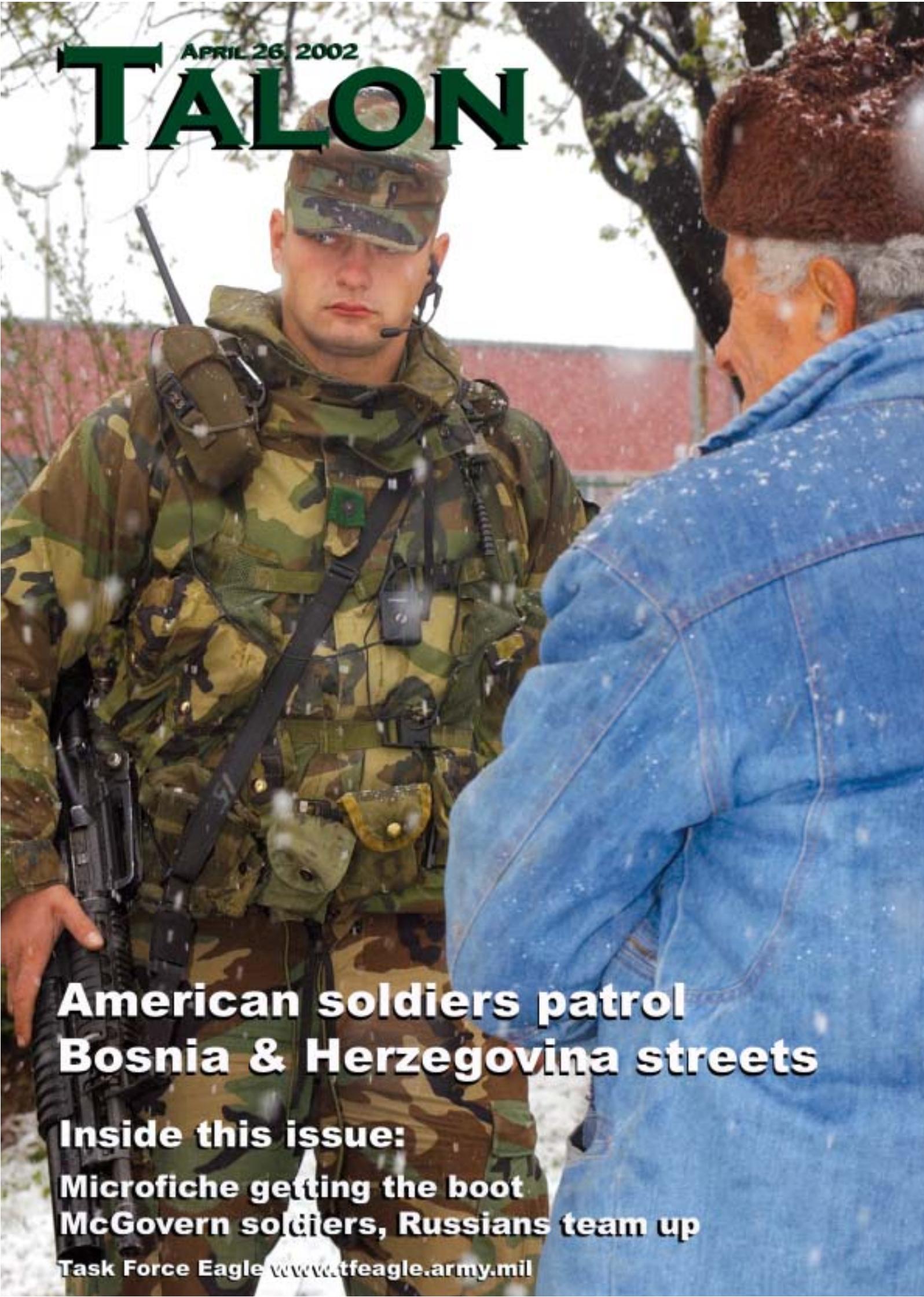


APRIL 26, 2002

# TALON



**American soldiers patrol  
Bosnia & Herzegovina streets**

**Inside this issue:**

**Microfiche getting the boot**

**McGovern soldiers, Russians team up**

**Task Force Eagle [www.tfeagle.army.mil](http://www.tfeagle.army.mil)**

# TALON

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April 26, 2002  
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**On the Cover - Spc. Vedad Pobric, team leader, Co. B., 1st Bn., 14th Inf. Regt., talks to a local resident in Staric, Bosnia and Herzegovina.  
(Photo by Staff Sgt. Kanessa Mynett, HHC, 25th ID (L))**



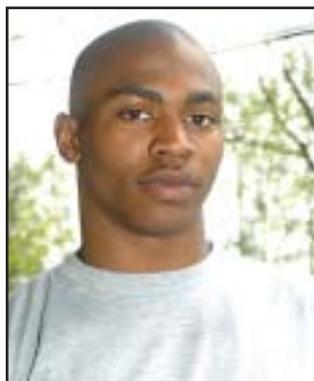
**Page 8 - The 1896th Combat Stress Control Detachment sponsors a trip to a local Tuzla orphanage.  
(Photo by Spc. Michelle Lunato, 305th PAD)**

**Page 10 - Soldiers from Camp McGovern participate in a 22-mile ruck march.  
(Photo by Spc. James Johnson, 55th Combat Camera)**



## Stabilization Force 11 Voices

“What new products would you like to see in the PX?”



