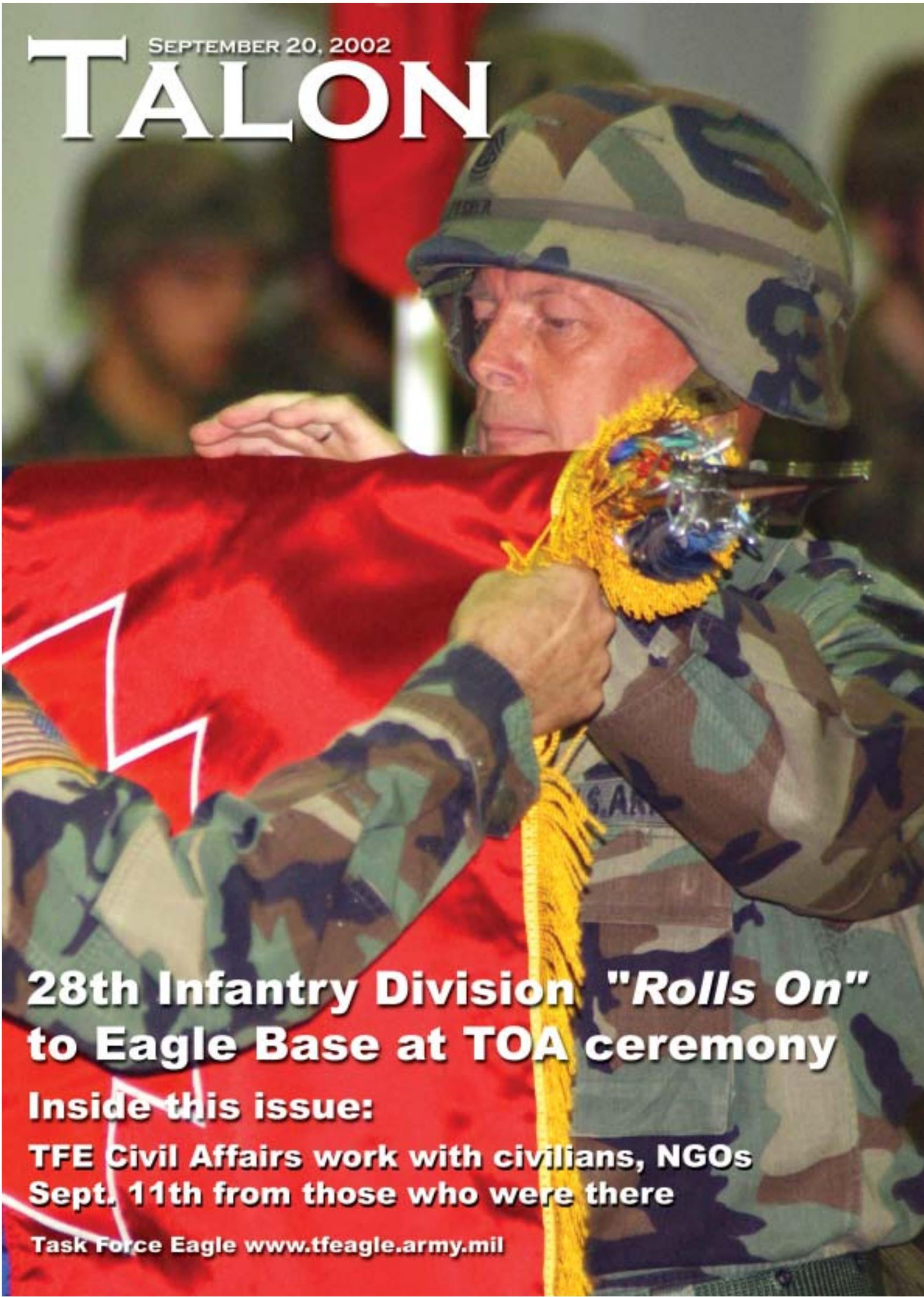


SEPTEMBER 20, 2002

TALON



28th Infantry Division "Rolls On" to Eagle Base at TOA ceremony

Inside this issue:

**TFE Civil Affairs work with civilians, NGOs
Sept. 11th from those who were there**

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TALON

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Multinational Division (North)**

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From the Editor...

On behalf of the Task Force Eagle Public Affairs Office, greetings and welcome to Eagle Base and Stabilization Force XII.

I would like everyone to know the PAO exists for one reason — to tell *your* story — the soldier's story. It is our job to let people back home know what America's soldiers are doing.

