

October 25, 2002

TALON

ARMY

PHYSICS
THIRD EDITION

**104th Cavalry exercises minds,
bodies between peace patrols**

Inside this issue:

Dayton Accords in a nutshell

SFOR and VF soldiers clear minefields

Task Force Eagle www.tfeagle.army.mil

Word on the street...

“What music would you like to hear over the loud speaker on Fridays?”

TALON

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Sgt. 1st Class Theodore Rouse
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*“Jazz because it is nice and mel-
low.”*



**Warrant Officer II
Kari Laitinen**
Finnish Officer
FINCON

*“Songs from groups like Bos-
ton and Bruce Springstein be-
cause it relaxes me.”*



Sgt. Ellen Smith
Administrative NCO
Joint Military Affairs
HHC, 28th Inf. Div.

*“I would like to hear songs from
Dave Matthews band because they
are a good way to start the week-
end..”*

**“One good thing about music, when it hits you, you
feel no pain.”**
~ Bob Marley



Cadet Sergey Tarabrin
Information Analyst
Russian Military
Contingent

*“Rock music because it’s
real.”*



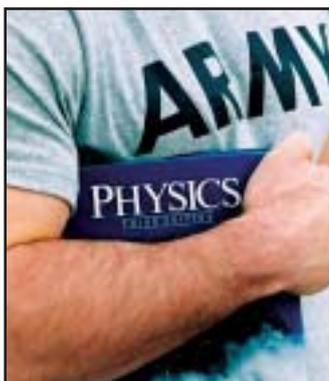
Christine Wenk-Harrison
Education Services Specialist
Education Center, Eagle Base

*“The Moody Blues, because
that is my favorite band and their
music puts me in a good mood.”*



Spc. Pascall Kendall
Communications Specialist
HHT, 1-104th Cav.

*“R&B. It relaxes me and
reminds me of home.”*



About the covers: Front, Soldiers at Forward Operating Base Morgan and Camp McGovern are hitting the weights and the books. Photo by Spc. John Bansemer. Back, Soldiers who participated in the recent DANCON March were required to carry 10 Kg of equipment for 30 kilometers. Photo by Maj. John Dowling.





ROLL ON

Task Force Eagle
Stabilization Force
SFOR XII
Bosnia-Herzegovina



The Dayton Accords... in a nutshell

For the past several months every soldier here has heard so much about the Dayton Accords. However, how much do you really know about the agreement that has brought you more than 4,000 miles from home?

On May 4, 1980, long-time Yugoslavian ruler Josip Tito died in Slovenia, setting in motion a series of events that would alter the geographical and political landscape of the Balkan states. After Tito's death, increasing resentment of centralized government control led to nationalist demands for increased autonomy among the various ethnic groups of Yugoslavia. Deteriorating economic circumstances led to ethnic tensions as nationalist politicians sought scapegoats to blame for the difficult economic times. There were increasing fears by other groups of Serb domination in the region.

