



THE ARROWHEAD TRIBUNE

VOL. 3 N° 12

1 WING, RCAF, MARVILLE

30 JUNE 63

CANADA : SOLD FOR A NICKEL

The *Arrowhead Tribune* is published twice monthly through the kind permission of Group Captain D.P. Hall C.D., Commanding Officer, N° 1 Wing RCAF, Marville, France.

Articles printed in this magazine should in no way be construed as RCAF opinion or policy unless accredited to an official source.

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Section reporters and personnel contributing articles to the *Arrowhead Tribune* are reminded of the deadline.

Material must be submitted on the last working day prior to the 4th and the 19th of the month for publication in the issues dated 15th and 30th, respectively.

The Editor reserves the right to edit copy to suit all requirements of the magazine.

Deadline date for the next issue is :
Friday 5 th July 1963.

PHOTOGRAPHS

All photographs in this issue obtained through the RCAF.

Some years ago an American congressman proposed that Canada be given to the United States by Britain as payment for the latter's war debt. This absurd proposal received considerable, if good-natured, press reaction in our town, however, the reaction which I remember best was that of the students in my junior high school class. Almost to a man, (if 13 years olds may be so described), our class was in favor of the proposal. The feelings of most everyone could be most effectively described by the exclamation of a chum of mine : « Oh boy, five cent chocolate bars ».

The fact that we would have sold our birthrights for a mess of Hershey Bars was hardly surprising, considering the little we knew of Canada — her history and her achievements.

While I am not in favor extreme nationalism, I do feel that everyone needs pride in his country if he is to be a good citizen in the fullest sense of the word. Canada is but a young country. Knowledge of her history will reveal her achievements and they are many for a nation of less than 20 million people. Many are the historical cornerstones laid by great Canadians in peace and war, however, their names and their deeds remain virtually unknown to millions of Canadians.

Perhaps if we had a more distinct image of ourselves, we would be motivated to know more about and understand Canada, past and present. Many of us have begun to wonder of late, just what is different about us — if anything « Canadianism » remains as yet underfined.

With our centenary celebration coming up in 1967, it would be fitting if the problem of distinct identity could be solved for all time. The mid-twentieth century solution to the problem is quite simple ; let's call in the « Image Makers from Madison Avenue, (secretly of course).

Before long, Canadians everywhere would be quoting re-discovered Canadian patriots ; societies would spring up to honor their names. The National Film Board could hire Elizabeth Taylor and Richard Burton to play in a series of Canadian historical dramas. The flag and national anthem problems would be solved forth-with — bunting and song would be seen and heard everywhere and gone would be the wicked desire to read American magazines and watch « Gunsmoke ».

Wouldn't it all be wonderfully nauseating ?

F/O FE Reagh

COVER STORY

Beyond Ottawa's famous tulip beds rises the Peace Tower in Canada's capital. The Tower is part of the Parliament Buildings.

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LETTERS

Sir,

I must be in a vindictive mood — I found nothing over which to become indignant, as was S/L Shaw, in the article «To a Teenager». The advice of L.D. Harris made sense, and I found nothing which intimated denial of love, companionship, direction, etc., etc., to our teen types. The «what to do» suggestions seem to me an integral part of any family relationship, but I'll warrant many a parent has looked in vain for the husky son when it came time to hang the storm windows and the car being washed voluntarily, came as the inevitable prelude to asking for the keys. No, S/L Shaw, I for one have no quarrel with L.D. Harris.

And also — since I am started. «Beau Geste» had a point which no amount of rationalizing or justifying can change. In fact, the «Housewives of Virton-St Mard» letter is an admission complete with excuses, and if not necessarily incorrect in all respects, it is in at least one. It should have been signed, «SOME of the Housewives etc., etc.»

Eric B. Ziegler

Sir,

The Vehicle Safety Check Lane of the Ontario Department of Transport was in operation for eight days from the 8 to 17 May. 1037 vehicles were checked in this period. Of the 1037 checked initially, 560 failed to pass the check for a variety of reasons which are set out below. 477 were found to be in first class condition with no defects and received the safety check sticker. The failure rate was 54 %.

Of the 560 cars which failed it is estimated that some 300 came back for a re-check and received their

sticker at that time. The main reasons for failure were :

Faulty brakes	261
Incorrect headlamp aiming	163
Front wheel alignment faulty	126
Lamps out, worn or missing	104
Worn tyres	73
Muffler, front or rear exhaust faulty	36
Worn tie rod ends	31
Cracked windshield or other glass	25
Worn king pins	21
Steering arms faulty	19
Horns not working	12
Worn ball joints	12
Right or left suspension faulty	11
Other defects	32

The large number of vehicles (261) with faulty brakes is a matter of concern when the hilly nature of the countryside around 1 Wing RCAF is borne in mind. It might be mentioned that brakes were given a very thorough check with summer driving conditions of higher speeds and overloaded vehicles combined, being in mind.

The full support of all personnel on the unit was appreciated, without which the check could not have achieved its success.

« PMC Safety Council ».

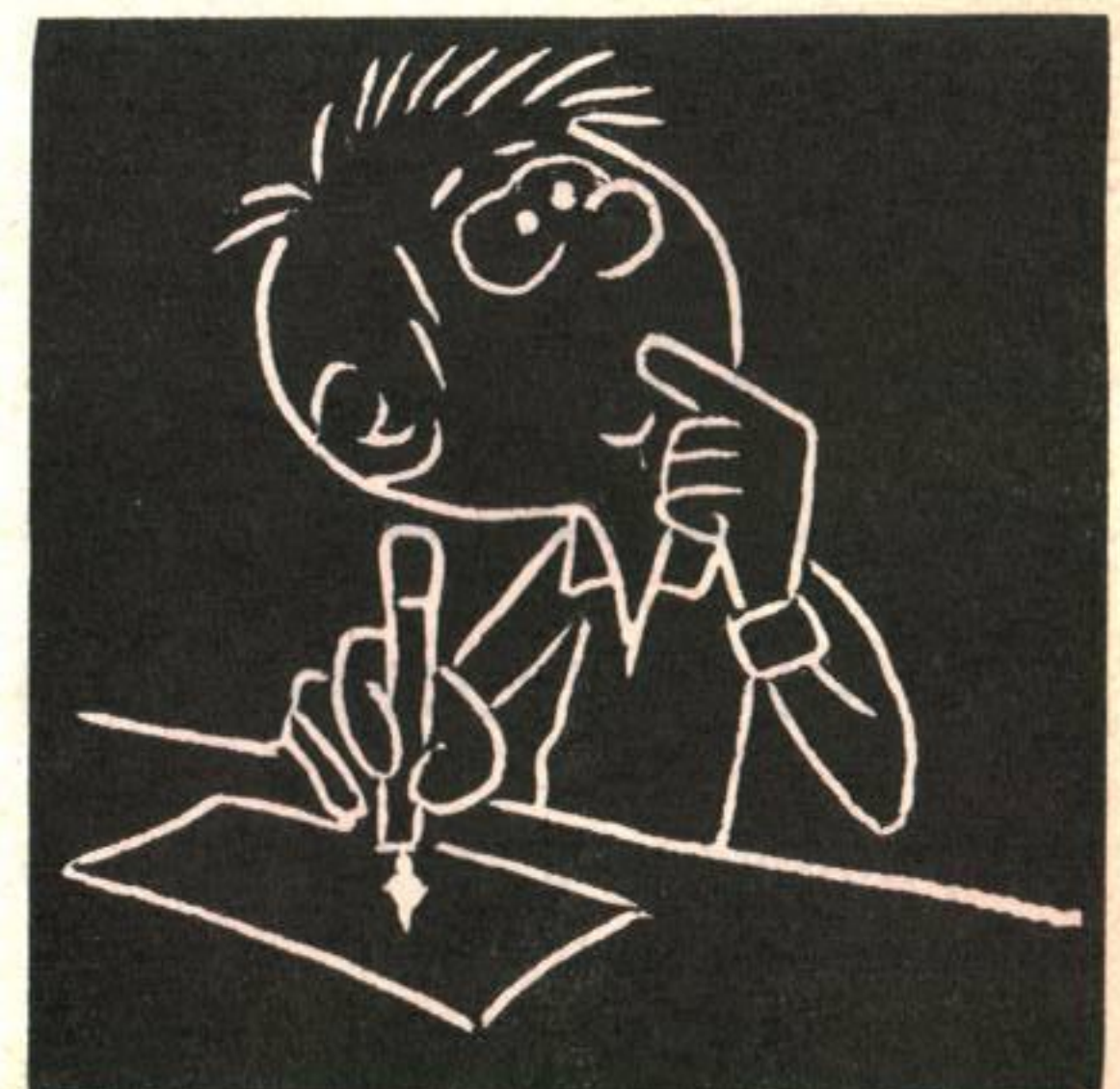
Sir,

I noticed that you never credited the artist for the drawing shown on the back cover of your issue of 30 May, or for the drawings in the Pipe Band issue.

The artist is LAC Russell of the Control Tower and I think that he deserves mention.

F/L WL Ruttle
Control Tower

Editors Note : We regret this unfortunate oversight and do indeed appreciate LAC Russell's talent.



TO THE EDITOR

PRINTING
SHOP

RUBBER
AND
METAL STAMPS

FRAMING-SHOP
FOR
PAINTINGS

FAIR PRICES

AT YOUR SERVICE...

Michel frères

2, RUE BASSE
(behind Hôtel Siméon)

VIRTON (Belgium)

QUARTERMASTER POL COUPONS

On receipt of the new series gas coupons the following procedures will be in effect regarding purchase of new and refund on old coupons :

The new series coupons will be applied against the July ration.

There will be no entitlement for an additional ration authorized by this change of series, and unused coupons of the old series may be exchanged for cash only.

The unused coupons of the current series will be redeemable for cash at the PX Gas Counter from 20 Jun 63 to 31 Aug 63 and must be presented by the person to whom sold, or his authorized dependents or agent, upon presentation of authorization in writing.

Detached coupons may be accepted for reimbursement provided they are returned together with the coupon book having the same serial number

Unused coupons of the old series may not be exchanged for books of the new series.

The new series coupons will be valid in exchange for POL from 1 Jul 63 through 30 Jun 64.

As of 30 Jun 63, Retail POL Coupons of the current series will no longer be valid in exchange for petroleum products.

