

# Crash Boat Called Out to Lighthouse

The RCAF crash boat "Heron" was dispatched to Yellow Rock last Sunday when lighthouse keeper Dave Burton was suddenly taken ill with severe stomach pains.

Boat captain, Corporal E. F. (Dutch) Swinamer and crewman, LAC Don Harper, were called out at 08:50 hrs. on Sunday by Rescue Co-ordination Centre in Vancouver after an emergency call had been received by Cape Lazo Radio from the distressed lighthouse keeper.

The crash boat made the return trip to the island off

the south point of Denman Island (a total run of 42 miles) in less than two hours. A doctor was waiting at the Comox wharf and the man was rushed immediately to Comox Hospital.

Sunday's call was the third emergency answered by Cpl. Swinamer in the past year. The other two instances involved a heart attack victim aboard an American tug which was just passing through, and a man whose hip had been broken aboard a herring seiner.

## CAS INSPECTS VOODOO



THE CHIEF OF THE AIR STAFF, Air Marshall C. R. (Larry) Dunlap, looks over one of 409 Squadron's Voodoos. Air Marshall visited Station Comox during a tour of the RCAF's Western Canada Air Bases this week. Also at Comox during the Chief of the Air Staff's visit, were Air Commodore G. G. Truscott, Commander of 5 Air Division in Victoria, and Air Commodore G. H. Elms, Sector Commander of 25 NORAD Region at Seattle. With the Air Marshall is F/O B. A. Sanders, a pilot with 409 "Nighthawk" Squadron.

## Hats Off to the Ladies

Hats off to the ladies! Lady drivers that is. Believe it or not, they wear more sensible hats than men . . . when they drive.

Researchers have strong evidence to support this revelation, despite a chapter of a detailed study entitled: "Psychology and the Motorist."—a work prepared by two professors; Herbert A. Toops, Ohio State University, and S. Edson Haven, Wayne University—in which the professors castigated women drivers in general and made fleeting derogatory references to their hats.

"If they (women drivers) lose their hats while driving, they should come to a gradual stop and park off the highway for a while as they become upset."

The professors continued: "Perhaps it would be better if they left them (their hats) at home."

The BMC public service division finds that women drivers usually DO leave their hats at home—and wear something sensible . . . a babushka, beret, scarf . . . something neat, comfortable, tidy.

Men drivers on the other hand (sports car drivers excepted) often crunch their domes into an 8" high uncomfortable fedora.

Research shows that three out of five men drivers knock their hats off—or twist them askew—when they get into the car to drive.

A leading neurologist at the famed Mayo Clinic in Rochester, Min., told the BMC investigators:

"We have observed that women drivers wear hats which are usually light, loose around the skull and physiologically more healthy."

"Most men wear hats too small at the band. They buy them that way to keep them on in a wind. This constriction around the top of their heads restricts circulation of the minor capillaries at the temple, cutting off circulation around the eyes." This can cause drowsiness—dangerous to a driver."

So there!

—North Island News



Vol. 4 — No. 5

Thursday, 28 March, 1963

## Air Marshall Pleased With Comox Facilities

Air Marshall C. R. (Larry) Dunlap's visit to RCAF Station Comox last week provided the Chief of the Air Staff with a brief but comprehensive look at the RCAF's first complete RATCON installation.

The \$700,000 installation which was opened last month was one of the highlights of the visit. The touring party also spent a good deal of time in Avionics and TACAN sections.

Accompanied by Air Commodore G. H. Elms, Air Commodore G. G. Truscott and Group Captain E. G. Ireland, the CAS inspected the voodoos then moved out of the alert hangers to watch a couple of supersonic jets in a practice scramble.

The tight schedule allowed little time for the Air Marshall to mingle with the personnel of the station, but he did manage to meet most of the senior NCO's over cocktails in the Sergeant's Mess. Later he attended a dinner at the Officer's Mess.

Presented with a photo album at breakfast, Marshall Dunlap expressed satisfaction with his tour and appreciation

for the gift. The album contained hurriedly processed pictures of the highlights of the Chief of Air Staff's visit.

## Yearbook Planned

HQ 25TH NORAD REGION, MCCHORD AIR FORCE BASE, WASH. — Photographic and editorial work on the 1963 Yearbook for the 25th NORAD Region will get under way in March, when photographers from the Army and Navy Publishing Company, Inc. begin shooting pictures of base personnel and their activities. Executives of the firm visited the Region Office of Information recently to plan the review, and received the authorization of the 25th NORAD Region Commander to publish it.

