

# KFOR KFOR KFOR CHRONICLE

March 31, 2006

Edition 3



## New in the KFOR Chronicle: Health & Fitness

# Get in Shape with Major Laguna

I have always been very fond of sports. Horse riding, basketball, swimming, skiing, roller skate hockey are some of those I have practiced and competed. My favorite hobbies are travel, reading, and cooking. Although I work in Madrid I have a flat in Alicante where I spend my holidays under our beloved Spanish sun.

My interest in fitness & well-being was born a long time ago. As a young captain, I had to take care of troops physical condition as a part of their training. During this appointment I developed an interest in Anatomy, Physiology and Physical well being and training methods. I then attended a Physiotherapist one-year-course. These studies facilitated the transformation of my hobby to a new profession. It was then a natural progression to continue my studies in Osteopathy at Madrid University.

I should also say that most of my family members as well as of my best friends are doctors so they have been a great help for me.



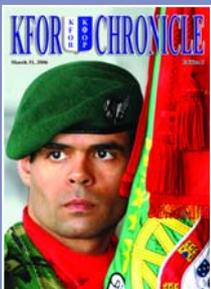
My post in KFOR is JIOC (Joint Intelligence Operational Center). JIOC mission is to fuse all-source intelligence to develop intelligence-driven multi-agency operations against High Value Targets (HVT's).

My international background started in 1996 as a member of the OSCE in Chechnya where I stayed for 6 months in some sort of a Peace Keeping Operation. I was then assigned to the Spanish Verification Unit where I had the opportunity to work in many different environments and to get to know other approaches for 4 years.

In Spain, my current assignment is the War School Language Department in Madrid under the Army Doctrine and Training Directorate. I am in charge of English Language Programs in the Army.

Maj Javier Laguna  
ES Army

### KFOR CHRONICLE



Cover photo by  
Mr. Armend Aqifi

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### Nations within KFOR:

#### HO KFOR

Canada  
Estonia  
Hungary  
Netherlands  
Norway  
Portugal  
United Kingdom

#### MNTE (C)

Czech Republic  
Finland  
Ireland  
Latvia  
Slovakia  
Sweden

#### MNTE (N)

France  
Belgium  
Denmark  
Greece  
Latvia  
Luxembourg  
Mongolia  
Morocco

#### MNB (E)

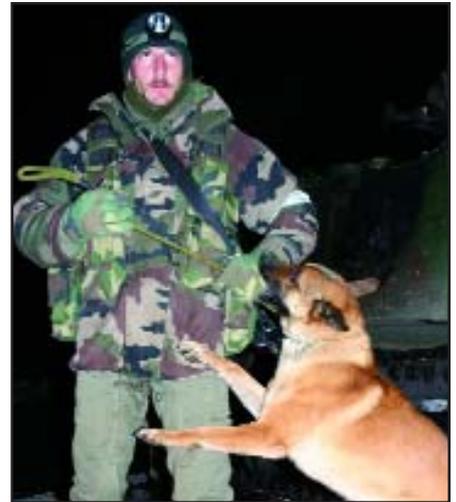
United States of  
America  
Armenia  
Greece  
Lithuania  
Poland  
Ukraine

#### MNB (SW)

Italy  
Argentina  
Austria  
Azerbaijan  
Bulgaria  
Georgia  
Germany  
Hungary  
Romania  
Slovenia  
Spain  
Switzerland  
Turkey



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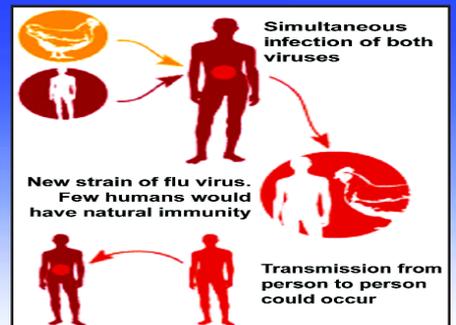


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New in the KFOR Chronicle: Health & Fitness  
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Properties with Designated Status (PrDSS) are areas or institutions under special KFOR protection. Confronted with a training scenario Multinational Brigade Southwest units demonstrated their emergency response capabilities.

Text and photos by Cpt Michael Schulze, GER Army

Prizren - Many did not believe their eyes, when a seemingly non-ending convoy of military vehicles passed through southwest Kosovo. Their destination was a village not far from Prizren.

Inside the village there was a building with special protection status, permanently guarded by soldiers. Everything seemed quiet, when demonstrators cries and screams of aggression suddenly broke the silence. Though no one was visible, the voices came closer. Soon the picture became clear - a large, and apparently violence-prone, crowd demonstrated against the soldiers guarding the building. Shortly after the alerted reinforcements arrived, the situation seemed under control. Minutes later, tensions escalated rapidly. More demonstrators east and west of the village were reported, demanding further action. With response time being crucial, action was taken to prevent a unification of the demonstrators in the village. Further reinforcements were flown in, soldiers in CRC gear jumped out of the helicopters and secured the area. Supported by armoured vehicles, they established road blocks.

Violence at the check points escalated as rioters threw stones at the soldiers and during the following confrontation there were injuries sustained by both sides. MP officers picked out ringleaders and detained them.

Units of the Quick Reaction Force provided additional support, but the demonstrators remained strong-headed.

Finally, with the arrival of a Task Force Prizren company, the mob

realized there was nothing left to win. The demonstration dispersed and the Task Force Commander reported the end of the training event. All participants had proven their ability to quickly and effectively realize emergency plans.



Su



"We are from the government and we are here to help..."



Rubber bullet vs full metal jacket: soldiers only use the minimum force necessary to solve a problem

# Hidden Cut



*"Bring 'em on!"*



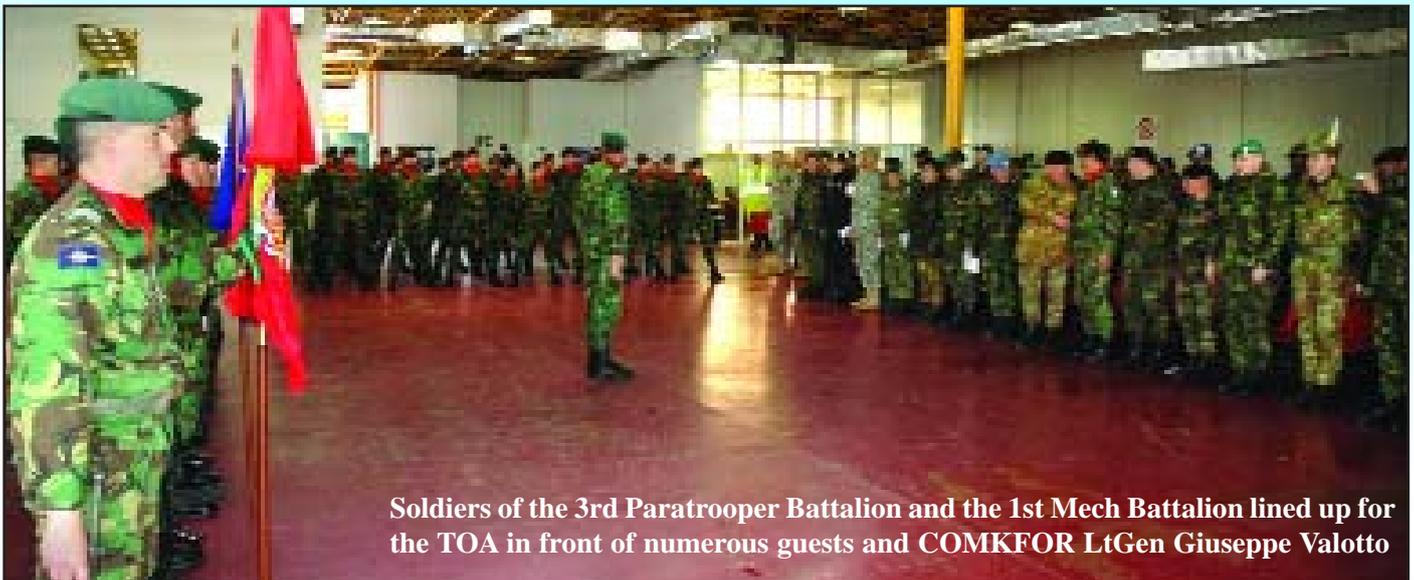
**German MP chiropractors treat a violent troublemaker**



