

SPIRIT

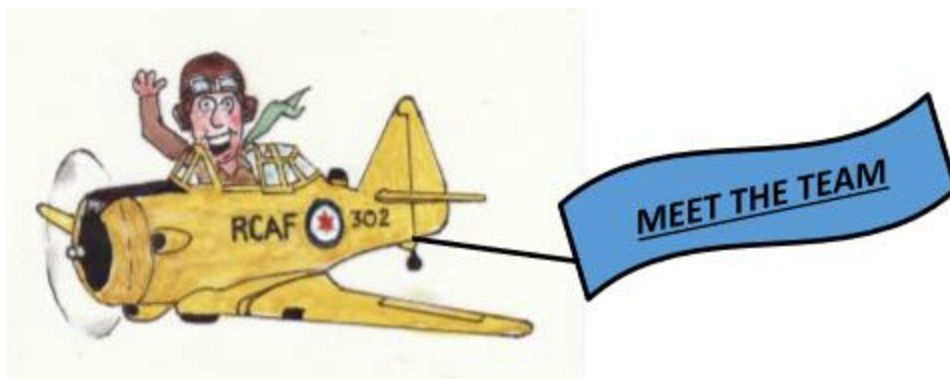
783 (Calgary) Wing Newsletter

**ROYAL CANADIAN
AIR FORCE
ASSOCIATION**



Jan/Feb, 2020

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



Chairperson	Randy Fisher
Honorary Chairperson	Col (Retd) Don Matthews
Immediate Past Chairperson	Pat Sulek
First Vice Chairperson	Adriano Fisico
Second Vice Chairperson	Rob Caswell
Treasurer	Kenn Nixon
Secretary	Michele Henderson
Past President Chairperson	Pat Sulek
Casino Chairperson	Lorie Gordon
Special Projects	Pat Sulek
Membership	Anna Lewis
Newsletter	Bed Spielman/Michelle Gerwing
Health and Wellness	Edith McMinn
Sergeant at Arms	Art Hill
Social Coordinator	Muriel Mymko/Lois Maxwell
Publicity	Bob Wade/Adriano Fisico
Military Museum Liaison	Mike Ricketts
Directors at Large	Brian Lewis
Cadet Liaison	Kevin Knight
Advocacy	Scott Deederly



Message from the Chairperson



As we roll into this next edition of the newsletter, and I reflect on all that we as a Wing have accomplished, I have to say that I am genuinely impressed and amazed at the level of participation and the willingness of everyone to step forward and help get things accomplished. We have been an active and busy wing, and active members of the association, through our efforts in supporting cadet programs, volunteering at gift at the Christmas Gift Wrapping booth, taking part in historical projects that preserve the memory of the RCAF and of course our newest attempt to increase awareness around advocacy on behalf of the RCAFA. The Wing is also incredibly generous through their donations to others in need, and of course, the highly publicized Global TV Morning of Giving and other seniors' groups. It is this spirit of enthusiasm and generosity of spirit that makes this wing so unique.

I am equally impressed with the diversity of people who have demonstrated a willingness to step forward and either volunteer to take on a role in the upcoming AGM, assisting with our newsletter, or simply continuing to serve in a particular capacity on behalf of our members. There is an excellent mix of new members working alongside our more experienced members and as a result, our wing is making positive steps forward and accomplishing some amazing things.

We have much to accomplish in the months ahead, and there doesn't appear to be any slowing down, let us continue to work together, remain positive, help one another out when and where we can, and I am confident that together we will accomplish so much more and have a great time doing it.

Per Ardua Ad Astra

Randy Fisher
Chairman
783 (Calgary) Wing
Royal Canadian Air Force Association

Pictures



Randy Fisher with new member
Charles Swainey

Birthday party for 52 Air Cadet Squadron with past COs in attendance





Christmas party
2019



Out to Rosebud for the
Christmas performance, Dec,
2019



RCAFA Award recipient WO1 Alex Ogunbiyi from 88 Airdrie Lynx Sqn



F/O Gordon Hill and the Hurricane 5389 he flew



Happy birthday to you! (Jan-Mar)

Kris Vanapeldorn	2 Jan
Margaret McAllister	2 Jan
Marie Harvey	9 Jan
Angele Mullins	11 Jan
Gary Gibson	14 Jan
Myra Empey	16 Jan
Michael Mullane	18 Jan
Gord Todd	20 Jan
Lewis Brandon	30 Jan
Glenn Traub	3 Feb
Edith McMinn	4 Feb
John Stanford	6 Feb
Francesca Fisico	9 Feb
Daphne Ter Kuile	19 Feb
Anna Lewis	22 Feb
Susan Clarke	23 Feb
Mike Inglis	27 Feb
Bryndis Whitson	6 Mar
Keith Mann	8 Mar
Muriel Mymko	10 Mar
Scott Deederly	10 Mar
Kent Anderson	13 Mar
James Third	22 Mar
Allan Collins	27 Mar

We will remember them

Members of 783 Wing offer condolences to Thom Gordon and family on the loss of mother, Betty.



Member Profiles

Keith Mann: recipient of the Sovereign Medal for Volunteer

Keith entered the working world very shortly after graduation. Very early in life, Keith learned the value and joy in volunteering with Minor Hockey as an on-ice Official for 14 years, Sports Coaching, as a Member of the Lions Club, Elks Lodge and Air Cadet Program.

After eight successful years in the Lumber Business and the Co-op Retailing System in Manitoba, Keith and his family moved to Stettler Alberta and again he continued his volunteering with Minor Hockey, Elks Lodge and the Volunteer Fire Dept. In 1988, Keith and his family moved to Calgary and with the encouragement of his family put his volunteering on hold. After his son and his wife became involved with 52 Air Cadet squadron, his talents in Fund-raising and general scrounging became apparent. In 1990, he was “recruited” to join the committee at 52, and he hates phone books ever since.

