

TAL N

Operation Joint Forge
Saturday, March 17, 2001
Happy St. Patrick's Day

Task Force Eagle
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On the Road From Dobol to Comanche



Eagle Base Holds Pistol Competition
Kiowa Warriors Play Big Role In TFE
Army Values Essay Contest Winner

CROSSING THE BRIDGE

The Lord will protect you as you come and go, now and forevermore.” Psalm 121. Bridges come in different shapes and sizes. I remember when I crossed the footbridge at Turkey Run State Park in Indiana. I was probably about eight years old. To me the bridge was a very forbidding sight. To start with, it was a suspension bridge, which meant that it moved when people walked on it. It was 70 feet off the ground and about 80 yards long, with a stream flowing beneath. In order to get to the walking trails I had to cross the bridge. I was a little shaky, but I made it across.

For many of us, transitions in life are like crossing a bridge. We stand on one side and look across, to what seems, a distant and forbidding shore. Where are you during this time of transition? Perhaps you just arrived, and are getting over jet lag. Others are buying footlockers in which to send home all of their purchases, anticipating reunions with family and friends in a few weeks. Still others will say goodbye to SFOR 8 and hello to SFOR 9. It seems that everyone we meet is on a different schedule.

Whether you are coming or going you’ve got to cross the ‘transition bridge’. Our family went to Turkey Run often, so I got to cross the suspension bridge many times. One of the things I noticed, as I became more comfortable with crossing the bridge, was that the suspension cables were made of steel and anchored to huge cement blocks. This gave me confidence, that although the bridge was swaying, it would not collapse.

In Psalm 121, the writer tells us it is the Lord who will preserve our coming and going, now and forever. No matter what transition or situation ‘bridge’ we are crossing, trusting in the Lord will provide the anchor that will give us the confidence to go on.

My confidence in the suspension bridge came with some experience and an inspection of the structure. The same can be said about faith. As you take time to acquaint with the Word of God and share with others a community of faith you will find that confidence and trust will grow and you will not fear crossing life’s ‘bridges.’

Thoughts For The Day

Saturday: Every great person has first learned how, when, and to whom to obey.

Sunday: Your life cannot go according to plan if you have no plan!

Monday: God’s last name is not “Dammit”.

Tuesday: Laughter is the shortest distance between two people.

Wednesday: If you owned everything your heart desired, chances are your heart would desire something else.

Thursday: It is easier to follow the leader than to lead the followers.

Friday: The happiest miser on earth is the one who saves friends.

By Chaplain (Maj.) Mike Lembke
TFE Plans & Operations Chaplain

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The *Talon* is produced in the interest of the servicemembers of Task Force Eagle. The *Talon* is an Army-funded magazine authorized for members of the U.S. Army overseas under the provision of AR 360-1. Contents of the *Talon* are not necessarily the official views of, nor endorsed by, the U.S. Government, Department of Defense, Department of the Army or Task Force Eagle.

The *Talon* is published weekly by the 3d Infantry Division (Mechanized) Task Force Eagle Public Affairs Office, Eagle Base, Tuzla, Bosnia and Herzegovina APO AE 09789. Telephone MSE 551-5230, Sprint 762-5230. E-mail: talonpancoic@email-tc3.5sigcmd.army.mil. Printed by PrintComTuzla. Circulation: 5,500.

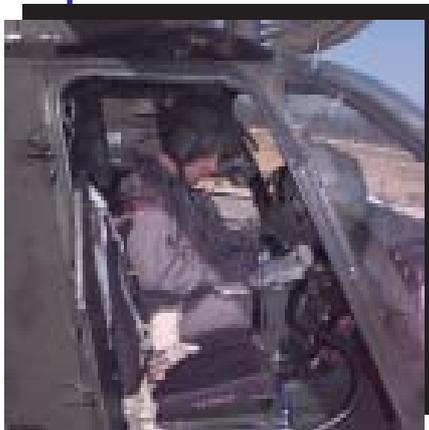
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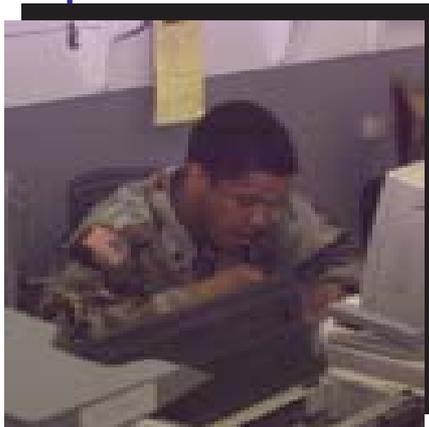
M1A1 Abrams tanks road march to Camp Comanche as part of the Camp Dobol reorganization. The reorganization is being done to redistribute forces in a more strategic manner in Multinational Division (North). (Photo by Spc. Christopher D. Carney)



WARRIORS OF THE SKY

Kiowa Warrior helicopters provide presence in MND (N). (Photo by Sgt. Dave Lietz)