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THEY WILL SUPPORT US



Canadian News Highlights

EXTENSION OF RUNWAY APPROVED FOR AIRPORT

The RCAF today announced federal government approval of a \$250,000 grant for runway extension at Moose Jaw RCAF station. The added expenditure will increase total costs for the runway construction program to \$3,500,000. One new runway will be lengthened from 7,285 feet to 8,720 feet. It will be able to accommodate any military aircraft in Canada when the base goes into full operation in 1964. Flt.-Lt. C.M. Ferguson today said the federal treasury board has approved the grant, and the extension will be included in present construction.

PLANE LOSS BETRAYS GAP IN RADAR FENCE

The commonly held belief that all aircraft flying over and around North America are under constant surveillance by a multi-million-dollar defensive radar network has died in the wreckage of a U.S. airliner north of the Queen Charlotte Islands. The chartered Northwest Airlines DC-7 which went down Monday with 101 men, women and children in the open Pacific 90 miles northwest of Graham Island was not monitored by radar stations of the North American Air Defense Command. Those facts emerged Tuesday as rescuers picked up debris and bodies from the crash scene. Official NORAD publications state: «Because the enemy can choose the time and place of attack and might use normal friendly air traffic as a screen, NORAD must know the identity of aircraft over or approaching the continent at all times.» The same publications and official briefings state that the movements of 200,000 aircraft flights every day are analyzed, and any deviation from pre-filed flight plans results in the aircraft concerned being declared as unknown. It is then intercepted by fighter planes or declared friendly through a communication check.

CF 104S THE PLANE IS CANADIAN... BUT THE U.S. KEEPS IT FLYING

Each of these fighters turned nuclear bombers — still waiting official sanction for their prospective deadly load — costs \$1,700,000. Ottawa says they'll get nuclear bombs, but the RCAF hasn't been given a date. There are 36 CF-104s here and 36 more will soon be ready for pilots at Baden-Soellingen, 100 miles

south. One ground crew officer told me of three different times when parts were missing from shipments, or equipment failed, grounding our multi-million-dollar force. EACH TIME A phone call to a neighboring U.S. base produced needed parts and put the squadrons back in business within minutes. Co-operation seems to be the key word in our two RCAF German bases. At Zweibrucken there are RAF, Canadian, U.S., French and German military bases within a 10-mile circle. They have a tremendous impact on this town of 100,000 — but there is no trouble. Once a month they meet the German police and Zweibrucken's mayor. «We get to know each other personally,» said Group Captain Victor Berg, CO of 3 Wing, RCAF Station Zweibrucken. «The mayor is a friend of mine.» The story is similar at Baden-Soellingen, where two more squadrons of CF-104s are forming. The base keeps in close touch with mayor Alouis Schafer. He's been the mayor of Soellingen since 1946, and in that time he's learned to live with the zoomenfleigers.

BUSY WATER SAFETY PROGRAM ANTICIPATED

All four RCAF swimming pools will be frothing as service personnel and their dependents get in the swim this summer. Nearly five hundred children alone will receive instruction in Red Cross and Royal Life Saving throughout the summer. The indoor pool has been given a thorough overhaul in preparation for the Air Cadet summer camp water safety program. Each camp comprises about 400 cadets and water safety has an important part of the summer camp curriculum.

ROCKCLIFFE

RCAF STAGES BIGGEST SHOW EVER

The aerial displays ranged from the rugged might of the supersonic and most-recently acquired Starfighter to the frail skip-ergire flying of the 1918-vintage Avro 504-K. Only 16 years ago, the first air show with a 10,000 attendance was cancelled because of rain. This wasn't the problem Saturday. But a light breeze which took the bite out of a hot day cancelled a 40-man paratroop jump. A ripple of amusement went through the crowd when a T-33 trainer, travelling about 150 miles an hour to demonstrate a pilot-ejection inadvertently scored a direct hit on a dummy submarine — with its ejection seat.

U.S., CANADA SIGN AGREEMENT TO NORAD PLAN

The air defense commands of the Royal Canadian Air Force and U.S. Air Force have signed an agreement enabling U.S. interceptors to use 22 Canadian airfields more readily and with greater safety. This agreement, signed last November but not published, is understood to be the background for U.S. suggestions that its jet fighters make more use of Canadian bases for training and for quick dispersal in an emergency. Officials discounted last month's Washington reports that the United States wants to station interceptor squadrons at Canadian bases permanently.

HELLYER CONFIRMS AIR PACT

Defence Minister Hellyer Wednesday confirmed in the Commons the signing of an agreement in November, 1962, by the air defence commands of the RCAF and U.S. Air Force. He said in reply to T.C. Douglas, New Democratic Party leader that the agreement covers application of peacetime air traffic control procedures « with respect to the interceptors of one country flying in the air space of the other and the provision of supporting services when these aircraft are being serviced at bases in the other country. » Mr. Hellyer said the agreement concerns flights in connection with training exercises under the North American Air Defence agreement.

EXPECT SLEMON TO RETIRE SOON FROM NORAD

Air Marshal Roy Slemon of the Royal Canadian Air Force, occupant of one the hottest of the hot seats in the cold war for nearly six years, is expected to retire this summer as deputy chief of North American Air Defense Command. His likely successor will be U.S.-born Air Vice-Marshal Max Hendrick, 53, a telecommunications expert who has been dealing with senior U.S. military officers for at least five years. He now is chief of the RCAF's air defence command.

AT TWICE THE SPEED OF SOUND

Pilots here say they are fully trained, ready to go if need be, the moment they get a « weapon » hooked into the belly of their flying rockets. Canada's two CF-104 squadrons at Zweibrücken and the two at Baden-Soellingen will comprise the second most powerful strike force in the Western world. « Minister of National Defense has said it will take six to nine months after the services get approval for our CF-

104's to be ready to deliver a nuclear weapon, and he's right, » said Group Captain Victor L. Berg, CO of RCAF Station Zweibrücken. G/C Berg explains that the delay would come in training and selecting U.S. custodians for weapons ; completing bomb storage facilities (already three months from completion here) ; and training weapon handlers.

CONFEDERATION MEMORIAL

Canada's first memorial to the men who founded the nation is now under construction in Charlottetown, Prince Edward Island. It will be called the Fathers of Confederation Memorial Building and will be situated next to the historic Provincial Building where the fathers first met in 1864.

The project is national and will be financed by the federal and provincial governments and from private sources. It will be built of sandstone and will cost \$5,600,000 when completed in 1964.

The project includes a theatre, art gallery, museum, library and an impressive memorial hall. An unusual feature is the windows which will be in the corners (ground to roof) of all the buildings.

OUTDOOR THEATRE

Parry Sound, Ontario, (population 5,400) centre of the summer resort area in the heart of the 30,000 Islands of Georgian Bay, is planning a national outdoor theatre. Located in a scenic landscape it will open July 1, 1964, for a four-week summer season.

Parry Sound, on a land-locked arm of Georgian Bay, has allround transportation facilities. Besides being a lake port, it has a seaplane dock, highway facilities, and branch lines of Canada's two trans-continental railways.

The town was founded by .H. Beatty, a British land surveyor, about 100 years ago. Once the distributing and shipping centre for the large lumbering industry of the area, its port is now used chiefly for oil tankers supplying oil for towns and industries in northern Ontario.

EXPLORER SERIES

Sir Martin Frobisher, the English explorer, is to be honoured by a new commemorative Canadian five-cent postage stamp. This stamp, in the explorer series, will be released July 29. Frobisher Bay, Baffinland, which Sir Martin discovered in 1576, is named after him



Riddle of the French Pyrenees

The stone sides of the coffin are solid; there are no holes or ducts. Yet it fills with a water reputed to heal the sick. The miraculous water's first deed, according to legend, was to banish a scourge of apes that were devouring the children of the village.

Arles-sur-Tech, in the French Pyrenees, grew a round the abbey-church of Sainte Mairie founded by Charlemagne in 778. Sheltered by the commanding summits of the Canigou, sacred mount of Roussillon lifting glaciers skyward, it is a pleasing little town enjoying the mildest climate, a regional folklore center set in a European Hindustan.

Its Holy Week celebrations are closely related to those in Seville. Processional altars aglow with candles introduce parades of anonymous penitents dressed in scarlet or black robes and tall, pointed hoods, — carrying a host of thorn-crowned, waxen-faced artificial figures with flowing locks, in cruel rhythmic tread to the roll of muffled drums. On other occasions, the mood is gay when the mules are blessed, or on midsummer night fiestas majors alive with rousing Sardanas music, blazing bonfires, and fraternal Catalan dancers in traditional costumes and masks.

The present abbey and graceful cloisters date from the 11th to 13th centuries, and house a beautiful wooden altar-screen, gilded statues of the Persian nobles Abdon and Sennen, and painted, silver bust-reliquaries containing relics of these saints, martyred under the christian-baiting ruler Decius. To the left of the church entrance, embellished by alpha and omega symbols and a majestic Romanesque Christ, stands a sacred tomb. This discolored marble sarcophagus, above which appears the unusual effigy of a knight (1210), originates according to archaeological opinion from the 4th century. It seems in no way very different from other excavated stone coffins

dating from the same period. However, the heavy, austerer sarcophagus bearing Christ's monogram at Arles-sur-Tech conceals a riddle which has baffled the townspeople for the last thousand years. It apparently hides some kind of spring producing a pure, transparent and permanently fresh liquid of medicinal properties. Although its maximum theoretical capacity does not exceed 44 gallons, between 80 and 160 gallons of the healing tonic are siphoned by means of a small pump into bulbous phials every year. These lamp-shaped bottles are kept by young and old in case of illness, and are also in demand outside.

The relevant legend tells us that ten centuries ago anthropoid apes infested the Vallespir, and that these ferocious gorilla-like beasts killed and devoured young children. Neither physical defense nor invocations were able to stop the Scourge, and as a last resort it was decided to ask the Pope for a means by which the calamity could be brought to an end. One night, on the long journey to Rome, the local priest had a dream in which the Persian martyrs Abdon and Sennen told him where to unearth their corpses in the environs of the Eternal City, so that their remains, once transferred to Arles-sur-Tech, could free and protect the population from the per-

A Guide
to

THE CONTINENT.

sistent plague. Having been granted permission by the Holy See to disinter at the traced spot, the curé obtained relics from the indicated graves, placing them in a casket. In order not to draw the attention of potential thieves the small case was put in an ordinary timber vessel topped up with water, and in due course taken across the sea to France.

