

THE GUARDIAN EAST

Vice President Visits KFOR:

VP talks about the
importance of the
National Guard and
the KFOR mission

Official magazine of Multi-National Task Force-East

“Defeat Complacency”

Brig. Gen. Keith D. Jones **MNTF-E Commander**

Halfway there: I believe, during this edition of the Guardian East, it is absolutely appropriate to reflect on the fact that, with the advent of the month of June, we are halfway through our deployment. I'm sure that this is not only a reflection point for us here in Kosovo, but for family and friends who await our return to our respective home states. I would guess that, for most of us, the halfway mark has come fast. It certainly has for me.

First, with a bit of nostalgia, it seems like yesterday we accepted our guidons and uncased colors: Task Force Med Falcon shared the uncasing of their colors in the clamshell along with members of the KOA and KOS medical community, the maneuver and aviation battalion task forces and Special Troops Battalion (STB) TOA's uncased their colors in their respective South Town/North Town gyms and clamshells, the EOD accepted their guidon following the traditional EOD sendoff explosion (followed by a not-so-traditional snowball fight), STB's HHC held a very dignified ceremony in the South Town Theater, and the LMT and MP transferred guidons in appropriate and dignified ceremonies. Finally, MNTF-E watched KFOR 10 case its colors in preparation for their redeployment, and we proudly uncased the colors of the 40th Infantry Division, signifying to all that we were firmly in the driver's seat, along with our new Multi-National partners.

Looking back further, we remember the demanding training experiences at Hohenfels JMRC, and our somewhat colder and more individual training experiences at Camp Atterbury (which to me seems like a lifetime ago). Back even further our SRP operations and pre-deployment training at our respective states and home station training areas...and our series of planning conferences (C-180, etc.).

The value of looking back is often not actually found in the past...but in the future. We have come through a lot together, formed new relationships, made new friends, shared many varied and challenging experiences, gained new proficiencies, stubbed some toes, and shared some pretty amazing accomplishments. I can honestly tell you that, as a team, we have, and continue to, impress our senior headquarters and the international community relative to the work you do on a day-to-day basis, and in your ability to adapt and apply the tools we were provided. You have molded yourselves into a highly effective team, doing the complex and challenging work of peace support operations and, in effect, executing textbook operations from the pages of FM 3-07, Stability Operations.

I'd doubt there is any among us who could not find a reflection of our personal efforts here in Kosovo in the



following quote from FM 3-07, where it defines what it calls “the essence of Stability Operations” by stating that “time may be the ultimate arbiter of success; time to bring safety and security to an embattled populace; time to provide for the essential, immediate humanitarian needs of the people; time to restore basic public order and a semblance of normalcy to life; and time to rebuild the institutions of government and market economy that provide the foundations for enduring peace and stability.” I believe this is exactly what our Vice President, Joseph Biden, was telling us

“**Let us not let complacency dull the sharp edge of proficiencies in our respective duties. It will require a conscious and continuous effort to defeat complacency at this stage of our deployment.**”

when he said in his address to us that we would always be able to remember being an integral part of the effort when the Balkans finally joined Europe. I think each of us can take a measure of pride in that.

With the halfway point at hand, I would like to make one simple but invariably important point regarding where we currently stand in our deployment. **LET US NOT LET COMPLACENCY DULL THE SHARP EDGE OF PROFICIENCIES IN OUR RESPECTIVE DUTIES.** It will require a conscious and continuous effort to defeat complacency at this stage of our deployment. This means never losing sight of mission focus, never letting up on safety, never letting up on Soldier care, and never letting up on treating each other with dignity and respect. I encourage each of us to look to the remaining time we have in Kosovo, and apply our collective leadership and Soldiering skills to do just that.

Thank you all for a job (to date) well done...and NEVER forget that complacency can be the most dangerous killer on our battlefield.

“FREEDOM’S FORGE!”



“Leadership Is Developmental”



Command Sgt. Maj. Rob Whittle
MNTF-E Command Sgt. Maj.

As we enter the mid-point of our deployment it is important that we stay diligent in our duties of keeping ourselves focused, keeping ourselves safe, and keeping ourselves engaged with the daily business of our mission. We must never forget we are in an operational environment and the potential for danger is always present. We must continually guard against becoming complacent and assuming unneeded risk. In line with one of our seven Army Values - remember our jobs as Soldiers is not complete until we ALL get back home safe.

In the beginning of June and September, all task forces will conduct an NCO and Soldier / Best Warrior of the quarter competition. These events will be challenging. If you are up to the challenge then I encourage you to contact your chain of command to voice your desire to participate. Make no doubt about it, this will be the “Best of the Best” competing for a chance to win the Task Force Falcon Best Warrior competition. The task force wide competition will be held in the month of October. All quarterly winners from each task force will compete in this division wide event. Do

you have what it takes? Do you have enough HOOAH?

By now, all commands have a Junior Enlisted Council (JEC) formed and have started conducting meetings. The sole purpose of these meetings is so the concerns and ideas of our junior enlisted members of our task force are heard. If you are not aware of whom your JEC members are, I encourage you to ask your first sergeant. Seek out your JEC members and let them know what’s on your mind (respectfully). All the command sergeants major on this task force will read, and when feasible, action the items on these reports. Your opinion and concerns matter.

You are the best manager of your career. I encourage you to take a proactive approach to ensuring your administration is in order. If you are missing items such as a monthly counseling, or an NCOER, seek out those that owe you these evaluations and set an appointment to get current, again be proactive. Without these items, you are the one that is ultimately going to suffer when it’s time to submit your Enlisted Promotion System packet. That being said, each leader has an inherent responsibility with counseling the

Soldiers in their charge monthly.

I believe that leadership is developmental, and Non-Commissioned Officer Education System is definitely the stepping stone that allows our NCO leaders the tools to grow the next generation of sergeants who will take our Army to the next level. Missions in our theater are often planned, conducted and successfully accomplished by the squad leaders with minimum oversight by the platoon sergeants and first sergeants. This is what makes our “Army Strong” as well as successful, truly the result of NCOs leading from the front and NCOs being the “Backbone of the Army”.

Lastly, be proud of what you have accomplished so far during our mission. Each and every Soldier on this task force has chosen to volunteer their time in service so willingly and faithfully for a cause that is far greater than our own. The people of Kosovo are not the only benefactors; our Soldiers will leave this mission better trained, better lead, and hopefully a better person due to extraordinary performance of this task force as a whole. Be proud.

SNAPSHOT



COVER PHOTO:
Salute to the troops
Vice President Joe Biden speaks to the troops during a visit to Camp Bondsteel. (U.S. Army photo by Spc. Darriel Swatts)

BACK PHOTOS:
Faith and flight
Monks pray to the heavens while Peacemakers practice hoisting “injured” troops. (U.S. Army photos by Pfc. Nevada J. Smith and Spc. Darriel Swatts)





CONTENTS



5 Vice President visits

Vice President Biden visited Camp Bondsteel in an effort to boost morale and show the new administrations support for the troops



7 Ready, Aim, Fun!

U.S. and German soldiers share marksmanship qualification to earn badges



9 Kids camp, future leaders

Camp Bondsteel Soldiers work with the Kosovo Police to host a youth camp for children all across Kosovo.



11 Misfits train for Medevac

Medical Aviation Soldiers train German soldiers on the use of MEDEVAC assets



13 A look into the past

See the origins of the MNTF-E and take a look back at the accomplishments achieved in Kosovo in the past decade.

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
Sgt. 1st Class Paul Wade
paul.wade@eur.army.mil

Copy Editor and Layout and Design
Pfc. Nevada J. Smith

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

Printer
DinoGraf

Webmaster
Sgt. Adam-David Pepper

Web sites
www.TFFalcon.HQusareur.army.mil



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.

This Month

SPECIALS

- 17 Rock and Roll Bondsteel
- 19 Polish Constitution
- 21 Asian Pacific Islander Month
- 23 New life for old mattresses
- 25 Freeze Frame
- 27 St. George Dinner
- 28 Armed Forces Entertainers

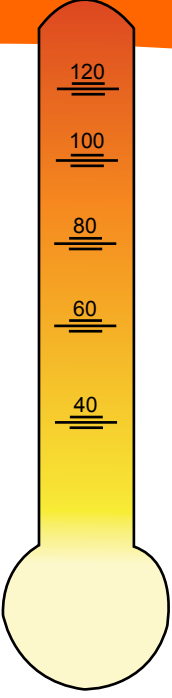
Every Month

DEPARTMENTS

- 1 CG's message
- 2 CSM's focus
- 4 Safety
- 15 MWR calendar of events
- 29 Legal Lingo
- 30 Inspirational Insight

HAZARDS CAN OCCUR ANYTIME, ANYWHERE

AVOID HEAT INJURIES ... BY FOLLOWING THESE TIPS!



Over the last several months we have experienced all types of inclement weather. Now, with longer daylight hours and increasingly warmer weather, it is no secret that summer is just around the corner. As we make our transition into summer it's important to take the necessary precautions to identify hazards, heighten individual awareness, and establish controls to help mitigate risks associated with heat injuries. Whether you're on patrol, playing softball or just lying in the sun, if the necessary precautions are not taken the consequences could be fatal. Remember, our mission here is important, but always keep yourself safe at the same time. Here are some safety tips that you can follow to keep you from becoming a heat casualty.

Tips to Prevent Heatstroke:

~Drink plenty of fluids. Staying hydrated is the most important key to helping you maintain a normal temperature. On average consume at least 8 – eight ounce glasses of fluid a day. Avoid caffeinated beverages due to substances that will cause dehydration.

~Avoid strenuous activity. If you must be physically active on a hot day, take frequent breaks in a cool spot and stay hydrated.

~If not on duty, limit outdoor activity to morning and evening hours. These often are the coolest parts of the day.

Self Care for Heat Cramps:

~Rest briefly, cool down.

~Eat salty foods.

~Drink water with a teaspoon of salt per quart. Sports drinks are also good because they are higher in sodium.

Self Care for Heat Exhaustion:

~If you suspect heat exhaustion (weakness, exhaustion, headaches, dizziness and profuse sweating with an elevated body temperature), get the person out of the sun and into the shade or an air-conditioned location. Then lay the person down and elevate his/her feet slightly and loosen or remove clothing.

~Give a sports drink or cold (not ice) water to drink.

Remember, heat injuries are preventable. Early identification of the signs and symptoms of Soldier distress is critical. Whether individual or activity-related, leaders need to identify and mitigate risks that may lead to heat casualties. If you experience any of the areas mentioned above, stop the activity, rest in a cool area, drink plenty of fluids and notify your battle buddy. These simple things could mean the difference between staying safe and becoming a casualty.

Hey Soldier! Did you know...

Go ahead and reach into your pocket and pull out a dollar...No! Not a Euro, a Dollar. For those of you who can remember back to Camp Atterbury, dollars were those green things we all kept in our wallets. Since nobody here carries U.S. currency, I want you to think back and picture a dollar. Can you see the eagle and pyramid? Good. You are now picturing The Great Seal of the United States.