With that said, realize that from time to time you will see journalists from our office as well as local, national and international media. I offer you a few simple tips to follow when dealing with media.

First and foremost, be yourself. The United States military has nothing to hide. In fact we want people to know what we do when we are deployed around the globe. Whether you are on patrol throughout Bosnia, helping refugees return home or sightseeing in Budapest it is important for those who support us to know what their military is doing.

Second, don't be afraid to talk to the media. You are the best expert about your mission. Media professionals are truly interested in each of you and your jobs. (Let them know you know what you're doing). If you are asked something you do not know or it is not in your "lane," then tell them. Whether you are a mechanic, nurse, pilot, or MP; you are part of a team in which each of you plays an important role.

Finally, I know there are some of you who have interests outside of your chosen military profession. If one of those happens to be writing or photography, let me know. We can put those skills to work and get you some credit for your talents. If you have an idea for a story you would like to see published, let us know. The *Talon* can be contacted by DSN or via email.

Once again, welcome to SFOR XII, we look forward to telling *your* story.
(DSN 762-0190/email Kelly.Luster@email-tc3.5sigcmd.army.mil.)

Word on the street...

"What personal goals do you hope to accomplish during during SFOR 12?"



SFC Christine Behler
NCOIC
Division Surgeon's Office
HHC, 28th Inf. Div.

"I would like to start the Bosnian Head Start course and Spanish course for my professional development."



Spc. Garrick Johnson
Training and Movement
103rd Eng. Bn.

"I want to dedicate some of my time to physical fitness. Also, I would like to get mentally and spiritually ready for whatever comes down the pike."



Spc. Carl Frye
Driver
Joint Military Affairs

"I would like to meet and experience a new culture of people."



About the covers. Front: Command Sgt. Maj. Horace Pysher, incoming command sergeant major, MND (N), unfurls the 28th Inf. Div. colors at the TOA ceremony Sept. 16. Photo by Sgt. 1st Class Kelly Luster. Back: Brig Gen. John T. von Trott, incoming commander, MND (N), receives the guidon at the transfer of authority ceremony at Eagle Base, Sept. 16. Photo by Michael Tolzmann, USAREUR Public Affairs.





Task Force Eagle
Stabilization Force
SFOR XII
Bosnia-Herzegovina



Brig. Gen.
John T. von Trott
Multinational Division (North)
Commander

Each new assignment brings with it a different set of surroundings and a host of unfamiliar challenges, none more so than your new job as a member of SFOR XII. Despite the long months of training and preparation “on the road to Bosnia,” no soldier is ever totally prepared for the environment into which we so recently stepped.

Neither reading, study, training, the MRE, nor advanced recon visits will fully ready a soldier for peace support operations in the Balkans. One has to experience

From the Commander...

the environment, witness firsthand the destruction of war, feel the suffering and frustration of the people, and look out over the “Danger - Mines” signs dotting the landscape before one can begin to truly gauge the environment in which we will be working for the next six months.

As you commence your tours of duty as peace support soldiers, I would ask you to remember a few simple things. First, always bear in mind that you represent our people and the enlightened democracies of this world; you often take for granted everything to which these people could possibly aspire. Remember that you are working among former warring factions and not among our enemies. The vast majority of Bosnians, regardless of ethnicity, welcome SFOR with open arms and want nothing more than your presence and support while they rebuild their country.

Remember, though, that you are working in an inherently dangerous environment. Off our bases, mines and UXO can be found anywhere. Force protection is every leader’s first responsibility. Professionalism must be your watchword: professionalism in your conduct, in your appearance, in your dealings with each other, and with the people of Bosnia, in the manner in which you carry yourselves, and in

the way in which you project yourselves as SFOR soldiers.

Professionalism reveals itself in many ways. The attitude we portray to the people of Bosnia is an important part of that equation. The message must always be a fair, even-handed implementation of the Dayton Peace Accords, delivered in a manner which communicates firmness, yet accords dignity and respect to all with whom we come into contact. Our appearance as sharp, confident, ready, but basically friendly soldiers further underwrites those messages.

Professionalism is also reflected in the discipline which we impose upon ourselves and the soldiers we lead. I can tell you that I am dead serious in my published policies dealing with the use of alcohol, fraternization, sexual harassment, or sexual misconduct. We cannot condone and will not hesitate to address infractions.

