

November 2008 Vol. 16, Issue 4

GUARDIAN EAST

Early Detection:

Fran Drescher makes a stop at Bondsteel

On the catwalk:

Fashion Show promotes cultural awareness

TF Thunder: Challenge

Taps:
What does it mean to you?

Eastern Shootout:

Mult-National Task Forces spend day on the range



“Communication 101”

Pvt. 1st Class Christopher R. Morton calls our deployment “an exercise in Communication 101.” Here’s a guy who gets it! The Kosovo mission has a longer train-up than either Afghanistan or Iraq because of its unique emphasis on information operations and communication from basic combat patrols through actual diplomacy. Yet, while each of us has learned to use individual communication tools, what tools are needed for our Team to be effective?

Know the Direction

Great Teams have a clearly defined direction. Some typical tools to define direction include vision (seeing over the horizon), mission (the journey to the horizon) and goals (quantifiable steps to move forward). Great directions are simple, predictable and transparent. They address short, mid and long range objectives and serve both as a cornerstone and reference point for movement. Directions establish the actionable left and right limits for the Team and its individual parts. Just as you expect the Team to be predictable – you too must be predictable to the Team. Being a predictable part of the plan makes you invaluable.

Establish and Maintain Great Internal Communication

Nothing is more important than unity of effort. This begins with establishing deliberate and predictable methods to communicate vertically with decision makers and horizontally with Team-mates. The essence of internal communication is to keep everyone consistently informed while making minor adjustments to stay on course.

“Internal communication is successful when everyone is kept informed in a balanced and routine manner with no surprises.”

One method is conducting regular formal (outlined) and informal (one on one) meetings to synchronize both challenges and progress. Internal communication is successful when everyone is kept informed in a balanced and routine manner with no surprises.

Use Deliberate and Measured External Communication

The world judges our Nation by the actions and words of a single Soldier. To be successful, our messages to external entities must be consistently balanced and congruent with the Team message. Understand exactly what you can communicate to external stakeholders so your message is consistent, measured and properly timed.

Before you coordinate (work on a goal or project) with an external person or organization, ensure your plan is aligned with Team goals and obtain approval from your first line leader. Before you cooperate (working jointly) with an external person or organization, make sure that your plan has the approval of the



BG Larry D. Kay

Commander.

Typical résumés list education, work history and membership in civic organizations as important job qualifiers. These black

and white summaries of our lives tend to ignore the single most important requirement to be an effective member of the Team.

PFC Morton will tell you flat out... it’s “Communication 101.”

“Get it Done!”

Larry D. Kay
Brigadier General, USA
Commanding

"The Big Four"



CSM Phillip M. Lederle

The Big Four

From day one of this deployment, our Commanding General has laid out four guidelines that have become known as the "Big Four" of this command. Each of these guidelines has a meaning and a directed purpose within Multinational Task Force-East (MNTF-E). As we approach the mid-point in our deployment, it is timely for us to review these guidelines in order to refresh the meaning and intent of each one of the CG's "Big Four."

Safely Complete the Mission

Safety is everyone's responsibility. Ensuring that our Soldiers are wearing their

eye protection, seat belts, and helmets is just part of the larger picture. We must strive to practice safety in our missions, whether we are on a patrol, working in a warehouse or playing sports. We must all take the time to educate ourselves and our Soldiers on staying safe. But safely completing the mission is not only for our Soldiers, it includes keeping the citizens of Kosovo safe as well. How we move and work around our area of operations can bring an innate risk to the people we are here to serve. We must ensure that we are always looking out for their safety too. Never get complacent about safety!

Stay on Top of Weird

Have you seen or heard something that left you puzzled or baffled? If the answer is yes, then it meets the criteria of "Weird." Each of us have been empowered to confront things that appear to be strange or odd. Have you asked the question or confronted the action that has made you feel this way? If not, why? Together we must support each other and in turn help keep our moral compasses pointing "True North!"

Effective and Efficient Chain of Command

BG Kay described an effective and efficient chain of command as orders going down to each level of command and actions being supported as they come back up the chain of command. At each level, the commander has the duty to ask questions and to elucidate any part of the orders. The other part of this equation is to accept the actions as they come back up the chain. Does the action support the order? If not, re-clarify so that

we maintain clear lines of communication. Remember, this mission is only as successful as our communication. Communication 101!

Effective and Efficient NCO Support Channel

As a Noncommissioned Officer (NCO) I know that we must support our subordinates and leaders at every point. Communicating with each other and taking care of our Soldiers is not accomplished only through our words, more importantly, it is through our actions. The connection between the chain of command and the NCO support channel is the NCO. Commanders issue orders through the chain of command, but senior NCOs must know and understand the orders to issue effective instructions through the NCO support channel. When NCOs and officers work together, the benefits are greater than if we work alone.

We still have several months before this mission is complete. Let us continue to work together, grow as professionals and have a positive impact on the lives of each other and the citizens of Kosovo.

"Get it Done"

CSM Phillip M. Lederle
MNTF(E), KFOR 10
Command Sergeant Major



ON THE COVER: UP, UP AND AWAY

Staff Sgt. Shaun Crouse and his dog Johnson take flight during hoist training at Camp Bondsteel. (U.S. Army photo by Sgt. Ty Stafford)

Dear MNTF - E Soldiers,

The Camp Bondsteel Public Affairs Office and the Equal Opportunity Advisors office would like to take this opportunity to speak with you all about the article titled "La Raza" in September's issue of this magazine.

It has come to our attention that some Soldiers may have been offended by the title of the article. We would like to assure each and every Soldier that there was no intent to offend anyone with the title and apologize to anyone who was offended.

Unfortunately, the original title, "National Hispanic Heritage Month, Getting Involved: Our Families, Our Community, Our Nation," was inadvertently changed and was not caught during the multi-tier review process handled within the Public Affairs Office before the magazine went to print.

***Very Sincerely,
MNTF-E Public Affairs and EOA Office
781-5200/5341***

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GUARDIAN EAST

Commanding General, MNTF(E)
Brig. Gen. Larry D. Kay

Command Sergeant Major, MNTF(E)
Command Sgt. Maj. Mike Lederle

Chief of Staff, MNTF(E)
Col. William P. Johnson

Command Judge Advocate, MNTF(E)
Lt. Col. Stephen Richey

Public Affairs Officer, MNTF(E)
Maj. John E. Moran IV

Mobile Public Affairs Det. Commander
Chief Warrant Officer 4 Randall Watson,
70th Mobile Public Affairs Detachment

Chief Editor
Master Sgt. Mary L. Jones,
70th Mobile Public Affairs Detachment

Managing Editor
Sgt. Ty Stafford

Copy Editor
Sgt. Anthonie Seymour

Staff Writer
Pfc. Lindsey M. Frazier

Printer
DinoGraf

Webmasters
Staff Sgt. Jason D. Starek
Sgt. Brandon Schatz,
Regional Liaison Monitoring Team

Websites
www.TFFalcon.HQusareur.army.mil
www.KFOR10.org

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Warrant Officer Theodore Olkonomu, the Task Force Hellas civil affairs team leader, hands a box of donated clothing to a local villager for his family during a recent donation delivery held at the local primary school in the small village of Gacke/Gatnje, near Ferizaj/Urosevac.

Clothing one village at a time

TF Hellas delivers Christmas-style cheer all year long

STORY AND PHOTOS BY
MASTER SGT. MARY L. JONES

The schoolyard was filled with kids socializing and playing while a teacher coached two all-girl teams during a volleyball game and a group of boys monopolized the other half of the cemented playground with a game of soccer.

Everyone within eyesight stopped what they were doing when the bustling sound of military vehicles caught their attention - before they could see past the tall bushes that the two trucks were cutting the corner and headed their way. Kids at the 3-story school house turned their attention to the Task Force Hellas soldiers with the 506th Mechanized Infantry Battalion.

A Soldier motioned for the students to back away from the covered truck as he directed the driver to park squarely in the middle of the cemented playground. The soldiers were center stage as the students rushed from the school house to find out what was going on.

It was like Christmas when the Hellas Soldiers unloaded boxes for many families in the small village of Gacke/Gatnje, near Ferizaj/Urosevac, where they received a donation recently. The families came prepared to pick up pre-packaged boxes of clothes - enough garments for every member of their family.

The Hellas Soldiers have long-provided humanitarian aide in the way of much needed clothes to locals in their areas of operation and this team of three civil affairs Soldiers was glad to take over where their predecessors from the previous rotation left off.

"We're always excited when a donation arrives," said Staff Sgt. Gianiotis Ionnis, a member of task force Hellas' civil affairs team who has two sons. "As a father it brings me

pleasure helping other kids."

And where do these bundles and piles of clothes come from? "A large church in Hellas," said Cpl. Labroa Spiliadis, who is also a member of the Hellas civil affairs team, adding that they work through a relationship with a priest in Greece at the church.

When they arrived in Kosovo, they fell in on a donation that had recently arrived from the Church which needed to be distributed to a local village.

"Any battalion that comes here cooperates with the same priest and church. We continue the relationship," said Warrant Officer Theodore Olkonomu, the task force Hellas civil affairs team leader, who recounts that the donations began some nine years ago in 1999.

This particular load of care packages went to 19 families in the small village - helping more than 122 needy family members in the area. Those helped ranged in age from infants to a female, age 75.

Because they have participated in this humanitarian effort for many rotations, the Hellas civil affairs team has a well organized plan in place.

From the staging area, to the number of families and box size to the number of Soldiers needed to help prepare the delivery, they have it well thought out. In fact, it's one mission that everyone within the task force tries to participate in when possible, the team members agreed.

When the civil affairs team has asked for assistance they usually have to turn soldiers away, "Everyone enjoys getting involved," said Olkonomu.

Recently they had to package donated clothing for some 350 people in one of the municipalities they operate within. "We needed about 10 people for that donation," added Olkonomu.

They sort the shipment of donated goods first by family then by individual members in that family, labeling and sealing donation boxes and then delivering the prepared boxes filled with garments based on the specific composition and need of each family.

They routinely coordinate with local officials to identify families that need assistance the most - in this case they contacted the local school director. They worked closely with Basri Hasani, the director in Gotnje, who developed the list of benefactors. The school was used as the staging area and the civil affairs team greeted family members as they came to the school for the scheduled pick-up.

The civil affairs team works hard to develop a working relationship with community leaders and citizens.

"We first visited the director at the local school, started talking and he gave us information," Spiliadis said. "We work with a community official in each municipality we plan a donation."

The team agrees the donation process has positively affected the relationships they build with local communities.

"It's very nice that someone is thinking about our problems," said Basri Hasani, the school director, speaking on behalf of the community. "We're very happy with the donations."

The Hellas Soldiers are on a six-month rotation, this unit deployed here to Kosovo in June and since arriving they have furnished clothing to eleven municipalities and have recorded delivery to over 300 families with 2,000 individuals getting a donation.

The civil affairs team estimates that there are over 48 villages in their area. From the start of their tour until they leave sometime after December, Hellas will continue their quest to provide goodwill through donated clothes.



Hellas' civil affairs team, which is part of the 506th Mechanized Infantry Battalion, recently staged a clothing donation delivery at the local primary school in the small village of Gacke/Gatnje, near Ferizaj/Urosevac.

Bundle up ... for winter safety

BY LT. COL. STEVEN BROOKS,
MNTF(E) SAFETY OFFICER

For most KFOR 10 Soldiers, the frying pan in-the-face arrival of winter is a reminder that their tour in Kosovo is nearing the half-way mark. However, with the arrival of fall and winter weather all troops should be aware of the cold-weather risks that lay ahead.

Soldiers will be challenged in three areas this fall and winter: **illnesses, cold weather injuries and accidents.** The most effective means of dodging these problems can best be summed up in one statement; rely on your training and the buddy system to ensure that you remain free of cold weather injuries.