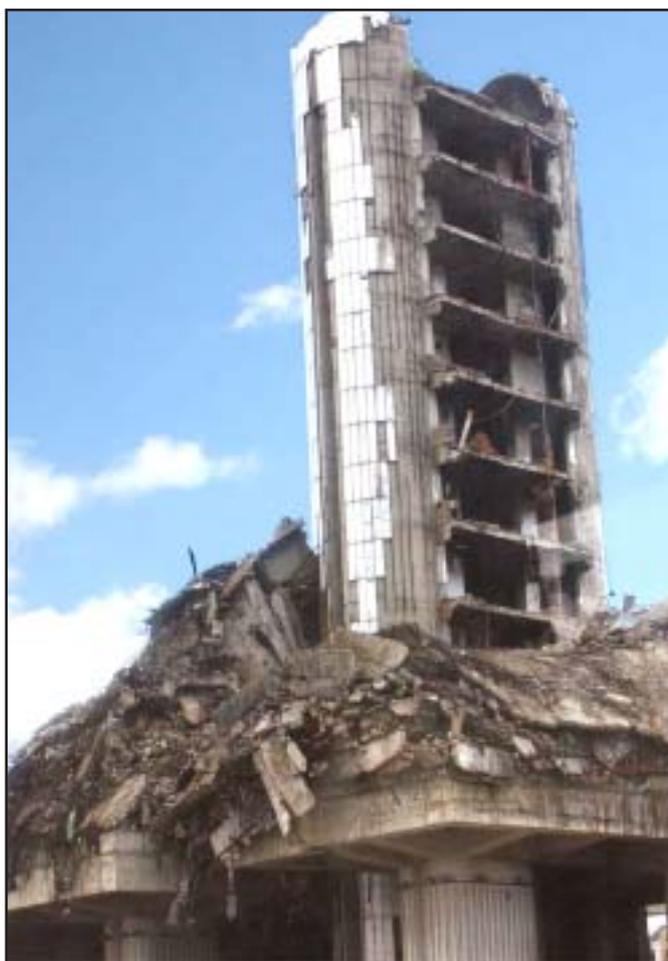
In February 1984, the city of Sarajevo successfully hosted the Winter Olympics. The Games, an international symbol of peace and tolerance, would prove to be a bitter irony when compared to the violence that lay ahead.

In May 1986, Slobodan Milosevic became head of the Communist Party of Serbia and stress Serbian ultra-nationalism. The 600th anniversary of the battle of Kosovo Polje — a long-term source of ethnic resentment — on June 28, 1989, provided Milosevic with an opportunity to clearly state his support for the Serb nation. The dismantling of Tito's multi-ethnic Yugoslavia was underway.

In 1990, elections were held within Yugoslavia and nationalist parties came into power in four federal republics. The nationalist victories were in many ways a reaction against a fear of increasing Serb power. After the elections, Croats and Slovenians abandoned the idea of a unified Yugoslavia; left the Federal Republic of Yugoslavia; and were recognized by European countries as independent states. Serb President Milosevic subsequently

warned "in case of the ruin of Yugoslavia, the borders of Serbia must be redefined."

Bosnia and Herzegovina followed the lead of Slovenia and Croatia, holding a referendum on independence on Feb. 29 and March 1, 1992. When the results of the referendum were announced on March 2, the peoples' desire for an independent Bosnia and Herzegovina were officially announced. Serb paramilitary units then es-



established positions around Sarajevo. On April 6, the European Community recognized Bosnia and Herzegovina as an independent state, and Serb paramilitary forces reacted by firing on a crowd of peaceful demonstrators. Paramilitary forces had been bombing and shooting in towns throughout Bosnia in March and April. The siege of Sarajevo, as well as the war in Bosnia and Herzegovina, had begun.

After three and a half years of ethnic war that resulted in 200,000 killed and more than 1 million refugees and displaced persons, the General Framework Agreement for Peace in Bosnia and Herzegovina was signed in Paris on Dec. 14, 1995, signifying an end to the war. The Republic of Bosnia and Herzegovina, the Republic of Croatia and the Federal Republic of Yugoslavia initiated the GFAP, also known as the Dayton Peace Accords. The Accords were named after the Ohio city where the peace agreement was negotiated.

Two days later, the Alliance's North Atlantic Council launched the largest military operation ever undertaken by the Alliance, Operation Joint Endeavour.

Based on U.N. Security Council Resolution 1031, NATO was given a one-year mandate to implement the military aspects of the Peace Agreement. A NATO-led multinational Implementation Force (IFOR) started its mission on Dec. 20, 1995.

It's primary mission was to implement Annex 1A (Military Aspects) of the Peace Agreement. It accomplished its principal military tasks by causing and maintaining the cessation of hostilities; separating the armed forces of the Bosniac - Croat Entity (the Federation) and the Bosnian - Serb Entity (the Republika Srpska) by mid-January 1996; transferring areas between the two Entities by mid March; and, finally, moving the Parties' forces and heavy weapons into approved sites, which was realized by the end of June.

Since 1996, Stabilization Forces have been working to achieve the other 11 tenets of the Dayton Accords (annexed in the document). They include regional stabilization, implementation of democratic elections, return of refugees and displaced persons, respect for human rights, and the establishment of a safe and secure environment.