**Spc. Jason Newsome  
Preventive Med Tech  
Preventive Medicine**

“There are a lot of people that would like to play basketball, but don’t because there are not any proper ankle-support shoes sold.”



**Sgt. Latysha Simmons  
COMSECNCOIC  
ASG**

“None. They have more movies than most of the PXs in Germany.”



**Staff Sgt. Guillermo Lucas  
Demining team NCO  
JMA Mine Cell**

“I am satisfied and have no complaints. We are lucky to have what we do now.”



Task Force Eagle  
Stabilization Force  
**SFOR XI**  
Bosnia-Herzegovina



**Command Sgt. Maj.  
Michael T. Etheridge,  
Multinational Division (North)  
command sergeant major**

## **CSM speaks... Do things right**

Today I would like to talk about what "Right looks Like."

For the next six months we have the great opportunity to do things right. Here in Bosnia we don't have the distractions that we have on home station. Here in Bosnia, everyone both inside and outside Eagle Base, is watching us.

Since everyone is watching let's give them a show.

The show is the United States Army at it's best. Here's how - first break out the books, read them and know what you are talking about before you get started. Then, it's just like Ranger School. Everything is by the numbers. Receive the order, do your analysis, form your plan, do your coordination and write your order. Give the order; give your soldiers some time to digest what you told them and then the fun starts.

We do pre-combat checks and inspections, brief backs, more inspections and rehearsals. Talk through the plan, walk through the plan, practice critical tasks, practice your SOPs and Battle Drills and conduct fall-out one drills.

Everyone must know what to do and when. Everyone must know everyone else's job.

Inspect your equipment; inspect your people and vehicles and then just do it - to standard!

This is easy, all we have to do is maintain the carriage and behavior of a professional soldier. Look and act like you are a member of the most professional Army in the world. Don't cut corners. Don't take the easy way out. Do the right thing and treat everyone with the dignity and respect they deserve.

Oh yes, remember, this is the fun stuff.

# Salute with pride, salute correctly

By Lt. Col. C. M. Riley

*TFME Dental Service OIC*

"Salute with Pride" is the slogan on the sign to the entrance of Salute Alley.

Considering the salutes I have seen given on this base, it should also say "salute correctly."

Saluting is not just a sign of respect up the chain; it is also a return of respect down the chain. Therefore, a proper salute should not only be rendered, it should be returned correctly as well.

I have personally passed several officers who obviously are not familiar with Field Manual 22-5, Chapter 3-5. A hand held vertically

up and down is not a proper salute.

The proper way to render a salute is to "raise the right hand sharply, fingers and thumb extended and joined, palm facing down, and place the tip of the right forefinger on the rim of the visor slightly to the right of the right eye. The outer edge of the hand is barely canted downward so that neither the back of the hand nor the palm is clearly visible from the front. The hand and wrist are straight, the elbow inclined slightly forward, and the upper arm horizontal," states FM 22-5, Chapter 3-5.

Everyone should take the task of showing respect with a proper salute seriously.



Spc. Michelle Lunato

**Lt. Col. C. M. Riley demonstrates the proper hand salute.**

## **Cartoonists needed for Talon**

The *Talon's* resident cartoonist, Spc. Eric Tagayuna, will be leaving Bosnia and we need volunteers to submit weekly cartoons for our reader's enjoyment.

The cartoons should be

appropriate for publication in an Army-funded magazine. Content should be related to the soldiers here as well.

The *Talon* staff welcomes different perspectives on all types of Stabilization

Force-related events and wishes to show off the talent of those who are a part of SFOR.

For more information on the cartoons, call Spc. Christina Davis, the *Talon* editor, at 762-0190.

# VTC brings soldiers closer to home

By Spc. Vincent Oliver

Assistant Editor, 305th PAD

One of the most cost-effective and cutting-edge ways the military uses to communicate over long or short distances is video teleconferencing. VTC is available to all Task Force Eagle soldiers at the Cyber Café on Salute Alley.

The VTC suite boasts a high-resolution remote-controlled camera perched on a 32-inch Samsung television that sits inside a private, enclosed booth.

Stabilization Force soldiers can reserve a block of time for their units and can participate in group VTC sessions or individual private sessions.

The officer-in-charge of the VTC program for the 25th Infantry Division (Light)

Family Readiness Group, 1st Lt. Conrad Miller of Headquarters and Headquarters Company 25th ID (L), sets up VTC sessions with the FRG liaison at Schofield Barracks.

"The Family Readiness Group VTC program has grown significantly since the Mission Rehearsal Exercise," said Miller. "There, we were doing VTC sessions every four or five days. Here in Bosnia we're doing them a lot more frequently."

Miller establishes an appropriate time for soldiers on this end while the FRG representative sets things up in Hawaii.

Family members of soldiers meet at the VTC center in Bldg. 2091 on Schofield Barracks.

Soldiers interested in using the VTC should talk to their unit first sergeant.

## Sniper competition



Pfc. Edwin Bridges

Staff Sgt. Gerry Riley, a sniper from Co. A, 1st Bn, 163rd Inf. Regt. (M), prepares to eliminate his 800 meter target during a German combat international sniper competition, while Sgt. Garrin Ryg, also a sniper from Co. A., spots his partner's rounds. The Sniper competition was held April 15-18 in Kalinovik, part of MND (SE). The competition, which was very difficult because of winds and rain, brought in eight teams from four countries: France, Germany, Canada and the U.S. The purpose of the multinational event was to deepen common understanding, and practice exacting skills. The Canadian team took first place.

