

# THE GUARDIAN EAST

## Quick Reaction Force:

Nightstalkers train  
for swift and decisive  
response

Official magazine of Multi-National Task Force-East

CODE RED! Trip to the dentist QRF TRI-MAX

# “Stay The Course”

**BG Keith D. Jones**

**W**e have had the reigns of MNTF-E for nearly a month now, and we’re going on the sixth week we have been in country. I am continually impressed with the professionalism and demeanor with which our force conducts itself. This fully embraces the performance and professionalism of our multi-national partners in TF POLUKR (Polish and Ukrainian) and TF Hellas, which gets at the heart of what our commander of KFOR, Lt. Gen. Giuseppe Gay, emphasizes regarding “Unity of Effort.”

**Stay the Course:** As we further settle into our jobs, I encourage all of us to “Stay the Course” relative to living the Seven Army Values. In following that path, we must be always mindful that we must treat each other with dignity and respect. Whether we are in ACUs or PTs, whether we are in the field, in our offices, at the PX, on duty or off...those Seven Army Values should serve as our touchstone when one comes to a decision point regarding personal behavior and how we treat not only our fellow soldiers but also the people we are in Kosovo to support.

**Set Personal Goals:** In speaking with many of you over the last few weeks, it seems like the sense of time moving rapidly is nearly universal. That said, I hope you have taken the opportunity to establish some personal and professional goals for your time in Kosovo. The need to set personal goals (early on) for ourselves while in Kosovo was recently reinforced by the California National Guard Adjutant General and MNTF-E KFOR 6B Commander Maj. Gen. William H. Wade’s guidance that goals need to be established within the first 45 to 60 days on the ground. Speaking from his previous experience in Kosovo, he says after our first few weeks here, spare time will be filled by a myriad of things that naturally occur during a rotation. Plan now and set aside time in your schedule for the personal and professional accomplishments you wish to achieve prior to returning home.

**Stay Safe in Traffic:** It is an understatement to say that the traffic situation on Kosovo’s roads is hazardous. Within our first week of being on the ground in Kosovo we were having

nearly one accident per day, and our ability to arrest the situation seemed challenged. Since those first weeks, our drivers have made significant progress in being more aware of their situation, and accidents are down. Our drivers are controlling their speed, driving as defensively as possible, not competing with aggressive traffic, and using all the vehicle’s occupants to help



maintain 360 degree awareness. Everyone in the vehicle must be alert and watching; assisting the driver with blind spots, and audibly calling out observed, oncoming traffic that poses a hazard, or “clear on the left (or right),” as the situation dictates.

**Stay in Touch with Family and Loved Ones:** Finally, I want to encourage everyone to stay in touch with your family and loved ones. I remember quite clearly, a couple years ago, I received a call from a distraught mother that hadn’t heard

“

***[The] Seven Army Values should serve as our touchstone when one comes to a decision point regarding personal behavior and how we treat not only our fellow soldiers but also the people we are in Kosovo to support.***

”

from her daughter (deployed to Iraq) in nearly three months. Let’s not repeat events like that. Contact with our families and those that love us are both the right thing to do, and healthy for everyone. For most, including myself, families are the single most important source of moral courage. They keep us anchored to our values, and keep us in touch with the lives we will return to.

Thank you, again, for your service, and for being such a disciplined and professional force. I’m extremely proud of you, and very proud to serve with all of you. Stay safe, “Stay the Course,” and stay ready. “FREEDOM’S FORGE!”

***The Seven Army Values***

***~ LOYALTY ~ DUTY ~***

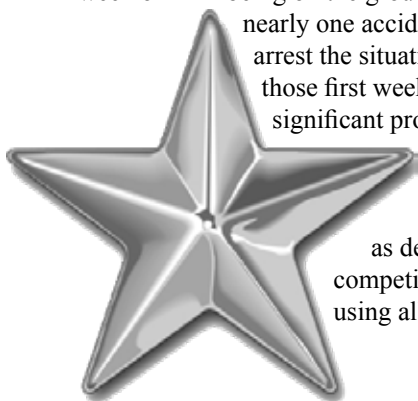
***~ RESPECT ~***

***~ SELFLESS SERVICE ~***

***~ HONOR ~ INTEGRITY ~***

***~ PERSONAL COURAGE ~***

BG Keith D. Jones  
MNTF-E  
Commander





# "We Will Make A Sizable Difference"



**CSM Rob Whittle**

excited that we have such talent on our team that I know we will make a sizable difference.

2009 is the Year of the NCO. A majority of the senior non-commissioned officers of our task force have stepped up and taken on some additional duties that are all geared to help individual Soldiers make the most of their time. Within the next month and following throughout our deployment, these fine leaders will perform these duties to make this deployment the most successful ever. To name a few of the additional duties: Civilian Education, the American Flag certification program (where you can fly your flag over Camp Bondsteel), VFW enrollment (everyone is eligible after 30 days in country), Junior Enlisted Council (we want to hear the voice of the Soldiers), MWR, and weight control programs. Please look for the flyers being posted and get involved.

Get fit! Our first class of the Non-Commissioned Officer Education System is quickly approaching. Before being enrolled, you MUST meet the requirements of the pre-execution checklist. Get with your First Line Leader

The future of Kosovo is the children. Saying that, I want to encourage you to become engaged and form a group of Soldiers to adopt a class or school in our sector. The rewards of this sponsorship will be long lasting for the children, the country, and also for you personally. As with all children, we want these young ones to grow and become productive members of society, and help build the future of Kosovo. It is safe to say that if we do this throughout our deployment we will be successful and leave this country a better place than when we arrived.

On March 25th, I was walking the streets of Gnjilane, and it just so happened to be the anniversary of the beginning of NATO actions to stop the travesties that had been taking place. Several elderly men approached me and thanked us for our commitment to our mission. They thanked us for being here while their country and political process ran their course. Engage the people of this fine country, they are excited about their future, and I am

for more information. You must be able to pass the Army Physical Fitness Test (APFT) and meet the height and weight standards according to AR 600-9. Speaking of the APFT, each Soldier will be required to have an up-to-date DA Form 705 that is no more than six months old, so if you haven't already, start getting prepared to take the APFT no less than two times while on this mission.

Let me end by saying that we must stay diligent in our daily task. We must challenge each other not to become complacent. Safety has to be kept in the forefront of our minds in everything we do. Stay Alert, Stay Alive. By wearing this uniform, you are honoring our nation and your commitment to excellence. Always be the professional Soldier. Always do what's right and always enforce the standard. "FREEDOM'S FORGE!"

CSM Rob Whittle  
MNTF-E, KFOR 11  
Command Sergeant Major

## SNAPSHOT



**COVER PHOTO:**  
*QRF: Load up!*  
**Soldiers from Team Spartan, Alpha Company, 1-185th Combined Arms Battalion (CAB) prepare to load onto a UH-60 Blackhawk after completing a downed aircraft scenario. (U.S. Army photo by Spc. Darriel Swatts)**

**BACK PHOTO:**  
*Modes of transport*

**The QRF shows us their way of getting around and a farmer shows us his. (U.S. Army photos by Spc. Darriel Swatts and Spc. Louis Smith)**





April 2009

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### THE GUARDIAN EAST

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Find the 7 hidden  
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**THINK  
SAFETY!**

# Sports Injuries

With the arrival of spring, singing birds and buzzing bees may not be the only sounds you hear. Snap, crackle and pop may sound like your morning cereal, but for some, the agonizing reality loudly announces a sports injury. For many Soldiers, participating in sporting activities is the perfect way to spend their spare time. Besides the physical benefits sports provide, they can also offer Soldiers an outlet for stress...but what of injuries? The issue is more serious than you might think. As of July 2008, there have been a reported 225 sports related injuries resulting in 1227 light duty days at Camp Bondsteel alone. Injuries on the court, field or in the weight room are a big problem. The following are some recommended safety tips that you can do to help reduce the impact of these risks.

## GENERAL RECREATIONAL SAFETY

- Organized sporting events are required to have referees who understand the game and will enforce the rules.
- Always stretch before, during and after you exercise.
- Start with a warm-up that includes movement drills similar to the activities involved in your sport.
- Dress appropriately for your sport and weather conditions.

## BASKETBALL

- Warm up with gradually more intense basketball and movement drills.
- Wear appropriate basketball shoes.
- Remove rings and jewelry.
- Ensure the playing surface is clean and in good condition.
- Check the court and sidelines for trip hazards (gym bags, water bottles).
- Ensure goals posts are padded and offset.
- Use mouth guards and eye protection.

## FLAG FOOTBALL

- Avoid over-aggressive play and penalize tackling.
- Remove rings and jewelry.
- Inspect the field prior to play to remove rocks or other obstacles and to eliminate holes or other uneven areas.
- Ensure sidelines are clear of hazards.
- Wear appropriate athletic shoes or molded cleats.
- Use mouth guards and eye protection for maximum protection.

## SOFTBALL

- Warm up with gradually more intense movement drills (running, sprinting, jumping and throwing).
- Wear a batting helmet that protects your face when batting and running bases.
- Wear the appropriate mitt for your position. Catchers should always use a catcher's mitt.
- Catchers should always wear a helmet, face mask, throat guard, chest protector, protective supporter and shin guards.
- Wear appropriate athletic shoes or molded cleats (no spikes).
- Wear eye protection.
- Inspect the playing field for holes, rocks, glass or other obstacles before each game.
- Use breakaway bases and a double first base to minimize base-running injuries.
- Encourage players to call for fly balls to avoid collisions.