**Roadblocks are built up to stop the progress of rioters**

# KTM Transfer of Authority

"The future will demonstrate how well we have performed"



Soldiers of the 3rd Paratrooper Battalion and the 1st Mech Battalion lined up for the TOA in front of numerous guests and COMKFOR LtGen Giuseppe Valotto

Text by 1st LT Maksym Nedria,  
Ukrainian Army  
photos by Armend Aqifi

The Transfer of Authority of the KFOR Tactical Maneuver Battalion (KTM) took place at Pristina Military Airport on March 14. The 1st Mech Battalion replaced the 3rd Paratrooper Battalion.

In front of the troops, numerous guests and COMKFOR, LtGen Giuseppe Valotto,

and outgoing KTM Battalion Commander LtCol Carlos Sobreira thanked the soldiers of the 3rd Paratrooper Battalion for their selfless service during their six-month deployment in Kosovo.

LtGen Valotto presented LtCol Sobreira with the NATO Non-Article-5 Medal.

After that, the new KTM Commander LtCol Eduardo Mendes Ferrão gave a speech. In it, he said, "This ceremony, that we are taking part in, is for us, the Portuguese

soldiers of the First Mechanized Infantry Battalion, a moment of great importance because it means the continuity of the Portuguese effort to contribute to a safe and secure environment in Kosovo. Our Battalion is part of the Mechanized Brigade of the Portuguese Army. It was created 27 years ago to achieve the Portuguese compromises with NATO.

"The history of our Battalion, which makes us very proud, gives us the responsibility of honoring it during our new mission in



Kosovo. That goal can only be achieved by responsible, extremely correct and exemplary conduct that will guide us during the next six months. We will strictly respect the Rules of Engagement regarding the safety and security of the people of Kosovo.

"With this objective in our minds, we will do our best to build and maintain a good relationship with civilian, military and police authorities in Kosovo.

"The prestige of KFOR and of the Portuguese units who took part in this NATO mission before us, especially the 3rd Paratrooper Infantry Battalion, makes our responsibility even greater. Although it is difficult, we can assure you that we will do everything to leave things better than they were.

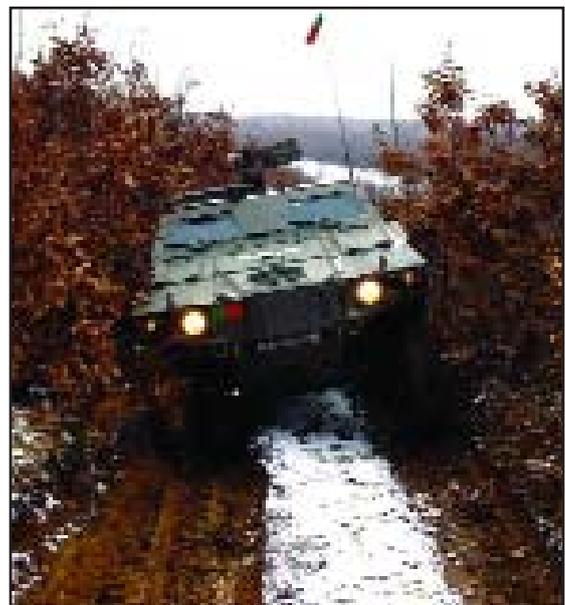
"We assure our Commander, Lieutenant General Giuseppe Valotto, to give our fullest dedication and effort to perform the different tasks and duties according to our motto *'The future will demonstrate how well we have performed.'*"



**COMKFOR LtGen Valotto hands over the flag to the new KTM Commander LtCol Eduardo Mendes Ferrão as a symbolic act for the transfer of authority**



**Female KTM soldier shares her food with local children**



**A Portuguese motorized patrol makes its way through difficult terrain**



**"Home, sweet home. Here we come!" Soldiers of the 3rd Paratrooper Battalion are ready to fly home**

# Jura Spirit CP 3 Operation

**Text by MAJ Thomazo, French Army**  
**Photos by IT CCT**

Jura Spirit CP 3 operation was held in MNTF N AOR March 3.

Previously, Jura Sprit CP 2 operation was carried out in order to install a tactical operation center on the ground near the village of Novo Selo. During phase 3 of the operation, the tactical operation center of the MNTF N was transported by helicopter and installed near the village of Lezak, North Kosovo.

First, a French Gazelle helicopter did an aerial reconnaissance of the area. Five minutes later, the first Puma helicopter took off with a protection squad. While the Puma was landing, the squad secured the area. Then a second Puma arrived with the TOC. In less than two hours, the TOC took the command of the Belgian company, which was still there, carrying out a control mission, throughout patrols

and checkpoints.

After four hours of operating in the zone, the TOC was aborted and the three helicopters left Lezak.

This kind of mission enables the Task

Force to validate the relevance of transporting the mobile TOC by helicopter and to check out the radio communication within the AOR.



**The French Puma carries all necessary equipment for a command post**



**Children want to know everything about the helicopter and fire questions at the French officer**



An abandoned factory in Vushtrri was the location for the bus crash scenario

# Dealing with a Bus Crash

## Road traffic accident training operation

Text by LT Ferraro, French Army  
Photos by MNTF N

MNTF N, in cooperation with KPC, trained its units in treatment and transportation of wounded people after a major traffic accident February 22.

This exercise took place in a former factory located in Vushtrri/Vucitrn. The exercise covered the response to a major traffic accident involving a military bus and a civilian bus. This exercise allowed the MNTF N command to improve its capability to react quickly in case of an emergency in order to give a help to the people involved.

Around 120 soldiers and 12 physi-



cians, including nine French, one Danish, one Greek and one Moroccan, as well as representatives from different MNTF N national contingents took part in this exercise with vehicles and one helicopter

involved in the response.

Officers of KPC took part in the operation as observers. The experience gained during these exercises has a direct link to the missions, which KPC members are supposed to carry out. Such exercises contribute to the KPC emergency response experience as KPC officers studied the organization of all means of emergencies and the adapted command structure.

Journalists observed the exercise as well, gaining an understanding of the goal of this mission and to cover how the multi-national forces work together to provide emergency responses.



KPC officers observed the event to train and improve their emergency response capabilities

# The Frozen



A bored dog handler apparently tries to entertain his French colleague, setting the dog on him...

**Text and photos by LT Magdalena Dvorakova, Czech Army**

"Primrose" was quite an unsuitable name for an operation that took place in the Multinational Task Force Center AOR March 8-11. The operation truly was a hard test for its participants.

Operation Primrose was conducted by MNTF C and involved a French Infantry Company, an Estonian Reconnaissance Company from MNTF N, 2 Portuguese KTM (KFOR Tactical Maneuver Battalion) companies and a signal station from MNTF C.

The objectives Operation Primrose included unit validation for MNTF

C and MNTF N, information gathering, and demonstrating KFOR's ability to conduct large-scale operations.

