

# AILERON

PUBLISHED MONTHLY IN THE INTEREST OF THE STAFF AND TRAINEES

VOL. 1 — NO. 4

RCAF STATION, ST. JOHNS, P.Q.

OCTOBER

## Fire Prevention Week



Most of you reading this have been a part of the RCAF only a matter of a few weeks, during which time you have come to know and understand the Service. Your knowledge has increased by leaps and bounds, but has your knowledge of fire prevention and fire protection increased? Have you taken notice of the posters around the station — or do you still flick that cigarette away? Have you noticed where your nearest fire alarm is located? Do you know how to operate it should you discover a fire? It is through this paper and various other means that we intend to make you better informed on fire prevention and protection.

Prevention is better than cure; that is quite true as we all know. That is why one week of the year throughout Canada and the U.S.A. is known as Fire Prevention Week — this year it is from 7-13 October. We must, however, continue throughout the year to practice what it means. In general it means a clean-up of offices, attics, lockers etc; getting to know the fire extinguishers in your building and how to operate them. How to prevent fires occurring and what to do in case of fire. By preventing fires you may not only save a life (which may be your own) but you will save thousands of dollars of the taxpayers' money.

We in the fire hall carry out regular inspections to ensure that a fire will not occur, but we cannot be behind the individuals who flick their cigarette butts all over the station. Do not be a 'flicker' — use an ash tray — you would at home. Do not smoke in bed if you value your life. Do not leave clothes on radiators to dry.

Fire Prevention is common sense — use yours.

LAC Anderson.

## CROSSES

Each life has its crosses, and the soldier gets his share, from a trip across the ocean, to the envied Croix de Guerre. There are crosses on his letters, far too many so it seems, there are crosses by the censor, and the lady of his dreams. There's a cross that's worn by heroes, who have faced a storm of lead. There's a cross when he is wounded, and a cross when he is dead. Then there's the cross of victory, that very few may own, to a soldier that is second to that of God alone.

It's a cross that's worn by women, when we see it we believe, we recognize an angel, by the red cross on her sleeve. Submitted by LAC S. R.

## CURLING

### INTRODUCTION

The meeting of the Curling Club was called for 1700 hours Wednesday, 19 Sept. 56. What happened? The weather was ideal (outside air temp 42°F), the curlers were enthusiastic — but the summer sports convenor administered the "coup de grâce" with a soft ball game, a flag football game and a golf tournament.

Hoping the temperature would have dropped sufficiently to discourage the summertime schedule, the general meeting re-scheduled for a week later and at this date is in the record books.

### 1956-57 PLANS

At the present time negotiations are underway to ensure curling activity for the coming season. A request for ice time has gone forward to the St. Johns Curling Club and it is

anticipated that the arrangements will be finalized prior to the general meeting. Our Club last year was most successful and with more ice time and a larger membership the coming season will be real dandy.

It is hoped that the arrangements with St. Johns Curling Club will be such as to permit plenty of curling for at least 16 rinks in regular competition. There are three trophies already available for annual competition — and I understand more are likely to appear this year.

Curling is defined in The Concise Oxford Dictionary as "a Scots game played on ice with large round stones." The definition is clear and concise and lead one to the following obvious conclusions:

- Curling is a game of skill demanding sportsmanship.
- Ice is required.
- Large round stones are required.
- A number of our ancestors

were likely of Scottish origin.

From the conclusions it appears that we are in business for 1956-57 because your curling committee can provide the ice and the large stones, you can provide the skill and sportsmanship and some of the finest curlers in the world never heard of Scotland.

Already this year a few of the lads have been to a summer bonspiel in Victoriaville. The prospects for opening "spiels" during the next six weeks are good as the various clubs are getting organized for the coming season, and of course the spring of 57 means the Fourth annual RCAF Association Spiel at Lethbridge.

It looks like a good season ahead and with the support of the old timers and beginners alike there should be some pretty interesting sport and relaxation for everyone.

Signed: Bonspiel.

## How Tall Are You?

I don't know where men got the idea that it was manly to swear and curse. "He-man's talk," in all too many cases is just a phrase covering the fact of the male sprinkling his conversation with oaths and curses; no man can conceivably be more manly because he uses dirty vocabulary any more than he can be considered more manly because he doesn't bathe or shave. No man is the stronger for his having lost control of his language. And if slovenly dress is the sign of a tramp, slovenly speech is the sign of a cultured hobo.

So often you hear from men — ashamed, as any decent man is when he stops to think of his oathsome curseful speech — that cursing has become such a habit with them that they can no longer control that sort of talk in themselves. That's a simple lie. It's just about the weakest alibi they could present. I've known many a man who in the company of other men swore continuously; the moment these fellows passed into a company that would not tolerate language like that — their talk entirely changed. They had complete control over their speech. They swore merely because they thought it made them appear tough and hairy, because they felt it was a way of impressing other men with their brawn and hardness. When filthy clothes and dirty ears, become signs of strength, dirty speech will be a sign of manliness.

It is a simple conclusion, cursing, swearing and dirty talk are the most unoriginal and stupid forms of speech in the world. It shows a poor command of a language, a restricted vocabulary, little knowledge of the meaning of words or ideas, and a contempt for sacred names.

It indicates to a listener a poor blustering fellow putting up a false front, afraid of being caught and found out. Arrogant in his small powers and uncertain of his abilities to dominate a situation he bluffs it out with a flow of bad language. — The man is marked. He is a little man who has reached his level. — "curbstone height."



## The Women's Auxiliary

By Mrs. Ingrid Godfreyson

The first meeting of the new season of the Women's Auxiliary of RCAF Station St. Johns was held on Sept. 27 at 8 p.m., in the Library Lounge of the Recreation Centre.

The W. A. have assumed the responsibility of sponsoring the new Guide and Brownie Pack on the station. A sum of money was donated towards getting supplies for the newly formed group.

Don't forget Brownies meet at 7 p.m. Monday nights, and Guides meet at 7 p.m. Wednesday nights, at A/C W. W. Brown School.

A Group Committee of interested ladies was formed to act as a liaison between the Guide and Brownie Pack and the W.A.

Come out and support our W. A. at the big bingo to be held in the Rec Centre on Oct. 15 at 8 p.m. Proceeds will be shared jointly between the W.A. and the Home and School Association.

Baby sitting lists are available from the writer at FI 7-4018, and Marg Smith at FI 6-3527.

The entertainment committee provided a very enjoyable evening of games, and prizes were presented to the winners.

Don't forget our next meeting will be on Thursday, Oct. 25, at 8 p.m., in the Library Lounge of the Rec Centre. Mark it on your calendar. A big surprise is planned.

## WEEK OF 22 OCT. 56

### Opening of STATION ARENA

- ★ Skating
- ★ Hockey: Trainees
- ★ Hockey: Staff
- ★ Hockey: Kids

## BINGO

15 OCT. 56  
2000 hrs  
Rec Centre  
20 Games

Admission: \$1.00 per Card  
Attractive Prizes

Sponsored Jointly by  
C W A and Home and  
School Association.



COs Parade, 28 Sep 56 — Recipients of CD being congratulated by G/C Archambault. L-R: Sgt Patry, Sgt Dopp, Cpl St. Johns and Sgt Giles.

