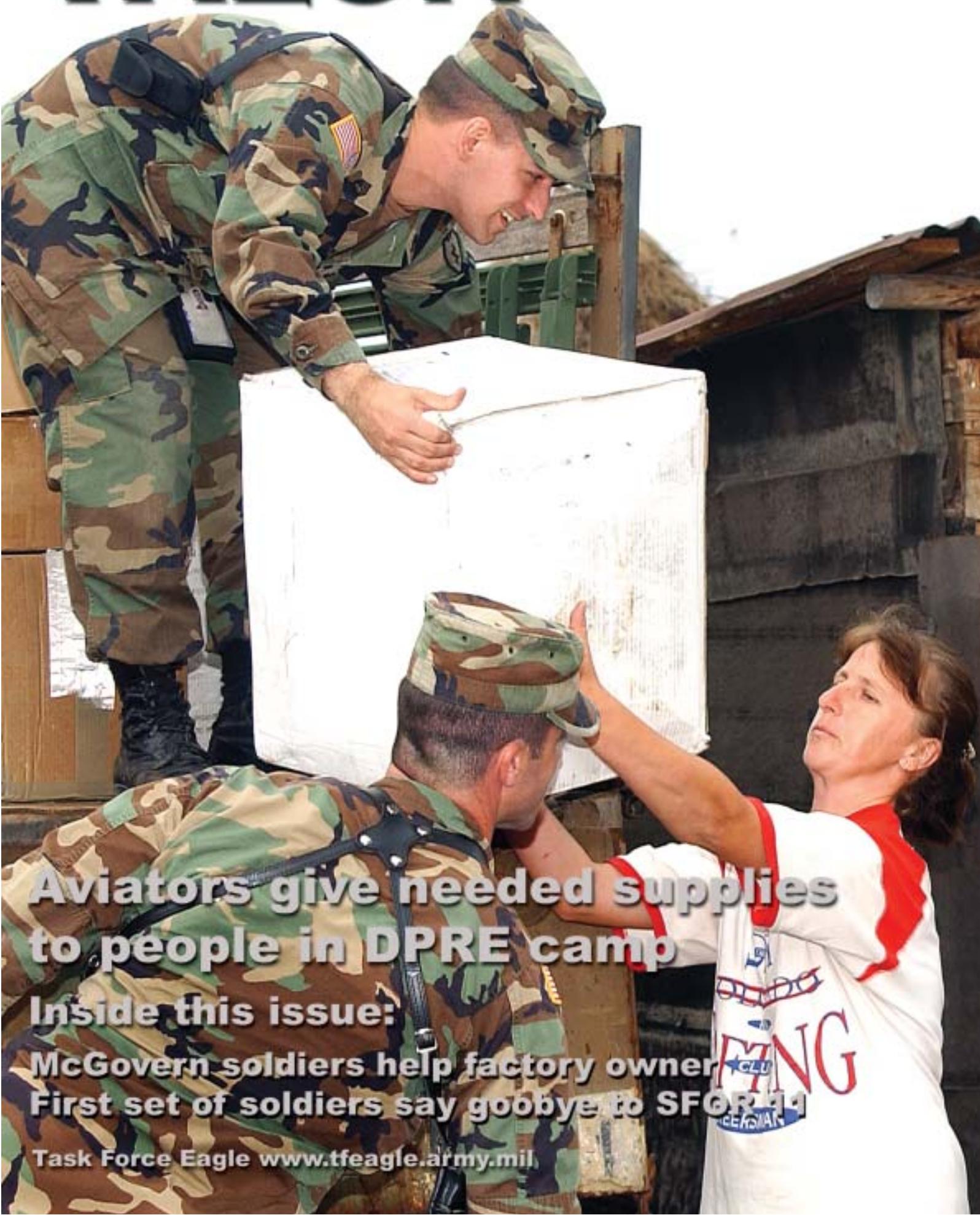


AUGUST 23, 2002

# TALON



**Aviators give needed supplies  
to people in DPRE camp**

**Inside this issue:**

**McGovern soldiers help factory owner**

**First set of soldiers say goodbye to SFOR-14**

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

# TALON

Published in support of  
Operation Joint Forge  
August 23, 2002  
Volume 8, No. 34