"The most valuable achievement of the operation was an experience of multinational cooperation, which is a crucial factor to accomplishing KFOR's missions," said Major Jan Cifka, the MNTF C officer in charge for Operation Primrose. "Besides we learn how to lead a battalion size unit with a Forward Command Post (FCP)."

The FCP was established at the Czech Camp Sajkovac and tested the Interim Force Tracking System (IFTS).

Weather conditions deteriorated rapidly before the operation began. As if winter returned, French soldiers had to use their survivor skills to warm up while living and working in tents during the snow-ridden exercise.

The main goal of the operation was accomplished. More than 90 temporary vehicle check points were set up, 422 vehicles were searched and 629 persons inspected.

According to LtCol Passi Staff, the G3 Chief of MNTF C, the KTM's D and E companies and the French company did their job very well despite language difficulties. The KTM companies, deployed to Camp



Final briefing before leaving the compound



# Primrose

Sajkovac, provided excellent logistic support and their cooperation with the other units was well received.

"The cooperation with KTM's A and B companies during Operation Primrose was very satisfactory," said LtCol Staff. "They impressed me with their good training and competent skills throughout the operation."

"Establishing their signal stations in densely wooded terrain demanded a great deal from the French company as the work was very complicated. Despite the difficulties, they got their job done. Their motivation was amazing."



**Task Force  
Commander  
Colonel Miroslav  
Hlavac inspects the  
camp set up in the  
woods**

**"Well, Sir, compared to these conditions, an ancient Nomad camp is a 5-star wellness resort"**



**Forrest Gump Camp - only the toughest survive**

# "I was between the devil and the deep blue sea"

Text and photos by 1st LT Maksym Nedria,  
Ukrainian Army

After 13 months of leading KFOR Meteo OPS LTC Grzegorz Kolodziej, PL AF, Chief Meteo, HQ KFOR considers his time in Kosovo as a great challenge for him as for specialist of Meteo over his 27 years in this business. "Geographic conditions for this region are very complicated," said LTC Kolodziej, "it is pretty difficult to forecast the weather."

According to LTC Kolodziej, critical factors such as more than 2,000-meters-height mountain chains all around Kosovo determines the weather conditions for the region. There are other important factors to be considered, they are, closeness of the Adriatic Sea and an average altitude above sea level more than 600 meters.

"The daily results of our (J3 HQ KFOR Meteo) job," said LTC Kolodziej, "are the weather impact for regular KFOR activities, such as operations, exercises, patrols, etc.; aviation planning weather; area forecast for Kosovo and FYROM; heliport forecast and observation; chemical downwind forecast; weather warnings and Forecast for J2 IMINT."

In order to achieve these missions, the structure of J3 Meteo OPS HQ KFOR comes down to five Combat Meteo Teams, which are located in Camp Plana, Dakovica Airfield, Camp Toplicane, Camp Bondsteel and Film City. The Combat Meteo Teams are equipped with Tactical Meteo Weather Stations. TACMET operates automatically 12 hours per day in order to collect basic meteorological data about current weather conditions.

"The Combat Meteo Team personnel send the data up to Traben-Trarbach NATO Base, Germany. This is when the



**Meteo Chief LtCol Grzegorz Kolodziej, Polish AF, from HQ KFOR considers Kosovo a great challenge**

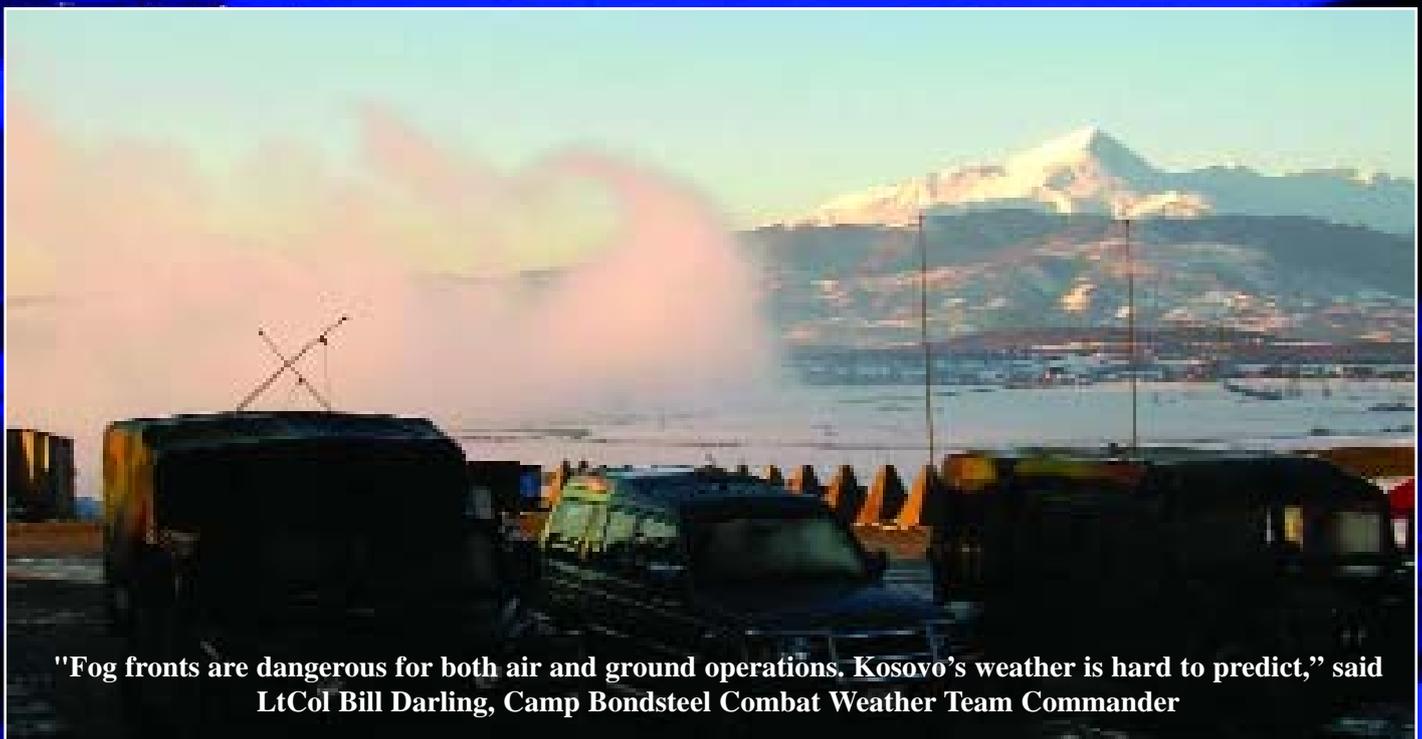
data about weather conditions in Kosovo contribute to the NATO Global Meteorological Information System," explained LTC Kolodziej.

"Back to KFOR HQ, we produce weather forecast assessment be based on information from NATO Global Meteorological Information System, current weather conditions and our own experience, which is very crucial under such complicated circumstances."

LTC Kolodziej takes his job very seriously.

"I feel myself responsible for the safety of the aviators and soldiers, as we release a weather impact," he said.

"Nonetheless, of numerous difficulties, I appreciate my job here in KFOR," said LTC Kolodziej. "Every day provides us with a new puzzle to be solved. That is a challenge. That is a motivation for professional self-perfection. That is why I say about my job, 'I was between the devil and the deep blue sea.'"



**"Fog fronts are dangerous for both air and ground operations. Kosovo's weather is hard to predict," said LtCol Bill Darling, Camp Bondsteel Combat Weather Team Commander**

sea...”

