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LGen Lucas reactivates 429 Transport Squadron



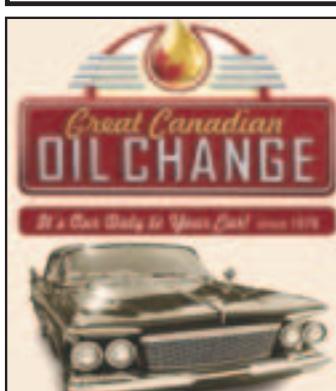
Lieutenant-General Steve Lucas, Chief of the Air Staff, presents Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, with the 429 Squadron Colours during a special ceremony for 429 Transport Squadron on July 18, 2007. See Page 5 for more photos.

HERE COMES CANADA ONE!

Photo: Submitted



Say hello to a freshly painted Canada One, the first C-17 Globemaster III, set to arrive at 8 Wing/CFB Trenton next month. See Pages 2 and 9 for related articles and photos.



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Canadian C-17 crews thank their USAF instructors

by Maj Jeremy Reynolds

The first group of Canadian air transport crews learning to fly the new C-17 Globemaster III strategic airlifter have wrapped up their training with the United States Air Force, in preparation of the arrival of the first aircraft at 8 Wing Trenton next month.

Friday, June 29 marked the 'end of seasoning' training that Canadian C-17 aircrews have been receiving with the USAF. Seasoning training is the second phase of the C-17 course where crews take what they learned in the classroom and simulator, and put it to the test by flying alongside real operational missions with their USAF instructors.

Crews celebrated the day with a small ceremony and exchange of gifts between the Canadian students and their instructors - members of the 313th Airlift Squadron (AS) at McChord Air Force Base (AFB), Washington.

While the C-17 Project Management Office staff at National Defence Headquarters in Ottawa has been extremely busy in the demanding task of getting the actual aircraft and infrastructure in place, the six pilots and six loadmasters selected as the first crews for the aircraft have been engaged in initial qualification training since the fall of 2006.

Both pilots and loadmasters attended their respective, three month, "initial qualification" courses under the



CREDIT: DND

The first group of Canadian pilots and loadmasters to be trained on the C-17 Globemaster III stand with their USAF instructors during an appreciation ceremony to mark the end of their training.

direction of the 97th Airlift Wing (AW) at Altus AFB in Oklahoma. After finishing that course, each member then went to McChord AFB for continued, post-graduate, "embedded" training.

Canada opted for the "seasoning" of its initial cadre in order to gain operationally qualified aircrew capable of immediately conducting high priority missions with Canada's first C-17 aircraft scheduled for delivery next month. During their time at McChord AFB the initial cadre received flying instruction from Canada's two original C-17 exchange pilots, Major Jean Maisonneuve and Major Jeremy Reynolds. In addition, Major Robert Matthews and Major Marc Miller, both from the USAF's 62nd Operational Support Squadron (OSS), brought their extensive experience to the combined training of the

initial cadre.

In terms of exposure to operations, 12 of the initial cadre were able to operate on several combat missions in and out of Afghanistan flying with the 313th AS personnel.

313th AS's contribution was fundamental in ensuring that Canada's first cadre of C-17 pilots and loadmasters received the essential training to ensure their operational readiness. Furthermore, flying as combined CF/USAF crews resulted in a newly found close bond between the 313th AS and Canadian crews - this will be especially important as future members of the new C-17 squadron in 8 Wing Trenton undergo their training from the USAF. The experience has resulted in the forging of new and closer ties with one of our allies thus assuring continued future success and interoperability.

WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Congratulations to regional participants of the Annual CFSDC! During the period June 11-14, 2007, Transport held the Regional Canadian Forces Safe Driving Championship (CFSDC) along with ILS Transport/ASU Kingston at McAdoo Lane, Kingston, ON. Below is a list of competitors and where they placed in the various categories in brackets: Route Discipline: Cpl LetandreMacKay and Cpl Wilkinson (2), Cpl Bell and Cpl Leboeuf (5). Straight Truck: Mr Goulet (2), Mr Balsdon (10), Mr Vidal (11), Cpl Marcil (13), Cpl Gagne (14). Bus: Mr Vidal (6), Cpl Gagne (8), Cpl Jette (9), Cpl Marcil (10). Tractor Trailer: Mr Balsdon (5), Mr Goulet (8). Pictured above are the competitors that will move on to the National CFSDC Championship, to be held in Cold Lake, AB during the period Aug. 26 - 30 2007. From left to right: Cpl Wilkinson and Cpl LetandreMacKay (Route Discipline), Mr Fred Balsdon (Tractor Trailer) and Mr Romeo Goulet (Straight Truck). Good luck to all and keep on trucking!

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July 23 - August 6 for summer vacation
Please note, there will be no papers for these two weeks.
We will re-open on August 7.
Thank you**



SAR-Techs, Cont'd from Page 1

The call was received in the late afternoon as 424 (T) Sqn immediately responded by sending a CC-130 Hercules.

The crew aboard spared no time in locating the distressed duo.

"It was only a brief search," said Sergeant Ed Miller, also a SAR-Tech. "We found them quite easily."

The rough waters and bad weather forced the two boaters, a 70-year-old male, along with a 28-year-old, to beach their 16-foot open hulled boat on a small island to seek shelter.

Sgt Miller, along with the second SAR-Tech, Sergeant Gus Ryan, parachuted down to the island to ensure that both boaters were going to be alright.

Thankfully, the two men were found to be fatigued, but otherwise unharmed.

An Ontario Provincial Police (OPP) boat arrived on the scene to assist by taking the boaters, as well as Sgt Miller and Sgt Ryan, back to shore, and back to safety.

Once back at the marina, the SAR-Techs left the duo and accepted a ride from the OPP to Sault-Saint Marie where

they were then picked up by the Hercules helicopter.

That wasn't it for nautical rescues for the 424 (T) Sqn crew when the crew of STV Fair Jeanne got an unlucky break on Friday, July 13.

At 4:40 p.m. a fire started in its engine room of the vessel and began taking on water by 5:15 p.m.

At the time, the STV Fair Jeanne was being used for training - to provide practical experience for sea cadets attending the Boatswain course at HMCS Ontario Cadet Summer Training Centre at CFB Kingston.

424 (T) Sqn was called to assist both the Canadian and American Coast Guard vessels in the rescue.

SAR technicians aboard a Griffon helicopter were then lowered down on to the Canadian coast guard vessel "Cape Hearn" and by 6:40 p.m. and all cadets and staff from HMCS Ontario had been safely evacuated from the vessel.

Note: Officer-Cadet D. West and Second-Lieutenant A. Morin are currently completing their required On-the-Job Training (OJT).

A FAREWELL, TO OUR FAIR LADY

Photo: Amber Gooding



Friends and co-workers gathered in the clubhouse of the 8 Wing Golf Course on Wednesday, July 18 to bid a farewell to former NPF Human Resources Assistant, Sue Warren (centre, white shirt), as she moves on to her position with the Civilian Personnel Office at 8 Wing/CFB Trenton as their new Human Resources Assistant. She has been a delightful fixture with NPF HR for years, and although she is not moving on geographically speaking, she will be greatly missed by those who are used to seeing that trademark smile everyday. As famous writer Richard Bach would say, "A farewell is necessary before you can meet again". With that being said, thank you Sue...until we meet again!

