

POET'S CORNER

Our Romance

I met my wife, when I was young,
While playing in a pile of sand,
And even then I'd hear her say,
One day I'd be her husband.

Is it second nature,
Or the species of the sex,
That makes girls get so serious
When you think it just pretext?

We romped and played and went to school,
And also passed through heaven,
I can't forget when first we kissed,
I know we were just seven.

We were happy in our romance,
The very best of pals.
But she never failed to tell me,
When I looked at other gals.

And neither did I like it
When she would skate too much
With some long-legged idiot
The hound, the such and such.

And then I went away to war,
Was such a romance ended?
I knew it could endure all trials,
If only I'd be mended.

But God was good and sent me back
As good as new and wiser.
As good as new and wiser.
I'd settle down and make a home
But that did not surprise her.

She seems to sense each act of mine,
Each look and every mission.
She's always there before I start,
It must be intuition.

And, in time we spoke our vows,
So happy and contented.
But now I can, in truth, proclaim,
We surely were cemented.

We lived our lives, as most folks do,
With very little glory.
And had a family fairly large,
But that's another story.

I know I'd do it o'er again,
And so would you, I venture,
But e're you go out on a limb
Remember this adventure.

Ed Cavanaugh,
July 17, 1940.

Seeing to Drive (and survive)

"Everyone knows that driving requires sight, but few people realize how many different vision functions must be working well to keep a driver safe," says Dr. Joseph Mittelman, President of the Ontario Association of Optometrists.

To achieve single vision, the eyes must first aim accurately as a

team, and then must focus to see sharply. As eyes look from place to place the "teaming" must continue and focus must adjust for every change in direction and distance. Difficulty in precise eye aim, eye "teaming", or focusing can result in momentary double vision, periodic blurring, or in

discomfort and fatigue. While central sharp vision gives information to allow judgements of space, distance, direction and timing, side vision is also at work, giving information on objects or movements outside the central view.

The following tips will

help all drivers in all seasons, says Dr. Mittelman:

- avoid tinted windshields and tinted eyeglasses when driving at night
- keep spectacles, car mirrors and car windows clean at all times
- get the big picture when you drive: by

keeping your head and eyes moving, you will be more alert

- keep rearview mirrors clean and properly adjusted

- have your eyes examined regularly and remember to wear your eyeglasses and contact lenses if so advised.

THANK YOU

I would like to thank everyone who sent cards, phoned and visited me when I was ill. A special thank you to Dr. Wilkes and Nursing Staff of The McCausland Hospital and the Medivac Crew for their excellent care. It was greatly appreciated.

