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TALON

A photograph of a medical professional, likely a dentist or oral surgeon, performing a procedure on a patient in a field setting. The professional is wearing a white surgical mask, safety glasses, and white gloves. The patient is lying down, and the procedure is being performed under a bright light. Other medical personnel are visible in the background, also wearing masks and gloves.

MNB(N) MEDCAP

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**Eagle Base Hosts Mini-Marathon Run
A Salute to Mothers Deployed to Bosnia**

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TALON

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Summer Safety Beat the Heat

Story By Hans Langhammer
TFE Safety Office

It's summertime again!
Sweltering heat and work can result in heat related injuries.

Fortunately, heat injuries are preventable.

Three variables interact to cause heat injuries:

The first is the climate your working in, i.e. the temperature and relative humidity.

The second is the intensity of the activity.

The third set of factors vary from person to person. These are called individual risk factors and include fitness level or any

medications you may be taking.

Heat injury occurs when a person loses excessive fluids through sweating and fails to adequately replenish water and in some cases salt, which I'll discuss in further detail later.

The risk of heat injury is increased with the use of heavy or impermeable clothing (welding leathers is a good example for our activities), and intense prolonged activity. Those who are not adapted or acclimatized to hot environments are at a higher risk for heat injury.

Supervisors must take the following actions to prevent heat injuries:

First, train your team members about heat induced illnesses.

Next, try to schedule the heaviest work during the cooler parts of the

day.

Never allow anyone to work in remote areas alone. Always use the buddy system.

Enforce appropriate cool water intake and work/rest cycles. Drink a cup of water every 15-20 minutes.

Ensure that your team members wear light, loose fitting, breathable clothing, such as cotton.

However, please

remember that short pants and muscle type shirts are prohibited. Everyone should remember that fluid intake must be increased during times of hot weather, especially for those involved in strenuous activities.

Heat stress accumulates during sequential days of strenuous activity.

Salt tablets are unnecessary as most of us consume more than enough salt to make up for salt loss from sweating, and the US Army Center for Health and Preventive Medicine, NIOSH, OSHA and the Marine Corps do not recommend sports drinks to make up for the loss of salt.

For those of you that may be on a low salt diet, you should consult with your physician for recommendations.

Also, please note that certain dietary supplements (especially Ephedra) and some medications (cold and allergy remedies) can increase the risk of heat injury.

And, alcohol and caffeine increase dehydration.

Large meals are not recommended before working in hot environments.

Know the symptoms of heat stress and you can beat the heat.



On the Cover: Col. Jeff Astroth performs dental surgery on a resident from the Dragovici area during the MEDCAP held on Thursday, May 13, in the small Bosnian town. Photo by Capt. Aaron Jenkins

MNB(N) Lends Medical Aid to Locals

Story By **Nedima Hadziibrisevic**
TFE Public Affairs Media Specialist

Community assistance in one of the many aspects of the Stabilization Force 15 peacekeeping mission in Bosnia and Herzegovina. It was in support of this idea that SFOR Soldiers had an opportunity to reach out to the community through the



Medical Civilian Assistance Program.

The goal of the program was to provide free health care to citizens who reside in medically underserved areas. Turkish and U.S. soldiers, assisted by the Vares Health Department's doctor and nurse, brought the program to the residents of Dragovici and those of the nearby towns of Juse and Mijakovici.

Col. David Wilmot, Multinational Brigade (North) Brigade Surgeon, was involved in planning and coordinating the first MEDCAP involving SFOR 15. He said that the goal of the MEDCAP is twofold:

"First, it helps the local population to be able to receive medical and dental care that is sometimes difficult for them to get through other

channels," Wilmot said. "The second goal is to help engender support and a familiarity with the U.S. and other military forces operating in the area."

The predominantly Bosniak community within the Turkish Battalion's area of responsibility constantly faces challenges in receiving adequate medical care.

"Every 15 days the local doctor comes to this community," said Capt. Bakir Kalmaz, chief of the Turkish Battalion's health clinic. "Naturally, they (the Health Department) are limited in terms of laboratory services and medications."

During the MEDCAP, personnel consisting of doctors, dentists, nurses and other medical staff examined about 50 dental and 75 medical patients in an old school building.

"We provided dental assistance, such as routine dental screening exams, as well as extracting some

teeth that were decayed," explained Wilmot. "For the medical portion, we talked about blood pressure screenings as well as management of chronic diseases and then any acute illnesses they were able to treat at the site."