**Commander,  
Multinational Division (North)**  
Maj. Gen.  
Charles H. Swannack, Jr.  
762-9700

**Command Sergeant Major,  
Multinational Division (North)**  
Command Sgt. Maj.  
Thomas Lee  
762-3493

**Public Affairs Officer**  
Maj. Nancy Makowski  
762-5239

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

**Media Operations Chief**  
Staff Sgt. Kanessa Mynett  
762-0199

**Talon Staff**  
305th Public Affairs  
Detachment

**Editor**  
Spc. Christina Davis  
762-0190

**Assistant Editor**  
Spc. Vincent Oliver  
762-0190

**Media Operations and  
Photo Editor**  
Spc. Michelle Lunato  
762-5235

**Media Operations and  
Staff Writer**  
Spc. Joy Paglinawan  
762-5234

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 25th Infantry Division (Light) Task Force Eagle Public Affairs Office, Eagle Base, Tuzla, Bosnia and Herzegovina APO AE 09789. Email at Christina.Davis@email-tc3.5sigcmd.army.mil. The Task Force Eagle web address is www.tfegle.army.mil. Printed by PrintComTuzla. Circulation: 3,500.

## Contents ...

**On the Cover — Task Force Aviation unloads a truck of supplies at a DPRE camp in Balici-Brnjica. See pages 4 and 5 for story.  
(Photo by Spc. Vincent Oliver, 305th PAD)**



**Page 6 — Sgt. 1st Class Roger Plummer, Task Force Warhawk, looks over one of several large plastic containers sitting in inventory at an Orasje plastics factory during a recent civil affairs mission.  
(Photo by Sgt. 1st Class Jack Martin, HHC, 1st Bn., 151st Inf. Regt.)**

### ITT takes on post security

Joseph Silverio scans IDs as the day comes to an end on Eagle Base. ITT personnel took over security duties in MND (N) Aug. 15.



Spc. Joy Paglinawan

## Stabilization Force 11 Voices

“What will be your fondest memory of this deployment?”



**Sgt. 1st Class John Thompson**  
Chaplain’s Assistant  
ASG

“Touring the chapels in Sarajevo, they’re different. Very seldom do Americans get to walk into sites like mosques.”



**Spc. Brian Kramer**  
RTO  
HHC, 1st Bn., 14th Inf. Regt.

“Going on FMPP to Lake Balaton, Hungary.”



**Sgt. 1st Class Curtis William**  
Bn. Sergeant Major  
Allied MI Bn.

“Meeting and working with all components from different nations of SFOR.”



Task Force Eagle  
Stabilization Force  
SFOR XI  
Bosnia-Herzegovina



**Maj. Gen.  
Charles H. Swannack, Jr.  
Multinational Division (North)  
commander**

Anybody who's been around horses can tell you what often happens toward the end of a long, hard ride.

The horse has grown tired of carrying its human burden, and it wants to go back to the security of its stall, where it can get out from under that saddle, have a drink of water, rest and eat.

Horses always seem to know when they're close to the end of the ride – I call it “smelling the barn.”

They get excited because they know they're going home. They're so focused on the end of the journey that they stop paying attention to what's around them.

## CG speaks...

### “Smelling the barn”

Some horses will break into a gallop and race all the way home, if you let them.

That's just not safe. Horses that are allowed to do this are dangerous, to themselves, their riders and anybody else who happens to stand between them and their destination.

With only three weeks left in our rotation, SFOR 11 is also coming to the end of a long, hard ride, and I want to make sure we don't start “smelling the barn.” It would be dangerous and foolhardy at this point to lose our mission focus and start a mad dash for home.

Multinational Division (North) has been extraordinarily successful across the full spectrum of tasks we've undertaken. I attribute this to the tremendous talent of our junior leaders and first-line supervisors. The senior leadership here has empowered them, coached them to succeed, resourced their efforts and kept the focus on taking care of soldiers. This has paid tremendous dividends.

Now our redeployment operations are well underway. The first planeload of homeward bound soldiers has already departed. As we get further along in the process, we're going to be forced to divert our attention from our myriad operations to work on redeployment issues. In

addition, our chain of command will become fragmented because of individuals departing.

That concerns me. I want to ensure that, despite the redeployment activities, we continue to keep our mission focus and complete every task to the same high standard we've already established here.

Leaders, please reiterate with your chain of command, and especially your first-line supervisors, to always take care of soldiers and ensure tasks are completed to standard. Make sure there's an identified chain of command. Empower your subordinate leaders, hold them accountable, check on them and conduct appropriate AARs.

