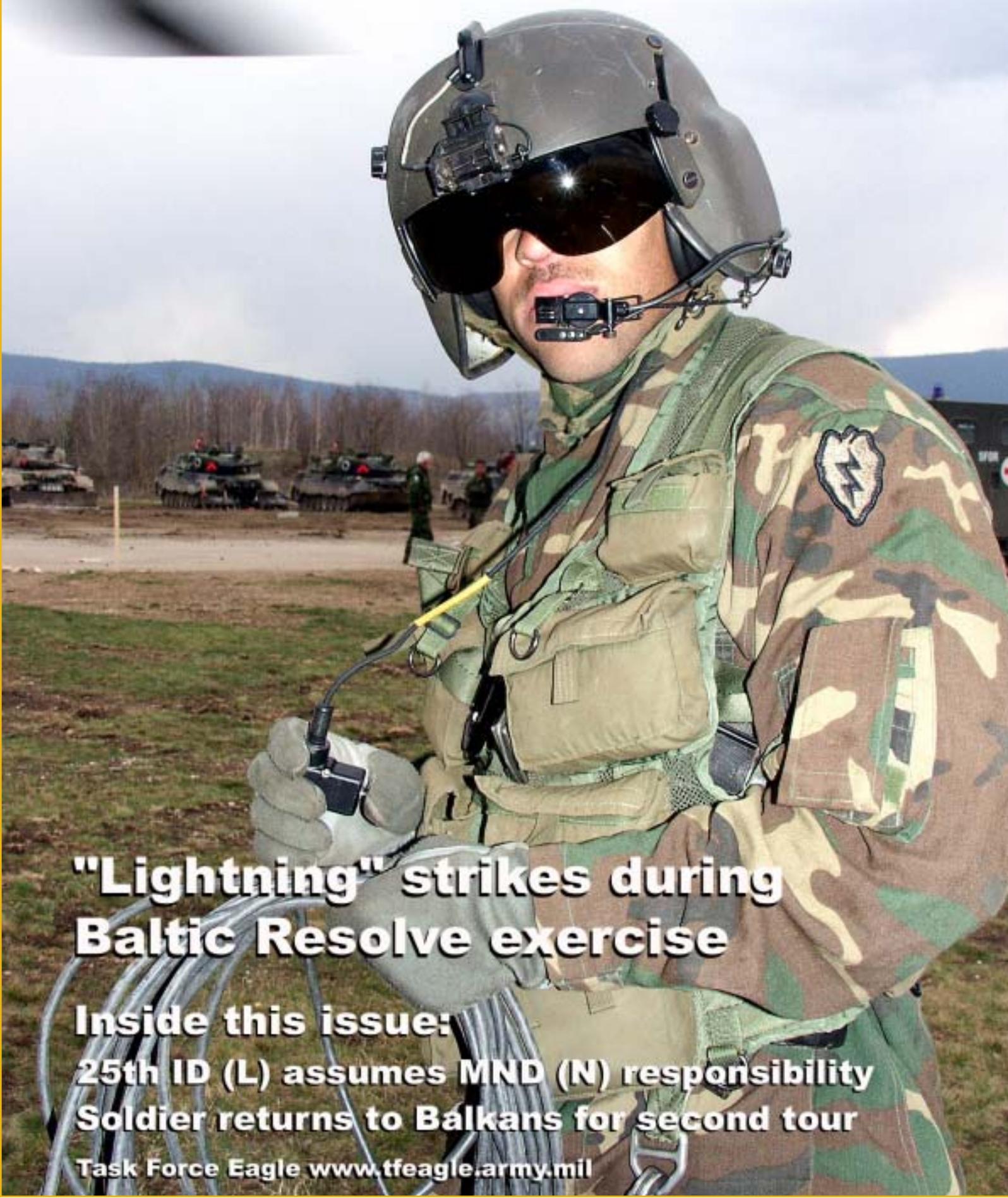


APRIL 12, 2002

TALON



**"Lightning" strikes during
Baltic Resolve exercise**

Inside this issue:

25th ID (L) assumes MND (N) responsibility

Soldier returns to Balkans for second tour

Task Force Eagle www.tfeagle.army.mil

Contents ...

