

KFOR CHRONICLE

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August 31, 2006

Edition 8





Time to Say Goodbye

It is now time for me to pass the relay after one year spent in Kosovo.

I wish here to thank particularly all the KFOR CHRONICLE team who works hard every day with more determination to provide this monthly publication that arouses unanimity from all KFOR members due to its excellent quality and its great interest. Through vary and original reports and articles, KFOR CHRONICLE offers an essential testimony on the troops' life in Kosovo, emphasizing the mission that KFOR soldiers carry out each day, sometimes under delicate conditions.

I congratulate the editor, the journalist and the photographer and also the Combat Camera Team. Thanks to their availability and their reactivity, they always manage to be on the whole territory at the same time without omitting the least cover of any event effecting KFOR.

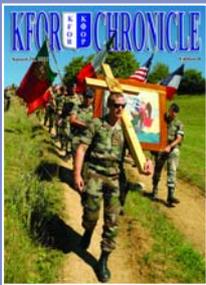
I leave confident in the future, being certain that the success of this publication will still be assured thanks to your heritage.

Once more, I claim "BRAVISSIMI!"

I wish to those who follow me in Italy a happy return in their families and to those who remain, an exciting end of tour here in Kosovo.

Col Pio SABETTA
Chief Public Information KFOR
Sept 05 - Sept 06



  <p>Cover photo by Armend Aqifi</p> <p>Contact KFOR Chronicle: Phone Int: +389 2268 2897 Kos.: (038) 503 603 2897 KPN: 2897, 2402 FAX Int: +389 2268 2752 E-mail: kforchronicle@main.kfor.nato.int Internet: www.nato.int/kfor</p>	<p>Commander KFOR: Lt. Gen. Giuseppe Valotto, IT Army</p> <p>Chief Public Information: Col. Pio Sabetta, IT Army</p> <p>Chief Internal Information & Editor in Chief: Maj. Alexander Unterweger AUT Army unterwegera@hq.kfor.nato.int</p> <p>Journalist 1st Lt. Maksym Klunnyk, UKR Army</p> <p>Photographer Mr. Armend Aqifi</p> <p>The KFOR Chronicle is printed by KOSOVA SOT Tel: 038 548 402</p> <p>Special thanks to SSgt. Chad Padgett, US AF for his invaluable support</p>	<p>The KFOR Chronicle is produced and fully funded by HQ KFOR. It is published for KFOR forces in the area of responsibility. The contents are not necessarily the official views of, or endorsed by, the coalition governments' defence departments.</p> <p>Editorial content is edited, prepared and provided by the Internal Information Section of HQ KFOR's Public Information Office (PIO) in Pristina, Kosovo.</p> <p>PIO HQ KFOR reserves the right to edit content to conform to style and space requirements. Articles run on a space-available basis.</p>	<p>Nations within KFOR:</p> <p>HO KFOR Canada Estonia Hungary Netherlands Norway Portugal United Kingdom</p> <p>MNTF (E) United States of America Armenia Greece Lithuania Poland Ukraine</p> <p>MNTF (C) Czech Republic Finland Ireland Latvia Slovakia Sweden</p> <p>MNTF (S) Germany Austria Azerbaijan Bulgaria Georgia Switzerland Turkey</p> <p>MNTF (N) France Belgium Denmark Greece Latvia Luxembourg Mongolia Morocco</p> <p>MNTF (W) Italy Argentina Hungary Romania Slovenia Spain</p>
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FIRST STEP TO HE

*"I have decided before the Lady of Letnica/Letnice to become a missionary and to dedicate myself com
Mother Theresa said these words to a friend when she was just 17 years old after being on a pilgrimage*

*Text by 1st Lt. Maksym Klunnyk,
Ukrainian Army
Photos by Armend Aqifi*

This year, more than 500 soldiers from KFOR attended the pilgrimage. The buses stopped just outside Letnica/Letnice village and the soldiers walked four kilometers along small rivers, crossed them and over a hilly area heading to the top of a hill close to Letnica/Letnice. On their way to the holy place the soldiers stopped three times to pray and send their prayers to Madonna.

It was a beautiful day; all participants were in good mood, they sang religious songs and there was a wonderful scent of thyme.

At the top of the hill all participants stopped to have a rest and to pray together to Madonna - the Mother of God. An American band accompanied the prayers and the wonderful music and songs brought people from different nations closer. After the prayer, the soldiers went down to the church located in the valley, to be present at the Mass.

This village has a long history as a center of

pilgrimage to the Madonna in the Church at Letnica/Letnice, beginning in the 14th century. August 15 is the day of the assumption of The Holy Virgin Mary - thousands of faithful Catholics came from all over Kosovo and other parts of Europe to this small village in Southeastern Kosovo.

The annual Pilgrimage to the Church of Letnica/Letnice village is one of the most significant events for thousands of Christians from many parts of the world. They come here with their families to see the famous Black Madonna, to enrich them spiritually, to strengthen their spirit and to take pleasure in the beauty of the Madonna.

