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TALON

U.S./Polish medevac drill

Inside this issue:

Dealing with redeployment stress
Faces in the Crowd

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TALON

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Commander, Multinational Brigade (N)
Brig. Gen.
James R. "Ron" Mason

Public Affairs Officer
Maj. Jeff Coverdale

Deputy PAO/ Media Operations Chief
Maj. Kirk Slaughter

Commander, 343rd MPAD/ Command Information Officer
Maj. James Billings

Information OPS Officer
Capt. Deborrah McCoy

Managing Editor/ Media Operations Officer
2nd Lt. Chris Dunphy

NCOIC, 343rd MPAD/Editor
Master Sgt.
D. Keith Johnson

Journalist
Sgt. 1st Class
Ronald D. Covington

Journalist
Sgt. Guy D. Choate

Broadcast NCOIC
Sgt. 1st Class Brian Stribling

Broadcaster
Spc. John C. Graves

Media Specialists
Aleksandar Ilic
Nedima Hadziibrisevic
Dunja Vujadinovic

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Combat Stress Control

Be prepared to go home

by Capt. Nancy Martin
Task Force Medical Eagle

"Being short" is slang for nearing the end of a tour or deployment. Happily, Stabilization Force 13 is approaching that designation. However, it is essential that we continue to be mindful of some very important things.

Even though the mission is almost over, the risks and dangers present at the beginning remain present until the end. Safety, mission and focus must be maintained at the highest levels, even after "wheels up." Remember that you may be dealing with dangerous situations and equipment.

As we near return to the United States, there are some new issues to think about. Similar to deployment, redeployment is also stressful, but in its own way. It is easy to think that "everything will be OK once I'm home," but truthfully, things are now different at home.

Almost a year has passed, and friends, family and co-workers have experienced many things. We should expect things to be familiar, but not the SAME. There is an adjustment to returning home, and soldiers and families should expect transition time.

There are some important mental strategies for dealing with redeployment stress.

Martin

First of all, expect *stress*. Forewarned is forearmed. There will be stress, but that doesn't mean there is something wrong. It is normal.

Secondly, *expectations* are important in preparation for returning home. It is important for soldiers and their loved ones to examine their expectations for reunion. Ask, "Is this realistic?" If life wasn't golden when you left, it is not realistic to expect it to have changed dramatically while you were gone.

Thirdly, *communication* is frequently the problem and the answer. It is not too early to start talking with friends and families about your feelings and expectations for reunion. This helps gather information to answer the second question, as well as to enable all to plan realistically. If you want a big welcome party, ask for it. If you want only immediate family, ask for it. Share your feelings.

Fourth, there will also be stress associated with redeployment *before* reaching home. Prior to leaving theater, soldiers need to understand that there are numerous out-processing steps that will take place to certify them for departure.

After returning to home station, there will be more lines and procedures. Expect that there will be delays and lines and typical red-tape. Plan on being patient, as well as carrying a book to read, a personal CD player or MP3 player or a small game to help pass the time.

Another point to remember in redeployment is that the laws of physics and physiology still apply to us. Continue to use good judgment and common sense in your driving, drinking and partying. Staying alive and in one piece continues to be a common goal, even after deployment.

Finally, since there is a transition back into family, friendships, work and other life activities, use extra caution and patience before making major decisions about life issues, including jobs, relationships and money.

The stress of the transition may alter your views of what is going on, and rapid decisions could be based on inaccurate feelings and perceptions. Go slow. Stay safe. Be proud of your service on this mission.

"Time has been transformed, and we have changed; it has advanced and set us in motion; it has unveiled its face, inspiring us with bewilderment and exhilaration."
–Kahlil Gibran, "Children of Gods, Scions of Apes"

About the cover: **Flight medic Sgt. Richard Maye and a simulated casualty from a minefield extraction exercise are lifted into a UH-60 Blackhawk "Dustoff" helicopter. The exercise in Doboj involved U.S. and Polish soldiers working both on the ground and in the air.** ***by Spc. John C. Graves.***

College students visit Eagle Base

Story and photo by
Sgt. Guy D. Choate
343rd MPAD

A small group of undergraduate students from Florida State University visited Eagle Base last week to learn about what peacekeeping forces are doing in Bosnia and Herzegovina.