# Meteo OPS in KFOR



**SSgt Allen Thill and Snr Airman Jon Aerts, operating the TACMET Station, prepare to collect meteorological data about current weather conditions**

**A Combat Weather Team of 208th Combat Weather Flight, 133rd Airlift Wing, Minnesota Air National Guard** is deployed, with TF Falcon, to Kosovo, Camp Bondsteel. The Combat Weather Team, a total of six personnel, is deployable with infantry troops in order to support land and air operations with forecasting products.

"Along with our regular duties to support (with the weather forecasting) the routine and special missions of TF Falcon, 36th Infantry Division, Texas National Guard and helicopter unit of TF Talon, we carry out some specific projects," said LTC Bill Darling, U.S. Air Force, Combat Weather Team commander. "They include the possible impact of the weather conditions into development of landslides near Kacanik (main KFOR supply road "Hawk" from Skopje to Pristina has been blocked since January 15) and flood risks in Kosovo."

## **LTC Bill Darling, US AF, the Combat Weather Team Commander**

"I feel blessed with my team," said LTC Darling. "I believe they are one of the best Combat Weather Team in the U.S. Air Force. I hardly need to tell them what to do. The teamwork is perfect and the results are very satisfactory."

## **Senior Airman Matthew Bowers, member of the Combat Weather Team**

"This is my first mission overseas and everything about the country and the people is very interesting for me," shared Senior Airman Matthew Bowers, member of the Combat Weather Team. "I like to discover

Kosovo very much. I remember my first time outside the wire; that was the first time I really realized how much this place differs from my country."

## **Staff Sgt. Allen Thill, member of the Combat Weather Team**

"I have been serving in a U.S. Air Force Combat Weather Team for more than five years and I love my job," said Staff Sgt. Allen Thill, member of the Combat Weather Team. "I am a traveler by nature. I have been all around the world with my job. And I love to feel the feedback from my job as a mission is done successfully and the soldiers consider our impact as forecasters in their success."



**MSgt Nathan Roen and SSgt Allen Thill in front of the radar tower, Camp Bondsteel**

# TRADOC: The Future

**Text by 1st LT Maksym Nedria,  
Ukrainian Army  
Photos by Armend Aqifi**

KFOR Deputy Commander MajGen Philippe Sommaire visited the KPC's Training and Doctrine Command (TRADOC) in Pristina on March 13. TRADOC Commander Shala presented the missions, structure, activities and developments of TRADOC. According to him TRADOC sets the standards for the education and training of all KPC personnel throughout the entire organization.

TRADOC consists of a Protection Academy, a University Study Center, a Simulation Center and a Collective Training Center in Ferizaj/Urosevac. The Basic Training Center is located

in Dakovica.

The Simulation Center is designed to provide a simulated platform for KPC training and exercises. It also features the possibility for after-action reviews.

**The Protection Academy teaches the following courses:**

- **Primary Leadership**
- **Development Course (7 weeks);**
- **Officer Basic Course (3 month);**
- **Officer Career Course (6 month);**
- **Command and Staff College (7 weeks);**
- **English Language (level I-IV, 80-120 classes per level);**
- **Computer Course (18 weeks);**
- **Staff Writing (8 weeks);**
- **Instructor Course (2 weeks).**

This year, the University Study Center runs a special project called "Top 12 Cadets Training". The top 12 cadets have been selected from 250 candidates between the ages of 18-21 years. Only seven or eight of them will become KPC officers after four years of free education. They are divided into four groups by their specialty, which are: Criminal Justice, Business Management, Information Technology and Public Policy. The cadets attend the American University in Pristina, ILIRIA University and University of Business and Technology. TRADOC accommodates them for the duration of their training.

**TRADOC Simulation Center**



**DCOMKFOR MajGen Sommaire visited the KPC Training and Doctrine Command (TRADOC)**

# Starts Here



## STRUCTURE



**Legend:**  
T - Total,  
A - Active,  
R - Reserve

TRADOC'S AND ITS UNITS LOCATIONS



Future KPC officers: Top 12 Cadets



DCOMKFOR MajGen Philippe Sommaire gets briefed on the missions, structure, activities and developments of the KPC Training and Doctrine Command (TRADOC)



# Spring Roll

## Spanish contribution to watching over Kosovo

**Text and photos by PIO,  
Antonio Caracena, TF TIZONA**

Framed in the KFOR Operation Spring Roll that was conducted by the MNB N March 8-10, Company "General Neila," from the Spanish TF Tizona, carried out framework operations under TACON of the MNTF N. The Company AOR is around village of LEZAK, in northern Kosovo. This is a mountainous area. The operation was carried out in difficult weather conditions. The temperature reached 15 °C below zero over night and no more than 1° C during the day.

Cpt Alvaro Kromer commanded a company of 98 soldiers from a Spanish mechanized company and a Spanish cavalry platoon. Additional elements operating under the captain's tactical control were a maintenance team, a stabilisation medical team and a liaison team deployed into the Tactical Operation Center of the MNTF N. A Belgian liaison team lead by Maj Jean-Claude Toelen was tasked to link with two French Army Gazelle helicopters. The night vision-



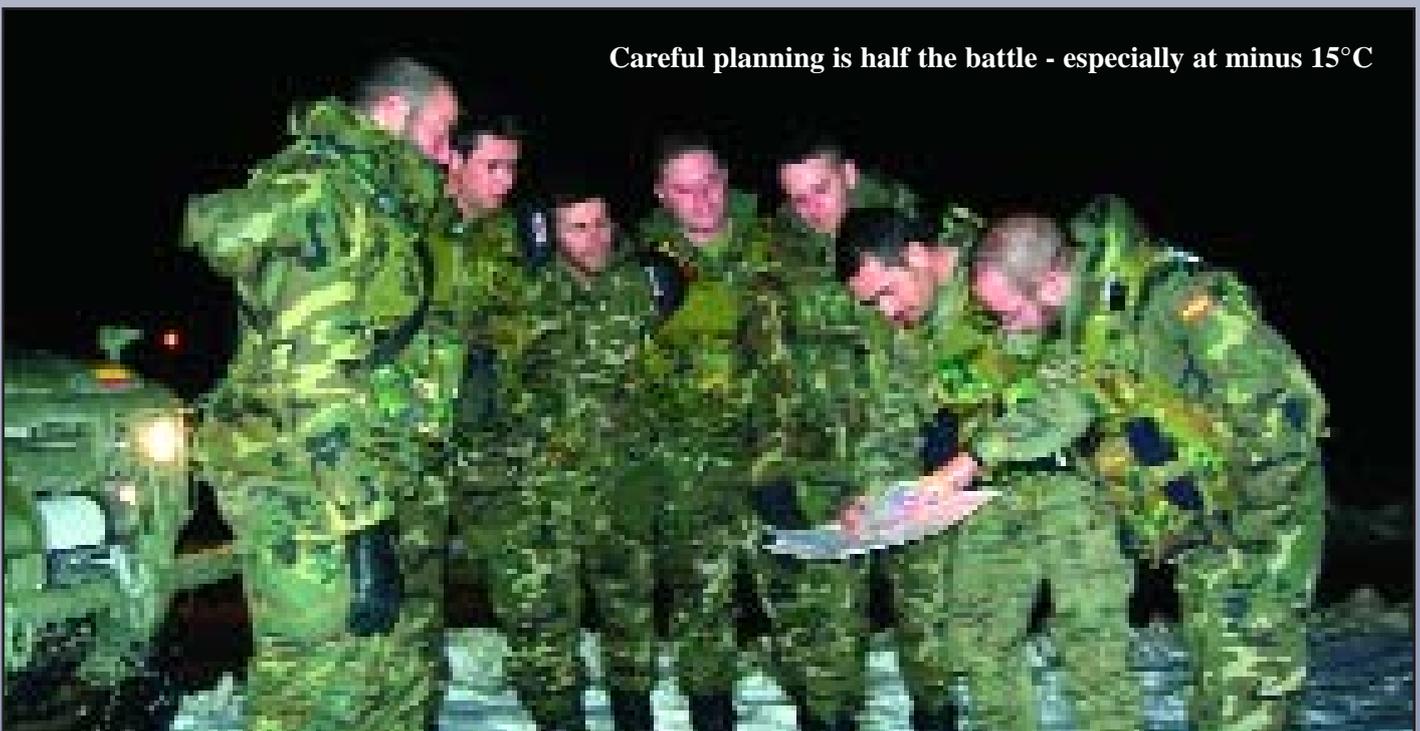
equipped helicopter crews were ordered to remain under TACON of the Spanish Company in order to make reconnaissance flights over the area of operations watching over the possible traffic of persons and materials through the ABL.

