

OCTOBER 31, 2003

TALON



Into the night

Inside this issue:

Father and son excited about deployment
Get pumped up

Task Force Eagle www.tfeagle.army.mil

TALON

Published in support of
Operation Joint Forge
October 31, 2003
Volume 14, No.5

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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 Task Force Eagle Public Affairs Office, Eagle Base, APO AE 09789. DSN Telephone 314-762-0190. Email story ideas, and photo to: Clinton.Wood@email-tc3.5sigcmd.army.mil. The Task Force Eagle web address is www.tfeagle.army.mil. Printed by PrintComTuzla. Circulation: 3,500.



Photo by 1st Lt. John Donovan, MNB (N) G-1

Lt. Col. William Lieder and 1st Lt. John Donovan take their job seriously as they pose in front of the royal palace in Budapest, Hungary while investigating the FMPP sights.

Story by Spc. Jeremiah Wickenhauser
135th MPAD

The Fighter Management Pass Program kicked off Thursday bringing the first wave of Stabilization Force 14 American soldiers to Hungary.

The FMPP pass is a short nonchargeable absence from a stressful mission environment. Personnel serving in Operation Joint Forge may be authorized one four-day pass during their six-month tour.

There are three locations in Hungary where the pass may be taken, Taszar, Kaposvar, and Budapest.

In Taszar, soldiers have the option to stay in buildings rented by the military and eat in a military dining facility for free. Day trips are taken into Kaposvar daily for shopping and sight-seeing.

“For the soldier who is looking for a low cost trip, Taszar is ideal,” said

1st Lt. John Donovan, who helped investigate the three sites.

Kaposvar is 20 minutes from Taszar and is a big city with a small town feel, said Donovan.

“Kaposvar is a great little city, with wonderful shops and restaurants and a night life full of opportunities.” he said.

Budapest is the city of festivals. Several major cultural events are held in and around the city every year, reported the Oct. 16 FMPP e-Newsletter. They include the Budapest Christmas Market from Dec. 1 -Dec. 24.

Budapest is the crown jewel of Hungary, said Donovan.

“The sights, the sounds, the smells, and the sensations of Budapest are sensational.”

Please sign up for your FMPP trip as soon as possible through your chain of command and remember to be safe in you choices while on pass.

Combined Federal Campaign underway

The Combined Federal Campaign effort started Oct. 10 and will end Dec. 10. This is the main source of funding for many worthy organizations throughout the United States and the world.

“Soldiers can get the CFC donation booklet with the list of charitable organizations from their S-1 office,” said 1st Lt. Donovan, deputy G-1 Multinational Brigade (North).

If you have any questions regarding the CFC, please contact Lt. Donovan via e-mail or phone at 762-2174.



About the cover: Sgt. Brooke Marsh rides a jungle penetrator up to her crewchief waiting in a UH-60 Black Hawk helicopter during a patient extraction medivac operation. Photo by Staff Sgt. Charlie Parker; Illustration by Sgt. Sarah C. Danielski, 135th MPAD.



Special Meaning

Feeneys excited about deployment

Story and photo by
Master Sgt. Edwin Holt
135th MPAD

The National Guard has a saying in Minnesota that “Guard is Family.” For the Feeney families of Fairmont and Marshall, Minn., that saying takes on special meaning.

Fairmont resident Staff Sgt. James Feeney and Marshall resident Sgt. James Feeney not only share the same name, they are also a father and son team deployed to Bosnia and Herzegovina. Both are stationed at Eagle Base near Tuzla.

The senior Feeney is the equal opportunity noncommissioned officer with Task Force Eagle’s personnel office while the younger Feeney is Task Force Bearcat’s information operations noncommissioned officer.

They said they were excited to be deployed together.