9



PLL KEEPS TASK FORCE UP AND RUNNING AT MCGOVERN

McGovern Prescribed Load List soldiers dispatch vehicles, order parts and maintain the arms room, among other tasks. (Photo by Spc. Jodie M. Moore)

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REDEPLOYMENT REQUIRES ALL TO COOPERATE

By Maj. Gen. Walter L. Sharp
Commander, Multinational Division (North)

This month we will see many folks from Multinational Division (North) redeploy back to their home stations to a heroes welcome after a highly successful Stabilization Force 8 rotation. We are going through a detailed redeployment process to ensure it is a smooth transition of those forces back to their home stations as well as the preparation for reception of the SFOR 9 personnel. Their charter is the same as ours, continue the traditions of excellence that are the foundation of service in the Balkans. As we near this transition I would like to talk about how this will impact us and how I think we need to approach the situation.

First, things will begin to get crowded. Remember back when you arrived, and you no doubt recall things were pretty tight as you share living places, motor pools and common areas with soldiers from SFOR 7. You can anticipate having to tighten up your living areas with more folks occupying SEAHuts than before. Lines will be longer in the dining facilities and AAFES exchanges and there will be lines at the latrines and shower facilities. All of this is expected but nothing we can't learn to deal with. Your attitude will save the day as you face these challenges. Knowing that you will leave in a relatively short amount of time should make this all possible.

Second, you will be encountering a lot of new people who are going to be 'learning the ropes;' everything from your assessment of the threat in our Area Of Responsibility to when it is the best time to go to the chow hall. SFOR 9 personnel will be watching you to see what procedures are followed on your base camps—things like staying on established walk ways and roads, or clearing your individual weapon properly. Your duty is to do as you have done these past six months to set these soldiers up for success. That is, the right thing! Set the example in word and deed with no shortcuts.

Third, anticipate that many of the soldiers and leaders coming in will want to change things after SFOR 8 soldiers have gone. Do not be offended. This is very natural and good for MND (N) to continue to move forward. Each unit wants to make its mark and make improvements just as we did shortly after our Transfer Of Authority (TOA).

Finally, how you approach and relate to the incoming team is crucial to set the right transition environment. This is critically important as you are representing the command. I want you to receive SFOR 9 personnel in a professional manner. Make them feel accepted, even if they show up to your base camp in the middle of the night. There is a world of difference between the



Maj. Gen. Walter L. Sharp

phrases, "great to see you; welcome to (your base camp), can I offer you a cup of coffee?" and "oh we weren't expecting you until later this week; the DFAC's over there..." First impressions are lasting ones. Do everything in your power to ensure each soldier replacing you understands their job and is comfortable in doing it.

My last point reminds us that you must remain focused on your mission until you are properly relieved. That means until you are on the plane back home. Keep plugging away the last few days with the same spirit and enthusiasm that you displayed throughout your service here. Do not remind those just arriving how 'short' you are or how long they have to go. And certainly do not rub in the fact that some soldiers will remain during SFOR 9. I'm counting on you to do the right thing! Always remember, that if you stay in the Army, you will be in the same position down the road entering into an extended deployment and will want those you replace to do the same professional things I just mentioned. As always, the Golden Rule applies.

As you continue in your service in the Balkans, I want to applaud your efforts and the sacrifice you make everyday in the service of others. If you put forth the greatest effort to "roll out the red carpet" for those who will be relieving you, we will again relay another example of our dedicated professionalism as we continue to provide a safe and secure environment for the people of Bosnia-Herzegovina.

Rock of the Marne!

PISTOL COMPETITION BRINGS OUT THE BEST SHOOTERS ON EAGLE BASE

Story and photos by
Spc. Christopher D. Carney
318th PCH, Eagle Base

The Eagle Base Pistol Firing Competition, held March 7 through March 10, gathered the best shooters from Eagle Base to participate in a challenge to see who is the best.

The military police at Eagle Base had something to prove when they entered the Pistol Firing Competition, which they did by winning three slots out of the top five positions in the team competition.

The MPs, whose primary weapon is the M-9 pistol, had to prove themselves that they are proficient with the weapon that they use. Which is what everyone who participated in the contest proved, MP or not, by the high scores that were recorded.

The winners were announced Mar. 10 at the simulation center. The 94th MP

Company won first place in the team competition with a score of 3136 out of 3750.

The competition was held on the Small Arms Virtual Trainer (SAVT) using the M-9 pistol. Teams of five signed up to compete with other units to prove who was the best shot. Individual scores were kept to determine the best overall score. A total of 20 teams participated with 103 shooters.

The scoring was based on two qualification rounds and one marksmanship round. The first qualification round consisted of five tables worth a maximum of 300 points. The next qualification round was worth a maximum of 200 points and the marksmanship round was worth a maximum of 250 points. The qualification rounds began with stationary targets fired at from a standing position. Targets distance then increased and pop-up targets were next.