Illnesses

The most common illness from cold weather is upper respiratory infections. This includes any infection in the nose, throat, sinuses and ears. The most frequent upper respiratory infection is the common cold. Soldiers need to guard themselves against these infections because they stay inside more during the cold months and pass infections to each other. They don't have to exhibit symptoms to be infectious. If troops are feeling ill, then they should seek treatment as soon as possible. It doesn't prove anything to suffer in silence and could be dangerous while on a mission.

According to the U.S. Army Center for Health Promotion and Preventative Medicine (USACHPPM), upper respiratory infections are caused by viruses and pollutants in the environment. Most infections start in the nose; in fact, more than 90 percent of infection-causing bacteria and irritants enter the body through the nose and thrive in the nasal passages.

Many upper respiratory infections cannot be prevented; the average person gets at least two or three colds per year. Almost all of them are contagious, so avoiding sick people can help prevent some cases. Frequent hand washing can also help reduce the spread of many upper respiratory infections and vaccines can also be used. For example, the flu shot is given to individuals every fall to help prevent the spread of the virus.

Cold Weather Injuries

There are several ways to prevent cold weather injuries, with most of them similar to preventing heat injuries. Drink water, dress for the weather, eat right, and use the buddy system. Some of the common cold weather injuries are:

Chillblains (perniosis)

Chillblains (perniosis, also known as pernio) is a reaction to cold, nonfreezing temperatures. It is seen most often in young people who have Raynaud's Syndrome (a disorder that affects the blood vessels in the fingers, toes, ears, and nose) and people who are exposed to damp, cold weather.

Symptoms develop two to 14 hours after

exposure to cold weather and usually affect the hands, ears, lower legs, or feet.

Symptoms include:

- Local redness and swelling.
- Skin bumps.
- Changes in sensation, such as itching.
- Tender blue bumps that develop after rewarming.

- Blisters and ulcers (in severe cases).

Treatment includes rewarming the affected areas, caring for any blisters that form, and avoiding re-exposure to cold.

Trench foot

Trench foot (immersion foot) is a cold weather injury that occurs gradually over several days of exposure to cold, but not freezing temperatures. The name comes from World War I troops who developed symptoms after standing in cold, wet trenches. Signs and symptoms of trench foot include:

- Red skin that turns pale and swollen.
- Numbness or burning pain.
- Leg cramps.
- No actual freezing of the skin.
- A slow or absent pulse in the foot.
- Development of blisters or ulcers after two to seven days.

First aid for trench foot focuses on re-warming the affected areas, relieving pain and preventing complications such as infection or tissue death.

Frostbite

Frostbite is initially diagnosed based upon your symptoms and a physical examination. Imaging techniques may be used to determine the severity of tissue damage three to five days after re-warming. After one to three weeks, imaging may also be used to evaluate condition of blood vessels that may have been affected and to identify areas that may need to be amputated.

Do not rub the affected area because this may increase damage to the tissue. Do not use a heating pad, heat lamp, stove, fireplace, or radiator to re-warm the affected area; these may warm your skin unevenly or may burn your skin, particularly if it's numb and you cannot tell how hot your skin is getting on the surface.

If the skin tingles and burns as it warms, circulation is returning. The skin may turn red but should not blister or swell. If the skin does not seem to warm, if it remains numb, or if it blisters or swells, seek immediate medical attention.

Frostbite requires emergency medical care. If you think you may have frostbite, get out of the cold as soon as possible.

If you cannot get medical help immediately and there's no risk that the area might be refrozen before you get help, warm the affected area as you would for frostnip.

If the affected area might be refrozen before you get medical help, do not warm it; this greatly increases the risk of damage. Also, do not walk on frostbitten feet or toes unless absolutely necessary.

Hypothermia

Hypothermia is a condition of body chilling that occurs when the body loses heat faster than heat can be produced by muscle contractions, metabolism, and shivering. A normal rectal body temperature ranges from 97.6 F (36.44 C) to 99.6 F (37.56 C) and for most people is 98.6 F (37 C).

Hypothermia is more likely to occur when a person is exposed to cold air or water, especially in wind and rain. Early symptoms of Hypothermia:

- Shivering
- Cold, pale, or blue-gray skin
- Lack of interest or concern (apathy)
- Mild unsteadiness in balance or walking
- Slurred speech
- Numb hands

Late symptoms of Hypothermia

- Trunk of the body is cold to the touch.
- Muscles become rigid.
- Slow pulse
- Breathing is shallow and at a slower rate.
- Weakness or drowsiness
- Confusion
- Loss of consciousness
- Shivering may stop if body temperature drops below 90 F (32.22 C)

Early recognition is very important for the treatment of hypothermia. If someone begins to shiver violently, stumble, or respond inappropriately to questions, suspect hypothermia and warm them quickly. Medical treatment depends on the severity of the hypothermia. Treatment of mild hypothermia includes getting out of the cold or wet environment, using warm blankets, radiant heat, and hot water bottles. Moderate to severe hypothermia generally is treated in a hospital, where health professionals can give warmed intravenous fluids and humidified oxygen in addition to other treatment to warm the core body temperature. Most healthy individuals with mild to moderate hypothermia recover completely without permanent injury.

Cold Weather Accidents

There is a problem with slips, trips, and falls every winter. Water collects on stairs and paths, ice forms then Soldiers slip and slide sometimes with painful results.

Pulled muscles, sprains, and even broken bones can result.

Many Soldiers are routinely on patrol nearly every day. Should your vehicle break down on the side of the road you may be waiting for assistance for possibly several hours so you need to be prepared for any emergency.

Staying aware of your surroundings and keeping your 'head in the game' will help everyone get home safe.

For more information about cold weather safety, see your safety officer or visit the CHPPM website at chppm-www.apgea.army.mil for additional information on these topics.

Note: Spc. Lynette Hoke, KFOR 6B, contributed the basic information for this article.



Task Force Saber Soldiers play a game of soccer with the students and faculty from the Korriku school. The new fence can be seen in the background.

TF Saber: Building fences make for good neighbors

STORY AND PHOTOS BY
SGT. ANTHONIE SEYMOUR

Members of Kosovo Force (10) Multi-National Task Force (East) Soldiers from Task Force Saber were recently honored during a small thank-you ceremony after the completion of a new fence at Korriku school in Pozharan/Pazaranje, Kosovo.

Soldiers from Saber's, Bravo Co., inherited the project after the previous rotation's task force, TF Bayonet laid the groundwork for raising the funds.

On passing responsibility from one rotation to another, Saber stepped up to finish what their predecessors began. They started by raising the rest of the funds needed to build 300 meters of fence separating the school from a busy roadway.

On accepting this responsibility the Soldiers also decided to adopt the school.

"This has been one of the projects that spanned two rotations," said Maj. Bruce Becker, a TF Saber civil military operations officer.

"It was originally submitted by KFOR9, and then carried into our rotation, KFOR 10. It takes awhile for these projects to be approved, for the funding to be awarded and to go through the contracting process. A lot of that was happening during the rotation changeover. We had to follow up to make sure everything was completed and carried through."

He said the old fence did little to keep students in or to keep anyone or anything out.

"Constructing the fence contributes to the safety of the children by keeping them out of the roadway, and keeping the balls from leaving the playground and the kids from following them," He said.

Becker added that the fence also keeps the schoolyard from becoming a parking lot.

"The roadway borders the school property and the people gather there during the local



Pfc. Reyes Guitierrez, schools a Korriku, Pozharan/Pazaranje student in the American art of "hand-jive" and the giving of "dap."

market day. People from the market were parking their cars on the school yard and coming onto school land."

The new fence is just one more way Becker said that MNTF-E is keeping its promise to provide both a safe and secure environment.

"The fence ensures that the school children have a safer environment in their school," he said.

"It lessens the risk of a child being hit by a car on the street, and it makes it easier to secure the schoolyard to ensure that unnecessary people aren't on the school property when school is in session."

With their children safer, the school's faculty members are able to place more attention on the children's education.

"Now it's better for the teachers because the kids can't wander off," said Cpl. Jason

Sainz, of Task Force Saber, Co. C. "The teachers can teach without having to worry so much, because it's easier to keep accountability. Fewer faculty are needed to keep their eyes on the children, and more of them can be in the classroom."

The fence also stands as a constant reminder of the ongoing relationship MNTF-E has with the Pozharan/Pozarnje community and the Kosovar people, but Becker says that it's only a start.

"This is a Saber-adopted school, and now that we've stepped into that role, we're trying to implement programs getting Kosovo Police Service and firefighters to come to the children with lessons for traffic and fire safety," Becker said. "We show these local institutions in a positive light to the kids and the civilian populace by coordinating these issues and getting the police department, fire department and members of local government to do the talks.

Sainz said that it is crucial to reach this audience now.

"These kids are next in line for leadership. If we don't relate to them now, and instead, try to relate to them 20 years from now, what benefit will that be to anyone?" he said. "Hopefully, years from now they'll remember that we were here to help. One day these children may be teachers, or the principal, and they'll remember that we really did help."

Pfc. Reyes Gutierrez, TF Saber, Co. C., said that adopting and helping these schools has a rippling effect.

"With this fence, we're helping out the kids, the teachers, the school and the town."

Becker thanked the teachers after the ceremony saying that the rewards were worth the cost.

"We enjoy spending time with you, and we're glad we can help you," We like making your job easier and providing a better environment for the children," he said. 🇺🇸

EARLY = Survival DETECTION

STORY AND PHOTOS BY
PFC. LINDSEY M. FRAZIER

In 2008, it is estimated that 182,460 women will be diagnosed with breast cancer and 40,480 will die from it in the United States alone, according to the National Cancer Institute. Breast cancer is less common among men than woman, but approximately 1,990 cases will be diagnosed among men in the United States.

Cancer is a term used for diseases in which abnormal cells divide without control and are able to invade other tissues. Breast cancer forms in the tissues of the breast, usually in the ducts (tubes that carry milk to the nipple) and lobules (glands that make milk).

Proactive measures you can take for detecting breast cancer is giving yourself a breast exam every month, having your doctor check your breasts and starting around the age of 40 having regular mammograms.

"Have a yearly mammogram if you're over 40 and DON'T miss them," said Sgt. 1st Class Gayla Hoskins, who's a 5-year breast cancer survivor with Task Force Falcon.

Hoskins explained how she missed her mammogram appointment in November 2003 and when she went back in May her lump was detected. "The radiologist told me that had I kept my appointment in November he probably would not have been able to see my cancer and it would have doubled in size by the time November came back around; I guess being late for my appointment was a blessing."

Hoskins never let her cancer slow her down. Even though she would get physically drained at times, she kept working full time for the Missouri National Guard.

"The guard and fellow co-workers were very supportive, especially during the radiation and chemotherapy," said Hoskins.

During Breast Cancer Awareness Month, Fran Drescher, an actress best known for her role in "The Nanny", a sitcom comedy series, visited Kosovo for three days as part of the Balkans Breast Cancer Initiative (BBCI), a partnership to raise breast cancer awareness in Kosovo and the Balkans region.

Drescher, now a cancer survivor and activist, was diagnosed with uterine cancer in 2000. Two years after her diagnoses she wrote about it in a book entitled "Cancer Schmancer".



Actress Fran Drescher speaks to Kosovo Force 10 soldiers at Camp Bondsteel during her visit to Kosovo as part of the Balkans Breast Cancer Initiative.

During her book tour she spoke with many women that had the same experiences with trying to get the right diagnoses. She realized that this was the beginning of a life long mission to improve women's health care in America. Drescher is now the founder and president of the Cancer Schmancer Movement, with a mission to ensure that all womens' cancers are diagnosed in Stage 1, when it is most curable.