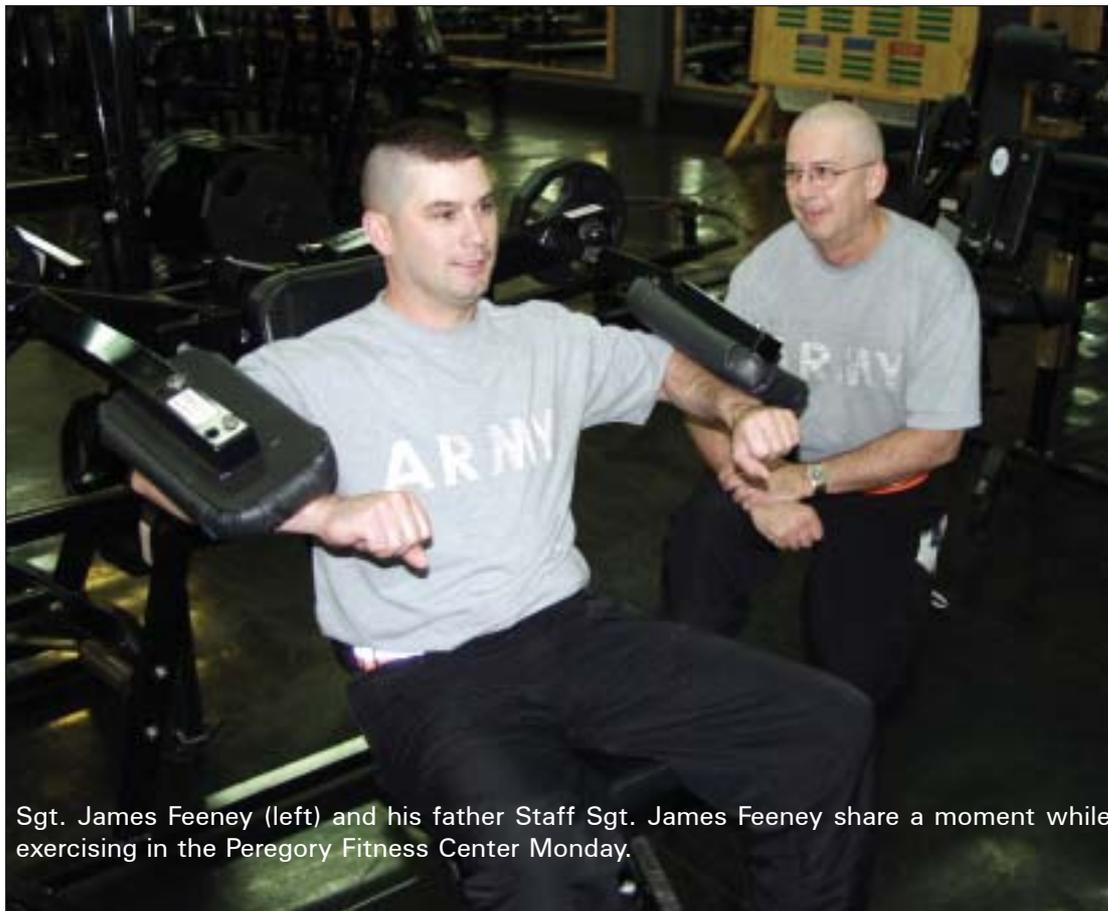
“I see more of him now than I do at home,” the senior Feeney said. “Here we get together a couple times a week and at home with our busy schedules we have a hard time making the two and

“I see more of him now than I do at home.”

–Staff Sgt. James Feeney

a half hour drive.”

Both Feeneys volunteered for the deployment. The senior Feeney was already deployed to Saudi Arabia in 2001 when he heard the 34th



Sgt. James Feeney (left) and his father Staff Sgt. James Feeney share a moment while exercising in the Peregrory Fitness Center Monday.

Infantry Division had been named for the Bosnian mission.

“I sent an e-mail back to Minnesota to say I wanted to be considered.” Feeney said.

His son followed suit from his home in Marshall.

While the senior Feeney spent four years in the Marines before joining the Guard, the 32-year veteran said his son joined as a “birthday present” when he turned 17.

His father was a recruiter at the time.

“I was a junior in high school and spent that summer

can watch out for each other. When his birthday comes in March, I’m going to buy him a cake from the PX to celebrate.”

“If we’re going to be deployed, we might as well be together,” the younger Feeney added.