TALON

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**Commander,
Multinational Division (North)**
Maj. Gen.
Charles H. Swannack, Jr.
672-9700

**Command Sergeant Major,
Multinational Division (North)**
Command Sgt. Maj.
Michael T. Etheridge
762-9378

Public Affairs Officer
Maj. Nancy Makowski
762-5239

Deputy Public Affairs Officer
Maj. Dana Minor
762-5237

Command Information Chief
Sgt. 1st Class James McKane
762-5657

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**On the Cover - Spc. Freddy Rivera, a UH-60 Blackhawk crew chief, prepares communication cables during a pre-flight inspection.
(Photo by Spc. Michelle Lunato, 305th PAD)**



**Page 5 - The 25th Infantry Division (Light) assumes command of Multinational Division (North).
(Photo by Spc. Christina Davis, 305th PAD)**

**Page 9 - Task Force Med Eagle hosts a health fair for soldiers of Stabilization Force 11 at Eagle Base fitness center.
(Photo by Spc. Michelle Lunato, 305th PAD)**



Stabilization Force 11 Voices

“What rules would you like to see changed at Eagle Base?”



Sgt. Marcus Williams
Prev. Med. NCOIC
Preventive Medicine

“I would like to see the drinking policy relaxed to the point where we can drink on special occasions.”



Capt. Randy Rowland
Lab OIC
TFME

“I would like to see the leave policy opened up to include going back to the Mainland for leave while we’re deployed.”



Spc. Roger Winston
Behavioral Science
Specialist
1896th CSC

“I think you should be able to wear the P.T. uniform in the chow hall during dinner.”



Task Force Eagle
Stabilization Force
SFOR XI
Bosnia-Herzegovina



Command Sgt. Maj. Michael T. Etheridge
Multi-national Division (North) command sergeant major

CSM speaks...

In my first column, I think it is appropriate to tell you something about myself and where I come from.

First, I've been in the Army for 28 years. During that time I've developed my own philosophy about the Army.

Life in the Army is easy. As a private, all you have to do to be successful is be in the right uniform at the right time and do what you are told. As you grow and mature, the Army gives you opportunities to development into a leader. As you prove yourself, the Army keeps adding more to your plate.

Your actions and duty performance send the message that you are ready for more. We use the promotion board process to confirm that message. You are selected, sent to school and promoted. Then the process is started all over, until you reach the top, call it quits or can't meet the requirements for the next level.

As we progress up the ladder of responsibility, the rules change. No longer are we just responsible for ourselves. Now we are responsible for others. It is simple — we are the ruler by which we measure our organization, regardless of the size of that organization.

As leaders, the units we are in reflect who we are. Show me a good squad, and I'll show you a squared-away noncommissioned officer. Show me a weak squad, and I'll show you a weak NCO.

All you have to do is walk around a unit area and you know if they are squared away or not.

Want to or not, everything we do sends a message. Send the right message.

Mentor young soldiers as you were mentored

By Spc. Christina Davis

Talon Editor, 305th PAD

This Army is full of bright, motivated soldiers who are yearning to learn more about their jobs and how to be leaders themselves. Young soldiers need guidance from their squad leaders, platoon leaders and anyone else willing to pay attention to them.

In this time of drawdowns, high optempo, day-to-day duties, as well as guard duty requirements, leaders must not forget about soldiers' basic needs.

Too many times in these stressful moments, leaders get so caught up in the need to meet deadlines and make meetings, and in figuring out who will do the schedules, they sometimes forget to give soldiers basic guidance and attention.

Instead of telling a soldier that "I have no time right now. You will just have to wait," maybe leaders could tell the soldier to come up with a plan and after the busy meeting the two of them can sit down and discuss it.

Instead of getting angry with a soldier

because they didn't do a job the way the leader wanted, maybe they could take a deep breath and tell the soldier what they could have done better and show them how to do it if they don't know how.

Leaders, sit back for a moment and remember when you were a young soldier.

How did you learn your job? How did you learn to lead and teach young soldiers? Who gave you the time you needed? Who mentored you?

Answer those questions and then ask yourself if you are really doing the same for your

"Are you being the mentor someone was for you?"

- Spc.

soldiers. Are you being the mentor someone was for you?

This is a stressful time for everyone, but it can also be a tool for learning and guidance for many young soldiers to develop their leadership skills and styles. They can become proficient in their jobs and complete projects that may have been otherwise too difficult, or advanced.

Soldiers are everyone's number one priority. Remember, your soldiers will be the way you teach them to be. They will be like you. It is up to you to make them the best soldiers and leaders they can be. You are the teacher.

Talon staff needs 'stringers'

By Spc. Christina Davis

Talon Editor, 305th PAD

The *Talon* staff welcomes stories and photographs submitted from soldiers from throughout the task force for publication in the *Talon* magazine, the official Operation Joint Forge news magazine.

With only three *Talon* staff members, attending all events, missions and exercises would be impossible, but we do not want to miss the opportunity to feature soldiers at their best.