## WEIGHT LIFTING

- Stretch the muscle group being trained before, during and after your training session.
- Always begin each exercise with a warm-up of at least 15-20 repetitions.
- Gradually increase the amount of weight you use.
- Do not lift more than you can handle.
- Always maintain proper form.
- Use a spotter when lifting heavy weights.
- Wear proper protective gear (weight belt, wrist, knee and elbow wraps as needed).

## JOGGING/RUNNING

- Gradually increase your running frequency, speed, and distance.
- Pace yourself for your fitness level and weather conditions.
- Running shoes should be replaced at least every six months if you run regularly.
- Warm up with appropriate movement drills before running.
- Always jog/run against traffic.
- Wear a reflective belt or vest.
- Don't wear headphones.

**Scoring points is *no accident***

# 2009: Year Of The NCO



Pictured from left to right: Command Sgt. Maj. James Norris, Command Sgt. Maj. Walter Claude-Murray, Command Sgt. Maj. Rob Whittle, Command Sgt. Maj. Michael Almasy, Command Sgt. Maj. Michael Crespo, and Command Sgt. Maj. Robert Francisco, pose with the 40th Infantry Division colors before raising it above Camp Bondsteel on 7 March.

1989, the first "Year of the NCO", was announced by Secretary of the Army John O. Marsh by memorandum entitled, The 1989 Army Theme: The NCO. Now for the second time in 20 years, the Army will again highlight the significance of its professional enlisted force, the noncommissioned officer. During this year, we will accelerate previously approved strategic NCO development initiatives that enhance training, education, capability, and utilization of our NCO Corps. We will showcase the NCO story for the Army and the American people to honor the sacrifices and celebrate the contributions of the NCO Corps, past and present. Stay tuned.





# BE HAPPY, GREEKS BEARING GIFTS

## TASK FORCE HELLAS DELIVERS HUMANITARIAN AID TO KOSOVAR FAMILIES IN NEED

*Story and Photos by Pfc. Nevada J. Smith*



In early March, soldiers assigned to Task Force Hellas, 507th Mechanized Battalion, were greeted by the bright smiles and shining faces of Kosovar children at a school in Mirosale/Mirosalje, Kosovo.

Inside a classroom hazy with smoke from a wood burning stove; the only source of heat, children watched eagerly as the Greece soldiers carried in large packages and began stacking them against a far wall.

The Hellas soldiers were in Mirosale as part of a humanitarian outreach mission to help poor families in that Multi-National Task Force-East sector of Kosovo.

"I have been here with my battalion since December 2008. Since we arrived we have been working hard to further our mission of creating a safe and secure environment," said Lt. Col. Touzopoulos Spyridon, the commander of Task Force Hellas. "We give out some form of humanitarian aid every week. We help with medical and veterinarian aid and we also help out in hospitals."

The Mediterranean soldiers are very active in helping give humanitarian aid to those who need it, and cooperation with local civic leaders is an important part of their mission. One of our goals is to help the poorer residents, and of course the children, said Spyridon.

Cooperation is an important role in any mission.

"We talk to the village leaders to find out exactly what the people need," said Lt. Anastacio Evangelos, a Civil Affairs Officer. "We also meet with the managers of the schools to get a list of the families who need our help. Then we know how many care packages we need to bring."

"We try our best to aid everybody here, and we have helped about 20 different schools in the three months that we have been here," said Evangelos, "we feel very happy to help the poor families, and we hope that in time they will be able to support themselves."

While the soldiers set up at the school, families came in and receive care packages that were sent from Greece through church and civilian organizations. The care packages were sealed in large identical boxes with the Hellas flag stamped on the side. The intent was to make everyone feel equal and not harbor any jealous feelings that one person may have got more than the other.

"We don't distinguish between Albanian and Serbian we are just here to help the people," said Evangelos, "all the supplies were sent from churches in Greece."

"I feel very good because of all the people I have helped on my mission. I'm glad to see the rich in my country help give humanitarian aid to those less fortunate," said Spyridon.

After the care packages were handed out the team of soldiers were swarmed by happy children as they passed out much needed school supplies to the students. The school supplies were brought separate from the boxes. As the children filed by, Anastacio explained some of the other forms of aid they give to the Kosovo people in the MNTF-E sector.

"We have programs to do Dental Civil Assistance Programs, Veterinarian Civil Assistance Programs, and Medical Civil Assistance Programs with the U.S. Forces," said Anastacio.

The children were sad to see the Hellas Soldiers leave, but were happy to have received the gifts the soldiers brought with them.

As they were leaving Spyridon remarked on his overall impression of the Kosovo people, "since the first day I came here, I have felt very comfortable with the citizens and I am happy to help make a secure environment in Kosovo."







*Left and below: Lt. Col. Touzopoulos Spyridon and Lt. Anastacio Evangelos personally greet local Kosovars in a recent humanitarian outreach mission in which churches from Greece sent care packages to be given to families in need.*



*Above: Smiling children at the school wave and thank KFOR Soldiers for their visit and their help. Right: Lt. Col. Touzopoulos Spyridon, Commander of Task Force Hellas, shakes hands with a local.*



“

FEEL VERY GOOD BECAUSE OF ALL THE PEOPLE I HAVE HELPED ON MY MISSION. I'M GLAD TO SEE THE RICH IN MY COUNTRY HELP GIVE HUMANITARIAN AID TO THOSE LESS FORTUNATE.

”



*Lt. Anastacio Evangelos, a Civil Affairs officer with Task Force Hellas, cheerfully greets a little boy at a schoolhouse in Mirosale/Mirosalje, Kosovo, where the Hellas soldiers passed out care packages to poor families.*





Sgt. Mark Kuyper and his postal team sort through the mail to get it in the hands of Camp Bondsteel servicemembers as quickly as possible.



# BAD THINGS CAN COME IN SMALL PACKAGES

*Terrorism can be unleashed in many ways and its destructive potential delivered in many formats.* A few examples are the Unabomber, Theodore Kaczynski, who for 17 years used the U.S. Postal Service to hand-carry his cabin-made bombs to their intended targets and former U.S. Senate Majority Leader, Tom Daschle, who nearly became a victim of the 2001 anthrax attacks when his staffers opened a letter addressed from a "4<sup>th</sup> Grade" school that contained deadly anthrax spores, which infected them and ultimately placed the entire nation on alert.

Despite the way these threats were constructed; one built from primitive materials and the other an ancient disease that can be grown into a biological weapon, the end result is still the same, they both used terrorism effectively. They were also sent through one of the countries oldest government agencies, the U.S. Postal Service (USPS). This threat is real and it can reach everyone from Nome, Alaska to servicemembers here on Camp Bondsteel, Kosovo, 9000 miles away. That is why the postal detachment assigned to KFOR 11 conducted a Mail Bomb Handling Exercise recently.

"You can never tell when a [situation] like this will take place and the one time you relax and don't take it seriously is when someone will get hurt," said 1<sup>st</sup> Lt. Kristopher Speegle, Postal Detachment Officer-in-Charge.

Speegle's team doesn't have time to relax because "the mail never stops". Every day the mail truck arrives and dumps 60-90 letters, packages and envelopes at the feet of the awaiting Army postal workers who must sort through the mounds of paper and cardboard and do it with lightning speed.

"We work from Sunday through Saturday to make sure that all of the post gets to the troops as soon as it arrives," Speegle said. "It may take four weeks for a Soldier to finally get their parcel here but it's worth it. One care package can make a huge difference to a Soldier's morale and that feeling afterwards could last them an entire month."

But what happens if one of those love letters smells of a toxic odor instead of perfume or a care package is leaking a strange fluid that isn't shampoo?

"My Soldiers have been educated to know which cues to look for and if we see them the alert will be called and everything stops," Speegle, assigned to the 49<sup>th</sup> Personnel Services Battalion, California Army National Guard, said.

"We always look for suspicious packages. We're trained to detect odors, signs of leaking parcels and other indicators. If we see any of these things we notify our chain of command," said Spc. Melissa Duran, a postal worker, assigned to the 40<sup>th</sup> Infantry Division from Southern California.

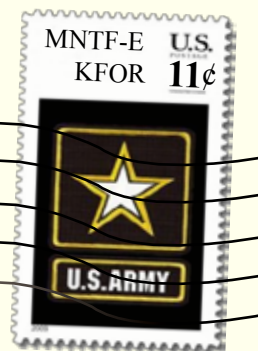
During this exercise a questionable package has been pre-positioned on a shelf to bypass Speegle's inspectors. This is where Staff Sgt. Lando comes in and his unique ability to detect explosives. He lives for this stuff and was eager to lend his amazing nose to sniff out the trouble. Despite his young age of seven he brings years of experience to these types of tasks.

An EOD Soldier wearing a 70 pound bomb suit removes a suspicious package from the Army Post Office on Camp Bondsteel during a training exercise held in March.