The Army and Navy Publishing Company has been producing "YEARBOOK"

(Continued on Page 7)

## WANTED

### Used Clothing For Korea

Have you heard of the Dr. Peter Spohn Clinic in Korea?

This clinic is a memorial to a fine specialist of Vancouver and his daughter, who died in separate accidents several years ago.

The local Save the Children Committee would appreciate your support in sending any used clothing with at least six months' wear for distribution at the clinic. They need children's and adults' summer and winter wear. A local dry cleaning plant has offered to clean at no cost to the committee so don't hold back items that need cleaning.

Please deliver this to PMQ 71 or 83 or call Mrs. K. Jackson 339-3150 or Mrs. E. Hyde, 339-3719 for pick up.

The drive is of one week's duration—April 1 to 6 inclusive.

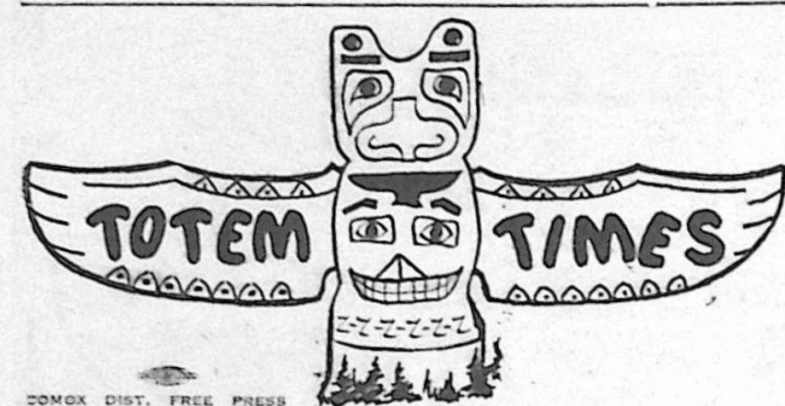
Also needed are toilet articles such as soap, toothbrushes and toothpaste, wash cloths, pieces of pencil, leftover pages cut from scribbles, scraps of wool and other common-place health or school supplies.

## COMOX BOY SECOND IN AIRFORCE COMPETITIONS



Squadron Leader Pat Townley, Chief Administration Officer at RCAF Station Comox, congratulates Douglas R. Sowden, 16, on his recent effort in an Air Force-wide basketball free throw competition. Douglas, son of Mr. W. John Sowden, a civilian meteorologist at RCAF Station Comox, took second place among thousands of competitors in the Dependant Youth Competition, with 44 out of a possible 50. The competition was open to all dependants of service personnel and DND employees stationed in Canada and overseas. Eileen Grice, 14, daughter of F/L W. D. Grice, Personnel Administrative Officer of 407 Squadron and Alf Keating, 14, son of Sgt. H. Keating of the Station Hospital, also won awards for being best in their class from Station Comox.





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## Editorials

### Our Paper

We are always pleased when we hear comments from our readers that our paper is of interest. We are not happy when a reader phones in a complaint—that a name was omitted in a caption, that another was misspelled, or that his article was slashed to bits. We humbly apologize for the errors and omissions, but a bit of the slashing is necessary.

We have often wondered if our readers realize the amount of thought that goes into publishing such a paper. Regardless of the opinions shared by many, a lot of thought and effort goes into the preparation and production of a paper such as this. There is no such thing as a machine which gobbles up endless pages of copy, photo and artwork, spewing them out into some form of tidy layout or format. The material must be written, re-written, edited, discussed, sorted out and assembled into the finished form, ready for the printer to take over. News material sent in must be verified, jokes and cartoons decided upon, correctness of spelling checked, and final layout approved. Rarely do our proof readers have more than a week or two of experience and common pitfalls are overlooked or missed. Copy coming to the office must be read for timely items—You wouldn't like to read a dance announcement that took place last week. Finally, staff moves and new buildings are generally of importance and shouldn't be missed. It's fun but;

Getting out a paper is no picnic.

If we print jokes, some people say we are silly.

If we don't, people say we are too serious.

If we publish original material, they say we lack variety.

If we publish things from other papers, we are too lazy to write.

If we rustle news, we are not attending to business in our own department.

If we don't print contributions, we don't show proper appreciation.

If we do print them, the paper is full of junk. Probably some person will say we purloined this from another paper. We did—and we thank her.