Sincerely,
Stan Kusik

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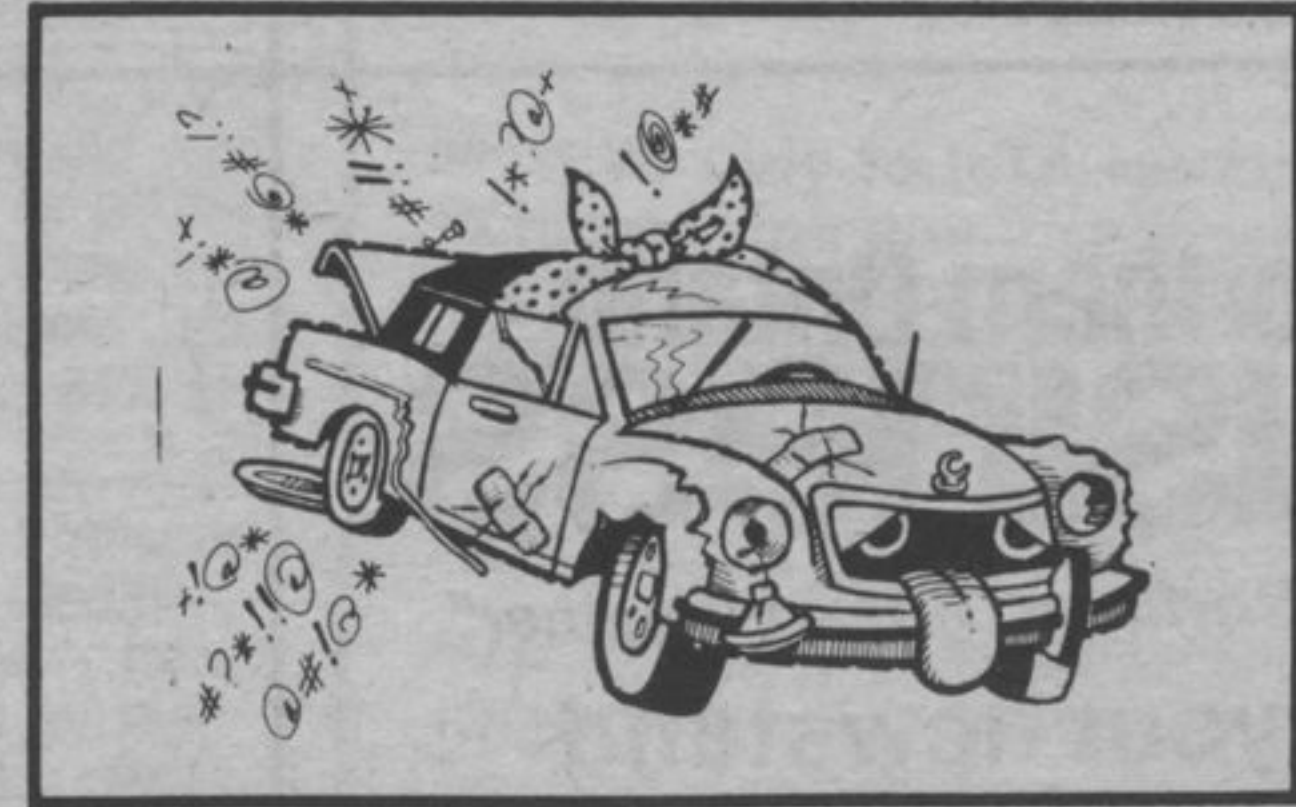
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Recruitment Campaign for C.W.Y.

Canada World Youth launched its 1984 recruitment campaign with the news that 800 young people would be participating in this year's youth exchange programme.

Canada World Youth, which is funded in part by the Canadian International Development Agency and is now in its 13th consecutive year, is looking for workers and students between the ages of 17 and 20 who are interested in learning about development and cross-cultural communication in both Canada and a developing country.

These young Canadians, joined by an equal number of young equal number of exchange country participants, will spend 7 months living and working in vastly different cultures and communities. Small teams of CWY participants, each with a Canadian and Exchange country Group Leader, integrate themselves into communities, first in Canada then overseas, through volunteer work in fields such as agriculture, co-operatives, environ-

ment/conservation, social services, small businesses, recreation and community groups.

All costs during the programme - food, lodging and transportation, are covered by Canada World Youth.

The first programme is due to start in July with the second programme commencing in September. **Deadline** for receipt of all applications for both programmes is **January 15, 1984**.

Application forms and more information are available from Canada World Youth, Ontario Regional Office, 627 Davenport Rd., Toronto, Ontario. M5R 1L2.