If we lose our focus now, soldiers can get hurt and tasks can get screwed up. So, continue soldiering to standard and do not allow complacency and end-of-mission distracters to diminish the quality of our work. You've worked too hard to earn your reputation for excellence to let it fall by the wayside now.

When horses start “smelling the barn” and want to race home, it's up to the ones holding the reins to make sure that doesn't happen. Leaders, I look to you to ensure we keep our focus where it belongs – on the tasks at hand, and not on the end of the ride.

“People first, mission always!”

## Cyberspace University perfect for peacekeepers

By **Nelia Schrum**

*Belvoir Eagle*

ALEXANDRIA, Va. — The Army unveiled a \$600 million distance-learning initiative two years ago dubbed Army University Access Online.

The program creates a virtual classroom in cyberspace, making it possible for soldiers to attend college classes any time, any place, wherever they can plug in a laptop computer.

With the number of peacekeeping missions continuing to grow for the military, this program is just what military members need to continue their college education and still meet the de-

mands of Uncle Sam's global commitments.

Soldiers enrolled in the distance-learning initiative will be provided resources like laptops, printers and Internet access along with the usual help from college textbooks and academic counseling.

Eventually the program may be expanded to include military spouses who often cope with the same frustrations service members face with frequent moves that interrupt completion of a college education.

The whole announcement got me thinking about how far we have come in just a generation and leaves me marveling at the “gee-whiz” possibilities.

Since I've got almost a half-century under my belt, I come from the “white out and correction tape” generation.

Those were the not-so-good-old days when you burned the midnight oil typing a term paper hoping the professor would overlook those nasty typos you tried to clean up and concentrate on looking at the meat of your thesis.

Standard fare for a high-school student wanting to go on to college was a typewriter, and if the student were really lucky, the model included a button you could push for an automatic carriage return.

The Army University Access Online initiative is sure to be a

hit with soldiers and their families. Look for the program to be a boost for recruiting and retention.

Not since the introduction of the GI Bill that educated a generation of Americans returning from the battlegrounds of World War II has a military education program had so much potential to impact this country.

It should be widely applauded by the American public. They now can expect that when the program is fully implemented that soldiers and their families will return to their communities better educated and able to demonstrate the techno-savvy skills today's Army imparts.



Capt. Timothy Schmitt, 1st Bn., 25 Avn. Regt., civil affairs officer and Spc. Talley Sanney, driver, help unload a five-ton truckload of supplies at a displaced persons and refugee camp in the village of Balici-Brnjica Friday. Clothes and toys were among some of the items.

# 1-25th Aviation soldiers deliver

By Spc. Vincent Oliver

Assistant Editor, 305th PAD

Soldiers from 1st Battalion, 25th Aviation Regiment, paid a visit to a Bosniak displaced person and refugee camp in the village of Balici-Brnjica Friday, bringing a truckload of much needed clothes, toys and other supplies.

"This is our way of interacting with the community and showing that SFOR soldiers are good soldiers and they're good people," said Capt. Timothy Schmitt, civil affairs officer for Task Force 1-25 Avn.

February marked five years since Tima Sejfic and her family had come to live at the camp. She said she was very pleased to have the soldiers visit. "We're very very happy to see you," said Sejfic. "It's nice to know that someone hasn't forgotten us."

Sejfic's home, near the town of Zvornik, was destroyed during the war, but thanks to one of the many humani-

tarian aid organizations, her house is now being rebuilt.

As the soldiers pulled up to the rear of the camp, the camp's children ran out to greet the familiar faces of the Task Force 1-25Avn. soldiers bearing gifts.

"When people need help, we're there. It doesn't matter who you are and it doesn't matter where you are. We're just here to help people," said Sgt. 1st Class Ken Estes, Co. D, 1st Bn., 25th Avn Regt. platoon sergeant.

This particular camp, which sits near the top of a mountain, has six two-story houses, which are home to 12 families.

Although the camp's residents lived in different areas of eastern Bosnia as well as lived different lifestyles before the war, their current situation has brought them together according to camp resident, Tima Sejfic.

Schmitt said he and his team are helping to make sure the lives of camp residents are a little more comfortable as they reintegrate themselves back into their former lives.