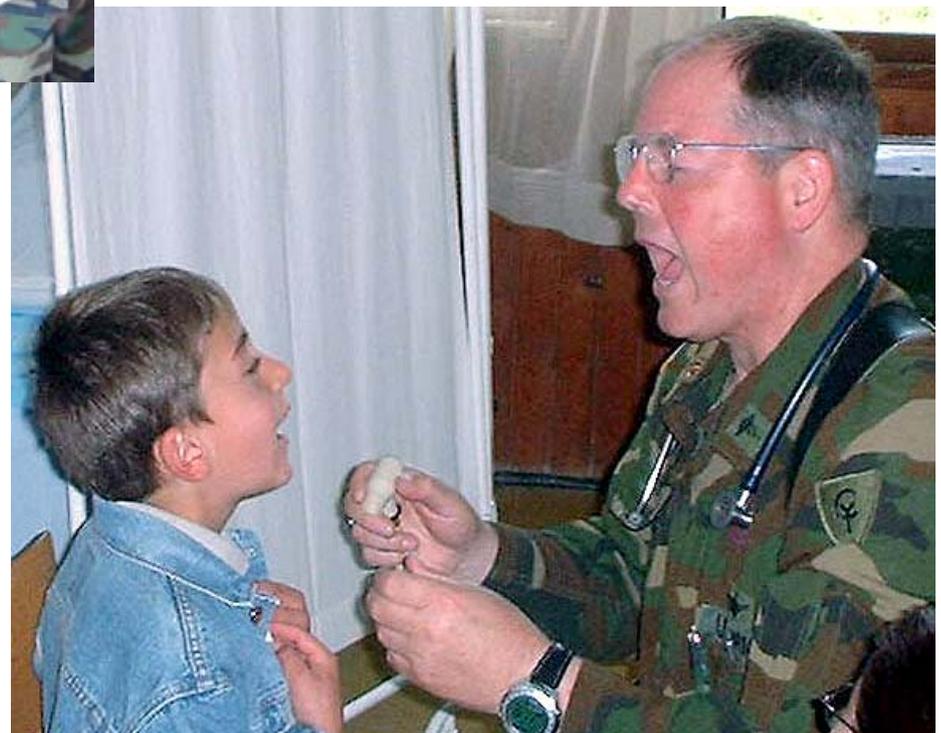
Additionally, the medical supplies, primarily pharmaceuticals, were provided for the event by SFOR. They included antibiotics and medications to treat chronic illnesses.

Col. Jeff Astroth, the MNB(N) Dentist, stressed that response by citizens was very good.

"We walked in (the school building), and this facility was full of patients waiting for us," Astroth stated.

The health assistance was a great deal of help for the citizens since the nearest health facility in Vares is linked to the area by a 24 kilometer long, greatly deteriorated, dirt road. Ziza Cizmo, from Mijakovici, was pleased with the fact that this area was chosen for MEDCAP.

"It means a lot to us that soldiers came here," she said.



Photos by Capt. Aaron Jenkins
 Above: Maj. Robert Dougherty works with a young patient to examine his throat. Top: Turkish dentists prepare to extract a bad tooth.

And They're Off - Eagle Base Satellite Mini-Marathon Brings

Story and Photos by
Spc. Mike Bennett
TFE Public Affairs

On Saturday, May 8th, over 30,200 runners competed in the annual Indianapolis Mini-Marathon, despite the fact that traditional registration is limited to 30,000.

The 200 excess runners came from

a satellite running of the 13.1-mile race held here on Eagle Base. The event was coordinated to allow soldiers deployed here in Bosnia to take part in the event while their friends and families took part at home. Both events were scheduled to start at approximately the same time, in order to maintain the feeling of connection to home.

“The whole thing started back in January, when we were at Camp Atterbury (Ind.),” said Maj. Jim Girdley, one of the primary organizers for the satellite run. “I sent an e-mail to the committee responsible for the race,” said Girdley. “I just wanted to show my participation. I thought I’d be able to get about 20 –25 soldiers to run it with me. When I sent out an e-mail for volunteers, 45 people said they’d be willing.”

From there, Girdley took his idea to the command staff, who responded enthusiastically. He continued to work with the committee in Indianapolis, who told him that the sponsors for the mini had agreed to waive all of the fees for the remote run.

“We worked out the idea for a separate web site and held the first open registration while in Hohenfels (Germany.)” Girdley explained. “Then we held a second one during the first week of April, once we were on Eagle Base. We knew we wanted to allow the multinational soldiers to participate, so we created a number of extra enrollments that we would be able to put in their names once we had the names of who would be running.”