Whether your role is that of a patrolling soldier, leader, staff or support specialist, I can guarantee you a rewarding, interesting, and challenging tour of duty. We have the opportunity and ability to impact this country for the better, make a lasting contribution to peace, and advance the goals of the Dayton Accords. I have every confidence in your readiness, abilities, and commitment. *Roll on!*



Lt. Col.
Bert S. Kozen

The past months have been exciting for the members of Task Force Eagle as we have prepared to assume our varied responsibilities as part of SFOR XII. For some, this period has involved a lengthy period — for others a brief time — but for all of us a common thread has woven a certain amount

Chaplain’s Corner...

Through the trials of separation

of stress, anxiety, and tension into our lives as we said farewell to loved ones, set aside jobs and careers, and generally put our lives on hold for the next eight to nine months. A question that has been raised often is what can we do in the face of these challenges to help alleviate some of these emotions, or in other words, “How can we cope with the trials of separation?” The first thing to remember is that all of us are experiencing some kind of emotional turmoil. This is normal and to be expected. What can we do? In talking to the members of the Task Force, I have come across some interesting and helpful practices.

There is the traditional carrying of photos of loved ones and keepsakes given as tokens of affection. I know of one sergeant major who was given a collection of envelopes (one for each day of the deployment)

containing a brief note from his daughter to be opened on the given day. Another soldier shared with me the plan he and his family have to spend an agreed time of the day thinking and praying for each other. As a chaplain I have been asked to bless a number of medals and crosses given to soldiers out of love and a trust in God’s providence and care. Letters, phone calls, e-mails and video teleconference calls will help us keep in touch and stay connected.

Don’t be afraid to share feelings with friends and co-workers. If you see someone having a difficult time, be proactive. The chaplains, medical personnel, and combat stress relief team are trained to listen and help. By keeping alert to the needs of others and maintaining a sympathetic heart, we will all persevere and survive the trials of separation.

In their own words...

Memories of September 11th

by Sgt. 1st Class
Kelly Luster

Illustration by Master Sgt.
Steve Opet

Editor, 354th MPAD

On September 11, 2001, tragedy struck our great nation. As millions watched, faceless cowards attacked innocent victims. I thought I comprehended the enormity of what had occurred — I was wrong.

In the days that followed September 11th, many Americans responded in many different ways. Some of those who were there are citizen-soldiers of the New York National Guard. The following is some of their memories of the terrorist attack.

“I remember at night seeing a fireman just sitting and staring. There were no tears — he was just staring. You want to help, but you know there’s nothing you can say to someone who just lost a brother or a friend. What do you say?”

*Spc. John Caveretto
Task Force Aviation*

We have come to dedicate a portion of that field, as a final resting place for those who here gave their lives that this nation might live. It is altogether fitting and proper that we should do this.

But in a larger sense, we cannot dedicate—we cannot consecrate—we cannot hallow—this ground. The brave men, living and dead, who struggled here, have consecrated it, far beyond our meager power to add or detract.

— Abraham Lincoln, The Gettysburg Address

“On the convoy into the city, we came up the expressway and there was an anvil shaped cloud and they were gone.”

*CW3 Pete Haack
Task Force Aviation*

“It looked like a war zone. There were steel rods sticking out of buildings 20 stories up. I saw it on TV, but once you were there, it was unbelievable... one of the hardest parts about working there was walking to Ground Zero — there were hundreds of pictures of missing people plastered everywhere.”

*Spc. Daniel Nevins
Task Force Aviation*

The television focused on the main pile of debris itself — in fact there was a huge concrete canyon. What you didn’t see were all the other buildings with huge gouges taken out.”

*Capt. Paul Reo
Task Force Aviation*

“It was hard seeing the families with anticipation on their faces. Hoping when they took someone out, it was the person they were waiting for. When I saw it on television I thought I could handle it. It was indescribable.”

*Sgt. 1st Class Maureen Bowman
Task Force Aviation*

“Part of my job as a pilot for New York Police Department was I had to fly a photographer over Ground Zero and the landfill. It was five weeks from when it happened and it was still unbelievable. I avoided it at all costs. Not seeing those buildings everyday — it’s like the terrorists are reaching out and touching home.”

*CW3 Edward Schulze III
Task Force Aviation*

“As the anniversary approached, I could see a hundred faces and the stories they told me. I had to prepare them to go back to work at Ground Zero.”

*CW3 Steven Browning
Task Force Aviation*

(Editor’s note — CW3 Browning is a New York City Police officer who counseled more than 3,000 people working at Ground Zero.)

28th Infantry Division takes over MND (N)

by Maj. John Dowling

354th MPAD - Commander

With the ancient military tradition of passing the guidon, the transfer of authority for Multinational Division (North) in Bosnia and Herzegovina shifted from Hawaii's "Tropic Lightning" Division to Pennsylvania's Keystone Division.

