

# Guardian East

Volume 7, Issue 15

October 16, 2002



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# REDEPLOYMENT BLUES?



By Col. Ray U. Tomkins

**P**eacekeeping redeployment issues have been the subject of ongoing research since the U.S. first deployed forces to Bosnia.

There is a team from the Walter Reed Army Institute of Research in Kosovo today, conducting interviews to evaluate the utility of redeployment debriefings after peacekeeping operations. We don't know all the answers yet, but we do know that the emotional cycle of deployment can be divided into five distinct stages: pre-deployment, deployment, sustainment, redeployment and post-deployment.

KFOR rotation 4A is currently in the redeployment stage. The big potential problems occur in the post-deployment stage, which begins with the arrivals of returning soldiers to their home station.

Homecoming can be both frustrating and upsetting. The arrival date may change, sometimes more than once, or the unit may be forced to return over the course of several days. Both can disrupt plans for a big celebration upon redeployment. Short notice of arrival time, sickness and absence of childcare in the middle of the night can turn a dreamlike return into a nightmare.

Soldiers may expect to be greeted as heroes or heroines, but they find that they have to make their own way home!

Soldiers hope to experience a physical "honeymoon," but few expect to also have to find their way through an emotional minefield. It could happen to you.

Roles change during a deployment. Spouses sometimes have trouble assuming the roles they had before the soldier deployed.

Children, especially younger kids, will have changed a lot.

It is not realistic to expect everything to be the same when you return home after being away for six months. Spouses may consider themselves to be the hero or heroine; single parenthood is a tough job!

Post-deployment is probably the most important of the deployment cycle stages for the family. Relationships, as well as roles, may have changed. Be patient, assure that communication is understood (message sent = message received), go slow, lower your expectations now, take time to get to know one another again. These are all things to remember as you reintegrate into your family unit.

Army Reserve and National Guard soldiers will have the additional hurdle of transitioning back to civilian jobs. Many of the post-deployment issues that families face are directly transferable to them as they reintegrate into their work units.

I'd like to close with two final warnings:

1. You've been sober for six months; your tolerance for alcohol is very low. Remember: if you drink, don't drive; if you drive, don't drink.

2. Your take-home pay will be less, so resist the urge to spend. Don't get into debt just when your income is decreased. Stick to the planned purchases.

*Tomkins is commander of Task Force Medical Falcon. Col. Tomkins would like to recognize the efforts of the chaplains for their redeployment counselings and articles.*

## On the cover:

Photo by Spc. Rebecca M. Grzyb

Sgt. Idris Smith, a squad leader in Company C, 9th Engineer Battalion, provides security during a cratering-charge training exercise at Falcon IV range Sept. 29. This training enables the engineers to maintain war-fighting skills during peace-keeping operations.

SEE THE PHOTO OF THE DAY  
[www.mnbe.hqusareur.army.mil](http://www.mnbe.hqusareur.army.mil)

## Guardian East

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**Spc. Kate McIsaac**  
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# Soldiers, Marines join in training

Soldiers in the 299<sup>th</sup> Logistics Task Force and Marines in the 263<sup>rd</sup> Helicopter Medium Marine Squadron, conducted joint sling-load training Sept. 28, at Camp Bondsteel. This marked the first time soldiers and Marines conducted a joint sling-load in the history of KFOR Multi-National Brigade (East). Marines are currently in Kosovo participating in a month long Dynamic Response exercise.

Soldiers sling-loaded a 12,000-pound armored Humvee to a Marine CH-53E Sea Stallion. Using tape, chains, cords, hooks, common sense and safety, soldiers secured the Humvee for sling load in 15 minutes. Army and Marine inspectors checked and approved the soldiers' handiwork. The soldiers then donned protective gear and took their position on the Humvee, awaiting the helicopter's arrival.

Within minutes, the CH-53E Sea Stallion approached, causing winds in the vicinity to exceed 130 miles per hour. Nearby vehicles rocked gently with surprised spectators inside.

"The wind was a lot stronger than I expected," said Staff Sgt. John Galbearth, an ammunition specialist and support platoon noncommissioned officer in charge in the 299<sup>th</sup> LTF.

Enduring wind, noise and a 35,000-pound helicopter hovering meters above their heads, Sgt. Molly Moline and Pfc. David Richey, both petroleum supply specialists, and Pfc. Vidius Gary, an ammunition specialist, all with the 299<sup>th</sup> LTF, sling-loaded the Humvee to the helicopter.

