

4 (F) WING (RCAF)

Schwarzwald Flieger

4 (F) Wing Presented Chadburn Trophy



PUBLISHED BY
4 (F) WING RCAF



BADEN - SOELLINGEN
G E R M A N Y

VOLUME VI • DECEMBER 1959 • NUMBER 12

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# Christmas Message

from the Commanding Officer



Once again that most wonderful period of the year is with us. Compassion, goodwill and fellowship are everywhere overrunning inhibitions of a parochial workaday world.

It is a time for serious reflection upon events of the past twelve months, — a rededication to help the weak, succour the poor and needy, to eliminate our weaknesses and deficiencies; and generally to enhance our personal and collective contribution for the betterment of our community and nation.

It gives me the greatest pleasure to wish all present and past Four Wingers, — service, civilian and dependents, — a Very Merry Christmas and a Happy And Successful New Year.

## Canada Savings Bonds

I believe it was Cpl. Pill Steakstear, the bard of Bill Bailey's bar-room, who once said;

Breathes there an Airman with so much dread  
That never to his frau has said,  
"We must save money!", and she responds,  
"No sweat — buy Canada Savings Bonds."

Apparently there are a lot of "four wingers" who subscribe to this bit of frantic iambic because, once again, 4 Wing has gone over the top in the sale of Canada Savings Bonds.

The total monies involved in this year's sale amounted to \$ 261,750.00, which figure exceeds last year's by \$ 23,600.00. Out of our total strength there were 585 of you, or 52%, that had the foresight to climb on the Bond Wagon.

Congratulations to all of us, and particularly those who know a good saving when they see one.

Investing in Canada's future, is investing in your own future. F.P.

John Griffin Library

## Suggestion Pays Off



Pictured above is Sgt Owen of 4(F) Wing receiving an award from the C of S 1 Air Div for his original suggestion for a Jiffy harmonization board.

This is a device used to check alignment of electronic gun-sights in the CF 100. The same system has been used successfully for some time on Sabre aircraft and since its adaptation to Canuck aircraft has proven very useful particularly during air firing exercises in Sardinia.

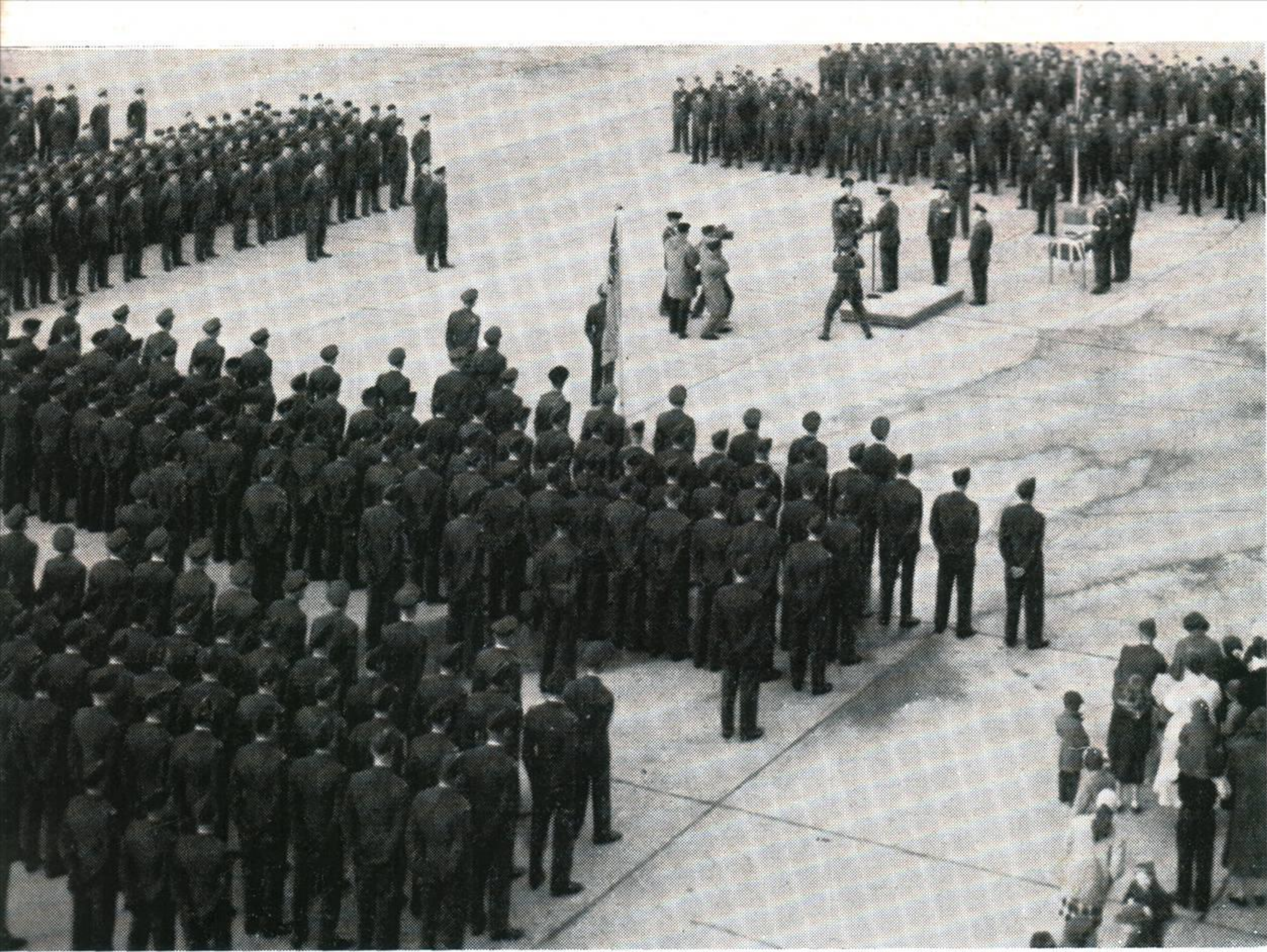
**Building the Bomarc** — Canadair has been awarded a further contract amounting to \$ 2 million for the production of wings and ailerons for the advanced, B version of the Bomarc missile. With the \$ 5 million contracts it received last year, Canadair is the sole manufacturer of wings and ailerons for the Bomarc. All the parts will be for missiles destined for USA use.



Rosenthal china, honeywagons, cuckoo-clocks  
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of souvenir

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## 4 (F) Wing Presented

*The Wing in a hollow square, with the WWO receiving the trophy from A/C Gilchrist*

At a special parade held Fri 20 Nov 59 the Lloyd Chadburn Trophy, awarded for top aerial gunnery marksmanship within 1 Air Div, was presented to the Wing by the Air Div Chief of Staff A/C Gilchrist. The trophy was received by the Wing Warrant Officer, WO Yates on behalf of the Commanding Officer, G/C McNair, and the Wing. Watching the ceremony on the fine November afternoon were hundreds of spectators which included wives, children, and civilian staff.

In presenting the trophy A/C Gilchrist stressed that while it was won on the basis of aerial marksmanship, all members of the Wing, — technical and administrative ground crew personnel as well as aircrew, — shared in the credit.

The trophy is won by the Wing whose squadrons have registered the high marks in two successive shoots at the Air Weapons Unit in Sardinia, which each squadron visits about once every eight months. One day's scoring during each squadron's stay at the live practice firing unit is counted in the competition, and the trophy is awarded each 16 months. The Wing has an excellent record with regards to the trophy.

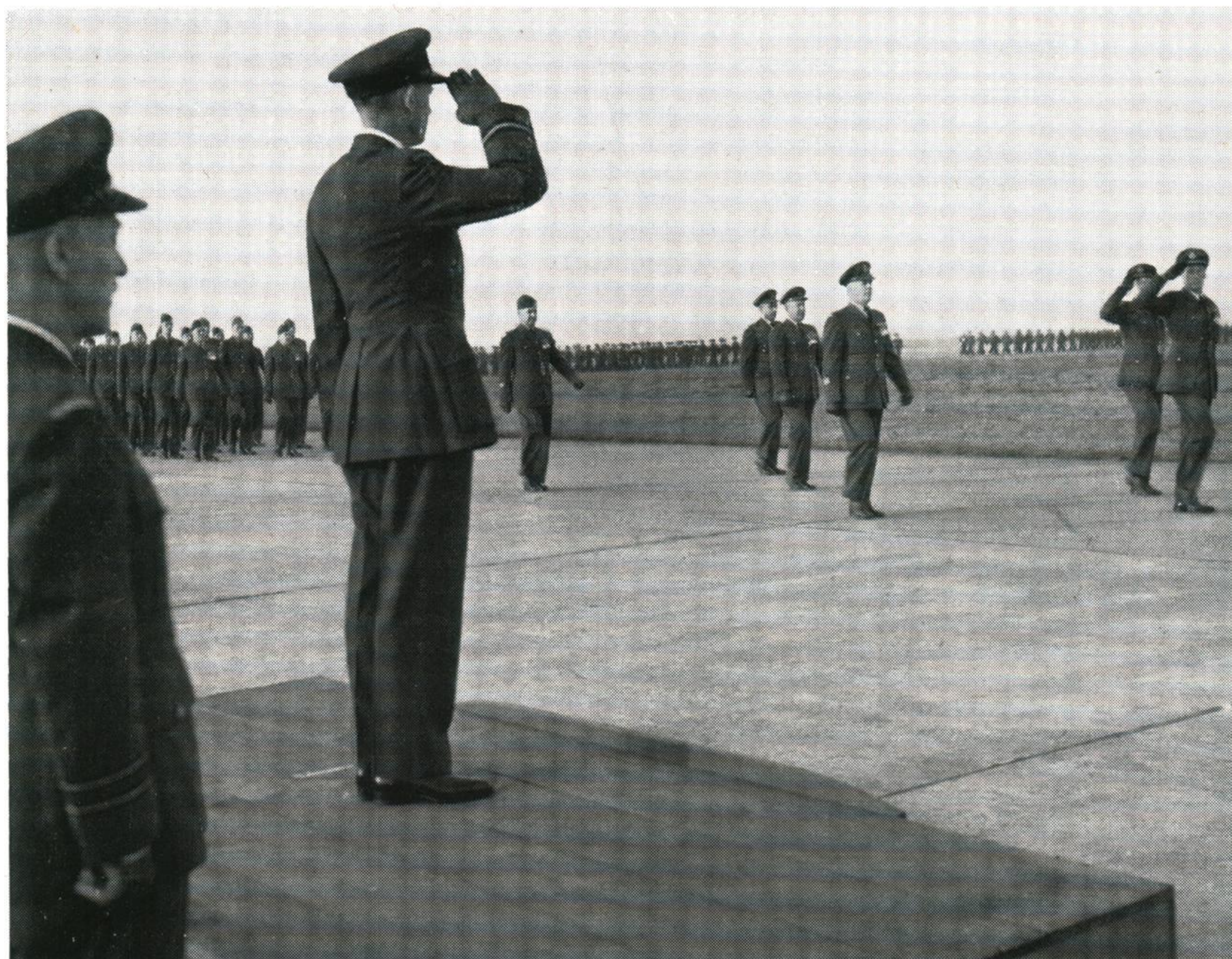
4 (F) Wing was the winner when it was first presented 6 Apr 55 and won it again in 1956, in the combined years

1957—58 (combined because of the change from Rabat to Sardinia) and now has won it in 1959.

The trophy is appropriately named after W/C Lloyd V. Chadburn, DSO and Bar, DFS, Legion of Honour, Croix de Guerre. W/C Chadburn was in the forefront of RCAF World War II Aces and, in the words of the RCAF Air Historian, W/C Hitchins, "though his score of enemy aircraft is not as high as many other RCAF fighter pilots, — other factors such as the length and quality of his service and leadership and his personality would place him in the forefront of them all". Permission to use her son's name was kindly given by W/C Chadburn's mother, who replied to the AOC Air Div's letter that it would be a great pleasure and an honour to have the proposed air firing trophy bear the name of her son.

The trophy is of striking design. It shows two eagles engaged in mortal combat high above the earth.

On the Friday evening after the presentation, suitable celebrations were held in the airmen's club, and the Cpls, SrNCOs and Officers Messes. A/C Gilchrist and G/C McNair underlined their previous statements that 4 (F) Wing's success was due to the effort of all Wing personnel, by having the trophy exhibited in the airmen's club and each mess, and by visiting them personally.



*The march past with the Air Div Chief of Staff taking the salute*



*The Lloyd Chadburn trophy which shows two eagles engaged in mortal combat high above the earth*

# Chadburn Trophy



*The Lloyd Chadburn trophy on display in the Airmen's Club after the presentation*

## The Commanding Officer's Message

It is my very proud privilege to congratulate all members of THE WING on our most recent victory in the continuing struggle for possession of the Lloyd Chadburn Trophy.

Inclusion of this particular piece of "silverware" in our display case is tangible recognition of individual and collective effectiveness in our efforts to generate and support the pre-eminent combat capability of our Wing. Not a slight achievement when one considers the long-established excellence of our competitors.

We must anticipate even stiffer competition in the future. Therefore it is essential that we continue to utilize to the utmost effectiveness all our resources of skilled manpower, equipment, techniques and training.



*After the parade the OCs of the three squadrons were presented to the Chief of Staff, 1 Air Div. Left to right are: A/C Gilchrist, Air Div Chief of Staff; G/C McNair, CO 4(F) Wing; W/C Brown OC 419 Sqn; S/L Murray OC 422 Sqn; S/L Garry OC 444 Sqn*





4 (F) Wing

## Plays Santa Claus

Again this Christmas squadrons and sections of 4 (F) Wing will be bringing cheer and goodwill to orphanages and refugee camps in the area. The following sections have indicated that they will be engaged in this Yuletide work:

419 Sqn  
422 Sqn  
444 Sqn  
WMaint  
Sup and Accts  
MSE  
Fire Dept  
Airwomen  
Protestant Ladies Guild  
Officers Wives

These personnel are to be congratulated for their worthwhile work which brings joy to children and grown-ups who otherwise would have little brightness in their lives. Almost all of these have been "kicked around" at some time or another and the resulting feelings of sadness in the children are hard to dissipate even with the continual care given by the staff. These are almost always overworked and have to feed and clothe their charges for close to nothing. Possibly the saddest cases are those of the abandoned children, — those who know their parents are alive and know too that they are not wanted. One abandoned ten year old girl in a Rastatt orphanage was seriously ill some time ago. The nuns asked her mother to come and see her. She refused. Thus anything we can do to promote the well-being of these children is extremely desirable. It will not heal the mental scars but can alleviate temporarily.

To give our personnel who are not directly connected with this work an idea of the need, and to let them see how the local populace appreciate it, we print below an article on 419 Sqn's work in this respect. 419 Sqn sponsors an orphanage at Lahr-Dinglingen.



A 4(F) Wing St. Nikolaus hands out presents to wide-eyed children

## Lahr - Dinglinger Orphanage

by SGT Walton

The Lahr-Dinglinger Orphanage is located on the outskirts of Lahr, (on number 3 Highway towards Freiburg), is about 1:15 hours drive from 4(F) Wing and, at the present time, is responsible for the welfare of approximately 85 children ranging in ages from about 10 days to 16 years.

For two years previous to the arrival of 419 Sqn in Air Div (Aug 57), the orphanage was sponsored by our illustrious forerunner, — 414 Squadron. Since then, the men of 419 Sqn have considered the Lahr orphanage as "our orphanage", — an inherited tradition and responsibility. The personal feeling and interest of each individual is clearly indicated by the whole-hearted support given to the Squadron Orphanage Committee on any of the various projects undertaken.

