the intense activity on an elementary flying station does not take the form of the screaming bombs, roaring cannon, flashing tracers or rumbling tanks usually associated with war, there is one brief five-minute period in the life of all aircrew who pass through our hands that is filled with intense activity. This takes the form of the well-known and not a little confusing Harvard Step Test.

To help clarify some of the questions regarding this test we should have some knowledge of the psychology of fatigue, that is, what happens when we become tired. When we work our muscles contract and expand. This requires energy, which we obtain from food, particularly sugar. Sugar is stored in our muscles in the form of glycogen. The chemical process whereby glycogen is converted to energy not only causes the muscles to contract but also gives off a waste product in the form of lactic acid, which acts as a poison and makes the muscles more and more difficult to contract. This poison must be carried away in the blood stream, so our heart beats faster, our pulse rate increases and our breathing increases in an effort to remove these waste products. The rate to which our pulse increases and the length of time required to return to normal are indicative of our state of health, and this is the fundamental of any test for physical fitness.

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VICTORY LOAN HUGE SUCCESS

No. 20 showed them how it's done, with the successful bond drive going many thousands over the quota. The sales for airforce and civilian personnel are as follows:

The civilians purchased 139% of their quota for a total of \$24,950.00, and the Airforce total was \$37,500.00 tripling the objective of \$12,500.00. The contest held between courses lined up as follows:

Course	Total Value	Percentage of Basic	
		Pay	
102	\$5,100	28½%	
104	3,800	25%	
103	3,900	21%	
107	1,950	19½%	
101	3,050	18½%	
106	1,550	17%	

The winners, Course 102, for their award, were given their graduating dinner by the Company.

NOTES 'N NONSENSE

Spring affects people in different ways; for example: some go around trying to catch butterflies like "Doc" and Bert. Others go around trying to catch flies, which resulted this time in a beautiful shiner for Joe Cunningham, incidentally Joe was playing left field.

Kingston will make history if Billy Marsh has anything to do with it; he will be winged any day now.

He will also have the able assistance of C. Fournier, who is now P.O. and instructing out West. Red Whitfield will certainly keep his end up, down on the East coast with the R.C.N. V.R.'s.

Then there was the P/O who dreamed he was instructing a pupil, and wakes up to find it was true.

S.M. How long have you been working at this Aircraft?
G.S. Ever since I saw you coming across the hangar.

What Flight Lieutenant in the Testing Flight has been seen on the fairways at the Oshawa Golf Club all alone? What a driver!!

"Joodles"

Another month has rolled along and here I go again on my ramblings, but still say you folks could help me out with some more info, please! But don't be like the LAC who mailed his letters to his sweethearts in me. . . . Understand Glen Black had to be told the story behind last month's rib, "Colour Change" tsh tsh. . . LAC's Riberio and Perez of Peru showing the boys how it's done on the gymn floor in their home land. Understand these lads played professional basketball down there. . . F/L Charlie Cawker looked cute in his striped shorts the other night on the gymn floor. . . A new recruit for the obstacle course is Fred Mercer; we hear Fred wonders which will break first, the course or him. . . Dorothy Miller and Elsie Dodwell getting their noon-time suntan between the wings of G.I.S. building, you fellows stay away. . . and Marg. of the paint shop throwing a kiss to a L.T.I. one day last week, lucky fellow. . . Hear Ed "available" Stumpf acts as pin boy now and then, "anything to help," says Ed. . . "Cathy" Birmingham riding "Pappy" Burn's Link like a veteran, "atta gal" . . . and pretty dark eyes of the airmen's dining room playing Juliet with an LAC (handsome too) on the steps of the Grand Cafe. P/O "Pop" Woods giving the girls heart throbs in his new uniform at the Sgt. dance. . . and who is the gal with the nice voice who calls LAC Harris. . . the boys from Fort William after phone numbers, any offers gals. . . LAC Thomas' secret hope, to fly the link as well as he can play boogie woogie on the ivories. . . and the messing staff are wondering why they weren't asked to join the ladies' bowling league.

That's all, folks, TOODLES

NO KIDDIN'

We would urge the gals on the Station to cut down on candy bars. If they don't watch their figures, the boys won't.

COULD BE

Did you hear about the man and wife who were sitting alone one night when the phone rang. The husband went to answer it. On returning his wife asked him who it was and he replied, "Some darn fool wanted the airport, I guess—he asked if the coast was clear."