The students' trip made up a small part of what is a six-week course that focuses on either international policing or war crimes.

Although the students travel to Poland, Hungary, Croatia and Bosnia, most of their time is spent in the Czech Republic's beautiful capital city of Prague where they are in the classroom, studying abroad.

The course doesn't usually include a trip to Bosnia, but there are talks of adding Eagle Base to the regular field study.

"It's interesting to see what the peacekeeping efforts are in this region," said adjunct professor Roy Bedard. "We're looking forward to making (Eagle Base) a part of the program," he said.

"It's important for students studying policing and criminology to understand the current state of affairs in Bosnia and Herzegovina," said Maj. Jeff Coverdale, public affairs officer for Task Force Eagle. "Here in Bosnia and Herzegovina, you have a growing local police force that is being monitored by a larger police force (EUPM) while it works on gaining credibility and the trust of the local populous. That is something different from what they're used to seeing back in the U.S. where we already have progressive police forces controlled by the state and municipal officials," he said.

While on Eagle Base, the students sat down to a panel discussion with the deputy commander of Multinational Brigade (North)'s multinational forces, and a representative from the European Union Police Mission, Staff Judge Advocate's office, Public Affairs Office, Provost Marshal's Office, and the G-5 section, which included members of the Slovakian Army.

Issues addressed during the discussion dealt with the demining situation, corruption in the Bosnian government, returnees, force protection, rules of engagement, guidelines placed on Stabilization Forces by the Dayton Peace Accord, the differences in the roles of the EUPM and SFOR, and the possibility of foreign investors coming into Bosnia to help boost the economy.

"Foreign investment hasn't come in as fast as (the students) think it should because there is still a big safety issue with the land mines, individual weapons and munitions. Until investors feel it is safe to do so, they will not invest here," said Coverdale.

Florida State University students watch as members of the Slovakian Army give a slide show presentation of the returnee situation in Bosnia and Herzegovina.

One student compared a previous visit to Auschwitz with his visit to Bosnia, stating that Bosnia is a more touching experience because its tragedy is still fresh.

"I feel as though (the students) now have a greater appreciation for the future of BiH and not just from an academic perspective," said Col. Calvin Johnson, deputy commander for MNB(N)'s multinational forces.

"Hopefully, they now understand how SFOR contributes to sustaining a safe and secure environment by deterring renewed hostilities, stabilizing and consolidating the peace, and supporting primary civil implementation organizations, which creates the conditions for a lasting peace without the need of NATO-led forces," he said.

After paying a visit to the Balkan Grille, the students seemed a little sad about walking out the gates of Eagle Base.

"Who wants to come back with me next year?" said cheery teacher's assistant Kerensa Pate. The students managed to say they were all for it — with a response muffled by a mouthful of chocolate chip cookies.

by Finnish Capt. Vilo Jarma

Yum yum

Finnish CIMIC members 1st Lt. Tomi Torronen (front) and 1st Lt. Tomi Jormanainen prepare to feast on a local delicacy during a road opening ceremony recently with residents of the village of Kolimer in the Tuzla municipality.

U.S., Polish medical teams train together

by Spc. John C. Graves

Members of the Polish Contingent medical crew run out to a UH-60 Blackhawk Dustoff helicopter to unload a casualty during the training in Doboj.

by Master Sgt. D. Keith Johnson
343rd MPAD

One of the leftovers from the Bosnian war is the unexploded ordnance still scattered throughout the countryside. A lot are marked, most are not. If someone is injured in a minefield, military medical crews from throughout the Multinational Brigade (North) respond to the scene. To be prepared, these crews spend a lot of time performing training exercises.

One such exercise took place between the 86th Medical Company (Air Ambulance) and members of the Polish Contingent the week of July 21.

It was a combined air and ground training exercise for the crews. Members of a squad were injured when they entered a minefield. The POLCON responded with medics who reached the "victims" and stabilized any injuries. An 86th Dustoff helicopter was called in and the "victims" were extracted from the minefield using a jungle penetrator.