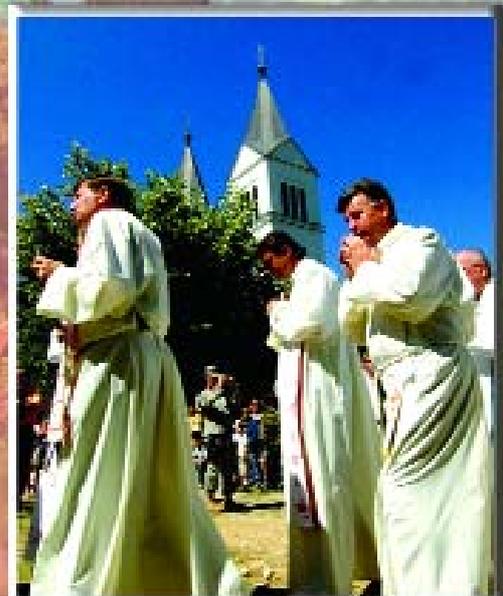
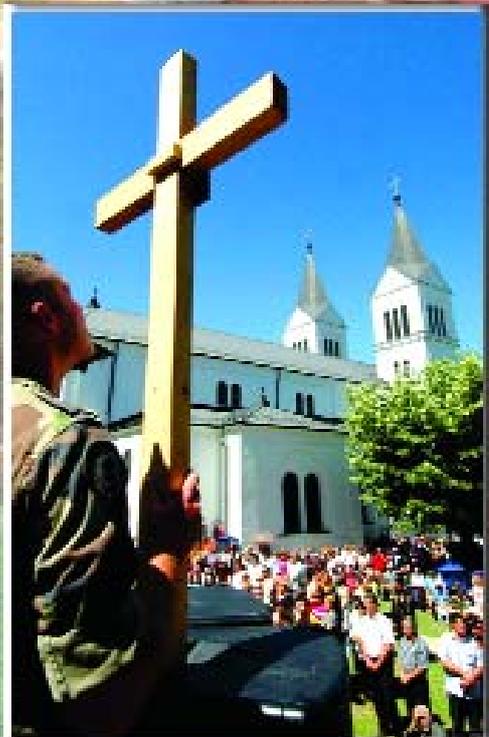
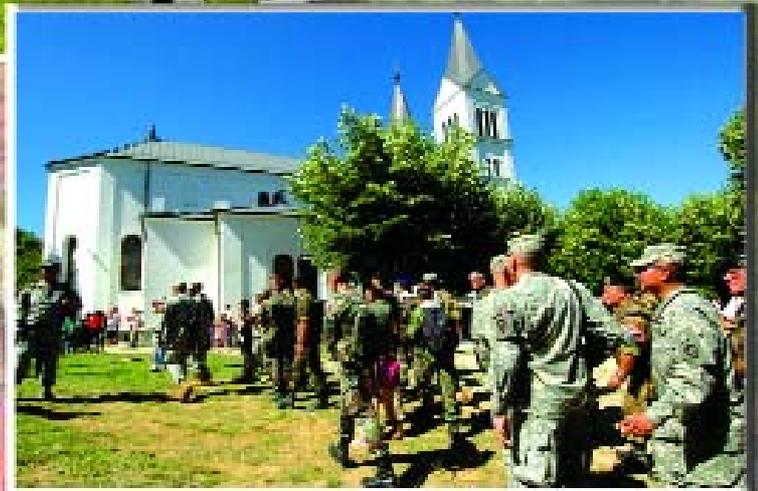
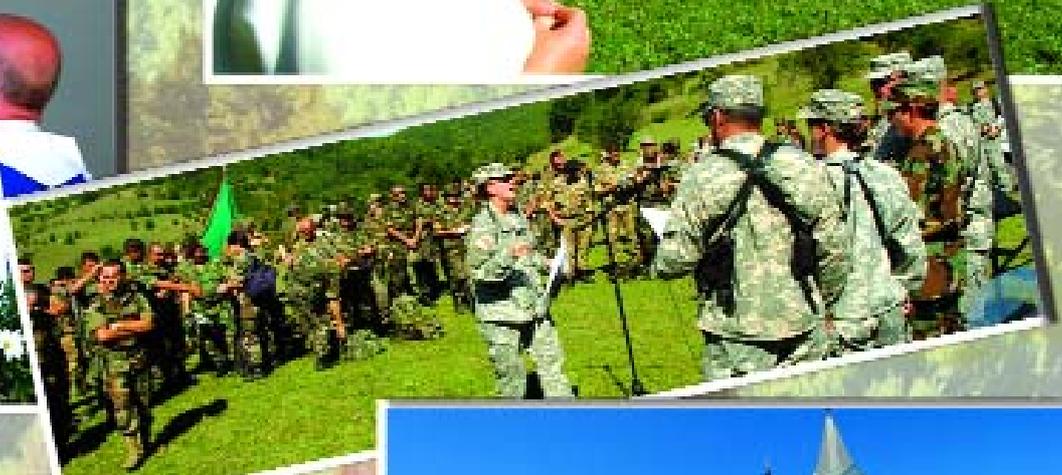
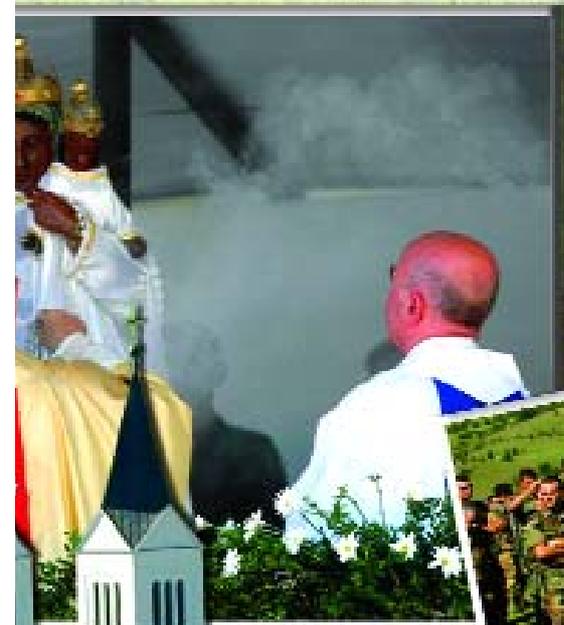
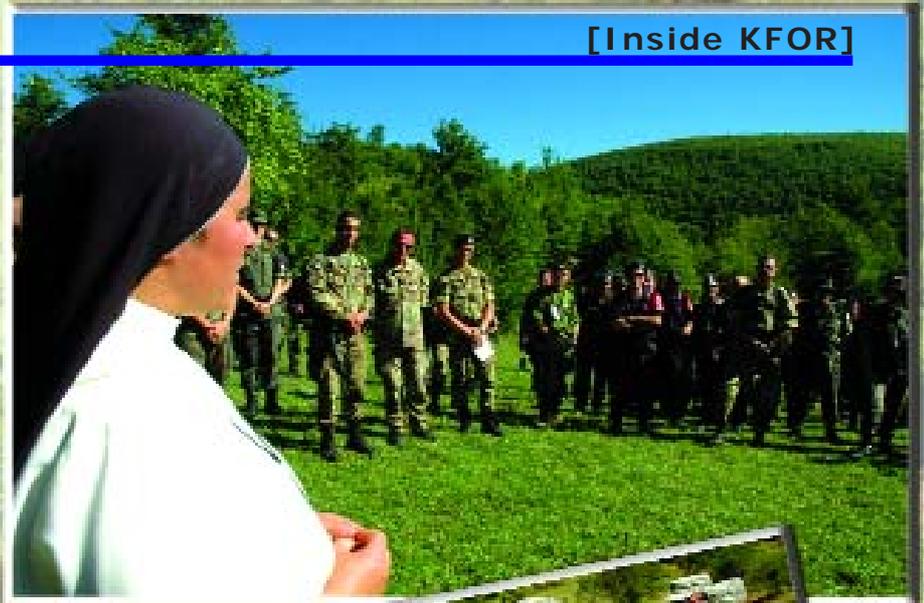
Many well-known people participated in the pilgrimage to this place and then completely dedicated themselves to serve God. One of the most vivid examples of such dedications is Mother Theresa. COMKFOR Lt. Gen. Giuseppe Valotto and President of Kosovo Dr. Fatmir Sejdiu were also present on the annual pilgrimage.

500 soldiers and thousands of civilians spent some peaceful and ecumenical hours together. Wouldn't it be wonderful if the celebration this year inspired Kosovar pilgrims to forgive the past, and seek peace for Kosovo in the future?



HEAVEN

pletely to God and to serving souls."
to Letnica/Letnice village in 1928.





General James L. Jones visited KFOR

AUG 3 NATO's senior military commander, U.S. Marine Corps General James L. Jones, Commander Allied Command Operations, met with civilian leaders in Kosovo to exchange views and discuss the relationship between KFOR and the local population.

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The Commander Allied Joint Force Command Naples visited Kosovo

AUG 14 U.S. Navy Admiral H.G. Ulrich III, Commander Allied Joint Force Command Naples, took an opportunity to visit with COMKFOR the Zvecan/Zvecan area and meet the Mayor.



COMKFOR and the Prime Minister of Kosovo visited Orahovac/Rahovec

AUG 18 COMKFOR Lieutenant General Valotto and the Prime Minister of Kosovo, Mr. Agim Çeku, visited the Orahovac/Rahovec municipality to meet with regional authorities.