"The wind was heavy, and I had to brace myself," Gary said. "I was just a little afraid, but that's OK because it helps me to be more cautious."

Inside the helicopter, Marine Staff Sgt. Tim Carter, the crew chief, visually ascertained that the soldiers had established proper rigging.

Moline, Richey and Gary then ran together away from the helipad. The helicopter piloted by Marine Maj. James Edmunds and Marine Maj. John Martin, swept the Humvee up and flew it over Camp Bondsteel before safely returning it to the helipad.

While this sling load was for training purposes only, sling loads are a crucial, practical method of transporting materials, machinery and vehicles to remote places. "The majority of it (a sling-load operation) is common sense and safety, safety, safety," Galbearth said. "For them (members of the sling-load team) it's second nature, but they aren't complacent. They really enjoyed getting to train with the Marines."

The feeling seemed to be mutual.

"I had no qualms whatsoever about working with soldiers," Edmunds said. "We enjoy the opportunity to train with other services. It helps us to be current and proficient." Edmunds called the team of Marines and soldiers "confident and professional."

For 1<sup>st</sup> Lt. James Otis, officer in charge of the joint training operation and support platoon leader, this training exercise was the culmination of weeks of planning and labor.

"It was like a dream come true for me," Otis said. "I am continually impressed by the outstanding job my soldiers perform. We look forward to working with Marines in the future."

## Peacekeeper profile



**Jason Sokolowski**

age: 21  
rank: Spc.  
mos: 12C, bridge crewmember,  
12B, combat engineer  
unit: Company B, 54th Engineer Battalion

**KFOR camp stationed at:** Camp Bondsteel

**In your own words, what is your role in MNB(E)?** To ensure peace and stability by providing a secure environment

**Why did you join the Army?** To see other countries and make a difference.

**What advice do you have for your replacements?** Don't let things get you down — believe it or not, it will get better.



Photos by Spc. Jasmine Chopra

Soldiers in the 299<sup>th</sup> Logistics Task Force sling-load a Humvee to a Marine CH-53E cargo helicopter piloted by members of the 263<sup>rd</sup> Helicopter Medium Marine Squadron.

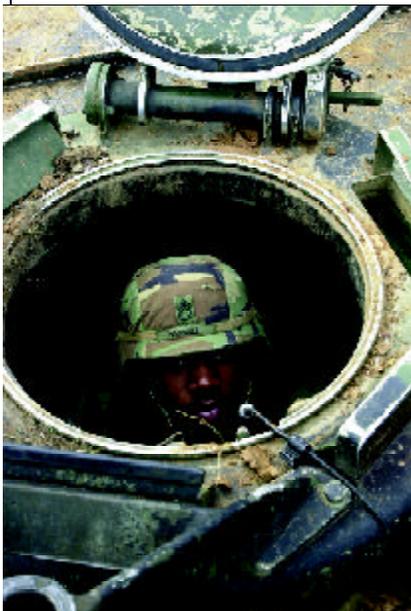


Sgt. Molly Moline, foreground, a petroleum supply specialist, Pfc. Vidius Gary, left, an ammunition specialist, and Pfc. David Richey, right, a petroleum supply specialist, all in the 299<sup>th</sup> Logistics Task Force prepare to conduct a sling-load exercise at the Camp Bondsteel flight line. The three soldiers sling-load a 12,000-pound, armored Humvee to a Marine cargo helicopter. Soldiers and Marines participated in the exercise.



Photos by Spc. Rebecca M. Grzyb

Spc. Wesley C. Miller, a tactical truck driver in Company C, 9th Engineer Battalion, retrieves a grappling hook during a training exercise at Falcon IV range.



## TF 9th Engineer conducts mine-clearing exercise

For weeks, soldiers of Task Force 9th Engineer have trained for the first live mine clearing line charge, also known as MICLIC exercise at the Falcon IV range, just outside Camp Bondsteel. Enduring rain and the freezing cold, their efforts finally paid off on Sept. 29, as the MICLIC was fired and its abilities displayed.

"It is about 1,400 pounds of C-4 that breaches through wire and mine obstacles," said Sgt. 1st Class Reginald Maxwell, a platoon sergeant in Company A, 9th Engineer Battalion, referring to the type of explosive used.

A MICLIC is mounted on a rubber-tired trailer and has a rocket-propelled explosive line charge containing C-4. It is used to reduce minefields by clearing a 14-meter by 100-meter path for personnel and vehicles to travel through unharmed.