The complete text for this article by Thierry Domin is available at www.nato.int/sfor/, click on SFOR History.

104th Cavalry working bodies and minds between peacekeeping patrols

by Sgt. Thomas Farley Jr.

Cavalry Scout, Troop A, 104th Cavalry

CAMP MCGOVERN, Bosnia — It's part escape and part investment. In the precious hours that fall between their peacekeeping assignments, briefings, telephone calls home, meals and sleep, troopers of the 104th Cavalry can often be found in one of two places: in the gymnasium or with their noses in books.

Whether its working toward "six-pack" abs, exploring the linguistic intricacies of Serbo-Croatian, amassing credits toward a college degree or just seeking to max out the APFT, SFOR soldiers assigned to Camp McGovern and Forward Operating Base Morgan are bent on taking more home from their deployment to Bosnia than photos and souvenirs.

Spc. Oliver N. Chu, operations specialist, 104th Cav., is losing little time meeting his educational goals during his six months in the Balkans. He is currently enrolled in a University of Maryland in Europe (UMD-E) course — English 303, Critical Approaches To Literature — which will give him an edge when he returns home in the spring for his senior year at the University of Pennsylvania.

Mary Anne Hamel, Camp McGovern's affable Education Services specialist, says she is thrilled with the appetites of SFORXII toward education. "Interest in coursework is greater than in recent SFOR rotations, she said. "At FOB Morgan there are 44

men enrolled in 77 classes. At McGovern there are 92 in 124 classes, and the numbers keep climbing. Registrations for the University of Maryland courses have only just begun."

Credit bearing coursework is not the only avenue of improvement being explored by members of the cavalry squadron. Nearly 40 members of Troop A, 104th Cav., are enrolled in Basic Serbo-Croatian Language Arts classes at FOB Morgan. "The effort they are putting out is excellent," said instructor Alen Sehic. "They are picking up the nuances very fast and more importantly, they are using the language among themselves."

A few doors down from the classroom at FOB Morgan, men of Troop A are exercising their bodies with equal zeal. "I don't understand guys who say they don't have time to work out," said Staff Sgt. Theodis Hopson, a trooper who permits not an ounce of fat on his muscular, 160-pound frame. "I pull a full schedule of peacekeeping patrols and I still work out five days a week — muscle endurance in the morning and cardiovascular work at night." He is also enrolled in City College of Chicago Algebra and computer courses. "I'm used to working out with weights at home, but having 24-hour access to all this exercise equipment is great."

Men of all ranks find their own paths to stimulating mind and body workouts. Sgt. Maj. Daniel M. Sossaman runs the gravel track that circles Camp McGovern daily, jogging toward a higher score in his



by Spc. John Bansemer

Spc. Justin Jones, cavalry scout, 104th Cav., checks out the books at the library at Camp McGovern.

upcoming Army Physical Fitness Test. His duties as operations sergeant major for the squadron are demanding, but still he finds time for great books. "Among the books I've enjoyed during the deployment so far," he said, "are Virgil's 'Aeneid' and William Prescott's 'Conquest of Mexico'."

At FOB Morgan, Sgt. Eric Reinholt of Troop A spends some time every day in the gym, and his reading has included "Biography of John Adams," by David McCullough, and "American Revolution," by George Trevelyan. "Yesterday, I ran six miles on the treadmill," he said, pleased with his progress.

Sgt. Samuel D. Robinson III, of Headquarters Troop at Camp McGovern, agrees that opportunities for personal advancement here in Bosnia are "all around us." He is enrolled in UMD-E computer courses such as Web Page Design and Mechanical Engineering. "Ultimately," he says, "this will all build toward my degree and a career in construction design."