Disembarking on the coast of Roussillon, the cleric engaged the services of a muleteer who put the barrel on the back of his mule, and they all set off in the direction of the parish. When they came to a narrow path bordered by steep cliffs, the mule refused to go on. To change the animal's mind, the muleteer let out a string of swear-words which fair horrified the good curé, and before he had recovered from the shock the recalcitrant mule had disappeared over the precipice with the barrel. Dispirited, the priest continued to wander home. But presently, he heard the sound of joyful bells pealing in the distance, and when he arrived in the town at last, he saw that the mule with the relics had got there before him. Thanking God, he poured the water from the barrel into the old sarcophagus and placed the casket in the chapel.

By 961 the terror from the surrounding mountains was banned and the children were safe. But something else was noticed. People in a poor state of health who had taken the water from the stone coffin soon recovered. Moreover, the tomb did not run dry. And so we turn from the legend to the facts, and a municipal record dated 1794. That summer the lid of the sarcophagus was removed by soldiers of the republican armies on their way to Spain. The tomb had been filled with refuse. After cleaning it, some women observed that linen cloths used as dusters became moist when in contact with the walls and bottom of the empty sarcophagus. The weighty lid was put back into position, but within a week ten inches of the liquid had gathered. In the presence of clergy, lawyers and councillors the complete hard-limestone body was then thoroughly examined at great length, and the inexhaustible coffin suspended. No leads, pipes or holes were detected, and the supporting stone bars proved non-porous. Throughout this testing which lasted for several days, the tomb continued to secrete the liquid.

The entire district is rather dry, and the marble coffin is solid. In any event, humidity could not possibly account for the large quantity drawn off each year. Furthermore, it has been established by contemporary investigation that the water level does not correspond in parallel fashion with atmospheric conditions. Skeptics have suggested, of course, that ecclesiastics might have replenished the supply regularly, but it is hardly likely that the abbots would or could mislead the inhabitants for a thousand years. Besides, frequently the location has been watched carefully night and day over protracted intervals. The most startling factor of all, however, is that scientific analysis has shown the water of the sarcophagus to be of another composition than the water filtered to the community.

A Holiday in France

To many of us the prospect of long distance driving at the beginning and end of our holidays is a quite horrific thought. There are ways to avoid this and yet have an enjoyable holiday away from this part of the country.

It is not far south of here that the country becomes very attractive and the quality of roads improves. By the time we get to Langres we are only 240 kms south of Longuyon, but at a well appointed camp site, within a walled city on top of a hill. Here is worthy of a stopover; a tour of the ancient city makes a pleasant evening. A little further south is Dijon, and immediately after we enter the vineyards of the Burgundy region. Between here and Beaune are a number of wine caves that can be visited, as well as numerous small camp sites. Alternatively, if you wish to push further south, you soon enter the main Paris-Riviera road and can easily reach Macon from Marville in a day. Here you are still in the Burgundy region and there is a camp on the banks of the Saone river.

650 kms from home, after passing Lyon and Valence, and entering the Rhône valley we come upon a comfortable camp at Loriol called Hannibal. Here is to be found a snack bar, restaurant, and hot water showers. Also here is a chance for your first dip of the vacation, with an outdoor swimming pool right on the site. As you get ready to leave, and by now it is probably getting hot and sultry, it is nice to know that the southern end of the Rhône valley will be reached soon after lunch and later you will be seeking out your holiday camp.

At Pont St Esprit comes the parting of the ways. Those going to Sete or on to Spain get a chance to cross the Rhône over an interesting old bridge. However, if we keep on R.N. 7 it is to the Riviera that one is going. Orange, with a large Roman Arc de Triomphe marks the entrance to the Provence region. Here we are bathed in hot sunshine and surrounded by vineyards and some of the most ancient relics of France.

Avignon is a mere 100 kms south of the Hannibal camp site, and is a large city with a vast history, an association with Popes of days gone by, and a famous bridge on which people still dance on Bastille day. This bridge was originally built in the XIth century and is a remarkable engineering feat, as can

be readily seen if one looks down at the swift flowing Rhône below. Today less than a third of the bridge remains, but it is worth a visit for a scenic point of view alone. At Avignon there is a guarded camp, well shaded by trees, on the right bank of the Rhône on the road to Nimes. From here, at night, the floodlit walled city, The Pope's Palace, and St Bezelet's Bridge can be seen.

Leaving Avignon for Aix-en-Provence we are now only 200 kms or less from the Cote d'Azur. Be advised to keep on to Fréjus and not take the advertised route through the hills. At Fréjus turn right on the road to St Tropez and in 5 kms you will be upon Camping St Aygulf. The camp is situated to the north of the main road and has many features to recommend it. The sandy beach, which includes Pedalos and an ice cream kiosk, is reached by crossing under a bridge that carries the main road. The site is efficiently administered and includes a bakery, a grocery for both fresh and canned foods, pasteurized milk, and a camp store selling all the basic camping requirements, such as Camping Gaz, and tenting accessories. There is also a wine merchant, who sells ice blocks, and finally there is a galley from which can be bought cooked lunches and dinners. Steak and Chips costs 2.75 NF and lobster is 6.00 NF.

From St Aygulf can be visited many resorts, which virtually includes the entire French Riviera. These include St Tropez, St Maxime, St Raphael, Cannes, Juan les Pins, Nice and Monaco. Along this coastal route will be seen magnificent rocky scenery and exotic semi-tropical vegetation. The trip should be done in sunshine and when there is no hurry as the sights are breathtaking and the roads curvaceous. If you are in a hurry there is a good Autoroute between St Raphael and Nice, costing about \$1.00 a car and cutting the journey's time in half.

To the north of Cannes, set in the hills, is the town of Grasse, centre of the perfume industry. Many well-known perfume factories may be visited, with English speaking guides. A word of warning to the men. They squirt and smear the stuff all over your arms and hands; however they do sell inexpensive samples of their products.

Where one camps on the Riviera matters little, but it is worth bearing in mind that the sandy beaches are from St Tropez to St Raphael; east of there they are basically stony. Cannes and Nice provide the high life of the Riviera. St Tropez is a quaint port into which floats Brigitte Bardot on occasions, Juan les Pins is for bikinis, as are most men! Monaco is fascinating, with its fairy tale existence, a handsome prince, a pretty Hollywood princess, and toy soldiers to guard them.

All this is to be had for less than, 2,500 kms or 1,500 miles, not to mention the possibilities of a visit to Italy, a trip back through the Alps and Switzerland and so on. Even if this is not on your doorstep it is certainly within reach of almost any wreck of a car.

The
Garden
of

TRAVEL TIPS



Amsterdam

Anyone wishing to visit Amsterdam but avoid the downtown hubbub might be happy to know about the « Garden of Amsterdam. » Set in peaceful woodlands on the banks of the former Zuyder Zee, only a 20-minute drive from town. The regions is full of opportunities for riding, swimming and golf. The royal palace is there also.

NEW LINK

The French have opened a new 10-mile stretch of superhighway along the Mediterranean coast. The six-lane road joins Marseilles and Aubagne, and is another link in a giant highway which will eventually connect Nice and Toulon.

CHEESE AND FOUL MURDER

The English town of Berkeley, in Gloucestershire, is known mainly for its cheese, which the farmer's wives have been making for centuries. It is mild, nutty and yellow, and goes perfectly with a glass of sherry. Berkeley is also known for the castle where deposed King Edward II died, under particularly revolting circumstances, in 1327. He was to have been asphyxiated by the stench of rotting cattle carcasses thrown into his cell. The royal constitution held out so long, though, that his jailers became impatient and ran him through with red hot rapiers.

ALLO IN HOLLAND

A second artificial cave is located at Valkenburg, Holland. This big labyrinth of underground passages was started by the Romans 2,000 years ago, as they sought building stones for their villas. Among the things to be found down there are a theater, where ballet performances are given occasionally in a grotto-like setting, a subterranean lake and a chapel that has provided sanctity for political refugees of everything from the French Revolution to World War II.

Mid July at DINARD — International Boat Races
Cowes-Dinard (160 miles)
for the King Edward VII Cup

VIGNETTES OF TRAVEL

by your Travel Agent



Touring London

London has become one of the liveliest cities in the world. The bright lights of the now almost Continental streets of Soho vie with the glitter of Piccadilly Circus and Leicester Square. Restaurants, theatres, cinemas, night clubs offer varied entertainment, while historical monuments remain a constant attraction on all sides. There is the ever impressive dome of St. Paul's Cathedral the stately Mall leading to Buckingham Palace, the dignity of the Houses of Parliament. Then there is the fascination of the City, centre of Britain's thriving commercial life, Kensington with its great museums, and the fine shops of Knightsbridge.

As in most great cities, it is easy to waste precious time needlessly if you don't plan your visit. It is for this reason that many people take on sightseeing tours. Plenty of time is allowed for leisurely sightseeing and they are an easy and very enjoyable way of making sure that you don't miss anything.

Here are some of the tours you can take in London.

Whole day sightseeing in London, including morning and afternoon drives

Visiting the principal thoroughfares and historic buildings, notably St. Paul's Cathedral, Tower of London, Westminster Abbey, Houses of Parliament, National Gallery, the Guildhall, etc. (the itineraries will vary according to the day on which the Drives are taken).

Leaving every weekday during the season from Mayfair Place, Berkeley Street, W.1.

WHOLE-DAY INCLUSIVE
(Lunch not included) 27s.
MORNING OR AFTERNOON TOUR 13s. 6d.

Windsor and Hampton Court Drive

Visiting the State Apartments at Windsor Castle, Eton College, Stoke Poges Church and Hampton Court Palace and Gardens.

Leaving every weekday during the season from the forecourt of St. Pancras Railway Stn.

INCLUSIVE CHARGE 35s.
INCLUDING TABLE D'HOTE LUNCH AT HOTEL

Evening Observation Drive — « A Look at London »

Leaving Mayfair Place, Berkeley Street, London, W.1. on Tuesday, Thursdays and Saturdays from May 2 to September 28.

INCLUSIVE CHARGE 13s. 6d.

Sunday Afternoon Circular Drive through the Thames Valley

Via Slough, Maidenhead, Boulter's Lock, Bourne, Marlow, Maidenhead, Windsor Great Park, Runnymede, etc.

Leaving Regent Palace Hotel, Piccadilly Circus, every Sunday afternoon during the season.

INCLUDE CHARGE 25s. with afternoon tea.

These tours may be booked at any branch of Cooks, Dean & Dawson, Pickfords, or any appointed booking agent.