During the second round the



WINNER—Maj. David Snyder, Commander, 123rd Signal Battalion commander, was the 1st place winner with an individual score of 694 out of 750.

competitors had to fire from a squatting, kneeling and prone position. On the marksmanship tables the shooters had to fire at smaller areas on a target and shoot with their strong hand

only and then their weak hand only.

Teams competing included the 94th Military Police Company, 223rd Military Police Company, 103rd Military Intelligence Battalion, 123rd Signal Battalion, Task Force Med Eagle, CIMIC, members of G-2, G-3, G-4 and the 401st Expeditionary Air Base Group Security Forces. Military members and civilians were invited to participate.

Third place in the competition went to the 223rd MP Company with a score of 2957 out of 3750. Second place went to the 103rd MI Battalion with a score of 3091. The 94th MP Company scored 3136 taking the first place trophy.

The winning shooters for the 94th MPs were Sgt. 1st Class Roderick Burdette, Sgt. Scott Carabin, Spc. John Wetson, Spc. Timothy Buskell, and Spc. Steven Conley.

In third place overall for individual scores was Spc. Conley with a 680 out of 750. The second place trophy went to Spc. Andrew Pattison of the 223rd MP Company for a score of 686. The top shooter of the competition was Maj. David Snyder, 123rd Signal Battalion commander, with a score of 694.

TEAM—After the competition, the 1st place team, the 94th MP team, poses for a photo, from left to right: Spc. John Wetson, Spc. Steven Conley, Sgt. 1st Class Roderick Burdette, Spc. Timothy Buskell, Sgt. Scott Carabin.



FOOD & FITNESS: BUILD

By Maj. Victor Yu

Task Force Med Eagle Dietician

National Nutrition Month® (NNM) is a nutritional education and information campaign sponsored annually by the American Diabetic Association (ADA) and its Foundation. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. NNM also promotes ADA and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information.

The slogan for 2001, "Food & Fitness: Build a Healthy Lifestyle," reinforces the importance of nutrition and physical activity as key components of a healthy lifestyle. The slogan communicates the flexibility of nutrition recommendations, dietary guidelines and the Food Guide Pyramid as the framework for daily food choices that can be personalized to each individual's food preferences, nutritional needs, health status, and lifestyle. It is a call to action that challenges Americans to take responsibility for their food, nutrition and physical activity habits.

Take a few minutes and assess your nutrition knowledge. Are you nutrition savvy? Take the quiz and find out.

Available resources:

Task Force Med Eagle on Eagle Base - Fit Eagle Health Promotion program:

<http://www.tfeagle.army.mil/Units/Eagle/TFMedEagle/Depts/fit%20eagle.htm>

Information on Nutrition Supplements:

<http://www.tfeagle.army.mil/Units/Eagle/TFMedEagle/novht.pdf>

There is a full time dietitian on Eagle Base to educate soldiers in MND(N)

<http://www.tfeagle.army.mil/Units/Eagle/TFMedEagle/Depts/Dietician.htm>

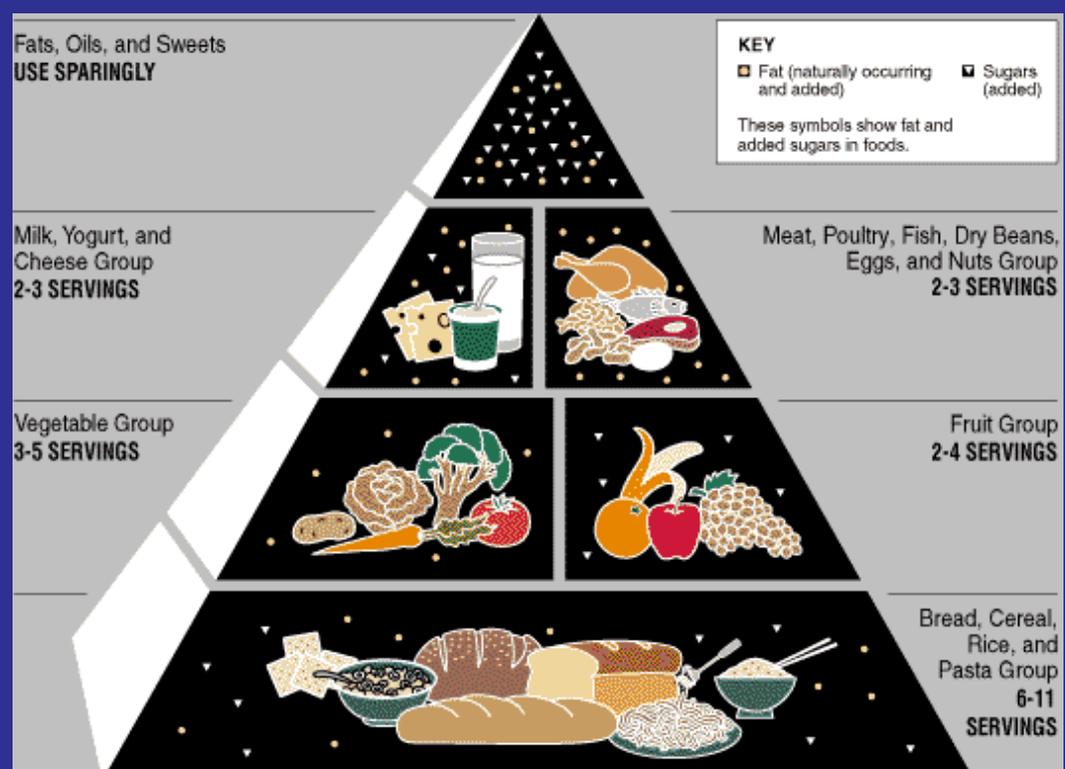
Army resources:

<http://www.hooah4health.com/>

<http://chppm-www.apgea.army.mil/>

The Nutrition Pyramid

PYRAMID— The nutrition pyramid represents the recommended daily consumption of the basic food groups.



D A HEALTHY LIFESTYLE

The Nutritional Quiz: How much do you know?

- Which of the following has the least fat?
 - One tablespoon butter
 - One tablespoon margarine
 - One tablespoon peanut butter
 - One tablespoon apple butter
- Untreated high blood pressure can lead to all of the following, except:
 - Diabetes
 - Heart attack
 - Atherosclerosis "hardening of the arteries"
 - Kidney disease
- Which food item contains the most potassium?
 - 1 cup yogurt
 - Medium banana
 - 8 oz Gatorade
 - Large potato
- Which oil has the largest amount of saturated fat?
 - Coconut oil
 - Palm oil
 - Canola oil
 - Peanut oil
- Which vitamin aids in calcium absorption?
 - Iron
 - Vitamin D
 - Vitamin C
 - Folic acid
- How many servings should you be consuming daily from the vegetable group based on the Food Guide Pyramid?
 - 6-11
 - 2-3
 - 3-5
 - 2-4
- Which food item provides the most fiber?
 - 1 cup orange juice
 - 1 ½ cup lettuce, romaine
 - 1 cup pinto beans
 - 1 slice whole grain bread
- Which is the only real concern about sugar intake?
 - It can cause diabetes
 - It has too many calories
 - It makes you hyperactive
 - It causes dental cavities
- Approximately one-half the calories in whole milk come from:
 - Water
 - Fat
 - Protein
 - Carbohydrate
- Which of the following spreads adds the least amount of fat to bread?
 - Garlic butter
 - Herbed margarine
 - Olive oil for dipping
 - All of the above has about the same amount
- What is the minimum number of servings of fruits and vegetables you should consume per day based on the Food Guide Pyramid?
 - 2
 - 3
 - 5
 - 8
- Approximately how many teaspoons of sugar are in 1-12oz can of cola?
 - 12
 - 9
 - 6
 - 4

Answers: 1.D 2.A 3.D 4.A 5.B 6.C 7.C 8.D 9.B 10.D 11.C 12.B



THE ARMY VALUES WINNING ESSAY ON DUTY

(Editor's note— The MND (N) command group selected the following as the winning essay on loyalty for the February Army Values Essay Contest sponsored by the Equal Opportunity office. The next Army Values Essay Contest is tentatively scheduled to be held in May. For more details contact Sgt. 1st Class Lee Morgenroth at 762-0033.)

By Spc. Sanjeeb Dodge
Staff Judge Advocate's Office

Such was his call to duty that Winston Churchill in 1940, in his first statement as Prime Minister to the British House of Commons, proclaimed, "I have nothing to offer but blood, sweat, toil and tears." European nations faced a total war. Churchill made history with these words. The nation that mobilized behind these words remembers him as a man of action. Duty and action serve in the same context. Our values-based Army upholds duty as a core Army value where obligation, conduct and character count.

To characterize the Army's most potent symbol of duty in action is to spotlight the role of the noncommissioned officer. Duty is the mandate of each soldier to fulfill his or her legal and moral obligations. Duty in action manifests itself in leadership excellence and personal development. The duties performed by the noncommissioned officer encompass any number and degree of challenges and