Tour with KFOR



General Valotto presented PCs to Kosovo children

AUG 19

COMKFOR Lieutenant General Valotto visited three multinational schools in order to present thirteen personal computers for the children of those schools.



COMKFOR said goodbye to Father Sava

AUG 21 Lieutenant General Valotto visited the famous Decani/Decan Orthodox monastery. He visited Father Sava, said goodbye to him and wished him all the best for the future.

The farewell ceremony at Camp "Vilaggio Italia"

AUG 21 COMKFOR Lieutenant General Valotto attended the farewell ceremony in his name at Camp "Vilaggio Italia", Belo Polje/Bellopoje.



Change of Command of DCOM KFOR

*Text by 1st Lt. Maksym Klunnyk,
Ukrainian Army
Photos by Armend Aqifi*

On this very hot day, when the temperature exceeded more than 30 degrees, members of KFOR Headquarters lined up on the parade square to say goodbye to General Sommaire.

The Italian Deputy Commander KFOR, Major General Roberto Bernardini, assumed command from the outgoing French Deputy COMKFOR Major General Philippe Sommaire.

The COC Ceremony took place at KFOR Headquarters, Camp "Film City", Pristina/Prishtine on August 22. COMKFOR, Lieutenant General Giuseppe Valotto headed the ceremony. In his farewell speech, General Philippe Sommaire congratulated KFOR soldiers and officers; he thanked them for doing their job superbly. Major General Sommaire



showed gratitude to COMKFOR for his support and friendship, which helped him during his tour in Kosovo. He will not forget this special friendship his whole life.

"Phillippe, you have been a superb colleague and I had the chance to develop a true friendship, which will last in the future," said COMKFOR

Lieutenant General Giuseppe Valotto. Major General Philippe Sommaire was awarded with the NATO Non-Article 5 medal and the Order of Merit of the Italian Republic, class Comendatore.



Which expectations and objectives do you have for your tour with KFOR?

My aim is to realize an important professional skill, improve on the field my Balcan's problems knowledge and, over all, to contribute to the KFOR mission success.

What is your personal view about KFOR?

KFOR has been able to establish a safe environment for all people in KOSOVO but our work is still in progress and all our efforts are to be focused on the enhancement of this situation to facilitate the safe return to their homes of all displaced persons and refugees.

Do you have a personal motto or some basic principles?

No, I don't have a personal motto but I 'm firmly convinced that we must work hard to accomplish our mission in Kosovo.

What are your interests and hobbies beside your duty / career?

I'm interested in political sciences, traveling all over the world, photography and reading books. I enjoy playing tennis and swimming.



**Deputy Commander KFOR
Maj. Gen. Roberto Bernardini**

Looking at KOSOVO through the Eyes of Combat Camera Team

Bosnia - Herzegovina, Kosovo and Iraq. The CCT is deployable for a few days everywhere in the world in order to give evidence to the variety of activities of the Italian Units abroad, to create an archive of photos and videos available in the future, and support the Public Information branch, releasing photos and videos when the journalists cannot afford to themselves. This time in Kosovo the task of the CCT has been different because of the length of the duty as well as the multinationality of the task. CCT worked to cover the activity of the COMKFOR, especially during his official appointments. At the same time, it has been busy providing photos and videos about several aspects of KFOR like military engagements, exercises, operations and emergency actions. All this imagery has been shared, if required, with all branches in KFOR HQ and all MNTFs.

On the 23rd of August 2005, arriving at the KFOR HQ in Film City nobody of the Italian Combat Camera Team (CCT) could imagine what would happen, working for the COMKFOR and the KFOR the following year. It seemed quite a challenging situation because it was the first time that an Italian CCT had to stay in the same theatre for such a long period. Usually it stays on duty from 45 to 60 days.

The CCT has been part of National Support Staff of COMKFOR, Lt. Gen. Giuseppe Valotto, and will end its mission on the 1st of September 2006. The first Italian CCT, founded in 2004, started to operate in Kosovo during the elections in October 2004. Since that time, some CCT have been employed many times in Afghanistan, Albania,

The will to stress the cooperation among the several contingents deployed within the KFOR has always guided the job of the CCT.

The CCT integrated perfectly with colleagues from other Nations. This allowed us to create a professional but also friendly environment transforming the experience here into an amazing

one. Personally, I believe the cooperation with all HQ KFOR branches and all MNTFs are the best aspect of the CCT's job, allowing us to find new friends, not just colleagues, everywhere inside KFOR.

During one year of employment around all of Kosovo, 9 different Italian military personnel composed the CCT carrying out 30 thousand pictures, 2,650 minutes of video and editing 19 videos. Concluding, a special mention about our "historical" team member Corporal Luca ROSSELLI (photographer, cameraman and editor). He has worked in Combat Camera Team for the entire year of the Italian Command!





KTM Fi

On the July 20, the KTM

*By 1st Lt. Ana Paula Maio Gouveia
Portuguese Army
Photos by OR-6 Victor M. P. ROSA
Portuguese Army*

This plan was specifically designed for a rapid response to a MASCAL situation. The exercise is set up so an excessive disparity exists between the casualty load and the medical capabilities available in that instance. A rapid coordinated medical response to the incident, the triage of all the casualties, their treatment and evacuation to the right place were the main aim.

This plan involves the whole KTM Battalion in a rapid, disciplined and coordinated response through the chain of command.

The chosen scene for this exercise was a road traffic accident between two cars on patrol, followed by a fire inside one of the cars. There were eight victims in the scenario, three of them were trapped in the car.

The alert was made and the first responders were immediately





First MASCAL Exercise

Battalion performed their first Field Training Exercise (FTX) of the KTM MASCAL PLAN.

activated. The Rapid Emergency Team, the Medical Team and the Security Platoon and Tactical Command Post of KTM moved to the spot.

At this time, external assets were activated. The KFOR main Fire Brigade, Military Police and the UNMIK - KPS promptly responded to the alert.

The arrival to the scene was coordinated and assets moved to Ground Zero as soon as area security was set.

Triage was performed by the doctor and patients were treated as soon as the priorities of the victims were assessed. A Secondary Triage was then performed again inside the causality triage tent, where the victims were again assessed, stabilized and evacuation organized and registers and tracking performed.

Two of the victims were evacuated to Bondsteel hospital by Helicopter MEDEVAC MNTF (E) - Blackhawk and their professional crew.

This exercise achieved its main purpose, identifying the lessons

learned and points to improve. For the other side, it has shown the capability of combined planning and the excellent cooperation and coordination between Portuguese Force - KTM and all the assets involved from other forces and multinational entities on the Operational Theater of KOSOVO, named: KFOR HQ - Fire Brigade, Military Police (SL), the UNMIK - P /KPS and MNTF (E) - TF TALON - HELI MEDEVAC.



[Inside KFOR]

By Pietro Goina,
UNMIK Police Officer
Photos by Armend Aqifi

On August 4, a course on C.P.R. (Cardio Pulmonary Resuscitation) and the use of the A.E.D. (Automated External Defibrillator) took place in Film City. It was the fifth course in KFOR and the forty-fifth course I organize in Kosovo on this subject.

Since February 2006, nearly 450 people, including KFOR officials, KPS Police Officers and Civilian Personnel of UNHCR, have attended the course given by our Specialized Training Unit and have been certified in the use of AED.