For such a relatively small facility, the library at Camp McGovern is well stocked. On a recent afternoon, Sgt. 1st Class Laurence C. Corey, Troop C, 104th Cav., strolled in to look "for something on the order of J.R.R. Tolkien's 'Lord Of The Rings'." With him was Spc. Justin K. Jones, a cavalry scout with Troop C who lives in Harrisburg, Pa. Jones explained that one of his hobbies is the critical comparison of books that are made into motion pictures. "It's really interesting that they often have



by Spc. John Bansemer

Staff Sgt. Warren M. Cohen, operations NCO, 104th Cav., works on one of the computers available at the library at Camp McGovern.



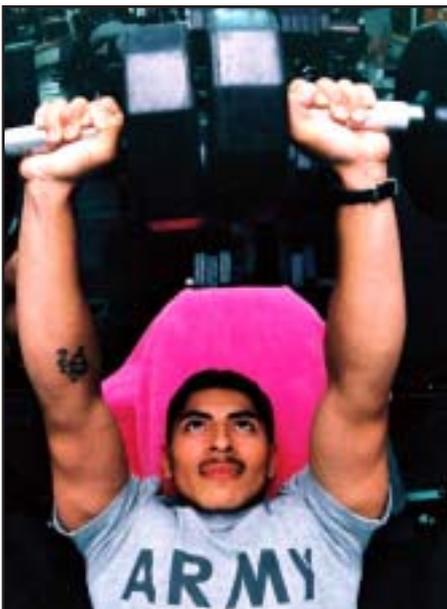
by Spc. John Bansemer

Spc. Oliver Chu, operations specialist, 104th Cav., discusses educational goal with Mary Anne Hamel, Camp McGovern's Educational Services specialist.

to make major changes from print to film to tell the same story," he said.

As an "extra duty assignment," Spc. Jason Mayland of Troop A helps to organize educational opportunities and enroll members of the Troop in challenging coursework made available through the Army's continuing education initiatives. Prior to joining the Pennsylvania National Guard, Mayland received his bachelor's degree at Franklin & Marshall, including an exchange year at the University College Oxford, England, and then earned his master's degree at the University of Pennsylvania.

"We now have about 50 men who are



by Spc. John Bansemer

Spc. Saul Weiss, 104th Cav., takes advantage of the physical fitness facilities at FOB Morgan.

signed up for coursework here at Morgan or are waiting for specific courses," explained Mayland. "This deployment is inconvenient for a lot of us, to say the least, but it's fulfilling for me to help so many soldiers get something really valuable for themselves while they are doing their duty."

"It is my understanding is that there is no other military post in Europe that has as high a percentage of its soldiers enrolled in educational programs," said Mayland. "When we arrived here at FOB Morgan we found an empty room and with Mary Anne Hamel's help, we have been able to convert it into an education center, complete with computers, Internet access, reference books, and classroom space," he said. "When you think about it, there are a number of valuable options the Army makes available, and a lot of our men might

not realize they have access to these assets. This goes far beyond the current deployment. The process that we are getting soldiers into here can continue. With financial assistance from the Guard, any of our men can achieve their educational goals."

That "process" is high on every commander's short list of priorities. Capt. Eric E.L. Guenther Jr., commander of Troop A, puts it succinctly. "My personal goal is for every one of our soldiers to go home feeling that the deployment to Bosnia not only broadened their horizons of experience, but also meaningfully contributed to the improvement of their career opportunities in the military and civilian worlds."

Taking the shock of deployment in soldierly stride, the Cavalry Troopers of the 28th Inf. Div. are making the most of the opportunities the Army provides. In the classroom and in the gymnasium, the classic ideal of a sound mind in a sound body is alive and well among the soldiers of Task Force Saber.



by Spc. John Bansemer

Staff Sgt. Theodis Hopson, 104th Cav., works out in the gym at Camp McGovern.

SFOR assists VF in making area safe

Story and photos by
Spc. Jessica Abner

Assistant editor, 354th MPAD

KALESIJA, Bosnia—Imagine spending a warm sunny autumn day searching for something with capability of stealing the most valuable thing you have — your life. For some, the idea is inconceivable, but for the VF (Bosnian Federation Army Ministry of Defense) soldiers and the civilian company they work with, it is reality.