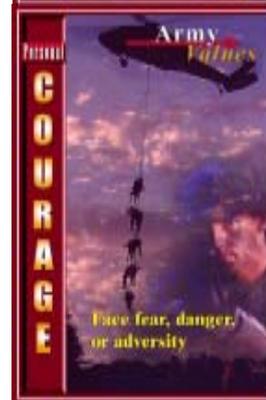
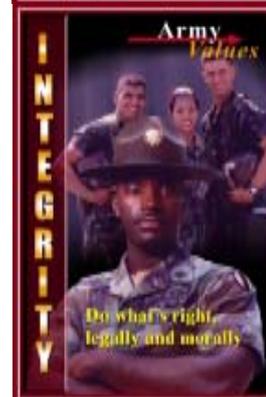
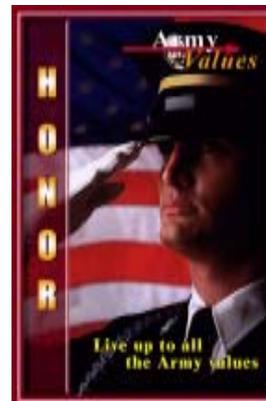
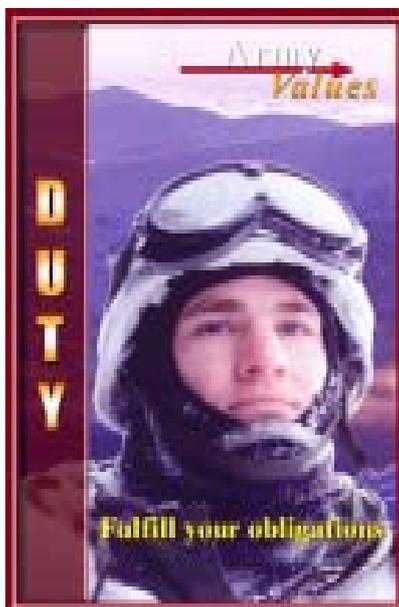
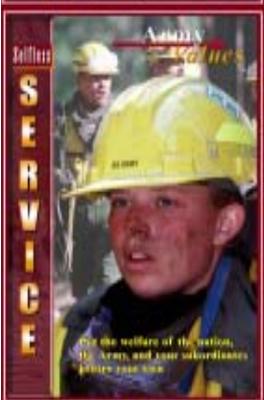
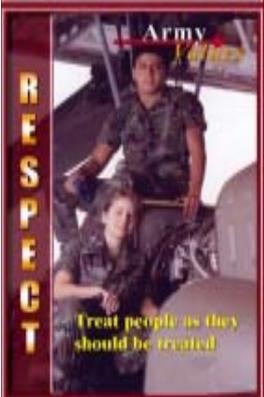
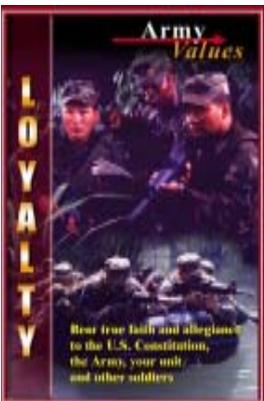
tries resourcefulness every step of the way. I have a better understanding now of what the words "adjust [fire]" and "adapt and overcome" mean. And I realize that poor work would be made of duty in the absence of some measure of loyalty.

What is duty in action? It includes meeting or exceeding performance levels in the execution of assigned and assumed roles/missions with adherence to standards of integrity, safety and teamwork. Duty is also an

individual-type of obligation that facilitates and directs action toward a collaborative objective. The means justifies the end. Responsibility to duty is imperative to performance and mission accomplishment. Duty as a performance measure counts. Ask panel members on promotion boards and witness the DA selection process.

Because we are evaluated on duty performance, we give credence to a discipline along a spectrum from which individuals drawing upon personal courage create ordinary heroes of themselves.

The execution of duty is what soldiering and mentoring is all about. Much of this takes place behind the scenes and encompasses scenarios that go beyond place of duty. Duty excellence often goes unrecognized, because its work is never finished. Duty plays into loyalty, integrity, respect, honor and selfless service. If you truly walk beside another, you walk in his or her shoes. That's where duty takes you.



GOOD JOB— Spc. Sanjeeb Dodge receives a commander's coin from Command Sgt. Maj. George J. Ruo Jr., 3d Infantry Division (Mechanized) command sergeant major for his efforts in writing the duty essay. (Photo by Spc. Marc F. Marin)

KIOWA WARRIORS: A PRESENCE IN MND (N)

Story by Sgt. Dave Lietz
318th PCH, Eagle Base

The Bell Textron Kiowa helicopter first entered U.S. Army Service in 1968. Since it's original fielding, the Kiowa has undergone several upgrades. Today's fully modernized Kiowa Warrior is one of the Army's most complex weapon systems. It can carry a variety of weapons like the air-to-air Stinger missile system, Hellfire anti-tank missiles, 2.75 inch folding fin aerial rockets, and .50 caliber machine guns. The Kiowa Warrior normally carries a pilot and co-pilot, although they are able to fly with just a single pilot.

OH-58D Kiowa helicopter troops based at Camp Comanche fly presence patrols throughout Multinational Division (North). There are two Kiowa Warrior troops (line aviation companies) based at Comanche from Fort Stewart, Ga. One is Eagle Troop, 3-7 Cavalry, commanded by Capt. Peter Kellogg and the other is Demon Troop, 3-7 Cavalry, commanded by Capt. Thomas Lewis. Fury Troop, the Air Cavalry's Unit Level Maintenance Troop, is commanded by Capt. Penn Holsapple, and provides core support for the air cavalry.