Maj. John Johnston, commander of the 86th, said the training was two-fold. "It also allowed the Polish contingent to exercise the nine-line format to get the launching of a medevac to aid a soldier in need in the Doboj area," said Johnston.

"It also allowed the Polish Contingent to exercise the nine-line format to get the launching of a medevac to aid a soldier in need in the Doboj area."
– Maj. John Johnston

Sgt. Richard Maye, a flight medic from Moriah, N.Y., was one of the U.S. members involved in the training.

"The training went great," said Maye.

The 86th does training exercises four or five times per month, but this is the first with the jungle penetrator outside of Eagle Base, according to Maye. "This gives them an experience with an air asset," he said.

One unexpected participant was Task Force Medical Eagle X-ray technician Staff Sgt. Malgorzata Polewczynska.

An X-ray technician is not one of the usual specialties involved with minefield extractions, but Staff Sgt. P, as her friends know her, wanted to help.

Polewczynska, now a resident of Tacoma, Wash., defected from Poland in 1987, and joined the U.S. Army Reserve in 1990.

"We had to overcome language barriers," said Maye. "Staff Sgt. P was a very valuable asset."

"Communication between U.S. and Polish forces is always a challenge," Johnston added.

Overall, the training was well received by both U.S. and Polish medical personnel. "We need more of these type of exercises," said Polewczynska.

by Master Sgt. D. Keith Johnson

MNB (North) Command Sgt. Maj. David Wright presents SFOR 13 coins to several Task Force South soldiers for their actions when a local girl brought them a box of mortar rounds. From left are Staff Sgt. Herschal Scruggs, Spc. John Sholts, Spc. Jimmie Knuckles, Spc. Larry Brice, Sgt. Jeffrey Merrow, Sgt. Christopher Sanders (not visible) and company commander Capt. Bryan Tolar. All are members of Company A, 4th Battalion, 118th Infantry Regiment.

Cavalry troopers walk in Relay for Life

Story and photo by
Staff Sgt. Jeffrey Murphy
HHT, 1/167th Cavalry Reg.

Thirteen hours gives a person plenty of time to think. In that time, your mind wanders from family and friends, the job back home, taxes, the price of gas, world peace, and even cancer. Sixteen soldiers with Troop A, 1st Squadron, 167th Cavalry Regiment, had the opportunity to do more than think about cancer Friday, June 27, as they walked to raise money for a cure.

The project started in early June when Maj. Brett Andersen from Nebraska's State Area Regional Command contacted the Nebraska units deployed as part of Operation Joint Forge in Bosnia. He suggested the deployed soldiers participate in this year's Relay for Life as if they were still back home.

The soldiers of Troop A came together and got behind the project. While still having to meet their demanding patrol schedule, they solicited donations, rounded up walkers, and from halfway around the world, coordinated the logistics of conducting their walk at the same moment the Relay for Life was being conducted back home in Lincoln, Neb. At least $1,200 has been raised thus far and checks are still rolling in from family members, friends, and supportive employers.

At 6 p.m. in Bosnia, 11 a.m. in Lincoln, citizens began walking around the track at Haymarket Park at Lincoln and citizen-soldiers began walking on a gravel track around Camp Morgan, Bosnia and Herzegovina. The soldiers agreed that someone would be walking at all times throughout the night in order to parallel the time the Relay for Life was being conducted in Nebraska. Soldiers walked anywhere from two to10 hours. A few soldiers decided somewhere throughout the night to make a go of the whole thing. By 7 a.m., although nursing some new blisters, all felt they had been a part of something very special.

Walking in the dark with the backdrop of concertina wire and a concrete wall, the soldiers had the chance to tell their story of what this meant to them.

Members of Troop A, 1st Squadron, 167th Cavalry Regiment walk in the Relay for Life at Camp Morgan. From the left, Spc. Phil Rabstejnek of Beatrice, Neb., Spc. Bob Hutt of Tecumseh, Neb., and Sgt. Mike Abraham of Scribner, Neb.

"This reminds me, I need to call my Grandpa," said Spc. Nick Simmons. Simmons' grandfather has been struck by this disease, and fights the battle with family and friends back home. Spc. Danny Engle added, "My mom died of cancer back in the '60s, and I just figured it was time for me to do something."