Outgoing commander, Maj. Gen. Charles H. Swannack Jr. of the 25th Infantry Division passed both the flag and responsibility for the northern sector of the Stabilization Force to Brig. Gen. John T. von Trott of the 28th Infantry Division, Pennsylvania National Guard.

"Only time will tell the true measure of our success, that is, what Bosnia and Herzegovina becomes in the years ahead," said Swannack, who will become commander of the 82nd Airborne Division at Fort Bragg, N.C. "The people of this country now have a chance at peace and prosperity that they would not have had without SFOR."

For the past six months SFOR 11 soldiers made significant contributions in maintaining a safe and secure environment in Bosnia-Herzegovina.

More than 2,400 displaced families in MND (N) returned to their pre-war homes, signifying an increase of more than 30 percent from the previous year. An additional 300,000 square meters of land were cleared of mines, doubling last year's total. Because of SFOR

11 support, the Armed Forces of BiH initiated great strides in reducing weapons storage sites from 49 to 32, and improving safety in the remaining sites. Active Harvest, a periodic weapons collection program, disarmed the equivalent of an entire division by 25th Inf. Div. staff estimates.

"The men and women who took on this job were part of an extraordinary mission, and I'm proud to have been one of them. I'm proud of the team we assembled and all that you accomplished," said Swannack, paying tribute to his charges before handing over responsibilities to his successor. The magnitude of the responsibility was not lost on von Trott, who now leads an international contingent to continue the progress initiated by his predecessors.

"The actions we take today need to always be considered in the context of history. The soldiers of SFOR 12 are grateful for the opportunity to contribute to that historic process — the Dayton process —



by Sgt. 1st Class Kelly Luster

The colors are retired at the end of the transfer of authority ceremony.



by Sgt. 1st Class Kelly Luster

Maj. Gen. Walter Pudlowski (right), commander, 28th Inf. Div., salutes the colors during the transfer of authority ceremony held at Eagle Base Sept. 16, 2002.

which ultimately leads to peace and security for all the people of this beautiful country," he said.

"I marvel at the remarkable international cooperation represented in this command. It is a true multi-national command, a team of both military and civilian personnel brought together for the sole purpose of supporting the Dayton Accords and furthering the cause of peace in this part of the world," said von Trott. "It is my intent to continue the productive work and fruitful initiatives so ably advanced by SFOR 11."

In addition to international forces of the Russian Military Contingent, Turkish Battalion Task Force, and Nordic-Polish Battle Group, von Trott's command represents a significant milestone in the relevancy of reserve component integration as nearly the entire rotation is

comprised of National Guard and Army Reserve soldiers.

The 49th Armored Division was the first National Guard element to command MND (N) for SFOR 7, followed by the 29th Inf. Div. (SFOR 10). Those headquarters oversaw two active component maneuver elements, which have been replaced entirely by ground forces of the National Guard. This includes Task Force Blue Steel (1-109th Inf.) from Scranton, Pa., and Task Force Saber (1-104th Cav.) from Philadelphia. Both units originate from the Pennsylvania National Guard.

More than 1500 citizen-soldiers were mobilized for the sixth-month assignment.

Back home they are the teachers, police officers, doctors and construction workers that form the backbone of their communities. Now they are the backbone of SFOR XII.

In Honor of Hispanic American Heritage Month

The youngest of seven children, Roberto Clemente was born August 18, 1934, in Carolina, Puerto Rico. As a teenage sensation, the Brooklyn Dodgers scouted Clemente. The team signed him to a contract and brought him into the minor leagues. After a year in the minors, the Pittsburgh Pirates drafted the teen-aged Clemente. The rest is history. Clemente went on to become one of the

best baseball players ever, earning 12 Golden Gloves, a lifetime batting average of .317, over 3,000 career hits, four batting titles, and he led the Pirates to two World Series Championships. Clemente's life was cut short, when on December 31, 1972, at the age of 38, he was killed in an airplane accident. Clemente was flying to Nicaragua to bring relief supplies to victims of an earthquake that killed thou-

sands, when the DC-7 he was aboard exploded and crashed in the Atlantic Ocean. There were no survivors. The mandatory five-year waiting period was waived and on August 6, 1973, Roberto Clemente was posthumously elected to the Baseball Hall of Fame. He became the first Hispanic inductee into the Baseball Hall of Fame. **(Information gleaned from, Clemente Quietly Grew in Sature, by Larry Schwartz)**

TFE Civil Affairs links NGOs

Story and photos by Spc. Jessica Abner

Assistant Editor, 354th MPAD

Evidence of the war is visible throughout Bosnia and Herzegovina and is part of the everyday life of a returnee, refugee, or displaced person. Many homes in the villages here are just tattered remains of a place where families once lived. The war that took place here, not so long ago, has left a wound that will take time to heal.