The Joint Military Affairs (JMA) de-mining monitoring team travels to Kalesija twice a week to monitor the mine clearing progress of the VF. It started more than two months ago when a local's cow was roaming in a field in Kalesija and was destroyed when it stepped on a landmine. From that moment on, the process of searching the field for mines has progressed to eliminate danger and future fatalities.

The VF has been working to clear the minefield for two months. The field is more than 240,000 square meters and to date 70,000 square meters have been cleared and determined safe. During the de-mining process, 10 anti personnel mines and one piece of unexploded ordnance (UXO) have been found.

According to 2nd Lt. Adam Love, de-mining monitoring

team officer in charge, JMA, the international mine clearing standard operating procedure is essential to ensure the VF is working safely and up to standard.

"It's important that we come here to supervise and make sure they do it correctly," said Love. "We know that each mine field they clear is being done to standard and, therefore, we know it's safe for them to use once they are finished clearing it."

To help the VF become more independent in extracting mines, the JMA supplies much needed tools such as stakes, probes, and protective equipment. Although the VF receives the help, they ensure the job gets done themselves. "They are pretty self-sufficient and do what needs to be done, which makes our job easier," said Love.

During the de-mining process, the field in Kalesija was stripped of high grass, trees, and bushes, which were replaced with lane marking stakes and caution ribbons signifying the safe, danger, and progress areas.

The first step is to open the lane for clearing. Then de-miners do a visual check to see if there are any visible landmines. Mine detecting equipment, such as the metal detector, is used to scan the surface of the ground once the visual check is done.

The methods for de-mining include probing, dog-assisted



A VF soldier probes for unexploded ordnance in a field located near the village of Kalesija.

searches, and mine flails. When dogs are used, they work with their handlers as a team. The dogs sniff the lane and if the animal haults and sits, that is a signal that a potential landmine has been detected. The dog's teammate, his handler, traces the dog's steps to the site. The handler then takes over the detection process.

After a year of de-mining in Bosnia, the workers have become accustomed to putting their lives in danger in search of the hazardous threats.

"I am not scared. If I find something I am really happy to have found it," said Djokic Radolsiv, dog handler for a civilian de-mining company, who has worked with his dog for more than a year.

Although searching for mines has become second nature to the VF soldiers and the civilian workers, the welfare of those de-mining is still a concern. "It is a mind game. I talk

to the workers and make sure they are doing well and there are no concerns," said VF 1st Lt. Suljic Mehmid, 1st platoon commander "Part of my job is teaching them about safety and motivating them for this kind of job."

After talking with Mehmid and other VF soldiers, Love tracks their progress and informs them they have met their weekly requirement for clearing the field. According to Love, the VF soldiers have done an outstanding job working and clearing the field.

The life-threatening job of de-mining is performed by people who want to continue to make Bosnia a safe place. Cooperation between the VF soldiers and JMA, a strict SOP, and the desire to rid the country of unexploded ordnance, brings the country a little closer to the condition it was in prior to the war.



Bart, a mine detecting dog, works with his VF handler searching for unexploded ordnance, which threatens local citizens near Kalesija.

Tax forms to be available on-line

by Staff Sgt. Marcia Triggs

Army News Service

WASHINGTON D.C. — Defense Finance and Accounting Service is putting pay information at the fingertips of the military community.

Beginning in January, the 2002 W-2 tax forms will be available online through DFAS' myPay system.

A personal identification number is needed to access personal accounts. Service members, retirees and civilian employees who do not remember receiving their PIN or do not remember the number can go to <http://www.dfas.mil/>, and click on myPay, which is under the "Money Matters" heading.

Due to security reasons PINs are mailed to the recipients, and it could take from three to seven days to get the number after the request has been made, Ferguson said.

"We decided to put the W-2 form online because we get a lot of phone calls from soldiers who are deployed, have lost their originals or for some reason need another copy," said Catherine Ferguson,

a Defense Finance and Accounting Service spokeswoman.

Troops can concentrate on their mission when they are not worried about pay and benefits, said Dennis Eicher, Electronic Commerce, Military and Civilian Pay Ser-

Reviewing leave and earning statements online as far back as three months and stopping the delivery of the hard copy is also an option, which can save the Armed Forces money, Eicher said.

