

Hohenfels



CNGB and CAR tour Kosovo



MEDCAP

THE GUARDIAN

March 2009 Vol. 17, Issue 1

TRANSFER OF AUTHORITY:

KFOR 10 hands over
mission to KFOR 11

Country star visits



Winter Blues



VETCAP

“Everything You Do Is A Message”

BG Keith D. Jones

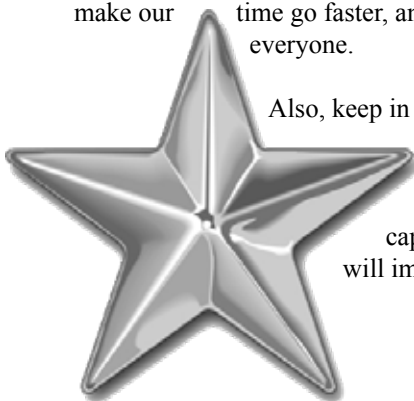


Soldiers,
I'm incredibly proud of the entire KFOR 11 team, as we emerge from our Hohensfel MRX and our earlier Camp Atterbury, Indiana training. Simply said, you kicked rear. Not in recent memory, from the senior personnel that have been with the program for several years, has a Task Force executed training with such tenacity, professionalism and proficiency. That's what I heard, and that's what I wanted you to know. Congratulations.

Of the scores (as in units of 20's) of tasks that were evaluated across the various Task Force elements, we achieved on average about a 75 percent "T" rating, a 25 percent "P" rating, with NO "Unsats." I don't know if that's ever been done before...but it makes me proud, and I hope it gives you a good measure of satisfaction...because it should. You are the ones that achieved it. You all performed marvelously. No one quit. No one gave in. And...no one let the situation, regardless of how much they threw at us, get the better of us. Thank you for your efforts.

Even if we have stood the test of several "worst days in Kosovo", we must now, however, make personal and organizational changes in our approach to the real Kosovo. We all need to be aware that, unless the situation on the ground changes significantly, we will not experience the "worst day in Kosovo" when we get out on the streets. Don't expect to see riots and violence rampant in MNTF (E)'s AO. Although possible, it is not the day-to-day norm, and you will not see that on the streets on a normal day. Treat the people of Kosovo kindly and with respect, unless they outwardly demonstrate some lesser behavior to you. Make friends, and enjoy their cultures (always keeping your friendships professional, of course). That will make our time go faster, and be far more rewarding for everyone.

Also, keep in mind that they will watch everything you do. If you step out of your vehicle with Kevlar on instead of a soft cap...it is a message that they will immediately sense...whether



you intend it as such, or not. If you carry your weapon at the ready as opposed to slung behind your back, they will see that immediately. The point is, again, everything you do is a message. Always be mindful of how you posture yourself in public, and how you conduct yourself around any of the civilian population.

“ Always be mindful of how you posture yourself in public, and how you conduct yourself around any of the civilian population. Always keep in mind that each of us, from me to the most junior Private are ambassadors of KFOR and of the USA. We must act accordingly. ”

Always keep in mind that each of us, from me to the most junior Private are ambassadors of KFOR and of the USA. We must act accordingly. One can never anticipate the moment at which the individual actions done by the most junior soldier will alter the balance of a situation...but it happens...and be mindful of that.

In closing, I would ask you to put your heart into your work, continue to respect your fellow soldiers, get back into a solid exercise routine, watch your weight, get adequate rest, and stay healthy.

Most importantly be proud of what you've accomplished to date. I'm extremely proud to be serving with you.

BG Keith D. Jones
MNTF (E)
Commander

“Continue to Enforce the Standards”



CSM Rob Whittle

throughout our training. We will be successful, as long as each and every one of us stay the course.

Opportunities are abundantly available to improve your physical fitness, professional development and civilian education. This is the perfect time to enhance your Soldiering skills and grow both personally and professionally. I encourage you to use your time wisely.

Stay alert, stay alive - especially while you travel on the roads of Kosovo. I simply can not stress this enough that you must remain alert at all times. Use your seat belts, obey the speed limits on and off Camp Bondsteel, and use defensive driving techniques. Additionally, ensure your windshields are always clean, and remember your two minute drills.

March 7th, 2009 marked the official beginning of our important mission of assisting the people of Kosovo. We are grateful to the Soldiers of the 110th Maneuver Enhancement Brigade, KFOR 10, for passing on their lessons learned during our relief-in-place process. I am confident that we are ready to represent NATO and be ambassadors of the United States of America in our daily dealings with the people of Kosovo. We are here as neighbors helping neighbors. I ask that you keep the high standards that you have shown

As we start this mission, don't forget what you have learned and experienced. Continue to enforce the standards, hold each other accountable, and live the seven Army values. Embrace our multi-national partners and the people of Kosovo. Make a promise to yourselves to leave Kosovo a better place than when we began this mission. Thank you for everything you do every day...Freedom's Forge.

CSM Rob Whittle
MNTF (E), KFOR 11
Command Sergeant Major



SNAPSHOT



COVER PHOTO:

Taking over

Brig. Gen. Keith Jones (l) and Command Sgt. Maj. Rob Whittle (r) unfurl the 40th Infantry Division colors during the Transfer of Authority on 7 March. (U.S. Army photo by Spc. Darriel Swatts)

BACK PHOTO:

How far is home?

A directional and distance marker shows where and how far away our homes are. (U.S. Army photo by Spc. Louis Smith)



C⁴NTENTS



5

VETCAP

Army vets help local farmers vaccinate their livestock in an effort to have healthy farm animals in the villages of Grncar/Gerncare and Bince/Binac



7

MEDCAP

The medical professionals from Camp Bondsteel's hospital set up a free medical clinic in the town of Korminjane/Kormnjan



9

Transfer of Authority

KFOR 10 hands over the command after a successful rotation to California's 40th Infantry Division



15

Hohenfels: A look back

A special section where we glance over our shoulder at how we got here and how it helped prepare us

20

THE GUARDIAN EAST

Commanding General, MNTF (E)
Brig. Gen. Keith Jones

Command Sergeant Major, MNTF (E)
Command Sgt. Maj. Rob Whittle

Chief of Staff, MNTF (E)
Col. Lawrence Cooper

Public Affairs Officer, MNTF (E)
Maj. Alana Schwermer

69th Public Affairs Det Commander
Capt. Jonathan Shiroma

Chief Editor and
Layout and Design
Sgt. 1st Class Paul Wade

Staff Writers and Photographers
Sgt. Adam-David Pepper
Spc. Darriel Swatts
Spc. Louis Smith
Pfc. Nevada Smith

Copy Editor
Pfc. Nevada Smith

Printer
DinoGraf

Webmaster
Sgt. Adam-David Pepper

Web sites
www.TFFalcon.HQusareur.army.mil

Thank you to the 70th MPAD for the help you gave us when we arrived



GUARDIAN EAST is produced for personnel of MNTF(E), and is an authorized publication for members of the Department of Defense. Contents of GUARDIAN EAST are not necessarily the official views of the U.S. government, the Department of the Army, 40th Infantry Division (ID) or MNTF(E).

Every Month

This Month

- DEPARTMENTS**
- 1 CG's message
 - 2 CSM's focal point
 - 4 Safety
 - 13 MWR calendar of events
 - 25 Legal Lingo
 - 26 Inspirational Insight

- ARTICLES**
- 11 CNGB and CAR visit Kosovo
 - 21 Country Star: American Idol singer performs for the troops
 - 22 Battling the Winter Blues
 - 23 Casing and Unfurling Guidons



SAFETY

Vehicle safety is no accident

One of the most dangerous tasks that MNTF (E) Soldiers will conduct during our mission in Kosovo is driving. As of July, 2008, there have been 68 noted vehicle accidents that have involved MNTF (E) Soldiers or civilians or involved other KFOR Soldiers in our AOR. There are several risks associated with driving in Kosovo. By paying attention, following traffic rules, reducing speed, reducing distractions, conducting PMCS and PCI's, enforcing standards, and wearing seatbelts you can help to reduce the impact of these risks. Here are the major areas to look out for.

Road Hazards

- Pot holes can cause damage to vehicles and can cause drivers to lose control momentarily.
- Narrow roads make larger vehicles difficult to maneuver.
- Curves can cause drivers to skid if going too fast or if the roadway is slick. They can also cause rollovers if vehicle's tires grip and vehicle is top heavy.
- Soft shoulders can cause a vehicle to slide off the road and possibly roll.
- Falling rocks can cause damage to the vehicle and can cause drivers to lose control.
- Steep grades cause the vehicle to speed up and possibly to get out of control.