Imagine waking up in the morning to a view of the vast countryside, not through a window, but through an open space where a wall once stood. What used to be a kitchen no longer exists. There are no cupboards or drawers for cooking utensils, in its place returnees use open floor space. Instead of a sofa in the living room, a cot may provide the luxury of a place to sit. Some families even set up tents outside of their war-torn homes to provide protection from the weather and wildlife.

The mission of Task Force Eagle's Civil Affairs team is to provide assistance. Although they do not provide aid directly, they work with non-governmental organizations (NGOs) that do, and they also gather data to establish contact with the people of Bosnia and Herzegovina.

"NGOs do everything from providing food, farm tools, livestock, seeds and furniture, to building materials for houses, power and water projects, small business loans, and even job training," said 1st Lt. Spencer Harris, civil affairs, HHC, 1st Bn., 14th Infantry Division.

According to Harris, to qualify for aid from some NGOs, the families, or returnees, must show motivation by returning to live in what is left of their homes.

The returnees must conduct house cleanings of their destroyed homes. This entails removing all debris from the premises, leaving a clean foundation to start anew. Then the NGO writes a proposal, and solicits funds from either their own organization, or competes for European Union funds.



1st Lt. Spencer Harris, TFE Civil Affairs, 1st Bn., 14th Inf. Div., discusses and notes issues with Olivera Stanic and the family that lives in the home nearby.

"The NGOs tell the returnees to appoint a returns leader or spokesperson, to act as one voice for a group, so the NGOs do not have to talk to every person," said Harris. The leader composes a list of the number of returnees and potential returnees to determine how much financial support is needed.

TFE Civil Affairs recently facilitated a meeting between two NGOs. A representative from Bauren Helfen Bauren, an aid-based NGO from Austria, was introduced to a representative from Zeliya, an organization fund by Global Forum for Women from San Francisco and the Swedish government, for the first time Sept. 9.

After meeting with Smigle Bairic, Bauren Helfen Bauren's representative, they traveled to Skelani to assess the returns area to see what the returnees need as far as food, clothing and material donations.

"We're not here to provide donations or do work for host nations or the returnees, but rather go to these agency meetings and identify places that have a need or places that people haven't been to," said Harris. "We'll go and take a look and gather some information and take it to some NGOs and see if they can help."

When the soldiers arrived with Bauren Helfen Bauren in Skelani, they sat down with Olivera Stanic, the director of Zeliya, and talked about the local issues that need attention. The most pressing issues are the need for food and shelter. However, other topics such as equality were discussed.

Olivera said that in some places women can't even order and enjoy a cup of coffee and "that is unacceptable." By bringing these problems to the attention of Harris and Bauren Helfen Bauren, she hopes to spread awareness of this issue to educate the community.

"Civil affairs is really important to us because they brought a person from another organization to try and help. Whether they can help or not is not known, at least they will see the environment first-hand and possibly spread the word to those who can help," said Olivera, citing the need for information sharing.

"Information received from civil affairs is always reliable and on time," said Smigle, who relies on data from civil affairs. "They help with things like transportation and distribution. People in the villages feel better and safer when they see us working together."

While visiting the returnees in several villages, Smigle was able to make a list of people that need assistance. He will give his information to his organization in Austria or will buy supplies in country.

After TFE Civil Affairs, and the NGOs dis-



The remains of a returnee's home overlooks the countryside.

cussed the area's issues, they traveled to nearby villages and spoke with the returnees and distributed clothing.

The locals welcomed the soldiers and NGOs into their homes and showed their hospitality by offering coffee while they discussed their concerns. One family showed their visitors around their home so they could witness first-hand the poor conditions.

"It's important to bring these organizations together. We help them go over a small stepping stone. In the future they can contact these people by themselves without having us be the liaison for them," said Sgt. Amy Smolik, civil affairs specialist, HHC, 1st BN., 14th Inf. Div.

By assisting NGOs in taking these small steps, Task Force Eagle's soldiers are playing an important role in building a better future for Bosnia and Herzegovina.