# AILERON

R.C.A.F. STATION ST. JOHNS

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OCTOBER — 1956

## EDITORIAL

It must have been disheartening for Section Commanders to hear that some of their staff were put on charge for absenting themselves from the Battle of Britain parade; and especially after hearing the weak excuses proffered by the accused. It is a disgrace "to the memory of the few" to think that some members of the RCAF look upon this commemoration parade with an indifferent, or "another joe-job," attitude.

It should be remembered that the period in which the Battle of Britain took place, 10 July to 31 Oct. 1940, is the time at which, perhaps, the greatest and most important victory was achieved by the RAF. Chester Wilmot in his book, *The Struggle for Europe*, refers to this period as being "If Necessary, Alone" and "David and Goliath." Of importance to us is the realization that 1000 Canadian pilots were in the RAF at that time and a great number of them distinguished themselves above and beyond...

The Nazi Plan (Operation Sealion) was to annihilate the RAF and having once mastered the skies, the German Navy would clear the Channel and make way for the invasion of England by the German Army. To offset this the RAF designated approximately 56 Squadrons of Hurricanes and Spitfires to oppose this plan and these were formally called Battle of Britain Squadrons. The other squadrons, although actively participating in the defence of England, did not carry this official designation. Their duties were the shooting of E-Boats in the daytime and the bombing of invasion ports at night.

To return to the Battle of Britain Squadrons I do not propose to quote statistics to indicate the great victory they achieved. Suffice it to say that although the odds were overwhelmingly in favour of the German Air Force, the courage and skill exemplified by the RAF pilots is now in the record book of history. To quote Mr. Churchill, then the Prime Minister: "This was their finest hour."

A clasp to the 1939-45 Star was authorized for the Aircrew of fighter aircraft only engaged in the Battle of Britain. The award of the clasp is denoted on the ribbon by a silver gilt rose emblem. If you ever recognize this emblem you will know that the individual wearing it belongs to those "very few."

## An Appreciation

Standing in the cabin of a large ocean liner we could appreciate the decoration on the walls, the usefulness of a telephone and the unusual view from the porthole, but we could not say we appreciate the working of the whole ship, this same position and mental attitude is found with one who has served only on one Air Force station. We see so little of the service functions, we tend to judge the whole by the part.

It took a posting to Europe to open one's eyes and mind to the efficient and outstanding work of the RCAF. From the moment you begin your boarding of the large noisy but dependable North Star at Dorval, you can feel the presents of an how-know and purpose in every member of the crew. The courtesy of the captain, the thoughtfulness of the crewman, to the patience of the aircrew with your questions, all make you aware that you are not merely a passenger but an accepted member of a great team; one rendering a service to the other. The aircraft starts its gentle ascent and you begin to wing your way over the rivers and lakes of Quebec. With the curiosity of a novice you peer at the beauty of the land and slowly begin to appreciate the country that our military services protect. You glance at the other passengers and are aware these are the people of this country who are contributing to its defence. The Chaplain on his way to Goose Bay; the doctor even now aiding a young flight cadet feeling faint. The jet pilot who looks bored with this slow aircraft, the ground-crew airman over a game of cards and an NCO alone with his thoughts having returned to bury his father in Canada. These are the men and women giving of their talents, that the small villages we quickly pass might continue to

live in their tranquility.

Having followed the sun for 12 hours, we prepared to land in Scotland with its striking pattern of green fields and misty hills. We leave the aircraft, to be welcomed by a broad burr of a Scottish "good morning, this is Prestwick, Scotland." Again the Air Force is on the job in the person of the movements officer, who makes your passage through customs pleasant, and after a cup of coffee and a Scottish scone, we are on the last leg of our flight to Langar. We leave the gentle North Star with its motors still turning in our heads, with a sense of amazement that in a few hours we have crossed the Atlantic, and with a sense of pride in being part of a great team that makes this possible.

The role of the RCAF in Europe is flying. The workings of each station is geared for that purpose. You are aware at each of the stations a sense of concern and interest that the aircraft are in top shape. The pilots glow with a spirit of achievement that Canadian aircraft with Canadian pilots are second to none in the NATO defence scheme. There is feeling of unity among the members of a squadron which is comparable only to a family. There is a fuller appreciation of a mission rather than a job to be done. Certainly not all is perfect. This is a service of human beings, with the failings of humans. But as long as there is a sense of responsibility and a desire to do a good job we can grow as a fighting service.

These few words are in appreciation for an enlightenment and for a taste of this spirit. Let the airmen who read be proud of their new-found family but be also concerned that they accept and fulfill the responsibilities that will be theirs in a few short months.



## AFP DUTIES 2000 AD

He reports for duty in his super autplane and goes immediately to the AFP control centre. He relieves Bill? and says, "goodnight". It can be seen from the log book that it has been a quiet day, and that he has five detainees in his care. A quick check of the cell block screens tells him that the boys are asleep and at rest with their thoughts.

He then settles back and takes in the surroundings: on all sides he is closed in by equipment from which there comes a steady hum. There are also numerous TV screens, switches, dials, meters etc. He has just completed an eighteen month course and feels competent that he can handle anything which may arise.

The first check is on the bar-rack blocks. He makes the switch for block 28 and sees it come into focus on the TV screen. A check round the outside of the building with the scanner tells him that all is in order. He presses the switch for each room in turn and sees that all lights are out. It takes approximately five minutes to check the blocks. There were lights on in room 6 block 24, but an order passed over the public address system soon turned the place into darkness. This was noted in the log book for action next morning.

The next check is on the hangar line; the scanner gives a full view of the area. Then at each door the lock is brought into focus by the turn of a knob, which enables him to inspect each lock closely.

The main gate buzzer sounds, and he sees on the screens that two airmen have returned to the station; they are holding out their passes for him to see. After satisfying himself that the passes are in order, he presses the button which opens the magnetic door, and allows the airmen access to the station area.

While scanning round the administration block he sees a window which has been left unlocked and a check of his files tell him the person responsible for security in that office. A telephone call is made and that person is out of bed securing the window, and being closely watched on the screens. Security it still a main factor in the RCAF.

At 0300 hrs while viewing the central warehouse, he sees two human forms attempting to force a window. He brings their faces into focus and checks them with the photographs in his file.

He notes that they are airmen from the station. The security guards are aroused by the alarm and given their instructions by radio. He sits back and watches on the screen the arrest of the two offenders. They are returned to the cell block and processed under his supervision.

The hour of 0800 soon rolls around and time for his relief; the log book is completed and he has a few minutes with his thoughts, "What a hard life the AFP must have had 44 years earlier".

LAC C. W. Carter.

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### Station Barber Shop



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## The New Look in MD Training

During the past few weeks a number of changes have taken place in MD training. The major change has been from integrated to separate airmen/airwomen training. In the past, owing to the large intakes separate training was not feasible with the training areas available. However with intakes being at a lower rate and this allowing more flexibility in the training schedule it was possible to set up a separate training system.

The first step in this plan was to have the airwomen recruits arrive every two weeks so that no more than 4 courses of airwomen would be in training at one time. The next step was to have all airmen drill training in No. 4 hangar (1 Basic Sqdn). The third step was to have all airwomen drill training in No. 102 Hangar (2 Basic Sqdn). Academic lectures, apart from those pertaining to women, are given to both airmen and airwomen in Bldg 47 (Academic Sqdn). The size of the airwomen intakes has been such that they are able to occupy one classroom per course so that in this phase also separation has been achieved. The sports syllabus as in the past also permits the airmen and airwomen to train separately.