Facts About the Meuse

The county of the Meuse, one of the ninety administrative districts of France, belongs to the province of Lorraine — the province that was so much sought after by our Eastern neighbours during the course of the last three wars — 1870, 1914 and 1939.

The Meuse, which is approximately 140 kilometers wide, is named after the river which flows through it in a south to north direction. The river, the Meuse has its source on the plateau of Langres in the county of the Haute Marne and waters Vaucouleurs — where Joan of Arc commenced her epic story, then passes through Commercy, Verdun, Stenay, the Ardennes, Belgium and the Low Countries where, upon reaching the Rhine Delta, it flows into the North Sea. This calm river, canalized over a large part of its course, is an important waterway for the economic life of the Meuse county.

Bar le Duc, an historic city, is the administrative capital or « Prefecture » and Commercy and Verdun, being sub divisions or sous-prefectures, are important centres of the county.

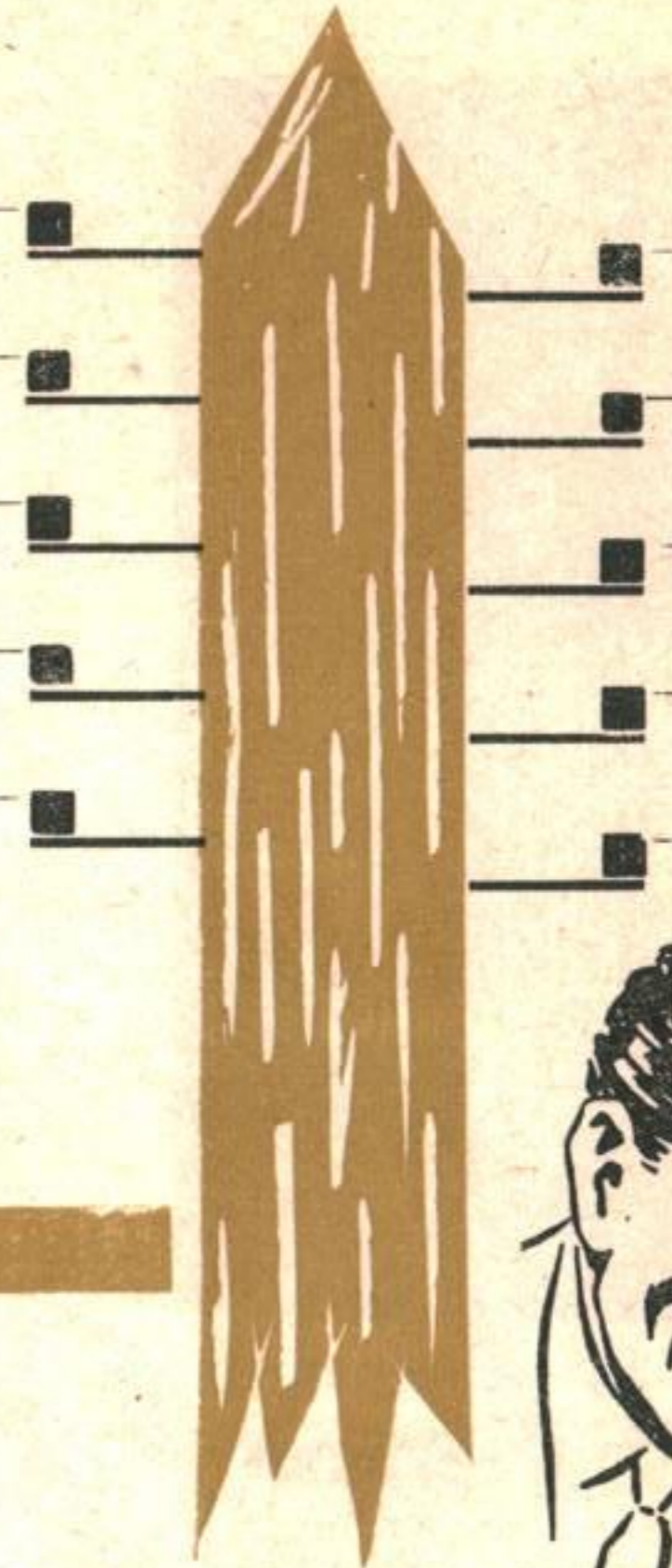
Thus, the majority of the population is found to the south of Verdun, lured there by the industries. Marville is located in the most northerly part, in a region where there is no important industry and where the inhabitants are mostly busy with farming or forest cultivation.

In north-eastern Meuse is found our 1 Wing RCAF which is very near the Meuse's boundary with Belgium.



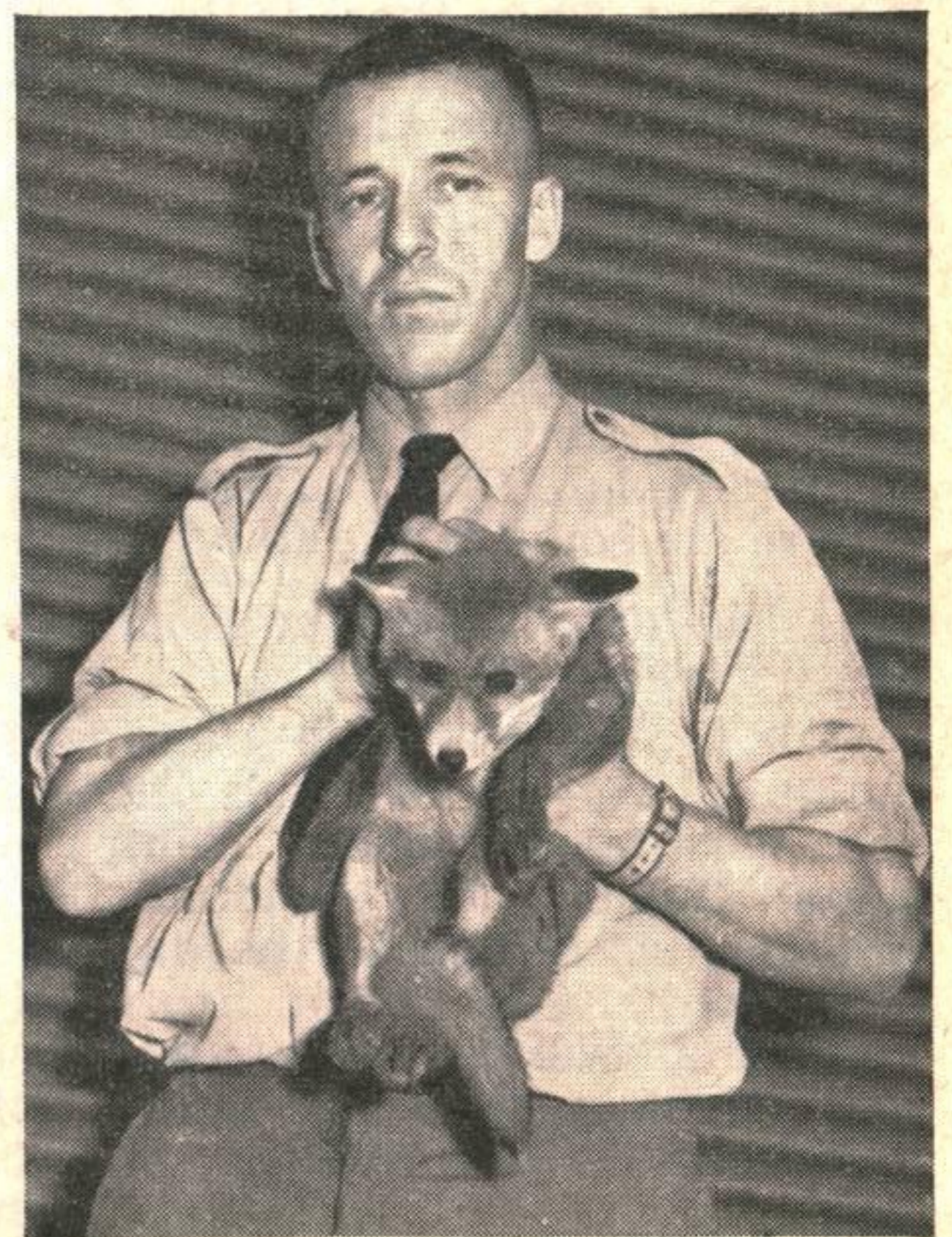
IN AND AROUND

Marville



Wild Lite

Sanctuary



1 Wing RCAF played host during the recent thunderstorms to two small visitors.

One, a beautiful grey carrier pigeon flew, exhausted, into the Airmen's Mess, where he is now being cared by F/O Cathy Dorlot, the Wing Food Services Officer, (our photograph). With constant care and much petting by the Mess Hall staff, he is slowly recovering his strength. It is hoped to identify his owners from the number on the leg ring he wears.

And the other visitor? A baby fox, who, at the height of the storm, scurried into the MSE Section, sought out the Drivers' Room, jumped on a bench and promptly fell asleep. The moral of the story

being, if you have troubles, come to the MSE Section, one at a time please.

The custodian of our little friend is LAC Roger Leblanc, whom we hear has offered him a home.

Children's

Ballet

Recital



The Ballet Recital, held on Sunday June 9th, was a most rewarding experience in every way.

The choreography of Mlle Brigitte Jardin showed taste and imagination, and each number was attuned to the ability and experience of her many pupils. The costumes, representing many hours of work on the part of the mothers, both here and in Longuyon, were original and extremely effective, and the color schemes were striking.

The whole effect was co-ordinated by the beautiful backdrop; a woodland scene with a flower-bedecked path, and garlands of flowers outlining the stage. What a tremendous amount of talent we have in this community!

The additional numbers provided by Madame Scharff's advanced class from Longwy were not only beautifully executed, but served to illustrate to the younger pupils and to the audience alike what grace and skill can be achieved by persistence and training.

The programme, which was fairly long, ran very smoothly with surprisingly little delay, considering the large number of children involved. The excellent contributions of Carol Ann Greenaway in « Santa Lucia », and Marilyn MacKenzie and her Piper father provided great enjoyment during the longer intermissions.

The most significant factor of the whole performance was, to me, the complete enjoyment of the performers themselves, both while dancing, and in their attentiveness as an audience.

Congratulations to each and every one of you, and thank you for a most worthwhile and memorable afternoon.

Library Corner

New Books

TECHNICAL

Meteorology for Glider Pilots, by C.E. Wallington
Natural Aerodynamic, by R.S. Scorer
Elementary Gliding, by Ann Lorne Welch

NON-FICTION

To The Unknown Mountain, by Wilfrid Noyce
(Ascent of an unexplored Twenty-five thousander in the Karakoram.)

