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## LOGISTICS BRANCH 50<sup>th</sup> ANNIVERSARY 50<sup>e</sup> ANNIVERSAIRE DU SERVICE DE LA LOGISTIQUE

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# 'Thunderbirds' thanked for their contribution during the Korean War



Members of 426 Transport Training Squadron, War Veterans Association of Korea and the Korean Air Force Association gathered at the National Air Force Museum of Canada to mark the 65th anniversary of the Korean War armistice on June 1, 2018.

Photos by Makala Chapman

Korean Air Force Association representative Yun Back Kim (right) presents 426 Transport Training Squadron Lt.-Col. Brent Hoddinott with a commemorative plaque June 1, 2018.

By Makala Chapman

Members of 426 Transport Training Squadron are being thanked for the integral role they played during the Korean War. In an outdoor ceremony held at the National Air Force Museum of Canada, delegates from the eastern chapter of the Korean Air Force Veterans Association presented past and present members of the 'Thunderbirds' with commemorative plaques on June 1.

Representatives from the War Veterans Association of Korea were also on hand to show their support. In addition to thanking members of 426 Squadron, the event paid tribute to the 65th anniversary of the signing of the Korean Armistice Agreement, which put an end to the fighting on the Korean Peninsula in 1953. Taking to the podium to address the crowd was Korean Air Force Association representative Yun Back Kim. In his speech, he noted how

important it was to reflect on the sacrifices and contributions of all those that served. "It is an honour to have the opportunity to express our appreciation to all Korean War veterans of Canada," he said, "especially those from the Royal Canadian Air Force's 426 Squadron." He then went on to add he was pleased to commemorate the Korean War armistice, given that the number of Korean War veterans is continually decreasing.

"I feel that it is our duty to remember their fight to keep our freedom and the peace," he said. "I hope that we will all remember this day and pass on our knowledge from one generation to the next." Also speaking on how proud he was of his predecessors was 426 Transport Training Squadron's commanding officer Lieutenant-Colonel (Lt.-Col.) Brent Hoddinott.

Continued on page 5

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## Sports & Recreation

### Golf Tip of The Week

Courtesy of Roundel Glen Golf Course  
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## Pro Per Posture for a Better swing

There are many aspects of golf that people struggle with. I believe one of the problems golfers have in trying to perfect the swing, lies in their posture. Good posture at set up will inevitably lead to a better swing and a better result. We call this "slouching". The problem with slouching is the golfer is rounded through the back and shoulders. The spine is at a disadvantage and will not be able to rotate effectively. This will lead to other areas of the body compensating and increasing the likelihood of a bad shot.

- A proper swing relies heavily on a proper trunk rotation. Imagine your spine as an axis. By turning on your axis with a straight spine and square shoulders you will have the greatest amount of rotation.
- Now imagine that you have increased your rotation and now you are like a tightly wound spring. With one twitch of the hip you are releasing the built up tension in that spring which will give an added bonus of power and thus creating more distance.
- If you are sitting at your desk begin by sitting up straight, push your pelvis back as if you were shutting a car door with your buttocks.
- Pull your shoulders back (pulling your shoulder blades together). Feel the stretch through your chest. You may feel some discomfort in your lower back but this is a good pain. You are now engaging your hip flexors, chest muscles and your lower back muscles that have become weakened through bad posture practices.
- To test your posture on the range. Set up at address. Take your club with your right hand over your head and let it lay down the length of your back. If your posture is correct you should feel the club touching your body in three key points: the back of your head, your spine, mid way down your back and most importantly your tailbone.
- If the club is not touching both the back of your head or your tailbone, you are slouching.
- Correct your posture and try again. Bring your club back to address while maintaining proper posture and now rotate your trunk to a full back swing. Keep testing your posture on and off the course. Your body will thank you.

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# Milestone year for Highway of Heroes Ride and Rally



By Makala Chapman

While the sound of airplane engines are nothing new to the community of Trenton, this year's Heroes Highway Ride and Rally was sure to add a little extra noise to the mix.

More than 2,000 motorcyclists from all across the region descended upon the parking lot of 8 Wing Trenton's Flyers Arena for the annual memorial ride, now in its tenth year, on June 2.

Noting how happy he was for the continued support from the base and the participants was the event's founder and executive director Lou DeVuono.