While both Feeneys said family in Minnesota are

going to both basic and advanced individual training,” the 18-year veteran said. “I’ve been in ever since.”

Both said being deployed together is “only positive”.

“We try to eat together on Sundays and enjoyed the barbecues at the park here on base when the weather was warm,” the senior Feeney said. “We also share information from home and

supportive, the younger Feeney is especially anxious to return home. In June, Feeney and his wife Diane, became parents for a third time with the birth of daughter Alyssa.

In the meantime, father and son will settle for weekly phone calls, e-mail and letters from home, all the time knowing there is a little bit of home for each of them right here on Eagle Base.

Dange

Performing dif

minimize the risks,” said Sgt. 1st Class Bill Russell, “so we practice movement of the crew in the back of the aircraft, telling the pilots over the radio what is going on at all times.”

Part of improving the communication of the crew is knowing the duties of the entire crew so that every one knows what is going to happen next. Crewchiefs and flight medics also cross train so they can both help perform each other’s duties.

Staff Sgt. Kurt McGrath, crewchief, agreed.

“The success of hoist operations depends on how effectively the crew communicates with each other,” said McGrath, “so we battle drill all medivac operations.”

McGrath explained that using the hoist is dangerous by itself because of all the things that could go wrong.

“The cable could get tangled, or even hit the patient, injuring them further,” he said, “doing the operation at night with NVG’s makes it

the hardest operation we do.”

Flying with NVG’s has many drawbacks. There is no peripheral vision and very limited depth perception. Plus everything is in one color – green.

“Using NVG’s has many limitations,” said McGrath, “but once you over come those limitations, they

Sgt. 1st Class Bill Russell, of TFME dangles from a UH-60 Black Hawk helicopter while seated on a jungle penetrator during a medivac training exercise. The penetrator is used for patient extraction for air ambulance operations.

equipped with a rescue hoist for patient extraction. The hoist can lift a patient from a height of 250 feet and can support up to 600 pounds.

A jungle penetrator is an anchor-like seat and is paired with the hoist when picking up a patient who would not normally be put on a stretcher. It is used wherever it is impractical

to land, for example, minefields and rough terrain, or anywhere there wouldn’t be enough room to land a helicopter.

Crew training is the key to the difficult missions the medivac team is tasked with.

“Training helps

Peering through his night vision goggles, Chief Warrant Officer Kevin Lynch, TFME, holds his UH-60 Black Hawk helicopter in a hover so the flight medic can be safely hoisted into the aircraft. Keeping the helicopter steady is a more difficult task under NVG conditions, than during the day time because of the diminished visual cues.

Story and photos by Sgt. Sarah C. Danielski
135th MPAD

Medically evacuating a patient can be a difficult mission under any circumstances. Throw a helicopter, a minefield and total darkness into the mix, and it has now become one of the hardest missions an air ambulance team will perform.

That is why soldiers of the 86th Medical Company of Task Force Med Eagle often practice flying into the darkness with night vision goggles and employ the use of the jungle penetrator with their rescue hoists.

Each UH-60 Black Hawk air ambulance helicopter in TFME is

er in the darkness

difficult missions under difficult conditions

become a very useful tool.”

Certainly one of the great advantages of the NVG's is being able to see in the darkness, explained Chief Warrant Officer Kevin Lynch.

“When you can't see your hand or foot in front of you, we can still perform the mission with the use of the goggles,” said Lynch.

Even with the use of goggles, the mission is still a difficult one. Lynch noted that it is very difficult to maintain a steady position in a hover

while using the NVG's, because of the diminished visual cues often relied on during day flights.

Flying with the jungle penetrator makes it even harder because any slight movement is transferred to the person on the penetrator, Lynch said. Pilots rely heavily on the rest of the crew to be the eyes on the ground, since they can't actually see the operation going on below them.

“You need good training and a coordinated crew to make an effective

team,” said Lynch.

Soldiers perform difficult and dangerous missions everyday, and the medivac teams are no exception. Excellent training and steady practice help reduce the risk of those missions and keep them from needing to be medivac'd themselves...in total darkness...from a minefield.