SPORT GOSSIP

By F/O Hitchcock

The big news in sports this month comes as a result of a three-day conference in Toronto, from which F/L "Mike" Ozarko emerged with plans for the construction of a 440 yard cinder track. The new track, which will be completely equipped for track and field events, will be larger than the one at Varsity Stadium. Some idea of its size can be had by noting the provisions made for various activities inside the oval. These include: Discus circle, hammer throw, shot putt, jumping pit for the broad and high jump and pole vault, and two baseball diamonds.

Speaking of track and field, rumours are circulating that we can look for a Commanding Officers' Field Day in the not too distant future. Hope to have more news of this shortly.

The ball league is well under way and judging by recent scores there is no scarcity of heavy hitters on the teams. Challenges have been received from several other stations, notably the Island Airport and 6 R.D., Trenton, and scouts have been eyeing the players here for material for a strong squad to represent No. 20. The team will likely be making several trips during the summer, so let's get out to every game and show our stuff. Play ba-a-ll!

The new Commando course has been tested now by most of us, or vice versa, and leaves little to be desired. Rugby and Commando work seem to have something in common, as two of the three best times turned in for a circuit have been by former Hurricane players, namely F/O Engels and F/L Ozarko. F/O Engels set the pace with a mark of one minute and 38 seconds. Our all-round athlete F/S Nels Schroeter was a close second at 1:42, and F/L Ozarko came third in 1:47.

News and Notes: Sports Officer F/O "Wish" Saunders promises big things in the offing for the summer sport season. . . . Volleyball enthusiasts will soon be able to play their game outdoors when the equipment is set up. . . The swimming pool is being readied for use. . . New weight lifting accessories are on order to supplement what we already have. . . The tennis courts are being rolled and surfaced and will be in shape at an early date. . . And bowling and badminton are available at all times. . . Home was never like this.

F/L CAWKER TAKES HONOURS IN SWIM MEET

Squadron Commander F/L "Charlie" Cawker, heading our six man team, cleaved his way to victory in the Toronto District Swim Eliminations, held in the Hart House pool, University of Toronto.

With only one short practise swim at the Central Y, Toronto, F/L Cawker managed to whip together a six-man team to enter the elimination contest, and although they entered only five events out of nine, total points to count, they earned a playoff berth in the Command finals, beating out some really strong competition in the bargain. Our team and the events they swam were:—

F/L Cawker—50 yd. free style.

L.A.C. Green—50 yd. breast stroke.

L.A.C. Sheridan—50 yd. back stroke.

L.A.C. Slighte — 100 yd. free style.

L.A.C. King—200 yd. relay.

L.A.C. MacFarlane — 200 yd. relay.

L.A.C.'s MacFarlane and Sheridan were posted, so we lost them for the Command finals, which were held at the same pool, and which attracted a large gallery. Still our team, being two men short of the standard swim combination, put up an admirable show and drew many plaudits from the spectators. L.A.C. Green led the field in the breast stroke, as did Slighte in the 100 yd. free style, but both slowed down on the last half—definitely due to lack of practise, as they certainly had the ability. A few times over F/L Ozarko's Commando course will really whip these boys into shape.

The highlight of the evening was without a doubt the 50 yd. free style event featuring such top-ranking swimmers as F/S "Ben" Gazelle of Dunnville, L.A. C. Brooks of Trenton and F/L Cawker. Incidentally these three have been in many Canadian competitions which insured plenty of rivalry. The sound of the pistol-shot was still ringing in our ears

(Continued on next page)

TAR-MAC

Published monthly for the personnel of No. 20 E.F.T.S., Oshawa, Ontario.

Editor

Flight Sgt. Jack Waite

Associate Editors

Flight Sgt. Nels Schroeter
Mr. Vic. Bartley

SASSIFIED ADVERTISING

Rates Free. We except everything. Have you anything to sell, give or get rid of? Let us do it for fun.

WANTED—Some sunshine for leg tans by all the gals on the Station, to eliminate the stocking shortage problem.

WANTED—Badminton lesson for reasonable fee. Apply P/O "Pop" Woods and P/O Tommy Calledine. Also the Editor.

WANTED—2 silencers for motorcycles. The drivers make a heck of a noise coming in after their romancing in town.