Search & Rescue UPDATE

The 424 Squadron Tigers had a steady week of Search and Rescue since last Wednesday, July 11.

First, the CC-130 Hercules was tasked to search for a drifting sailboat on Lake Erie. They spotted a balloon in the vicinity of an oil rig and Cape Lambton was directed on-scene to recover the balloon. The Hercules was stood down to return to base.

Later on Wednesday the Hercules and the CH-146 Griffon were tasked together to aid some stranded kayakers in the Muskoka area. As the Hercules arrived on scene the coast guard was rescuing nine kayakers and assistance was no longer required. Almost immediately the Hercules was sent to locate a missing boat on Lake Superior near Michipicoten Island. Supplies and SAR-Techs were dispatched to save two people overboard.

On Friday, the Hercules searched for a sinking floatplane in the Lac St. Jean area. Three people were found uninjured and overboard. A Griffon from Bagotville arrived to lift the casualties to safety in Bagotville. The Hercules then departed to assist with a burning vessel on Lake Ontario near Kingston. The 424 Griffon was already on scene providing two SAR-Techs to stabilize the situation. One person suffered head injuries and was transported to Kingston hospital for treatment; all others were well.

Early Saturday morning, the Griffon was sent to search for a missing woman along the shoreline in Cobourg. The coast guard took over and the Griffon returned to base. The following day the Griffon assisted the US coast guard in a search for a 17-year-old female in Mexico Bay. They searched until they were returned to base.

The Hercules was tasked on Monday to search for a missing boat with two people overboard near Sarnia, but was stood down once they became air-borne. Finally, the Griffon was tasked to search for a 24-year-old male in the water after two boats collided near Hamilton Island, east of Cornwall. The crew searched with night vision goggles and did not find the target. They were stood down and tasked again later that day to search for the man. Nothing was found and the crew returned to base.

Until next time, stay safe.

Missions for 2007: 111 Missions for July: 17 Persons rescued: 15

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The CONTACT delivers news and information about 8 Wing / CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do not include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (leblanc.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved in rich text format (.rtf) or as "text only" on a disc and accompanied by a hard copy of your article.
- Articles must include author's full name, unit and phone #.
- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction.

Jpeg-Maximum (8X10), 300 dpi

• Please label all disks and hard copies with article name, contact person and phone numbers, date.

• ARTICLES MUST BE RECEIVED BY TUESDAY AT NOON PRIOR TO PRINT DATE AT THE CONTACT OFFICE.

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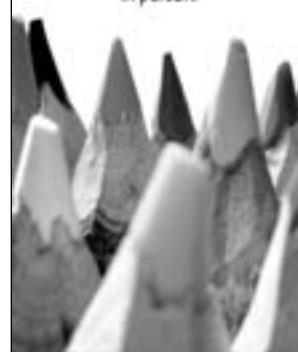
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38 Sup

39 Dory features

40 The A in BA

41 Alberta's Red

43 Spigot

45 Urge

48 Alberta's White

52 Ontario's Red

55 Curb

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59 Ancient Irish tongue

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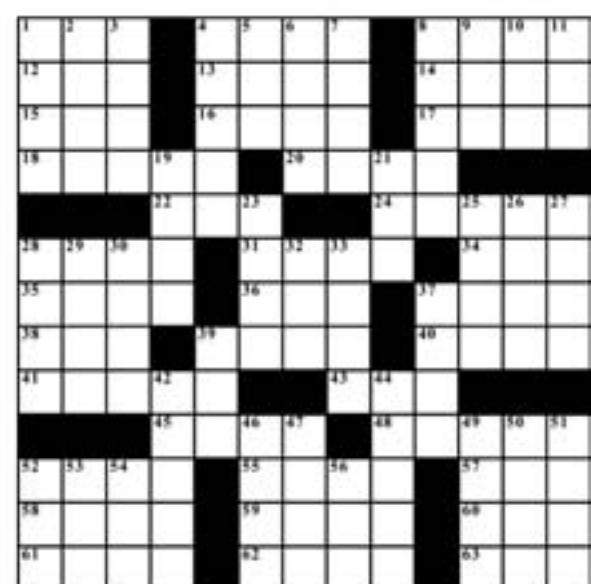
61 Nova Scotia's White

62 Saskatchewan's White

63 Tolkien creation

DOWN

1 Alberta's Red



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| 2 Aleutian island | 29 German river |
| 3 Lesion | 30 Italian wine region |
| 4 Manitoba's White | 32 Swiss river |
| 5 Be unwell | 33 Wen |
| 6 Mine feature | 37 Mafia figure |
| 7 Northwest Territories | 39 Often, poetically |
| White Lake | 42 Devil |
| 8 Manitoba's Red | 44 Pocked |
| 9 Harem | 46 Ship's complement |
| 10 Household cleaner | 47 Deli sandwich |
| 11 Latch follower | 49 Incite |
| 19 Electrical units | 50 Grizzled |
| 21 W African Nation | 51 Trial |
| 23 Swedish rockers | 52 Word after tra |
| 25 Distant | 53 Summer slaker |
| 26 Parental command | 54 New Zealand parrot |
| 27 XXX | 56 Prefix for metric |
| 28 Eng.'s concern | |



This Week in Contact

1977 – A 426 Squadron CC-130 training flight commanded by Captain "A1" Niles carried out an emergency airlift of 150 barrels of fuel to the town of Lethem in south-western Guyana, South America. Responding to a direct request from the President of Guyana, the Department of External Affairs and the Department of National Defence authorized the airlift shortly after the arrival of SF515 at Timehri (Georgetown) airport, on the ninth day of a routine squadron global training flight.

1987 – The Minister of National Defence, the Honourable Perrin Beatty, has announced that Brigadier-General Terence Liston, on promotion to Major-General, will be appointed Chief of Force Development at National Defence Headquarters in Ottawa. In this newly created position, he will be responsible for preparing the strategy and programs needed to implement Canada's defence policy outlined in the recent defence White Paper. Brigadier-General Liston relinquishes his position as Director General Information, an appointment he held since July 1985.

1997 – Members of the Canadian Forces Parachute Maintenance Depot (CFPM) held Exercise Field Rigger 9701 at CFB Kingston. The exercise was held to qualify the members of the unit on C7 rifle and the senior NCM's and officers on the 9mm pistol. The junior ranks were also able to perform a familiarization shoot on the 9mm pistol.

**Created by Lt J. H. MacDonald,
Compiled by Amber Gooding.**



Bison Squadron stands tall, Continued from Page 1

Wing/CB Trenton, reflected on his past experiences with the Bison, "It's the people ... we had a great group of people in the past and we have a great group of people coming into

429 again." Many members of the 429 Squadron family were at the Standing Up of the Colours ceremony and the Reactivation Parade, including seven former commanding

officers. "Lieutenant-Colonel Dave Lowthian is the right man for the job," said Col Hood. "He's a good officer and a good pilot and as the commanding officer of a squadron

that is getting the newest fleet of aircraft, he has much to be excited about."

The newest chapter in the history of 429 Squadron has now begun.