Return to the wild, by Norman Carr (This is the story of two orphan lions which were born in the African bush and which the author adopted when they were a few days old. Norman Carr relates in this book some experience and observations of the animals which he has accumulated over these years. But more especially this is the story of the upbringing of his two lions and their adventures in the first four years of their lives.)

Diamond River, by Sadio Garavini di Turno (In this richly varied book the author successfully conveys his own feelings of excitement, joy, fear, or despair during his long months in the jungle. The exploration and the search for diamond have a perennial fascination in this book.)

News Reader's Digest condensed Book

The Librarian

Meats for Marville

No. 1 Wing's gourmets, forced into vegetarianism because they found locally purchased frozen meats and the small variety of viands at their neighbourhood boucherie had lost their flavour after repetitiously being placed on the dinner menu, will rejoice at the news that the Wing Grocery Store is opening its new fresh meat counter for business early in July.

Last March when Winter began losing its struggle and Spring was just around the corner, began the many renovations necessary to allow for the installation of a modern meat counter. Approximately \$50,000.00 were spent on the purchase and installation of the two « chillers », one freezer, and the shining 24-foot couter.

The new Meat Department will have five persons on staff, Chief Butcher, Mr. John B. Larsen, three assistant butchers and one cashier. This might seem to be a large staff but besides serving customers, the experienced personnel will also be engaged in meat cutting and making pork, beef and veal sausages as well as working at other secrets of the trade.

Meat shipments will arrive every second Tuesday from Denmark and become available at the counter Wednesdays. This by no means implies that there will be fresh meat only on Wednesdays — the chillers and the freezer are of high quality design and will ensure that meats remain fresh throughout the week. Meats available at the counter will include all types of beef, varieties of picnic and cooked hams, sausages, cold-cuts, etc. Fresh pork, which is difficult to store under the best of conditions will be available in the Winter only at the counter. The majority of poultry and fish will be ordered in the frozen state.

The new conveniences, such as ordering a steak of specific thickness and weight, buying sausages made right there by the meat counter personnel, and paying for all meats right at the same counter, will be most welcome to 1 Wingers. There is also the additional advantage of being able to order or buy all meats at the same counter and still find them much less expensive than on the economy and in some instances less expensive than the frozen meats now being sold in the Commissary. Of course, some fresh meats will be slightly dearer than their frozen counterparts.

On meats such as steaks, some substantial savings may be realized — for example : at present

Frozen T-Bone Steak	12 oz	at 84¢
Fresh T-Bone Steak	16 oz	at 92¢
Frozen Porterhouse	12 oz	at 84¢
Fresh Porterhouse	16 oz	at 88¢

In simple words — 4¢ extra for 4 more ounces of Porterhouse !

In the next issue of the Arrowhead we will officially welcome the new staff of the Meat Department of the Wing Grocery Store. This welcome will be in the form of photographs and short introductory write-ups on the personnel.

AIRMENS CLUB

The following bar hours now apply at the Airmens Club.

	OPEN	CLOSED	CLEARED
Mon to Thur	1130 hrs 1630 hrs	1300 hrs 2230 hrs	1315 hrs 2320 hrs
Fri	1130 hrs 1630 hrs	1300 hrs 2330 hrs	1315 hrs 0030 hrs
Sat	1130 hrs 1630 hrs	1600 hrs 2359 hrs 0100 hrs
Sun & Holiday	1330 hrs 1630 hrs	1600 hrs 2300 hrs 2359 hrs

BUS SCHEDULE - PMQs

The following PMQ Bus Schedule is now in effect.

<i>Monday through Saturday</i>		<i>Sunday</i>	
Leave PMQ	Leave Base	Leave PMQ	Leave Base
0900 hrs	1030 hrs	1015 hrs	1215 hrs
1100	1130	1330	1700
1330	1600	1730	1930
1730	1800	2000	2030
1830	1930	2200	2245
2200	2100		
2200	2245		

THE LONGEST DAY

Unfortunately, the film « The Longest Day », advertised in DROs as being presented at the Dun-Doulcon Cinema on 8 to 12 July 1963 — English version — is cancelled. The English version is not available but the French version will still be shown from 3 to 6 July 1963.

PROMOTIONS

The Commanding Officer, officers, and personnel of 1 Wing RCAF Marville offer their congratulations to the following on their promotions :

S/L GI HURLEY	F/L DI CUMMING
F/L EM SLOBODIAN	F/L RE SMITH
F/L LE KENSWICK	F/L CL DEVEREAUX

And to the following on their Permanent commissions :

F/O MJ DISS	F/O MASTERNAK
-------------	---------------

Also congratulations and good luck to the following on their three year extensions :

F/L JG KEITH	F/O GH FREISEN
F/L EM SLOBODIAN	F/O DJ BARRETT
F/O GH PAULSON	F/O GT McKIBBIN
F/O Y KOSAKA	

Talent Parade

On Sunday, June 23rd, the motion picture screen of the Astra Cinema was once again pushed to the back, making room on the stage for live performers — the participants in the Talent Show.

The show consisted of twelve acts plus Flight Sergeant Harry Adams, the versatile Master of Ceremonies who carried the show along very smoothly with anecdotes and introductions. The Wing Recreation Officer, Flying Officer S.A. Darrach, opened the event with an address of welcome and a hint of what in store for our local talent this coming Fall.

From here Flight Sergeant Adams took over the proceedings and introduced the first act — «Tappin's in Style» — danced tappin's style by Misses Janet Devereaux and June Savage. June and Janet were but two of the pupils of Mrs Lori Sainsbury to perform that afternoon. Some twenty girls, ranging in age from five to eleven years, have been taking lesson in tap dancing and baton twirling with Mrs Sainsbury since January last and were very well prepared for their first performance before an audience. Dressed in colourful costumes, these little girls were trim and poised as they executed their dance and twirling routines.

The Neil Barabeau Quartet, a group of airmen with an assortment of guitars, cables and amplifiers, provided vocal and instrumental selections country style, singing and playing something of the old and something of the new in Western music — the something old to which this writer refers is a song called «Columbus Stockade Blues», one of my own favourites from way back.

In addition to the dancing numbers and the tap and twirl routines performed by Mrs Sainsbury herself, there was also a Tap Boogie Woogie number danced by Miss Barbara Nickerson, 13 years of age and who had previously studied dancing for four years in Canada. Barbara proved herself to be an accomplished dancer and showed a great deal of showmanship.

The dance theme

PMQ Snack Bar & Grocery Store

Effective 6 July and continuing to the 2 September, the PMQ Snack Bar and Grocery Store hours on Saturdays and Sundays will be 1300 to 2100 hours.



Wing Grocery Store

Effective 15th July 1963, the Wing Grocery Store will close on Mondays — this is in order to maintain the efficiency of the new fresh meat counter.

Bread and milk will be available at the Wing Snack Bar, at Grocery Store prices, on Mondays for the convenience of personnel residing on the economy.



New arrivals:

5 JUNE 1963

LAC & Mrs Hanright, a daughter, Karen Margaret

10 JUNE

Cpl & Mrs Salmon, a daughter, Michelle Nancy

24 JUNE

F/S & Mrs Wade, a son, John Victor



CFN MARVILLE



SUMMER REPLACEMENTS

Summertime, and the living is easy. For almost everyone except the network Programme Director because this is the time of the year when the majority of CBC's regular shows will be signing off for the summer to be replaced by entertainment more suitable for the sultry days ahead. Well, they'll be sultry somewhere anyway, won't they.

The producers of « Playroom », for instance, won't even try to compete with the sandbox and wading pool, so have discontinued the children's series for the summer. The programme Director has filled this time slot (weekdays from 0930 to 0945 hrs) with two shows, which will make an excellent background either to housework or to sunbathing : « Devitt Drops

Here is your Breakfast Man. Ron Hill Jr — Host of the Maple Leaf Breakfast Club — Monday to Friday 0700 hrs on CFN.

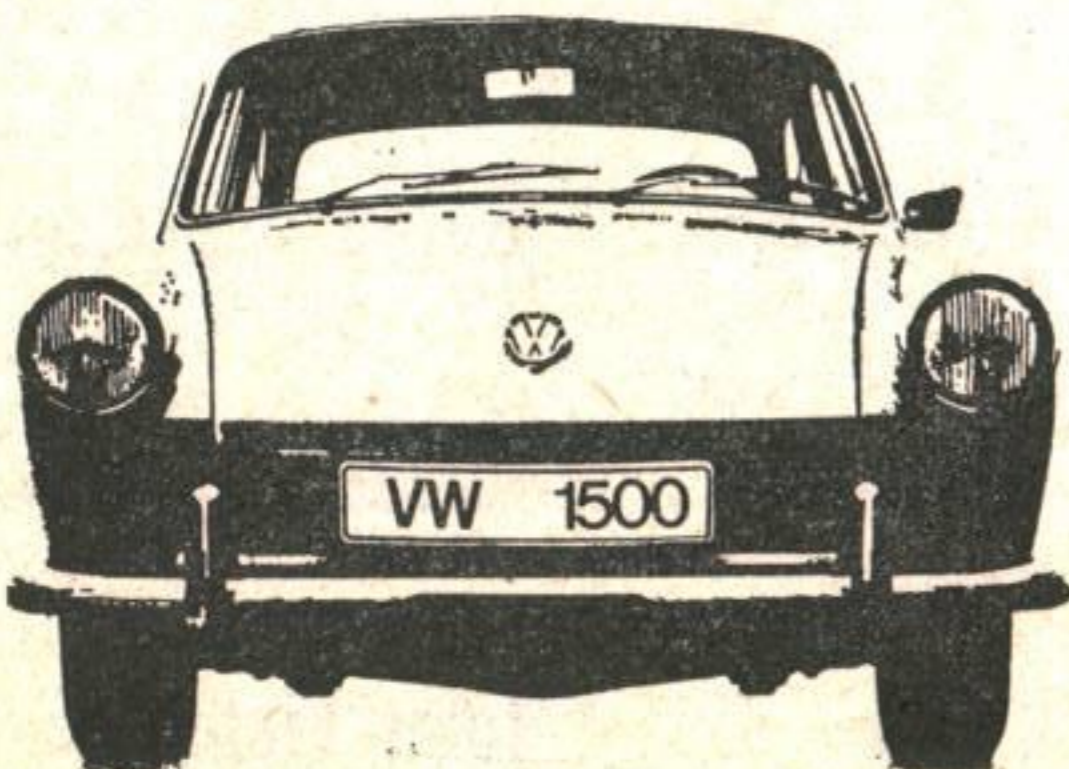
by » on Monday, Wednesday and Friday mornings and « Music on the Heather » (Hostess Ann Robertson), heard on Tuesday and Thursday.

