

TALON

A soldier in camouflage gear is working on the engine of a military aircraft. The soldier is leaning over the engine, which is a large, complex piece of machinery. The background is a clear blue sky with some light clouds. The overall scene is a close-up of the soldier and the engine, with the aircraft's fuselage visible in the foreground.

Operation Joint Forge
Saturday, July 28, 2001

Task Force Eagle
www.tfeagle.army.mil

Pilots Exchange Knowledge
Medics Hold 'Olympics' of Learning
Cavalry Soldiers Earn Their Spurs

Marriage Makers, Marriage Breakers

My prayer for all of us, is that this rotation has been a season of positive change, both personally and professionally. Many of us have built relationships here that will last a lifetime. Although not everyone is married, I feel many of the principles of marriage are vital in almost any relationship. So, though I may use the word "marriage", please know this certainly includes everyone.

"Marriage brings together two complex persons with individual viewpoints, attitudes, gifts and interests. They then face the lifelong challenge of bonding and blending their lives together in harmony. Whether you've been married one year – or 40 – you certainly already know that this can be an arduous undertaking." This quote is from the book, Marriage Makers, Marriage Breakers by Rabor and Leipert. This statement is so true!

Relationships involve people, and people are complex. Wherever complexity exists, then problems are apt to surface. If they are not dealt with properly, then life stinks for everyone involved.

The authors of the book list several marriage breakers: Anger, poor communication skills, lack of quality time together and pursuing perverted thoughts. The marriage makers are: Knowing good ways to fight, possessing humor, being playful and having a few rituals.

Interestingly, they list spiritual values as a marriage maker and a marriage breaker.

We are spiritual beings by nature. This is the way God made us. We need the Lord and through knowing him, our soul is fed and our spiritual values are set in place. There is a scripture found in the book of Ecclesiastes 4:9-12: "*Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.*"

The writer of Ecclesiastes indicates that a person is better when they team up with another. In marriage, teamwork is vital in all areas, especially considering deployments. Hence, the importance of having a kindred spirit in the area of spiritual values.

These values come by way of entering into a relationship with the Lord. This statement leads me to a few questions I would like for you to consider. What are your spiritual values? What are your spouse's? Are most of these shared with each other or kept silent? Have you allowed your time away from home to enhance these values? When is the last time you fed your soul?

These are tough questions, but deployments are tough.

Let's be real. A six-month deployment will inevitably create some challenges in every marriage. None of us are exempt from this. However, we can choose to 'stress out' regarding being separated or choose to rise to the challenge and do everything we possibly can to ensure a smooth reunion.

One of the great "marriage makers" you can be working on is your relationship with the Lord! Spiritual values are created and lived out from the overflow of this relationship.

So, what's the point of all this? You can't really control what your spouse does, but you can control what you do and in turn, influence your spouse.

I believe, as we draw down to the last couple of months in Bosnia, we have a great opportunity to return home to our spouses being much closer to the Lord. By so doing, we are kicking the dust off of our spiritual values and rekindling a fire in our marriages that only the Lord can bring!

Two people that share common spiritual values can only be strengthened. I have never known any greater intimacy in my own marriage than knowing my wife and I strive to be on the same sheet of music spiritually!

I realize many of us have much work to do in the area of relationships when we get home. Allow the Lord to be at the center and you can never go wrong!

THOUGHTS FOR THE DAY

Saturday: "Kindness is wisdom." **Phillip J. Bailey**

Sunday: "Even from a dark night songs of beauty can be born." **Maryanne Radmacher-Hershey**

Monday: "But by the grace of God I am what I am, and his grace to me was not without effect..."
I Corinthians 15:10

Tuesday: "Friends are those rare people who ask how we are and then wait to hear the answer." **Ed Cunningham**

Wednesday: "Do not be misled: Bad company corrupts good character (morals)." **I Corinthians 15:33**

Thursday: "Blessed is the influence of one true, loving human soul on another." **George Eliot**

Friday: "Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love Him." **James 1:12**

By Chaplain Keith N. Croom
Eagle Base

TALON

Published in support of Operation Joint Forge
July 28, 2001
Volume 7, No. 30

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

Public Affairs Officer
Maj. Michael Birmingham
762-3353

**Public Affairs Noncommissioned
Officer in Charge**
Staff Sgt. Kenneth Hudson
762-3353

Editorial Staff

Managing Editor
Staff Sgt. Lisa Dunphy
762-5230

Editor
Sgt. Rhonda Morgan

**Assistant Editor/
Layout and Design**
Pfc. Michael Bennett

Webmaster
Spc. Lesley Newport
762-8207

Staff Writers

Eagle Base
Spc. Lewis Hilburn
Spc. T.S. Jarmusz
762-8208

Camp Comanche
Spc. Grant Calease
768-1027

Camp McGovern
Spc. Daniel Lucas
763-2041

The *Talon* is produced in the interest of the service members of Task Force Eagle. The *Talon* is an Army-funded magazine authorized for members of the U.S. Army overseas under the provisions 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.