The company was tasked to carry out Standard Framework Operations (mounted and dismounted patrols and checkpoints).

The 48-hour mission was completed successfully and Spanish KFOR returned to Camp Istok knowing they had contributed to make Kosovo safer.



Careful planning is half the battle - especially at minus 15°C





## Meet Your Pen-Friends

**Text by 1st Lt Igor Piani,  
Italian Army**

Many of us had a personal "pen-friend" while attending school; some one hundreds or thousand of kilometers away, who we could share our most secret emotions. And we would wait impatiently for his or her reply so we could compare our life's problems.

Two weeks ago the students of the "Isa Boletini" School in ISNIC received their pen-friends. They are students of an Italian School in Udine, Italy.

The idea came from MNB SW, where the Italian component of its head-

quarters is from Udine too.

The Italian soldiers who are in charge of the Italian Language course at the ISNIC School, thought it would be a wonderful idea if the ISNIC students could have pen-friends as well.

Thanks to this initiative, local boys and girls can see a foreign country through the eyes of youths their own age.

Our soldiers asked the "Julia" Alpini Brigade in Italy to contact the Italian School and to present the project.

Some days later, during a lesson, Italian soldiers delivered school materials and email addresses to the Kosovar students.

"A dream become reality," stated the

English language teacher who is also the local coordinator for the Italian language class provided to the school's students.

The Italian language teacher is Cpl. Linda Ottone. Normally, she works in the public relations section of TF "Aquila" in Villaggio Italia. However, twice a week, she becomes a teacher for 35 local students and is also responsible for the coordination of the mailing activities.

In addition to the Italian language learned during the course, or the English language for the mail, the students can learn about a different world and find friendship as a result.



# Banjska Monaste

Banjska Monastery is an Orthodox Monastery near the village of Banjska in Zvečan municipality, north of Mitrovica.

The monastery, along with St. Stephen's Church was built between 1313 and 1317 and was founded by King Stefan Uroš II Milutin, one of the most powerful Balkan rulers of the period. Milutin built the church as his burial place and it is there that he was first laid to rest. However, following the Battle of Kosovo in 1389 his body was moved to Trepca and then in 1460 to the Bulgarian city of Sofia, where it lies to this day.

According to medieval sources, as well as oral tradition, Banjska was one of the most beautiful Serb monasteries, built in the style of the Raška School, which was used for all royal mausoleums.

The monastery shared the fate of its founder. The monumental building with its church, library, monks' quarters and "imperial palace" began to fall into disrepair very early. At the beginning of the 15th century, a fire destroyed the library and probably in the second half of the same century the monastery was abandoned.

During the 17th century, the Turks transformed St. Stephen's church into a mosque and it served as such until the First World War. The monastery suffered the greatest devastation in 1689, when Turkish and Austrian armies used it as a fortress during the Austrian-Turkish war.

In the same century, monastery floors were dug out, so that the gold mentioned by Archbishop Danilo could be found. In 1915, two rings, a gold one and a silver one, were found in Theodora's grave. These rings are considered the most significant specimen of Serbian medieval jewelry.

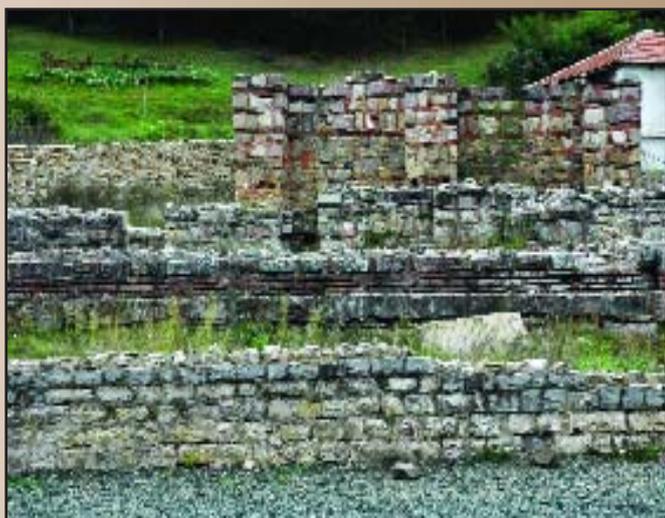
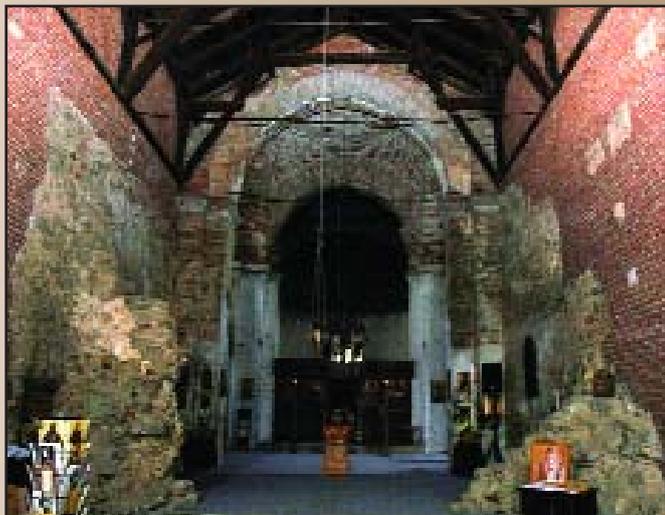
The first conservation activity was carried out in 1939 and again in 1990, when the church was partly rebuilt.

Archeological excavations within the

monastery complex started more than two decades ago and have not been finished.



# ery



# Kosovo and KFOR are in NO DAN

Photo by 1st Lt Maksym Nedria, Ukrainian Army  
October 31, 2005, Film City

DANGER!



# BIRD FLU

Text by 1st LT Maksym Nedria,  
Ukrainian Army

## Global threat

Lethal global flu epidemics tend to occur three or four times a century. Scientists believe a new one may be imminent and is likely to be triggered by bird flu. The latest H5N1 strain has killed millions of birds and scores of humans that have had close contact with infected birds since 2003. Many experts are concerned the virus may mutate into a strain able to spread among humans.

## Evolving menace

A primary concern is if people already suffering from a human strain of flu contract the avian virus. The viruses could join to create a previously unknown version not yet recognised by human immune systems. The new variant could spread quickly and easily, triggering a pandemic.

## Virus origins

Bird-flu viruses occur naturally in migratory waterfowl, which tend not to develop symptoms. But the virus can be passed to domestic birds, which are far more susceptible. Once the virus is found in commercial or household flocks, rapid destruction is recommended of all birds that might be infected and farms quarantined.