"You'll see the rocket and charge go through the air," said Sgt. 1st Class Mark Heideman, a platoon sergeant in Company C, 9th Engineer Bn. "Once that is on the ground, within a couple of seconds there'll be a large explosion and quite a big cloud. Once the charge has gone off, we'll go downrange to check it out. There'll be a large area that has been cleared of any bushes. The intent is to have any mines that were sitting in that area to be either thrown away or destroyed in that path."

There's more to the job than firing the MICLIC.

"We mark lanes after we open them so that vehicles and other units know which way to go so that they can be safe," said Spc. Jason Hensley a driver in Company C.

Live MICLIC firing is something that has been done in the past in Germany, but for some engineers it has been as long as eight years since they've done a live fire.

"Finding ample places to fire live MICLICs is where the problem comes in," said Sgt. 1st Class Victor M. Rodriguez a platoon sergeant in Company C. "We've got real freedom of mobility out here."

"Firing live is a lot of fun," Heideman said, "because there's a lot of explosives going off at one time, and as an engineer, that's something that gives us a big thrill. It's exciting because it's something that requires extreme discipline and extreme attention to detail to make sure it goes off correctly."



**Middle Left:** Sgt. 1st Class Victor Rodriguez, a platoon sergeant for Company C, 9th Engineer Battalion, stands next to a mine-clearing line charge during a training exercise. The MICLIC fires a small rocket with a line of C4 explosives attached to it to clear minefields.

**Bottom Left:** Sgt. 1st Class Reginald Maxwell, platoon sergeant for Co. A, 9th Engineer Bn., peers out of the tank commander's position on an M113 armored personnel carrier. **Bottom Middle:** (from left) Spc. Wesley C. Miller and Spc. Charles Price, both tactical truck drivers from Co. C, 9th Engineer Bn., cut concertina wire. The wire was used to block off a tank ditch reinforced with cratering charges.

# MNB(E) presents medical equipment to Gnjilane multi-ethnic hospital

“COMING TOGETHER IS THE BEGINNING. STAYING TOGETHER IS PROGRESS AND CONTINUING TOGETHER IS SUCCESS” - MAJ. RICHARD COX, TFMF CIVIL AFFAIRS OIC



Photos by 2nd Lt. Meghan Brady

Col. Ray U. Tomkins, Task Force Medical Falcon commander, shakes hands with Dr. Ukshin Ismaili, director of Gnjilane Regional Hospital, who is thanking Tomkins for presenting valuable medical equipment to the hospital.

Flanked by ethnic Albanian and Serb interpreters, Col. Ray U. Tomkins, Task Force Medical Falcon commander, presented much-needed medical equipment to an ethnically diverse crowd at the Gnjilane Regional Hospital.

“We started this project back in May of 2000,” Tomkins said.

Funding for the equipment comes from the Overseas Humanitarian Disaster and Civic Aid and must be approved at the Department of Defense level. Going through the necessary bureaucratic channels caused the delay in actually receiving the equipment, Tomkins said.

The need for medical equipment was identified more than two years ago when the Camp Bondsteel medical facility was forced to handle local-national trauma patients because GRH did not have adequate medical resources.

In the two years it took to receive the equipment, GRH has made progress, in both the medical care it provides and in the diversity of its patients.

The Kosovo Ministry of Health and Social Welfare ranked GRH the No. 1 hospital in Kosovo for infrastructure in March. GRH is now a multi-ethnic hospital providing health care for all patients regardless of ethnicity or religious background.

To help facilitate the multi-ethnic

clinic and act as mediators if necessary, the TFMF Civil Affairs team, Maj. Philip Cox TFMF civil affairs OIC and Staff Sgt. James Barnett, visits the hospital weekly.

“This event would not have been possible a few years ago,” Cox said. “The (Serbs and ethnic-Albanians) are working together now for the good of the patients. We are there as a presence, to ease any apprehension, but we’ve had no incidents.”

Cox talked about the multi-ethnic cooperation

at GRH.

“Coming together is the beginning. Staying together is progress and continuing together is success,” he said.

During the multi-ethnic clinics, TFMF doctors and nurses also visit GRH, not to provide medical care but to conduct various medical classes so the Kosovars are better able to care for their own.

“Health care is an area where many different peoples can agree,” Tomkins said to the presentation audience. “I am gratified to see cooperation among all the peoples of Kosovo to improve it.”

Cooperation was the theme in other speeches made by various leaders in the local health care community during the presentation.