With the help of people in the field writing about their experiences and taking photographs, everyone in the task

force, and people back home in the States, can still have the opportunity to see what soldiers are doing.

Readership of the *Talon* stretches from the Balkans to the U.S. With 5,500 copies printed weekly, and about 4,400 being mailed to areas throughout Europe and the United States, visibility is high.

For those who are unsure of their writing or photography abilities, the *Talon* staff will assist by visiting the units to train public affairs representatives. Representatives are welcome to stop by the office, Bldg. 1, located by the Pedestrian Gate.

For more information, e-mail the *Talon* Editor at Christina.Davis@email-tc3.5sig.cim.army.mil or call 762-0190.

U.S. Army engineers assist Russians with bridge repair project in valley

By Spc. Michelle Lunato

Photo Editor, 305th PAD

The 25th Infantry Division (Light) Engineer Cell met with Russian engineers on March 30 to coordinate plans on the repair of a single lane bridge that will allow 10 displaced families to relocate into a Viljici valley.

American engineers provided the material and technical expertise while the Russian engineers repaired the wooden bridge.

"We had a lot of the building material and what we didn't have, we ordered," said Master Sgt. Robert Olson, Division Engineer NCOIC for SFOR 10, Headquarters and Headquarters Company, 229th Engineer Battalion.

Engineers typically have extra materials "lying around" since their formula for project

ordering requires a 10 percent increase over the estimate, said Sgt. 1st Class Dennis Scott, Division Engineer NCOIC for SFOR 11, HHC, 25th ID (L).

"It's the nature of the beast in bridge building," Olson said.

The "beast" of building bridges requires more than ordering extra supplies.

"All projects have to go through legal and (Civilian, Military Cooperation) before you can even start building," Olson said.

The Viljici Bridge project began over a month ago with SFOR 10 engineers, but was delayed due to property line disputes, according to Olson.

The answer to the dispute was to not reconstruct the steel bridge that was originally washed out but to repair the wooden bridge that was farther down river. Olson said the property line dispute was rare since "many times the locals are



Spc. Michelle Lunato

Sgt. 1st Class Dennis Scott (left), division engineer NCOIC, HHC, 25th ID (L) and Master Sgt. Robert Olson, division engineer NCOIC, HHC, 229th Eng. Bn., discuss the bridge supports with Russian engineers.

right there helping us build."

Mrs. Ristan Simeunovic, a neighbor to the wooden bridge, said she is happy about the bridge and that people will be able to use the valley again. "The area is beautiful and has useful orchids."

The repaired Viljici Bridge can now support moving trucks to go

in and out of the valley so that the families may start relocating back into the area.

This is what is important about the project, said Scott. "The people are shocked that we are doing this for them. It makes a pretty good impact."

Dogs attack



Right, Staff Sgt. Felix Cook, a dog handler with the 549th MP Co., originally assigned to the 13th MP Det. at Schofield Barracks, and K-9 Staff Sgt. Daisy practice attack maneuvers at the Eagle Base softball field March 29.

Above, Cadet Melissa Cantwell, a student from West Point, takes a chance with the full-body attack-training suit during the training.



Photos by Staff Sgt. Jake Ruiz

25th ID (L) takes command of MND (N)

By Staff Sgt. Kanessa Mynett

Task Force Eagle PAO Operations NCO

With the eyes of dignitaries, politicians and high-ranking military leaders of the international community watching, Maj. Gen. Charles H. Swannack, Jr., took command of Multinational Division (North) Friday.

The ceremony marked the official beginning of the Stabilization Force 11 six-month rotation here in the Balkans.

"Today I feel immensely blessed and deeply privileged to assume command of Task Force Eagle and Multinational Division (North)," Swannack said to the audience, which included Army Chief of Staff Gen. Eric Shinseki.

This deployment to Europe is the first in the history of the 25th Infantry Division (Light), a mission Swannack called "a noble cause – that of ensuring peace and stability."

The SFOR role in Bosnia and Herzegovina is, of course, to provide a safe and secure environment that enables the citizens, with the support of the many international agencies, "to create a functional, self-sustaining, responsible government that serves the needs of all the people."

The task force is made up of a diverse group of active duty, National Guard and Reserves soldiers from 18 states. The MND (N) team consists of a Russian separate airborne brigade, the Nordic-Polish Battle Group, and a Turkish battalion task force.

"The contribution of every team member has value," Swannack said. "By working together, and working with our partners in the international community, we will achieve our mission in Bosnia and Herzegovina and fulfill the mandate of the Dayton Peace Accords in stellar fashion."