During Drescher's final day in Kosovo she ended her stay with a visit to Camp Bondsteel, where she met with Soldiers, many of whom were cancer survivors or have been affected by cancer, and answered general cancer related questions that the Soldiers had.

"Early detection equals survival," repeated Drescher to the audience.

Drescher explained how it took two years and eight doctors before she learned that she had a gynecologic cancer. As a result of her experience, she wrote her book telling her story with the hopes to prevent what happened to her, from happening to others.

After Drescher won her audience with both humor and seriousness the Soldiers got the opportunity to meet her, have a picture taken with her and also receive an autographed photo.

Hoskins said, "I think it's wonderful that she's utilizing her resources for cancer awareness."

Drescher and Hoskins both emphasized the sooner it's diagnosed the easier it is to cure.

"I just love the word cure; it's a wonderful word," said Hoskins. 🇷🇸

FACTS

🎀 Every two minutes a woman is diagnosed with breast cancer.

🎀 One woman in eight who lives to age 85 will develop breast cancer during her lifetime.

🎀 Breast cancer is the leading cause of death in women between the ages of 40 and 55.

🎀 Seventy percent of all breast cancers are found through breast self-exams. (Not all lumps are detectable by touch)

🎀 Eight out of ten breast lumps are not cancerous.

🎀 Mammography is a low-dose X-ray examination that can detect breast cancer up to two years before it is large enough to be felt.

Incidence Rates by Race	
Race/Ethnicity	Female
All Races	126.1 per 100,000 women
White	130.6 per 100,000 women
Black	117.5 per 100,000 women
Asian/Pacific Islander	89.6 per 100,000 women
American Indian/Alaska Native	75.0 per 100,000 women
Hispanic ^b	90.1 per 100,000 women
Death Rates by Race	
Race/Ethnicity	Female
All Races	25.0 per 100,000 women
White	24.4 per 100,000 women
Black	33.5 per 100,000 women
Asian/Pacific Islander	12.6 per 100,000 women
American Indian/Alaska Native	17.1 per 100,000 women
Hispanic ^b	15.8 per 100,000 women
http://seer.cancer.gov/statfacts/html/breast.html	
These rates are based on cases diagnosed and who died in 2001-2005 in the US	

Ten Miles, No Sweat

STORY AND PHOTOS BY SGT. 1ST CLASS CRAIG L. COLLINS

The smell of Ben-Gay and Aspicream was strong in the South Town Gym as runners readied their bodies to perform. Stretching muscles and warming up joints, participants representing the militaries of Austria, France, Germany, Hungary, Italy, Ireland, Lithuania, Poland, Slovenia, and the United States, along with a number of civilians, prepared to race.

Cloudy skies, strong winds, cool temperatures and high humidity made for challenging running conditions. A hard west wind blasted 153 runners as they made the first turn of a hilly, curvy ten-mile road course during the annual Army Ten Miler Shadow race held at Camp Bondsteel, Kosovo October 5th.

The Army Ten Miler has been run in Washington, D.C. every year since 1985, with the exception of 2001. This year more than 26,000 runners finished the relatively flat course with the overall winning time at 49:00.

There are numerous categories for runners to enter in including individual by sex and age, and team events broken down by military categories and civilian

categories. There is also a wheelchair category.

Chief Warrant Officer 2 Mitchell Simpson, Multi-National Task Force-East, Task Force Falcon, is an Army Ten-Miler veteran. By his count this was at least his sixth running of the event. In 2006 and 2007 his team represented the Missouri Army National Guard and finished first in the National Guard mixed team category both years.

His personal best time is approximately 1 hour, 8 minutes. But today's race was a little different for him.

Due to an injury and just returning to Bondsteel from rest and recuperation leave, he is just getting back to running. For him, this was more of a chance to see where he stands and relieve some stress.

"Running is about the only way for me to relieve stress right now," Simpson said.

"It's just a way to get away from it all and get your mind on something else; see something besides your computer screen and the four walls of your office."

Simpson completed the shadow Ten Miler with a time of 1:30:42 this year. The overall and male winner of the



Hungarian Army member Sandor Konor, in orange, continues to extend his lead during the 2008 running of the Army Ten Miler Shadow Run.

Camp Bondsteel event was Sandor Konor of the Hungarian Army with a time of 1:01:32. The top female runner was Andrea Bohme with a time of 1:14:42.

The Multi-National Task Force-East Commander, Brig. Gen. Larry D. Kay, presented the awards in the many categories represented by the wide variety of participants. 🏆

Participants of the 2008 Army Ten Miler Shadow Run take the first of many strides over a hilly course in and around Camp Bondsteel.



Canines take flight

STORY AND PHOTOS BY
SGT. TY STAFFORD

It's a bird, it's a plane. It's a flying dog?

That's exactly what some people saw as the Multi-National Task Force-East K-9 unit and the Veterinarian's office linked up with a Medical Evacuation (MEDEVAC) crew from Task Force Blackhorse in early October to perform hoist training on Camp Bondsteel.

For the MEDEVAC crew, this was their first time working with the dogs.

"It was a learning experience for all the crewmembers. We had to solve the problems of getting the dogs on and how to secure them and the handlers in the aircraft," said Chief Warrant Officer John Wurtz, who was one of the pilots during the training.

Wurtz explained the hoist is primarily used to extract casualties, including animals out of densely wooded areas, cliffs and

waterways.

"Pretty much anywhere we cannot land we will have to use a hoist for extraction," he said.

"Everyone focuses on people [during MEDEVAC] and they [the dogs] are just as important," said Maj. Dana Dobbs, MNTF-E Veterinarian.

The training was important because the K-9 handlers may be required to track missing persons or assist local authorities in fugitive apprehension in densely wooded and remote areas where injuries to the handler or the dog may occur.

The hoist training was conducted in three phases: crawl, walk and run.

Crawl Phase

During the crawl phase, the handlers were oriented on the UH-60 which is modified to medical evacuation configuration and became familiar with the hoist system. Once the handlers felt completely comfortable with the system they strapped themselves

to the hoist and practiced entering and exiting the helicopter via the lift system.

Next, the handlers brought their dogs to the helipad and began orienting the dogs to the helicopter. Each dog was placed in the harnesses and was then hooked to the hoist by a carabineer.

The handlers took turns practicing entering the side door with their dog and how to properly unhook and move to the seated position inside the helicopter.

Walk Phase

After a few dry runs, the MEDEVAC crew fired up the engines and each handler practiced approaching the helicopter to help the dogs get used to the whirling blades and the noise.

Run phase

After completion of the approach techniques the handlers and the helicopter moved to an open field on Bondsteel to begin the actual extraction training.

During the training, the crew lifted the handlers first without their canine partner which helped acquaint them to the extraction system.

Going up without their dogs allowed the handlers to get a feel for how the system works and the effects of the wind as it spins the body while in the air.

The dogs were then brought in and each handler performed an extraction twice; the first time from a lower elevation and the second from a higher elevation.

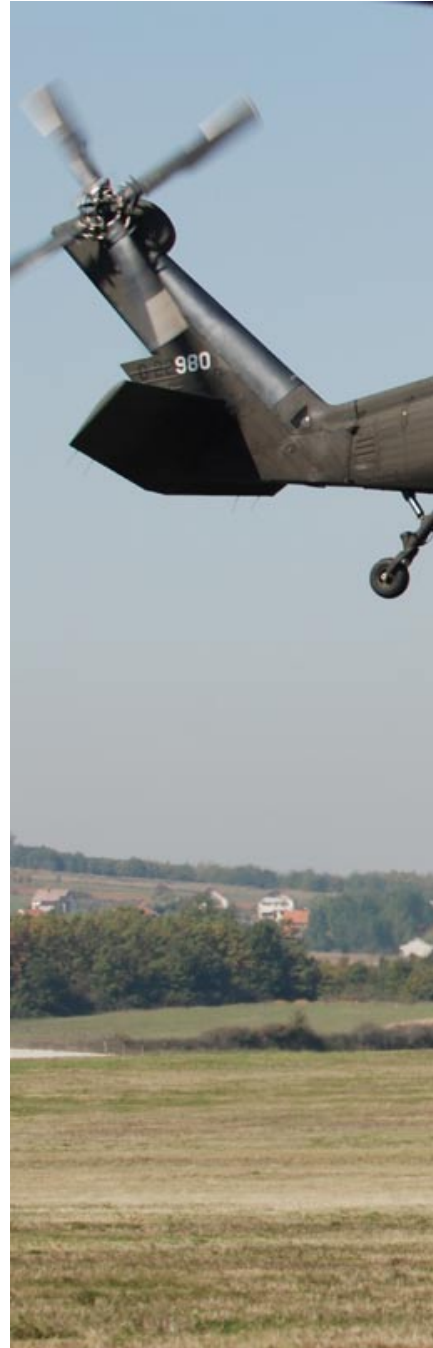
The helicopter crew made a circular pattern around CBS after the first lift to help the dogs gradually feel more comfortable in the air.

All the crewmembers agreed that the dogs were absolutely great during the training.

"Everything went really well. It was new for all of us dealing with the canines. You can't talk to them like you would a person, so trying to situate them and anticipate how they are going to react was different," said Staff Sgt. Clint Vervoren, a crewmember during the training.

"We had everyone's safety in mind during the training. Having the dogs just added another element to the situation," Vervoren said.

"It was a lot of fun. Here in Kosovo we have the time



Staff Sgt. Clint Vervoren, TF Blackhorse MEDEVAC crewmember, demonstrates how to sit on the hoist during orientation for the K-9 handlers.

and resources to do this type of training," said Staff Sgt. Shaun Crouse, K-9 handler and the noncommissioned officer-in-charge.

"I thought it was outstanding. The best part of the training was we actually did the crawl, walk and run phase. I think what we identified the best during training were the bugs, so we can be more efficient the next time. I've been in for 20 years now and this was some of the best training I've ever had," Dobbs said.

All members participating in the training agreed they would like to conduct the training again when possible.

"We would definitely do it again and it would be nice for all the other crews to work with them [dogs] so everyone can get a feel for it," Vervoren said. 🐕



Above: As the UH-60 Medical Helicopter hovers, Vervoren hooks Staff Sgt. Shaun Crouse and his dog, Johnson, to the hoist.

Left: Crouse lends a hand to Sgt. Bryan Caloway as he places his dog Rena in the harness during hoist training at Camp Bondsteel.

Lost in Translation

STORY AND PHOTOS BY PFC. LINDSEY M. FRAZIER



Steve Reynolds, voice response translator trainer, instructs Soldiers from various task forces on how to use the VRT.

Imagine yourself in a foreign country as a U.S. Soldier trying to communicate with the local populace. Some may like you and others may not; either way you don't know and don't want to find out by simply saying a wrong phrase.

One of the biggest difficulties for Soldiers trying to complete their mission on a deployment is the communication barrier.

The military's main solution for that is the use of interpreters, but with technology improving everyday, a small handheld device weighing only 11 ounces could help break that barrier.

The Voice Response Translator (VRT) is a one-way, hands and eyes free translator used to communicate with people who don't speak English. The small system is 3 inches in width and almost 5 inches in length.

With the VRT being constructed of highly rugged materials it's resistant to

environmental conditions including heat, cold, sand, salt water, shock and electrostatic discharge.

The VRT is small enough to fit into a pocket or slide into an ammo pouch. It has an attached headset with earphones and a microphone to speak commands into.

The system also comes with a megaphone that attaches to the VRT that can project the commands over loud noises or a long distance.

"The VRT itself could easily fit into a spare MOLLE pouch and you can sling the megaphone [if you are using it]," said Staff Sgt. Joshua Ferguson, Task Force Thunder training noncommissioned officer. "By itself, it's not a hassle to carry, but with everything else a soldier carries, it could become cumbersome."