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Staff Sgt. Lando is a dog. More accurately he is a stout Belgian Malinois decorated in short brown and black hair and the U.S. Army, who gave him his honorary rank, uses him as a Patrol, Explosives Detector dog. His handler, Sgt. Tyler Leopold, an active-duty Military Policeman (MP) with the 630<sup>th</sup> MP Co. out of Bamberg, Germany, knows how to conduct a methodical search and within minutes Lando has zeroed in on his goal.

"CODE RED!" yells Speegle. His troops thinking this is the real thing dash for the exits. At that moment, the mail stops.

"We did not know if this was the real thing or training. We went quickly to our rally point and started calling the appropriate units," said Duran.

The Postal Detachment and the K9 team weren't the only sections tested during the exercise. The Provost Marshal's Office lit up their blue lights and blared their sirens as additional military police circled the Army Post Office creating vehicle choke points. Camp Bondsteel's fire department positioned themselves in case a four-alarm fire broke out or casualties needed evacuating. Finally, but most importantly, the specialists in the Army that can diffuse this situation's entire threat, the Explosive Ordnance Disposal (EOD) unit, arrived and waited for the latest report.

Meanwhile the job of the postal workers continued as a head count was done and then they fanned out to warn adjacent buildings of the danger.

"We've trained every Saturday for [something like this]. All of us feel comfortable that we could handle this if it were the real thing. Our team has done a lot of classroom learning and this hands-on training reinforced our confidence in each other and our leaders," said Spc. Carla Vallenogueda, another Task Force Falcon postal clerk.

With the hazard contained within the package, the EOD has a chance to neutralize any harm the bomb might cause to personnel, material or the environment. Donning a 70 pound bomb suit, the explosive expert moves in and with precision handling disposes the threat.

The exercise comes to an end as the "all clear" is given. Evaluators, visiting from Germany, emerge from behind-the-scenes and grade everyone's performance and the results are positive.

"I am part of an inspection team that oversees all postal operations in contingency locations like Kosovo and Bosnia. This training is designed to help the Postal Detachment learn to handle a malicious package," said Capt. Patricia Zisa, Human Resource Sustainment Center. "We come over anytime there is rotation change to make sure all procedures are done correctly. This type of exercise is important to protect our Soldiers from any threat coming in the mail. The postal unit will have a lot more of this type of training while they are in Kosovo to keep them practiced and ready for any situation," Zisa concluded.

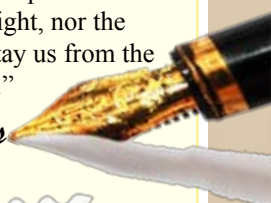
"We had a lot of training to bring us to this point to include working in the Post Office in Grafenwoehr, Germany," said Speegle. "Our team has it down to a science and I'm very proud of them."

The Soldiers of the Postal Detachment, who arrived for their nine month tour in February, should feel proud. None of them worked together prior to this deployment as a postal team. None of them were trained in mail operations and no National Guard unit before them told them how to do it. That is because they are the first Postal Detachment made up entirely of Citizen-Soldiers here at Camp Bondsteel. Speegle said he believes his team has already set a precedent for future KFOR rotations and then he went back to work.

His team started working again where they had left off knowing servicemembers were depending on them to deliver their mail as quickly as possible. Even with just a few months of serving in one of America's oldest trades they seem to live the creed that has been associated with the U.S. Postal Service since it was created by Benjamin Franklin in 1775.

"We are mothers and fathers. And sons and daughters. Who every day go about our lives with duty, honor and pride. And neither snow, nor rain, nor heat, nor gloom of night, nor the winds of change, nor a nation challenged will stay us from the swift completion of our appointed rounds. Ever."

*The mail never stops*



**Sgt. Tyler Leopold and his K9, Staff Sgt. Lando, search the postal warehouse for suspicious packages during a Mail Bomb Handling Exercise on Camp Bondsteel.**



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Card

# Sealing the deal on cavities

## KFOR helps local dentists brush up on their skills

Most children will fight tooth and nail to avoid going to the dentist but in the large village of Komogllave/Kamenaglava, located in southeastern Kosovo, they hurried to get in line. Part of the reason, much to the delight of their parents, was it was free but the main reason was a chance to interact with the American and Hellas dentists from Multi-National Task Force-East.

Working with local area dentists the medical soldiers from Task Force Med Falcon, based at nearby Camp Bondsteel and the Task Force Hellas troops from the Greece base, Rigas Fereos, greeted the waiting school children during a Dental Civil Assistance Program (DENTCAP) held in the village's elementary school recently. More than 40 6-12 year old children sat in their classes waiting for their chance to be examined by the KFOR 11 troops.

The purpose of the visit was prevention. The tool of choice wasn't the feared sharp-hooked scraping instrument that some of us know so well but a plastic material called dental sealant.

"The dental sealant goes on the biting surface of the tooth and it is a preventative measure, if the tooth doesn't have decay in it, it fills the nooks and crannies of the tooth and provides a seal there so that decay can not enter the tooth," said Col. James Baum, OIC of the Dental Clinic on Camp Bondsteel.

DENTCAPs began with the previous task force, KFOR 10, who arrived in July 2008 and just left this past March. They had gotten involved in the Dentist Conference held in Pristina, Kosovo where local doctors explained the current oral hygiene situation in the southern region of Kosovo and how bad it is. They asked for assistance from KFOR to fight the growing problem and that is how the dental program got started.

"This project started, thanks to the American KFOR, after they saw how bad the situation was, they started the initiative to begin with the project like this, and this is what we have today," said Afrim Abazi, dentist and regional KFOR cooperation coordinator.

KFOR 11 has adopted this effort and will host several visits to various towns and villages in need. The dentists provide assistance in two ways, they help protect teeth during the DENTCAPs with dental sealants, and they pull problem teeth during Medical Civil Assistance Programs (MEDCAP), another effective plan to help and support the people of the region.

"We are here to show that we care for the people and help improve their lives the best we can," said Spc. Kristopher Johnson, a dental assistant with Task Force Med Falcon.

**TOP:** Lt. Charalabos Chagivolihrinis, Task Force Hellas, checks for cavities prior to applying a dental sealant.

**MIDDLE:** Col. James Baum of MNTF-E's Task Force Med Falcon uses a topical anesthetic (numbing gel) prior to giving an elementary school child a shot.

**BOTTOM:** Lt. Chagivolihrinis and Spc. Kristopher Johnson, Task Force Med Falcon, apply dental sealant on the teeth of a little girl to help protect them from cavities and decay.





The DENTCAPs are not only a way for American Soldiers to show they care; it is also a way for other countries to help as well. TF Hellas soldiers also participated in the day's events by providing a dentist and the security for the DENTCAP.

"We examined the students of the school ages 6-12 years old and we put sealants on their teeth to help with dental hygiene with both the Americans and local dentists," said Lt. Charalabos Chagivolihronis, a dentist with the Greece task force.

When the dentists from Ferizaj/Urosevac, a city 10 miles to the north, showed up to assist the KFOR team, some of the students recognized them and ran to give them a hug, then they hurried back to get in line. The local dentists watched and learned how the multi-national team applied the sealant and were then handed the instruments so they could copy the procedure and finish the job.

"We are working with local dentists from Ferizaj (Urosevac) to help implement this program and get them involved with it, as well as conducting preventive measures on teeth," said Col. Baum.

Part of the program is getting the local medical practitioners involved so they can learn and work with some of the latest tools and procedures. Another benefit is the patients see them side-by-side with the KFOR troops and it provides recognition and trust later down the road when the soldiers aren't around and someone needs a tooth pulled.

The dentist's chair is finally empty as the grinning children go back to their classes, their teeth protected from cavities and the soldiers telling them to brush and stay away from sweets. Every bit counts with oral hygiene but with the average human having around 32 teeth the TF Hellas soldiers might want to gather reinforcements and enlist the help of Hygieia, the Greek goddess of Health.



*Col. James Baum and Sgt. James Perez of Task Force Med Falcon show two local dentists from Ferizaj/Urosevac some of the procedures they use so they can learn and practice them later.*

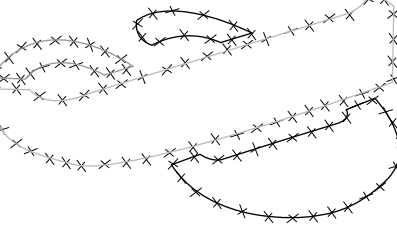
## VIP SNAPSHOT



### TOP JAG VISITS KFOR 11 LEGAL TEAM

*The Judge Advocate General of the Army, Lt. Gen. Scott Black (standing fourth from the right) and Command Sgt. Maj. Michael Glaze (kneeling fourth from the right), visited the legal team deployed to Camp Bondsteel, Kosovo, in March to discuss current legal practices. They also had breakfast with some of the KFOR 11 enlisted Soldiers and answered legal questions. (U.S. Army photo by Spc. Louis A. Smith)*





Story and Photos by Spc. Darriel Swatts

# CRISIS

TF SABRE PROVIDED  
THE CHAOS AS  
MULTI-NATIONAL  
FORCES PRACTICED  
THEIR RIOT CONTROL





A young man, no more than 21 years old, sits on a packed bus knowing that he is about to participate in a riot. He doesn't know how the day is going to turn out; all he knows is his role in the upcoming chaos. The bus stops and his leader shouts one last bit of instruction to the 85 eager passengers, "Go out there and see if you can get one of their shields or try to get one of them. Let's show them what we're made of." The crowd of young men rushes off to meet their fate against the waiting riot controllers.