Many soldiers had participated in the Relay for Life back home. Spc. Jeremy White has walked for the past three years in Superior, Neb., and didn't want to break tradition. Spc. John Juricek hadn't planned on walking at all. He was going to provide some good action photos, but by 10 pm, he had joined in.

Sgt. William Ernest III, said, "This is what we do, we find good causes, and do what we can to help."

by Sgt. Guy D. Choate

by Sgt. 1st Class Ronald D. Covington

by Sgt. 1st Class Ronald D. Covington

It was an international day at the softball field on Eagle Base Saturday as the Hungarian men's and women's softball teams came to play against U.S. Teams. (Clockwise from the left) Prime Minister of the Tuzla Kanton Bajazit Jasarevic throws out the first pitch after the opening ceremonies. The U.S. Men's team get the spirits going in a pregame rally. U.S. pitcher Staff Sgt. Amy Benson, from Task Force Medical Eagle, throws smoke to one of the Hungarian batters. The Hungarian teams prevailed in both games. The men's team squeaked by 12-11 and the women's team ran away with an 11-3 victory.

A look at some of the Faces in the Crowd

Spc. Jeffery A. LeRoy

Family: He and his wife Kim have three daughters: Ashton, 8, Emille, 7, and Addisen, 1, and one son Lane, 2.

Hometown: Wellsville, Kan.

Job Title: LeRoy is the situational-update-briefing operator, Web master and information assurance officer for G-3 Operations of the 35th Division Headquarters. He insures that the Web site and slides are updated daily, and maintains almost 100 computer accounts for the division. "I like my job because it keeps me busy and time has just flown by."

Hobbies: LeRoy enjoys fishing.

Goals: LeRoy plans to make up for lost time with his wife and children when he gets home. "When I am not working, I am normally with the kids. We go fishing, shopping or what ever they want to do. I have 50 acres with a 3-acre pond, so we do not have to go anywhere."

By Sgt. 1st Class Ronald D. Covington

Spc. Jeffery Leroy runs the slides during the situational update briefs, or SUBs.

Capt. Timothy L. Cott

Hometown: Kansas City, Mo.

Job Title: Cott is the G-3 Future Operations officer of Headquarters and Headquarters Company, 35th Infantry Division (Mech.). All fragmentary and operation orders that drive Multinational Brigade (North) operations throughout the area of responsibility are published through Cott's office. He says, "If it has the general's signature block on it, it should be very close to perfect." He edits and insures that all content and format are correct before published.

Civilian Job: Cott is a computer programmer and analyst by trade.

Hobbies: Cott enjoys amateur radio, computers and photography. He is currently in a self-paced correspondence course offered through the New York Institute of Photography.

Goals: He plans to return to school and complete his master's degree. "I haven't decided on computer science or MBA."

By Sgt. 1st Class Ronald D. Covington

Capt. Timothy Cott discusses a fragmentary order that was published through his office.

by Sgt. Guy D. Choate

Maj. Jan van Leur gives direction to one of his soldiers in the liaison office.

Maj. Jan van Leur

Hometown: Heeze Village, 13 kilometers south of Eindhoven, Netherlands.

Military Service: Van Leur is a full-time infantry officer serving in the Regiment Guard Fuselers - Princess Irene. He is the liaison officer from Multinational Brigade (Northwest) to Multinational Brigade (North). He has served 31 years in the Royal Netherlands Army.

Family: He is married to Conny and has a son Niels and daughter Nelleke. He also has two English springer spaniels, Jirke and Fobke.

Hobbies: "My second house at the Dutch coast, walking along the Dutch coastline with my dogs, and hunting on the bluffs". Van Leur enjoys running, cycling and hunting with the dogs. He speaks Dutch, German, French and English.

Thoughts on the deployment: " I volunteered for this mission and it is my first experience working with predominantly Americans. I am glad I got the opportunity to execute this job. It is a good environment to work in."

by Spc. Felecia Whatley

On the home front

News items of interest to Task Force Eagle members

California

State ready for recall election

SACRAMENTO - The upcoming election to recall Gov. Gray Davis is raising fears of a Florida-style fiasco because counties have less than three months to get ready and are still in the middle of a switchover from punch ballots to electronic systems.