With help from a translator, Swannack spoke to the local people during his speech,



Spc. Christina Davis

Maj. Gen. Charles H. Swannack Jr., MND (N) commander, unveils the 25th ID (L) colors during the Transfer of Authority ceremony April 5 at Peacekeepers Hall.

pledging continued professionalism from SFOR 11 soldiers and participants.

"As Americans, we understand the desire for freedom, equality, and opportunity, and we know that achieving them isn't easy. Knowing the challenges you face, we wish for you all the success

that freedom promises," he said.

This past weekend marked the 10th anniversary of the start of the nationalist war that added the term "ethnic cleansing" to the world's lexicon.

The outgoing SFOR 10 commander, Maj. Gen. H Steven Blum of the 29th ID (L), speaking in both English and Serbo-Croatian, offered a powerful message to the community.

"The time has come to chart your own course," Blum said. "It is your future. Which road will you choose? I hope that road includes a multi-ethnic nation."

Swannack reiterated that point and urged the people of Bosnia and Herzegovina "to create a better tomorrow."

"Only the strength and resolve of the people united can create a future of peace and prosperity," Swannack said. "I hope that the people of Bosnia and Herzegovina will seize this opportunity to build a future of peace and prosperity for everyone. . . for Bosniaks. . . for Bosnian Serbs. . . and for Bosnian Croats, their children and their grandchildren."



Staff Sgt. Kanessa Mynett

Soldiers of Stabilization Force 11 present arms during the Transfer of Authority ceremony April 5.



Left, Lt. Col. A. T. Ball, Jr., 1st Bn., 25th Avn. Regt. commander, reads a map during the exercise and transmits grid coordinates over the radio. Above, UH-60 Blackhawks prepare to “dust off” a landing zone so that they can extract a Polish infantry platoon from danger. The exercise was a combined arms live-fire training event for the U.S. Army aviation, Danish armor and Polish infantry.

Aviators raid live fire range during Baltic Resolve

By Spc. Michelle Lunato

Photo Editor, 305th PAD

Polish infantry troops lay down sniper fire while Danish tanks pound 105-mm rounds down range. The snow-spotted mountainside of Glamoc, Bosnia and Herzegovina, shudders from the firepower. Then suddenly, two OH-58D American Kiowa Warrior helicopters zoom in attacking the enemy with over 1000 .50-caliber rounds.

With the Kiowas and tanks suppressing the enemy, two American UH-60 Blackhawk helicopters swiftly move in while blasting off more than 700 7.62-mm rounds. They briefly touch the ground to scoop up the infantry platoon and take them to safety.

This was the activity of Baltic Resolve, a Stabilization Force 11 combined arms live-fire exercise involving soldiers from the United States, Denmark and Poland, April 3.

Before the flurry of activity could begin though, soldiers from 1st Battalion, 25th Aviation Regiment, 25th Infantry Division (Light) had many tasks to accomplish.

It took nine hours for the four HMMWVs and one communication truck to drive from Eagle Base to the Glamoc Range, which is located in western BiH, near the border of Croatia. The two Kiowas, which can cruise at speeds of 90 knots or 104 miles



Spc. Freddy Rivera, a crew chief with TF 1-25, does a weapon's functions check on his M-60 machine gun before the exercise.

per hour, and the two Blackhawks, which can fly at an average speed of 125 knots or 144 miles per hour, took only an hour to travel but had hours of maintenance,

refueling and range reconnaissance. The range, which is only 90 percent clear of mines, had to be scouted for safe landing zones, flight paths and targets.

Once everyone was done with their tasks, they returned to the campsite to share a bonfire with Danish and Polish soldiers. There were no marshmallows on the open flames though. The 1st Bn., 25th Avn. Regt. soldiers learned to roast bread. Then, it was off to a quick meeting and a chilly night of sleeping on ambulance stretchers in a tent.

Ground communications and medical personnel set up equipment on the frigid mountainous range at sunrise while aviators refueled again. It was now time for the show.

The exercise called for a Polish infantry platoon to move into the battle zone by armored personnel carriers and begin firing upon wooden targets. To help them, four Danish tanks rolled into position behind piles of rocky dirt and clusters of trees as a Danish tanker on a hilltop played *Charge* on his bugle.

The tanks launched a booming combination of smoke grenades and anti-tank rounds. Then, the infantry platoon called 1st Bn., 25th Avn. Regt. for extraction from the area as it became too dangerous. That is when the Kiowas attacked the area securing it for the Blackhawks to safely land and rescue the platoon. As they landed, the Blackhawks placed cover-fire for the infantrymen with their M-60 machine guns

See Baltic, page 11



Sgt. Sherwin Serrette, a UH-60 Blackhawk crew chief with 1st Bn., 25th Avn. Regt., checks a small oil leak on the tail of the helicopter during the Baltic Resolve combined arms live fire exercise, April 3.