This was the experience of the Soldiers from Alpha Troop, 1st Squadron, 18th Cavalry Regiment, Task Force Sabre, as they took part in a multi-national riot-control training exercise with French and Portuguese troops at Camp Vrelo, which is in the Multi-National Task Force-Central sector of Kosovo. The Cavalry Soldiers, who exchanged their combat equipment and uniforms for civilian clothes and essential body armor, acted as rioters and allowed the foreign soldiers to practice their riot-control techniques.

The reason why the Azusa, Calif. based unit participated in this early March event was to give them an idea of what it is like being the rioters. It helps them think what an angry mob might do and be better prepared in the event they come face-to-face with those individuals bent on making a scene.

"This training gave my guys an opportunity to see and experience what it is like on the opposing force," said 1st Sgt. John Wheeler, Alpha Troop's first sergeant. "It allows us to anticipate what the crowd may or may not do. Ultimately, the purpose of learning how to control a riot is being able to restore peace," said Wheeler.

The day started off with a peaceful demonstration during the first scenario. Alpha troop Soldiers were pitted against the Portuguese, built to be a first responding riot-control team, where they tried to calm the demonstrators with words. When negotiations failed they switched out with the French team, who were brought in to suppress the crowd as tensions rose. French soldiers, who were visiting from the Multi-National Task Force-North sector, began lobbing tear gas (CS) canisters to disperse the unruly crowd. Knowing how to employ CS is a critical part of crowd control and so is evacuating the injured. Both were tested early as part of the exercise to make sure all possible outcomes were performed to standard. The evaluators grading the training gave a nod of approval as the first scenario came to an end.

"When the French came in to assist the Portuguese, that's when they began to CS everybody," said Spc. Joshua Navarro. "They made it impossible to do anything because they kept gassing us."

**see "RIOT" on page 22**

## CONTROLLING THE CROWD BEFORE IT CONTROLS YOU





Look mom, I'm on YouTube

The KFOR Files is the official video magazine for MNTF-E, bringing together the best videos from around the Task Forces.

# KFOR

f i l e s



## There are 3 ways to Watch

1. DVD: get one free at selected distribution points, or ask your Chain-of-Command
2. Online: Search "KFOR Files" on YouTube, or visit our website at [sites.google.com/site/69padonline](http://sites.google.com/site/69padonline)
3. Sharepoint: Go to the Public Affairs page

## THE EAST MWR TEAM

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## SPORTS

Indoor Soccer League  
 30 April - 8 May NTFC

TF Falcon Base Team  
 Elimination Tournaments  
 Basketball \* Volleyball NTFC

## LIVE ENTERTAINMENT

13 April- 2000 hrs  
 Earthworm Concert  
 (R&B-Hip-Hop/Rap) STFC

17 April - 2000 hrs  
 Lady Professional  
 Pool Exhibition- STFC

(Enter the South Town Special 8-Ball Tournaments. The top two from each special tournament will have a chance to play the Lady Pros.

## MWR MONTHLY RUNS

Spring Fling No Frills 5k walk / run  
 26 April

## :MWR DAY TRIPS

April 18 Ferizaj Market & City Center Shopping

April 26 Film City Shopping & Dining Trip

April 19, Pristina Indoor Malls

April 25, City of Gjilan shopping trip



**Wednesday: 1 April**

1900 - Oldies Music, Spades, Volleyball Night-STFC  
2000 - Special 8 Ball Tournament- STCC  
2000 - 8 Ball Billiards Tournament NTCC  
1800 - National Jelly Bean Day...Jelly Bean winner announced NTCC

**Thursday: 2 April**

1800 - Aerobics-STFC  
2000 - Tae Kwon Do Martial Arts Class-STFC  
1800 - Board Game Night-STCC  
1900 - Crochet Class-STCC  
2000 - Darts Tournament NTCC  
2000 - Book Swap Thursdays NTCC

**Friday: 3 April**

2000 - Salsa Music Night-STFC  
1900 - Texas Hold'em (Table 1) STCC  
2000 - Book Club STCC  
2000 - Singles Table Tennis Tournament NTCC

**Saturday: 4 April**

2000 - Mixed Music Night-STFC  
2000 - Cricket Darts - STCC  
1900 - Spades Tournament NTCC

**Sunday: 5 April**

1000 - Martial Arts Training-STFC  
1400 - Sunday Jam session-STFC  
1900 - Karaoke- STFC  
1800 - Hollywood movies & popcorn NTCC  
2000 - Texas Hold 'em NTCC

**Monday: 6 April**

1900 - BINGO-STFC  
2100 - Open Court Volleyball- STFC  
2000 - Guitar Hero World Tour NTCC

**Tuesday: 7 April**

1800 - Aerobics-STFC  
2000 - Tae Kwon Do Martial Arts Class-STFC  
1800 - Board Game Night-STCC  
2000 - Nintendo Wii Tournament NTCC

**Wednesday: 8 April**

1900 - Oldies Music, Spades, Volleyball Night-STFC  
2000 - Special 8 Ball Tournament- STCC  
2000 - 8 Ball Billiards Tournament NTCC

**Thursday: 9 April**

1800 - Aerobics-STFC  
2000 - Tae Kwon Do Martial Arts Class-STFC  
1800 - Board Game Night-STCC  
2000 - Darts Tournament NTCC  
2000 - Book Swap Thursdays NTCC

**Friday: 10 April**

2000 - Salsa Music Night-STFC  
1900 - Texas Hold'em (Table 2) STCC

2000 - Book Club STCC

2000 - Singles Table Tennis Tournament NTCC

**Saturday: 11 April**

2000 - Mixed Music Night-STFC  
2000 - Cricket Darts - STCC  
1900 - Spades Tournament NTCC

**Sunday: 12 April**

0900 - 1200- Easter Egg Hunt-STFC  
1400 - 1800- Sunday Jam session-STFC  
1900 - Karaoke-STFC  
1800 - Hollywood movies & popcorn NTCC  
2000 - Texas Hold 'em NTCC

**Monday: 13 April**

2000 - Earthworm Concert-STFC  
2000 - Guitar Hero World Tour NTCC

**Tuesday: 14 April**

1800 - Aerobics-STFC  
2000 - Tae Kwon Do Martial Arts Class-STFC  
1800 - Board Game Night-STCC  
2000 - Nintendo Wii Tournament NTCC

**Wednesday: 15 April**

1900 - Oldies Music, Spades, Volleyball Night-STFC  
2000 - Special 8 Ball Tournament- STCC  
2000 - 8 Ball Billiards Tournament NTCC

**Thursday: 16 April**

1800 - Aerobics-STFC  
2000 - Tae Kwon Do Martial Arts Class-STFC  
1800 - Board Game Night-STCC  
2000 - Darts Tournament NTCC  
2000 - Book Swap Thursdays NTCC

**Friday: 17 April**

2000 - Lady Pro Billiards Player Exhibition-STFC  
1900 - Texas Hold'em (Table 3)STCC  
2000 - Book Club STCC  
2000 - Singles Table Tennis Tournament NTCC

**Saturday: 18 April**

2000 - Mixed Music Night-STFC  
2000 - Cricket Darts - STCC  
1900 - Spades Tournament NTCC

**Sunday: 19 April**

1000 - Martial Arts Training  
1400 - Sunday Jam session-STFC  
1900 - Karaoke- STFC  
1800 - Hollywood movies & popcorn NTCC  
2000 - Texas Hold 'em NTCC

**Monday: 20 April**

1900 - BINGO-STFC  
2100 - Open Court Volleyball- STFC  
2000 - Guitar Hero World Tour NTCC

**Tuesday: 21 April**

1800 - Aerobics-STFC  
2000 - Tae Kwon Do Martial Arts Class-STFC  
1800 - Board Game Night-STCC  
2000 - Nintendo Wii Tournament NTCC

**Wednesday: 22 April**

1900 - Oldies Music, Spades, Volleyball Night-STFC  
2000 - 8 Ball Billiards Tournament NTCC

**Thursday: 23 April**

1800 - Aerobics-STFC  
2000 - Tae Kwon Do Martial Arts Class-STFC  
1800 - Board Game Night-STCC  
1900 - Crochet Class-STCC  
2000 - Darts Tournament NTCC  
2000 - Book Swap Thursdays NTCC

**Friday: 24 April**

2000 - Salsa Music Night-STFC  
1900 - Texas Hold'em (Final April Table)- STCC  
2000 - Book Club STCC  
2000 - Singles Table Tennis Tournament NTCC

**Saturday: 25 April**

2000 - Mixed Music Night-STFC  
2000 - Cricket Darts Tournament- STCC  
1900 - Spades Tournament NTCC

**Sunday: 26 April**

1000 - Martial Arts Training  
1400 - Sunday Jam session-STFC  
1900 - Karaoke- STFC  
1800 - Hollywood movies & popcorn NTCC  
2000 - Texas Hold 'em NTCC

**Monday: 27 April**

1900 - BINGO-STFC  
2100 - Open Court Volleyball- STFC  
2000 - Guitar Hero World Tour NTCC

**Tuesday: 28 April**

1800 - Aerobics-STFC  
2000 - Tae Kwon Do Martial Arts Class-STFC  
1800 - Board Game Night-STCC  
2000 - Nintendo Wii Tournament NTCC

**Wednesday: 29 April**

2000 - Spring Table Tennis Tournament-STFC  
2000 - 8 Ball Billiards Tournament NTCC

**Thursday: 30 April**

1800 - Aerobics-STFC  
2000 - Tae Kwon Do Martial Arts Class-STFC  
1800 - Board Game Night-STCC  
1900 - Crochet Class-STCC  
2000 - Darts Tournament NTCC  
2000 - Book Swap Thursdays NTCC

# Veterinary Civil Assistance

■ Story and Photos by Pfc. Nevada J. Smith

## CAMP BONDSTEEL VETS HELP LOCALS

It is not just kids who fear needles. As Soldiers with Multi-National Task Force-East (MNTF-E) can attest, even pets and livestock don't like a visit to the doctor. In early March, MNTF-E's Task Force Med Falcon conducted a Veterinary Civil Actions Program (VETCAP) in the rural village of Slivove/Slivovo. Locals arrived in small groups bringing their livestock and pets to get shots, sprays, and any other medical aid they could from the Soldiers of nearby Camp Bondsteel.