Staff Sgt. Kurt McGrath, TFME, preflights his rescue hoist before lifting off for a hoist-training mission. The hoist, in conjunction with other extraction tools such as the jungle penetrator, is used to lift patients into the aircraft.

911...request for medivac

If you or a battle buddy were hurt and stuck in a minefield, would you know how to get out?

Here is how to make a 9-line medical evacuation request:

- **Line 1** - Location of the landing zone (in grid coordinates)
- **Line 2** - Radio frequency and call sign
- **Line 3** - Number of patients by precedence (A-urgent, B-urgent surgical, C-priority, D-routine, E-convenience)
- **Line 4** - Special equipment required (A-none, B-hoist, C-extraction, D-ventilator)
- **Line 5** - Number of patients by type (L + #-litter, A + #-ambulatory)
- **Line 6** - Security of landing zone (N-no enemy, P-possible enemy, E-enemy in area, caution, X-enemy in area, escort required)
- **Line 7** - Method of marking landing zone (A-panels, B-pyro, C-smoke, D-none, E-other)
- **Line 8** - Patient nationality (A-US military, B-US civilian, C-non US military, D-non US civilian, E-other)
- **Line 9** - Description of terrain or hazards

Get Pumped UP!

Story and photos by Spc. Jeremiah Wickenhauser
135th MPAD

Being physically fit has so many benefits. It improves a person's general health, relieves stress, builds confidence, improves energy levels, makes a person look better, increases efficiency, and adds years to life, not to mention helping improve one's physical fitness test.

In the spirit of fitness, Capt. Jason Good, commander of Task Force Eagle Headquarters and Headquarters Company, has drafted an initial eight-week training program offering some beneficial hints to help the general fitness levels of soldiers willing and ready to commit themselves to a fitness program.

"Physical fitness is the cornerstone of the military, it reflects a person's work ethic," said Good.

Anyone who has seen Good in the weight room or had the privilege to work with him during his 17 years of military service can testify to the fact that he demands excellence

from himself in everything that he does. Having a degree in recreation and administration and being an Army Ranger, Good is a highly motivated individual with a passion for helping soldiers succeed.

"If I can give something back to the soldier, I will leave here feeling like I have done my job," said Good.

The basics behind Good's fitness program are the three Cs. Courage, commitment, and consistency. The courage to make the life-style change and adopt a fitness program into an everyday routine, the commitment to strive for realistic goals that you set for yourself, and the consistency to keep doing the exercises will lead to success. Consistency is ultimately what fitness evolves into, said Good.

"The biggest mistake I see people making is going into the gym thinking they'll get bigger overnight," said Good.

"They need to understand that it's a process and takes time."

Good's program is designed for beginning lifters interested in learning the basics of weight lifting. It is designed to be a four-day routine. The first three days are listed below and the fourth is a rest and recovery day.

Each exercise is meant to be done as a simple set three sets of 10 repetitions using 75 percent of that person's one repetition maximum. This is the system that all beginners, novice lifters and those who have done limited weight training should work on. The high number of repetitions enables the lifter to learn correct technique, and thereby reduce the risk of injury.

Before attempting any type of program or fitness routine consult a qualified physician to assess your strengths and weaknesses, Good said. If you would like additional information on weight training, contact Capt. Good or other qualified soldiers.



Capt. Jason Good adds the finishing touches to his biceps during his weekly exercise routine.

Day 1

Chest

- Flat Bench: Machine, dumbbell or straight bar
- Incline Bench: Machine dumbbell or straight bar
- Decline Bench: Machine, dumbbell or straight bar
- Pull over: Machine or dumbbell
- Flies: Flat or incline bench using dumbbells

Triceps

- Dips: seated or machine assist
- Behind the head dumbbell press
- Triceps kick backs
- Cable push downs
- Rope extensions
- Nose breakers: Easy curl bar
- * 30 minutes of cardio and 3x25 Abdominal

Day 2

Back

- Wide arm pull ups: Machine assist or pull up bar
- Close grip pull ups: Machine assist or pull up bar
- Lat pull downs: Front or back
- Lower back extensions: Fitness ball
- Single arm dumbbell rows
- Low Row: Machine