# Army to boot out microfiche files

By Kevin Larson

ARNEWS

WASHINGTON — The Army is saying good-bye to an old mainstay.

After years of service, the microfiche system used by personnel units and soldiers to keep tabs on their careers is going the way of the dinosaur and dodo bird.

The online Official Military Personnel File will completely replace the old microfiche system by next year.

Over the coming months, the Total Army Personnel Command plans on pulling microfiche in phases, said Theresa McGuire, branch chief of Officer Records. The first phase will be to stop sending microfiche to soldiers in the field, McGuire said, followed by eliminating the readers and associated accessories from PERSCOM.

Phase one should be completed by this summer, McGuire said. She said the personnel system should be completely electronic by next year.

The OMPF for every soldier is currently online on a test-run basis. By June 1, those records will be available to access, said McGuire.

Previously, only majors, captains, sergeants first class and staff sergeants being considered for promotion had access to their online files. Currently, the OMPFs for soldiers eligible for promotion to lieutenant colonel or master sergeant are available online.

The old microfiche readers will become turn-in equipment, McGuire said.

"What we're trading-in is a horse-and-buggy, and we're not getting a Model A. We're getting a brand new Chevy," said Col. Howard Olsen, the Enlisted Records and Evaluation Center commander.

Replacing the old microfiche system with an online system is "monumental," Olsen said.

"We're empowering the soldier to have greater participation in career management," he said.

Under the old system, soldiers had to write letters requesting a microfiche copy of their records, said McGuire. Soldiers then had to wait four to six weeks for the microfiche to come in the mail.

"Then you had to find a microfiche reader, and those are hard to find," McGuire said.

With the online system, soldiers will be able to log onto their Army Knowledge Online account and view their records to

make sure everything is correct and complete.

If a document is missing, all the soldier needs to do is take a copy of the document to one of 30 digital centers and have the document verified and scanned in for addition to the record, Olsen said.

"It's going to allow people to update records in a day or two," McGuire said.

Promotion boards will also access soldiers' files via the online system.

When soldiers pull up their records, they're only looking at a mirror image of the actual files, Olsen said. The actual file is tucked away safely behind several computer firewalls in a database.

Off-site backups of the files are kept, too, Olsen said.

By putting personnel files on the Web, the Army will not only make updating and viewing personnel files easier, it will also save money, Olsen said.

Every six months McGuire's branch spends \$50,000 on film and developing materials, mailing costs and other microfiche-related expenses, she said. It also takes a four-person staff to mail the "fiches."

The price tag for providing microfiche records to enlisted soldiers was about \$350,000 a year, Olsen said.

# NATO visits MND (N)



Photos by Spc. Vincent Oliver

**Recent Bosniak refugee returnee Enver Sestic shares his story with North Atlantic Council members. Senior leadership from Eagle Base and members of the NAC visited Sestic's home in the town of Voljevica.**

**By Spc. Vincent Oliver**

*Assistant Editor, 305th PAD*

The North Atlantic Council paid a visit to Multinational Division (North) Friday for a tour of the Brcko district, Forward Operating Base Connor and other towns in northern Bosnia.

The NAC, made up of 19 permanent representatives and the Secretary General, Lord George Robertson, is the senior decision-making body of NATO.

One group of NAC members flew by helicopter into FOB Connor where they were briefed on the current situation in the area and given an itinerary of the day's visit.

The council members then boarded a bus and were taken on a short trip to the town of Bratunac, where they were introduced to the mayor and given a walk through tour of a Displaced Persons and Refugees Center.

High-ranking Stabilization Force officials, to include MND (N) commander, Maj. Gen. Charles H. Swannack Jr., and NAC members visited with several Serb families living at the center for about 30 minutes.

After seeing the deplorable living conditions under which

the Serb refugees were living, Turkey's permanent NATO representative, Ambassador Onur Oymen made a statement to the local press who waited outside the center.

"We cannot ignore the problems of this region. We are impressed on the one hand by the achievements, on the other hand, by the problems and shortcomings," Oymen said. "The international community should do much more for your people. Both Serbs and Muslims."

From Bratunac, the tour continued on to the town of Voljevica, where they visited

the home of a recently repatriated Bosniak family.

NAC members were invited into the living room by the owner of the tiny home of Enver Sestic, where they were served coffee and given a firsthand account of the family's ordeal and return to their home.

After leaving the Sestic home, the convoy drove into the city of Srebrenica, where NAC members and their SFOR escorts walked up a short hill to visit a newly built mosque.

The tour concluded in Potocari where the group viewed the Potocari Memorial Site and the former United

Nations Headquarters building.