Millions of birds have been killed in an effort to contain the latest outbreak and minimise risk to humans.

## Human dimension

Although the present strain of bird flu does not cross species easily, it can pass to humans.

About half those who have been infected by H5N1 - usually, after close contact with birds - have died. Symptoms of H5N1 range from fever, sore throat and cough to respiratory illness and organ failure.

## Fighting the virus

There is currently no effective vac-

cine to protect humans against H5N1, although one is being developed. However, some anti-viral drugs can help limit symptoms and reduce the chances of the disease spreading.

## Can I continue to eat chicken?

Yes. Experts say avian flu is not a food-borne virus so eating chicken is safe. The only people thought to be at risk are those involved in the slaughter and preparation of meat that may be infected.

However, the World Health Organization recommends, being absolutely safe all meat should be cooked to a temperature of at least 70C. Eggs should also be thoroughly cooked.

According to COL Christoph Schrödl, DE Army, COMKFOR Medical Advisor, **Kosovo and KFOR are in NO DANGER** from bird flu.

"Kosovo has experienced no positive H5N1 cases," said COL Schrödl. "However, it is critical to minimize contact, respect precau-

tionary measures and ensure proper disposal of carcasses."

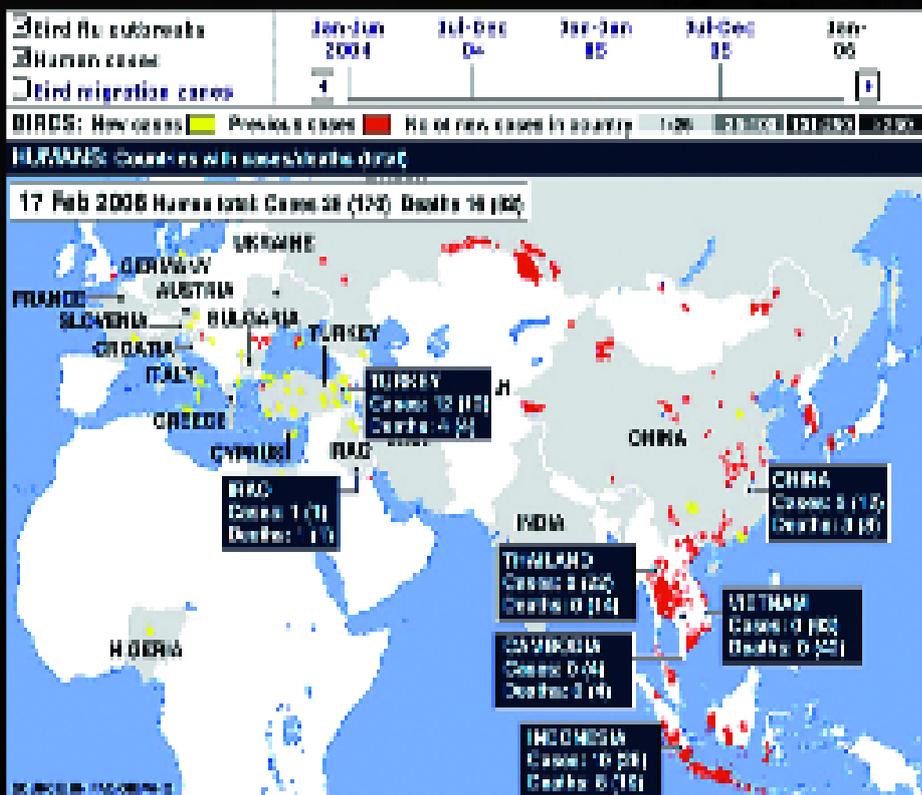
"A FRAGO has been issued to mitigate threat and associated difficulties for our forces," he continued. "JFC Naples has validated actions, advised that Kosovo blackbirds pose no problems here. KFOR DFAC poultry sources certified for import; most poultry comes from South America."

"In the meantime, KFOR is working closely with Institutes of Public Health and Ministry of Agriculture, which are aggressively monitoring the issue," said COL Schrödl. "KFOR HQ, MNBs' and MNTFs' responsible personnel do everything necessary to eliminate any risks to KFOR members from bird flu."

## MEDAD advises to KFOR

### Soldier:

- avoid close contact with live or dead poultry;
- do not eat poultry products outside KFOR sites;
- wash your hands frequently with soap and water.



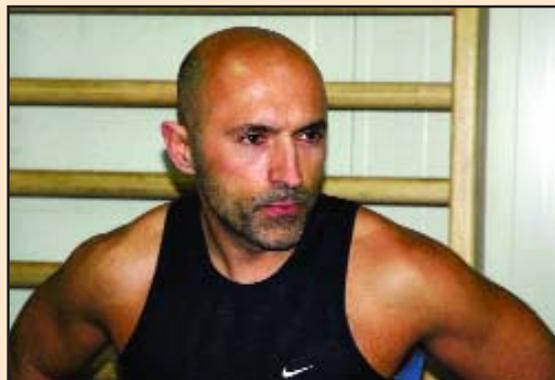
# Get in Shape wit

Major Javier Laguna studied physiotherapy and osteopathy at Madrid University.

Photos by Armend Aqifi

## HOW TO START AGAIN WITH SPORTS

After a long period without practicing sports regularly we sometimes feel that we must take this up again. For some individuals it can be hard to find the motivation. Some have put on some weight, others have spent too many hours lounging about in their sofa watching sports on TV. If you fit yourself in any of these categories you should be aware that your body is not the same as before. It has become weaker and unstable. So what can you do? How can you start without doing any serious harm to you body? How do you find the correct motivation?



## WEIGHT & STABILITY

If your weight exceeds 5-15 kg (or your Body Mass Index BMI is above 26) you should be aware that your whole bone structure, muscles and heart may suffer from any effort. Overweight damages joints with micro fractures. These are not perceived at that moment but may turn up as osteoarthritis or degenerative joint diseases in the long term.

Your cardiovascular system feels the effect of overweight and a sedentary life. Your heart has to work harder to get blood reach every part of your body. Under overweight your BMI is larger so your heart needs to beat faster and stronger.

Muscles are weak and their tone is poor to perform their tasks after long periods without physical training. They lack flexibility, resistance, mobility and mainly stability. Successful movement of joints and limbs is produced by the more superficial muscles and this depends on the tone and strength of the deeper stabilizing muscles particularly major postural structures such as the spine and pelvis (hip) are concerned.

So we have first to wake heart, muscles and joints up and ease them gently into exercising to get stability (achieved through strength), endurance through repetition of simple movements.

### Keep in mind:

- Take it easy. Gentleness & Regularity will make the improvement.
- Get out of harm's way. Don't put your body to the limit.
- Take your time. Remember - Regularly - Slowly but surely.

## EFFECTIVE EXERCISES

If you are overweight or you have not practiced sport for more than 2 months you should start from scratch (from the beginning) . I'd suggest you to begin walking. Treadmills can help you out with this.

### Walking

A regular exercise (4-5 times per week) comprising a one-hour-walking (1hr-11/2hr) at 6-7 km/h speed, at an incline of 0.5-2.5 ° during a period of 4-6 weeks will be highly beneficial for you.

When walking your hip and waist muscles elongate and twist, so do your arms and legs muscles compensating for their movements. Your back is the base structure so its muscles work hard to keep it still and create a balanced movement. All these features create a combined exercise (walking) that will strengthen and stabilize your whole body.