During the past, used clothing drives have been held, fresh fruit or ice cream taken to the orphanage monthly and other items, such as a 35 mm projektor and screen, purchased on a "most desired" basis.

Sponsorship however, consists primarily of ensuring, to the best of our ability, that each child has a proverbial "Merry Christmas" and receives the full amount of happiness due every child on this very special day. It is not necessarily the gift from Santa Claus which cheers these children but the knowledge that someone with kindness in their hearts knows that they exist and that, in the midst of the celebrating, they have not been forgotten.

Basic planning of the orphanage Christmas party, normally held on the Sunday preceding Christmas Day, is started approximately two months in advance. Responsibilities are delegated to individuals within the squadron orphanage com-

*I wish all my Canadian customers a Very Merry Christmas and a Happy New Year*



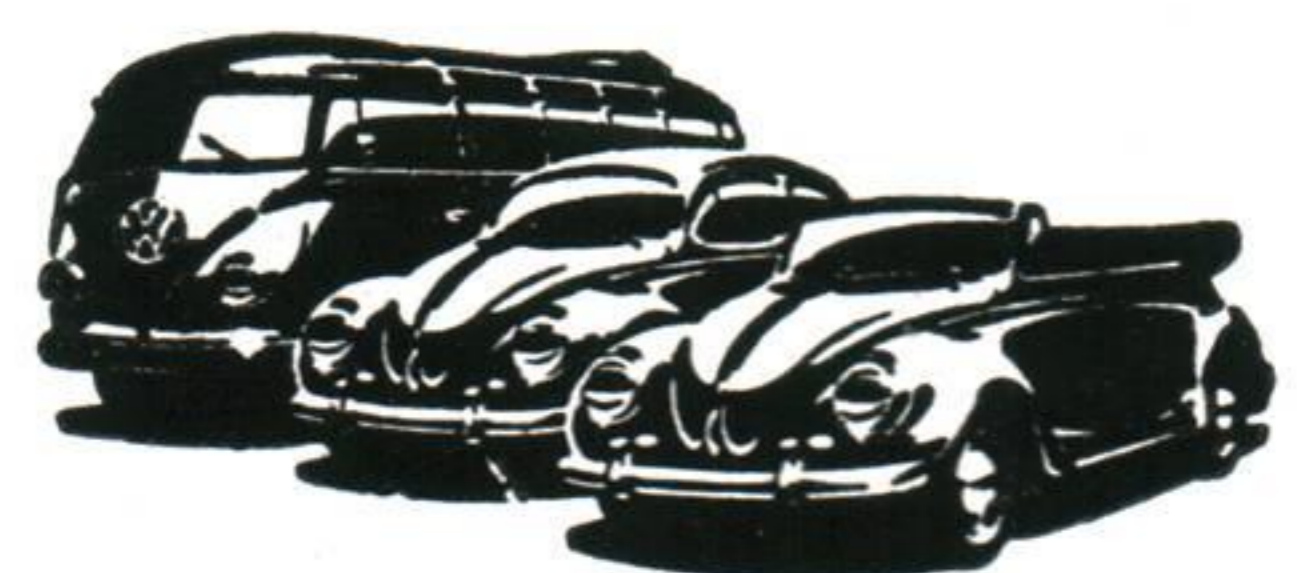
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mittee in the following manner: raising of funds, gift collection, decorating of the orphanage, food arrangements, bus reservations and entertainment. Progress is co-ordinated by the chairman of the committee.

A most enjoyable part of the party begins, not on Sunday, but on Saturday evening after the children are in bed, when approximately four or five couples drive to the orphanage for the purpose of decorating the dining hall and the Christmas tree. The gifts, bought and wrapped by the members of the squadron, are placed under the tree at this time in typical Santa Claus fashion.

On Sunday, the party begins in earnest with a typical Canadian Christmas dinner with all the trimmings (fruit, nuts, crackers, etc.). The amount of turkey and ice cream that these kiddies are capable of putting away, is beyond belief. After the meal come the clowns, puppeteers, or a magician but, without a doubt, for all their present happiness they, like any other children, wait for the grand finale, — the arrival of Ol' Saint Nick (as yet, the children have been unable to understand why Saint Nick speaks better English than German).

Shortly after the children receive their gifts, the party is officially over but the warmth and friendship kindled during this period, remain a real and lasting thing.

Everything written so far has been as seen from the Squadron viewpoint. However, to understand more fully how the efforts put forth by the Squadron personnel are

received by the children of the orphanage, the following article from last year's "Lahrer Zeitung" is reproduced:

**CANADIAN AIRMEN GIVE CHRISTMAS PRESENTS TO GERMAN ORPHANS** — Santa Claus from the Soellingen Base comes to Lahr-Dinglingen.

Again this year Canadian Air Force personnel stationed at Soellingen, did not forget the orphans in the Dinglingen Orphanage. On the 4th Advent-Sunday they came to the house on Offenburgerstrasse where a crowd of excited children awaited them. The subsequent happenings are told in the following stirring report made available to us by the Dinglingen Orphanage:

"Who among the youngsters and adults wouldn't know Santa Claus? We all have met him sometime, somewhere. And don't many of the youngsters ponder over the question, — where does Santa Claus actually come from? Imagine, kids, this time we can tell you exactly where he came from: This year's Santa Claus came to our girls' orphanage in Dinglingen right from Canada, via the Air Base at Soellingen. Would that possibly be the country of Santa Clauses? All you kids know of course, where Canada is situated. — but our youngsters had their own ideas. "Well, Auntie, the Canadians live close to Jerusalem, don't they?" "Sure, they come from the land of Canaan."

It was very exciting, — something was going on in our big dining room that Saturday evening before the 4th Advent,



*Eagerly awaited is the Canadian-style Christmas dinner. During the year the children do not see a meal which approaches the Christmas meal*

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but the clefts in the shutters were so small, one could not peep through; finally everybody in the big house was asleep, and also the Sunday morning passed somehow. At 1400 hours the doors were opened wide and we were admitted to a fairy-tale land. We did not trust our eyes; our big Indian-rubber tree had gotten balloon blossoms overnight, blue yellow and red ones were floating around the tree. The Advent-Star, so far radiating lonely from the ceiling was the centre of red-green garland decorations, and even our Christmas tree was nicely decorated for that day. Where should we look first, maybe at the lavishly decorated tables set in white? They were really something to look at! I believe we, the adults, had the greatest joy looking at the children's faces so full of surprise and I am sure our guests from the Canadian Air Force Base felt the same way. I said guests, they actually did not come as guests but as hosts. In their preparations for this party they had thought of everything. First of all, our youngsters, — even the little ones, — with the nurses, were given a wonderful Christmas meal, the traditional turkey-dinner. Such a thing had never happened before in the Dinglingen Orphanage. Our girl Ingrid, sitting happily in front of her filled plate commented: "At last a Canadian dinner". Our guests, or rather hosts, were eagerly looking after all the kids and the nurses were not allowed to get up from their chairs (a very pleasing veto). A knife lifted with a helpless gesture indicated better than any English word "how am I supposed to cut my meat?" — and in a jiffy a helpful spirit was there.

Then it became even more lively, the crackers went off. Even Mother Margarete held the end of the opalescent bar in defying heroism till the crack was over and the little poem fell out which was then read aloud to the fun of all.

We were still busy finishing our ice cream, when some more Canadian guests joined the party; even a genuine magician had come along and the kids were looking at this

weird man with great suspense; maybe one could learn some of his tricks, secretly practise them in the bed-room and show them to the other kids.

You had to see for yourself, the flabbergasted faces of the youngsters. One could write something on a slip of paper, then an apple was passed around — it was perfect and complete, nothing done with it — and now we are cutting the apple into halves, and the slip of paper which one had a moment ago in one's hand, appears in the centre of the apple.

Or there is a tube with no bottom and no top, "nobody in it" as the magician states assuringly. It was put into a preserving glass, closed with paper on both ends, — mind you the tube is empty, — and now, — attention, — a hole is being drilled into the paper, — get a pot quickly, there is water pouring out of it. One child's mouth literally remained open. But this tube had many more things to show: a long line of scarves, knotted together, popped out of it.

The time flew fast, there was always something new coming up. Now a clown was making his jokes. Then we were singing some songs. It is hard for us to find the right words to express the happiness that was given to our kiddies with so much attention and love. All was so overwhelming that we still can't comprehend it. And thus it is quite understandable that little Ingrid, next morning looking at her presents still at her bedside uttered, with a sigh of relief — "and I thought that I had just dreamt all this".

When, as the highlight of the afternoon, Santa Claus made his appearance, in a red cloak and with a majestic white beard, the clown and magician were not so important anymore. Does he have a switch? Would he be scolding in German or English? (The latter wouldn't be too bad). But as it turned out he was a very good and kind Santa Claus who distributed the many parcels stacked up under the Christmas tree. Each parcel had a name written on it, — just imagine there among these many parcels is one for me personally! My name is being called now. Isn't it quite understandable that their little hearts beat faster? And the



The entertainment rounds out the Canadian-style Christmas dinner



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way they came up towards Santa Claus: hesitating; — summoning up all their courage, — or rushing towards him as five year old Ursula who crossed the hall in big jumps. Joy was with all of us, with those who received the gifts and those who gave the presents; and our hearts were filled with happiness and gratitude that we could spend such an afternoon with, — if I may say so, — our Canadian friends. Can you understand that we have to talk about it as our hearts are so full of joy? And, dear readers, try to read between the lines and try to realize what it means to a child living in an orphanage to be addressed in such an individual personal way. We wish to emphasize once more, — it was not just the material values we received involved; there was much free time spent on the extensive preparations, and probably many personal sacrifices made for this cause and the "Christian Love Thy Neighbour" was really practised. "Peace on earth".

## Protestant Guild News



"Hands" was the appropriate theme of our November meeting and how appropriate it seemed when so many willing hands contributed to the success of our Bazaar.

Mrs Mould gave an inspiring talk on this subject and told the story of the "Praying Hands" by Albrecht Dürer with which we in Germany are so familiar. She emphasized the necessity for developing spiritual hands as well, for in the words of Frances Havergals beautiful hymn —

"Take my hands and let them move.  
At the impulse of Thy love."

Mrs Steeves gave an interesting talk on Womens Institute work as she had been a delegate to the world convention in Edinburgh this past summer.

As we celebrate Christmas we witness again the tangible expressions of loving thoughts for others; for as God so loved the world, that he gave his only begotten Son, — we would share some of His blessings with others and there is ample opportunity in Europe. The ladies brought a wide variety of gifts to the December Dessert Party which they wrapped before taking them to the Refugee Camp in Rastatt.

Most Christmas symbols and tokens have their origin in pagan customs and beliefs but we have adopted and given them Christian significance in our festive season. So it was interesting to find the interpretation and reason for Mistletoe, Christmas trees, holly, St Nicholas, etc at our meeting. Those taking part were the President, Mrs Mayo assisted by Mesdames Clark, Baker, Hilliard, Mephram and Misses D. Elliott and J. Weicker. Miss Bonnie Brunelle sang three beautiful solos.

As the Christian world pauses for one day to bow to the Christ child, — the symbol of love and hope for Mankind, — we sense the reality of the angels' song "and on earth peace, good will toward men". Let us hope the "fall-out" of this undeniable spell will be maintained in our church and community life at 4 (F) Wing. Some of the results of our Bazaar endeavour will be resting on the heads of our attractive choir for they hope to be wearing their new caps at Christmas.

Our visiting committee will be glad to welcome any newcomers on the Economy or on the Base. An opportunity to meet new friends awaits you at the Guild the first Tuesday of every month.

J. Cheshire

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| 200                                 | 24,000                                          | 48,000                     | 72,000                     | 96,000                     |
| 300                                 | 36,000                                          | 72,000                     | 108,000                    | 144,000                    |
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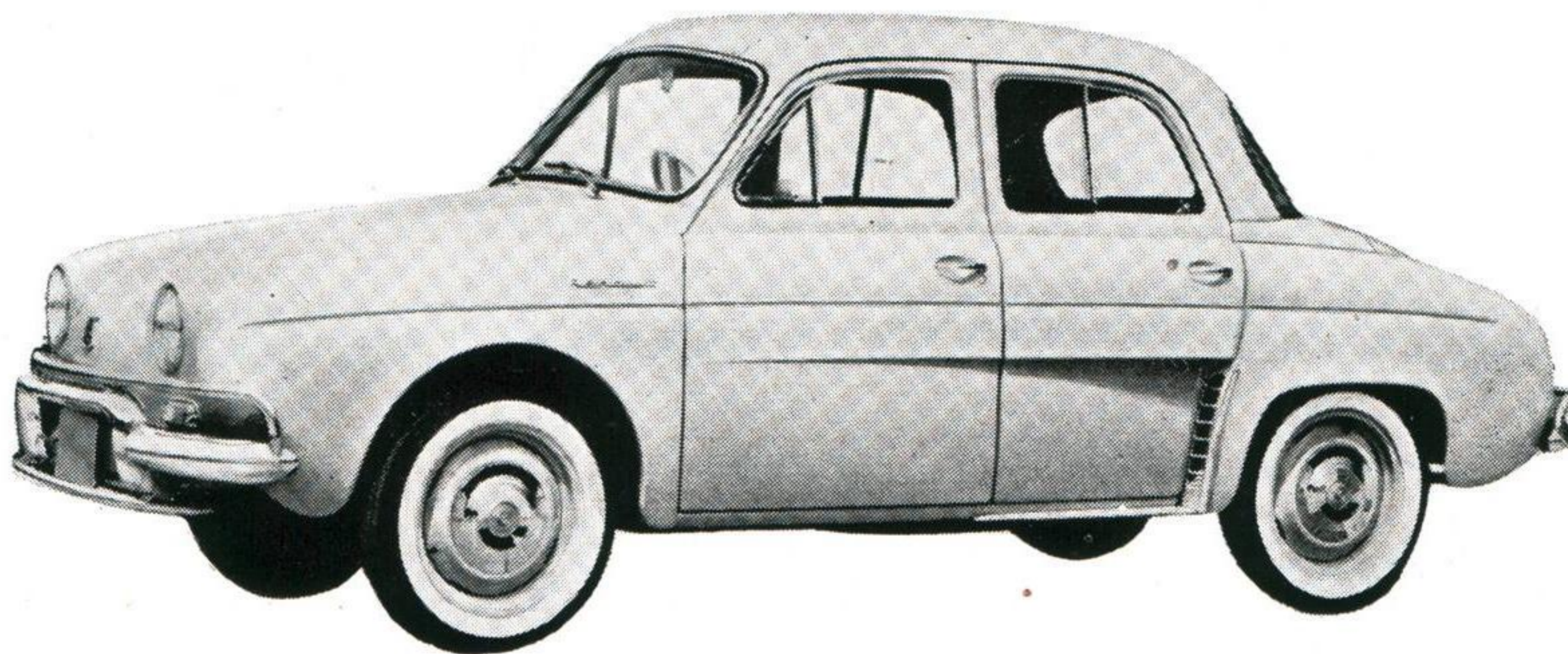
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## ■ Dear Folks

Thanks for the ten bucks you sent me. I managed to buy a Christmas present for you Pa, and you Maw, before I spent all the money and somehow managed to mail it off. For a while I thought I wouldn't make it till next Christmas. The post office here doesn't operate like the one at Hog's Hollow. This one's closed most of the time. There are thousands of people who have to use it so whenever I went to the place there was a line-up about as long as from Herb Hiccup's place down to Gus Green's seed-store. I think a few smart people took a few days leave at the beginning of November, that way they'd be sure to get to the wicket by the deadline date. I looked in the window once and inside it looked like the final stages of Custard's last stand. There were people all over the place. Well the bodies got so mixed up that one airman made a mistake and slapped a stamp and customs form on a flight sergeant's bald head and put him through the mail. The flight was ever so surprised because he didn't expect to get posted for Christmas.