Photos by Spc. Michelle Lunato

Medical Eagle dedicates wing to Sept. 11 victim

By Spc. Vincent Oliver

Assistant Editor,
305th PAD

Eagle Base Task Force Med Eagle clinic staff dedicated a new wing of the TFME hospital to CW4 Bill Ruth, April 1.

Ruth was a victim of the Sept. 11 terrorist attacks on the Pentagon. Ruth, who had served with the Maryland Army National Guard, died from smoke inhalation after returning to the attack site to assist co-workers trapped inside the building.

Ruth began his military career as a Marine officer with a medical evacuation unit during the Vietnam War. He then joined the Maryland Army National Guard in 1976 where he became close personal friends with the now Lt. Col. Donald Newman, who was the SFOR 10 Directorate of Public Works Director.

"If you had to emulate a soldier, it had to be Bill," said Newman. Newman

"If you had to emulate a soldier, it had to be Bill."

*- Lt. Col. Donald Newman
the SFOR 10 Directorate of
Public Works Director*

characterized Ruth as a quiet hero who didn't like attention.

During the Gulf War, Ruth served with the 29th Air Traffic Control Group. After returning from the Gulf War, Ruth transferred to the 104th Medical Company where he flew helicopters. From there, he received a personnel assignment at the Pentagon. In all, Ruth logged more than 3,400 helicopter flight hours and at least 500 more in airplanes during his career as an aviator.

"Things like dedication to duty, professionalism and genuine human caring come

to mind when you think of Bill Ruth," said long time friend CW5 Roger Weaver.

Until now, approval for an expansion project at the Eagle Base medical clinic had been consistently denied, according to Stabilization Force 10 TFME commander, Col. Harry L. Warren of the 44th Medical Command, Ft. Bragg, N.C.

Warren, who received news of the Sept. 11 terrorist attacks just after the plane that flew him and his unit here had landed at Eagle Base, immediately resubmitted the request to expand the TFME

hospital facilities. After Warren's request was approved, he and his staff started their search for a candidate to whom they would dedicate the new wing.

After deciding against the suggestion to dedicate the new wing to a 44th MEDCOM alumni who had recently been awarded the Medal of Honor, Warren felt compelled to dedicate the facility to a September 11 victim.

After reading a newspaper article about a Maryland National Guard medical aviator who had served with the 29th Infantry Division (Light), Warren knew he had found the person he was looking for.

As word of the expansion project spread, people that knew Ruth came forward to express their appreciation and love for the man the newest wing at the Eagle Base TFME clinic is named after. In the words of one of Ruth's closest friends, "He was an inspiration to soldiers."

Finns and Russians help return displaced refugees

By Spc. Vincent Oliver

Assistant Editor, 305th PAD

Displaced local citizens of Bosnia returned to their original homes in the town of Zeljova April 2, with the aid of the Finnish Ministry of Foreign Affairs and Russian Stabilization Force soldiers.

"It's very nice to be able to move back to our own land after having been gone for so long," said local resident Rajko Gajic. Serb soldiers forced Gajic, his family and several of their friends from their homes in 1992.

The Finnish Ministry of Foreign Affairs helped to rebuild several of the houses nestled in the sloping green hills of the valley Gajic calls home after they were destroyed during the war.

See refugees, page 9



Spc. Vincent Oliver

The village of Zeljova, where displaced refugees of the Bosnian War recently returned, sits nestled in a valley of rolling hills. Thirty four of the 115 original families have returned since the war ended in 1995.

TFME keeps soldiers fit

Fair promotes healthy living

By Spc. Michelle Luntao

Photo Editor, 305th PAD

Task Force Med Eagle held a health fair for soldiers, airmen and civilians in the Eagle Base Fitness Center, Saturday, to inform them about available services that cover the body, mind and soul.

"The health fair is letting people know the services we provide, who we are and where we are located," said Staff Sgt. Joy Luntsford, detachment noncommissioned officer in charge, 1896th Combat Stress Control team.

The health fair promoted physical therapy, explaining the differences in foot arches and the proper shoes for each, to Preventive Medicine, which quizzed people on their knowledge of sexually transmitted diseases and heat injuries. All the tables had a wealth of information and displays. Among the variety of literature for the taking were several TFME soldiers giving hands-on tests and answers to questions.