Biceps

- Seated preacher curl: Machine or easy curl bar
- Seated alternate dumbbell curls
- Standing alternate dumbbell curls
- Straight bar curls
- Hammer curl
- * 30 minutes of cardio and 3x25 Abdominal exercises

Day 3

Shoulders

- Military press: Machine behind the back
- Military press: dumbbell seated
- Standing front dumbbell raises or plates
- Shoulder shrugs: Dumbbells or Smith machine
- Seated Deltoid raises
- Seated Cable Deltoid rows

Legs

- Squats: Smith machine or Squat rack
- Leg press
- Leg extensions
- Leg curls
- Calf extension
- Lunges- Dumbbell
- *30 minutes of cardio and 3x25 Abdominal

International community reaches out

Story and Photos by Spc. Jeremiah Wickenhauser 135th MPAD

Seven years since the signing of the Dayton Peace Accords, soldiers and international organizations continue to do their part to help the people of Bosnia and Herzegovina.

In a joint Slovenian and Portuguese mission, 40 tons of humanitarian aid was donated by the Austrian-based Bauren helfe Bauren (Farmers help Farmers) charity organization and brought from Austria to Bosnia in hopes of improving the quality of life for people in need.

Slovenian 1st Lt. Aleksandra Ferlez, helped coordinate the Austrian aid transportation. "I like to help these people. They are close to me and we speak the same language fluently," she said.

The humanitarian aid received was in large part due to the participation of



Portuguese soldiers divide up the relief so that each family gets an equal share.

Doraja Eberle, an Austrian housewife, who coordinated the aid with BHB. She has been coordinating aid shipments and bringing in humanitarian relief to the people of BiH since 1992 and is still contributing to the Bosnian people today.

BHB is a private and independent relief organization founded in 1992. Its legal structure is that of a registered charity and is only supported by private donors and more than 40 volunteers.

Once in country, the supplies were divided between Slovenian, Portuguese, and Polish companies or coys of the Multinational Battle Group to be distributed throughout their area of responsibility. Each allotment was coordinated by the different

coys in conjunction with the Red Cross to ensure that appropriate groups receive the items they need – and in the correct quantity.

"A need of supplies was established by patrols that consistently check on communities

in their area of responsibility," said Sgt. Zoroan Tomaz with the Slovenian 10th Motorized Battalion. "Soldiers met with community leadership and determined what basic necessities were needed."

The Slovenians brought a portion of



A Slovenian soldier unloads humanitarian aid at a refugee camp outside Doboj.

the aid they received to a refugee camp outside of Doboj where there are currently about 150 refugees living. The camp is part of the area normally patrolled by the Slovenians. The supplies included tea, candles, pudding, baby food, detergent, hygiene supplies, soup, cereal, and other basic needs.

The Portuguese assisted in delivering the goods to a homeless shelter in the hospital at Derventa.

The MNBG soldiers understand that their work is an ongoing mission and are committed to helping the people as much as possible.

"I like to help these people. They are close to me."

– 1st Lt. Aleksandra Ferlez

TALON



Photo by Master Sgt. Tim Peterson, Task Force Eagle PA

Brig. Gen. Richard Nash, MNB (N) commander, met with senior officers of the Armed Forces of Bosnia and Herzegovina during a commanders conference held in Milici. The purpose of the conference was to discuss the restructuring of forces, weapons storage site consolidation plans, and joint training opportunities within the Armed Forces of BiH.



Photo by Sgt. 1st Class Clinton Wood, 135th MPAD

A father and his son wave to SFOR soldiers near the Orasje border Sunday. The soldiers were assisting the State Border Service in vehicle searches.



Photo by Sgt. 1st Class Clinton Wood, 135th MPAD

Sgt. Steven Lindstrom, 34th MP Company, provides security Sunday during a vehicle search near the Orasje border



Photo by Sgt. Brian Taylor, TF Iron

Staff Sgt. Tracy Siers reads the Talon on a bus trip to Eagle Base. The Talon is popular reading material at Camp McGovern and other Task Force Iron Bases.