You asked how I'm doing with my Schatz. Well the clock works sometimes but me and my girl don't see each other too often. There's a lot in this married business that ain't for me. For instance a lot of our married people who are going home next year will have to think about packing soon. It's a funny thing, back in Canada when the Air Force says "Move" they soften the shock by packing all your things up and moving them for you. That's the same with most forces I guess. Over here things are different and the married types have to scrounge for boxes or buy expensive trunks they don't really need just because they've got to get their stuff home somehow. My pal George who's going home next spring doesn't have a hope in you know what of scrounging any big boxes so he's collecting ammo boxes. He figures if he can get a couple thousand he'll be alright. The married types don't have anything like the junk people have back home but they still acquire a lot of stuff in what the locals call the kinderfabrik. I once visited an LAC whose wife was trying to run her home and pack all the stuff for six kids or so. Believe me a Commando course has nothing on it! That's one good reason why I like to stay single.

I guess I'll have to ask you for some more money again. This isn't just Christmas time, it's raffle time as well. I think there's been a raffle for everything and everybody except maybe knock-kneed NCOs. I've got so many raffle tickets I could run a Boy Scout paper drive on my own. They're all supposed to be for good causes, but they all boil down to the cause of me being broke.

I want to wish you all a Merry Christmas and Uncle Ed too if he can understand what you're saying. I sent you a Christmas card, a real German one, but I guess I'd better translate it for you. That Frothy Winenacht means have a good time at Xmas and I guess you all will unless the Revenooers have been around again.

Your son and heir,  
Elmer



## Dear Son and Heir

Your Ma has got rheumatise bad in her writing hand so it's up to me to wish you a Merry Christmas and a Happy New Year. Being as you are away again this year, we'll likely eat Old Ben the rooster instead of the turkey, — kinda wish you were home this year as the old gobbler can't last much longer.

We finally took your advise, son, and are subscribing to the big city newspaper, the Ottawa Citizen. Ma compared the texture of both papers and she found the print won't rub off this particular one. Just like you said "Eaton's catalogue won't last forever". By the way, I see in the paper you are getting a new type jet plane pretty soon. If it goes as fast as they say, and you can't hear it coming until it goes, then you'll have to keep your head down all the time. The green colour in the Pilots' Mess won't match the blue chairs eh? Heh! Heh! Tell me son, how many ammo dumps or trains are they goin' to meet at 93,000?

Your Ma and me had a rough time a few nights ago, son. We were sitting listening to the radio when they played that song "How're you going to keep them down on the farm after they've see Paree?" Elmer, please don't go to that place no more! You have to run the farm when we go so don't get any wild ideas about turning this place into one of those fandangled Pig Alleys. Honestly I'm scared, specially since you sent them Paris postcards to our hired man, Horace. He won't let me see them and keeps telling me that I can't appreciate art. I'll be darned if art would make me as glassy-eyed as he is since that parcel arrived. Elmer, what has Paris got that Ottawa ain't? Sometimes I wish I had known our MP a little better before you went over there!

We had to do away with old Jock last week. Ned Jones down the road bought one of them Volkswagens last week and old Jock decided to make friends. He was standing there sniffing and waggin' his tail just when Jones threw it into reverse and bingo, there went Jock. Maybe you could bring one of them Duberman Pincers home with you but for land's sake teach him to be less friendly with things his own size.

Your Christmas parcel arrived yesterday and nothing would do but your Ma open it right quick. Your Ma was sure pleased with the musical pot you sent her specially since the handle fell off her old one a few months back. Last night I could hear her stirring around in her room and the new pot was playing like mad. Tell me, son, what does the words "Eins, Zwei Suffa" mean?

Like I said earlier, I really hope you have a good Christmas and a real bang-up New Year. If you have a chance give my best to everyone at 4 Wing including the higher-ups. Don't be too hard on the brass, Elmer, we had the same thing in the Boer War.

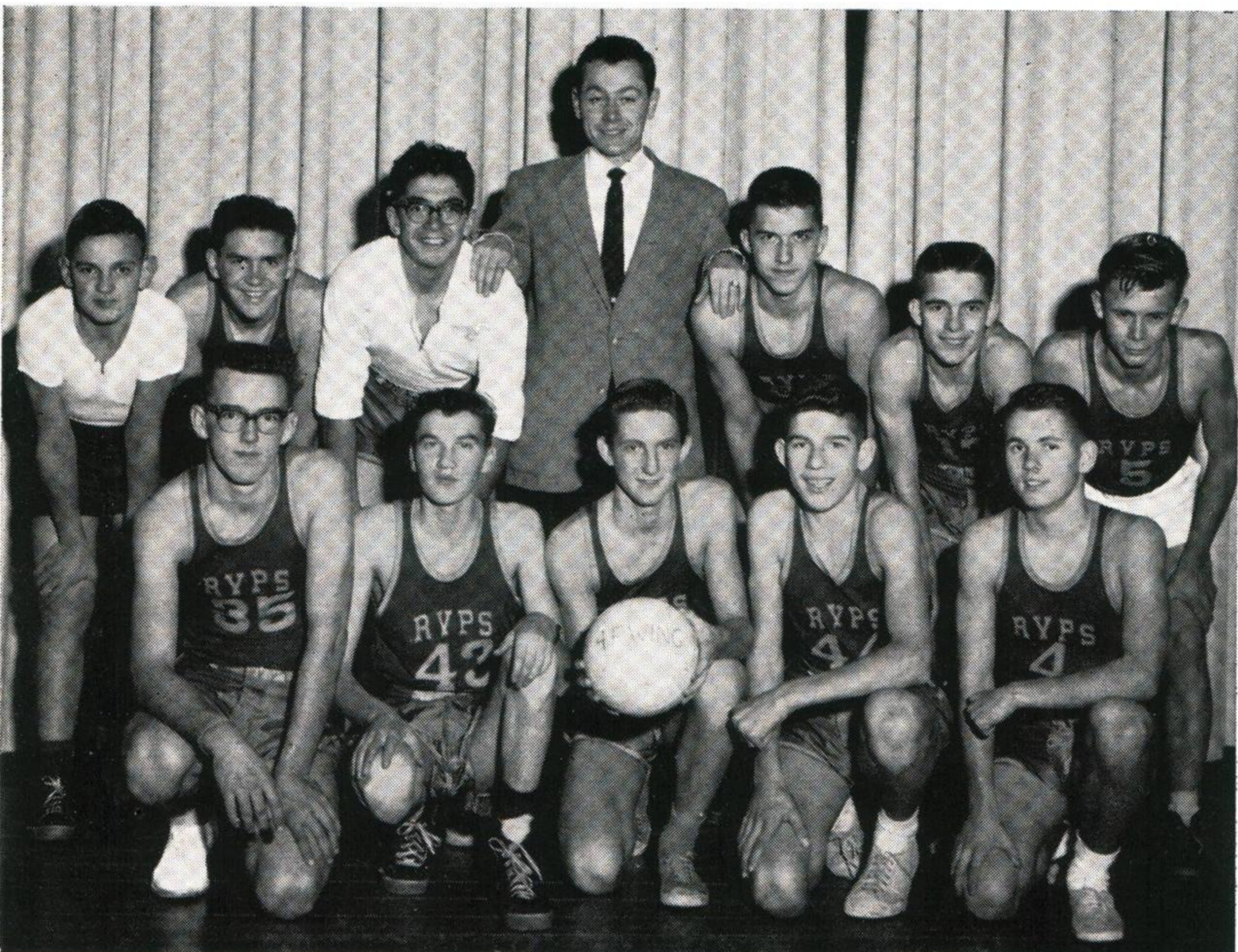
Bye for now,  
Your Pa.



## A Merry Christmas and A Happy New Year

from Elmer and his Folks





Volleyball Team: Standing L to R: Mervin Sabey, Jack Linklater, David Ing, Mr McKillop, Warren Kane, Phil Giles, Norman Insley. Front L to R: Dennis Munroe, Allan Smellie, Richard Malin, Steve Giles, Bob Boucher.

# Rhine Valley Park School

## Volleyball at Zweibrücken

On Friday, November 20, the volleyball squads from Rhine Valley Park School travelled to 3 (F) Wing for a tournament with the other schools from the Air Division. The trip started at the dark, early hour of 7 o'clock when the bus left the school with a load of sleepy teenagers. Soon after arrival, the volleyball tournament began, and continued all day with only a short break for lunch. After the games, there was a gathering in the mess where cokes, sandwiches and cake were consumed in great quantities.

Our girls (rah! rah!) won their first games over 2 (F) Wing but lost to 3 (F) Wing after a spirited battle which put them out of the tournament. The boys got off to a bad start with a loss to 2 (F) Wing which forced us into the loser's draw. Fortunately, it was an easy fight, and victories over Ramstein and 1 (F) Wing won us the consolation event. The tournament winners, 3 (F) Wing, played our squad in an exhibition and came away from that game knowing they were the champions indeed; they beat us 2:1. However, there was some consolation (again) in the fact that we were the only team able to take one of those games from them during the tournament.

At 6 o'clock, after a search for a few wayward members of our group (they were eating pizza or something) we started home. After a slow, foggy trip we arrived back at the Wing with our two consolations and the hope that we will be able to win the meet next year.

Phil Giles

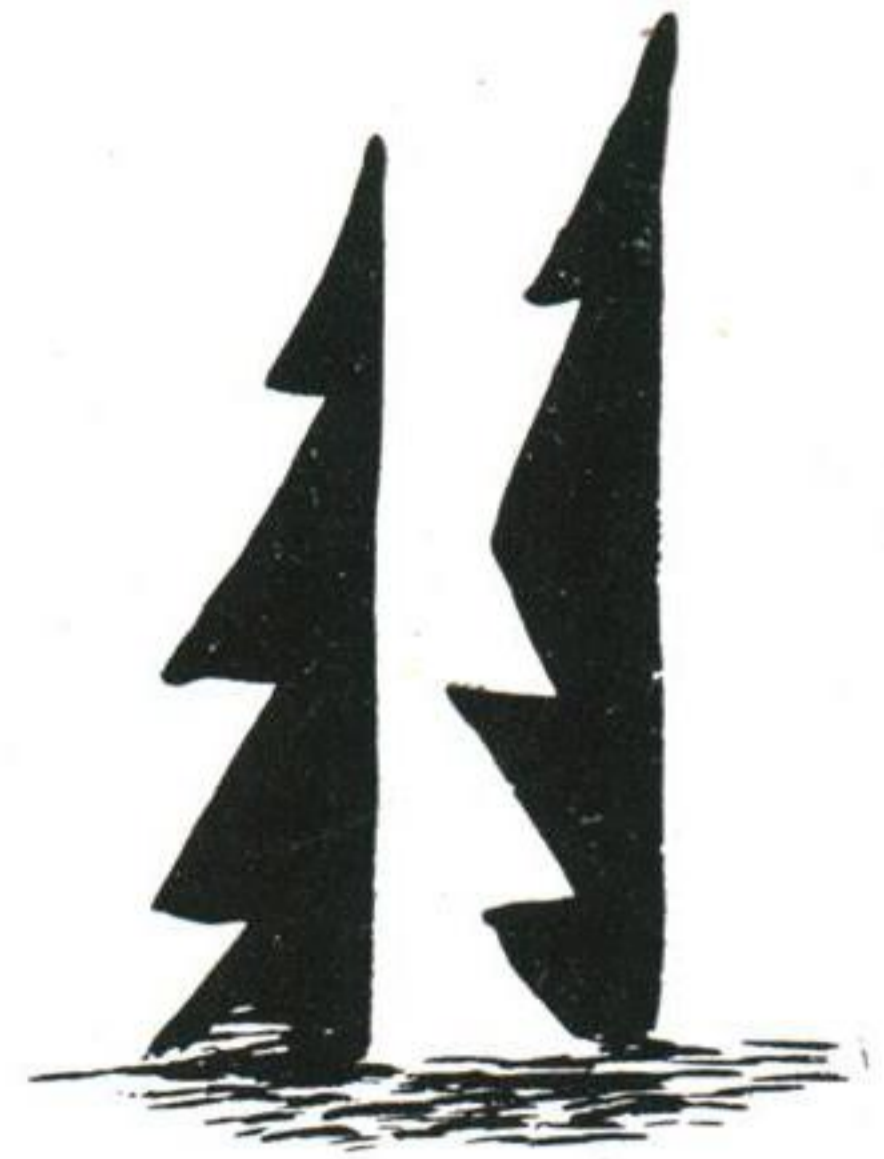
## Hallowe'en Party

On October 31, 1959 the annual Halloween party was held. The children assembled in classrooms at the school where the costumes were judged by a room mother and a teenager helper. The winning boy and girl from each class were given a prize. Then the children, by class, paraded through the gym and went on the stage, where F/O Fred Baker very ably acted as Master of Ceremonies, with many witty comments on the costumes. The costumes were many, varied and colorful, showing that a great deal of thought and effort had been put into assembling them. The children then went to the PMQ houses for "Trick or Treat". Finally at 8 pm, in the rain, several members of the Wing Band circled PMQ's collecting the children in Pied Piper fashion to led them to the school gym, where the children were treated to cokes. The winners were:

| Class        | Teacher         | Room Mother         | Winners           |                   |
|--------------|-----------------|---------------------|-------------------|-------------------|
| Kindergarten | Miss Cheshire   | Mrs. Jamieson       | Debbi Benesco     | Jimmie Bannerman  |
| Kindergarten | Miss Whalley    | Mrs. Munro          | Judy Kiediba      | Mark Payton       |
| Grade One    | Miss Irvine     | Mrs. E. Jones       | Janet Moakler     | Wayne Madlin      |
| Grade One    | Miss Warkentin  | Mrs. FH. Hewitt     | Lucy Thompson     | Brent Hatcher     |
| Grade One    | Miss Walker     | Mrs. Brooks         | Gail McLean       | Ian Johnson       |
| Grade 1 & 2  | Miss Raymond    | Mrs. Pawlak         | Patty Hubert      | Douglas Allen     |
| Grade 2      | Miss Brown      | Mrs. Murray         | Jennifer Jones    | Michael Johnston  |
| Grade 2      | Miss Taylor     | Mrs. D. Simpson     | Margaret Marshall | Brian Scattergood |
| Grade 2      | Miss Brunelle   | Mrs. L. Collett     | Lesley Patterson  | Wayne Case        |
| Grade 3      | Miss Elliot     | Mrs. R. Mucklestone | Fay Mulholland    | Bruce Scattergood |
| Grade 3      | Miss Lawson     | Mrs. Lowdon         | Lorna Silcox      | Vernon Clements   |
| Grade 3      | Miss Lake       | Mrs. B. McNair      | Wanda Guris       | Larry Rondeau     |
| Grade 4      | Miss Rose       | Mrs. M. Walker      | Sandra Clarke     | Teddy Kercher     |
| Grade 4      | Miss Byrtus     | Mrs. Milne          | Linda Griffiths   | Donald Rafuse     |
| Grade 4 & 5  | Miss Tyrwhitt   | Mrs. Stratton       | Sharon Davies     | Mick Bridge       |
| Grade 5      | Miss Fullerton  | Mrs. SE. Rafuse     | Wendy Drabik      | Allen Jones       |
| Grade 6      | Mrs. Steeves    | Mrs. McKinley       | Wendy Fairhead    | Brian McMillan    |
| Grade 6      | Miss Webb-Smith | Mrs. E. Mitchell    | Nancy Scattergood | Philip Reid       |
| Grade 6      | Mr. Forneri     | Mrs. D. Tuele       | Sherry Card       | Barry Collett     |
| Grade 7      | Miss Phelan     | Mrs. RM. Fortune    | Barbara Conelson  | Mike Gibson       |
| Grade 7 & 8  | Mr. Hilliard    | Mrs. RJ. Yound      | Vickie Fallis     | Royston Jarvis    |
| Grade 8      | Mr. Fitzpatrick | Mrs. Card           | Judy Scattergood  | Timmy Steen       |



25 DEC



With the commercialization which seems to accompany most things we do these days, much of the basic thought behind Christmas seems to get more and more lost as the years go by. Christmas to most people invokes the idea of a holiday from work, a round of parties, the exchange of gifts, and rich food and drinks to consume. Even the modern spelling, Xmas, takes out Christ. It is good to recall the basic purpose of Christmas; to recall how accurately the scriptures describe the circumstance of his birth and why 25 Dec was chosen as the day to observe the Event.