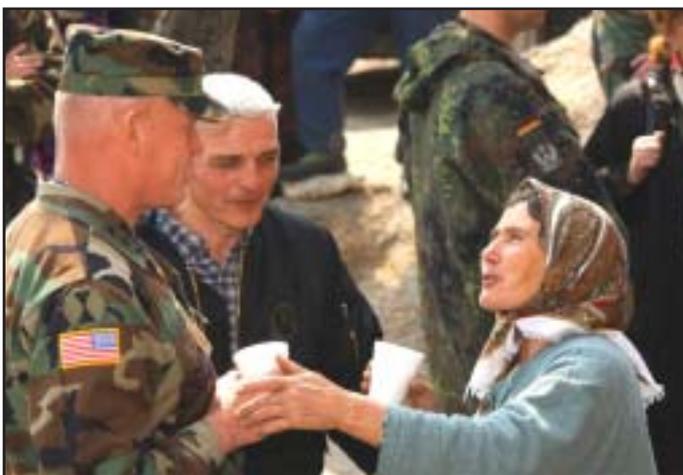
Afterward, Maj. Gen. Swannack gave a statement saying, "This was a very important visit because this is still a NATO mission, so for them [NAC] to see very clearly what it is we're doing here and also the problems that still remain here, will help get the international community to continue to provide funding for all the efforts going on here. It helps provide a future for Bosnia and Herzegovina."

In the Brcko district, Robertson, escorted by SFOR Commander Lt. Gen. John B. Sylvester, toured an elementary school in the town of Klanac. Robertson said he deliberately chose to visit a school "because children represent the future of society."

"This multi-ethnic school is a symbol of what this country can be and should be," Robertson said. "A multi-ethnic society is not an impossibility or a grand vision. It can and should be achieved."

"To those who say it can't be achieved in Bosnia [and Herzegovina], I say come to Brcko," said Robertson.

He added that the Brcko district has gone from being a war zone to a "zone of hope" since the arrival of NATO forces in 1996.



**MND (N) Commander Maj. Gen. Charles H. Swannack Jr. and a local Bosniak woman share a cup of coffee together on a recent visit to her home in the town of Voljevica.**

# American patrols influence Bosnia fu

By Staff Sgt. Kanessa Mynett

PA Operations NCO, TFE PAO

For more than six years American soldiers have patrolled the streets of Bosnia and Herzegovina.

A generation of children born since the country's civil war does not yet know of the more than 200,000 lives that were lost as a result of the three-year ethnic and nationalist battling.

They have not yet learned of the atrocities their county endured and the hardships its people have faced. They do not yet know what will become of their future.

What they do know are American soldiers when they see them – a daily ritual in many Balkan villages and towns as Stabilization Force units conduct their missions.

A staple in the younger generation's upbringing has been, and continues to be, U.S. servicemembers, easily recognized by the coveted American flag worn proudly on the right shoulder of every soldiers' uniform.

"The children are friendly and they want to learn more about us," said Spc. Chuck McVaugh, a 21-year-old infantryman and M240B gunner with Company B, 1st Battalion, 14th Infantry Regiment. "We're here to preserve the kids' future. The little kids want to better their lives."

While deployed during SFOR 11, each squad assigned to conduct patrols will run between four and six a week at different times and intervals, visiting nearby cities and villages such as Kladanj and Staric that continue to benefit from the secure environment the patrols afford the areas.

The patrols ensure a safe atmosphere as the return of displaced refugees continues throughout the nation.

McVaugh's squad leader, Staff Sgt. Randy Herrera, has been to Bosnia before. Deployed to the Balkans during SFOR 6 with 10th Mountain Division, Herrera saw a lot of the same activity then as he's experiencing now. Although he's living in a different sector than his previous tour, he says the mission is the same.

"The presence patrols – that's why we're here," Herrera said. "The people

in the streets are happy to see us when we're there, for the most part."

There have been occasions where Herrera and his squad were spat at, but those events are isolated, he said. Herrera and his squad have witnessed people "searching through trash and scraps, looking for anything."

They have all met and spoken with survivors of the war. Each young man has seen first hand the devastation and destruction inflicted on the former Yugoslavia. The soldiers have talked to the people of Bosnia, and know of their heartache and concerns.

On a recent patrol in Kladanj, Herrera and his soldiers met with a government worker who told him of a possible strike. Through use of an interpreter, they learned that many local people report to work each and every day, yet have not received a paycheck for more than a year.

Hamzic Azra, who works to help displaced civilians return to their homes, is one of those officials. She said there are more than 200 families waiting to move back into the community and whether she receives a wage or not, people are relying on her to look out

for their interests.

"It is a hard situation," Herrera said. "No one in Kladanj anymore."

However, her actions and her words simply bring attention to the office day after day.

Herrera said his presence among young infantrymen, and his deployment is here in Bosnia, leave with the notion that there is a greater understanding for the freedom each is afforded simply by being an American.

"I hope that many of these people will appreciate what they have and see how people in the States sometimes take for granted the abundance that we have."

That's exactly the mission of 19-year-old Pfc. Chuck McVaugh, an M240B gunner.

"These people want to live the way they have. They had to try to make it better. They are rebuilding

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patrol, page 8



Left, Soldiers walk through a town in Bosnia and Herzegovina during a presence patrol. Below, a child watches as an SFOR vehicle patrol drives through his neighborhood. Presence patrols are nothing new to the children of BiH.



Photos by Staff Sgt. Kanessa Mynett

Above, Soldiers talk with a local man on the patrol route in the village of Staric, April 9. Left, Pfc. Jeff Adameitz, an M240B gunner with Co. B, 1st Bn., 14th Inf. Regt., watches the area from the turret of an uparmored HMMWV during a patrol.