"During our VETCAP's we do what we can to make sure the locals' animals are as healthy as they can be," said Sgt. Hugo Rivas, a medical veterinarian with TF Med Falcon.

As he administered a shot to a dog only restrained by a rope around its muzzle Rivas went on to state, "the healthier these animals are the better product they can produce for the locals."

### HELPING THE ECONOMY

The VETCAP missions play an important role in Kosovo's economy.

According to Rivas, agriculture and livestock are very important to the economy and the products that come from the animals help their owners live a better life.

"They can get their milk and cheese and wool from the sheep," said Rivas, "and their cows are also used to produce milk and meat products."

MNTF-E Soldiers help keep the animals healthy by providing a variety of services.

"We provide a very cursory type physical and then we give the animals any kind of vaccines or de-wormer that they may need," said Sgt. Thomas Solis, an Animal Care Specialist Veterinarian Technician.

In addition to the shots, TF Med Falcon also applies repellent on sheep to keep fleas and ticks from spreading disease.

"We go to different towns over a relative period of time so we are not constantly vaccinating the same animals," said Rivas.

Livestock aren't the only animals that help farmers sustain their way of life. That's why TF Med Falcon also provides care for man's best friend by providing shots for rabies.

"Some of these dogs are used for hunting or goat herding, so the work we do helps them out. With healthier animals the people are better able to do their jobs creating a more stable economy," said Spc. Fiscal Rogelio, a food inspector with TF Med Falcon "They hunt a lot of rabbits and pheasants, which puts food on the table."

### WORKING WITH THE LOCALS

Above and beyond providing VETCAPS for residents, TF Med Falcon also work with local veterinarians.

"Our missions help out the local vets because it gives them face time with potential clients and patients," said Solis. "We help let the people know that if they need care they can go to that local veterinarian. Healthier animals have more to produce and it helps the veterinarians because they have a stable source of income," said Solis. It gives the veterinarians better trust with their local populace and helps to establish a rapport, concluded Solis.



# ance Program: a continued series

## FARMERS GROW A HEALTHY FUTURE



**(TOP)** A local man from Slivove/Slivovo restrains his hunting dog from attacking a group of sheep during a VETCAP hosted by Task Force Med Falcon.

**(MIDDLE)** Another Kosovar holds his dog with a leash while a KFOR 11 Soldier gives it a rabies shot.

**(BOTTOM)** A Soldier administers a liquid vaccination to a sheep to protect it from disease. The Med Falcon troops head to numerous farms, villages and towns assisting locals with their animals and livestock in an effort to protect their food source and hopefully boost the economy.

### DUTIES OF THE TEAM

While in the middle of vaccinating hunting dogs and sheep, one Army National Guard Non-Commissioned Officer spoke with pride about the role of an NCO in his job.

"As an NCO it is my job to ensure the safety of my Soldiers, this job is very important and I can't overlook my duties," said Solis, "our main mission is safety first; we want to stop the spread of disease, especially from animals to humans."

With the possibility of contracting a zoonotic disease, which is a disease that can travel from animal to human, even a vet goes into the field expecting some danger.

"It's always dangerous when working with animals. When working with dogs there's always a chance you will get bit," said Solis, "the big thing is most of these animals haven't been vaccinated before so there's a lot of disease they can potentially give you if you get bit."

"This is why we are out here doing our programs is to get these animals in a healthier state and to prevent the spread of zoonotic diseases," said Solis.

Some of the most dangerous zoonotic diseases are rabies, tularemia, and anthrax, said Solis.

The various duties of the medical team, whether it is vaccinations, or introducing the people to their local providers, go a long way to helping the local people. The villagers that brought their animals to the VETCAP were very grateful to the Camp Bondsteel Soldiers for their help and support.


"I am thankful that KFOR found the time and the possibility to come and help us. We believe that their help is going to protect our animals from diseases, and I am grateful for everything that the U.S. is doing, said Fadil Rexha, a local teacher who brought his sheep to be vaccinated by the TF Med Falcon team.





# Q&A

Story and Photos  
by  
Spc. Darriel  
Swatts



A platoon of Soldiers sits aboard two UH-60 Blackhawks in full 'battle rattle'. The 'birds' they are strapped into cut through the air on their way to a situation that is only getting worse by the second. The Task Force Nightstalker Soldiers have been told they will provide 360 degrees of security and assist those alive on the ground at the crash site. It all started with those words you never want to hear, "We have a Blackhawk down. We have a Blackhawk down!" Within minutes the helicopters arrive on the scene. Last minute equipment checks are done and final instructions are given out as the wheels touch soil, somewhere in the eastern region of Kosovo. A squad leader jumps out followed closely by his team, each infantryman turning his head, eyes darting around assessing the situation and looking for any threat.

"You never know when something like this could happen," said Spc. Hector Garcia, Team Spartan, Alpha Company, 1-185th Combined Arms Battalion (CAB).

Soldiers from Alpha Company, 1-185th Combined Arms Battalion, load onto a UH-60 Blackhawk after completing a Quick Reaction Force scenario of a downed aircraft outside the town of Kamenica, Kosovo on March 27.



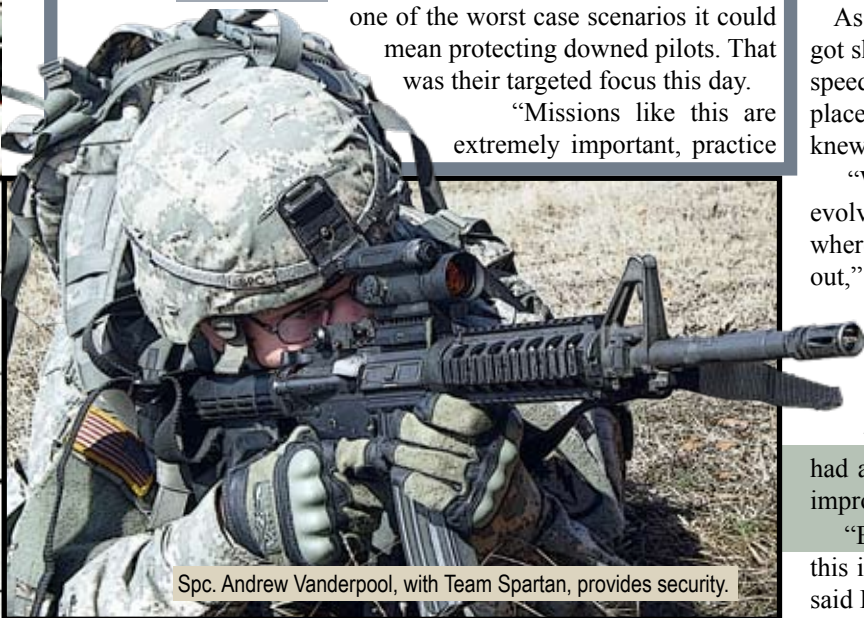
This is what Soldiers from Team Spartan had to do on March 27. Their Quick Reaction Force (QRF) team must be able to get anywhere in the Multi-National Task Force-East sector within minutes. Luckily this time it was only a training event. But the actuality of something like this happening is far too real. In southern Colorado, a UH-60 Blackhawk crashed the same day as the QRF exercise, everyone survived the crash, but an accident like that shows how important it is to have a qualified team, trained in security, medical procedures and recovery ready in case it happens here.

"Here in Kosovo, it seems safe and secure but you never know what is going to happen," said Sgt. Matthew Frandsen, Team Spartan. "There are still operations going on here so we have to maintain our readiness all the time and be able to go out and provide a safe and secure environment. This is really important for the [KFOR] mission."

The security aspect of the QRF extends beyond your typical perimeter defense. A crucial part of their training involves reacting to riot outbreaks. They must swiftly and decisively respond to counter any acts of aggression and do it with lightning speed. They are built to provide continuous force protection and in

one of the worst case scenarios it could mean protecting downed pilots. That was their targeted focus this day.