As I walked in the classroom with the equipment on my shoulders, I was able to feel the participants' bewilderment, they stared at me as if they were asking

themselves - "What is this course all about?" As soon as I took the mannequins (adult, infant and child), the BVM (Bag-Valve-Mask) and the AED out of my voluminous bags and laid them on the floor, they realized it is going to be a very practicable course, not a boring one. I realized that none of them had ever attended an emergency medical training before and I felt enthusiasm pumping in my veins.

Our Life is worth it

Phase one - What do I do when I find an unconscious person lying on the floor?



Whoever finds a person who lost consciousness needs to have cold blood and to respond promptly, I tell the participants. Calling for help is the first step, whether it is UNMIK Security or a local ambulance, it makes no difference. While we are waiting for the rescue teams to come, we have to find out if the person is breathing and if she/he has a pulse. The three letters LLF technique indicate we have to Listen, Look and Feel the person's body to find out if she/he is breathing and has a pulse. If there is no breathing and no pulse, it is necessary to

get oxygen into the person's respiratory system with specific tools or just with our mouth. The participants are called into action, one by one they start practicing on the mannequin and have to behave as if they are facing a real emergency scenario. The students look curious and eager to learn. Phase one is completed, we now have to check the person's pulse.



Phase two - How do I apply the Cardio Pulmonary Resuscitation (CPR)?

If the person has no pulse, we need to help his/her heart start working again. To achieve this, we need to position our hands on the person's chest, apply 30 compressions (so called chest compressions) and alternate them with 2 breaths. This 30+2 cycle needs to be repeated 5 times within 2 minutes. Only when the participants start practicing CPR on the mannequin do they realize how tiring this procedure is and how precise they need to be in their movements and their counting. "How



long do we need to do this for?" asks one of the officials while applying the CPR and panting over the manikin. The answer is: until the ambulance comes or until a defibrillator is made available. Let's move on to phase three.



Phase three - How do I use an Automatic External Defibrillator (AED)?

There is a golden rule using the defibrillator: once a defibrillator is made available, it will do all the work, that's to say that it becomes the leader of the scenario! This means that all we have to do is apply the two A.E.D. pads near the person's heart, turn the AED on and stop CPR. The medical device will do the rest. If the AED's assessment of the person's cardiac state indicates that a shock is advisable, a simple click on the red button of the medical device will shock the person's heart automatically. This procedure may need to be repeated, until the heart starts beating regularly again or until the ambulance arrives. The participants again started to practice one after the other under my supervision, they acted as if it was a real matter of life or death, and their professionalism is impressive.



Practical examinations performed under stress mark the end of the course. After all the participants demonstrated they mastered all they learned during the training so far, I awarded them with the UN Certificate in CPR and Automatic External Defibrillation, recognized world-wide. I want to stress that watching the participants practicing over the mannequin, using the machinery, looking aware of the situation and committed to saving human lives is really touching. The clapping at the end of the course makes me smile and it is unbelievable how

proud I am of all of them and how fast our team has built up. As the students started walking out of the classroom at the end of the day, I was asked by one Italian officer what had brought me to what I am doing. As a member of the Rescue Team in the Italian Sea Patrol Police of Questura di Imperia, from 1990, I was often faced with emergency situations where saving human lives had required specific skills. I want to pass this knowledge on to other people. By doing this, I am strongly motivated by the feelings and memory from 30 years

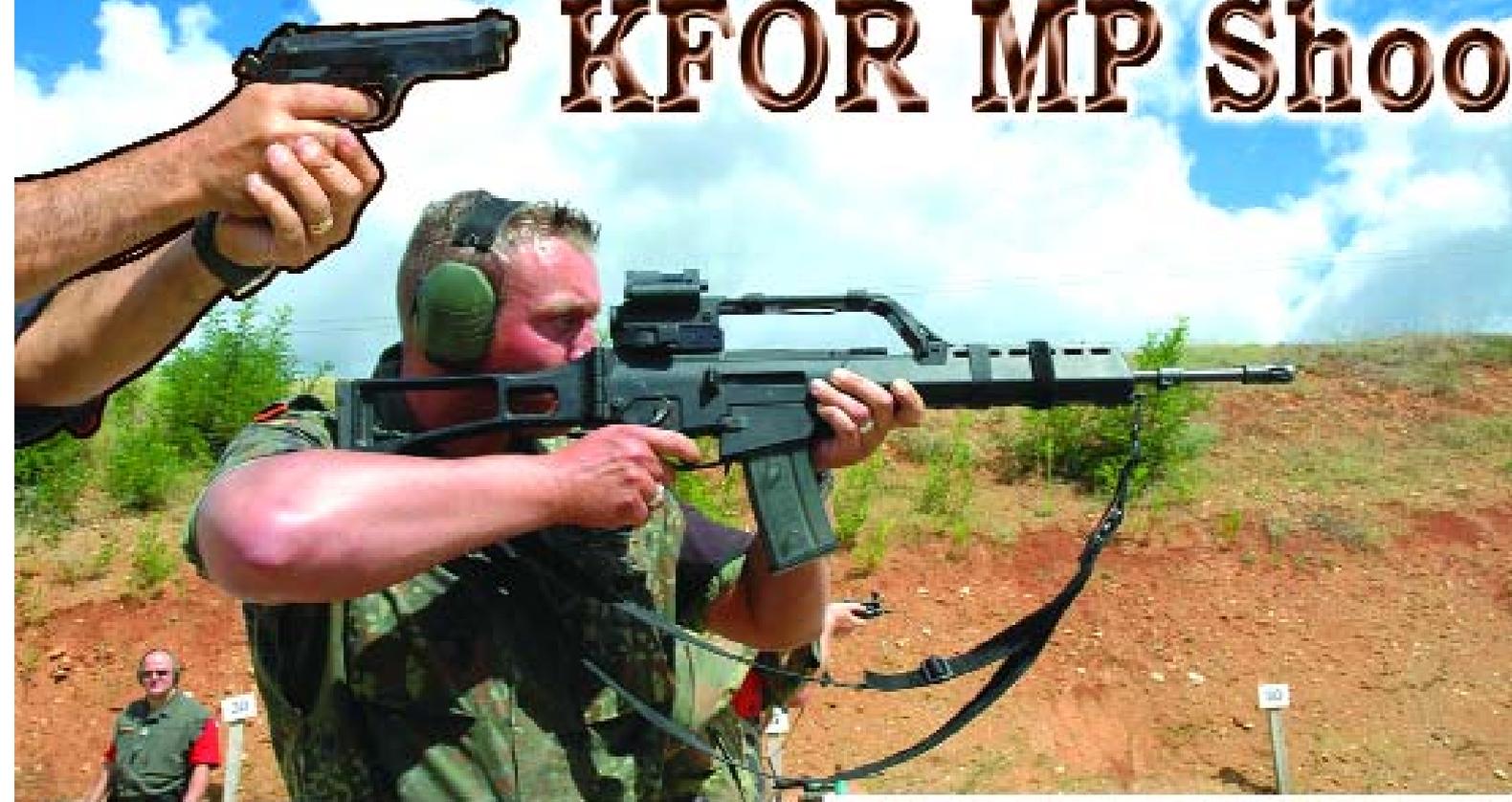
ago. During the recovery of a little girl named Samuela, who died in my arms at the seaside after I rescued her out of the sea. At that time, I had no experience at all. I did not know exactly what to do in such cases to react fast and consequently - that's why I could not help her to live. After that crucial moment, I have had the chance to save many lives in Italy, also during my mission here in Kosovo, including a 75 years man suffering a heart attack. Today I feel the time has come for me to help other people to save the life of other human beings.