Traffic Hazards

- Slow vehicles can cause a person to slow down quickly if not seen clearly and may cause accidents if they enter traffic without caution.
- Farm vehicles may be wide and slow which makes passing more difficult. Also, they are likely to turn suddenly as most do not have signals.
- Oversized vehicles can cause mirror strikes as well as cause drivers to get to close to the shoulder, slide off the road, and possibly rollover.
- Bad drivers can cause accidents while swerving in and out of traffic, while passing or turning without signaling, or cutting into traffic without warning.

Weather Hazards

- Rain causes the road to become slick and form puddles that can lead to hydroplaning.
- Fog decreases visibility. This is also true for rain, snow, sleet and ice.
- Wind causes vehicles to be pushed around the road.
- Sunlight can cause short term blindness or just a lack of clear visibility.
- Night driving causes a lack of visibility in all directions and decreases a driver's reaction time.

Drivers Awareness, State of Mind

- Years of experience, type of experience, courses taken and past driving record can help determine if a driver is appropriate for specific vehicles or situations.
- Stress, fatigue, comfort, substance abuse, and physical wellbeing can all impact the alert levels and reaction time of the driver

Vehicle Maintenance

- Check all gauges, brakes, clutch, tires (pressure, tread, wear), comfort levels (heat and air conditioner) and horn before driving.
- Check all settings of lights (high beam, low beam, turn signals, brake lights, etc.)
- Clean windows before driving and check for chips and cracks.
- Check mirrors for chips and cracks and adjust to the driver's requirements prior to vehicle movement.
- Ensure seat belts are buckled, BFT is started and radio communications are on and established prior to leaving.
- Ensure that the emergency kits, snow chains, blankets (during winter), water and food are in the vehicle prior to departure.

By Capt. Joe Duncan, Task Force Falcon Safety Officer

THINK SAFETY!

WATCHTHEKFORFILESWATCHTHEKFORFILESWATCHTHEKFORFILESWATCHTHEKFORFILESWATCHTHEKFORFILESWATCHTHEKFORFILES

LIGHTS CAMERA ACTION

CHECK OUT www.tffalcon.hq.usareur.army.mil FOR VIDEO STORIES



Noble deeds done dirt cheap



Story and Photos by Spc. Louis Smith

Soldiers from Multi-National Task Force (East) (MNTF-E), Veterinarian Services, KFOR 10 showed newcomers from KFOR 11 how to de-worm and vaccinate sheep and goats in the snow covered villages of Grncar/Gerncare and Bince/Binac, during a Veterinary Civilian Assistance Program (VETCAP) in late February.

"This mission is to get KFOR 11's feet wet. We normally have 300-plus animals to work on, but this time it's more in the region of 160," said Maj. Dana Dobbs, a veterinarian with KFOR 10. "This was a very small VETCAP designed to orient the incoming [task force] veterinary team."

Standing on melting snow and mud inside a small sheep pen, farmers grabbed skittish sheep as vet techs attempted to squirt liquid medicine down each animal's throat.

Sgt. Thomas Solis, 176th Medical Group, Task Force Med Falcon, KFOR 11, helped spray the animals and recorded each vaccination. They used a broad spectrum medicine to kill the parasites inside and out. Solis has done VETCAPs before in South America with his unit.

"Being here to help the Kosovars is nice, the people appreciate us coming out and helping them with their animals and I love getting out to do my job," said Solis.

"We're doing basic de-worming of the goats and sheep for parasites," Dobbs said, "it's important to do the vaccinations, because it increases the milk yield in the animals, and it makes them healthier."

Parasites not only rob the animal's health, but also the farmer's pocket, said veterinary inspector Skender Ahmeti from the Department of Agriculture in Vitina/Viti.

"If the animals have parasites, they're unhealthy, everything the animal eats goes to the parasite and the animal then produces less milk and less meat," Dobbs said.

Whenever possible the veterinary team gives advice to the local farmers on animal care and sanitation.

Local veterinarians and KFOR 10 and 11 Soldiers from Task Force Med Falcon's veterinarian services, visit a local farm in Bince/Binac to help local farmers kill parasites in sheep and goats during a recent VETCAP mission.





(l) Spc. Rogelio Fiscal wrangles up the next lucky sheep to provide vaccination to and then speaks with Sgt. Thomas Solis (r) on what needs to get done next.



"Vaccinations help to prevent the spread of parasites to other animals," said Dobbs, "we need to educate the people so they know they need to have sanitized facilities.

"The sanitation is not the best right now and some of these people are limited with what they have to work with, so we just give suggestions," said Dobbs.

Sheep and goats are not the only livestock the vaccination team works on during the VETCAP mission.

"We also vaccinate the cattle, but not during winter months of December through February," said Dobbs. "It's not safe for the cattle if we apply the medicine in those months, because the parasite migration patterns is too close to the spinal cord and that could paralyze the cows."

Making more with less goes a long way in Kosovo. In order to identify which animals had been vaccinated, one enterprising farmer's son used a corn husk dipped in shoe polish as a paint brush to mark the sheep that had been medicated.

Man's best friend was another focal point for treatment. Rabies in dogs is a huge problem in Kosovo, and there are many wild dogs throughout the region. Local veterinarians are starting programs to help control the spread of rabies.

"We work very closely with the local services and give them all the support we can," said Dobbs, "our mission is to encourage the people of Kosovo to do it themselves and become self sufficient."

The vet teams from Camp Bondsteel form close attachments to the people and the animals that they care for on their VETCAP missions.

"I enjoy humanitarian missions and getting to know the people and the culture," said Dobbs, who is a veterinarian in her civilian life in the state of Washington, "I really think it's great. The people of Kosovo are wonderful, I've really enjoyed meeting everyone here, and they have been very friendly to us; it just feels nice to serve."

It takes a lot of coordination and planning to get a VETCAP mission going. Local Kosovar administrators and veterinarians are supported by the efforts of the MNTF (E) Soldiers.

"The prime goal of a VETCAP is to increase the amount of faith the people of Kosovo have in their local established government institutions; that's why the local veterinarian directors are out here," said 1st Lt. Shawn McCarthy of Task Force Saber, Civil Affairs, KFOR 10. "They are the face of this whole thing, and come along on all these missions. The local administrators help us in the coordination and planning so the locals can see their officials doing something to help them. We're just helping facilitate them."

Local veterinarian Ljvobomir Vesic and Ahmeti were presented certificates of appreciation at the VETCAP by McCarthy. The certificates were given in gratitude for being instrumental in the success of the KFOR 10's VETCAP mission, and for helping make Kosovo a safe and healthy place for its people.

The two men showed their gratitude for the certificates by shaking hands and telling the interpreters how proud they are to have worked with the KFOR Soldiers.

"I would like to thank KFOR, for the two years we have worked together, we have cooperated on disinfection of the livestock," said Ahmeti. "The aid that KFOR did in the Vitina municipality contributed a lot. Together we have created an itinerary of places where we are going to disinfect the livestock against all internal and external parasites."

"We visit two or three villages a month and I believe that this KFOR aid with the local livestock has helped our economy," said Ahmeti, "the local farmers understand that disinfecting against these parasites can increase production and in turn, affect the economy."

Helping one farm and one animal at a time takes just that, time. That is what the KFOR 11 vets have as they plan out their remaining nine month tour. As the Soldiers return to their home away from home they know they have already made an impact in the lives of the people of Grncar/Gerncare and Bince/Binac and that is a good start.



**KFOR 11 GETS
THEIR FEET
WET...AND
MUDDY TO
HELP LOCAL
FARMERS**



Photo: (Opposite page upper left) Spc. Rogelio Fiscal, 176th Task Force Med Falcon, veterinarian services, and a local farmer from Bince/Binac squirt liquid medicine into a sheep's mouth to kill parasites during a recent VETCAP.



Task Force Med sets up free medical clinic

KFOR 10's Task Force Med Falcon shows the incoming rotations medical Soldiers how to conduct a successful Medical Civil Assistance Program

Story and Photos by
Spc. Darriel Swatts



It was a February morning and the snow that had been falling over the last few days had stopped and the overcast sky cleared revealing the sun. The warmth it brought helped Soldiers move about as they hurried to transform a schoolhouse into a medical center for the day, as locals started gathering in anticipation to receive free medical care.

Recently KFOR 10 and 11's Task Force Medical (Med) Falcon held a Medical Civil Assistance Program (MEDCAP) in the town of Korminjane/Kormnjan, Kosovo. The purpose of the MEDCAP was to provide an opportunity for all citizens of the town and surrounding areas, regardless of ethnicity, to have access to health care. Over 140 people showed up to receive treatment for anything from eye problems, aches and pains to dental issues.

"Our purpose is to go out and provide humanitarian aid to the local population," said Cpt. Kimberly Truesdale, the preventive medicine officer-in-charge assigned to the outgoing Task Force Med Falcon, KFOR 10.