Did you know that the Great Seal was first officially used in 1782 after 6 years and three separate designs were rejected? The final version was submitted to Congress by Congressional Secretary Charles Thomson, who borrowed elements of the three previous designs. Now, 227 years after the Seal was made you can find

it anywhere, it's used on our money, many of our government offices have created adaptations of it for their personal office, and the presidential seal is almost an exact copy, with only minor differences.



But even though we see it everyday, few of us know the symbolism behind it. For instance, did you know that E Pluribus Unum means one from many and is a symbol of America's origins as a country formed from the people of other nations? Or that there are 13 stars, stripes, olive branches, and arrows on the Seal, each a symbol of the first 13 colonies that formed the United States. Now that I have educated you a little I hope you enjoy reading the latest issue of the Guardian East, in this issue there is a special surprise...try to find all 13 Seals hidden in this issue of the...



The Office of the Vice President
Washington
May 21, 2009

In Regards to the Vice President's visit to Camp Bondsteel

Dear Guardian East reader,

Vice President Joe Biden visited the troops at Camp Bondsteel in an effort to boost the morale of the Soldiers stationed here and to show support for the Kosovo Force mission.

The KFOR 11 soldiers represent some of the best Soldiers to offer from California, Texas, Maryland, West Virginia, and Alaska. The vice president recognized each state and got a roaring cheer from the National Guard Soldiers.

Biden's visit to Camp Bondsteel was the last stop on a three-day trip to the Balkans where he visited three different countries.

Upon his arrival here, Biden met with the commanding general of the U.S. led Multi-National Task Force-East (MNTF-E), Brig. Gen. Keith D. Jones, and then followed that meeting with a meet-and-greet where he addressed the American contingent serving here.

"You're the most visible, most vital symbol of our sense of justice and compassion that could possibly be demonstrated to the rest of the world, you're the embodiment of our deep-seated ethic of selflessness and sacrifice," said Biden. "You know, you're serving shoulder-to-shoulder with our NATO forces that are here; partners from Armenia and Greece, Lithuania, Poland, and Romania and Ukraine. You show the world, and you continue to show the world what happens when nations resolve to stand together to defeat tyranny and to build free societies."

As a proud father of a National Guard Soldier serving in Iraq, Biden remarked on the importance of the National Guard and its relevance in today's military.

"Without the National Guard we would not be able to conduct the war in Iraq, we would not be able to conduct the War in Afghanistan, and we would most certainly not be able to conduct the efforts being made here," said Biden. "There's an old saying that goes, 'this is not your father's National Guard,' its an integral part of every Army operation, and its impossible to deploy a large force of the United States military without the National Guard."

The vice president's visit imparted the importance of the KFOR mission and highlighted the changes that have taken place in the region.

"I look at the progress made since my first visit, and much of it has been attained, first and foremost, by American leadership, backed up by the courage and hard work of NATO military forces like all those standing with you here today," said Biden. Biden also said that each KFOR Soldier has the rare chance to be able to tell future generations about what is was like when for the first time in history the Balkans became a part of Europe.

"We dreamed of a Europe whole, free, and at peace. But the one missing piece of that puzzle remains the Balkans," said Biden. "Here in Kosovo, you protect the innocent; you protected innocents a decade ago, and now you're providing Kosovars the security they need, and the space they need, to build an independent, democratic, and most importantly multi-ethnic state that has never existed in this part of the world."

Biden talked about what an opportunity Kosovo is and reaffirmed his support of the mission and how it acts as an example of freedom and democracy.

He stressed the U.S. Soldier's primary mission is to secure freedom of movement for the people of Kosovo and how the KFOR mission does much more than that.

"You're literally building a free, vibrant, productive society from the ground up," said Biden, KFOR Soldiers are working with nongovernmental organizations, international donor organizations, to complete local improvement projects that change the lives of the Kosovo people.

Biden ended his speech to the Soldiers with heartfelt words on the work of the American Soldiers and their continued dedication to KFOR, freedom, and the United States.


Some of the Soldiers who were present for Biden's speech were impressed that a member of the Obama administration took the time to personally come to Kosovo to thank them for what they are doing.

"We have his support while we're here promoting freedom, and it was a very encouraging thing for him to come out here to let the troops know in person our vice president on behalf of our president is behind us," said Sgt. 1st Class Maria Weaver, a Soldier from Alaska.

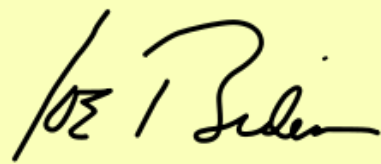
"It's an honor to see the administration take time to visit us to show their appreciation," said Spc. David Noriega, a California Army National Guard Soldier. "The speech was very nice to hear that they appreciate our sacrifices and our family that they are sacrificing as well."

"He really emphasized that it is our family that is making the sacrifice," said Noriega, "while it is America's military at war, it is the sacrifices at home that are felt the most."

Many of the Soldiers seemed impressed with Biden's parting words, which summed up the administrations views on the National Guard, and the KFOR mission.

"We admire you, we genuinely admire you. We admire what you're doing, and we will do everything in our power to guarantee that you have whatever you need to complete your mission and whatever help you need when you get back home," said Biden. 

Sincerely,



P.S. See more on this story by watching the KFOR Files



Cpl. Robert Payne gets promoted to Sergeant by Vice President Joe Biden.



1st Lt. Kristopher Speegle smiles for a picture with Vice President Joe Biden during his visit to Camp Bondsteel.



Biden addresses the troops on the importance of the KFOR mission.



Biden takes time to pose for a picture with Soldiers.

AIMING FOR



Story by Pfc. Nevada J. Smith

The sharp staccato burst of machine gun fire echoes across the field to the American Soldiers to the East. A German sergeant shouts “ready und fire!” to the Soldier laying in the prone next to him. This could be a scene out of a World War II movie, but in late April it was a common sight for selected Soldiers from Camp Bondsteel participating in the German Marksmanship qualification, otherwise known as the Schutzenschnur.

The Schutzenschnur is the name given to the German marksmanship badge awarded to all German soldiers during the course of their basic training, and is the equivalent to the U.S. Army marksmanship badge. The badge is a gold, silver, or bronze disk emblazoned with an eagle attached to a braided cord that can be impressively worn on the right side of the U.S. Army dress uniform.

In order to shoot, the MNTF-E Soldiers were bused up to a remote range near Prizren/Poslishte, Kosovo, where they were given a class on weapons familiarization before they fired the German and Austrian weapons.

Each KFOR soldier got a chance to fire the G36, the German Army’s standard assault rifle; as well as the Steyr STG 7, a lightweight carbine used by the Austrian Military. The two rifles were shot for fun and familiarization before the Soldiers moved down the range to fire a different set of weapons for qualification.

Many of the Camp Bondsteel Soldiers expressed their excitement for the opportunity to earn and wear the German badge.

“The whole event was great. It’s a rare opportunity that few people get to do, I’m lucky that I was given the opportunity to shoot and qualify,” said Spc. Juan Phan, of the California Army National Guard’s Alpha Company, 79th Brigade Special Troops Battalion, Task Force Nightstalker. “Just to have the opportunity to wear a foreign badge is something really amazing.”

Once they reached the qualification area, the MNTF-E soldiers were given a Primary Marksmanship Instruction (PMI) class to fire the MG3, a German belt fed machine gun; as well as the Hechler and Koch P8, a 9mm pistol.

After all the Soldiers had qualified the Germans held an awards ceremony, this was followed by a barbecue where the Germans cooked sausage and other traditional German dishes for the Americans.

The professionalism of the German Army was amazing, said Phan, “they hosted us on their range and provided everything we needed, from the ammunition to the amazing chow, they handled everything.”

After the dinner, the Soldiers returned to Camp Bondsteel and began the planning to host the German soldiers, so they could qualify on the U.S. Army weapons.

A few weeks later, it was the Camp Bondsteel Soldiers hosting and the Germans shooting as they qualified on a range near Ferizaj/Urosevac.

“I had a lot of fun shooting the American weapons, it was a great experience and I’m really excited that I will be able to wear the American marksmanship badge,” said German Army Pfc. Boro Behmer.

The KFOR mission is an opportunity for us to see that there are very few differences in our cultures, and allowed everyone to see some common bond between each other.

“This has been a great opportunity for me to practice my English,” said German Army Capt. Karsten Dyba, who shot Sharpshooter. “This event is good because it allows Soldiers from the U.S.A and Germany a chance to interact with each other and learn some of each others cultures.”

Dyba remarked on how the progress in Kosovo is what makes such an event possible.

“In Iraq or Afghanistan you don’t have the chance to go out into the country and interact with the people on such a familiar and friendly level. Here in Kosovo we have the liberty to do that, and that is what makes this



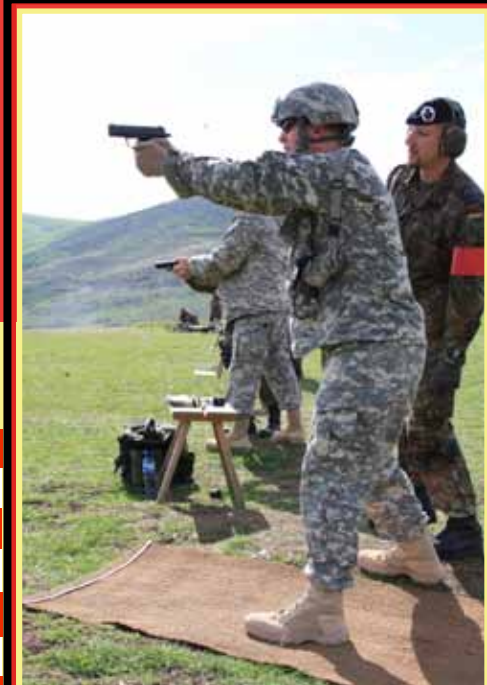
A group of German soldiers walk down range as they return from firing the U.S. Army M9 Beretta pistol. (U.S. Army photo by Pfc. Nevada J. Smith)



A German soldier takes aim at her target while firing the M9 pistol. (U.S. Army photo by Pfc. Nevada J. Smith)



A Task Force Falcon Soldier fires the German P8 at a stationary target during the weapons qualification table for the Schutzenschnur. (U.S. Army photo by Spc. Darriel Swatts)



Staff Sgt. Benjamin Rosenberg fires an Austrian pistol as part of the Schutzenschnur, a German weapon qualification event held for U.S. troops. (U.S. Army photo by Spc. Darriel Swatts)



mission so great," said Dyba, "if things were not as safe as they are here it would be much harder to host an event like this; especially since it requires so much cooperation."

Just as before, there was a barbecue with food and drinks. While the Germans took their turns at shooting, they got a chance to taste some of the American's food between firing tables.

It was apparent to the Servicemembers of both nations the level

of cooperation was unparalleled. As the day wound to a close the soldiers of the two countries bid farewell to each other, leaving the range with fond memories, and a shiny new medal. 🌐



I AM THE FUTURE

Story and Photos by Pfc. Nevada J. Smith

At the end of a long week there is one thing everybody looks forward to...the weekend. It's what gets us through the week. Whether you're an adult and tired of work and want to relax, or you are a young child, sick of school and eagerly awaiting Saturday morning cartoons, everybody loves the weekend.