Pietro Goina and Roberto Pedrale with Italian course participants



KFOR MP Shoo



In the national cup, the team from Switzerland won. Second place went to Latvia and third went to Austria.

Shooting Competition

Text by 1st Lt. Maksym Klunnyk,
Ukrainian Army

Photos by Armend Aqifi and
TF Dulje

61 MP Officers from 13 Nations from all MNTF's met at the Camp Casablanca near Suva Reka/Suhareke village at the shooting range on August 8 in order to carry out a shooting competition and learn to handle arms used by their fellow nations' Military Police.

"The main aim of this competition is to train in shooting, to see who is the best and to meet MP officers of other nations," said Lieutenant Colonel D. Jager, Provost Marshal, MNTF S. "This competition is only a first step, we will have the next step during the next competition for the German and American official shooting award at Orahovac/Rahovec range."

For the competition, the participants

had to fire ten rounds with their national rifle and ten rounds with their own pistol. The results were then added up to determine the winner of the third discipline, namely the combination of rifle and pistol shooting.

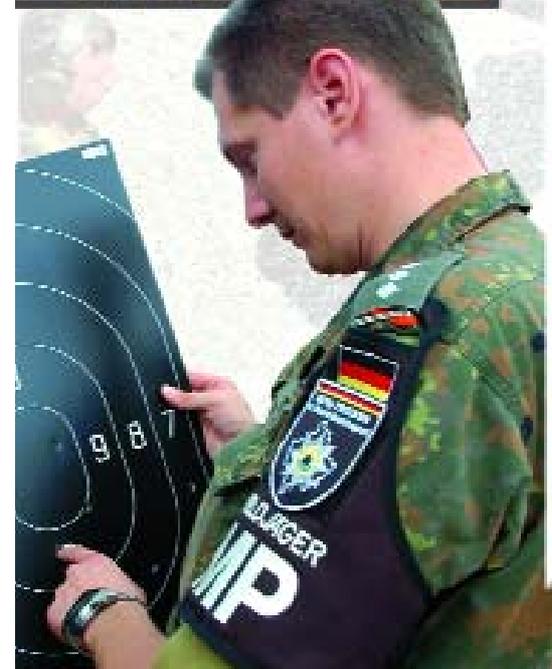
To achieve the perfect score of ten per shot, the competitors had to hit the target with a pistol from a distance of 15 meters and with a rifle from a distance of 25 meters.

The competition began in the morning with rifle shooting. The hot part of competition starts with pistol shooting. Sometimes the sun shone so bright that it was really hard to see the target, but the challengers made the



best of the situation managing to achieve good results. After lunch all participants were invited to test weapons from foreign nations. In the evening, the non official part began, and all guests were invited to barbeque and the awarding ceremony.

WO-2 Martin Schäfauer from Austria impressed everyone with the best performance in the rifle competition. Perfect handling with a pistol and third result in total went to WO-3 Leyla Manzoni from Switzerland. The most universal shooter WO-2 Günter Blatnik won the overall combined pistol/rifle competition with 100 points for rifle, and 99 points for pistol.



MNTF Centre - Tra

*Text by 1st Lt. Maksym Klunnyk,
Ukrainian Army
Photos by Armend Aqifi*

Change of command between Colonel Miroslav Hlavac, Czech Republic Army and Brigadier General Per Lodin, Sweden Army as well as transfer of authority of leading role in MNTF C between nations Czech Republic and Sweden took place in MNTF Centre Headquarters, Camp Vile, Lipljan/Lipjan on July 31. COMKFOR, Lieutenant General Giuseppe Valotto headed the ceremony.

Over the last seven months, under the command of Col. Hlavac, MNTF Centre has been contributing to the KFOR mission in Kosovo. "The beginning of my mission was very difficult," Col. Hlavac began his farewell speech. "The death of President Rugova and death of 42 Slovak colleagues and friends on their way back home; all this demanded strong cohesiveness among soldiers of the Task Force. Eventually, we successfully accomplished a validation process and built very capable and excellent multinational unit."

"It was great pleasure to see how soldiers from six different nations work together like one man with one aim to fulfill various tasks, achieve common goals and accomplish the mission," Colonel Hlavac concluded. After Lieutenant General Valotto

had handed over the flag of the Task Force to Brig. Gen. Lodin, incoming commander of the Task Force made a speech.

"It is indeed a personal honor for me and honor for my country, Sweden, to assume the command of MNTF C here today."

"In my many familiarization and training visits pre deployment I have come to know, and respect, the high standards of this Task Force. I hope that we together can maintain and build on the work already done, in the challenging times ahead."



Transfer of Authority



[In] [FOR]

Operation SUG

On August 14, three wagons of a cargo train, transporting 150 tons of sugar, derailed close to the railway station of Lipljan/Lipjan. KFOR had to carry out a recovery operation in order to reopen the blocked main rail link between Mitrovica/Mitrovice and Skopje/Shkup.



SUGAR



*By Maj. Alexander Unterweger,
Austrian Army
Photos by Armend Aqifi*

In the evening of August 14, KFOR was alerted to carry out a site reconnaissance in order to support Kosovo Railways by organizing a recovery operation, due to the fact that no other institution in Kosovo seems to have the capability to do that.

"Most likely, technical problems with old railway sleepers and loose screws of rails were the reason for this accident. Generally the railways are in bad conditions and probably not

enough money is spent for their maintenance", said Major Schulz, Staff Officer Bridges at KFOR HQ. KFOR was confronted with the following situation on the spot: Three wagons, each weighing almost 80 tons, derailed and destroyed rails and railway sleepers.

During the night specialists of MNTF Centre and MNTF South prepared the necessary heavy engineer assets to start the recovery operation early in the morning.

The Combat Service Support Battalion of MNTF South deployed two heavy mobile cranes (120 and 70 ton cranes) and one recovery tank. MNTF Centre provided medical support, a heavy recovery truck, a wheeled loader and an interpreter.

The first attempt to recover the derailed wagons without unloading unfortunately failed because the hooks on the wagons were bent and totally destroyed. Therefore the 150 tons of sugar were unloaded by local workers. After unloading, each wagon was set back on rails by the KFOR soldiers and their heavy equipment.

"This was an exhausting and also tricky job for us because the recovery of each wagon was different and again a new challenge", explained the German recovery expert MSgt. Klapper. He had to coordinate and synchronize the two mobile cranes, the recovery tank and the recovery truck to work in a proper, successful and above all safe way.