“We rely a great deal on KFOR support and expertise,” said Havzi Ahmeti, deputy municipal health director for Strpce. “But equally important is the cooperation of the people of the surrounding areas. We must continue this cooperation in the future, and I thank you all in advance for what I know will be your continued help.”

After the presentation, Tomkins invited the ethnic Albanians and Serbs to join him for lunch at Camp Monteith. While enjoying their meal, the medical leaders discussed the progress made thus far in Kosovo’s health care arena.



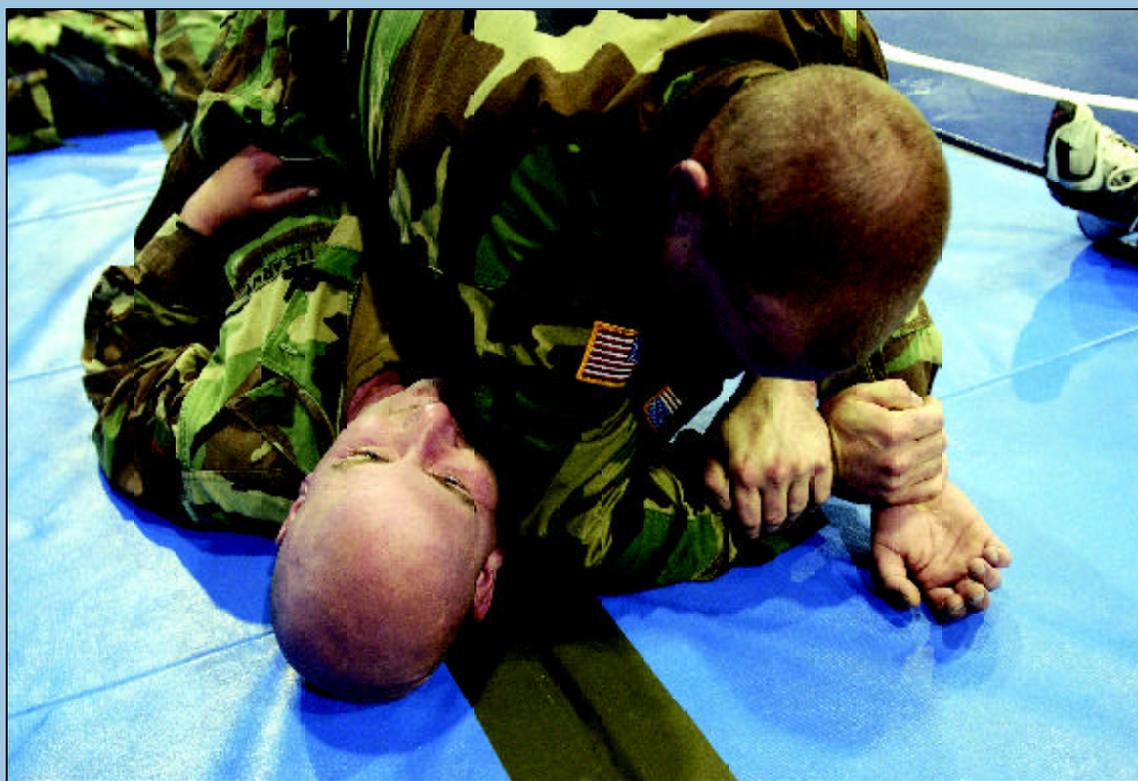
Dr. Rahaman Hajdari, chief of orthopedic surgery at the Gnjilane Regional Hospital presents Col. Ray U. Tomkins, TFMF commander with a book to thank Tomkins and KFOR Multi-National Brigade (East) for the donations and support.

# MODERN ARMY COMBAT



**Top left:** The soldier in back is conducting a "rear choke hold" on the front soldier. The instructor of the course, teaches a student on the "fine art" of taking a punch. Students conduct the "arm trap and roll" technique that enables the bottom student to escape.

**Bottom middle:** Top soldier is conducting the "straight arm bar" on the soldier or student. **Bottom left:** Top student is conducting a "bent arm bar" on the bottom student.





soldier, done from the rear. **Top middle:** 2nd Lt. Greg Wells, the ch while closing the distance on an enemy combatant. **Top right:** student to roll over and assume the dominant position on top. er on bottom in order to break the elbow of the enemy combatant. ent.



Last week two instructors from Fort Benning, Ga., arrived at Camp Monteith to instruct soldiers in the Army's new combatives training. The training is derived from different martial arts which include Jiu-Jitsu, SOMBO, Tae Kwan Do and Muay Thai, to name a few.