He went on to explain that he was first inspired to do something to honour the country's fallen, as well as those currently serving, after witnessing the repatriation of a soldier killed in Afghanistan more than a decade ago.

"I knew for (the) families their lives would never be the same," he explained, "so I wanted to do something that would recognize the fallen, currently serving, the injured and their families who all make sacrifices while their loved ones are away."

Using 8 Wing Trenton as their starting point, each year the motorcyclists make the trek along the Highway of Heroes before finishing their ride at Memorial Park in Port Hope.

Once at their destination, the participants take the afternoon to socialize, have lunch in the park and speak to some of the visiting veterans organizations and vendors on site.

When asked if he ever thought the memorial ride would have gotten as big as it has over the years, DeVuono took a moment to look out into the sea of chrome before delivering a heartfelt "no".

"These people come out here for the right reasons and it's a chance for them to demonstrate their support," he said.

Once again helping organize and supervise the event from the Base was 426 Transport Training Squadron's Chief Warrant Officer (CWO) John Nichols. Whether it's been as support staff or as a participant in the ride itself, CWO Nichols said he's been proud to be part of the event since its inception.

"It gets pretty emotional, especially when you see the support from the different communities over the bridges while you're travelling down the Highway of Heroes," he said. "All in all, it's a great ride."

Photos by Makala Chapman

Participants of the Highway of Heroes Ride and Rally event being their ride by departing from the Royal Canadian Air Force's Flyers Arena at 8 Wing Trenton on June 2, 2018.

Highway of Heroes Ride and Rally executive director Lou DeVuono thanks the participants for their 10 years of support on June 2, 2018.



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# Safety



## Repetitive motion injuries: Carpal Tunnel Syndrome

Some on-the-job injuries occur quickly, in an unmistakable and dramatic way. Others build up gradually over a period of time. They are known as repetitive motion injuries or cumulative trauma disorders. One of the most common of these is Carpal Tunnel Syndrome. It affects the hands and wrists, and can result in permanent disability. Carpal Tunnel Syndrome generally occurs in people whose occupations involve repeated motion or vibration to the hands. Some of the typical occupations where Carpal Tunnel Syndrome tends to occur include keyboarding, cashiering and assembly line work, but it can occur in many other kinds of work.

The carpal tunnel is the name of a little channel, which runs through the middle of the wrist. Passing through this channel are tendons and a major nerve. When the hand or wrist is subjected to repetitive work, impact or vibration the tissues swell. This squeezes the nerve and the tendons. Problems with the hands and the fingers are the result.

Some of the symptoms include a tingling feeling in the hands, followed by numbness and clumsiness. After a while, the tingling becomes a continual burning pain. Eventually, the pain becomes so bad and the hand becomes so weak that it cannot grasp objects.

Carpal Tunnel Syndrome is much easier to prevent than to cure.



Here are some tips:

- Make it a habit to work with your wrist straight, not turned at an angle.
- Make adjustments to your work station and to your tools so that you can work with your wrists and hands in a comfortable and neutral position.
- Grip tools and materials with your whole hand where possible. Tools, which extend only part of the way across the palm, can contribute to Carpal Tunnel Syndrome.
- Take advantage of tools, which are

designed to allow you to keep your wrists in the correct position.

- Use other devices, which help keep wrists in the correct position, such as wrist rests for keyboards and wrist braces.
- Do not subject the hands to impact. Remember never to pound with your hands.
- Also make an effort to avoid continuous vibration to your hands. Special padding on tools and equipment can help reduce vibration.
- Switch tasks to give your hands a break. Do not repeat the same motion hour

after hour.

- Do flexibility and strength exercises for your hands, wrists and arms.

*Seek medical help if you think you might be developing Carpal Tunnel Syndrome. Methods of treatment can include rest, therapy, splints, medicine and surgery. Don't wait for the problem to go away on its own. If it becomes worse, it will be more difficult to treat. It is possible to end up with permanent disability from Carpal Tunnel Syndrome.*

### The Contact Newspaper

The CONTACT is an official publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Armed Forces at work.

The CONTACT is published every Friday with the kind permission of Col. Mark Goulden., MSM., CD, Commander, 8 Wing/CFB Trenton. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

Where typographical errors are discovered in advertisements (including classifieds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the advertising space.

