

# **SPIRIT**

The Newsletter

**783 (CALGARY) WING**

**ROYAL CANADIAN  
AIR FORCE  
ASSOCIATION**



April/May/June 2019



***Wing Meets every  
4th Monday at 7pm  
285 Legion Horton Road***



## MEET THE TEAM

|                         |                               |
|-------------------------|-------------------------------|
| PRESIDENT               | Randy Fisher                  |
| HONOURARY PRESIDENT     | Col. (Ret.d) Don Matthews     |
| IMM. PAST PRESIDENT     | Pat Sulek                     |
| FIRST VICE PRESIDENT    | Adriano Fisico                |
| SECOND VICE PRESIDENT   | Open                          |
| TREASURER               | Kenn Nixon                    |
| SECRETARY               | Rob Caswell                   |
| PAST PRESIDENT CHAIR    | Pat Sulek                     |
| CASINO CHAIRMAN         | Lorie Gordon                  |
| SPECIAL PROJECTS        | Pat Sulek                     |
| MEMBERSHIP              | Anna Lewis                    |
| NEWSLETTER              | Bev Spielman/Sue Clarke       |
| HEALTH AND WELLNESS     | Edith McMinn                  |
| SERGEANT AT ARMS        | Art Hill                      |
| SOCIAL COORDINATOR      | Muriel Mymko/Lois Maxwell     |
| PUBLICITY               | Bob Wade/Adriano Fisico       |
| 285 LEGION LIAISON      | Kenn Nixon                    |
| MILITARY MUSEUM LIAISON | Mike Ricketts                 |
| DIRECTORS AT LARGE      | Brian Lewis and Joan Embleton |





Randy Fisher

President



What a difference a month makes! Last month it was cold, snowy and most people were huddled together with a nice warm beverage or departing for sunny climates to keep warm, and yet as I write this, the snow is nearly gone, and I have seen a few people running around in shorts and T-Shirts. Spring has sprung and with it the anticipation of new beginnings.

I wanted to start off by first saying Thank You to the Wing members who have placed their trust in me. With the resignation of Mr. Keith Mann, I have the honour and privilege of leading one of the very best Wings in the Association. I wanted to thank all the dedicated people who have sat in the chair before me and the members of 783 Calgary Wing for their continued support, encouragement, and trust that you have placed in me to act as the 783 Calgary Wing's President.

Second, I think it is important to say a very heart felt "Thank You" to Mr. Keith Mann, who through no fault of his own has had to step away from his role so that he can focus on his well being. I know it was not easy for him to tender his resignation and that it only occurred after much thought and reflection. But I am so thankful he is taking the time to make sure he is looking after himself and his family. I am certain, that he will still be an active member of our association and I know his advice and counsel will be very much sought after.

Our wing has undergone some other changes as well, with the loss of a few of our valued members, and with the initiation of several new ones. Change is the one thing that remains constant. From that perspective I know that our wing will continue to grow, engage, and deliver on our mandate. I am looking forward to the future, and we have much to do but I know that our wing will continue to do great things because not because of any one person alone, but by working together as a wing.

"Alone we can do so little, together we can do so much." – Helen Keller

Per Ardua Ad Astra,

President Randy threw out some trivia at the meeting. Here are some questions, - if you can't figure them out, you will find them on the last page. Happy thinking

- 1.How old is the RCAF?
- 2.What was the first plane the RCAF flew?
- 3.When did the Snowbirds start flying
- 4.Who is the Chief of the Air Force now?
- 5.When was the Air Force Tartan created?





Ken receiving the Grant Cheque from MLA Anam Kazim for the support of the BGM.

Annual trip to Rosebud Theater..  
Always fun.



FCpl Kaya Dupuis receiving a 783 Wing coin from Randy after presenting her Zone-winning speech on volunteerism Mar 25



Vern McKeague died in hospital in Calgary, AB, early on the morning of 24 February 2019, following a battle with cancer. He was only two months short of his 96th birthday.