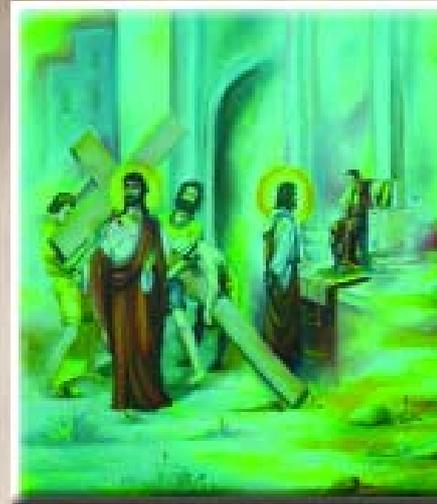
KPS-Officers permanently assisted on the spot in security matters to avoid any casualties with civilians, especially with curious children.

KFOR soldiers finished Operation Sugar successfully in the evening and they had done a professional job under difficult working conditions. Well done!

For the KFOR soldiers it was the end of a day full of experiences, for Kosovo Railways it was the start to repair the railway system immediately - the rail link was reopened before midnight.



Second life of Saint Antony/Shen



*Text by 1st Lt. Maksym Klunnyk,
Ukrainian Army*

Photos by Armend Aqifi

Saint Antony/Shen Andoni church is the only roman-catholic church in Pristina. It is located in a very quiet part of Pristina, named Ulpiana.

This church has a very interesting history. In 1927 Saint Antony/Shen Andoni church was built with donation money, at the city center in front of where the Ground Hotel is now located. The first name of this church was Saint Venerata/Shen Prena.

After 1945, the Communist Party engaged the main positions in the Yugoslav Republic government and they began to provide Communists ideas, especially atheism. In 1957, Communist Party and Pristina municipality designed an urbanity plan for Pristina and, according to their plans, the church had to be destroyed. The community of this church struggled against that decision, but they didn't succeed and the first walls of the church were demolished in 1957.

To save the community of Saint Antony church and to have a possibility to pray together, the community decided to build a church at another place and renamed

the church in order to escape problems with the Communist Party.

With donation money, the second life of Saint Antony /Shen Andoni church started in the same year. It was decided the church would be built in Ulpiana place.

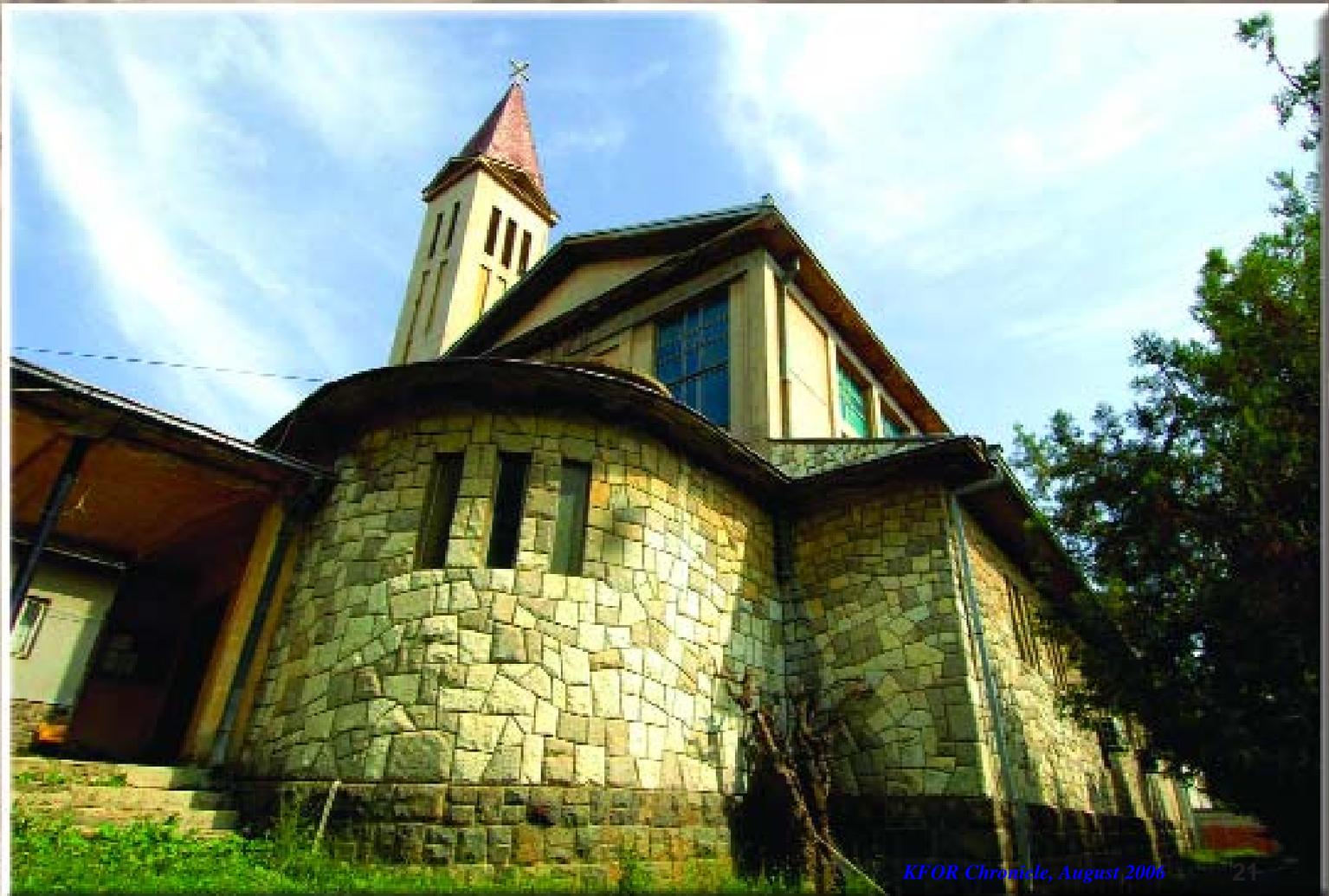
The church building process is not finished yet. A few buildings, which belong to the church, are not ready to be used, and reconstruction work inside the main building of Saint Antony /Shen Andoni church is still going.

Saint Antony /Shen Andoni church takes a very active part in Pristina's life. Accepting the traditional masses, Saint Antony/Shen Andoni church provides an international mass in English and Albanian each Saturday. This church also provides classes for classic dances and language courses with volunteers help.

There is also a group of woman who meets in church to discuss how to help woman reach an active position in public life in Kosovo.



Andoni Roman - Catholic Church



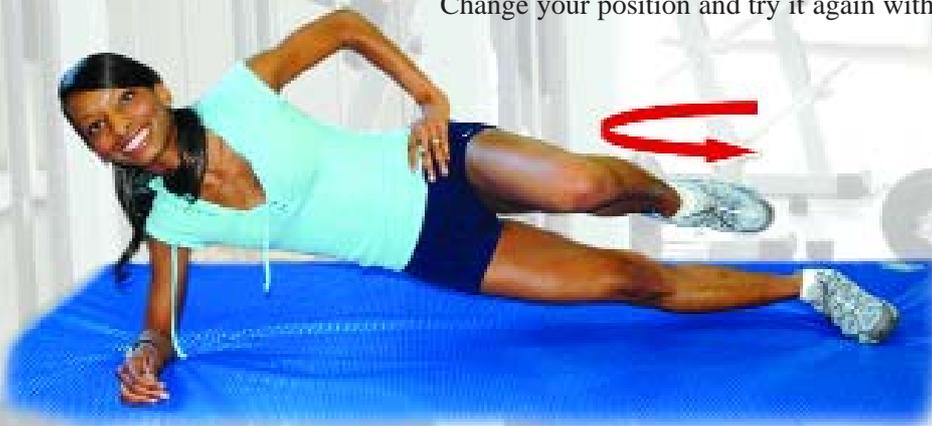
Stay in Shape with Mas

Functional

Functional Gymnastics is one of the best training opportunities for fitness of the whole body. The exercises results are muscles will get stronger in every area you train. Above all, you will strengt it in a stationary way, hold the end position of the active way. At the beginning, start with 15 seconds to a higher level. If you are a beginner, start Okay, let's start

Hip and stomach

starting position: sideways, stretched body, hips off the ground
Move your upper leg in a running motion.
Change your position and try it again with the other leg.