# h Major Laguna

Due to his effective treatments he has become HQ KFOR's fitness guru

## EFFECTIVE EXERCISES

### Walking and Jogging

If you are not overweight and you have taken a long rest (less than 2 months) I'd advise you to combine walking & jogging. As an example; 30min walking + 30min jogging. Jogging should also be gentle at the beginning otherwise injuries will turn out sooner or later. In addition to this, you must take some precautions:

- Try to tilt (lean) your body slightly forward to help your leg muscles. Jumping up and down may result in injury to your calves.
- Proper sport shoes must be worn to give adequate support & cushioning for your feet.
- Stretching before and after training is vital.



Pte Marian Munoz Jimenez (ESP) and Sgt Sandy Palusci (FRA) modeled for the KFOR Chronicle fitness classes

## REMARKS AND PRECAUTIONS

If your purpose is to lose fat your heart rate during any exercise should not be over 60% of your maximum (approx. 220 minus your age). As an example, a 40-year-old man should train at roughly 110-115 heartbeats per minute (60% of (220 minus 40)). Each of us has a different constitution and capacity but we can take it as an average.

If you want to strengthen your cardiovascular system your heartbeat rate during any exercise should be 80 - 85% of your maximum. It is recommendable that cardiovascular exercises start and finish gradually. Your heart will thank you for that.

Be careful, reaching up to 95% of maximum heart rate could be risky and must be left for those who regularly train and are in very good shape.

Stretching is crucial, the older you get the tighter your muscles become. So try to be humble enough to think that you are not 20 years old, and start taking care of your body by stretching. Not only should you stretch before and after exercises but also you may leave one or two days per week to do comprehensive body stretching. This discipline will:

- Make your body gain stability & resistance
- Prevent you from injuries, cramps and tiredness
- Prepare your body to following workouts



Treadmills can help you strengthening your cardiovascular system

## The Expert's Instructions for Basic Exercises

### SIT-UPS

Concentration on abdominals (abs) when exercising is essential for a good work-out, otherwise you may be using dorsal muscles & psoas. Tight your abs "drawing your navel toward your spine" and then slowly raise your head and shoulders, and round your back as you curl up further.



Sit-ups should be done slowly. Try to remain at least 1 second in the upper position. Do not put chin down. It may result in injury on your upper back.

### SIDE BRIDGE POSITION

Lie on your side with legs straight. Use the forearm that is resting on the floor to raise yourself sideways until your hips are off the floor and your body is in a straight line. Tight your abs "drawing your navel toward your spine". Try to remain at least 1 second in the upper position.



## PUSH-UPS

The broader you place your hands off your body the more your pectorals will be used. Keep your spine in a straight line while "drawing your navel toward your spine".



**Coming up in the Next Editions of the KFOR Chronicle:  
Major Laguna will show us how to stretch and how to  
do a proper workout with weights**



### Daddies Bond Over a Beer

There were three men in a bar. All three were sitting at the bar stool and one got up to use the bathroom. The other two men started talking. One man said, "So what's new in your life?"

The other responded, "Well I just found out my son got a promotion. He used to be a janitor at the bank and now he is an executive. On top of that there's someone special in his life. He just bought his new love a brand new Lexus."

The other man says, "My son also got a promotion and he has decided to settle down. He bought his new love a new house on the beach."

The third man comes back from the bathroom. He looked kind of upset so the other two men asked what's eating him. He responded, "I just found out that my son is gay. The good part is his lover bought him a brand new Lexus and a new house on the beach."

### Gorilla Control

A man calls the Animal Control in his town, because there is a crazed gorilla on his roof, and he can't figure out how to get it down safely. Soon, a van pulls up, and an old man gets out, carrying a small dog, a baseball bat, and a gun. He hands the man the gun.

"Okay, here's what we do. I'm going to go up onto your roof, and threaten the gorilla with this baseball bat until he falls down. When he falls down, this little dog will bite him in the balls until he's incapacitated."

"Great," says the man. "But what's the gun for?"

"In case I fall down instead of the gorilla - shoot the dog."



"Nurse, get on the internet, go to SURGERY.COM, scroll down and click on the 'Are you totally lost?' icon."

**Boomerang**

Q: What do you call a boomerang that doesn't come back?  
A: A stick.

**In-law vs Outlaw**

What's the difference between an in-law and an outlaw?  
Outlaws are wanted.

**Drunken Confession**

Two drunks are at a bar, drinking up a storm.  
One drunk says to the other drunk, "Did you sleep with my wife last night?"  
To which the other drunk replies, "Not a second."

**Some Hollywood Lessons**

Honest and hard-working policemen are traditionally gunned down three days before their retirement.  
\*\*\*

Most laptop computers are powerful enough to override the communications system of any invading alien society.  
\*\*\*

All grocery bags contain at least one stick of French bread.  
\*\*\*

A man will show no pain while taking the most ferocious beating, but will wince when a woman tries to clean his wounds.  
\*\*\*

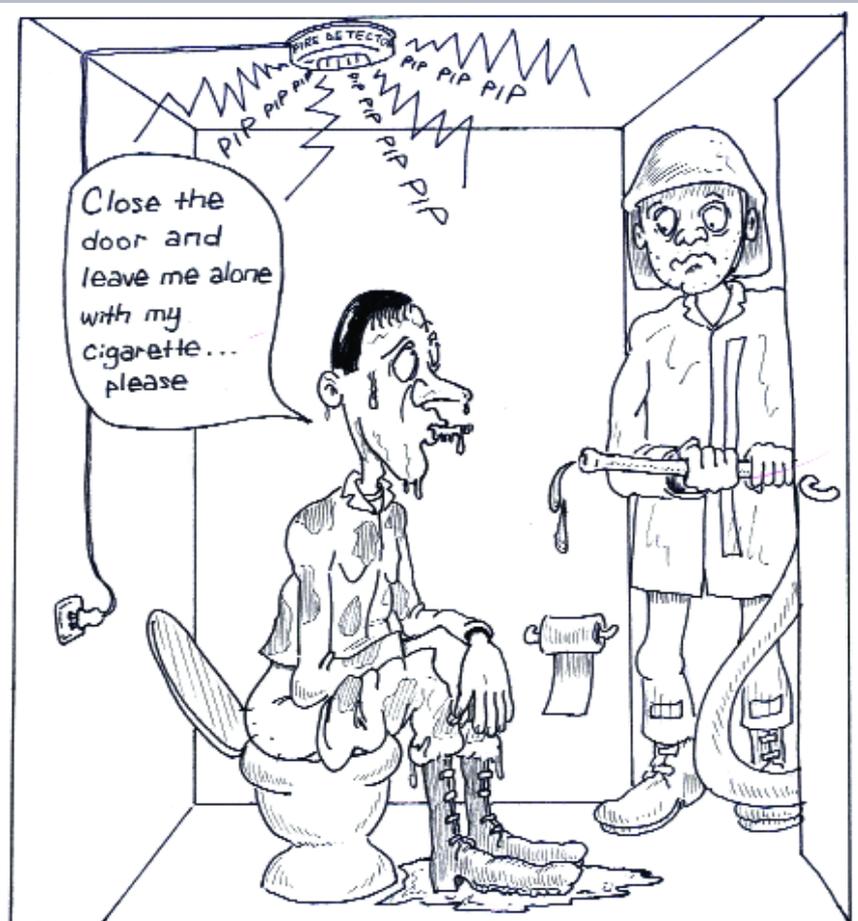
If staying in a haunted house, women should investigate any strange noises in their most revealing underwear.  
\*\*\*

A detective can only solve a case once he has been suspended from duty.

All cartoons drawn by Cpt Ismail Elalmis, Turkish Army



Land navigation in Film City, HQ KFOR



KFOR Fire Brigade in Action

# Find five differences!

Send your solutions to [kforchronicle@kfor.main.nato.int](mailto:kforchronicle@kfor.main.nato.int)

Among those who send us the correct solution we choose the winner, whom we will then portrait with a "Peace Keeper's Profile" in the next edition of the KFOR Chronicle.