# Russian, American relations: grunt to grunt

By Sgt. 1st Class Jack Martin

McGovern Public Affairs NCOIC

**K**oraj is in the heart of the eastern Republika Srpska. It is not exactly Company C, 1st Battalion, 151st Infantry Regiment's area of operations, but here is where the soldiers found themselves April 13.

First platoon, poised and ready, rolled up in up-armored HMMWVs to the sound of "privijet, kak djela!" That's "hello, how are you" in Russian. "Hey, good to see you again!" Co. C's commander fired back.

The two commanders bonded in an instant, both focused on a singular, important mission. The mosque in Koraj, which was destroyed during the war, was about to become a Muslim house of worship again in the area that was mostly Serbian.

The mission of the Stabilization Force Russian-American team was to secure the outer perimeter for the rededication ceremony, while local police ensured the ceremony would be free from violence or instigation.

"We all know what's at stake here," said Capt. Dale Lyles, Co. C commander. "Freedom of religion and worship is a basic component of the peace process. We know that and the Russians know it, too," Lyles said.

Lyles stayed behind while platoon leader 1st Lt. Andrew Weaver, Co. C, 1st Bn., 151st Inf. Regt., two HMMWVs and a Russian armored troop carrier motored through town, past the mosque, to take a



Spc. James Johnson

**A Task Force Warhawk soldier stands in front of a Russian tank during a mission April 13. The two forces worked together during the opening of a mosque in the town Koraj, in the Republika Srpska.**

position on a hill over looking it all.

Within minutes, the soldiers dismounted their vehicles and started communicating through some broken English and Russian, but mainly with hand gestures, and lots of smiles and laughter as they started trading tokens of friendship.

"It's funny, 10 years ago this wouldn't have happened," said Sgt. Jeff Newkirk, one of Charlie Company's wise veterans. A former ranger, with a combat patch, Newkirk enlisted into an Army poised to take on the Cold War-era Soviet army on the plains of central Europe.

But here, in a former communist country, Newkirk shared "grunt" duties with new friends willing to reveal a lot about their culture and military customs.

"This is fantastic," Newkirk said. "When you think about it, this is what international relations is, and really should be all about. Bring it down to the soldier level. That's right — 'troop diplomacy,' as opposed to just politics."

Ironically, the same day, the news was bristling with stories from Moscow

concerning a new American-Russian spy scandal. But you could never tell anything was wrong between the two nations this day, not on the small hill in eastern Bosnia.

"Eta Chudjesna," which means, "It's great!" came from a beaming young Russian private, Valentin Yermilov, as he tried out the gun turret on an American HMMWV.

"It's the first time I worked with Americans. They're just soldiers like me and every other Russian soldier. We're here, all of us, fulfilling our duties, trying to help the Bosnian people move on from the war."

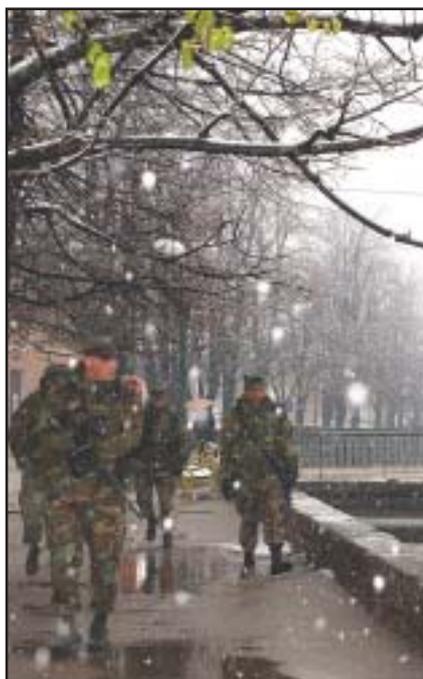
And as the hours passed and the soldiers talked and traded each other's versions of ready-to-eat meals, the mission wound down.

The rededication ceremony occurred without incident. It was time to pack up and go home, but not before embraces and good byes... grunt to grunt.

"Das Svidenja! "Yes, until we meet again!" Russian to American, soldier to soldier.

## Soldiers make a difference in Bosnian streets

**Snow fell April 9 as soldiers of Co. B., 1st Bn., 14th Inf. Regt., conducted presence patrols through the streets of Kladanj. Infantrymen patrol various cities, villages and towns throughout BiH daily.**



Staff Sgt. Kanessa Mlynnet

### Patrol from page 7

people want their lives to be way better after the years of fighting, the turmoil, they know what they want.

"It makes me appreciate life more than what I have in the past," he said. "It makes me actually think that what I have is what they would dream of."

And pursuit of their dreams is just what the infantrymen said they believe the youth of the Balkans are after.

"The children come up to you in the streets. They could ask for candy. They could ask for a Pepsi, but they don't. They ask for paper, pencils and stuff for school. That really tells me they want to learn,"

Adamietz said.

"For me, it's about going on a patrol and talking to the local people, letting them know we're here and ensuring them that while we're here they can continue building their communities. We're here to protect them so they can make their lives better and so they can feel safe."

Team leader, Spc. Dave Anderson, agreed. "The children will never forget American soldiers. If you treat them kindly, they will remember. They will remember that America was here to help them out so they could go on with their everyday lives without worrying about someone knocking on their door and telling them to leave their home."