Obliques and stomach

starting position: lying on the floor with one arm extended, the other arm bent with your hand on your head, one leg is bent with the foot on the ground, the other leg crosses over the stationary leg
Bring your elbow to the opposite knee by rotating your upper body forward.
Change to the other side.



ter Sergeant Klochan II

Gymnastics

best thing about it is that you don't need much equipment. Therefore you can do it almost anywhere. hen your stomach, hips, back and bones. You can do it either in a stationary or an active way. When you do stationary and 10 to 15 repetitions of one exercise in the active way. If you are able to do so, change doing these exercises two times per week. with the training.

Back muscles, thighs and gluts

starting position: lying on your stomach, face down
Move the right leg and the left arm at the same time 30 to 40 centimeters off the ground.
Change to the left leg and right arm.



Thighs

starting position: lying sideways
Move the lower leg 10 to 15 centimeters off the ground.
Change your position and try it again with the other leg.
Do the whole exercise two times per leg.





Lower Abdominals

starting position: lying on the floor, lift your legs straight up to a 90 degree angle

Move your hips 15 to 20 centimeters off the ground.

**Coming up in the
next Edition of
KFOR Chronicle:**

**Stay in Shape with MSgt Klochan,
Part III**



Find six differences!

Send your solutions to kforchronicle@main.kfor.nato.int

A winner will be chosen at random and featured in the "Peace Keeper's Profile" in the next issue of KFOR Chronicle.



Let's party

By Maj. Alexander Unterweger,
Austrian Army

Photos by Armend Aqifi and German NSE

Let's party - that was the slogan for the German beach party, held on Saturday, August 13, at the German NSE. The German SNR Col. Radlmeier opened the party.

A wonderful summer evening, a good meal and free beverages combined with live music let the party hearts of many visitors strike more highly. On the one hand two swimming pools, a lot of sand and evening sun were perfect conditions to get a real beach feeling. On the other hand the German rock & pop band Sturmflut performed marvelously and hits of the last five decades invited almost everyone to join in singing and dancing.

The band Sturmflut has already been in Kosovo before. The live band is composed of eight people; they arrived with heavy equipment weighing more than one ton.

"I even served in the army and in that time I experienced and learned very much - this event has a social touch for me. We don't get paid and we want to return something to the army and want to be here for the soldiers this evening. I had the chance to see what the soldiers are doing here, what are their tasks and objectives. They do it in an impressive way," said Sturmflut bandleader Werner Meyer.

Until one o'clock in the morning, Sturmflut gave all they had and the guests did too. With hits from Robby Williams, Bill Haley up to the Bon Jovi, as well as together in the Duet with some of our Italian comrades their repertoire became clear.

The German "Chief organizer" OR-8 Hingst made the opening jump into the pool and some keen swimmers followed him. He was totally satisfied with the course of the event. The common fun of the participating nations was the center of attention for him. After many hours of having a good time - enjoying, talking, singing and dancing together - at the "German beach" everybody knows:

Sturmflut - nie mehr Ebbe!
Storm tide - never low tide!

- together we can!



Welcome to Multinational Task Force East!

*Text by 1st Lt. Maksym Klunnyk,
Ukrainian Army
Photos by Armend Aqifi*

With these words Colonel Marc Campsey, Chief of Staff, MNTF East, opened the change of command and transfer of authority ceremony between the outgoing commander of the Ukrainian Contingent, Lieutenant Colonel Victor Kopachinskyi and the new commander, Lieutenant Colonel Oleksandr Pavluk on August 9, at Camp Breza, MNTF East.

Major General Philippe Sommarie, Deputy COMKFOR headed the ceremony. Representatives from different national KFOR contingents and international and local civilian authorities honored the ceremony.

"We say goodbye to Ukrainian soldiers and officers as you depart for your homes in the Ukraine," said Col.



Campsey. "You have done your job here superbly. It has been an honor to serve with all of you."

"It's a big honor for our country to take part in peacekeeping mission in Kosovo and we will do it the best until we are here," said Major General Bezlushchenko, Chief of the Center of Current Operations of the Main Command Center of the Ukrainian Armed Forces.

Ukrainian National Contingent carries out KFOR missions as part of the POLUKRBAT, MNTF East. Since the beginning of the mission on September 1, 1999, POLUKRBAT has been



located in Camp White Eagle and Camp Breza. Currently, according to the KFOR Restructuring Concept, White Eagle Camp troops are moving to Camp Bondsteel, MNTF E and Camp White Eagle is planning to be closed down afterwards.



Keeping Your Child's Healthy Smile

Text and photos by OR-8 Michael Salazar,
US ARMY

On August 2, the US NSE Humanitarian Group conducted an educational Dental Hygiene Class at the Pristina Rehabilitation Center for Women and Children located in downtown Pristina.