Mid-May some of Camp Bondsteel's Multi-National Task Force-East (MNTF-E) Soldiers in conjunction with the Kosovo Police (KP) and a non-governmental organization called Terre Des Hommes, or "home without borders," hosted a three-day weekend youth camp for children all across Kosovo.

FOLLOW ME!

The children already shared one common bond with each other and the KP.

“The children’s parents are either officers, or officers who passed in the line of duty,” said Sgt. Bernice Robinson. **“The idea was to bring children together from different parts of Kosovo, regardless of ethnicity; they all have a common bond as children of Kosovo Police officers.”**

The children first met when they were brought to the Kosovo Police Academy in Vushtri/Vucitrn, where MNTF-E Soldiers handed out T-shirts and warmly greeted their new charges. After a brief introduction ceremony with the KP, the kids were split into groups; each working with a Soldier or Terres Des Hommes social worker.

“In my group, none of the kids go to the same school so it gives them an opportunity to mix together and

learn about each other even though they don’t come from the same community,” said Sgt. Kristine Kirkwood, a Chaplain’s assistant with the Unit Ministry Team, Task Force Falcon. “Yesterday all the children met, but already they have come together like glue to really build a team.”

The kids spent their Friday playing and making friends before being bused to the nearby Bijora park the next day. Once unloaded from the buses the kids split off into their groups and began playing games designed by the Terres Des Hommes workers to teach the kids valuable lessons.

“We had classes that taught the children how to resolve issues and work together.”

There were three events that we worked on. In one of them you would tie two people together and they would have to work together to get out of the ropes without

using their hands,” said Robinson. **“The key to that exercise was communication; it was a great way to teach the kids about cooperation and patience.”**

Another exercise involved four children; one child would direct a second blindfolded child to a kid standing in a specific pose. The blindfolded kid would have to feel how the posing child was standing and then recreate the pose after being led to a fourth participant who posed as the second model.

Every child was given a chance to play and all of the activities centered on teamwork building and cooperation.

“We tailored the games to be attractive and acceptable to the kids,” said Avni Sahiti, the Chief of Community Police in Mitrovica/Mitrovice. “Every game contained a message for the children, it told them that they can work and play together.”

SEE MORE OF THE KIDS CAMP ON PAGE 22




Two children participating in the youth camp play a game called Sculpture, where the blindfolded child must recreate a certain pose on another partner.



A young Kosovar boy participating in the youth camp plays limbo with his new friends at Bijora Park.



A child who told Soldiers she wanted to be a reporter got the chance to interview Brig. Gen. Keith D. Jones, the Commanding General of Multi-National Task Force-East (MNTF-E).



A frantic call comes over the radio.
“We have a vehicle rollover. Two Soldiers are injured. We need a MEDEVAC now!” Pilots on standby scramble to get themselves and their helicopter ready for liftoff. In less than ten minutes they are on their way to the scene of the crash and are ready to provide the best medical care they can.

This scenario has been run through hundreds of times by the Soldiers of Charlie Company, 1-169th General Support Aviation Battalion (GSAB) from Maryland. It is what they never want to happen but prepare for every day. Should a MEDEVAC (medical evacuation) request be radioed in, the GSAB, also known as the Misfits, will be able to respond in a moments notice to any emergency in Kosovo.

“Our goal is that when a 9-line MEDEVAC request comes in, we will be taking off within ten minutes,” said Capt. Teresa Parrotta, Charlie Company Commander.

When the Misfits are not responding to a medical emergency they train troops on how to use the MEDEVAC assets. Recently the Maryland National Guardsmen flew to the German base in Prizren/Poslishte, Kosovo and taught some of the German KFOR contingent how to load and unload patients safely from a UH-60 Blackhawk.

MEDEVAC: *NOW!*

Story and photos by Spc. Darriel Swatts



German soldiers train on loading a patient on a litter into a UH-60 Blackhawk.



Sgt. Jeremiah Moyers, Charlie Company, 1-169th General Support Aviation Battalion, lowers Staff Sgt. Fernando Sangco, an Alaskan Guardsman attached to the 1-169th GSAB, on the Jungle Penetrator Hoist while hovering over one of the landing zones in the TFTA.



Warrant Officer Two Luciana Spencer, a pilot with the 1-169th General Support Aviation Battalion (GSAB), and Staff Sgt. Fernando Sangco, an Alaskan Guardsman attached to the Maryland based unit, shows German soldiers how to properly do a two-person lift on the Jungle Penetrator.

“Once I got comfortable around the helicopter, it became easy to do what I needed to do,” said Master Sgt. Andreas Witteborg, an operator in the Patient Evacuation Coordination Cell, German Army. “I am very glad that the Americans were able to come here and show us how to do this.”

The German soldiers from Multi-National Task Force-South (MNTF-S) also got to learn about the Jungle Penetrator Hoist used to pick up patients off the ground or to lower a medic into an area where the helicopter cannot land. Once the foreign soldiers knew enough about the hoist and learned how to use it, they got to go for a ride on it. The Blackhawk pilots hovered over the training area and lowered the hoist to give the German soldiers a first hand experience on what it is like on the Jungle Penetrator.

“Of all of today’s events, I have to say learning about and using the hoist was my favorite part of the day,” said Cpt. Antje Mischkus, a doctor in the German Army. “I was scared at first, but I had a lot of fun. I got to do it by myself and then with another person.”

The Soldiers from Charlie Company help sharpen the skills of others, but they must also be able to sharpen their own skills in order to keep the training they provide as safe as possible. The Misfits use the Terrain Flight Training Area (TFTA), a low-altitude aerial obstacle course, to hone all that they teach. The TFTA is a flight area consisting of tree covered hills, small open

valleys, and the occasional cliff, where the pilots fly around to strengthen their skills.

“The TFTA is where we train in low level flight. When we fly low, it helps us keep current on our flight skills and abilities,” said Chief Warrant Officer 2 Luciana Spencer, a Blackhawk pilot. “It helps us focus on distance, how fast we are going and our depth perception.”

A unique added bonus to the TFTA is that it has a two separate landing zones for hoist training. Another bonus is the pilots and crew chiefs can practice using the hoist, which is specific to the MEDEVAC Blackhawks.

“We’re able to hoist our medics up and down, the pilots get to practice their hovering skills and the crew chiefs get added experience operating the hoist,” said Spencer. “If we aren’t able to practice our skills in the TFTA and keep our skills accurate, we wouldn’t be able to comfortably do multi-national training events as safely as we would if we didn’t do our own training.”

No matter what the medical aviation troops are doing, they are always prepared to handle what ever comes their way. Whether it is a training event with American or Foreign soldiers, honing their skills flying through the TFTA, or responding to a medical emergency, the Soldiers from Charlie Company, 1-169th General Support Aviation Battalion, are always ready to do what they have to do to accomplish the mission.



MISFITS

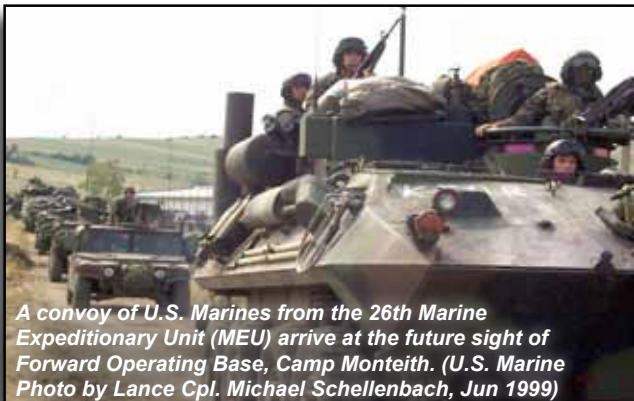
MNTF-E Origins

A look at the road so far...

Story and Layout by Spc. Richard Stowell

"You're serving shoulder-to-shoulder with our NATO forces that are here. Partners from Armenia, Greece, Lithuania, Poland, Romania and Ukraine. You know, you show the world, and you continue to show the world what happens when nations resolve to stand together to defeat tyranny and to build free societies. Again, that's not hyperbole, that's real. That's what you've been doing here."

Vice President Joe Biden shared these thoughts with Multi-National Task Force-East (MNTF-E) troops at



Camp Bondsteel during his visit last month. They serve as a reminder of the importance of the NATO mission in Kosovo, and the contributions that each Soldier makes.

Biden's visit came ten years after the North Atlantic Treaty Organization began operations in Kosovo. To paraphrase our commanding general, looking back helps clarify the future. Here we take a look back at MNTF-E

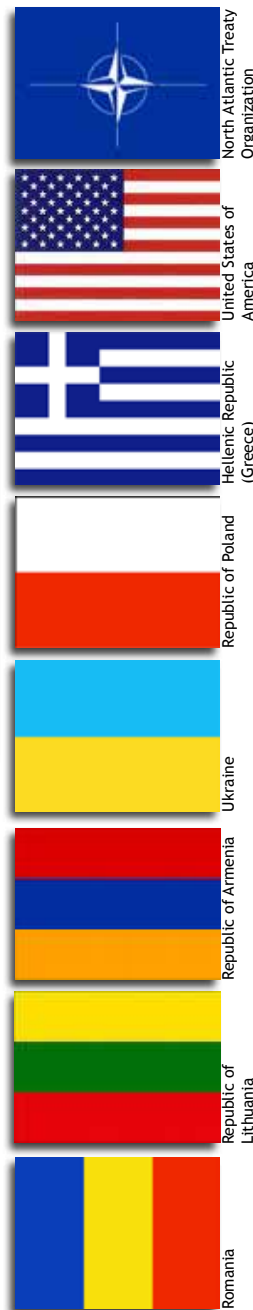


and its role in the Kosovo Force.

In June of 1999, the 1st Infantry Division rolled across the southern Serbian border in the province of Kosovo. NATO had just launched Operation Joint Guardian, a massive peacekeeping mission whose objectives were as diverse as the troops to execute them. Soldiers wearing the Big Red One patch were the first Americans to serve in Joint Guardian. They were the U.S. contingent of Multi-National Brigade East (MNB-E), the forerunner to our current task force. Since then, U.S. active Army Soldiers and National Guardsmen alike have played key roles in maintaining security in the Kosovo region.

Vice President Biden remarked on the wonder of American and NATO progress in his speech to the troops.

"I made a trip to this camp when it was first



The 94th Engineer Construction Battalion begins building Camp Bondsteel along with Kellogg Brown and Root.



KFOR (and MNTF-E) troop levels reach their peak, as Soldiers continue keeping peace.



1999

2000

2001

2002

2003

2004

NATO Operation Joint Guardian commences after a 78-day air campaign.

President Bush visits Camp Bondsteel and pledges support to KFOR for the duration of NATO mission.

The nation of Yugoslavia ceases to exist under a new agreement between Serbia and Montenegro.

under construction. This was actually a relatively bumpy mountain top. And I flew over it in the helicopter as American bulldozers and earthmovers were literally shaving the top of this mountain off. And literally, I believe it was less than six weeks later when I came back, there was actually occupation on this hill.”