Sgt. 1st Class Ken Estes, platoon sergeant, hands a toy wagon to a Bosniak woman at the Balici-Brnjica camp Friday.



Photos by Spc. Vincent Oliver

truck filled with humanitarian aid supplies  
the supplies delivered.

# the goods



Co. D, 1st Bn., 25th Avn. Regt., hands over a  
Balici-Brnjica displaced persons and refugee



Above, Soldiers from 1st Bn., 25th Avn. Regt., share a cup of coffee and a laugh with Delvira Tahic, a resident of the Balici-Brnjica displaced persons and refugee camp.

Below, Staff Sgt. David Clements, 1st Bn., 25th Avn. Regt., civil affairs NCOIC unloads a five-ton truck of supplies donated by Task Force 1-25.



# Manufacturing peace ...

## Soldiers help factory owner, promote peace

By Sgt. 1st Class Jack Martin

*Camp McGovern Public Affairs NCOIC*

“Wow, look at this,” one soldier said to the other as they stood in the center of a plastics factory in Orasje. The factory had seen better days, and it looked as if it hadn’t turned out a lot of product for a long time. Some of the equipment seemed to be in need of repair, but the six soldiers, all skilled in manufacturing, were there to observe, learn and maybe offer some solutions that might help the factory’s owner operate more efficiently.

The troops, all National Guardsmen from Camp McGovern, were participating in what Maj. Robert Mestrich calls his Partnership for Growth program. “The idea is to link soldiers who have specialized skills, or who work in similar industries back home, with their counterparts in Bosnian industry,” said Mestrich, Task Force Warhawk’s civil affairs officer.

On that day in early August, Mestrich toured two factories in Orasje, a majority Croat city in northern Bosnia. A few of the soldiers he took with him work at a Ford automotive assembly plant as civilians, and another, Sgt. 1st Class Roger Plummer of Headquarters and Headquarters Company, 1st Battalion, 151st Infantry Regiment, is a certified welder.

“The plastics factory almost looked as if it was more out of business than in business,” said Plummer who will go back to work at Indianapolis Power and Light Company when he returns home. “They have a lot of old machinery, and I saw a lot of product around. It looks like it’s been there for a while too, so that means it’s not selling. There must be low demand, so the owner’s tied up in product that’s not selling,” Plummer observed.



Photos by Sgt. 1st Class Jack Martin

**Staff Sgt. Ezra Smith, Task Force Warhawk, examines a small plastic bathhouse frame at a plastics factory during a recent civil affairs mission.**

The owner agreed and said his business has not been the same since the war. He said that before the Bosnian war began in 1992 he had 150 employees. Now he can only afford to keep 20 because he can’t sell nearly as much product as he did a decade ago.

“Boy, this one’s in better shape,” said Sergeant 1st Class Chad Brown, Co. C, 1st Bn., 151st Inf. Regt., as the soldiers strolled through another factory across town.

It was a metal works facility that specialized in producing cabs for farm tractors. It was cleaner and outwardly, at least, looked more efficient than the first factory the soldiers visited.

Some of the soldiers looked over blueprints, while Plummer inspected welding seams. “You see this?” Plummer was closely examining a weld on a metal frame.

“It’s a good weld and all, but it seems like he rushed it a bit.”

Plummer then methodically went over several more welds. “You know this is pretty good work — it is. But it seems kind of rough — they could use a better QC (quality control) system.” Asked if the welds would hold under pressure he replied, “Oh definitely, but it’s just not up to the standards that we routinely use in the United States.”

Plummer and the other soldiers did comment on what they said was the dedication and solid work ethic that Bosnian workers have. “These workers; the enthusiasm they have for what they do despite the conditions is something,” Plummer said.

As for what he said can help both of the factories they visited, “They need to reform, work a little more assembly line, and less individual pieces. It will help them produce much more, quicker, and they can improve their workers conditions at the same time.”

“That’s what we need to hear,” said Mestrich, who’s been taking soldiers to different factories in the Task Force Warhawk area of operations for several weeks. “My intent is to have these guys form bonds and relationships with some of these factory owners so that they can continue to communicate when the troops go back to work in their civilian businesses.

“Hopefully, it’ll make a difference, even if it’s not right away, because in many ways industry here is still in a post-communism transition.”

