

January 24, 2003
TALON

A woman in a camouflage uniform and cap is shown in a close-up, looking slightly to the right. She is holding a lit green candle in a small metal holder. The background is blurred, showing other people in similar uniforms and warm, ambient lighting.

**Martin Luther King remembered
through poetry and march**

Inside this issue:

**Danish contingent relocates to Eagle Base
Building bridges to a better future**

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TALON

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Word on the street...

"Jerry Springer calls you to appear on his show, however, you don't know the topic, would you accept his offer?"



Spc. Tammi Mitchell
Flight Operations Specialist
HHC, 1-183rd Avn.

"Yes, only if I could be a bouncer because I love kickin' people out of places."



Spc. Warren Wilkinson
Accounting Specialist
220th Finance Detachment

"Yes, just for the adventure and to have fun."



Sgt. 1st Class Joseph Lary
Med. Log. NCOIC
145th Med. Log.

"I like his show but I would never go on it because I don't 'want no baby mama drama'."

"Everything is funny, as long as it's happening to somebody else."

~ Will Rogers



Tony Mullings
Tours/Marketing Director
MWR

"No, because it's Jerry Springer. I don't think it's a good show."



Staff Sgt. Alma Hernandez-Soto
Dental Hygienist
5501st U.S. Army Hospital

"No, I don't think I would go on his show because you never know what to expect."



Capt. Christopher Burt
Commander
A Co., 1-183rd Avn.

"No because I have an easy enough time embarrassing myself without having to go on Jerry Springer."



About the covers: Front, Spc. Sherrie Bowen, Joint Military Affairs, participated in a candlelight service in remembrance of Dr. Martin Luther King Jr. **Back,** Just one of the many reasons soldiers are on peacekeeping operations. A child at the Vojo Peri Orphanage in Tuzla, Bosnia. *Photos by Sgt. 1st Class Kelly Luster.*



Danish armor rolls on to Eagle Base

Story and photos by
Sgt. 1st Class Marty Collins

354th MPAD

JEGINOV LUG, Bosnia — As part of the recent restructuring of Multinational Brigade (North) the Danish Tank Squadron has moved to Eagle Base after serving seven years at Camp Doboj.

The tank squadron is taking over an area of responsibility formerly maintained by U.S. Task Forces Saber and Blue Steel. The tank squadron will assume responsibility for patrolling the opstinas of Tuzla, Kalesija, Osmaci and Zvornik. Soldiers from the tank squadron have been on numerous patrols with their American counterparts in preparation for the transition. The Danish soldiers find the mountainous terrain in Bosnia challenging, as the landscape in Denmark is mostly flat. Their motto is: *"To boldly go where no one has gone before."*

Dogs, cats and chickens are the only traffic on the snow-covered road as the Danish patrol makes its way into the village of Jeginov Lug to visit a collective center. People from the collective center take a peek from windows and cracked doors of recently constructed homes to examine the convoy of military vehicles. The squadron soldiers wave to women hanging laundry on clothes lines, children sledding, and men working on mud covered automobiles. The village, predominately inhabited by Serbs before the war, still shows the scars of battle.

"These houses were built from funds by the Danish government," says 1st Lt. Claus Pugholm, tank commander, DANSQN. The Bosniacs living here are all



Pfc. Kent Mikkelsen gives a drawing book and magazine to a girl in the village of Jeginov Lug.

waiting to return to their pre-war homes. The deadline for the return process is in July. After they leave, Serbs will reclaim their homes and move back.

As the convoy stops and the patrol soldiers exit their vehicles, children swarm them. Pfc. Kent Mikkelsen, gunner, DANSQN, is the lucky recipient of all the attention because he is the soldier with the merchandise.

"We give out the magazines and drawing books so the children can see that we are here to help them and not to be afraid of us," said Mikkelsen. This is one way to reach out to the children of Bosnia and is one tool in maintaining and building relationships.

An important goal of this particular patrol is to establish a local point of contact the soldiers can talk to regularly when visiting various opstinas.