Sgt. Matthew Frandsen, a squad leader in Co. A, 1st Battalion, 184th Infantry Regiment, was one of the first American Soldiers on the hill. Ten years ago he was Pfc. Frandsen, a mechanized infantryman with Co. D, 1st 6th Infantry stationed in Germany. In March of 1999 they got sent to Albania in support of NATO operations in Yugoslavia.

The Alliance was in the middle of Operation Allied Force, an air war aimed at halting the Yugoslav government, then under the leadership of Slobodan Milosevic, from expelling ethnic Albanians from Kosovo. Hundreds of thousands of Kosovars fled to Albania.

Frandsen’s company was assigned to secure a squadron of Apache helicopters on an air base in Tirana, Albania’s capital. He was there only a few weeks when he got the order.

“They told us to get our Bradleys onto low boy trucks; that we were going to Kosovo, just my company. They said you’re getting attached to the 82nd [Airborne], and you’re going to Kosovo.”

European Command had organized Task Force Falcon in February of 1999 to support Operation Joint Guardian. Frandsen’s company helped pave the way.

“Nobody knew what to expect,” said Frandsen. “We were sitting in Albania when they said this was going down. We thought we were going to war.”



From Albania they met up with Marines from the 26th Marine Expeditionary Unit in the Former Yugoslav Republic of Macedonia (FYROM).

“The next day we got in our Bradleys and drove from Macedonia all the way here to Bondsteel. When we finally got here we set up the southeastern perimeter.

“None of this was here,” Frandsen continued, “it was just like a field—rolling hills, maybe a couple of GP mediums set up down by where the PX is now, but that was it.”

Most of the elements from Task Force Falcon, led by the 1st Infantry Division, arrived at Camp Bondsteel within a few weeks.

Those first two years were critical times, said Maj. John Lopez, an Operations Air Section Battle Major with the current Task Force. Lopez remembers going out in company-sized patrols in full battle armor. “We were reshaping the

battlefield into a calmer and more stable environment. It was not uncommon to uncover weapons caches on a daily basis, and conduct cordon and searches. The ground pounders were very busy.”

Lopez remembers a variety of equipment that was visible in daily operations, now largely foreign to KFOR: Abrams tanks, Bradleys, Apaches, and OH 58 Deltas. That year, President Bush visited Camp Bondsteel. Then numbering about 5400, the Soldiers were part of a peacekeeping operation that was center stage in U.S. military affairs.

“We came in together, and we will go out together. But our goal is to hasten the day when peace is self-sustaining, when local, democratically elected authorities can assume full responsibility, and when NATO forces can go home,” said the then newly-elected president.

See “Origins” on page 20



Pennsylvania’s 28th Infantry Division becomes the first National Guard unit to command a KFOR Multi-National Brigade.



The 40th ID from California serves the first year-long rotation in the Kosovo Force.



U.S. Forces turn over Camp Monteith to the Kosovo Protection Corps (KPC),

2005

2006

2007

2008

2009

Kosovo civil authorities assume police functions in key towns.

KFOR restructures Multi-National Brigades into Multi-national Task Forces.

Kosovo declares independence from Serbia. NATO and KFOR are neutral toward the move



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.



There are 3 ways to Watch

1. Disc: get one free at selected distribution points, or ask your Chain-of-Command
2. YouTube: search "KFOR Files" on YouTube, or visit our Channel at www.youtube.com/user/69padonline
3. Website: go to sites.google.com/site/69padonline

Questions? Call us @ x3776 or 5204

2009



THE EAST 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

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

Program Specialist

North Town Community Center
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)

SPORTS

KFOR 11 Basketball League
10 June - TBA

CBS Volleyball Team vs. Gnjilane
7 June in Gnjilane

HQ KFOR
Basketball Tournament
5 - 6 June (Film City)
Soccer Tournament
6 June (Film City)

Father Day Softball Tournament
18 - 21 June

Monday - Wednesday - Friday
1500 - 1700 Fitness Orientations
by appt. NTFC

Tuesday & Sunday
0800 - 1000 Fitness Orientations
by appt. NTFC

MWR MONTHLY RUNS


234th Army Birthday 5K Fun Run
14 June @ 0700 South Town Gym

LIVE ENTERTAINMENT

18 June @ 2000 - New Orleans
Hornet Basketball Cheerleaders
(The Honeybees) - Movie Theater
27 June @ 2030 - Craig Ferguson
Comedy Tour - Outdoor Stage -
South Town Gym

MWR DAY TRIPS

Check with your S-1 or G-1 for details about MWR weekend Day Trips. Only people whose names have been submitted to G-1 will be allowed on the day trip.



SPECIAL PROGRAMS

THE AST MWR TEAM SUPPORTS YOU

Monday: 8 June		Tuesday: 16 June		Tuesday: 23 June	
1900 - BINGO STCC	1800 - Aerobics STFC	1800 - Aerobics STFC	1800 - Aerobics STFC	1930 - CBS Band Practice STFC	1930 - CBS Band Practice STFC
1900 - Hula Lessons STFC	1930 - CBS Band Practice STFC	1930 - CBS Band Practice STFC	1930 - CBS Band Practice STFC	2000 - Open Court Basketball STFC	2000 - Open Court Basketball STFC
2000 - Open Court Volleyball STFC	2000 - Open Court Volleyball STFC	2000 - Open Court Basketball STFC	0800 - 1000 by appt. Fitness Orientations NTFC	0800 - 1000 by appt. Fitness Orientations NTFC	2000 - Nintendo Wii NTCC
1500 - 1700 by appt. Fitness Orientations NTFC	1800 - Jiu Jitsu & Muay Thai Self Defense MOH	1800 - Jiu Jitsu & Muay Thai Self Defense MOH	1800 - Jiu Jitsu & Muay Thai Self Defense MOH	1800 - Jiu Jitsu & Muay Thai Self Defense MOH	1800 - Jiu Jitsu & Muay Thai Self Defense MOH
2000 - Guitar Hero World Tour NTCC	2000 - Guitar Hero World Tour NTCC	2000 - Guitar Hero World Tour NTCC	2000 - Guitar Hero World Tour NTCC	2000 - Guitar Hero World Tour NTCC	2000 - Guitar Hero World Tour NTCC
Tuesday: 9 June		Wednesday: 17 June		Wednesday: 24 June	
1800 - Aerobics STFC	1900 - Open Court Volleyball STFC	1900 - Open Court Volleyball STFC	1900 - Open Court Volleyball STFC	1900 - Open Court Volleyball STFC	1900 - Open Court Volleyball STFC
1930 - CBS Band Practice STFC	1500 - 1700 by appt. Fitness Orientations NTFC	1500 - 1700 by appt. Fitness Orientations NTFC	1500 - 1700 by appt. Fitness Orientations NTFC	1500 - 1700 by appt. Fitness Orientations NTFC	1500 - 1700 by appt. Fitness Orientations NTFC
2000 - Open Court Basketball STFC	1800 - Jiu Jitsu & Muay Thai Self Defense Club MOH	1800 - Jiu Jitsu & Muay Thai Self Defense Club MOH	1800 - Jiu Jitsu & Muay Thai Self Defense Club MOH	1800 - Jiu Jitsu & Muay Thai Self Defense Club MOH	1800 - Jiu Jitsu & Muay Thai Self Defense Club MOH
0800 - 1000 by appt. Fitness Orientations NTFC	2000 - 8 Ball Billiards NTCC	2000 - 8 Ball Billiards NTCC	2000 - 8 Ball Billiards NTCC	2000 - 8 Ball Billiards NTCC	2000 - 8 Ball Billiards NTCC
Tuesday: 10 June		Thursday: 18 June		Thursday: 25 June	
South Gym Closed	2000 - Honey Bee Cheerleaders Movie Theater	2000 - Honey Bee Cheerleaders Movie Theater	2000 - Honey Bee Cheerleaders Movie Theater	1800 - Aerobics STFC	1800 - Aerobics STFC
1500 - 1700 by appt. Fitness Orientations NTFC	1800 - Aerobics STFC	1800 - Aerobics STFC	1800 - Aerobics STFC	1930 - CBS Band Practice STFC	1930 - CBS Band Practice STFC
1800 - Jiu Jitsu & Muay Thai Self Defense Club MOH	1930 - CBS Band Practice STFC	1930 - CBS Band Practice STFC	1930 - CBS Band Practice STFC	2000 - Open Court Basketball STFC	2000 - Open Court Basketball STFC
2000 - 8 Ball Billiards NTCC	2000 - Open Court Basketball STFC	2000 - Open Court Basketball STFC	2000 - Open Court Basketball STFC	1900 - Crochet Class STCC	1900 - Crochet Class STCC
Thursday: 11 June		Friday: 19 June		Friday: 26 June	
South Gym Closed	2000 Darts NTCC	2000 Darts NTCC	2000 Darts NTCC	2000 - Darts NTCC	2000 - Darts NTCC
2000 - Darts NTCC	2000 - Darts NTCC	2000 - Darts NTCC	2000 - Darts NTCC	2000 - Darts NTCC	2000 - Darts NTCC
Friday: 12 June		Friday: 19 June		Saturday: 27 June	
South Gym Closed	2000 - Salsa Music Night STFC	2000 - Salsa Music Night STFC	2000 - Salsa Music Night STFC	1800 - Martial Arts Training STFC	1800 - Martial Arts Training STFC
1900 - Texas Hold'em (Table 2) STCC	1900 - Texas Hold'em (Table 3) STCC	1900 - Texas Hold'em (Table 3) STCC	1900 - Texas Hold'em (Table 3) STCC	2030 - Craig Ferguson Comedy Tour Movie Theater	2030 - Craig Ferguson Comedy Tour Movie Theater
1500 - 1700 by appt. Fitness Orientations NTFC	1500 - 1700 by appt. Fitness Orientations NTFC	1500 - 1700 by appt. Fitness Orientations NTFC	1500 - 1700 by appt. Fitness Orientations NTFC	0800 - 1000 by appt. Fitness Orientations NTFC	0800 - 1000 by appt. Fitness Orientations NTFC
1800 - Jiu Jitsu & Muay Thai Self Defense Club MOH	1800 - Jiu Jitsu & Muay Thai Self Defense Club MOH	1800 - Jiu Jitsu & Muay Thai Self Defense Club MOH	1800 - Jiu Jitsu & Muay Thai Self Defense Club MOH	1930 - Texas Hold 'EM NTCC	1930 - Texas Hold 'EM NTCC
1900 - Singles Table Tennis NTCC	1900 - Singles Table Tennis NTCC	1900 - Singles Table Tennis NTCC	1900 - Singles Table Tennis NTCC	2000 - Scrabble NTCC	2000 - Scrabble NTCC
Saturday: 13 June		Saturday: 20 June		Sunday: 28 June	
South Rec Center Closed	1800 - Martial Arts Training STFC	1800 - Martial Arts Training STFC	1800 - Martial Arts Training STFC	1000 - Martial Arts Training STFC	1000 - Martial Arts Training STFC
1800 - Martial Arts Training STFC	2000 - Outdoor Movie (Cancelled if Rain) STFC	2000 - Outdoor Movie (Cancelled if Rain) STFC	2000 - Outdoor Movie (Cancelled if Rain) STFC	1400 - CBS Band Practice STFC	1400 - CBS Band Practice STFC
2000 - Outdoor Movie (Cancelled if Rain) STFC	2000 - Music Night STFC	2000 - Music Night STFC	2000 - Music Night STFC	1800 - 2200 Karaoke STFC (Outside)	1800 - 2200 Karaoke STFC (Outside)
0800 - 1000 by appt. Fitness Orientations NTFC	0800 - 1000 by appt. Fitness Orientations NTFC	0800 - 1000 by appt. Fitness Orientations NTFC	0800 - 1000 by appt. Fitness Orientations NTFC	1200 - 2300 Hollywood movies & popcorn NTCC	1200 - 2300 Hollywood movies & popcorn NTCC
1930 - Texas Hold 'EM NTCC	1930 - Texas Hold 'EM NTCC	1930 - Texas Hold 'EM NTCC	1930 - Texas Hold 'EM NTCC	2000 - Scrabble NTCC	2000 - Scrabble NTCC
Sunday: 14 June		Sunday: 21 June		Monday: 29 June	
1000 - Martial Arts Training STFC	1000 - Martial Arts Training STFC	1000 - Martial Arts Training STFC	1000 - Martial Arts Training STFC	1900 - BINGO STCC	1900 - BINGO STCC
1400 - CBS Band Practice STFC	1400 - CBS Band Practice STFC	1400 - CBS Band Practice STFC	1400 - CBS Band Practice STFC	1900 - Hula Lessons STFC	1900 - Hula Lessons STFC
1800 - 2200 Karaoke STFC (Outside)	1800 - 2200 Karaoke STFC (Outside)	1800 - 2200 Karaoke STFC (Outside)	1800 - 2200 Karaoke STFC (Outside)	2000 - Open Court Volleyball STFC	2000 - Open Court Volleyball STFC
South Rec Center Closed	2000 - Scrabble NTCC	2000 - Scrabble NTCC	2000 - Scrabble NTCC	1500 - 1700 by appt. Fitness Orientations NTFC	1500 - 1700 by appt. Fitness Orientations NTFC
1200 - 2300 Hollywood movies & popcorn NTCC	1200 - 2300 Hollywood movies & popcorn NTCC	1200 - 2300 Hollywood movies & popcorn NTCC	1200 - 2300 Hollywood movies & popcorn NTCC	1800 - Jiu Jitsu & Muay Thai Self Defense MOH	1800 - Jiu Jitsu & Muay Thai Self Defense MOH
Monday: 15 June		Monday: 22 June		Tuesday: 30 June	
South Rec Center Closed	1900 - BINGO STCC	1900 - BINGO STCC	1900 - BINGO STCC	1800 - Aerobics STFC	1800 - Aerobics STFC
1900 - Hula Lessons STFC	1900 - Hula Lessons STFC	1900 - Hula Lessons STFC	1900 - Hula Lessons STFC	1930 - CBS Band Practice STFC	1930 - CBS Band Practice STFC
2000 - Open Court Volleyball STFC	2000 - Open Court Volleyball STFC	2000 - Open Court Volleyball STFC	2000 - Open Court Volleyball STFC	2000 - Open Court Basketball STFC	2000 - Open Court Basketball STFC
1500 - 1700 by appt. Fitness Orientations NTFC	1500 - 1700 by appt. Fitness Orientations NTFC	1500 - 1700 by appt. Fitness Orientations NTFC	1500 - 1700 by appt. Fitness Orientations NTFC	0800 - 1000 by appt. Fitness Orientations NTFC	0800 - 1000 by appt. Fitness Orientations NTFC
1800 - Jiu Jitsu & Muay Thai Self Defense MOH	1800 - Jiu Jitsu & Muay Thai Self Defense MOH	1800 - Jiu Jitsu & Muay Thai Self Defense MOH	1800 - Jiu Jitsu & Muay Thai Self Defense MOH	2000 - Nintendo Wii NTCC	2000 - Nintendo Wii NTCC
2000 - Guitar Hero World Tour NTCC	2000 - Guitar Hero World Tour NTCC	2000 - Guitar Hero World Tour NTCC	2000 - Guitar Hero World Tour NTCC		
2000 - Nintendo Wii NTCC	2000 - Nintendo Wii NTCC	2000 - Nintendo Wii NTCC	2000 - Nintendo Wii NTCC		