The primary job of a Kiowa pilot is providing armed reconnaissance. "We provide an aerial presence. People see a ground force as well as helicopters," said Chief Warrant Officer 3 Jeffrey Bradshaw, Kiowa Warrior pilot, Eagle Troop. "The support we receive from our crew chiefs, maintenance troops, refuelers and arming technicians is outstanding. You can't continue operations unless you have dedicated personnel."

"We have the absolute best soldiers in the Army. You could not custom order



NIGHT FLIGHT—A Kiowa flies into the new moonlight on one of the night missions. (Photo by 1st Lt. Jeff Milchanowski, Demon Troop, 3-7 Cavalry).

better soldiers. They have the highest morale and the best work ethic. We have not missed a single mission. It's about the specialists and the privates that give their entire selves that make this mission happen," said Sgt. 1st Class Timothy Tilley, platoon sergeant, Demon Troop, 3-7 Cavalry.

"We work in conjunction with ground forces to reinforce their patrols," said Capt. Kellogg.

A typical mission might involve day or night armed reconnaissance, flying presence patrols or working hand in hand with Task Force 1-64 Armor or Task Force 3-15 Infantry throughout the MND (N) area of responsibility.

To prepare for a safe and successful SFOR 8 deployment in Bosnia-Herzegovina,

the air cavalry troops participated in an intense aviation specific train-up. "From April through August 2000 we participated in IRT (Individual Readiness Training), Mountain Environmental Training in Dahlonega, GA, the "Falcon Fury" FTX (Aviation Brigade Field Training Exercise) with a Combined Arms Live Fire Exercise, the Aviation Training Exercise at Fort Rucker, Ala., and the MRE (Mission Readiness Exercises) in Louisiana. Much of our training was executed in conjunction with Apache helicopter crews from 1-229th from Fort Bragg, N.C." said Capt. Lewis.

The Bosnia-Herzegovina train-up helped pilots hone their skills in tactics, techniques and procedures for flying in Bosnia-Herzegovina, specifically, the time it takes to plan and execute a safe aviation mission, explained Capt. Kellogg. But all of the hard work has paid off for Eagle Troop.

"They are a very professional group of soldiers. They have been doing the mission in Bosnia for the last six months without an incident or accident, which is fantastic. They have an outstanding safety record," said Capt. Kellogg.

"The OH-58D Kiowa Warrior pilot's main job is to provide vital information to our fellow soldiers on the ground. By doing so, we help the maneuver commander visualize the situation in his area of responsibility. This enables him to gain initiative and simultaneously maintain momentum and flexibility against known threats to his unit," explains Capt. Lewis. "We are always out front," exclaimed Chief Warrant Officer 2 Charles Griffin.



DASHBOARD— The instrument panel of a modern Kiowa is much different than that of the original, used in 1968. (Photo by Sgt. Dave Lietz)

PLL KEEPS TASK FORCE UP AND RUNNING AT MCGOVERN

Story and photos by
Spc. Jodie M. Moore

318th PCH, Camp McGovern

Their tasks are vast and varied; their workdays are long. Many don't understand what it is they actually do, but they are essential nonetheless. They are PLL (prescribed load list technicians) and they help keep the Task Force here up and running.

"We order parts. We help to maintain vehicles. We dispatch vehicles, and keep records of vehicles and operators. We make sure operators have current license to operate vehicles. We maintain the arms room. We also keep stock of parts, order and issue them," said Pfc. Sheldon V. Weekes, HHC, 3rd Battalion, 15th Infantry Regiment, 3d Infantry Division (Mechanized), as he listed some of the PLL duties.

Since the deployment began, PLL has dispatched over 3,600 vehicles and 14,400 parts. They have turned in over 300 parts to be made into scrap metal. They have also turned in 800 parts worth over \$25,000, said Master Sgt. James Brooks, HHC, 3-15 IN NCOIC (noncommissioned officer in charge) of the motor pool.

Not only do they work hard, they save the Army money. The scrap metal that was left behind by the previous rotation was turned in by PLL and disposed of. This kept Multinational Division (N) safety compliant, and it added instead of subtracted from the budget.

PLL is constantly turning in scrap metal and excessive motor parts, both serviceable and unserviceable parts, said Pfc. Weekes.

"Everyday between 25 to 30 are turned in, from springs to metals. You name it, we've had it turned in. We've even had some toxic items turned in," said Sgt. Francis Pattin, Task Force 3-15 IN, PLL NCOIC.

What makes the job of PLL so hard?

"We work from 7:30 a.m. until the last vehicle rolls out of the bay," said Spc. John H. Velazquez, HHC, TF 3-15 IN.

"We don't start work till everyone leaves. All work for us starts after mechanics leave and they turn in their parts. Sometimes we don't leave till 10 or 11 o'clock at night," said Spc. Luis F. Luis, HHC, TF 3-15 IN.

PLL stays until all vehicles are turned in that have been dispatched out and until all vehicles that are being serviced are

finished.

Because they feel their job is crucial to keeping the units going, they don't mind the long hours that are required of the job. Plus, they enjoy their jobs.