# Shamrocks and Medals

The 17th of March (St. Patrick's Day) is Ireland's National Day. It celebrates the date on which our Patron Saint, St Patrick died (17th March 461 AD). It is celebrated in Ireland and in many cities through out the world. The festivity normally revolves around a parade, food, the wearing of the shamrock and maybe even a drink or two.

Legend has it that a young Welsh boy, while tending sheep on the hills of Wales in the latter half of the fourth century, was taken into captivity and brought to Dalriada, a territory of the present day County Antrim in Ireland. He was sold as a slave to a chieftain called Milchu, who made him work as a shepherd on the slopes of the Slemish Mountain. He worked on the mountain for six years during which time, it is said, that he had



using the Shamrock's three leaves he explained the divinity of God, The Father, the Son and the Holy Spirit. King Laoghaire accepted Christianity and gave Patrick his blessing to spread Christianity throughout Ireland. Patrick spent the next 30

years spreading the Christian religion before he died in 461 AD.

This year, using the St. Patrick's Day celebration, Lt Col Robert Nugent, Commanding Officer, 31st Infantry Group, took the opportunity to award KFOR medals to some of his troops. During a "National Day" Parade at Camp Clarke, Lipljan, commanded by Col Miroslav Hlavác, the Commander of MNTF (C) and attended by Maj Gen Philippe Sommaire, DCOMKFOR, Col Dom Timson, Executive Officer, 1 Southern Brigade, Ireland and many others, the majority of Camp Clarke personnel received their Non Article 5 NATO Medals. Forty-four members were honoured by receiving their first overseas medal as well. The celebration was capped by a buffet luncheon which all agreed proved the culinary talents of the chefs at Camp Clarke.



visions from God that told him to escape. He escaped and travelled to France via Britian, where studied in a monastery under the guidance of St Germain, the Bishop of Auxerre. After 20 years as a monk there, he again had visions telling him to return to Ireland where he was to work as a priest and a converter. In 432 AD, Patrick was summoned to Rome before he proceeding on his holy mission by Pope Celestine, who bestowed the title of Bishop upon him. Shortly after he arrived in Ireland, Patrick met with the most powerful King in Ireland, King Laoghaire, the High King of Tara and



## New KFOR's Command Sergeant Major

**Full Name and Rank:** Marino Bernardini, OR-9

**Position in KFOR:** COMKFOR Command Sergeant Major

I arrived August 23, 2005. I will do my best to Support SNCO, JNCO and all Soldiers. My motto is: "One team one fight."

Warrant Officer Marino BERNARDINI was born on August 8, 1960 in Pisa, Italy. He joined the Italian Army on November 1979 and was assigned to the Military Airborne School in Pisa where he attended the Basic Infantry Training and Basic Airborne course.

**Assignment in Italy:** PA to COM at Airborne Brigade "Folgore", Livorno.

**Duty Assignment:**

1980-1885 Airdrop Delivery Company;

1986-1989 Parachute Riggers Company as Rigger instructor;

1990-1993 Instructor Company as Basic Parachute instructor;

1994-1998 Staff Assistant at Personnel Office of the Military Airborne School in Pisa;

1999 Multinational Brigade North, Sarajevo as PIO Officer for six months;

2000-2001 European Community Monitor Mission in Sarajevo as Logistic Officer;

2002-2005 NATO Allied Rapid Reaction Corps in Germany as Staff Assistant G1 Ops Coord.;

2005 Airborne Brigade "Folgore" as PA to COMBde in Livorno.

**Decorations and Badges:**

Gold Cross for Long Service;

Gold Medal for Long period of Airborne Activity;

European Community Monitor Mission Medal in the Balkans;

NATO Medal for Operations in the Former Yugoslavia (Bosnia);

2 Commemorative Cross for Peace Mission Abroad;

**Marital status:** Married to Susi Tuoni, two sons - Alessio and Simone.



## Peacekeeper's Profile

**Name:** Rafal MARCHEL

**Age:** 29

**Rank:** OR-8

**Nation:** Polish

**Unit in KFOR:** International Military Police, KFOR HQ, Film City

**Unit in Poland:** Traffic Inspector Driver MP, Drawsko Pomorskie

**About the mission:** This is my first mission abroad. For me it is a good opportunity to improve my English. I will meet a lot of interesting people here. I work as an IMP officer in Film City and it is a pleasure for me to work both with international colleagues as well as the local Kosovo people.

**Family reaction:** I am married. My wife and my son gave me all their support in coming to Kosovo. I phone home regularly and I can go on leave every four months.

**Plans after the mission:** After my mission, I would like to have a vacation with my family and give my son all my care and support.



## The Winners of Last Month's Find five differences Puzzle

These 3 gentlemen were the quickest in sending us the correct solution.  
The KFOR Chronicle team congratulates the winners - here are their profiles.

**Name:** Francesco Vilardo

**Rank:** OR4

**Nationality:** Italian

**Home Unit:** 9° RGT. d'Assalto Paracadutisti "Col Moschin"

**Where I'm From:** Italy, Calabria Region of southern Italy

**What's my job in KFOR:** COMKFOR Close Protection Team

**About the mission:** I am happy to participate in the KFOR mission. It is not the first time I've participated in a NATO mission in the Balkans, however, this is my first time in Kosovo. Here I have a good opportunity to widen my personal and professional baggage concerning peacekeeping missions.

Moreover, I have the occasion to know a new country and to improve my English.

**Family Reaction:** My family has supported me to join the KFOR mission, as well as before with my other missions. However, I know my family, like any family, is worried about me a lot. I do my best to keep them informed about my job and my life over here in Kosovo via phone calls and emails.

**Plans after the mission:** I haven't made a decision yet what I will do after my mission in Kosovo. But one thing I know for sure - I will take a long vacation.



**Name:** R. William Martin

**Age:** 22 years old

**Nationality:** American

**Rank:** Sgt./E-5

**KFOR Unit:** United States of America MNB E

**Unit in US Armed Forces:** Task Force Alamo, Co. C 1-141 INF. BN.

**About the Mission:** I volunteered for the mission in Kosovo because I believe in helping people who are less fortunate than others. The mission here in Kosovo is also instilling the knowledge and preparing me for future deployments where I may be required to perform the duties as a peacekeeper. Furthermore, I believe in the saying "Who are we that call ourselves men, if we do not try and make the world a better place."

**Family Reaction:** My family is very proud of the soldiers here including myself that have dedicated their time to make this a better place for everyone.

**Plans After the Mission:** After leaving this deployment as a part of KFOR7, I am going home to get married and then re-enlist and hopefully get deployed again.



**Name:** Luka Mitrovic

**Age:** 27

**Nation:** Slovenian

**Rank:** OR-2

**Unit in KFOR:** KFOR SICON XII, Slovenian Motorized platoon, Villaggio Italia, Bjelo Polje, MNB SW.

**Unit in SAF:** 1st Brigade, 20th Motorized Battalion, Command Help Desk, Celje, Slovenia

**Family reaction:** My family supports me a lot. Our separation has been most difficult for my one-and-a-half-year-old son. At the beginning, I had some difficulties communicating with my family. However, I solved them very quickly. I am very glad that IT technologies let me contact my family by mobile phone and even with a web camera via the Internet, so we can see each other. I think, the happiest moment is when my son can see me on computer monitor and I am also happy to see my home and folks.

**Plans after the mission:** My first goal is to spend some time with son and family.





Photo by Armond Aqifi