"Missions like this are extremely important, practice



Spc. Andrew Vanderpool, with Team Spartan, provides security.

makes perfect," said Staff Sgt. John Nobles, Team Spartan. "So if this happens in real life, we are more prepared and will make fewer mistakes, because in real life, it could cost someone their life."

Their training started the day before the mission so the infantry troops could practice how to load and unload from a Blackhawk safely and quickly. They also received a safety briefing and learned where everything was located in case of an emergency landing and how far they had to be away from the aircraft.

"The reason we conduct 'cold load' training is because during the real event, people make mistakes. We want them to make those mistakes here, instead of when they are doing the mission," said Spc. Justin Ables, a crew chief with Alpha Company, 1-207th Aviation, Task Force Arctic Eagle. "During a 'cold load' the helicopter is off, so the risk of injury is less. When it is running, a mistake could result in a life or death situation."

On mission day the crawl and walk phase ended as the adrenaline kicked into high gear. The Nightstalkers received one last safety brief from the pilots and loaded quickly onto the helicopter. They flew out to the 'crash site', landed and sprung from their seats as the doors slid open. As soon as the Blackhawks flew away, the 11 Bravos immediately set up a security perimeter and



waited in silence for the next chalk of helicopters to air assault in and drop off the next wave of Spartans.

"Our command made sure everybody was where they needed to be despite our radios failing, but we were able to set up a perimeter with no other problems," said Spc. Lawrence Todd, 1-185th CAB.

As the choppers moved in within a mile, the sound of air being sliced by the large rotor blades could be heard as if they were right above the troops. Wheels down, the Spartans came flooding out and reinforced the perimeter.

"We normally don't work with helicopters, so when they took us out there and let us use them, it really helps us be a better QRF," said Spc. Donald Buckenmeyer, Team Spartan.

As part of the scenario, their platoon sergeant simulated as if he got shot in the chest. The medic on scene reacted with lightning speed and had the simulated wound taken care of and an IV in place before most of the California based Alpha Co. troops even knew that their leader was down.

"We took a casualty from an unknown source. The situation evolved into a '9-line' MEDEVAC (medical evacuation) request where we had to call a chopper in to get our platoon sergeant out," said Nobles, retelling how the training evolved.

The downed Soldier was stabilized and prepped for transport. Upon the MEDEVAC helicopter's arrival, the platoon sergeant was loaded up and told to head to the hospital at nearby Camp Bondsteel. Once the helicopter was out of sight, the exercise came to an end and everyone had a chance to review of what went well or could have been improved upon.

"Everything went really well. We haven't done anything like this in awhile. It was good to get out there and do a refresher," said Buckenmeyer.

The helicopter was called back to pick up the troops to transport them back to Camp Bondsteel. On the flight back, many of the infantry troops finally were able to take advantage of the fact they weren't quickly reacting to anything and either thought about what they will have to face next while deployed here to Kosovo or rested knowing they have had the proper training to prepare them for what is to come.

"Training is always another experience to add to your playbook. Whenever you come up against any situation that you're not familiar with, you're going to fall back on the things you've already experienced, that you've read about or researched," said 2nd Lt. Andrew Tillman, Platoon Leader, Team Spartan. "So every time you give yourself a new experience, you give yourself another play to go off of in your playbook."





# ARCTIC EAGLE SOLDIERS STAY COOL WHILE LEARNING HOW TO FIGHT FIRE WITH FOAM



A Soldier with Task Force Arctic Eagle sprays a foam retardant on a training fire that simulated a fuel spill. Camp Bondsteel firefighters used a simulation pad to teach aviation units how to respond to blazes.

**G**iant roaring flames ripped at the sky. Explosive heat grasped for oxygen yearning to burn higher and hotter as Soldiers from Task Force Arctic Eagle used their cool heads to put a damper on the dangerous fire.

On March 31, Soldiers from the 1st Battalion, 207th Aviation Regiment, participated in a flight line fire training exercise on Camp Bondsteel. For the aviation troops of KFOR 11 who patrol the skies in the MNTF-E sector, knowing how to respond to a fire in their area of operations is like a firemen's ability to operate a hydrant. It is a critical skill to know.

Story and Photos by Pfc. Nevada J. Smith

# FIRE

# & F





ABOVE and BELOW: Pvt. Tijerian and Pfc. Tserlentakis are instructed by firefighter Islam Berisha in the proper use of the TRI-MAX Compressed Air Foam system during a fire prevention training exercise.



BELOW: A firefighter with the Camp Bondsteel fire station demonstrates the hose system equipped on their fire trucks.



In an open field surrounded by fire trucks the Alaska National Guardsman were taught how to use a fire suppression system made by the TRI-MAX company, out of South Lyon, Michigan.

The small portable unit works by using a compressed air foam system to put out any flammable or combustible liquids, said Islam Berisha, a Fire Prevention Technician and member of the Camp Bondsteel Fire Department.

"These systems are placed out near the fuel points so that any accidental fire can be quickly taken care of," said Berisha. "If a fire breaks out on the flight line you might not be able to get a truck there quick enough. With this equipment response time is almost immediate and this helps prevent collateral damage."

The aviation Soldiers lined up eagerly awaiting their chance to tackle the roaring flames. With instructors directing them, and base firefighters standing by, the first Arctic Eagle Soldier stepped up to grasp the nozzle of the fire suppressant system.

"I think this training has been really fun," said Pvt. Araceli Tijerina, an Equipment Parts Specialist. "It startled me when I first opened up the TRI-MAX hose to put out the fire."

The training site was well equipped to prepare the Soldiers for a flight line fire. With a mock plane that could simulate an interior fire, engine fire, wheel break fire, fuselage fire, and a fire pad to simulate a fuel spill, the Alaskan Soldiers ran through a variety of scenarios to help them gain experience.

"This training helps the Soldiers a lot," said Berisha. "It familiarizes them with the equipment and gives them a faster reaction time, this makes them better prepared to respond to a dangerous situation and better prepared to do their jobs."

"From my perspective the Soldiers did an amazing job with the training here today," said Berisha.

Berisha wasn't the only one who felt confident of the Soldiers training. The Arctic Eagle Soldiers also felt sure of themselves while handling the new equipment.

"It was very informative training. They gave us all the information we need to know in order to work the TRI-MAX system," said Pfc. Jonathan Hillman, a UH-60 Aircraft Mechanic from Palmer, Alaska.

"It was cool to feel like a firefighter for a few minutes," said Pfc. Brendan Allen, an Equipment Parts Specialist, "with this system we can suppress any type of fire we would encounter on the flight line. The training is good because it makes you more aware of fire danger and more familiar with the proper equipment to use."

Chemical fires pose a serious threat to the safety of Soldiers and their equipment. With high grade helicopter fuel there is a much more present danger, said Berisha. If you spray water on certain chemical or fuel fire you can actually intensify the fire.

"The water will spread the fuel and cause the fire to cover a greater surface area," Berisha said. "The foam forms a blanket which smothers the fire and keeps oxygen from feeding the flames."

The last Soldier put down his fire hose and stepped back to view his work. Where once there was a pillar of fire, there was now only a small sputtering of flames, not even fit to roast marshmallows on, struggling to survive. One of the base firefighters stepped up and doused the weak flames with the main hose from his fire truck and immediately a wall of steam came up and blew across the simulation pad. When the haze settled there was no trace of the blaze, all that was left was a soaked simulation pad and a new batch of well-trained Soldiers.





# Stand Up For The Troops

Pro Comedy Tour comedians put troops in a better mood by providing a night of laughs

Story by Sgt. Adam-David Pepper  
Photos by Spc. Daniel Swatts

Ever since the servicemembers of KFOR 11 arrived at Camp Bondsteel in mid-February; they have had good and bad days. However, March 16 was entirely reserved for hilarious outbursts of laughter that left your stomach feeling like it just knocked out 100 sit-ups, all thanks to the comedic styling's of Joey Medina, Bruce Jingles and Rene Garcia. The three laugh masters were part of the Pro Comedy Tour lineup that performed here at the South Town Fitness Center.

"Being able to serve the troops that serve our country everyday is an honor for me," said Garcia.

The troops that began filling the south town gym had a chance to meet the comedians and share a laugh prior to their sets beginning. The laughs shared were just a sample of what was about to come. Prior to the show starting, Multi-National Task Force-East Command Sgt. Maj. Rob Whittle announced to the crowd, who were either in the battle-dress or physical fitness uniform, but all carrying weapons, that there were seats available in the front row, but like any good Soldier, no one wanted to make themselves a willing target, especially to three professional comedians.

The show was held on the stage where normally troops engage in yoga classes and card games and the audience was seated on a volleyball/basketball court. With decorations provided by the Morale, Welfare and Recreation (MWR) staff, and spotlights lighting the main attraction, the venue could easily have been The Improv in Los Angeles.

The tour was provided by the United Service Organization (USO) and the camp's MWR personnel. Their staff, that make sure troops have something to do outside of their jobs, also tries to have entertainment brought to the rotations at least once a month.

"I just love my job taking care of troops," said Renee Favors, the program specialist.