In order to serve better the investment needs of the community we take pleasure in announcing that our representative

**Mr. John C. Reed, O.B.E.**

will be available for investment consultation at the offices of  
**ARNETT & WENSLEY LTD.**  
576 England Avenue — Courtenay  
on

**Tuesday, April 16th, 1963**

9 - 5:30 p.m.

and subsequently on Tuesday, May 14th  
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## Chapel Chimes

### PROTESTANT CHAPEL

F/L S. M. Parkhouse  
SCHEDULE

SUNDAY — 1100 hrs. DIVINE WORSHIP.

Nursery — 1100 hrs. (Chapel Annex, up to and including 2 years).

Holy Communion — 1200 hrs. the Second Sunday of the month.

Holy Communion (Anglican) — 0800 hrs. the first Sunday of the month.

Holy Baptism — Sundays by appointment.

Ladies Guild — 2000 hrs. the third Tuesday of the month.

Choir Practice — 2000 hrs. every Thursday.

Junior Choir Practice — 1800 hrs. every Thursday.

Sunday School — 0930 hrs. in the Wallace Gardens School for those 6 years and older.

1100 hrs. in the Wallace Gardens School for 3, 4 and 5 year olds. Young People — 1900 hrs. in the Chapel Annex every Sunday evening.

**EASTER SERVICES**  
Palm Sunday: 7 April — 1100 and 1900 hrs. — Divine Worship.

Tuesday: 9 April — 200 hrs. EASTER PLAY by the Ladies' Guild (all welcome).

Maundy Thursday: 11 April — 2000 hrs. — Service United Church. Confirmation and

Holy Communion.  
Good Friday: 12 April — 1100 hrs. — Divine Worship.

Easter Sunday: 14 April — 0800 and 1100 hrs. — Divine Worship and Holy Communion.

**CATHOLIC CHAPEL**  
FATHER H. THOMAS F/L

SUNDAY MASS — 9 a.m., 11 a.m. and 5 p.m.

Weekday Masses: Monday to Friday — 4:35 p.m.

LENTEN DEVOTIONS — STATIONS OF THE CROSS — 7:30 p.m., LOW MASS — 8 p.m. each Wed. during Lent.

Saturday Mass — 9:30. Confessions: Before Masses and Saturday 7 to 8 p.m.

**HOLY WEEK SCHEDULE**  
APRIL 1963

11 April: Holy Thursday: Mass and Reposition of Blessed Sacrament, 8 p.m.

12 April: Good Friday — Unveiling of Cross 3 p.m. Veneration of Cross

Mass of Pre-sanctified

13 April: Holy Saturday — Blessing of New Fire — 9 p.m. Blessing of Easter Water

Litany of Saints

Mass

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Honesty towards others can-

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### COMING TO COURTENAY

April 6th - Saturday

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★ Right or Wrong  
★ Whirlpool and all her hits

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Native Sons' Hall

Shows — 7:30 and 9:30 Dance — 11:00 - ?



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## Behind the Headlines

There's a construction angle to almost every news event, a fact that is sometimes overlooked but is well demonstrated by several current stories from abroad.

Take the Iraq revolution in the Middle East. Dissatisfaction with a public works program is at the root of the trouble. Five years ago great progress was being made in providing the country with such necessities as farmland drainage, flood control, power dams, roads, housing and small factories, whose construction, incidentally, was furnishing a substantial amount of extra employment. Then came Colonel Kassim preaching "you can't eat dams and bridges" and

promising to spend the country's oil-revenue millions to better advantage. But his regime didn't make good on the promise.

The latest revolt has changed the faces. It hasn't altered the problem, which is how to raise Iraq's low standard of living. It seems certain that engineering and construction will figure prominently in the answer.

Weather stories, too, have their engineering angles. Winter has dealt Great Britain and many other countries on the Continent, a reeling blow from which they can recover only through a major engineering and construction effort.

And a third reported news event, with unstated but definite engineering connotations, was the recent marking of the 1,400th anniversary of the Christian consecration of the Church of St. Sophia in Istanbul in 563 A.D. Later a Mohammedan mosque and now a Turkish museum, St. Sophia is roofed with a 107-ft.-dia. dome of pumice stone, often credited with being the first real expression of the art of structural engineering. For, according to this argument, neither the more ancient Babylonian arches nor the 2nd Century ribbed brick dome of the Pantheon in Rome, whose thrust is resisted by a massive masonry wall, are structural engineering in the sense that

St. Sophia is. There, for the first time, thought was given to the interplay of forces, with the result that the thrust is resisted by a tension ring of interlocking stones, permitting the dome to rest on columns instead of a solid and thick masonry wall.