"It is good to have a point of contact to receive reliable information. If we talk to the to the same person three or four times then we can make a determination if the information we receive is true or valid," said Pugholm. As Pugholm is meeting with three Bosnian men regarding the situation in Jeginov Lug, an elderly woman makes her way down a muddy farm road.

The woman, her face lined with age and burned by the wind, shields her eyes from the blinding sun. Alarmed and upset by the new strangers, she wants to know who these soldiers are and what they are doing here. With the help of an interpreter, Pugholm explains that he and his soldiers are taking over the patrol area from the Americans and asks how she is doing and if she needs any assistance.

The woman said her husband was killed in the war and has no family left and realizes she will have to move in with relatives. She wants to return to Srebrenica where she lived before the war because when the July deadline arrives she will have nowhere to go. Pugholm tells her his squadron will be back on a regular basis and he will pass her information along to the Finnish CIMIC team. After the interpreter translates his message, she still looks concerned and worried. Without another word she turns and retraces her steps on the muddy road.

"Both the Bosniacs and Serbs are very well aware of each other's situations. The



1st. Lt. Claus Pugholm and Pfc. Kent Mikkelsen, both of the Danish Tank Squadron, discuss grid coordinates on a hilltop overlooking the village of Lipovice.

Serbs here today have the certificates for their land, but the former structures stand in ruins," said Pugholm. Her situation is similar to many of those living in the collective center and many want to know when the second round of aid from non-governmental organizations will arrive. With bi-lateral meetings between local government agencies, these issues will be addressed and hopefully the process will begin to pick up speed. The information is also given to the mayors of the opstinas, which may expedite the returnee process.

"We have weekly meetings with the CIMIC and exchange information and we also go on joint patrols with the CIMIC. That's a very good idea because instead of it merely being a paperwork shuffle the CIMIC can actually see the different cases themselves," said Pugholm.

In less than an hour and secure in the fact that he and his soldiers have established a working relationship with the people of Jeginov Lug, he and his squadron depart. "It's nice to see them talking to each other again. We try to file all information they give us so we can pass it along to SFOR CIMIC," said Pugholm.

As the patrol leaves the village, sheep continue to graze from haystacks in a snow-covered field. In the distance stands a dilapidated red brick structure. The building, once a church, seems defiant in its bid to remain upright.

Perhaps it's defiance is a sign of the struggle of all people in this country, defiant but hopefully tolerant enough to remain. Not all of the people in the village of Jeginov Lug know the faces or uniforms of the Danish Tank Squadron, but a few do now. Soon, more will know as the squadron sets out *"To boldly go where no one has gone before."*

Building bridges to a better future

by 1st Lt. Kevin McNamara

354th MPAD

EAGLE BASE, Bonia — Bridges, roads, sewers, water systems and electrical lines are everyday things many take for granted in the United States.

Think about this for a moment. You live in a small village next to a river. On the other side of river there are shops, offices, restaurants, and friends. It is the middle of winter. The river is partially frozen. How would you get to the other side? Many people living in Bosnia and Herzegovina face this dilemma every day.

A bridge seems to be the easy answer. Since the war here in 1992, many rural areas still struggle with basic infrastructure improvements. Some new communities are still without bridges, electricity, water and sewer lines, and even passable roads. In Multinational Brigade (North), SFOR 12 soldiers have been working to address these issues since August, 2002.

The G5 or Civil Affairs office is responsible for monitoring and pushing these projects forward. The term civil affairs in a U.S. military term used to describe the activities of those soldiers who work with local civilian authorities on projects like bridges and roads. The NATO term is CIMIC which stands for 'Civil-Military Cooperation.' In MNB (N), both U.S. Civil Affairs teams and Finnish CIMIC teams work together to address the public infrastructure needs of the local population.

"Building projects, like roads and bridges, has been no easy task in MNB (N)," according to Capt. John Sheaf, projects officer, for the G5. Sheaf, who is as a police officer in Lebanon, Pa., oversees and monitors all reconstruction projects in the region. As projects officer, the details are important. Ethnic and religious strife aside, Sheaf is always "looking for the real story, watching for details. Paying attention to detail is imperative," he said.