Members of the Air Force salute the Colours during the Standing Up of the Colours at the RCAF Memorial Air Park on July 18, 2007. The Colours represent 429 Squadron's Battle Honours and are the Squadron's most prized possession.



Lieutenant-Colonel Dave Lowthian, Commanding Officer of 429 Squadron, leads the general salute to the Chief of the Air Staff, Lieutenant-General Steve Lucas.



Lieutenant-General Steve Lucas, Presiding Officer of the Reactivation Parade, inspects the members of 429 Transport Squadron.



Colonel Mike Hood, Commander, 8 Wing/CB Trenton, presents Nancy Lowthian, wife of 429 Squadron Commanding Officer Lieutenant-Colonel Dave Lowthian, with a bouquet of flowers to welcome her to the 429 Squadron family on July 18, 2007.

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SUMMER MILITARY LANE SWIM



Photo: Amber Gooding

Private Joe Kerlow is shown above during a Tuesday Military Lane Swim at the Albatross Outdoor Pool. The summer schedule for military lane swims came into effect at the beginning of July and runs from 1200 to 1300 hrs at the RecPlex indoor pool open from Monday, Wednesday and Friday and at the Albatross pool on Tuesday and Thursday.

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Military dependent qualifies for nationals

Brittany Maltais, a swimmer with the Northumberland Aquatic Club (NORAC) in Port Hope and a military dependent, was a provincial finalist at the Provincial Swim Meet in Ottawa last weekend.

Maltais finished in eighth place in the 100m Breaststroke with a time of 1:17:13.

"Brittany has become a very consistent athlete this past year," says Coach

Eric Kramer. "She has developed a greater commitment to the sport of swimming, therefore making her one of the top breaststrokers in Ontario."

She has qualified for, and is currently at the National Swim Meet in Montreal, where she will be competing against a number of swimmers from across Canada. The swim meet is being held in Montreal from July 18 to July 22.

POTTERY AND CERAMICS STUDIO

Watch for upcoming details on this new venture.

The Rec Association will soon be offering studio time for experienced potters and ceramicists. Call local 2349 for details.

Red Cross Swim Lessons

Session 3 will take place Monday to Friday, from August 13 to 24. Registration for the 8 Wing community begins on July 31 from 4 to 6 p.m. and continues from Wednesday, August 1 to Monday, August 6 at the RecPlex during regular hours of operation. Registration for the general public will take place on August 7, from 5 to 7 p.m. at the RecPlex.

Registration for all continues from August 8 to August 12, during regular hours of operation.

Power skating: A gal's affair

Join us from August 6 to 9, from 6 to 8 p.m. at the RCAF Arena for this all-ladies, all-ages event. Develop skating and puck skills; learn body control/positioning; and maximize efficiency while minimizing effort. Full hockey gear is required. Limited space for this program.

Cost: Military and CRA members, \$55; military community non-members, \$60; general public, \$70. Register at the RecPlex.

Gear up for the Amazing Race

Join us on August 24, at 10 a.m. at the RecPlex Gym for the Amazing Race, with a new, longer route and more clues. This event is open to those between the ages of 11 and 18 years old.

Cost: \$20/team of two (includes food and buff). Pre-registration is required no later than August 20 at 4 p.m. (pre-race packages given out at registration). Register at the MFRC or RecPlex reception desk.

Summer Shinny Hockey

Three weeks of shinny hockey will be offered at the RCAF Flyers Arena. This program is designed for players from the tyke to midget levels. The weeks are as follows: July 30 to August 3; August 20 to August 24; and August 27 to August 31.

Cost is as follows: \$30 for military community; \$38 for the general public.

Full hockey equipment is required.

Please register at the RecPlex, located at 21 Namao Dr East, for desired session(s).

Albatross Pool

The outdoor pool is open for Rec swims, seven days a week from 1 to 6 p.m., and on holidays from 1 to 4 p.m.

Rec swims are free for military personnel and CRA RecPlex and combination membership holders.

There is a drop-in fee of \$1 for military community members and \$2 for the general public.

Golf Passes

Golf passes are \$27, for 18 holes of golf, at the CFB Trenton Golf Course. Passes may be purchased at the RecPlex. Limit: one pass per member or two with proper ID. Passes are available to military personnel and CRA members.

8 Wing/CFB Trenton golf play-down

The 8 Wing/CFB Trenton Golf Play-down will be held at the CFB Trenton Golf Course.

Tee off time will be at 1400 hrs, on Wednesday, August 8, Thursday, August 9 and Friday, August 10, 2007, to select a wing/base golf team that will go on to represent 8 Wing/CFB Trenton at the Ontario Region Golf Championship hosted by CFB Meaford.

A handicap lower than 15 for men and 20 for women is required to compete in this play-down.

The top 12 competitors will

advance to day two. The competition is open to all CF, class B and C reserves members.

Drive and putt your way to the Ontario Region Golf Championship held at CFB Meaford, September 9 to 13, 2007.

Five men and one woman will make up the 8 Wing/CFB Trenton Golf Team.

To register or to obtain more information, please contact Shirley Martin at local 3467 or the Military Sports Coordinator, Dan Cormier, at local 3373, no later than July 27, 2007.

Kayaking for Kicks on the bay

Kayaking for Kicks is a three-hour adventure on the Bay of Quinte! Take this introduction course and enjoy renting kayaks at the south side Gym. All equipment supplied.

This course is great for small groups and families, and includes a wet exit/re-entry certificate, issued once performed. Youth 12 years of age and over may take the course if accompanied by a parent.

Course dates: Aug. 9, 5:30 to 8:30

p.m.; Sept. 5, 5:30 to 8:30 p.m.; Sept. 20, 5:30 to 8:30 p.m.; Sept. 28, 5:30 to 8:30 p.m.

Cost is as follows: \$50, military community/CRA members; \$55, military community non-members; \$60, general public.

New location: 177 Main Street, Wellington. Please register at the RecPlex to take advantage of the reduced cost (a \$60 regular value).

2007 Oddball Olympics

Are you between the ages of 11 and 16 years old? If so, join us on July 26, for the Oddball Olympics, from 2 to 4 p.m. at the RecPlex gym and field.

Cost is just \$20 per team of 4 to 6 people.

Events for the day include Blind Bowling, Team Ski Event, Toilet

Flush Relay, Ping Pong Soccer and Hand Free Obstacle Course.

Pre-registration is required for this event.

Please register at the MFRC Reception desk, located at 50 Rivers Drive, or at the RecPlex Reception desk, located at 21 Namao Drive.

Provincial Parks Passes

The Rec Association has day passes that can be used at North Beach, Presquile, Sandbanks and The Outlet provincial parks. Passes available to military personnel and CRA members. Cost: \$6. Passes are signed out and to be returned to the RecPlex.

Bronze Cross and Standard First Aid

The emphasis of this course is placed on the candidate's ability to respond to a variety of aquatic emergencies using principles of teamwork and emergency procedures.

Bronze Cross is a prerequisite for NLS. Candidates must be 14 years of age and have successfully completed Bronze Medallion and Emergency First Aid courses.

The Bronze Cross and Standard First Aid course will take place on Saturday, August 25, from 9 a.m. to 4

p.m.; Monday, August 27 to Thursday August 30 from 8 a.m. to 2 p.m.