# Soldiers bring kids hope, smiles

By Spc. Michelle Lunato

Photo Editor, 305th PAD

The happy gleam in the eyes of a child is said to be one of the most rewarding gifts in the world, and to combine that with a big hug is true joy.

While giving some time, supplies and hope to Tuzla orphans April 13, Eagle Base soldiers received these treasured gifts with smiles of excitement.

"It's obvious that Stabilization Force soldiers before us visited regularly because the children treated us like we were old friends," said Staff Sgt. Kanessa Mynett, public affairs operations noncommissioned officer, Headquarters and Headquarters Company, 25th Infantry Division (Light).

These friendships may have been old, but many of the visiting faces were new. Sgt. Carla Hamann, operating room technician, Task Force Med Eagle, said she jumped at the chance to go on the orphanage visit since she heard so many good things about it. For her, it was an opportunity to get away and feel good.

"The visit was a great form of stress relief. Their big smiles and exuberant laughter melted my heart and warmed my soul," she said.

Through the exchanges of laughter, hugs and games, it was difficult to tell who had more fun, the children or the soldiers.

"The children's laughter was infectious. Within fifteen minutes there was no

distinction, we were all big kids," said Hamann.

Even though these kids could not speak the same language, it did not hinder the fun they had.

"I had fun playing basketball with the kids. There was a language barrier, but basketball is international," said Spc. Mark Jacobs, broadcaster, American Forces Network.

Love is international as well and that is what many soldiers said they would remember about their trip.

"It's the hug from a child that is important. The human touch. The innocence," said Sgt. Connie Hobbs, personnel administrator, 1085th Air Ambulance Company.

In between all this fun and embracing though, was the delivery of over 30 boxes of donations. A majority of these boxes came from ATX, a telecommunications company in Bala Cynwyd, Pa. who heard about the Vojo Peric Orphanage through a family email.

Capt. David Doty, operating room officer in charge, TFME, mentioned the orphanage to his sister, Lynn Giannini, in a message about what he was doing in Bosnia and Herzegovina.

"The kids there looked to be well taken care of, but some seemed to need better clothes and shoes," wrote Doty. Giannini said it bothered her to hear about the children lacking good shoes and that was enough to make her act. With a little work, she and her fellow ATX employees gathered together shoes, toys and



Photos by Spc. Michelle Lunato

## Sgt. Connie Hobbs, personnel administrator, 1085th Air Ambulance Co., plays like a child with her new friends.

clothes and shipped it to Eagle Base for the soldiers to deliver.

The orphanage staff said they appreciated the much-welcomed donations since their government funding ended after the war. Now, they rely mainly on the generosity of people like SFOR soldiers, who've been visiting since 1999. This generosity is a two way street though. "The soldiers bring hope to the children" while the children

bring a sense of purpose to the soldiers, said Maj. Charles De Rivera, officer in charge, 1896th Combat Stress Control Detachment.

"The visit was a definite reminder of why we are here and what the American presence can mean to this country ... it really leaves you with a sense of purpose. Plus, what's better than a few hours of playtime with a bunch of little kids," said Mynett.

Left, Maj. Donna Lupien, nurse anesthetist, TFME, embraces Eldin Spanic on her second visit to the orphanage. "It is amazing how just hugging them is so appreciated," said Lupien.

Right, Sabina Ibrahimagic enjoys the monthly visits from SFOR soldiers.

To go on an orphanage visit, call CSC at 762-0443.



# Camp McGovern 'rucks' the right way

By Sgt. Charles Dossett

*Correspondent, Camp McGovern*

**S**ixteen soldiers from Task Force Warhawk competed in the Emerald Expedition, a grueling 22-mile ruck march April 17.

The route started at Dutch Base Bugojao, under dark clouds and pouring rain. With a right turn, the soldiers left the base and marched straight into the city of Donjici. The rain let up slightly after the first mile, and then with a left turn they were heading out of the city.

"Once the rain let up, I felt I couldn't have asked for a better day. Perfect weather for marching," said Capt. Kurt Anderson, S3 assistant plans and operations officer-in-charge of Task Force Warhawk.

With the city behind them, 280 soldiers from eight separate nations proceeded to hike a half a mile up in altitude as they rucked their way nine miles to the top of the route's mountain pass. They encountered the first water point at the seven-mile mark, one-third of the way through the march. The water point gave each soldier a chance to stop, and get a bite to eat.

The soldiers reached the half-way point at the top of the pass. The rest of the way was all down hill. With the top of the summit behind them, everyone used this chance to make up for lost time.

About half-way down the mountain, the soldiers faced another time-consuming obstacle — a quarry. With a front-end loader moving dirt to the right of the path, and mud a foot deep all around, the soldiers now had to slow their pace from a run to a walk, and hope a dump truck wouldn't run them over.

The last of the two water points came at

**Capt. Kurt Anderson, S3 plans assistant OIC, 1st Bn., 151st Inf. Regt., laces up his boot after dressing the wounds on his feet. He stopped before the first water point because he could feel blisters forming. Blisters are one of the effects of long ruck marches anywhere. Anderson's team finished the 22-mile ruck march in 5 hours.**



Spc. James Johnson

**Soldiers of Task Force Warhawk march through the rain during the Emerald Expedition 22-mile march.**

the 15-mile mark. At one water point, instead of giving out just water, four Dutch soldiers were handing out candy bars. Not wanting to waste time, most ate and ran.