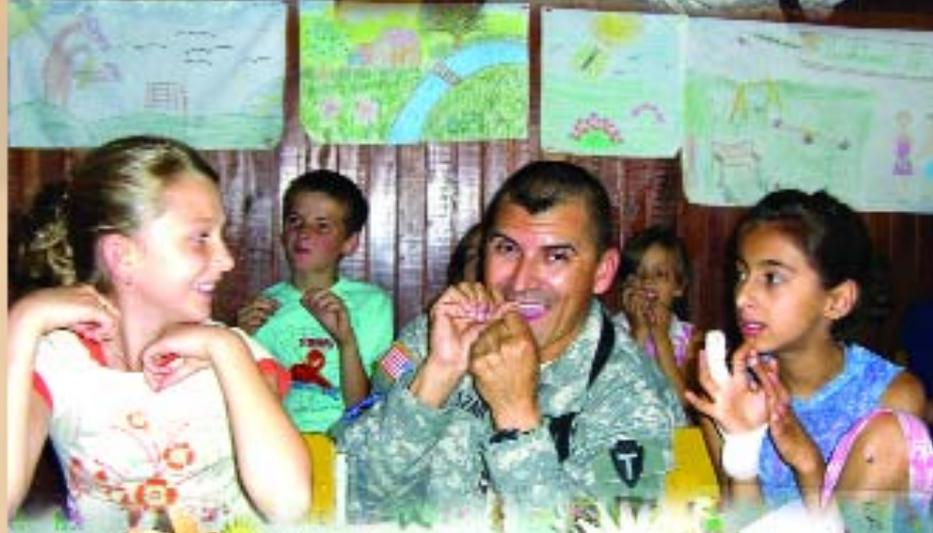
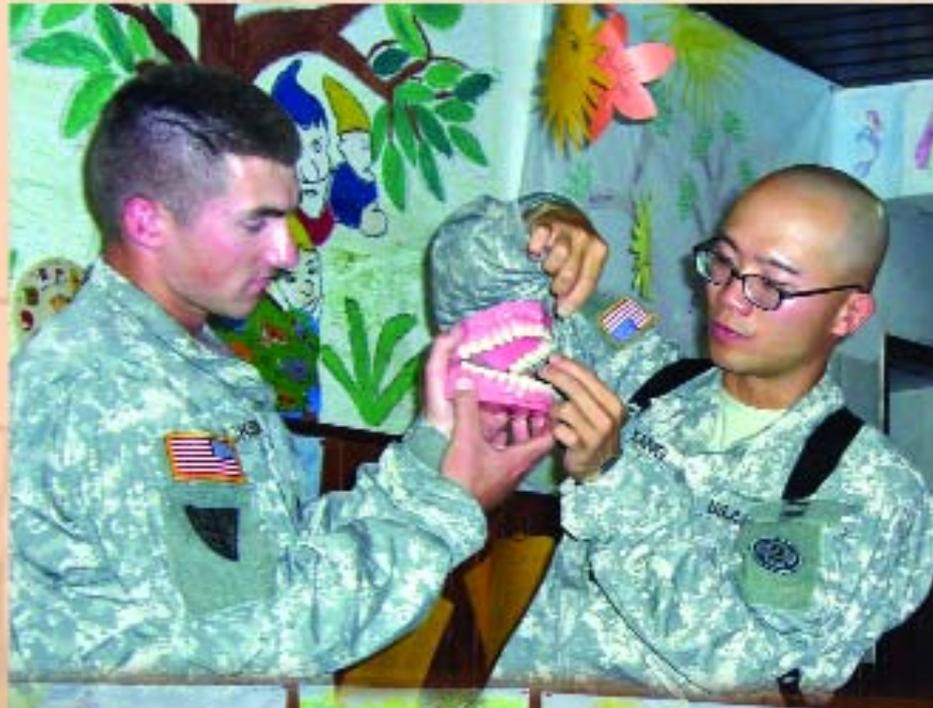
Approximately thirty children were present ranging in age from 4 to 16 years.

The children were really enthusiastic throughout the class of instruction, but were very interested in the Dental Floss portion of instruction. When asked by show of hands, "how many children were aware of the need to floss and floss on a regular basis?" not one hand went up. This lesson was an introduction to flossing for the children and adults of the center, which made this event very productive. Each child and center staff received a brand new quality Oral B toothbrush, a package of dental floss and a tube of toothpaste to take home with them.

MSG Michael Salazar, the US NSE Humanitarian Coordinator stated that "We have been providing Dental hygiene products to the center for 6 months, but this was the next step in showing the children how to properly use those supplies".

1st LT Tungshu Yang and SSG Brent Erikson, both from the Preventative Medicine Team Task Force Medical Falcon XII located at Camp Bondsteel, served as a great team and did an excellent job in presenting the instruction. They were both instrumental in making the class possible and worked closely with MSG Salazar to make sure everything was coordinated and covered.

Ms. Bajqinca Merita, the Center's Chief Coordinator served as the interpreter for the block of instruction. She stated "this was a great opportunity to improve the health of the center's children and the continuous provision of dental hygiene supplies is greatly appreciated because not all the children are fortunate enough to have these things".



Texan meets Harvard Graduate

Texan: "Where are you from?"
Harvard grad: "I come from a place where we do not end our sentences with prepositions."
Texan: "Okay - where are you from, jackass?"

Chair Man of the Board

Resolving to surprise her husband, an executive's wife stopped by his office.
When she opened the door, she found him with his secretary sitting in his lap.
Without hesitating, he dictated, "...and in conclusion, gentlemen, budget cuts or no budget cuts, I cannot continue to operate this office with just one chair."

The Engineer and the Bike

Two engineering students were walking across campus when one asked,
"Where did you get such a great bike?"
The second engineer replied, "Well, I was walking along yesterday minding my own business when a beautiful woman rode up on this bike. She threw the bike to the ground, took off all her clothes and said,
"Take what you want."
The second engineer nodded approvingly, "Good choice; the clothes probably wouldn't have fit."

Hot-shot Fighter vs. Bomber

A young guy in an F-16 fighter was flying escort for a B-52 and generally being a nuisance, acting like a hotdog, flying rolls around the lumbering old bomber. The hotdog said over the air, "Anything you can do, I can do better."
The veteran bomber pilot answered, "Try this hot-shot."
The B-52 continued its flight, straight and level.
Perplexed, the hotdog asked, "So? What did you do?"
"I just shut down two engines, kid."





Name: Oliver Jauch
Rank: Warrant Officer
Age: 30
Nationality: Swiss
Home unit: Infantry NCO School
Unit in KFOR: Mechanized Infantry Company, Manoeuvre Battalion Dulje; Company Squad Leader

About the mission: This is my first mission in the Peace Keeping field and it's very interesting to work in a Multinational Force. I'm convinced that this engagement in Kosovo is useful and important for the peace process in this region. As KFOR soldiers we are well accepted by the population and I hope the political leaders will find an accord on the Kosovo status as soon as possible.

Family reaction: My family wasn't really happy at the beginning, but they accepted my decision and now they are very supportive.

Plans for the future: After my mission I will return to Switzerland and continue my military career at the Swiss military school in order to share my experiences with my comrades.

Name: Sandra Wiederer
Rank: Sergeant
Nationality: German
Home unit: 1st Coy Armed Infantry Battalion 112 REGEN
Unit in KFOR: 1st Coy Manoeuvre Battalion PRIZREN

About the mission: This is my first mission and I'm really glad to be here. It is nice to serve in a foreign country for a certain time. On the one hand I gain experiences while working with other nations and interesting people. On the other hand for instance I can use my knowledge for helping to build up this country.

Family reaction: My parents have always supported me the best they can. Every now and then they surprise me with lovely letters, parcels and they often call me as well. For me it's important that there is somebody thinking about me.

Plans after mission: When I arrive at home I want to spend as much time as possible with my family in order to recover from the time we are separated. I also want to go on vacation for at least two weeks with sunshine, beach and the sea. I'm convinced that I've earned it after 4 months in mission.



Name: Akos Cseri
Rank: Corporal
Nationality: Hungarian
Home unit: MH 25. Klapka György Light Infantry Brig.
Unit in KFOR: Hungarian Guard and Security Battalion

About the mission: It's my third time here in Kosovo and it's still very different compared to our duties at home. For instance, at home we are not used to such specific regulations like the SOP.

During my duty I am able to improve my language skills, especially in English, and make a lot of new friends with people from other countries.

Family reaction: They support me and are behind me, although it's my third mission. They also help me with my daily business at home. We stay in contact via email, sms or telephone twice or three times a week.

Plans after the mission: I will return to Hungary and take two weeks vacation there. Then I will come back to my unit. I'm looking forward to planning another mission, maybe to Afghanistan. We will see.



Brezovica / Brezovicë

Photo by Armend Aqifi