The user must train their voice to the phrases, controls and commands located in the program.

There are approximately

350 general military phrases loaded into the program.

There are also 11 different categories of phrases that are mission related and 25 languages that the phrases can be translated into.

For example if the user is a medic, there is a medical group. Under that group there are medical related phrases.

For each phrase the user would just say one or two words and the VRT would recognize the voice and say the phrase. If the user said "pain" the VRT would say, "do you have pain?"

"The toughest part is remembering the commands for operating the VRT," said Ferguson.

"It would just take some practice to get them down."

Each device can be



■ The voice response translator body weighs 11 ounces and is 3 inches wide and 4 3/4 inches long with a speaker on the front to project the phrases.

programmed with up to eight different people.

If a ninth person needs to be programmed, one of the eight will be erased and a new person will have to program their voice.

To program your voice you must read the commands out loud before starting to train the “translator”.

The device will take you through the program saying a word and have you repeat it. You repeat the words like you would say them based on the type of situation or environment you might be in.

“The ease of operating the VRT just depends on who you are,” said Ferguson.

“Some people have a difficult time getting it to work, while other people don’t have any trouble at all.”

“Using a clear, natural command voice gives you the best outcome,” said Jerry Edelblute, a VRT trainer.

Two trainers, Edelblute and Steve Reynolds from Va., came to Kosovo to train Kosovo Force 10 Soldiers on how to operate the VRTs. They work for the Army Space Program Office (ASPO) at Ft. Belvoir, Va.

“I think it will come in handy in a lot of situations,” said Sgt. Nathan Jennings, team leader in TF Thunder.

“Our interpreters are great, but sometimes we may have a Serbian interpreter and the locals might be Albanian. Sometimes they stop us for information and it can be hard to communicate with them.”

Jennings said that it would help out at traffic control points (TCP) and it would help out in



crowds. When doing TCPs it would be much easier just to have your interpreter record a phrase that says “please step out of your vehicle with your

I.D., open all doors including the trunk and the hood and glove box”.

Recording your own phrases in the VRT is also an option.

Having a phrase like “Step out” may help the Soldier maintain a safe distance from vehicles and potential harm.

“The VRT has the potential to be a very useful tool if utilized properly. Helping KFOR Soldiers on specific missions, such as UXO (unexploded ordnances) identification, vehicle checkpoints, etc.,” said Ferguson.

“It’s a well made device, however, I think it will be a long time before something like this could come close to being able to replace a human translator.”

There are 17 VRTs available that KFOR 10 will disburse throughout the task forces.

As of now, TF Saber and Thunder will receive five each, TF Falcon will receive two and TF’s Blackhorse, Guardian, Med Falcon, Explosive Ordinance Disposal, and Regional Liaison Monitoring Team will all receive one each, said Sgt. Major Christopher Jewett, TF Falcon’s operations sergeant major.

“Even if Soldiers don’t think so now, when they get out there and start using it they will find that the VRT is more useful than they thought,” said Jennings.

“I know that I would love to have one for a while so I can really play with it and use it, I think then I could tell you how much I like or dislike it.”



Above:
Staff Sgt. Joshua Ferguson, S-3 training noncommissioned officer, and Staff Sgt. Allen Godsey, battalion tactical operations center noncommissioned officer, both with Task Force Thunder, repeat the provided phrases into the voice response translator to train their voices into the program.

Left:
Jerry Edelblute, voice response translator trainer, shows Sgt. Lacy Jensen, Task Force Blackhorse crew chief, how to get started on the VRT.

THUNDER



CHALLENGE

STORY AND PHOTOS BY
PFC. LINDSEY M. FRAZIER

What does throwing a football, hanging from monkey bars and tying knots have in common? Well, they're just a few events that Soldiers from Task Force Thunder competed in during a battalion challenge at Camp Bondsteel.

The challenge stretched over two-days with 15 different events testing the endurance, strength and heart of more than 30 Army strong Soldiers.

"My favorite part was watching these guys out here push themselves to the limit," said Capt. Steve Brothers, Thunder's information operations officer. "And do the things I don't even believe they knew they could do."

The Soldiers signed up for the challenge in pairs and had over a month to train for the various events.

"I studied the knots and the warrior tasks," said Sgt. James Henry, a chaplain's assistant. "I already run a lot, so other events like the road march I just winged."

The first day's events included a 3-mile run, a test of their muscle strength by hanging from the monkey bars, being able to catch and throw a football in a specific amount of space, a full-battle-rattle-race, shooting free throws on the basketball court, a written test and weightlifting.

"The monkey bar hang was one of those events that I don't think very many people tried to do prior to the competition," said 1st Lt. Daniel Richard, Alpha Battery executive officer. "Capt. [Gary] Cross and I closed our eyes and literally just hung there until we felt our time was ahead of the others."

The second day's events consisted of both an up and downhill race, horse shoes,

accuracy of hitting and throwing a baseball, weapons assembly, knot tying and a six-mile road march that had a golf challenge at the half-way point.

Each event had different rules and guidelines with an added twist. For example, soldiers participating in the basketball event had to wear an improved outer tactical vest and Kevlar which had many Soldiers shooting short.

"Several teams shots fell short of the goal, ours included," said Richard.

"I thought I put enough extra effort into shooting but the weight of the vest had a deceiving effect. We were not permitted any practice shots so we had no

idea how much extra effort was needed."

"The challenge was very tiring and very challenging and nobody got hurt, which was the most important part," said Brothers.

"I think it went very well and the guys will talk about this for a long time."



1st Lt. Rick Frese and Capt. Larry Nanneman cross the finish line in the 3 mile race.



Clockwise from left: Staff Sgt. Jeremy Doss, Staff Sgt. Kermit Simmerman, Capt. Steven Brothers and Capt. John Rote, were timed while they assembled a M-4, M249 and a M9.



THUNDER CHALLENGE TOP FOUR

1st place

Capt. Gary Cross and 1st Lt. Daniel Richard

2nd place

Sgt. Christopher Draper and Spc. Michael Clauder

3rd place

Sgt. Tyler Ritenour and Spc. Joshua Mawby

4th place

Capt. Larry Nanneman and 1st Lt. Rick Frese



Top Left: Soldiers work as a team to see how long they can "hang in" there together during the monkey bar hang.



Top Right: Teams race to put on correct uniforms with IOTV, kevlar, gas mask and a ruck sack, then race to the finish line.



Below: Sgt. Tyler Ritenour leads the way as they raced from the softball field to the Thunder area of operations.



Above: Maj. James Knickerbock benches 60 percent of his weight as many times as he can for the weight lifting challenge.



Right: A six-mile road march was the last event for the challenge. Starting at Thunder's area of operation the Soldiers went around the perimeter of Camp Bondsteel, stopping half-way at the softball field for a golf challenge. From there the road march continued up radar hill and back to where they started.



Right: Wearing a kevlar and IOTV, Soldiers tried to make as many baskets as possible without missing; as soon as a basket was missed that team was done.

Far Right: Staying inside the boundry line, Pvt. 1st Class Michael Jessa, throws a football to his partner to test his accuracy.

Below Right:

Trying to keep his toes inside the boundry line, Lt. Col. John Parker dives for the football.

For one of the mystery challenges, Capt. John Rote puts his horseshoe throwing skills to the test.



PHOTOS AND GRAPHIC BY STAFF SGT. JASON D. STAREK



OCTOBER

DECEMBER

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

STCC—South Town Civic Center
STFC—South Town Fitness Center
NTCC—North Town Civic Center
NTFC—North Town Fitness Center

NOVEMBER 2008

S	M	T	W	T	F	S
2	1800-Karaoke- STFC 1900- Table Tennis Singles Challenge NTCC	3 1700- Martial Art Training 1800-Turbo Kick STFC 1800-2100 Basketball NT-GYM 2000 – Nintendo Wii Cross Bow Shootout NTCC	4 1800- Basic Self Defense-STFC 1900- Darts-STCC 2000- Actors Guild-STCC 2000 - Chess Tournament NTCC 2000 X-Box Dance Revolution	5 1700- Martial Art Training-1800-Turbo Kick STFC 2030- Pool League-STCC 1800 –2100 Basketball NT-GYM 2000 – Women’s Billiards	6 1800- Basic Self Defense-STFC 2000- Open Mic Night-STFC 2000 – Guitar Hero Contest NTCC	7 1700- Mixed Martial Art Training-STFC 2000-Salsa DJ Night-STFC 1800 –2100 Basketball NT-GYM 1900 – Nintendo Wii Boxing NTCC
9	1800- Karaoke- STFC 1900 Table Tennis Singles Challenge NTCC	10 1700- Martial Art Training-1800-Turbo Kick STFC 2000- BINGO-STFC 1800 –2100 Basketball NT-GYM 2000 – Nintendo Wii Cross Bow Shootout NTCC	11 0700 Veterans Day 5K Fun Run STFC (t-shirt) 1800- Basic Self Defense-STFC 1900- Darts-STCC 2000- Actors Guild-STCC 1900 - Chess Tournament NTCC	12 1700- Martial Art Training-1800-Turbo Kick STFC 2030- Pool League-STCC 1800 –2100 Unit Level Basketball NT-GYM 2000 – Women’s Billiards	13 1800- Basic Self Defense-STFC 2000- Open Mic Night-STFC 2000 – Guitar Hero Contest NTCC	14 1700- Mixed Martial Art Training-STFC 2000- Salsa DJ Night- STFC 1800 –2100 Unit Level Basketball NT-GYM 1900 – Nintendo Wii Boxing NTCC
16	1700- Mixed Martial Art Training-STFC 2000-Salsa DJ Night-STFC 1800 –2100 Unit Level Basketball NT-GYM 1900 – Nintendo Wii Boxing NTCC	17 2000- BINGO-STFC 1800 –2100 Unit Level Basketball NT-GYM 2000 – Nintendo Wii Cross Bow Shootout NTCC	18 1800- Martial Arts-STFC 1900-Actors Theater Meeting-STCC 2000- Running & Walking Club-NTCC	19 1800-Turbo Kick with Margaux-STFC 2000-Darts Rec Club -NTCC	20 1800- Martial Arts-STFC 2000- Open Mic Night-STFC 1900- Monthly Birthday-NTCC	21 2000- Friday Night Open Air Movies-STFC 2000- Rock Music DJ Night-STFC 2000 Texas Hold'em Tournament-NTCC
23/30	1800-Karaoke- STFC 2000-Sign up deadline for Ping Pong-STFC	24 1700- Martial Art Training-1800-Turbo Kick STFC 2000- BINGO-STFC 1800 –2100 Unit Level Basketball NT-GYM 2000 – Nintendo Wii Cross Bow	25 1800- Basic Self Defense-STFC 1900- Darts-STCC 2030- Ping Pong Singles Tournament-STFC 2000-Sign up deadline for Chess Tournament-STCC	26 1700- Martial Art Training-1800-Turbo Kick STFC 2030- Pool League-STCC 1800 –2100 Unit Level Basketball NT-GYM 2000 – Women’s Billiards	27 1800- Basic Self Defense-STFC 1900- Chess Tournament-STCC 2000- Open Mic Night-STFC 2000 – Guitar Hero Contest NTCC	28 2000- Salsa Night-STFC 1800 –2100 Unit Level Basketball NT-GYM 1900 – Nintendo Wii Boxing NTCC 2000 – 8 Ball Billiards Tournament M/W NTCC

S	M	T	W	T	F	S
						1 2000- Texas Hold'em STCC 2100- R&B DJ Night STFC 1900 Night Owl Bingo NTCC 2000 Risk Tournament NTCC
						8 2000- Texas Hold'em- STCC 2100- R&B DJ Night-STFC 1900 Night Owl Bingo NTCC 2000 Risk Tournament NTCC
						15 2000- Texas Hold'em-STCC 2100- R&B DJ Night-STFC 1900 Night Owl Bingo NTCC 2000 Risk Tournament NTCC
						22 2000- Saturday Night Movies-STFC 2000- Texas Hold'em Society – STCC (2000- Texas Hold'em Tournament Sign Up Deadline-STCC) 2000- R&B DJ Night-STFC
						29 2000- Texas Hold'em -STCC 2100- R&B DJ Night-STFC 1900 Night Owl Bingo NTCC 2000 Risk Tournament NTCC



MNTF-E hosts

"Eastern Shootout"

BY SGT. TY STAFFORD

Representatives from the multi-national task forces within the Kosovo region converged upon Camp Bondsteel to showcase their weapons skills during the "Eastern Shootout" competition hosted by the MNTF-E commander Brig. Gen. Larry D. Kay.