There is no mention in any of the old writings that Christ was actually born on this day, and really it doesn't matter. Let's take a parallel case: 11 Nov is the designated day to remember the dead of WWI and WWII. All the people who died in these wars were not killed on this day; moreover 11 Nov has no particular connexion with WWII, — at least it was Armistice Day for WWI, — yet this in no way detracts from our desire or proper attitude towards Remembrance Day. Similarly 25 Dec very probably had no connexion with the birth of Christ. The scriptures indicate that the birth must have taken place on some other day and point particularly to October. The date itself is not mentioned because at the time of Christ's birth people were not ruled by the clock and calendar as we are (most people did not even know what a calendar was) so they recorded the event by reference to

happenings which meant something to them. (Even until recent times in country districts a person was known as so many summers old rather than as so many years old.) The people of long ago remembered Christ's birth because of the unusually brilliant star which shone in the heavens at the time of his nativity. So the writings of that time recorded the story of the brilliant star and modern astronomers, who can work backwards as well as forwards in finding out movements of the stars, the sun and the moon, agree that there actually was a very bright star shining in the heavens then. What had happened was that the paths of two bright planets, — Jupiter and Saturn, — crossed so that they appeared as one remarkably bright planet. This was in October. The Magi, the learned astrologers and priests of Persia, noticed this conjunction of the planets and as astrologers it meant something to them. Saturn was the sign of the Messiah foretold long ago, and Jupiter signified royalty. The planets met in the constellation of Pisces which meant Israel. So they knew that this astrological event signified the birth of the Messiah, the King of the Jews. They set out on the 800 mile journey to Jerusalem, following the conjoined planets so that each evening the bright planet set in the West before them. The journey naturally took quite a few weeks and when they arrived they saw not a new-born babe but what the scriptures refer to as the "young child". This was probably 4 Dec when

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a Merry Xmas and a Happy new  
Year

ERIKA AND HEINZ

the conjunction of the planets was brighter than ever. The story of the Magi is not therefore a fable but a reasonable, proven occurrence.

Another biblical reference which sets the date not in December and tends to support the October date, is the story of the shepherds. St Luke says the baby was "laid in a manger because there was no room for them in the inn. And there were shepherds in the same country keeping watch over their flocks by night". They were able to use the manger because the cattle were out on the hills and the shepherds were tending them there. The date therefore must have been between April and October inclusive because the rest of the year, from November to March, the cattle were indoors sheltering from the winter weather.

Why then was 25 December chosen? In the early years of Christianity the Christians' chief problem was survival and the significance of the events indicating the time of birth was lost. When they decided to choose a day for the celebration of Christ's birth, they were faced with the fact that most peoples celebrated a pagan festival on 25 Dec. Even converts to Christianity celebrated this day, for 25 Dec had long been a time of great rejoicing, when the sun was beginning to get warmer and the days henceforth would be longer. The years had made this a festival of the first importance by adding delightful customs, — the Yule log which was supposed to help the sun shine even brighter and warmer, the bringing-in of evergreen branches to shelter the tree spirits who would repay the kindness by granting their protection to the crops and cattle, and the use of mistletoe which was venerated by many religions throughout the world as the mystical cure-all for everything. So unable to persuade even their converts from celebrating this great festival, the Christians converted 25 Dec into a Christian festival. But the quaint and interesting relics of the pagan festival remain, — though with different interpretations. The day is no longer to celebrate the rebirth of the sun but the birth of the greatest Person ever to tread the earth.

### The Christmas Spirit

Sgt Ludlow of the hospital states: as a recent arrival at the Wing may I express my sincere gratitude to all for the kindness and extreme helpfulness shown to me in so many ways.

Names are too numerous to mention here but I can readily see that the "helping hand" given to new arrivals is but part of the Wing spirit.

MORE THAN A SCENT, A PRESENCE...



*Jolie Madame*

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## Christmas Message

Christmas is one of the festive seasons of the year in which everyone can take part. Christmas engenders a spirit of giving and sharing which breaks down barriers and even penetrates through the "Iron Curtain", — and even a character like "Scrooge" softens beneath its touch.

Christmas was intended for everyone, for God gave us a 'Babe' that he might share our humanity and give us Eternal Life. The Lord of Christmas took our flesh that we might catch His spirit. He became what we are that He might make us what He is. His name was called Jesus (Jehovah is Salvation) that everyone might know of the deep concern which the Almighty has for the souls of men. "This is the day which the Lord hath made; we will rejoice and be glad in it. Blessed be He that cometh in the name of the Lord."

The Christian message centres around the fact that God gave his Son Jesus Christ to save men. The stories of the Shepherds as told in St. Luke's Gospel and the story of the Wise Men as portrayed in St. Matthew are related to remind human kind that God has fulfilled his promise to redeem man from the dilemma of his self-centred existence. The coming of the Messiah has opened up a new and living way to the Father. All men of all races claim to have access to God through this revelation of Christ. Christmas has brought the love, friendship, and self sacrifice of God to human hearts that we may live and laugh and love, and lift the meaning of life to its proper level of thinking. May Christmas bring us all closer to the living Christ who loved us and gave himself for us. Let us thank God for his greatest gift to mankind.

Let us then journey in faith unto Bethlehem and see this thing which has come to pass. Let us like the shepherds hear the angels singing and join in the chorus. The Christmas song is not for one to sing to others. It is for all to sing together. It is not a solo. It is a chorus. It is for everyone.

Let us, like the Wisemen, come humbly to the Manger of our faith and offer our gifts of love and sacrifice that we may fulfil the great challenge of our faith.

Everywhere, everywhere, Christmas  
tonight!

Christmas in lands of the fir-tree and  
pine,

Christmas in lands of the palm-tree  
and vine,

Christmas where snow peaks stand  
solemn and white,

Christmas where cornfields stand sunny  
and bright.

Christmas where children are hopeful  
and gay.

Christmas where old men are patient  
and gray.

Christmas where peace, like a dove in  
his flight,

Broods o'er brave men in the thick of  
the fight;

Everywhere, everywhere, Christmas  
tonight!

For the Christ-child who comes is the  
Master of all;

No palace too great, no cottage too  
small. — Phillips Brooks.

Fröhliche Weihnachten!

Padre Mould

# Thoughts For Christmas

by F/L Dupuis



Thanks to the automation of both the mimeograph and the addressograph you will receive many Christmas messages again this year. Some will try to convince you to take a subscription to a great magazine, others will tell you to buy their products now and pay later, and some others will urge you to attend big, huge, monster parties.

Who am I to disturb you? Just another of those Christmas messages? Well, not really. And I can imagine how Saint Paul felt in the Areopagus: "Men of Athens, I see that in every respect you are extremely religious. For as I was going about and observing objects of your worship, I found also an altar with this inscription: 'To the Unknown God'. What therefore you worship in ignorance, that I proclaim to you." (Acts 17:22-24).

Now, are we idolizing so much God's created things and material happiness that we forget about He who made them? Or, just in case, do we keep a spot in our hearts for the not a blind and heedless observance of sentimental customs from the past but a celebration of Christ's Incarnation?

May we, then, suggest for your consideration the following thoughts during the twelve days of Christmas.

## At Christmas

What is your first thought on Christmas Day? Presents? Well, that may be all right, if they are the presents you are preparing for Jesus on His Birthday. Do not be like the people who put Him in the background. They may go to Mass on Christmas, — yes, — but their hands and pockets are stuffed with gifts they have received. They have nothing for our Lord.

Do not let that happen. There are still a few days of Advent left. Renew your resolution to hear Mass every day if possible, to say the Rosary daily, to receive Holy Communion often, and to make special sacrifices.

These will be your gifts for your newborn King on Christmas day.

## Make It White

A WHITE CHRISTMAS — that is what everybody hopes for; and yet, it could snow ten feet and still not be a WHITE CHRISTMAS for some people. Purity of soul is the only thing that makes Christmas white, — with the dazzling white of sanctifying grace that the sacrament gives. Be sure to go to confession during the week before Christmas, and to receive Our Lord in Holy Communion; then indeed you will have a WHITE CHRISTMAS and a happy one too.

## Keep It

Do you keep Christmas? Really keep Christmas as long as you can? It would be very sad indeed to wake up the day after Christmas with a letdown feeling. Celebrate Christmas with the Church which spends more than a month honoring the Infant Jesus, and during the Christmas season honoring the Saints, Her Heroes, who loved Jesus in a very special way.

For example, there is Saint Stephen, whose feast is the day after Christmas. He was the first adult to prove his love for Christ by dying for Him. Stephen was a deacon whose work was caring for the poor and helping the Apostles. He was always doing good for others; yet, he had enemies, wicked men who dragged him out of the city and stoned him to death. He prayed for these men as he was dying, just as Our Lord did at His death.

## Apostle Of Love

Christmas is a time when it is easy to Love: Love was Stephen's answer to his murderers. It was also the "Theme song" of the Apostle of Love, Saint John, whose feast we celebrate on the 27th of December.

You know the story of the Last Supper, but do you remember the name of the person who rested on the heart of Jesus that night? It was John. John was called our Lord's "beloved disciple". He seemed to have a special spot in His heart for the young man. But don't think of John as a weak sort of person. He was the only Apostle who dared go all the way to the Calvary. Love of God had made him strong. It was love too, that gave him courage to face persecution, a miracle saved him from being killed and he lived to be an old man.

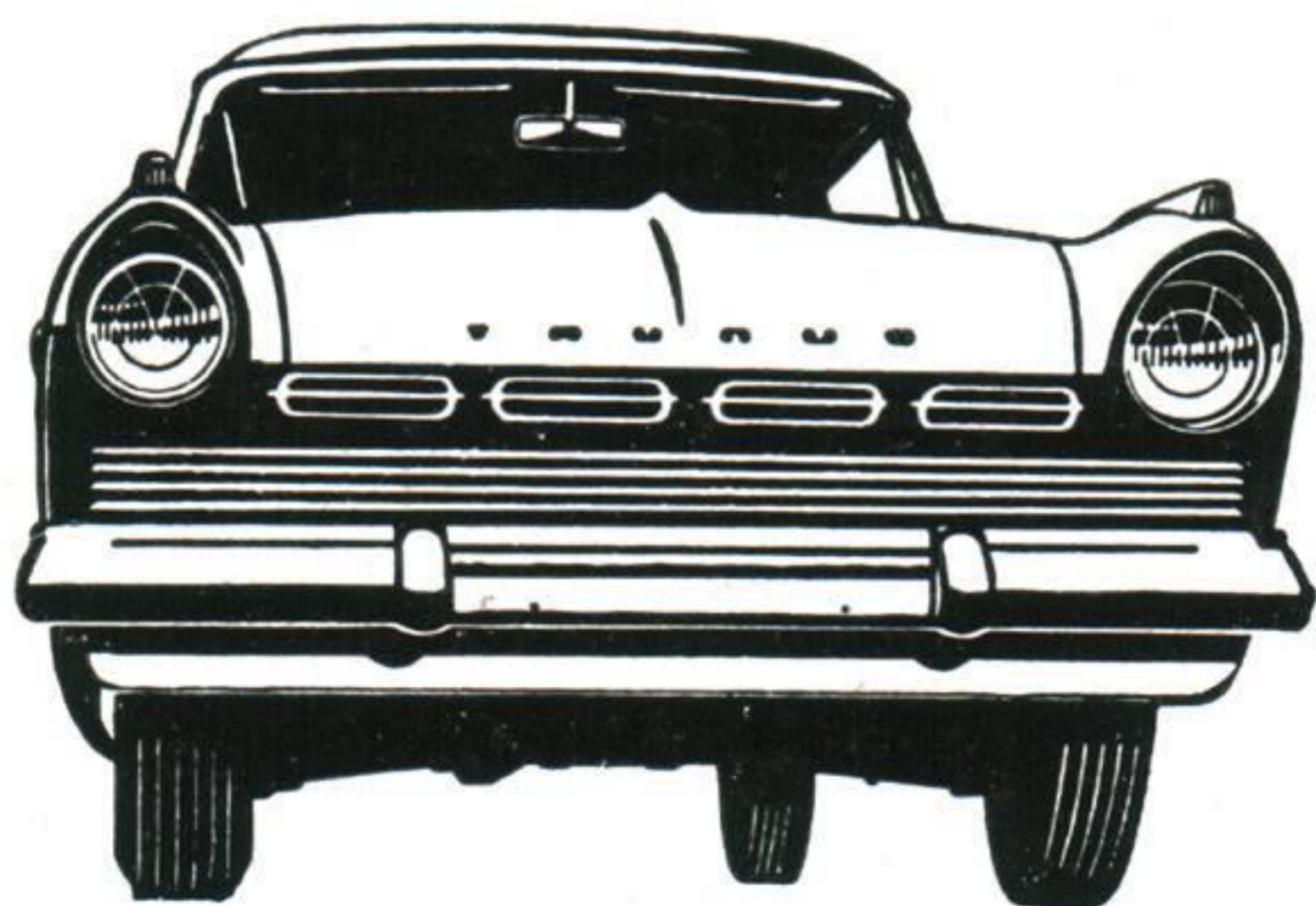
St. John's writings are filled with words about love, and we are told that his last sermons were always the same: "Little Children, love one another." He is saying the same thing to you. Love one another and you will find it easy to love God.

## Baby Martyrs

How would you feel if you saw a soldier snatch a baby from its mother's arms and stab it? And then, suppose he killed all the baby boys he found in the neighborhood? Such a thing actually happened at the time Jesus was born. Because king Herod was afraid that the Infant Jesus would someday take over his throne, he decided to kill Him. He knew that the Infant Jesus was in Bethlehem; so he ordered all the little boys in Bethlehem and vicinity who were two years old or under to be killed. For that reason an angel

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commanded St. Joseph to take Jesus and Mary into Egypt before the cruel King's orders were carried out. This massacre was a great tragedy for the mothers. These babies were our first martyrs; the first to die for Christ and thus win heaven by baptism of blood.

### I Can't

You know you must hear Mass on New Year's day. It is a Holy Day of obligation not because it is the beginning of a New Year but because it is the feast of the Circumcision of the Infant Jesus, — a ceremony now replaced by Baptism. This is also the day Jesus received His Name. Say His name often in veneration and respect. Maybe you sometimes hear God's name used in anger. Whenever you do, say a silent prayer in reparation.

### Christmas Again

"LITTLE CHRISTMAS" — that is what some people call the Feast of Epiphany, January the 6th. It is also called the Feast of the Three Kings. You have often heard the story of the wise men who came from the countries in the East to see the Infant Jesus. They followed a bright star across the desert and travelled for many days until they came to the place where Jesus was, to offer Him rich presents. According to tradition, those presents were: gold, because He was King; frankincense, because He was God; myrrh, because He was Man.