These, of course, are only examples of the changes which will be coming up in weeks ahead. It is very likely that the listener will be aware of them long before they can be announced in this column, but we will make an effort to keep in touch with you from time to time.

M.G.



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Letter to the Manager

Sir,

I was interested in the letter printed in the May 31 Arrowhead Tribune on the CFN page. In it a « Hopeful Teenager » expressed his or her hopes for a longer time of one hour for the « Teen Show ». I, too, think we deserve an hour for some enjoyment in listening to some of « our » music.

I am sure that some of us do enjoy « Countdown » with teenagers, their general problems, ideas, etc., without our own age group. All in all, I think it a most enjoyable half hour. It's just that people automatically blame it on that show because it occupies the half-hour formerly held by the « Teen Show ».

On the other hand, the programme directly following « Teen Show » called « Assignment » (a most boring and uninteresting show for most-likely, grown ups too) could well be replaced by the other half hour of « Teen Show ». Thank you,

Another Hopeful

Manager's Note : « Countdown for Teenagers » took a dive on Friday 7 June and the locally produced « Teen Show » returned to its former swingin' sixty minutes on Monday 10 June. Trust everyone is now happy ?

« Hopeful » CFN Manager

The selections to be heard on « The Quiet Hours 9th July
for July 1963 are as follows :

2nd July

Erie Canal	Roger Wagner Chorale	2.05	Rose Marie	Howard Keel	3.10
Sleeping Woods	Tchaikovsky	3.20	Waltz from Faust	Gounod	2.50
Blow the Candle Out	Kingston Trio	2.25	Summertime		
Waltz from Swanhilde	Delibes	2.00	In Heidelberg	Mario Lanza	2.25
Beloved	Mario Lanza	3.05	Carmen Overture	Bizet	2.05
Merry Widow Waltz	Michel Legrande	3.00	Heve Ma Tov	Harry Belafonte	3.40
Tantalusqualen	Von Suppe	6.00	Vigolin	Norman Luboff Chorus	
Jug of Punch	Kingston Trio	3.25			2.05
Elanoy	Norman Luboff Chorus	3.50	En El Agua	Kingston Trio	2.10
Waltz from Romeo and Juliet	Gounod	3.00	Waltz from La Boheme	Puccini	2.10
Little Joe The Wrangler	Roger Wagner Chorale	2.10	Chickens	Harry Belafonte	2.15
Domino	Melachrino Strings	3.45	Neapolitan Nights	Michel Legrande	2.05
Thine Alone	Mario Lanza	2.50	Warsaw Concerto	Melachrino Strings	6.25
Dear Fatherland Farewell	Norman Luboff Chorus	3.55	River of No Return	Tennessee Ernie Ford	2.30
In The Calm Sea	Puccini	3.40	Oh Yes Oh	Kingstone Trio	2.30
Flower Song from Carmen	Bizet	5.15	Over The Shining Sea	Verdi	2.15
The Old Rugged Cross	Geo. Beverly Shea	3.00	Oh Mien Papa	Connie Francis	3.20
			Slumber Song	Frank Chacksfield	2.40
			I Love To Whistle	Gracie Fields	2.45
			Jackass Song	Harry Belafonte	2.45
			Rio Grande	Norman Luboff Chorus	2.35
			When They Ring Those Golden Bells	George Beverly Shea	3.40



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Impossible to Miss, mein Herr

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We were discussing world affairs and had come to the conclusion that the various governments were not handling the situation with the same aplomb that we would have shown, had we been holding the reins of power, — when suddenly, Denny began to chuckle. « What's eating you ? », I enquired, « sitting on a feather ? » « No », he gurgled, « I was just thinking about what happened over the weekend », — and off he went again, his body shaking with mirth.

Denny is one of those people to whom things happen, no matter how short a distance he may travel, or how mundane an errand he may go, things happen to him. Its these occurrences that make his life less boring, he claims, and enable him to have a wealth of anecdotes at his fingertips, which make him a popular figure at parties and suchlike. I thereupon refilled his glass, lit my pipe and settled back to listen to his latest adventure. When he had recovered from his spasm, he took an appreciative gulp, and turned to me. « Actually », he said, « my wife made me promise not to breathe a word about this, but I think it's too good a story to keep to myself ».

He had decided to take his wife to Kaiserslauten for the weekend, he went on, and despite a little engine trouble on the way, had eventually reached the US base around one o'clock. The rest of the afternoon had been taken up with shopping at the PX, and they then made their way to the Transient billets

to book a room for the night. Having got settled in, they discussed their plans for the evening, and decided to follow the advice of a friend of his and visit the Club Cazabra. With only a vague recollection of the whereabouts of the club, he went down to the reception desk and equired of the German clerk to get there. « The Cazabra Club », the old man echoed, « Ah, Ja, you go outen here, through the town, straighten down der road for berhaps 4 kilometres, and after you habing passed two casernes, you will see the club on your right, — it is impossible to miss, mein herr. » This sounded easy, so Denny collected his frau, and they set off in the direction indicated. On reaching Kaiserslauten he felt a momentary pang of dismay when a large sign loomed up, — UMLEITUNG — with an arrow pointing in a totally different direction to which he wanted to go. AH, well, he thought, philosophically, we must get back on the main road sometime. Several kilometers later, his wife remarked that they had apparently left the town behind them, and where was this club, and she herself was extremely hungry, and just where did he think he was going, etc., etc... Somewhat nettled, he answered he was also on the verge of starvation, and if he hadn't been so busy looking at those muscle-bound males a couple of kilometres back, she might have seen the club... They turned around and headed back for the town. Some time later, having circled a garish sign advertising the Club ROKOKO for the third time, the atmosphere inside the car was becoming aittle strained, when suddenly he espied an American serviceman standing at a bus stop nearby. Stopping the car, Denny leaped out and approached our gallant ally. It became evident, as he drew nearer, that the soldier had been imbibing rather freely, and in reply to Denny's question, he peered blearily at him and said, « The Cazadzbzbra -hic- pardon Club, never heard of it, bud ». He lurched nearer and burped, « er, pardon, now if you want to go to a little dive I know about... » « No, thanks, chum, » answered Denny, hurriedly, « I'll look around some more ». Back in the car, he looked dismally at his spouse and shook his head. Two blocks away they found a cab-stand, and in a spirited exchange of German and English rhetoric, Denny elicited the information that the Cazabra Club lay 8 kilometres hence, and could be reached in about 15 minutes. It was twenty minutes and two more informants later when they finally drew up before the club. Denny was triumphant. « I knew we'd find it eventually », and drew a derisive snigger from his wife.

Once inside, the evening was a most successful one, said Denny, and we dined and wined most royally.

Most royally, he emphasized, negligently waving his empty glass at me. I took the hint, replenished the beaker, and he continued. It was after 2 A.M. when they decided to call it a day, and at the door it occurred to him that with all the wandering around, he had no idea how to get back to their billet, so turning to one of the men nearby, asked him to direct him to Kaiserslauten Air Base. « Sure », replied the guy, obligingly, « just turn right outside the club, take a left turn, second right, and follow the road right along ». Thanking him and bidding him good-night, Denny ushered his wife into their aging limousine and started off, confidently. Half an hour later, it was apparent that they were lost, again, and after a somewhat heated discussion with his good lady, who maintained bitterly that he shouldn't be allowed out without a guide, Denny decided the only thing to do was to make for Kaiserslauten and go from there. This they did, and once more found themselves in the town, now quite deserted at this hour of the morning. Following the overhead trolley wires seemed like a pretty good idea at this point, said Denny, but the UMLEITUNG signs persisted in blocking their way and they seemed doomed to ride around in the car for the rest of the night, — or morning. A lone figure loomed up, standing on the

corner. We stopped, and gloomily asked him if he knew the way to the Transient billets in Kaiserslauten. « Ah, you want Vogelwei », replied the young American. « Just turn around, take a right turn, go for 3 blocks, take a left and you'll be on the right road. » With the assistance of two more informants, including a German postman on his bicycle (at this time of night ?), they finally reached their goal and tottered upstairs to bed, too tired to even argue.

We naturally didn't rise too early next morning, explained Denny, and it was around lunchtime when, after having breakfasted, he decided to get his gas tank filled, and pulled into the Service station nearby, almost opposite the Transient billets. As he waited in line, he heard a startled gasp from his wife, and swivelling around, saw her staring in agonizing unbelief at a building across the way. « It can't be, — it just can't be... » she muttered. I followed her gaze and matched her anguished cry, « Oh, no... » But of course, it was, — the Club Cazabra, barely a hundred yards from our rooms.

Denny paused, and took another swallow ; at that moment, he said my mind was in a state of numbed shock, but when I think since of how we wandered around all night, — well, ...and he chuckled again.

See what I mean my friend Denny ?

Ask for "The Best In The House"



Canadian Club

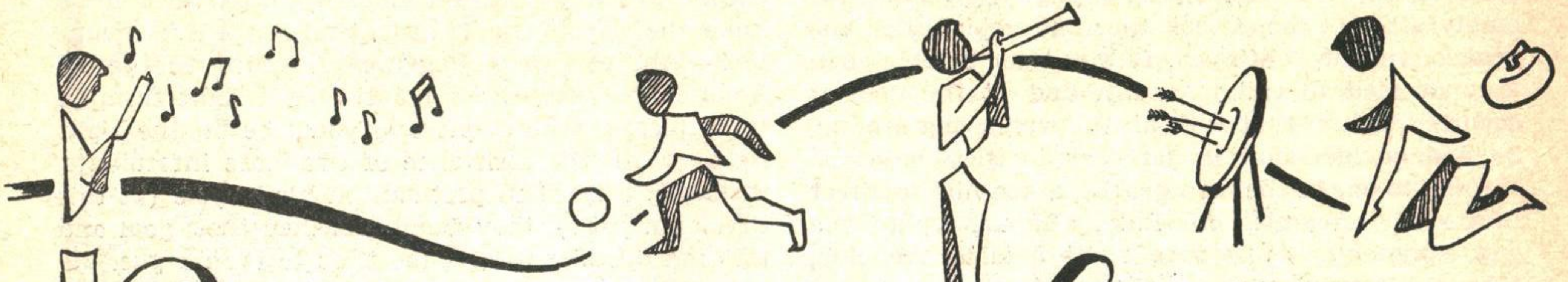
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Recreation Section

SPORTS · MUSIC · DRAMA · ARTS and CRAFTS · SQUARE DANCING · SWIMMING.