While making these changes it was found that a saving in staff manpower could be made and put to more efficient use. The old system of having Basic Squadron Commanders with their respective WOs, orderly room staffs etc., was disbanded. The new system allows for an officer course director with a team of disciplinarians for each airman course. This officer and his team meet their respective course at 0800 hrs Monday of the 1st week of MD training and are responsible for the administration and training of the course throughout the 8 weeks of MD training. A similar system is in effect for airwomen. A woman officer course director with her team of women discipis is in charge of all airwomen administration and training. This single team is able to handle the four courses since the total will be approximately equal to one airman course.

Since the basic squadron orderly rooms have been disbanded all administrative action and training records are handled by Course Control thus achieving centralized control and reducing duplication of administration.

The numerous reasons for changing from integrated to separate training will not be outlined here.

However from a broad out-look it has been apparent that the integrated training approach does not take into consideration the fundamental physical and emotional differences between the sexes. Integrated training was designed for the majority i.e. strictly for men and it was found that the women simply try to conform to the activities contrary to their nature and character. Recent staff personnel have visited the RCN Manning Depot and the USAF Manning Depot and have reported that separate training is in effect and has proven very satisfactory.

For all practical purposes the syllabus for airmen will remain the same as before. Airwomen will take the same training as the airmen except for rifle drill

### Academic Integrated Training

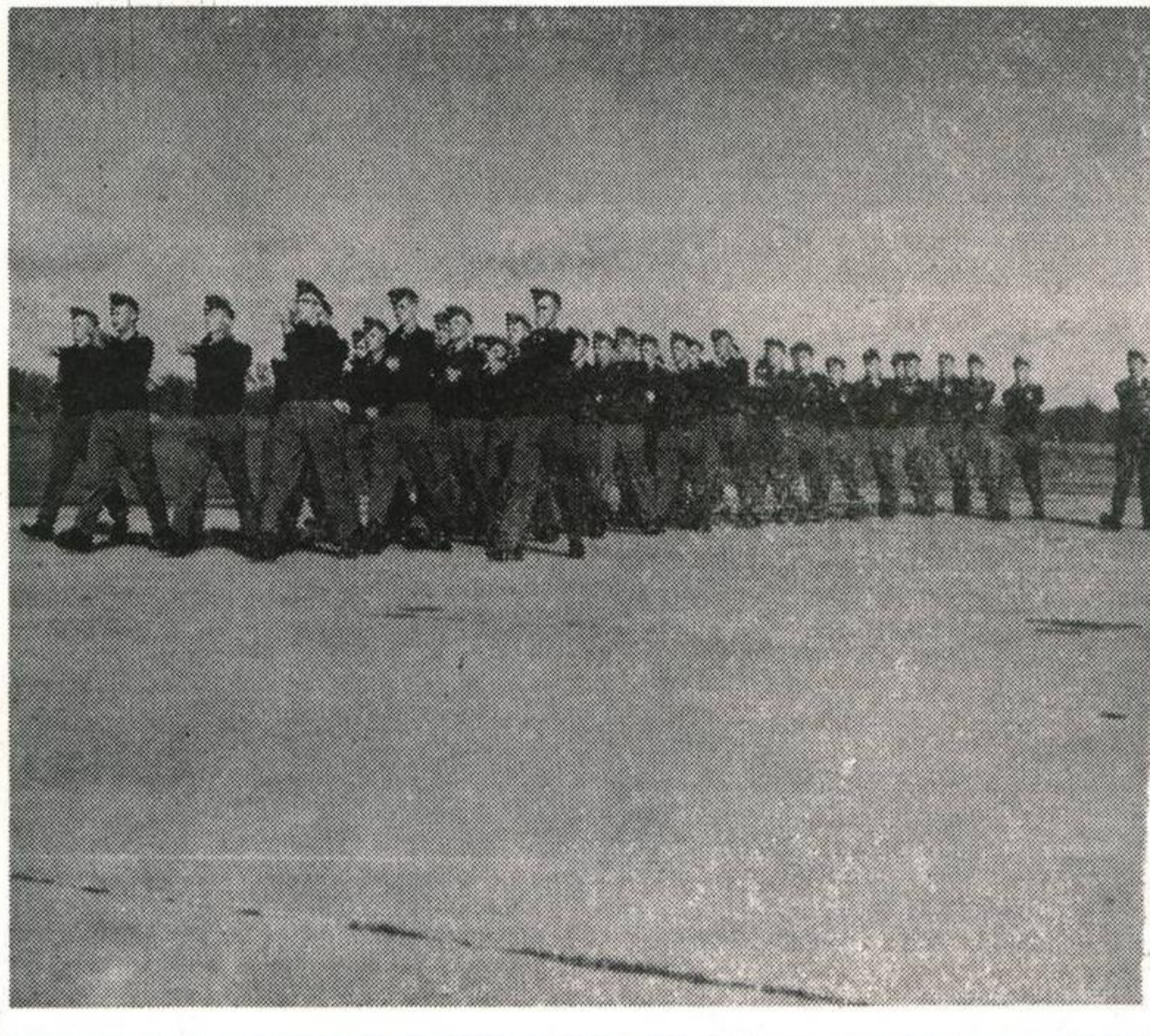


and active ground defence. In place of this training airwomen will take lectures in feminine hygiene from the well known civilian woman doctor Dr. Henrietta Banting and a first aid course to be given by Mr. E. J. Lemaire the local head of the St. John Ambulance Corps. A revision in the sports syllabus has also been made with the emphasis on organized sports on a progressive basis so as to bring out a spirit of competition amongst the trainees.

Although the changes outlined above have been in effect for a short period of time an improvement in the quality of training and the quality of the MD graduates has already been noted.

S/L Goldsmith.

## Airmen Flight



from Moose Jaw and Sgt "Carl" Grimzen from Saskatoon. Carl had a long stay at Saskatoon, being stationed there for the last nine years. The fourth new arrival came from Camp Borden; he is Cpl "Tiny" Paulson; wonder why they call him Tiny? A hearty welcome to these new members.

Sgt C. J. Corbett.

## Manning Depot News

Manning Depot is the hub of the big wheel called RCAF Stn St. Johns. As an introductory note I would like to introduce a few of the individuals that make up this illustrious organization of ours.

At the head of the list and our esteemed commander is Wing Commander W. J. Michalski and the station to whom we are indebted for giving him up is RCAF Stn Centralia. Just so you will recognize him when you see him on the street, he is a man of a little less than medium height, but thick set; he has a medium brushcut and a chest like a barrel. Numberless times you have seen him and heard his bark on CO's parade, (so trainees beware). You are safe for the moment though since he is now making periodic visits to the hospital suffering from a dislocated disc in his back. Hope to see you back to work soon and best wishes (from the staff) for a speedy recovery.

Boss of the orderly room and our temporary adjutant is Warrant Officer J. A. Matheson, prematurely gray, probably from trying to keep the orderly room busy. He came to us from 2 TTS Camp Borden, so he is an old hand at training school procedure and we hope he will be with us for a long time.

Last but far from least in the supervisory department is Sgt M. A. C. Fraser, a sturdy character and a true French-Canadian. He is a mild man if he does not let his temper get the best of him, but you can't blame a man for flying off the handle once in a while with a handful of women to supervise.