Visit the *Talon* and other Bosnia and Herzegovina-related items on the Task Force Eagle Home Page:
www.tfeagle.army.mil

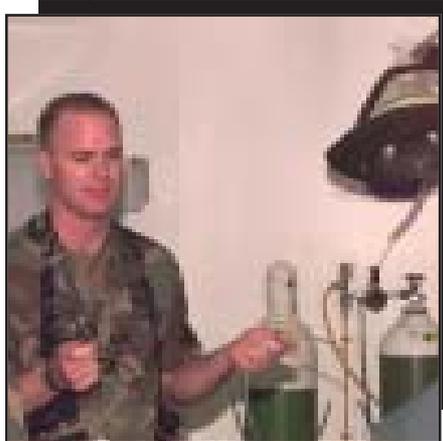
CONTENTS



ON THE COVER

8

American and Bosnian pilots seek a better understanding of each other through knowledge exchange program. *(Photo by Spc. T.S. Jarmusz)*



MEDICAL OLYMPICS

5

Combat Support Hospital trains for a better understanding of an EMT's job. *(Photo by Spc. Lewis M. Hilburn)*



"SPUR"ING ON THE CAVALRY

6

Soldiers in the 3-7 Cav. undergo three days of testing to "earn their spurs." *(Photo by Spc. Daniel W. Lucas)*

Comanche soldiers' donations help furnish school-----10
AAFES Deputy Commander tours MND(N)-----11

Self-Care: Soldiers Helping Themselves

By Maj. Michael L. Dupree, Pharmacist
28th Combat Support Hospital

In our quest for a symptom-free existence, we make many unnecessary visits to doctors and many of the visits are for new problems. Many visits are for uncomplicated colds, minor cuts that do not require stitches, strains and sprains and minor gastrointestinal problems.

But while you do not need a doctor to treat most coughs, you do for some. For every type of problem, there are some instances in which you should decide to see the doctor and some in which you should not. Consider how important these decisions are. If you delay a visit to the doctor when you really need it, you may suffer unnecessary discomfort or leave an illness untreated.

TFME Pharmacy has a limited self-care program where soldiers may pick up over-the-counter medications directly from the pharmacy without going to sick call. The following information is intended to help you with the decision of when to go to sick call.

Remember your health is your responsibility; it depends on your decisions.

The pharmacy hours are Monday through Friday 7:30 a.m. – 4:30 p.m. and Saturdays 7:30 a.m.-1:30 p.m.

Gastrointestinal problems

Constipation

1. Drink two to four extra glasses of water per day.
2. Increase intake of high fiber foods, such as bran.
3. Milk Of Magnesia 30cc daily until regular.

Diarrhea

1. Drink only clear liquids for the first 24 hours.
2. Avoid antidiarrheal drugs for the first six hours of symptoms.
3. If antidiarrheal therapy is needed, start Kaopectate Tablets two tabs immediately, then two tab after each loose stool. Do not exceed 12 tabs in 24 hours.
4. Alternative: Kaopectate Suspension, four to eight tablespoonsful after each loose stool.

Heartburn

1. Avoid foods that can worsen heartburn. These include alcohol, caffeine, chocolate, orange and tomato juices, peppermint and spearmint-flavored foods and fatty/fried foods.
2. Don't lie down too soon after eating. It is best to remain upright for at least two to three hours after eating.
3. If needed, start Maalox, 30cc every six hours as needed.
4. Alternative: Gaviscon, chew two to four tablets four times a day. Do not exceed 16 tabs in 24-hour period.

Nausea and vomiting

1. Take nothing by mouth for four hours after vomiting starts.
2. Drink only clear liquids, a few sips at a time, for 12-24 hours.
3. Eat only clear soups, mild foods and liquids on the second day and until all symptoms are gone for 48 hours.
4. If needed, start Pepto-Bismol two tablets every one-half to one hour. Do not exceed 16 tablets in 24-hour period.

Continued on Page 12

Now You See It, Now You Don't: Can the Army Pay Theft Claims?

By Task Force Eagle Staff Judge Advocate Office
Eagle Base

Imagine at your base camp overhearing a dismayed friend say:
"I locked it up!"
"It was right outside my hooch!"
"But I only left it out for a minute!"

Which of these deployed soldiers' claims would be approved by the Claims Office?

All too often, honest servicemembers are the victims of theft. A determined thief can make off with almost anything, but taking simple precautions to safeguard your property and carrying private insurance against the risk of theft will at least protect you from uncompensated loss.

A theft incurred incident to service may be compensable, but failure to report the crime promptly to military police normally bars payment of a subsequent claim for theft. Servicemembers should be mindful that their own negligence in failing to secure property will prevent the Claims Office from paying for a loss. Claimants should also be aware that Army claims rules only allow compensation for reasonable amounts of personal property, so that a claim for a hundred stolen compact discs may not be honored in full.