The "shootout" was designed as a setting to bring the other commanders within Kosovo Forces (KFOR) to Camp Bondsteel to build the relationships between the sectors. The days events included qualifying with both the American and German handguns and rifles.

"Establishing the foundations for a good working relationship takes time and effort. The Eastern Shootout was a way for the command teams of KFOR to get together, build camaraderie and have a shared experience of friendship," said Kay.

Kay added, "We are stronger because we

took the time and made the effort to place the importance of the relationship first."

During the first part of the day participants qualified on the M9 and M4 firing both at 25 meter paper targets on Range 7.

Following the American weapons systems qualification, the participants fired the German firearms, the P8 and G36 rifle which allowed them to earn the Schutenschnur badge in either Gold or Silver.

The range was run by members of Task Force Saber, who also set up static displays of crew-served weapons and a Bradley Fighting Vehicle.

Concluding the days events was a dinner and awards ceremony where the qualifiers received the U.S. marksmanship badges from Kay and the Schutenschnur badge from Deputy Chief of Staff for Operations, Kosovo Forces, Brig. Gen. Bernhard Liechtenauer.



PHOTO BY COMMAND SGT. MAJOR MIKE LEDERLE

Brig. Gen. Gianfranco Di Luzio, deputy chief of staff MCA, receives a tour of a Bradley Fighting Vehicle set up by TF Saber Soldiers.



Soldiers from the various multi-national task forces within Kosovo fire the M9 pistol.



PHOTO BY COMMAND SGT. MAJOR MIKE LEDERLE



PHOTO BY SGT. TY STAFFORD



PHOTO BY SGT. TY STAFFORD



PHOTO BY SGT. TY STAFFORD

- Above: Multi-National Task Force-East commander Brig. Gen. Larry D. Kay passes out certificates and badges to members of the Tactical Reserve Manoeuvre Battalion (KTM).
- Top Right: Spc. Jason Guthrie, Co. C, Task Force Saber, stands watch over Range 7 as he acts as a range safety during the "Eastern Shootout".
- Middle Right: Brig. Gen. Bernhard Liechtenauer, Deputy Chief of Staff for Operations for Kosovo Forces, fires the M4 rifle during qualifications. Shooters qualified with both American and German weapons.
- Bottom right: Master Sgt. Michael Tanner, the range non-commissioned officer-in-charge, gives a safety briefing to the "Eastern Shootout" participants.

A look at Taps: A salute to those who paid the price

Soldier gets to the heart of the matter

BY SGT. ANTHONIE SEYMOUR

When and where did you first remember really hearing it?

For me, it was a spring morning in 1995 at Arlington National Cemetery, Arlington, Va., I was a brand new Soldier fresh off the bus from Fort Benning, Ga.

I had been rushed through two weeks training, fitted with an enlisted dress blues uniform and handed an M-14 ceremonial weapon.

Because, at only 6-foot-tall, I was shorter than most in the Army's Honor Guard and I stood toward the rear of the formation. That was alright by me. I was still new and nervous about making mistakes during the full-honor funeral ceremony.

The bugler had always played Taps during the ceremony, but I still focused more on what commands might be coming next, remembering not to lock my knees, and keeping my weapon straight, to care about much else. Today's bugler caught my attention though. He started the normally stalwart tune feebly, but steadily getting louder.

I strained to see the family at the grave site, but the taller



"What's wrong? I whispered. "Kid's trying to play Taps at his pop's funeral," another voice said

"How old?" another, also blinded from the scene, queried. "Maybe 12," came the reply.

What does Taps mean to you?

But what should it mean to you as a Soldier?

For many Soldiers, it is not clear what it should mean. Others are unsure of what is proper and fitting to do when Taps is playing.

"Several of us were talking on our porch one night when Taps began playing at 2200 hours," said Sgt. 1st Class Heather Javersak, a training operations noncommissioned officer with Task Force Falcon. "Nobody knew what was appropriate. We weren't sure what the protocol was."

The subject came up again the next day in a similar conversation between Javersak and one of her Soldiers, Pfc. Christopher Morton.

The conversation ended with the curious Morton, an operations radio man, TF Falcon, being tasked with finding the military regulation about the playing of Taps at 10:00 p.m.

"When he came back, he had a list of regulations that seemed to be conflicting," Javersak said. "I wanted the truth about the song's intention so that Soldiers

could render the proper courtesy. What was the song written for?"

This meant that Morton had to dig deeper than just the Army's regulations on Taps to find the record behind this bugle call.

"The unique thing about Taps is its history," Morton said, "The nature of that history and the meaning of Taps is not clear to many of the Soldiers here at Camp Bondsteel."

A look at the history of Taps:

Morton's research, according to a U.S. Military Academy web site, <http://www.westpoint.org>, found that Taps as we know it, was birthed during America's Civil War, and while several accounts of the story exist, the most widely accepted, credits Brig. Gen. Daniel Butterfield with today's version.

Butterfield, who would eventually be awarded the Medal of Honor for his actions during the 1862 Peninsular Campaign's, Battle of Gaines Mill, felt that the original bugle call for "Extinguish the Lights," or "lights out" was too formal.

During the same campaign, the Union Army retreated and battled the Confederates at their heels until Harrison's Landing, Va., where the Seven Days Battle finally ended.

It was here, in relative safety, after having lost more than 16,000 men in the previous days' fighting, that Butterfield and his bugler, Oliver Norton, altered the notes of a pre-existing bugle call to create Taps as we know it today.

Years later, Norton would say in *Century Magazine*, "After getting it to his satisfaction, he directed me to sound that call for Taps thereafter in place of the regulation call.

"The music was beautiful on that still summer night, and was heard far beyond the limits of our brigade."

The call would gradually be taken up by the Union's Army of the Potomac and would become popular throughout the Confederate's ranks as well.

In light of the fact that these 24 haunting notes were written in the aftermath of battles that produced over 26,000 casualties

Nobody knew what was appropriate. We weren't sure what the protocol was."

-Sgt. 1st Class Heather Javersak

Soldiers with their weapons at the position of Present Arms made this difficult. The bugler stopped mid-tune, and I began to hear muffled sniffing, and some encouraging words from the Soldiers to my front.

"You can do it. Keep on," one Soldier said under his breath.

At this, I had to know what was going on.

When he finished there wasn't one dry-eyed Infantry Soldier in the formation.

During the next three years, I would often hear Taps being played throughout Arlington Cemetery and adjoining Fort Myer, and from that day to this, the doleful tune has been synonymous with sacrifice for me.

Soldiers of the 3rd U.S. Infantry fold the flag draped over the casket of formerly missing U.S. Army Pvt. Francis Lupo in Arlington National Cemetery Sept. 26. Lupo was killed in World War I in 1918 in France. Taps is played as an honor to the fallen during funerals.



DOD PHOTO BY WILLIAM D. MOSS

for both sides, it would be no stretch to assume that Butterfield's bugle call is a solemn memorial to the once mighty, now fallen.

That is, at least, what Capt. John Tidball seemed to think when, days later during a Soldier's funeral, he substituted Taps for the traditional three volleys fearing that gunshots would renew fighting.

Butterfield himself would be laid to rest at West Point to the tune of Taps in 1901.

Morton said the tradition of playing Taps is alive and well and is heard during various ceremonies honoring America's Soldiers.

"Taps is not just played as lights out at 2200, it is also played as Honors for Fallen Soldiers," he said. "This usually takes place at funerals, but is also played at memorials and wreath laying ceremonies."

Because of the confusion concerning the meaning and purpose of Taps, Morton wrote a research paper to open some eyes.

"I didn't expect the paper. He went way above the

expectation," Javersak said.

"One group of Soldiers thinks the playing of taps here on Camp Bondsteel is in regards to lights out.

Another group thinks that the playing of Taps is in Honor to Fallen Soldiers. And, both could be theoretically right," Morton said.

Getting the word out on CBS

This still left Morton in the dark about what to do when he hear Taps playing in the night, so he approached Command Sgt. Maj. Mike Lederle, MNTF-E command sergeant major, about the dilemma.

"After seeing the work he'd gone through in writing the paper, Command Sgt. Major Lederle asked him to write up a recommendation about how the protocol should be," Javersak said.

Lederle, in turn, took the finished research paper and recommendation to MNTF-E commanding general, Brig. Gen. Larry Kay.

"So what's the proper thing to do?" Morton asked, and then answered in his paper.

"It should be the decision of our command, and our command states that Taps is



DOD PHOTO

■ A U.S. Army bugler plays "Taps" during a Wreath Laying Ceremony and on Veterans Day at Arlington National Cemetery.

being played as Honors."

Though we don't raise the flag at reveille or lower the flag at retreat while on Camp Bondsteel, (the flag is never lowered over a foreign American Army post, except on retreating from the field or when leaving permanently) the same honors given Old Glory during these ceremonies are extended to her when remembering our nation's men and women who paid the price for freedom – some with their

life's blood.

"The proper course of action to take while you are outside during the playing of Taps is to stop, go to the position of attention, and salute in the direction of the Flag, per Army FM 22-5, Drill and Ceremonies," Morton said.

Kay presented Morton with a general's coin for his initiative, saying that he learned something from the Soldier's paper. 🇺🇸

Soldier-Medics compete for Expert Field Medical Badge

BY SGT. TY STAFFORD
PHOTOS BY SGT. DAVID CHAPMAN

Recently, medics from the Multi-National Task Force-East's Task Force Thunder traveled to Grafenwoehr, Germany to compete with more than 80 U.S. Soldiers from across Europe for the Expert Field Medical Badge from Sept. 22 to Oct. 2.

The Expert Field Medical Badge, or EFMB, is earned after Soldiers complete what the EFMB Branch website refers to as, "a challenge to the professional competence and physical endurance of the Soldier-medic." Last year's worldwide success rate was 15.3 percent for completion.

"Anybody in a medical profession can go; doctors, nurses, dental techs. I felt good as a

National Guard Soldier getting it," said Sgt. Joshua Welch, who was one of three Soldiers from TF Thunder who participated. "They have not really seen National Guard Soldiers there so I think it went a long way to prove that the National Guard are as good as active duty medics," Welch said.

Welch and Spc.'s Kenneth Anderson and Scott Horr received the opportunity to vie for the badge when their section sergeant, Staff Sgt. Aaron Wickham heard about the competition.

"I had always known of the EFMB program, it is a very prestigious award for medics, next to the Combat Medical Badge, but as a National Guard unit, we really don't have the opportunity or funding to send medics to the competition," Wickham said. He added that in

Iraq, the mission tempo was too great to send medics to the competition, but that in Kosovo, other medics were able to cover down on their platoons so they could send three of them to the competition.

"I looked up the EFMB schedule for the Fiscal Year 2008 and there happened to be one scheduled for the end of September through the beginning of October. I knew that all of my medics could complete the competition and get the badge, but we couldn't send everyone. I did a kind of PT screening and chose the three highest PT scores among the medics and they were sent to Germany," he said.