The exam date is scheduled for Friday, August 31, from 8 a.m. to 1 p.m..

Cost is as follows: Military and CRA members, \$130; military community non members, \$140; general public, \$150. Manual fees extra if required.

Manuals used are the same as those used for the Bronze Medallion course.

Indian River Reptile Show



**July 27, 2007
RecPlex Gym**

Join us on July 27, at RecPlex Gym for the Indian River Reptile Show.

Learn how reptiles live, what they eat, where they come from and maybe even get a chance to touch them.

There is a drop-in fee of \$3.00 per person.

The show will begin at 1 p.m. and everyone must be seated by 12:45 p.m.

Street Dance

Come on out and enjoy the music of the Wired for Sound DJ.

Join us for a night of fun and meet the new kids on the block.

The dance will take place in the MFRC parking lot. on Friday, July 20, and again on Saturday, August 25, from 7 to 11 p.m.

Cost: \$5/person, open to those between 9 and 18 years old.



Quinte Ribfest planned

by Amber Gooding
Contact Staff

Big Brothers-Big Sisters of Hastings and Prince Edward Counties is preparing for the first-ever Quinte Ribfest fundraising event, which will take place from August 17 to 19 at West Zwick's Park in Belleville.

The festival will feature six professional ribbers, from world-renowned rib festivals across the continent. There will also be barbecued chicken, bloomed onions, corn on the cob and a barbecue tent with hamburgers and hotdogs, as well as a wide range of beverages to cater to all ages and tastes.

The three-day festival is the first of its kind in the Quinte area, and a first as a fundraising initiative used by the agency. Admission is free for all, with \$2 for parking.

The agency hopes (aside from raising money, which will go back into programs and services offered by the local chapter of Big Brothers-Big Sisters), is to make this an annual event, to raise awareness about the need for volunteers, and to highlight the importance of its work and the impact it has made in the lives of countless youngsters since its incorporation into the area back in 1974.

Jeff Jeffery, a retired Air Force member and a current civilian contractor with 8 Air Maintenance Squadron, is co-chair of the organization's planning committee and has been involved with Big Brothers-Big Sisters of Hastings and Prince Edward Counties since 1996, three years prior to his retirement as a serving member.

A family man himself, he cannot imagine his children lacking that bond between a male or female role model – especially through their adolescent years.

"It's important, as an example, for a single mother of a young boy to know there is a male role model to turn to," he said. "That there is someone there to help, listen and even just hang out with...that they can relate to on a number of levels."

That's what the agency is all about...connecting friends and enriching the lives of children.

The agency currently serves approximately 100 area children and strives for

the healthy development of children and teens. Through a number of programs aside from the Big Brother and Big Sister core-matching program, such as an In-school Mentoring Program, Couples for Kids and Go Girls, the agency is able to provide fun, safe and enjoyable activities that serve both boys and girls and has endeavoured to offer parent-absent boys and girls quality friendships through screening of volunteers and attention to matching.

"We're hoping to raise some much needed money and establish an annual family-oriented event," said Jeffery. "There will be something for everyone to enjoy, including a number of craft tents, a Kiddie Kommando course, live entertainment and plenty of delicious food."

The live entertainment will be incorporated into the overall event throughout the weekend, featuring the ever-popular band Ambush and local entertainers such as Mike E and the Hound Dogs Loyal Blues.

The Quinte Film Alternative will also be hosting a movie screening on both Friday and Saturday evenings and Music in the Park will take place on Sunday evening after the event's closing ceremonies.

The festivities will get underway on August 17 at 4 p.m., closing at 11 p.m. and reopening at 12 noon on both Saturday and Sunday, closing at 11 on Saturday night and at 7 p.m. on Sunday.

Big Brothers-Big Sisters of Hastings and Prince Edward Counties is a non-profit charitable organization with a volunteer Board of Directors, who promote and establish the policies of service. The agency receives its primary funding from the United Way of Quinte, which accounts for roughly 50 per cent. The remainder comes from agency fundraising initiatives, which sits at 45 per cent, and five per cent is acquired through personal donations.

For more information about the agency, their programs and services, or to volunteer with Big Brothers-Big Sisters, please feel free to call 613-962-3666 or visit <http://www.sharingthemagic.org/>. For more information on the Big Brothers-Big Sisters Quinte Ribfest, please visit <http://www.quinteribfest.com/>.

A PARTING GIFT



Photo: Pte Isabel Lavallée-Raby, 8 Wing Imaging

Major Steve Camps presents a copy of the print "Bricks Away" to LCol Rob Coulthard (right) immediately after LCol Coulthard's last flight, and subsequent hose down, as Commanding Officer of 436 (T) Squadron.

NEW CO FOR 2 AIR MOV



A Change of Command Parade was held for 2 Air Movements Squadron on July 13, 2007. Pictured above are Colonel Mike Hood, Commander, 8 Wing/CFB Trenton and Presiding Officer (centre); Major Dan Harris, outgoing Commanding Officer (left); and Major Aaron Spott, incoming CO (right).



Major Dan Harris, outgoing CO of 2 Air Movements Squadron, salutes during the Change of Command Parade on July 13, 2007.



The new CO of 2 Air Movements Squadron, Major Aaron Spott, addresses the parade and guests at the Change of Command Parade on July 13, 2007.

Photos courtesy of Cpl Frieda Van Putten, 8 Wing Imaging



Mission accomplished by Supply C-17 team

by Sgt Rocky Daoust

Immediately following a public confirmation by the Minister to purchase four C-17 Boeing aircrafts, senior staff and experienced members at 8 Wing Supply knew what would be required of them and wasted no time after funds were released from the PMO (Project Managing Office).

With the main goal of ensuring local spare parts support would be in place before the arrival of the first aircraft in August, they formed a small but rather effective think tank that formulated a workable blueprint to establish C-17 parts support capability. The pressure was on and the team had to get it right the first time given the short timelines. The solution required a thorough assessment of available infrastructures on and off the Wing along with consideration of Supply technical capabilities. The human resource requirements were also key as the organization was already under considerable strain with the Mission Support Squadron still undergoing training and on the verge of deploying to Camp Mirage.

Members of the 8



As seen above, the first C-17 parts have begun to arrive in Trenton as all gas and go spares are expected prior to first aircraft arrival in August. Boeing FSR John Green is seen handing over the first part to Maj Dave Burley, 8 WSupO and Cpl Jennifer Small, I/C C-17 warehouse.

Wing team, with assistance from the PMO, 1 Canadian Air Division and Boeing FSRs (Field Service Representative) worked successfully together under tight delivery timelines while maintaining their respective areas of responsibilities. This project-management model allowed for a smooth and efficient process that the group feels immensely proud of. Success stories like this one are many all

across the Canadian Forces but few are being told in this manner. 8 WSup demonstrated a level of maturity and cohesiveness as an organization that can only inspire confidence for its future.

Once full operating capability is achieved next year, the blended C-17 Supply warehouse will be comprised of one Master Corporal, two Corporals, and three Boeing contractor FSRs, all overseen by the

Logistics Officer of the newly created 429 Squadron. Until then, initial operating capability has Wing Supply responsible for establishing and operating the blended warehouse staffed with one Corporal, one term stores person and two Boeing FSRs.