He cited this example. A bridge needs rebuilt in a small village so residents can walk from one side to another. In surveying the area and talking with local civilians about rebuilding the bridge, several different stories may be heard. One family, who lived there before the war, remembers the exact location of the bridge. A second family said there was never a bridge at all.

After more research and talking with the local authorities, it turns out members of the second family are refugees who recently returned to the area.

Reconstruction and rebuilding has been a multinational effort. "I can tell you one



by Capt. John Sheaf

Soldiers of the Turkish Battalion repair the abutment of a bridge at one of the many CIMIC projects in MNB(North).

thing, I have learned a lot from our allies. The Finns have a long record peacekeeping and work with civil authorities. The Swedes before them did an excellent job, and the Turks are very well versed in working with civil authorities to rebuild Bosnia for the future," Sheaf said.

International organizations, like U.S. AID and non-governmental organizations like the Austrian-based Bauern Helfen Bauern ("Farmers Helping Farmers") are still very active in Bosnia and Herzegovina.

U.S. AID alone has provided over \$27 million in assistance to various projects throughout the region. These projects address the basic necessities of everyday life — clean water, sewer lines, roads, bridges, energy, education, healthcare, and

transportation remain the main focus of international aid.

SFOR soldiers have set the conditions where these organizations can work in relative peace and safety. Increase in the activities of IO's and NGO's is only matched by the presence of SFOR troops. "Going from a safe and secure environment, to sustaining it, and finally maintaining it," has made a big difference, Sheaf said.

Sheaf thinks all the efforts at rebuilding and reconstruction has made a difference in Bosnia. "We're spurring economic growth and that promotes long term economic stability," he said. So by building bridges, we are really helping to 'bridge to the future of Bosnia', a future that will be safe, peaceful, and secure.

Reconstruction Projects completed in MNB (N)

<u>Location</u>	<u>Project</u>	<u>Cost</u>	<u>Completed</u>
Modrica	Water	\$25,000	December 2002
Tuzla	Bridge	\$30,000	September 2002
Tuzla	Road	\$80,000	August 2002
Brcko	Energy	\$3,000,000	September 2002
Modrica	Education	\$1,000,000	December 2002
Han Pijesak	Energy	\$400,000	September 2002
Zvornik	Health	\$100,000	October 2002
Srebrenica	Education	\$125,000	October 2002
Tuzla	Energy	\$225,000	February 2003

***Note: this is "sampling" of the projects completed according to data from the G5 section. This is a representative list of projects only.**

Congressman provides taste of home

Story and photo by Sgt. 1st Class Kelly Luster

Editor, 354th MPAD

EAGLE BASE, Bosnia — Soldiers of Multinational Brigade (North) serving in Bosnia and Herzegovina got a sweet taste of home thanks to Rep. C.W. Bill Young (R-FL).

Young, his wife Beverly and other staff members recently visited Eagle Base and hand delivered several cases of Girl Scout cookies. Currently serving his 16th term in Congress, Young is the Chairman of the House Appropriations Committee. A veteran of the Army National Guard, he is nationally known for his expertise on defense and security issues.

During the visit to Eagle Base, Young and his party were briefed by Brig. Gen. John T. von Trott, commander, MNB (N). The delegation spent about 45 minutes with the commanding general and asked several questions concerning the role of the United States military in Bosnia.

Congressman Young's wife, Beverly made the trip very personal. She is on a mission to hug as many servicemembers as she can as her way of thanking them for their sacrifices and what they do for their country, according to the congressman. "At last count I think she has passed the ten thousand mark," he said.

The party toured some of the Eagle Base facilities including the state-of-the-art gymnasium. Rayvaun Smith, lead programer for Morale Welfare and Recreation, explained several of the programs and activities created for soldiers of MNB (N).



Rep. Bill Young speaks to soldiers at the Balkan Grille.

