



THE WING DING

WING & AUXILIARY NEWS

404 KITCHENER-WATERLOO WING R.C.A.F.A.

WE PROUDLY PERPETUATE THE GLORIOUS TRADITIONS OF THE ROYAL CANADIAN AIR FORCE

January
2014

PRESIDENT'S MESSAGE

Harvey Fry

THIS ISSUE

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By the time this Wing Ding goes to press, Christmas will be behind us and we'll be ringing in the new year. To all of you I wish health and happiness in 2014.

My thanks go out to our Entertainment Committee for the outstanding Christmas Dinner on December 14th. Well done and well presented! I know that a Robbie Burns Dinner is planned for January 25th and that it will meet the high standard set at December's dinner. Don't miss it!

We continue to need activities for Mondays, Thursdays and Saturdays. In response to our request for Saturday afternoon programs, we received several suggestions and we'll try them to see how they work.

Starting in January, the first Saturday will feature horse racing; the second

Saturday will be miscellaneous activities (shuffleboard, cards, darts, etc.); the third Saturday will be horse racing again; and the fourth Saturday will be miscellaneous. We'll mix and match them any way you want them, but the main point will be to do what you want.

It's your Wing. Let's try it. If there's a better program we'll try it, but let's all make use of a great facility.

And don't forget, if you are planning a party, dinner or some other activity that could be held in our lounge or in the large community room or if you know of someone who is planning such an event contact Peter Sumlick at 519-746-5654. Peter is in charge of our facility bookings and can discuss plans for your event.

See you at the New Years Day Levee, 2:00 - 5:00 pm January 1, 2014

Happy New Year 2014

GENERAL MEETING NOTICE

Special monthly meeting date will be held

Thursday, January 9th, 2014.

New hours are Meet & Greet 5 pm,

Dinner at 6 pm Meeting at 7:15 pm.

Please reserve dinner tickets by Tuesday, January 7th latest.



The Wing Ding is published monthly. The opinions expressed are those of the editor and contributors and in no way reflect opinions of the Air Force Association of Canada or of the 404 K-W Wing, who jointly and separately assume no liability.

PADRE'S CORNER

Dr. Bruce Sweet

As we enter the new year and with Christmas behind us perhaps this is the best time to address to a condition from which many suffer but about which we seldom speak. It is loneliness. Below is an excerpt that I found online at this site: The Loneliness Epidemic - Patheos. Although it is written for Americans I believe it also applies to us. Please let me know what you think.

A recent report from the Barna Group reveals that despite all our ability to connect technologically, Americans are more isolated, and more lonely than ever.

“As a nation, we are embracing the digital revolution and, ironically, we are becoming a lonelier population. While there are many benefits of being participants in possibly the most relationally connected age in human history, the social media revolution has not made us feel more connected, less lonely, or replete with friends,” reports David Kinnaman, president of the Barna Group.

While the CDC may not be issuing red-alerts over the health dangers of loneliness just yet, there is plenty of research revealing the inherent dangers of loneliness.

Not surprisingly, prisoners put in isolation for long periods of time show signs of depression, despair, rage, problems with impulse control, and an impaired ability to think, concentrate or remember.

Those symptoms read like an indictment on present-day culture in the good ole U. S. of A.

In her 1959 essay “On Loneliness”, German psychiatrist Frieda Fromm-Reichmann defined real loneliness as a “lack of intimacy.”

In other words, you may have 3,500 friends on Facebook, but when is the last time you sat down across a table from someone and told them how much your heart hurts?

When is the last time you told someone how much you were hurting that they actually listened to you, without scrolling through their own Facebook page?

People who are lonely are more susceptible to chronic inflammation, which leads to all sorts of health problems, including heart disease and diabetes. Loneliness also makes one susceptible to a marked increase in dementia. A Dutch study cited in *The Journal of Neurology, Neurosurgery & Psychiatry* found that participants who reported feeling lonely — regardless of how many friends and family surrounded them — were more likely to develop dementia than those who lived on

their own but were not lonely.