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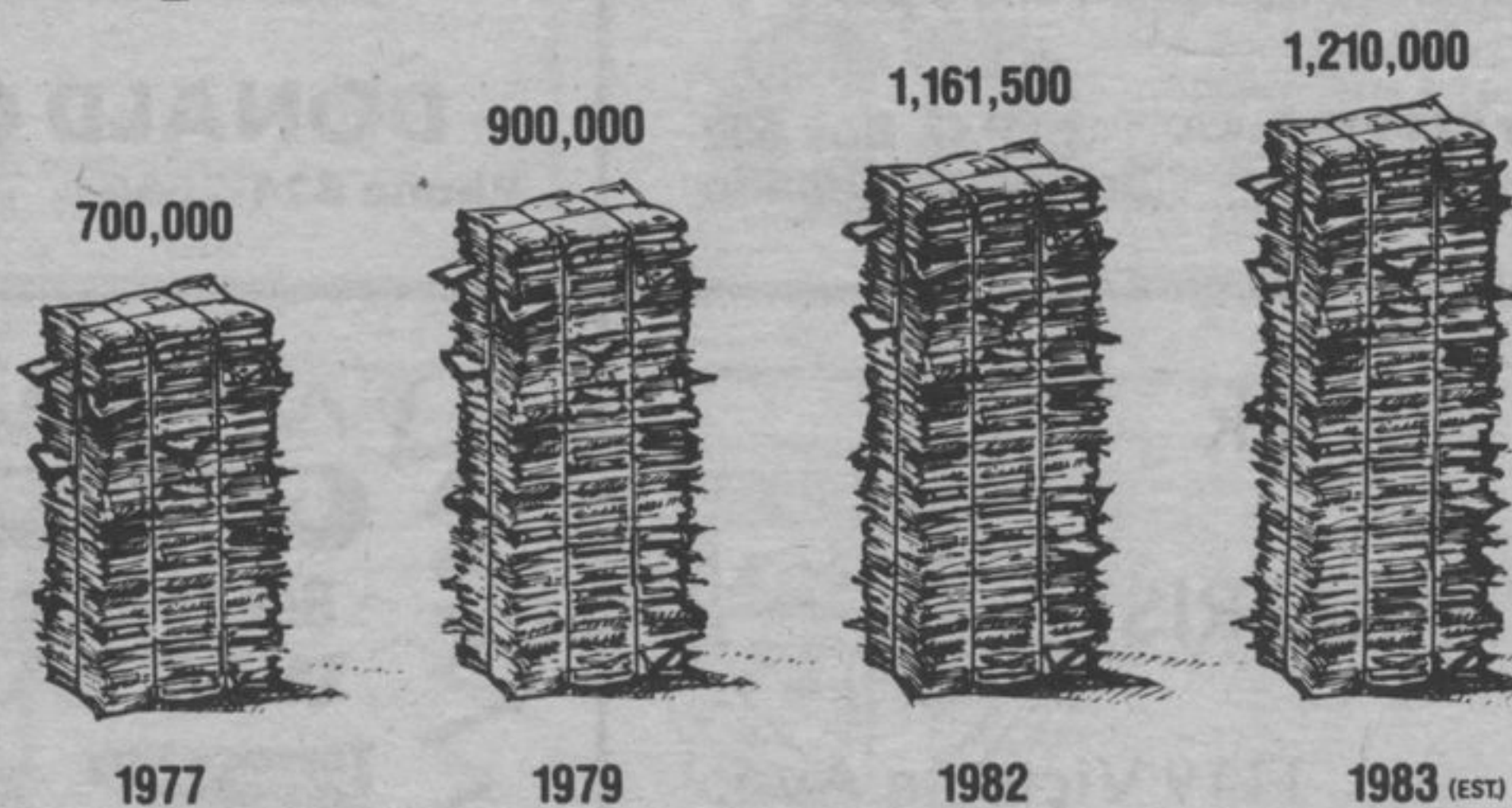
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Pulp and Paper Reports:

Making Paper from Paper



CANADIAN CONSUMPTION OF RECYCLED PAPER (METRIC TONS)
Source: CPPA

One of the challenges facing Canada's pulp and paper industry is to secure an adequate supply of recyclable waste paper to supplement the industry's fibre supply. Thousands of jobs depend on it.

More than 40 mills in Canada make use of recyclable paper in the production of container and paperboard, newsprint, tissue, fine papers, and building papers and boards. Since 1977, Canadian consumption of recyclable paper has in-

creased more than 40% and is growing steadily.

To meet the need for recyclable waste paper, Canada has had to look to foreign sources for additional supplies. In fact, over 1/3 of the recyclable paper consumed by Canadian mills is purchased elsewhere, mostly in the United States.

A major objective of the pulp and paper industry is to encourage the recovery of more recyclable paper in Canada. It will take time, but this goal

can be achieved. Burning or burying waste paper does not make sense. Recycling paper to make paper does, because it extends Canada's forest resource - the origin of one job in ten across the country.

For more information, send for "New Challenges", a free booklet from Public Information Services, Canadian Pulp and Paper Association, Sun Life Building, Dept. 25, 23rd. Floor, 1155 Metcalfe Street, Montreal, Quebec, H3B 2X9.