County elections officials brush aside any comparisons to Florida, but some observers say a close outcome among the numerous potential candidates could lead to chaos of the sort that plagued the 2000 presidential race.

The state's 59 county registrars have a long checklist for pulling off the historic Oct. 7 vote to decide whether Davis should remain in office.

Already weeks behind their regular duties after verifying signatures that put the recall effort on the ballot, elections supervisors are scrambling to find poll workers, places to vote and, in some cases, using voting machines given a first big test last November.

– Associated Press

Maryland

Council hires family members

BALTIMORE – For the dozens of candidates trying to win seats on the Baltimore City Council, victory may bring more than the prestige of elective office. As the incumbents know, the job has its privileges as well.

Public documents and interviews reveal that a majority of council members have hired relatives as paid assistants and the entire council receives gifts, such as free parking and movie passes, not enjoyed by most Baltimoreans.

Some of these practices and perks appear to violate the city's ethics law or breach codes of conduct that state how members are expected to behave.

Financial records show that 10 of 19 council members have hired a son, daughter, sister, brother, niece or, in one case, a mother-in-law to serve as paid assistants - for a total of $282,163 in budgeted annual salaries.

In addition, council members - who earn $48,000 a year - get free entry to the garages of a parking company that is asking the council for a tax break and receive free tickets to movies and events.

–Baltimore Sun

Oklahoma

Many 'ratty cars' on the roads

The repeal of vehicle safety inspections has led to "a lot of ratty cars" on the roads, a state legislator says, but he is unsure what to do about it.

"The situation should be addressed," said Rep. Richard Phillips, R-Warr Acres, one of the people who helped abolish the required inspections two years ago.

One solution would be a comprehensive inspection program, but the public probably would not be willing to pay for it, Phillips said.

"When you're looking at 15 to 30 minutes and the kind of prices mechanics are demanding, you're looking at $15 to $50," Phillips said.

Operators of oil and lubrication stations said repealing the law has put more unsafe cars on Oklahoma roads.

– The Oklahoman

ASG commander has wealth of experiences

Story and photo by
Sgt. Guy D. Choate
343rd MPAD

Porter

Most American soldiers here on Eagle Base are on relatively the same six-month rotation, with the exception of a few units' members. One group whose soldiers are on irregular rotation cycles is the Area Support Group Eagle's members, who rotate in and out of their positions individually. The latest individual to rotate into a position at ASG Eagle is its new commander, Col. Jerry D. Porter.

Although a native of Minneapolis, Minn., Porter now resides in Cincinnati, Ohio, with his wife, Gail, and son, Justin, who is a sophomore at Loveland High School. His daughter is a sophomore at New Mexico State University in Las Cruces.

Porter's career started when he graduated from the U. S. Military Academy in West Point, N.Y., in 1977 and was commissioned a second lieutenant in the infantry.

Porter called the active-duty Army home for 11 years and accumulated many assignments while in that status, to include being a platoon leader, company commander, and service with the John F. Kennedy Special Warfare Center and School in Fort Bragg, N.C.

Since becoming a drilling reservist in 1989, Porter has served as the executive officer and commander of various battalions in Oklahoma, Iowa and Minnesota.

"I have had various opportunities both on active duty and in the reserve to do and be part of great units and organizations," said Porter.

He sees his new position as commander of ASG Eagle as another opportunity.

"I am looking forward to working with the soldiers here and providing the best services and support that I can," said Porter.

Before retiring, Porter hopes the opportunity shows itself to allow him to go to the Army War College.

Aside from that, he just wants to take the time to mentor young officers in the reserves, providing them the career guidance they seek to obtain the most they can out of their careers.

Thanks for the memories, Bob

From American Forces Press Service

WASHINGTON – The King (of Comedy) is dead. Long live the King.

Such might be the public reaction to news that American comedy giant Bob Hope had died of pneumonia Sunday at his Toluca Lake, Calif., home at age 100.