The course was a train-the-trainer course, and will be used to help maintain soldiers' war-fighting skills. Soldiers learned different techniques for two days, then became instructors and demonstrated knowledge of the techniques on the third day. The fourth day was set aside for advanced teaching techniques.

The three phases of basic fight strategy are: close the distance, gain dominant position and finish the fight. Training begins with ground grappling, which is not only easier to teach and learn but provides a sound base from which to move to more difficult standing techniques. In grappling, a soldier masters the fundamentals of becoming a proficient fighter by learning how to gain the dominant position.

The next step in combatives training teaches soldiers to finish a fight. By maintaining dominant body position, a soldier can finish a fight secure in the knowledge that if an attempt fails, as long as the soldier maintains dominant body position, he may simply try again.

The impetus behind the Army's adoption of the new combatives training was lead by Rangers who were trained in this new system. The training has now become part of official Army doctrine with the publishing of the new FM3-25.150. The combatives course is now taught in Officer Candidate School, the Infantry Officer Basic Course, and the Infantry Captain's Career Course.

## World

**Nobel Peace Prize awarded to Carter**

For his peacemaking and humanitarian work over the last 25 years, former President Jimmy Carter was awarded the Nobel Peace Prize, and the Nobel committee used the occasion to send a sharp rebuke to the Bush administration for its aggressive policy toward Iraq.

"In a situation currently marked by threats of the use of power," the Nobel citation read, "Carter has stood by the principles that conflicts must as far as possible be resolved through mediation and international cooperation based on international law, respect for human rights and economic development."

— New York Times

**Iraq refuses U.N. demands**

Iraq, ignoring rising global pressure for thorough inspections of its weapons programs, has backed away from agreements reached last week on minimum conditions for the inspectors to carry out their work, diplomats said.

In a letter that became public, Iraq did not meet a specific request to confirm agreements it made last week in Vienna with Hans Blix, the leader of the United Nations weapons inspection team. Instead, Iraq insisted on further discussions of even basic logistical arrangements.

— New York Times

**Guards stop attack near U.S. embassy**

Security guards outside the United States Embassy in Tel Aviv captured a would-be Palestinian suicide bomber who fled a crowded seaside cafe after his explosive belt was detected, the police said.

No one was injured, they said. The man had been stalking Tel Aviv's promenade and tried to enter the Tavelet Cafe when a guard challenged him, police officials said. He fled, pursued by the guard, who called for help from the embassy's security guards.

— New York Times

## United States

**Shooting steps up hunt for sniper**

The shooting death of another gas station customer sent hundreds of police into a frantic, dragnet across Washington's highways in a fruitless search for the suburban sniper who has stalked one victim after another across the region.

Police awaited overnight ballistic tests of evidence from the latest shooting, which was not immediately attributed to the sniper. But detectives indicated they were treating the single-shot killing as the sniper's eighth in a 10-day spree that shows no signs of stopping.

— New York Times

**Resolution passes on use of force**

The Senate voted overwhelmingly to authorize President Bush to use force against Iraq, joining with the House in giving him a broad mandate to act against Saddam Hussein.

The hard-won victory for Mr. Bush came little more than a month after many lawmakers of both parties returned to Washington from summer recess expressing grave doubts about a rush to war. It reflected weeks of lobbying and briefings by the administration that culminated with a speech by the president Oct. 7.

— New York Times

**Democrats switch focus to economy**

Democrats in Congress sought to turn public attention from Iraq to the economy, saying President Bush must work with them to create more jobs, protect retirement savings and guard against corporate fraud.

Hours after Congress gave Mr. Bush authorization to use military force to confront Saddam Hussein, Democrats said the president and Republicans on Capitol Hill had failed to offer leadership or new ideas to deal with the loss of jobs in many industries, the flagging stock market and the return of federal budget deficits.

— New York Times

## Military

**Pentagon plans smallpox shots**

With the Bush administration moving closer to military action against Iraq, the Pentagon is expected to begin vaccinating up to half a million troops against smallpox as soon as the vaccine is licensed in mid-November, military and administration officials said.

The officials said that leading military and civilian advisers to Defense Secretary Donald H. Rumsfeld, as well as his top medical experts, had recommended that the troops be inoculated.

— New York Times

**Secretary approves outsourcing plan**

Army Secretary Thomas White has approved a plan that could require that more than 200,000 Army jobs be put up for competition, but a key congressman Oct. 9 warned the service to consult with Congress before outsourcing any jobs.