Vern was born 23 April 1923 at home in Sibbald, Alberta. He was the eldest child of Samuel George Beck McKeague (who emigrated from Ireland in 1909) and Eleanor Levick (who emigrated from England in 1919). He was brought up on a prairie farm at Sibbald and had started university. Vern joined the Royal Canadian Air Force in 1943 and was a navigator throughout World War II in the Battle of the Atlantic. While posted in Newfoundland (an overseas posting at the time!), he met Jackie (Mabel Arlene Jackson), a New Brunswicker who was in the Royal Canadian Air Force Women's Division. Vern and Jackie were married 4 September 1946, shortly after the war ended. Vern transferred to the regular Air Force and they were posted to Prince Edward Island, Alberta, Ontario (Toronto and Ottawa), England, Saskatchewan, and New York for varying lengths of time at various points in time. Over this period their three children were born and raised as "air force brats", never staying in one place too long. By fitting in night classes when he could, Vern finished that university degree started so many years earlier and received a B.A. from Carleton during his last posting there. Vern had achieved the rank of Lieutenant Colonel / Wing Commander when he retired from the Air Force in 1974. Vern and Jackie moved to Calgary where he has lived ever since. Vern became a real estate appraiser as a second career and retired for the second time in 1993. Post retirement Vern kept busy by volunteering at Canada Olympic Park and the Aero Space Museum of Calgary. Vern was an active, vital man and enjoyed outdoors activities like fishing, hunting, downhill skiing and golf (a sport he took up at an age most people are retiring their clubs). He carried on with his morning Air Force exercises for many years and in his last few years walked daily (osteoarthritis slowed him down a little, but not much.) Vern was a member of the Air Force Museum Society of Canada, the Museum of Calgary, Bomber Command Museum of Canada in Nanton, Air Crew Association, and a member of St David's United Church.

Vern is survived by his sister, Florence Menck; his three children, David (Neva), Dale (Lorraine Hope) and Heather McKeague; his five grandchildren, Reche (Trevor Newell), Caileen (Ryan Schmidt), Sean, Maureen (Nathan Luedtke) and Reed McKeague; his six great-grandchildren, Katie, Libby, Aidan, Milo, Annabelle and Peter, and numerous nieces and nephews. Vern was predeceased by his dearly beloved wife Jackie in 2011 and his brother Alex McKeague in 2007.

Vern will be sorely missed. Memorial Services will be held at St. David's United Church (3303 Capitol Hill Crescent N.W., Calgary, AB) on Saturday, May 4, 2019 at 1:30 p.m. If friends so desire, memorial tributes may be made to the Canadian Fallen Heroes Foundation (13A 2115 27 Ave NE, Calgary, AB, (403) 453-1881, <http://www.canadianfallenheroes.com/>) or Nanton Lancaster Society (Box 1051, Nanton AB, T0L1R0, (403) 646-2270, <http://www.bombercommandmuseum.ca/>). Condolences may be forwarded through [www.mcinnisandholloway.com](http://www.mcinnisandholloway.com).

In living memory of Vernon McKeague, a tree will be planted at Fish Creek Provincial Park by McINNIS & HOLLOWAY FUNERAL HOMES, Crowfoot, 82 CROWFOOT CIRCLE N.W. CALGARY, AB, T3G 2T3, Telephone: 403-241-0044.



Reid Habing



Our condolences to the family of Reid Habing, on the loss of your husband and father and member in such a tragic accident. We will remember him as a valued friend.

LES T WE FORGET.



#### EXPLANATION OF WHAT WE CAN PROVIDE TO FAMILIES FOR FUNERALS

Honour Guard/Flag party for the service and at the grave side.\*

Provide a Poppy Pillow and poppies\*

Provide the Air Force Tartan large and small for the poppy pillow table/coffin.

Hand out poppies to all attending the service.

Provide and read the "Act Of Remembrance" \*

Any other duties as requested by the family.

\* We provide an Honour Guard/Flag Party as our way of showing respect and honour for our fallen member, as our final act, to protect them and guard them as they have done for our Country and fellow members.

\*The poppy pinning ceremony is provided by 783 Wing RCAFA to honour our fellow member and to say good-bye to a valued friend. Anyone wishing to join us will be invited to come and place the poppy on the poppy pillow prior to the end of the service.

\*The Act of Remembrance is said at every meeting, and Remembrance Day Service.

A member of the Wing will read this Act of Remembrance, if the family wishes.

Any other duties as requested by the family.

We can also provide a contact number for a Piper.