Truly, very little happens of significance in the world, or has happened in the past, that does not have an engineering and construction aspect.

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### LAUGH AT YOURSELF

The healthiest thing that can happen to a leader is to have subordinates who will follow him loyally and laugh at him enough so he won't take himself seriously.

—Bill Vaughan, Veterans of Foreign Wars Magazine.

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## EASTER

"Easter" is drawing near. Every man will want to appear well attired on Easter Sunday.



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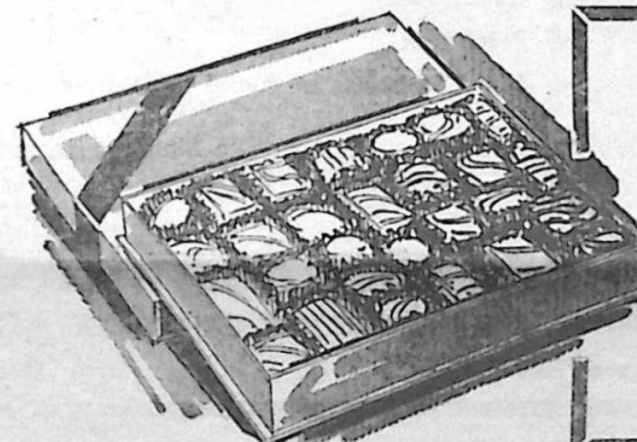
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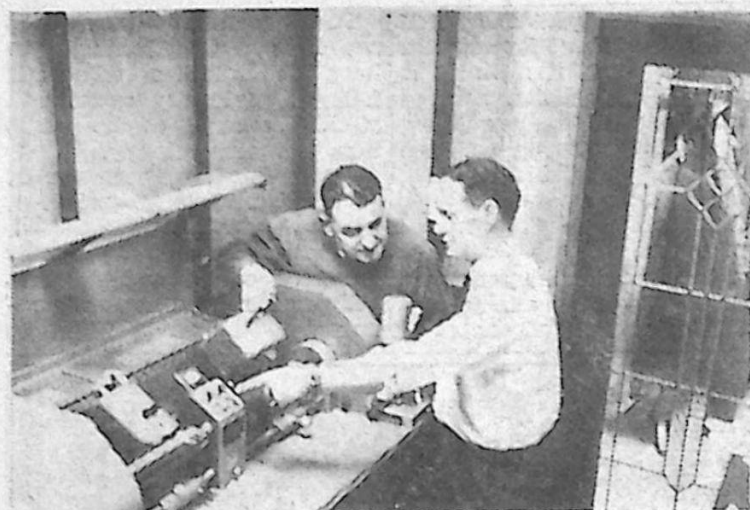
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## NEW PHOTO MACHINE



Latest piece of equipment to be installed at the Free Press office is the Scan-A-Graver Illustrator, a more efficient engraving machine which is also capable of limited enlarging. The new machine will be used to reproduce Totem Times photographs, thus appreciably improving picture quality. At the machine are Free Press editor Ted Gaskell and Fairchild representative Ray Maggs.

## Duplicate Bridge

By I.M.N. ADDICT

The following hand is reputed to have caused a person to give up bridge. He couldn't have been a true bridge player, for true bridge players require more than a six-down penalty to discourage them. Besides, if he had played it differently, he could have made at least three tricks.

According to the story our "hero" adopted this theme song:

Farewell to the strain  
and strife,  
Post-mortems that cut  
like a knife;  
I've given up bridge,  
I've given up bridge,  
I've given up bridge,  
I've given up bridge forever.

Connection I happily sever  
With bidding and trumps  
and whatever;  
Let others be frightfully  
clever;  
I've given up bridge,  
I've given up bridge,  
I've given up bridge,  
I've given up bridge forever.

Here is the hand that caused all the grief. North-South vulnerable — South dealer and declarer at one heart — Opening lead Spade Queen.

N  
S-K 9863  
H-5  
D-9652  
C-1095

W  
S-Q  
H-A 10763  
D-QJ843  
C-J6

E  
S-AJ104  
H-QJ8  
D-A  
C-87432

Holding 15 points South's bid of one heart was a natural one, although many present players would prefer one club. West made his natural lead of the spade queen and south chose the king from dummy. This choice opened the way for the subsequent debacle. (The play of the king has nothing to recommend it). Our unfortunate hero managed to make a trick with his deuce of trumps on trick ten, for a penalty of 600—down six vulnerable at a one heart bid.