Task Force (TF) Med Falcon's optometry department saw a lot of patients as more than 75 percent of all the visitors came with eye

problems. The medical team was able to use retina scopes and an auto rector, a hand-held machine that scans the eye and provides the type of prescription of glasses to wear, to diagnose whatever the problem was affecting the persons vision.

"It makes me happy knowing that I am making a difference in these peoples lives by doing what I do," said Maj. Diane Boese, an optometrist with incoming TF Med Falcon, KFOR 11.

Another of the services provided was the ability to have access to a free pharmacy where basic medicines could be received. The majority of the medicine given out was prescribed by the doctors in either the dental, optometry or preventative medicine departments. The doctors behind the counter used interpreters to explain how and when to take the medicines.

"I love seeing the looks on these people's faces when they realize they don't have to pay for anything that we give them," stated Sgt. Joseph Clark, a pharmacist with TF Med Falcon, KFOR 11. "They are really appreciative of what we are doing."

Giving out prescriptions was part of the job of the pharmacist but taking teeth was the job of the dental team. The dentist helped the town's people with their problems by providing basic care to include the pulling of problem teeth and giving them the proper prescription to help with other concerns.

"The mission for me is to help out the locals. They make me want to do the best I can do," said Sgt. James Perez, the KFOR 11 Dental NCOIC.

The Soldiers from Camp Bondsteel felt their converted schoolhouse was a success. They saw as many patients as they could before returning home but assured the townsfolk they would be back because helping people is what Task Force Med Falcon does.



Spc. Heather Chambliss screens patients by checking their blood pressure and pulse and asks about their medical history during a Medical Civil Assistance Program (MEDCAP). (U.S. Army photo by Spc. Darriel Swatts)

Spc. Jeff Lucht, Task Force Thunder (KFOR 10), shakes hands with local kids who watch the Medical Civil Assistance Program (MEDCAP) take place at their local elementary school in Korminjane/Kormnjan. (U.S. Army photo by Spc. Darriel Swatts)



Taking care of people in the Kosovo region



Sgt. Jeff Clark distributes medical supplies, with the help interpreter Sloven Saric, to the local populace during a Medical Civil Assistance Program (MEDCAP). (U.S. Army photo by Spc. Darriel Swatts)

Maj. Diane Boese conducts eye exams for the people of Korminjane/Kormnjan region on 21 Feb. A medical clinic was setup at a local elementary school and helped treat more than 140 people throughout the day. (U.S. Army photo by Spc. Darriel Swatts)



Staff Sgt. Chris Richey, uses an Auto Rector to help determine what type of glasses are needed to help correct the vision of a local Kosovar during a Medical Civil Assistance Program (MEDCAP). (U.S. Army photo by Spc. Darriel Swatts)





California's sun rises over Kosovo once again

Story and Photos by Spc. Darriel Swatts

The Golden State's "Sunburst" Division returns a second time to take over command and control of Multi-National Task Force East

The 40th Infantry Division (ID) assumed the responsibility of providing a safe and secure environment in Kosovo for the second time in less than five years when Brig. Gen. Keith D. Jones unfurled the 40th ID's colors and Brig. Gen. Larry D. Kay cased the 110th Maneuver Enhancement Brigade (MEB) colors during a Transfer of Authority ceremony held at Camp Bondsteel, Kosovo on March 7, 2009.

"As the commander of Multi-National Task Force East (MNTF-E), my goal is to continue building upon the work done by KFOR 10 and their predecessors," said Jones during his assumption of command speech.

The two week Relief-in-Place (RIP) process, when KFOR 10 showed their KFOR 11 counterparts what lessons they have learned during their nine months at Camp Bondsteel, provided a smooth transition between the two rotations. Now that the Missouri-based 110th MEB has flown back home, KFOR 11 is in the drivers seat able to conduct missions on their own with the knowledge gained from their predecessors. The additional skills they picked up through the past several months training at Camp Roberts, Calif., Camp Atterbury, Ind., and the Joint Multi-National Readiness Center at Camp Albertshof, Germany will better prepare them for the

days ahead.

"Our Soldiers are well-trained, flexible, disciplined, and ready to join our Task Force (TF) Hellas [Greek] and TF POL/UKR [Polish and Ukrainian] soldiers to deliver unity of effort and to accomplish the mission," said Jones.

KFOR is a multi-national force under unified command and control with substantial NATO and other Non-NATO participation. MNTF-E is one of four designated areas of operation. MNTF-E has seen many rotations in its existence. This is its 17th rotation and the second time the 40th ID has participated in this mission.

"In 2005 and 2006,

California National Guard Soldiers spent one-year walking the streets of local cities, towns, and villages getting to know the population," said Jones. "They worked with local and international officials to maintain safety and security in MNTF-E."

With the Transfer of Authority complete, the Soldiers of the 40th ID stand ready to provide a safe and secure environment for the people of Kosovo once again.

"I look forward to supporting you [the people of Kosovo] in this significant and essential endeavor," concluded Jones.



American, Greek and Polish Soldiers stand ready with the colors as part of the Honor Guard team for the ceremony.



Brig. Gen. Keith Jones (l) and Command Sgt. Maj. Rob Whittle (r) unfurl the 40th Infantry Division colors during the Transfer of Authority on 7 March at Camp Bondsteel, Kosovo.



(From left to right) Brig. Gen. Keith Jones, the incoming commander, Brig. Gen. Larry Kay, the 110th MEB outgoing commander, Col. Lawrence Cooper, Commander of Troops and Lt. Gen. Giuseppe Gay, Commander of Kosovo Forces, conduct an inspection of the troops.



Multi-National Task Force East troops stand shoulder to shoulder as they honor the flags.



American, Greek, Polish and Ukrainian Soldiers stand at attention for the playing of the U.S. National Anthem at the Transfer of Authority ceremony held on 7 March.

National Guard and Reserve Chiefs visit Kosovo

Story and Photos by Sgt. Ty Stafford,
70th MPAD, KFOR 10



Gen. Craig R. McKinley, Chief, National Guard Bureau, receives a briefing from Lt. Wilson, Regional Liaison Monitoring Team, after his arrival in Gjilan/Gnjilane.

Guardsmen and Reservists from the Multi-National Task Force-East recently received two distinguished visitors who have a direct impact on their future operations, the Chiefs of the National Guard Bureau and the Army Reserve.

National Guard

Gen. Craig R. McKinley the Chief, National Guard Bureau, visited with Soldiers and airmen during his tour along with a brief stop in Prishtina/Pristina for a meeting with the prime minister and president of Kosovo.

"I can't tell you how impressed I was seeing those faces of the men and women of Kosovo who appreciate what you do and all you represent," McKinley said of a joint presence



patrol in the city of Gjilan/Gnjilane with Task Force Thunder and the Regional Liaison Monitoring Team.

McKinley is the senior uniformed National Guard officer responsible for formulating, developing and coordinating all policies, programs and plans affecting more than half a million Army and Air National Guard personnel.

Appointed by the President, he serves as principal adviser to the Secretary of Defense through the Chairman of the Joint Chiefs of Staff on National Guard matters.

He is also the principal adviser to the Secretary and Chief of Staff of the Army, and the Secretary and Chief of Staff of the Air Force on all

National Guard issues. As National Guard Bureau Chief, he serves as the department's official channel of communication with the Governors and Adjutants General.

Reserve

Lt. Gen. Jack C. Stultz, Chief, Army Reserve met with Soldiers from Task Force Med and the TF Falcon Civil Affairs section during his two-day tour of Camp Bondsteel and Kosovo.

"We are growing. But we are growing with the right force for where we need to go," he said of the Army Reserve forces in the U.S.

Stultz also talked about reintegration with families after the deployment.

"The first goal should be to get the Soldier home. Then let's start the reintegration process," he said.

The Chief, Army Reserve (CAR) is responsible for plans, policies and programs affecting all Army Reserve Soldiers, including those who report directly to the Army. OCAR is comprised of specialized groups that advise and support the CAR on a wide variety of issues.



Lt. Gen. Jack C. Stultz, Chief, Army Reserve, meets with reservists from Task Force Med and Civil Affairs during a town hall meeting at the Camp Bondsteel Hospital.



Gen. McKinley (center) takes a walking tour of the city of Gjiilan/Gnjiliane during his recent visit to Kosovo.



Gen. McKinley presents Sgt. 1st Class Eric Maness with a coin after correctly answering a state partnership question.



Lt. Gen. Stultz, Chief, Army Reserve, receives a briefing from Spc. Timothy Smith, Task Force Falcon, Civil Affairs Section, during a tour of a water pumping station located in the Ferizaj/Urosevace area.