Sgt. Amy Smolik and Staff Sgt. Jo Beth Thompson, TFE Civil Affairs, 1st Bn., 14th Inf. Div., help distribute donated clothes to returnees.

Packing SFOR XI's birds...it's a wrap

by Spc. Christina Davis

305th PAD



Photos by Spc. Christina Davis

Carlton Haymes, aviation mechanic with DynCorp, puts the finishing touches on a OH-58D Kiowa helicopter before it is loaded for the long trip back to Hawaii.

RIJEKA, Croatia — Beside planes leaving Eagle Base packed with soldiers, another sign of the ending SFOR 11 rotation is the movement of equipment from Bosnia and Herzegovina to the port in Rijeka, Croatia, as part of Task Force Rijeka VIII.

Railcars filled with milvans arrived at the port Sept. 13 and during the week prior UH-60 Blackhawks and OH-58D Kiowa helicopters arrived at the port to be prepped for the long trip back to Hawaii.

"It takes anywhere from 80 to 140 people to make the operation possible," said Capt. Angela Tracy, operations officer, 29th Theater Support Command.

Soldiers from Task Force 1-25 Aviation cleaned the aircraft with a pressure washer and rags to get rid of any soil on the equipment.

Although the work is tedious and sometimes difficult, the soldiers didn't seem to mind. One soldier said, "It just means that we are that much closer to going home."

Civilian contractors with DynCorp used shrink-wrap to cover the Blackhawk helicopters to protect their outer shells from damage and corrosion. The covering also keeps people out of the aircraft during movements, said Carlton Haymes, an aviation mechanic with DynCorp. He usually works on Eagle Base but spent a week at the port during the mission. Haymes said



UH-60 Blackhawks wrapped and waiting to be loaded.

that it could take four hours or more to prep and shrink-wrap one helicopter.

Along with soldiers and civilians from Eagle Base, the operations could not be done without the 29th TSC military police that provide security for the port and the soldiers there.

These soldiers based out of Mannheim, Germany, spent three weeks pulling round-the-clock security, as well as supporting the soldiers and civilians from Eagle Base with logistical support.

As soldiers return home and equipment leaves the Balkans, the SFOR 11 rotation comes to a close and lets the SFOR 12 soldiers carry the Task Force Eagle mission of keeping the peace and maintaining a safe and secure environment.

Get fit the right way... without injuries

by Maj. Bill Byers and
Spc. Peder Mockler

Task Force MED Eagle

Getting back in shape brings visions of pain or pleasure depending upon who you talk to. Getting physically fit or improving your physical ability does not mean you have to endure the old "No Pain...No Gain" philosophy. There is a time and place for everything.

Bodybuilders and power lifters push their limits. So they often times push to "feel the burn." The process of breaking down to build up again is a fine balance. Go too easy, there's no progress; too hard, you get muscle, tendon or bone injury. If you are not prepared properly, you will definitely hurt yourself through overuse. So, what will it take?

Be Patient. If you haven't worked out in a while, you must give your body time to adjust. Problems you can experience are muscle strains, joint injuries or stress reactions (fractures).

Changing what we do too quickly upsets the system. You can't just do run marathon if you've never run more than 2 miles. Training is a process to improve the body's ability to perform. You won't get there in just several sessions.

Set Realistic Goals. See where you are and then progress as are able. This step ties-in with being patient. Don't expect to achieve your goals too quickly. If you can't hit a level of performance, just keep going. The only time you should hold back is if you are having symptoms or your form

with the activity isn't correct.

Think function. What am I trying to improve? Recent studies show, you no longer have to run 20 minutes to see cardiac improvement. (With that said, look at the time you need to complete the run event. Everyone takes 10 minutes.) You need to run at least the bare minimum during practices. If you can't maintain the pushup position for 2 minutes, it's difficult to perform your best. The position alone will wear you out before you can complete the event.

How do I start? You can safely train every other day. Always warm-up first (bike easy, walk or light jog on treadmill for about 5 minutes and then stretch.) Work on upper and lower body, as well as the trunk. If you're

focused on the APFT, try to achieve the minimum at first and then push your performance each week. There are a number of progression formulas that will get you to the same place.

Training smart means no injuries. Repetitive injuries equals a lifetime of trouble. Keep your body healthy and the return is a healthy life.

Maj. Byers is the Task Force MED Eagle Physical Therapist. Spc. Mockler is a personal trainer and body builder. They will provide periodic comments on training and rehab. Your questions are welcome.

Email william.byers@email-3.5sigcmd.armymil