The MD Headquarters is broken down into the Main Orderly Room, DRO's, Movement Section, Releases and Documentation. The first door you hit as you walk in is the DRO room, run very efficiently by Jeannine Morin and Aline Boileau. Miss Morin knows more about DRO's than the AFP 3. Next is the Movement Section, also run very efficiently by Cpl Charles (Chuck) MacDonald and Cpl Frank Renaud a comparative new-comer to the station but not to the Air Force. He came to us from University of Ottawa Squadron in the nation's capital. Keeping the Movement Section company and the Warrent Officer's chief assistant is Jacqueline Drouin who does all the paper work for the Release Section. Directly across the hall is the Records Section and Documentation where we have a record on every man in training on the base. So gentlemen if you have any queries line up along the counter and you'll have a host of pretty girls to serve you.

Goodbye to Rose Arsenaull who is leaving us soon for the far fiung shores of the Atlantic, well almost, she's going to St. John N.B. Best of luck Rosey and a pleasant trip.

Next month I hope to be able to fill you in on the activities of each section with a complete breakdown and an explanation of how they operate to keep MD moving.

LAC Rice.

## ACADEMIC

This section is finally settling down after a hectic summer which saw a change in our staff of approximately fifty percent. The latest to leave was one of our hardest working members, Cpl "Ernie" Harvie who has left for Saskatoon. This is the first trip west for Ernie since he re-enlisted in the RCAF in 1947. As he has spent the last five years as an instructor, both here and at Camp Borden, Ernie was quite jubilant at returning to work at his trade.

F/O McCormack, another long term member who has been with Academic Squadron has also left, but only to the other end of the station, however, to No. 2 Basic Squadron. We now find ourselves short of an information expert.

A number of new faces have appeared during the past month, giving us time to stop and catch our breath after a busy summer. Three of the new arrivals come to us from western Canada. F/O "Bill" Bradley arrived from Winnipeg, Sgt "Bill" Gotzmar.

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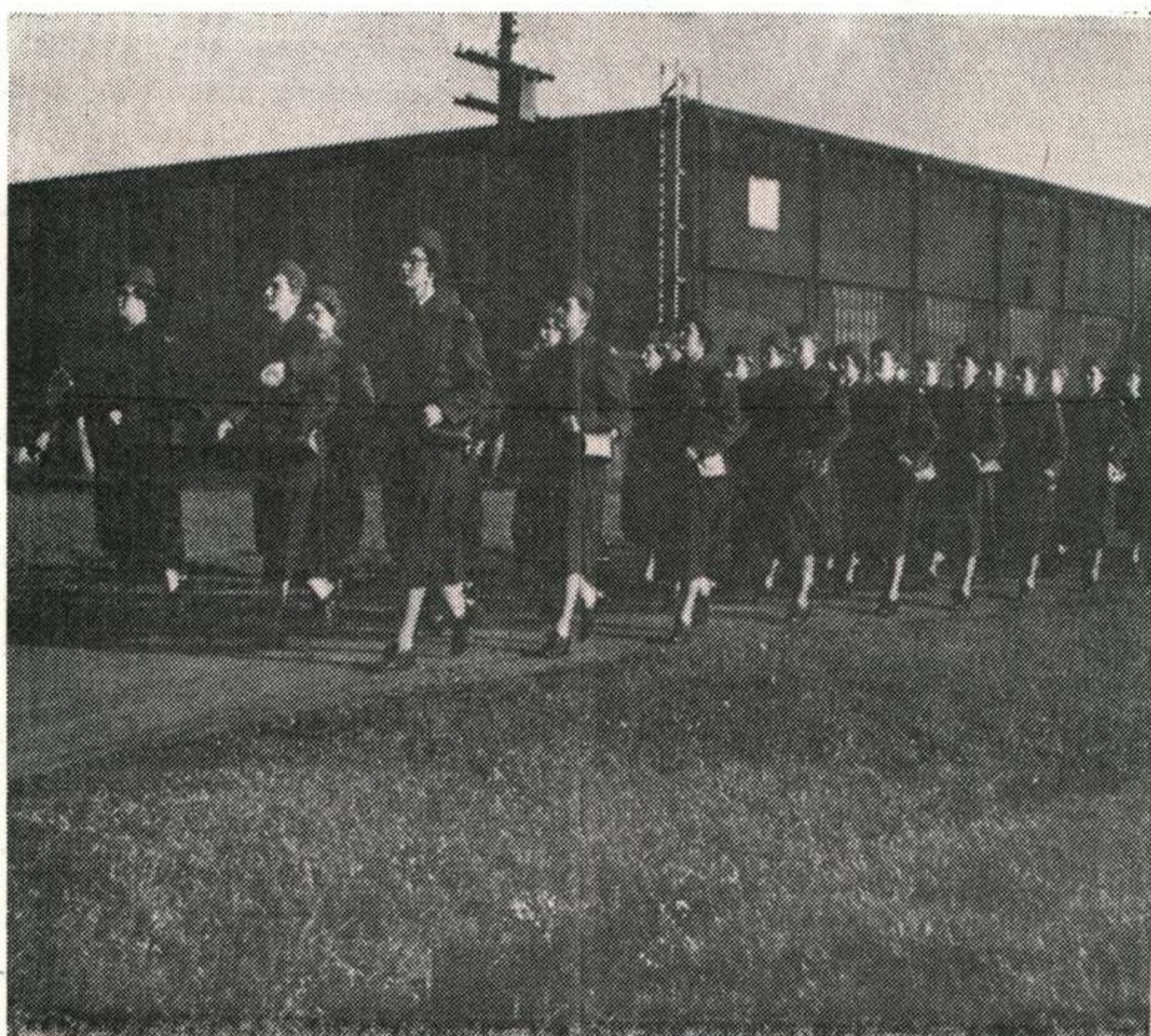
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## Airwomen Flight





## Cpls' Club Mess Dinner

On Wed., 26 Sept. 56., the Cpls' Club held their first Mess Dinner since the opening of the Club in April 56. The guests and members assembled in the Staff dining room in No. 1 Mess at 1800 hrs where cocktails and hors-d'oeuvres were served. At 1845 hrs, a delicious dinner was served in the main dining hall

(Congratulations to the messing staff).