OUR FAIR LADIES

When you're down in the dumps and things are going wrong, a cup of coffee will fix you up. The canteen personnel are always on hand to cheer you up with genial smiles and friendly manners. These four charming ladies deserve a lot of credit for their efforts. Bouquet to Mrs. Heise, Gibson, Lyons, Rooney.

SWIM MEET

(Continued from page 2)

by the time the five finalists were half-way down the first length, Gazelle taking a slight lead. At the turn Cawker gained a stroke and caught up to him. Half way back on the last lap, Brooks pulled up even and the spectators stood up to see what should have been a "photo-finish." That long arm of 6'2" Gazelle, however, reached over and slammed the end of the pool a half a hand ahead of Cawker's, with Brooks a hand behind him! Talk about exciting—I just about swam the race myself — at least I felt as though I had.

The Command Championship went to Belleville I.T.S., but #20 is preparing already to carry away the honours next season, and with F/L Cawker as coach we intend to do just that!



BY "THE DOORMAN"

There's a story about a Hollywood producer who was impressed with the first play he saw by Shakespeare. He wired the English agent to sign him as a writer. "Shakespeare Dead," came the reply. The producer wired back: "Sorry Send Flowers." . . . There are 412 of Canada's 1,100-odd theatres in Ontario, according to the annual report of O. J. Silverthorne, chief censor of the Province. The report is an excellent summary of the industry as a whole and deals well with the problem of Juvenile Delinquency and motion pictures. . . . Gertrude Niesen startled New Yorkers by wearing a hat with a bird cage on top—housing a live canary! . . . Director John Farrow, who was retired from the Royal Canadian Navy because of ill health, was decorated with two service medals recently by Captain Joseph P. Connolly. Farrow can't get away from the sea, he being busy right now with "Two Years Before the Mast."

A real case of casting trouble developed with "A Tree Grows in Brooklyn." The studio couldn't find the essential Allan thus Glandulosas, a type of tree peculiar to Brooklyn. Looks a though even the trees in Hollywood have doubles . . . Cashier of a Toronto theatre, Mrs. Ann Fritz, admired the turban worn by Gracie Fields at her Victory Loan concert and told her so by phone. The theatre was playing an old Fields film. Next day Gracie and husband showed up to see it. When she had gone it was found that the turban had been left behind for the cashier. . . Roy Rogers, the cowboy star a dead shot with a sling. Archie Laurie, who handles his films in Canada, let Rogers shoot the cigar out of his mouth at twenty paces. This was during Rogers'

recent visit to Ontario, where he was a great hit. . . . Linda Darnell, just turned 21 and a star for six years, is of Indian ancestry.

Hollywood folk, reputed to be sophisticated in their tastes, gave a party in honor of Fibber McGee and Molly, presenting them with two heifers for their ranch. It's nice to see homey folks getting along. . . . Among the old-time stars planning a comeback is Carmel Myers. Remember her? . . . When Jesse Lasky made "Puddin'head Wilson" years ago Frank Reicher directed it. Now he's an extra in another Lasky film, "The Adventures of Mark Twain" . . . There's talk of a film about the life of Tommy Manville. Where will they get enough girls to play his wives? . . . Judy Garland will play a straight dramatic role in "The Clock." No songs. Judy and husband Dave Rose, famed orchestra leader, will separate permanently.

They pelted Frank Sinatra with pennies the other day in Philadelphia. In Rudy Vallee's day as top crooner they tossed grapefruit at him. Probably cost too much today. Nobody jokes about actors being egged any more. The throwers would probably be locked up as hoarders. . . . In "Murder, He Says," which stars Fred MacMurray, Marjorie Main will play a pipe-smoking, gun-toting gal who has put five husbands in their graves. Maybe they'll make a Western star out of Marjorie to catch the feminine juvenile trade. . . . Little Margaret O'Brien has been classified as their favorite "Safety Pin-up Girl" by soldiers in the Aleutians. . . . "Going My Way," which stars Bing Crosby and Barry Fitzgerald, is one of the grandest sentimental films in the history of the movies.

GUN CLUB STARTED

The Ontario County Rifle Club is well under way now, having had many successful shoots. Many of its members are now in line for their bronze award, S. Irvine, J. Law, M. Brown, B. Edward, J. Richardson and C. Wrenshall have done some mighty fine shooting.

The Club was organized by Chas. Barton and Johnny Richardson for the purpose of some real sport and nights of entertainment. Everyone is welcome, and is entitled to try for the awards.