Accountability and safekeeping of over \$50M in spare parts will be a shared responsibility between WSup and Boeing.

Photos: Submitted



Front row left to right: Christine Simard, Jan Armstrong, Maj Dave Burley, Cpl Jennifer Small. Back row left to right: John Green, Bob Demille, MCpl Kevin Marcipont, Lt Jeff McLaughlin.

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HOROSCOPES

Weekly Astrology by Christine Davison

June 24 - June 30

ARIES (March 21-April 19): Others will recognize your artistic potential and unique perspective this week. Don't be surprised if the seeds of love that you planted last week are beginning to blossom and grow. Your new lover may have passionate ideas about you and feelings towards you. Engage youngsters and the young at heart in creative fun.

TAURUS (April 20-May 20): This week will have you focusing upon your home and family. You are proud of those you love and care for and they are just as proud of you in return. Invite family over to share in your good cheer, good humour and good fortune. Others may compliment you upon the excellent job you've done as a parent and partner.

GEMINI (May 21-June 20): This week, Gemini's may be the centre of everyone's attention. Others will compliment you often upon your witty ways and graceful style. Don't be surprised if a stranger smiles at you from across the room or attempts to flirt with you. Try to spend some time out on the town with your brother or sister. Your opinion matters.

CANCER (June 21-July 22): If you take the extra time and energy to put your best foot forward and show just how capable and beautiful you can be, then you may receive more than compliments as a result. Be generous with your good fortune and share in your rewards; but make sure that important savings are not dipped into. Assert your beliefs.

LEO (July 23-Aug. 22): Happy Birthday! This week may begin a bout of unusual popularity for Leo's. You deserve the appreciation and praise that you receive from your wonderful friends. You are in control and other people are glad that you are there for them. Realize your creative potential. A gift may surprise you.

VIRGO (Aug. 23-Sept. 22): This week may bring matters of a spiritual nature to mind. Others often look up to you for moral guidance. You often inspire; take time this week to share what you have learned and help to mentor. Your ideals and beliefs are precious and important to many who know you, and not just yourself.

LIBRA (Sept. 23-Oct. 22): This is the week to make amends and wise choices. Things that were said or done late last week can be undone and bonds that were tested can now be made stronger than ever. You may see everything and everyone in a different, more beautiful light now. You may not even remember why you had felt the way you had.

SCORPIO (Oct. 23-Nov. 21): The beginning of this week may reflect the end of last one. Try to remain calm and cultivate patience. This can be a peaceful time spent with loved ones in a loving atmosphere, if you take a moment to examine what you truly want out of life. Anger does not strengthen the heart or soul and rarely brings happiness.

SAGITTARIUS (Nov. 22-Dec. 21): If you've been considering a move to a far-off place or near an exotic locale then this is the right time to put the necessary pieces in place. You've been blessed with good fortune when it comes to overseas dealings or exciting adventures. Make sure to savour every moment and detail if you do decide to travel.

CAPRICORN (Dec. 22-Jan. 19): This week may reveal new and perhaps, even shocking information. Members on the maternal side of your family may be able to illuminate a shady or secretive situation. Money may come to you with very little effort and may involve familial or public assets. There may be a clandestine affair.

AQUARIUS (Jan. 20-Feb. 18): Your heart will not be taken lightly this week, Aquarius. Cupid's arrows have long been aiming towards you, waiting to pierce your cool facade. You'll reacquaint yourself with old lovers and allies. Try to keep any bad feelings in the past as good memories will soon be created between you and former friends.

PISCES (Feb. 19-March 20): There could be extra attention and care needed at your place of work; you may be the most popular and well-liked person there, because of how kind, considerate and creative you are. Someone in management might notice your hard work and congenial ways. Congratulations may be in order.

*Astrological queries can be directed to Christine at
www.moonsignastrology.ca*

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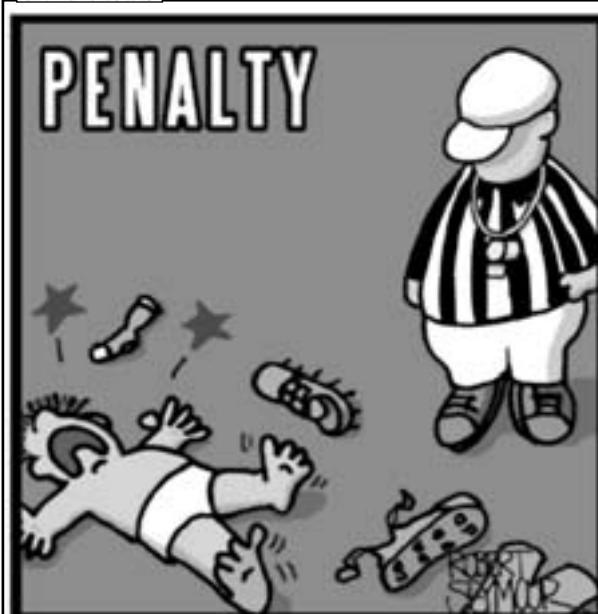
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Not In My Backyard! by Dale Taylor



DuJour

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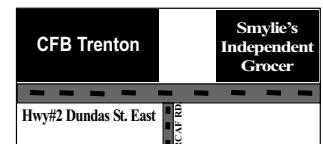
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Welcome to The Contact Newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. Fax us at 613-965-7490 or email to steiner.al@forces.gc.ca, at least 10 days prior to your event. Call 613-392-2811 Ext. 7005 for more information.



AUGUST 17, 18 AND 19

Would you like to be a part of Quinte's first Ribfest? Ribfest is not only a fun event for families, but also a great way for residents to give back to their community.

Volunteers are needed to serve beverages, assist in the identification tents, help in the children's play area, distribute information at the entrance, serve as parking attendants, assist in the cleanup of the grounds and support the merchandising tent.

There are many opportunities for all ages. Volunteers should plan on working an entire shift and wear comfortable clothing.

Volunteer opportunities may include: Food Tent; Garbage; Parking; Setup and tear down; Kids Village; Beer Tent.

Please contact Big Brothers/Big Sisters and the Quinte Ribfest team at 613-962-3666 for more information. Thank you!

ATTENTION PARENTS!

LifeWorks invites you to bring your children and their teddy bears to Kids Food and Fun Day at the Belleville Farmers' Market on Saturday, August 25, from 9 to 11 a.m.

Join the zucchini car races, Teddy Bear Wellness Clinic, making veggie people, food tasting, colouring contest, family fun fitness, a puppet shot and have your chance to meet Daffy Daffodil and win some great prizes!

For more information, please call 613-966-5513, ext. 213.

LifeWorks is a community partnership of individuals, community groups and organizations with an interest in promoting healthy living. We have been working together since 1998 to assist the residents in Hastings and Prince Edward counties to make positive lifestyle choices so they can live a healthy life.

Sunday Service

Join us to worship, every Sunday at 10:30 a.m. at the Orchard View Baptist Church. Orchard View Baptist Church is located at 178 Lester Road, in Trenton. This service is led by Pastor Raymond A. Wilson, D Min.