THE AST MWR TEAM

MWR Chief

Tony Mullings, 781-4134
tony.mullings@eur.army.mil
BLDG: 2215 (STCC)

Supervisory Sport / Recreation
Marcus Wheeler, 781-4783 / 4266
marcus.wheeler@eur.army.mil
BLDG: 2215 (STCC)

Program Specialist
STCC = South Town
Community Center
STFC = South Town
Fitness Center
Renee Favors, 781-3187
CELL: 049-774527
renee.favors@eur.army.mil
BLDG: 2214 (STFC)

Program Specialist
NTCC = North Town
Community Center
NTFC = North Town
Fitness Center
Jackie D'Agostino, 781- 3416
CELL: 049-774528
jackie.d'agostino@eur.army.mil
BLDG: 1205 (NTCC)

PBO
Michael Snowden, 781-4137
michael.snowden@eur.army.mil
BLDG: 2215 (STCC)

Warehouse Manager
Bill Hargesheimer, 781-4384
william.hargesheimer@us.army.mil
BLDG: 2211



MARCH SPECIAL EVENTS

SPORTS

Sign Up for Indoor Soccer
Tournament deadline 11 March
Sign up at any MWR check out
counter

Tournament starts 16 March
Monday - Wednesday - Friday

OPEN COURT NORTH TOWN GYM

Tuesday after 1800 Basketball
Thursday after 1800 Volleyball
Saturday after 1800 Soccer

All open courts are subject to
cancellation for scheduled MWR
events

Live Entertainment

16 March 2000 hrs
Pro Comedy Tour Show- STFC

MWR MONTHLY RUNS

St Patrick's Day 5k Run
1st, 2nd, 3rd, Place awards for
best St Paddy Day team Spirit
(2-4 members per team) Medals for
the 1st, 2nd, 3rd, place over all male
and female runners crossing the
finish line

Additionally check our Info boards
for dates and times

North Town Comm Center (NTCC)-781-3725

North Town Fitness Center (NTFC)-781-6620

South Town Comm Center (STCC)-781-4212

South Town Fitness Center (STFC)-781-3207

MWR Sport Field (SF)

MARCH 2009



Sunday: 1 March

1400-Sunday Jam session-STFC
1900- Karaoke- STFC
1400 Dominoes Tournament NTCC
1900 Table Tennis Tournament NTCC

Monday: 2 March

2000- BINGO-STFC
1900 Darts Club NTCC
2000 Rock Band Jam NTCC

Tuesday: 3 March

2000-Tae Kwon Do Martial Arts Class-STFC
1900-Chess Night-STCC
1900 Chess Tournament NTCC
2000 Wii Video Tourny NTCC

Wednesday: 4 March

1900- Oldies Music and Spades Night-STFC
1900 Billiards Tourny NTCC
2000 Halo(3) 4 person shootout NTCC

Thursday: 5 March

2000-Tae Kwon Do Martial Arts Class-STFC
1900- Crochet Class-STCC

1900 Risk Axis-Allies scrabble& Yahtzee NTCC

Friday: 6 March

2000- Salsa Music Night-STFC
1900- Texas Hold'em (Table 1) STCC
2000 8 Ball Billiards Tourny NTCC

Saturday: 7 March

2000-R&B Music Night-STFC
1900 Night Owl Bingo NTCC
2030 Texas Hold'em NTCC

Sunday: 8 March

1000- Martial Arts Training
1400-Sunday Jam session-STFC
1900-Karaoke- STFC
1400 Dominoes Tournament NTCC
1900 Table Tennis Tournament NTCC

Monday: 9 March

2000- BINGO-STFC
1900 Darts Club NTCC
2000 Rock Band Jam NTCC

Tuesday: 10 March

2000-Tae Kwon Do Martial Arts Class-STFC
1900- Chess Night-STCC
1900 Chess Tournament NTCC
2000 Wii Video Tourny NTCC



Wednesday: 11 March

1900- Oldies Music & Spades Night-STFC
1900 Billiards Tourny NTCC
2000 Halo(3) 4 person shootout NTCC

Thursday: 12 March

2000-Tae Kwon Do Martial Arts Class-STFC
1900- Dominoes Night-STCC
1900 Risk Axis-Allies scrabble& Yahtzee NTCC

Friday: 13 March

2000- Salsa Music Night-STFC
1900- Texas Hold'em (Table 2) STCC
2000 8 Ball Billiards Tourny NTCC

Saturday: 14 March

1900-St. Patrick's Day Party-STFC
1900 Night Owl Bingo NTCC
2030 Texas Hold'em NTCC

Sunday: 15 March

1000- Martial Arts Training
1400-1800- Sunday Jam session-STFC
1900- Karaoke-STFC

1400 Dominoes Tournament NTCC
1900 Table Tennis Tournament NTCC

Monday: 16 March

2000-Pro Comedy - STFC
1900 Darts Club NTCC
2000 Rock Band Jam NTCC

Tuesday: 17 March

2000-Tae Kwon Do Martial Arts Class-STFC
1900- Chess Night-STCC
1900 Chess Tournament NTCC
2000 Wii Video Tourny NTCC

Wednesday: 18 March

1900- Oldies Music & Spades Night-STFC
1900 Billiards Tourny NTCC
2000 Halo(3) 4 person shootout NTCC

Thursday: 19 March

2000-Tae Kwon Do Martial Arts Class-STFC
1900-Dominoes Night-STCC
1900 Risk Axis-Allies scrabble& Yahtzee NTCC

Friday: 20 March

2000- Salsa Music Night-STFC
1900- Texas Hold'em (Table 3)STCC
2000 8 Ball Billiards Tourny NTCC

Saturday: 21 March

2000-R&B Music Night-STFC



1900 Night Owl Bingo NTCC
2030 Texas Hold'em NTCC

Sunday: 22 March

1000- Martial Arts Training
1400-Sunday Jam Session-STFC
1900-Karaoke- STFC
1400 Dominoes Tournament NTCC
1900 Table Tennis Tournament NTCC

Monday: 23 March

2000- BINGO-STFC
1900 Darts Club NTCC
2000 Rock Band Jam NTCC

Tuesday: 24 March

2000-Tae Kwon Do Martial Arts Class-STFC
1900- Chess Night-STCC
1900 Chess Tournament NTCC
2000 Wii Video Tourny NTCC

Wednesday: 25 March

1900- Oldies Music & Spades Night-STFC
1900 Billiards Tourny NTCC
2000 Halo(3) 4 person shootout NTCC

Thursday: 26 March

2000-Tae Kwon Do Martial Arts Class-STFC
1900- Crochet Class-STCC
1900 Risk Axis-Allies Scrabble& Yahtzee NTCC

Friday: 27 March

2000- Salsa Music Night-STFC
1900- Texas Hold'em (Final March Table)- STCC
2000 8 Ball Billiards Tourny NTCC

Saturday: 28 March

2000-R&B Music Night-STFC
1900 Night Owl Bingo NTCC
2030 Texas Hold'em NTCC

Sunday: 29 March

1000- Martial Arts Training
1400-Sunday Jam session-STFC
1900- Karaoke- STFC

1400 Dominoes Tournament NTCC
1900 Table Tennis Tournament NTCC

Monday: 30 March

2000- BINGO-STFC
1900 Darts Club NTCC
2000 Rock Band Jam NTCC

Tuesday: 31 March

2000-Tae Kwon Do Martial Arts Class-STFC
1900- Chess Night-STCC
1900 Chess Tournament NTCC
2000 Wii Video Tourny NTCC



Hohenf

The JMRC recreates Kosovo in Germany

► By Spc. Louis Smith

The biting cold of February in Hohenfels, Germany, can take your breath away and cause the toughest Soldier to bundle up in his Extreme Cold Weather Clothing System. This is understandable as Hohenfels has been called the 'Siberia of Deutschland' by author Les R. A. Foscett. So why were approximately 1,400 National Guard Soldiers from California, Alaska, Maryland, West Virginia and Texas at Camp Albertshof to train before going on their nine month peacekeeping mission to Kosovo?

The answer is the Joint Multi-National Readiness Center (JMRC) and its ability to bring the newly declared independent Balkan nation to the Soldiers. Camp Albertshof's training area has been built to simulate a large portion of a foreign country complete with towns and villages. Each concrete structure is decorated with signs and banners and streets are lined with cars making it appear like the real thing.

"Here at Hohenfels we try to stay realistic, relevant and ready," said Maj. Karin Tackaberry, Brigade Legal OCT.

The JMRC adds role-players and interpreters, many of whom speak the simulated country's language and what you get is a snap-shot of what the deploying troops might encounter when they arrive at their destination.

Observer Controller Trainers (OCT) are brought in to enforce the JMRC standards and run deploying units through a series of

realistic test scenarios to validate their readiness level. The center facilitates realistic force-on-force maneuver training. Its purpose is to train Soldiers and leaders, in the successful execution of their skills and collective tasks in a safe and secure environment.