Eagle Base's personnel had their eyes tested and their blood pressure, glucose level, body fat content and cholesterol level taken and recorded. People with abnormal numbers were advised to see the TFME clinic for a more detailed exam. Some of the numbers were enough to make some people



Spc. Michelle Luntao

Pfc. Aaron Orr, a combat medic with 249th General Hospital, draws blood from Pfc. Michael Keerins, a preventive medicine specialist with Preventive Medicine, to test glucose and cholesterol levels.

want to change their habits.

"I was interested in the body fat machine and finding out what is available here on Eagle Base. Now, I plan on working out more and avoiding the rotating dessert thing," Sgt. Daniel Musfeldt, turret gunner, Company A, 1st Battalion, 163rd Infantry Regiment.

Working out and eating a balanced diet are big factors in a healthy lifestyle, but some problems require medicine. This is where the pharmacy comes in. A table listed the pharmacy hours of operation and covered the Self Care Program, which allows people to get over-the-counter medications such as Tylenol, Sudafed and Chapstick without seeing a doctor.

Good health does not only come from working out, having good lab levels, and taking medicine, though. A healthy soul can help a person's body too, said the Unit Ministry Team who was there assisting people with their spiritual wellness as well.

"Being spiritual is a big part of being healthy," said Maj. Sara Spielmann, chief of Nutrition Services, TFME, who was in charge of the health fair.

There is one more key to a complete healthy package - the mind. The Education Center informed people about all the available programs.

"A healthy soldier is a more fit soldier," said Spielmann. She said it was important to present people with a wide array of

topics so that they were informed on how to promote good health and prevent problems.

With all this information at the fingertips of Eagle Base personnel, they will be able to make better-informed choices and be sure that they are on the right track. "The health fair was a great thing," said CW3 Timothy Stovall, supply support activity accountable officer, 2nd Bn., 25th Regiment Forward Logistics Element. "Just last week I was thinking about checking my blood pressure. Now, I know that I am in pretty good shape."

Fit Eagle is a traveling program that will visit all the other camps here in the near future.

Local civilian families of Bosnia return to homes

Refugees, from page 8

"They restored the roads, the water supply and some of the houses that were once here," said Gajic.

Returning displaced persons as a result of the war is a major section of the Dayton Peace Accords. To date, 34 families have moved back to

their homes.

Until today, the local people of Bosnia didn't have the logistical requirements to move their larger pieces of furniture, said Capt. Jussi Lankinen, a Finnish Army media representative. "The Russians are providing transportation support for this mission."

A large convoy of Russian trucks rumbled into a tiny neighborhood in the town of

Divic and began moving from house to house, loading the personal belongings of the temporary residents.

From the town of Divic, the convoy of Russian SFOR trucks moved to the town of Zeljova where the returning residents began removing their personal belongings. "We're glad to be back, but there still is a lot of work to be done yet," said Gajic. The houses were wired for

electricity, but the electricity within the community has not been restored. American SFOR soldiers will restore electrical power within the next few months, according to Lankinen.

The overall goal of SFOR is to help the people of Bosnia to become self-sufficient and to return to a sense of normalcy. Returning those displaced by the war is a major step in that direction.

Once is not enough... MP returns to Bosnia

By Spc. Joy Paglinawan

Media Operations Specialist,
305th PAD

Being deployed around the world allows servicemembers the opportunity to experience different environments and cultures. Whether those experiences are sweet or bittersweet depends on one's perspective.

Staff Sgt. Remi Eggers, of the 549th Military Police Company stationed out of Fort Stewart, Ga., volunteered to go to Bosnia for Implementation Force in 1995 with the sweet intention of being with his wife, who was also being deployed to Bosnia as a military police officer.

"Plus, I wanted to go," he said proudly.

The bittersweet side during the IFOR rotation was that Bosnia was in the end of its civil war and the country was in ruins.

Danger while keeping the peace in foreign countries is nothing new to him. Eggers explained, as he cleaned his weapon, that his initial military occupational specialty as an infantryman allowed him to serve his country while



Photos by Spc. Joy Paglinawan

Staff Sgt. Remi Eggers, a military police with the 549th MP Co. cleans his MARK-19, a 40-millimeter, automatic grenade launcher.

defending other countries, in such places as Kuwait during operations Desert Shield and Desert Storm and also a six-month deployment to Egypt for Multinational Force Observers.

His commitment to the mission is being continued here during Stabilization Force 11. It began with the IFOR rotation from July to October 1996, where he served with the 293rd Infantry Battalion from Fort Stewart, Ga.