Young, 71, has a unique connection to the soldiers of Pennsylvania's 28th Infantry Division. He was born in Harmarville, Pennsylvania, before moving to the St. Petersburg area at the age of 15.

The U.S. contingent of SFOR is comprised nearly entirely of National Guard and Army Reserve soldiers. The Pennsylvania Army National Guard's 28th Inf. Div. is the headquarters element for MNB (N) and contributed more than 1,200 soldiers to the cause including two maneuver task forces. Other reserve component units from throughout the country are supplementing Task Force Eagle.

Before the delegation's visit to Eagle Base came to an end, Young spoke with soldiers, at the Balkan Grille.

"We wanted to stop and say 'thank you' for all that you do to keep peace in Bosnia and for serving our country's interests, wherever they might be," Young said. "I know that almost everyone of you are National Guard or Reserve. We appreciate the fact that your lives have been disrupted

for this period of time. We are here to say 'thank you' for serving our country."

"We came on a small airplane. But we put as many Girl Scout Cookies on the plane as we could. They are here for you to help yourselves and enjoy a little taste of home," said Young. Be careful. Take care of each other and know that back home in the Congress you have an awful lot of people who believe in you, who trust you, who love you, who appreciate you and say 'thank you' for what you do to serve our country."

Young has served on the House Armed Services Committee and chaired the House Appropriations Subcommittee on National Security. His 14 years of service on the House Permanent Select Committee on Intelligence are the longest tenure of any member in history.

During his service on the Appropriations Committee, Young has been dedicated to improving the quality of life of the men and women who serve in the military. He regularly meets with enlisted personnel and officers to assess their needs, and as a result, Congress has invested in improved base housing, better medical care, increased pay, and more modern equipment for the military.

Accompanying Young was Rep. Joseph Knollenburg (R-MI) and his wife, Sandie, and Rep. Ander Crenshaw (R-FL), and his wife Kittie.

Both representatives work on the House Appropriations Committee and Knollenburg recently took over the Subcommittee on Military Construction.

Tax season is here, are you ready?

by Maj. Carl Nardei

EAGLE BASE, Bosnia — Whether you realize it or not, tax season is upon us. However, as soldiers serving in forward deployed peacekeeping operations, you will get a little extra help, and, if necessary, time to file your federal income tax return. There are also some other benefits of which you may not be aware.

Through an act of Congress, Bosnia-Herzegovina has been designated a Qualified Hazardous Duty Area (QHDA). This designation affords military personnel a significant number of tax breaks from the Internal Revenue Service.

Examples of some of these tax breaks include the following:

If present in a QHDA for any part of the month, enlisted personnel may exclude from gross income all compensation received for that month. This exclusion is also available to commissioned officers, but limited to the maximum enlisted amount.

All servicemembers are entitled to an automatic (interest/penalty free) 180 day extension to the April 15th deadline for filing their Federal Income Tax Returns. The extension can be lengthened further if the servicemember is hospitalized due to a service incurred injury

while in the QHDA as well as for any day of the filing period (January 1 to April 15) they serve in the QHDA.

Combat zone tax exclusion can apply to continuation pay if the agreement to perform additional years of service is signed by the servicemember in a month he/she is serving in a QHDA.

The exclusion of QHDA earned compensation from servicemembers' compensation may also result in some individuals qualifying for the Earned Income Tax Credit as well as for an income tax deduction for a contribution to a traditional IRA (not Roth IRA's).

Approximately in the third

week of February 2003, the Office of the Staff Judge Advocate will offer servicemembers an additional break; the preparation and electronic filing (e-file) of Federal Income Tax Returns. When opened, the Tax Center will provide e-file services at the Eagle Base Legal Assistance Office. Married servicemembers who want to e-file a **joint** income tax return in theater **MUST** have a power of attorney or **IRS Form 2848** (Power of Attorney & Declaration of Representative) from the spouse living outside of Bosnia-Herzegovina. More details on the date the Tax Centers opens will be forthcoming in the near future.

USO, MLK poetry contest winners

1st Place

by James Driver Jr.