Theft from Quarters

Servicemembers are expected to secure the windows and doors of their quarters, and to secure wall lockers and other storage areas so that a thief must force entry. Money, valuables and small, highly pilferable goods are normally subject to the "double lock" rule, which means that such items should be kept in a locked container in a locked room at all times.

Stereos, camcorders and other high-value items should be secured in a wall locker or unit supply room while you are on leave or pass. Maintenance personnel may have access to your quarters when you and your roommates are not present. Remember that your hooch is not an appropriate place to store cash and valuable jewelry.

Pilferage from Vehicles

Although an experienced car thief can break into a locked vehicle without leaving signs of forced entry, servicemembers are expected always to lock car doors and windows of NTVs they are using. Neither the passenger compartment nor the trunk of a vehicle is a suitable place for long-term storage of personal property. The passenger compartment of a vehicle does not provide adequate security except for very short periods, ordinarily not more than a few hours at most.

You should remove personal property when you park an NTV. This is especially true of easily pilferable items like cameras, cellular telephones, and compact discs. Otherwise, a claim for theft of personal belongings from an NTV will not be compensable.

Stolen Bicycles

Servicemembers are expected to keep bicycles indoors where permitted, or to chain them to a fixed, immovable object outdoors, such as a rack, pole, post, or tree; whatever one is reasonably available. (Use common sense when securing bicycles out of doors so as not to create a fire hazard by obstructing walkways.)

Under the Army claims regulation, a claimant who only locks handlebars or locks the wheels together is usually considered to have acted negligently and can not be compensated for loss by theft.

Continued on Page 12

Medical Olympians Strive for Skill

Story and photos by
Spc. Lewis Hilburn
Eagle Base

The 28th Combat Support Hospital, Fort Bragg, N.C., doesn't go for the gold; it goes for the knowledge.

An Emergency Department Skills Olympics was held at Task Force Medical Eagle July 10. In this Olympics, however, no medals were awarded; the prizes



Sgt. Douglas Thoele is used as a training demonstrator while the staff demonstrates proper cervical-spine immobilization.

Kristin Kleinschmidt, head nurse of the Emergency Medical Treatment area for the 28th CSH.

"We have the class and then let the soldiers have hands on time," she stated.

First Lt. Mark Wimmer, a nurse for the 28th CSH, demonstrated how to properly perform a nasal gastric-tube insertion procedure used to access the stomach to either pump or deposit.

Maj. Reva Thoroughman, chief nurse of the 28th CSH, showed the EMTs the cardiac code cart, or 'crash cart.' The crash cart is used in medical emergencies such as serious injuries. The crash cart carries oxygen, defibrillators (the paddles used to shock the heart back into a regular rhythm), medicines used in treatment, needles and other instruments.

"Everything needed to treat a trauma victim is on the crash cart," said Maj. Thoroughman.



Capt. Kleinschmidt shows everyone how to properly work the internal cardiac pacemaker.

were a better understanding of the Emergency Medical Technician's mission and increased medical awareness.

Emergency Medical Technician personnel from the 28th CSH were given classes in nasal-gastric tube insertion, cardiac code cart, internal cardiac pacemaker and cervical spine immobilization.

"We practice the medical skills that the medics in the emergency department must be able to perform in an emergency situation. We practice it, just like everything in life we have to practice the skills or we don't get proficient at it," said Capt.



thing is in it.

Capt. Kleinschmidt told about personal protective equipment and how and when it is used.

"If you are in a bad trauma situation and there is going to be blood and bodily fluid everywhere then you would

"The cart itself is never used until there is an emergency," she said.

The 28th CSH keeps it locked so that it will not be used.

The cart is checked every month to make sure the medicines are not out of date and every-

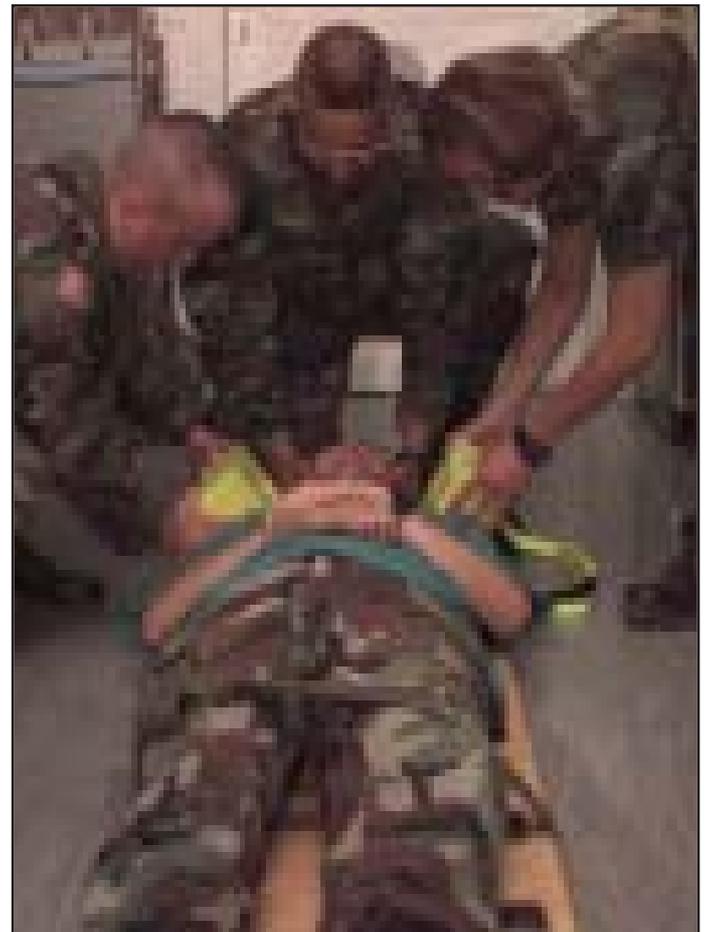
need gloves, gowns, hats, protective wear and shoe covers.