Rock & Roll Bondsteel

Ilir Geci has been referred to as the "Beatles of the Balkans," by some of his music students. His talent at playing the guitar and friendly personality has earned him a strong reputation as a great instructor and person you would want to hang out with from the troops he teaches at Camp Bondsteel.

Geci, a Kosovar from the Gnjilane/Gjilan area, has been playing the guitar since he was a young boy. Wearing a perpetual smile and always ready to jam, Geci provides an important service to the Soldiers stationed here.

Providing a myriad of musical instruments, as well as inexpensive lessons, Geci gives the Multi-National Task Force-East soldiers a way to escape the repetition and stress of their deployment.

Deployment life can be tough, and nobody knows that better than Geci, as a refugee from the 1999 North Atlantic Treaty Organization air war, Geci has first hand experience with living it tough. With deep feelings of respect and pride for America and its men and women in uniform, Geci has made it his mission to make life a little easier on post any way he can.

"I feel like whatever I do is not going to be enough to give back for what American Soldiers have done for me," said Geci. "I was once a long way from home, so I know how a young Soldier must feel to be away overseas. If playing guitar or composing songs with me can help make them feel at home then I have met my goal. It is the reason I do what I do." Not only is learning to play the guitar a good way to pass the time, but it is also a way to improve morale and lift people's spirits.

"The guitar can be a spiritual connection between two people," said Geci, "music is a universal language and I love to create music with people."

"If I can teach someone to play, then they can go and play for their friends and co-workers, which works a positive chain reaction and can help many people's morale," said Geci.

Always there to lend support many Soldiers have come through their rotation learning something from Geci.

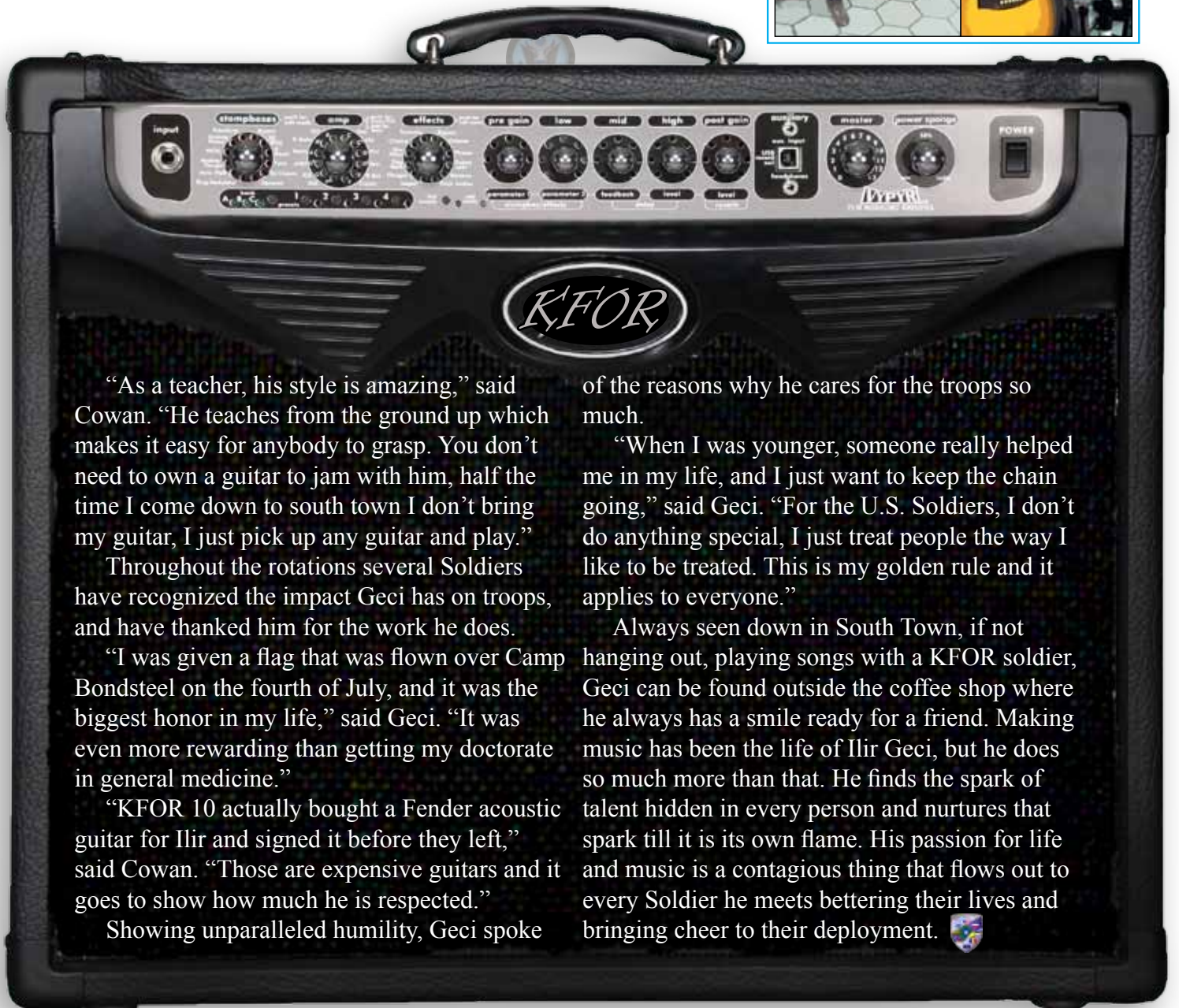
"Ilir is always there for the troops," said Sgt. Zachary Cowan with the California National Guard's Alpha Troop, 1st Squadron, 18th Cavalry Regiment, also known as part of Task Force Sabre. "You can come down to see him and shoot the breeze with him for hours. He's the kind of guy you can come to if you need to just work out your problems."



Geci plays his guitar in the South Town area outside the PX.



Ilir Geci instructs a Swiss soldier on proper strumming patterns and power chords outside near the South Town Morale Welfare and Recreation Center.

“As a teacher, his style is amazing,” said Cowan. “He teaches from the ground up which makes it easy for anybody to grasp. You don’t need to own a guitar to jam with him, half the time I come down to south town I don’t bring my guitar, I just pick up any guitar and play.”


Throughout the rotations several Soldiers have recognized the impact Geci has on troops, and have thanked him for the work he does.

“I was given a flag that was flown over Camp Bondsteel on the fourth of July, and it was the biggest honor in my life,” said Geci. “It was even more rewarding than getting my doctorate in general medicine.”

“KFOR 10 actually bought a Fender acoustic guitar for Ilir and signed it before they left,” said Cowan. “Those are expensive guitars and it goes to show how much he is respected.”

Showing unparalleled humility, Geci spoke of the reasons why he cares for the troops so much.

“When I was younger, someone really helped me in my life, and I just want to keep the chain going,” said Geci. “For the U.S. Soldiers, I don’t do anything special, I just treat people the way I like to be treated. This is my golden rule and it applies to everyone.”