**Cpl. Jason Holder, of Task Force Warhawk, inspects the frame of tractor cab at a metal-works factory during a recent civil affairs mission.**



# Essay: “Honor can’t stand alone”

By Capt. Jose Nunez

*TFME Preventive Medicine  
OIC*

This short essay will explain what the word honor has meant to me during my life. Specifically, what honor means to me in relation to my parents, the United States Army, my soldiers, my wife, my son, and to the people of Bosnia. This will be in chronological order and is definitely not prioritized in order of importance.

It all started on March 19, 1968 in Rio Piedras, Puerto Rico where I was born. Obviously, my parents gave me my last name, but I wear it with pride on my military uniform. My task is to be loyal to my family and honor our name by giving my best effort at everything.

In 1986, I joined the United States Army as a Private. I served with selfless service for two years then joined the United States Army Reserve. In 1992, I graduated from college and was commissioned as a 2nd Lt. For my country, I honor all Americans and the United States Army personnel who have served before me. I do

---

***“People of this country are constantly watching how I act. Now more than ever is the time to show these people that we have and live with values.”***

— Capt.  
Jose Nunez  
*TFME Preventive  
Medicine OIC*

---

this by taking my job seriously, but I also have fun in the process. The reputation of the United States Army has been felt worldwide and is still being tested with new conflicts. My self-imposed task is to improve the good name of the United States Army.

In 1992, I arrived at Fort Leonard Wood, Mo., my first duty station. I was placed in charge of two sections that consisted of eight soldiers and four civilians. This was an interesting situation. I was 24 years old

and two of the civilians were old enough to be my parents. However, I had personal courage and soon learned that age had nothing to do with anything. The most important thing was that I was in charge and had to manage my sections. I am proud to say that I have always treated my subordinates with dignity and respect. It is obvious because I still keep in touch with all the noncommissioned officers that I worked with while at Fort Leonard Wood. I even spent this past New Year’s Eve with one of them. My task is to take care of my soldiers and have them live with honor.

In 1994, at Fort Leonard Wood, I met my wife. She has helped me become the man I am today. I owe a lot to this lovely person. I respect my wife by loving her everyday. I have seen marriages where couples take each other for granted. My task is to love and respect my wife until either she or I die.

A gift from God was given to my wife and me. Our son was born on July 8, 1999 and my wife and I became parents. Now, he has my last name and I must

honor him by becoming the best father possible. It is very complicated to be a good father. There is no perfect path for fatherhood. However, my goal is to live with honor so that my son will follow in my footsteps. He is currently three years old and he is already imitating me. My task is to have my son be proud of who he is during his entire life.

Currently, I am deployed to Bosnia and my duty is to support Stabilization Force 11. I must live up to all the Army values on a daily basis. I feel like I am an ambassador of the United States of America. People of this country are constantly watching how I act. Now more than ever is the time to show these people and all the other forces deployed with us during this endeavor that we have, and live with values.

In summary, I just wanted to briefly write about honor. However, what I found myself doing is mentioning some of the other Army values in the process. It is nearly impossible to write about honor and not mention the other values. They are all tied together and one cannot stand alone without the rest.

## Murphy’s Law: A legal guide to organ donation

By Capt. Patrick Murphy

*ASG Legal Advisor*

As I was counting down the days to my departure here from Eagle Base, I began to think about what differences we have made being here in Bosnia.

As part of the Stabilization Force, we have continued to maintain peace in this land. NATO’s arrival in 1995 ended a four-year war that killed over 200,000 people and made approximately 6 million people homeless. We in SFOR 11 have completed the mission our country has asked of us.

As soldiers and civilians, we often set new goals for the next challenge. Let me propose one – become an organ donor.

Each year in America alone, 6,000 people die because they are waiting for an organ. If you’ve ever watched the movie “John Q,” you can see the heartbreak one’s family goes through while waiting for a donor. Currently, 82,250 Americans are waiting for a kidney or another organ.

While many would donate at the time of their death, most have not taken the appropriate steps prior to their death.

The solution lies in four easy steps. First, when you get back home, get an organ donation card by calling 800-DONORS-1.

Second, request to be an organ donor when renewing your driver’s license.

Third, inform your family and friends of your wishes.

Lastly, express your wishes through a legal document, such as a health care proxy, living will, or durable power of attorney.

One donating individual can help at least 50 people. You should also know that there is absolutely no costs to you or your family, no age limit for donations, you can specify what organs and/or tissues you want to donate in your will, and donation is a routine surgical procedure and does not interfere with funeral arrangements, such as open-casket viewing.