The CONTACT is produced weekly under a Publication Service Agreement with a division of Metroland Media Group.

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### ARTICLES AND PHOTOS

The Contact produces news and information about 8 Wing/CFB Trenton at home and around the world. We depend on our military community for articles, personal stories and photos.

- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.

- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.

- Articles must be received by Monday at noon prior to print date.

### Letters to the Editor:

All letters must be signed and include the name of the author, which will be published. Include a phone number for verification. We reserve the right to edit the text while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. E-mail letters to: cfbcontactnewspaper@gmail.com



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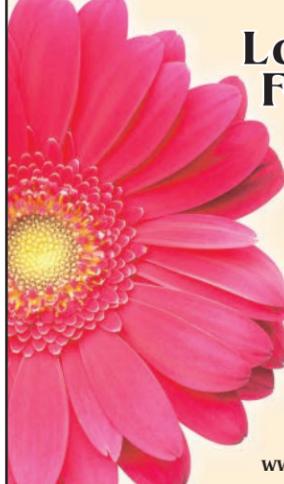
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He shared that the 'Thunderbirds' participation during the Korean War was a "proud moment" in his squadron's history due to the fact that most of the approximately 800 RCAF personnel in the Korean theatre, from 1950 to 1954 served with 426 Squadron. In total, they flew

an estimated 6 million miles, as well as carried more than 13,000 people and 7 million pounds of cargo during their time of service. "To put that into perspective, 6 million miles is to the moon and back, 15 times," Lt.-Col. Hoddinott explained, "and we did not have a single casualty or a single passenger or piece of cargo go missing. In all respects, it was a very outstanding operation."

Also in attendance at the ceremony was Korean War veteran and retired 'Thunderbird' Flight Lieutenant (Flt.-Lt.) Robert James Rose. He noted he was happy to take part in the ceremony and reflects fondly on his time serving during the Korean War. "It was very thoughtful of (the Korean Air Force Veterans Association) to recognize those of us who participated

in the airlift operations and I appreciate that very much," he said. Flt.-Lt. Rose added that he would always remember those he served alongside and is proud of the work they accomplished. "That was a good part of my career and it was a wonderful thing," he said with a smile. "I started there as a Thunderbird and I will one day likely fly away as a Thunderbird."



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# 'Bluenose' Squadron reborn and ready to work



Photos by Makala Chapman

Col. Shayne Elder, Lt.-Gen. Al Meinzinger and Lt.-Col. Graham Edwards officially sign the documents making 434 Operational Test and Evaluation (OT&E) Squadron a part of the RCAF's Aerospace Warfare Centre at 8 Wing Trenton on May 31, 2018.

By Makala Chapman

434 'Bluenose' Squadron is officially back in business with its headquarters in Trenton.

A ceremony held at the National Air Force Museum of Canada officially marked the rebirth of the Royal Canadian Air Force's (RCAF) historic Second World War bomber squadron on May 31.

Now known as 434 Operational Test and Evaluation (OT&E) Squadron, the unit will fall under the leadership of the RCAF Aerospace Warfare Centre at 8 Wing Trenton.

Its primary responsibilities will be to ensure the integration of operational and test evaluation activities throughout the RCAF. This will include investigating, de-

veloping and testing new technologies, as well as procedures and tactics for the future of the RCAF's air power capabilities. The squadron will also see the amalgamation of seven test and evaluation flights from around the country which include Long Range Patrol at 14 Greenwood, Nova Scotia; Maritime Helicopter at 12 Wing Shearwater, Nova Scotia; Land Aviation Test and Evaluation Flight at St. Hubert, Quebec; Fighter Operation Test and Evaluation Flight at 4 Wing Cold Lake, Alberta; Rescue Test and Evaluation Flight at 19 Wing Comox, British Columbia; Aerospace Test and Evaluation Flight and Transport Operational Test and Evaluation at 8 Wing Trenton, Ontario; and Search and Rescue Operational Test and Evaluation at 19 Wing Comox, British Columbia.

Speaking at the ceremony on his excitement to have the squadron up and running was RCAF Commander Lieutenant-General (Lt.-Gen.) Al Meinzinger.

"It will be your squadron that will be paving the way for the future of the RCAF," he remarked while adding, "It will be essential work."