In an Oct. 4 memorandum, White signed off on a plan to let private firms compete for all "noncore" positions in the Army, which includes 154,910 civilian workers—more than half of the Army's civilian workforce—and 58,727 military personnel.

— New York Times

**Russians prepare for nuke exercise**

Russian strategic nuclear forces are preparing to conduct a long-range aviation exercise that is expected to include aerial probes of U.S. air defenses, defense officials said.

The exercise begins next week and involves long-range bomber deployments to bases throughout Russia, including the bomber base of Anadyr in northeastern Siberia near the Bering Sea and the Tiksi air base in north-central Siberia on the Laptev Sea.

The Russian bombers have flown close to the United States in past exercises, prompting the U.S. Air Force to scramble F-16 interceptor jets.

— New York Times

## KFOR

**Serbs vote in presidential runoff**

Polling stations have opened for the second round of Serbia's presidential election offering voters a choice between two leading figures in the revolt that toppled Slobodan Milosevic.

Moderate nationalist Vojislav Kostunica, currently president of the Federal Republic of Yugoslavia, and pro-Western liberal Yugoslav Deputy Prime Minister Miroslav Labus emerged ahead of nine other candidates in the first round two weeks ago to qualify for the run-off.

Kostunica is the favorite, but much attention this time is focused on whether turnout will reach the 50 percent minimum legally required for the vote to be valid.

Turnout was 55.5 percent in the first round.

— Balkan Times

**Serbian court finds four guilty**

A Yugoslav military court sentenced four men to prison terms Oct. 11 for murdering two ethnic Albanians in April 1999.

Lt. Col. Zlatan Mamic and Capt. Rade Radivojevic received sentences of seven and five years, respectively, for ordering the execution.

Danilo Tesic and Misel Seregij, rank-and-file conscripted soldiers at the time, were given four and three years for carrying out the actual shooting.

The two men admitted killing the Albanians because they feared that they would be executed if they disobeyed the order.

— Reuters

# Where there's a will, there's a way

Soldiers of the 415<sup>th</sup> Civil Affairs Battalion brought hope to a four-year-old boy and his family in Gorance, Kosovo. Lirim Berisha, a bright eyed, sandy brown-haired child, has a cleft lip and palate, which prohibits his speech. The 415<sup>th</sup> has worked to get visas for Lirim and his mother to travel to the United States for an operation and has been the glue that keeps a multi-organizational effort together.

According to the Cleft Lip and Palate Association, a cleft lip is an opening in the upper lip between the mouth and the nose, and a cleft palate is when the roof of the mouth doesn't join completely.

"Lirim lives in one of our villages that we're responsible for," said Sgt. Steven Mudd, civil affairs noncommissioned officer for Team 8 of 415<sup>th</sup> CA Bn. "A non-governmental agency wants to fly him and his mother over to the United States in Maine, where a hospital has volunteered to do his surgery free of charge."

"This is a common birth defect in these parts of the world," said Capt. Kristopher Scarcliff, team commander. "As people get older, it gets worse and will affect sinuses and maybe not let him speak."

The surgery that Lirim needs is not available in Kosovo. Physicians in Pristina saw him and said there was nothing that they could do for him.

"In the refugee camp, there was an American doctor that looked at Lirim," said Ahmet Berisha, father of Lirim. "He told us not to do the operation in Kosovo because there was only an 80 percent chance that he could talk after the surgery. If he had the operation in the United States, it would be 100 percent effective. We didn't send him because we didn't have the money."

In addition to the efforts of the 415<sup>th</sup> CA Bn., an NGO, Heal the Children Northeast, Inc. based in Portland, Maine, is responsible for the multi-organizational effort. Mercy Hospital, also in Maine, will conduct the operation and American Airlines has donated plane tickets. The surgery that will allow Lirim to speak for the first time ever is planned at the end of this month.

"This is the feel-good part of your mission out here," Scarcliff said. "A couple of rotations ago, some unit had found Lirim at a MEDCAP (medical civilian assistance program), and the project's been ongoing, but hasn't really gotten off the ground. I'm glad we've been able to take the project and actually make it happen."

According to Mudd, Lirim should be able to talk after the surgery, and may have a little scar afterward.

"He's going to be staying at the Ronald McDonald House, and I think they're just going to spoil him while he's there. They're going to be taken care of. They (Ronald McDonald House) wanted to know his shoe size, the language he speaks, and the kind of food he likes."

"The most important thing is to take care of my child and have him get better," said Hamide Berisha, Lirim's mother.