The loneliness of Americans has doubled in the past ten years, according to the Barna report. Can you think of one other disorder or disease that would doubled in that short time and not be considered an epidemic?

Is it because we don't have time for friendships?

Barna's report would indicate otherwise. Only a third of Americans reported being busy as opposed to the half that said they were busy a decade ago. (Maybe the unemployment rate has something to contribute to Americans being less busy, heh?)

Perhaps one of the greatest things we can do for one another is to be present with someone, listen and offer friendship. There is something about mutual recognition and acceptance that is basic to our human make-up and something without which we flounder.

You might remember the Beatles' song Eleanor Rigby. Wouldn't it be wonderful if we could write a happier ending. You can listen to it here: the beatles “eleanor Rigby” with lyrics - YouTube

If you're still making resolutions for the new year I invite you to consider being a friend. To whom? Well, they might be closer than you think.

LAST POST



JENKINS, Kenneth F. “Ken” (July 29, 1923 - December 2, 2013)

Ken was a Veteran of the Second World War serving as a navigator with the Royal Air Force completing 33 missions. He was a retired Vice President of the Weaving Division of Newlands Textile

LADIES AUXILIARY

Carol Totzke

By the time you read this Christmas & New Years will be over. I hope everyone had a happy & safe holiday.

The Ladies Auxiliary Cookie Walk and breakfast was very successful this year.

Thank you everyone who baked, bought cookies, cooked & served breakfast and sold tickets for the

gourmet basket, or helped in any other way.

The work is lighter when everyone helps.

The winner of the Gourmet basket was VIC SNOWDEN. The musical centerpiece was won by KITTY TSANG, and the manicure/ pedicure was ANNE STAGA. I hope they all enjoy their prizes.

Friday lunches start again on January 10th.

At our next regular meeting on January 15th we will have a demonstration and sale of combination purses.

Please support our January meeting and bring a relative, friend or two .

Tell your phone committee if you will be bringing guests.

FRIDAY LUNCHES

Carol Totzke



Great Lunches are here for the New Year.

Come out and have lunch at your Wing!

**Every Friday starting January 10th
11:30 - 1:00 pm. Come for lunch at your Wing!**

WEDNESDAY ENTERTAINMENT

Larry Allenson

JUST US JAMMING!

Come out to play
or just to enjoy every
Wednesday at 7 pm



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Owner

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ENTERTAINMENT REPORT

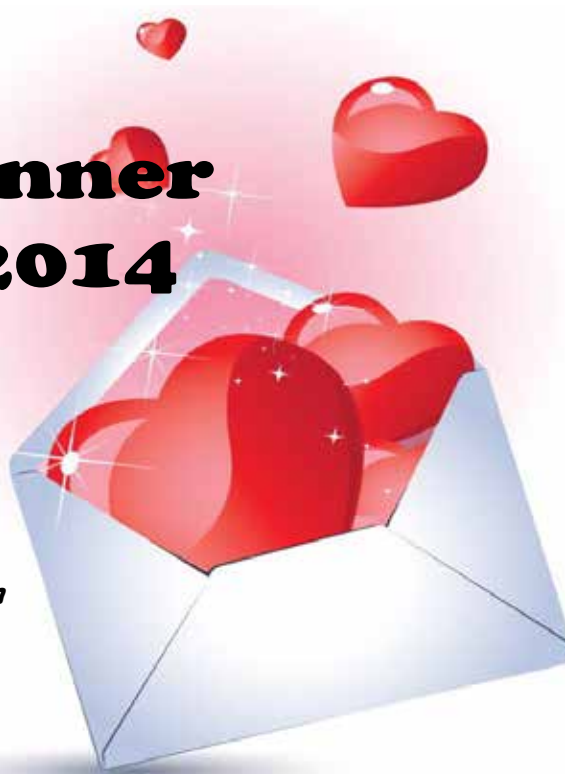
Donna, Terry, Bob and Larry

Special thanks to all the volunteers who helped at December events, especially at our Christmas Party on December 14th; it was big success thanks to you and our members and friends who came out on such a stormy night. Hope to see many of you at the New Years' levée on January 1st as well. Our annual Robbie Burn's Supper is January 25th – tickets are \$15.