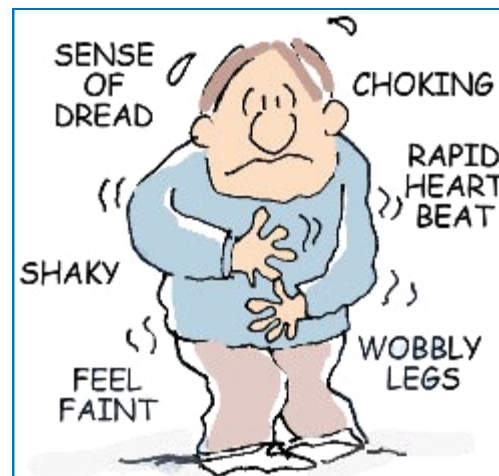
## AIR CADETS



There are 27000 Air Cadets across Canada and 783 Wing is proud to support the cadets in the Calgary area as per the mandate of the RCAFA. We help with providing staff, parental support and financial aid where required. They are our future and we enjoy helping this fine group of young people.

There are many ACR's coming up and we encourage all members to attend where they can.

Provincial Effective Speaking Competition will be held in Red deer April 6th 2019 at the Salvation Army Church all are welcomed to enjoy this event.



### Selection Boards were held in Innisfail Alberta

A large number of Cadets had applied for scholarships.

Once again thanks to our Volunteers





Showcasing another of our fabulous members 'MURIEL MYMKO'

We asked Muriel for a history of her service and the following is in her own words.

*"I started my military service as a CWAC on Class C callout for almost five years in Regina, Estavan and Calgary. I joined the RCAF on February 21, 1967. I did my basic training in CFB Cornwallis, then onto CFB Borden for the Clerk Administration Course. I was posted to Winnipeg in May 1967. At this time I became a Flight Attendant and was posted to 437 Squadron in Trenton for two years. The two years went by far too quickly.*

*In 1970 I was posted to Ottawa to work in the MIR (Medical Inspection Room) at NDHQ. I loved the job but didn't like Ottawa. I joined the fencing club at the base and enjoyed this activity. I met some great people there and have managed to keep in touch through the years.*

*Finally in 1974 I was posted to the Recruiting Center in Winnipeg. In 1977 another posting took me to CFB Massett, BC. My boss asked me if I would consider staying on longer and I jumped at the chance. This was my favourite posting. On the move again, I was sent to CFB Calgary and worked the base Orderly Room.*

*When a six month posting for CFB Alert came up, I volunteered, as they were starting to post women for the first time. Three other women were there with me and I can tell you it was quite an experience working so far North. I was returned to Calgary in 1981, but I volunteered for another tour at CFB Alert.*

*In 1985 I was posted to 708 Communication Squadron in Trenton. I enjoyed my time here. This time I got involved with the Belleville Theater Guild and served as stage manager for several productions. I would take my vacation time in the Summer to work with the Summer Theatre.*

*In 1990 I was on the move again, posted to CFB Moose Jaw, Sask. Working in BAMEO as Chief Clerk. After a life on the move, I finally took my release in 1992 and retired June 6, 1993."*

*Muriel joined the Wing, along with several other WD's and has been a staunch volunteer since. She looks after the phone committee, makes sure the monthly birthday cakes arrive (she even bakes most of them) volunteered with the BGM in 2019 and participates in all meetings and functions.*

We are pleased to "showcase" an important member of the Wing, MURIEL MYMKO.



- 1 pound uncooked linguine
- 2 boneless chicken breast halves, cooked and cubed
- 1 (4.5 ounce) can sliced mushrooms1 (16 ounce) jar Alfredo-style pasta sauce
- 1 (10 ounce) package frozen mixed vegetables
- 1/3 cup milk

1. In a large pot cook fettuccini or linguini pasta in boiling salted water until al dente. Drain well.
  2. Meanwhile, in a large saucepan over medium-low heat add cubed cooked chicken, mushrooms, Alfredo sauce, frozen vegetables, and milk. Cook until heated through.
- Serve warm Alfredo sauce over cooked fettuccini or linguini noodles.



