

# **SPIRIT**

The Newsletter

**783 (CALGARY) WING**

**ROYAL CANADIAN  
AIR FORCE  
ASSOCIATION**



JULY/AUG/SEPT2019



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



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



Report from Acting Lt/Col. Randy Fisher is up in the air for this issue. He is hard at work running the Gliding Program In Gimley for the summer.

He will see us in the fall.  
Hope he has a successful tour.



### **Presidents Report May 2019**

The AGM in Edmonton April 26-28<sup>th</sup> was attended by Muriel Mymko, Art and Helen Hill, Pat Sulek, Kenn Nixon, Brian and Anna Lewis, Bob Clarke, Bev Spielman, and Bob Wade. I will look to the members who attended for a more in depth report. The weather was typical for an Alberta spring, clear skies followed by cold, wind, rain, and finally snow...lots of snow! Everyone arrived and returned safely and without incident.

I attended the 10<sup>th</sup> Anniversary of the Air Force Museum of Alberta at the Military Museums at the Cold War exhibit. Brigadier-General Mario Leblanc was the guest speaker. Don Matthews Colonel (Ret'd) was awarded The Trans-Canada (McKee) Trophy, the oldest aviation award in Canada (est.1927), for his outstanding achievement in air operations. Don is now in the distinguished company of Col. Chris Hadfield, and the South Pole Rescue, Ken Borek Air Ltd.

I also attended the wake for Malcolm McMinn (husband of Edith McMinn) at Schooner's Neighbourhood Pub on Friday April 26<sup>th</sup> with my wife Francesca. It was a true celebration of life with family and friends.

There was also a Celebration of Life for Vern McKeague at St. David's United Church. A moving tribute to a life lived to the fullest, personal accomplishments, and family.

There will be a memorial service for Grant Whitson's wife Barb on June 7<sup>th</sup>. Details to follow.

I look forward to the elections in June and ask anyone who has an interest in putting their name forward tonight. Thanks to Bev for helping me out on such short notice.

Respectfully submitted  
Adriano Fisico  
Acting President



## Alberta Group Annual General Meeting held in Edmonton



### New Executives sworn in by B/General Buckham



Charter Tea April 14th was very well attended, we were honoured to have Alberta Group President Mike Roy as Guest Speaker, President Randy presented the Token of appreciation to President Mike. As usual, thanks go to Pat and Kenn for making sure plentiful amounts of food was on hand. And to the volunteers (Bob and Sue Clarke) for their continued support.



## PRESENTATIONS



Cheque presentation at 538 Buffalo to  
SSC Chair Mrs. Boun Chou on June 8<sup>th</sup> at Optimist Arena

Art presents cheque to SSC Chair 52 Sqn



Kevin and Cecelia present cheque SSC  
Chair 83 Sqn

Andriano presents cheque to SSC  
Chair 604 Sqn



Kenn presents cheque to SSC Chair 918 Sqn

Kenn and Bev present the RCAFA  
Roundel to WO1 Wong and Capt  
Angel 918 Sqn





CLIFFORD, Barbara Elaine

June 8, 1947 - April 30, 2019

At the young age of 71, Barb Clifford passed away on April 30, 2019. Barb was known to many Calgarians as the City of Calgary Returning Officer and Deputy City Clerk, running the City of Calgary Elections, Census, and FOIP for 26 years. Barb loved learning, starting at the University of Manitoba with a degree in Pharmacy in 1969. In 1974, she joined the Canadian Armed Forces and after 16 years, she left the Air Force at the Rank of Major. Even in her retirement from the City, Barb enrolled in courses at the University of Calgary, just for fun. She was also known as a wife, a mother, animal lover, a shopping diva, and a friend. Barb is survived, loved, and remembered by her husband, Grant Whitson; daughter, Bryndis Whit-

MCMINN, Malcolm Thomas

1936-2019

Born in Northern Ireland on Upper Malone Rd, Malcolm immigrated to Canada in 1957. He spent many years as a Manufactures Rep. in the Food Service Equipment Business. He settled in Calgary in 1972 when transferred by GS Blakeslee. He became their top salesman as the Western Canada Sales Representative, and traveled Canada and parts of the USA extensively. Mal married Edith (nee Prefontaine) in 1975 and became the proud step father to 6 children. As Mal's lines and successes grew, he founded McMinn and Associates, which flourished for 25 years until he fell ill in September of 2018. He had slowed down but couldn't stay away completely; Malcolm never formally retired. Malcolm was known by many as a cheerful soul, always a harmonica in his pocket, ready to bring laughter to everyone he met with a joke, a series of stories, usually over a pint. He would never let the truth get in the way of a good story. He will be sorely missed.



Our condolences go out to Moe and Linda hanberg on the passing of Linda's mother Burnadette (Betty) Lockwood. Betty was a member of the EW.D.'s. Lest we forget.

