

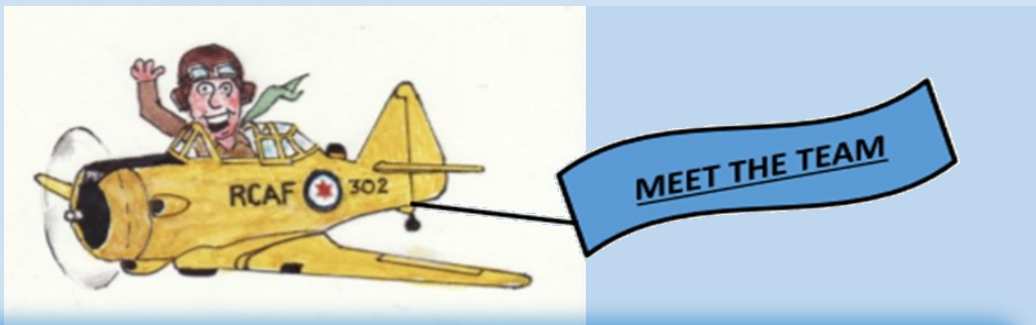
SPIRIT

783 (Calgary) Wing Newsletter

**ROYAL CANADIAN
AIR FORCE
ASSOCIATION**



*The Wing meets the last
Tuesday of the month at
7pm in 285 Legion Horton
Road (virtually as well)*



Chairperson	Michelle Gerwing
Honorary Chairperson	Col (Retd) Don Matthews
Immediate Past Chairperson	Rob Caswell
First Vice Chairperson	Scott Deederly
Second Vice Chairperson	Adriano Fisco
Treasurer	Kenn Nixon
Secretary	Cecilia Brugma
Past Chairs Advisory Council	Pat Sulek
Casino Chairperson	Darlene Laroche
Friends of Col Belcher	Pat Sulek
Membership	Anna Lewis
Newsletter	Bev Spielman/Michelle Gerwing
Health and Wellness	Michele Henderson
Sergeant at Arms	Kevin Knight
Entertainment Chair	Muriel Mymko
Public Relations	Bob Wade
Military Museum Liaison	Bob Wade
Cadet Liaison	Kevin Knight
Advocacy	Scott Deederly
Historian	Grant Whitson
Webmaster/Social Media	Kent Anderson
Directors at Large	Norm Harvey and Brian Lewis





Message from the Chairperson

And summer is here already!

We filled the spring with the AGM and Charter Dinner. Thanks to all who planned that great event! I very much enjoyed it (and love my tiara!). Planning started for our AGM and elections. Again, thanks to all who play a behind the scenes role to make the elections happen so seamlessly. And lastly, we attended the Air Cadet ACRs. I was fortunate to attend two and thoroughly enjoyed them. It was so wonderful to see they were once again receiving uniforms and boots and the marching skills they learned during COVID translated onto a parade square. It warms my heart to see these future leaders. I took the opportunity to speak to a number of them and they have plans!

Preparation has begun for a number of upcoming events: the Battle of Britain Ceremony, Remembrance Day and of course, the centenary of the Royal Canadian Air Force which starts 1 Apr, 2024. Kenn Nixon will be leading the planning for the centenary with the Air Force Museum who is celebrating it with us. As mentioned at the meeting in April, there will be plenty of events throughout the year to mark the occasion. Should you wish to help with any of the events, please let me know!

Lastly, I would like to take this opportunity to thank Rob for his leadership and wisdom during his role as Chairperson. Your knowledge of the RCAFA and the Cadets was evident in all you did. On behalf of the Wing, we thank you for taking on the role.

I have big shoes to fill following Rob and Randy; however, I am sure with the help of all of you, I will learn this new role. I look forward to working more closely with the team.

Per Ardua Ad Astra

Michelle Gerwing

Chairman

783 (Calgary) Wing

Royal Canadian Air Force Association

The New Board of Directors



For a listing of the new Board of Directors, please see page 2.

Anna Lewis receiving her 15 year pin.

More photos to follow next newsletter.