Yet, perhaps no other organization mourns Hope's passing more than the Pentagon, for whom the British-born comedian undertook numerous – and often dangerous – overseas tours to entertain U.S. troops between 1943 during World War II to his last in 1990, just before Operation Desert Storm.

In a Monday statement, the Defense Department cited Hope's death as "the loss of a true American patriot."

The comedian, the statement continued, "Holds a special place in the national security pantheon."

Hope, according to DoD, "called the troops 'his best friends,' and he made it his mission to be with them wherever they served, regardless of distance or danger."

News You Can Use

Tricare is for you

By Spc. Melissa Pinckney
645th PSD

Tricare is the military health insurance plan available to all deployed soldiers and dependents. All soldiers and dependents must be enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) database. Here at Eagle Base, you can check the accuracy of your enrollment with the 645th Personnel Services Detachment office on Salute Alley. Since over 20 states are represented on our rotation, you must identify your regional office. The Personnel Services Office can provide you with an enrollment form and soldiers must have a copy of their orders.

There are several options when signing up for Tricare.

The first option is Tricare Prime. There is no fee for this coverage and your family can be in different regions and still receive coverage without completing new paperwork. There are restrictions to coverage outside of your region.

The second option is Tricare Extra. This plan has a deductible, which can range from $50 to $300 depending upon rank and family.

The third option is Tricare Standard. This option provides the lowest level of coverage. Soldiers will pay a fee and also costs which may not be covered by this option.

Lastly, dental care is available for soldiers and dependents. Soldiers and dependents must enroll by the 20th of each month. A single soldier will pay $7.90 and a family plan is $19.47. Non-mobilized soldiers and families pay a higher fee.

The Tricare Web site is **www.tricare.osd.mil**. Remember all your information in DEERS must be correct and updated in order to have a smooth enrollment. As soldiers redeploy, this can be a very important benefit as coverage extends 90 days beyond the last day of active duty. Please feel free to stop by the 645th PSD office if you have further questions.

FORCE PROTECTION

You can reduce your risks. Here's how:

- ☐ Be aware of changes in the security atmosphere (situational awareness)
- ☐ Know your environment – learn what normal is
- ☐ Show respect for local customs
- ☐ When traveling, vary routes and times of travel
- ☐ Know locations of safe areas

PLDC grads honored

Several members of Task Force Eagle were among 46 graduates of a recent Primary Leadership Development Course conducted at Grafenwoehr, Germany. The class ran July 5-19.

Sgt. Eduardo Larraga of Task Force North was named distinguished honor graduate.

The following soldiers received the Commandant's Physical Fitness Award for scoring 300 on the Army Physical Fitness Test: **Sgt. Nathan T. Stryker** and **Sgt. Clinton W. Weishahn**, both of Task Force North.

Sgt. William P. Meredith III of Task Force South was named Course Leadership Awardee.

Named to the Commandant's List were: **Sgt. Vonda Bateman**, Task Force Medical Eagle; **Spc. Sara M. Childs**, Joint Military Affairs; **Spc. Rayan D. Hayes**, Task Force South; and **Spc. Christopher W. Feuerborn**, Task Force Warrior.

PLDC is the first step in the Noncommissioned Officer Education System. It is a requirement for promotion to sergeant. Students receive instruction on physical fitness training, drill and ceremonies, individual training, land navigation and other leadership subjects.

Take care of your troops

Due dates for submission for NCOERs, OERs and awards are as follows:

Awards
ARCOM to G-1 NLT Aug. 1
AAM to G-1 NLT Aug. 1
NCOERs/OERs
HHC NCOERs to G-1 NLT Sept. 1 with end date of Sept. 30.
HHC OERs to G-1 NLT Sept. 1 with end date of Sept. 30.
Suspense dates of NCOERs and OERs for units other than those supported by HHC NLT Aug. 8.

Submission of these awards or reports after these dates may result in not being able to clear Eagle Base for departure to demobilization station or not getting an award.

Cha cha cha

by Sgt. 1st Class Ronald. D. Covington

Spc. Linda Haynes and Master Sgt. Eli Valezuela cut a rug during a Morale, Welfare and Recreation- sponsored concert by the steel drum group, Trinidadio, at Triggers on July 24.