Always seen down in South Town, if not hanging out, playing songs with a KFOR soldier, Geci can be found outside the coffee shop where he always has a smile ready for a friend. Making music has been the life of Ilir Geci, but he does so much more than that. He finds the spark of talent hidden in every person and nurtures that spark till it is its own flame. His passion for life and music is a contagious thing that flows out to every Soldier he meets bettering their lives and bringing cheer to their deployment. 

Polish Constitution Day

Story and photos by Sgt. Adam-David Pepper



Polish soldiers fire their weapons in a ceremonial gun salute during the Polish Constitution Day Celebration Ceremony.

Polish soldiers march with their colors during a pass and review for the Polish Constitution Day Celebration Ceremony held at Camp Bondsteel.



A Polish soldier roasts sausages during a barbecue at Freedom Park after the ceremony celebrating the Polish Constitutional Day.



Soldiers within MNTF-E's Polish contingent gathered at Camp Bondsteel's South Town May 3, where the Polish flag was being raised high to honor Polish Constitution Day.

"This is my first deployment where I am away from my family on constitution day, but I am glad to be here with my fellow soldiers celebrating the same way if I were at home with my family" said Pvt. Lukasz Jakobozak.

The ceremony was attended by several countries' military forces that are based at Camp Bondsteel; Lithuanian, Ukrainian, and American to name a few.

As part of the ceremony, Polish soldiers who had given their lives for Poland were honored with the laying of flowers at the base of the Polish flag pole. The ceremony concluded with the playing of the Polish national anthem and a pass and review for the guest speakers.

The mood at the end of the ceremony was somber, but it quickly turned festive when the celebration continued when the Polish soldiers hosted a barbecue at Camp Bondsteel's Freedom Park where all of Camp Bondsteel's Servicemembers were invited to come and enjoy the day where traditional Polish foods were being served to all in attendance. There was Polish sausage and other traditional foods that most Polish citizens would be feasting on if they were at home with their families.

"This day marks an important day in European history as Poland was the first European country to create a constitution for its people, second in the world next to the United States," said Brig. Gen. Keith Jones, Commanding General of MNTF-E.

As the night continued Jakobozak and his fellow soldiers continued their celebration with good will towards one another and all those in attendance.



Origins

Continued from page 14

"We're making good progress," Bush said, "but there's a lot more work to do. Civilian institutions must be put in place and made stronger. Organized crime must be brought under control. War criminals must face justice," concluded Bush. "We accomplished a lot," said Lopez proudly. "We began to integrate the civilian authorities with the military functions

The 40th Infantry Division from California, currently in command, first came here in 2005. Many current members of MNTF-E are on their second deployment to Kosovo, having served with MNB-E during the 6B rotation.

"Things are a lot calmer now," says Spc. Reijo Rantamaula, an aide for the chief of staff. Rantamaula was attached to a unit at Camp Monteith in 2005. "We spent more time out in the field. There were times where we stayed out in the field

overnight for a few days regardless of the weather."

"I think we made a big difference here in Kosovo making it a safer place," Rantamaula said. "I have seen improvements on the country's infrastructure. There are more newly-constructed buildings and the

local businesses are blooming. The streets are brighter at night and I see more KP presence on streets and in town. The locals seem happier and more content than before."

The mission has evolved from its original objectives, which NATO outlined in April 1999: expelling Yugoslav military and paramilitary forces from Kosovo, the safe return of refugees to the Serbian province, and the establishment of a framework to develop a political agreement on the status of Kosovo.

After seven years in Kosovo, the Multi-National Brigades became Multi-National Task Forces. "This change in our designation does not have any immediate practical effect, but is an indicator that we continue to become a more responsive and flexible force," said Brig. Gen. Darren Owens, Commander of the East Brigade during the transition.

"This change in our name does not mean a change in our mission. We are still here to help the people of Kosovo by providing a safe and secure place where rule of law, stable government, and liberty

for all citizens can grow and prosper," said Owens.

"Soldiers from free societies have always been dedicated to these ideals." Despite the steadiness of NATO's mission and MNTF-E's resolve, politics in the region have changed dramatically since Joint Guardian launched.

In October 2000, the regime in Serbia collapsed, and a democratically-elected, moderate government assumed power.

In 2003, the last republics of the Federal Republic of Yugoslavia, Serbia and Montenegro, agreed to a new form of cooperation that effectively abolished the union of Yugoslavia, and in 2006 both republics declared independence from the union.

Kosovo, historically a province of Serbia, declared independence from Serbia in February 2008.

Despite these political developments, MNTF-E's mission remains critical to broader NATO objectives, which have expanded only slightly during the past decade.

"Your primary mission is securing freedom of movement for Kosovo's citizens," said the vice president, "But you're doing so much more than that. You're literally building a free, vibrant, productive society from the ground up."



Cpl. DeChristopher Curtin, armed with a M203 40mm grenade launcher, mans a post in downtown Gnjilane, as part of the 26th MEU that helped to provide peace and stability to Kosovo during Operation Joint Guardian. (U.S. Marine photo by Sgt. Craig J. Shell, Jul 1999)

and establish the bond necessary for the Kosovars to take over those functions, which was a long bridge to cross during a six-month deployment."

Lopez explains how MNB-E soldiers began helping the community in unconventional military ways, like painting schools and cleaning up churches.

Humanitarian work is, one of MNTF-E's specialties, in part thanks to the National Guardsmen and Reservists who bring a wide array of civilian skills to the mission.

The United States Army National Guard has been a part of MNTF-E since the beginning, when Soldiers from the 300th Military Intelligence Brigade joined KFOR in 1999. With personal civilian skills to go along with their military professions, Guardsmen are well suited to peacekeeping work.

Indeed, the Pentagon began to rely on its Citizen Soldiers more and more in other Balkans operations long before the Global War on Terrorism increased the demands on the active Army.

As the Pentagon began to use Guardsmen more frequently, a milestone was reached in 2003, when Pennsylvania's 28th Infantry Division took command of MNB-E. It was the first time the assignment was given to a National Guard unit, and the Guard has been in charge ever since.



U.S. Army Soldiers wait in wind driven snow as UH-1 Hueys land near Klina, Kosovo, after an airborne assault, in support of Operation Joint Guardian II. (U.S. Army Photo by Spc. Ryan C. Creel, Jan 2003)

MNTF-E now includes nearly 2,900 troops. Currently, the Kosovo Force numbers approximately 15,000.

"For every little thing you do, you do so much to secure a brighter future for those kids you see in the streets, for Kosovo, and you do it for the region—and for America—America that relies on you to create and maintain the peaceful world that we all desire, and for that, and so much more, we owe you," said Biden.

ASIAN PACIFIC ISLANDER HERITAGE MONTH



Sgt. Monica Sem with the Joint Visitors Bureau and Spc. Reijo Rantamäki perform a traditional Tahitian dance during the Asian Pacific Islander Heritage Month celebration held in the South Town Morale Welfare and Recreation Center (U.S. Army photo by Pfc. Nevada J. Smith)



Spc. Tina McKenney, aide to the Commanding General, dances during a contest where the dancers had to freeze whenever the music stopped. (U.S. Army photo by Pfc. Nevada J. Smith)



Sgt. Michelle Ochoa with the Joint Visitors Bureau sings a Filipino song during the Asian Pacific Islander Heritage Month celebration.



Capt. Timothy Cabalo gives a martial arts demonstration for the troops. (U.S. Army photo by Pfc. Nevada J. Smith)



愛家音大異家愛異神活愛家

The history of Kosovo is full of ethnic problems, one of the main goals of the youth camp was to teach the children tolerance and show them their similarities.

"You've got kids that are Albanian, Serbian, Roma, Turkish, and they are all playing and laughing with each other," said Robinson. "It is very encouraging to see them putting aside their race and culture to just play and have fun."



A Kosovo Police Officer leaps over a group of children participating in the youth camp as part of an acrobatic show put on for the KFOR Soldiers.

After the games were over the children broke for lunch where the KFOR soldiers hosted a delicious barbecue. Once lunch was finished the kids gathered under several shaded areas that had been erected for the weekend and began receiving classes on the seven Army values.

Giving a lesson in: Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage, was very important to the Soldiers. The students were also given a class on first aid by medics from the Camp Bondsteel Hospital, and a class on recognizing the dangers of unexploded ordnance from Explosive Ordnance unit stationed at Camp Bondsteel.



Sgt. Dennis Scott, aide for the MNTE-E Command Sergeant Major, gets flipped by a Kosovo Police Officer while entertaining the children.

All of the classes served the same purpose as the games, to teach the children.

"Kids are very moldable like clay, so if you get them at a younger age it is easier to teach them to get along," said Col. Philip Butch, the Deputy Commander of Civil Military Operations.

The children finished their weekend with a performance they rehearsed for the Soldiers. There was a play where the kids gave a lesson on respecting teachers, an art showing where the children showed off posters they drew to thank the KFOR soldiers, and an acrobatic performance put on by one of the KP Officers. There was also a Drill and Ceremony show where the children showed their mastery in the seven Army values by marching for the Camp Bondsteel troops.

"When the children first arrived, they were all strangers to each other, now just two days later the kids are making friends and creating memories that will last far longer than the weekend we can give them," said Sahiti. "I hope that we can continue these activities in the future, to have KFOR working with KP in all areas of Kosovo. In doing this we can help teach the children how to cooperate better with each other, whether Serbian or Albanian, the children are our future."

With the motto **"follow me, I am the future,"** the children left with valuable lessons to be tomorrow's leaders.

As the buses pulled out and the KFOR soldiers had packed up there was nothing left but an empty field, but even though there was no sign that the kids, KP, and KFOR soldiers had been there, they would all leave with the lasting memories of a perfect weekend.



Col. Philip Butch, Deputy Commander of Civil Military Operations, interviews a young girl participating in the youth camp, while at the Kosovo Police Training Academy.



See more of this story by watching the KFOR Files

New Life For Old Mattresses



*Story by Capt. Jonathan Masaki Shiroma and Pfc. Nevada J. Smith
Photos by Pfc. Nevada J. Smith*

There are many old sayings that can be heard throughout the world, they may vary a little from place to place but the age old wisdoms stay virtually the same. Surely you have heard the saying, “a bird in the hand is worth two in the bush,” or “one man’s trash is another man’s treasure,” well, there’s an old saying that states, “out of something old, comes something new.”

That’s exactly what happened at Camp Bondsteel, when hundreds of old, used mattresses were taken out of storage, inspected and prepped to be transported to Pristina/Prishtine.

The mattresses were given to Caritas Kosovo, a religious non-governmental organization that reaches out to help those in need. With the coordination between Caritas and Camp Bondsteel representatives several local hospitals received the much needed mattresses.

“There’s a need for them at a local hospital or local charities,” said Maj. Otto Emme, Supply and Service Officer with Task Force Falcon, 40th Infantry Division, California Army National Guard. “They still have a life span to them and there’s a need in the community.”

Before the trek to Pristina began, with so many old mattresses stored in a row of metal containers, Emme and his Soldiers needed to conduct a thorough inspection, separating the bedding that is good and re-usable from the bad and un-usable.