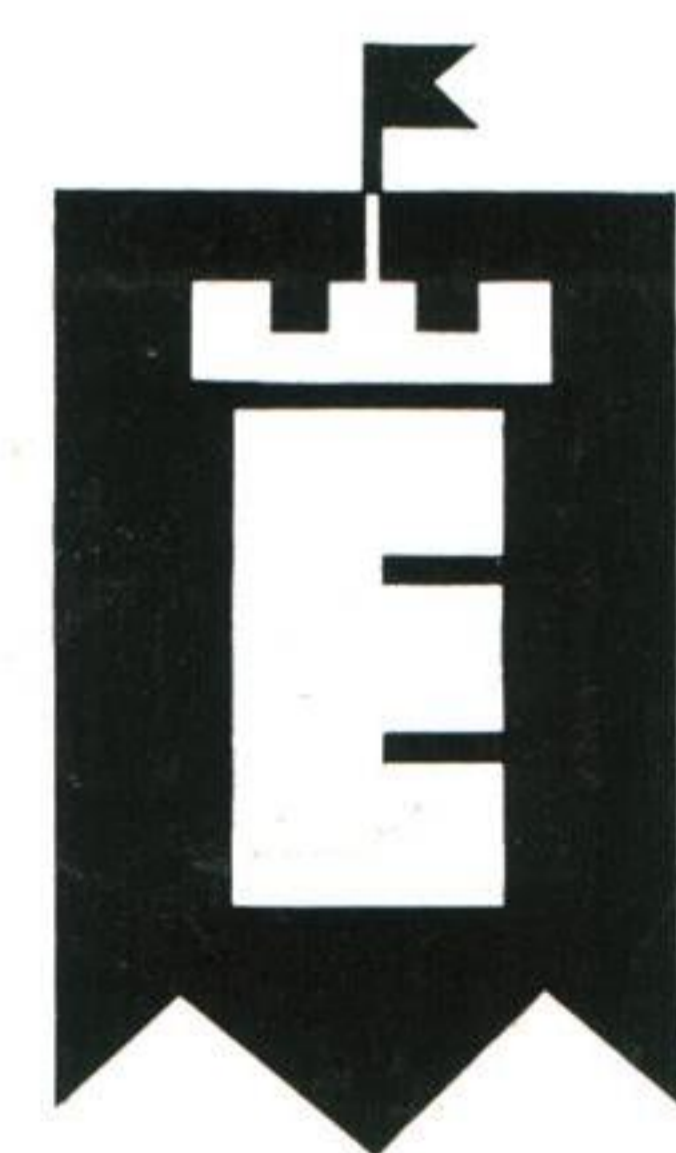
What can you offer Jesus? What about your intelligence to know Him better, your will to love Him with all your heart, and your life, all of it to serve Him joyfully here and then at the end of your earthly life, to join Him in the House of the Father forever in Heaven?

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The "ASTRA" Cinema presents:

## The Tempest

"The Tempest" is based on Alexander Pushkin's novels "The Captain's Daughter" and "The Revolt of Pugacev". It deals with a particularly turbulent time in Russian history, the reign of Catherine the Great. It tells the story of a young member of the queen's guard who disgraces himself and is banished to a remote garrison. The soldiers there are undisciplined and a revolt develops in which the young ex-guardsmen is embroiled. Eventually he is able to convince his queen of his eternal loyalty to her. The film is in Technirama and Technicolor and is produced on a vast scale. This is a mighty opus which will please all members of the family.

## DECEMBER ATTRACTIONS

**Tue. 15th. "TEACHERS PET"** starring Clark Gable, Doris Day and Gig Young is a VistaVision newspaper comedy drama about a self-made editor who gets rapped on the knuckles while trying to take a rise out of a comely college professor. (U)

**Wed. 16th. & Thur. 17th. "DON'T GIVE UP THE SHIP"** Jerry Lewis's latest, whackiest comedy in which he plays the part of a young U.S. Navy lieutenant whose honeymoon is interrupted by a Congressional investigation into the whereabouts of a destroyer missing since the end of World War II. (U)

**Fri. 18th. "OPERATION BULLSHINE"** is a boisterous army comedy starring Barbara Murray, Donald Sinden and Naunton Wayne. Realistically staged it describes the 'operation' of a remote English gun site during World War II. (U)

**Sat. 19th. Children's Matinee. "NIAGARA FALLS"** starring Marjorie Woodworth and **"BE BIG"** a Stan Laurel & Oliver Hardy comedy.

**Sun. 20th. & Mon. 21st. "NO NAME ON THE BULLET"** starring Audie Murphy, Joan Evans and Charles Drake is a CinemaScope and Eastman Color outdoor melodrama vividly describing the exploits of a dead-shot gunslinger. (U)

**Tues. 22nd. & Wed. 23rd. "I WANT TO LIVE"** the film in which Susan Hayward plays the part of Barbara Graham who was executed in the San Quentin gas chamber in 1955. A sensational and controversial real life story

that earned for S. Hayward the coveted "OSCAR" as the best actress of 1959. (X)

**Thur. 24th. Fri. 25th. & Sat. 26th. THEATRE CLOSED**

The management & staff wish all a Merry Xmas & a Happy New Year.

**Sun. 27th. & Mon. 28th. "A HOLE IN THE HEAD"** starring Frank Sinatra, Edward G. Robinson and Thelma Ritter is a CinemaScope, DeLuxe Colour comedy drama adapted from an American stage success. (U)

**Mon. 28th. Children's Matinee. "BABOONA"** starring Mr. & Mrs. Johnson plus a Charlie Chase comedy. (1400 Hrs)

**Tues. 29th. "BLUE ANGEL"** starring Curt Jurgens, May Britt and Theodore Bikel is a CinemaScope De Luxe melodrama about a German professor's infatuation for a singer. (A)

**Wed. 30th. "TEMPEST"** is the recommended film of the month and is described above. (A)

**Wed. 30th. Children's Matinee. "PARTNERS OF THE PLAINS"** is a western starring William Boyd (Hoppy) plus **"ORGAN ANTICS"** a musical short.

**Thur. 31st. Fri. 1st. & Sat. 2nd. Jan. THE THEATRE WILL BE CLOSED.**

Canadian Newsreels are shown on Sunday & Monday of each week subject to arrival by aircraft.

Showtimes are; Sunday to Friday at 18-15 & 20-45Hrs

Saturday Children's Matinees at 14-00 Hrs.

(Closed on Saturday evenings)

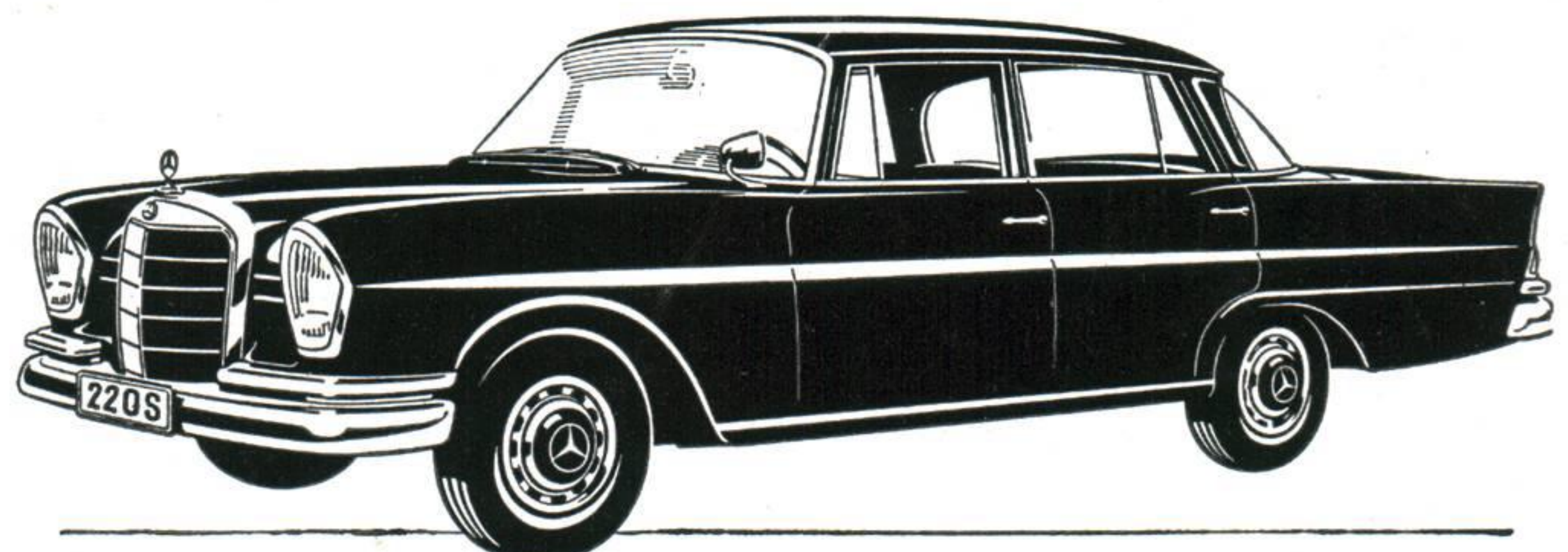
Prices of admission: Adults 30c Children 15c

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**MERCEDES-BENZ**

The "Schwarzwald Flieger" presents: *Miss Grey Cup (Europe)*



*4 (F) Wing's LAW Tang*

*Miss Grey Cup (Europe) this year is 4 (F) Wing's LAW Annette Tang, a 21 year-old blonde fighter control operator who works in Operations. There were seven other contestants from the other Wings and 1 Air Div HQ.*

*Our picture shows LAW Tang, selected by a panel of judges as the most comely of the contestants, being crowned in the theatre at Metz. Flanking both sides of the theatre were the East and West teams.*

*Along with the crown and regal robes, LAW Tang was presented with a set of matching luggage.*

# Boy Scouts



## Story of Scouting

In this issue I will give a brief out-line of Scouting, when it began and who started it, carrying on in the next issue with the story of the person who gave over 7,000,000 boys in the world to-day something to do in their spare time and make them better citizens of the world.

Lord Baden-Powell, more commonly known to the Boy Scout Association as B.P., conducted an experimental Boy Scout Camp on Brownsea Island, which became known later as the first Boy Scout Camp. The following year in 1908 he wrote a book "Scouting for Boys" which even to-day is still sold in Scout Stores over the world. It was this book, shall we say, that "set the bomb off" and started Scouting. B.P. was a person who was very devoted to the boys of the world and he was approached by his King and asked if he would leave the British Army, in which he held the rank of Major General, and devote all his time to Scouting. Since then Scouting has been organized in 63 countries. Canada alone has over 225,000 boys registered in the Boy Scout Association.

## Scouts

Since the last issue of the "Flieger" several boys of 2 troop have passed tests, and congratulations are extended to them. It shows that all concerned in scouting are doing their best.

Bob Boucher and Pat Williams have passed all the badges required for becoming a Queen Scout. They are expected to be invested as Queen Scouts by the District Commissioner in the near future. It must also be mentioned that Queen Scout status is as high as a Boy Scout may go in the Boy Scout field.

Terry Card is also trying hard to become a Queen Scout. Terry and the rest of the boys of his troop wish to forward thanks to F/L Coupland (M.D.), who tested (and also passed) Terry on the Ambulance Man and Public Health Man Badges.

Jack Linklater, tested by Cpl Thomson of the Fire Hall, has passed his Fireman's Badge. Mervin Sabey and Bob Boucher passed their Winter Sportsman badges. Mervin and Bob thank Sgt Vanier of the Rec. Centre for giving his spare time to test them.

For promotions this month we have Jack Linklater to P.L. (Patrol Leader) of Bat Patrol, Mervin Sabey to Second of Buffalo Patrol, and Rene Rochon to Second of Bat Patrol.

We of 2 troop welcome Lee Kelm who was received in Scouting by a Going Up Ceremony on 12 November.

## Cubbing T-Bird Pack

This month we have a boy who has achieved a very special accomplishment. On 5 November Ashley Bevan, after passing every test and badge in cubbing, and then re-passing all his star work again, was promoted to the rank of Senior Sixer. This is the highest a Cub may go in Cubbing. This

is a hard goal to attain and congratulations are certainly in order. On 24 November Ashley went yet another step higher up the Scouting ladder and was invested as a Tenderfoot Boy Scout in 1 Troop. Happy Scouting Ashley.

Congratulations are also in order for Martin Thomson who was promoted from the rank of Second to Sixer, and to Mike Smith for his promotion to the rank of Second. Mike Smith was also awarded his first star this month. Also receiving his First Star at our last meeting was Harvey Scattergood. We of T-Bird Pack welcome Allister Dougal and Murray Dickout who have just joined our pack on transfer from Canada.

A very large investiture ceremony took place on Thursday 26 November and the following boys made the solemn promise of the Wolf Cubs (I promise to do my best to do my duty to God, and the Queen, to keep the law of the Wolf Cub Pack, and to do a good turn to somebody every day) and became Tenderfoot Wolf Cubs.

|                |                  |                  |
|----------------|------------------|------------------|
| Phillip Grant  | Robert Mayo      | Stuart MacDonald |
| Mark Gibson    | Edward Theobald  | Paul Shirling    |
| Bradley Talbot | Peter DeVerteuil |                  |
| Forden Sellen  | Grant Arsenault  |                  |

In the "Jungle Book", by Rudyard Kipling, when Akela the leader of the Wolf Pack misses a kill it is time for him to give up the leadership of the pack to another wolf more capable than he. In the case of the Wolf Cub Pack it was not the business of missing a kill, but rather of not missing the aircraft home that brought about the change of leaders during our last meeting.

Good hunting is forwarded by our Ex-Akela to our new Akela Sherry Grant. In conclusion Scouter Lambert thanks all the Scouters, Parents and Air Force personnel who have given him so much help during his term as Cubmaster.

## Sabre Pack

The Akela of Sabre Pack wishes to forward his congratulations to the following boys who have just been invested into the Wolf Cubs:


|           |             |              |
|-----------|-------------|--------------|
| Paul Gray | Donald Gray | George Smith |
|-----------|-------------|--------------|

## Notices

Thanks are forwarded from the Boy Scout Association to everyone who helped to make our Boy Scout Apple Day become such a success.

May we also remind our readers that when a boy or girl of the Scout and Guide associations come knocking at your door selling the "Star Weekly" and "Globe and Mail" it is to be remembered that the proceeds of these papers go to the Scout and Guide Associations of 4 (F) Wing.

All Scouts and Cubs wish every one a very Merry Christmas and a Happy New Year.



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# The Need for Physical Recreation

In June of this year the Duke of Edinburgh addressed the Canadian Medical Association in his capacity as President of the CMA. The timely theme of his well-delivered speech was the need for physical recreation. The main sections of the speech which concern us are reproduced below and are followed, for an interesting comparison, with a report on the fitness of 4(F) Wing personnel who attended the recent physical fitness clinic. Whether you attended the tests or not, and if you have children (whose physical standard the Duke of Edinburgh also discussed) the speech will be of vast interest to you.

The Duke of Edinburgh spoke of the changes brought upon human society by the 19th and 20th centuries. He continued "There is (an) aspect of (this) change, which becomes very apparent if you study the brief prepared by the Canadian Sports Advisory Council for the Government. According to their figures between 1946 and 1954 admission to public hospitals in Canada increased by 53.7% and during the same period bed capacity went up 32% while population increase was only 20.4%. 69% of Canada's 4 1/4 million children under 15 report some sort of disability, 11% in excess of the average for all ages.

In 1946 there were 12,896 admissions to public mental hospitals and psychiatric units (first admissions and re-admissions) by 1954 the number had more than doubled to 29,351. In the same period Canada's population only went up from 12 1/2 to 15 million.