"Similar to when Soldiers go to Iraq, they first train in Kuwait so they're getting accustomed to the time zone and environment," added Tackaberry. "We are very similar geographically and terrain wise to areas in Kosovo. At the same time, we move them forward and get them into the mind-set of the deployment so they can focus on the training before their final trip down range," Tackaberry said.

The JMRC also uses Multiple Intergraded Laser Engagement Systems, or MILES, to make the training even more realistic. The exercises are taken to the next level by having MILES gear placed on tactical vehicles like Humvees and helicopters. Soldiers wear a laser sensing harness that tells them when and if they have been wounded in action. If hit, a loud continuous tone goes off and Soldiers pull out a casualty card to find out the severity of the wound or injury that could take them out of action. This aspect of the training keeps the Soldiers alert and kicks in the

emotional sense of survival. It also causes an adrenaline rush that gets the Soldiers pumped up for the action and is as real as it can get without using live ammunition.

"Training at JMRC has helped us in many ways. The training has linked many of our task forces together. Maneuver task forces with aviation for load training and actual operations, military police with maneuver forces and intergrades our headquarters with maneuver forces as well, to better prepare us for what we'll be experiencing in Kosovo," said Col. Tom Loomis, Deputy Commander of Maneuvers for KFOR 11, Multi-National Task Force-East (MNTF-E).

At the Tactical Operations Center (TOC), commanders and staff elements of MNTF (E), play a chess-like game while working together to utilize all the assets that make up KFOR 11 for a common goal; providing a safe and secure environment for the people of Kosovo. OCT's try and prevent that from happening by throwing them in virtual situations like cows dying of a tick borne disease or a riot over the lack of food and power shortages in a town or village to see how they react. In the end, everything is unleashed at them in what is dubbed as the "worst day in Kosovo".

Training is taped by multiple cameras in the training area, or "box". The footage is seen by the leadership in the TOC and used just like a coach uses replay footage to improve or sustain the way the teams work. Ultimately, Soldiers get to test what they have learned by reacting to situations in the mock towns, conduct meet and greets with the "locals", learn how to properly use interpreters and work out the kinks during bad situations without upsetting the international balance. Despite being inside the "box" the OCT's want the Soldiers of KFOR 11 to think beyond those dimensions because when the Mission Readiness Exercise comes to an end and the task force moves forward the future of a region hangs in the balance and that is not a game worth losing.



► Soldiers from Task Force Nightstalker brace themselves as rioters try and break the line during a training exercise in the mock village of Ranilug. (U.S. Army photo by Spc. Louis Smith)

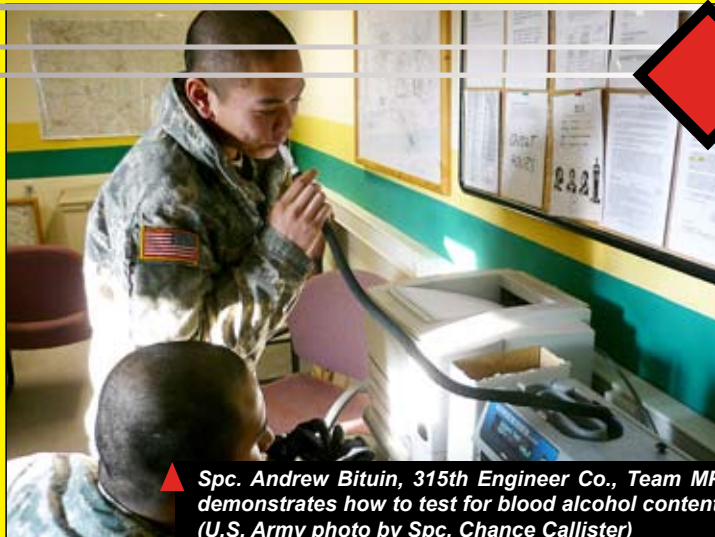
els



Soldiers from Task Force Nightstalker practice riot control against a simulated angry mob armed with fake rocks. (U.S. Army photo by Spc. Louis Smith)



A mock training village at the JMRC is made to simulate the village of Ranilug in Kosovo. (U.S. Army photo by Spc. Louis Smith)



Spc. Andrew Bituin, 315th Engineer Co., Team MP, demonstrates how to test for blood alcohol content. (U.S. Army photo by Spc. Chance Callister)

TEAM MP

By Pfc. Nevada Smith

"Training gives us practice and practice makes us better at what we do." These are the words of Team Military Police's (MP) battle noncommissioned officer, Sgt. William Ludwick, as he talked about the professional advancement of his team.

Team MP is a part of the KFOR 11 Multi-National Task Force-East who trained at Camp Albertshof in Hohenfels, Germany, in preparation for their deployment to that Balkans region. The Military Police team is made up of a three-platoon mixture of MP's and Engineers. They started out their mobilization journey

at Camp Roberts, Calif., in the "crawl" phase as they shifted their mindset to think and act like law enforcement troops.

"The training at Roberts was beneficial to prepare us for the next step of training," Ludwick said, "so when we reached Camp Atterbury we really saw the training pace increase. [The active-duty instructors] threw a lot more curves at us but it taught us what we could handle."

"Any training that a Soldier does is beneficial," said Staff Sgt. Albert Stevick, an Observer Controller Trainer (OCT) with the 2nd and 337th Training Support Brigade from Hohenfels, see "MP" on page 17

Looking Back

MP: Keeping the peace



Spc. Gregory Head, Team MP, lays out weapons for an inspection. Soldiers had to become proficient at using various firearms. (U.S. Army photo by Spc. Chance Callister)

► Continued from page 16

Germany, who are validating the California based National Guardsmen as they train through the "run" phase of a Mission Readiness Exercise (MRE) at Albertshof.

The Soldiers of Team MP appear highly energetic and committed to their new mission.

"It was nothing but good training and I enjoyed every minute of it," said Cpl. John Woods, a native of Upland, Calif., and Operation Desert Storm veteran.

During their training phases at the three camps the MP's learned more and more of how to do their new job. Each camp would be faster, more intense than the last. The majority of their time has zeroed in on the five main MP missions; maneuver and support operations, law and order, detainee operations, area security, and police intelligence operations. Proficiency in these areas will make the team well prepared and well trained to do their mission during their rotation.

"The overall training has been very positive," said Ludwick, "the intensity of the training has influenced the Soldiers to the point where it has pushed their limits and helped them to be able to react under pressure and still keep their military bearing and complete the mission."

The MP's of the KFOR 11 will be giving the people a more stable and peaceful environment to live and move freely, said Maj. Stanley Echols, the Deputy Provost Marshal for the task force.

"We will be acting as an additional force to liaison and assist the Kosovo Police force to make sure they have a safe and secure environment," Echols said.

The MP's will be tasked to perform a variety of duties while at their nine month duty station.

"One of the things we will be doing is working with local authorities to ensure that the smuggling of weapons and drugs does not happen," said Echols. "We will perform the five MP missions and help to make sure ethnic tensions don't arise and destabilize certain regions."

Throughout the previous sixteen rotations, MP's have helped maintain the public safety of Kosovo.

"One key goal for the Soldiers is to win the hearts and minds of the people of Kosovo. Even though they are a police force they want to show the people of Kosovo the respect they deserve so that they see the Soldiers are helping to get [Kosovo] back in order. With the influence we have given the soldiers here, they will deploy well equipped to tackle any mission," said Stevick.



Staff Sgt. Timothy King, 315th Engineer Co., Team MP, lends an arm during canine training. (U.S. Army photo by Spc. Chance Callister)





Team MP Soldiers practice setting up vehicle checkpoints during a Mission Readiness Exercise. The 315th Engineer Company troops worked with interpreters to be able to explain their intentions to any foreign personnel coming into their sector of control. (U.S. Army photo by Spc. Louis Smith)



FOUND *in* TRANSLATION

► By Sgt. Adam-David Pepper

The definition of an interpreter according to Merriam Webster's Dictionary is "one who translates orally for parties conversing in different languages". When it comes to the interpreters working with the troops of Multi-National Task Force-East (MNTF-E) that have been training at Camp Albertshof, Germany, that description is only the most basic of definitions that can explain what they do.

"Our interpreter has made our training mission a success and as such he has been invaluable to us," said Sgt. 1st Class Seth Renfro of the Liaison Monitoring Team.

What they do is much more than just interpret for the Kosovo Force rotations coming through the Joint Multi-National Readiness Center (JMRC) in Hohenfels, they convert the unknown to the understandable and can do it in over seven different languages such as Berber, German, Russian, Albanian, Serbian, Hausa and Japanese.

Yet these interpreters are not Soldiers, they are hired civilians who are passionate enough about their love for languages that they are willing to train side-by-side with the military to practice their trade, sometimes in austere conditions. Albertshof isn't built for comfort. It is meant for temporary housing as units transition through to their permanent duty station. Interpreters go through the same hardships every Soldier might go through.