With six miles left and the bottom of the hill behind them, "mother nature" decided to be cruel once more. The skies opened up and the rain came down harder than before. With the finish line seemingly ages away and feet starting to give out, some would say the rain was a blessing. It put their minds on something other than their aching feet.

Entering the city of Margetici brought new life to everyone because they saw the three-mile marker. Then it was the half-mile marker, and finally the finish, Dutch base camp Novi Travnik. The long hard ruck march was over.

"I was so relieved to see the finish line," stated Capt. James Claghorn, the battalion supply officer, Task Force Warhawk, "but

not for myself. I was relieved for Staff Sgt. Mitchell Lovins." Lovins was suffering from bad back cramps toward the end of the march.

"It hurt! But when I saw the finish line, it didn't hurt anymore. I just wanted to cross it, and fast," said Lovins after the march. "I just went to my room and laid down."

The eight nations that sent troops to the Emerald Expedition were the U.S., Germany, Romania, Bulgaria, Australia, New Zealand, United Kingdom and Holland.

The British Welsh Guard took first place with a time of 3 hours, 58 minutes.

The Company C team from Task Force Warhawk took second place with 4:50. The Co. C team consisted of 1st Lt. Tom Smith, Master Sgt. Brian Waninger, Sgt. 1st Class Walt Kuzmin, Sgt. Tom Smith, Sgt. Zachary Fromme and Cpl. Kevin Johnson. Smith was the fastest U.S. finisher with a time of 4:05.

The two other teams from Headquarters and Headquarters Co., 1st Bn., 151st Inf. Regt., turned in respectable times of 5:20 and 5:48. Capt. Darwin Harting, Capt. Chris Mabis, 1st Sgt. James Martin, Sgt. 1st Class Stephen Ingle, Spc. Jeremy Clark were members of the fastest HHC team. Maj. Todd Harless, Capt. James Claghorn, Capt. Kurt Anderson, Staff Sgt. Mitchell Lovins, and Sgt. Charles Dossett manned the other team.

1st Lt. Max Felius, a platoon leader from the Dutch Battle Group stationed at base camp Novi Travnik, coordinated this event. He said, "I am very pleased with the number of participants." He hopes this event will be held every six months.

Even through all the pain the 16 soldiers from Task Force Warhawk went through they all agreed that they would do the next ruck march in Dobo, May 5.

## News Briefs

**Football and Soccer field restrictions** — Morale Welfare and Recreation is asking for all Task Force Eagle personnel to observe the football and soccer field restrictions.

The field will be closed after heavy rains when the ground is water-logged or when there are preparations for special events. Posted signs will clearly mark whether the field is opened or closed for use. No physical fitness formations or any other activities are permitted on the field when it is closed.

For more information, call Tony Mullings at 762-3004

**Task Force Eagle soccer team** — The Task Force Eagle soccer team is looking for soccer players. There will be a team meeting tonight at 6:30 p.m. to discuss practice times and game schedules.

For more information, call CW2 Oliver Cunningham at 762-7261.

**Iron Eagle Bunker procedures** — During Bunker drills, senior ranking military members will assume command and perform the following:

- Ensure self aid and buddy aid is administered to injured personnel;
- Distribute water as needed;
- Post guard inside the entrance to insure aggressors do not gain access to bunkers;
- Account for number of soldiers and civilians in bunker;
- Report number of personnel in bunker to BDOC by sending a runner or by landline at 762-8204 or 762-4018; and
- The runner sending the report should say: "I am calling from bunker (number). We have (number) soldiers and (number) other individuals in the bunker. The officer-in-charge or non-commissioned officer-in-charge is \_\_\_\_"

**Task Force Med Eagle Dental Clinic services and times** — Task Force Med Eagle Dental Clinic's mission is to provide responsive and high quality dental care to the U.S. service members, NATO forces service members and support staff in Bosnia and Herzegovina.

The clinic at Eagle Base is the

primary dental care facility here. The clinic is staffed and equipped to offer all essential and routine dental services.

Services provided are dental cleanings, fillings, root canals, gum surgery, tooth extractions and examinations. The hours of operation are Monday through Friday, 8-11 a.m. and 1-4 p.m. and Saturday 8-11 a.m. Sick call hours are Monday through Saturday 8-10 a.m.

For more information, call the TFME Dental Clinic at 762-0444.

**Dental health news** — New research has shown that gum disease may be a risk factor in many other ailments ranging from diabetes to heart disease, stroke to preterm births and osteoporosis.

Periodontal disease is characterized by inflammation and bacterial infection of the gums surrounding the teeth and bone loss.

According to the American Dental Association, some forms of gum disease affects three out of four adults over the age 35 and is a major cause of tooth loss in adults. Gum disease is a serious infection that can release bacteria into the bloodstream and impact overall health. The presence of antibodies to certain oral bacteria identified in the amniotic fluid and fetal cord blood suggests that mothers with periodontal disease may be six to seven times more likely to have a preterm, low-birth-weight baby. Brushing twice a day and flossing daily is vital to a healthy mouth, and may help prevent other diseases.

## Train Smart

By 1st Lt. Luke Heusel

Chief of Physical Therapy, TFME

There are many myths regarding physical fitness training. The Task Force Med Eagle Orthopedics and Physical Therapy department provides training targeted at dispelling physical exercise myths, which help reduce training injuries. The most common injuries here are related to recreational activities. Often times these injuries can be prevented by following some basic guidelines and avoiding some training "myths."