I know that statistics can be made to prove almost anything and since we have been in Canada I find this even more difficult to believe, but I think you will agree that the trend of these figures gives some cause for concern. One might expect that the brilliant achievements of medical science in recent years and the improved medical and hospital facilities would have made the figures go the other way. The fact is that in spite of everything it would not be reasonable to assume that the general level of health is improving.

The causes of this state of affairs are widespread but not far to seek. Urban living, which will include 80% of the population by 1980, lighter work, increased leisure, more sedentary occupation, altogether a higher standard of living and eating and, perhaps one might add, the very powerful assistance to survive which is now available to all children.

These are the changes in the pattern of human society that have taken place in the last half-century and the medical consequence of these changes is a phenomenal increase in sub-health.

This situation is serious enough from the human individual point of view producing as it does mental tension, emotional instability, delinquency, a lowering of stamina and resistance to disease and privation. For those who prefer more material and practical considerations it does not need much imagination to judge the effect upon industry and national production. It means hours lost through absenteeism, avoidable illnesses, early fatigue and full hospitals. It is estimated that

34% of the male population of military age are unfit for military service, in which case the prospects are not very good if an emergency should occur. Then there is the less vital question of national prestige in sports and games. With a few notable exceptions Canada's achievements in this line are hardly in keeping with a country which claims almost the highest standard of living in the world.

This very standard of living which we are so proud of and which seems to be the goal of all the nations of the world is having the same effect upon the community as a plaster cast has on the muscles of the body.

I realize full well that physical fitness and positive good health are difficult things to define or to measure but in 1955 the Sports Governing Bodies of the United States of America presented a report on the subject to President Eisenhower. I would like to quote some conclusions from that report because I am led to believe that Canadian habits and manner of living are very similar, in regard to leisure and physical activity, to those in the United States.

Using a test for minimum muscular fitness — borrowed from a hospital test designed to decide if a physiotherapy patient is fit enough to be discharged — the report says that 78% of the children tested failed. This is compared to 8 1/2% failure by European children in the same test. Further, 54% of children first entering school were unable to pass the same tests. The figures may be misleading but they make it look very much as if nearly half the younger population is already in a state of sub-health.

I think it is reasonable to assume that the root of this problem of sub-health lies in the state of the physical fitness of the younger generations and therefore in the physical education of the children.

There are in fact two main ways of fighting sub-health. The first is based on the ancient maxim that prevention is better than cure and the second is based on the modern variant that if a cure works it will work even better as a preventative.

Obviously the first thing is to see to it that all children from an early age are given regular physical instruction by properly qualified teachers. That, and an adequate provision of facilities for physical recreation, are absolutely essential requirements in preventing sub-health although they are not enough by themselves.

Let me give you another example of how the ancient maxim works. After the New Orleans Recreation Department had increased their playgrounds from 30 to 131 the municipal confinement homes showed a decrease from 300 per day to 100 per day. This was in 1955. I could quote hundreds of similar cases and they all prove one thing. A strong and energetic voluntary organization with the one object of providing playgrounds, playing fields, and recreational facilities in general is essential in a modern highly developed society.

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# The Need for Physical Recreation

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The modern variant is just as obvious for it is widely acknowledged that remand homes and similar establishments for boy criminals have a high rate of success in reclaiming the boys as decent citizens. There is nothing punitive about the training and it is normally based on learning a useful job, plenty of hard and purposeful exercise with individual help, attention and example, the basis, in fact, of every voluntary youth organization since the Boy Scouts showed the way. I think it is reasonable to suppose that if the criminals had been exposed to the cure in the first place they might have been kept out of trouble.

In the United Kingdom, Africa, Malaya, Australia and Germany there are a series of Outward Bound Schools which run monthly courses for boys between 16 and 19. The basis of the courses is fitness through athletics; adventure and achievement through mountaineering and seamanship, and the instinct to help others, which is present in all people, is given practical form through life-saving and mountain rescue training. A simple programme in the short space of a month but the results are out of all proportion. The human mind, particularly in young people, is wide open to influence, the important thing is to expose it to the influence. Physical and moral therapy before rather than after the injury is the key.

On similar lines is The Duke of Edinburgh's Award — it's named after me but I'm not taking credit for the idea. There are four sections, fitness, rescue or public service training, project or pursuit and expedition. There are three lots of standards for age groups from 15 to 19. The standards can be reached by any normal boy or girl with a little practice and perseverance. Pass the tests and you get a certificate is the outward and visible side. But the inward effect upon the individuals who have experienced fitness, achievement after perseverance and the satisfaction of a purposeful adventure — well, I leave you to judge.

The point I want to make is this. These schemes, worked out by laymen, can be, and are, successful in fighting sub-health, but they only touch a small fraction of the population. Unless there is a widespread realization that the problem of sub-health exists in a serious form and unless people realize that it is both curable and preventable the problem will undoubtedly get worse with the consequent demoralization of the whole community.

So far I have dealt with young people and some of the ways in which the depressing and frustrating effects of modern civilization can be prevented from undermining their physical and mental health and stamina. It is, of course, equally important that adults should have the opportunity to occupy their leisure with some kind of healthy exercise or sport.

I do not believe that the average man or woman normally engaged in sedentary occupations has any idea of the number and variety of activities which are open to them. Some scheme, therefore, which exists to encourage participation in all sports and recreations, from archery to yachting, for all ages and sections of the community, is absolutely essential to any modern community with a high standard of living. Such organizations exist, and when they get proper support and backing they can do a most valuable job.

To sum up. There is evidence that despite everything people in Canada are not as fit as they might be. Four things

are necessary to change this state of affairs. Proper physical education in schools, adequate recreational facilities for all ages and sections of the community, an extension of the work of youth organizations both in scope and age, and finally an organization to publicise sports and recreational activities and to encourage people to take part in them."

The clinic which did a survey of military personnel here in June have filed a report and generally their findings are as follows:

- 1 **In General** the personnel of 1 Air Division fall within the normal range of the RCAF. However, indications are that this is not a desirable range.
- 2 **Fat Measures** — In all instances the personnel tested showed an excess of fat — particularly in the abdominal area. The non-operation personnel consistently had greater fat measures than operational personnel.
- 3 **Agility and Heart Response** — these two components were incorporated into one test — "the Burpee" — consequently there is to some extent an inverse ratio between the results i.e. the faster the test was done the slower the heart response. In general the personnel tested showed a low level of agility.
- 4 **Dynamometer Strength** — with few exceptions all personnel were above average in tests of back and leg strength. There is an indication that the leg strength is proportionately greater than back strength.
- 5 **Flexibility** — the toe touch test used is only one small facet of overall flexibility. Many of the non-operational personnel scored poorly in this test.
- 6 **Vertical Jump** — operational personnel showed a marked superiority in this test. The non-operational results were not good.
- 7 **Chinning** — there is considerable variation amongst personnel in the strength of arms and shoulders as measured by this test. The average scores were brought up by a few individuals who were well above the norm. Many individuals did poorly on this exercise.
- 8 **Sit Ups** — the test on the form used here is a test of abdominal and front thigh fitness. They indicate that personnel are above average in this test for the RCAF but when compared to other services (USAF and US Navy) they are below average. It may be noted that the number of complaints of sore muscles on the day following the test would indicate that these muscles had been worked somewhat harder than usual, another sign of lack of fitness.

A comparison of squadron motor fitness as indicated by the results of these tests, through the twelve Air Division squadron shows:

422 in first      444 in ninth      419 in eleventh place

The same comparison of operational personnel by wings shows 4(F) Wing in 3rd place; and of all personnel by wings, in 4th place. In both instances the spread from 1st to 4th was so slight that in general there is little difference in the overall physical fitness between the wings of 1 Air Division.

The full report is available at the WRecO's office for anyone to read and comments are invited (in writing) as to:

- (a) Reactions of participating personnel
- (b) Reaction of Administration Officers
- (c) Suggestions concerning good or bad points of the clinic.

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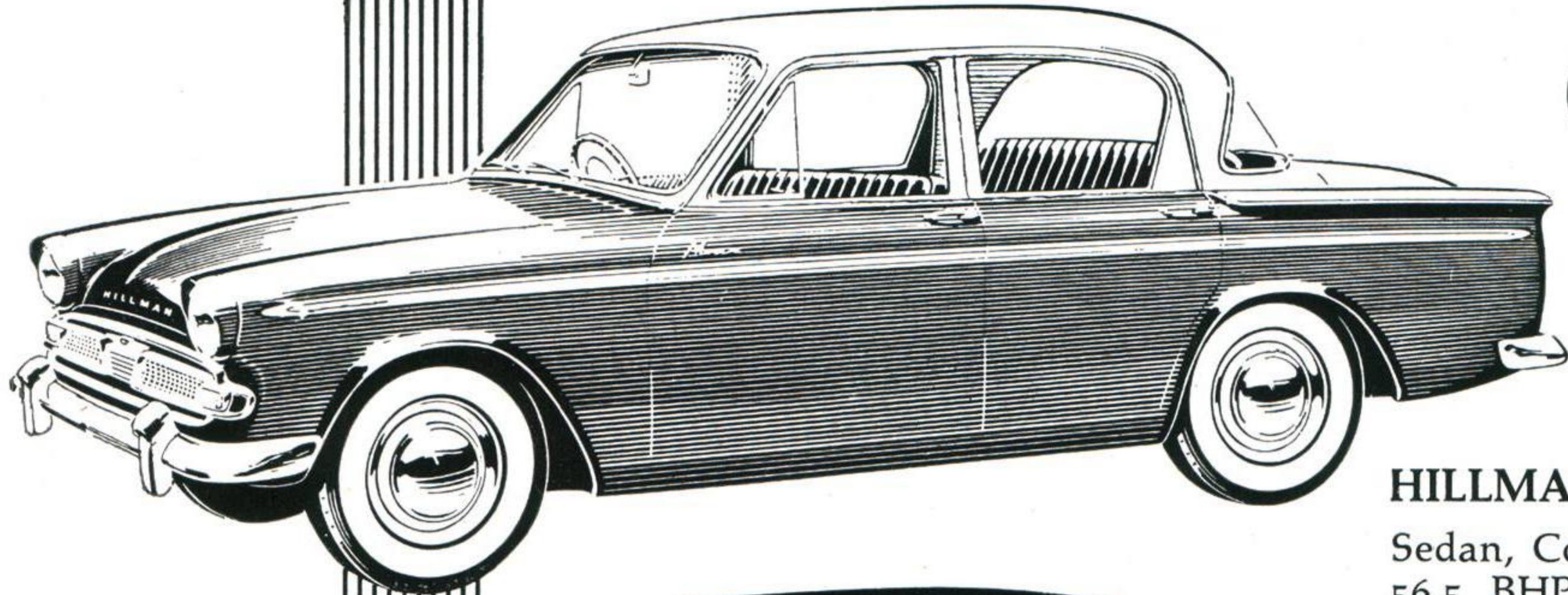
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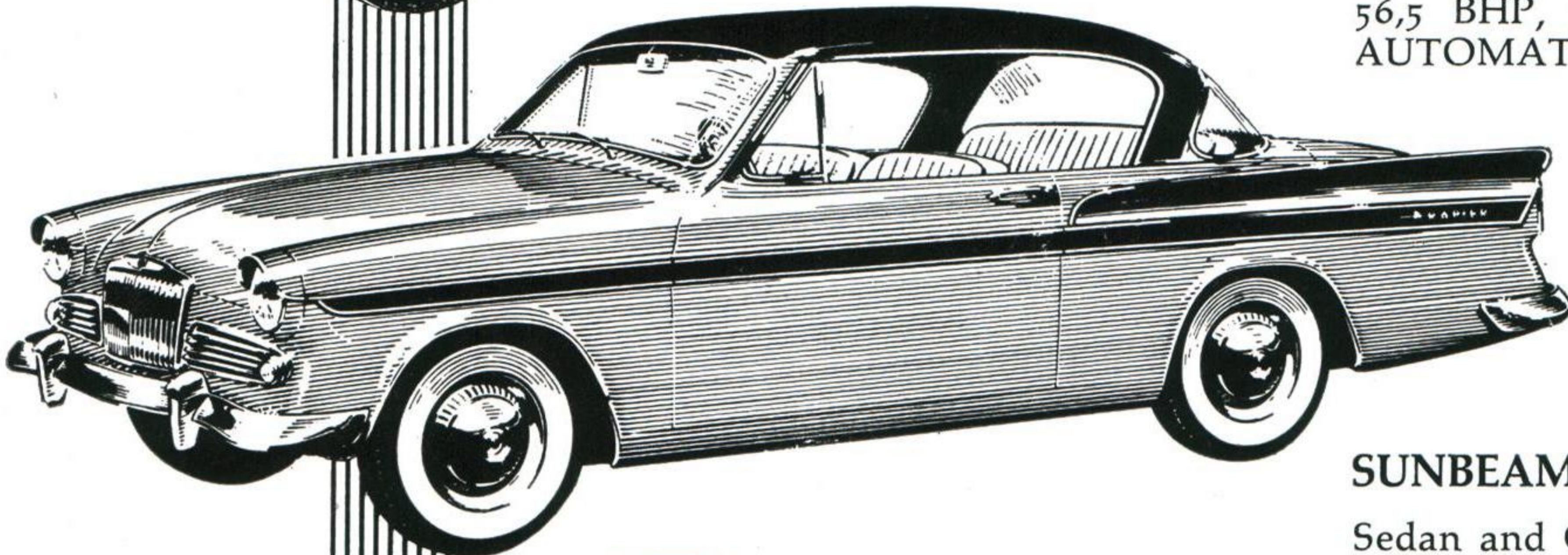