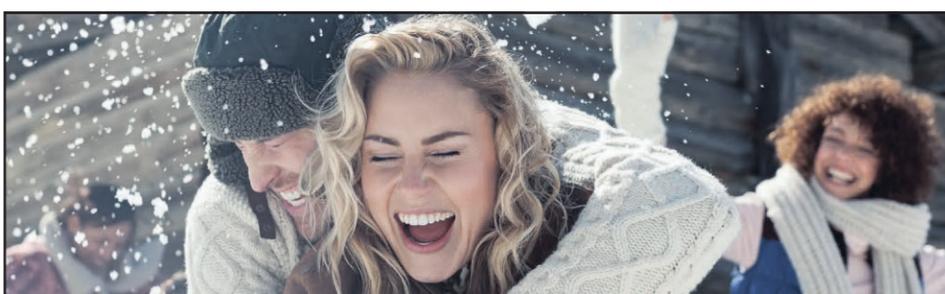
He also noted he was looking forward to tracking the work being done by the squadron and reiterated his expectations, which were to "build a stronger and more vital RCAF capacity and capability."

Taking leadership of the newly reinstated squadron was commanding officer Lieutenant-Colonel (Lt.-Col.) Graham Edwards. He too shared a few words at the ceremony and went on to thank those who helped lay the foundations for the squadron's return.

"I'm very humbled by this opportunity to be a part of the RCAF's transformation and equally humbled by the unparalleled efforts by the members of the RCAF Aerospace Warfare Centre," he said. "I am not naive enough to think the hard work is done and I am very aware that planning is only



RCAF commander Lt.-Gen. Al Meinzinger (right) entrusts the squadron's colours to commanding officer Lt.-Col. Graham Edwards at 434 Operational Test and Evaluation (OT&E) Squadron's stand-up ceremony on May 31, 2018.



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half the battle, with execution being the more daunting task."

He then jokingly apologized to Colonel (Col.) Shayne Elder, the commanding officer of the RCAF's Aerospace Warfare Centre, for all the squadron memorabilia he plans to collect and display in their shared space.

Since its inception in 1943, the former bomber squadron has been stood down four times, but has since returned with a revitalized and even bigger role to play in the RCAF.

# A message from the Chief Fire Inspector

By order of 8 Wing CFB Trenton  
Chief Fire Inspector

Under no circumstances should anyone STOP or PARK in Fire/Emergency Crew Lanes if you are not in an Emergency Vehicle. Military Police and Wing Transport's Safety Cell are being notified during each infraction.



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DEPLOYMENTS	CROATIA - 1992 BOSNIA - 1997, 2000 AFGHANISTAN - 2002, 2004, 2008, 2012 //
TRANSFER FROM	WARRANT OFFICER
REG FORCE	PPCLI - 2016 //
RESERVES	MASTER WARRANT OFFICER RHLI - 2016-PRESENT //
LOCATION	HAMILTON //
TITLE	ACCOUNT MANAGER //
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## Upcoming local events

**June 9** – Free yoga and creative writing workshop for caregivers of injured military veterans/members. This event will be held at Get Yoga in downtown Trenton from 1 p.m. to 4 p.m. For more information and to pre-register, contact Andrea at amchat-tiechristensen@gmail.com.

**June 10** - Quinte Society for Chamber Music will be holding its Annual General Meeting at 1:00 p.m. at St. Paul's United Church, 104 Church St., Stirling, Ontario. All interested are welcome to attend. For more information e-mail: info@qscmusic.com or call 613-473-4461.

**June 16** - Trenton Legion, 19 Quinte St., is hosting a 50's Dance with live band "The Reasons" starting at 8 pm. Advance tickets can be purchased in the Legion Office or by calling 613-392-0331. Visit our website at www.rcl110.ca.

**June 16** – Darren Williams and Wayne Boone Memorial Ride with 1 CAV Afghanistan. Registration for the event starts at 9 a.m. at Hillier Creek Estates, which is located at 46 Stapelton Rd., Hillier, Ontario. For more information contact 613-242-8572.

**June 23** – Wounded Warriors Memorial Golf Tournament. To be hosted at Roundel Glen Golf Course CFB Trenton. Shotgun start 11 a.m. to 4 ball best ball. For more information or registration, contact Bryan Pearce at 613-661-4917 or hawk.slj.10@gmail.com.