Valentine's Dinner February 15, 2014


Tickets \$15

*404 K-W Wing, Air Force Association
510 Dutton Drive, Waterloo*




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295 Weber St. N. Suite 1
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Trish Walker



Christopher's

Joyce Reichstein | Owner
Bruce Barnes | Chef

1077 Weber St. E.
Kitchener, ON N2A 3Y5

519.894.8787

It's Party Time and you're invited

Margaret Beaupre's

95th Birthday

When: Saturday,
Jan. 18TH, 2014
1 - 5 pm

Where: Waterloo Heights
in the lounge
403 Erb St W.
Waterloo

RSVP to: Trish at
519-747-3773 by Jan. 13th, 2014
food and refreshments

Best Wishes only



BAR HOURS

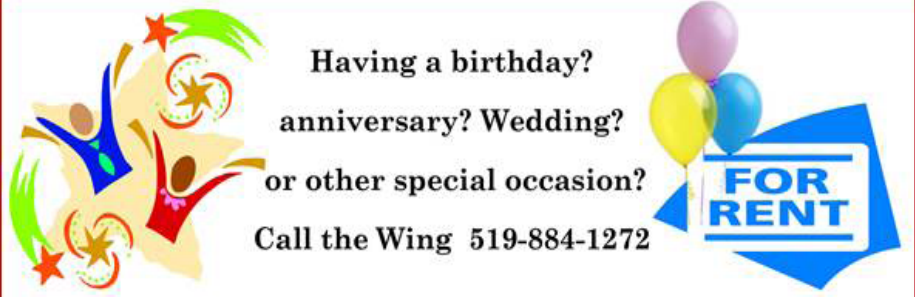
Larry Allenson

Sunday	Closed
Monday	Closed
Tuesday	6 - 9
Wednesday	6 - 9
Thursday	Closed
Friday	Noon - 1:30
Friday	4 - 11
Saturday	2 - 6

EUCHRE

Bob Young

Come out and enjoy Euchre every Tuesday in January .
Start time is 7 pm .
See you at the Wing.

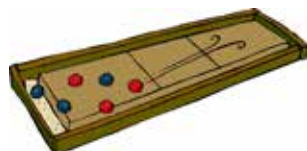



Having a birthday?
anniversary? Wedding?
or other special occasion?
Call the Wing 519-884-1272

SHUFFLEBOARD

"Sugi" Sugimoto

Happy New Year 2014



The January schedule will be
Wednesday the 8th, 22nd & 29th
& Friday 17th.

ROBBIE BURNS SUPPER

Donna Kuehl



Robbie Burns Supper

Saturday, January 25, 2014

Come away in at 5:30 pm

***Steak pie, neeps & tatties
served at 6:30 pm***

Tickets ~ \$15

404 K-W Wing, RCAFA, 510 Dutton Drive, Waterloo



January



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>UPCOMING EVENT</p> <p>Valentine's Dinner Saturday, Feb 15, 2014</p>			1 New Year's Levee 2-5 pm	2 CLOSED	3 Singles Selective 7:30 pm	4 Horse Races 2 pm
5 CLOSED	6 CLOSED	7 Euchre 7 pm	8 Shuffleboard 1:30 - 3:30 pm "Just Us" Jamming 7 pm	9 General Dinner Mtg. 6:00 pm Mtg 7:15 pm	10 Friday Lunch 11:30 - 1 pm Singles Selective 7:30 pm	11 Mixed Games 2 pm
12 CLOSED	13 CLOSED	14 Euchre 7 pm Optimist Exec Mtg. (Roundel Room) 7:30 pm	15 WEC Mtg 10 am Ladies Aux Mtg 2 - 4 pm "Just Us" Jamming 7 pm	16 CLOSED	17 Friday Lunch 11:30 - 1 pm Shuffleboard 1:30 - 3:30 pm Singles Selective (Large hall) 7:30 pm	18 Horse Races 2 pm Margaret Beaupre's Bday Party Waterloo Heights 1-5 pm
19 CLOSED	20 CLOSED	21 Euchre 7 pm	22 Shuffleboard 1:30 - 3:30 pm "Just Us" Jamming 7 pm	23 CLOSED	24 Friday Lunch 11:30 - 1 pm Singles Selective 7:30 pm	25 Robbie Burns Meet&Greet 5:30 pm Supper 6:30 pm
26 CLOSED	27 Optimist Dinner 6 pm	28 Euchre 7 pm	29 Shuffleboard 1:30 - 3:30 pm "Just Us" Jamming 7 pm	30 CLOSED	31 Friday Lunch 11:30 - 1 pm Singles Selective 7:30 pm	