# The 1960 Models

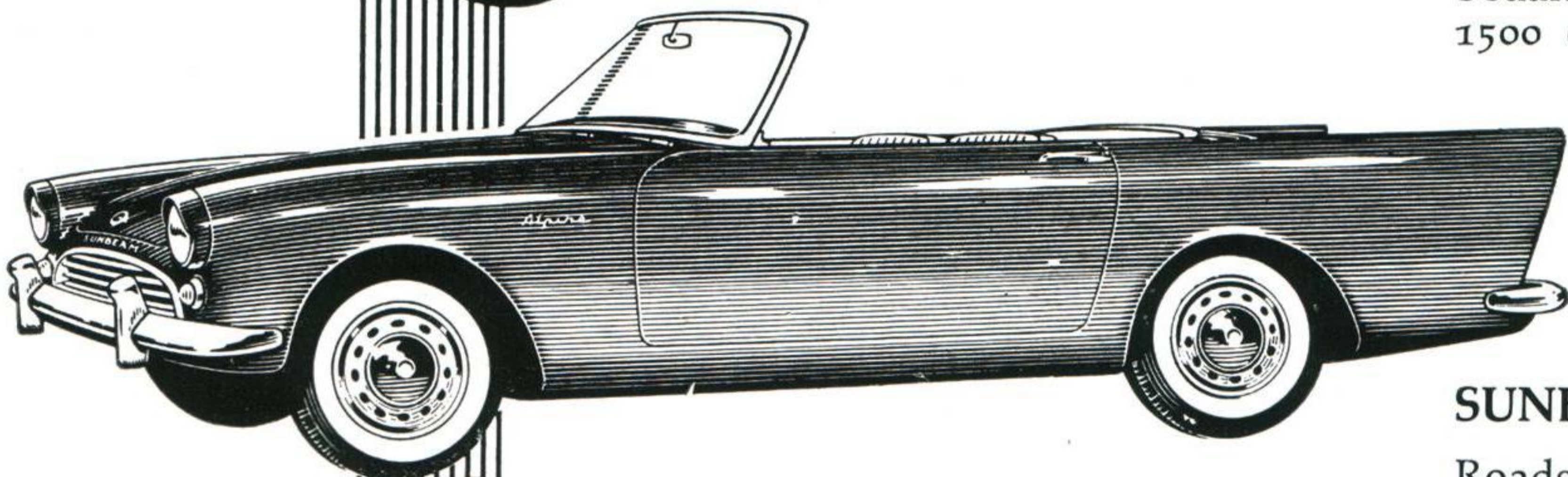
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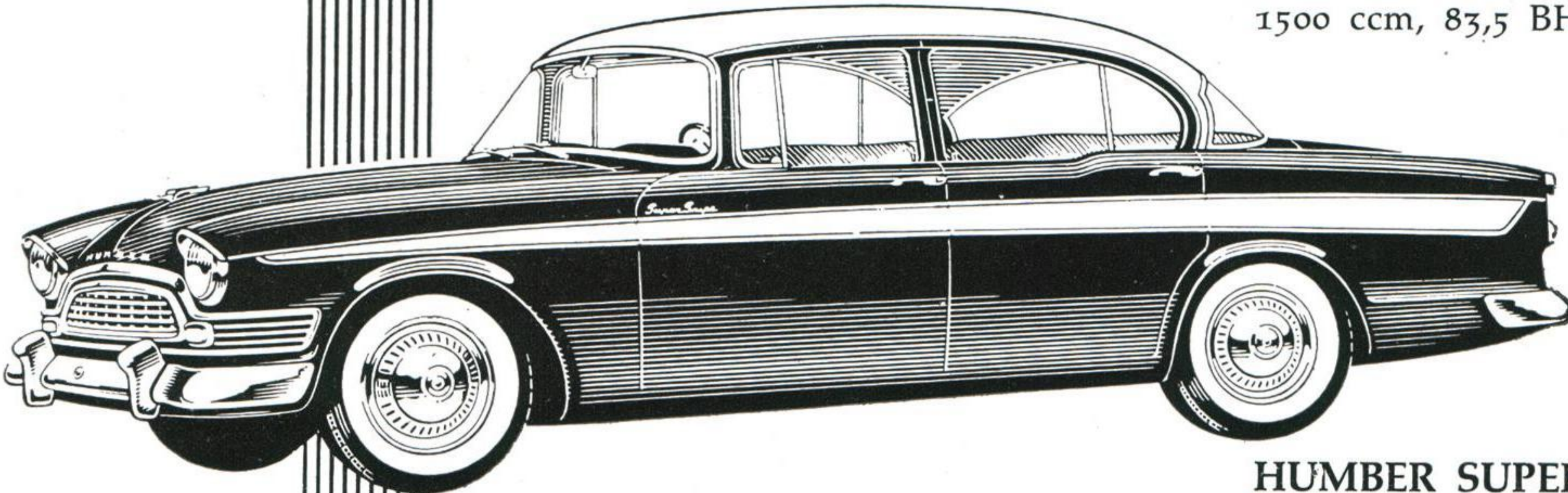
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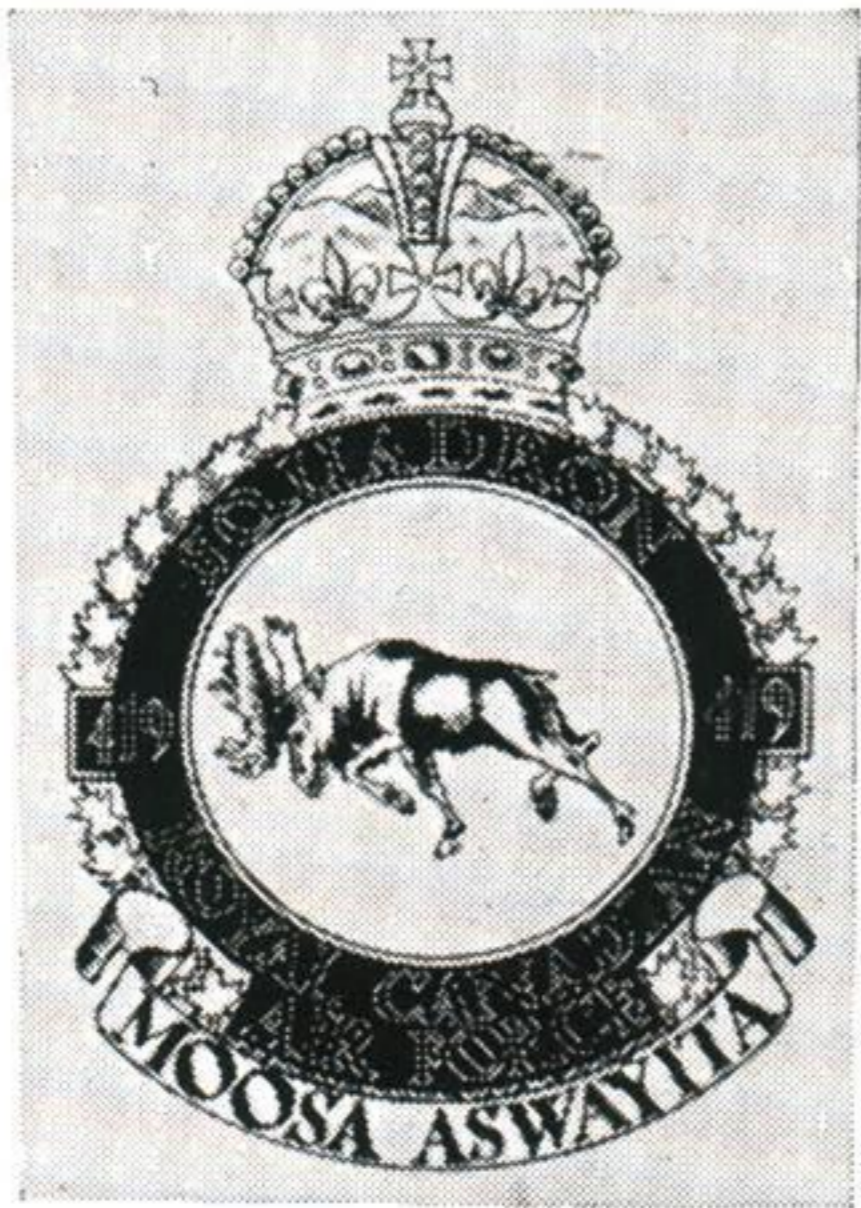
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# Touring our Flugplatz



419



SQN

by F/O Erik Neilson

On the 23rd of October, the following message was received by 4 Wing, with info copies going to the other Wings of Air Division.

"We came down to Deci in October time  
Through cloud & fog & rain,  
To ace the rockets for 419.  
The Moosemen have done it again".

With this modest, unassuming bit of verse, airforce circles learned that 419 Squadron once more rules the roost among All Weather Fighter squadrons in Europe. Though we doubt that anyone could have been too surprised by the outcome, the manner in which the win was accomplished left no doubt as to the Moosemen's superiority, as their rocket trophy shoot was 20% above that of the next highest competitor. The frosting was applied to the cake when on November 5th another signal arrived at 4 Wing addressed to G/C McNair reading as follows:

"Break out the booze, break out the band,  
Break out the 4 Wing rooters  
You've got the Air Div trophy Sir,  
The Moosemen have the shooters".  
  
In Air Div gunnery we came fourth,  
All weathers' best we'll roar,  
And second best was 422  
BUT WE BEAT 444!"

In placing first among A. W. (F) squadrons, 419's gunnery score surpassed that of 5 Sabre squadrons including the one

located right here at home plate. As you might gather from the above poem, it was a most satisfying achievement to have beaten 444 at their own game, and we predict a long, hard winter in the mess for them at the hands of enthusiastic 419 supporters. No doubt they'll have blood in their eye as they strive to redeem themselves come the next camp. While patting ourselves on the back, we would like to make particular mention of the work of Bob Talbot and his fine band of able technicians who kept the radar in such razorsharp shape. With excellent ground support and with comparative newcomers shooting like salty old veterans, we suppose the results were inevitable. A fine reception awaited the squadron on their return, pictures of which are included with this column.

On our last party before leaving Sardinia presentations were made to those who had in some way distinguished themselves during the camp. Our new OC received a very clever cartoon in recognition of the day when his zeal got the better of him and he pressed in perhaps a little too close to the flag on a gunnery pass, the result being some rather long tears; in fact, his score was disqualified. Those who (among themselves) referred to our leader as "old 27 strand" are to be chided however, as we are sure they are exaggerating somewhat.

On the social side of the ledger, it can be said that all Moosemen (with a very few exceptions) gave a well-behaved account of themselves while in Deci, — mainly due to the new liquor and dress regulations in effect there we'd wager. With merry making on the station confined to regular bar hours, most parties never reached the peaks they have in camps gone by. Due to some mix-up, week-end flying was impossible, and time hung heavily for our high-spirited lads. It's thought that this led to some nasty cases of bedsores for some of us, but otherwise the squadron survived food shortages and 4 days without water in fine fettle (Imagine 4 days without "facilities"). At this point we would like to salute the man who more than any other single individual was responsible for our squadron's creditable showing. With sanitary conditions going from worse to impossible with each day of the water shortage, Dr. Frank Nash by some miracle managed to lay on an officially sanctioned rum ration, — to try and keep the bacterica level down of course. The results speak for themselves, and we hope that this treatment will be used henceforth whenever its use is indicated.

When the third day without water rolled by, we all gave thanks for the resourceful efforts of our armament officer in toting water pails, by making him O. C. latrines. By then,


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419 stalwarts arrive  
at the dispersal



W/C and Mrs. Brown  
cutting the "victory" cake

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some of us were in sorry shape from slogging through miles of mud and water looking for flags, thanks to Blake "Drop it now" Lloyd.

Some of our members turned their talents to music to pass the time, and below is a sample of their work. Sung to the tune of "Little Bit of Ireland", the lyrics are largely the work of Bill "The Bard" Penfold who had a big hand in the previously mentioned signals as well:

"A little bit of gravel fell  
From out the sky one day,  
And it nestled in the ocean  
In a spot so far away;  
And when the Airforce saw it  
It looked so barren there,  
They said "That's what we're looking for,  
We'll build an airport there."  
So they called on Air Division  
And they scurried to and fro,  
The wheels, they met, the plans they laid  
They finally got the dough  
They built a rocky runway  
And put up a tent or two  
And when they had it finished  
Sure they called it Decimo."

Since returning to 4 Wing, our squadron has continued its winning way in the field of sports. 419's basketball team came through regular league play undefeated, and at the time of writing had an eleven point bulge after one game of a 2 game total point semi-final series. Prospects look bright for a repeat as station inter-section champions again this year.

On the ice lanes, the Moosemen got off to a late start because of the Sardinia excursion, but played to a 1-1 tie in their only game to date. Old smoothie Sid Quickfall who only a month ago managed a very respectable gunnery score with only one gun, this time fired the all important equalizer while operating with a badly battered eye.

419 Squadron will lose a kingpin in the nav empire with the sudden departure of F/L Jim Cameron. As sorry as we are to see him go, we are pleased to see his posting is such a good one, and he takes with him the best wishes of the squadron in his future career with Maritime Command.

By the time this issue hits the stands, wedding bells will have chimed for F/O Ken Burnham, now on course in Canada. No doubt Ken and his new spouse will receive a suitable 419 welcome when they join the squadron in the new year.

It seems that the festive season is upon us again, and in ringing out the old year, Moosemen will have a lot to celebrate. Therefore it is with a spirit of magnanimity that we extend to all: best wishes for a Merry Christmas and a Happy New Year from "Bruce".



*As the French say "sans paroles"*

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# Tomahawk Wives Talk

By Pamela McArthur

422



Sqn

by F/O Luxton

This must be the lull before the storm as November has been a relatively quiet month. Granted there are reports of a few disturbances, especially the recent complaint from the SMU in the barracks being awakened by the barking and howling of dogs. Mind you this depends on the night and fullness of the moon.

F/O and Mrs. Plummer had a recent experience which will effect their economic balance for an indefinite period of time. One quiet Saturday afternoon that close knit union of chaps residing in Barrack Block 39B decided that a meal was desired, so without any prior formalities they arrived in Rastatt and proceeded to clean out their hosts. Fortunately Jim had enough gas tickets on hand to enable him to travel to and from work.

Cool, Man! Cool, dig that crazy cat B. J. Bill has gathered together a group of musicians who presented their first performance recently in the Mess. What really caught one's attention was B. J., eyes closed, swaying melodiously to the swing of the sax.

Welcome is extended to F/O Jim Baxter, newie on 422 Squadron. Another cheer heard from the SMU for Jim who has arrived via the pipeline.

Friday, November 27th, 422 Squadron members gathered at the Officers' Mess to welcome an honorary member in the person of Mr. H. Emborg from Denmark who very kindly supplied an excellent steak dinner and also presented to all OC's of 422 Squadron, a cigarette box with the map of Denmark. This is for future reference of section leads intending to set course in that direction. We also wished the very best and said a quiet goodbye to F/L Ron Russell who is soon leaving us for Air Division Headquarters. We feel that Ron will certainly remember his Farewell Party and we trust the experience wasn't too painful. Congratulations Captain! The performance was of superb quality.

This being the last Fliieger before the festive season is with us, the members of 422 Squadron would like to take this opportunity to wish all a very Merry Christmas and a happy and prosperous New Year.

Midst the frantic Christmas shopping in time for the 14th November parcel post deadline, and the tedious waiting in endless queue at the post office which is hardly equipped to handle line-ups such as have been known to collect there, 422 officers' wives actually found time to have a coffee party, and met twice for bridge.

The occasion of the java session was Wednesday morning, 18th November at the home of Mrs. Jean Jamieson. Main topic of conversation was a re-discussion of the best method of sending our departing members off to the land of the big TV, as they say on AFN, in proper style. Upshot of the enthusiastic exchange of opinions was the appointment of an entertainment committee of volunteers consisting of Mrs. Helen Murray, Mrs. Olga Howe and Mrs. Mary Pardy, who intend, among other things, to canvass our spouses regarding their willingness to take us out for farewell dinners. Fortunately we don't expect to lose anybody now until after Christmas so there should be lots of time to mull it over along with the formulation of New Year's resolutions.

Two tables met at the homes of Mrs. Helen Murray on November 5th, and Mrs. Beverley Lough on November 17th, for our favourite card game. The club plays only once a month this year on a regular basis, the latter of the above-mentioned events being the December meeting held a little early due to the oncoming festive season.

And in spite of all the activity preparing to play Santa Claus, to entertain yuletide guests, and generally to exude peace on earth and good-will toward men, some of our members are finding time to go horseback riding in Rastatt twice a week (Mrs. Edith McKinley and Mrs. Doris Tuele), and represent Four Wing on the Ladies' Basketball Team (Mrs. Daphne Bell and Mrs. Lyn Luxton).

In conclusion of this column for 1959, we wish one and all a very Merry Christmas and a Happy New Year.