At this point, a committee was also formed on Eagle Base, to coordinate the route planning and running of the race. This included Girdley, Sgt 1st Class David Elmore, Sgt. Maj. James Gordon, and Tony Mullins and Marcus Wheeler from MWR.

“Since MWR falls under the control of the G1, Command Sgt. Maj. Gordon asked me in Germany to assist in making the event happen,” said Elmore. “Once I got settled in at Eagle Base I took it upon myself to help organize the meetings and get everyone involved that needed to be involved.”

After much discussion, a route was chosen that incorporated much of the five-mile perimeter road around Eagle Base, the physical fitness track and a



Over two hundred runners, representing seven countries, start the first-ever Bosnian remote of the Indianapolis Mini-Marathon, on Saturday, May 8, on Eagle Base.

gs Indy Event Closer to Soldiers

short stretch “outside the wire” of the base.

“This is a difficult course,” said Girdley. “We have more hills than you might find in Indianapolis. Much of the course was on gravel or dirt roads. It was also a little bit different to have squads on the (off-post) roads for force protection.”

The planners also contacted the local police to block off the road between the west gate of Eagle Base and the site of the now closed Camp Comanche.

There were other differences from the main run in Indianapolis as well. One major change incorporated by the Bosnian remote was relay teams of five soldiers to cover the 13 miles.

“Sgt. Maj. Gordon thought it would be a good way to maximize participation. They couldn’t do something like this back home,” said Girdley. “It took a lot of work to make this feasible for 15 teams, it would be impossible to coordinate for as many runners as they would have in Indianapolis.”

The Bosnian remote drew numerous first time marathoners and runners from seven European nations.

“We had soldiers from Turkey, Slovenia, Poland, Portugal, Latvia, Lithuania, the Netherlands and Bosnia and Herzegovina,” said Girdley. “There were also a number of civilian contractors.”

One first time runner was Maj. Brian Davis, who achieved the best time of any American runner here, with a time of one hour and 25 minutes.

“I wanted to do this for the mental benefits,” said Davis. “I knew that if I could do this – if I could leave all of the pain and frustration out there on the track – then it would make the entire rest of the rotation easier.”

There was also a third way to complete the 13 miles. Several soldiers took up their rucksacks and

completed the distance as a march, in their Battle Dress Uniforms and combat boots.

When the race was over, many of the runners agreed that it was a good experience, even if they had different reasons for running.

“I wouldn’t trade this for anything,” said Davis. “The residual benefits, mentally, rather than physically made it well worth it.”

Others had a simpler goal for running. Said Spc.

Randolph Beidler, “I just wanted a T-shirt that says ‘I ran in Bosnia.’”



Top: Capt. David Reed sails past the finish line after completing the 13.1-mile course. Above: Some runners chose to complete the course as a relay, rather than running the entire length. Several of these groups passed their company guidons between runners instead of using a baton.

Mother's Day - Even When Mom's Deployed

Story By Capt. Aaron Jenkins
TFE Public Affairs

Mother's Day is celebrated on the second Sunday of May each year. Historically, children honor their mothers with flowers, gifts and candy.

Julia Ward Howe suggested the holiday in 1872. Mother's Day became an official holiday in 1914, when President Woodrow Wilson made an official proclamation. It's doubtful that Ms. Howe or President Wilson thought that mothers would be celebrating the holidays 6,000 miles away from their families, while serving in the U.S. Army.

However, that is exactly what mothers are doing who are serving in the NATO Stabilization Force mission with the 38th Infantry Division.

Sgt. 1st Class Viola Millard, HHC, 38th ID is from Bloomington, Ind.



Above: Sgt. 1st Class Millard takes a moment to show her pride in her children. Top: Sgt. McGhee has pictures to remind her of home. Both dedicate themselves to their jobs despite being far from their families.

She has four children; Kim age 17 Matthew age 16, Kevin age 14, and Courtney age 10.

In Millard's 16 years with the military, this is her second deployment away on Mother's Day. In 1991, she was in Saudi Arabia preparing to return home from Desert Storm. "The kids were a lot younger then and it didn't have the same effect on them," stated Millard.

"The children and I usually go out for dinner with my sister's family on Mother's Day," noted Millard. "This is my one day away from all the cooking and laundry," she added. Millard also stated that she likes to call her mother in Guam on Mother's Day.

Sgt. Rosie McGhee, 336th Postal Det. (FWD), is from Montgomery, Ala. McGhee left behind a 2-year-old daughter, Simone Woods. "It's horrible being away from her. I am afraid she won't recognize me," said McGhee.