"But, just for the normal patient that you are starting an IV on and you don't think you are not going to have any kind of bodily fluids spraying all over you, then gloves will be fine," she stated.

Capt. Kathryn Deary, head nurse of the intermediate ward for the 28th CSH, and Sgt. Michael Jordan, licensed practical nurse for the 28th CSH, gave a class in cervical spine immobilization.

Sgt. Jordan said, "It's an ongoing learning process. It's never 'I've learned it all and I am done,' it's ongoing."

Every month the 28th CSH has these Olympics, sometimes referred to as the Round Robin. Each month another set of skills is taught and performed, stated Capt. Kleinschmidt.



(Above) Sgt. Michael Jordan, Sgt. 1st Class Steven Humphries and Capt. Kathryn Deary demonstrate how to properly place a casualty on a stretcher. (Left) Spc. Tanya Bradley, an Emergency Medical Technician, demonstrates how to perform gastric nasal tube insertion.

Cavalrymen Try to

Story by **Spc. Lewis Hilburn**

Eagle Base

and **Spc. Daniel Lucas**

Camp McGovern

The most coveted symbol of the cavalryman is the spurs. They are never given but have always had to be earned. In the past, when a cavalryman proved himself capable on his steed, he was awarded his spurs. This tradition also remains. Spurs can be earned two ways: through combat action with the cavalry or through a "Spur Ride" in which junior cavalrymen prove themselves capable.

Task Force 3rd Squadron, 7th Cavalry, held a Spur Ride in which 15 cavalrymen stepped forward to prove themselves and earn their spurs on June 22.

The Spur Ride is a historical and unique training event and rite of passage for cavalrymen. The cavalry was first started from the mounted Dragoons of the Revolutionary War and the horse cavalry of the Civil and Indian Wars.

In modern times the cavalry has become mechanized with their iron "horses" of M1A1 tanks, M2 Bradleys and have even taken to the air in Kiowa Warrior helicopters. However, it continues to maintain the traditions of the horse cavalry.

The red-and-white guideon, the Stetson "cowboy hat", and horse spurs remain as symbols of cavalry past. First Lt. Robert Riley, information operations officer for 3-7 Cavalry, said, "In order to attend the Spur Ride, the Cavalrymen were required to have been assigned to 3-7 Cavalry for six months, meet all fit-to-fight standards. To be considered 'fit to fight' you must pass all physical and mental requirements by passing an Army Physical Fitness Test, qualifying no less than Sharpshooter with their personal weapon, conducting a day and night patrol within the area of operations, conducting guard duty at least once and be



(Top left) Lt. Col. Terry Ferrell, Task Force commander at Camp McGovern, gives a speech during the dinner held after the Spur Ride. (Above) Prior to the Spur Ride dinner, participants who passed were presented with spurs, which were placed on their boots. (Photos by Spc Curtis Hargrave)



o Earn Their Spurs

recommended by a senior spur holder.”

The APFT was held first thing that morning. To move on to the next event the soldiers must score 80 points in all categories.

The history test was the next. Applicants were given a written test on the history, leaders and major battles in which the cavalry has been involved. A Joint Military Commissions test was given following the history test. It is a test on the rules of engagement, the Armed Forces of Bosnia-Herzegovina, and JMC rules and regulations of the Dayton Peace Accords.

The soldiers were also required to recite, from memory and without error, “Fiddler’s Green”, a poem referencing the cavalry and that has been part of the cavalry’s tradition since the late 1800s.

The soldiers had to perform a call for fire exercise within set standards, using the Guard Unit Armory Device Full-Crew Interactive Simulation Trainer, a transportable training system that provides simulated battlefield scenarios for the training of field artillery forward observers. All soldiers had to identify, call for and adjust fire onto a target within set standards. The last task they had to perform for the day was Preventive Maintenance Checks System on their primary vehicle, which was an M1A1 Abram tank, M2 Bradley, or M1 114 Humvee. The soldiers were to identify deadlines and faults and properly fill out a maintenance record.