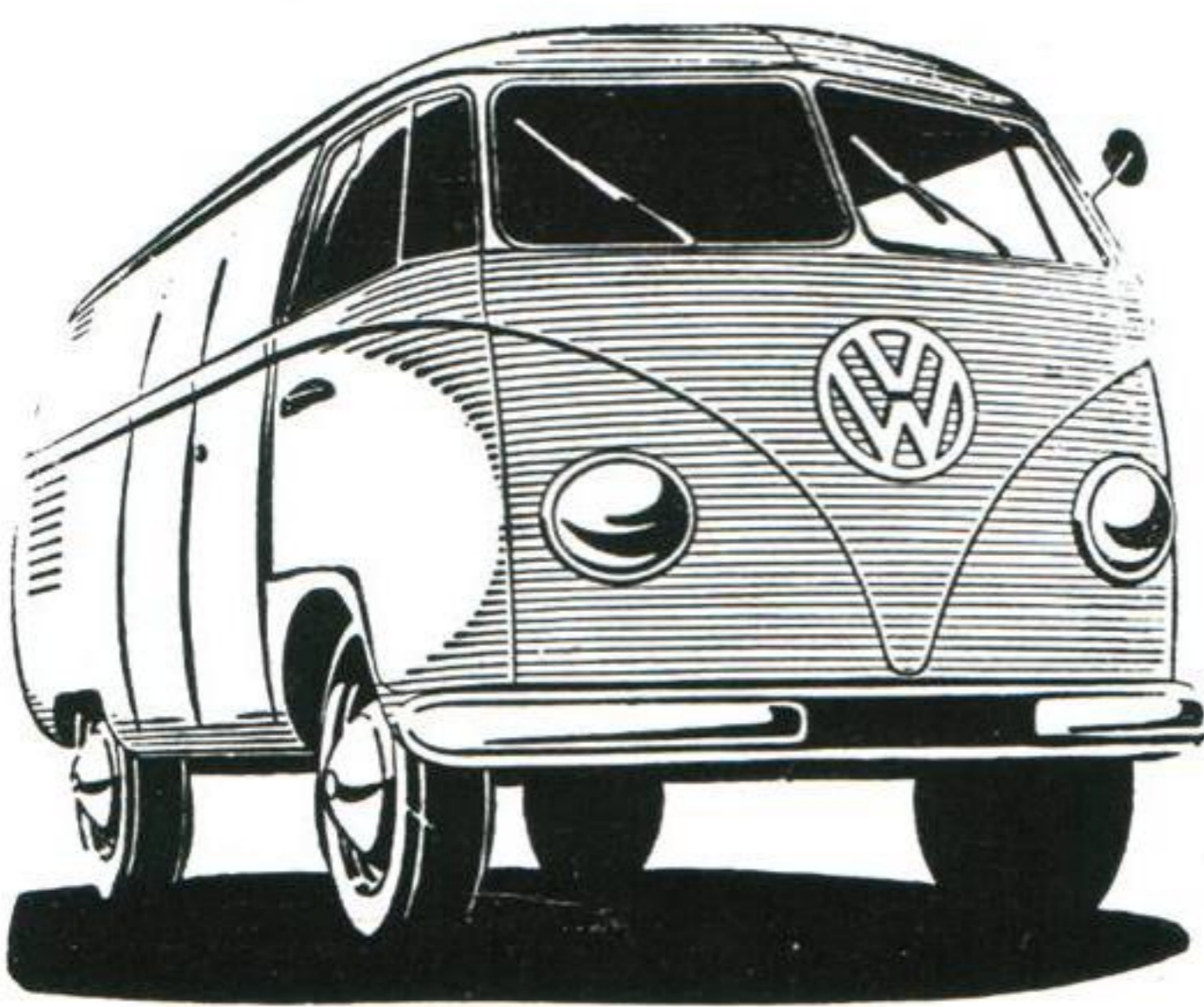


## SEASON'S GREETINGS

To All Readers

from

The Staff of the Schwarzwald Fliieger

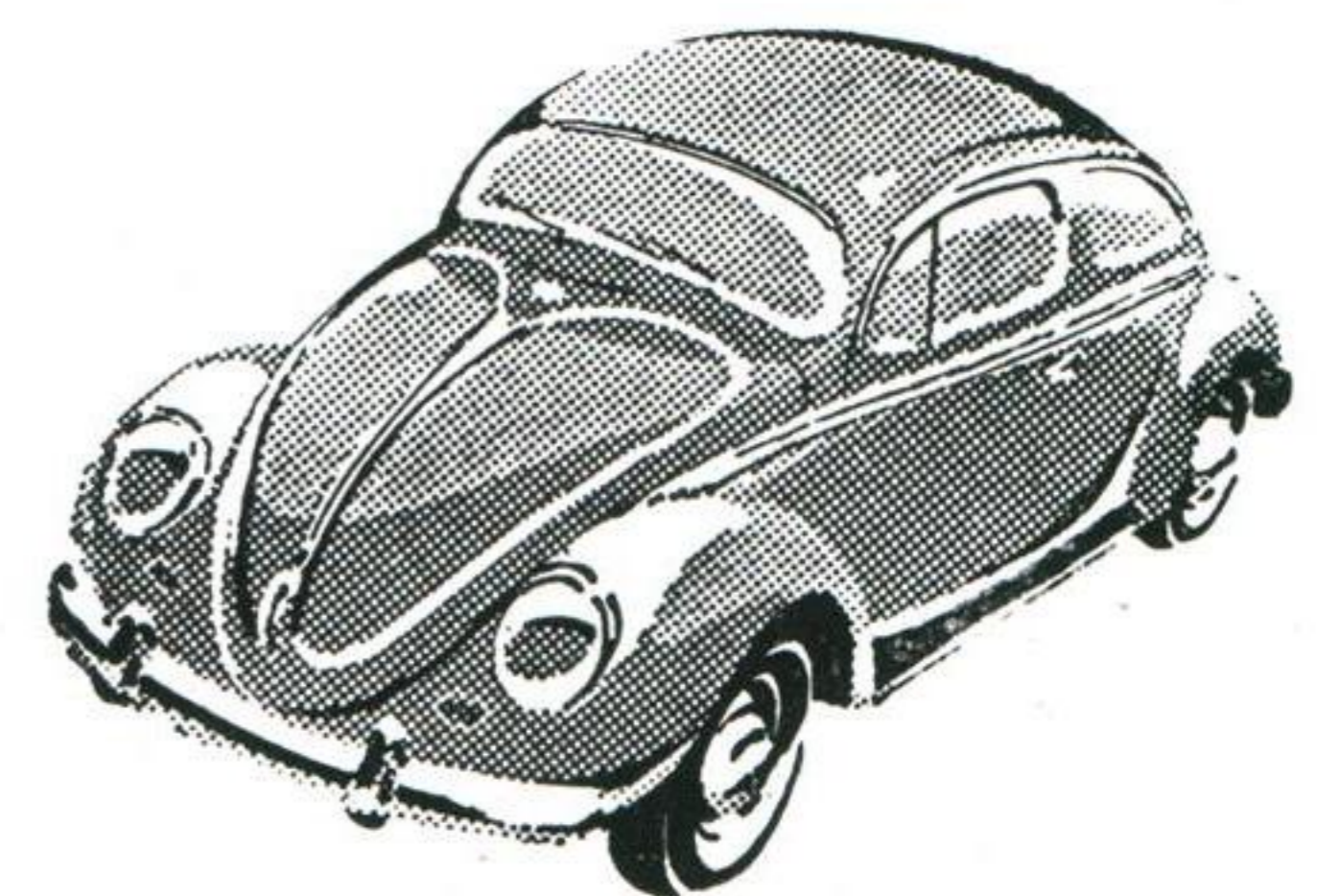


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# Soellingen Sally Reports

by Laurie Morris

444



SQN

by F/O Rod Violette

The SMU has suffered a few more casualties again this month. F/O Granley returned from TD in Canada with a new bride followed shortly by another "brown bagger" Paul McLaren. The latter pulled a real "sneaky". He left here on 12 days leave solemnly swearing to the SMU that he was "just going to give her the diamond". But what happened! Ten days later we received a telegram signed Mr. & Mrs.! Let's not hear any more "brown bagger" remarks!

There should be another "fill in" coming up soon. 444 has a few more "newies" to initiate, the latest being F/O Jock MacKay who came to us from Penhold after a tour instructing on Harvards. A welcome addition to the Squadron.

It appears that a few members of 444 Sqn can shoot skeet as well as '5s. F/Os Kuch and Willis and FS Breathet returned from Marville recently sporting trophies and crests galore. Good shooting, chaps. Let's see you do the same at Sardinia in March. While we are on the subject of sports it may not hurt to mention that we finished second in the station Basketball league and are now playing off with 419 in the semi-finals.

After two years 444 has finally won a hockey game! Although we concede that 422 helped out we would like to think that we contributed substantially toward the victory.

With Christmas close upon us, the time for parties and fun-making is close at hand but along with all the gifts and merriment I hope a few of us will take time out to remember the real reason for Christmas. "Merry Christmas" all.

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## CLIMATOLOGICAL SUMMARY FOR THE MONTH OF NOVEMBER 1959

| TEMPERATURES                | 1959 | 1958 |
|-----------------------------|------|------|
| Mean Max                    | 45   | 44   |
| Mean Min                    | 38   | 32   |
| Monthly Mean                | 39   | 41   |
| Highest                     | 55   | 57   |
| Lowest                      | 24   | 25   |
| <b>Precipitation</b>        |      |      |
| Total Rainfall              | 1.24 | 1.56 |
| Greatest amount for one day | .44  | .56  |

I'm very much afraid that if this fog does not decide to disappear that our dear old friend Santa will not be able to reach us for Xmas. A special request to S/L Moakler from the airwomen and all small children: would you please order a sunny and white crispy Christmas. We thank you in advance.

Congratulations to Annette for winning the Miss Grey Cup, and bringing pride upon this Wing. I'm wondering right at this very moment when you intend to be the "Girl of the Month"?

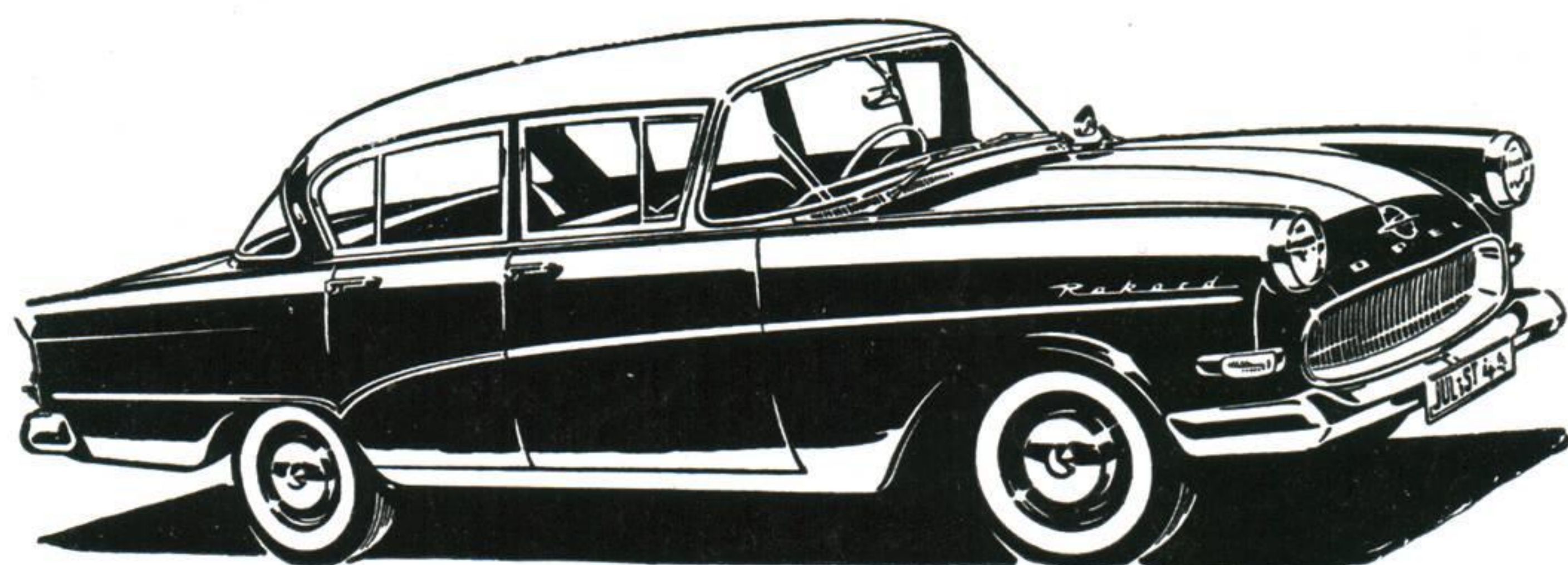
Our welcome carpet is out again this month, this time it includes two new arrivals. First one, LAW Bacon, comes to us from Stn Greenwood and works in the TelCom section. As yet, boys, I don't know what her cooking abilities are but will let you know in the near future. LAW Jensen from Stn Cold Lake is working in our weather section, and we hope that she will help us to receive our request for Xmas. We hope you both have a wonderful three years in Germany and that you enjoy yourself during the festive season.

Do we or don't we have a snake in the barrack block? Will someone enlighten me on this subject! A certain airwoman believes in keeping her bedroom spotless. What a good housewife she is! She even keeps her ceiling clean, — there must be a reason for this over-cleanliness! You would think that we own a large share in the Simca company. We have to this day four of them, and I would not be at all surprised if a few more were parked behind the barrack block in a very short time. Perhaps airwomen get a discount! On Sunday, 29th of November, Lucie, our Christmas baby, left from Frankfurt for Quebec city. She will be gone a whole month. We were there to see her off and I don't have to say how many of us had a great yearning to go with her, but I don't suppose they would take us with 75 cents. A shower was held for Helen Kingston the last week of November. It was a wonderful party, and everybody enjoyed themselves, even the belated guest that walked in at the last minute feeling in a party mood.

Due to it being Christmas and being a time to love our fellow men I will not, I repeat, WILL NOT say any more gossip, so everyone who was terribly afraid something would come out in the Flieger can sleep quietly this time. But I don't make the same promise for next month; we always have to begin the year with a bang!

We bid farewell to Helen who will be leaving us very shortly to begin a home in Canada. We wish you "Bon Voyage" and loads of happiness to you and your husband-to-be for a long, happy married life.

One again this year and for the last time I wish you all a Merry Christmas and a prosperous New Year (maybe a raise in pay?). Take care of yourself, don't have a drink too many, and enjoy yourselves. See you next year . . .



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# Fire Dept.

We have had a rather quiet time since our last entry but have managed to keep fairly busy and, we hope, productive. On 14 Nov we had visitors from the local area in the persons of 35 fire fighters from the town of Steinbach; they were our guests for a display of fire fighting and crash rescue techniques as well as a showing of our vehicles and equipment. An informal get together in the Fire Hall for coffee topped off a very pleasant afternoon (except for the duty crew who had to recharge vehicles and clean equipment).

Speaking of visitors the stork called and we send our heart-felt congratulations to LAC and Mrs. Litowski with their new daughter and to LAC and Mrs. McGallan and their little bundle of joy (also a girl).

Sgt's. Drabik and Scott are going to Camp Borden for a winter vacation in the Fire School, good luck to both of you.

We are looking forward to the arrival of our new chief early in December. We hope you have a good trip, Chief, and a good tour here.

We would like to say "thank you" for your assistance and generosity in our toy drive; we have collected and repaired some 600 items for the German Red Cross to distribute to needy children and it would not have been possible without your help, so once again "Thanks".

December is a month of festivities, fun and frolic, — a time for children, — so let's not mar it with fire. Remember that a



Steinbach fire-fighters look over the Fire-hall equipment

careless moment can change your Christmas holiday into tragedy so read the fire bulletin and obey instructions; we are not trying to spoil your holiday and the general fun, we are only pointing out the dangers that exist. Make everybody's holiday happy by taking that little extra care required for this period.

So long for this time, and a hearty MERRY CHRISTMAS AND A HAPPY AND PROSPEROUS NEW YEAR to you and yours from your Fire Department.

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- SCOTCH BROTH
- FRESH GARDEN PEAS
- SCOTCH HERRINGS IN TOMATO SAUCE

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