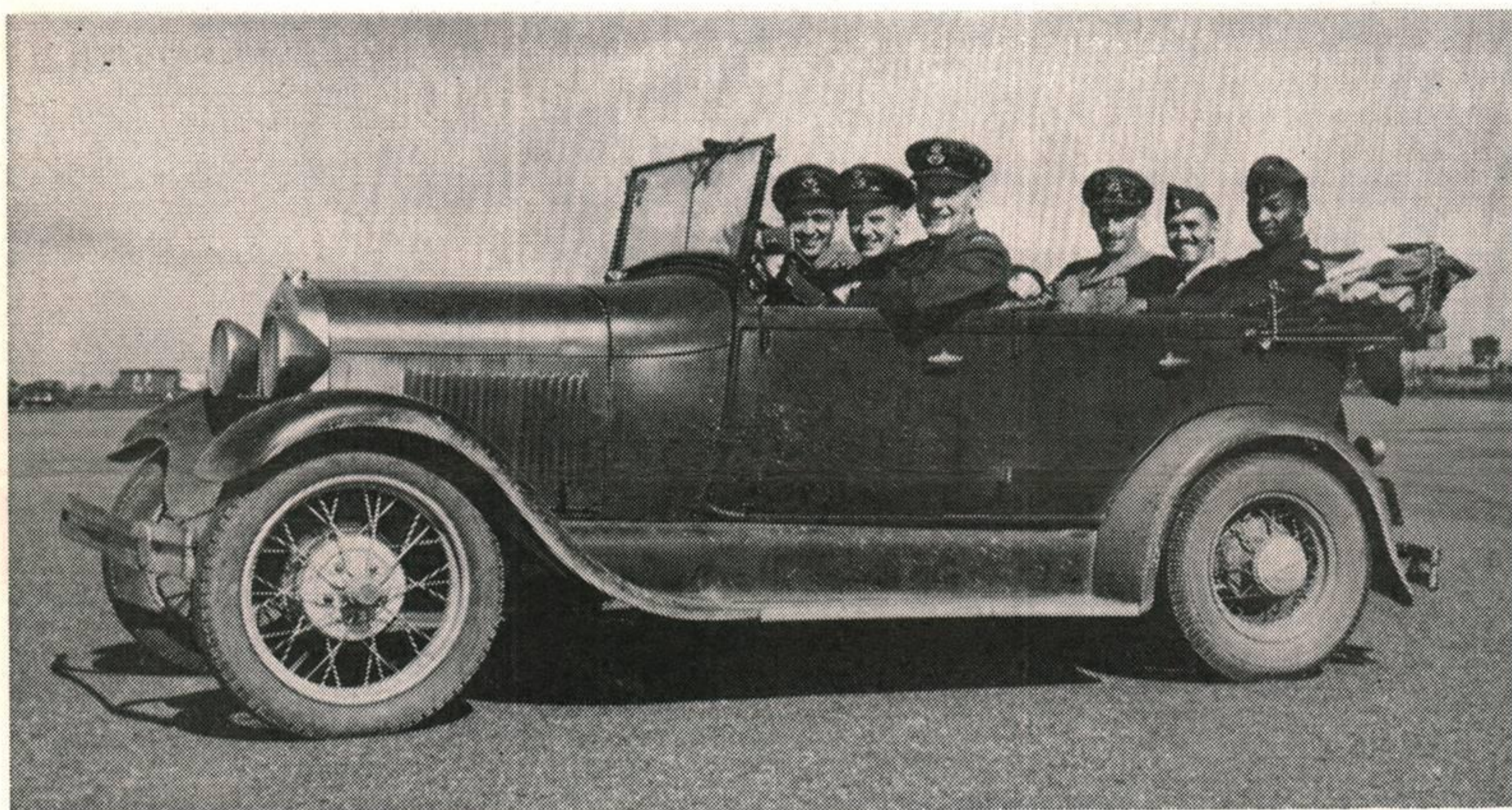
In the absence of the Commanding Officer, W/C McVeigh was the guest of honour. As speaker, W/C McVeigh elaborated on the history and background of the Cpls' Club and thanked those responsible for the original organization of the Club and the Mess Dinner.

After the Dinner, the guests and members adjourned to the

Club where entertainment was provided by some of the guests and members. A special note of thanks is due to Sgt Hamon, a wonderful piano player, for his part in entertaining those present.

It was a very successful and enjoyable evening and I am sure that all the members of the Club are looking forward to the next one.

Cpl R. Grandchamp.



## Has Aircrew Pay Gone To This Officer's Head?

Well no, not quite, the driver of this four-door softtop (by the way who said they didn't have four-door convertibles back when) just couldn't resist the temptation (at a low price of course) of acquiring a car which is nearing the antique class. In

its heyday the car must have been very acceptable judging by present-day comments of quote, "Now there was a car, I remember when, sure don't build them as well as they used to, had more fun with a car like that than any I ever owned, that was truly a strong car," unquote. The model is actually a 1929 Model A Ford Touring. The engine had

four cylinders and plenty of torque as the car can be almost stalled in third and second. Will climb a mountain in low and with a change of gears it will keep on going as though it hadn't even hesitated. All in all the car is simplicity itself, and insofar as durability is concerned that picture speaks for itself.

F/L Frostad.

Front seat: F/Ls Poissant, Lashley and Frostad.  
Rear seat: F/L Sturgess, Sgt McCallum, Cpl Tolbart.

## School of English

"Summer has faded fast away," so sighed LAW Thurber as she paused to let her typewriter cool off. She was probably thinking about those three weeks of leave she had spent way back in the rainy month of June, wondering just where and when to spend that remaining week. "I would have liked to have had more leave this summer if there had been a little more summer to have leave in," she added. This was just her way of saying that she didn't think much of the summer season this year.

However, even if it was short and no so hot we still have a few reminders of just how pleasant life in the summer can be. For instance there is F/L Stammers' Florida tan and his tales of life in the deep South. Also, F/O Monette is ever ready to talk about holidaying in the state of Maine. At a moment's notice F/O Cox will give you a quick

run down on the pros and cons of trailer camping. Sgt Masse's dissertations or motoring also help to focus our attention on the pleasures of summer driving. It looks, too, as if we'll be golfing, all year round at the School of English. F/O Knight having been officially named as rookie of the year is now determined to keep his interest in the game alive during the winter and will probably be the first to tee off next year. So even if the warm weather has gone there's still plenty to remind us of the good "ole summer time."

Although most of us, like the proverbial grasshopper, think of summer as the time for fun; there are fortunately a few more thoughtful people around who regard summer as the time to start getting ready for winter. Such a one is Sgt Chartier. He spent a couple of weeks in July repairing his ski cabin. Now he's all ready for winter and will be hot to trot at the first heavy snow fall.

A few of the SEngl staff were

unable to get away at all this summer. For example the stress and strain of the SEngl routine kept our OC, S/L Keane, at his desk all summer without so much as a week's leave. Our guess is that he'll unburden himself around Grey Cup time or when the snow flies in the Laurentians. Cpl Guerin and Co. too were kept busy at their tasks all summer without a break. Undoubtedly they miss the services of LAW Lapointe whose charms and capabilities now grace the RU at St. Johns, N.B. Fortunately we were not long without the service of an adjutant to keep the staff in line this summer. F/O Findlay left in August to return to civilian life and a career as librarian. F/O Dal-laire took over soon after and things are running smoothly once again.

The C.I., F/L Page is probably quite glad to see the end of summer. For him the end of

summer means that most of the teachers are back from their vacation and the problems of juggling classes and coping with a teacher shortage is over, or at least the pressure is off. Among those who have recently returned to the fold are Miss Graver, Mr. Redmond, Mr. Donnelly. It has been confirmed that the two latter spent the summer hard at work; the one on the farm and the other at the University of Ottawa. However just how Miss Graver spent her holiday remains a deep secret. The end of the summer brought a few new faces to the teaching staff. It's a pleasure to welcome Mrs Roy, Mr. Richer and Mr. Shillil to the SEngl. We regret to report that Miss Ellis is leaving us to do linguistic research at the University of Michigan.

F/O Froese spent the summer writing letters to AFHQ explaining what an asset he would be to the RCAF if he were transferred to the Armament Branch. Not that he wasn't already an asset but somehow in the Education Branch he said he felt like a misguided missile. It is rumored that the Rifle Club plan to fire a 21 gun salute on his departure. Whatever way you look at it, F/O Froese will be missed at the SEngl. Best of luck in your new career.