Physical Fitness

Over the last ten years, there has been an increasing concern over the physical condition of the population of the people in the Western hemisphere. Governments have taken measures to try to increase the level of fitness of their respective countries. Prince Philip has set up an awards system in Great Britain, ex-President Eisenhower and President Kennedy have pushed fitness for youth programme in the US, and the Canadian Government, about two years ago, set aside a sum of money that would be available every year for this purpose. But when it comes down to the final analysis, physical fitness is left to the individual, especially in our society.

To some people, physical exercise is something to take lightly. They figure that a person must be odd, but the individual who trains and keeps in fair condition, whether at a low or a high level of physical fitness, develops a keener sense of self-discipline where fitness is concerned.

Physical conditioning is work, and a person must learn to realize this before he attempts a programme of physical conditioning. A person should set goals or levels to aim at once he has begun, then as each plateau is achieved, the person should move on to the next level. Don't be satisfied with the condition you are in, once you have reached a high level of fitness, the effort to stay in condition is not as great.

There are many forms of physical conditioning. Calisthenics, running, gymnastics, swimming and progressive weight training, all have their place, and should be used for a well-balanced physical conditioning programme.

When contemplating exercise, you should look for types which will increase strength, endurance, power, flexibility and agility. For an example, running will

increase endurance and enlarge the lung capacity of a person, but it won't increase or develop the strength in the upper segments of the body.

Gymnastics will touch on all components except lung and heart capacities (wind). Of all the exercises encompassing most of the requirements of physical fitness, is swimming. (It is not suggested that swimming is the elixir but is one activity exercising the greatest number of components in the body).

Not always is it possible to do the major exercising components, like swimming and weight training. It is suggested that a calisthenic programme, such as the Air Force 5BX and XBX, will adequately fill the major requirements of physical fitness.

In many exercises a person has to use his own body weight, but in other cases he cannot handle it, therefore, a programme of progressive weight training (which differs greatly from weight lifting) by which you can gradually work up to the ability to handle your own weight.

In conclusion, a short note to those who are finding it hard to lose weight. Exercise is necessary — also you can improve the rate of conditioning if you couple the exercise with proper diet, cutting down on fatty food consumption (as directed by a medical physician) and maintain a regular programme of exercises.

Remember, be aware of your physical condition and limitations before becoming involved in a strenuous conditioning programme.

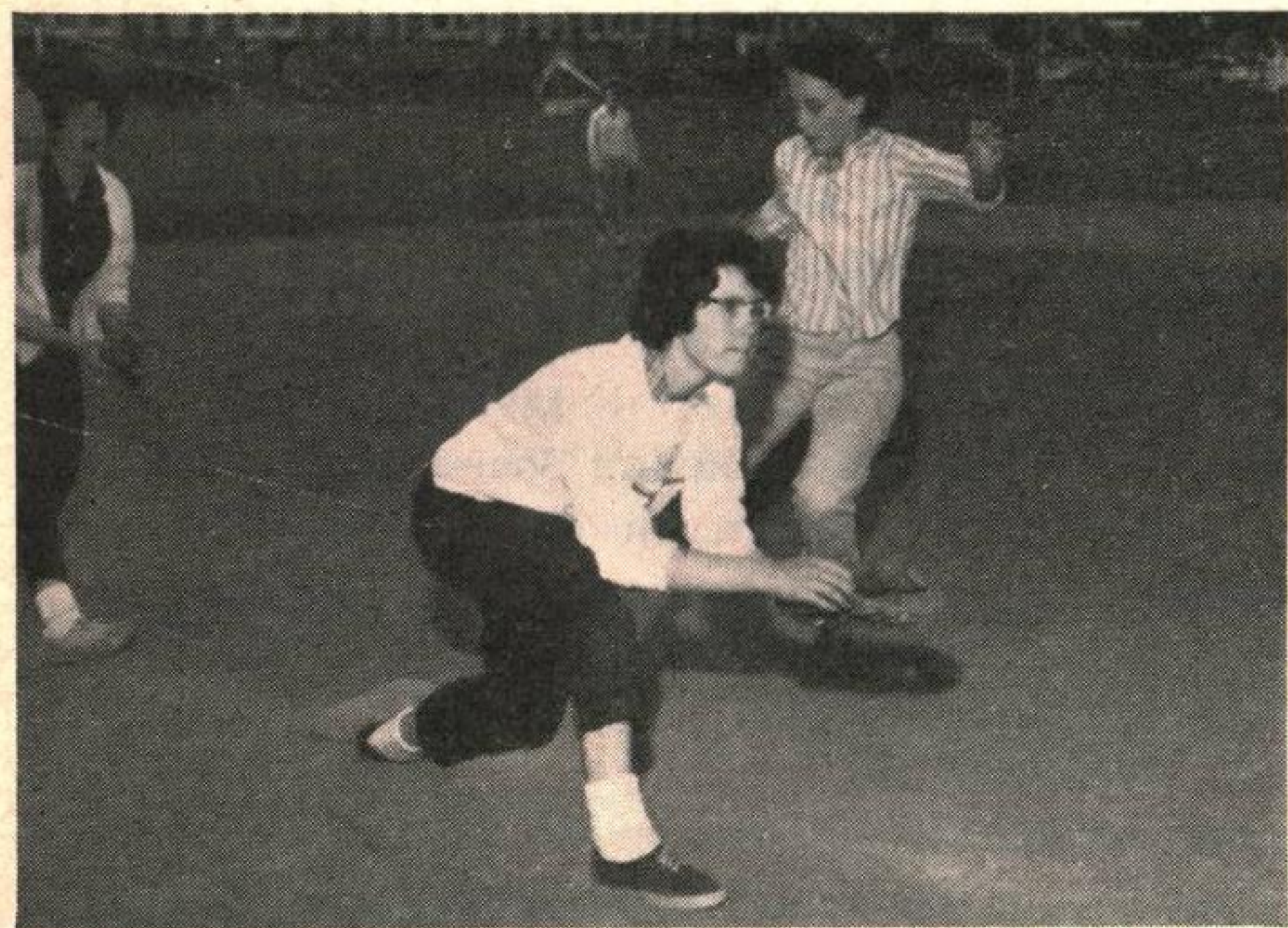
Whatever your desires might be in the area of recreation, don't be satisfied with light or low level games to condition yourself. Any programme resulting in improvement must be obtained through regular progressive exercises encompassing as many of the body components (muscle grouping) and fitness areas (agility, strength, etc.,) as possible.

GIRLS MINOR BALL LEAGUE



S/L J. Savage throws the first ball of the season.

In April, it was decided to organize a ball league at PMQs for the girls aged 12 to 18 inclusive. The league started off in the first week of May and has been a very successful venture as there are now four teams namely the Eagles, Hornets, Hawks and Tigers.



The girls in action.

There have been many exciting, close games between these teams to date.

The Eagles have headed the league so far, but competition is getting much stiffer, especially from Coach Rix's Hornets who, incidently, were the only team to defeat them, tie one and lose two. The Tigers and Hawks have come close, but have not as yet been so fortunate.

In our photograph, S/L J. Savage is seen throwing out the first ball of the campaign. A former player himself, S/L Savage takes an active interest in the league.

It is encouraging to note the increased attendance at the games and as the schedule for the second part of the season commences it is planned to allow the ladies to enter the league. We feel that they may be a little outclassed by their hard-hitting daughters, but who knows, they might win an occasional game.

INTER SECTION SOFTBALL STANDINGS

19 June 63

	GP	WON	LOST	PTS
437	4	4	0	8
439	3	2	1	4
441	3	2	1	4
Telec.	4	2	2	4
MSE	4	1	3	2
CE	4	0	4	0

INTER MESS SOFTBALL STANDINGS

19 June 63

	GP	WON	LOST	PTS
Airmen	2	2	0	4
CPLs	1	1	0	2
Officers	1	0	1	0
SNCOs	2	0	2	0

Officers' Tournament played on the 13th, which included the COs of all Air Division Units. Other senior guests included A/C Bradshaw.

There was a banquet in the evening at the Club House, when the presentation of prizes was made.

The top golfer of the tournament was CPL Breault of 3 Wing.

The tournament standings :

- 1st Air Division
- 2nd 3 Wing
- 3rd 1 Wing
- 4th 4 Wing
- 5th 2 Wing

The members of the One Wing Team were :

- | | |
|---------------|-------------|
| W/C St. Louis | CPL Zuback |
| F/L Ginley | CPL Shaw |
| F/S Faulkner | CPL Pratt |
| SGT Miller | LAC Forman |
| CPL Carlow | LAC Thalman |

Physical Fitness Testing

Here are the results of the physical fitness testing which is in progress the Recreation Centre. The statistics are up to date of 18 June 63.

Age Group	No. Taken the Test	Passed	Failed
29 and Under	187	160	27
30 — 39	118	106	12
40 — 45	42	42	—
The totals are :	347	308	39

Air Division Golf Tournaments

On the 12th and 13th of May the Air Division Golf Tournament was held in Luxemburg. The weather was fine on the 12th and the morning of the 13th, but the golfers had to play the last nine in wind and rain.

The highlight of the tournament was the Senior

Scuba Diving

Here is a list of entrance requirements for anyone interested in Joining the « Marlins of Marville » (Scuba Club). These requirements are laid down in AFRO's 261 dated 19 Oct 62.

For participation in an RCAF Scuba programme, candidate shall :

- (a) be 16 years of age over.
- (b) possess a medical certificate indicating medical and preferably mental fitness for this activity — the publication « The New Science of Skin and Scuba Diving » contains useful information in this respect.
- (c) possess Royal Life Saving Society Bronze Medalion obtained within the current year.
- (d) if engaged in flying duties, be governed by CAP 100 — Flying Orders for the RCAF, Chap 102, section 3, Article 106.26.

For further information on any station requirement for this club, come out to a Scuba meeting (dates and times as indicated in the last issue of the Arrow-head).