McGhee calls home every weekend to talk to her daughter and is encouraged by the fact that Simone points at her picture and says "Mommy."

Amy Jensen is a new Brown and Root employee here. Her family is at Fort Carson, Col. She spent 8 years in the Army; so being away from home is nothing new for her. She has a 7-year-old son Zackery, and a 1-year-old daughter, Sage.

"I left my husband in charge of hair and diapers," she quipped. Jensen is used to the military lifestyle here at Eagle Base. While she was on active duty, she previously deployed to Albania, another Balkan state.

Millard calls her youngest daughter her miracle baby. Courtney was born with bacterial



meningitis. Doctors didn't give her much of a chance to survive. After 3 weeks in hospitals in Mississippi, Alabama, and Louisiana, Courtney was allowed to come home. "She is a very beautiful and very social young lady," added Millard.

McGhee plans on going home for leave. "I will dedicate all of my time at home to my daughter," she stated. In the meantime, she keeps her daughter's favorite hair-bow with her to help keep her daughter close to her heart.

Jensen started drawing pictures for her son while she was in Albania, a tradition she continues to practice. She plans on calling her mother and grandmother on Mother's Day.

"I'm not expecting a gift but a phone call or a picture will make it OK," Jensen added.

In addition, she is looking forward to a well-deserved European vacation later this year.

On this Mother's Day Sunday, McGhee, Millard, Jensen and all the mom's of SFOR 15 were far away from home but certainly not forgotten.

Giving Gifts of School Supplies

Story By Nenad Ristic

TFE Public Affairs Media Specialist

On Friday, May 7, Soldiers from Task Force Eagle visited an Elementary School in Tabaci, near Lukovac.

The purpose of this visit was to continue the successful program of helping local schools in need, a program started by Stabilization Force 14.

“The SFOR 14 G4 (Logistics and Supply) shop asked us if we would carry on their tradition. They have been (to this school) a couple of times,” said Master Sgt. Greg Mullinix, SFOR 15 Multinational Brigade (North) G-4 Noncommissioned Officer In Charge, who organized the visit.

“My son is an elementary school principal and my wife is a teacher, so the two of them put the supplies together back home with the help of their students, sent it here, and we all got together and put it in packages for these children,” said the Brazil, Ind. native.



Photos By Spc. Mike Bennett

Maj. Brian Davis shares his pictures with three elementary school students during the visit by SFOR on May 7.



Col. Bailey shares a handshake and school supplies with a student at the Tabaci Elementary School.

Bloomfield, Ind.

After the show, the Soldiers presented packages of pens, notebooks and other school supplies to the children, who showed obvious gratitude for the gifts by proudly displaying the contents of their bags to each other.

Their singing, dancing and acting roles delighted everyone.

“This school reminds me of back when I was in the first grade,” said Col. John Bailey, Multinational Brigade (North) Deputy Commander. “It was a one room school with only one teacher.”

“We did this for the kids, and we will keep on doing this in the future,” said the native of

“This is not the first time that SFOR soldiers (have helped) us. Every few months they bring us the school supplies we need, and I would like to thank them for doing this for our children,” said Lejlana Halic, the school’s principal.

SFOR Soldiers once again showed that their mission is more than accomplishing their military tasks, it also involves helping to improve the local people’s lives whenever they see an opportunity.

Maj. Kevin Sari, the Officer in Charge of the G-4 and resident of Fort Wayne, Ind., was not able to hold back his joy when he met the students.

He proudly showed the children his hometown on the globe. According to Sari, “it is very important to keep these kids going to school. I have children of my own, and will always have a soft spot in my heart for them.”

Eye of the Cyclone



Top: Bosnian ladies stand together waiting for medical evaluations. Photo by Capt. Aaron Jenkins



Left: Native Kentucky soldiers display gifts sent by UK basketball coach Tubby Smith. Below: Soldiers of Team Dagoon help with a practice medical evacuation. Photo by 1st Sgt. Guy Cobb



Above: The Soldiers of Camp Morgan enjoy 'Sumo' wrestling using inflatable suits. Photo by Ed Winters, MWR
Below: Gen. Richard Myers, Chairman of the Joint Chiefs of Staff, awards an Army Commendation Medal to Maj. Daniel Kelty. Photo By Spc. Mike Bennett



Capt. Jeremy Gulley, Team Cobra Commander, shares a treat with a young Bosnian girl while on patrol. Photo by 1st Lt. Shawn Roberts