ITT

Dry Tears

As for me, my brothers and sisters
my life hurts of the violence.
Praying diligently for peace and oneness
between my brethren.

My flesh paralyzed due to the evil
that struck the soils of gravity.
Though, my body is only dust I was affected
by the explosion that shook the foundation
from whence I was made.
Yet, my spirit is energized
by the power of God Almighty,
for
it is in Him that I live, move and
have my being.

My voice echo through the air of
a dream
placed in my spirit of a people
regardless to there shades of skin,
economic and political
influences united as one
in brotherly love with the same
resume to live in
The Kingdom of God as prince and
princess.

Though I wanted to cry of the
chaos and confusion,
there was no moisture in mine
eyelid. Looking through the
eyes of a child, thoughts are
revealed of the innocent saying,
“Will the killing of genocide ever
stop?”

Now, the life I knew
has snatched the tears from my
eyes.

2nd Place

Tom Mulvihill

Civilian Personnel Officer, ASG

Martin Luther King

January 17th brings the fondest
memories
Of a man filled with vigor and
energy.

His message was people unite
toward a common peaceful goal
He was a man with purpose and
conviction in his soul.

A man who had a dream and
worked to make it come true
Not for himself, but for the not
so few.

He took on an enormous non-
violent struggle to achieve
progress
He inspired new Courage and new
Determination by doing his best.

He sought to make this disarray
world a better place
A step at a time no matter how
hard the pace.

A man who abhorred violence
Yet by a bullet was physically
silenced.

His message rings loud and clear,
he's an enduring hero for you and
me

As today we the people,
remember his ideas in
scintillating beauty.

A man who diligently and
persistently followed his dream
He was a dynamic visionary that
Martin Luther King!

3rd Place

CW 4 Ron Handel

Apache Pilot, A Co. 1-183 AVN

I Saw the Signs

How do you know what's false,
what's true?

Have you walked in the steps of
someone you knew?

I saw the signs that said, black and
white

I know they're true — a terrible
sight

You can say what you want to

It was a hard thing to do

I knew it was rude, it all seemed
so crude

Use the side window was all that I
said

Who would know? Who would
tell?

Who watched the doors?

This one is your's, one man, one
women-one black

Would you abide or run away and
hide thinking it will go
away?

I would like to know; did you see
the signs?

Are you sure that it's true what
they say?

What would you do if you saw the
sign?

Would you obey?

'Whites only' the sign said-no
colored allowed

There were some who spoke a
loud, "NO!"

One man said enough!

History tells it all; even to the day
of his terrible fall

Are the signs still there, long ago
taken down?

The USO would like to thank all who participated.

Jack Frost is nippin' so don't be a victim

by Sgt. 1st Class Kelly Luster

Editor, 354th MPAD

Now that Old Man Winter has finally reared his ugly head and it looks like he'll be here for some time, you need to take extra precautions against cold weather injuries. As soldiers, everyone should now the signs of a cold weather injury and the measures to prevent and, if necessary, treat each of them.

One of the cold weather injuries that is sometimes overlooked is trench foot. Trench foot is a very serious nonfreezing cold weather injury. It happens when your feet are exposed to moisture and cold for prolonged periods — usually 12 hours or more. Cold and moisture soften skin and cause tissue loss and infection. Left untreated, trench foot can lead to amputation. Early signs are itching, numbness and tingling pain. More severe symptoms are swelling and skin turning red, blue or black. Sometimes red or bluish blotches will appear and weep or bleed. The risk for trench foot is high during wet weather or when working in wet areas. Also, wearing rubberized boots or tight fitting boots that cause sweat to accumulate keeping the feet wet, can also contribute to trench foot.

So what do you do if you show signs of trench foot? First, you prevent further exposure and remove wet or constrictive clothing. Next, wash and gently dry the area and elevate. Cover with loose, warm layers of clothing. Soreness and blisters may occur. Do not pop blisters, apply lotions or creams, massage, expose to extreme heat or walk on the injury. Finally, get to a medical facility as soon as possible.