404 WING EXECUTIVE COUNCIL 2013 - 2014

EXECUTIVE OFFICE

(Call 519 area code unless otherwise stated)

President	Harvey Fry	743-2958
1 st Vice President	Donna Kuehl	744-3146
2 nd Vice President	Vic Snowden	744-1206
IMM. P.P.	Mike Turos	584-7217
Secretary (acting)	Donna Kuehl	744-3146
Treasurer	Ernie Dyck	746-0496

DIRECTORS

Director (R)	Bob Drummond	226-972-2528
Director (R)	Peter Sumlick	746-5654
Director (R)	Sid Kenmir	748-1778
Director (R)	Larry Allenson	576-9929

Appointed Chairpersons and Committees

Air Cadets ^P	Wilf Dippel	664-2669	Ontario Group President ^P	Les Ball	through Exec
Air Cadets ^P	Garry Kuehl	744-3146	Padre	Dr. Bruce Sweet	886-1471
Bar Officer ¹	Larry Allenson	576-9929	Poppy Fund Rep ^P	Sid Kenmir	748-1778
Dinner Meetings ²	Peter Sumlick	746-5654		Vic Snowden	744-1206
Entertainment ^{1S}	Larry Allenson	576-9929	Regalia ¹	Wilf Dippel	664-2669
Events Booking	Peter Sumlick	746-5654	Visiting	TBA	-----
Historian ¹	Vic Snowden	744-1206	Veterans Council ^P	Sid Kenmir	748-1778
House ²	Sid Kenmir	748-1778		Vic Snowden	744-1206
Membership ^M	Donna Kuehl	744-3146	Western Region RVP ^P	Jim Scherb.	through Exec
OLG Contact ^P	Donna Kuehl	744-3146	Wing Ding (Editor) ^P	Larry Allenson	576-9929
			Wing Ding (Producer) ^E	Trish Walker	-----

¹ Reports through 1st Vice President² Reports through 2nd Vice President^E Reports through Editor^P Reports through President^M Reports through immediate Past President

LADIES AUXILIARY EXECUTIVE 2013 - 2014

EXECUTIVE OFFICERS

President	Carol Totzke	885-6173	Secretary	Anne Mulhall	885-7030
1 st Vice President	Penny Cleaver	579-6878	Treasurer	Aline McCubbin	579-2326
Immed. Past President	Bev Rylott	579-4583			

DIRECTORS

Friday Lunches	Aline McCubbin	579-2326	Phoning	Mindy Scott	621-8938
Historian	Pat Snowden	744-1206		Jean Jarosz	743-7333
Kitchen Dinner Meetings	Joan Fry	743-2958	Publicity	Michelle Leschak	576-1272
Kitchen L.A. Meetings	Anne Bennett	885-1848	Special Events	Terry Bruce	884-3642
Liaison	Bev Rylott	579-4583		Penny Cleaver	579-6878
Membership	Dorothy Dippel	664-2669	Sick & Visiting	Elizabeth Maurer	742-7810

MEMBERSHIP REPORT

Donna Kuehl

Associate	15	Regular	32
Regular - Dual	20	Regular-Life	7
Regular - Life Dual	2	VOTING	76
Social	22	Corporate Group	3
404 Honorary	12		