Subject: Healthy Proverbs

1. If you're too open minded, your brains will fall out.
2. Age is a very high price to pay for maturity.
3. Going to church doesn't make you a Christian any more than going to a garage makes you a mechanic.
4. Artificial intelligence is no match for natural stupidity.
5. If you must choose between two evils, pick the one you've never tried before.
6. My idea of housework is to sweep the room with a glance.
7. Not one shred of evidence supports the notion that life is serious.
8. It is easier to get forgiveness than permission.
9. For every action, there is an equal and opposite government program.
10. If you look like your passport picture, you probably need the trip.
11. Bills travel through the mail at twice the speed of checks.
12. A conscience is what hurts when all your other parts feel so good.
13. Eat well, stay fit, die anyway.
14. Men are from earth. Women are from earth. Deal with it.
15. No husband has ever been shot while doing the dishes.
16. A balanced diet is a cookie in each hand.
17. Middle age is when broadness of the mind and narrowness of the waist change places.
18. Opportunities always look bigger going than coming.
19. Junk is something you've kept for years and throw away three weeks before you need it.
20. There is always one more imbecile than you counted on.
21. Experience is a wonderful thing. It enables you to recognize a mistake when you make it again.
22. By the time you can make ends meet, they move the ends.
23. Thou shalt not weigh more than thy refrigerator.
24. Someone who thinks logically provides a nice contrast to the realworld.
25. Blessed are they who can laugh at themselves for they shall never cease to be amused.

## Ingredients—Chicken Pizza

- 1 prebaked 12-inch pizza crust
  - 2/3 cup honey garlic barbecue sauce
  - 1 small red onion, chopped
  - 1 cup cubed cooked chicken
  - 2 cups shredded part-skim mozzarella
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- Place the crust on a 14-in. pizza pan. Spread barbecue sauce to within 1/2 in. of edges. Sprinkle with onion, chicken and cheese. Bake at 350° until cheese is melted, 10 minutes.



### Nutrition Facts

1 slice: 510 calories, 18g fat (7g saturated fat), 64mg cholesterol, 1158mg sodium, 52g carbohydrate (7g sugars, 1g fiber), 35g protein.

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## Raspberry Fool

- 1/2 cup raspberry jam
- 1 1/4 cups heavy cream
- 1 tablespoon granulated sugar
- 1 cup fresh raspberries

In a large bowl, beat the heavy cream with the sugar until stiff peaks form.

In a small bowl, whisk the jam until smooth; fold into the whipped cream. Spoon into serving bowls and garnish with the raspberries and cookies.





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.



A very successful celebration of the 10th Anniversary of the Alberta Air Force Museum was held on May 5. fantastic turnout heard the guest speaker M/General Mario LeBlanc extol the features of the museum and looking forward to an expanded exhibit. Thanks to Pat and Kenn for making sure the refreshments were provided.



Alyssa MacDonnell

As an aside, many wing members have inquired over the past couple of years whether Heather and Alyssa are active with highland dancing since they performed at a wing Christmas Party where they danced to Christmas music rather than the pipes – a big change in itself. While Heather is taking a break from competitive dancing due to a full plate with life and university studies, Alyssa is quite committed to championship dancing. This is the highest tier of the sport. Since moving to the premier dancing category at age eight, the only category that is permitted to do championship dancing, she has represented Alberta in six of eight years at the Canadian Championships. Only the top three dancers in their provincial championships, as marked by an international judging panel, advance to compete at the Canadian Championships. Representing your province and wearing the provincial sash is a special honour. This year she was able come up with a bit of additional success and will represent Alberta as a Provincial Champion in Moncton, NB, in July. Perhaps practising to Christmas music is not a bad thing.



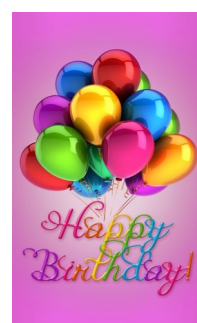
Photos: 1. Competing at the BC Open Championship in Vancouver – Apr 2019

2. Wearing the Alberta “Dress Tartan” Sash – May 2019

CONGRATULATIONS



# HAPPY BIRTHDAY



ALLISON, DOROTHY	4-Jul
CASWELL, ROB	7-Jul
EMPEY, WALTER A	27-Jul
GORDON, LORIE	27-Jul
MYLES, LESLEY	14-Jul
KELSO, R GORDON	17-Jul
LETT, KENNETH C	13-Jul
KELLER, NORMA	14-Jul
MANN, BARBARA	2-Jul
McDONALD, BARRY J	29-Jul
WALKER, ROBERT	13-Jul
WEEKS, CHARLES W	9-Jul
CLARKE, ROBERT B	21-Aug
DEINES, DOROTHY	8-Aug
HOWARD, JOANNA	1-Aug
LILJA, ROBERT	14-Aug
MATTHEWS, PEGGY	19-Aug
THIRD, JAMES T	25-Aug
WHITSON, GRANT G	17-Aug
SPIELMAN, KAREN	12-Aug
BRUGMA, CECELIA	14-Aug
BAILLARGEON, DENISE	28-Aug
COOKE, NORMA	10-Sep
GIVEN, BRIDGET	13-Sep
HAYDEN, BERNARD M	8-Sep
HARRINGTON, GLENN	12-Sep
SPIELMAN, KENDALL G	1-Sep
WADE, ROBERT	21-Sep
WATSON, BETTY	27-Sep
CURTIS, Paulette	23-Sep



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



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.

**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)**

**Next Wing meeting September 23, 2019**

**Editors correction Muriel Mymko 's original picture. Our apologies Muriel.**



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.

Your Editors Bev Spielman and Sue Clarke