By the next day, 12 soldiers remained in the competition. The first competition of the day was a four-mile run. Soldiers were required to run four miles within 36 minutes.

Next was the first-aid station. The soldiers had to evaluate a casualty in the proper sequence and treat for shock.

At the communication station they had to assemble a Single Channel Ground and Airborne Radio, or SINCGAR, locate the correct frequency and perform a communications check.

Eight soldiers remained on the last day of competition. Beginning that morning soldiers had to do a 20km road march and then perform weapon assembly and disassembly.

The road march was to be completed within four hours. The last station they had to clear disassemble, assemble and perform a function check on their personal and crew-served weapon within standard times.

There were seven soldiers remaining after these two tasks were completed.

“The participants were given three weeks notice, but they shouldn’t need that. They should have already known all of the tasks,” said Staff Sgt. Robert Serna, section sergeant for the 3-7 Cavalry.

There were some changes to the Spur Ride content from one conducted in the U.S., said 1st Sgt. Ricki Grayer, Headquarters, Headquarters Troop 3-7 Cavalry first sergeant.

“One of the big differences was the fact that there was no land navigation, and there was no command station where the commander and command sergeant major just randomly throw something in that wasn’t told about in the briefing,” he said.

By the end of the competition seven soldiers remained, and received their spurs and a certificate. Even though some of the competitors didn’t make it through the competition, they have six months to prepare for the next Spur Ride.



(Top) Second Lt. Barry Stewart assembles a radio while Staff Sgt. Robert Serna watches every move he makes. (Left) Although giving first-aid is one skill on which all soldiers are trained, it was the station in which most soldiers failed to complete properly during the Spur Ride. (Above) (Left to right) Second Lt. Barry Stewart, commander, HHT medical platoon, 3-7 Cav., is being supported by Capt. Frank Lozano, HHT commander, while his spurs are put on. Command Sgt. Maj. Horris Frazier reads the plaque. (Photos by Spc. Curtis Hargrave)



American, Bosnian Pilots Exchange Ideas

Story and photos by Spc. T.S. Jarmusz
Eagle Base

American soldiers and the Army of the Federation Air Force personnel joined hands July 9th, as part of the first-ever air defense professional exchange program at Rajlovac 1st Airbase in Sarajevo.

The U.S. soldiers, stationed at Camp Comanche, were greeted by members of the AoF Air Force, and after a short tour of the base, they took time to learn more about each other.

"We conducted an exchange where pilots, crew chiefs and commissioned officers conducted question and answer

sessions and interacted with the Bosnian pilots in order to enhance their professionalism while simultaneously demonstrating how a professional aviation unit conducts day-to-day operations," said Capt. Craig Alia, company commander of Company A, 2nd Battalion, 82nd Aviation Brigade.

The program is designed to train and equip the AoF on U.S. tactics so that they can perhaps one day be integrated as part of the North Atlantic Treaty Organization, said Bernie Ratio, chief of operations and training for the Aviation Training Program, and previously a lieutenant colonel with the 82nd Airborne Division.

"This was the first mission of this type for us. We provided a role model for the Bosnian Air Force, and we are now the model on which their Air Force is based. Ultimately if they can become a self-sufficient professional Air Force that integrates each of the ethnic groups within their organization, they can contribute to Stabilization Force's desired end state of a self-sufficient Federation Government," Capt. Alia said.

"They can become a government capable of maintaining a safe and secure environment, where all people of every ethnicity enjoy freedom of movement," he added.

When Mr. Ratio first arrived in Sarajevo, the airmen had little structure in the chain of command, they didn't conduct physical training, and they needed work on their formations. After months of intensive training, he thought the AoF airmen were coming along.

"They have a very good attitude towards this training program.

They are hungry to learn and I believe they are doing quite well," said Mr. Ratio.

The AoF airmen were shaping up so well that after talking with soldiers from his previous Army unit, Mr. Ratio decided to organize the exchange program.

The AoF airmen finally met members of the Army they had

heard so much about. "They received the opportunity to see what American soldiers act like. Sometimes, people have misconceptions about Americans. People need to see Americans as people that give. The airmen here have learned that Americans really do care," said Mr. Ratio.

"I consider it very interesting. This gave me opportunity to expand my knowledge, as well as to meet and learn about the U.S. Army," said Sgt. 1st Class Nedim Omerkic, crew chief, with AoF.

American soldiers thought it was a mutually beneficial experience.

"They were extremely professional and genuinely interested in understanding how our organization works.

"They also were very interested in a lasting peace in their country. I believe we learned a great deal from them and came away with a better understanding of them as both soldiers and people," said Capt. Alia.

After a few question and answer sessions, the servicemembers took part in the day's



Knowledge

highlight: inspecting each other's helicopters.