If just civilians received their LES statements electronically the Department of Defense would save more than \$6 million annually, Ferguson said. It cost 34 cents every time a hard copy LES is distributed, she added.

Additional costs can also be avoided by eliminating customer service activities, Ferguson said.

"One of our goals is to allow customers to do online anything that they previously had to stand in line or wait on the phone to accomplish," Ferguson said.

My Pay was formerly known as Employee Member Self Service system. The system changed, but people don't have to change their PINs, Ferguson said.

Customers with questions about myPay can call customer support at 1-800-390-2348, Monday through Friday between 7 a.m. and 7:30 p.m. EST.

"One of our goals is to allow customers to do online anything that they previously had to stand in line or wait on the phone to accomplish,"

*~ Catherine Ferguson,
DFAS spokeswoman*

vices director. That is why DFAS is providing innovative and reliable tools, he said. Troops can take charge of their pay accounts online, Eicher added.

Some other finance actions that can be performed online to date are: purchasing savings bonds, managing allotments, viewing and printing travel vouchers.

PT doesn't stop for Old Man Winter

by Maj. Bill Byers and
Spc. Peder Mockler

Task Force Med Eagle

It's in the air, that brisk feeling you get in the early morning and late evening that signals the approach of winter. And from what I've heard, the farmers around here are a little worried. Everyone must prepare, regardless of where you come from back home.

Some are more accustomed to the cold than others. However, cold injuries can result in serious injury if taken too lightly. Training or working out in the cold requires preparation. We will discuss some aspects of training and working safely in the cold weather.

The first question on your mind may be, "What should I wear?" Our physical fitness uniform (PFU) and improved physical fitness uniform (IPFU) handle some of the cold. However, the key to staying warm is layering. In moderately cold temperatures (40 F to 60 F) you may need both a base layer and a shell. The shell is mainly used if it's windy or wet. For temperatures between 10 F and 40 F, you definitely need the base and shell along with some essential extras such as gloves or mittens and a hat. A thermal

layer must be added between the base and shell in temperatures below 10 F.

The base layer should be light and breathable so it can wick moisture away from the body. Synthetic materials such as polypropylene are better than cotton. The thermal layer helps maintain an air layer, limiting your body heat loss while continuing to aid in moving the moisture away from the body. The shell limits the effect of wind and moisture.

Gloves protect the hands, but the addition of the watch cap and neck gaiter limits heat loss. Keeping the neck warm avoids straining the shoulders and the neck from shrugging.

There are many injuries of which you should be aware. The most common is chilblain or dehydration problems. Hypothermia normally requires prolonged exposure to the cold, unless the weather is fairly extreme.

Chilblain can occur in 20 F and 60 F. Simple exposure of the skin to cold or damp weather can lead to this injury. The skin will become swollen, reddened or darkened, and itchy. Progressive warming is the treatment, however, you should get a prompt exam by a physician. Remember, particularly sensitive parts of the body are the nose, ears, lips, fingers and toes. Indi-

viduals most prone to this injury are children, smokers and those with poor circulation. Prevention is the key.

Although dressing warm helps, it is simply not enough. You must be properly hydrated and eat well-balanced meals. Hydration and nutrition work together. If you don't drink and eat sufficiently, you will become a dehydration casualty and in serious cases, hypothermic. You have to have a balance of water, minerals, electrolytes and energy to make everything work right. Don't skip meals. Avoid fad diets that stress eliminating one of the food groups. Remember, all things in moderation.

Lastly, work with a buddy. Keep track of each other. No one should ever train alone, especially in less than perfect weather conditions. Keep each other safe. Success and good health are the rewards.

Maj. Bill Byers has more than 20 years experience in physical therapy and rehab. He is the Chief of Physical Therapy for TFME.

Spc. Peder Mockler is a licensed professional nurse assigned to TFME. Mockler's sports experience includes playing Div. I Soccer, working as a professional trainer and sports nutritionist.