LAC Collin has been indifferent to the weather all summer. He never cared whether it was warm, cold, wet or dry. In fact Guy was not even sure just what season of the year it was. The reason of course was that Sept. 15 had been set as the date for his wedding to Miss Yolande Moffet of Montreal. On that date the happy pair were united in marriage by Father Levesque in the R.C. Chapel. About 100 of the young couple's relatives and friends were present at the ceremony and afterwards gathered at a reception in the Staff Canteen. After an enjoyable banquet the bride and groom led off a dance to the tune of a waltz that Guy had composed especially for the event. Late in the afternoon the tired but happy couple left for a honeymoon. Best wishes to Mr. and Mrs Collin.

## ORAL HYGIENE

The Dental Officer is frequently asked to prescribe a tooth paste or powder that will prevent tooth decay. My answer to such patients can only be an explanation of the progress of Dental Research to date. At present there is no true immunity to dental caries, the best we can offer are the modern methods of caries control. The answer is in the following three points.

- (1) Good Oral Hygiene
- (2) A controlled diet
- (3) A proper time of brushing.

Proper oral hygiene has been shown to reduce caries activity. The belief that toothbrushing alone is the answer to prevention of tooth decay is false, it also should be stressed here that the type of dentifrice you choose is only of secondary importance. You must carry out your oral Hygiene in an organized manner to see results in caries reduction.

Choose a brush with a good hard bristle. Organize your method of brushing by taking the mouth in sections. Start with the bristles at the necks of the teeth, at the gum line (not the ends of the bristles but the sides), wiggle the brush slightly as you rotate towards the biting surface. This motion will allow for sufficient gum massage from the sides of the bristles as they slip between the teeth removing

food particles. Rinse three or four times during the brushing procedure as it aids in washing food debris free once the brush has loosened it.

The Chlorophyll containing pastes have proved to be of little value in caries prevention.

The Hydrogen Peroxide pastes are strong bleaching agents, but do not cut down dental decay. However, many of the dentrifices on the market today contain the Ammonia — Urea base formula which has shown significant reduction in caries rate in many persons. These I recommend to you.

It is in the first ten minutes following eating that the acids (produced from the breakdown of food in the mouth) attack the tooth structure. These acids are derived mainly from sugar.

A reduction of sugar consumption is recommended not only from a dental standpoint but also on the basis of sound nutrition. Carbohydrates such as sweets, candy, soft drinks do result in increased acid condition in the mouth and when taken between meals should always be followed by a good rinsing with water or saliva. It should therefore be quite logical from the above statements that the total quantity of carbohydrates is not the sole factor — the type, concentration, time and frequency of eating are most important also.

A little thought to this all important matter of oral hygiene will become habit forming which in time will result in caries reduction.

Might I leave these few points with you.

- (1) Brush your teeth after breakfast.
- (2) Rinse with water after lunch if unable to brush your teeth (This applies especially to trainees who are not allowed in barracks at lunch time)
- (3) Brush the teeth immediately following the evening meal
- (4) Rinse with water or saliva following any eating between meals when brushing is not possible.
- (5) Good massage of the gums helps keep them healthy.

If you have any questions or require advice regarding your dental or oral condition, come to the clinic and talk things over with your dentists.

Capt. Whitman.

## A F P NEWS

On 31 Jul. we lost our NCO i/c, FS Edward Mortimer Harris, to Stn Moose Jaw. "Ed" had been out there on TD last Fall and was overjoyed, to say the least, to get back.

He came here in Jul. 55 from Stn Clinton. He was then "Sgt" Harris and since coming here picked up his crown. Nice picking?

To him do we wish, as he richly deserves, all the very best.

As replacement for FS Harris, FS Daniel James Currie arrived here on 1 Aug. from Stn Aylmer.

FS Currie, to quote, himself, "Born 2 Sept. 25 - Formerly at AFP School, 1 TTS. Previously stationed at 2(F) Wing, Stns Trenton, Whitehorse, Edmonton and Sea Island. Joined the RCAF in '48 after war service in the Canadian Army, in the RCAF as an Air Gunner and for a short period with the RCMP. Married, wife Ethel, three children - Brian aged 7, Karen Ann aged 6 and Daryl aged 2. Enjoys sports and particularly enjoys reading. Ambition in life - to be a WO2". Well, who knows?! But welcome to thee, O Daniel.

## News and Views Of PSU

In this our third edition of the Aileron we wish to continue our exposition of the factors which are considered in selecting recruits to their trades in the RCAF. In our previous issues we explained the use of aptitude tests and the quality best described as "Ability to Learn". In this issue we shall illustrate with examples how we employ three of the "minor" trade selection factors.

The three factors we wish to explain are "minor" in the sense that they apply to relatively few trainees and to a few specific trades. In relation to those trades directly they may be classed as "major" since they decide a person's inclusion in or exclusion from the trades concerned. These three factors are physical fitness, age and education.

It is quite true that if a recruit is not medically fit he would not be in the RCAF in the first place. This does not infer, however, that he is automatically suitable for all RCAF trades. A prime example is one who is enrolled as CDU - Colour Defective Unsafe. Although acceptable for many trades, such as Medical Assistants, Clerk Typist and Supply Technician, this person is not suitable for trades such as, Basic Electronics, Aircraft Control Operator, etc. Another example of this type is the trade of Clerk Typist for which one must have full dexterity in all fingers in order to be able to type by touch. Also classed under this category although it might be argued that it is a case of Physical "Requirement" rather than "Fitness", is the RCAF regulation that personnel in the AFP trade must be above a minimum height and weight. Normally, for all other trades, however, the basic medical standards required for enlistment are sufficient.

The second trade selection factor which applies to relatively few trainees is age. The best example in this category is the trade of OPMME. As drivers of standard service vehicles, such as station wagons, panel trucks and buses and operators of equipment, such as trac-tractors semi-trailers, snow blowers etc. mature individuals are required. Civilian insurance companies recognize this factor by charging considerably higher rates for drivers under the age of twenty one. The RCAF has made a regulation, therefore, that all airmen selected to the trade of OPMME must be at least twenty one. Since introducing this age limitation our accident rate has been reduced considerably. Other trades where maturity is a factor in selection are Fire Fighter and Aircraft Control Operator.

The last trade selection factor which is to be discussed in this issue is education. As in the case of medical fitness and age, so in education a certain minimum standard is necessary for enrolment. In spite of this fact there are certain trades, however, which require an educational background higher than the minimum. The outstanding example in this category is the trade of Basic Electronics. In order to succeed in this field it has been established that a candidate must have at least a Grade X (Ontario equivalent) education. The key subjects in the educational achievement are mathematics and physics. Unless a trainee has at least this

minimum grounding in these subjects he cannot cope with the theoretical aspects of electronic training. For most other trades the minimum education required for enlistment is sufficient for trade training.

(To be continued)

## Dental Section

The clinic staff are pleased to welcome Lt. Col. G. R. Covey who has just taken over command of the Dental Section at RCAF Stn. St. Johns. He succeeds Lt. Col. McCrary who has been appointed CO of No. 15 Company RCDC in Montreal. Col. Covey was formerly on the instruction staff at The Royal Canadian Dental Corps School in Ottawa.

We have also received a brand new flock of fledging dental assistants who we hope will be with us for some time. They are AW2's Campbell, Fenn, Strazza and Whitley.