Another common cold weather injury that may occur is chilblain. Chilblain is a nonfreezing cold injury that causes little or no permanent damage. It's caused by exposure to cold over a period of a few hours. Skin may appear red and swollen, hot to

the touch and may be painful. It can progress to an aching, prickly sensation — sort of like pins and needles. It may even become numb. Treatment for chilblain is the same as for trench foot.

Any injury that is often overlooked during winter months is dehydration. Although the weather has turned colder and soldiers may not be sweating as much, they must still drink water. It is recommended that soldiers drink at least five to six quarts of water per day. More if they are involved in strenuous activities.

Leaders should monitor fluid intake of all soldiers in their charge. One sign of proper hydration is a person's urine. The lighter the urine, the better hydrated the person is. Darker urine is a sign the person needs to increase their fluid intake.

More serious cold weather injuries include frostnip, frostbite and hypothermia. Frostnip occurs when water or moisture freezes on the surface of the skin. It causes the area to turn red and swell. Although it is painful, there is usually no further damage once the area is rewarmed. If the same area is affected more than once, the skin may dry out, crack, and become very sensitive. Not as serious as frostbite, it should be treated as a serious injury. Frostnip can be the first sign of frostbite.

Skin freezes at about 28 degrees. To start, the skin will be numb and turn gray or a white-waxy color. The area will be cold to the touch and may feel stiff or woody. Ice crystal formation and lack of blood flow to the area damages tissues. After the area thaws, it may swell and worsen the injury.

If a person shows signs of frostbite, immediately remove them from exposed areas. Remove constrictive clothing. Rewarm the area gradually with direct skin-to-skin contact of a non-affected area or from a buddy. Seek medical help immediately. A note about treating frostbite: Do not rewarm an area if there is a possibility of re-exposure during evacuation.

The last, and most serious cold weather injury is hypothermia. Hypothermia is a medical emergency. If not treated, the person will die. Hypothermia occurs when a person's core body temperature falls below 95 degrees. It can occur when the body cannot produce heat as fast as it's losing it. One particularly bad situation is water submersion. Hypothermia in water temperatures 45 degrees or less can occur in less than one hour. Even water that is slightly cool (60 degrees) can cause hypothermia over a period of several hours.

It requires several hours of continuous exposure to cold air for the body temperature to fall. However, wind and moisture can accelerate heat loss. Also, body temperature can fall even if temperatures are above freezing if the conditions are right and the person inactive.

Hypothermia is hard to recognize in its early stages. Look for bizarre behavior, irritability, slow or slurred speech, uncoordinated movements or unconsciousness. Victims often appear to act drunk. For example, they may remove clothing when it is clearly inappropriate.

Generally, hypothermia victims will have very weak vital signs. If a person is suffering hypothermia due to submersion, start CPR immediately. If the person was found on dry land, search for vital signs more thoroughly to determine weather CPR is necessary. As in most cases of cold injury, prevent further exposure to cold. Remove any wet clothing and re-warm the person with blankets, sleeping bags, and direct body-to-body heat. Evacuate the person as soon as possible.

As leaders, you must evaluate the risk factors involved in training and mission capabilities. Don't let your soldiers or fall prey to cold weather injuries.

(Information for this article was gleaned from <http://oep.osoph.dhhs.gov/dmat/resource/PPT/ColdWxInjry/ppframe.htm>.)

Take your best shot for the USO

In conjunction with the 62nd Birthday of United Services Organization, the USO announces a photo contest. Drop off your entry at the USO on Salute Alley or e-mail it to Linda.lorenzana@email-tc3.5sigcmd.army.mil.

Here's how it works. The subject is simple, "Your time in Bosnia." The contest is open to anyone in the MNB (N) area.



Print the photo no larger than 8x10. If you choose to email your entry it must be sized to 5x7 and no more than 150 DPI. Entries may be color or black and white. Remember to put your contact information on your entries so that prizes may be forwarded to you.

Deadline for entries is Feb. 2nd, so dust off your lenses and *good luck!*