**June 26** – The Trenton Military Family Resource Centre will be holding their Annual General Meeting at their facility located at 50 Rivers Drive, East, Quinte West from 6 p.m. to 7 p.m.

**June 28** - Canadian Military Wives Choirs Trenton will be partnering with Mark McGreevy and The 413 Wing RCAF Association for a Down Home Night with music, a silent auction, delicious food and great company! For tickets email canadianmwc.trenton@gmail.com or contact 413 Wing at 230 North Murray Street, or through the MFRC.

## ANNUAL HYDRANT TESTING/FLUSHING

When: 3 JUL – 9 AUG 18.

What: HYDRANT TESTING/FLUSHING will be happening throughout the base and when maintenance it happening there is a chance of brown water.

# RESPECT IN THE CAF

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*Courses next month – July 5, July 17*

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# Calling all Commuters!

## Bike to the Base Breakfast!

19 June, hosted by Health Promotion

**0630-07:30 hrs – Complimentary!**



Info @ 3768  
June is Bike Month!

## Triple P, Positive Parenting seminar

(for parents of children 0-12 years)



### Raising Resilient Children:

How can you help your child manage their emotions so they cope well with disappointment and in stressful situations? Get the strategies that will allow them to recognize positive and negative emotions – and deal with them in a healthy way.

June 18th from 6 to 730

For more information contact:  
**Jaelyn Hunter**  
613-392-2811 ex 4017







# TRENTON Military Family Resource Centre

www.trentonmfr.ca • 613-965-3575 • 50 Rivers Drive East, Siskin Centre • With locations in Belleville & Frankford

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## June 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 Al-Anon	11 Triple P: Raising Confident, Competent Children	12 Good Food Box Order Deadline (3 p.m.)	13 Hello Wednesday	14 Mindfulness Essential Skin Care Home Child Care – Caregivers Info Session	15	16
17 Al-Anon	18 Triple P: Raising Resilient Children	19	20 Good Food Box Pick Up The Fairy Connection	21	22	23 Youth Centre Ball Hockey BBQ  PEC Shopping Tour
24 Al-Anon	25	26 Manulife Info Briefing (VFP) Trenton MFRC Annual General Meeting	27 Hello Wednesday Budgeting for Release (VFP)	28 Mindfulness	29	30

● **Triple P, Positive Parenting seminars**

**Raising Confident, Competent Children**  
You can help your child become confident and successful at school and beyond. Find out ways to encourage them to be respectful and considerate, communicate and get on well with others, feel good about themselves and become independent problem solvers.

Monday June 11, from 6 to 8 p.m.  
For more information, please contact Jaclyn Hunter: 613-392-2811 ext. 4017.

Raising Resilient Children

How can you help your child manage their emotions so they cope well with disappointment and in stressful situations. Get the strategies that will allow them to recognize positive and negative emotions – and deal with them in a healthy way.

Monday, June 18, from 6 – 7:30 p.m.  
For more information, please contact Jaclyn Hunter: 613-392-2811 ext. 4017.

● **Hello Wednesdays**

June 13, 2018 - 10 a.m. - noon  
Every other Wednesday, visit us at the MFRC to meet and mingle with other members of the community. Whether

you're new or a regular to us, everyone is welcome to have a coffee, share resources, & get to know us better!  
Any questions or concerns, please contact Rabia at rabia.s@trentonmfr.ca or Hélène at helene.cg@trentonmfr.ca. No registration required.

● **Essential Oils Series**

Thursday, June 14 – Essential Skin Care  
Learn how essential oils can improve your skin and help protect it.  
Contact Rabia at rabia.s@trentonmfr.ca for more information or register at MFRC reception.

● **Mindfulness Group**

This group will help you develop mindfulness practices as a way to reduce stress and anxiety, and improve choice when responding to difficult situations. Experience is not required. The Mindfulness Group will take place on June 14 & June 28, 2018 from 12 noon until 1 p.m. or 1 p.m. until 2 p.m. at the Trenton MFRC. Please register at least one week prior to the workshop. You can register and learn more by contacting Rabia: 613-392-2811 ext. 2568 or rabia.s@trentonmfr.ca.



Designed specifically for a narrow lot, this two-storey, three-bedroom family home boasts a glass-railed balcony outside the master suite, as well as three covered patios accessible from the main floor.