Spc. James Lesmeister, Headquarters and Headquarters Company, Task Force Falcon, sorts through mattresses to ensure only the best get sent to the Pristina Hospital.



A worker at the neuro-psychiatry department of the Pristina Hospital wheels in the donated mattresses.

“We have plenty of mattresses here and we hope to give them all away, however, we don’t want to give away any mattresses that we wouldn’t sleep on ourselves,” says Emme.

Emme further explained that it is refreshing to see surplus government equipment being used again and receive a second life rather than just be thrown away and destroyed.

“These are good quality products that the Army is done with and now the local community can use it,” he said.

Thanks to Caritas Kosovo the neuro-psychiatry department at the Pristina Hospital has been identified as the new home for several of the old mattresses.

The troops loaded up the inventory of what had been determined as reusable and headed into the city. Upon arrival, they began to unload the mattresses and it was obvious that everyone at the hospital was grateful for the generous donation.

“I would like to thank you for your readiness to help us and I am happy that you want to help,” said Gentian Qala, the director of the psychiatry clinic.

“I would like to thank Multi-National Task Force-East,” said Jakup Sabedini with Caritas Kosovo. “We thank you not only for the gift you gave, these mattresses, but also for giving us the possibility to help those in need at the hospital,” said Sabedini.

Over the next few days, close to 1000 mattresses were delivered to the psychiatry ward in Pristina as well as other sites, to include the Center of Mental Diseases in Sthime, and the Integration Houses in Ferizaj/ Urosevac and Fushe Kosova.

Emme summed it up best regarding the new use for the old beds.

“It’s a win-win situation for the government and the local community here,” he said. It could be said that with the aid of Caritas Kosovo, the Camp Bondsteel supply Soldiers were able to “kill two birds with one stone,” effectively getting rid of old government surplus, and more importantly once again helping out the community. 🇷🇸



Sgt. Alexios Georgalas, Task Force Hellas, finishes in first place for the males during the Memorial Day 10 kilometer Fun Run held at Camp Bondsteel. (U.S. Army photo by Spc. Darriel Swatts)



Camp Bondsteel had its first Warrior Leadership Course graduation in early May. Brig. Gen. Keith Jones, Command Sgt. Major Rob Whittle and the WLC cadre handed out certificates of completion to all graduates as they crossed the stage. (U.S. Army photo by Spc. Louis Smith)



Maj. Angelina McMurray with Task Force Med Falcon anesthetizes Staff Sgt. John Sanford during a demonstration of the Camp Bondsteel Hospital's facilities to students from the Elena Gjika Medical High School. (U.S. Army photo by Pfc. Nevada J. Smith)



Students from Elena Gjika Medical High School pose for a group shot before entering the Camp Bondsteel Hospital for a tour of its facilities. (U.S. Army photo by Pfc. Nevada J. Smith)

FREEZE

Photos from T



Below: Participants of the Memorial Day 10 kilometer Fun Run start their endurance testing run around Camp Bondsteel. The participants were broken down into two groups, male and female, where the top three in each category received medals. (U.S. Army photo by Spc. Darriel Swatts)



Kosovar children practice riding through the safety obstacle course prior to taking part in a competition for a new bike in the town Gjilan/Gnjilane, Kosovo. The competition was hosted by the Kosovo Police Department and supported by U.S. KFOR 11 Soldiers. (U.S. Army photo by Spc. Darriel Swatts)



The Kosovo Police Department takes a moment to pose for a picture with local children prior to starting the safety course competition, where the children do a safety obstacle course and get graded on how well they complete the events. (U.S. Army photo by Spc. Darriel Swatts)

FRAME

the Dark Room

the CAV honors ST. GEORGE

Story and photos by Sgt. 1st Class Paul Wade

From the dawn of its existence the cavalry has been known for its lightning speed and deadly striking ability. At the feast of St. George, Task Force Sabre, built from the ranks of the 1st Squadron, 18th Cavalry Regiment, from Azusa, Calif., honored those who upheld that proud reputation and did it with heraldic pageantry.

The troopers wasted no time in setting the stage by reciting a poem of St. George, the patron saint of mounted warriors.

*Tonight is a night for men to Sing of Deeds done
Of knightly virtues and battles won
A night to honor those who now ride a pale horse
While we keep the dark at bay with sweet discourse
Like the Troopers seen in a good o'l canteen
Who dreamt the impossible dream
And fought the unbeatable foe
And went where the meek dare not go
Tonight we honor Saint George
And the men minted in the heat of the forge
Tonight we honor the unyielding foe
And the sanctity of the final blow
Tonight we stand as brothers apart
Joined by a virtuous heart
Tonight we pledge with all that is strong
To right the unrightable wrong*

Toasts to the "swift and deadly" squadron, to Garryowen, to the brave Soldiers and their loyal steeds and to the "unbeatable foe", seen as the dragon that St. George fought, followed the sequence of events and then the Soldiers from the California National Guard paid their respects to those fallen.

After Taps was played Lt. Col. Lars Staack, the squadron commander and Command Sgt. Maj. Walter Claude, presented ceremonial Stetsons to Col. Tom Loomis and Col. Mark Malanka.

"We are proud to be Cav and proud of our traditions. One of our most visible traditions is the wearing of the cavalry Stetson. For cavalymen, the Stetson represents the Spirit of Cavalry; independent movement, violent action, stealth, and yes; élan. Unlike spurs, our Stetson is not earned; it is an entitlement for cavalry troopers who have accepted the challenges associated with the Cavalry Spirit. It is my privilege as a cavalry commander to present ceremonial Stetsons to those who exemplify this spirit," said Staack.

"By mutual consent of the squadron leadership here, we now consider you Cavalymen and keeper of the Cavalry Spirit. Another Cavalry tradition is the Stetson Wetting Down. This is symbolic of a Cavalryman's innate sense of improvisation as he and his horse drinks from his hat when a cup or canteen is not available," Staack concluded as non-alcoholic



beer was poured into the upturned hats and the two colonels drank.

The festivities continued as Staack introduced Maj. Gen. John Harrel, Commanding General of the California Army National Guard, who had arrived recently to visit and inspect his Soldiers accomplishments. This special guest speaker was given the honor of retelling the story of St. George, of which there are several variations that can be found.

The Legend of George and the Dragon:
Once there was a man, named George, who travelled for many months by land and sea until he came to a troubled land. There he met a poor hermit who told him that everyone in that land was in great distress, for a dragon had long ravaged the country.

'Every day,' said the old man, 'he demands the sacrifice of a beautiful maiden and now all the young girls have been killed. The king's daughter alone remains, and unless we can find a knight who can slay the dragon she will be sacrificed tomorrow. The king will give his daughter in marriage to the champion who overcomes this terrible monster.'

After hearing the story, George became determined to try and save the princess, so he rested that night in the hermit's hut, and at daybreak set out to the valley where the dragon lived. When he drew near he saw a little procession of women, headed by a beautiful girl dressed in pure Arabian silk, the princess Sabra. The Princess walked bravely determined to save her people, if only for another day. George spurred his horse forward to meet the ladies. He comforted them with valiant words and persuaded the princess to return to her people, for George promised to slay the foul beast. George then rode into the valley of the shadow of death accompanied only by his loyal steed.

As soon as the dragon saw him riding it rushed from its cave, roaring with a sound louder than thunder presenting a mouth with teeth as long as daggers. Its head was immense and its tail fifty feet long. But George was not afraid. He charged the dragon with his lance to strike a quick and mortal wound. But the dragon's scales were well suited for combat and the lance broke into a thousand pieces, the dragon slashed at George with poised tipped claws, which caused George to fall from his horse.

Fortunately he rolled under an enchanted

orange tree which provided cover, concealment and a ward against poison. Because of which the venomous dragon was unable to cause further harm to George. Within a few minutes George had recovered his strength and was able to fight again.

Having regained his strength George drew his sword and rushed the beast, but the dragon poured poison on him and his armor split in two. Once more George was forced to withdraw to the orange tree. Under the protection of the orange tree George analyzed his foe and then, recovered his mount, with sword in hand, he charged the dragon dodging tooth and claw and delivered a mortal thrust under the wing where the dragon's scales were thin, so that the beast fell dead at his feet.

George brought the slain dragon to the village center and the villagers rejoiced. George then claimed the hand of the Princess Sabra served the Dragon at a feast fit for a king.

The heroic and legendary image of St. George defeating the dragon exemplifies the mounted gallantry and righteous bravery that we have come to associate with the horse-mounted knights of old.

St. George as a patron is a common thread among the Armor and Cavalry forces of most of the NATO nations. His memory lives on today in the spirit of the armored knight who helps soldiers in need, who is the epitome of selfless service, and who is an exemplary mounted warrior.

The dragon has come to represent the embodiment of evil, hatred, and the unbeatable foe. The bravery and triumph of St. George has become a symbol for inspiration amongst the armor

and cavalry community.

With the hero's story told the general had Lt. Col. Staack, Maj. Jason Hioco, Capt. Trevor Phillips, Capt. Duc Vo, and 1st Sgt. Douglas Woellhof kneel before him. With sabre in hand he lightly touched each man's shoulders and knighted them into the Order of St. George. Sgt. 1st Class Frank Beck joined them in being honored with the Noble Patron of Armor Award.

Harrel then decided to add another KFOR 11 Soldier to the Order. Brig. Gen. Keith Jones, the commanding general of MNTF-E was asked to kneel, then Harrel draped his own St. George medallion around his neck and told him to rise.

"This night is important to us. The Armor Association is honoring some excellent Soldiers into its ranks. To have this feast and ceremony here in Kosovo is special and it is turning out great," said 1st Sgt. John Wheeler, who spearheaded the planning and made the event happen.

"This is great. We get to show others task forces and our MNTF-E partners (Hellas and Polish) who we are. They get to see the Spirit of the Cavalry," said 2nd Lt. Cyrus Harrel, who helped Wheeler bring the feast of St. George from concept to reality.

Each Soldier honored was either trained as a cavalryman or worked side-by-side with troopers but mainly for their contributions to the Armor and Cavalry operations, some going back as far as 1981, is what spurred them into being recognized. Their expressions showed their gratitude and years of dedication to the mounted force had finally paid off and was well worth it. They were part of a family now and would always have the Spirit of the Cavalry.



SINGERS TREAT THE TROOPS AT CAMP BONDSTEEL



A guitar player with the country singer Jonalee White's band plays a solo while performing during a show. (U.S. Army photo by Sgt. Adam-David Pepper)



Country Music Performer Jonalee White sings for the Soldiers. (U.S. Army photo by Sgt. Adam-David Pepper)

Maj. Sidney Cardozo dances on stage along with vocalists Sabrina and Noel Sweeny of the band Custom Made. (U.S. Army photo by Spc. Darriel Swatts)



The hip-hop band, Custom Made, performs for the Soldiers during a show. (U.S. Army photo by Spc. Darriel Swatts)



LEGAL

L I N G O

What You Should Know About Powers of Attorney

A Power of Attorney (POA) is a written instrument that allows you (the "principal") to authorize your agent (the "attorney-in-fact") to conduct certain business on your behalf. It is one of the strongest legal documents that you can give to another person. There are two types of POA, "general" and "special" (or limited). A general POA gives your agent very broad powers to act on your behalf; and a special POA limits your agent's authority to act only on certain matters. Every act performed by your agent within the authority of the POA is legally binding upon you. Since a POA is such a powerful document, it should be given only to a trustworthy person, and only when absolutely necessary. Your legal assistance office can advise you about, and prepare for you, the appropriate POA needed for your situation.