The Bosnians opened doors, sat in the cockpit and even climbed on the roof to inspect the blades of the U.S. UH-60 Blackhawk. The Americans then walked across the runway to inspect an old, but still functional, Russian Mi-8 HIP helicopter.

"This exchange gave the AoF Air Force a chance to see some ideas on what they can do to help rebuild their military," said Sgt. Timothy McClung, platoon sergeant, Co. A, 2-82nd Aviation.

All in attendance learned not only about cultural differences, but also about the differences in military structure.

"Sharing experience and knowledge with the members of foreign armies is positive and useful for expanding our knowledge," said Maj.



Muhamed Hasanovic, chief of operational center, 1st Airbase Sarajevo.

The Americans discovered that being in the AoF military is no easy task.

"The soldier here is not like the American soldier. The country is rebuilding and there are a lot of economic hardships.

"What we take for granted in the States, the people here don't have; yet they manage to keep motivated. They want to build a future, and our goal should be to help them get back on their feet and leave with a stronger nation," Mr. Ratio said.

The base, devastated from the previous war, has been rebuilt from the ground up.

Despite its recent reconstruction, it fell short when compared to the amenities of more comfortable American bases.

It had little if any air conditioning and a cracked cement basketball court adjacent to a makeshift obstacle course. Nevertheless, the AoF, manages to complete their mission. The Americans were impressed with how the Bosnians made do with



Chief Warrant Officer Douglas Lucius and Chief Warrant Officer James Bowman, both with Co. A, 2-82 Aviation, examine the cockpit of Russian Mi-8 HIP.

so little.

"I have a new appreciation for how difficult their situation is yet how resilient they are as people and soldiers. They lack repair parts, fuel and money but still manage to continue training with what they have. They each have significant family concerns but still they keep focused and maintain their military bearing. I admire their spirit and work ethic. I have a great appreciation for them both as soldiers and people," said Capt. Alia.

"They learned that we are all going in the same direction. I think that the U.S. better understands us now. With the eventual restructuring of our units we will be compatible with NATO units. We will be able to help ourselves in daily work and life and look a little bit further than tomorrow," Maj. Hasanovic said.

At the day's end, everyone walked away

with newfound knowledge and a greater appreciation for other cultures. Some soldiers learned about helicopters, some learned about military structure and some learned about people. Though the servicemembers' cultures vary in many ways, they all still managed to come together on the common ground of the need for peace.

"We hope that our exchange ultimately leads the way in establishing a lasting peace within the country," said Capt. Alia.

"I would hope that the American people can see that we are needed in some capacity, not just for military efforts but for nation-building too. We don't just try to teach these people about tactics and combat, we try to impart peace. This is just one small step of many that is needed to rebuild Bosnia-Herzegovina," Mr. Ratio said.



(Above) U.S. Army and Army of the Federation Air Force personnel gather around a UH-60 Blackhawk helicopter during an exchange of information at Rajlovac 1st Airbase in Sarejavo. (Left) An Mi-8 HIP helicopter is examined during an exchange of aviators at Rajlovac 1st Airbase. (Far Left) Sgt. Timothy McClung, Co. A, 2-82 Aviation, prepares a UH-60 Blackhawk for take off, during an exchange of U.S. and Army of the Federation Aviators at Rajlovac 1st Airbase in Sarajevo.

Soldiers' Donations Help Furnish School

Story and photos by Spc. Grant Calease
Camp Comanche

The children of Podzeplje, a small village near Hans Pijesak, don't have a school to call their own. It was destroyed during the war and is now a skeleton of the institution of education it once was.

But with the help of a donation from some American peacekeepers and the World Vision organization, the kids of Podzeplje will have their school back.

World Vision is an international organization helping rebuild damaged schools and houses throughout Bosnia. Some American troops at Camp Comanche are providing money to help World Vision in its quest.

The money was raised through activities during Memorial Day weekend at Camp Comanche. The events included a dunk tank and a pie toss, where the soldiers got to dunk or hit their commanders with a pie for a few Deutsche Marks.

This money is then being donated back to the people the Americans are here to help. The soldiers of Company C, 1st Battalion, 121 Infantry, have been traveling out to the area to see the work.

"We want to see where the money the camp donated will go," said Sgt. 1st Class Charles Joseph, a platoon sergeant for Co. C.

"Our company patrols this area. We basically adopted this town and we tried to get the Memorial Day money for this area," he said.

The troops from Camp Comanche raised about 840 Deutsche Marks for the school to buy furniture, said Sgt. 1st Class Joseph.

"That particular money will furnish one classroom," he said. "It will provide desks, chairs and books."

"The school needs to be furnished. It is difficult to get donors to furnish the buildings after they have been built," said Mark Viso, the World Vision director for Bosnia-Herzegovina.

"After the building has been built they think the job is done. If you build a school but don't have the furniture, books or teachers no one will come," he said.