The home has three entries, each protected by a covered patio. At the front, the entry leads into the kitchen, while another entry at the back leads into the great room. The third entry opens into a corridor, with a coat closet nearby.

The great room, with six large windows, will receive plenty of natural light, and features a wood-burning stove. The dining room, located in a bayed-out area, will also be full of light, thanks to windows on three sides. The kitchen is

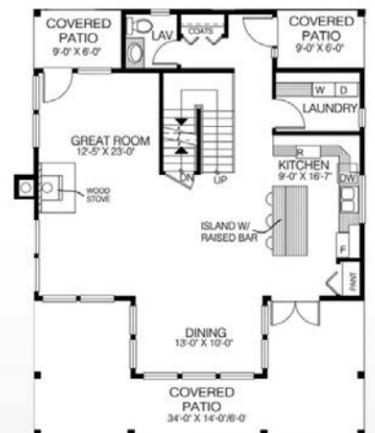
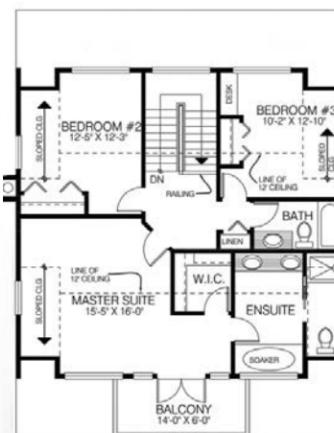
separated from the rest of the great-room area by an island with a three-seat eating bar.

An L-shaped counter configuration will save steps for the cook, who will also appreciate the roomy pantry. French doors open to the large patio that overlooks the front garden, making alfresco meals a breeze during the warmer months.

Also on the main floor is a two-piece powder room, as well as the laundry room. Upstairs, the master suite occupies a dormer, so the ceiling slopes in two directions.

The en-suite includes an oval soaker tub with its own window, as well as double basins and a glassed-in shower stall. The walk-in closet will have plenty of room for clothing and accessories.

The secondary bedrooms also feature a sloped ceiling, and share a three-piece bathroom, with a linen closet conveniently located nearby. Both bedrooms look out to the back garden, as well as having windows to the side. The large landing area is protected by a railing.



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## Photos of the Week

### CFS Alert: Celebrating Pride



Photo by Master Corporal Colin Neave

By Second Lieutenant Daniel McCall

On June 1, to mark the beginning of Pride Month, CFS Alert proudly raised the Transgender Pride flag over its entrance, marking the furthest that this flag has ever been flown. The flag-raising in Alert was in June 1969. The flag-raising was championed by Master Corporal Natalie Murray, a transgendered woman serving as CFS Alert's FM Radio Technician. The transgender flag was created in 1999 by Monica Helms, a former member of the United States Navy. CFS Alert is proud to support all LGBTQ2 members in uniform, and recognize their service to the CAF and to our nation. MCpl Murray spoke highly of the strides

made by the CAF towards the acceptance of transgender military members. "There has been much positive change in the culture of the Canadian Armed Forces since my transition fifteen years ago, and it is my hope that it continues," she said. "Having the opportunity to be able to fly this flag up here is a part of that positive change, and it is a powerful moment for many Canadians and CAF members, and CFS Alert is proud to show its continued support towards each of them. At the end of June, CFS Alert will mark the conclusion of Pride Month by flying the Rainbow flag, which represents all of LGBTQ2 community."

### Mission Support Squadron



By Master Corporal Kathleen O'Connor

Photo by Simon Vidal (TEME Flight) (TEME Flight), 8 Mobile Support Squadron, completes his driver inspection on the grass cutter in Mountainview during and Electrical Mechanical Engineer Flight refresher training this week.

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## Ask a Dentist ?

### Bad Breath

Bad breath, or halitosis, can occur from the types of food we eat or unhealthy lifestyle choices such as smoking.

Food and drink such as garlic and onions, caffeinated beverages and alcohol contribute to halitosis. Smoking or chewing tobacco also causes bad breath, stained teeth and reduces our ability to taste. And let's not forget that they lead to gum disease.

The key to counter these causes of bad breath is to be proactive with good oral hygiene. Consider a travel tooth brush and don't forget to brush your tongue! Odour causing bacteria build up on our tongue and needs attention just like brushing your teeth and flossing do.