Wickham and Staff Sgt. Josh Ferguson, the training noncommissioned officer-in-charge in the operations section, contacted the training site directly and coordinated with them to get the slots for the medics.

"I was surprised at how easy it was to enter the medics into the competition. It just takes a little time, caring and perseverance to make something like this happen for the medics. I had complete confidence they could pass the competition," he said.

"Most active duty medical sections place the EFMB training into a year-long training schedule," he said.

Wickham added that he thought it was outstanding that despite the medics having only two months to prepare for the competition upon learning of the slot availability, two out of three still received the badge.

During the first week of the EFMB, candidates are divided into platoons and receive training on the tasks needed to earn their badge. Training includes general medical and Soldier skills derived from the basic Warrior Task Training manual.

"The first week was standardization because we all train differently and the instructors wanted to make sure we performed the tasks the way it would be graded so everyone was on the same sheet of music," Welch said.

The course instructors, who have earned EFMBs of their own, train the candidates for the second week of the course in the hands on portion that involves candidates completing a written exam, combat training lanes, day and night land navigation and a 12-mile ruck march on the final day.

Prior training for the Kosovo peacekeeping mission helped the Soldiers during the EFMB.

"In our section we do a lot of training. Our section chief does a really good job with training. We also conduct CLS (Combat Lifesaver) training within the task force. I felt I had a step up going into the training. The three months of pre mob training really helped also," Welch said.

The written test consists of 60 questions on basic medical knowledge. Those who pass the exam move on to the next phase of combat training lanes (CTL).

Candidates must complete three CTL's with each lane having a combat-based scenario. During the CTL's, the candidates accomplished a variety of tasks to include individual movement techniques, obstacles, NBC tasks and even



■ Spc. Scott Horr, Task Force Thunder medic, moves under a barbed wire obstacle during the combat training lanes testing for the Expert Field Medical Badge held at Grafenwoehr, Germany.



communications tasks, with some lanes requiring them to complete as many as 16 tasks before the end.

“On one lane we had to reassemble a SINGARS [Single-Channel Ground-Air Radio System], load the frequency, call in a 9-line MEDEVAC [Medical Evacuation] and then set up an LZ [landing zone] with panels at the end,” Welch said.

All the lanes were designed to put the candidates in a situation very similar to those currently found in Operations Iraqi and Enduring Freedom and are designed to be both mentally and physically challenging.

“It’s a good mix of both. Your mind tells you to stop but you have to keep going,” Anderson said.

All tests were on an individual basis and the only support was from noncandidates (personnel not competing for the badge) who mainly helped with litter carries, Anderson said.

“There was also a time limit on all the lanes. If you didn’t make the time limit you were disqualified,” he said.

After completion of the lanes, the final stage was the 12-mile ruck march which had to be completed in less than 3 hours.

Thirty Soldiers attained the badge of the more than 80 Soldiers who participated. This was the highest percentage in the past 5 years.

“I thought it was fun, a good experience,” Anderson said. “I felt pretty good about it. The hardest part was trying to stay focused. You really can’t make mistakes,” Anderson said.

“I definitely feel my job [civilian] has helped me. I have been a civilian EMT [emergency medical technician] for 14 years. It’s a base curriculum for my MOS,” he added.

“All of our thanks go out to Staff Sgt. ’s Wickham and Ferguson because without them we wouldn’t have been able to go,” Anderson said. 🇺🇸

(Editor’s Note: Sgt. David Chapman is a public affairs specialist with the 30th Medical Brigade in Heidelberg, Germany).

■ **Right: Horr helps secure a casualty to a SKED during orientation training during the first week of the EFMB testing.**



■ **Left: Sgt. Joshua Welch, takes a minute to review his map during the land navigation portion of the EFMB test. Above: Spc. Scott Horr moves through smoke as he reacts to a scenario during the combat training lanes.**



Three change-overs one POLUKR battalion

Polish, Ukrainian and Lithuanian soldiers conduct transfer of authority ceremonies

BY MASTER SGT. MARY L. JONES

The Polish-Ukrainian battalion, which is made up of Polish, Ukrainian as well as Lithuanian soldiers and is part of the U.S.-led Multi-National Task Force-East, recently held transfer of authority ceremonies reigning in a new battalion of soldiers from Poland, the Ukraine and Lithuania.

The Polish contingency, which oversees the battalion, led the change-over when the joint battalion came together in formation at Camp Bondsteel and held the first of three transfers of authority Sept. 26.

The TOA marked the 19th rotation of incoming Polish soldiers since the battalion was stood up in 1997.

Brig. Gen. Larry D. Kay, MNTF-E Commander - who

ushered in the 16th rotation of U.S. forces to Kosovo since 1999 when the U.S. contingency TOA was conducted in July - was on hand for the ceremony.

Kay stood at the podium and rallied the battalion with the task force's motto, "Get It Done!" and the battalion in short-order echoed the motto in a resounding boom in their native language.

A small crowd of honored guests and fellow soldiers were on hand when the outgoing POLUKRBAT (the abbreviated name of the unit) commander, Lt. Col. Adradiusz Szkutnik officially relinquished the mission to incoming commander, Lt. Col. Andrzej Niemiec.

Highlighting the skills and mission experience Szkutnik and his team of soldiers brought to

peacekeeping operations here, Niemiec thanked them for their service and wished them a safe return.

"You and your soldiers are going back to our home country. I wish you all the best and many successes in the future," said Niemiec. "I know that the skills and experience you have gathered during your mission in Kosovo, you will use in future service."

Speaking to Kay specifically, POLUKRBAT Commander Niemiec spoke for himself and the battalion when he assured Kay, "As the commander I will make a great effort to carry out our mission perfectly."

Ukrainian TOA

Conducting a separate ceremony Oct. 10, the 11th rotation of Ukrainian soldiers conducted a TOA at Camp Breza, welcoming a new commander.

As the Polish and Ukrainian soldiers stood stoically in forma-



PHOTO BY MASTER SGT. MARY L. JONES

■ **The Lithuanian platoon-size contingent of MNTF-E POLUKRBAT recently conducted a transfer of authority ceremony Oct. 12 at Bondsteel.**

tion, distinguished military visitors representing the multi-national task forces throughout Kosovo including Kay, looked on as outgoing commander, Lt. Col. Alexander

Multi-National Task Force East commander, Brig. Gen. Larry D. Kay (center) passes the guidon to Lt. Col. Andrzej Niemiec (R), the incoming commander of the POLUKR task force.



PHOTO BY MASTER SGT. MARY L. JONES

Zagorodny, introduced the new commander, Lt. Col. Alexander Comisarov.

As he presented the task force to Comisarov, Zagorodny, who leaves for a position as the Deputy Commander 28th Separate Mechanized Brigade, talked about his time in Kosovo, emphasizing the great pride he feels after working within POLUKRBAT and Task Force East.

Comisarov leaves his position as Chief of Staff of the 25th Separate Airborne Brigade to lead Polish soldiers in POLUKRBAT. Speaking to the audience, Comisarov offered his devotion and full capabilities to soldiers, comrades and Commanding General Kay.

Lithuanian TOA

The playing of the republic of Lithuania national anthem marked the beginning of the TOA ceremony at Bondsteel, October 12, for the seventeenth rotation of Lithuanian soldiers – who make up a platoon-size element within the POLUKRBAT - supporting peacekeeping operations in Kosovo.

Distinguished visitors, Lt. Col. Gediminas Macijauskas, the Lithuanian national defense voluntary forces commander, who is the 8th battalion commander

and Col. Antanas Plieskis, the Lithuanian national defense voluntary forces commander were both in attendance at the ceremony to see outgoing Lithuanian contingent commander, Capt. Saulius Ivanauskas relinquish authority to the incoming commander, Lt. Artura Nagumanovas, who will oversee the Lithuanian contingency within the POLUKRBAT during this rotation.

Niemiec stood at the podium and thanked the past platoon for a job well done and wished them success and a safe return to their families.

He looks forward to working with the incoming platoon, he said.

Battalion filled with a new contingency of soldiers

The battalion, which was created to help smooth out historically tense relationships among the countries, is filled with a new rotation of soldiers who transitioned into peacekeeping operations in Kosovo over a two-week period. Soldiers from Poland, the Ukraine and Lithuania, deploy to Kosovo operations on a six-month rotation basis.

(Staff Sgt. Jason Starek, contributed to this article). 🇺🇸



PHOTO BY STAFF SGT. JASON STAREK

MNTF-E commander, Lt. Col. Alexander Zagorodny (l) salutes, Brig. Gen. Larry D. Kay (r) the outgoing commander of the Ukrainian contingent prior to a pass and review of the troops.



PHOTO BY SGT ANTHONIE SEYMOUR

SOCCKER EXTRAVAGANZA

Spc. Gabriel Torres, of MNTF (E) Task Force Med, gains control of the ball during the an international soccer tournament held on Camp Bondsteel, Kosovo. The Irish team went on to win the competition. The Amrricicans lost both their games in the double elimination contest.

Ease

LEGAL

Wishing a happy, ethical holiday season to all

BY MAJ. J. DANIEL PATTERSON

DEPUTY COMMAND JUDGE ADVOCATE

The holiday season will soon be upon us. It is a time of year which brings out the best in us and which encourages generosity. During this time of parties and gift giving, however, it is important to remember that our ethical standards of conduct continue to apply. In addition, the prevalence of contractor personnel here at Camp Bondsteel makes a review of the ethical rules with regard to gift giving and acceptance essential. The following is a guide to common ethical issues encountered during this happy season and is tailored to our surroundings here at Camp Bondsteel. If you have any questions, please contact your ethics counselors: Lt. Col. Stephen Richey (stephen.richey@eur.army.mil) and Maj. Dan Patterson (john.d.patterson2@eur.army.mil).

General Rule:

Federal personnel may not accept gifts offered because of their official positions or offered by a "prohibited source." A prohibited source is anyone who:

- Seeks official action by the employee's agency;

- Does business or seeks to do business with the employee's agency;

- Conducts activities regulated by the employee's agency;

- Has interests that may be substantially affected by the employee's performance of duty; or

- Is an organization composed of members described above.

Parties, Open-Houses, and Receptions Hosted by Prohibited Sources Including Contractors:

1. The general rule is that Federal personnel may not accept gifts from prohibited sources, including contractors and contractor personnel.

- a. Exception #1: You may accept gifts (other than cash) not exceeding \$20, as long as the total value of gifts that you accept from that source does not exceed \$50 for the year.

- b. Exception #2: You may accept gifts, even from a contractor employee that are based on a bona fide personal relationship. (Such personal gifts are actually paid for by the contractor employee rather than the contractor.)

- c. Exception #3: You may generally attend an open-house or reception, and accept

any gift of refreshments if it is a widely-attended gathering, and your supervisor determines that it is in the Army's interest that you attend.

- d. Exception #4: You may accept invitations (even from contractors) that are open to all Government employees, or all military personnel.

- e. Exception #5: Refreshments consisting of soft drinks, coffee, pastries, or similar refreshments not constituting a meal may be accepted since they are not considered to be a gift.

Parties, Open-Houses, and Receptions Hosted by Other Federal Personnel:

1. Invitation from your subordinate: You may accept personal hospitality at the residence of a subordinate that is customarily provided on the occasion.

2. Invitations from your boss or a co-worker: No restrictions. Enjoy!

Gifts and Gift Exchanges between Federal Personnel:

1. General Rule: Supervisors may not accept gifts from subordinates or Federal personnel who receive less pay.

- a. Exception #1: Because the holidays occur on an occasional basis, supervisors may accept gifts (other than cash) of \$10 or less from a subordinate. (Note group gifts to supervisors are not allowed in the Holiday setting).

- b. Exception #2: Supervisors may accept food and refreshments shared in the office and may share in the expenses of an office party.