All those wishing to join the Club will find the welcome mat out in front of the range any Tuesday or Thursday night.

LOOKING BACK

In the last month Courses 101 and 102 have graduated and are on their way to Service Schools, Course 101 had a very fine record with LAC Shields carrying off the coveted Ronson lighter, with highest average in Ground School and flying. Course winner of 102 was Sgt. Perry and this Course won their graduating dinner for buying the highest percentage of Bonds. The banquet was given by the School.

MODERN AIRDROME

(Continued from page 1)

heavy aircraft to brush out all the cob-webs that invariably accumulate after a stretch of elementary instructing. Now however, Command kills two birds with the same aeroplane, that is, it takes care of the former situation, and in addition eliminates the refresher course for overseas postings—providing enough time is put in on the type.

Incidentally, getting back to light A/C, here's a little bit of interesting news. The Stinson mentioned before as one of the visiting A/C and being piloted by Mr. George Dunbar, a real veteran of the cent-a-pound days, was preparing for a trip to Jamaica! That's quite a flip for a plane that is smaller and slower than any R.C.A.F. elementary craft, so this station wishes George "Bon Voyage" and happy landings. George was here to visit his younger brother who is in Course 103, and we certainly hope the latter will keep plugging to attain the flying ability of George.

P.S.—Word has just been received that George landed safely at Jamaica.

OSHAWA BUS SCHEDULE

Four Corners to Airport

7.15 a.m. Daily
7.45 a.m. "
8.45 a.m. "
11.00 a.m. " except Sat.
2.40 p.m. "
4.40 p.m. "
6.50 p.m. "
6.50 p.m. from Ross' Cor's
10.10 p.m. Daily except Sat.
11.37 p.m. Saturday only.

Airport to Four Corners

7.30 a.m. Daily
8.00 a.m. "
9.00 a.m. "
11.15 a.m. " except Sat.
2.15 p.m. "
3.00 p.m. "
5.10 p.m. "
6.22 p.m. "
7.20 p.m. "
12.10 p.m. Saturday noon only

NO BUS SERVICE SUNDAY

WITH THE K. of C.



Ed. Stumpf, Supervisor

When on your way to the hangar keep your eye on the Sports Board and keep up with the standing of your flight. This is going to be very interesting, to see who is flying along on top and who is in the cellar. So get on your toes fellows, who wants to be a cellar dweller.

With our Duty Fitness programme going along in full swing the call for sports equipment has greatly increased. We have equipment on hand for Softball, Badminton, Basketball, Tennis, Rugby, Soccer, Boxing and Gym Equipment. All of these are being played throughout the course of each week.

The bowling alleys see lots of action. These are in use every day and evening.

Our movies are now being shown in the Recreation Hall on Sunday and Wednesday evenings. The stage is now fitted out with a 9' x 12' screen and the projector with a 3 1/2" lens. This added to the comfort of the hall makes a movie the ideal way to spend an evening on the station.

If you have any mending or darning, leave this at my office. When you are there turn in your dirty flash for a clean one.

The tickets for Roller Skating will be ready in the very near future so watch your weekly bulletin for this announcement.

In conclusion let me remind you again. The Sports Board will give you the date and time when your flight must field a team. By doing this you will be co-operating very helpfully with F/O Saunders our Sports Officer who is doing a grand job for us.

WEDDING BELLS

Yes the bells will ring for none other than Clayt. Wrenshall, C.G.I., and Elsie Dodwell of Publications, around the first of August. Clayt. has been C.G.I. since the School's inception and has a very fine record here. Elsie has been dishing out the publications for over a year and her winning smile and personality have made many friends. GOOD LUCK and BEST WISHES from all.

"As You Like It"

By F/S Nels Schroeter

COMMANDOS!!

Men, here's your chance to get in shape so that you can handle that big fellow across the tracks who has been beating you up since you were old enough to pick up a rock! It's our brand new Commando course, laid out in a natural setting by our two P.T. and Drill experts, F/S S. Kelba and Cpl. "Bus" Wycherley. "The course," says F/S Kelba, "is about the toughest and best I've seen—definitely the best of any at Elementary Schools." Incidentally this is the third course he has completed, and take it from me, he hasn't missed anything.