All our male staff are just getting over a week's refresher course in Farnham, P.Q. Aside from the fact that we were living in tents and the weather was not at its best we all seem to have the same feeling that we learned something about how a soldier lives in the field. For some of us it had been some time since we had taken on any strenuous training of that sort and those heavy old army boots and puttees certainly played havoc with our feet for the first few days. Weapon training was the most important phase of this course and we were all given a fair amount of instruction and firing practice on the different types in use.

Congratulations are extended to Pte. Jerry Rochon who is the proud father of ANOTHER baby boy. Due to an error on the part of this writer the announcements should have been published in our last edition. If it is of any consideration to Pte. Rochon I will make sure in the future to have it published at the proper time.

We were all disappointed to see AW2 Pigeau posted to RCAF Station Lachine. She will certainly be missed around the clinic and from what I can gather the girl's softball team will be missing her in regards to her catching ability.

As a footnote to our column I would like to mention to the unknown airman who accidentally stumbled into our freshly cemented sidewalk in front of the clinic, that the AFP are not looking for him although the CE section were not too happy after all the artistic talent which had been spent creating it in the first place.

Sgt. T. H. Southin.

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## Sportitorial

This month we have included in our sports section of your paper something we thought might be of interest to a great many of the readers you'll find it just under this write up and we hope it will prove as interesting and informative to you as it was to us. It's a short history and a few basic rules on the game of Badminton. If the idea is a favorable one in your eyes, we hope to include similar one during the coming months on other seasonable games. Your opinion on the idea would be sincerely appreciated — just drop a line to the Sports editor of the Aileron on whether or not you would like similar write-ups on other sports and games to appear in the paper. Our appreciation to LAC "Red" Shetler of the Recreation Staff for the following article on the history of Badminton. Sgt K. G. Smith.

## Badminton

"Poona" was the name given to the game now called Badminton when it was originated in India, many centuries ago. Play appeared to be confined to India until the late 1860's when English Army Officers, who had become converted, took equipment back to England and introduced the sport there.

The Duke of Beaufort became interested in the new game and formally introduced it to Society in 1873, during a house party at his home, named "Badminton" in GLOUCESTERSHIRE, ENGLAND. The game takes its present name from the dukes domicile.

In 1895, it was decided to form a national body and this led to the creation of the Badminton Association which became the governing body for the game throughout the world.

In 1899, the first all England Championship for men were held in 1900 the first tournament for females was arranged.

The growth of Badminton popularity in the British Isles is evidenced by the fact that in 1910 there were 300 Badminton Clubs in England. Only about 500 in 1930 but over 7,000 in British Isles before the war.

In 1890's Canada opened its doors to the wonderful game of Badminton. Later on it was introduced in the U.S. but then a slack period was present and it was almost forgotten for 45 years.

In 1932 it was again revived and since then has become extremely popular. Badminton is a spectacular game to watch because it provides terrific balling, and calls for high speed agility, due to the eccentric flights of a Shuttlecock, which may be moving in a nice arc only to halt on its way and plummet to earth.

### BASIC RULES OF BADMINTON

A Shuttlecock substitutes for a ball in Badminton, the shuttlecock being the shape of a small orange cut in two well feathered with 14 to 16 feathers embedded these feathers being 2½ to 2¾" long. They weigh 73 to 85 grains.

The racquet or bat can be any shape or size but must not exceed 6 oz. in weight. The shuttlecock must be hit while in the air. If it falls to the ground it counts as a point against you. You cannot hit the shuttlecock any appreciable distance if you hit the feathered side. You must strike the rounded side or the S.C. will not have the power to travel over the net counting as a pt. against you.



# SPORTS AND GAMES



See! Even COs can get in trouble. G/C Archambault blasts out of sandtrap during officer tournament against WOs and Sr. NCOs.

## HOCKEY

It is expected that in 1953-57 that hockey will again be a feature of the winter sports program at RCAF Stn St. Johns, Que. Last year successful staff and trainee leagues were operated. It is expected to increase the participation considerably this year and present plans call for a six-team staff league and an eight-team trainee league.

An innovation in the staff league will be the entry of possibly two teams of trainees from the SEngl. In 1955 the SEngl teams were part of the trainee league but because of their long stay here the trainees had the advantage of better team work, more continuity and experience and seldom was there sufficient opposition for them in the trainee league. There is a possibility that civilian personnel will again be permitted to play in the staff league and we are looking forward to considerable activity this winter.

New equipment has been bought and it will be possible to stage double-headers without any inconvenience due to changes of equipment. Staff league games will be played on Tuesday and Thursday nights and on Sunday afternoons. It is quite likely that the refereeing staff will be comprised of experienced service personnel from this Station. The league hopes to obtain WOI Legris as the deferee-in-chief. WOI Legris has a long and impressive hockey career, he has considerable refereeing experience and has the respect of everyone on this station; without doubt this choice will be an extremely popular one if the league manages to obtain his services.

It is hoped that all personnel interested in hockey will not be discouraged from attempting to play hockey in the staff league. It is realized that some players will be better than others, however the new emphasis is on greater participation by the majority rather than restricting use of the facilities to a few who have outstanding athletic ability.

## Golf Tournament — Officers vs SR NCO's

In the final competition of the summer season between the Officers and the Senior NCO's the Officers were again victorious. This occasion was the initial clash between the two messes on the golf links. Played on a very windy day the tournament produced many tremendous scores (tremendous totals, that is) and a few laughs, such as on the occasion that an unmentioned Sr NCO (a FS) tumbled headlong into the creek trying to retrieve the elusive pellet.

## Station Badminton

The Badminton Club got off to a good start with a general meeting on the 25 Sept. followed by a session of practice games.

The executives for this year are:

Convenor F/O J. Harder -  
Local 210

Asst. Convenor Sgt AG Fraser -  
Local 264

Secretary Miss J. Morin -  
Local 272.

Some of the activities planned for the 1956-57 season include the following.

— Casual practice (matches between club members both in singles and doubles.)

— Early in November, a demonstration featuring the Worlds' Professional Badminton Champion, Mr. Paul Holmes.

— A tournament within the club beginning early in the new year.

— Participation in the St. Johns Area Badminton Championship Tournament, and

— Many other interesting and exciting activities.

Refreshments will be served on special nights.

New members are still being solicited. All interested staff, service or civilian, married or single, experts or beginners are invited to join. Anyone with a pair of running shoes and a little enthusiasm is encouraged to come to the Recreation Centre any club night from 1830 hrs to 2200 hrs.