During IFOR, Eggers was stationed at Camp Colt, later named Camp Morgan, and he said accommodations were not as comfortable as those at Eagle Base now. Routines of constantly checking weapon storage sites and security inspections, along with actively patrolling the perimeter, which he said he liked best, were more frequently done in IFOR than SFOR today.

Although Eggers didn't volunteer this time around, he is more than willing to serve. Eggers said he expects this won't be his last deployment. "It's what we do," he said.

Since his last tour here in 1996 there have been a few blasts from the past. Jasminko Mujacic, a translator Eggers met almost six years ago at Camp Colt, is

presently the translator for his current unit on Eagle Base. Another translator whom Eggers also met during IFOR recognized him walking down the street recently and stopped him to let him know that she has a picture of him and his wife at Camp Stevenson during the IFOR rotation.

Even though he started his career with the Army after his junior year of high school, the way of life in the military was not new to him. His grandfather and personal hero, Walter Eggers, served 31 years in the Navy fighting in the Korean War, World War II and Vietnam. The impression the military had on his life helped him decide to continue the family tradition of serving his country.

While in Bosnia, Eggers' personal goal is to stay in shape. Above and beyond the overall goal of the mission, his professional goal is to encourage all of the soldiers in his squad to take advantage of the college classes available on Eagle Base as well as Army correspondence courses.

"This platoon works real well together. In every aspect, professionally and personally you can rely on anybody in this platoon. It's really unique because everybody is a self-starter," he said.



Staff Sgt. Remi Eggers, a military police officer with the 549th MP Co., speaks with a reporter during a patrol.

CSC tips help combat stress during deployment

Pressure, anxiety common for mission

By Maj. Michael Jones

1896th CSC

Soldiers have a lot of definitions for the word stress.

To an engineer, stress is a load placed on a structure, such as with a truck crossing a bridge. Normally the bridge is undamaged, but in time, after enough trucks cross the bridge, there will be cracks. This is what is called "strain." Structures like bridges do not recover, or learn from stress. But living things do. In fact, stress is a natural and necessary part of life.

Without some stress, there is no stimulus for mental, physical or spiritual growth.

Most people think of stress as something unpleasant – but in fact stress can often be pleasurable or gratifying. The mental and physical stress of playing football, skydiving or bungee jumping may be thrilling, but they are also extremely stressful.

Stress is also completing a military mission or working to support a family. These are sometimes called "labors of love," and we are barely aware of the stress.

But of course, a lot of times stress is unpleasant.

In military environments soldiers experience "operational" and "combat"



stress.

Deployment entails a lot of operational stress. Leaving home, jet lag, new routines, new roommates, new languages and cultures, and performance pressures bring on stress. It may be inevitable, but there are things soldiers can do to reduce it.

Keep a positive attitude and life will be twice as easy. Remember that perception of the importance of the mission will affect a person's perception of the stress.

Stay busy. Boredom is one of the most deadly stressors.

Be flexible and accept that no one can control everything. Continue to march.

Do enjoyable activities a few times a week. Take advantage of Morale, Welfare and Recreation activities and movies.

Keep a sense of humor. Avoid sulking. Tell people what you want.

Show respect. Genuine respect for others makes people feel better about themselves and their business here.

For more information contact the 1896th Combat Stress Control at 762-0443 or 762-0230.

Joint exercise builds comraderie among MND (N)

Baltic, from page 6

and whisked them away. All elements pulled out of the battle zone to the backdrop of *Retreat* and formed up for an After Action Review.

"The purpose of the exercise was to measure the interoperability between the SFOR units," said CW4 Steven Nee, tactical operations and master gunner, 1st Bn., 25th Avn. Regt.

This purpose was attained in the opinions of the Baltic Resolve commanders and participants. "I was looking for us to play together and get on the same sheet of music. And, we accomplished that," said Lt. Col. Agner Rokos, Denmark's tank battalion commander.

"This was a good coordination between us and

the other SFOR participants. It was a complicated mission, but it was executed flawlessly," said CW2 Joseph Ryan, Kiowa Warrior aviation maintenance officer, 1st Bn., 25th Avn. Regt.

The multinational training gave 1st Bn., 25th Avn. Regt. soldiers not only realistic experience in their jobs, but a taste of the jobs of others as well, many said.

"The training was great and it was nice to meet soldiers from other nations. We showed them our expertise and they showed us theirs," said Sgt. Sherwin Serrette, UH-60 Blackhawk crew chief, 1st Bn., 25th Avn. Regt.

The day was not all training and work though. There was an exchange of discussions on culture, equipment and military professions as well.