It was then that Keith switched gears at work and went back to school at SAIT and got his 4th Class Power Engineering Certificate which he presently holds. Then after many years as an employee Keith opened his own Home Repair and Renovation Business. He later worked as a Contract Operator with Guardian Condominium until his medical retirement in 2018.

Keith’s Air Cadet League involvement has seen him as Fund-raising Director, Sponsoring Committee Chairman, Squadron Advisor, Wing Director and Vice then Chair of the Alberta Provincial Committee of the Air Cadet League. Keith was elected to the National Board of Governors in 2008 and was the Chair of the National Course Selections Committee then Vice Chair of the National Effective Speaking Committee. In 2011, he was elected as a Vice President and Chaired the Effective Speaking Committee, National Selections Committee and was asked to Chair the 75th Anniversary Committee. Keith was elected National President in 2014, and along with his everyday duties he had the Honour of representing the Air Cadet League in Canada at the International Air Cadet Exchange Association Conference in Edinburgh, Scotland and the USA Civil Air Patrol AGM in Las Vegas. After his terms on the National Executive he joined the National Advisory Council, chairing that committee for four years. After a medical forced absence he later returned to the Advisory Committee where he is a member as well as a member of the National Honors and Awards Committee. Keith is presently working on his 29th year with the Air Cadet Program.

When not working with the Cadet program Keith is a member of 783 Calgary Wing (RCAFA) Royal Canadian Air Force Association, and does volunteer work with the Aviation Alberta, the Air Force Museum Society and West Dover School Parents.

In his role as member of RCAFA, Keith has been an active member serving on many Wing host committee events and AGMs. Keith is one of the original members, along with his wife Barb, of the annual Remembrance Day Service. Keith has been the Casino Chairman, Director, Vice President, President and currently Past President of 783 Wing and is a member of the Past President’s Committee.

For his time Keith has received many awards as thank you along with the National Certificate of Merit, Certificate of Honour, and Director of the Year from the ACLC, Certificate of Merit and Certificate of Distinction from the RCAFA, Air Cadet League service medal with bar (20+ years), and the Queen’s Diamond Jubilee Medal. Most recently, Keith was presented with the

Sovereign Medal for Volunteers from the Governor General of Canada, presented by the L/Gov of Alberta Lois Mitchell.

Keith is married to his wife Barb, they have 2 sons Curtis and wife Kim, Derek and wife Shena as well as 4 Grandchildren that he spoils every time he can.

He is constantly in awe of belonging to the Royal Canadian Air Force Association, and the greatest youth organization in the world, Air Cadets. If he could have but one goal in life, that goal would be to educate the world in how great our youth of today can be and not just how they are too often portrayed. Regardless of his position, his first love is still at the local level with the Air Cadets.



David's Yellow Cake

Ingredients

- 1 cup butter
- 1 1/2 cups white sugar
- 8 egg yolks
- 3/4 cup milk
- 1 1/2 teaspoons vanilla extract
- 2 cups cake flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour 2 - 8 inch round pans. Sift together the flour, baking powder and salt. Set aside.
2. In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the egg yolks one at a time, then stir in the vanilla. Beat in the flour mixture alternately with the milk, mixing just until incorporated. Pour batter into prepared pans.
3. Bake in the preheated oven for 25 to 30 minutes, or until tops spring back when lightly tapped. Cool 15 minutes before turning out onto cooling racks.



Gram's Irish Stew

Ingredients

- 1 teaspoon vegetable oil
- 4 pounds cubed beef stew meat
- 2 teaspoons sage
- 10 potatoes, peeled and cubed
- 4 carrots, diced
- 1 (4 ounce) can sliced mushrooms, drained
- 1 small onion, chopped
- 1 teaspoon celery seed
- 1 teaspoon Worcestershire sauce
- 1 teaspoon ground black pepper
- 1 cube beef bouillon
- salt to taste
- water to cover
- 1 tablespoon cornstarch, or as needed
- 1/4 cup warm water

Directions

1. Heat the oil in a skillet over medium-high heat. Add the beef to the oil and season with the sage; cook the beef until browned on all sides; drain.
2. Place beef, potatoes, carrots, mushrooms, onion, celery seed, Worcestershire sauce, pepper, and beef bouillon in a slow cooker; season with salt. Pour enough water over the mixture to cover. Set slow cooker to HIGH and cover. Cook for 4 to 5 hours, stirring occasionally.
3. Whisk together the cornstarch and warm water in a small bowl until smooth; stir through the stew. Allow the stew to cook until thickened, 15 to 20 minutes.



What can you give and keep at the same time? A cold!

Whenever this lady would go to the doctor, she would complain long and loud about the wait she had to endure. One day when she was finally called into the office, the nurse said, "I need to get your weight today." Without a moment's hesitation she replied, "one hour and 45 minutes."

Did you know...

Unity, Sask., was the location of playwright Kevin Kerr's Governor General's Award-winning play *Unity* (1918). Set in the final weeks of WWI, the play is a tale about the fear and desire sparked by the convergence of the 1918 Spanish Flu pandemic and a returning soldier in the prairie town.

You know you're Canadian when:

- you have more miles on your snow blower than your car
- driving is better in the winter because the potholes are filled with snow
- you get excited when even an America TV show mentions Canada



Alberta Group RCAFA Annual General Meeting will be held 17, 18 April, 2020. Included in the AGM will be the 70th anniversary celebration for 783 (Calgary) Wing. Keep the date open. Tickets will go on sale soon.