INTER SECTION SOFTBALL STANDINGS

19 June 63

	GP	WON	LOST	PTS
437	4	4	0	8
439	3	2	1	4
441	3	2	1	4
Telec.	4	2	2	4
MSE	4	1	3	2
CE	4	0	4	0

INTER MESS SOFTBALL STANDINGS

19 June 63

	GP	WON	LOST	PTS
Airmen	2	2	0	4
CPLs	1	1	0	2
Officers	1	0	1	0
SNCOs	2	0	2	0

Officers' Tournament played on the 13th, which included the COs of all Air Division Units. Other senior guests included A/C Bradshaw.

There was a banquet in the evening at the Club House, when the presentation of prizes was made.

The top golfer of the tournament was CPL Breault of 3 Wing.

The tournament standings :

- 1st Air Division
- 2nd 3 Wing
- 3rd 1 Wing
- 4th 4 Wing
- 5th 2 Wing

The members of the One Wing Team were :

- | | |
|---------------|-------------|
| W/C St. Louis | CPL Zuback |
| F/L Ginley | CPL Shaw |
| F/S Faulkner | CPL Pratt |
| SGT Miller | LAC Forman |
| CPL Carlow | LAC Thalman |

Physical Fitness Testing

Here are the results of the physical fitness testing which is in progress the Recreation Centre. The statistics are up to date of 18 June 63.

Age Group	No. Taken the Test	Passed	Failed
29 and Under	187	160	27
30 — 39	118	106	12
40 — 45	42	42	—
The totals are :	347	308	39

Air Division

Golf Tournaments

On the 12th and 13th of May the Air Division Golf Tournament was held in Luxemburg. The weather was fine on the 12th and the morning of the 13th, but the golfers had to play the last nine in wind and rain.

The highlight of the tournament was the Senior

Scuba Diving

Here is a list of entrance requirements for anyone interested in Joining the « Marlins of Marville » (Scuba Club). These requirements are laid down in AFRO's 261 dated 19 Oct 62.

For participation in an RCAF Scuba programme, candidate shall :

- (a) be 16 years of age over.
- (b) possess a medical certificate indicating medical and preferably mental fitness for this activity — the publication « The New Science of Skin and Scuba Diving » contains useful information in this respect.
- (c) possess Royal Life Saving Society Bronze Medalion obtained within the current year.
- (d) if engaged in flying duties, be governed by CAP 100 — Flying Orders for the RCAF, Chap 102, section 3, Article 106.26.

For further information on any station requirement for this club, come out to a Scuba meeting (dates and times as indicated in the last issue of the Arrow-head).



THE MART

ARROWHEAD CLASSIFIED ADVERTISEMENTS

CARS FOR SALE

1963 Volkswagen, colour grey. \$1050.00. Contact Mickey Crittenden at Service Club Etain airbase, Loc 142 or 501.

1962 Simca Ariane 4 door sedan in perfect condition. 2 tone blue. \$1000.00. \$250.00 down and finance rest. Capt Johnson at Etain Air Base, Ext 129 or 176.

1961 Fiat 500, in good condition. Motor recently overhauled. Asking \$500.00. Contact LA Cowie at Loc 92-2 or 92 Ave Bouvier, St Mard.

1960 MGA Sports Car, colour white, perfect condition. Apply 16 rue de la Roche, Virton.

1960 Austin Cambridge Mark II sedan. Light grey with blue interior. Twin fog lights, twin exterior mirrors. Trailer Hitch — car will pull a 14ft trailer easily. One owner/driver for 38,000 trouble free miles. Insured until 25 Dec 63. In good condition. Asking \$950.00. Contact Cpl Osborne at Guard House, Loc 27-2. (car also has heater/defroster, electric windshield washers and seat covers).

1958 Opel Stn Wagon. New tyres, good condition throughout, selling for \$600.00. Contact Cpl Maloney at Loc 168 or PMQ G123.

1958 Chev Station Wagon, automatic, blue and white, radio, seat covers good tyres, available immediately at a good price. Contact LAC Mechefske at Loc 97 or D15 Maple Leaf Park.

1957 Buick Roadmaster. Price \$700.00. Good condition. Contact LAC Giesbrecht at PMQ E14 or Loc 90.

49 cc Motor bike in good condition, c/w saddle bags. Ideal for teenager. Asking \$40.00. Contact Cpl Hemens at Loc 177 or B9 Maple Leaf Park.

1952 Chevrolet, very good condition. Insured until December 63. Complete with radio, heater and good tires. Contact F/O Reagh Wing Ops Lcl 172.

TRAILERS FOR SALE

Large 3 bedroom trailer — consisting of living room, kitchen and 3 pce bathroom. Newly decorated and completely furnished. Situated on ideal corner lot. Contact LAC DM Randall at C2 Maple Leaf Park.

37 ft Caravan home for sale. Located in grove of chestnut trees at Ire le Pres. \$2500.00 cash or \$300.00 time payments. Built on section of caravan makes 4 bedroom home. Cost of rent per month — \$2.00. \$60 heating costs for 1 year.

Contact Cpl Fisher at Loc 40-2 or at Ire-le-Pres.

22ft Willerby Trailer with full extension. 2 bedrooms, bath. Contact LAC DM Lewis at Loc 205 or D18 Maple Leaf Park.

Trailer with large extension. 2 bedrooms, full bath, Hoovermatic washer. Available immediately — must sell by 15 Jul due to repat. Apply B9 Maple Leaf Park or call Cpl Hemens at Control Tower, Local 177.

House trailer with large extension — suitable for couple with one or two children. Completely furnished. Contact LAC Tremblay at Loc 195 or D14 Maple Leaf Park — Trailer completely furnished, all extras.

MISC. ITEMS FOR SALE

4 sleeping bags, \$5.00 each. 30-06 Rifle. New. Custom made in Germany with 4X Hensoldt Scope with quick detachable mounts. Also, 12GA Shotgun Browning two shot auto skeet grade lightweight. Contact F/L Catling at Loc 190, or 706 rue de Virton, Dampicourt.

Engine parts for 1960 Zodiac and also other parts. Call F/L Hanlon at Loc 22.

5 used tyres for a 1200 Volks. Can be seen North side of BB 38 on green Volks AF 12356. What offers? Call Loc 217, May Cruickshank.

1500 watt transformer & 75 watt transformer (220v to 110v). Contact F/O Moffat at Loc 192, or PMQ C34.

1500 watt transformer. Contact LAC Tremblay, Loc 195 or at D14 Maple Leaf Park.

1 boys bike, Rawleigh, full size, 2 yrs old, 3 speed. Available 20 July — best offer. Contact WO Woods at Firehall, Local 156.

Maytag Washing Machine (US model). Assorted transformers, 4 lawn chairs, to kitchen cupboards (Shelves), 1 carpet, 1 floor lamp. Contact F/O Reagh Wing Ops Lcl 172.

APARTMENTS FOR RENT

Kitchen living room, 1 bedroom, large fridge, central heating, \$48.00 per month. Apply 41 rue du Moulin, Virton.

2 bedrooms, kitchen and living room, new bathroom, central heating, new gas-cook stove, washer and spin dryer. Very good landlord & landlady. Contact 19 rue de la Halle, St Mard, Belgium.

Apartment consisting of combination kitchen/living room, (kitchen has fridge, gas stove, oil heating). Rent \$45.00 per month, which includes water, lights, gas for bathroom. Suitable for couple. Apply Mrs Lucy Chapellier, Florist at 27 rue Piessevaux, St Mard, Belgium.

2 bedroom apartment with garage. Contact Madame J. Pirson at 14 rue Croix-le-Maire, Virton or call Cpl Gorman at Loc 169.

VIRTON — For rent on the Grand-Place. Modern apartment with central heating.

Contact: Jean Fontaine, 12, Grand-Place, Virton.

BABYSITTER

Reliable babysitter who will look after your children whilst you are on leave; on the economy or at PMQs. Contact Miss Astrid Hermann at 27 Grand rue, Lamorteau, Belgium.

WANTED TO BUY

Chesterfield in good condition. Contact LAC Murphy at Loc 177 or Mrs Duff at 18 rue de Harnoncourt, St Mard.

NOTICE

HOURS OF OPENING

BEAUTY SALON

From June 24th 1963, the Beauty Salon business hours are 0830 to 1700 hours, Monday to Friday.

The Salon will be closed Saturdays and Sundays.

GARAGE MODERNE

PENNING FRERES S. P. R. L.
PIN-IZEL

Telephone Florenville 061/313.60

2 kms from Florenville on the road to Arlon

Official Agent for VOLVO and NECKAR

MODERN SERVICE STATION (Shell)

HIGH PRECISION MACHINERY:

ELECTRONIC BENCH

HEADLIGHT BEAM ALIGNMENT

ELECTRONIC STROBOSCOPE

STEERING ALIGNMENT

★

WASHING AND GREASE JOBS

★

SPECIALIZED PERSONNEL

★

SPARES ALWAYS IN STOCK



Theatre Manager :
Sgt KG HARPER

Assistant Manager :
LAC C. MAHEUX

Forthcoming Attractions

Week commencing 30 Jun 63

Tues 2 Jul 1800 & 2030	Go Naked in the World	CinemaScope/Metrocolor G Lollobrigida, A. Franciosa, E. Borgnine	« X »
Wed 3 Jul 1800 & 2030	The Greengage Summer	Technicolor Kenneth More, D Darrieux, S. York	« A »
Thurs 4 Jul 1900	The Devil at 4 O'Clock	Technicolor Spencer Tracy, Frank Sinatra, B. Luna	« A »
Fri 5 Jul 1800 & 2030 Sat 6 Jul 1900	It's Only Money	Jerry Lewis, Zachary Scott, J. O'Brien	« U »
Sat 6 Jul 1345	Young Amazons	(Colour) Jean Hawkshaw, Johnny Walsh <i>Children's matinee</i>	

Week Commencing 7 July 63

Sun - Mon - Tues 7, 8 & 9 July	Ben Hur (Time to be announced)	Technicolor/Panavision Charlt. Heston, H. Harareet, J. Hawkins	« A »
Wed 10 July	Two Rode Together	Technicolor James Stewart, R. Widmark, Sh. Jones	« A »
Thurs 11 July	Return to Peyton Place	CinemaScope/Deluxecolour Carol Lynley, Jeff Chandler, E. Parker	« A »
Fri 12 July Sat 13 July	Bridge on the River Kwai	CinemaScope/Technicolour A. Guinness, William Holden, J. Hawkins	« U »
Sat 13 July 1345	Action Stations	<i>Children's matinee</i>	

All tickets sold for « A » certification films will be 40 cents (adults and children). No children will be admitted for « X » certification films.