**Myth one:** "Running everyday will help decrease my APFT run time."

**Fact:** In a company-sized training population, running daily produced twice as many injuries as well as a slower APFT two-mile run time versus a three-day per week run program.

**Recommendation:** If you love daily aerobic fitness, try biking on off days. This will decrease joint stress and may help to reduce certain training related injuries such as shin splints, foot and knee pain, and low back pain.

**Myth two:** "If I want to increase my muscular strength, I must workout the same muscles groups every day."

**Fact:** Muscles and ten-

dons need time to heal after a stressful workout.

**Recommendation:** Always start with warm-up sets. If beginning resistance training for the first time, start with light weight and go slow. Get at least two to three days rest in between resistance workouts.

**Myth three:** "I was an athlete in high school so I can just go out there and play."

**Fact:** Joint receptors that help to coordinate movements are very specialized.

**Recommendation:** If you are beginning a new sport, take time to familiarize your body with the movements you will be making (i.e. cutting, pivoting, sprinting). This can help your body to perceive certain joint positions and thus reduce the chance of sprain/strain type injuries.

**Myth four:** "If you want a good stretch it must be vigorous!"

**Fact:** Stretch related sensors located in the muscle-tendon junction actually cause the stretching muscle to contract (tighten) in response to quick/aggressive stretching.

**Recommendation:** Stretch slowly without bouncing for at least 15 seconds. Perform five repetitions.

For more information, call 1st Lt. Luke Heusel at 762-0234.



Cartoon by Spc. Vincent Oliver

## JMA Operation Harvest

First Lt. Chad Caldwell, of the JMA Compliance Cell, and Bosnian Federation soldiers do a weapons pre-inspection during a weapons destruction mission. See the full story in next week's issue of the *Talon*.

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# Know the SFOR 11 units ...

*American Forces Network signs off*



First and last, strong and bad to the bone, Sgt. Hank Minitrez, AFN broadcaster, belts out his farewell as he closes the final morning show at Eagle Base April 19. "Hammerin Hank" was the AFN Balkans disc jockey for the first show Jan. 1, 1996. He flew over from Frankfurt, Germany to end the AFN era in BiH. "I have chills up my spine," said Minitrez just before the last moments of the show. "You're part of history. This will stay with me forever. I may not have been a peacekeeper, but I supported the soldiers that did." AFN services in BiH will continue via satellite from AFN Frankfurt.

Spc. Michelle Lunato

The American Forces Network Europe began broadcasting from London during World War II, using equipment and studio facilities borrowed from the British Broadcasting Corporation.

The first transmission to U.S. troops began at 5:45 p.m. July 4, 1943 and included less than five hours of recorded shows, a BBC news and sports broadcast. The signal was sent from London via telephone lines to five regional transmitters to reach U.S. troops in the United Kingdom. Nazi bombing raids over England kept knocking the station off the air.

As the war continued, mobile stations were deployed to broadcast music and news to troops in the field. The mobile stations reported on front-line activities and fed the news reports back to studio locations.

Throughout history, AFN reporters have covered such significant world events as the Nuremberg War Crime Trials, the Soviet blockade of West Berlin, the Berlin Airlift, Operations Desert Shield and Desert Storm, and Peacekeeping missions throughout the Balkans.

There is a very key statement made early in AFN's life that epitomizes everything they strive to do today. It was July 4, 1943 and Supreme Allied Commander Europe, General Dwight D. Eisenhower was addressing the American Forces Network staff in London: "A soldier who is well-informed and knows this country's national goals has good reason for being motivated and that gives him a fighting edge. It makes him a better soldier."

U.S. military radio and television service in Europe is the responsibility of the Army

Broadcasting Service. Locally produced radio and television messages are placed in these programs where commercials would normally play. The AFN network and local stations work with military leaders throughout Europe to provide information in these messages to keep the military and civilian personnel in theater informed and updated on significant events around the different military commands.

Times have changed the way AFN does business, but they still deploy and participate in contingency operations whenever called upon in the U.S. European Command. U.S. military members and their leaders know that AFN will be with them on the next mission, wherever that may take them.

(This information was gathered from [www.afneurope.army.mil](http://www.afneurope.army.mil).)

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## Coming to Connor, McGovern, Eagle Base April 27 - 28



Rob Kirsch

Blues Traveler helped spearhead the early-'90s renaissance of loose, free-flowing boogie-blues-rock.

Frontman John Popper formed Blues Traveler in 1984 while still in high school in Princeton, N.J.

Inspired by Jimi Hendrix's machine-gun style, Popper's wild harp playing made him a popular fixture at local parties.

These local-legend jam sessions eventually led to the release of Blues Traveler's self-titled debut in 1990.

The Blues Traveler album not only firmly established the band as a college radio staple, it also taught a whole generation how to play air-harmonica.

Diehards argue that Blues Traveler's discography is of secondary importance,

as their live show is such a large part of their appeal.

The group will visit soldiers at Camp Connor's Acoustic Gig on Saturday, Camp McGovern Center on Sunday and Eagle Base's Peacekeeper Hall on Monday. All concerts will begin at 7 p.m.

(This was written by John Quaintance and gathered from the Blues Travelers homepage.)