Despite the hardships, however, most interpreters return for work and some have been helping train troops for years. Lifelong friendships are forged and bonds with the troops they work with are created.

One such interpreter is Popaj Galica, a 28-year-old Moroccan who has lived in Germany for the last two years. Galica is currently on his eleventh rotation.

"I love to travel and see places I have never seen before," said Galica. The most beneficial aspect for him is the interaction he has with many different Soldiers from different countries. Countries such as Great Britain, Scotland, Ireland, Poland, Canada, Slovenia and the

United States are just a few that Galica has translated for. "To get an insight as to what the cultures of other Soldiers is like will help me with my future career in the tourism business," Galica said.

Galica says he enjoys his job and making new friends but it gets tough at times because the interpreters are not allowed to have any personal computers, cell phones or cameras due to security reasons. "It makes it tough to not be able to communicate with my family or friends for several weeks at a time," said Galica.

Going into the field training "box" and seeing the troops in action gives Galica a sample into what military life is like. He has spent four nights sleeping in a M3 Bradley Fighting Vehicle while embedded with other rotations ground forces. "Sleeping in the Bradley during the winter months is like sleeping in a refrigerator because it is cramped and extremely cold," He says that just four nights feels like it's at times unbearable, yet the Soldiers he trains with have to do this all the time. Galica says that he has a tremendous amount of respect for the men and women who are Soldiers throughout the world, "because they have to contend with the conditions like the Bradley not just for four nights but weeks to months on end".

The Moroccan, who speaks four languages, says that he is proud to translate for the troops that come through the training area. He feels that he is participating in a personal mission that will one day help to create a safe and secure environment for people around the world, that way everyone will want to travel more and business will be better.

Popaj Galica is just one example of the nearly seventy interpreters that are currently assigned to the MNTF (E) training cycle.

If the writers of Merriam Webster's Dictionary could come and see our interpreters in action going through the same hardships and adversities as the Soldiers they support, they may just have to come up with a different definition for the word interpreter. Maybe we should just call them force multipliers.

Task Force Arctic Eagle digs its talons into training

► Story and Photos By Spc. Darriel Swatts



▲ Slovenian soldiers prepare to perform a "hot load" while conducting air assault operations at the JMRC.

The Fort Richardson, Alaska pilots practiced sling load operations in preparation for KFOR 11.



▲ Sgt. Kenneth Larrabee, from Nome, Alaska, shows some of the features of a UH-60 Blackhawk to Slovenian soldiers.



▲ Sgt. Kenneth Larrabee, Alpha Co., 1-207th Aviation Bn., instructs Slovenian soldiers on how exit a UH-60 Blackhawk during a multi-national training exercise at Camp Albertshof.

The sound of ice and snow being crushed under boots fills the February morning air. A low deep



hum from a UH-60 Blackhawk engine steadily grows louder as it prepares to take flight. Buttons are pushed and safety checks are done as another day of training begins for Task Force (TF) Arctic Eagle.

National Guardsmen from the 1-207th Aviation Battalion, based out of Fort Richardson, Alaska, and Charlie Company from the 1-169th General Support Aviation Battalion (GSAB) from Aberdeen Proving Grounds, Md., are now part of KFOR 11, a multi-state peacekeeping task force heading to the region to help maintain security and stability. Prior to arrival they must train and get validated to show they are ready for the mission.

At their final training site called Camp Albertshof, near Hohenfels, Germany, aviators continue building up their logbooks by practicing Intelligence, Surveillance and Reconnaissance (ISR) flights, responding to MEDEVAC (Medical Evacuation) requests and work with as many units to make sure they know how to properly use their helicopters.

"We use this opportunity to train ground Soldiers on how to use aviation assets," said 1st Lt. Molly Huggins, a Blackhawk pilot. "They learn all the pieces and parts that go into making a successful mission."

One key maneuver unit they practice with is the Quick Reaction Force (QRF). QRF's must respond swiftly and decisively to counter any acts of aggression and do it with lightning speed. This provides continuous force protection and aids in maintaining a safe and secure environment. The pilots and crews of the birds provide that quickness by being able to transport Soldiers to any part of the U.S. sector within minutes.

"We have designated QRF helicopters ready to go during the day and night," said Capt. Michele Edwards, commander of Alpha Company, a flight company of the 1-207th Aviation Battalion.

Charlie Company is also ready to react in a moments notice, as they are the MEDEVAC responders. "The MEDEVAC mission is to safely secure and aid personnel in danger of losing life, limb, or eye sight in a safe, secure, and timely manner," said Spc. Alan Graef, 1-169th GSAB.

TF Arctic Eagle can also help move equipment and supplies via sling loads. They can attach Humvees and weapons, such as artillery, to the bottom of the aircraft and haul them wherever they are needed. With most of Kosovo's terrain being mountainous this movement ability becomes a real benefit if the target location is remote.

"We try to keep the training as realistic as possible," said Chief Warrant Officer Two Thomas Buchwald, a Blackhawk pilot.

One of the real challenges pilots must face when taking to the skies from foreign soil are the flight restrictions that country has created. Germany is giving the task force realistic training as the pilots must change flight patterns and old habits to fit the new rules and regulations.

"We are so used to having almost no rules on when and where we can fly; it is a challenge to stay within the local regulations," stated Sgt. Christopher Blough, a crew chief with TF Arctic Eagle. "Also, the terrain is very different. I'm used to flying next to glaciers, around huge mountains, and through expansive valleys."

Another job description the aviators have is taking up key leaders or distinguished visitors so they can either conduct air operations and see firsthand what each unit is doing or simply get a different perspective on things.

"We have one helicopter that is ready every day to take up the General or any visitors that may need to use it," said Buchwald.

A new part of the Blackhawk pilots' mission is providing ISR. AH-64 Apache helicopters use to do those missions but due to their aggressive look and nature, the utility class Blackhawk have taken over.

"When the 1-207th went [to Kosovo] last time, they never had to worry about that particular mission because others were taking care of it. Now, we will have to do ISR missions as well as our regular jobs," Edwards said.

One unique benefit for this unit to belong to a multinational task force is the chance to work and build relationships with other peacekeeping countries. The Republic of Slovenia sent some of its soldiers to Camp Albertshof to give an early taste of what it will be like to operate shoulder to shoulder with foreign troops.

The Citizen-Soldiers of Alaska provided transport for the soldiers from the southern Central European nation during a simulated downed helicopter exercise. Prior to the "incident" the Slovenians were trained on how to safely enter and exit a helicopter while it is not in use, called a cold load and then ran it full speed while the blades were spinning.

"To be able to train with foreign nationals is a neat thing to do, we don't get to do that very often back in Alaska," said Sgt. 1st Class Seth Gordon, a Blackhawk crew chief.

U.S. Soldiers are only a small part of the Kosovo mission; many other countries are also helping Kosovo get on its feet. Being able to work cooperatively with other nations only makes the Kosovo Force stronger.

At the end of a long duty day logbooks are closed and rotor blades wind down to a stop. Each challenge overcome and every second behind the controls only makes the Soldiers from TF Arctic Eagle more confident that they will be able to make a difference.

"I believe this is a truly noble mission and I'm proud to be part of it," said Blough. "We are helping a country define its own destiny. I can't think of a nobler mission for the United States to be part of."



Rockin' the Rotations

By Pfc. Nevada Smith

Even though he was suffering from fierce jet-lag from his transatlantic flight, country music star Bucky Covington exploded onto the stage while performing his first tour out of the country in a United Service Organization (USO) tour, dedicated to the servicemembers stationed at Camp Bondsteel, Kosovo. Hailing from Rockingham, North Carolina, Covington broke into country music after he placed eighth during the fifth season of American Idol. Since this is his first trip outside of the United States, Covington can relate to the military servicemembers who are far from home.

"I was on the tour for American Idol for about a year and a half and I missed my family like no other, and I was doing something I absolutely loved doing," Covington said.

"I can only imagine how lonely it is to be a Soldier away from home. Other than the base there's not a whole lot of home here, so the fact that the USO brings over entertainers is completely awesome."

Covington brought a little bit of home to the Soldiers during his stirring performance.

"The concert tonight gave me feelings of home; my wife and I enjoy going to concerts together so

being able to enjoy one over here is a great experience," said Staff Sgt. Anthony Gannuscio of Team MP, part of the KFOR 11 rotation. "The MWR events and USO shows really bring you an experience that makes you feel closer to home."

The USO show was coordinated with the local Morale Welfare and Recreation (MWR) office.

The troops filed into the concert auditorium early, anxiously awaiting Bucky's performance.

"I'm a big country fan so this concert is going to be very exciting," said Spc. Brittany Dawn of the 3175th Military Police Company before the show.

Dawn, who at home is a full-time mom said she didn't normally have the time to see concerts and felt very lucky to be able to experience the event.