When the comedians arrived, MWR arranged a tour of the camp so they could visit troops in their work areas. The trio had the opportunity to try their hand at doing someone else's job. The first stop was with the 753rd Explosive Ordnance Disposal (EOD) team where they squeezed into 70 pound bomb suits and had to pick up and move 155mm artillery shells.

Up next was the Simulated Arms Virtual Trainer (SAVT) to test their other



sharpshooting abilities in engaging targets up to 300 meters in distance.

"I couldn't help but hold the gun sideways like I was back on the block; it's a good thing I'm not a Soldier," said Jingles while laughing at how bad a shot he was.

With an idea of what it is like here on the camp and maybe some new material, the gentlemen rested and prepared for the show. When they finally were in charge and on stage, the jokes were launched fast and furious into the crowd. The jokes being told would get any servicemember standing in front of his 1st Sgt.'s office in a heartbeat but the comics weren't under General Order 1.

"They were so funny. I am glad that I came out here tonight to watch the show," said Sgt. Michelle Ochoa of the Joint Visitors Bureau (JVB).

During the show the comedians took pot shots at the front row where Chief-of-Staff, Col. Lawrence Cooper and Command Sgt. Maj. Whittle sat. By the end of the night, however, no rock was left unturned as the stand-up comics joked about race, gender, ethnicity as well as few subjects that can't be mentioned in this article.

"Being around all these people with rifles and pistols makes me feel like I am back home with my fellow Texans," said Garcia, "and I better be funny because you have the guns."

Joey Medina was the headliner of the night and commented on recruiting and force protection.

"The Army is doing a great job of recruiting good looking women these days, but I feel like if I try to pick up on one of them I might get shot or something. I hear troops are well-trained in what they do these days," Medina said. "I appreciate service men and women so much, because without them I could not stand up on stage and say the things I say to make my living," concluded Medina.

During his time on stage, Medina was definitely the most politically incorrect of

the trio. His material made women blush and the men wonder if they should be laughing at the jokes launched out of his mouth like cannon fire, one salvo after another blasting the audience, causing explosions of laughter.

"I was laughing so hard my face hurt at the end of the show," said Sgt. Monica Sem, JVB.

After the show, the Pro Comedy Tour comics stuck around for pictures and signed autographs. For one night everyone there shared the same good mood and some even forgot they were deployed away from family and friends and that is why laughter is the best medicine.





During the second phase the “Cav” soldiers were told to hold nothing back and go full strength against the riot-controllers. The troops gathered sticks, half-full water bottles, and whatever else they could get their hands on to use in the upcoming riot. The adrenaline-filled Sabre troops rushed out to confront the French again. Once again a wall of CS gas went up and newly added razor wire was laid down to block them from getting too close. Mother Nature was on their side this time as wind swept the gas harmlessly aside and the wire was moved. The tide turned in favor of the rioters. The French started to get overwhelmed so a vehicle was brought in to push the mob back. Different techniques were put to use as part of the exercise to gauge what worked and what had limited success.

“With the CS everywhere we had to disperse and regroup in order to continue with the riot,” said Pfc. Joshua Gregory, recalling the amount of canisters thrown at them as they tried to disrupt any attempt at gaining control over the mayhem.

The Soldiers from Camp Bondsteel were successful in grabbing shields throughout the day and pulling some of the Portuguese riot-control team members from the line. The foreign troops were also successful as order was eventually restored when the Portuguese, replacing the French, rolled in two armored personnel carriers called Bravia Chaimites.

“The training was supposed to be as realistic as possible, without allowing anybody to get hurt,” Wheeler said. Despite the amounts of projectiles flying through the air and clashes of bodies against riot shields, no one was injured.

“It was a fun way to interact with our allies and it was a good way to get to know them,” said Spc. Carl Nall.

Safety observers and evaluators brought the day’s training event to a close. The chance for each country’s soldier to train and test each other in riot control is an opportunity to understand and trust in the capabilities of the person who could be standing next to you staring at an angry crowd from beyond a helmet mask and through a shield. If that day comes working together will restore peace.

# RIOT: RESTORING PEACE



*Cav Soldiers use anything they can get their hands on to make the Crowd and Riot Control exercise as real as possible.*



*A French Soldier (MNTF-N), in full riot control gear, looks at the rowdy crowd.*



*An Alpha Troop Soldier cringes as he prepares to take a baton to the ribs from a Portuguese riot controller.*



*A French soldier watches to see how effective his tear gas (CS) canister throw is in dispersing the “angry mob”.*



*Part of the exercise was in the proper deployment of CS grenades. Here the rioters are overwhelmed by the smoke and have to disperse.*



*The French used a Alsetex ‘Cougar’ 56mm grenade launcher to fire tear gas (CS) into a crowd.*



*TF Sabre troops become resourceful in removing razor wire in order to confront the French riot control team during a Crowd and Riot Control exercise.*



*A Soldier considers his chances against a shield, baton and pepper spray.*



*Mock rioters taunt Portuguese soldiers as one tries to break the line and the other attempts to restore peace.*



# Women's History Month!



*Pictured from left to right: Sgt. Maj. Linda Korbel, Staff Sgt. Latoya Honaker, Pfc. Patricia Gutierrez, Brig. Gen. Keith Jones, Lt. Col. Lisa Peake, Col. Sharon Navratil, and Capt. Michele Edwards. (U.S. Army photo by Spc. Louis Smith)*



*Soldiers, ranging from the youngest to oldest and private to colonel, gave speeches in support of Women's History Month at the Medal of Honor Hall on Camp Bondsteel March 25. Each spoke about their experiences growing up, life in the military, and gave advice on how to mentor and help each other grow.*

Soldiers of KFOR 11, who felt lucky enough AND love to participate in "fun" runs had a chance to show their spirit during the St. Patrick's Day 5k run put on by the Camp Bondsteel MWR staff on 17 March. Individual runners took off around the 3.1 mile course as teams, dressed-to-impress by proudly displaying green additions to their uniforms, walked, jogged and ran to the finish line. Medals and awards (unfortunately no pots of gold) were handed out afterwards to the fastest and to teams who exhibited the best spirit and costume.



*LEFT: Third place for best team spirit award went to the 753rd Explosive Ordnance Disposal Detachment, who got into the "spirit" by donning their 70 pound bomb suits and walked the course. Other EOD Soldiers wore their MOPP (chemical) gear and ran.*

## ST. PATRICK'S DAY 5K RUN



*ABOVE (Pictured from right to left): First place winner, Lt. Col. David Kauffman, TF Falcon JAG, second place, Spc. Jesse Peraserrao, 140th Engineer Support Co., TF Sabre, third place, Ji Chong, Team MP. (Photo courtesy of MWR)*

*LEFT: Lt. Col. Kauffman finishes the race. The runner-up was more than 100 Lucky Charms cereal boxes behind in length.*





# IT'S ALL ABOUT THE BENJAMINS

**N**ow is the time to participate in the Savings Deposit Program (SDP). If you plan to participate, please come in, fill out the form, and let's get it started.

- Entitlements starts on 31st day in theater
- Eligibility stops on the day of departure; however, interest will continue to accrue up to 90 days after redeployment
- Max total contribution: \$10,000
- Max Monthly contribution formula: Base Pay + Entitlements – Allotments
- Funds Deposited on or before 10th will draw interest for the entire month, after the 10th interest accrues from the 1st of the following month
- Annual interest 10%: compounded quarterly 2.5% \$10,000 is the max that interest will be paid upon; you may withdraw any amounts that exceed \$10,000 quarterly. (See MyPay for SDP withdrawal request)
- Accepted payment: personal check, cash or Eagle Cash Card
- Interest paid on the amounts deposited into SDP is TAXABLE. (See MyPay for Tax Statement 1099-INT)

•It will take up to 3 months for the SDP to show up on MyPay. If your unit scans the DD1131 (cash collection voucher) and emails to CCL-SDP@DFAS.MIL or faxes to DSN 312.580.5060, it will show up sooner.

- It is soldier responsibility retain the DD1131s.
- See Finance Customer Service to make a deposit.

“Get your Eagle on” If you do not have an Eagle Cash Card stop by Finance and fill out an application for one.

•Load cash on Eagle card & use it at AAFES, post office, and other Bondsteel facilities

•Max daily load: \$300 (in personal check, cash or directly from the individual's bank account)

•Eagle Cash Kiosks are located in the Main Post office, the PX, South Town gym, North Town MWR, North Town coffee shop, & Finance; also a kiosk in Anthony's Pizza at Film City

•See Customer Service for Assistance. We need all Soldiers to be registered in Defense Travel System (DTS). You may register by going to <http://www.defensetravel.osd.mil/dts/site/index.jsp>

Please stop by the DTS office if you need assistance.

# 1000

## The English Club

Sabre troops switch firearms for flash cards to help teach English to children in the Kosovo region

Multi-National Task Force-East Soldiers with 1-18th Cavalry Regiment or Task Force Sabre are brushing up on their English language skills. No, they're not preparing up for the SAT or ASVAB. Instead, they're starting up an “English Club” with the intent to help the children of Kosovo

“We're all excited about this,” said Sgt. Alejandro Strawn of Task Force Sabre. “With the assistance of some American educators in Pristina, we are learning how to teach English to fourth through sixth graders.”

With no translators around, the course will be taught

entirely in English with the help of flash cards and other visual aides.