Pin Recipients

Pins were presented at the AGM in June to the following recipients:

5 year pin

Andrea Chant

Ken Duff

Barb Gibson

Michael Mullane

Lesley Mylies

Jacilyn Spenard

Dylaney Thompson

Kris Vanapeldoorn

10 year pin

James Bristowe

Mark Levesque

15 year pin

Myra Empey

Anna Lewis

Brian Lewis

Ian Morgan

Bryndis Whitson

20 year pin

Jane MacDonnell

David McCarthy

Fran McCarthy

Don Norrie

25 year pin

Wesley Dixon

30 year pin

Phil Ricard

Mike Ricketts

35 year pin

Joanna Howard

Pension for Life

Pension for Life is a combination of benefits that provide recognition, income support and stability to members and Veterans who experience a service related illness or injury. This new suite of benefits will empower Veterans and CAF members living with a service-related injury and/or illness to determine the form of compensation that works best for them and their families.

Serving members and Veterans who experience service-related injury and/or illness carry that pain and suffering with them throughout their lives. These new benefits are intended to recognize—via monthly payments, for life—this burden that is a direct result of serving our country.

The Pain and Suffering Compensation is a disability benefit that recognizes and compensates CAF members and Veterans for the pain and suffering they experience due to a disability caused by a service-related illness and/or injury.

The Additional Pain and Suffering Compensation is a tax-free, monthly benefit. It provides recognition and compensation for any severe and permanent disability, related to your service, which creates a barrier to your life after service.

Some Veterans who have already received a Disability Award will be eligible to receive additional monthly compensation through Pension for Life. Take a look at possible scenarios, built according to three different disability assessment levels.

Veterans in rehabilitation—be it physical, vocational or psycho-social—deserve to be able to concentrate on their recovery. That's where the new benefit comes in, delivering 90 percent of your military salary at release. Whether you need it in the short term, or for the rest of your life, the Income Replacement Benefit will be there.

Income Replacement Benefit

The Income Replacement Benefit is a taxable, monthly benefit that ensures your total income will be at least 90 percent of your gross pre-release military salary until you reach age 65.

Homes for Heroes

For those who missed the cheque presentation to Homes for Heroes and the short explanation, I decided to include some information in this newsletter.

The mission of Homes for Heroes is to integrate all homeless military Veterans into the community through the provision of housing and support services across Canada. They are doing so by building unique and affordable urban villages in major cities across Canada where homeless Veterans will be able to successfully integrate back into civilian life. Providing the resources, services and training tenants will need to achieve the goal of living independently in the long term.

Their villages for Veterans consist of 15 to 25 individual “tiny homes” arranged in a park-like setting. All homes face inward to facilitate peer-to-peer support. Each home is less than 300 square feet in size, but fully equipped with all the features of a larger home. Each village also incorporates a central resource centre, social workers office, community garden and other amenities.

Residency in the village is temporary, with the goal of having each Veteran leave the village and re-enter mainstream society, employed, stable and self-sufficient.

They know that many Veterans of the Canadian Armed Forces are struggling in their effort to reintegrate back to civilian life, and many find themselves on a long and difficult pathway to homelessness or living rough. It is their goal to end homelessness amongst Canadian Military Veterans.

Homes For Heroes Foundations is a registered charity. Their financials are audited every year, and these statements offer detailed financial information about our charity. Please feel free to reach out to them should you have any questions regarding these most recent financials.

Each home built by their partner ATCO.

By design, the tiny home “small footprint” means that less energy is required to operate each residence. In addition, a number of innovations have been incorporated in the building design to increase energy efficiency and reduce ongoing operating costs.

Their communities are designed to create a sense of connection among their residents. The open concept and extensive landscaping produce a park-like atmosphere. The architectural design of each home and the overall village is visually pleasing and is a positive contribution to the surrounding community, creating a sense of pride, identity, and ownership among the residents.

A central resource centre and community garden will be gathering points, encouraging our residents to meet and work together as a team with a sense of camaraderie and encouragement.

Their villages have:

- On-site social workers work with Veterans Affairs Canada and local social agencies to offer individualized counselling and training programs for each Veteran tenant
- A central amenity/resource centre
- Peer-to-peer support programs
- Professionally maintained grounds
- Easy access to public transportation

Intake Process – The intake process defines the eligibility of the applicant and defines the next steps in creating a successful reintegration.

