

## MEDALS AND MEMORIES MINUTES



WO2 Lorraine Rigden  
 Photo: Christina Bernardo, Midland Free Press

### The Wind Beneath Her Wings

Lorraine Rigden, studying in a concurrent Bachelor of Music and Education program

at McGill, retired as a Warrant Officer second class from the Silver Star Air Cadet Squadron of Unionville after an exceptional cadet career. She had received the Lord Strathcona Medal, Royal Canadian Legion Medal of Excellence, ANAVETS medal, Air Cadet Service Medal, the Doug Whitley Trophy and the Virginia Mitchell Award for Top National Female Air Cadet Power Pilot. She earned her Glider Pilot wings in 2006, her Power wings in 2007 and she was the first recipient of the Alfred Wong Memorial Scholarship in 2008. The medals tell only part of the tale. Lorraine was on her school's Nordic ski team, played with the concert and Jazz bands and was a member of the silver medalist OFSAA volleyball team. She played ice and ball hockey—and the saxophone, the latter frequently at retirement homes, for benefit concerts and during church services. She attained marks in the 90s in 12 of her 27 high school credits, with no mark dipping below 82%. When she wasn't working on Grade IX saxophone, Grade II Theory and Grade III Harmony and History, she was participating in a variety of major music festivals.



WO2 Alfred Wong  
 Alfred Wong Memorial  
 Scholarship

If they had met, **WO2 Alfred Wong** and WO2 Lorraine Rigden would have liked one another for their shared love of cadets and music. Alfred Wong died in a bicycle accident on his 18th birthday.