"I like my job because my team is very supportive. It's a very interesting job. You feel good when you know you play a big part in a mission," said Pfc. Weekes.

Sgt. Pattin knew the hard work and various tasks that his team does. He knew and he thought others should know. He went to his OIC (officer in charge) with a recommendation and his OIC contacted the commander here, Lt. Col. Stefan J. Banach, Commander, TF 3-15 IN. "I

recommended them for a coin because everyday they were doing turn in. They saved a lot of money. They took initiative by staying after work, coming in early to work, and working on Sundays. I felt they deserved it," said Sgt. Pattin.

Lt. Col. Banach presented PLL with a Task Force coin for their efforts supporting SFOR 8.

"I felt good because a lot of people think we do an easy job. They don't understand



TIME TO RELAX— Spc. John H. Velazquez, HHC, TF 3-15 IN, finds a moment to relax. Spc. Velazquez puts in 10 to 12 hour work days.

what we do, or they think we just dispatch vehicles," said Spc. Velazquez, on receiving the coin from Lt. Col. Banach.

Recognition of their hard work meant that others appreciate and understand the hard work that PLL does.

Hard work and discipline are required in the Army. Days are often long and tedious, especially during a deployment. It is expected. So rewards for hard work are always welcomed.



DISPATCH— Pfc. Sheldon V. Weekes, HHC, TF 3-15 IN, prints out the dispatch papers for a vehicle. Pfc. Weekes works in PLL at Camp McGovern.

ARMY SAFETY PROGRAM EXCELS IN 2000

By Maj. Jack Matthews
Task Force Eagle Safety Office

In Fiscal Year 2000, the Army enjoyed one of its best years ever in terms of safety performance. In aviation, both the number of fatalities and the Class A and B flight accident rates were reduced to all-time lows. In ground accident prevention, FY00 was the second-lowest year ever in terms of the number of ground and privately owned vehicle fatalities.

Each and every one of you can take credit for these safety successes. All of us rolling up our sleeves and working together make a difference. It was an extraordinary effort of:

1. Leadership involvement in safety programs.
2. Safety professionals, civilians and military Commanders make informed risk decisions.
3. Noncommissioned officers enforcing standards and making on-the-spot corrections.
4. Individual soldiers exhibiting the self-discipline to follow standards while resisting the temptation to take shortcuts sometimes perceived necessary due to the Operations Tempo.

We all can be, and rightfully should be, proud of the Army's FY00 safety performance, but there's a word of caution necessary as well: these achievements will not be easy to sustain. They will be even harder to surpass. Individually and collectively, we will have to seek even better ways of making a difference in our Army.

Gen. Eric Shinseki, the Army's Chief of Staff, is adamant that he is the Safety Officer for the Army. He is equally adamant that each commander with a flag outside his or her unit or organization is the Safety Officer for that unit or organization. He further states that it is up to each of us, who are in a position of responsibility, to protect and ensure the Safety of the human lives entrusted to



GRAND OPENING— Col. Barry Fowler, Chief of Staff, Multinational Division (North), cuts the ribbon at the Audie Murphy Inn March 9 to mark the grand opening of the facility as Lt. Col. Thomas Pope, 4-64 AR commander, looks on. The Inn will house VIPs visiting Bosnia-Herzegovina. (Photo by Spc. Christopher D. Carney)

our care. Maj. Gen. Walter L. Sharp is equally demanding in his approach to safety. His goals for TFE are to make sound risk decisions, which will reduce injuries, reduce lost accident days, and keep all MND(D) Units Mission Capable and Combat Ready. **YOU CAN MAKE A DIFFERENCE!**

TAX TIP OF THE WEEK

By Capt. Ruth Semonian
Tax Center OIC
Office of the Staff Judge Advocate,
Eagle Base

Q: I just sold my home this year and experienced a gain. Will I be taxed on this gain?

A: If the house was used as your principal residence, it is possible that the gain can be excluded from taxation.

Q: What are the rules on this exclusion?

A: A taxpayer can exclude the gain on the sale of his home only if, during the five-year period before the date of the sale, the taxpayer owned and used the property as the her principal residence for periods aggregating two or more years.

Q: So if I bought my house in August 1996 for \$80,000 and sold it for \$90,000 in August 2000, do I need to pay tax on the gain?

A: The first question that needs to be answered is how long you lived in the house during that time. If you lived in the house for at least 2 years (as your principal residence), then you will not have to pay tax on the gain.

Q: What if I did not live in the house for 2 years straight and rented it out at times?

A: As long as you lived in the house for a total of two years, 24 months or 730 days (as your principal residence), your gain on its sale can be excluded.

Q: If I sell my vacation home that I purchased 5 years ago, can the gain be excluded since I lived it for more than 24 months over the past five years?

A: No, only gain on your principal residence can be excluded. If a taxpayer alternates between two properties, using each as a residence for successive periods of time, the property that the taxpayer uses

a majority of the time during the year will ordinarily be considered the taxpayer's principal residence.