Easy Chicken Alfredo

### Ingredients

- 1 1/2 tablespoon butter
- 2 1/2 tablespoons sugar
- 2 tablespoons applesauce
- 1/8 teaspoon vanilla extract
- 1/4 cup self-rising flour
- 1/4 teaspoon cinnamon
- pinch of salt
- 1 tablespoon butter
- 2 tablespoons flour
- 1 tablespoon brown sugar
- 1/4 teaspoon cinnamon

### 4 Minute Coffee Cake Mug Cake



In a 16-ounce mug, soften butter. You can heat it in the microwave for 5-7 seconds if needed. Stir in sugar. Then add applesauce, self-rising flour, vanilla, and a small pinch of salt. Stir until just combined. The batter should be sticky, but not pourable.

For the streusel, combine regular flour, brown sugar, and cinnamon in another small bowl. Cut in softened butter. When the mixture is the consistency of sand, sprinkle on top of cake batter.

Microwave the mug cake for 45-75 seconds. Be careful not to over-cook the cake. We recommend microwaving it for 45 seconds, then checking the cake. It should look just set on top. If it still looks moist, microwave again, checking the cake at 10-second intervals. Once your mug cake is perfectly cooked, enjoy it while it's warm!

Rhubarb Punch submitted by Lorne Fleming (Thanks)

In season: Select red stalks of Rhubarb, wash and cut into short (2") pieces, place these into a cooking pot add enough water to cover, bring to the boil, until fiber is broken down: filter the mixture through a jelly cloth bag..

By packaging this mixture into 2 cup containers, you can freeze a supply and then make this punch all year round.

### MIXING

The frozen mixture is to be used frozen as it will slowly dissolve as you pour the pop over it and cools the punch mix at the same time.

Place the 2 cup block of pre-frozen Rhubarb mixture, into a large punch bowl and add. (1 can of frozen Orange Juice—1 can frozen lemonade, Slowly pour and stir, 4 liters—of sprite, 7up or Ginger ale over the mixture.

Caution this mixture will foam up when the pop is added.

Please Note Crab Apples rendered down in the same way, can also be used instead of Rhubarb to give the punch this desired tangy flavour



The Military Museums of Calgary, Alberta is the largest tri-service museum in Western Canada and the second largest military museum in the country.

It consists of the four founding regimental museums and the Naval, Army and Air Force Museums of Alberta. We are also home to The Founders' Gallery and The Military Museums Library and Archives (University of Calgary).

The Military Museums is supported by The Military Museums Foundation, a non-profit organization that develops and delivers Alberta curriculum based education programs.

10th ANNIVERSARY OF THE AIR FORCE MUSEUM OF ALBERTA

5TH MAY 2019

SUNDAY 1400—1600 HRS

COLD WAR EXHIBIT

Please RSVP to Kenn Nixon by 27th April

kbnixon@shaw.ca / 403 238 7311

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## **Bomber Command Museum of Canada 2019 Special Event Details**

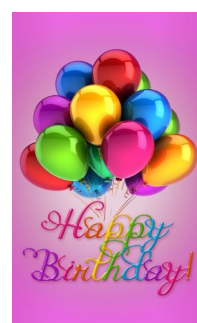


For the many exciting event coming up please check the Website

<https://www.bombercommandmuseum.ca/eventschedule.htm>



# HAPPY BIRTHDAY



|                         |        |
|-------------------------|--------|
| BRISTOWE, JAMES MALCOLM | 5-Apr  |
| DOWNES, DAVID           | 23-Apr |
| FISHER, RANDY           | 17-Apr |
| HILL, HELEN             | 12-Apr |
| KELLER, VICTOR V        | 19-Apr |
| KROEKER, K (NICK)       | 13-Apr |
| LEWIS, BRIAN JOHN       | 7-Apr  |
| MORISON, DOUGLAS        | 11-Apr |
| MORRISON, GERALD E      | 11-Apr |
| CARLIN, EDITH           | 1-May  |
| GOOSSENS, GLENYS M      | 31-May |
| GUIDINGER, RONALD WAYNE | 23-May |
| HALL, BUNNY             | 2-May  |
| HENDERSON, CARNEY       | 28-May |
| MILLAR, BRUCE P R       | 28-May |
| MORGAN, FAYE            | 20-May |
| QUINN, ARTHUR A         | 2-May  |
| ANASTASIOU, ERNEST      | 20-Jun |
| CASTON, DOUGLAS M       | 23-Jun |
| COOK, WILLIAM           | 8-Jun  |
| LLOYD, GRIFFIN V        | 28-Jun |
| SULEK ,PATRICIA         | 19-Jun |
| RICARD, PHILIP          | 26-Jun |
| SPIELMAN, BEVERLEY      | 29-Jun |
| VANDERLEE, ROBERT JOHN  | 23-Jun |
| CLIFFORD, BARBARA       | 8-Jun  |



## Members who are in hospital

We would like to send best wishes to those who are not up and around at the present:

Steve MacDonnell who is at the Carewest Rockyview

Barb Clifford who is in the Foothills Hospital

Malcolm McMinn who is in a seniors facility.