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Administrative Assistant/Adjointe administrative – Mrs. Manon Pilon Ext 2490

UNIT CHAPLAINS / AUMÔNIERS DES UNITÉS

Capt Catherine Morrison, Capt Mike Adamczyk

As support staff: Rev. Jim Craig (P) and Fr Julien R. Beaulieu (RC priest)

Civilian Officiating Clergypersons/personnel de soutien: Rév. Jim Craig (P), le père Julien R. Beaulieu (prêtre CR), membre du clergé civil.

WORSHIP SERVICES

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NOTRE-DAME-DE-LA-PAIX (CR)

Chapel Life Co-ordinator

Julien Régis Beaulieu

Responsable de la communauté,
Coordinateur de vie de chapelle

MASS

Sunday Mass (English) 0900 hrs

Messe Dominicale: 1015 hrs

CONFESSON

At all times

PARTH ORGANIZATIONS

Parish Council third Thurs 1900 hrs

PARTH ORGANIZATIONS (Continued)

Knights of Columbus first Thurs 1900 hrs

CWL second Tues 1900 hrs

Chorale Merc 1900 hrs

Choir Tues 1900 hrs

ST CLEMENT ASTRA (P)

Chapel Life Co-ordinator

Padre Mike Adamczyk

WORSHIP SERVICE

Sunday Divine Worship 1130 hrs

Holy Communion - First Sunday of the month

PARTH ORGANIZATIONS

Chapel Guild Last Tues 1930 hrs

SACRAMENT OF RECONCILIATION/SACREMENT DU PARDON: Please, make an appointment with a Roman Catholic priest through our Admin Assistant, ext: 2490 / S.V.P. prendre un rendez-vous avec un prêtre catholique à travers l'adjointe administrative, au 2490.

DUTY CHAPLAIN/AUMÔNIERS EN DEVOIR

After working hours, for emergency only, please call the base operator at 613-392-2811 and ask for the duty chaplain. / Après les heures de travail, pour les urgences seulement, svp appeler la téléphoniste de la base au 613-392-2811 et demandez l'aumônier en devoir.

NOTICE/AVIS

It is now possible to have the Club Xtra points that are earned on all your purchases at CANEX go to the Chaplain Emergency Fund. Simply ask to have the points placed on the Chaplains' card. The Chaplain Emergency Fund is used to assist our military families during times of family crises. / Vous pouvez dès maintenant, lors de vos achats au Canex, donner vos points Club Xtra au Fonds d'urgence des aumôniers. Vous n'avez qu'à mentionner que vous désirez donner vos points sur la carte des Aumôniers. Les points seront utilisés pour aider les familles de nos militaires dans des moments de crises familiales.

PLANNING TO GET MARRIED?

If you're planning to get married in the Roman Catholic Church, on Base or off Base, the Catholic Party must contact first the Wing Chaplains' Offices at 613-392-2811 ext. 2490 to begin the pre-nuptial process six months prior to the wedding day. That is to provide you with time to take the pre-marriage class and the padre to complete the marriage file, which must be sent to the Military Ordinariate's Chancery Office no less than three months prior to the wedding day. This is applicable to all members falling under Military Ordinariate Jurisdiction; that means for all CF personnel and DND employees who are RC. The latter have the choice between their Wing Chaplains' Pastoral Services and their civilian parish's.

If a Catholic party wants to get married under the Rite of a particular Protestant denomination, the above still applies. If the marriage file is not processed on time the Wing Chaplain's office will not be held accountable. Three months is the minimum time to process a canonical marriage file (to Ottawa and from, to the church of your wedding). If you belong to a Protestant denomination and you would like to get married at the Wing Chapel, you are asked to contact the chaplain of your denomination at the earliest convenient time.

VOUS PLANIFIEZ DE VOUS MARIER?

Si vous projetez de vous marier selon le Rite de l'Église catholique romaine, aussi bien sur la Base qu'à l'extérieur, la partie catholique doit en tout premier lieu communiquer avec les bureaux des aumôniers de l'Escadre au 613-392-2811 poste 2490. Ce premier contact, qui enclenchera l'ouverture du dossier prénuptial, devrait être fait six mois avant la date de la célébration du mariage. C'est le temps minimum pour planifier la session de préparation au mariage à suivre et de préparer le dossier de demande de mariage, lequel doit être envoyé au bureau du chancelier de l'Ordinariat militaire du Canada, à Ottawa, au moins trois mois avant la date choisie. Ce qui précède s'applique à toute personne assujettie à la juridiction canonique de l'Évêque du Diocèse militaire du Canada; en d'autres mots, à tous les membres des FC et aux employés du MDN qui sont CR. Cependant, ces derniers ont le choix de faire appel aux services des aumôniers CR de l'Escadre ou de s'adresser au bureau du pasteur de leur paroisse civile.

A noter que si la partie catholique veut se marier selon le Rite d'une Église protestante, ce qui précède s'applique encore. Il importe également de prendre note que si le dossier prénuptial n'a pas été complété en envoyé dans les délais requis, le bureau de l'Aumônier de l'Escadre ne pourra être tenu responsable de toute complication et des coûts qui pourraient y être reliés. Trois mois précédant la date : voilà le temps souhaitable que les bureaux de l'aumônier et du chancelier ont besoin pour préparer et acheminer un dossier de demande de mariage. Si vous appartenez à une Eglise de confession protestante et que vous souhaitez avoir votre célébration de mariage à la chapelle de l'Escadre, nous vous demandons de communiquer avec le pâtre de votre confession religieuse le plus tôt possible.

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Call to find out what is coming up 613-965-3595 or 613-965-3575

A variety of activities coming up, please visit the MFRC website calendar www.trentonmfrccfbtrenton.com

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Once again, we will be offering this summer program for students aged 9 to 12 years old. For young people registered in French immersion, we are offering a two-week program (broken down into weekly sessions) beginning August 13 and running until August 24. This program will help those students in immersion maintain and improve their level of French over the summer period. Indoor and outdoor activities will focus primarily on language acquisition. This program will be given five days a week from 9:00 a.m. to 3:00 p.m. at the Siskin Centre. The cost is \$70.00 per week for military family members and \$80.00 per week for non-military community members. For further information or to register call Anu Greenwood at 613-392-2811 ext 3855 or the reception desk at 613-965-3575.

Registration deadline : August 1, 2007

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Please read our newsletter "Touching Base" or visit www.trentonmfrccfbtrenton.com for more information

S'il vous plaît, consultez notre bulletin de nouvelles "Touching Base" ou visitez www.trentonmfrccfbtrenton.com

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LCol Murphy assumes command of Wing Operations



Photos: Cpl David Cribb, 8 Wing Imaging

A Change of Command ceremony was held July 12, 2007 for 8 Wing Operations, with Lieutenant-Colonel David Murphy (left) assuming command from Major Dave Reyenga (right), Acting Commanding Officer of Wing Ops. Colonel Mike Hood, Commander, 8 Wing/CFB Trenton, served as Presiding Officer.



Lieutenant-Colonel David Murphy, new Commanding Officer of 8 Wing Operations, addresses those in attendance at his Change of Command Ceremony on July 12, 2007.

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Employ ergonomics off the job



Submitted by
Don Heans,
Wing General Safety
Officer

Have you ever noticed you can ignore serious discomfort when you are doing something you enjoy in your free time - discomfort you wouldn't necessarily put up with on the job?