“They'll be fully immersed into the English language,” said Strawn. “It's all about helping the children in their ability and confidence to speak and understand English with native speakers so they can converse.”

The “English Club” will also offer the youngsters a chance to make new friends within their school and to meet people from another part of the world. For the Soldiers, this opportunity will help them develop skills and positive contact with young Kosovars.



**Sgt. Strawn looks over English language teaching tools with American civilian educators from Pristina. Strawn is learning how to teach English as part of Task Force Sabre's community outreach mission.**

“You know, this goes beyond just interacting with Soldiers and learning English,” said Strawn. “As Kosovo continues to develop economically, these children are the country's future. To be successful, they will need to have the skills to reach out internationally.

These classes will help them to that.”

The troops, who will be broken up into 2-3 men teams, plan on going out twice a week for five weeks and present ten lessons to the children. The classes will be held after normal school hours.



# LEGAL

# L I N G O

## Privacy Rights while on Active Duty

There is a widely held misconception that a soldier on active duty in the Army does not have privacy rights. This is incorrect. Soldiers on active duty do in fact have privacy rights. The Army is not a "Fourth Amendment Free Zone" as some believe. That being said, there are significant differences between the privacy rights one has on active duty and the privacy rights one has in civilian life. The primary difference is that "inspections" are allowed in the military, whereas they are not allowed in civilian life. Inspections – sometimes called "health and welfare inspections" – allow commanders to intrude upon areas that police officers could not intrude upon in civilian life without a search warrant. There are particular operational reasons why inspections are allowed, as well as protections for soldiers when inspections are used as searches. This article seeks to clarify the boundaries of a soldier's privacy rights and explain the rationale for the rules.

It is important at the outset to explain what is meant by "privacy rights" as this term can have different meanings in different contexts. For purposes of this article, "privacy rights" means the right to be free of unwarranted governmental examinations of one's person, personal items, and the items in one's living area. These rights flow from the idea that a person has a "reasonable expectation of privacy" with regards to one's own body and living space, expectations that should be respected by the government. Where a person has an expectation of privacy, government agents – e.g., police in civilian life, military police and commanders in the military – can only conduct examinations under certain conditions. The presence of these conditions operates as a protection of a person's privacy rights.

In the civilian world, the requirements government agents must meet before they can examine an area where a reasonable expectation of privacy exists are governed by the Fourth Amendment. Such examinations are called "searches," a legal term that has a specific legal meaning. A search is where government agents look for certain things at certain locations for the purpose of collecting evidence to use against an individual(s) in a criminal case. A search must comply with the warrant requirement of the Fourth Amendment or fit under one of the limited number of "search warrant exceptions."

In general, to comply with the Fourth Amendment, a government agent must

first present a sworn affidavit to a judge that establishes probable cause that the listed item(s) will be found at the listed location. A warrant is not needed in certain situations where the search is otherwise reasonable. Three of the major search warrant exceptions are when the person being searched consents to the search, when the government agent sees the item(s) in plain view, and when a search is made for safety purposes after a legal arrest.

If civilian government agents do not comply with the Fourth Amendment requirements, the evidence they discovery will be excluded from use in a criminal case against the person who had it. This is called the "exclusionary rule" and it is imposed so that government agents – mainly police officers – have a motivation to keep on the right side of the Fourth

In the military, active duty the Fourth Amendment requirements apply in largely the same way they do in civilian life. Prior to performing a search, a judge or commander must issue a search warrant or one of the exceptions must apply. The major difference between privacy rights in civilian life and military is that in the military, commanders can conduct "inspections."

As with the term search, the term inspection has a specific legal meaning. An inspection is an examination made of a soldier's person or living area for the "primary purpose" of insuring the "security, military fitness, or good order and discipline of the unit" or troops. Inspections are allowed so that the Command can be assured that its troops are fit, healthy, and capable of performing their duties. They are tools for commanders to use in insuring the overall fitness a unit to perform its military mission.

An inspection is a legally distinct concept from a search. The purpose of an inspection is not to assign criminal liability to a particular soldier, but rather to insure the unit's military fitness. This distinction in purpose is vital for understanding a soldier's privacy rights on active duty. The terms

should not be confused or used interchangeably; there is a bright line difference between the two.

Inspections are clearly significant intrusions upon a soldier's privacy rights. A comprehensive health and welfare inspection involves an inspection team looking at the contents of a soldier's wall locker, dressers, and any locked container within these locations. These are areas in which a soldier clearly has a "reasonable expectation of privacy."

How then are inspections allowed? Inspections are allowed because military courts have determined that a commander's interests in insuring his/her unit's fitness for duty is more essential than soldiers' privacy rights. The courts' rationale is that if a commander does not have confidence in his/her unit's fitness, the unit is combat ineffective. With the main objective of the Army being to fight and win the country's wars, courts have found insuring unit's military fitness is of the utmost importance and that soldiers' privacy rights take a backseat to this operational necessity.

In a properly conducted inspection, any contraband discovered can be used against the soldier in a subsequent criminal proceeding. This is the case because if items have been deemed to be contraband, they have been previously banned by the Command due to the Command's belief that they are injurious to the health and fitness of the troops. The soldier's continued possession of the banned item(s) is a violation of a lawful order and therefore courts have deemed it fair for the contraband to be admissible in criminal case.

If the inspection is not properly conducted, however, the discovered contraband cannot be used against the soldier. An inspection is not properly conducted when it is in fact a "search" in disguise, that is, it is conducted to look for evidence for the purpose of assigning criminal liability to a particular soldier. As the intent of a search is to assign criminal liability rather than to insure the military fitness of a unit, the requirements of the Fourth Amendment must be met. Therefore, unless a search warrant has been issued – or one of the exceptions applies – the search is illegal and any evidence flowing from it will be excluded from a subsequent criminal proceeding.

In conclusion, inspections represent a significant imposition on a soldier's privacy rights. Inspections are allowed due to the operational necessity that a commander have confidence that his/her soldiers are safe, secure, and able to perform their jobs. Inspections, however, that are searches in disguise violate the rules and their discoveries cannot be admitted in criminal proceedings.



# Inspirational Insight

~ thoughts from the Peacekeepers chapel



## *"Failure is not final!"*

Do you know the beginning of this phrase, "...try, try again!"

Exactly! "If at first you don't succeed, try, try again." Imagine what great things would not have happened if people who did not succeed the first time, quit. Think about what relationships ended because people quit too soon. Did you know Michael Jordan was cut from his High School basketball team? He could have quit. Your failure is not final. Success does not always come the first time around.

We don't always know the answer to the question, "Why do bad things happen to good people?" But maybe that is the wrong question. Maybe the right question is, "What happens to good people when bad things happen to them?" So many have quit when bad things happened or when they failed. Success does not always happen the first time around. What happens in you is more important than what happens to you.

There are two things that happen in you that often keep people from trying again: FEAR & FAILURE.

### *FEAR*

So many people have allowed past bad things to keep them from taking action and resigning to a life of an empty existence for fear of failure. A study conducted by the University of Michigan showed that 60 percent of our fears are totally unwanted. Those things will never happen. 20 percent of our fears are focused on the past. These are things out of control. 10 percent of our fears are so petty that even if these things happen it would have much of an impact on your life anyway. In the remaining 10 percent only 4-5 percent is actually justifiable (Denis Waitley, Seeds of Greatness). If you are dealing with fear there is a 90 percent chance that it is not justifiable. Some people fear not having anyone to live life with and get stuck with someone they don't love. Some fear not getting a job they want and never send in their resume. Face your fears and only focus on those things you have control of and don't worry about those things you have no control of. (This sounds easy until you have to practice it or you just really hurt on the inside! It takes practice. Practice thinking right, when you feel all wrong!)

### *FAILURE*

Another problem is failure. Many people have the wrong understanding of a failure and instead of using failure as a springboard to move forward and life learning moment they have resigned to living in the reality of that failure. One of the reasons why this happens is because when you fail you feel bad and that bad feeling tells you the lie, "you are no good" or "that you are a loser" when in fact you are not! Don't listen to the lie of those bad feelings. Pretty soon the voice of bad feelings will go away and be replaced with voice of self-confidence and faith.

Questions and thoughts to consider: What fear stands in the way of your next step on your life's journey? List the things that you cannot control and things you can control. Make a commitment to stop dwelling on the things you cannot control and work hard on the things you can. Decide today to no longer try to avoid failure but be willing to take risks and do your best. In the spirit of the Passover and Easter, failure is not final! You can't keep a good man or woman down! If at first you don't succeed, try, try again!

Blessings,  
Chaplain Forsyth





Soldiers from Team Spartan, Alpha Company, 1-185th Combined Arms Battalion (CAB) practice on how to safely exit a UH-60 Blackhawk during Cold Load training at Camp Bondsteel, Kosovo on March 26, 2009. The 1-185th CAB is one of the units deployed in support of Multi-National Task Force – East, KFOR 11. (U.S. Army photo by Spc. Darriel Swatts)

APRIL 2009

## THE GUARDIAN EAST



A local Kosovar farmer stands next to his decorated horse after hauling items into a village. Horses are still widely used as a mode of transportation and moving material. (U.S. Army photo by Spc. Louis Smith)