GENERAL POWER OF ATTORNEY

A General POA (GPOA) gives your agent the authority to do most things you could do yourself. Making a GPOA can have serious consequences. With a GPOA, your agent can (for example) buy a car with your money, borrow money that you must repay, sell your personal property, or remove all funds from your bank account. While a GPOA may be helpful, it can also be very dangerous. A GPOA is so dangerous that the official Army policy is to strongly discourage the issuance of a General Power of Attorney.

If you insist on a GPOA, you can try to protect yourself by taking some prudent precautions. Limit the duration of the GPOA to one year or less. Ensure that your agent is someone that you absolutely trust with all of your money and legal decisions. If you lose trust in your agent, consult a legal assistance attorney about revoking the GPOA, which can be very difficult to do. As an alternative, consider one or more special powers of attorney instead. If you only need specific tasks performed while you are away, then you should not obtain a GPOA.

Also, be aware that a third party is not required to honor a GPOA, and frequently will not. For most matters that you will actually need a power of

attorney, the third party will either insist that you use their form (common with government agencies and lenders), or that you provide a Special Power of Attorney. Very frequently, a GPOA is too broad in its authority for a legitimate third party to be comfortable with its use.

SPECIAL (LIMITED) POWER OF ATTORNEY

A special, or limited, POA authorizes your agent to do only a specified act, such as sell your car, ship your household goods, or cash your paycheck. Because it is more specific, the special POA is safer than a broad general POA and more likely to be accepted by third parties.

UNIQUE POWER OF ATTORNEY INSTANCES

There are some cases where neither a GPOA or a Limited POA will help. In these cases, you will have to prepare a special form required by the agency to accomplish the task.

Issuance of a passport to a minor child under the age of 16. Normally, both parents must be present with the child to obtain a passport for minor under 16 years of age. If you are a deployed Soldier, this creates a unique circumstance since one parent is typically in the States, while the other parent is deployed to a foreign country.

The State Department has its own form that is required in these cases. So, if you are planning on your family to visit with you in Europe during your R & R leave, you'll want to come by the Legal Assistance Office to execute the State Department's form about 2 months (or more) before the travel dates.

Signing your tax return. You do not need a POA of any kind to authorize your spouse to sign your name on a joint tax return. Instead, you spouse can

sign on your behalf, and note under the signature: "SIGNING FOR SPOUSE-DEPLOYED SOLDIER – BALKANS KFOR 11 MISSION".

KEY CONSIDERATIONS

~A POA becomes void upon the death of the principal or the agent, when revoked, or on the expiration date specified.

~A POA normally is void if the principal becomes physically or mentally incapacitated. However, with the exception of in loco parentis POAs, appropriate durability language may be added to ensure that the POA remains valid during any period of incapacity.

~Any third party (business, bank, etc.) has the right to refuse to accept a

POA. Many financial institutions and businesses have their own POAs which they prefer to be used to conduct business.

~A POA should be given for only a limited time

period (such as six months during a deployment). A third party is more likely to accept a POA with a recent date than one which is many months or years old.

~Never give a general POA when a special POA will accomplish the intended purpose. There is less opportunity for abuse when only limited powers are given.

~You may revoke a POA before its expiration date by executing a revocation of the POA. Notice of the revocation must be delivered to the agent, as well as to all third parties who you know relied on the POA. If possible, recover from the attorney-in-fact and destroy the original and all copies of the POA. Even though the POA has been revoked, you may be responsible to any third party who did not receive notice of the revocation.

~A special POA should be as specific as possible. For example, if you are authorizing an attorney-in-fact to sell a vehicle on your behalf, specify the vehicle, license number, vehicle identification number, the make/model/year of the vehicle, and any specific terms you will require.



Inspirational Insight

~ thoughts from the Peacekeepers chapel



"What is Real?"

Statistics tell us that one out of two marriages will end in divorce. Add to that the wear and tear of military missions and you have a potential recipe for divorce. But it doesn't have to be. Some say that distance makes the heart grow fonder; but it also can make the heart go yonder. Some people just grow apart. One poet wrote, "He walked alone and she walked alone, they got married and they walked alone together." You have to work at not growing apart. Some people have based their understanding of love on their feelings. So it makes sense with that understanding of love that if the feelings go, then so goes the love.

But *love is more than a feeling*. It is also a commitment that sustains you when your feelings go up and down. Within the first eighteen months of marriage your romance diminishes 80%. Keeping the feeling of romance takes work. Keeping the flame of your love burning does not have to feel like work. No matter how old you get you still want to feel that you are desirable and loved. It's strange but when you grow older with someone you love you don't see each other as others see the both of you. You have that secret chest of memories in your heart.

There is a kid's story called "*The Velveteen Rabbit*" by Margery Williams that describes the growing kind of love. The following setting is in a kid's nursery. A Skin Horse and the Rabbit are having a conversation. The Skin Horse had lived longer in the nursery than any of the others. He was so old that most of his hairs in his tail had been pulled out to string bead necklaces. Nursery magic is very strange and wonderful, and only those play things that are old and wise and experienced like the Skin Horse understand all about it. Here is an excerpt:

"What is Real?" asked the Rabbit one day as they were lying side-by-side near the nursery fender, before Nana came to tidy the room. "Does it mean having things that buzz inside you and a stick-out handle?" "Real isn't how you are made," said the Skin Horse. "It is a thing that happens to you. When a child loves you for a long, long time, not just to play with but REALLY loves you, then you become Real."

"Does it hurt?" asked the Rabbit. "Sometimes," said the Skin Horse, for he was always truthful. "When you are Real you don't mind being hurt." "Does it happen all at once, like being wound up," he asked, "or bit by bit?" "It doesn't happen all at once," said the Skin Horse. "You become. It takes a long time. That's why it doesn't happen to people who break easily or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in your joints and very shabby. But these things don't matter at all, because once you are Real you can't be ugly, except to people who don't understand."

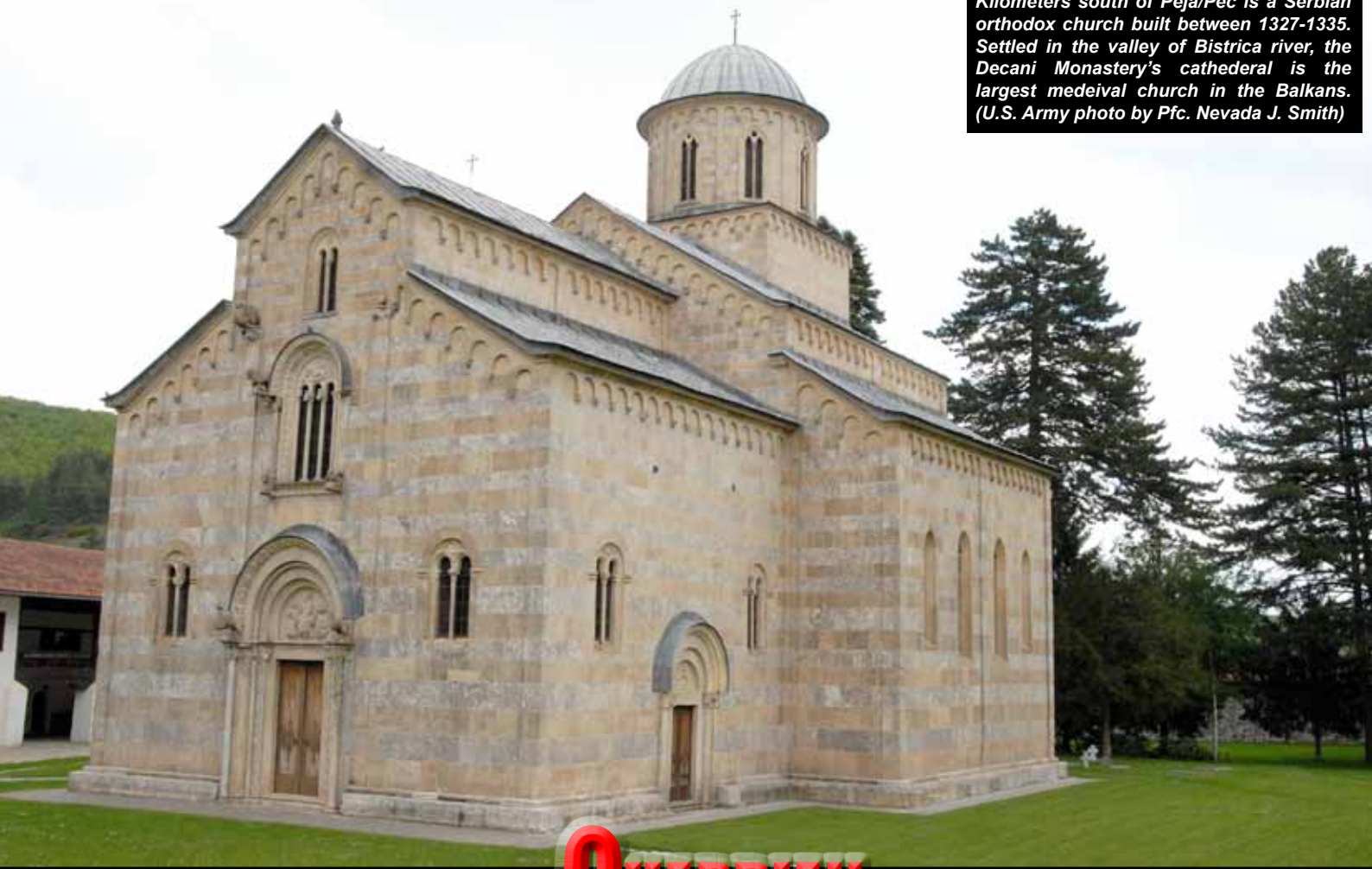
Practice making that special person in your life feel Real!

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. *Love does not delight in evil but rejoices with truth.* It always protects, always trusts, always hopes, and always perseveres. Love never fails." -1 Corinthians 13:4-8a

Blessings,
Chaplain Forsyth

June 7-28 North Town Chapel, Time 1030
New series: Relationship - Meet Mr. & Mrs. Wonderful

The Visoki Decani Monastery, located 12 Kilometers south of Peja/Pec is a Serbian orthodox church built between 1327-1335. Settled in the valley of Bistrica river, the Decani Monastery's cathedral is the largest medieval church in the Balkans. (U.S. Army photo by Pfc. Nevada J. Smith)



JUNE 2009

THE GUARDIAN EAST

Spc. William Tobin, with the 1-169th General Support Aviation Battalion, shows German soldiers what it is like riding the Jungle Penetrator Hoist during a multi-national training event held in Prizren. (U.S. Army photo by Spc. Darriel Swatts)