Happy Birthday to you

Happy Birthday to you

Happy Birthday Dear Member

Happy Birthday to you

## **Mergatroyd!...**

Do you remember that word? Would you believe the spell-checker did not recognize the word Mergatroyd? Heavens to Mergatroyd!

The other day a not so elderly (I say 75) lady said something to her son about driving a Jalopy; and he looked at her quizzically and said "What the heck is a Jalopy?" He never heard of the word jalopy!! She knew she was old.... But not that old.

Well, I hope you are Hunky Dory after you read this and chuckle.

About a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of technology.

These phrases included: Don't touch that dial, Carbon copy, You sound like a broken record, and Hung out to dry.

Back in the olden days we had a lot of moxie. We'd put on our best bib and tucker, to straighten up and fly right.

Heavens to Betsy! Gee whillikers! Jumping Jehoshaphat! Holy moley!

We were in like Flynn and living the life of Riley; and even a regular guy couldn't accuse us of being a knucklehead, a nincompoop or a pill. Not for all the tea in China!

Back in the olden days, life used to be swell, but when's the last time anything was swell? Swell has gone the way of beehives, pageboys and the D.A.; of spats, knickers, fedoras, poodle skirts, saddle shoes, and pedal pushers.

Oh, my aching back! Kilroy was here, but he isn't anymore.

We wake up from what surely has been just a short nap, and before we can say, "Well, I'll be a monkey's uncle!" Or, "This is a fine kettle of fish!" We discover that the words we grew up with, the words that seemed omnipresent, as oxygen, have vanished with scarcely a notice from our tongues and our pens and our keyboards.

Poof, go the words of our youth, the words we've left behind. We blink, and they're gone. Where have all those great phrases gone?

Long gone: Pshaw, The milkman did it. Hey! It's your nickel. Don't forget to pull the chain. Knee high to a grasshopper. Well, Fiddlesticks! Going like sixty. I'll see you in the funny papers. Don't take any wooden nickels. Wake up and smell the roses.

It turns out there are more of these lost words and expressions than Carter has liver pills. This can be disturbing stuff! (Carter's Little Liver Pills are gone too!)

We of a certain age have been blessed to live in changeable times. For a child each new word is like a shiny toy, a toy that has no age. We at the other end of the chronological arc have the advantage of remembering there are words that once did not exist and there were words that once strutted their hour upon the earthly stage and now are heard no more, except in our collective memory. It's one of the greatest advantages of aging.

Leaves us to wonder where Superman will find a phone booth...

See ya later, alligator! Oki-doki





If you know of anyone who is ill in the hospital or confined at home. Please let Edith McMinn Health and Wellness Chair know, so she can send a card on the Wings behalf.

**Provincial Effective Speaking Contest is in Red deer April 6th**

**Air Cadets Annual Review to be determined.**

**Charter Tea will be held April 14th at the Military Museum in the Education room 1 to 3pm  
Contact Pat Sulek for more information 403 238 7311**

**Royal Canadian Air Force Mess Dinner — April 5th 2019**

**Alberts Group AGM — April 26-28 2019**

**Wing AGM and Election — June 24 2019 / 7pm**

**Annual Stampede Breakfast — July 6 2019 — 9:00 to Noon**

**Peacekeepers Day—August 11 2019**

**Battle of Britain Parade — September 15 2019 -- 1400 hrs (2pm)**

Members are encouraged to send us “stuff”, pictures, jokes, recipes and comments  
(nice ones only) and we will do our best to make sure these are included.

ANSWERS TO TRIVIA

(1) 95, (2) Burgess Dunn  
(although never saw military  
service) (3) 1954, (4) L/Gen Al  
Meinzinger, (5) 1942.

Your Editors Bev Spielman and Sue Clarke