World Vision's main offices are in California and Switzerland and the organization is currently working in 102 countries around the world, said Mr. Viso.

"This is an integrated return community development project," commented Mr. Viso on his mission to Podzeplje.

The budget for the Podzeplje project is \$1.2 million, most of which is from

international donors. Another \$25,000 from World Vision's private money is scheduled to go to social programs for the kids, according to Mr. Viso.

"We are trying to bring people back to the community and rejuvenate the community in an integrated, ethnically reconciled fashion," he said.

World Vision is rebuilding homes in the area and rebuilding the school. They are working on electrical and clean water projects as well.

The community is providing the labor for the construction, said Mr. Viso.

"We are trying to rejuvenate their economy, to create some business links and market links to rejuvenate the economic vibrance of the area, so people can come back with integrity," he said.

Co. C. linked up with World Vision through helping the people Podzeplje with other problems.

"We went to the school to see who was rebuilding it. We asked a civilian who lived there and he told us about World Vision,"



Sgt. 1st Class Chaz Norman, 1-121 Infantry, and World Vision's Barbara Rambousek talk to a Bosnian in the town of Podzeplje. The town's school is being rebuilt by the World Vision organization, and money to help furnish the school was raised by Sgt. 1st Class Norman and some soldiers at Camp Comanche.

said 1st Lt. Mike Lipper, the executive officer for Co. C.

"We were trying to help them with their minefield problem. When we stopped in to check on the minefields World Vision was there," he added.

With an organization like World Vision looking out for them and the American soldiers at Camp Comanche doing their part the children of Podzeplje appear to be in good hands.

The school at Podzeplje is being rebuilt with the help of the World Vision organization. American soldiers from Camp Comanche donated money to help furnish the school once it has been rebuilt.



AAFES Deputy Commander Visits

Story by Spc. Lewis Hilburn
Eagle Base

The Army Air Force Exchange Service stores in Multinational Division (North) received a visit from their deputy commander.

Brig. Gen. Velma Richardson, from headquarters AAFES, Dallas, Texas, visited the Balkans July 11-13.

This visit was her first to the region and she said that she was impressed with the stores and everyone here.

Brig. Gen. Richardson visited Eagle Base, Camp Comanche and Camp McGovern's AAFES stores during her three-day visit.

"I came to take a look at our stores that are downrange here in the Balkans," she said.

Brig. Gen. Richardson wants to make sure that the soldiers and airman are getting the quality service from AAFES as they would back in the U.S.

"We want to make sure that (AAFES stores) are in fact providing the kind of services

and the merchandise that soldiers and airmen who are deployed would want or need.

"We certainly have done our very best to make sure the merchandise selection whether it be clothing, gift items or video are all the things that our soldiers and airmen want and make those available to them," she said.

Brig. Gen. Richardson said that AAFES is always looking into new ideas on selection, which changes depending on units' needs.

"You will see a continued effort to improve overall variety and selection, and so as people come in and units change you tend to have different needs and wants. So we will continue to work the customer base to try to provide what it is they are looking for. We also want to make sure it is a light, bright, air-conditioned, convenient and comfortable place to come to shop," she said.

The purpose of AAFES is twofold, she said.

"We have two missions. The

first mission is to provide goods and services to our soldiers and airmen around the world at reasonably low prices. The second piece of that mission is to earn profits such that we can provide a reasonable dividend to Morale Welfare and Recreation each year so they can continue to operate," she said.

AAFES gives 15 percent of their profits to MWR.

Brig. Gen. Richardson was assigned as the deputy-commanding general of AAFES Sept. 6, 2000. Prior to coming to AAFES she was the deputy-commanding general of the U.S. Army Signal Center and Fort Gordon, Fort Gordon, Ga.

Tony Bencina, general manager for the Stabilization Force Exchange system, said, "She was very impressed with what the facilities were and how they were in wood or metal buildings. She was also impressed with the standard which the stores have and the quality of associates we have in the Balkans," he said.



Brig. Gen. Velma Richardson, deputy commander, AAFES, visited stores in the Balkans.

Brig. Gen. Richardson gave Mr. Bencina some suggestions in customer relations; suggestions he said would help AAFES better serve the service members. "She told me to continue to talk to the customer base," he said.

"I was very impressed with (Brigadier) General Richardson. With her short time being with AAFES, her knowledge and interest was impressive," Mr. Bencina said.

Service, Employees Define AAFES

Story by Spc. Lewis Hilburn
Eagle Base

The Army Air Force Exchange Service motto, "We Go Where You Go" holds true in the Balkans.

"I think the U.S. soldiers were surprised to see us here two days later after they crossed the Sava River," said Tony Bencina, general manager for the Stabilization Force exchange system.

Since Dec. 25, 1995, the first day of the Balkans mission, AAFES has served troops and offered a little piece of home, he said. Camps Colt, McGovern, Guardian, Bedrock,

Comanche, Dobol, Demi and Eagle Base all had stores built in them. The first AAFES store on Eagle Base was but a mere 35-foot tactical field trailer sprayed with camouflage coloring. It had only a few products to offer customers, mostly basic necessities like personal hygiene products, snacks and clothing.