It happened in this way. The opening trick was taken by the ace of spades. The jack and ten followed with west discarding his two clubs. Then came the ace of diamonds and the four of spades. South trumped with his king only to

## COOKING HINT

Give pancakes or waffle topping a bright garnish and flavor accent all in one by stirring one teaspoon of grated orange rind into a cup of maple syrup.

## Red Cross Centenary

To Red Cross, the people of the world are divided into those who are fortunate enough to be able to give help and those who need help. It has been so for a hundred years, and today more than three million Canadian members are dedicated to assisting victims of war, disaster, disease, famine and misfortune of many kinds.

Because of the very magnitude of its work and the great number of activities, the image of Red Cross tends to become blurred. Its hundredth birthday seems to be a good time to bring the picture back into focus.

This association of people, moved by the high virtue of charity, is the busiest and farthest-flung instrument of privately financed mercy in the world. It is a staunchly private organization, subsisting on voluntary contributions of time, talent and money. It is not governmental, and it makes no discrimination on the basis of colour, religion or political ideology.

Since its organization, Red Cross has been in the thick of every war and every natural calamity. Some of its work is danger-ridden, like picking up wounded on the battlefield, and that service is properly given lustrous laurels by all civilized mankind. But it serves in a hundred other, less spectacular but none the less life-saving ways.

This cannot be done without rubbing some people the wrong way. The nature of Red Cross work demands organization if it is to carry out the far-flung humanitarian relief that is needed. Its material gifts must be fitting to their purpose, properly packed, despatched on time, and efficiently stored. Its personal services must be given by people who have qualified themselves, are available at the right time and place, and perform their work without partiality and as members of a team. And it must come to the public every year for contributions which make

Although south did not play his cards to their maximum potential I'm sure you will all sympathize with his feelings of frustration as put to verse at the beginning of this story.

Don't forget the big annual charity game at the Courtenay Duplicate Bridge Club on Wednesday, April 10 at 8 p.m. Downstairs at the Elk's Home, 6th Street, Courtenay.

Bring a partner if you have one. If not, come any way. We will provide a partner for you. See you April 10.

made, and it is remarkably small considering the world-wide nature and all-embracing services of this voluntary endeavour, the Red Cross remains humanity's greatest example of humanitarian progress. Within it there is no room for the petty prejudices and cold selfishness of race toward race, but only for a great dedication to the expansion of human well-being.

all this possible.  
But whatever criticism is

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## YOUR RED CROSS SERVES YOU

All ages...all stages...every step of the way through life your Red Cross serves you

The infant, the adolescent, the adult and the aged all benefit from the services and programmes being carried out in your community.

Help your Red Cross to continue its humanitarian work—think of the many ways the Red Cross serves you and your neighbour—then plan your donation or pledge to the best of your means. A generous donation will do so much for so many in 1963.

## RED CROSS NEEDS YOUR HELP NOW

Box 197, Campbell River

## 407 TELECOM LAMPOONS

by BOB NUCICH

In a manner of speaking there exists a remarkable contrast between shop and line personnel.

Each group seems to adhere to distinct traits relating in part to their working environments and in part to their dress and peculiar mannerisms. So striking is the contrast, it is comparable to mud and ice cream or to the bladder and the brain.

In the shop there is sort of an on the surface sophistication about everything.

For instance, witness the clean blue smocks emanating with protruding hillside of electronic knowledge, and often adorned with enough pens to write one's name in technicolor, vista vision, or what have you.

It is against this modern day Florence Nightingale, the smock, that the day's work load is dissipated. Gentlemen look to your shield, this mark of distinction, this impregnable coat of armour, and bow your heads in humility as you put it on each day!

Note the magnificent lighting, the spacious surroundings and splendid array of equipment. It is enough to make Ben Casey's operating room look like the armorer's mess on a dance night. The shop restores confidence in the trade. It is here in these quiet surroundings that skilled fingers are employed to inject the medicinal measures necessary.

Then there is the coffee room. It is a place of refuge, a secluded nook for intellectual reflection and meditation, a refreshing pause to re-light the dimming brows of expended brain power. What a crashing experience to see the cups all hung in delicate order and brilliantly arrayed, each bearing its owner's name. Ah, this is truly a comforting sight!