"It's like a final thank you for KFOR 10," Dawn said.

The concert was a welcome gift for the Soldiers of both rotations as they overlap and switch authority.

"We are about to go home, so everyone is real excited about the show," said Spc. Joseph Stewart, a Task Force Saber and KFOR 10 Soldier. "It makes us feel good about what we are doing as Soldiers. As we start to wrap things up to hand the mission over to KFOR 11 things can get very stressful so this is a real nice reprieve and a definite morale booster."

While the concert was like a last goodbye for the servicemembers of

KFOR 10 it was also a nice welcome for the troops of KFOR 11.

"I thought the show was a good welcome for us, it shows us what we can look forward to during the next nine months of our deployment," Gannuscio said. "It's something that brings smiles to the Soldiers faces, and excitement to their day."

It was the goal of Bucky Covington to entertain the troops and make them happy.

One servicemember enjoyed the show more than others when Bucky Covington came down off the stage at one point during the deployment.

"When Bucky came down off stage I ran up to get as close to him as possible," said Air Force Staff Sgt. Belia Marxsen, a post office clerk with KFOR 10.

"I actually kissed Bucky on the cheek, I don't think my husband will appreciate it, but it is definitely something I will remember for a long time," Marxsen said blushing. "It was an amazing show, and everybody was really



excited and full of energy."

All the servicemembers who went to the show enjoyed themselves and left with lifted spirits.

"I want to thank KFOR 10 for giving us such a good welcome, and the USO and MWR for putting on this show for us. If the deployment could be measured by tonight then good things are coming for KFOR 11,"

Gannuscio said.



being able to enjoy one over here is a great experience," said Staff Sgt. Anthony Gannuscio of Team MP, part of the KFOR 11 rotation. "The MWR events and USO shows really bring you an experience that makes you feel closer to home."

The USO show was coordinated with the local Morale Welfare and Recreation (MWR) office.

The troops filed into the concert auditorium early, anxiously awaiting Bucky's performance.

"I'm a big country fan so this concert is going to be very exciting," said Spc. Brittany Dawn of the 3175th Military Police Company before the show.

Dawn, who at home is a full-time mom said she didn't normally have the time to see concerts and felt very lucky to be able to experience the event.

"It's like a final thank you for KFOR 10," Dawn said.

The concert was a welcome gift for the Soldiers of both rotations as they overlap and switch authority.

"We are about to go home, so everyone is real excited about the show," said Spc. Joseph Stewart, a Task Force Saber and KFOR 10 Soldier. "It makes us feel good about what we are doing as Soldiers. As we start to wrap things up to hand the mission over to KFOR 11 things can get very stressful so this is a real nice reprieve and a definite morale booster."

While the concert was like a last goodbye for the servicemembers of

KFOR 10 it was also a nice welcome for the troops of KFOR 11.

"I thought the show was a good welcome for us, it shows us what we can look forward to during the next nine months of our deployment," Gannuscio said. "It's something that brings smiles to the Soldiers faces, and excitement to their day."

It was the goal of Bucky Covington to entertain the troops and make them happy.

One servicemember enjoyed the show more than others when Bucky Covington came down off the stage at one point during the deployment.

"When Bucky came down off stage I ran up to get as close to him as possible," said Air Force Staff Sgt. Belia Marxsen, a post office clerk with KFOR 10.

"I actually kissed Bucky on the cheek, I don't think my husband will appreciate it, but it is definitely something I will remember for a long time," Marxsen said blushing. "It was an amazing show, and everybody was really



excited and full of energy."

All the servicemembers who went to the show enjoyed themselves and left with lifted spirits.

"I want to thank KFOR 10 for giving us such a good welcome, and the USO and MWR for putting on this show for us. If the deployment could be measured by tonight then good things are coming for KFOR 11,"

Gannuscio said.



Sunny side up

By Lt. Col. Lisa Breitenbach,
KFOR 10

Sun's affect on behavior as the seasons change and fall gives way to winter, there is a gradual diminution in the hours of daylight and darkness settles in earlier.

People may begin to notice that their outlook, sleep habits, energy level and mood change as well. For most people, these reactions are not significant enough to disrupt their ability to deal with the demands of their daily life.

However, other people may experience a significant degree of impairment that is both pervasive and persistent. This sub group of the population may be suffering from Seasonal Affective Disorder (SAD). While it is not recognized by the American Psychiatric Association as a separate disorder, it is diagnosed as a sub type of other Depressive Disorders.

SAD shares many symptoms in common with Depressive Disorders including: Depressed mood or feeling down or blue, feelings of lethargy, decreased concentration, decreased levels of enjoyment, feelings of worthlessness and in the most serious cases, even thoughts of suicide.

However, there are also some atypical features including increased appetite, especially carbohydrate craving, weight gain and, an increased need for sleep.

The single most important distinction between SAD and other depressive disorders is its seasonal nature, with most people experiencing the onset of symptoms in October, reaching a peak of severity in January and resolving completely by May.

The likelihood of someone developing SAD depends both on a person's vulnerability and geographic location. SAD is very rarely diagnosed in people living within 30 degrees of the Equator. It has been reported in both hemispheres and, as latitude increases so does risk-up to a point as the incidence begins to drop as one approaches the poles.

This may be due to that fact

that there is less of a seasonal variation and, in areas where there is greater snow cover in winter months tend to have a lower incidence of SAD. Diet may also play a role.

Populations that tend to eat a diet based primarily on fish tend to have lower incidences of SAD. There appears to be a familial pattern to SAD, suggesting a genetic predisposition.

However, the main causal factor is the decreased exposure to natural daylight. The alteration of light and dark provided the foundation of our circadian rhythm, the pattern that controls our sleep/wake cycle. Decreased light tends to increase the sleep time.

Light and dark also affects the production of neurotransmitters in the brain. The production of Melatonin, which modulates our sleep patterns and Serotonin, one of the chemicals that regulates mood both are affected by a decrease in available daylight.

It is estimated that 2-4 percent of the Canadian population and 1-2 percent of the US population have SAD. There is a much larger population that develops a milder form of the illness called "Winter Blues".

Women are more likely to be affected than men but men tend to experience a more severe course. The mean age of onset is in the 20's and the likelihood of developing the SAD decreases with age. Shift workers and people who live in urban environments are also susceptible to mood changes similar to SAD.

The mainstay of treatment involves phototherapy, exposure to artificial light, using specially designed light boxes with bulbs that mimic the spectrum of sunlight and with filters to block UV rays.

Tanning beds are not an alternative. If phototherapy is not available, taking an hour's walk outdoors, even on an overcast day has been shown

to be an effective alternative.

Opening blinds or rearranging furniture to sit closer to windows are also beneficial in increasing exposure to natural light. Exercise, a diet low in fat, eliminating caffeine, B vitamins and vitamin D has been helpful for some people.

Medications have been also used. Wellbutrin (Bupropion) has been approved by the FDA for the treatment of SAD but other antidepressants, especially the SSRIs (Prozac, Zoloft Paxil, etc) are used as well. 😊

Lt. Col. Lars Staack (r) and Sgt. Maj. Walter Claude (l) of incoming 1st Squadron, 18th Cavalry Regiment, Task Force Sabre, unfurl the new colors to symbolize the handing over of authority from one command to another. The unit from Azusa, Calif., took the reins from the similiar named KFOR 10's Task Force Saber.



Photo by Pfc. Nevada Smith



Photo by Pfc. Nevada Smith

CASE

KFOR 10's Lt. Col. Jeffrey Becker and Command Sgt. Maj. John Cycotte of the 106th Aviation Regiment, Task Force Blackhorse, case the colors as they hand over the controls to the 1-207th Aviation Battalion, based out of Fort Richardson, Alaska, who will command the skies with Task Force Arctic Eagle.



Photo by Pfc. Nevada Smith

Lt. Col. Dirk Levy (r) and Command Sgt. Maj. Micheal J. Almasy (l) of the 1st Battalion, 184th Infantry Regiment, Task Force Nightstalker, takes charge from KFOR 10's Task Force Thunder. The 184th is headquartered out of Modesto, Calif.

Soldiers from the 176th Medical Group and the 5501st U.S. Army Hospital from Garden Grove, Calif., Task Force Med Falcon, stand at the position of present arms as KFOR 10 hands over the care of the rotation to KFOR 11.



Photo by Pfc. Nevada Smith

UNFURL

Individual teams and task forces transfer authority from KFOR 10 to KFOR 11

Lt. Col. Starrleen J. Heinen, former KFOR 10 Liaison Monitoring Team commander, passes the guidon to incoming commander, Maj. Kenneth M. Koop. His Sacramento, Calif., based LMT will monitor the sector for the next nine months.