## 415TH CIVIL AFFAIRS ASSISTS LOCAL CHILD IN NEED



Photos by Spc. Rebecca M. Grzyb

Capt. Kristopher Scarcliff, a team commander in the 415th Civil Affairs Battalion, holds Lirim Berisha. Lirim has a cleft lip and palate, the 415th CA Bn. is assisting to arrange an operation in the U.S. to correct his condition.

Scarcliff talked about the civil affairs mission. "I like getting to interact with people," he said. "I really get to see their day to day lives, interact with the government and municipalities everyday, and work on projects to try and help stabilize the country. It's always an eye-opener to see a different way of life."

## Peacekeeper profile



### Alexander Kuksin

age: 25  
rank: Sgt.  
mos: Infantryman  
unit: 13th Tactical Group, Airborne Co.  
hometown: Brjausk, Russia  
KFOR camp stationed at: Nitex

**Why did you join the Army?** Because somebody has to protect our country.

**What do you like about Kosovo?** The nature, hills and landscape.

**What advice do you have for your replacements?** Be careful and train your combat skills.

**What are your plans when you leave?** See my three-year-old son and continue serving in the Army.



Hamide, Lirim and Ahmet Berisha review their visas during a civil affairs visit. The visas will allow them to travel to the United States so that Lirim can have surgery on his cleft lip and palate.

# Tops In Blue - Spirit of America



Photo by Spc. Patrick Rodriguez

Tops In Blue, the premier entertainment group in the United States Air Force, performed with its usual enthusiastic spirit at Camp Bondsteel Oct. 9. Tops In Blue is an all-active-duty U.S. Air Force special unit made up of talented amateur performers.



**Combined Federal Campaign**  
**DEADLINE FOR DONATIONS IS**  
**Nov. 15.**

## Peacekeeper profile



**James R. Martin**  
 age: 19  
 rank: Pfc.  
 mos: 12B, combat engineer  
 unit: Company A, 9th Engineer Battalion  
 KFOR camp stationed at: Camp Bondsteel  
**Why did you join the Army?** To work for the freedom we have and show respect for all the soldiers that have fought and died.  
**What advice do you have for your replacements?** Stay in touch and inform your loved ones of what and how you are doing.



## Important Change for Holiday Greetings!

Say hello to your friends and family on television. The Hometown News Holiday Greetings Team will videotape you here in Kosovo, and your greeting may air back in your hometown during the holiday season.

### Who can participate?

All U.S. military personnel and Department of Defense civilians. Those who will PCS or ETS CONUS prior to the holidays are not eligible. Participation is on a registration basis. There are 20 slots per hour and sign-up is required. Register by calling **DSN 781-5078** or **KPN389-268-6748** or visit the 302d Mobile Public Affairs Detachment, Bldg. 1320, Camp Bondsteel.

### When and Where?

Camp Bondsteel, Southtown Gym, Wednesday 16 Oct., 1500 - 1830  
 Camp Monteith, Main Entrance Stryker Hall, Wednesday 16 Oct., 0800 - 1200  
 KFOR Main, Pristina, AST/NSC Day Room, Thursday 17 Oct., 0800 - 1130



### Questions?

Contact – Sgt. Lovedy Zie, 302d Mobile Public Affairs Detachment, Bldg. 1320, Camp Bondsteel, DSN 781-5079 [pao@bondsteel2.aur.army.mil](mailto:pao@bondsteel2.aur.army.mil)

This is a three-part series designed to provide you with some basic information about your upcoming reunion with family and friends.

# Reunion: The Process

**“REUNION IS NOT A BRIEFING, IT’S A PROCESS.”**

**Reunion** is a process. In some ways it is a lot like baking a cake. You need the right ingredients, added at the right time to come out with a good result.

Just as there are many different kinds of cakes there are different ways to ‘do’ reunion, but all require that you follow some sort of recipe.

**Expectations vs. Reality:** This is the main ingredient to successful reunion. Take an honest look at what you expect when you and your spouse reunite. Do you think your expectations are realistic (or at least close) or are your expectations on a collision course with reality? This is an important first question.

**“You never step into the same river twice”**

**What does that mean?** The river is always moving. At any instant, the river, although it may look the same, is constantly changing. It is the same way with relationships, especially those as close and intimate as marriage.

During a deployment things are bound to change.

There are obvious changes as you go from a two parent family to one. You may manage money differently or have to learn new skills. You may make new friends and discover things about yourself that you did not know.

These are facts, and they are neither good nor bad, they just are. It’s up to you and your spouse to anticipate change as a natural part of reunion.