Allied with the shop is a miniature Sears Roebuck order department... the supply section. They are always ready to dispense one's orders with their characteristic two hundred watt smile and lighting efficiency. Not to be forgotten is the feminine complement to the supply section and shop. They lighten the technician's task by keeping the records in order. Just like mother's helping hand. (Actually they are an asset to the shop; my barbs are for the masculine gender).

All in the shop is organization, rationalization, and alphabetized; all is methodical

and systematic.

On the line are the most unassuming, unsophisticated pot-pourri of humanity one will ever find. They are decked in white (the degree of whiteness depends on the reader's imagination. And in this case you have to use it) coveralls, nearly always a third larger than the wearer and usually perforated to such an extent that they have to be put on twice.

Under this angelic cloth beats a cunning heart who plays a "wait and hurry up game." Often he is found on his hands and knees, stomach, or back, straightening, pulling and replacing this or that. This is accomplished in an atmosphere that would shame a bat into sleeping upright.

Any resemblance to a time schedule is purely coincidental. When by mere chance the planning is met, it is a source of more confusion than if the usual "helter-skelter" existed. His work takes him all over the line and like a fairy-god-mother he walks from aircraft to aircraft waving his much-wished-for magic wand.

Here there are no stores, no feminine touch, and no automatic coffee perculator and, in this case, no lack of imagination. All on the line is confusion, irregularity, and hotch-potch; but it works—somehow it works!

There is some exaggeration in the above contrast, admittedly, but there is more than a grain of truth in every piece of humour. Here then are two stock types and their "modus operandi", both belonging to the same trade but just as different as mud to ice cream.

Depth Bomb—1 shot whiskey dropped in one large glass of beer.

"Whiskey on beer, everything clear;  
Beer on whiskey, everything frisky."

H-Bomb  
1 part Bourbon - 1 part Scotch

## M.S.E. Headlights

by DIPSWITCH

CANDID COMMENTS

It has been the first time in two years that this writer has not had a single "BOD" to mention on the transferred in, or out, list. We don't know

1 part Gin - 4 dashes Pernod - 2 dashes Raspberry Syrup - 1 dash Yellow Chartreuse - 1 part Applejack - 1 part Brandy, 1 part Creme de Menthe. 4 drops Angostura, 2 dashes Curacao, 1 dash Devil Water. Shake ingredients violently in large shaker, add glass Goldwasser, glass of cherry brandy, and fill with champagne. Stir, add cherry, and pour down kitchen drain.

## Why Pay More?

GAS  
44<sup>9</sup> per gal.

## Batteries

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9.98 exchange  
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## MALLARD - MOHAWK

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if this is good or bad.  
**TRAINING TOPICS**  
Cpl. "Al" Tarala, MSEOP, has just returned from attending a Snow and Ice Control Course, in Montreal.  
**SIGN OF THE TIMES**  
One of our cautious corporals

came back last week, from a trip to Nanaimo and commented on seeing a delivery truck which had painted on its rear bumper: on the left side "PASS" and on the right, "FLUNK".

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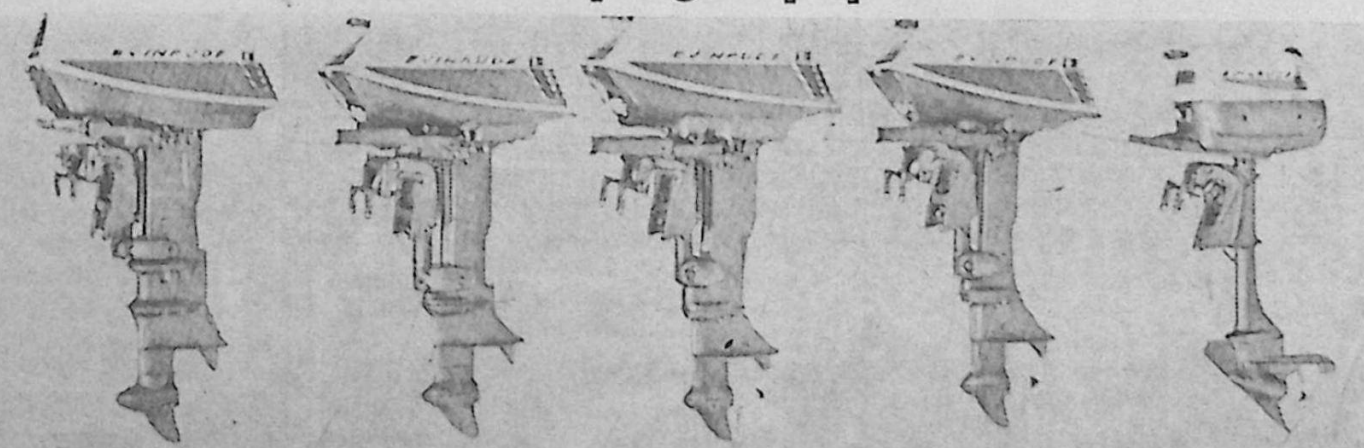
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Order Early For Easter!!