The Eagle Base store has recently been renovated to improve the store and service. Air conditioning units, permanent shelves and more lighting are some of the additions. Shelves for compact discs and movies, and sound booths in which customers can listen to CD's before buying them, are also being added.

Camp Morgan recently opened up a new main PX store. The

store there is now a larger, permanent structure with a wider selection.

AAFES, when it first opened at Eagle Base, offered jobs to the local nationals. Most of the AAFES employees have been working for them three years or longer now and some have been there since the beginning.

"We have two hundred and seventy-five employees and all of them are exceptional and proud people. They love what they are doing and many are talented at what they do," he said.

"The level of service, we hear many times, is better than that back in the States. Employees love the U.S. soldier because

they are protecting them," Mr. Bencina said.

Maja Marajanovic, operations manager of the Eagle Base PX, has worked there since December 1995. She began as a cashier and shelf stocker but AAFES has been impressed with her performance and has sent her to the U.S. for management training.

"She has impressed all the visitors that have come in with her knowledge of the store and her dedication," Mr. Bencina said.

"It is a pretty nice feeling if you can help somebody," she said, "and I look at them as somebody that is supporting peace and they are more than welcome. That is a guarantee — this country will have, peace, as long as the soldiers are here."



SELF-CARE

Continued from Page 4

Musculoskeletal Problems

Strains and sprains

1. RICE— Rest (for at least 24-48 hours); Ice (until swelling is gone); Compression (wrap with an ACE bandage); Elevation (elevate the injury any time seated or while you apply ice)
2. After initial pain and swelling has subsided, limit activity to avoid reinjury.
3. If no stomach problems, try Ibuprofen 200mg, two tabs every six hours as needed.
4. For patients with a history of stomach problems, Extra-Strength Tylenol, two tabs every six hours as needed.

Mild Arthritis Pain

1. Avoid repeated, jarring activities
2. Use range of motion exercises/regular non-jarring exercise daily to maintain mobility.
3. If the joint is swollen, apply cold packs for 10-15 minutes once an hour.
4. If no swelling is present, apply moist heat for 20-30 minutes two-three times a day.
5. If no stomach problems, try Ibuprofen, 200-400mg four times a day.
6. For patients with a history of stomach problems, Extra-Strength Tylenol two tabs four times a day.

Cough and Cold

Colds

1. Get extra rest.
2. Drink extra fluids. Hot tea, soups, etc. will help relieve congestion.
3. Take Tylenol, 325mg, two tabs every six hours as needed for aches/fever.
4. If congestion, Actifed, one tablet twice a day. Do not exceed four tablets/day. (OK to use in hypertensive patients who monitor their blood pressure. The decongestant is pseudoephedrine.)

Cough

1. Avoid smoking!
2. Drink extra water.
3. For symptomatic relief, use Robitussin, DM 1-2 tsp. every 6 hours as needed for cough.
4. Use hard candy, such as peppermint, or cough drops if needed.

THEFT

Continued from Page 4

Can the Claims Office Help?

If any of your property should be stolen, contact the military police immediately. Identify any evidence at the scene (e.g., broken glass, bicycle lock cut by bolt-cutters) and point it out to the military police when they arrive. If military police are unable to come to the scene, take photographs or a video recording of the scene and of the evidence.

Contact your local claims office as soon as you have reported the incident to military police. Remember that you must file a claim with your insurance carrier before the Army can consider your claim.

And what of the three amigos you overheard at the beginning of this article? Under Army claims rules, only the one who secured his property may be compensated for all or part of his loss.

Should you be the victim of theft, the Claims Office will assist you in ascertaining whether Army regulations authorize compensation for your loss.

On Eagle Base, call 762-2122. On Camp Comanche, call 768-0032. On Camp McGovern, call 763-5208.

Soldier on the Street

“What does respecting personal property mean to you?”

Respecting personal property means not infringing on other people's belongings, not using what belongs to someone else.”



Lt. Col. Doug Morrison
TFE G-3, Eagle Base

Treat their property the way I want mine to be treated.”

Cpl. Phillip Brame
*129th Postal Co.,
Camp Comanche*



Not messing with other people's stuff without their permission.”

Spc. Sarah Gausmann
*123rd Signal,
Eagle Base*



I am responsible to treat it as though it was my own.”

Staff Sgt. Howard Pittsley
*3rd SSB,
Camp Comanche*



Watching out for other people's stuff when they are not around. Hopefully they'll do the same for you.”

Spc. Chris Murdock
*Co. A, 103rd MI,
Eagle Base*



Using it for the best interest of the government and maintaining it in the same condition as it was given to me.”

Spc. Joy Overrocker
*HHC 2-121,
Camp Comanche*