You don't mind spending all Saturday leaning over the engine of the classic car you are restoring in your backyard.

You sit for hours curled up like a pretzel as you battle aliens in a video or computer game.

Your shoulder and arm ache from hours of hammering as you create a playhouse for the kids. Just because an activity is fun doesn't mean it won't hurt you.

Cumulative trauma

injuries can occur just as easily on your own time as they can at work.

Ergonomics are just as important in your off-hours activities as they are on your job.

Here are some reminders about practicing good ergonomics off the job:

Arrange all your work stations with ergonomics in mind. Whether in your workshop or kitchen, place frequently used tools and materials where you can reach them without stretching or twisting your body. Items you use less often should not be in premium space.

Work surfaces should be at a comfortable height so you can work at the comfort zone around shoulder level.

Keep work and hobby areas free of clutter which can cause confusion and tripping accidents.

Use well-designed tools to help prevent repetitive strain injuries. Take frequent breaks when doing repetitive work or when working in awkward positions.

Vary your posture frequently. When standing in the kitchen, shop or at

the ironing board, keep a stool nearby to sit occasionally. Shift your weight from one foot to another, and elevate one foot onto a stepstool from time to time. Also place a rubber mat on the floor to reduce the strain on your feet, legs and back.

When sitting, keep your back relatively straight and your feet on the floor. Get up and move around once in awhile, even if you are enjoying a movie marathon. Sitting too long in the wrong position can contribute to back problems.

Remember ergonomics in the car too. Before starting out, adjust the steering wheel, seat, mirrors, headrest and seatbelt so you can sit comfortably. You should be able to see well and move freely to control the vehicle. Take frequent breaks on trips; get out and stretch every couple of hours.

Take what you learn on the job about ergonomics home with you. You'll work and play more comfortably, and you will help yourself avoid injury.

Botanical treatment for menopause

(NC)-Eight internationally renowned women's health experts are recommending over-the-counter dietary supplements among the first lines of defense in the treatment of menopause symptoms.

These findings were presented to the Society of Obstetricians and Gynecologists of Canada last year at its Annual Clinical Meeting in Quebec City.

Isoflavones derived from the red clover plant were cited as one of the dietary supplements acceptable due to its efficacy and safety as demonstrated in numerous clinical trials.

Red clover (sold as Promensil) has been clinically proven to reduce hot flushes, maintain bone health, and it is cited to offer key benefits in cholesterol, breast health, and arterial compliance, with no side effects or safety concerns.

"Women are increasingly interested in alternative treatments for menopausal symptoms," says Dr. Lila Nachtigall, professor of obstetrics and gynecology at New York University's School of Medicine, and a director of the research. "Due to a proliferation of products, it is imperative that healthcare professionals and patients understand which ones are substantiated by scientific research in terms of efficacy, safety, and ancillary benefits - and which ones aren't."

In Australia, for example, all black cohosh product labels are required by law to caution consumers about the potential for liver

damage.

In the last 10 years, more than 100 over-the-counter products for the treatment of menopause have hit North American shelves, and the use of these botanicals by older women has increased 380 per cent, the largest of any other demographic, according to the January issue, Menopause: The Journal of the North American Menopause Society.

Some women use hormone therapy immediately to be guaranteed relief, says Dr. Nachtigall. Others, with less severe symptoms, would rather try alternatives first.

Isoflavones are found mainly in legumes, such as lentils, split peas, chick peas, broad beans and soy. Not all legumes contain all four of the most important isoflavones however.

Red clover does and as a result of several successful clinical trials, the brand Promensil is now standardized as a valuable treatment option.

In addition to all four isoflavones, it also contains 10 to 20 times the quantity found in soy, making it an effective remedy for menopause symptoms.

Sold in the form of Promensil After-Menopause, this botanical is particularly effective for post-menopausal women, or when estrogen reaches its lowest level.

If you want to know more about how to treat your particular menopause symptoms, including dietary supplements, be sure to speak to your doctor or pharmacist.

Five useful tips for stress busting

Stress is your body's natural reaction to life's demands and changes. A surge of hormones and energy prepares you to either "fight or flee". However, an accumulation of unmanaged, daily stress can be a risk to your health.

Fortunately, there are many healthy, creative ways to manage stress and improve health.

Identify the source of your stress: Your perception and attitude toward situations or people contribute greatly to your stress level. Be aware of how you respond, pause and get some perspective.

When the going gets tough, get out the door for a brisk walk or run: Any type of physical activity can help work off tension. Remember to talk to your physician before beginning any activity program.

Talking to a friend, family member or co-worker can help you feel better: Research has shown that social support can help to relieve the stress of a demanding job. Do not be afraid to ask for help – someone you know may have experienced what you are feeling and might be a resource to help you through it.

Laughter is the best medicine because it is a natural stress-release mechanism: Read the daily comics in the newspaper or phone the funniest person you know! Build a stockpile of funny books or movies. When stress builds, turn to your "Humour Vault" – and laugh your cares away.

Take time for yourself: In trying to meet everyone else's needs, do not short-change yourself. Make time for your favourite activities or past-times. You do not need to apologize for setting aside personal time.

Create a stress survival kit from these suggestions and continue to add to it. Learn a flexible set of techniques that work for you. If you are feeling overwhelmed, seek opportunities to learn more about stress and how to cope.

Adaptation and self-awareness is an important key to busting stress and leading a healthy lifestyle.



For more information, please contact your 8 Wing Health Promotion Director, Kendra Lafleur, at local 3767, or the 8 Wing Health Promotion Administration Assistant at local 3768. You may also visit the Health Promotion office, located at 177 Hercules Street, Bldg 119.



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NSE often unsung heroes of mission; play critical role

by Kristina Davis
The Maple Leaf

KANDAHAR AIRFIELD — She's got a name a mile long. And a now a nifty "handle"—D-14.

From Saint-Jérôme, Que., Corporal Tania De Lasablonnière (count the letters) is a driver with the National Support Element (NSE) at the Kandahar Airfield (KAF).

Cpl De Lasablonnière says she didn't much like school—she doesn't mince words—but she did like Cadets. So she found a home with the Army, and just the right mix of adventure and job security. Plus, she likes to drive.

It's a family thing, she explains. "My family's all in construction," she says. "They all drive whatever's big." And it's true: her dad is a heavy equipment operator, while her mom drives a school bus. And Cpl De Lasablonnière? She drives everything from a 16-tonne to a

tractor.

Regularly outside the wire on re-supply convoys, she says they do any and all maintenance at KAF. "We need to make sure we don't break down on the road." So from oil to tire changes, they look for every little mechanical hiccup that could turn into a problem.

Once the mechanics have been ironed out, the crew rests. They'll need it. While en route, Cpl De Lasablonnière says she tries not to be paranoid or think too much. "Any distraction," she says, "could get you off the road."

Plus, she adds, the days are long so it's critical to simply shut everything out, except the task at hand. Up for close to 24 hours, she and her co-driver chat. And while it might mean repeating the same story three times in one night, it keeps her awake.

She measures success once she's arrived back at KAF and has delivered much-needed supplies.

"If the 'guys' are getting what they need and if they are happy, so are we," she says.

And what of her family back home? Cpl De Lasablonnière says she tries to strike a balance. "You try to tell them as much as you can, without telling them too much," she explains. And while that's likely easier said than done, she also advises that they not focus too, too much on the news.