Part of a soldier’s military duty is to give selfless service to our country. What better way to reinforce your legacy than to take the time to make this additional sacrifice for those in need.

For more information on becoming an organ donor, contact your base Judge Advocate General’s office.

## First of SFOR 11 soldiers head home



Photos by Spc. Christina Davis

Above, Maj. Gen. Charles H. Swannack, Jr., MND (N) commander, talks to troops at the ASG fest tent just before their departure home Aug. 15. He presented commanding general coins to selected individuals as a way of thanking them for their hard work and devotion to the SFOR 11 mission.

Right, soldiers line up to board the aircraft at the Eagle Base airfield. More than 160 soldiers returned to Georgia and Hawaii as part of the reduction and transformation for the incoming rotation.



## TFME lists common concerns about flying discomforts

By Maj. James Frizzi

*TFME Critical Care Surgeon*

*(Editor's note: This is part two of a two part story for soldiers who are preparing to redeploy.)*

Smokers who refrain from lighting up for four hours before boarding the airplane can have the same oxygen-blood dynamics as non-smokers and will arrive at the destination with more energy and alertness.

Smoking replaces oxygen at the lung level with carbon monoxide, nitrogen dioxide and a host of other gases. Furthermore, nicotine is a vasoconstrictor; that is, it narrows blood vessels that allow the blood to become normally oxygenated. The end result is that less blood is exposed to the air with each breath- air that also contains less oxygen than usual.

Asthma may be a problem during flight as the conditions for an asthma attack may be somewhat unavoidable. Tension or dry air may promote wheezing; however, the most common reason for asthma attacks during flight is that the person missed a dose of medication to relieve asthma.

If you are an asthmatic and have an attack within one week before a scheduled flight, see your healthcare professional. He may prescribe a short dose of steroids or even medically cancel your ability to fly for a time after an asthma attack.

Airsickness has plagued the air traveler since the dawn of passenger flight. Airsickness arises from the brain's confu-

sion from sensory inputs.

When the passenger opens his or her eyes, it appears to the brain as if they are still. The seat in front of them isn't moving.

The movie they are watching or the book they are reading isn't moving. Even the guy next to them (who is hogging the armrest) isn't moving. Yet, the balance centers in the middle ear tell the brain that they are moving. They feel turbulence and the roll and pitch of the aircraft.

They hear the constant sound of the engines; a constant, unchanging stimulus to the brain usually suggests being still. However, their conscious thought knows they are moving.

The unconscious brain receives these mixed, jumbled messages and sends out distress signals. It's confused. The passenger feels somewhat anxious and slightly sweaty, and then begins to feel sick. Two or three barf bags later, the passenger wishes he or she could have taken the train!

The answer lies in either sedating the brain so it doesn't process these mixed sensory signals or convincing the brain that everything is fine and the body really is moving. The sedation answer is medications, most of which do a fine job but often leave the passenger feeling drugged-out and having a pretty dry mouth.

Drug-free and nausea-free travel can be a reality if you can use your sense of sight and hearing to your advantage. A window seat offers the possibility of seeing the ground or clouds moving outside,

sending the signal that you are indeed moving.

Try and avoid looking at stationary things if you feel nauseated, including a book, a movie or the seat in front of you. If you are in an aisle seat, close your eyes. Take vision out of the overall stimuli package to the brain.

Listen to music if you can. The changes in pitch, sound and tone of music will break to constant sound of the plane's engines and relay to the brain a sense of movement.

Despite the best preparations for flight, there remains a small chance that a medical emergency will occur on an aircraft.

Federal law mandates certain medical equipment be on all planes, including stethoscopes, blood pressure cuffs, and a small supply of emergency medications. It is imperative, therefore, that all passengers with medical problems wear medic alert bracelets or medical warning dog tags in case of an in-flight emergency. These medical identifiers will aid in the prompt and proper treatment of the passenger, to include diversion and rapid landing of the aircraft if threat to life, limb or eyesight occurs and the landing of the aircraft does not endanger the other passengers' safety.

Going home from a deployment is exciting and well deserved.

Looking at the flights home as a part of the mission instead of just a ride home, to include looking out for your health and comfort, will make your arrival home that much more enjoyable.

Be safe, be smart, and job well done.