**Been there, done that got the T-shirt!:**

It is likely that you may have been through a few deployment separations before. Just bear in mind that each time is different and it is important to go over your expectations in relation to reality.



Photo by Toni Velkov

From left, Pfc. Derrick Gilmore and Pfc. Charles Juarez, both in Company C, 1st Battalion, 33rd Field Artillery, load ammo during M16A2 qualification at Camp Able Sentry, in the Former Yugoslav Republic of Macedonia Oct 7.

SEE THE PHOTO OF THE DAY

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**S-O-L-E-R skills: (active listening):**

Listening with your whole person (head and heart) is very, very important. We all have a right to be heard, but listening is also a key ingredient to successful reunion.

**S-Squarely.** When the reunion time comes and you have those first conversations, make sure you are facing your spouse squarely. This simply means that body language is very crucial.

**O-Open.** Be open in posture and in mind. Don’t jump to conclusions, don’t assume. Ask questions of clarification and realize that there is a time of getting reacquainted.

**L-Lean forward.** This greatly helps in letting your spouse know that you are interested in what they have to say, that you are concentrating on them, not worrying about what you will say next.

**E-Make eye contact.** Eyes are the window to the soul. I am not talking about staring, but being actively engaged by making positive eye contact.

**R-Relax.** It is important that you look on the reunion time as a time of discovery, not a time to perform or live up to expectations. Be real and be relaxed.

*The second part of the reunion series focuses on reuniting with children and spouses.*

**“IT IS A WISE FATHER THAT KNOWS HIS OWN CHILD.”**

— WILLIAM SHAKESPEARE

## Peacekeeper profile



**Aljournal Franklin**

age: 36

rank: Staff Sgt.

mos: 91X, mental health specialist

unit: 701st Field Support Battalion

KFOR camp stationed at: Camp Monteith

Your duty position: noncommissioned

officer-in-charge, Task Force Medical

Falcon, Combat Stress Control

**In your own words, what is your role in MNB(E)?** I support the chief TFMF CSC by working as senior counselor, office manager and detachment NCOIC.

**What are you good at (military skill, athletic ability, unusual talent)?**

I have used my speaking ability to host a weekly jazz and poetry show as well as emceed several MWR sponsored events.

**Why did you join the Army?** Career opportunity.

**What advice do you have for your replacements?** Come motivated!

**What are your plans for Block Leave?** Get away with family.

# Snapshots around MNB(E)

Spc. Jon Waterhouse, second from left, a member of the 630th Military Police Company, and Sgt. Brian Gomes, a member of the 127th MP Co., are recognized as soldier and noncommissioned officer of the quarter by Multi-National Brigade (East) Command Sgt. Maj. Ralph R. Beam, left, and MNB(E) commander Brig. Gen. Douglas E. Lute Sept. 27 in the brigade tactical operations center.



Photo by Staff Sgt. Keith Robinson



Photo by Spc. Jasmine Chopra



Photo by Spc. Patrick Rodriguez

**Left:** Anthony Edmund, senior maintenance instructor with Brown and Root Services in Urosevac, receives a coin from Multi-National Brigade (East) commander Brig. Gen. Douglas E. Lute for developing the Maintenance Training Program and instructing soldiers in the course. **Right:** Sgt. Kelly Pauley, a squad leader in the evacuation section of Task Force Medical Falcon, is serenaded by Master Sgt. Bryan Langerud, a vocalist with Tops In Blue, the premier entertainment group in the Air Force.



Photo by Tony Velkov

Incoming Task Force CAS commander, Col. Hugh Perry passes the colors to Command Sgt. Maj. Michael Gallucci during a transfer-of-authority ceremony Oct. 4, at Camp Able Sentry, in the Former Yugoslav Republic of Macedonia. Outgoing CAS commander Col. Stephen Cellucci, background, observes.

## Peacekeeper profile



**Nicolas E. Diaz**

age: 25  
rank: Spc.  
mos: 11B, Infantryman  
unit: Company A, 1st Battalion, 18th Infantry Regiment

KFOR camp stationed at: Camp Monteith  
In your own words, what is your role in MNB(E)? To make sure that it is a safe environment - free of violence for its

population.

**Why did you join the Army?** After Sept. 11, I felt it was my duty to protect my country, family and our way of life.

**What advice do you have for your replacements?** Keep your eyes open, listen to your NCO's, they know that they're doing, get to know the locals, and pay attention to details.

**What are your plans for Block Leave?** Go home and travel to South America and visit relatives.