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## Ode to a PAO

There are strange things done  
in the noon day sun.  
By the men who manage the  
gold.

The CR mails have their secret  
tales.

That would make your blood  
run cold.

The fluorescent lights have  
seen queer sights.

But the queerest they ever  
did know.

Was that night of terror when  
— when a 1c error

Unbalanced the PAO.

Now the PAO was from Mimico

Where quietly blow the snows;

Why he left his home in

Accounts to roam

Round the world God only

knows;

He wasn't the type to take

a bite

From the pages of QR Air.

And he'd often say in a

desperate way

How "F" Orders got in his hair.

"But I shall not shirk this

balancing work.

This Imprest I shall beat,

And I won't be stuck by a

Bloody Buck

Tho the pennies make me

cheat".

Those fateful words were the  
last we heard:  
For Quite Co-Accidental,  
The PAO began to go  
Completely cent-amental.

But the truth of the matter  
regarding the latter,  
And the horror of it grew!  
Was the sordid fact that he'd  
gone quite cracked.

In his search for a balancing  
clue.

Yet he seemed alright, until  
the nite.

That fate decreed the end  
Of the PAO, from the world  
we know.

To the Land beyond the bend.

It was rough that nite, and  
a perfect sight

To the imprest couldn't be got;

Though we worked like fools,  
and looked like guouls.

A balance just couldn't be  
bought.

There just wasn't a chance,  
as the figures danced,

And I, As the NCO  
Was mentally stunned, but  
the only one

To break, was the PAO.

Then he told me a tale,  
in a pitiful wail.

As the cause of his desperation,  
Though it seemed far fetched

he swore he was tetchet,

And wanted incarceration.

He had seen the MO, but the  
answer was "No

Like the rest in Accounting  
joins,

We medics know, tho you're  
not Psycho,

Your heads all come to points."

And that very nite as he  
locked up tight,

A balance still on the go,  
I was thinking of bed, but

the stars o'erhead

Were receding to and fro.

He turned to me and

"Friend", says he,

"I'll cash in on this trip  
I guess;

And if I do, I'm asking that  
you

Will honor my last request."

Well he seemed so low I  
couldn't say No,

Then he says with a sort of  
mean,

It's the PFI that makes me  
cry

And chills me to the bone.  
For worse than death, is the  
awful breath,  
Of the Director of Accounting.  
So please—with despatch!—  
to the Booby Hatch,  
For I feel the pressure  
mounting!

Now a Boss' last need is  
a thing to heed,

For failures are not permitted,  
So I turned him in to the  
Loony Bin

And had him there committed.  
Then he says "At last!—I'm  
away from the blast

Of Nasty Accounting Bosses;  
Now other chaps can play  
at craps

To cover their imprest losses."

So now under lock, in a mental  
block,

Our PAO lies happy.

And for you Joes with  
imprest woes,

His moral's short and snappy.

"You may get Cholera  
balancing dollars,

But don't you drop your pence;  
For there's Booby Hatches

for those they catches  
Unbalanced in their sense!

There are strange things  
done in the noon day sun.

By the men who manage  
the gold,

The CR mails have their  
secret tales,

That would make your blood  
run cold.

The fluorescent lights have  
seen queer sights,

But the queerest they ever  
did know,

Was that night of terror  
when a 1c error

Unbalanced the PAO.

## Chapel Chimes

(Continued from page 2)

trial psychologist, Dr. F. F.

Gaudet says "again and again,

promising men ruin their

careers because they are poor

judges of their own abilities

and aptitudes."

The ability to look at your-

self hard and honestly—ad-

mitting both the bad and the

good—is the most powerful un-

tapped source of human

energy.

Self-honesty is not easy to

achieve, nor is it something

we win overnight. It is some-

thing to be worked toward,

slowly. Certainly, no one

should spend all his time prob-

ing his inner motives. But we

can at least try to be honest

about a selected set of goals.