Outside the wire, she gets a first-hand look at local villages. She admits she gets a lot of stares. "The locals are surprised to see a girl, especially in a big truck." But she takes it all in stride. She's also not the only one—there are four other women in the transport section.

The children often amaze her. Cpl De Lasablonnière can't believe how small they are and the responsibilities they carry. She mentions one small boy, she estimates he was six years old,

herding sheep. A six-year-old in Canada is starting school.

And being a driver, she notices the roads, many of which are in dire straits. "At least in Canada we have paved roads," she says with a laugh. "Sometimes they are crappy, but they are paved."

Back in the headquarters building at KAF, Lieutenant-Colonel Charles Mathé, commanding officer of the NSE, says their role is critical. "They count on us ...to keep them going."

So from drivers to maintainers to the behind the scenes specialists like supply clerks and even civilian employees from the CF Personnel Support Agency, the list of personnel at the NSE is long and varied.

Sometimes the unsung heroes of the mission, LCol Mathé says their role is no less dangerous. On the day we chatted, he had close to 140 personnel outside the wire.

It's necessary not only for re-supply missions; it's also fundamental to understanding what soldiers at the Forward Operating Bases are experiencing. When you get a supply request at 3 a.m. for mosquito netting, for example, he explains, and you've been out there and you've been bitten, you better understand the operational conditions of those you are supporting.

"Everybody, from the CO to the private, goes outside the wire," he says.

Journalist Kristina Davis, with National Defence Canada's "The Maple Leaf" newspaper, spent two weeks in Afghanistan talking to CF personnel both inside and outside that proverbial wire. Candid, dedicated, determined and above all professional, they told their stories—some funny, some heartbreaking and some just plain peculiar—their experiences are both provoking and enlightening.

Les membres de l'ESN : des héros méconnus qui jouent un rôle crucial

par Kristina Davis
La Feuille d'érale

AÉRODROME DE KANDAHAR — Son nom est long comme le bras. Mais elle a maintenant un surnom pratique : D-14.

Originaire de Saint-Jérôme, au Québec, la Caporale Tania De Lasablonnière (comptez les lettres) est conductrice au sein de l'Elément de soutien national (ESN) à l'aérodrome de Kandahar.

La Cpl De Lasablonnière avoue, en ne mâchant pas ses mots, qu'elle n'aimait pas beaucoup l'école, mais qu'elle s'intéressait aux cadets. Elle a donc choisi de s'enrôler dans l'Armée de terre, qui constituait un mariage parfait entre l'aventure et la sécurité d'emploi. De plus, elle aime conduire.

« C'est dans le sang, explique-t-elle. Tous les membres de ma famille travaillent dans le domaine de la construction. Ils conduisent les gros appareils. » C'est vrai : son père est opérateur de machinerie lourde et sa mère conduit un autobus scolaire. Et la Cpl De Lasablonnière? Elle conduit tout, des camions de 16 tonnes aux tracteurs.

Régulièrement appelée à l'extérieur du périmètre de sécurité pour faire partie de convois de réapprovisionnement, elle explique qu'elle et ses collègues font tout l'entretien à l'aérodrome de Kandahar. « Nous devons voir à ce qu'il n'y ait pas de

panne en chemin. » Des vidanges d'huile au remplacement de pneus, ils sont à l'affût de tout pépin mécanique qui pourrait entraîner des problèmes.

Lorsqu'ils ont réglé l'aspect mécanique d'un convoi, les membres de l'équipage se reposent. Ils en auront bien besoin. Quand elle conduit, la Cpl De Lasablonnière essaie de ne pas angoisser ni de trop penser. « Toute distraction pourrait nous écarter de la route », précise-t-elle.

En outre, comme les journées sont longues, il est très important de pouvoir se concentrer uniquement sur la tâche à accomplir. Debout pendant près de 24 heures, elle et l'autre chauffeur discutent. Même si elle répète la même histoire trois fois dans la même nuit, c'est ce qui la tient éveillée.

Elle évalue son succès lorsqu'elle est de retour à l'aérodrome de Kandahar et qu'elle a livré un chargement très important. « Si les soldats ont ce dont ils ont besoin et qu'ils sont heureux, nous le sommes aussi », déclare-t-elle.

Et que raconte-t-elle à sa famille au Canada? La Cpl De Lasablonnière avoue essayer d'équilibrer ses propos. « On en dit autant qu'on peut sans en dire trop », explique-t-elle. C'est plus facile à dire qu'à faire, mais elle conseille à sa famille de ne pas trop écouter les bulletins de nouvelles.

À l'extérieur du périmètre de sécurité, elle peut jeter un coup d'œil aux villages du coin. Elle admet qu'elle surprend beaucoup de regards braqués sur elle. « Les Afghans sont surpris de voir une fille, surtout une fille dans un gros camion. » Mais cette curiosité ne la dérange pas. Elle n'est d'ailleurs pas seule; la section de transport compte quatre autres femmes.

Les enfants l'émerveillent souvent. La Cpl De Lasablonnière a peine à croire les responsabilités qu'on leur confie. Elle se rappelle un berger âgé de six ans. Au Canada, un enfant de six ans commence à aller à l'école.

Comme elle est chauffeuse, elle remarque les routes, et beaucoup d'entre elles sont en bien mauvais état. « Au moins au Canada, les routes sont asphaltées », lance-t-elle en riant. « Elles sont parfois mauvaises, mais au moins elles sont recouvertes d'asphalte. »

Au quartier général à l'aérodrome de Kandahar, le Lieutenant-colonel Charles Mathé, commandant de l'ESN, affirme que le rôle de son élément est crucial. « On compte sur nous pour poursuivre le travail », déclare-t-il.

Des chauffeurs aux spécialistes de l'entretien, en passant par les spécialistes en coulisse comme les commis à l'approvisionnement et même les employés

civils de l'Agence du soutien du personnel des FC, la liste des membres du personnel de l'ESN est longue et variée.

Jouant un rôle souvent dangereux, les membres de l'ESN sont parfois les héros méconnus d'une mission. Le jour où le Lcol Mathé et moi avons discuté, près de 140 militaires de l'ESN se trouvaient à l'extérieur du périmètre de sécurité.

Il est nécessaire, non seulement pour les missions de réapprovisionnement, que les membres de l'ESN comprennent ce que vivent les soldats affectés aux bases d'opérations avancées. À 3 h, lorsqu'on reçoit une demande de filets contre les moustiques, qu'on se rend à l'endroit en question et qu'on s'y fait piquer, on comprend mieux les conditions que connaissent ceux à qui on apporte notre soutien.

« Tout le monde, du commandant au soldat, doit sortir à l'extérieur du périmètre », déclare le Lcol Mathé.

Journaliste Kristina Davis, de La Feuille d'érale, a passé deux semaines en Afghanistan à discuter avec les membres des FC qui se trouvent à l'intérieur et à l'extérieur du fameux périmètre de sécurité. Des militaires candides, dévoués et, par-dessus tout, compétents, lui ont raconté leurs histoires, tantôt amusantes, tantôt déchirantes et tantôt étranges; somme toute, des expériences à la fois troublantes et révélatrices.

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