Please note, there are no legal restrictions on gifts given to peers or subordinates, however, common sense (and good taste) should apply.

Gifts and Gift Exchanges That Include Contractor Personnel:

1. Gifts from contractors, even during the holidays, may not exceed \$20.

2. Gifts to contractors: Check with the contractor, since many contractors have codes of ethics that are similar to Federal rules and therefore may preclude the acceptance of gifts.

Other Important Information:

1. You may not solicit outside sources for contributions for your party. This includes funds, food, and items.

2. Generally office parties are unofficial events, and you may not use appropriated funds to pay for them.

3. Beware that door prizes or drawings

could involve gambling, which would violate General Order #1

4. You may not use appropriated funds to purchase and send greeting cards.

Rules Applicable to Contractor Employees:

Many contractors have rules of ethics or business practices that are similar to the Federal rules. Take these rules into consideration before offering contractor employees gifts or opportunities that they may not be able to accept.

Gifts from Foreign Governments/Officials:

There is a general Constitutional prohibition against any Federal Employee receiving a gift from a foreign government or its representative, unless authorized by Congress. Congress has authorized the acceptance of gifts of "minimal value" which is currently set at \$335.00. All gifts received from foreign governments or their representatives must be reported to the Office of the Command Judge Advocate in accordance with Command Policy Letter #26.

Examples:

1. Office Party (non-duty time): Your office is having a holiday party during the non-duty lunch hour or after work and asks each person attending to pay \$5 to cover refreshments and to bring a pot luck dish or dessert. Contractor employees may attend, pay \$5, and bring food because these contributions are not considered to be gifts, but a fair share contribution to the refreshments. Remember, contributions must be voluntary, so soliciting must be done with care to ensure there is no pressure. Also, ensure the party is during non-duty time for the contractor employees as well.


2. Office Party (duty time): What about a party that cuts into duty hours? The Government usually may not reimburse a contractor for its employees' morale and welfare expenses. The contractor has to decide whether to let its employees attend and forego payment for their time, or insist that they continue to work. If contractor employees are allowed to attend, the contractor must also decide whether it would pay its employees for that time, even though the Government would not reimburse it. The contractor does not have to pay its employees for that time. Consult the contracting officer and ethics counselor before inviting contractor employees to a function during their duty hours.

3. **Gift to Supervisor:** Your office wants to give the office supervisor a gift. However, you can't solicit other employees for contributions to a group gift. (Group gifts are permitted only for special, infrequent events such as retirements.) As for contractor employees, you cannot ask them to contribute anything, as it is considered soliciting a gift from a prohibited source. Even if contractor employees volunteer to contribute cash, it may not be accepted because the \$20 exception does not apply to cash.

4. **Exchange of Gifts:** Your office, including the contractor employees, wants to exchange gifts at the party. If gifts are chosen at random or traded, there are no monetary limits (except common sense) because the purchaser of the gift does not know who will eventually receive it. Gift exchanges in which employees purchase gifts for other employees whose names they drew at random are more troublesome. Where contractor personnel are involved, a \$20 limit applies. Where an employee may buy a gift for a superior, the \$10 limit is prudent.

5. **Private Parties (Federal Personnel):** One of your Government co-workers is having a party at his room and has invited office personnel, including the contractor employees. A gift of food and refreshments to a contractor employee does not violate Government ethics rules. The contractor employees may want to check with their contractor's rules before accepting (since many contractors have similar ethics rules). If the contractor employee brings a hospitality gift, it may not exceed \$20. If such a gift is edible, even if it exceeds \$20, the host may accept it on behalf of all the guests and share it with them.

6. **Private Parties (Contractor-sponsored):** If the contractor is sponsoring an employees' party or open-house, and you are invited by the contractor (or an employee of the contractor), normally you must decline, since the food, drink, and entertainment is a gift from a prohibited source. A couple of exceptions may permit attendance, however. Under the \$20 rule, if the average cost per guest does not exceed \$20, Government personnel may accept. (However, if the cost per guest is \$40, the "I won't eat more than \$20 worth of food." defense will not work.) Also, if the party qualifies as a widely-attended gathering (involving a large number of persons representing a diversity of views) and your supervisor determines that it is in the Army's interest for you to attend; you may enjoy the food, drink, and entertainment. Government personnel who desire to take a gift to show their appreciation for the hospitality should consult with the contractor employee to determine if he or she may accept such a gift in accordance with the contractor's rules of ethics.

Have a wonderful holiday season. Please remember that this guidance only highlights common questions, and does not cover every situation. If you are unsure, contact your ethics counselor. 

A PENNY SAVED...

Helpful hints from your local finance office

Retirement information for Reserve, National Guard Soldiers Part 2

The data you input in the Calculate Retired Pay Application will be manipulated to provide you with on-screen information pertaining to the future value of your military service "estimated" retired pay and the ability to print out the information and results.

This calculation only provides an estimate based on a set of assumptions which may or may not be similar to events in the future. The estimated monthly retired pay cannot exceed seventy-five percent of the monthly base pay. If you are close to retirement and/or age 60, contact Human Resources Command St. Louis for further assistance in obtaining a more accurate estimate of your benefits.

The calculation of estimated current retired pay in today's dollars is based on the pay tables. The calculation of anticipated or projected retired pay is based on an assumed 3 percent annual increase in military base pay from now until you reach age 60.

The calculation also assumes that at some point you transferred to the Retired Reserve instead of being discharged. If the date you initially entered military service (DIEMS) was on or after Sept. 8, 1980 and you elected discharge, your retired pay will be calculated from the date of discharge and this application will not give you an accurate estimate.

If you have any questions concerning retirement pay estimation, contact the Communications Hub Office at 1-800-318-5298. All written inquiries must be directed to:

**Commander, U.S. Army Human Resources Command
AHRC-PAP-T**

**1 Reserve Way
St. Louis, MO 63132-5200**

How is "year born" used/estimated?

Select the year you were born by using the drop down menu. The anticipated pay calculation uses the year born to determine how many years until you reach age 60. Since the pay table provides current data for today's dollars, the year born cannot be earlier than the current year minus 60 years (i.e. 2001 - 60 = 1941 to allow retired year of 2001 at age 60) to determine the anticipated monthly pay at age 60.

How are "grades" used/estimated?

Select the grade you expect to achieve by the time you retire using the drop down menu.

How is "years of service" used/estimated?

Select the total number of years of

service you expect to have at the time you retire (assumes at least 20 years to retire) using the drop down menu. The years are used to approximate the value of one point. The pay tables equate to longevity service, not qualifying service, for retired pay.

The calculation will be based on retirement at age 60. It will compute how much your retired pay would be if you were 60 and retired today, as well as project how much it will be at age 60 if we continue to average a 3 percent increase in base pay between now and your 60th birthday.

For more information, refer to Computing Service.

How are points used/estimated?

Enter the total number of retirement points you expect to achieve by retirement (age 60).

The calculation requires a minimum of 1,000 points and a maximum of 9,000 points. If you enter more than 9,000 points, it will be reset to the maximum of 9,000 points.

The retirement points are multiplied by the approximate value of a point to produce the estimated monthly retired pay value.

You can estimate that you will earn 15 points a year between now and when you retire for membership points only.

If you are an active member of a Troop Program Unit (TPU), the Active Guard Reserve Program (AGR), the Individual Mobilization Augmentee Program (IMA), or the Individual Ready Reserve (IRR), you will probably earn more than your membership points. All active duty points can be retained.

Troop Program Unit (TPU): The average TPU member will earn 78 points each year; 15 membership + 48 other IDT or 63 IDT + 15 ADT for annual training.

Active Guard Reserve Program (AGR): An AGR soldier on tour for an entire Retirement Year Ending (RYE) will earn 365 or 366 active duty points, but will not be able to credit the 15 membership points.

Individual Mobilization Augmentee Program (IMA) or Individual Ready Reserve (IRR): A soldier in the IMA or IRR will earn anywhere between 15 and 78 creditable points each year unless he or she serves more than 15 days on active duty, then the total of 78 points will be increased by the number of days of active duty which exceed 15 days.

Retirement Information Packet : For a complete overview of the retirement process and answers to commonly asked questions, download and view the retirement information packet.

The packet is in PDF format.

SPORTS & ENTERTAINMENT

Bondsteels Top Models strike a pose

BY STAFF SGT. JASON D. STAREK

The lights dim, the band disassemble their equipment and disappear into the shadows, and just then you start to feel it; a sort of energy. The bass from the PA system reverberates through the auditorium like a heartbeat; it seems to grab something deep inside and suggest "stick around a while; this is going to be good." The air is electric with anticipation, not just of the show-goers, but of the models as well. Never mind that this is Camp Bondsteel, or that these "models" are Soldiers we all see everyday. If for just one night: this is Paris and everyone's a star.

The night's festivities started off with a live performance by Bondsteel's own musical sons, Freedom of Movement. The group, comprised of bassist Staff Sgt. Jimmy Boss, drummer Sgt. Christopher Robertson, lead guitar Spc. Kyle Weber, rhythm guitar Spc. Gary Plaskett, and front-man Staff Sgt. Greg Crowley, delighted the crowd with three original songs and an impromptu jam session.

"We were only going to play two songs, but the organizers of the show asked us to play for a while longer so the DJs could arrange the show's playlist," said Sgt. Christopher Robertson, broadcast journalist with the Public Affairs Office, Task Force Falcon. "Since none of us know any good jokes we decided to jam out for a while."

After the performance, though, it was



1st Sgt. Joseph Nespereira, acting sergeant major of the intelligence department, Task Force Falcon, was the guest speaker for the talent show.

time for the evening's models to get down to business; and get down they did.

"It was a good experience for everyone that was kind of shy," said Spc. Travis Clark, Kosovo Forces Inspectorate for the Kosovo Protection Corps noncommissioned officer, TF Falcon. "By the end of the night they were able to walk up and talk to anybody, so it was a great experience for them."

"I was very nervous; I had a lot of anxiety," said Pfc. Ericka Chatman, Joint Implementation Commission administrator, TF Falcon. "A lot more people showed up than I expected, but it was a lot more fun than I thought it would be."

It may not have been a French runway, or even a catwalk in Manhattan, but the show was as close to glamorous as anyone here at Camp Bondsteel has seen in quite a while. It was so successful that Clark, president of the junior enlisted council, said the group plans to put on another show—and possibly even add a talent contest.

Spc. Calandra Collins, the supply and logistics driver and mortuary affairs representative, Task Force Falcon, who was originally a part of KFOR 9, first brought up the idea of a fashion show to Clark and others in the junior enlisted council. From there the idea caught fire.

"They came to me asked me to put one together, I agreed to it, and did what I could to help out," Clark said.

Clark noted that he was not as involved as some of the others, such as Collins, Sgt. Maj. Dereck Thomas, Falcon's equal opportunity advisor, or Sgt 1st Class Robbin Crosby, supply and logistics noncommissioned officer in-charge, and felt that they should be commended for playing such vital roles in the production.

"She [Collins] brought in Sgt. Maj. Thomas and Sgt. 1st Class Crosby and we worked together to get it done," Clark said.

Clark explained that because so many of those involved with the show didn't know each other he had limited expectations. But as the group became more familiar with one another and friendships began to develop, he found himself really looking forward to the show—and expected it to be impressive.

"Everybody did what they were supposed to do and some did even more, it was a great job," Clark said

The night was not only a fashion show, but a celebration of Hispanic heritage — Hispanic heritage month lasts from Sept. 15 to Oct. 15 — 1st Sgt. Joseph Nespereira, acting sergeant major of the intelligence department, Task Force Falcon, educated everyone with a salute to Hispanic servicemembers. He described some of the great contributions Hispanics have made over the years, identifying groups such as the Rough Riders and individuals like Pvt. David Barkley—the first Hispanic to ever be awarded the Congressional Medal of Honor.