Q: Is there a dollar limit on excluding gain from the sale of a principal residence?

A: Yes, there is a dollar limit, but it is great. The dollar limit on excluding gain from the sale of a principal residence by an individual is \$250,000 and \$500,000 for married couples that file a joint return.

Q: How can I find out more information on excluding this gain?

A: Visit the Tax Assistance Center located in Building 4, Eagle Base. The hours are: **Monday and Wednesday, 0900-1200, 1300-1600, 1700-2100** **Tuesday and Saturday, 0900-1200 and 1300-1600**

The telephone number to the Tax Assistance Center is 762-0344.

EOD: A PERFECT MATCH FOR THIS SOLDIER

SOLDIER'S SPOTLIGHT



Story and photos by
Spc. Jodie M. Moore

318th PCH, Camp McGovern

Challenging experiences are something the Army can guarantee its enlistees. Challenges are something many enlistees crave. Many go to enlist with the thought of adventure waiting.

"I went to MEPS (military entrance processing center) and I told them that I didn't want to sit behind a desk. They showed me a videotape at MEPS of EOD (explosive ordnance disposal). I thought, 'Wow that's cool. I want to do that,'" said Spc. Sunny L. Roy, 760th Ordnance Company, (EOD), from Fort Dix, N.J.

Spc. Roy was sold on the idea of becoming an ordnance disposal soldier in the Army with just one viewing of the videotape. She was still committed after she knew all the hard work and training it would involve.

Spc. Roy went to AIT (advanced individual training) for approximately one year, she said. Her training for EOD school during that year took her from Alabama to Florida to Massachusetts and then back to Alabama.

"I didn't mind it (the long training). I knew the rewards were coming after I finished," said Spc. Roy.

Knowing that EOD school had such a high failure rate propelled Spc. Roy on even more, she said.

Yet it wasn't until Spc. Roy went to AIT that she noticed she had chosen a MOS (military occupation specialty) with very few females.

"It never crossed my mind," said Spc. Roy about being the one of a few females with the MOS.

"When I went to EODAIT I was one of only two females," she said.

Spc. Roy was not deterred, though. With support from her family, she said she is happy with her decision. Spc. Roy says her gender is in no way a deterrent to success in her job.

She said she enjoys her job. And, she doesn't mind being the only female with her MOS in her unit. She even likes being deployed.

"I don't mind being deployed at all. I went to Kuwait for six months, from December 1999 to January 2000. We (her company) took care of unexploded ordnances. It was great. I loved it," she said.

While in Kuwait, Spc. Roy was stationed at Camp Doha. Not only did she handle explosives while there; she trained for and ran her first marathon.

Now Spc. Roy and her company are here in Bosnia-Herzegovina. She said she is looking forward to her mission here.

Spc. Roy said she sees her mission here in BiH as, "Getting rid of the ordnances that are putting SFOR soldiers in danger."

Spc. Roy added that being over here would allow her company to handle different explosives than at Fort Dix.

"Most of the calls we get at Fort Dix are grenades. Here, we mostly get a lot of land mines," she said.

Spc. Roy said when her company is back at Fort Dix they train with improvised explosive devices. They also provide protection for the

Secret Service.

"If the President is going somewhere, we (EOD) go before him and sweep the entire area before he comes in," Spc. Roy said.

This is an aspect of the EOD mission that many don't know about.

"With the election year last year we were very busy," said Spc. Roy on the Secret Service duties her company performs.

Spc. Roy said her company also answers civilian calls from law enforcement when they are back at Fort Dix.

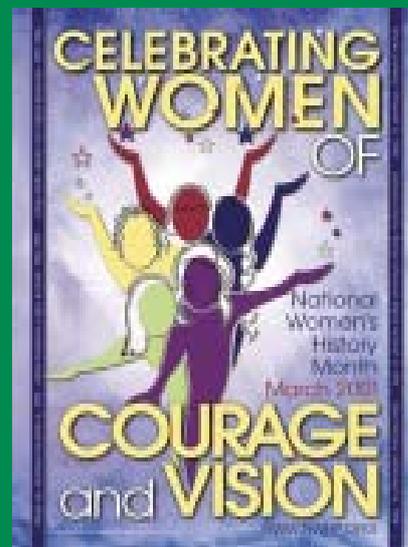
Despite the dangers that exist in her job, Spc. Roy said she would recommend her job to others.

"If you don't know the Army is for you, this is a job that teaches you skills for the outside world," she said.

Just knowing that she is doing her job, and it's enjoyable, is enough for Spc. Roy.

"Right now I'm looking into re-enlisting," Spc. Roy said

HISTORY—March is National Women's History Month. Equal Opportunity will be sponsoring events throughout the month. The TALON will be spotlighting the female servicemembers and civilians in MND (N).



UPDATE— Spc. Sunny L. Roy, 760th Ordnance Company, (EOD), glances over her shoulder while she updates the board in her company office.