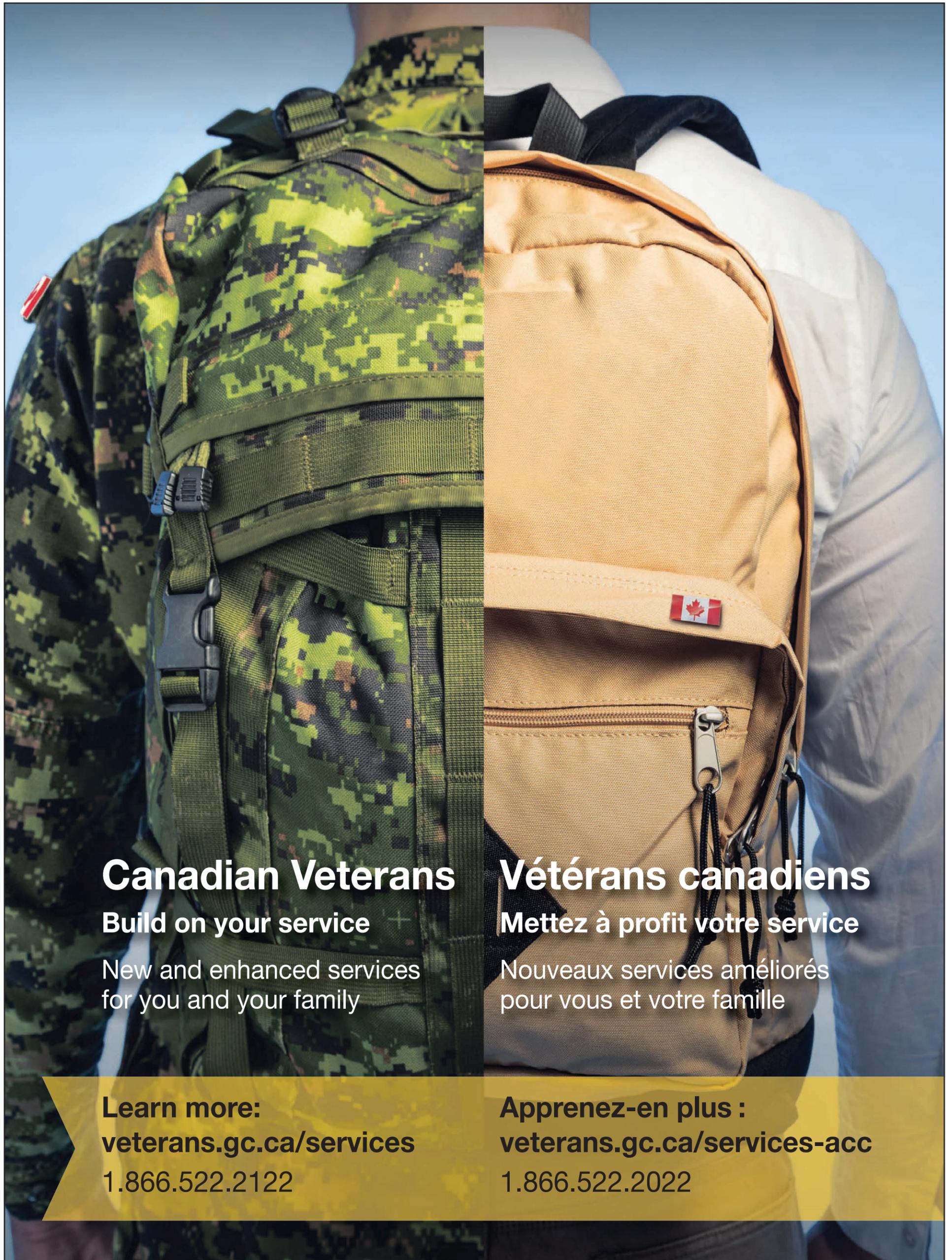
Bad breath on a more serious note, may be a warning sign of gum (periodontal) disease. Gum disease is evident when our gums bleed, recession is evident and abundant amounts of plaque or tartar are visible. Gum disease increase bacterial numbers in the oral cavity and these can lead to other health concerns in the body. There is a direct connection between gum disease and heart disease!

The key to stopping bad breath is to practice good oral hygiene and to see your dentist regularly for a cleaning!

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