"Even though the main concept was Hispanic heritage, they did cover lots of different cultures: Asian culture, Pacific Islanders, African culture," Nespereira said that is was nice to see so many ethnicities showcased.

"I really enjoyed the dresses representing Africa. The green one; I thought it was gorgeous—absolutely beautiful," he said.

Nespereira was chosen to lead the ceremony because he is the highest ranking U. S. enlisted person of Hispanic decent in Multi-National Task Force - East. After his presentation he explained that he was glad he was given the latitude to explore Hispanic heritage and decide how he felt it would be best represented. He said that given our circumstances [deployed Soldiers], exploring a few of the Hispanic community's specific contributions to the military seemed appropriate.

After the show many of those involved stayed for the "after party"—amazing considering the show itself lasted more than three hours. And as the hors d'oeuvres began to run low, the music began to fade and the lights began to brighten, it was unanimous that the show had been an overwhelming success.

Now, if we could just get the producers of *America's Next Top Model* to come to Kosovo.



Sgt. Shirlene Teutupe, Task Force Med Falcon, performs a traditional dance from the Island of Tokelau, during the fashion show which promoted cultural awareness.

SECDEF visits troops at Camp Bondsteel

The U.S. Secretary of Defense Robert Gates recently visited troops in Kosovo during a tour of the Balkans region.

Gates would later visit with troops at Camp Bondsteel and took a tour of the CBS Hospital. Later in the afternoon, Gates visited Gjilan/Gnjilane and received a walking tour of the downtown area by members of Task Force Thunder and the Regional Liaison Monitoring Team in that area.

Gates' visit marked the first time a U.S. Cabinet member has been to Kosovo since the country declared its independence in February. Gates said his main goal on this trip was to meet with U.S. troops serving in Kosovo as part of coalition of more than 30 nations, with a force of roughly 15,000.

The last time a U.S. defense secretary was here was Donald H. Rumsfeld in June 2001.



PHOTO BY SGT. TY STAFFORD

Sgt. 1st Class Raymond Boller, with Task Force Med Falcon, gives Gates a briefing on the ground ambulance used on Camp Bondsteel.



PHOTO BY STAFF SGT. JASON STAREK



PHOTO BY SGT. TY STAFFORD

SOLDIERS GETAWAY FOR SPIRITUAL FITNESS

BY SGT. ANTHONIE SEYMOUR

"Looks like rain," one of the Soldiers said. Sure enough, a light mist begins to fall, as 11 Multi-National Task Force East Soldiers pull out of Task Force Thunder's area of operations.

Despite the rain, the mode in the vehicles got more lively the farther the group traveled away from the Army post. By the time they reached Fiak's bait and tackle shop the Soldiers were chatting and laughing as they inspected the shop's assortment of colorful rods and reels.

No, they were not playing hooky, and they had the trip ticket to prove it. They were going fishing at the Prelepnica Village Dam.

It was a Spiritual Fitness trip, something Chap. (Maj.) Laird Thompson, TF Thunder chaplain dubbed, the "Spiritual Fishing" trip. He said that the aim of the trip was to bring Soldiers closer to God and God closer to Soldiers.

"The primary goal was to improve Soldiers' spiritual fitness, so that they'll be stronger and more resilient to accomplish the mission at hand," said Thompson. "Sometimes life gets hard, and we need those resources within us to strengthen us and get us through those problems."

Thompson said that the fishing trip provided Thunder Soldiers a means to unload some cares while learning the importance of caring for their own spirituality.

"Fishing was probably the least important on my priority of goals. We wanted to get Soldiers out of Camp Bondsteel to have some fun," Thompson said.

"Soldiers are doing missions all week long; the same thing every week. I wanted them to let off a little steam and have a good time and enjoy some camaraderie and esprit-de-corps with other Soldiers."

Maybe the familiar bumper

sticker is true, "The worst day fishing is better than the best day working." No complaints were uttered when the Soldiers put up the awning in the pouring rain and mud, and no one was deterred from hopes of landing a big one even when the little ones showed no interest.

"[Fishing] gave us a little peace and quiet," Sgt. Mitchel Jensen of TF Thunder, said.

"You get tired of doing the same mission over and over again. We're not just sitting in our rooms listening to other guys playing video games, and we're not worried about getting in trouble for not being in the proper uniform. This gave us a chance to relax and reflect on ourselves. I do a little fishing back home. It was nice to get out and talk to the Chaplain and do a little fishing."

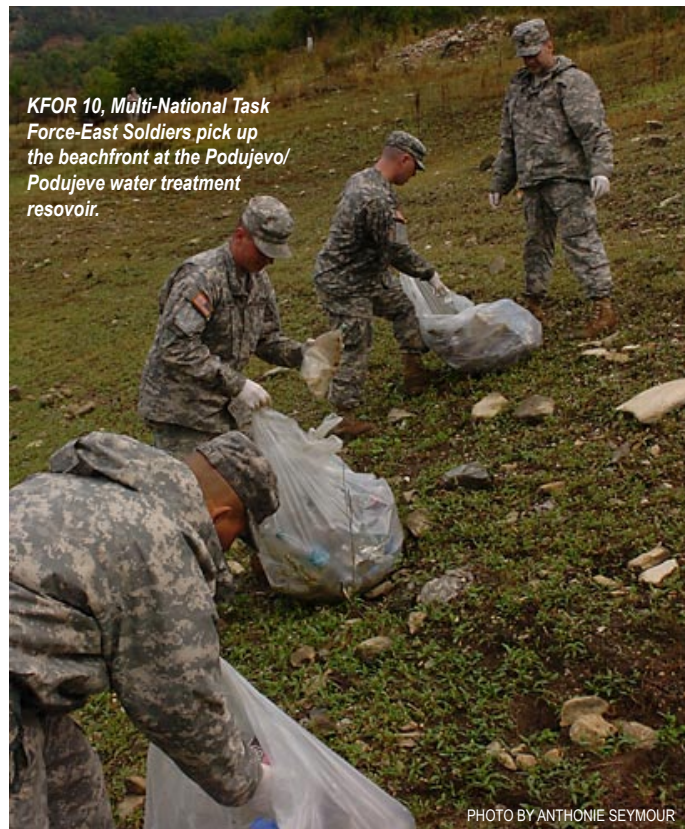
Thompson said that this was the perfect setting for Soldiers to think about their lives and to think on higher things.

"Many Soldiers like to fish, and this was a way to get out into nature," Thompson said. "The view of the lake was really nice, and it's good to give them some new scenery as well as some time to reflect on their faith walk."

The view was nice except for one small thing; actually, many small things.

"Previously, when I went out there, it really stood out to me how much trash there was," Thompson said. "I was thinking of a sermon about cleaning up the sin in our lives, this trash seemed to parallel our need to clean things up in our own lives as well as in the environment."

The Chaplain's message came from the 24th Psalm. He read, "The earth is the LORD's and everything in it, the world, and all who live in it; 2) for he founded it upon the seas and established it upon the waters. 3) Who may ascend the hill of the LORD? Who may stand in



KFOR 10, Multi-National Task Force-East Soldiers pick up the beachfront at the Podujevo/Podujeve water treatment reservoir.

PHOTO BY ANTHONIE SEYMOUR

his holy place? 4) He who has clean hands and a pure heart."

"Meditate on this scripture today and enjoy God's creation. Think about how clear and clean the water is and then how messy the shore is," Thompson told the group.

"Think about your life. Are there any areas in your life that God wants to clean up?"

Thompson said that the spiritual aspect of the Soldier is often the most neglected though he feels it is the most important.

"Spirituality is very important. Soldiers need to be mentally tough and physically strong, but they should be spiritually fit too. You must look at the total well being, and the wholeness of a Soldier. It's not just whether they can do PT or that they are technically and tactically proficient. They have to know tactics and procedures, but they also need to be strong, mentally and spiritually, to make good moral decisions when they're out there on their missions."

Thompson ended his short sermon from Psalm 51:10. "Create in me a pure heart O God and renew a right spirit within me."

After fishing, the Soldiers donned sterile gloves, grabbed garbage bags and after lunch, they hit the beach.

"In just 15 minutes, we made a huge difference, and we definitely got something out of picking up the trash. I wouldn't take that part out of it," Jensen said of potential future trips.

Just as in keeping the environment clean, Thompson said that spiritual fitness is a process that you keep working on.

"Though we only picked up trash in a small area, it made a difference in that one area. With the more trips we take hopefully, we can make a bigger impact," Thompson said. "We shouldn't get so busy that we neglect our spiritual fitness. Don't just leave it for Sundays in the chapel. You can take spiritual fitness to the gym, and with you on your missions. You can work on it all day so that you're strong and ready no matter what happens."

Jensen said that the spiritual fitness fishing trip did much to both relieve stress and to provide an opportunity to reflect on his spiritual fitness. "Being around spiritual people helps me, because sometimes I get so busy throughout the week. It's hard to find time to go to church and to be with others who share the same beliefs," he said.

"It's uplifting and just seeing everybody relax a little bit and think about God motivates me to do the same," Thompson said a day without catching fish is not always a wasted fishing day.

"We left with a sense of accomplishment. Though we didn't catch any fish we did clean up some of the environment," Thompson said.

"This provided a door for Soldiers to come to me with problems and things that they're having trouble with, and I could encourage them."

This gave us a chance to relax and reflect on ourselves."

- Sgt. Mitchel Jensen

FROM THE PULPIT

The Art of Listening

One of the most familiar refrains between married couples is the line, "You never listen to me."

Of course the words were heard, but the meaning and intent was missed. We may hear the words come out of their mouths, but like all communication, we have 'filters' that impact what we hear them say. In communication, the intent of the speaker does not always equal the impact that is received by the listener.

Good communication is when the intent equals the impact; what was spoken is what was heard – this is called shared meaning, shared understanding. Often there is a roadblock in the communication process, this is called a filter.

A filter is anything that gets in the way and obstructs the shared meaning and shared understanding of good communication. A filter can

be operating between both the speaker and the listener.

There are different types of filters used by both speaker and listener (These can be found in the PREP program by PREP, Inc.). They are Inattention, Emotional States, Beliefs and Expectations, Style Differences and Self-protection.

Inattention

Inattention can happen for any number of reasons but basically the speaker does not have the listener's full attention.

Emotional States

Emotional States are strong feelings and moods that affect how we hear what is being said.

Beliefs and Expectations

Beliefs and Expectations can affect how the listener interprets what is being said to them especially if the belief is negative toward the speaker.

Style Differences

Style Differences are just

how people prefer to communicate either it be by beating around the bush or getting straight to the point or somewhere in between.

Self-protection

Self-protection is usually more of a filter used by the speaker who may cover up what they are really trying to communicate for fear of rejection.

How can we develop the art of listening so that clear communication can take place between us and our spouses despite the filters.

First, we must recognize that most filters work negatively and cause us to doubt the intentions and motives of the speaker. Thus filters become barriers to intimacy and openness.

Second, we must take responsibility for our 'filters' and how we hear what is being said. Often it is easy to push responsibility onto the other person but you

must take responsibility for how you respond to what is being said.

Third, don't get stuck on what was said in the past, deal with what is being said in the here and now.

Fourth, don't be afraid to announce your filters when they are there.

If your emotional state is one of anger and frustration, it might be good to let your spouse know that before fuel is added to the fire.

Finally, and probably the most important of all, give your spouse the benefit of the doubt and lots of forgiveness.

Forgiveness goes along with win in every relationship...



Chap. (Maj.) Darren King



COURTESY PHOTO

A handwritten signature in black ink that reads "Darren King".

Darren King
MAJ, CH
KFOR 10, MNTF(E) Command Chaplain