Individual Treatments – The needs analysis also determines what types of treatment programs are required (if any) for the applicant. This information is passed on to the case worker assigned to the Veteran tenant.

Once a candidate has been verified to have served, a Case Manager is assigned to each Veteran by Veterans Affairs Canada to work in partnership with our on-site social workers. When a Veteran in the program needs specific supports such as financial advice, mental health counselling, addictions recovery, or family reintegration, an individualized service plan will be developed.

Case managers are assigned with:

- Creating treatment plans
- Identifying employment opportunities

Helping tenants become independent

Residency in the village will be temporary, with the goal of having each Veteran leave the village and re-enter mainstream society employed, stable and self-sufficient. This process can take several years or several months, the key is we do not want to rush tenants to reintegrate until they are confident, they will have success.

To learn more about Homes for Heroes, visit [Homes For Heroes | \(homesforheroesfoundation.ca\)](https://www.homesforheroesfoundation.ca)

Your laugh for the day...

My husband can't activate our Amazon Echo, because he keeps forgetting its name, Alexa. "Just think of the car Lexus and add an a at either end," I suggested. The next time he wanted to use our new toy, he looked a bit puzzled. Then he remembered what I'd said and confidently called out, "Acura!"

One of the shortest wills ever written: "Being of sound mind, I spent all the money."

On the phone with my 93-year-old brother in Wisconsin, and I told him I thought it was time he paid someone to shovel snow for him. He suddenly grew indignant. "Why should I pay someone to shovel?" he demanded. "I can get my son to do it. He's only 70!"

While taking a clinical history from an elderly patient, I asked, "How's your love life?" "I don't know," he said. "I'll ask my wife." He got up, walked into the hallway where his wife was sitting, and shouted, "Hey, the doctor wants to know if we still have sex." His wife shouted back, "No, the only thing we have is Medicare and Blue Cross."

Over dinner, I could sense something was bothering my mother, so I asked if anything was wrong. "Yes," she admitted. "What's all this I hear on the news about banning baking products?" I patted her hand reassuringly and said, "That's vaping products."

When my 85-year-old father was in the hospital, his doctor, trying to determine Dad's mental state, asked, "What gets you up in the morning?" My father shrugged. "Probably the same thing as everyone. I have to go to the bathroom."



Easy Chicken Noodle Casserole

Ingredients:

2 cups dry egg noodles
2 cups cooked chicken *diced*
1 can cream of chicken soup *or cream of mushroom soup*
1/2 cup milk
1 cup frozen peas *or frozen vegetables*

Topping:

1 tablespoon butter *melted*
2 tablespoons breadcrumbs
1/2 cup cheddar cheese *optional*

Instructions:

Preheat oven to 425 degree

Cool egg noodles al dente (firm) according to package directions. Drain well.

Combine egg noodles, chicken, soup, milk and vegetables in a 2 quart casserole dish. Top with cheese if using.

Combine topping ingredients in a small bowl and sprinkle over the casserole.

Bake 20 minutes or until bubbly. Broil 1 minute to brown topping if needed

Recipe notes:

Any pasta may be used

Always start with pre-cooked meat

Any vegetables will work. If substituting fresh vegetables, add them to the pasta water during the last few minutes until tender. This will save steps in cooking them

1 cup of sharp cheddar cheese may be added to the sauce if desired.





From your Membership Director:

Please contact Anna Lewis, our Director of Membership, if you change any contact info at bandalewis@shaw.ca



From your Health and Wellness Director

All Wing members already receive birthday cards. Do you know of anyone in our membership who would appreciate receiving a card of congratulations, or perhaps a card to raise their spirits? Greetings could be sent for many reasons, such as:

- a “milestone” birthday*
- best wishes for someone in hospital or convalescing at home*
- bereavement on the passing of a Wing member*
- retirement*
- graduation*
- marriage*
- a special wedding anniversary*
- receiving recognition and/or winning an award*

783 Wing Annual Christmas Celebration – November 17, 2023

Planning for this special and enjoyable event will be underway soon. If you would like to help, you are most welcome! The more ideas we have, the better the event! Please contact Michèle Henderson at (403) 605-0368 or at michlorr@shaw.ca for more information.