Photo by Spc. Darriel Swatts



Photo by Pfc. Nevada Smith

Incoming Team MP commander, Capt. Shawn Jones (l) and his NCOIC, 1st Sgt. George C. Martinez (r) of the 315th Engineer Company, based in Moreno Valley, Calif., unfurl their guidon during a transfer of authority ceremony at Camp Bondsteel, Kosovo, on 24 February. They assumed command from KFOR 10's Task Force Guardian.

LEGAL LINGO

By 1st Lt. Michael Jones

A fantastic resource available to a deployed Soldier is the Servicemember's Civil Relief Act ("SCRA"). Because these rights are so powerful, let's recap some of the many benefits and protections that are available to you under the SCRA.

Commonly Used SCRA Protections and Rights

Please note that this list is not exhaustive, and only discusses some of the most commonly used provisions.

Interest rate maximum cap on nearly all pre-deployment debt obligations to 6 percent. Although there are some debts that are excluded from this protection, the vast majority of pre-deployment debts are affected. The debts not eligible for interest rate reductions are typically a) most student loan debt, b) debts where you properly waived the SCRA protection, and c) debts incurred after you deployed. Otherwise, the lender should reduce the interest on your loan for the entire term of your deployment. And, as a bonus, if it's a mortgage, the interest rate will be reduced for the term of your deployment, and one full year after your deployment ends.

Occasionally, a lender will insert into their lending agreements a waiver of your SCRA rights. You may have signed such a waiver without even realizing it. If you have signed a waiver, the lender may respond to your request for reduction by saying that you have waived your rights. Should that happen, you should let me take over the matter; often, I can still get the interest rate reduction anyway without much difficulty. The short answer is that you can't waive a right you don't have, and you don't have a right to SCRA protection until you are on orders. So, unless you signed the agreement after you got your orders, you are probably going to be ok.

Protection against non-judicial foreclosure. Most real estate foreclosures are called "non-judicial", which means that a court does not need to be involved in order for a lender to foreclose against the property; normally, almost all that is required is that the lender issue proper notice, and at the proper time, announce the property for sale at public auction. If the house sells for less than the amount of the mortgage, you will normally be responsible for the difference.

Under the SCRA, a lender cannot do a non-judicial foreclosure; a court must be involved and supervise the process, observing all "due-process" rights of the Soldier.

This means that the Soldier will have to be properly served process, have the opportunity to file an answer, engage in discovery, and generally draw things out for a long, long time. IF YOU ARE SERVED NOTICE OF A FORECLOSURE, COME AND SEE ME RIGHT AWAY.

Protection against evictions. Similar to the protection against a non-judicial foreclosure, it is very difficult for a deployed Soldier's family to be evicted. It can happen, but it is so difficult, it usually even isn't attempted. Service of process on a deployed Soldier is nearly impossible, and the case cannot usually proceed until the Soldier is served. IF YOU ARE SERVED AN EVICTION NOTICE, COME AND SEE ME RIGHT AWAY.

Protection against non-judicial repossession. If you fail to make payments on a car loan, often someone will show up in the middle of the night and take the car away and give it to the lender. This is called self-help repossession. It is not allowed under the SCRA. If you receive notice that a lender is considering a self-help repossession, you'll want to get me involved quickly so that they are aware of their inability to carry out their threat.

Mandatory Civil Litigation Stay. Another right for deployed Soldiers is the automatic stay of civil litigation for 90

days upon request of the Soldier. To extend the stay beyond 90 days is at the discretion of the Court, but is usually granted. Exceptions to the extension of the stay

usually involve family law matters, such as child custody or support. If the court continues the action after 90 days, they are required to appoint an attorney to represent your interests, at no cost to yourself.

Prohibition against Default Judgments. If someone sues

you, and you don't file an answer, the court will generally give victory to the other party by default. But fear not... if you are a deployed Soldier, a default judgment will be vacated on timely request by the Soldier. We can usually avoid a default judgment by requesting the stay of the case. But, you'll want to bring the case to me as soon as possible so that we can request the stay from the court.

Asserting Your Rights

If you need to reduce the interest rates on your debts, normally I will provide you with a letter to send in your name to the creditor. If the creditor doesn't honor your request, I will contact them on your behalf using official Department of the Army letterhead. I will continue to work directly with the lender until the case is resolved. Your interest reduction should be backdated to the time of the start of your deployment, or in some cases, the date of your initial request.

Occasionally, a creditor will agree to reduce the interest rate, but not reduce the monthly payment amount. This is a direct violation of the SCRA and you should have me take over the matter for you at this point. The usual outcome will be that the creditor will reconsider and reduce the interest rate and the monthly payment amount, backdated to the date of the original request.

Anything that involves contacting a court should be done through my office. So, if you need to deal with a default judgment, staying a civil case, or otherwise filing a pleading of some kind, come and see me first. We will want to make sure that everything is done correctly, and you don't accidentally waive your rights to a stay with your actions. General rule: if you receive something from a court, come and see me. I'll explain what it is, and how you should proceed.

What if you are served with an eviction notice, a foreclosure notice, or a letter from a debt collector? I call these instances "hostile lender" cases, and you probably don't want to contact them directly. Instead, come and see me and I will represent you before the lender. I have years of experience dealing with debtor/creditor issues, and am very comfortable in this area. You, on the other hand, may be tricked into giving up rights or agreeing to terms that are not in your best interest.

As a deployed Soldier, you have access to one of the oldest, and largest, law firms in America- the United States Army JAG Corp., and you should take advantage of that availability. The mission of my office is to assist you with your legal needs, and I will do that to the best of my ability if given the opportunity. 1LT Michael Jones, Michael. Jones115@us.army.mil.

Inspirational Insight

~ thoughts from the Peacekeepers chapel



Welcome to Kosovo...

In a San Diego newspaper there are ads inviting people to a cruise to nowhere. You get on a ship and instead of going to an exotic island or location you go out to sea and travel in circles for days. People dine on sumptuous meals, lounge around the pool, enjoy the shows, and participate in onboard activities. Interestingly enough, the lives of many people are lived like a cruise to nowhere. Some are on a holding pattern, having a good time but traveling in circles. It is a good way to spend a few days but not a lifetime.

The good news is that Kosovo does not have to be a cruise to nowhere. It is an opportunity to dream new dreams and build on the dreams you may already have. Dreams are those destinations in our lives that give us direction. When we know where we are going we start to prioritize what things are important and not important to us.

"When you know your dream and destination you become willing to give up in order to go up!" - paraphrase from Dr. John C. Maxwell.

For example, if you want to get your degree you may give up hanging out in order to take the classes. You are willing to do this because you have a dream driving your life not a pleasure cruise going nowhere! You start to establish a new set of priorities.

Here are some pointers during your year in Kosovo:

Believe you can succeed. How you see yourself will affect what you are capable of doing.

Don't be afraid of failing or looking stupid. Be willing to get out of your comfort zone and try something new. Don't be afraid to ask for help either!

~Cultivate constructive discontent. Every invention happened by an inventor being dissatisfied and trying again and again until he/she found an answer and contentment.

~Escape from habit. Habits you do without thinking, which means you go through the motions like you have done for a while. It keeps you from thinking outside of the box and looking for new possibilities. Don't settle for what is easy. Try something that is a little difficult.

~Balance creativity with character. Creativity will give you good ideas but character will help you keep going when you face an obstacle. Many people were like shooting stars that started well but as soon as they faced a big problem often quit. Character is what keeps you going when people and problems make you feel like quitting! And you will have those days...

~Find an accountability partner or battle buddy that you can confide in. For example, have you ever tried to diet in secret? It's real easy. You can actually go off the diet and no one knows or will keep you accountable. We need friends to keep us strong in our weakest moments.

~Faith. God has a dream for your life. Kosovo is not an intermission. Kosovo is possibly the means by which God either helps you get your life on track or helps you advance in your tracks. If God gives you a dream it will always be bigger than your abilities. Faith is that inner strength that keeps you going when you are discouraged. "Where there is no faith in the future there is no power in the present." As a Christian, I trust that God will give me what I need to achieve the goals He has for my life. Take time and pray for God to reveal to you His dream for your life. (Excerpts taken from The Success Journey, Dr. John C. Maxwell).

Kosovo can be a life-cruise to somewhere very special... Begin today... Get your 3x5 card and write down your dreams (in your civilian career, military career, education, relationships, spirituality, family, marriage...).

Welcome to Kosovo...

Chaplain Forsyth



A directional and distance marker on Camp Bondsteel shows where and how far home is. The west coast of the United States is approx. 6400 miles away. (U.S. Army photo by Spc. Louis Smith)



THE GUARDIAN EAST

MARCH 2009



Soldiers living in the temporary housing containers, or "cans", woke one morning in late February to find snow drifts 5-feet tall outside of their doors making getting to work on time a bit of a challenge. (U.S. Army photo by Spc. Louis Smith)