"The power of the Danish jeeps is nowhere near ours. They were really intrigued by

the HMMWVs," said Spc. Ryan Villanueva, medic, 1st Bn., 25th Avn. Regt., who said he also discussed medical techniques with Danish medics.

Soldiers participating in Baltic Resolve, along with soldiers from Lithuania, Canada, France and Italy who were in the "audience," displayed their interest in their foreign counterparts by taking pictures and videos and sharing Meals Ready-to-Eat and rides on each others' equipment.

"I think it went a long way in building international relationships," said Pfc. Andre Strong, Kiowa Warrior avionics mechanic, 1st Bn., 25th Avn. Regt.

The exercise built stronger unit relationships between the friendly rivalry of the Kiowa Warrior and Blackhawk aviators as well.

"We worked as a team,

which we don't always get to do," said Spc. Christopher Everett, UH-60 Blackhawk crew chief, 1st Bn., 25th Avn. Regt. "But, the Kiowa Warriors can't go anywhere without us," he added as he laughed.

That feeling of camaraderie and importance of the mission was not only from the Americans.

"We got some pictures in our eyes and head on how to work with the helicopters," said Capt. Soeren Madsen, the Denmark tank battalion executive officer.

These pictures, both in memory and in print, will be remembered for a long time. "The exercise was a good morale booster," said Madsen.

"Several of the tankers experienced their first Blackhawk flights. They will live off of that for weeks," he said.



Spc. Vincent Oliver

Airborne!

Maj. Gen. Charles H. Swannack, Jr., the MND (N) commander, announced Tuesday that he will assume command of the 82nd Airborne Division, Fort Bragg, N.C.

The general served in the 82nd as a company commander in the 1970's, and was the assistant division commander for operations from 1997-1998.

His assignment is not expected to curtail the six-month SFOR 11 command.

PTs in Chow Hall

Effective immediately, the physical training uniform is authorized for wear anytime and anyplace as an off-duty uniform, with the following exception and rules:

- * The PT reflective belt is part of the uniform. If wearing PTs, soldiers must also wear the belt.

- * Unless actively performing PT, soldiers will have their weapon and will not stop anywhere else without it to "just get a drink."

- * PTs will be clean and dry when worn as an off-duty uniform.

- Command Sgt. Maj. Michael T. Etheridge, MND (N) command sergeant major.

Know the SFOR 11 units ...

25th Infantry Division (Light), Schofield Barracks, Hawaii

The 25th Infantry Division was activated on Oct. 1, 1941 at Schofield Barracks, a territory of Hawaii. Only two months later the division would see its first combat on Dec. 7, 1941, in the attack on Pearl Harbor.

While the division itself was brand new, the majority of its assigned components were well-trained professionals from regular-Army units, which had served at Schofield Barracks for decades with the Hawaiian Division, which was activated in 1921. Its major units consisted of the 21st Infantry Brigade, comprised of the 19th and 21st infantry regiments; the 22nd Infantry Brigade, comprised of the 27th and 35th infantry regiments; and the 11th Field Artillery Brigade, comprised of the 8th, 11th, and 13th field artillery regiments. Elements of all these regiments would eventually serve with the 25th ID (L).

Since 1941 the 25th ID (L) has steadfastly served America in World War II, Korea, Vietnam, the

Cold War and peacekeeping missions.

Now Tropic Lightning soldiers are contributing to the conduct of the war on terrorism. The 25th ID (L), as the division motto states, is "Ready to Strike, Anytime, Anywhere" in defense of the United States of America.

The unit insignia is centered on a black volcano emitting a gold cloud. This eruption is an allusion to the State of Hawaii. The vertical lightning flash, which was adopted from the shoulder sleeve insignia, is red above and gold below. These are the colors of the ancient royal Hawaiians. A pair of green palm branches with stems crossed at the base and leaves terminating at either side of the cloud above allude to the division nickname "Tropic Lightning."

The distinctive insignia was authorized on April 21, 1965. It was later amended on May 18, 1972 to reflect the nickname of the 25th ID (L) in symbolism.



The shoulder sleeve insignia is a red taro leaf with its stem up. The taro leaf is indicative of the descent of the 25th Division from the Hawaiian Division. The taro plant is representative of Hawaii culture. Most popular uses are for food, for example, poi and bread.

The red leaf is surrounded by a yellow border. Again, this is representing the ancient royal Hawaiians. The yellow lightning flash represents of the manner in which the division performs its allotted assignments: anywhere and anytime.

The shoulder sleeve insignia was authorized on Sept. 25, 1944. (This information was gathered from www.perscom.army.mil.)