All the obstacles in the course have been built to specifications from Command, scaling the 10 foot wall being perhaps the toughest. Everyone going over the course is timed—the average about 2 minutes. The record is 1.37 min., but a few are still dragging it out to 3 min. It's a thrill to see a "commando" start out over the log hurdles at a terrific pace, up over the fence, stepping stones over the marsh, to suddenly come to a halt as he slithers through the wooden tunnels. The latter sort of takes it out of him, and from there we see him jog out of sight over the hill on the back stretch. A few moments elapse, during which he has crossed a 20 foot slimy creek by means of the hand over hand method on ladder rungs 10 feet overhead (and not a few have taken a plunge), before he is seen again, panting uphill to approach the wall. If he scales the wall successfully the battle's practically over, except that he has to clear a 12 foot moat by means of a rope hanging in the middle, for which he must make a headlong dive, grab the rope and swing to the far side, and then it's just a quick dash to the last fence (actually a rapid crawl, if you could see them) and you're there. That is, you're there if you have the strength and will-power to pull yourself over the fence.

And to think all that takes only 2 minutes! But what exercise! What training! What—oh well, better come out and try it yourself.

P.S. F/L "Doc" Thomson is always on call.

F/L JACK LAMBE HAS ACE STUDENT

"One of our aircraft is missing!" moaned F/L Lambe the other day, but was relieved when he saw it taxying up in front of "A" flight after an hour and a half. And who should be at the controls but that popular hero of the Battle of Britain—F/L Don Morrison, D.F.C., D.F.M.

As everyone knows, Don was wounded in the leg during one of his terrific sorties with the enemy and it was necessary that it be amputated. Nevertheless, with a new leg and plenty of determination, not to mention his devotion to flying, he has staged a marvellous come-back and already handles our little Moth with ease, although it's not quite like his old Spitfire.

F/L Lambe has the envious job of coaching this ace, and as Don himself says, "It's practically like learning to fly all over again in some respects." However, it shouldn't take too long before he's back in the groove again, in fact he's out practically every morning first thing getting his hand into things and flying out of "A" flight.

"What advantage will be made of Don's experience and ability is undecided yet," stated F/L W. O. Brown, C.F.I., but it's rumoured he may become an instructor. If he acts in this capacity, there are certainly going to be a lot of lucky students.

"SOMETHING NEW HAS BEEN ADDED"

Genial "C" Flight Commander F/L George Hurren, AFC, promoted from Flying Officer. P/O "Pop" Woods, Tommy Calladine and P/O Harry Sklar, received their commissions in May. P/O Woods, ex-president of N.C.O.'s Mess and P/O Calladine, ex-senior WO of the Station, will be missed by the Sgts. Mess. WO2 Bill Tilt, the Ford glamour boy, and F/S Kelba, that obstacle course master, both received their present ranks this month. Congratulations, fellows, from TAR-MAC.

HUMOUR ??

Her: "I think dancing makes a girl's feet too large, don't you?"

Him: "Yeah" (pause—)

Her: "I think swimming gives a gal awfully large shoulders, don't you?"

Him: (Pause)——"You must ride quite a lot, too."

—:—

Every man has it in his power to make one woman happy—by remaining a bachelor.

—:—

A sense of humor is what makes you laugh at something which makes you mad if it happened to you.

—:—

She: Thanks for the hug.

He: Oh, the pressure was all mine.

—:—

"What is experience, dad?"

"Experience, my son, is the name men give to their mistakes."

HARVARD TEST

(Continued from page 1)

There are various ways to find out just what our physical condition might be. For example, if one could run the hundred yard dash in eleven seconds or swim five miles or perform some weight-lifting feat with apparent ease one would be in good physical condition. The question arises, "What can be used as a standard to measure physical fitness?" The answer was found in a test evolved some years ago in the Fatigue Laboratory at Harvard University and known as the Harvard Step Test. Many other tests were studied and various groups subjected to experiments and when all the data was gathered it was seen that the Harvard Step Test was the most uniform, most easily conducted, most generally applicable and least expensive of all that had been investigated.

For those not familiar with the test, briefly, it consists of stepping up and down on to a bench twenty inches high, thirty times a minute for five minutes. For the average individual this requires a good deal of effort, but it can be done. For the person whose physical condition is below par this becomes a supreme effort.

With so much importance being placed on health and physical fitness, and with all the facilities at hand for the attainment and maintenance of perfect physical fitness it is expected that the Harvard Step Test will shortly hold no terror for any member of this Unit.