**TRACK & FIELD**

The Track and Field season wound up with a bang on Wed. afternoon Sept. 12 one of the few nice days we've had this month weather-wise that is. This meet was held on our renovated sports field, the new track is certainly a hundred percent improvement over the old one and led to a much greater participation especially on the part of the staff this in itself was a large contribution to the interest in the meet which was without a doubt the best of the season. Among the highlights of the afternoon of course where the interns-Mess tug-of-wars, this time for a change the Sgts Mess team had a little more pull than the officers but they in turn went down to defeat at the hands a powerful and determined team from the staff lounge, who had previously won over the Cpls Club representative to reach the finals and so maintained the trophy for another year. Another event that stirred up a fair amount of excitement was the 440 yd inter-mess relay this event was also won by the team from the staff lounge consisting of LAC's Pinard, Stone, Lahey, Belanger, in final leg. "Mucles" Belanger fought off a determined bid by "Speedy Spencers" from the Officers Mess to squeeze out to win by a grace. The staff girls not to be outdone by their male counterparts came through with flying colours. Outstanding performers of the afternoon were AW Fortin - first in the softball throw second in the 75 yd dash, and a member of the winning 440 yd female relay team. AW French with first in the 75 yd dash second in the high jump and also a member of the rally team. Dolly McLeod of staff placed third in the 75 yd dash and was the fourth member of the Female Staff relay team. Although the staff won a fair number of events there were many events that they didn't win as a great many fine competitors and good athletes were entered from the trainee dept. of the station and they walked off the field with their share of the honours for the day, also present as ever was the high competitive spirit from the School of English and the ever loyal support for their athletes.

A good meet held on a fine day by good sports. We sincerely hope that next year will produce as fine a crop of athletes with as good a spirit of Sportsmanship.

K. G. Smith.

**BOWLING**

The Station Bowling League (1956-57) was organized and the following committee appointed:

President: F/O Harder  
Secretary: WO2 Matheson

The league will consist of 12 teams and bowling will take place at the station bowling alleys on Mondays and Tuesdays.

The league is well organized and every sections or units are represented.

Starting Monday 1 Oct 56 the war will be on with teams jockeying for positions.

The married personnel will operate an 8 teams league and will be managed by WO2 Nicholson and his committee, with the opening date during the first week of October. This is your opportunity to introduce your wife to the rest of the staff because you cannot play unless your better half is playing and vice versa, so be a sport and treat the lovely little lady to a Bowling evening.

**Dependents Track and Field Meet**

Another very successful Track and Field Meet for our children was held Saturday morning, September 15th. Although the weather was cool the competition was hot and was enjoyed by everyone present. The Commanding Officer presented trophies to the champions in each age class who were as follows:

- Girls 5 and 6 - Donna Boyd
- Boys 5 and 6 - Ricky Pfaff
- Girls 7 and 8 - Mary Ann



Back row: l. to r.: F/O Burrows, AW French, Cpl McMahon, AW Foulon. Front row: l. to r.: AWs Fortin, Cunningham, McLeod and Mullin.

Missing from picture: AWs Pigeon, Burns, Pruden, Burke, Vaugher, Kearns.

**SOFTBALL - THE WIND-UP**

**Inter-section League**

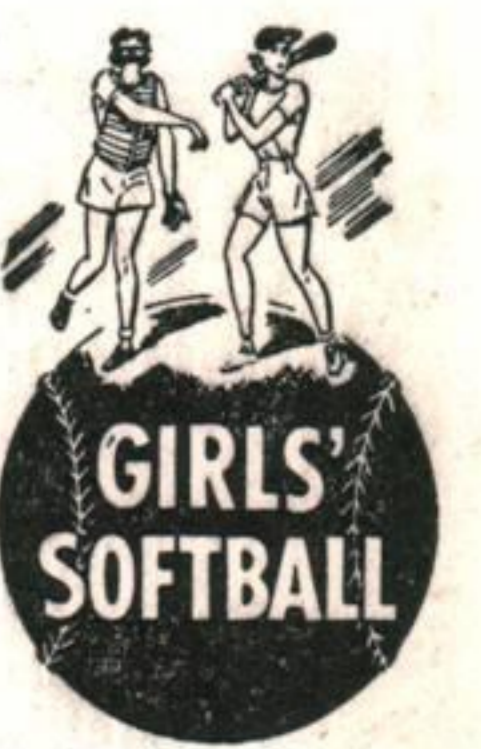
- Dixon
- Boys 7 and 8 - tie Doug Florence, Ken Acheson.
- Girls 9 and 10 - Jeanne Archambault
- Boys 9 and 10 - Dennis Couture
- Girls 11 and 12 - Claudette Rodrigue.
- Boys 11 and 12 - Jimmy Pfaff
- Girls 13 and 14 - Marie Archambault
- Boys 13 and 14 - Maurice Rodrigue.

The semi-finals found Supply pitted against the CIV. CE team; in the first game the CE team were bodily let down by some of their players who failed to turn up and so were forced to forfeit the game by default.

The second game was a different story where CE were able to field a full team and won over Supply 4-3; in the third and final game of the series the Supply boys put forth one of their best efforts of the season and won by a slight margin over previously undefeated CE Vices and thus win a berth in the finals.

In the other semi-final competition in this league the Manning Depot nine won over the gang from Headquarters in two games and won the right to meet Supply for the Inter-Section championship which from all reports they had little difficulty in winning. It's to be noted at this point that the whole affair might have had amuch different complexion had some of the teams not had a very key man transferred, at what could be called a most inconvenient time and had the weather not delayed the play-offs numerous times. But now the crying towels and playing equipment have been stored till next season, we can look back at what can be considered one of the best seasons of softball the station has enjoyed for sometime, and look forward with the hope that the inter-section hockey will create as much if not more interest and spirited competition.

St. Johns  
Girls Win  
Softball Title  
Softball  
Title



The station can be justly proud of its female softball team who finally downed the highly-touted and very strong contingent from Station St. Hubert to walk off with the girls softball trophy.

It was a tough grind for the girls from St. Johns who had an uphill fight all the way, they got off to a very poor start by losing their first three or four games and at various points, a long the way seemed to weaken and falter, this mostly due to lack of support and lose of key player but each time, under the able guidance of F/O Burrows F/S Curley Boyd and F/L McGourlick who took over from F/S Boyd when he was transferred, they would come back stronger than ever to prove to all, they had the stuff that makes champions. They went against the Lachine girls in the semi-final series and come out on top of the best out of three semi-final series and finally downed St. Hubert to take top honours. The staff of the Ailerons offers its most sincere and hearty congratulations to a fighting team for a wonderful effort.

**Sgts Mess - Tri-Service Softball**

The army boys from 25 COD are the winners of the large and very impressive Dow Trophy awarded to the winners of this league. The final outcome was decided on Sunday and Monday, the 23rd and 24th of Sept, when the Sgts Mess St. Johns lost out to 25 COD in a total runs two-game series the army won the first game, 18 to 1 on Sunday afternoon; on Monday the air-force boys made a slight come back and took the second game 2-1, this gained them a little prestige but not the championship by a long shot. All in all it was a good league with keen competition and good sportsmanship throughout, and it's sincerely hoped that a similar set-up can be arranged for one of the winter sports activities.

**Skiing**

It is planned to form a skiing club. The tentative date to open the season is the 1 December. Personnel interested give your name or contact Cpl Hebert in the SOR local 246 as soon as possible.



The tug-o-war team from the Staff Lounge pose with the trophy. Back row: l. to r.: Lacs Mazzantti, Gilbeault, Randall, Reich, Smith; front row: Belanger, Lahey, Sgt Smith (coach). Missing Lac Fitzgerald.

**Softball Men Tri-Service League**

The station's men's team met the navy team from Hochelaga and were defeated in the semi-finals two games straight — nuff said.

Best Wishes From

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The finish of the female 75-yd. dash— AW French, first; AW Fortin, second, and AW McLeod, third; all of staff.



Lac Belanger breasts tape a pace ahead of S/L Spencer to win inter-mess relay for the Staff Lounge. WO2 Hamilton holds tape in background.