Your eyes should not be fixed

on the accidentals rather than

on the essentials. Success and

advancement should be the re-

sult of a drive from within.

"The greatest danger in

searching for self-honesty is  
the human tendency to casti-  
gate oneself. To equate self-  
honesty with self-condemna-  
tion is no solution. We need  
to recognize our weakness; we  
must recognize our potential-  
ities; there must be an ap-  
praisal of both bad and good—  
but to deliberately suppress  
your true self in the light of  
the above brings you nowhere.

Dr. Carl Rozens tells us in a  
phrase, "the goal of self-  
honesty is the 'open self' ". Be-  
ing honest with yourself is  
paving a way of life.

To take a self-reading of  
ourselves is worth the try and  
reaps the dividends not for  
mere existence but for worth-  
while living. Excerpts from  
"America Weekly".



## YOUTH REC NEWS

### BASEBALL

Since the 1963 baseball season will be commencing very soon your Youth Recreation Commission is organizing the teams in the PMQ area immediately. In addition to the Pee-Wee and Juvenile "B" team of previous years, the Comox-Courtenay area have asked us to enter a colt team. The PMQ Council has pledged the financial support to equip these teams. Before the Youth Recreation Commission will submit requests for expenditures to the PMQ Council we must be reasonably certain of the following:

(a) The total number of boys between the ages of 8 and 18 who are interested in playing baseball during the period 15 April - 1 July.

(b) There will be sufficient adult help to coach, officiate and to supply transportation.

**Preliminary Registration** — All boys between the ages of 8 and 18 who are interested in playing baseball this year are requested to turn their name and age into one of the following prior to 6 p.m. Monday, 25 March.

Cpl. M. McPhee—PMQ 198C  
Sgt. T. Armstrong—PMQ 4  
WO2 J. Girard—PMQ 75

A supervisor for the Coin Club which meets every second Wednesday between 18:30 and 20:00 hours in Room 25, PMQ School. Lac Ron Moore has been transferred and Dr. Rycheboch can only come out part time subject to the exigencies of the service. Phone 339-2750.

### RCAF Dependent Youth 5-Pin Bowling Competition

Copies of regulations for this competition have been passed to FS Mountford and Sgt. MacDougall and are posted in the Recreation Centre and in the Bowling Alley. The 30 names submitted by the Teen Air sports representative, John Moncrief, have been registered with Air Force Headquarters.

### BINGO - PMQ School Gym - Monday, 1 April - 8 p.m.

Next Bingo, sponsored by the PMQ Fund Raising Committee, will be held on Monday, 1 April at 8 p.m. in the PMQ School Gym. Proceeds are for buying sports equipment for PMQ Youth. All help is voluntary.

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### FOR RENT

To place an advert, please contact Mrs. Diana Abel, secretary to the CTSO, phone local 416. All ads are to be prepaid.

### FOR SALE

#### WEAR AND SHOW OUR TAILORED CLOTHES

without cost and earn over 30% commission with our generous cash bonuses; selling our made-to-measure clothes. Low prices, high quality. Customer satisfaction guaranteed. Gigantic new 300 cloth samples. Write today, STEPHEN TAILORING, Box 366, Station "B", Montreal.

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#### SINGER SEWING MACHINE COMPANY

New machines, 62.50 and up. Vacuums, 69.50 and up. Floor polishers and shampooers 39.95 and 69.50. Portable typewriters, 79.50. Reconditioned sewing machines, sewing needs, buttons, etc. C. L. Hill, local rep., 243 Fourth St., Courtenay. Ph. 334-3852.

**ANYONE POSTED TO GREENWOOD?** We have a three-bedroom bungalow for rent; middle of April. Half mile from Stn. gate. For information phone Mrs. R. H. West, 339-3779. PMQ 51.

**HOUSE FOR RENT**—\$60 per month. Two bedrooms. Ph. 334-2675.

### MISCELLANEOUS

**SEWING MACHINES** to clear at \$17.50 and up. Treadle and portable electric. Rent brand new machine for only \$2 weekly. See or phone Dave Sawyer at Fletchers. Phone 334-4711.

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#### POEMS-STORIES-ARTICLES WANTED

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### FOR SALE

\* **THIS WEEK'S SPECIAL** — Lots on new seafront subdivision now available. The first four lots will be sold at a sacrifice price. Call us for full information.

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\* Need funds? First and second mortgages available for worthwhile projects. Call for an appointment with Mr. Regan.

PHONE 334-2471

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